



Resident Newsletter



Council Chair Message From Tracey Holmes

Following Easter — a time of reflection, hope and renewal — I hope you were able to enjoy the spirit of the season in our Home.

Last week we celebrated Good Shepherd Day on 26 April, a very special occasion where we acknowledged

22 of our staff members who are marking between 10 and 30 years of service. Many of you know these team members well, and I know you will join me in thanking them for their kindness, care and dedication over so many years.

As the cooler weather begins to settle in, we are taking extra care of one another. There has been some recent illness in the Home, and to help keep everyone well, flu and COVID-19 vaccination clinics are available for residents and staff. If you're feeling unwell, please let a staff member know, remember to wash your hands regularly, and speak with our clinical team — they are always here to support you.

We also recently marked ANZAC Day, a meaningful time for us to pause, remember and reflect together.

Thank you for being such an important part of our Home community. I hope you enjoy the days ahead and the time we continue to share together.



From the Bishop



The world is rather a mess at present. War and economic strife; and a loss of trust in our allies and in our institutions. Social media keeps telling out its lies and in its own way causes a loss of trust. It is so easy to tell a lie on social media, and so hard to see the truth. So in this tumult, we can be kept steady by the truths that we celebrate and observe in our calendar. In this respect, April is a busy time for the church, and for the Good Shepherd Home in particular. We celebrate Easter, observe Anzac Day, and then celebrate Good Shepherd Sunday. Each of these important days has a truth in it that helps keep us steady and hopeful in these troubling times.

On Anzac Day we commemorate the sacrifice that others have made for us. Some of us have served our country in uniform, in peace and in war. We give thanks for your service, and remember all of our comrades who paid the supreme sacrifice and did not return. We all should live lives of sacrifice and service for others, and remember the high cost of war. Lest we forget.

On Good Friday we remembered another sacrifice; that of our Lord Jesus Christ. We give thanks for the man of peace, who in dying for us has also saved us. On Easter Sunday we celebrated his resurrection, through which we all have resurrection and eternal hope. In a time of war, we have the hope of peace.

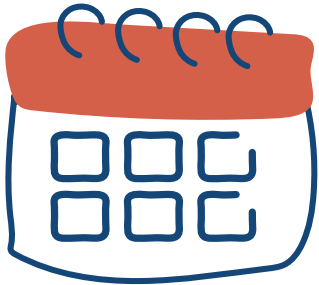
And on Good Shepherd Sunday we especially remember and celebrate Jesus as our Good Shepherd. He is the one who leads us and loves us as his own, and we form one Body of Christ under his headship. And just as he cares for us, so we are called to care and love each other. We are part of one Body and one Church; in all the tumult of this world the sacrifice of Christ for us assures us of his eternal love and salvation.



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:

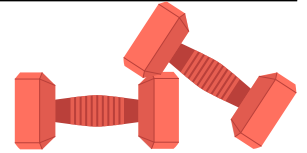


In the Rotary Hall on

2:30pm Wednesday 10th June

5:30pm Wednesday 9th September

2:30 pm Wednesday 9th December



Hello from the gym!

Gym news: This month we have seen an amazing nine new residents referred to attend our gym program, along with two existing residents who have recently chosen to begin participating. No matter how long you have been with the home, or what your previous gym experience may be, you are never too old to try something new with the support of our wonderful allied health team.

This spirit was demonstrated beautifully by the late Morna Hanley and Don Webster. Both Don and Morna were strong advocates for maintaining their physical capacity and continued attending the gym until the ages of 99 and 101. Morna regularly participated in exercises such as the leg press and seated row, showing remarkable dedication to staying active, whilst Don maintained an incredibly powerful seated row and enthralled us with his weekly book reviews. Both will be greatly missed during their twice weekly sessions.



Resident Vaccine Clinics 2026

The Good Shepherd Home in collaboration with our Pharmacy Supplier provides annual vaccination clinics at the Home for the following Vaccines

- Annual Influenza
- COVID -19 Booster vaccine
- RSV Vaccine

The Pharmacy provides this as a mobile service in the comfort of the Residents home.

A comprehensive vaccination program for Residents and Staff is important for preventing outbreaks and protecting vulnerable residents. Annually the uptake of vaccines for Residents has exceeded 85% of our population which in turn has demonstrated consistently a very low incidence of serious illness and occurrence of outbreaks.

The Clinical Nurse Managers will be speaking with Residents and contacting Resident Representatives in the month of April to confirm annual consent for each vaccine offered through the vaccine clinics.

The first vaccine clinic for this year will be held on the **7th of May 2026**. This clinic is for annual Flu vaccine.

The next COVID – 19 booster vaccine clinics will be held in the month of June and December this year.

Important Update RSV Vaccine

From the 15th of May 2026 Australians aged 75 yrs and over can receive free RSV vaccination. ATSI are eligible from the age of 60yrs and over.

TGSH will be providing all residents an option to participate in the FREE RSV vaccination clinic. Date to be confirmed within the next 4 – 6 weeks following on from the Flu Vaccination Clinic.

We will make contact with nominated resident representatives and Residents to reconfirm consent for RSV vaccine now that it has been announced as a Free vaccine. We invite Residents and or Resident Representatives to discuss any questions that they may have about their vaccine options with their treating Doctor.

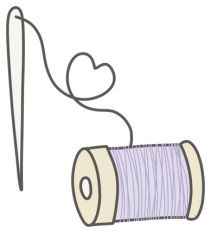
The Registered Nurse or Clinical Nurse Manager will be able to assist you with this.

Thank you

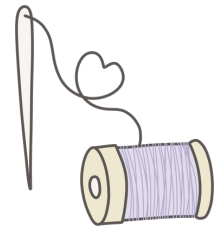
Deborah Carson

Infection Control Clinical Lead / Quality Manager





Fibres and Fabric: Crafting with Heart for 50 Years



Fibres and Fabric continue to bring warmth, colour, and care into the Home with their beautiful handmade creations. From wheelie walker and wheelchair bags to cosy blankets and more, their work not only brightens residents' lives but also supports the wider community.

This dedicated group of talented women contribute generously to Palliative Care and the NICU at Townsville University Hospital, creating blankets, sheets, and now expanding into toiletry bags for women's shelters. Their efforts make a meaningful difference to people during some of life's most vulnerable moments.

Their creativity doesn't stop at sewing—although that alone can sometimes carry on into the early hours of the morning when they're caught up in finishing a special handmade gift! Members also enjoy knitting, weaving, crocheting, embroidery, and even crafting paper items such as trading cards and books.

Every Wednesday, the group gathers at Possum Hollow, located within the Townsville Showgrounds. These meetings are a time to plan ahead, sort through donations, share and pass along works in progress, and, of course, enjoy a good coffee and friendly conversation. It's been said that not much sewing actually gets done during these catch-ups—there's simply too much chatting!

In May 2025, Fibres and Fabric proudly celebrated their 50-year anniversary—a remarkable milestone reflecting decades of creativity, friendship, and community spirit.

Looking ahead, during the Townsville Show from 3rd to 6th July 2026, Possum Hollow will be open to the public. Visitors are welcome to view the group's beautiful creations.

Residents may already be familiar with the group's kindness, as knee rugs are included in welcome packs for new arrivals at the Home.

Fibres and Fabric are always grateful for donations of cotton material. And here's a handy tip from the group: to keep stored fabrics smelling fresh and avoid that musty scent, try adding a little rosemary to your collection.

Their passion, generosity, and creativity continue to stitch together a stronger, more caring community for everyone.

Thank you to Fibres and Fabric for the beautiful pieces you so kindly pass on to the Home for residents to enjoy.



This beautiful wheel chair bag was requested and put in use straight away.



New Facilities Manager



We are delighted to welcome Nigel to our Home as our new Facilities Manager.

Nigel brings with him many years of experience and a wide range of skills, having worked in hospitals, schools, and with Defence, as well as serving in the Air Force for nearly 15 years. He's a bit of a "MacGyver," always finding clever ways to fix things, and he also knows his way around a computer—so he's sure to be a great help in

keeping everything running smoothly.

In his spare time, Nigel enjoys getting outdoors, whether it's hiking or spending time at the beach, and he also loves cooking.

Nigel is friendly, organised, and enjoys learning new things. If you see him around the Home, please feel free to say hello and make him feel welcome.



Sweet Treats Now Available at Café Memories!

We're excited to share some delicious news from Café Memories — we now have a range of ice creams available for everyone to enjoy! Whether you're in the mood for something creamy or a refreshing icy treat, there's something for every taste. Our new selection includes:



Zina's Mango Cup
Everest Chocolate Cup
Sour Watermelon Icy Pole
Giant Twins Ice Cream Bars



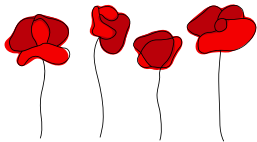
These tasty additions are perfect for a cool pick-me-up, a sweet afternoon treat, or simply enjoying a moment with friends over something special. Be sure to stop by Café Memories and try one (or more!) of our new ice creams — we look forward to seeing you there

EASTER

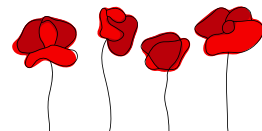
Easter was a wonderful and joyful time here at the Home, filled with plenty of fun and laughter for everyone. One of the highlights was our Easter carpark party, where residents, volunteers, staff, and visitors came together to celebrate in a cheerful and relaxed atmosphere. The Easter bonnet parade brought out lots of creativity, with colourful and imaginative designs that were enjoyed by all. We were also delighted by a special visit from the Easter Bunny, which brought smiles and excitement throughout the night.

A heartfelt thank you to Calvary Christian College for their thoughtful handmade cards, which were warmly received by our residents. Alongside these activities, we also held church services, craft sessions, and other Easter-themed events to ensure there was something for everyone to enjoy.

We hope all our residents had the opportunity to take part in the celebrations and experience the joy of the Easter season.



ANZAC Day Ceremony



ANZAC Day Ceremony was held at The Good Shepherd Home on Friday, 24 April 2026.

We were honoured by an overwhelming turnout this year, a testament to the enduring spirit of remembrance and gratitude within our community.

The ceremony was officiated by Andrea, with a prayer led by Fr Noel. Andrea also shared a short story, followed by heartfelt and reflective poems from Catherine and Jess.

We extend our sincere thanks to our special guest, Chris, for performing the Last Post live, a deeply moving tribute that resonated with all in attendance.

Wreaths were laid by Hermione and John as we paused together in solemn reflection, honouring the courage, sacrifice, and service of the men and women who have served our nation.

On this ANZAC Day, we remember not only those who gave their lives, but also all who have served and continue to serve.

Lest we forget.



Bringing the Garden to Life at Mountainview

After relocating from George Roberts Ground to Mountainview, Graham has discovered a wonderful new passion—bringing colour, creativity, and connection to the community.

Moving into a room overlooking the gardens, he noticed the space was overgrown and decided to start clearing it. Along the way, he uncovered garden gnomes hidden among the weeds and began restoring them, carefully painting each one. What started as a small project soon became a much-loved hobby.

With support from family, including his sister-in-law and his wife Jo—who often finds new pieces for him to restore—the collection continues to grow. From a tricky llama that keeps him on his toes to a recently added tractor, each piece adds character and charm. With help from others, including Marlene trimming the roses and Jo planting flowers, the garden is steadily coming to life, with hopes for bright gerberas to be added soon. Even a group of meerkats has recently joined the display.

Now, Graham has plans to transform the other side of the pathway as well.

Spending time outside painting and gardening, Graham enjoys chatting with residents, staff, visitors, and even the occasional robot vacuum. His efforts have created not just a beautiful space, but one that brings smiles to all who pass by.

