

FROM THE CEO'S DESK

Updates and Opportunities at Finley Regional Care

Dear residents, families, and team members,

As we move into November, I want to take this opportunity to update you on the recent reforms now coming into effect across our sector, and to share some exciting news from across Finley Regional Care.

Reform changes now in effect

The aged care sector is experiencing significant reform, with changes aimed at improving quality, transparency, and access. Our team has worked diligently to ensure a smooth transition and to keep the needs of our residents and their families at the forefront. We remain committed to delivering high-quality, person-centred care as new standards and processes are introduced. If you have questions or would like more information about how these reforms might affect you or your loved ones, please do not hesitate to reach out to our team.

Places available across our services

I am pleased to share that we currently have places available in our Residential Home, offering a caring, supportive environment for those needing ongoing care. There is also capacity in our Complete Care service—whether you need support at home or in another setting, our team is ready to assist. Our medical centres are welcoming new patients as well, so please let friends and family know if they are seeking professional, compassionate healthcare in the region.

Celebrating our team, residents, and families

I want to extend a heartfelt thank you to all our staff across every business centre. Your dedication,

professionalism, and empathy ensure we continue to deliver outstanding care and support. Thank you also to our residents and their families for your trust, feedback, and ongoing partnership. Together, we are building a strong and caring community.

Facility upgrades—bathroom renovations complete

We are delighted to announce the completion of our bathroom renovations, which have enhanced comfort, safety, and accessibility for all residents. This project reflects our ongoing commitment to providing high-quality facilities that meet evolving needs.

Alumuna expansion—next stage begins

Looking to the future, we are excited to commence the next stage of development at Alumuna. This phase will see the creation of seven additional blocks, as well as the allocation of space for a future community centre. These additions will enable us to welcome more residents and foster greater community spirit within Alumuna.

If you are interested in securing a home at Alumuna, or would like more information about our plans, please contact Zoe at your earliest convenience. Spaces are limited and we encourage interested parties to get in touch soon.

Thank you once again to everyone in the Finley Regional Care community. Your support and collaboration help us continue to grow and improve. Wishing you all a wonderful November.

Ben Levesque
CEO



COMPLETE CARE REPORT

Seasonal Health Risks

Staying safe in the heat and warm weather

As temperatures rise, we remind everyone to stay hydrated and keep cool.

- Ensure air conditioners are working well and being used to maintain a comfortable indoor temperature.
- Stay indoors during the hottest part of the day. If you must go out, try to do so in the morning before the heat intensifies. If you need to adjust your shopping schedule, please speak with our team — we can arrange a morning service during the cooler hours.
- Wear lightweight, loose-fitting clothing. Cotton and other breathable fabrics are best, while synthetic materials are best avoided.

Gastroenteritis

Good hand hygiene is the most effective way to reduce the spread of gastroenteritis.

If family members or friends are unwell, please encourage them to stay away until they are feeling better.

Food Safety

Avoid leaving food out for extended periods. Once everyone has eaten, promptly pack leftovers into containers and refrigerate them to maintain freshness and reduce the risk of spoilage or potential food poisoning.

Enjoy the festive season with your family and friends — stay safe and healthy!

Helen Lewis
Complete care Coordinator



FROM THE QUALITY DEPARTMENT

A new era in aged care: The Aged Care Act and strengthened Quality Standards are here

Effective from 1st November 2025, Australia's aged care system has entered a new chapter with the commencement of the Aged Care Act 2024 and the Strengthened Aged Care Quality Standards. These reforms are designed to put older people at the centre of care, ensuring dignity, choice, and safety in every aspect of service delivery.

What's Changing?

- **Rights-Based Framework:** The new Act introduces a Statement of Rights, guaranteeing older Australians the right to independence, respect, and safe, high-quality care.
- **Single Entry Point:** Access to aged care is now simpler through a streamlined assessment process, reducing confusion and improving fairness.
- **Greater Accountability:** Providers must meet stronger compliance obligations, with enhanced powers for the Aged Care Quality and Safety Commission to monitor and enforce standards.

Strengthened Quality Standards

Alongside the new Act, seven strengthened Quality Standards now define what good care looks like:

1. The Individual – Respect, dignity, and choice.
2. The Organisation – Strong governance and accountability.
3. Care and Services – Person-centred and responsive.

4. The Environment – Safe and comfortable living spaces.
5. Clinical Care – High-quality health support.
6. Food and Nutrition – Nutritious, enjoyable meals.
7. The Residential Community – Inclusion and engagement.

These standards are more detailed and measurable, ensuring providers deliver care that meets individual needs and upholds rights.

What this means for you

For residents and families, these changes mean:

- Clearer expectations of what quality care looks like.
- Stronger protections when raising concerns.
- More involvement in decisions about care and services.

At Finley Regional Care, we are committed to embracing these reforms. Our policies have been updated, staff trained, and systems aligned to meet the new requirements. This is part of our ongoing mission to provide safe, respectful, and high-quality care for every individual.

Arjun Arjun
Quality Officer



LEISURE AND LIFESTYLE

Hello residents, families and friends.

We can't believe November has come to an end already! We have had a busy month in November and are looking forward to all our festive fun coming next month.

We celebrated Melbourne Cup together and watched the race. Keith Haidle put on a fantastic concert for us which was enjoyed by all who attended. Peter had an excellent turn out to his history video afternoon where the residents shared memories from over the years.

Our resident singing group is in full swing with Christmas carols on the agenda for next meet up! We had all our usual fun including bingo, cinema, games in

the activities room, hairdressers and visiting Dawn and Lesley in the facility shop!

We had a few outdoor catch-ups this month as our weather is warming up, including a spur of the moment socialise in our courtyard where we had live music thanks to Rob and a morning outside doing trivia!

We are so looking forward to some Christmas cheer next month!

Meg Caspar
Leisure & Lifestyle Officer



ALUMUNA NEWS

Social Club update

Alumuna residents got together on the 27th November for a BBQ at Finley Regional Care.

We had a great turn-out and the BBQ (cooked by Dave) was enjoyed by all who attended.

The Social Club committee will be sending out a questionnaire early in the new year to get some suggestions from residents as to what activities they like to attend next year. Get your thinking caps on.

Annual General Meeting

The Alumuna AGM was held on 19th November with a great turn-out from residents. Thanks to Lisa and her team for a delicious afternoon tea which was enjoyed following the meeting.

Dates to remember

The Finley Returned Services Club are again hosting the Senior Citizen's Christmas Luncheon on 9th December from 12.00 to 3.00pm. This is free for residents and is always a wonderful festive event. Thanks to those residents who have RSVP'd. If you would like to attend, please let me know ASAP so I can update the club with numbers.

The Alumuna Christmas Celebration Lunch is being held at Finley Regional Care and is scheduled for Wednesday 17th December from 11.30 for a 12.00 start. If you would like to attend, please confirm your attendance by RSVP and payment of \$30.00 per person prior to Friday 12th December. Payments can be made at FRC reception.

Resident update

We would like to extend a warm welcome to our new residents, Colleen and Wayne, who are moving into their new home on 1st December. We look forward to seeing you and hope you enjoy living at Alumuna.

See you next month!

Recipe of the month

3 Ingredient Christmas Cake



- 1 kg mixed dried fruit
- 600 ml any liquid (iced coffee or Baileys are good options)
- 2 cups self-raising flour

INSTRUCTIONS

The day before baking:

- Place mixed dried fruit in a large bowl.
- Pour in iced coffee.
- Make sure the fruits are fully submerged in the liquid.
- Cover and allow to soak in the refrigerator for at least 8 hours or overnight.

Prepare the cake batter:

- Preheat oven to 180 C or 350 F before preparing the batter. Grease and line the base and sides of a 23 cm deep cake tin. Set aside.
- Add flour to the soaked fruit mixture.
- Fold in gently. Make sure all the ingredients are evenly incorporated. The batter will be thick.

Bake:

- Transfer batter to the cake tin.
- Use a spatula to smooth batter into an even layer.
- Place the cake tin on the oven rack placed in the centre of the oven.
- Bake for about 1 hour or until the batter is set, the top is golden brown, and a skewer inserted into the centre of the cake comes out clean. If the top browns too quickly, cover with an aluminium foil and continue baking.
- Once the cake has cooled, carefully remove the cake from the cake tin before turning onto a wire rack to cool completely.

Zoe Stringer

Alumuna Community Manager

A DAY IN THE LIFE OF LILY THE CAT

If you've ever visited Finley Regional Care, chances are you've already met our most popular resident – Lily the cat.

With her sleek calico fur, knowing eyes, and queen-like grace, Lily has made herself very much at home here in our aged care community. She's more than just a pet; she's a companion, a comfort, and a big part of the home.

So, what does a typical day look like for Lily? As it turns out — a little bit of everything (with plenty of cat naps, of course): www.finleyregionalcare.com.au/a-day-in-the-life-of-lily-the-cat/

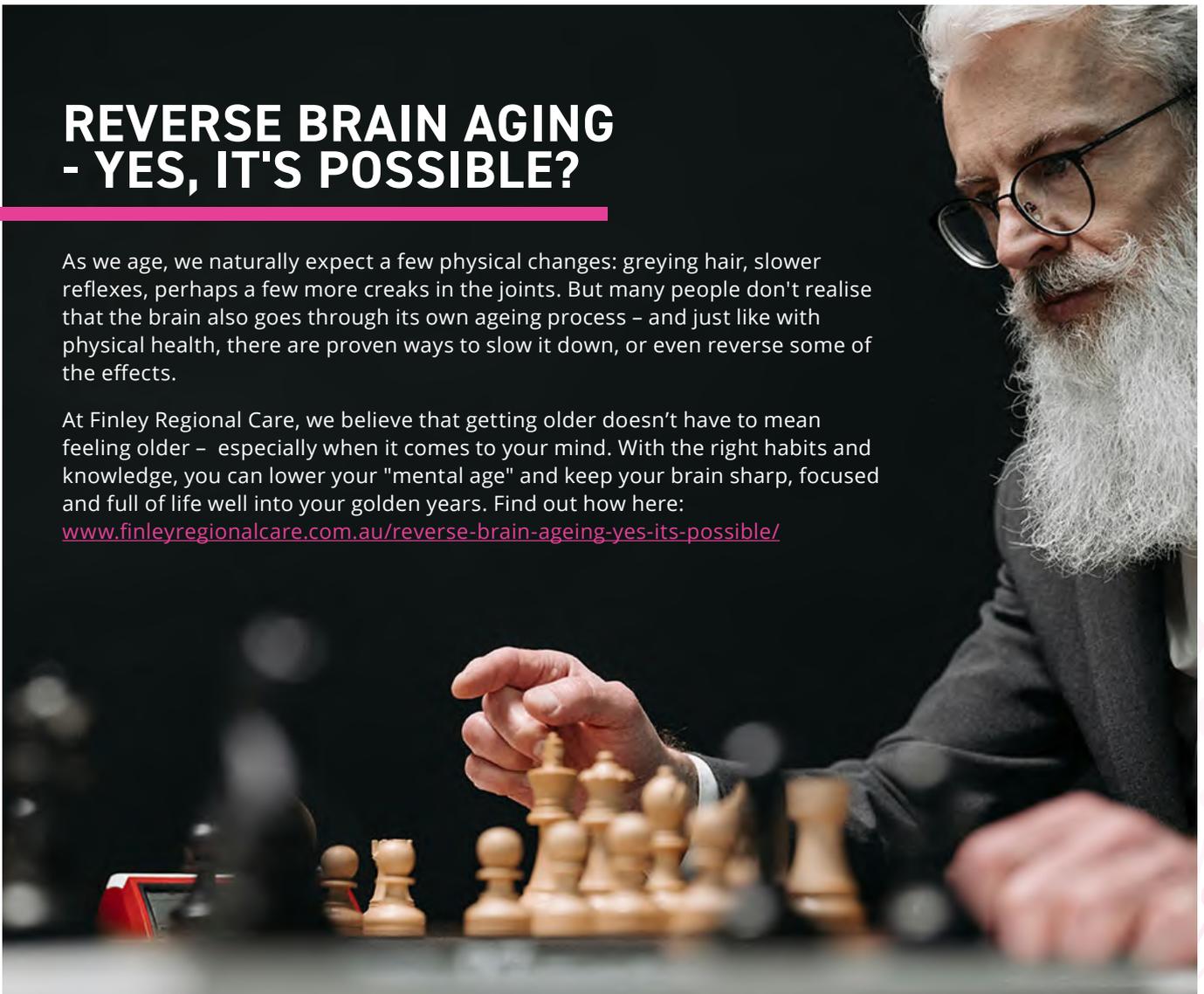


REVERSE BRAIN AGING - YES, IT'S POSSIBLE?

As we age, we naturally expect a few physical changes: greying hair, slower reflexes, perhaps a few more creaks in the joints. But many people don't realise that the brain also goes through its own ageing process – and just like with physical health, there are proven ways to slow it down, or even reverse some of the effects.

At Finley Regional Care, we believe that getting older doesn't have to mean feeling older – especially when it comes to your mind. With the right habits and knowledge, you can lower your "mental age" and keep your brain sharp, focused and full of life well into your golden years. Find out how here:

www.finleyregionalcare.com.au/reverse-brain-ageing-yes-its-possible/



RESIDENT & FAMILY Christmas CELEBRATION LUNCH

Wednesday 17th December 2025

Arrival from 11:30am

Lunch served at 12:00pm



MAIN COURSE

Roast Turkey & Ham

Served with Cranberry sauce or Gravy

Traditional Roast Potatoes, Pumpkin, Peas, and

Cauliflower with Cheese sauce

Dinner rolls

SWEETS

Traditional Plum Pudding

and Brandy Custard and Christmas Cake

Beer, Wine, Soft drinks, Tea and Coffee available



Two Course Lunch - \$60 per person

\$20 under 13 years old

RSVP and Payment by

Friday 12th December

Maximum of two Visitors per Resident



HOLY DAYS

Holiday time is here again.
The annual occurrence to keep workers sane.
They're expensive. can be a pain.
Some like privacy and become unspeakable,
Others like service from staff unruffleable,
Summer in Australia, the beach, call on rellies,
Overeating, extended bellies, catching up.

Or.

"Where are you going this time, I jeer?"
"I dunno, went to Bali,
last year, pressure from a peer,
It was great, cheap beer, wasn't dear, different craic,
but
I don't think I'm going back."
Overseas has some appeal, though the winter can

depress,

Booking transport. planes, and rail,
I would end up a mess.

However,

Foreign phrases are fun to try,
'S'it vous plait' and 'Konninchiwa'
Always handy in a bar.

America has a different feet,
They keep wanting to make a deal,
Everyone has guns.
It's lost a bit of appeal.

Nevertheless,

The home of Donald Duck could be fun.
Australia you know has tons of variety,
Capital cities boast personality,
The Bush is a winner, old fashioned. hospitality.
Stories abound, legends unpublished, suitable for

telly,

But care must be taken, all are related, some way,
to Ned Kelly.

Long drives and short ones,
Tents, Winnebago's, units for old bones,
Having a break, a holiday for fun,
In the Australian Sun.

Rob Atcheson
Finley Regional Care, October 2025
FINLEY 2713 N.S.W.

TRIVIA OF THE MONTH

Of the world's 25 most venomous snakes, how many is Australia home to?

- A: 8 C: 15 E: 21 G: 25
B: 12 D: 18 F: 23

Answer to last month's trivia question:

K'gari is the traditional Aboriginal name for what was once known as Fraser Island. What does K'gari mean in English?

The answer is **D): Paradise.**



Finley Regional Care Auxiliary

Christmas Delights

Street Stall

Friday, 5th December

8:30am - 1:00pm

**All things
Christmassy!**

Homemade Biscuits
Cakes
Preserves

Plants
Gifts
Decorations

Support the residents of Finley Regional Care
All donations warmly welcomed!

More information:
President Sue Hand - 0419 831 544

finleyregionalcare
better tomorrow



LIFE ADVICE FROM A STAFF MEMBER

"Appreciate what you have and take time to stop and smell the roses."

Amy Lankester



QUOTE OF THE MONTH

"One day you will look back and see that all along you were blooming."

Morgan Harper Nichols



COMMUNITY NOTICE BOARD

Interested in volunteering?

Every thought of volunteering? Have a special skill or talent that you would like to share? Finley Regional Care is always on the lookout for enthusiastic volunteers to enhance and assist with the program of activities. There are many options for our volunteers, including craft, reading, activities and taking residents for walks. If you can spare an hour or so a week to come and help out, please contact our Leisure & Lifestyle team. Our residents are always happy to see a friendly face, and our volunteers will all tell you that their lives are richer for the time they spend here!



Finley Regional Care

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P: 03 5883 9600

F: 03 5883 1123

E: info@finleyregionalcare.com.au

www.finleyregionalcare.com.au

Sign up for email notifications

Would you like to receive email notifications of upcoming activities, relevant messages and newsletters? Sign up by sending your email address to

✉ reception@finleyregionalcare.com.au

Comments & suggestions

Finley Regional Care welcomes comments and suggestions about any aspect of our service; including direct care, catering, cleaning and gardens. You can access the form used for this purpose in various places throughout our facility or contact Administration on ☎ **03 5883 9600** during business hours.

Lost and found

All valuables found in the facility are kept safe until collected by their owner. If you (or your family member) are missing any items, please call reception with a description of the item and hopefully we can help you find it.