

NEWSLETTER

JULY / AUGUST

2024

MAYFIELD AGED CARE

115 CREBERT STREET MAYFIELD
PHONE 49671060



Your Caring Home

Editor's Desk



Hello Residents, Families and Friends!

As we kick off this month, let's not forget the excitement that comes with the beginning of the Olympics on Friday, 26th July - Sunday, 11th August!

As we gather to cheer on the athletes, let's take a moment to reflect on our own journeys and the victories we've achieved, both big and small.

Let's not let anything dampen our spirits of attending our exciting activities ahead, so come and join in on as many activities as you wish too.

We have fun activities planned for throughout the month, there will be something for everyone to enjoy.

Let's embrace the spirit of unity that the Games inspire!

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Upcoming Events



BUS LUNCH OUTING TO REGALL INN, THURSDAY 1ST OF AUGUST, 10:30AM

GREG MASON CONCERT AND HAPPY HOUR (THE PLAZA) FRIDAY 2ND OF AUGUST

OLYMPIC FUN/ HAPPY HOUR (THE PLAZA), 5th OF AUGUST, 10:30AM

BUS LUNCH OUTING TO REGALL INN, TUESDAY 6TH OF AUGUST, 10:30AM

OLYMPIC CHEER ON TV AND HIGH TEA TREATS (IN LOUNGE ROOMS) 7TH AND 14TH OF AUGUST

SHOPPING TRIP TO MT HUTTON SHOPPING CENTRE, THURSDAY 8TH OF AUGUST, 10:30AM

RAY O'GRADY CONCERT AND HAPPY HOUR (THE PLAZA), FRIDAY 9TH OF AUGUST, 10:30AM

EAST MAITLAND BOWLING CLUB LUNCH BUS OUTING, THURSDAY 15 OF AUGUST, 10:30AM

KERRY GRANT AND HAPPY HOUR (THE PLAZA), FRIDAY 16TH OF AUGUST, 10:30AM

BUS OUTING TO BERESFIELD BOWLING CLUB, 20TH OF AUGUST, 10:30AM

ROCK AROUND THE CLOCK PARTY (THEME DAY) WITH THE ROCK AND ROLL DANCERS (THE PLAZA), 23RD AUGUST

MENS SOCIAL BBQ AND CARD GAME AND DARTS ON SWANSEA COURTYARD, 26TH OF AUGUST, 10:30AM

LADIES SOCIAL COFFEE CLUB AND TRIVIA IN THE PLAZA AND MEREWETHER, 26TH OF AUGUST, 10:30AM

SCENIC BUS OUTING TO KING EDWARD PARK, 27TH OF AUGUST, 10:30AM

WARATAH MALE VOICE CHOIR CONCERT (THE PLAZA), 27TH OF AUGUST, 10:30AM

QUEENS WHARF LUNCH BUS OUTING, 29TH OF AUGUST, 10:30AM

BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR WITH WAYNE ROGER'S CONCERT (THE PLAZA), 30TH OF AUGUST, 10:30AM

Great Event's that we've already had!

VALENTINE BOWLING CLUB BUS OUTING TUESDAY 2ND OF JULY

BUS OUTING TO STRIKE BOWLING WARNERSBAY TUESDAY 4TH and THURSDAY THE 16TH OF JULY

PHILL SIEVER CONCERT AND HAPPY HOUR (THE PLAZA) FRIDAY THE 5TH OF JULY

PIANO WITH PHIL MCLEOD AND INDIVIDUAL ICE CREAM TREATS (THE PLAZA) FRIDAY 5TH OF JULY

MEN'S SHED OUTING TO HAMILTON THURSDAY THE 11TH OF JULY

COMBINED SERVICE (THE PLAZA) THURSDAY THE 11TH OF JULY

RAINBOW CONNECTION CONCERT AND HAPPY HOUR (THE PLAZA) 12TH OF JULY

PIANO WITH PHIL MCLEOD AND INDIVIDUAL ICE CREAM TREATS (THE PLAZA) 12TH OF JULY

STATE OF ORIGIN HAPPY HOUR TREATS WEDNESDAY THE 17TH OF JULY

BUS SCENIC OUTING 18TH OF JULY

GREG MASON WINTER WONDERLAND THEME DAY (THE PLAZA) 19TH OF JULY (EAST WING) (AM)

ADAM PRICE CONCERT AND INDIVIDUAL ICE CREAM TREATS (THE PLAZA) 19TH OF JULY (PM)

BINGO / LUNCH BUS OUTING TO MAYFIELD WEST CLUB 23RD OF JULY

GREG MASON - WINTER WONDERLAND THEME DAY (MEREWETHER ACTIVITY ROOM) 25TH OF JULY

BIRTHDAY OF THE MONTH CELEBRATION / BIRTHDAY BEAR VISIT AND HAPPY HOUR WITH WAYNE ROGER'S CONCERT (THE PLAZA) 26TH OF JULY (AM)

PIANO WITH PHIL MCLEOD AND INDIVIDUAL ICE CREAM TREATS (THE PLAZA) 26TH OF JULY (PM)

SWANSEA RSL CLUB BUS OUTING 30TH OF July 2, 2

Regular Events

Les Plays the Piano

Monday Mornings

Alternates playing between each wing.

Phil Plays the Piano

Most Friday Afternoons in the Plaza, 2:30pm

Bus Outings – Scenic and Lunch Outings

West Wing Thursdays at 10:30am

East Wing Tuesdays 10:30am

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

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

Physio Sessions

Twice a week, Monday mornings @ 11:30am and Thursday @ 2:00pm afternoon

Hairdresser – Mondays and Tuesdays

Beautician – 1ST Wednesday of each Month

Resident Meetings, Once a month Mondays



Birthday of the Month

Birthdays of the month. Everyone's birthdays are celebrated each month as a combine in the plaza, with an entertainer and a cake to share with everyone.

Everyone is encouraged to join in the Celebrations 😊



August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Noticeboard



NEW RESIDENTS

A very warm welcome to all our new residents.

We hope that you enjoy your time here!

SPRING IS COMING!

Spring is around the corner, if anyone would like to help with the gardening, we would love to hear from you!



NEW STAFF

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

PHYSIO SEATED EXERCISES

Combined Physio seated exercises for both East and West wing in the Plaza.

Mondays 11:30am

Thursdays 2:00pm

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and complaints.

There are feedback forms available outside East and West wing reception, Activity Office, and all the nurse's stations. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.



CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & pick up library books to resident's here at Mayfield Aged Care. If you would like this service, please let one of our staff members know.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

COMMUNICATIONS

Communications will be placed in clear stands next to sign in sheets at reception areas at East and West Wings, Emailed, in Newsletters and handed out face to face.

CULTURAL/ THEME DAY CELEBRATIONS

All staff to join in the theme days, dressing up for **Mufti/Theme Days**.

Join the fun, come dressed Up!

JULY – WINTER WONDERLAND WITH FAMILIES.

AUGUST- ROCK AROUND THE CLOCK PARTY.



HAIRDRESSER

We have a hairdresser who attends every Monday and Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

BEAUTICIAN

Mayfield Aged Care have a beautician on site first Wednesdays of each month, if you would like for your loved one to get pampered please ask one of our staff on site to put in a request form for them.

There are gift vouchers available if you would like to gift them for special occasions.

Spotlight of the Month



Were where you born and where did you go to school? Judith was born in Sydney and attended North Sydney girl's high school.

What was your first job? Judith first job was a typist for the ABC.

What is the happiest memory you have? Judith happiest memory was meeting her husband Richard at a book shop.

What is your favorite holiday destination? Judith's favorite holiday destination was the Central Coast Terrigal.

What are your hobbies and interests? Judith's hobbies and interest include reading and doing puzzles.

What is the greatest change you have experienced? Judith's greatest change she experienced was leaving school early to work and going back to university.

Words of wisdom you would like to share?

Judith's words of wisdom are not to panic and just be patient.

What do you like about living here at Mayfield Aged Care? Judith likes living here at Mayfield Aged Care because the staff are great and she has a nice view from her window.

What's New at Mayfield Aged Care

Simple Meal Ordering Update.

Dear residents and representatives, we have had a busy week implementing our new food ordering system onsite. Throughout this week we have identified a couple of areas for improvement around simplifying the menu options to make it easier for residents and care staff to take meal orders and these have already been implemented.

We remain optimistic about the overall benefit for residents. We acknowledge the new meal ordering system is not the magic answer, but we feel it is an important part of the dining experience for our residents.

There were a few common questions that arose during the resident meetings on Monday and we wanted to address these below; Who will take the residents orders? Care staff will take resident orders during and after morning tea.

How far in advance will orders be taken? We are aiming to implement the new system and take orders every 2nd day for the following 2 days. Meal orders for Monday and Tuesday next week have been taken this week. On Tuesday next week we will take meal orders for Wednesday and Thursday next week and then continue taking meal orders every 2nd day.

If I normally order for my family member, can I continue to do this? We are really optimistic about the positive changes the new meal ordering software will bring to Mayfield Aged Care.

Where possible we are encouraging residents to place their own meal orders but if this is not suitable to your specific situation, please contact us to discuss further. Some families have already contacted us and if this is the case you do not need to contact us again.

Can I download the app and place an order for my family member?
No. This is currently not possible with Simple. It is something they are looking into and may be possible in the future.

What is happening with my "extra services" menu?

Due to an administrative error some residents on the West Wing have been receiving the "extra services" menu. With the implementation of Simple this will be fixed and will mean that some residents on West Wing may notice that the choice of meals will be reduced.

If you find yourself in this situation and would like extra food options you are able to pay for "additional services" for meals.

Will meal dockets continue to be used?

The new meal ordering system will remove the need for meal dockets. All meal orders are recorded in the Simple app and if residents have concerns about their meal order it can be reviewed with care staff using the Simple app.

If a resident is attending the dining room do they need to place a meal order?

We are removing the need for meal orders to be taken from residents if they are intending to eat at the dining room. Once residents are seated, care staff will attend to the residents and deliver their meal to the table, with point of service options available.

Resident will be able to visualise options and choose what they feel like eating at the point of service.

Again, thanks for your support and patience as we work through this important implementation.

If you have any questions, feedback or concerns please send an email or call.

Kind regards,

Amy Tinley
Facility Manager

115 Crebert St
PO Box 108
Mayfield NSW 2304
Tel: 02 4967 1060
e-mail: Amy.tinely@mnh.com.au
www.mayfieldagedcare.com.au

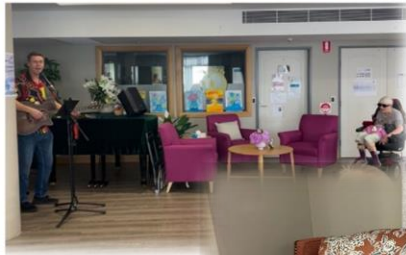
Mayfield Aged Care



Your Caring Home

Months in Review

ADAM PRICE SINGING A FEW TUNES, SENDING OUR RESIDENT'S DOWN MEMORY LANE!



GOOD TIMES



Months in Review

WINTERWONDERLAND CELEBRATION WITH FAMILY AND FRIENDS.



HERE'S TO A WINTER WONDERLAND



Months in Review

THE FAMOUS ROYAL WAVE!



Months in Review

KINGS BIRTHDAY CELEBRATION ENJOYED BY ALL!



Months in Review



Resident's having a ball of FUN!



Months in Review

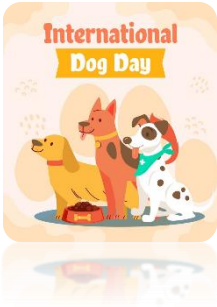
RAINBOW CONNECTION WOMENS SINGING GROUP.



Months in Review

SOME OF OUR MANY ACTIVITIES, BUS OUTINGS, DRUMMING IN THE PLAZA, HOUSIE, BBQ AND BIRTHDAY CELEBRATIONS.





A Poem to Share



A Dog's Love By Edgar Albert Guest

When the noon sun shines bright and high,
And shadows dance and breezes sigh,
A loyal friend is by my side,
A dog whose love will never hide.

Through fields of green and skies of blue,
He walks with me, so tried and true.
With every step, a wagging tail,
In joy and sorrow, without fail.

His eyes, so deep, a story tell,
Of days we've shared, through every spell.
A silent bond, a gentle touch,
In his embrace, I feel so much.

No words he speaks, yet speaks so clear,
In loyalty, he's always near.
A guardian, a playful soul,
With him, my heart is always whole.

Through years that pass and memories stay,
In love's pure light, we find our way.
A dog's love is a timeless song,
A faithful heart, where we belong.

WORD SEARCH!

Word Search

DOG BREEDS



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

Laughing Matters



The Talking Dog

A man sees a sign in front of a house: "Talking Dog for Sale." Curious, he rings the bell.

The owner tells him the dog is in the backyard.

The man goes there and asks the dog, "Can you talk?"

"Yep," the dog replies.

"So, what's your story?"

The dog looks up and says, "Well, I discovered my ability to talk when I was young. I wanted to help the government, so I worked for the CIA, eavesdropping on spies. I've traveled the world, learned many languages, and retired a few years ago."

Amazed, the man asks the owner how much he wants for the dog.

"Ten dollars," the owner replies.

"Ten dollars? This dog is incredible! Why so cheap?"

The owner sighs, "Because he's a liar. He didn't do any of that."

The Doctor Visit

A man goes to the doctor and says, "Doctor, my wife has a problem with her hearing."

"What are the symptoms?" the doctor asks.

"Well," he says, "sometimes she doesn't hear me at all. It's like she's completely tuned out."

The doctor nods and suggests a test: "Next time she can't hear you, stand a few feet away and ask her a question. If she doesn't respond, move closer and try again until she hears you. This will help us understand the severity."

That evening, he stands in the living room while his wife is in the kitchen. From across the room, he asks, "What's for dinner?" No response. He moves closer and repeats, "What's for dinner?" No answer. Finally, he stands right behind her and asks, "What's for dinner?"

His wife turns around and says, "For the third time, we're having chicken!"