

NEWSLETTER

SEPTEMBER / OCTOBER

2025

MAYFIELD AGED CARE

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Your Caring Home

Editor's Desk

Dear Readers,

This past month at Mayfield Aged Care has been filled with laughter, music, and heartfelt moments. Residents and staff came together to celebrate **Oktoberfest, Father's Day, and our vibrant Spring Festival** — a truly special day highlighted by the visit from **Sweet Valley Animal**. The residents delighted in petting the friendly animals, sharing smiles, and enjoying festive food and games that brought everyone together.

A highlight of our celebrations was honouring **Elizabeth Swerus**, who recently turned **103 years old!** Elizabeth has a remarkable history, having been crowned **Miss Cook's Hill Pageant in 1948** in Newcastle — a beautiful reminder of a life well-lived and cherished.

Our recent **Food Focus Meeting** gave residents the chance to sample and vote on new dishes soon to appear on the menu — ensuring that every meal continues to bring comfort and joy.

We also welcomed the cheerful children from **Hunter Early Childhood Centre**, who brought along herbs they had lovingly grown. Their visit filled our residents with happiness and warmth. To top it all off, **Mayfield Demonstration School's choir** visited, filling our halls with song and stirring cherished memories for those who once taught as teachers and sang in choirs themselves.

Moments like these remind us how truly special our community is — where generations meet, stories are shared, and smiles are endless.

Warm regards,

Mayfield Aged Care.

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Upcoming Events



- MELBOURNE CUP - RACE THAT STOPS THE NATION (DUDLEY)
- RESIDENT AND STAFF BBQ THE PLAZA COURTYARD
- GOLF COMP, PLAZA COURTYARD
- BUS OUTING, NEWCASTLE ART GALLERY
- CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (PLAZA)
- XMAS SHOPPING GIFTS FOR PURCHASE (PLAZA)
- RESIDENTS MEETING (DUDLEY ROOM)
- REMEMBRANCE DAY SERVICE
- BUS OUTING, HUNTER BOTANICAL GARDENS
- POETRY WITH KATHY SWANSEA LOUNGE
- COMBINED SERVICE (PLAZA)
- CONCERT WITH WAYNE ROGERS AND HAPPY HOUR (PLAZA)
- LES PIANO (THE PLAZA)
- BUS OUTING, NEWCASTLE MUSEUM
- MAKING WHITE CHRISTMAS COOKING (DUDLEY)
- CONCERT WITH GREG MASON AND HAPPY HOUR (PLAZA)
- HAND PAMPERING (DUDLEY ROOM)
- BUS OUTING, DOBELL HOUSE WANGI
- PHIL McLEOD PIANO PLAZA
- PHYSIO BUS OUTING TO BLACKBUTT RESERVE
- CONCERT WITH PHIL SIEVER AND HAPPY HOUR (PLAZA)
- MAYFIELD DEMONSTRATION SCHOOL CHOIR

Great Events that we've already had!



- CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (PLAZA)
- BIRABAAN DANCERS (THE PLAZA)
- RESIDENT PETER'S TAKING THE PLUNGE FOR DAFFODIL CANCER AWARENESS AT THE NEWCASTLE BATHS.
- DAFFODIL MORNING TEA FUNDRAISER (THE PLAZA)
- INDIA ARMCHAIR TRAVEL (WARATAH LOUNGE)
- AGED CARE EMPLOYEE DAY
- SENIOR CITIZENS DAY, HIGH TEA
- DONNA LOU FASHION SHOW (THE PLAZA)
- PIANO MUSIC WITH PHIL
- PIANO MUSIC WITH LES
- CONCERT WITH GREG MASON AND HAPPY HOUR & INDIA INDEPENDENCE DAY/ FASHION SHOW (THEME DAY)
- MAYFIELD DEMONSTRATION SCHOOL KIDS CHOIR, (THE PLAZA)
- BUS TRIP, SUPPORTING RESIDENT PETER FOR HIS DAFFIDILL PLUNGE AT NEWCASTLE BATHS
- COFFEE CLUB AFTERNOON (DUDLEY ACTIVITIES ROOM)
- KNIGHTS AND BRONCOS FOOTY OUTING TO MCDONALD'S JONES STADIUM
- CONCERT WITH RAY O'GRADY AND HAPPY HOUR (PLAZA)
- RESIDENTS MEETINGS
- PHYSIO BUS OUTING TO SPEERSPOINT
- WAYNE ROGERS CONCERT AND HAPPY HOUR (PLAZA)

Regular Events

Les Plays the Piano

Alternates playing between both wings on Mondays.

Phil Plays the Piano

In the Plaza, Wednesdays at 11:30 am

Bus Outings – Scenic and Lunch Outings

West Wing Thursdays at 10:30 am

East Wing Tuesdays 10:30 am

Catholic Mass once a month (Tuesday, 2nd week of every month, 2:00 pm, Waratah Lounge) with Father Des

Combined Service once a month (Thursday, 2nd week of every month @ 10:30 am, The Plaza)

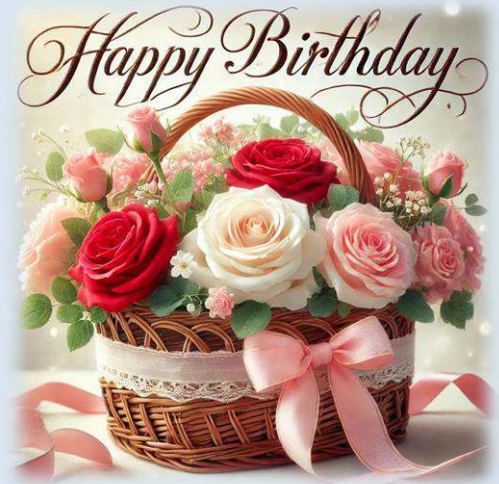
Exercise groups / Physio - Seated Exercises on Tuesdays at 11:00 am, Waratah Lounge and Standing Exercises on Thursdays at 11:00 am, Dudley Room

Hairdresser – Tuesdays and Wednesdays

Resident Meetings are held once a month, as per the monthly programs.



Birthday of the Month



All residents' birthdays occurring each month are commemorated collectively in the Plaza, featuring an entertainer and a shared cake for all as we continue the birthday traditions.

All residents are encouraged to participate in the Celebrations.

September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

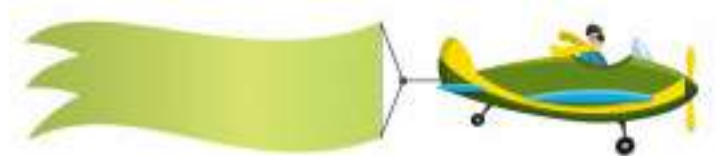
Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Noticeboard



NEW RESIDENTS

We warmly welcome all our new residents and hope you enjoy your time with us.

GARDENING

We welcome volunteers and residents interested in helping with our gardening efforts. Please let us know if you'd like to help.

NEW STAFF

A warm welcome to all the new people who joined our team in the past few months!

PHYSIO EXERCISES

All residents are encouraged to participate in the physiotherapy exercises and attend the classes regularly.

Tuesday 11:00 am (Waratah Lounge)

Thursday 11:00 am Stand-up Exercises (Dudley Room)

CONTINUOUS IMPROVEMENT

Residents, families, and friends are encouraged to provide feedback through the various channels available. Feedback forms can be found at the reception desks, Activity Office, and nurse's stations across the East and West wings. We welcome input at any time and strongly urge everyone to contribute, so we can continue to deliver the best possible care and service.

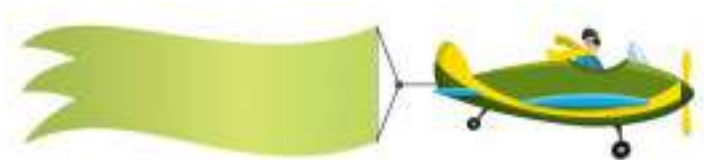


CAN YOU CONTRIBUTE?

We welcome and appreciate your contributions to our newsletter! We are excited to receive your articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff. Please submit your contributions to reception or email us at your convenience.

Thank you for your participation!

Noticeboard



LIBRARY SERVICE

The Newcastle mobile library service delivers and collects library books for residents at Mayfield Aged Care. If you would like to use this service, please inform one of our staff members.

THANK YOU

We extend our heartfelt gratitude to the relatives and volunteers who steadfastly support us. Your unwavering commitment and generous contributions make an immense difference, and we are deeply appreciative of your time and energy.

COMMUNICATIONS

The communications will be disseminated through a variety of channels, such as:

- Placing informational materials near the sign-in sheets in the reception areas of the East and West Wings
- Emailing the communications
- Including them in the organisation's newsletters
- Directly handing them out to residents in person

RESIDENTS & STAFF BBQ ENGAGEMENT

First Wednesday of each month at 1:30 p.m. the PLAZA courtyard.

Say hello and join in for a chat!



FOOD FOCUS MEETING

These meetings will take place quarterly throughout the year. We welcome any thoughts or suggestions regarding meals or food that you would like to communicate to the catering industry.

HAIRDRESSER

Mayfield Aged Care has a hairdresser who visits every Tuesday and Wednesday. To schedule an appointment, please speak with the reception staff or ask a staff member to write your name on the hairdresser's appointment list on the door in the plaza.

CULTURAL/ THEME DAY CELEBRATIONS

All employees are encouraged to participate in the upcoming themed dress-up days. Join the fun and get creative with your outfits!

- FUN SCRUB FRIDAYS
- MELBOURNE CUP DAY
- REMEMBRANCE DAY

Spotlight of the Month



FAY HARRIS

Where were you born, and where did you go to school?

I was born in Sydney and went to St Patrick's School.

What was your first job?

I worked for the Catholic Church as my first job.

What is the happiest memory you have?

My happiest memory is the Bulldogs' grand finals in 2004.

What is your favorite holiday destination?

My favorite holiday spot was Melbourne, particularly the Great Ocean Road.

What are your hobbies and interests?

I enjoy NRL rugby league and horse racing.

What is the greatest change you have experienced?

The most significant change for me was the 12 years I spent learning to walk.

Words of wisdom you would like to share?

Save your money and cheer for the Bulldogs.

What do you like about living here at Mayfield Aged Care?

I appreciate the concerts, bus outings, and the friendly staff.

A New Aged Care Act

Putting You at the Heart of Care

From 1 November 2025, the new Aged Care Act came into effect across Australia. This marks a major step forward in ensuring that older Australians receive care that is safe, respectful, and centred around their individual needs and choices.

The new Act is built on a Statement of Rights, which clearly outlines what every older person can expect when receiving aged care. These include:

- Being treated with dignity and respect
- Having choice and control over your care and daily life
- Feeling safe and supported
- Having your culture, identity, and relationships respected

For our residents and their families, this means our care approach continues to evolve — focusing even more on what matters most to you. We're reviewing our care plans, policies and communication practices to ensure they reflect these strengthened rights.

While many of our day-to-day services remain familiar, this new Act reinforces our shared commitment: to provide care that truly puts you at the centre.

OUR 2025 NRL FOOTY TIPPING WINNERS!!!



Months in Review



Life is what you make of it!



Lunch outings and Karaoke Singing



Art Therapy



Elizabeth, our beloved resident, recently turned 103 and joyfully celebrated with our Spring Festival.

In 1948, Elizabeth was crowned Miss Cook's Hill Pageant in Newcastle.



📷 Former Cooks Hill beach girl celebrates 103 years



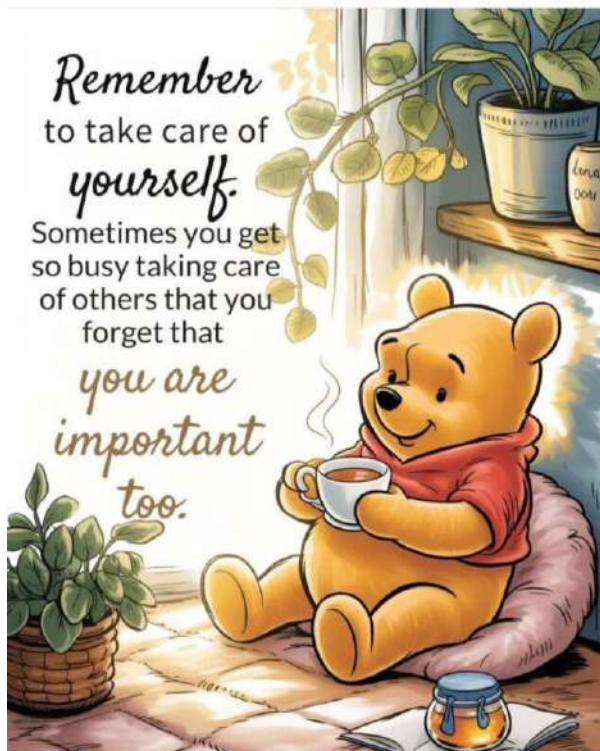
Family, friendship and love all around



Dressed for our Spring Festival



Enjoy what life has to give.



Months in Review



BBQ AND GOOD TIMES!



POEM TO SHARE

The Little Things

Margaret Lindsay

It's the little things we do and say,
That make or mar the livelong day;
It's not the thing we do once in a while,
But the little things that tell the mile.

The little acts of kindness done,
The smiles that greet the rising sun,
The words of cheer to those we meet,
That make this life so bright and sweet.

Smiling is Infectious

Spike Milligan

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin—
When he smiled I realized, I'd passed it on to him.

I thought about that smile, then I realized its worth:
A single smile, just like mine, could travel round the earth.
So if you feel a smile begin, don't leave it undetected—
Let's start an epidemic quick, and get the world infected!

LAUGHING MATTERS



No Dogs Allowed

Two friends are walking their dogs -- a Dalmatian and a Chihuahua -- when they smell something delicious coming from a nearby restaurant.

The guy with the Dalmatian says, "Let's get something to eat."

But the guy with the Chihuahua says, "We can't go in there, we have dogs with us."

So the first guy says, "Just follow my lead." He puts on a pair of sunglasses and walks into the restaurant.

"Sorry," says the owner, "no pets allowed."

"But this is my seeing-eye dog," the guy with the Dalmatian says.

"A Dalmatian?"

"Yes, they're using them now."

The owner says, "Very well, then, come on in."

The guy with the Chihuahua repeats the process and gets the same response from the owner: "Sorry, pal, no pets allowed."

"But this is my seeing-eye dog," says the second guy.

"A Chihuahua?" asks the incredulous owner.

"A Chihuahua?!," says the man in the dark glasses. "They gave me a Chihuahua?!"

WORD SEARCH

Word Search

SMILE!



A	D	M	N	H	Q	L	X	O	D	C	O	Y	X
G	S	U	P	A	S	O	U	H	T	E	L	H	X
I	M	N	O	P	U	V	D	H	C	I	W	B	B
G	I	G	D	P	K	E	M	A	M	P	E	R	P
G	L	R	B	Y	G	D	R	A	F	C	J	O	Y
L	E	A	L	F	R	G	F	B	N	H	U	G	B
E	J	T	E	A	I	T	K	E	X	K	S	Q	E
U	C	I	S	C	N	N	I	T	C	I	M	T	L
S	U	T	S	E	I	T	H	M	J	N	I	R	I
Y	D	U	I	W	A	Y	R	C	Y	D	R	U	E
N	D	D	N	P	L	A	M	M	B	J	K	S	V
N	L	E	G	G	W	L	A	U	G	H	Z	T	E
O	E	P	E	A	C	E	D	G	E	N	T	L	E
C	H	E	E	R	F	U	L	I	F	A	I	T	H

Forgiveness
Acceptance
Patience
Restraint
Honesty

Love
Let It Go
Tolerance
Regret
Integrity

Kindness
Compassion
Resilience
Friendship
Virtues

Forget
Sorry
Strength
Family
Morals