

NEWSLETTER

November / December
2024

MAYFIELD AGED CARE

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Your Caring Home

Editor's Desk



Residents, Families, and Friends!

Welcome to the final month of the year! December is often a time of reflection, togetherness, and celebrating life's simple joys. It's a season for kindness, sharing stories, and finding comfort in each other's company.

The residents of Mayfield Aged Care had a wonderful lunch with some of their families, cherishing the memories of all the Christmases they've celebrated together over the years.

More than anything, December reminds us of the warmth of human connection and the beauty of giving from the heart.

Let this Christmas season remind us that the true magic lies in the love, care, and generosity we extend to one another each day.

Wishing you a joyful close to the year and a new beginning to the new year!

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Upcoming Events



1st January, NEW YEARS DAY!

3rd January, 10:30 AM – **GARY DAVIDSON CONCERT** AND HAPPY HOUR (THE PLAZA)

6th January 10:30 AM – **LES PIANO** (THE PLAZA) East Wing

10th January, 10:30 AM – **WAYNE ROGERS CONCERT** AND HAPPY HOUR (THE PLAZA)

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

13th January, 10:30 AM – **LES – PIANO** (MEREWETHER LOUNGE) West Wing

13th January, 10:30 AM – **RESIDENTS MEETING**
(THE PLAZA)

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

17th January, 10:30 AM – **PHIL SIEVER CONCERT** AND HAPPY HOUR (THE PLAZA)

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

20th January, 10:30 AM – **RESIDENTS MEETING** (MEREWETHER LOUNGE)
West Wing

20th January, 10:30 AM – **LES PIANO** (THE PLAZA) East Wing

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

24th January, 10:30 AM – **GREG MASON CONCERT AND** HAPPY HOUR (THE PLAZA)

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

27th January, 10:30 AM – **LES – PIANO** (MEREWETHER LOUNGE) West Wing

31st January, 10:30 AM - BIRTHDAY OF THE MONTH CELEBRATION /
BIRTHDAY BEAR VISIT AND HAPPY HOUR CONCERT WITH **WAYNE METCALF** (THE PLAZA)

2:30 PM – PIANO WITH **PHIL**, THE PLAZA

Great Events that we've already had!

2nd DECEMBER, 10:30 AM – CHRISTMAS CAROLLING BY THE COLUMBAN'S SCHOOL CHOIR (THE PLAZA)

3RD DECEMBER, 10:30 AM – Christmas carolling with Hunter Women of Note Choir Sing-along (THE PLAZA)

6TH DECEMBER, 10:30 AM – Christmas caroling with Mayfield Demonstration School Choir

13th December, 10:00 AM – Christmas Photos (The Plaza)

11:30 AM – Gary Davidson's Christmas Lunch Party Entertainer (East Wing)

16th December, 10:30 AM – ADAM PRICE CONCERT (THE PLAZA)

20th January, 10:30 AM – PHIL SIEVER CONCERT (THE PLAZA)

23rd January, 10:30 AM – RESIDENTS MEETING

2:00 PM – SINGING CAROLS AROUND THE FACILITY (MEET @ THE PLAZA)

24th January, 10:30 AM – BUS LUNCH OUTING BAR BEACH BOWLING CLUB

10:30 AM – CHRISTMAS BINGO

31st January, 10:30 AM - BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR CONCERT WITH WAYNE METCALF (THE PLAZA)

Regular Events

Les Plays the Piano

Alternates playing between both wings.

Phil Plays the Piano

Most Friday Afternoons in the Plaza, 2:30 pm

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)

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

Physio Sessions - Twice a week, stand-up exercises on Monday afternoons @ 2:00 pm Dudley room and Thursday @ 2:00 pm the Plaza.

Hairdresser – Mondays and Tuesdays

Resident Meetings, Held once a month,

East wing – 2nd Monday of the month

West Wing – 3rd Monday of the month



Birthday of the Month



All resident's 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 invited to participate in the Celebrations.

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: Sagittarius & Capricorn

Birthstone: Turquoise

Flower: Holly

Noticeboard



NEW RESIDENTS

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

GARDENING COMMITTEE

We have recently started a gardening committee and welcome any volunteers and residents interested in helping with our gardening efforts. Please let us know if you'd like to lend a hand.

NEW STAFF

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

PHYSIO SEATED EXERCISES

The Dudley activity room and Plaza provide combined seated physical therapy exercises for residents of the East and West wings.

Tuesday 2:30pm
Thursdays 2:00pm

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

COFFEE AND TASTY VANS ON SITE

ROAMING CAFÉ

09:45 AM - Monday – Thursday

TASTY TRUCK

11:10 AM - Monday - Friday

HAIRDRESSER

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

CULTURAL/ THEME DAY CELEBRATIONS

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

The schedule is as follows:

- **NEW YEARS CELEBRATIONS!**

Spotlight of the Month



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

I was born in Denman and attended Denman Primary School and Muswellbrook High School.

What was your first job? Fitter and turner.

What is the happiest memory you have? Meeting my wife June.

What is your favourite holiday destination? Queensland.

What are your hobbies and interests? Listening to the radio.

What is the greatest change you have experienced? Living in an Aged Care Home.

Words of wisdom you would like to share? You choose your spouse, not your child.

What do you like about living here at Mayfield Aged Care? The care I get living here.

What's New at Mayfield Aged Care

GARDENING COMMITTEE

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

FOOD FOCUS MEETINGS

These meetings will take place quarterly throughout the year. If you have any thoughts or suggestions about meals or food that you'd like to share with the catering industry, we would love to hear from you.

Enjoy a nice brew from the Roaming Café and a snack from the Tasty Van.



TASTY TRUCK

TASTY TRUCK

11:10 AM - Monday - Friday



ROAMING CAFÉ

ROAMING CAFÉ

09:45 AM - Monday –
Thursday

Months in Review



Months in Review



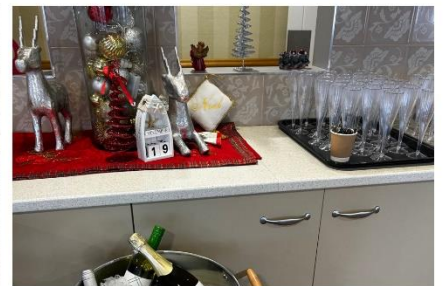
Months in Review



Months in Review



Months in Review



Months in Review



CHRISTMAS JOKES TO SHARE!

Xmas Turkey

It was Christmas Eve at the meat counter and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one. In desperation she called over a shop assistant and said "EXCUSE ME, DO THESE TURKEYS GET ANY BIGGER?"

"NO MADAM" he replied, "THEY'RE ALL DEAD."

Santa's Outfit

How do you know Santa has to be a man?

Because no woman is going to wear the same outfit year after year!

Christmas Shopping

It was just before Christmas and the magistrate was in a happy mood.

He asked the prisoner in the dock "What are you charged with?"

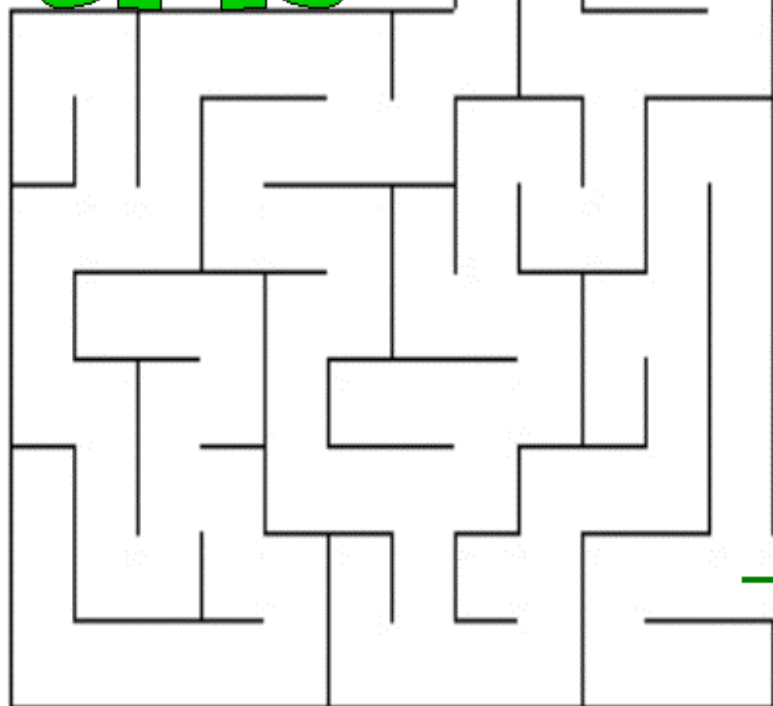
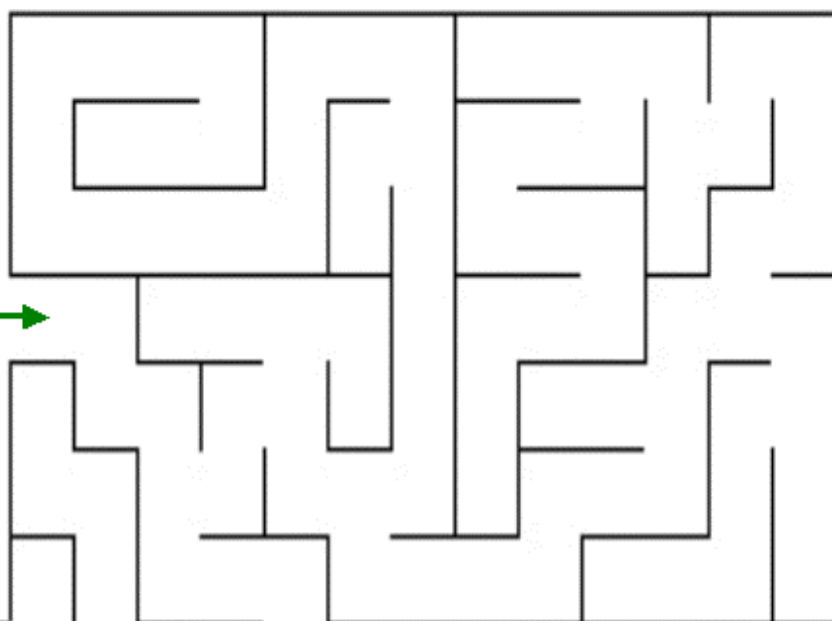
The prisoner replied "Doing my Christmas shopping too early".

"That's no crime" said the magistrate - "Just how early were you doing this shopping?"

"Before the shop opened" answered the prisoner.

Christmas Maze

Help Jo Jo the elf find the missing Christmas present!



Merry Christmas!

By: 365greetings.com



Everyone is jolly,
Everyone is happy,
We call this Christmas,
And it's time have fun.

Do not be gloomy,
Appreciate the beauty,
Just look at the stars,
And wish what you want.

No time to worry,
No need to hurry,
It's time to relax,
Be thankful and be glad.

Never feel lonely,
You have a family.
I give you this card,
To say Merry Christmas!

