

Dougherty Bulletin

May 2026

Volume 13

IN THIS ISSUE

RM Message	2
L&L Message	3
Resident of the	
Month	4
Staff of the Month	5
Noticeboard	6
Birthday	8
Activity Report	9
Health Information	13
Upcoming Events	14
Poem to share	15
Laughing Matters	16
Spotlight	17
Word Search	18



Residential Manager Message

Dear all,

As we welcome the winter season, I want to take a moment to share some updates, reminders and wellbeing tips to help us all stay safe, healthy and connected during the colder months.

Please ensure you wear warm clothing and use blankets at night and remember to maintain regular hydration as cold weather can reduce thirst. We strongly encourage all staff and residents to stay up to date with flu vaccinations, and we recently organised a flu vaccination clinic and the majority of residents already vaccinated. Hand hygiene, wearing a mask when unwell and promptly reporting any symptoms remain essential.

Thank you for your continued support and cooperation. Let's work together to make this winter safe, warm and enjoyable for everyone in our community.

Stay warm and take care.

Kind regards,

Mick Patel
Residential Manager

Lifestyle Message

Hello everyone,

Month of May is here and if we think about May the first thing that comes is Mothers's Day. We are very grateful that we have lovely mothers.

We have refurbishment in lounge and dining for a few weeks, but we will continue our group activities in the ground floor lounge, conservatory or in the second floor lounge we will inform everyone everyday where is the activity for that day. Activities will be the same. Lifestyles and staff will look after the residents. Regarding to the staff – HAPPY NURSES Day 😊

We have 2 students from TAFE will come to do their work placements for 3 weeks for this month of May until June.
Sol and Ling will supervise them while on my leave.

June is coming soon and get ready for winter season. Don't forget to wear your jumper or cardigan or something that makes you warm. We have a couple of events that everyone will enjoys.

Happy Mother's Day to everyone 😊

Cheers,
Bernadette (Bernie) For the Lifestyle team.

May

**You are my first teacher,
It is the person I confide
my heart in, It is also a
beacon that guides me
forward. Thank you for
being the best mom in
the world!**

June

**I pray this winter be
gentle and kind a
season of rest from
the wheel of the mind.**

Resident of the Month

Hi everyone,

My name is Pamela Ann Carew, and this is my story.

I was born into a family of six children, the only girl with five brothers named Ronnie, Kevin, Billy, David, and John. Only David is still alive.

I was educated at Santa Sabina College Strathfield.

With five brothers we were naturally a sporting family so of course I joined in, eventually representing NSW in netball in my late teens.

My husband John became a resident of Dougherty in 2017, and I joined him in 2019, thankfully just before the Covid lockdowns. We were married for 60 years until John passed in 2022.

Together we owned and operated pharmacies in several locations including Town Hall, Lake Cargelligo and Hurstville. I was once short listed as a finalist in the NSW Businesswoman of the Year awards for a successful business restructure I was forced to undertake after John suffered a stroke.

In later years I developed an interest in renovating houses which led me to starting my own Building and Interior Design consultancy business.

I have three wonderful children named Michelle, Mark and Stephen, along with five grandchildren and a great grandchild.

I've lived a very active and social life. Among many interests and hobbies, I was formerly the Associate President of Strathfield Golf Club and have achieved two hole-in-ones. I also successfully played Tournament Bridge for three decades.

I wholeheartedly wish to thank the entire staff of Dougherty for their professional care and abundant kindness, especially in the difficult times after the passing of my best friend and husband John.

I wish everyone happiness in their lives.



Staff of the Month

Hello Everyone,

I'm Daisy and originally from Philippines. I graduated with a Bachelor of Science in Computer Management following my father's wishes because during those times the field of computers was booming. I thought that I would like to work with computers when time goes on but my heart and passion is still to become a Registered Nurse. My mother was a social worker in the Philippines where I grow up and observed the environment where respect, compassion, love, advocacy and helping people.

I did not stop to study , I continued to pursue my dreams. With dedication and commitment to achieving my dreams, I graduated as Registered Nurse in the Philippines. My husband was already working in Australia as IT Engineer whom he brought her here in Australia until I become an Australian citizen.

Pursuing a healthcare profession in Australia is not easy. Being nurse in the Philippines is not straightforward accredited in the Australian workforce so I studied Certificate III and IV in Aged care. I started working as PCW/ TL/ medicator in Dougherty Apartments, Catholic health care and Scalabrini nursing home for several years.



I did not stop pursuing to fulfill my dream of becoming a nurse. While working, I still continue studying in Australian Catholic University (ACU) until becoming a Registered Nurse. I worked in other facilities and hospitals as a RN but my heart belongs to Dougherty Apartments and to the resident of DA.

I'm very proud to be part of DA family. I would love to continue my profession as an RN in DA for many more years to come.

Cheers,
Daisy Derilo

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Fay P.
- Ann W.
- Su Yan
- Po
- Yu

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 the reception level 1. 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!

NEW STAFF

A warm welcome also does to the people who joined our team in the past few months!

- Bhumika
- Sujan
- Sajan
- Bijay
- Kunal
- Ashin
- Saugat

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Roseanne
- Muriel

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please let Bernie and Sol if you require extra library books next home Library Service.

PHYSIO & EXERCISE

Lifestyle will run ball drum exercise at 10:30 am on Monday
Our physiotherapist takes our Physio class on Wednesday and Friday at 10:30 am.
Short class on Tuesday & Thursday at 9:00 am

HAIRDRESSER

We have a hairdresser /barber Ana who attends every Wednesday . If you would like an appointment please talk to Lara or ask a staff member to write your name down in the hairdressers book.

DOCTOR CLINIC &

Dr. Chu will be available on Tuesday (Dr. Chu's appointment can be made with RNOD).

Dr. Pick will be available every Tuesday (Dr. Pick's Appointment can be made with Lara by Monday).

Nurse Practitioner: Lina Xu, every Thursday after hour

Podiatrist / Optometrist /Dental

Home visits are available at Dougherty. Please see RACF admin/RN for enquiry.

- Podiatrist – 17 May 2026

CHURCH SERVICES

Church Services

Baptist, Anglican, and Presbyterian

Every 2nd & 4th Sunday of the month at 1:30 pm ground floor

Catholic

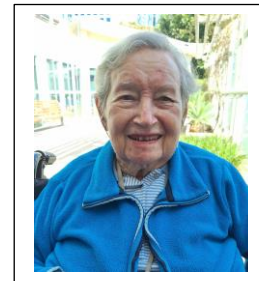
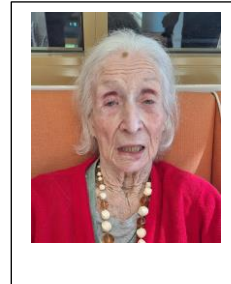
Every 2nd Wednesday of the month at 2:00 pm ground floor

Communion every Sunday at 9:45 am in the lounge room level 1 after Catholic mass in You tube at 8:45 am

March & April Birthday

March

1st – Hazel J.
15th – Patricia K.
20th – Alicia G.



April

4th Natalie Y.
7th Gwaine B.
10th Barbara M.

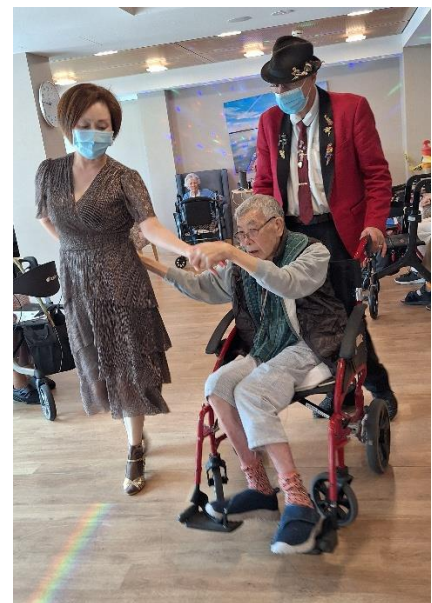


March & April Events

St. Patrick Day Lifestyle make a Shamrock milk shakes that every enjoy while having their trivia.



Harmony Day with ballroom dancer and a good entertainer





Pet Therapy. Animal visits
Everyone is interacting to hold and touch the guinea pig, bunny and dog.



Egg Hunting in Easter Sunday with residents & staff



Sun therapy with the Physio after the group walking in the morning. Residents enjoy the beautiful weather after the walking exercise.



ANZAC DAY Ceremony 111th years



Health Information



What is Influenza?

Influenza (also called the flu) is a contagious infection of the airways. It affects people of all ages but is especially serious for babies, young children, pregnant women and people with underlying medical conditions such as cardiac disease, chronic respiratory conditions, and immunocompromising conditions.

Common symptoms

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Muscle or body aches
- Feeling very tired

How does flu spread

- Through coughs and sneezes
- Close contact with infected people
- Touching contaminated surfaces and then touching your face

How to prevent Influenza

- Wash hands often with soap and water
- Cover mouth and nose when coughing or sneezing
- Wear a mask if you are sick
- Stay home when unwell
- Clean frequently touched surfaces

When to see a doctor

- High fever lasting more than 3 days
- Difficulty breathing
- Chest pain
- Symptoms get worse instead of better

When to Get the Influenza Vaccine

You should get your annual influenza vaccine anytime from April onwards to be protected for the peak flu season, which is generally June to September.

Possible Side Effects of Influenza Vaccination

- Drowsiness or tiredness
- Muscle aches
- Pain, redness and swelling at the injection site
- Occasionally an injection-site lump (may last many weeks – no treatment needed)
- Mild fever

Important Reminder

Flu vaccination is the best protection against influenza. Protect yourself and others by staying informed and practicing good hygiene

Upcoming Events



Monthly Theme	
May- South Korea	June- Croatia
• 11th – Mother's Day Event • 14- Anh Kim Lee 100th Birthday • 21st – South Korea	• 9th – Kings Birthday • 16th – Filipino Day • 25th – Croatia Day
Big Bus trip	
• 7th May- Pirrama Park • 24th May- Fish Market	• 12th June – Canada Bay • 26th June- Armor Café Blaxland
Entertainer	
• 1st May– Ballroom Dancer • 5th May– Greg Dimmock • 22nd May– Mitch Lanham	• 1st June– Rick Lao • 16th June - Lena Cruz • 25th June -Karyn



Poem to Share

Mother o' Mine

Rudyard Kipling

If I were hanged on the highest hill,
Mother o' mine, O mother o' mine!
I know whose love would follow me still,
Mother o' mine, O mother o' mine!

If I were drowned in the deepest sea,
Mother o' mine, O mother o' mine!
I know whose tears would come down to me,
Mother o' mine, O mother o' mine!

If I were damned of body and soul,
I know whose prayers would make me whole,
Mother o' mine, O mother o' mine!

Laughing Matters



Two Different Answers

A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."

Counting Cats with Johnny

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

Spotlight

It's our privilage that our dedicated artist invited to display their art work in the Senior Festival Art Exhibiton
" Live Life in colourful" in the Community Centre Café.



Fire Brigade came and visited the residents to give education in fire training



Word Search

MOTHER'S DAY



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

Love
Grandmother
Chocolates
Forgive
Help

Role
Cook
Brunch
Roses
Gifts

Model
Mother
Cuddle
Memories
Sunday

Read
Family
Hugs
Kisses
Flowers

Support
Console
Bake
Nurture
Special