

# NEWSLETTER

**JULY / AUGUST  
2025**

**MAYFIELD AGED CARE**

**115 CREBERT STREET MAYFIELD  
PHONE 49671060**



*Your Caring Home*

# Editor's Desk

Greetings to all Residents, Families, and Friends!

We are excited to welcome you to August, which brings with it a wonderful selection of celebrations. This month features Aged Care Employee Day, the Daffodil Plunge, the Donna Lou Fashion Show, Dog Day, and an India-themed day. Most notably, we take time to honour Senior Citizens Day, a significant occasion that highlights the invaluable wisdom, strength, and stories shared by our elders. August is a time to celebrate identity, connection, and the rich tapestry of life experiences.

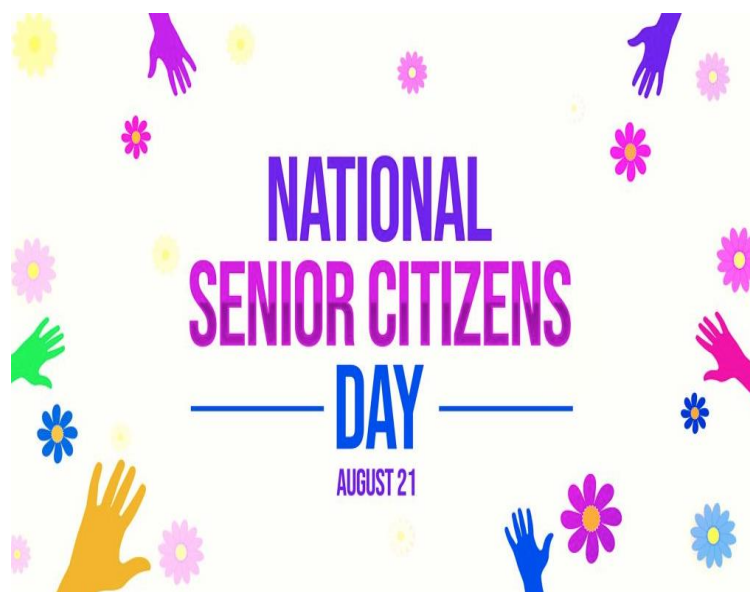
Warm regards,

*Mayfield Aged Care.*



Click here to like and follow our Facebook page!

**facebook**



# Upcoming Events



- 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)

# Great Events that we've already had!



- NAIDOC WEEK, TRIP TO BAKUMA COMMUNITY IN THE HUNTER, DOT PAINTING, COLOURING, ROCK PAINTING AND DAMPER COOKING
- ADAM PRICE/ NAIDOC CONCERT AND HAPPY HOUR ALONG WITH THE ROCK AND ROLL DANCERS
- CONCERT WITH GARY DAVIDSON AND HAPPY HOUR (PLAZA)
- PIANO MUSIC WITH LES
- PIANO MUSIC WITH PHIL
- GREG MASON CONCERT AND HAPPY HOUR
- BASTILLE DAY ARMCHAIR TRAVEL (DUDLEY ACTIVITY ROOM)
- FOOD FOCUS MEETING
- WINTER WONDERLAND CONCERT WITH WAYNE ROGERS AND HAPPY HOUR
- WAYNE ROGERS CONCERT AND HAPPY HOUR
- RESIDENTS MEETING
- COOKING SCONES

# 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, 2<sup>nd</sup> week of every month, 2:00 pm, Waratah Lounge) with Father Des

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

**Exercises 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.

## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**  
Birthstone: **Rubies**  
Flower: **Water Lily**

## 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**

# 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

## STAFF BBQ LUNCH

*Last Friday of the month at*



*12:30 p.m. in the West Wing dining area.*

## 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!

- FRIDAY FUN SCRUB DAY
- INDIA FASHIO SHOW, THEME DAY & ARMCHAIR TRAVEL
- DONNA LOU FASHION SHOW
- PETER'S TAKING THE PLUNGE FOR DAFFODIL CANCER AWEARNESS



## Spotlight of the Month



GARY STEPHENSON

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

I was born at Hill Crescent Hospital in Merewether and attended the Junction Demonstration School, after which I progressed to Newcastle Junior High School.

**What was your first job?**

My initial employment was as an apprentice fitter and turner at BHP in 1969. I began my career as a tradesman and subsequently owned a taxi, which I later drove in Newcastle.

**What is the happiest memory you have?**

My most cherished memory involves participating in sports (football) and travelling to England.

**What is your favorite holiday destination?**

My favorite holiday spot would be the trips to Coolangatta and Overseas England.

**What are your hobbies and interests?**

Enjoying reading my daily newspaper and taking bus trips.

**Words of wisdom you would like to share?**

Don't be dishonest! It will come back to haunt you.

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

I appreciate that it's nearer to my children, and I really enjoy the bus trips here at Mayfield Aged Care.

# AGED CARE EMPLOYEE DAY





# Months in Review





# Months in Review



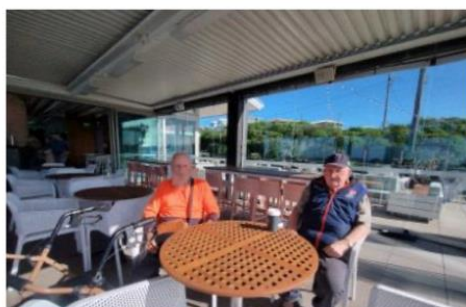


# Months in Review





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[www.donna-lou.com.au](http://www.donna-lou.com.au)

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

## **Mayfield Aged Care**

**Date:** Monday, 11<sup>th</sup> August

**Time:** 10.30am

**Bring your family**

**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](mailto:cheryl@donna-lou.com.au)  
to book at parade for your group



I'm Peter, I have always had a passion for the water and swimming, and I have always done my morning routine swims at the Newcastle baths. However, due to the progression of Parkinson's Disease, I have recently transitioned to Mayfield Aged Care. Despite this setback, I have an enduring passion for swimming that inspires me to continue to take on the Daffodil Dip for cancer awareness.

To show you support, you can donate to my daffodil through the [QR code or my daffodil page under Peter Capararo](#)

A morning tea fundraiser is scheduled for August 8th at 10:30 am in the Plaza. Raffle tickets will be available for purchase, offering participants a chance to win various prizes.

On Tuesday, August 19th, Peter will be participating in his official Daffodil Plunge at Newcastle Baths.



# **POEM TO SHARE**

## **A Psalm of Life (Excerpt) By Henry Wadsworth Longfellow**

Tell me not, in mournful numbers,  
"Life is but an empty dream!"  
For the soul is dead that slumbers,  
And things are not what they seem.

Life is real! Life is earnest!  
And the grave is not its goal;  
Dust thou art, to dust returnest,  
Was not spoken of the soul.

Let us, then, be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.  
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.



# LAUGHING MATTERS



## **Sherlock & Watson Go Camping**

Sherlock Holmes and Dr. Watson went camping.

They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night, Holmes woke Watson up and said: “Watson, look up at the stars, and tell me what you see.”

Watson replied: “I see millions and millions of stars.”

Holmes said: “And what do you deduce from that?”

Watson replied: “Astronomically, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Theologically, it tells me that God is great and we are small and insignificant. Horologically, it tells me that it’s about 3 AM. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?”

Holmes said: “It tells me that somebody stole our tent.”

## **Team Spirit**

At one point during a soccer game, the coach says to one of his young players, “Do you understand what cooperation is? What a team is?” The little boy nods yes.

“Do you understand that what matters is whether we win together as a team?” The little boy nods yes.

“So,” the coach continued, “when a strike is called, or you are out, you don’t argue or curse or attack the umpire. Do you understand all that?” Again, the boy nods.

“Good,” said the coach. “Now go and explain it to your mother.”



# WORD SEARCH

*Word Search*

**FORGIVENESS**



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

Forgiveness  
Acceptance  
Patience  
Restraint  
Honesty

Love  
Let It Go  
Tolerance  
Regret  
Integrity

Kindness  
Compassion  
Resilience  
Friendship  
Virtues

Forget  
Sorry  
Strength  
Family  
Morals