

NEWSLETTER

SEPTEMBER / OCTOBER

2024

MAYFIELD AGED CARE

115 CREBERT STREET MAYFIELD
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Your Caring Home

Editor's Desk



Residents, Families and Friends!

Hello and welcome to our most recent newsletter covering the months of September and October. We are thrilled to announce the upcoming addition of some fresh and captivating entertainment. Allan McFarlane and Gary Davidson will be sharing their years of experience and leading a fun sing-along session.

This month, our focus is on raising awareness and offering assistance for the dementia cause.

We've just initiated a gardening committee that encourages our residents to contribute their ideas for improving the gardens around their homes. It's truly delightful to see the flowers blooming and flourishing at this time of year, and we're eagerly looking forward to our upcoming visit to the Bunning Nursery.

Here's to a month filled with learning, laughter, and inspiration!

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Upcoming Events



EAST WING LUNCH BUS OUTING TO VALENTINE BOWLING CLUB TUESDAY 1ST OF OCTOBER

WEST WING SCENIC BUS OUTING TO SPEERS POINT THURSDAY 3RD OF OCTOBER

CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (THE PLAZA) FRIDAY 4TH OF OCTOBER

ADAM PRICE & ROCK N ROLL (THE PLAZA) TUESDAY 8TH OF OCTOBER

LUNCH BUS OUTING EAST MAITLAND GOLF CLUB THURSDAY 10TH OF OCTOBER

CONCERT WITH RAY O'GRADY AND HAPPY HOUR (THE PLAZA) FRIDAY 11TH OF OCTOBER

WEST WING RESIDENTS MEETING MONDAY 14TH OF OCTOBER

EAST WING RESIDENTS MEETING MONDAY 21ST OF OCTOBER

SHOPPING TRIP TO JASMOND MALL TUESDAY 15TH OF OCTOBER

OKTOBERFEST THEME DAY WITH GREG MASON (THE PLAZA) FRIDAY 18TH OF OCTOBER

CONCERT WITH ALLAN McFARLANE (THE PLAZA) TUESDAY 22ND OF OCTOBER

FOOD FOCUS MEETING (THE PLAZA) THURSDAY 24TH OF OCTOBER

BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY

- HOUR WITH PHILL SIEVER CONCERT (THE PLAZA) FRIDAY 25TH OF OCTOBER**

CUPPA TIME FOR DEMENTIA + TRIVIA (THE PLAZA) MONDAY 28TH OF OCTOBER

EAST WING PICNIC TRIP TO NELSON BAY TUESDAY 29TH OF OCTOBER

WEST WING SCENIC BUS OUTING MORPHETT THURSDAY 31ST OF OCTOBER

UPCOMING EVENT

You're invited to join us for a casual get-together with dementia at Mayfield Aged Care. We'd love family and friends to join us for quality time over tea



It's *cuppa* time 
and you're invited!

Where: MAYFIELD AGED CARE (THE PLAZA)

Time & Date: 10:30 AM (Monday 28th of October 2024)

Contact: 02 4967 1060

Donate at: (BARCODE PROVIDED BELOW)



Donate to my cuppa time



Join us for a cuppa and help support more than 421,000 Australians living with dementia.



UPCOMING EVENT

You're cordially invited to attend the Donna Lou Fashion Show, specially organized for our residents. If you're unsure about what to buy for Christmas, you might just discover the perfect gift there. Join us for a delightful and enjoyable experience!

A promotional poster for the Donna Lou Fashion Show. The background is a colorful gradient from yellow to purple. At the top, the Donna Lou logo is displayed, featuring a stylized blue and white figure. Below the logo is the website address www.donna-lou.com.au. The main text, 'Enjoy fun with your friends at the Donna-Lou Fashion Show', is written in a white, curved font across the middle. Below this, the event details for Mayfield Aged Care are listed in a white, rounded rectangular area. At the bottom, a list of bullet points highlights the benefits of the event, and contact information is provided for booking.

www.donna-lou.com.au

**Enjoy fun with your friends
at the Donna-Lou Fashion Show**

Mayfield Aged Care
Date: Monday, 4th November
Time: 10.30am
Come along and have fun

- Affordable Women's clothing sizes 8-26
- Take home clothing on the day
- EFTPOS and cash options available

Ph: 0407 433 326 or email cheryl@donna-lou.com.au
to book at parade for your group

Great Events that we've already had!

FATHER'S DAY GIFT SUNDAY 1ST OF SEPTEMBER

COFFEE CLUB AND TRIVIA (THE PLAZA) 2ND OF SEPTEMBER

LUNCH BUS OUTING TO CARDIFF RSL TUESDAY 3RD OF SEPTEMBER

GREG MASON CONCERT AND HAPPY HOUR (THE PLAZA) FRIDAY 6TH OF

- SEPTEMBER

COMBINED CATHOLIC SERVICE (WARATAH LOUNGE) TUESDAY 10TH OF SEPTEMBER

COMBINED SERVICE (THE PLAZA) THURSDAY 12TH OF SEPTEMBER

RAY O'GRADY CONCERT AND HAPPY HOUR (THE PLAZA) 13TH OF SEPTEMBER

EAST WING RESIDENT MEETING (THE PLAZA) MONDAY 16TH OF SEPTEMBER

SHOPPING TRIP TO GREENHILLS SHOPPING CENTRE TUESDAY THE 17TH OF SEPTEMBER

SOCIAL FOOD AND DRINK TASTING WEDNESDAY 18TH OF SEPTEMBER

EAST WING SPRING BALL WITH WAYNER ROGERS (THE PLAZA) FRIDAY 20TH OF SEPTEMBER

MISS PORTER'S MUSEUM HISTORY (DUDLEY ROOM) MONDAY 23RD OF SEPTEMBER

EAST WING SCENIC BUS OUTING TUESDAY 24TH OF SEPTEMBER

BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR

- WITH PHILL SIEVER CONCERT (THE PLAZA) FRIDAY 27TH OF SEPTEMBER

EAST WING HIGH TEA IN DUDLEY ACTIVITY ROOM MONDAY 30TH OF SEPTEMBER

Regular Events

Les Plays the Piano

Monday and Tuesday mornings

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)

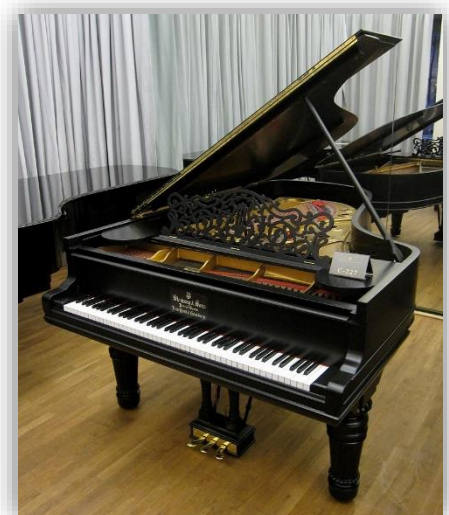
Combined Service once a month (Thursday 2nd week of every month @ 10:30 am, The Plaza)

Physio Sessions

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

Hairdresser – Mondays and Tuesdays

Resident Meetings, Once a month



Be Happy: enjoy every moment of your life.... life is too short to waste on grudges... laugh when you can. apologize when you should... and let go of what you can't change...



Its Heart Touching Fun

Birthday of the Month



The birthdays occurring each month are commemorated collectively in the Plaza, featuring an entertainer and a shared cake for all.

All residents are invited 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 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.

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

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.

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.

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:

- **September: Spring Ball Celebration**
- **October: Oktoberfest Celebration**

BEAUTICIAN

Unfortunately, our current beautician is no longer available to work at MAC. Therefore, we are actively seeking a skilled beautician who would be keen on connecting with us. If you need any further information, please don't hesitate to get in touch.

Spotlight of the Month



Where were you born and where did you go to school? Iris was born in Cabramatta, Sydney, and attended Cabramatta school.

What was your first job?

My first job was at a garment factory.

What is the happiest memory you have?

My happiest memory is of marrying my husband, Keith.

What is your favorite holiday destination?

My favorite holiday destination is Newcastle.

What are your hobbies and interests?

My hobbies and interests were bowling at (Alder Park)

What is the greatest change you have experienced?

The greatest change I have experienced was moving into a Nursing home.

Words of wisdom you would like to share?

Always wear a smile when in Public and shed your tears alone.

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

Beautiful nurses, cleanliness, friends, bus trip, and all the activities.

What's New at Mayfield Aged Care

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.

SHOPPING BUS OUTING

A shopping excursion will be organized for residents wishing to purchase essential items every month.

ROAMING MOBILE CAFÉ VAN

Residents and staff at Mayfield Aged Care are thrilled to welcome the roaming Mobile Café Van on Tuesdays and Thursdays for a delightful cup of coffee.



Months in Review



Visit by volunteers from Miss Porter's House Museum was a delightful occasion for the residents, who thoroughly enjoyed learning about the history associated with the museum.



The West Wing residents enjoyed the Mayfield Demonstration students' choir performance. Meanwhile, the students themselves were treated to a thank-you morning tea.



Months in Review

Residents at Mayfield Aged Care had a fantastic time on Ice Cream Friday when Adam Price and the Rock and Roll Dancers joined them.



EAST WING Spring Ball

Months in Review



Entertainment featuring Wayne Rogers



Months in Review

along with Gary and Cheryl from the world of ballroom dancing.



Months in Review



Social BBQ

Residents and staff at Mayfield Aged Care are thrilled to welcome the roaming Mobile Café Van on Tuesdays and Thursdays for a delightful cup of coffee.



Months in Review

WEST WING SPRING BALL



Months in Review



Phill Siever brought joy and entertainment to our residents and their families at the spring ball held in the west wing.



Months in Review



Poem to Share

“My Shadow” by Robert Lewis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me when I jump into my bed.

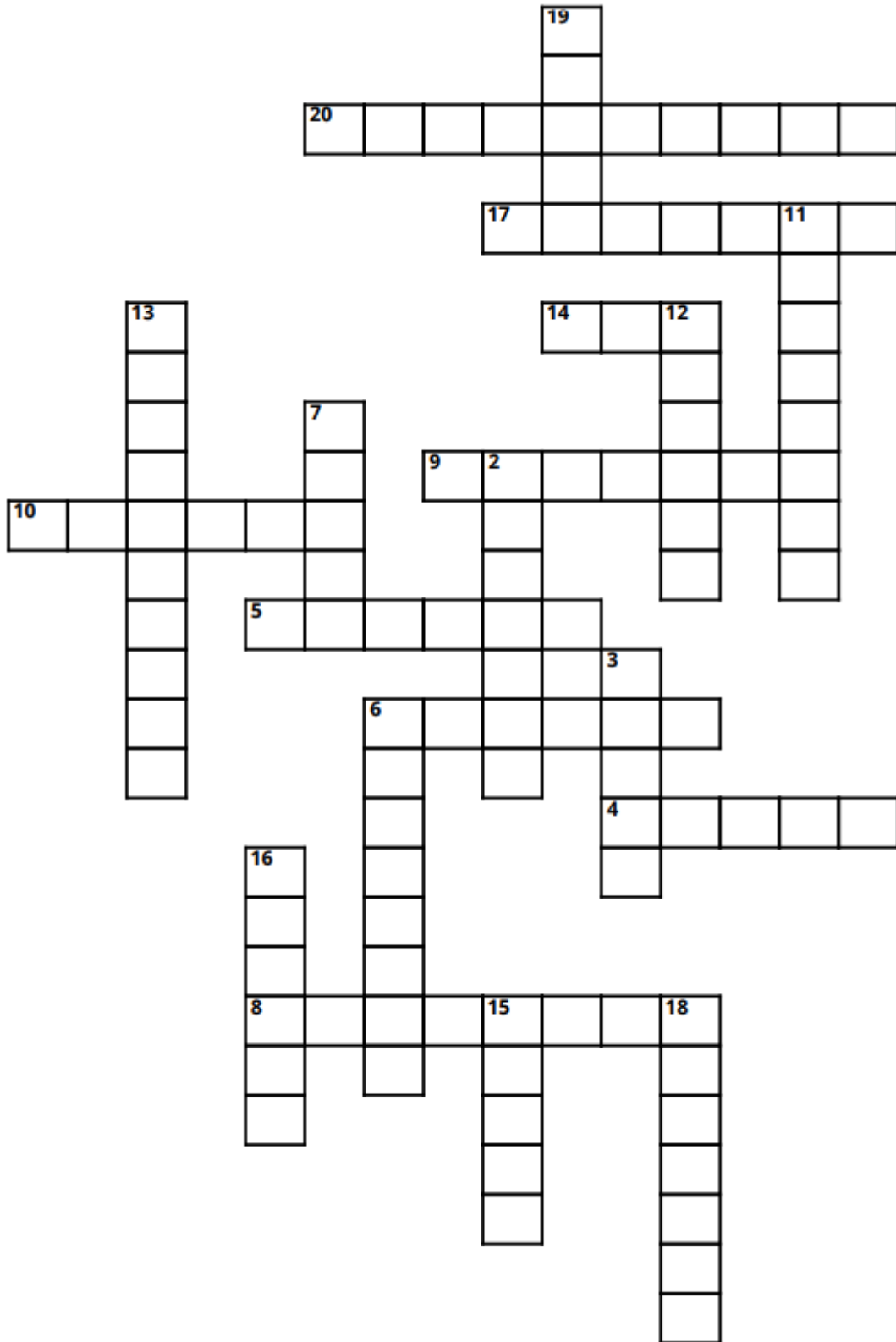
The funniest things about him is the way he likes to grow—
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One [morning](#), very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.



GUESS THE ANIMAL CROSSWORD!



CONTINUE CROSSWORD

Across

- 4.** I am related to armadillos and I am very lazy I live in the tropical rain forests of Central and South America I like hanging upside down - 5
- 5.** I am a burrowing plant-eating animal with long ears long hind legs and a short tail - 6
- 6.** I am a large vulture of the Andes and the national symbol of Peru - 6
- 8.** I am an Australian songbird capable of imitating almost any sound - 8
- 9.** I am a flightless seabird I use my wings as flippers under water - 7
- 10.** I am a relative of the llama - 6
- 14.** I am a nocturnal bird with large eyes and a hooked beak I hunt insects and small mammals for food - 3
- 17.** I am an arctic whale with a long spiral ivory tusk - 7
- 20.** I am the largest living shark species I am harmless to humans - 10

Down

- 2.** I am a spiny egg-laying mammal with a long snout and claws native to Australia - 7
- 3.** I am a deer-like animal with huge antlers - 5
- 6.** I am a South American mammal that resembles a giant long-legged guinea pig I am the largest living rodent - 8
- 7.** I look like a small bear but I am not related to them I only eat eucalyptus leaves - 5
- 11.** I am a large water boa constrictor from South America - 8
- 12.** I am rather small I can jump and I have very long antennae I have been quoted as one of the ten plagues of the Bible - 6
- 13.** I am a small very intelligent African ape with black or brown fur and a slightly lighter and hairless face - 10
- 15.** I am a wild shaggy-haired ox with a humped back - 5
- 16.** I am an American wild cat - 6
- 18.** I live in the ocean I have a beak-like snout and a curved fin on my back I am known for being sociable and intelligent - 7
- 19.** I am a dog-like African mammal and scavenger with forelimbs that are longer than the hindlimbs and an erect mane - 5

Laughing Matters



Husband & Wife

A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick."

The Farmer

A man asks a farmer if he can cross his farm to catch the 4:25 train.

The farmer says: "Sure go right ahead! If my bull sees you, you might even catch the 4:20!"

The Mother-in-law

Assistant: "Sir, can I have a day off next week to visit my mother-in-law?"

Boss: "Certainly not!"

Assistant: "Thank you so much sir! I knew you would be understanding."