

FROM THE CEO'S DESK

As we head further into the year, I want to take a moment to recognise just how busy it's been across Finley Regional Care and to thank our entire team for the way you've continued to step up and support one another. Like many of our recent months, there's been a lot happening behind the scenes as we continue to navigate significant changes across the aged care sector.

Firstly, I'd like to acknowledge two valued members of our team, Albert and Kylie, who are moving on from FRC. Both have contributed a great deal during their time with us, and it is always difficult to say goodbye to people who have played such an important role in our organisation. On behalf of everyone at Finley Regional Care, thank you for your time, effort and commitment. We wish you both all the very best for what comes next, and you will always be part of the FRC story.

There are also some exciting developments underway across our sites. Civil works have now commenced at Alumuna for the next stage of development. This is a significant milestone, and we are looking forward to seeing homes begin construction very soon. This project represents an important part of our ongoing growth and our commitment to supporting our community with quality housing options into the future.

We are now into our third month operating Biralee, and it's pleasing to see things progressing so well. I want to particularly acknowledge the incredible support from the Biralee team, who have now become part of the broader FRC family. Their professionalism, care and willingness to embrace change have made this transition a positive one.

I'd also like to welcome Kaniz, who joined us in May as our newest educator. Over time, this role will play an important part in growing enrolments and strengthening the service even further.

Across our Medical Centres, the teams continue to do what they do best—providing essential services to our community with care, compassion and understanding. It is something we are incredibly proud of and a key part of how FRC continues to support the broader region.

It has certainly been a big year when it comes to aged care reform. With significant legislative changes impacting both home care and residential care, there has been a strong focus across the organisation to ensure we are ready—not only to meet new requirements, but to continue delivering the high standard of care our residents and clients expect.

Finally, I'd like to remind our community that we currently have availability across both home care and residential services. Whether you or someone you know is looking for support now, or simply planning ahead for the future, our team is always here to help. Please don't hesitate to reach out—no question is too small.

Thank you again to everyone across Finley Regional Care for your ongoing commitment, resilience and care. It's what makes our organisation such a special place.

Ben Levesque
CEO



DIRECTOR OF NURSING REPORT

This month has been a busy and productive time across Finley Regional Care, with a continued focus on quality care, resident wellbeing, and clinical excellence.



We begin by congratulating **Julie Riseley** on her appointment as Clinical Care Coordinator. Julie is a valued Registered Nurse with a wealth of experience and will play an important role in supporting the oversight of clinical care, providing staff support, and strengthening clinical governance across the service. In her role, Julie works

closely with the Director of Nursing and in partnership with the broader clinical and care team to ensure a coordinated and consistent approach to care delivery. Julie is approachable and available to discuss any resident care concerns with both residents and their families, supporting open communication and collaborative care.

As we head into the cooler months, we remain focused on supporting the health and wellbeing of all residents. This time of year brings an increased risk of seasonal illness, and our team continues to take proactive steps to help keep everyone safe and well.

We are pleased to share that our annual influenza vaccination clinic was successfully completed this month for all residents who had provided consent. Vaccination remains one of the most effective ways to protect our residents from seasonal illness, and we thank residents and families for their support.

We would also like to advise that the COVID-19 booster vaccine is now available. Our team is currently obtaining consent from residents and their representatives for those who wish to receive the booster.

Three-Monthly Care Evaluations:

Care plans are reviewed every three months to ensure they remain current, relevant, and responsive to each resident's individual needs. These reviews are shared via email in line with personal communication preferences. In meeting the strengthened Aged Care Quality Standards, we work collaboratively with each resident (along with their representatives) to ensure care reflects their preferences and supports the best possible outcomes. Resident and family input is a valued and essential part of this process, and we welcome your feedback.

Looking ahead, **Broadway Smiles Dentist** will be returning on **Thursday 11 June** to provide follow-up treatments for residents seen during their previous visit. The service will also be available to residents who would like to be seen on-site. Expressions of interest are now open, with further details and associated costs to be provided closer to the date.

Thank you to our residents, families, and staff for your ongoing support and shared commitment to delivering safe, respectful, and high-quality care.

Amy Lankester
Director of Nursing



FROM THE QUALITY AND SAFETY DEPARTMENT

Strengthened Aged Care Quality Standards

At our service, your care, safety, and wellbeing are at the heart of everything we do. One of the key areas we focus on is **Standard 3: Care and Services**, which is part of the Aged Care Quality Standards.

What does Standard 3 mean?

Standard 3 ensures that every resident receives safe, effective, and personalised care and services that meet their individual needs and preferences.

Outcome Statement (in simple terms):

You receive care and services that are safe, effective, and tailored to support your health, wellbeing, and quality of life.

What this looks like in our home

- Care plans are developed with you and your family, based on your needs and choices
- Regular reviews ensure your care changes as your needs change
- Staff are trained and supported to provide high-quality clinical and personal care

- We monitor things like nutrition, mobility, skin care, and overall wellbeing
- External health professionals (GPs, physios, specialists) are involved when needed

Your voice matters

We value your input. By sharing your preferences, feedback, and concerns, you help us improve and ensure your care stays person-centred and meaningful.

Our commitment

We are committed to delivering care that not only meets standards but supports you to live safely, comfortably, and with dignity every day.

Arjun Arjun
Quality Officer



LEISURE AND LIFESTYLE

Hello all!

We have had a terrific month of May and end of Autumn here at Finley Regional Care!

We have been visited this month by some fantastic musical groups, such as The Splinters 12-piece brass band, Cindy Doherty, The Ukeladies and of course Keith Haidle's performance at our monthly birthday parties is always a hit!

We celebrated our mums at a Mother's Day morning tea, where our fabulous kitchen team baked some gorgeous cupcakes. Later that afternoon we were joined by the FRC Auxiliary who helped our residents create gorgeous flower arrangements to give to all the

mothers here for their special day. Our residents loved the activity and loved their gorgeous flowers.

The Biralee preschoolers were back for a visit! We played Aussie Bingo all together and the children and our residents had a great time working in pairs! Lots of giggles and smiles, which was so beautiful.

We also played lots of new and old active games which have been so enjoyable for our residents – keeping us moving and active while having lots of laughs too.

Meg Caspar
Leisure and Lifestyle Officer



ALUMUNA NEWS

8 Pillars for an Exceptional Life continued: Family

In *Your Exceptional Life*, Marcus Pearce describes family as one of the key pillars of a meaningful and healthy life. He reminds us that an exceptional life is not built on achievement alone, but also on the strength of our closest relationships. Family gives us a sense of belonging, support and shared history. It is often through family that we feel most seen, most cared for and most connected, especially during life's changes and challenges.

Importantly, family is not always defined by blood. For many people, family also includes dear friends, neighbours, partners, carers and the community members who walk beside us through life. These are the people who share our joys, stand with us in difficult times and help create the feeling of home. At Alumuna, this wider understanding of family is especially meaningful, reminding us that love, care and connection can be found in many forms, and that the bonds we choose can be just as powerful as the ones we are born into.

Family also plays a powerful role in shaping who we become. From our earliest years, family teaches us how to love, how to communicate, how to trust and how to respond when life feels uncertain. The values we carry, the traditions we remember and even the little phrases or habits we repeat often begin at home. Some family experiences leave us with warmth and confidence, while others teach resilience, independence and compassion. In this way, family helps forge our personality, influencing not only how we see ourselves, but also how we relate to the world around us. Marcus Pearce presents family as one of the eight pillars that helps shape an exceptional life.

As we grow older, many of us carry these lessons into the families we help create ourselves. Whether raising children, supporting grandchildren, caring for partners or simply being a steady presence in the lives of others, we often pass on what we have learned about kindness, responsibility, humour, patience and love. Sometimes we continue treasured traditions; at other times we make conscious choices to do things differently and create healthier patterns for the next generation. In both cases, family becomes part of our legacy, shaping not only our own lives but the lives of those who come after us.

Of course, family relationships are not always easy. For some people, family brings deep comfort; for others, it can also bring heartache, disappointment or distance. When relationships are strained, it can help to remember that peace does not always require perfect closeness. Sometimes coping means setting gentle boundaries, letting go of old expectations, accepting what cannot be changed and focusing on the relationships that are supportive and life-giving. Forgiveness, where possible, can lighten the load, but so can honesty, self-respect and the understanding that chosen family can offer just as much care and belonging. At Alumuna, friendship, community and compassion can become an important source of comfort when family life feels complicated.

SAGE Pop Up Restaurant - 17th June

Alumuna residents are warmly invited to attend the FRC Pop Up Restaurant on Wednesday 17th June from 11.30am. I have viewed the menu and I can assure you, you will not be disappointed.

There is no charge for Alumuna residents, but we will need you to RSVP asap to FRC administration or to Zoe - we hope to see as many residents as possible as we don't get the opportunity to all get together often.



ALUMUNA NEWS (CONT.)

SPOTLIGHT ON A RESIDENT

Michael Burke

Michael has lived in Unit 9 since Feb 2025 and has provided the following in his own words.

I am a fourth-generation local from this district. Our family has farmed here for well over 100 years, and in 2025 we celebrated 100 years of owning our property, "Alanbrae", 25 km north of Finley on South Coree Road. I am the second eldest of nine children — seven boys and two girls — and all nine of us were born at Finley Hospital. I grew up locally and attended Jerilderie Catholic School for seven years, followed by four years at Finley High School. Because of health problems when I was younger, my specialist advised that I leave school at the end of Year 10, which I did. At the start of the 1980s, we bought several neighbouring farms and, alongside my parents and brothers, threw ourselves into farming life while trying to manage high interest rates, pay our debts and keep going. It was hard work, but we made it. Those years were filled with farming, football, netball, all sorts of sport, committee work and doing our best to help our communities prosper. It was a great time.

In 2000, I moved to Leeton, NSW, and began working on a farm near the village of Murami. One day at work, I suffered a massive heart attack. Until then, I did not know I had been born with a hereditary heart condition called cardiomyopathy, or an enlarged heart. I was flown to St Vincent's Hospital in Sydney — my first trip to Sydney — and the doctors said I should not have survived. Eventually, I underwent a triple bypass. They also used a balloon to clear two other arteries and placed a stent in another. The damage to my heart was permanent, and I was told to do as little as possible for two years while it recovered from the trauma. When those two years were up, I said, "I've always worked hard — what now?" I was told, "You will never work again." It was a bitter blow. I was 35 when I had my heart issues and 37 when I was told I was on the scrapheap. While visiting my late uncle and aunty, Kevin and Eileen Huntington, in Finley, I was probably at my lowest when Eileen suggested I become a volunteer driver, taking people to medical appointments. After completing all the relevant paperwork and police checks, I was fortunate to do that for 17 years. I met some wonderful people, both staff and clients, and in my book there is no better feeling than helping someone in need. Like

everyone else, COVID brought our worlds to a halt in March 2020. I returned afterwards and did a little Meals on Wheels, but I knew something was not right with my health. With the border closures, things became difficult, but eventually, in June 2022, I was taken to The Alfred in Melbourne, where I stayed for several months. They discovered I had contracted a blood disease called endocarditis, possibly up to five years earlier. In the end, they operated to remove a growth near my heart. In April 2023, The Alfred carried out tests to assess me for a heart and lung transplant, but they also found my kidneys were badly damaged. I was told I would not survive a triple transplant, so the plan was to manage my health with specialists, GPs and medication. I was really struggling out on the farm when a house became available at Alumuna, and I grabbed it with both hands. In mid-February 2026, I celebrated one year at Alumuna, and it has changed my world in a hugely positive way. It is the best house I have ever lived in, with excellent medical facilities and the comfort of being part of the FRC family. I am truly very thankful to be here.

I do my walking when I am well enough, but I have not exactly rested on my laurels. I decided there were not enough dating shows on Australian television, so I devised my own. I have called it "Broken-Down Ex-Farmer Wants a Wife" — catchy, isn't it? I have sent the pilot to every TV network in Australia. So far, I have not heard back from anyone. I blame Australia Post and Telstra, but please do not get me started on those two. Also, no doubt you have all noticed that I am quite obviously a professional bodybuilder. Now, I know what you are all thinking — Michael has overdosed on his meds. Not true. I can look each and every one of you right in the foot and promise that in my 60-plus years I have never once told a lie... although I have often been accused of handling the truth rather loosely. What is the difference, you ask? Well, it is all in the spelling. I know, I know — you all think I am far too serious. Apologies, I am trying to work on that. Just remember, people, we only get one crack at this thing called life, so let us enjoy it. So go Alumuna. Giddy-up, over and out. Cheers, Michael.

My quote of the week: "I give up" has never, ever won a race.

Thanks for sharing your story Michael – we certainly appreciate your sense of humour and maybe we have discovered an author in the making.....

ALUMUNA NEWS (CONT.)



RECIPE OF THE MONTH

Slow Cooker Beef and Vegetables

The ultimate one-pot meal! Meltingly tender slow cooker beef and vegetables smothered in a gravy like sauce - because it's so much tastier than just a watery broth! I like to make this in my slow cooker but I've also added directions for pressure cooker, stove and oven.

Prep Time: 15 minutes

Cook Time: 8 hours 20 minutes

Total Time: 8 hours 35minutes

Course: Mains, Slow Cooker

Servings: 8 – perfect for freezing some for later

INGREDIENTS

- 2 kg beef chuck roast, rolled (*Note 1*)
- 1 tsp each salt and pepper
- 2 tbsp olive oil
- 1 onion (large), cut into large dice
- 5 garlic cloves, peeled and smashed (*Note 2a*)
- 5 carrots, peeled and cut into 2.5cm pieces
- 3 celery stalks, cut into 4 cm pieces
- 1 cup (250ml) dry red wine (sub with beef broth)
- 3 cups (750ml) beef broth, salt reduced
- 1/3 cup (50g) flour (plain / all purpose) (*GF - Note 2b*)
- 1 tsp dried rosemary
- 1 1/2 tsp dried thyme
- 750g potatoes, peeled and cut into 2.5 cm pieces

INSTRUCTIONS

1. Pat beef dry with paper towels. Sprinkle generously with salt and pepper all over.
2. Heat oil in a skillet over high heat. Brown aggressively all over - a deep dark brown crust is essential for flavour base! Should take about 7 minutes.
3. Transfer beef to slow cooker.
4. In the same skillet, add onion and garlic. Cook for 2 minutes until onion is browned.
5. Add wine, reduce by half. Transfer to slow cooker
6. Mix together flour and about 1 cup of the broth. Lumps is fine. Pour into slow cooker.
7. Add remaining broth, carrots, celery, rosemary and thyme into slow cooker.
8. Cover and slow cook on LOW for 5 hours. (45 min pressure cook on HIGH, *Note 3a* for Oven and Stove
9. Add potato, slow cook on LOW for 3 hours. (10 min pressure cooker on HIGH, *Note 3b*)
10. Remove beef. Rest for 5 minutes, then slice thickly
11. Adjust salt and pepper of Sauce to taste.
12. Serve beef with vegetables and plenty of sauce! Bread also terrific for mopping up sauce.

NOTES

Note 1. Beef chuck is a slow cooking cut of beef. It sometimes comes rolled and tied with string (like pictured in mine). But it also comes much thicker, shaped like a normal roast cut, and this cut isn't required to be rolled and tied like mine. Both work great.

Recipe as written suited to beef 1 - 2kg. Works for wide range of weight as you need a certain amount of liquid to partially submerge the beef. Yet the cook time remains the same because it's driven by beef thickness, rather than weight. Feel free to reduce / increase vegetables to your beef size, and also add other vegetables. (*continued on next page*).

ALUMUNA NEWS (CONT.)

OTHER BEEF CUTS: Works great with brisket too. Blade Roast will also work but note that the beef is very lean so while it will be tender like chuck, it's not as juicy inside (which you can disguise by smothering with sauce).

Note 2a. Smashed Garlic - just use the side of your knife and smash it using the palm of your hand. The garlic will burst open but remain mostly in one piece.

2b. Cornflour gluten free alternative: Mix 1 tbsp cornstarch / cornflour with a splash of broth, mix then pour in per recipe, in place of flour. Once beef is cooked and removed, check liquid thickness. If you want it thicker, mix 1 tsp cornflour with splash of water and add, heat liquid (residual heat may be sufficient) and it will thicken, repeat if you want thicker.

3a. OVEN: Lid-on dutch oven or similar, 300F/150C for about 2 hrs (1 - 1.5kg) or 3 hours (2kg), then add potatoes then a further 1 hour until meat is tender.

STOVE: Add 2 more cups of water, simmer covered 2 - 2.5 hrs until meat is starting to be tender, turning meat once or twice. Add potatoes then cook another 30 minutes until meat is super tender and potatoes are soft. Keep an eye on water level.

3b. I add potatoes later otherwise I find they are so soft, they basically disintegrate. If you prefer to add potatoes in at the beginning so you don't have to worry about adding them later, use red potatoes because they hold up better to the long cook time.

4. The carrots and celery are VERY soft by the end, softer than ideal. It's unfortunate, but a necessary sacrifice because having them in the broth for the whole cook time adds great flavour to the sauce.

5. Servings: I allow for 200 - 250g / 6.5 - 8oz uncooked beef per serving which shrinks with the long cook time. The beef pictured was a 2 kg / 4 lb rolled chuck.

6. Nutrition per serving (480g/1lb per serving), assuming all sauce consumed.

Serving: 481g | Calories: 615cal | Carbohydrates: 23g | Protein: 53g | Fat: 33g | Saturated Fat: 13g | Cholesterol: 173mg | Sodium: 704mg | Potassium: 1563mg | Fiber: 4g | Sugar: 2 | Vitamin A: 6416IU | Vitamin C: 15mg | Calcium: 95mg | Iron: 9mg

All credit for the recipe https://www.instagram.com/recipein_meals/

Maintenance Update

You will have seen the earth works have begun for the next stage of the Village. We are very excited to see the expansion has begun following months of planning. We do apologise for any disruption caused by the construction works and please reach out to Ben or myself if you have any concerns or questions. We will try and keep you informed as much as possible along the way.

Our website now contains the Alumuna News section from the FRC monthly newsletter and along with that in the April edition there is a link for maintenance requests. This is just another way you are able to lodge a maintenance request so please make use of that.

Our Preventative Maintenance Program is soon to commence, and you should have received your notification letter with your date and time. If there is any issue with the date or time, please contact myself directly on 0409 726 984 so I can reschedule with the maintenance team.

Whilst we encourage residents to put their own mark on their rear yards, we do request that any works are discussed with management prior to commencement. We are able to provide assistance where necessary but this needs to be scheduled and costed.

As we are coming to the cooler months we do request again that residents in the Scoullar Street houses refrain from using electric heating / split system heating due to the strain these put on the solar power system - the increase in the cost of diesel is also adding to the impact on the on the cost of the generator.

Newsletter Input

If you have any items you would like added to the monthly newsletter i.e. recipe, story, ideas for the social group or changes you would like made please let me know. I welcome any input for the newsletter.

Zoe Stringer
Alumuna Community Manager



MORE THAN A GARDEN: WHY TIME OUTDOORS MATTERS MORE AS WE AGE

National Gardening Day on 14th April was a timely reminder of something many older Australians have always known: a garden is never just a garden. It is a place of calm, purpose, memory and connection. Whether it's a flower bed in bloom, a vegetable patch, a shady path or simply a sunny seat among the greenery, outdoor spaces can have a powerful impact on health and wellbeing. National Gardening Day is observed each year on 14th April, celebrating the joys and benefits of gardening – and we're very happy to get on board!

At Finley Regional Care, the gardens are an important part of everyday life. Residents enjoy the beautiful

outdoor spaces around the facility, with many spending time walking through the gardens, relaxing outside, or tending to flowers and vegetables in pots. For those who are less mobile, even being able to look out over the gardens and watch the seasons change brings comfort and enjoyment. There's no doubt about it, residents have long valued these spaces, and that remains just as true today.

Visit the [Finley Regional Care](#) website for more information.

FRC AUXILIARY NEWS

The Finley Regional Care Auxiliary would like to advise that the street stall held on Friday 8th May, was very successful. We sincerely thank everyone for their support and donations.

The Mother's Day raffle was also drawn, with Julie Congram being the lucky winner of the first prize – a Mother's Day Pamper Hamper.

Second Prize, a tote bag kindly donated by Robyn Ferry, was won by Elsinor Harris.

Congratulations to all our winners and thank you again to everyone who supported the fundraiser.

Maria McCaw



STEADY ON YOUR FEET: SUPPORTING SAFETY, CONFIDENCE AND INDEPENDENCE DURING FALLS MONTH

April Falls Month is an important reminder that falls prevention is not just about avoiding injury. It is about protecting confidence, maintaining independence and helping older people keep doing the things that matter to them.

In Australia, falls remain the leading cause of injury-related hospitalisation and death, which is why April's awareness campaign focuses so strongly on practical prevention, early conversations and everyday strategies that make life safer.

At Finley Regional Care, that message fits naturally with the way care should feel: supportive, respectful and focused on helping residents live as fully as possible. That kind of environment matters, because safety works best when it is built into daily life in a way that still encourages movement, participation and choice.

Visit the **Finley Regional Care** website for more information.

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.



RESIDENT POEM

Waiting

I've been waiting all my life to grow old,
 It feels like an eternity to behold,
 I finally made it; although some I forget,
 Some things pass quickly I regret.
 The waiting's over, I've arrived,
 Sometimes lucky to survive.
 Some mates quit early, lose the battles,
 I'll wait a little longer,
 'She's apples.'

I've been waiting all my life with anxiety,
 Marriage, the kids, money, responsibility.
 Did I achieve respect from those I influenced,
 With decisions sometimes questionable?

How do you measure life,
 By grey hair and wrinkles?
 Maybe by wisdom, a by-product of experience.
 Maybe by humility, smoothing the prickles.

I've been waiting all my life to show how clever I am,
 But it doesn't seem to matter anymore.
 In the century of knowledge discovery,
 We continue to have war and gore.
 Life is cheap, particularly for the poor.
 Planes, drones, rockets galore.
 What am I waiting for?

Robert Atcheson

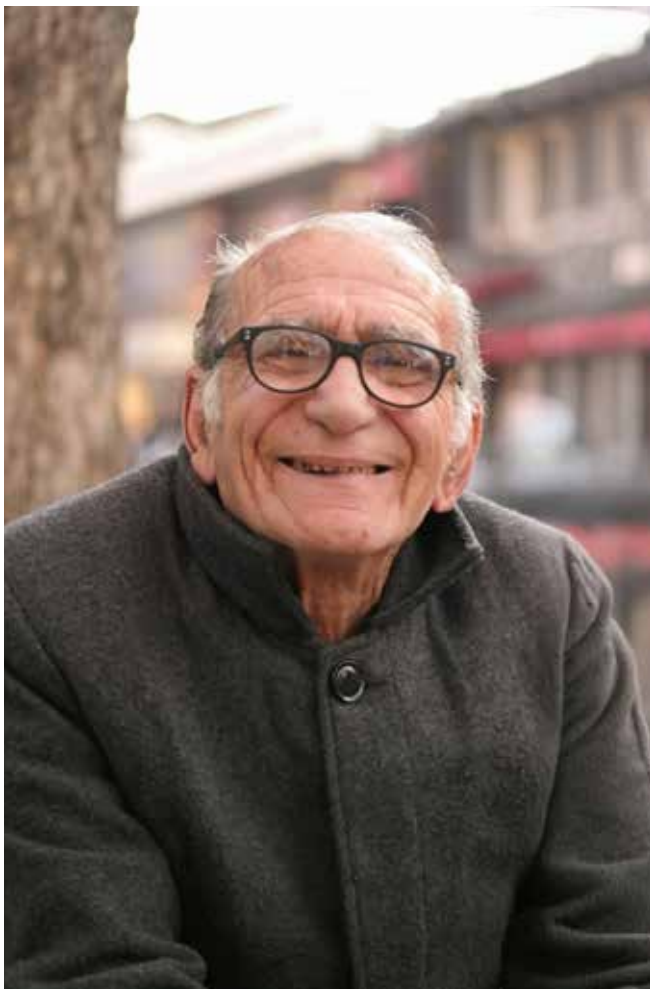
TRIVIA OF THE MONTH

Which was the only Australian state settled without the use of convict labour?

- a) Northern Territory
- b) Queensland
- c) Victoria
- d) Tasmania
- e) South Australia
- f) ACT
- g) Western Australia
- h) New South Wales

Answer to last month's trivia question:

Which former Australian Prime Minister managed a rock n' roll band in his youth? (Bonus points if you can name the band.)
 The answer is **g) Paul Keating** (who managed the Ramrods, a rock n' roll band from Bankstown)



LIFE ADVICE FROM A RESIDENT

"Making one person smile can change the world – maybe not the whole world, but their world."

Chris Laing, RN

QUOTE OF THE MONTH

"Aging seems to be the only available way to live a long life."

Kitty O'Neill Collins

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!



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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.