



LEISURE AND LIFESTYLE

Lots of fun and laughter was had in activities at FRC in July! Our daily exercise group is still growing in numbers, and we are enjoying our new morning routine.

We had a very special visitor this month too – my Chihuahua cross named Eddie had his first day of work this month. He joined us on a Friday for lots of pats and a few barks, which came in handy to keep everyone awake during Friday afternoon book club!

Our garden group has been busy painting pot plants and repotting all our new shoots. Come springtime our garden will be in full bloom, which is so exciting.

Deal or no deal came to FRC this month, and we had a great afternoon with Jim in the hotseat. He just missed out on winning the jackpot but returned home with lots of wonderful gifts. Good win, Jim!

We are all really looking forward to a trip to the Finley Historical Museum and Log Cabin which we had to postpone due to the weather... We will keep you updated on our big day out.

Meg Caspar
Leisure and Lifestyle Officer

Winter WELLNESS

Small steps for better health and wellbeing every day 




Together
we can stay
healthy, safe
and well this
winter.



STAY HYDRATED

Drinking enough fluids helps support energy, digestion, circulation and healthy skin.

- Aim for 6-8 glasses of fluid each day
- Water is best, but herbal tea, milk and fruit juice also count
- Keep a drink bottle with you as a reminder
- Let staff know if you need help



 Staying hydrated is important even when you don't feel thirsty.



CARE FOR YOUR SKIN

Cold weather can make skin dry and fragile. Good skin care helps prevent soreness, cracks and pressure injuries.

- ♥ Keep skin clean and moisturised
- ♥ Drink plenty of fluids
- ♥ Eat a balanced diet
- ♥ Change position regularly and keep moving
- ♥ Report any redness, soreness or concerns to our staff



 Good skin care = Comfort, dignity and protection.



FLU PREVENTION

Simple steps can help stop germs spreading and keep our community safe.

- ✓ Wash or sanitise hands regularly
- ✓ Cover coughs and sneezes
- ✓ Stay home if you feel unwell and seek medical advice
- ✓ Keep up to date with recommended vaccines
- ✓ Let's look out for each other

 Vaccination is the best protection against flu. Speak to our staff.



STAY ACTIVE

Keeping active helps maintain strength, balance, mood and independence.

- ★ Join in activities you enjoy
- ★ Take gentle walks
- ★ Do seated exercises or stretching
- ★ Move a little every day – it all helps!



★ Every movement counts towards better wellbeing.

Thank you for working together to keep our home a happy, healthy and caring community. 



Look out for each other



Ask for help if you need it



We're here to support you

Your health and wellbeing matter

DIRECTOR OF NURSING REPORT

Partnering in care through winter

As we continue through the winter months, our focus remains on supporting the health, comfort and wellbeing of every resident. Winter can present additional challenges for older people, including an increased risk of seasonal illnesses, reduced mobility, and changes to skin condition. Our clinical team continues to closely monitor residents and implement strategies to support overall wellbeing, including infection prevention measures, hydration monitoring, nutritional support and mobility programs.

Maintaining good skin integrity is a key area of focus during the colder months. Cooler weather can contribute to dry, fragile skin, increasing the risk of skin tears and pressure injuries. Our nursing and care teams undertake regular skin assessments and encourage good hydration, balanced nutrition, and appropriate skincare practices to help keep residents' skin healthy and protected.

Partnering in Care Through Regular Care Plan Reviews

At Finley Regional Care, we are committed to ensuring every resident receives care that reflects their individual needs, preferences and goals. To support this, formal care plan reviews are conducted every three months. Copies of these reviews are provided to residents and their nominated representatives or family members, offering an opportunity to

discuss any changes in health, wellbeing or personal preferences.

We encourage families to take an active role in these reviews, as working together helps us ensure care remains personalised, responsive, and aligned with what matters most to each resident. Your knowledge of your loved one is invaluable, and your input assists us in delivering the highest standard of person-centred care.

I would also like to acknowledge our dedicated staff for their ongoing commitment to providing compassionate, respectful and high-quality care. Their dedication and professionalism help create a safe, welcoming and supportive environment for all residents.

Finally, I would like to extend my sincere thanks to our residents' families and representatives for your ongoing support, trust and partnership. Your involvement in the lives of your loved ones, whether through visits, phone calls, participation in care reviews, or sharing valuable feedback, plays an important role in promoting their wellbeing and quality of life. We appreciate the opportunity to work alongside you and value the relationships we continue to build together. Thank you for being an important part of the Finley Regional Care community.

Amy Lankester
Director of Nursing



FROM THE QUALITY AND SAFETY DEPARTMENT

Strengthened Aged Care Quality Standards

Standard 5: Clinical Care

At Finley Regional Care, we are committed to providing safe, high-quality care that supports each resident's health, wellbeing, and independence. One of the Strengthened Aged Care Quality Standards that helps guide this commitment is Standard 5: Clinical Care.

Simply put, Standard 5 is about making sure residents receive the right clinical care at the right time from skilled and qualified staff. This includes support with medications, wound care, pain management, chronic health conditions, nutrition, hydration, mobility, and access to medical and allied health services when needed.

For residents, this means their health needs are regularly assessed, monitored, and reviewed to ensure they receive care that is tailored to their individual circumstances and preferences. Residents and their families are encouraged to be involved in decisions about their care, helping to ensure care is person-centred and aligned with what matters most to them.

Standard 5 also focuses on preventing avoidable harm, responding quickly to changes in a resident's health, and ensuring care is delivered safely and effectively. Staff work closely with doctors, nurses, pharmacists, and other health professionals to provide coordinated care and achieve the best possible resident outcomes.

What does Standard 5 mean for residents?

- Safe and effective clinical care
- Regular monitoring of health and wellbeing
- Support with medications and treatments
- Timely access to healthcare professionals
- Care that is personalised and responsive to individual needs
- A focus on maintaining health, comfort, and quality of life

By meeting the requirements of Standard 5, we can continue to provide residents with confidence that their health care needs are being managed professionally, safely, and with compassion every day.

Arjun Arjun
Quality Officer



ALUMUNA NEWS

8 Pillars for an Exceptional Life continued: Wealth

Following on from Marcus Pearce's book *Your Exceptional Life*, this month we are reflecting on the pillar of **wealth**. When we hear the word wealth, many of us immediately think of money, savings, property or investments. While financial security is certainly important, Marcus Pearce encourages us to look at wealth in a broader and more meaningful way. In the context of living an exceptional life, wealth is not only about what we have in the bank, but also about how we feel about what we have, how we use our resources, and how we appreciate the richness already present in our everyday lives.

For many people, retirement brings a new relationship with wealth. The focus may shift from earning and building, to managing, enjoying, sharing and feeling secure. This can be a time to reflect on what truly matters: peace of mind, good health, meaningful relationships, a comfortable home, time for hobbies, opportunities to contribute, and the freedom to spend our days in ways that feel worthwhile.

Wealth can also be found in the small, ordinary moments that make life feel abundant. A cup of tea with a neighbour, a phone call from family, fresh flowers on the table, a walk in the sunshine, a good book, a shared laugh, or the comfort of familiar surroundings can all add to our sense of richness. These moments remind us that wealth is not always measured in dollars; sometimes it is measured in gratitude, contentment and connection.

Of course, financial wellbeing still matters. Feeling informed, organised and supported can help reduce stress and provide confidence. This might mean keeping important documents in order, understanding regular expenses, asking trusted people for advice when needed, or simply having open conversations

with family about future wishes. Taking small steps to stay on top of financial matters can make a big difference to our overall wellbeing.

A gentle reflection: What does wealth mean to you at this stage of life? Is it security, freedom, generosity, simplicity, good health, family, friendships, or something else entirely?

This month, we invite you to notice the many forms of wealth in your life. Perhaps write down three things that make you feel grateful, make time for something that brings you joy, or share your time, knowledge or kindness with someone else. Often, the more we recognise the richness around us, the wealthier our lives feel.

Maintenance Update: Robotic Mowers and Road Construction

You may have noticed a new addition to our grounds maintenance routine at Alumuna — our robotic mowers. These mowers are now being introduced as part of our ongoing efforts to keep our lawns neat, tidy and well maintained in a more consistent and efficient way.

The robotic mowers are designed to work quietly and regularly, trimming small amounts of grass at a time rather than waiting for longer mowing intervals. Over time, this should help support healthier lawns and a more even appearance across our shared outdoor spaces.

As with any new process or technology, we understand it may take a little time for everyone to get used to seeing the mowers in operation. Please be assured that we will continue to monitor how they are working and make adjustments where needed to ensure the grounds remain safe, practical and enjoyable for residents.

ALUMUNA NEWS (CONT.)

We would also love to hear how residents are feeling about this new approach. Have you noticed a difference in the lawns? Do you feel comfortable with the new technology? Are there any areas where you have questions or feedback? Your thoughts are important as we continue to refine the process and make sure it works well for our community.

If you would like to share your feedback, please speak with the Alumuna team or let us know at the office. We appreciate your patience and support as we introduce this new technology into our village maintenance program.

We also acknowledge the continuing road construction taking place within the village. We hope this work is not causing too much disruption to residents and appreciate everyone's patience while these improvements are underway.

For Alumuna to continue to progress and improve as a village, some construction and maintenance work is necessary from time to time. While we understand this can be inconvenient, these works help us maintain and develop the village for the benefit of our community now and into the future.

If residents have any concerns about the road construction, access, noise or any other disruption, please get in touch with the Alumuna team or contact the office. We are always happy to listen, assist where we can, and pass on feedback as needed.



Alumuna Pop-Up Lunch

On 17 June, we held our Alumuna pop-up lunch, and it was wonderful to see so many residents come together to enjoy good food, friendly conversation and a relaxed social atmosphere.

Residents thoroughly enjoyed the lunch, with many commenting on the pleasure of sharing a meal and spending time together. These simple opportunities for companionship are such an important part of village life, helping to strengthen friendships and create a warm sense of community.

Following lunch, everyone was treated to musical entertainment by Cindy, which added a lovely finishing touch to the day. The music brought plenty of smiles and helped create a cheerful and uplifting afternoon for all who attended.

Thank you to everyone who joined us and helped make the pop-up lunch such an enjoyable occasion. We look forward to creating more opportunities for residents to come together, connect and enjoy shared experiences at Alumuna.



QUICK WINTER RECIPE:

Creamy Tomato Soup

Ingredients

1 tablespoon olive oil or butter, 1 small onion finely chopped, 1 tin crushed tomatoes, 1 cup vegetable or chicken stock, ½ cup milk or cream, and salt and pepper to taste.

Method

Gently cook the onion in oil or butter until soft. Add the tomatoes and stock, then simmer for 10 minutes. Stir through the milk or cream, season to taste, and blend if you prefer a smooth soup.

Serving idea

Enjoy with warm toast, a cheese sandwich, or a sprinkle of grated cheese on top for an extra cosy winter meal.

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.



THE FUTURE OF AGED CARE STARTS CLOSE TO HOME

Each year, Aged Care Week brings together leaders, providers and decision-makers from across Australia to talk about the future of aged care. It is a chance for the sector to reflect on what is changing, what needs to improve and how aged care can continue to deliver safe, respectful and person-centred support for older Australians.

But while these national conversations are important, the future of aged care is not only shaped in conference rooms or policy discussions. It is also shaped in regional communities like Finley, where care is deeply personal, families are connected and older people deserve to remain close to the people, places and routines that have helped define their lives.

For many families, choosing aged care is one of the most significant decisions they will make. It can

come after a period of gradual change, a sudden health event, or the growing realisation that a loved one needs more support than can safely be provided at home. Whatever the circumstances, the decision is rarely just practical. It is emotional, personal and often filled with questions.

Will Mum feel comfortable? Will Dad be treated with dignity? Will staff understand who they are, not just what care they need? Will they still feel connected to the community they know?

These are the questions that matter. In our latest blog post on the Finley website, we explore why the future of aged care starts close to home – and what families should look for when choosing care for someone they love:

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

WHAT MAKES A PLACE FEEL LIKE HOME?

Home is more than a building. It is the feeling of being comfortable, safe and known. It is the familiar rhythm of the day, the sound of friendly voices, the small routines that bring reassurance and the people who make us feel we belong.

For many older people and their families, the decision to move into an aged care home can feel deeply emotional. It may come after a period of changing health, increased care needs, a hospital stay, a fall, or the realisation that living independently is becoming more difficult. Families may wonder whether their loved one will settle in,

whether they will feel comfortable and whether a new environment can ever truly feel like home.

These are natural questions. Aged care is not just about care services, meals or accommodation. At its best, it is about creating a place where people are supported to live with dignity, connection and comfort. A place where residents are not only cared for, but genuinely known.

So, what makes an aged care home feel like home? Visit the **Finley Regional Care** website to find out.



RESIDENT POEM

Options

Throughout our lives, options rule.
Will I do that or this?
I'm no fool,
According to my mate's great grandmother,
Or was she just taking the piss.
Will I, won't I,
I'm not sure what to do.
Option of football team, what type of jeans
I don't like Brussel Sprouts, I'm a mess.
Did I choose the right career?
Will I have another beer?
There's always another way,

Leave it for another day.
I have made up my mind,
Like a drunk in a bottle shop.
Rain, hail or shine.
I'm not committing a crime.
The dog will still love me,
Everything will be fine.
Was I right or wrong?
"I Walk the Line", just like the song.
I did it, not the easiest option.
What's the conclusion or delusion?
"Life's a bummer even in the Summer."

Robert Atcheson

TRIVIA OF THE MONTH

Who was Australia's shortest-serving Prime Minister? (and bonus points if you know how long he or she was in the top job for).

- | | | |
|------------------|-------------------|------------------|
| a) Julia Gillard | d) Arthur Fadden | g) Francis Forde |
| b) Edmund Barton | e) Tony Abbott | h) Harold Holt |
| c) George Reid | f) Sir Earle Page | |

Answer to last month's trivia question:

On what exact date did Australia officially transition from pounds, shillings and pence to decimal currency?
The answer is **g) 14th February 1966**

FINLEY REGIONAL CARE AUXILIARY

• YOU'RE INVITED TO OUR •

Finley Spring Time Gardens

Beautiful gardens. A great day out!



SUNDAY

8TH NOVEMBER 2026

9.00 AM – 3.00 PM



MORNING TEA



STALLS



LUNCH



RAFFLE

MORE INFORMATION TO COME



ALL PROCEEDS TO
FINLEY REGIONAL CARE AUXILIARY



LIFE ADVICE FROM A STAFF MEMBER

"Smile and be kind; you don't know
whose life you are brightening."

Sandra Gray

QUOTE OF THE MONTH

"I'm very pleased to be here.
Let's face it, at my age
I'm very pleased to be anywhere."

George Burns

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.