

FROM THE CEO'S DESK

Happy Easter from FRC

We hope everyone in the FRC community had a relaxing break – hope you got to enjoy some good food, good company, and a well-earned rest.

Welcome Biralee Preschool to the FRC family

We're pleased to share that Biralee Preschool has officially joined the FRC community. Their commitment to quality early childhood learning aligns well with our values, and we're looking forward to the wonderful contribution they'll bring. Please join us in giving Biralee Preschool a warm welcome.

Grant application and preschool building plans

We've submitted a grant application for a new preschool building, with the aim of creating a vibrant, modern learning space for our youngest members. If it's successful, we expect construction could begin within the next two years. We'll keep you posted as we learn more about the outcome and timeline.

Stage 2a and 2b construction update

Stage 2a and 2b construction at Alumuna is set to start soon. While most new lots are currently on hold, anyone interested in future opportunities is welcome to reach out to Zoe, our community coordinator. Zoe can answer questions and share updates as things progress.

House plans: approval and construction process

We're in the final stages of getting the house plans ready to submit for approval. Once the earthworks are complete, we'll be able to move ahead with construction. Thanks for your patience while we make sure everything meets our standards for quality and comfort.

Compliance improvements and culture training

The FRC team is continuing to work on compliance improvements to meet current standards and the requirements of the Aged Care Act. These efforts help us maintain a strong focus on care and safety for everyone. Our annual culture training is also scheduled for April, supporting a positive and inclusive environment across our community.

Team update: Welcome Matthew Joseph, and thanks to Dave

We're pleased to welcome Matthew as our new maintenance coordinator. He'll be working closely with Dave to help keep our facilities in great shape. We'd also like to thank Dave for his dedication and ongoing effort – his work makes a real difference to FRC's facilities and presentation.

Thanks for being part of FRC

Thanks for your ongoing support and for being part of the FRC community. Together, we're building a vibrant, caring and welcoming place.

We currently have places available in both Home Care and Residential Care – if you'd like to chat about options for yourself or a family member, please get in touch with the team.

Ben Levesque
CEO



CLINICAL COORDINATOR REPORT

It's that time of year again, where we wave goodbye to the heatwave and say hello to the cooler months and approaching icy winter season! A shift that I'm sure will be very welcomed by some!

As we prepare for winter, Finley Regional Care is taking important steps to help protect the health and wellbeing of our residents, staff and visitors from influenza (the flu), including our 2026 winter vaccination program.

Influenza can cause serious illness, particularly in older people and those with underlying health conditions. Vaccination remains the most effective way to reduce the risk of severe illness, hospitalisation, and outbreaks in aged care settings.

From April 2026, free seasonal influenza vaccines will be available under the National Immunisation Program. All residents will be offered the 2026 influenza vaccination as part of their routine care

Who is eligible?

All residents aged 65 years and over are eligible for a free annual influenza vaccine

Consent forms

Consent forms will be available at the reception desk and will be offered to all residents (or their nominated representative) prior to vaccination. Our team is happy to assist with any questions about the consent process.

Keeping vaccinations up to date

When residents receive their flu vaccination, our nursing team will also review their immunisation history. Where appropriate, residents may also be offered:

- Pneumococcal vaccination
- Shingles vaccination
- COVID-19 booster immunisations, in line with current health recommendations

Keeping vaccinations up to date helps protect not only individual residents, but our whole care community. If you have any questions about vaccinations, please speak with our nursing team.

Vaccination dates will be sent out to all residents who have provided consent once stock levels are received in April.

Thank you for supporting our shared commitment to keeping Finley Regional Care a safe and healthy place for everyone.

Amy Lankester
Director of Nursing



FROM THE QUALITY AND SAFETY DEPARTMENT

Quality Matters: Standard 1 – The Individual

As part of our commitment to high quality care, we are launching a monthly newsletter series to explain the Aged Care Quality Standards. This month, we begin with Standard 1: The Individual.

What is Standard 1?

Standard 1 focuses on putting the individual at the centre of care. It recognises that every person is unique, with their own life story, preferences, values, culture, and choices.

Care should always be person centred, respectful, and responsive to individual needs.

What does this mean for residents?

"I am valued, and I have choice and control over the life I lead."

Standard 1 means:

- You are treated with dignity, respect, and kindness
- Your choices and preferences are listened to and respected
- Your cultural, spiritual, and personal values are recognised
- You are involved in decisions about your care
- Your feedback and concerns are welcomed

Your voice matters, and it helps shape the care you receive.

What does this mean for families and carers?

For families and carers, Standard 1 means:

- Being partners in care, where appropriate
- Feeling welcomed, listened to, and informed

- Knowing your loved one's values and preferences are respected
- Confidence that care decisions are made in the best interests of the individual

Your knowledge and insights help us provide care that truly reflects the person behind the care plan.

What does this mean for staff?

For staff, Standard 1 means:

- Getting to know each person beyond their care needs
- Respecting individual choices and supporting independence
- Communicating respectfully and clearly
- Providing care that reflects the person, not just the task

Working together

Residents, families, and staff all play a role in strengthening person centred care. By listening, communicating, and working together, we create a safe and respectful environment for everyone.

Next month, we will continue this series by exploring Standard 2 and how it supports ongoing quality care.

Together, we remain committed to care that values each individual, every day.

Arjun Arjun
Quality Officer



LEISURE AND LIFESTYLE

March has come and gone, and didn't we live it up here at Finley Regional Care!

We were very busy hosting an Autumn-themed activities afternoon where we had a lot of different events on show for our residents! These included a pop-up coffee and cake stall run by our wonderful receptionist Isabella and a carnival game stand where the residents could try a game of Quoits (and a lot of residents won beautiful plush toys)! Our amazing volunteer Wendy was busy manning the Relaxation Station, where the residents could have a foot bath, a pedicure or even a foot massage! And finally we had a craft corner, where we made bird feeders and tried our hand at flower pressing with gorgeous flowers donated by our very own Paige and her family.

We had been busy with a visit from Biralee Preschool, during which we taught them one of our favourite active games and shared some laughs. To celebrate NSW Senior's Week we were invited to the Finley Library for a gorgeous morning tea hosted by Finley's finest Librarian, Ros, and had a very inspiring talk with Gail Joley about the importance of moving our bodies as we age. We all came back with new tips and tricks to help with mobility!

St Patrick's Day was celebrated with a morning tea, and we served shamrock shortbread cookies that we baked together the day before – delicious, if we might say so ourselves!

We were visited by a lovely dog named Possum who we shared a lot of pats with, and had a few good yarns with his owner, Trevor!

The last half of our month got us moving and grooving with three concerts and a birthday party to celebrate all our March birthdays.

Meg
Leisure and Lifestyle Team

A photograph of a retirement village entrance. A paved road curves through a green lawn towards several modern, single-story houses with grey roofs. In the foreground on the right, there is a large, dark brown sign with the Alumuna logo and the word "Alumuna" in a light blue font. The sky is overcast.

ALUMUNA NEWS

In his framework of the 8 Pillars of an Exceptional Life, wellbeing expert Marcus Pearce highlights the Social Pillar as one of the most powerful contributors to a fulfilling and meaningful life. While every pillar plays an important role, social connection becomes especially significant during retirement—a time of transition, reflection, and new beginnings.

Why the social pillar matters

Human beings are wired for connection. Throughout our lives, relationships shape our sense of identity, purpose, and belonging. As work commitments ease and daily routines change, maintaining strong social ties helps ensure that life remains rich, engaging, and rewarding.

Research consistently shows that positive social connections support overall wellbeing by contributing to better mental health, improved physical health, and stronger cognitive function. Equally important, relationships bring joy, laughter, comfort, and shared meaning—elements that no medication or material possession can replace.

Within the 8 Pillars framework, the Social Pillar doesn't stand alone. It strengthens and is strengthened by other pillars such as emotional wellbeing, physical health, and sense of purpose. When we feel connected, we are more motivated to stay active, look after ourselves, and participate fully in life.

Social connection in retirement communities

For residents in retirement villages and home care communities, social engagement is more than a pleasant addition—it is essential. Moving into a new environment can be a big adjustment, even when it's a positive one. Familiar routines may change, and long standing social circles can become harder to maintain.

This is where community plays a vital role.

Social activities, shared spaces, and everyday interactions help transform a collection of residences into a genuine community. A friendly conversation, a shared meal, or a regular group activity can make the difference between simply living somewhere and truly feeling at home.

Strong social connections within the community help to:

- Reduce feelings of loneliness and isolation, particularly during times of change or loss
- Create informal support networks, where residents look out for one another
- Encourage active participation, both physically and mentally
- Build a sense of belonging, trust, and shared identity

These connections don't need to be large or complicated. Even a few meaningful relationships can have a powerful impact on wellbeing.

Everyday moments that build connection

One of the most important messages of the Social Pillar is that connection doesn't only happen at big events. It grows through small, everyday moments—saying hello whilst walking in the fresh air, checking in on a neighbour, joining a regular activity, or sharing a story over a cup of tea.

Group activities such as exercise classes, hobby groups, shared meals, and community events provide wonderful opportunities to meet others and strengthen relationships. Equally, quieter forms of connection—such as walking together, reading groups, or one on one conversations—are just as valuable.

At Alumuna, creating opportunities for these moments is a key part of supporting residents to live exceptionally well.

A pillar that supports an exceptional life

Marcus Pearce's Social Pillar reminds us that a truly exceptional life is not lived in isolation. It is built through connection, contribution, and community. In retirement, nurturing relationships helps ensure that life remains vibrant, purposeful, and deeply human.

By staying socially engaged—at your own pace and in ways that feel meaningful—you are investing not only in your wellbeing today, but in a richer, more connected future.



RECIPE OF THE MONTH

A Taste of the 1960s:

PINEAPPLE UPSIDE DOWN CAKE

(A touch of nostalgia)

Few desserts bring back memories quite like the pineapple upside down cake. With its golden sponge, caramelised pineapple rings and bright cherries on top, this classic cake was a favourite on Australian tables throughout the 1950s and 1960s, especially for afternoon tea, birthdays and community gatherings. Its popularity grew as canned pineapple became a pantry staple, making this “special” dessert easy to prepare at home.

Many Australians remember this cake being carefully turned out onto a plate, revealing the glossy fruit topping — a moment of pride for the home baker and always met with smiles.

Why we loved it

Pineapple upside down cake was practical, affordable and cheerful. It used simple ingredients, looked impressive, and could be served warm with cream or custard. Most importantly, it was a cake meant to be shared — perfect for bringing people together around the table.

Serving the 1960s way

This cake was traditionally served:

- Warm with custard or cream
- As an afternoon tea treat
- On a shared plate at family gatherings or community events

A sweet slice of history

Pineapple upside down cake remains popular today because it represents more than just a dessert — it’s a reminder of shared moments, simple pleasures, and the joy of coming together. Recipes like this continue to hold a special place in Australian kitchens and memories alike.

Classic Pineapple Upside Down Cake Recipe

INGREDIENTS

- 60 g butter
- ½ cup brown sugar
- 1 tin pineapple rings, drained
- Glacé cherries
- 125 g butter, softened
- ½ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 1½ cups self raising flour
- 1/3 cup milk

METHOD

1. Preheat oven to 180°C.
2. Melt butter and brown sugar together and spread over the base of a greased cake tin.
3. Arrange pineapple rings on top, placing a cherry in the centre of each ring.
4. Beat softened butter, caster sugar and vanilla until light and fluffy.
5. Add eggs one at a time, beating well.
6. Fold in flour and milk alternately.
7. Spoon mixture over the pineapple and smooth the top.
8. Bake for 40–45 minutes, until cooked through.
9. Stand for 5 minutes, then carefully turn out onto a plate.

ALUMUNA NEWS (CONT.)

Maintenance Fee increase

Due to the pension indexation as of March 20 there will be an increase in the maintenance fee as of April billing. The new fees are as follows:

Scoullar St Houses – increase from \$577.53 to \$588.38 Per month.

Hamilton St Units – Increase from \$288.76 to \$294.19 Per month.

Maintenance Update

Our new Maintenance Manager, Mathew, has commenced his full-time role. Please make sure you give him a shout out when you see him. Can you please remember to utilise the maintenance request forms or feedback forms to communicate your needs and comments as it is hard to recall all comments when back in the office to record details.

Upcoming works onsite

We are in the process of commencing the next stage of the village with road works and underground infrastructure to commence in the coming months. I will keep you posted of the progress and apologise in advance for any disruptions. We will monitor closely to ensure that disruptions are kept to a minimum, but please reach out and let us know if you have any questions or concerns.

See you next month.

Zoe Stringer
Alumuna Community Manager

PLACES AVAILABLE FOR HOME CARE AND RESIDENTIAL CARE

Need care? We currently have places available in our residential home for those needing ongoing care. Our 77-bed home-style accommodation offers a wide range of services, facilities and activities, including:

- High quality medical care
- Respite care
- Dementia care
- Medical management
- 24-hour staff
- Dual facilities for partners and couples
- Security and peace of mind
- Quality 'person-centred' care

Our Complete Care service also has capacity for people needing support at home or elsewhere. Our reliable, community-owned services provide personal support delivered by friendly, professional and caring staff, and include:

- Home care
- Respite care
- Transport
- Medication management
- Assistance with meals
- Home and garden maintenance

Our medical centres are also welcoming new patients.

Get in touch to find out more:

P: 03 5883 9621

E: info@finleyregionalcare.com.au

Please feel free to share this with anyone in the community who may benefit.



HEART HEALTH – SUPPORTING SENIORS’ WELLBEING INSIDE AND OUT

This month brings us a timely reminder of the importance of caring for our hearts.

For older Australians, heart health plays a vital role in overall wellbeing. But heart health is about more than medical check-ups. It is also connected to lifestyle, emotional wellbeing, movement, nutrition, and community support.

At Finley Regional Care, we believe in caring for the whole person – supporting not only physical health, but also the emotional and social wellbeing that helps residents live fully and comfortably.

TRIVIA OF THE MONTH

If travelling by road, which two Australian capital cities are furthest apart?

A: Hobart and Darwin

D: Brisbane and Perth

G: Adelaide and Darwin

B: Hobart and Perth

E: Brisbane and Darwin

H: Perth and Darwin

C: Darwin and Melbourne

F: Sydney and Darwin

Answer to last month’s trivia question:

How many World Heritage Listed Sites does Australia have?

The answer is a) 21

GOING TO THE DOCTOR

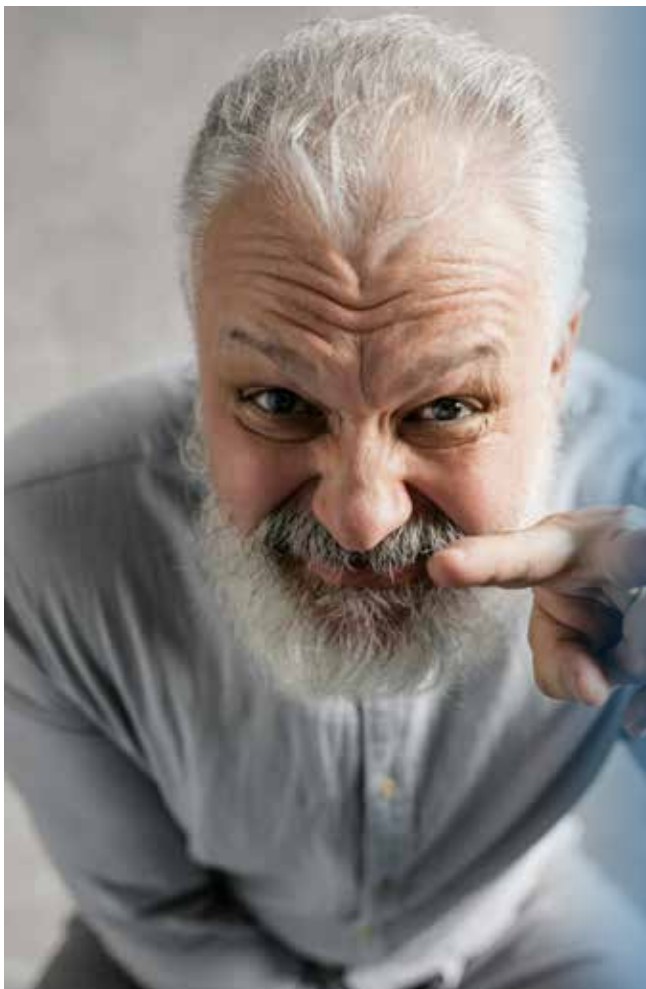
It's not far, physically that is,
A long way to consider possibilities.
What have I got? Good question or not.
Did I catch something? A fungus; footrot,
Something I forgot.
What epidemic is going round the town.

The Media is full of diseases you magically acquire,
From drinking water to a lethal desire.

Or,
one of the group
that have initials, like,
M.S., T.B. or the well-known cruel C.
The one from the dunny seat, S.T.D.
Cures are not guaranteed.

Alas, the doctor's human, greets you with a smile.
"How are you," An opener with guile.
Who'd be a doctor? Their clientele is always sick.
They study the body, and what makes it tick.
Their news can be unwanted, difficult to digest,
But facing the truth is for the best.
Medical technology is used to the max,
So, as long as there's power,
Just relax.

Rob Atkinson
P.R.C. Feb 1996



LIFE ADVICE FROM A RESIDENT

"You can lead a horse to water, but you cannot make it drink.."

Ken Taylor

QUOTE OF THE MONTH

"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it."

Frances Lear

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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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.