



LEISURE AND LIFESTYLE

Winter is definitely here in Finley! We started our month off strong with a new daily exercises plan. We are doing group exercises every day in June and have had a terrific response, so we will be continuing in July. Following exercises, we have been trying out some new terrific active games. We have had so much laughter coming from the activities room every morning, which has been so beautiful and definitely motivates our exercisers to come back the next day.

Resident Garden group started this month as well after many weeks of planning. We planted stocks, violas, succulents and pansies. We sewed some calendula, chrysanthemum and marigold seeds and we're very proud to announce that we have shoots already! The weather was perfect for our gardeners that day and we had a lot of happy residents. After tools down and knock off, a drink was in order. The residents sat, enjoyed their drinks and discussed how good it was to get back in the garden together.

We celebrated Philippines Independence Day with a morning tea. This included some beautiful Filipino desserts and a gorgeous concert put on by staff from the Philippines. We were blown away with their gorgeous singing, and the residents loved the chocolate presents they received!

The Footy Tipsters half season afternoon tea was a fantastic get together too. We served all the footy food favourites: party pies, sausage rolls and cocktail Frankfurts. We sang and laughed and talked about this season's footy tipping thus far.

Wendy came in and created some gorgeous doilies trinket dishes with our residents. They were able to include our flower pressing from autumn into the craft, with incredible results! Thank you, Wendy, for coming in and assisting us with a great crafty afternoon.

We are finishing our month off with a very exciting outing to The Finley Historical Museum and Wood Cabin. They are hosting us for a morning tea and tour around the Museum. And no month would be complete without our resident birthday party and entertainment from Keith Haidle, which is always a crowd pleaser. Thank you, Keith, for getting us moving and grooving while we celebrate.

Meg Caspar
Leisure and Lifestyle Officer



COMPLETE CARE REPORT

Winter Home Safety: Staying Warm, Well and Connected

As the cooler months settle in, it is a good time to take a few simple steps to keep your home safe, warm and comfortable. Winter can bring extra risks around heating, slippery surfaces, reduced daylight and social isolation, but a little preparation can make a big difference.

Inside the Home

Check heaters before regular use

Before relying on your gas heater, reverse-cycle air conditioner or portable heater, check that it is working properly. Gas heaters should be serviced every two years by a qualified professional, and any heater with damage, unusual smells, yellow flames, noisy fans or inconsistent performance should be checked before use. Never use an oven or stovetop to heat your home.

Keep air flowing safely

It may be tempting to close the house up tightly, but ventilation is important, especially when using gas heating. Carbon monoxide from faulty gas appliances cannot be seen or smelt, so make sure rooms are well ventilated and carbon monoxide detectors are working.

Use electric blankets with care

Check electric blankets for fraying, scorch marks, exposed wires or damaged cords. Warm the bed before getting in, then turn the blanket off before going to sleep. Store electric blankets rolled rather than folded, and replace any blanket that looks worn or unsafe.

Reduce slips, trips and falls

Winter can make falls more likely. Look for rugs that curl at the edges, loose cords across walkways, slippery floor areas, loose tiles and poor lighting. Check hallways, bathrooms and steps, and consider non-slip mats or extra lighting where needed.

Make the bathroom safer

Bathrooms are one of the highest-risk areas for slips and scalds. Check that non-slip bathmats are in place, grab rails are secure and hot water is set to a safe temperature.

Outside the Home

Clear paths and steps

Wet leaves, moss and early morning dew can make outdoor areas slippery. Clear leaf build-up, check for uneven paving and consider non-slip strips or improved drainage in problem areas.

Tidy the garden and yard

Winter storms can bring down weakened or overhanging branches. If trees are close to your home, driveway or pathways, arrange for them to be checked. Trim back overgrown garden beds that reduce visibility or narrow walking areas.

Check outdoor lighting

Shorter days can mean moving around outside in lower light. Check that outdoor lights are working and consider motion-activated lighting near steps, entrances and pathways.

Health and Wellbeing

Winter safety is not only about the home environment. It is also about making sure you have what you need to stay healthy, prepared and connected.

Plan ahead for medications and essentials

Try to keep regular medications, basic groceries and important supplies topped up before you run low. A cold or rainy week can make it harder to get out. Keep a simple emergency kit at home with a torch, spare batteries, basic first aid supplies and a list of important phone numbers.

Stay connected

Cooler weather can make it easier to stay indoors, but regular contact with family, friends, neighbours or support workers is an important part of staying well. A quick phone call, visit or planned check-in can help people feel safer and more supported through winter.

This month's quick winter check

Test smoke and carbon monoxide alarms, check heaters and electric blankets, clear walkways, top up medications, and organise a regular check-in with someone you trust.

If this has raised any areas of concern, please contact the team at FRC and we can provide you further information.

Helen Lewis

Complete Care Coordinator



FROM THE QUALITY AND SAFETY DEPARTMENT

Strengthened Aged Care Quality Standards

Standard 4: The Environment (In Practice)

At Finley Regional Care, **Standard 4** focuses on creating a safe, comfortable, and homelike environment that supports residents' wellbeing and independence.

What this looks like in real life

- **Safe mobility:** Handrails in corridors and clear walkways help residents move independently and reduce falls risk.
- **Comfort & dignity:** Residents can personalise their rooms with photos and belongings to feel truly at home.
- **Well-maintained spaces:** Regular checks ensure beds, hoists, and call bells are always working safely.

- **Clean and infection-safe environment:** Daily cleaning routines and hand hygiene stations protect everyone's health.
- **Access to outdoor areas:** Residents enjoy secure gardens for fresh air, walking, or social time with family.
- **Emergency readiness:** Fire drills and backup systems ensure residents are protected in any emergency.

Our commitment

We continuously improve our environment through audits, maintenance, and feedback from residents, families, and staff—so everyone feels safe, respected, and at home.

Arjun Arjun
Quality Officer



ALUMUNA NEWS

8 Pillars for an Exceptional Life continued: Growth

Following on from Marcus Pearce's book *Your Exceptional Life*, this month we are reflecting on the pillar of Growth. Marcus reminds us that an exceptional life is not about focusing on just one area, but continuing to nurture many parts of who we are – including our health, relationships, purpose, interests and personal development.

Growth does not stop at a certain age. In fact, later life can be a wonderful time to learn, reflect, try new things and share wisdom with others. Growth might look like joining an activity you have not tried before, reading something that sparks a new idea, learning a new skill, having a meaningful conversation, or simply approaching each day with curiosity.

At Alumuna, we see growth in many simple and beautiful ways. It may be a resident sharing a story from their life, offering encouragement to a neighbour, participating in a group activity, or being open to a new routine. These small moments remind us that growth is not always loud or obvious – sometimes it is gentle, personal and deeply meaningful.

This month, we encourage everyone to think about one small way they might continue to grow. Perhaps it is learning something new, reconnecting with an old interest, asking a question, attending an activity, or taking time to reflect on what brings joy and purpose. Every small step matters.

As Marcus Pearce's message encourages, the rest of life can still be rich, meaningful and full of possibility. Growth is one of the ways we continue to make life exceptional — one day, one conversation and one new experience at a time.

"Tell me and I forget. Teach me and I'll remember. Involve me and I'll learn." (Benjamin Franklin)

Maintenance and Grounds Update

Our 2026 Preventative Maintenance Program has commenced and this year we are also completing external cleaning and external window cleaning as part of the service.

Works have well and truly commenced on our new stage developments, and our roads are beginning to take shape. Interest in the released blocks has been overwhelmingly positive as we now have 6 of the 7 released blocks with expression of interest on them.

We hope any disruption is being kept to a minimum, however, please reach out if you have any questions or concerns.

Also, just a reminder regarding the use of electric heaters as we really get into the cold weather. Electric heaters put immense strain on our solar power and we appreciate keeping the use of these to a minimum. As we did last year, power usage will be monitored and any usage over the cap will incur a charge on your account.

2026 Resident Satisfaction Survey Summary

Thank you to everyone who took the time to complete the Resident Satisfaction Survey. Your feedback is very important and helps us understand what is working well and where we can continue to improve.

Participation rate: **22 of 34 residents** submitted completed surveys (64.7%).

Overall, the survey results were very positive. We were pleased to see that 22 residents said they are satisfied with the operations of the village, with no "No" responses recorded for this question. This is a wonderful result and shows that many residents feel positive about village life.



ALUMUNA NEWS (CONT.)

What residents told us is working well

The strongest feedback came through in the areas of:

- Property maintenance
- Ground care
- Support from administration and management

Many residents rated these areas as “Very satisfied”, especially in relation to:

- the quality of maintenance in village facilities and units
- the presentation and upkeep of the grounds
- the courteousness and helpfulness of staff

This tells us that residents value a well-presented village, responsive support, and friendly day-to-day interactions with staff.

Areas we will keep improving

While the overall results were encouraging, the survey also showed some areas where we can continue to improve.

A small number of residents gave lower ratings for:

- communication from staff
- services provided
- speed of administration service
- activities offered

This feedback is helpful and gives us clear direction about where we can focus our efforts. We understand how important good communication, timely support, and enjoyable activities are to daily life in the village.

What happens next

We will use the survey results to help guide future planning and improvements.

In particular, we will continue to:

- maintain the strong standards in maintenance and grounds
- look at ways to improve communication and responsiveness
- review services and activities to better meet resident needs and interests

Feedback responses

We know that activities are an important part of village life. At this stage, we are reluctant to provide a fixed monthly activities calendar, as plans may

change due to unforeseen circumstances. Residents are very welcome to call through to reception at any time to find out what activities are on for the day 03 5883 9600

As we continue striving to provide a Community Centre for Alumuna residents, residents are reminded that they are able to make use of the FRC activities room. Please liaise with Zoe regarding availability. Zoe is also always happy to work with the social committee in planning activities for Alumuna residents.

Our Open Day was held in October 2025 and was a huge success. We are in discussion for the 2026 event. More information to follow.

Thank you

We sincerely appreciate your time, honesty, and feedback. Your input helps us continue building a village community that is welcoming, supportive, and enjoyable for everyone.

RECIPE OF THE MONTH

Easy Apple Turnovers

A super quick and easy recipe this month - The hack: Use store-bought puff pastry and tinned pie apple for a warm, comforting treat with very little preparation.

Ingredients

1 sheet puff pastry, thawed; 1 cup tinned pie apple; 1 teaspoon cinnamon; 1 tablespoon sugar; 1 egg, lightly beaten; icing sugar to dust.

Method

Preheat oven to 200°C. Cut the pastry sheet into 4 squares. Mix the apple with cinnamon and sugar, then spoon a little onto one side of each pastry square. Fold over to form a triangle, press the edges with a fork, brush with egg and bake for 15–20 minutes, or until golden and puffed.

Serving idea: Enjoy warm with a spoonful of custard, cream or ice cream. For an extra easy twist, sprinkle a little raw sugar on top before baking for a lovely crunchy finish.

You know where my office is if you have any left over.

Zoe Stringer

Alumuna Community Manager



MORE THAN GIVING BACK: THE BENEFITS OF VOLUNTEERING AT FRC

Each year, National Volunteer Week gives us a chance to pause and recognise the people who generously give their time, energy and care to others.

At Finley Regional Care, our volunteers play a truly special role. They bring warmth, companionship and a strong sense of community into the lives of the older people we care for. Whether they are sharing a cuppa, helping with an activity, reading aloud, joining in a game, tending to the garden, playing music or

simply sitting down for a friendly chat, our volunteers help create moments that matter.

Volunteering is often described as “giving back”. And while that is certainly true, it’s also much more than that. Volunteering is a two-way connection. It benefits the people receiving care, but it also enriches the lives of the volunteers themselves.

Visit the **Finley Regional Care** website to learn more.

STAFF SPOTLIGHT: MATTHEW JOSEPH



Every so often we'll have an in-depth chat with one of our staff members, so you can get to know them a little better. This month we get to know our new Maintenance Manager, Mathew Joseph.

How long have you worked at Finley?
Three months.

What is your role at Finley Regional Care? What does it involve?

I am the Maintenance Manager for FRC, which means I help take care of the facility's maintenance issues.

What do you like most about working here?
Everyone is very friendly.

What do you like to do in your free time?

I love to get away with the family, whether it's going camping or just exploring the local towns.

If you were on death row, what would your last meal be?

Lobster, crab, prawns.

What did you want to be when growing up?
Singer or footy player (NRL)

Motto or personal mantra?

There is always a solution.

Mathew shares more secrets in his interview – you can read the full article at the **Finley Regional Care** website.



Navigating Support at Home

This toolkit will guide you through the key areas to understand, plan and make **confident choices**.



1 Service Classifications & What Services Do

Three categories of supports to help you live safely, independently and well at home.



Clinical Supports

- Nursing
- Allied health (e.g. physiotherapy, occupational therapy)
- Continence care
- Wound care
- Medication support



Independence Supports

- Personal care
- Transport
- Social support & community engagement
- Therapeutic supports
- Respite



Everyday Living Supports

- Domestic assistance
- Meal preparation and meal delivery
- Home maintenance & gardening
- Cleaning & laundry

2 Funding classifications under SaH

- Care Management fees
- Invoice handling fees
- What this looks like in hourly services

3 Assistive technology and Home Modifications (AT-HM)

- How the AT-HM assessment works
- Current wait times
- Annual and lifetime caps
- Funding amounts explained

4 Co-Contributions



What co-contributions are, when they apply and how payments are calculated.

6 Reassessments & assessment tools (IAT overview)

- When reassessments happen
- What to expect and how to prepare
- Overview of the IAT (Itemised Assessment Tool)
- How the IAT helps you stay informed

5 Providers

- Service agreements
- Questions to ask
- Self-management (self-managed)
- Self, partial & fully managed
- Fees & charges
- Complaints & changing providers

Understand your options and choose the provider setup that works best for you.

Your Support at Home Journey



FIND ME ON FACEBOOK
Aged Care Navigation with Fleur
Follow for tips, updates and support on your aged care journey.

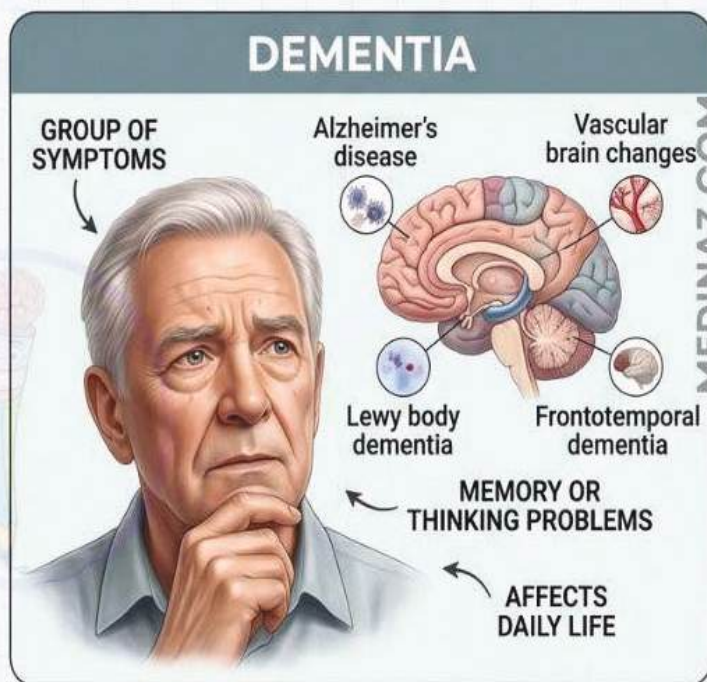
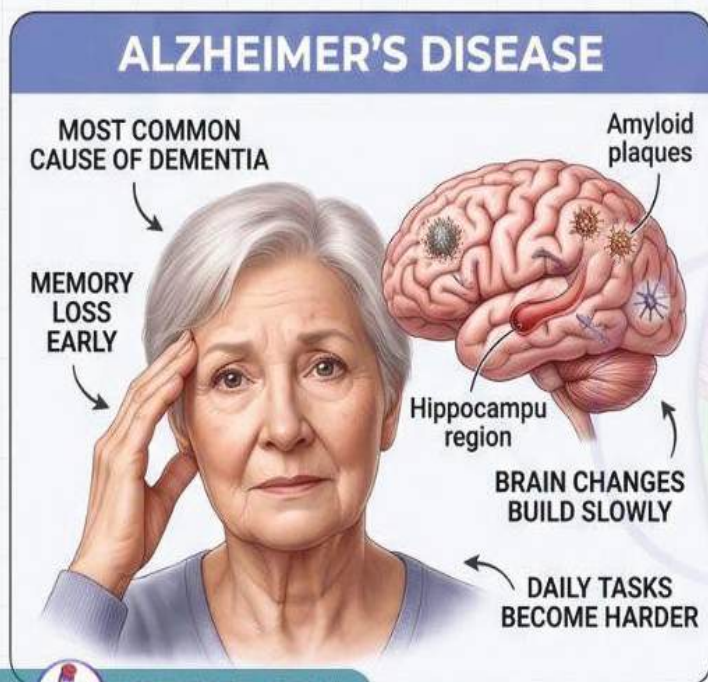


INFORMATION. CLARITY. CHOICE.
You deserve all three.

ALZHEIMER'S DISEASE vs DEMENTIA

One Cause of Memory Decline vs A Group of Symptoms

- **Alzheimer's disease** = a specific brain disease and the most common cause of dementia
- **Dementia** = a group of symptoms affecting memory, thinking, behavior, and daily life



MEDINAZ.COM

Feature	Alzheimer's Disease	Dementia
What it means	A specific brain disease	A group of symptoms affecting thinking and daily life
Disease or symptom group?	A disease	A syndrome, not one single disease
Main relationship	The most common cause of dementia	Can be caused by Alzheimer's or other conditions
Early signs	Recent memory loss, repeating questions, getting lost	Memory, language, judgment, behavior, or movement problems
Brain changes	Amyloid plaques, tau tangles, brain shrinkage	Depends on the cause
Other causes	One cause only	Stroke disease, Lewy body disease, Parkinson's, frontotemporal disease, and others
Daily life	Slowly affects cooking, money, medicines, and self-care	Daily life becomes difficult because thinking is affected
Can it be reversed?	Usually not reversible, but symptoms can be managed	Some causes may be treatable, so checking is important
How doctors check	Memory tests, history, brain scan, blood tests, specialist review	Find the cause using history, tests, scans, and health review
Treatment / support	Medicines may help symptoms; routine, safety, caregiver support	Treatment depends on cause; support, safety, and planning are important



Important: Sudden confusion, sudden weakness, speech trouble, severe headache, fever, head injury, or fast memory decline needs urgent medical care.



Memory loss is not always dementia. Depression, thyroid disease, vitamin B12 deficiency, medicines, sleep problems, and infections can also affect memory.

FINLEY REGIONAL CARE AUXILIARY

• YOU'RE INVITED TO OUR •

Finley Springtime Gardens

Beautiful gardens. A great day out!



MORNING TEA



STALLS



LUNCH



RAFFLE

Save the Date



SUNDAY

8TH NOVEMBER 2026

9.00 AM – 3.00 PM

MORE INFORMATION TO COME



ALL PROCEEDS TO
FINLEY REGIONAL CARE AUXILIARY



RESIDENT POEM

Winter

Winter, stinker, my cheeks have gone pinker.
'Tis the time for layers, scarves and gloves,
and jackets with the fur still attached.

Turn up the heat on the A/C,
A big box of tissues for the nose,"
I plea.

Winter means football, "I hate them."
"I love them, they were unlucky last year,"
"They've never been any good, drink your beer."

There are many breeds of footy, different names.
They all generate emotions much the same.
Play, win, lose or draw, grandiose reasons.
But only for a season.

Winter gives birth to the fashionista's siblings,
Colourful jackets, suits outfits startling,
Scarves, gloves and beanies become
accessory facets. Mountain ski resorts cater
for the adventurous.

Some people like the cold,
Not me,
I'm too old.

Robert Atcheson

TRIVIA OF THE MONTH

On what exact date did Australia officially transition from pounds, shillings and pence to decimal currency?

- | | | |
|------------------------|----------------------|-----------------------|
| a) 9th February 1962 | d) 1st June 1965 | g) 14th February 1966 |
| b) 18th September 1964 | e) 17th August 1965 | h) 22nd March 1977 |
| c) 23rd January 1965 | f) 30th October 1965 | |

Answer to last month's trivia question:

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

The answer is **e) South Australia**, which was established as an experimental British colony



LIFE ADVICE FROM A RESIDENT

*"Don't let the old man in
– keep fighting for life"*

John Jeffery

QUOTE OF THE MONTH

*"Birthdays are good for you.
Statistics show that the people who
have the most live the longest."*

Larry Lorenzoni

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

A: 26 Dawe Avenue, Finley NSW 2713

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.