



Resident Newsletter



Council Chair Message From Tracey Holmes

Dear Residents,

As we welcome a new year, it offers us a special moment to pause, reflect, and look forward with renewed hope. The beginning of the year always invites me to take stock of the moments that shaped us and to consider the opportunities ahead. Personally, I've found this

period to be a valuable reminder of the strength and resilience within our Good Shepherd community — from the warm connections formed each day to the small acts of kindness that define life in our Home.

I would like to extend my heartfelt appreciation to all our staff who worked throughout the holiday period. Their commitment ensured our residents continued to receive care, comfort, and companionship during a time that holds deep meaning for so many families. We are fortunate to have dedicated team members who go above and beyond, and I know their efforts are appreciated not only by the Governing Council and Board but by residents and families across the Home.

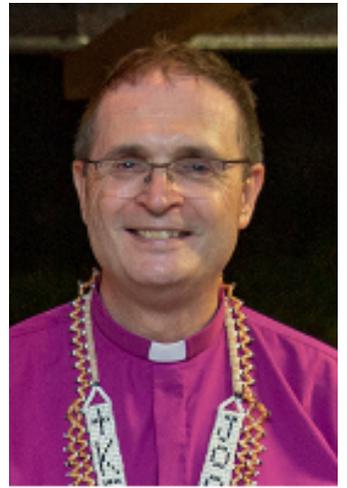
Looking ahead, the Governing Council is eager to continue progressing the improvements planned for the Good Shepherd. These developments are shaped by our vision for a supportive, enriching, and safe environment where residents feel truly at home. We look forward to keeping you updated as this work advances throughout the year.

Above all, I want to restate our unwavering commitment to the quality of care provided at Good Shepherd. Every decision we make, every improvement we pursue, and every partnership we strengthen is guided by our responsibility to ensure the wellbeing, dignity, and comfort of our residents.

Thank you for being part of this wonderful community. I wish each of you a year filled with connection, joy and good health.

Dear Friends,

Ash Wednesday is on 18th February this year, with Easter being Sunday 5th April. That means that we will soon be in the season of Lent. Many of you will remember that as kids you were told that you had to give up something for Lent: that you had to fast from something. And that is not a bad habit; some years I give up alcohol, or ice cream, or chocolate, or some other luxury items. It means that you live a simpler life and make a small sacrifice. And on Easter Day, the enjoyment of ending the fast made it worthwhile.



But of course, Lent is about far more than giving up something. Why do we give up things? It is because in Lent we are sorry. We are sorry for the bad things we have done. We are sorry for the brokenness in our communities and in the world. We are deeply sorry, and when we are deeply sorry the ordinary joys of life seem bitter. This all comes to a head in Holy Week, which starts with Palm Sunday and goes through to Good Friday. In this week we not only remember the passion of Jesus as he goes towards his death. In Holy Week we should walk with Jesus and share his sorrow and suffering. In Holy Week we see the evil that is in this world and repent of it. This is a part of the

Christian Year in which sorrow and tears are more than appropriate. So we mourn and we fast.

However this mourning and fasting is not the end. Behind the death of Jesus on Good Friday comes the joy of resurrection on Easter Sunday. The tears turn to joy, and we receive the promise of heaven. And this then gives us the true fasting. Our fasting should not just be about giving up stuff. Our sacrifice should actually help others. When I was a boy, we used to put five cents away for every day of Lent. As we gave up on some small childish luxuries, we put it towards helping others. At the end of Lent, all the five cent pieces were collected and went to help children in need overseas. It paid for meals and for bibles for those children, who we would never meet but who were still our brothers and sisters in Christ. This is still a good thing today. When you fast at Lent, who might benefit from your sacrifice? When Easter comes, who will share with you in joy?

May you all have a holy Lent and may you be blessed as we move towards Easter, and may others be blessed by you!



The Liturgical Season of Lent - 2026

Sunday of The Passion
[Palm Sunday] March 29th.



Maundy Thursday:
April 2nd [Holy Thursday]



Good Friday: April 3rd



Saturday in Holy week
[Easter Eve] April 4th



Easter Day: Sunday 5th April



🍲 Residents Wanted: Help Create Our New Winter Menu!

We're inviting residents to join our new Resident Food Committee to help plan the Winter Menu starting 1 June 2026.

This is your opportunity to share your ideas, favourite meals, and suggestions. Together, we'll review last year's winter favourites, provide feedback on the current summer menu, and create some delicious new dishes for the cooler months ahead.



First Meeting:

 Friday, 6 March 2026

 1:00pm

 Education Room



Meetings will run weekly for around 30–60 minutes.

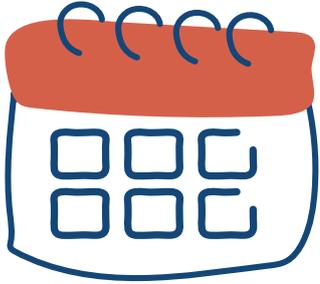
If you're interested in being involved, please email your name to mgill@tgsh.org.au by 28 February 2026.

We'd love your input to help make this winter's menu one everyone can enjoy!

Resident Relative Meeting

Invitation to Attend Resident Relative Meeting

A chance to hear what's happening at the Home and raise any questions you may have:



In the Rotary Hall on

5:30pm Wednesday 11th March

2:30pm Wednesday 10th June

5:30pm Wednesday 9th September

2:30 pm Wednesday 9th December

☀️ Join the Consumer Advisory Body – Have Your Say

The Good Shepherd Home is inviting residents, family members, carers, and community representatives to become members of our Consumer Advisory Body (CAB). This is a wonderful opportunity to help shape the quality and future direction of our services.

What is the CAB?

The CAB gives a voice to residents and consumers, providing feedback and suggestions to The Home's Council on how we can improve service quality, operations, and the overall resident experience.

Who can join?

We welcome residents, carers, family members, and community representatives who are passionate about aged care and want to make a positive difference. No formal qualifications are needed—just a willingness to listen, share, and represent others.

Why join?

As a CAB member, you'll:

- Advocate for resident needs and experiences
- Contribute ideas for service improvement
- Provide input on planning and quality initiatives
- Be part of a collaborative group helping to shape a better future at TGSH

What's involved?

- Attend four meetings per year (or more if needed)
- Share your ideas and lived experience
- Help review information and provide feedback
- Serve a 1-year term, with the option to renew

If you're interested in becoming a member or learning more, please contact Karen Edwards (07) 4772 9900 or via email kedwards@tgsh.org.au.

A Generous Gift for Our PHG Community: Water Ioniser Now Available

We are pleased to share that Katie, the daughter of one of our PHG residents (pictured), has generously donated and installed a high-quality water ioniser for use by residents, staff, and visitors. The unit is now available, and anyone is welcome to fill their personal drink bottles if they wish. The system installed is a Leveluk (Enagic) water ioniser—a premium countertop/under-sink unit designed to filter tap water and, through an electrolysis process, produce pH-adjusted water. At PHG, the unit has been set up for drinking water only. It will initially dispense water at pH 8.5, with the intention to increase to pH 9.5.

How the System Works

Water is first filtered using a high-grade filter to remove chlorine, odours, and sediment. It then passes through platinum-coated titanium plates, where electrolysis separates the water into different pH levels. Importantly, the system:

- Does not add chemicals
- Does not alter sodium or potassium levels
- Does not remove beneficial minerals

The unit also provides a neutral pH 7.0 filtered water option, which is suitable for all residents, including those with impaired kidney function. This neutral option remains the standard drinking choice and simply offers cleaner, well-filtered water.



Resident Trial in PHG

Kobi has been contacting families regarding an optional trial within the PHG wing, where water jugs may be filled using the pH-enhanced water from the unit. Residents and families/decision-makers are given the opportunity to opt out if they do not wish to participate.

About Alkaline / Ionised Water

Supporters of ionised (often referred to as “Kangen”) water suggest potential benefits such as improved hydration, antioxidant effects due to dissolved hydrogen, and support for digestion and general wellbeing. Some athletes also report using it to assist with recovery and endurance.

Disclaimer: These claimed benefits are not supported by conclusive scientific or medical evidence. However, consumption of water within the pH range of 8.5–9.5 is generally considered safe for the general population. As always, residents with specific medical conditions should follow advice from their healthcare professionals.

A Personal Motivation

Katie has shared that her family has been using hydrogen-rich water at home and has personally experienced benefits to both physical and mental wellbeing during a challenging year. Wanting her mum to have access to the same quality of water—safely and under supervision—was the motivation behind this generous gift. As Katie jokingly notes, every visit includes the same question from her mum: “Where’s my water?” 😊

We sincerely thank Katie for her generosity and for thinking of the wider PHG community. We look forward to seeing how residents, families, staff and visitors enjoy this new addition.



Good Food and Good Company: A December Moment

December was a time of celebration across the community, and Palm Island residents marked the season by coming together for a relaxed lunch outdoors. The residents made a special request for bully beef, which our dedicated kitchen staff were more than happy to prepare.

The meal was warmly received, with residents sharing how delicious it was and how much they enjoyed the experience. Moments like these highlight the importance of community, connection, and the simple joy of sharing a meal together.



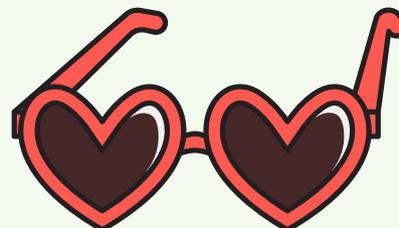
EYE SEE YOU OPTOMETRY

Optometrist and optical dispenser will be visiting the Home on

Friday 27th February 2026

To schedule an appointment, please contact reception.

All Consultants are bulk - billed to Medicare



Hibiscus Wing Residents Meeting – 10.30am on Thursday 26 February 2026

The Good Shepherd is currently in a planning phase for the refurbishment of Hibiscus Wing, to a similar standard as the recent Grevillea project. Whilst it is too early to confirm when or even if the work will commence, the Grevillea builder - Woollam Construction has been engaged to develop and cost an initial plan of works. Once the preliminary plans are completed, Woollam will submit a cost for approval to the Home's Board of Directors.

Key aspects of the project include:

- Addition of 4 extra rooms
- Improved and enlarged dining room and lounge areas
- Improved kitchenette
- Covered outdoor area
- Dedicated nurses station
- New equipment and clinical storage

Once approval to proceed has been granted, meetings will be held with Residents and Families to discuss the detailed fit-out. Whilst there are limitations to changes that can be implemented in a refurbishment, where possible we are keen to include those features viewed as important &/or beneficial to Residents.

A Resident meeting is scheduled for Thursday 26th February at 10.30am in Hibiscus. Interested family members are welcome although please feel free to email or ring with any queries.

The meeting will be held in Hibiscus to discuss matters such as temporary relocation during the construction stage, returning to current room after completion, no change to RADs or other financial costs for existing residents + any other concerns or queries that Residents may have.



Cyclone Preparedness Update



The Home's cyclone preparations were tested with the tracking of Cyclone Koji towards Townsville in January this year. We activated our emergency management plan, however, fortunately Cyclone Koji continued to track south and we were not impacted at all. This was a good opportunity to test our systems for managing such an event. Generators and fuel stocks checked, outdoor areas were cleared and water and medications secured. Although there was no actual event, these tests provide reassurance that the Home will be well-placed for any future cyclone event.





Carpark Christmas Party

