

NEWSLETTER

**February / March
2025**

MAYFIELD AGED CARE

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Your Caring Home

Editor's Desk

Hello Residents, Families and Friends!

March is a month filled with celebration, reflection, and fun! From **International Women's Day** on March 8, celebrating the achievements and contributions of women worldwide, to the lively festivities of **St. Patrick's Day** on March 17, there's a lot to enjoy and appreciate.

March brings exciting Seniors Week celebrations, featuring bus outing trips to the Seniors Lifestyle Expo to Wallsend and Broadmeadow McDonald Jones Stadium Festival Expo, as well as the Hunter Wetland. Residents are warmly invited to participate in these activities.

This month highlights the joy of learning, the richness of diversity, and the strength of community connections.

Let's dive into March with curiosity, inspiration, and a spirit of celebration!



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Upcoming Events



- 3rd March 10:00 am – LES SHOW (IN DUDLEY ACTIVITY ROOM)
- 4th March 10:30 am – BUS OUTING SENIORS FESTIVAL EXPO NEWCASTLE
- 7th March 10:30 am – BUS OUTING – SENIOR LIFESTYLE EXPO NEWCASTLE
- 7th March 2:30 pm – PHIL McLeod – Piano (THE PLAZA)
- 7th March 10:30 am - GARY DAVIDSON CONCERT AND HAPPY HOUR (PLAZA)
- 10th March 10:00 am – RESIDENTS MEETING (THE PLAZA)
- 10TH March 2:30 pm – LES PIANO (MEREWETHER LOUNGE)
- 11TH March 10:30 AM – SENIORS WEEK CELEBRATION, HUNTER WETLAND
- 13th March 10:00 am – COMBINED SERVICE (THE PLAZA)
- 14TH March 10:30 am - PRE ST PATRICKS-THEME CONCERT WITH PHIL SIEVER
CONCERT AND HAPPY HOUR (THE PLAZA)
- 14th March 2:30 pm – PHIL McLeod – PIANO (THE PLAZA)
- 17th March 10:00 am – RESIDENTS MEETING (MEREWETHER LOUNGE)
- 17th March 10:00 am - LES, PIANO (THE PLAZA)
- 18th March 10:30 am - LES, PIANO (THE PLAZA)
- 20th March 10:30 am – BUS OUTING
- 21ST March 10:30 am – GREG MASON CONCERT AND HAPPY HOUR (THE PLAZA)
- 21st March 2:30 pm – PHIL McLeod – PIANO (THE PLAZA)
- 24TH March 10:00 am – LES PIANO (MEREWETHER LOUNGE)
- 25th March 10:30 am - LES, PIANO (THE PLAZA)
- 27TH March 10:30 am – BUS OUTING
- 28TH March 10:30 AM – WAYNE ROGERS CONCERT AND HAPPY HOUR (THE PLAZA)
- 28TH March 2:30 PM – Phil McLeod – Piano (THE PLAZA)
- 29TH March 10:00 AM – MAYFIELD AGED CARE OPEN DAY!
BBQ / COFFEE VAN AND ACTIVITIES ON THE DAY!

Great Events that we've already had!

- JUGGLING SHOW WITH MICHAEL CONELLE
- CONCERT GARY DAVIDSON AND HAPPY HOUR
- PIANO MUSIC WITH LES
- PHIL SIEVER CONCERT AND HAPPY HOUR
- RESIDENTS MEETING
- CONCERT GREG MASON AND HAPPY HOUR
- PAINTING IN DUDLEY
- CONCERT WAYNE ROGERS AND HAPPY HOUR
- PIANO WITH PHIL
- GARDEN WALKS



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)

Exercises Classes/ Physio - Twice a week, on Tuesdays and Thursdays, 10:30 am Waratah Lounge.

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 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.

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**

Birthstone: **Aquamarine**

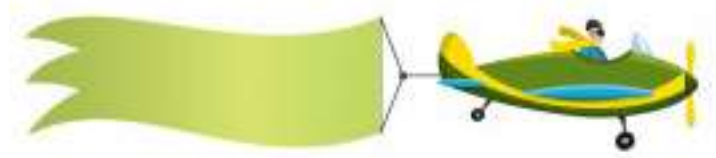
Flower: **Daffodil**

Quote of the Day

In every walk with nature,
one receives far more
than he seeks.

– John Muir

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

Physio exercises take place in the Waratah Lounge Room, and all residents are encouraged to attend the classes.

Tuesday 10:00 am
Thursdays 10:30 am

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

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 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!

- *FRIDAY FUN SCRUB DAY*
- *SAINT PATRICK DAY*

Spotlight of the Month



BETTY PRICE

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

I was born in Maitland and attended St Ethel's Public School and Maitland Girls High School.

What was your first job?

My first job was at a Tally-ho paper company.

What is the happiest memory you have?

My happiest memory was when I was in training as an Enrolled Nurse.

What is your favorite holiday destination?

My favorite holiday destination was travelling around Europe.

What are your hobbies and interests?

I enjoy playing games like puzzles and looking back on my photos, I also enjoy going fishing.

What is the greatest change you have experienced?

My greatest change was losing my husband and being on my own.

Words of wisdom you would like to share?

My words of wisdom are to go out and get a career, so you can excel in life.

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

I enjoy the meals here at May Field Aged Care.

What's New at Mayfield Aged Care

MAYFIELD AGED CARE OPEN DAY

29TH OF MARCH AT 10:30 AM

THERE WILL BE:

- **COFFEE VAN**
- **BBQ**
- **ACTIVITIES / MUSIC/ PIANO BY LES**
- **TOUR OF VARIOUS ROOMS AND THE FACILITY**

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



TASTY TRUCK

TASTYTRUCK

11:10 AM - Monday - Friday



ROAMING CAFÉ

ROAMING CAFÉ

09:45 AM - Monday – Thursday

Months in Review

Residents take part in a range of activities.

Valentine's Day, Paint Therapy, Crossword, Concerts, Birthday Bear Visit, Australia Day (Thong throw) and Housie.



IRISH QUIZ

Activities for Seniors

1. Which is by far the best-selling Irish Whiskey in the world?

Jameson

2. What name is given to wailing female spirits of Irish mythology?

Banshee

3. Which African country shares flag colours with Ireland, just in the opposite order?

The Ivory Coast

4. What are the ingredients of an Irish coffee?

Hot coffee, Irish whiskey, sugar and cream

5. Colcannon is a traditional Irish recipe. What is it made from?

Mashed potatoes, cabbage and butter

6. Who invaded Ireland just before 800 AD and continued for two centuries?

The Vikings

7. Who played the lead role in the film about Michael Collins' life "The Big Fellow"?

Liam Neeson

8. Which Sinéad O'Connor song was a number one in 19 countries?

Nothing Compares to You

9. What are the ingredients for Irish Stew?

Lamb, potatoes, carrots and onions

10. After the Famine of the 1840 where did the Irish people emigrate to?

USA

“FUN FACTS”

Here are some fun facts about what Ireland is known for - plus a few interesting tidbits! This should make for a great conversation starter. Enjoy!

1. **Shamrocks** – A symbol of Ireland, often linked to St. Patrick, who is said to have used it to explain the Holy Trinity.
2. **Leprechauns** – The mischievous fairies of Irish folklore, known for guarding pots of gold at the end of rainbows.
3. **Guinness** – Ireland’s most famous beer, brewed since 1759.
 - **Fun fact:** More Guinness is sold in **Nigeria** than in Ireland!
4. **The Harp (Instrument)** – A national symbol of Ireland, featured on coins and official documents.
 - **Fun fact:** The Guinness logo harp faces **opposite** to the one on an **Irish passport!**
5. **Hurling (Sport)** – One of the fastest field games in the world, often described as a mix of hockey and lacrosse.
 - **Ask the group:** Do you know what hurling is?
6. **Pubs & Traditional Music** – Ireland is famous for its warm, lively pubs, where storytelling and traditional Irish music create a unique atmosphere.
7. **Horse Racing** – Ireland has a rich history of breeding some of the world’s best racehorses and jockeys.
8. **The Cliffs of Moher** – One of Ireland’s most breathtaking natural landmarks, drawing millions of visitors each year.
9. **Irish Mythology** – Stories of banshees, fairies, and Celtic gods are deeply woven into Irish culture and history.
10. **St. Patrick’s Day** – Celebrated worldwide on March 17th, honoring Ireland’s patron saint with parades, music, and lots of green!

What else comes to mind when you think of **Ireland**?

SAINT PATRICK DAY

Crossword

1. RAINBOW, 2. HORSESHOE, 3. COOKIE, 4. DRUM, 5. LEPRECHAUN, 6. CAKE, 7. SCARF, 8. SHOES, 9. FLAG, 10. HAT, 11. POT, 12. HARP

WORDSEARCH

St. Patrick's Day

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

Leprechaun

Rainbow

Charm

Luck

Limerick

Clover

Patrick

Pot

Ireland

March

Emerald

Coins

Shamrock

Green

Gold

Wish

