

# St Joseph's House Connections September/ October 2023



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Hello Residents, Families and Friends!

Well September is upon us and we look forward to the nice weather , the sunshine and cool breeze , Make sure you make the most of nice days by sitting outside for fresh air and sunshine . If you would like to have your morning or afternoon teas outdoors or even your evening meal or lunch please let a staff member know so we can assist you with this.

As the weather improves we will do more and more activities outdoors , you don't always have to participate in an activity , you are always welcome to come and sit with us for conversation and socializing . Please let lifestyle know of any preferences you have as in activity needs.

I am sure you have all had so much information regarding the referendum this year , we are yet to be informed of a date , however we are working on ensuring all your information is correct ready for the AEC visit. If you need your details changed on the electoral role please speak to your next of kin who can arrange this for you.

I am under the impression that we will have a polling booth come to St Joes , if this changes I will inform you.

Voting for the referendum will be on the 14th of OCTOBER

*We wish all our male residents a very happy fathers day*



September the 14th is national are you ok day ?

R U OK? was founded in 2009 by Gavin Larkin who tragically lost his father to suicide in 1995. To honor his father and try to protect other families from the pain his had endured, Gavin chose to champion just one question – ‘are you OK?’. He passionately advocated the message that a conversation could change a life, even as cancer ended his in 2011. Gavin’s legacy is a national conversation movement that focuses on building the motivation, confidence, and skills of all Australians to have a meaningful conversation with family, friends and colleagues who might be struggling with life and connect them to appropriate support long before they’re in crisis .

Consumer Feedback Committee

A big thank you to Jenny and Ed for the fantastic job they are doing with the resident meetings

Your feedback and input to daily living choices are important so keep it coming . Everyone has a voice and what is important to you is important to us.

*Marra , Kerry and Sarina*





Keeping up to date

Visiting Hours

**MON TO FRIDAY 11AM  
TO 5PM  
WEEKENDS 1PM TO 4PM  
OUT OF HOURS BY  
APPOINTMENT  
LIMIT 2 VISITORS AT THE  
SAME TIME . PLEASE  
MAINTAIN SOCIAL  
DISTANCING**

In Memory

Sadly we say goodbye to  
Beatrice Osbourne  
To their family and friends - May  
you find strength in the love of  
family and in the warm embrace  
of friends. Caring for your loved  
one was a privilege.

Welcome to

A very warm welcome to:  
Patricia Bradbrook  
Peter Fitzgerald  
Marjorie Vardy  
Beryl Hoare  
  
We hope that you enjoy your  
time here!

Hair Dresser

We have a hairdresser who  
attends every Monday.  
If you would like an  
appointment please  
Contact Allison direct on  
0408335002

Library Service

We have a mobile library  
service that  
delivers & picks up library  
books / audio books to  
reception. If you would like  
this service, please talk to  
lifestyle.

Reminder

Family please note when  
bringing food in the home  
and placing in your loved  
one fridges , it must be  
labeled with a date so staff  
know how long it has been  
there . Thank you

Mass / Services

Mass is conducted each  
Wednesday  
morning upstairs St Marks  
  
Ecumenical services are  
conducted each month on  
the 3rd Monday in Activity  
area

Resident meeting

**SEPTEMBER 19TH  
OCTOBER 31ST  
AT 10:30AM  
ST CLARE UPSTAIRS**



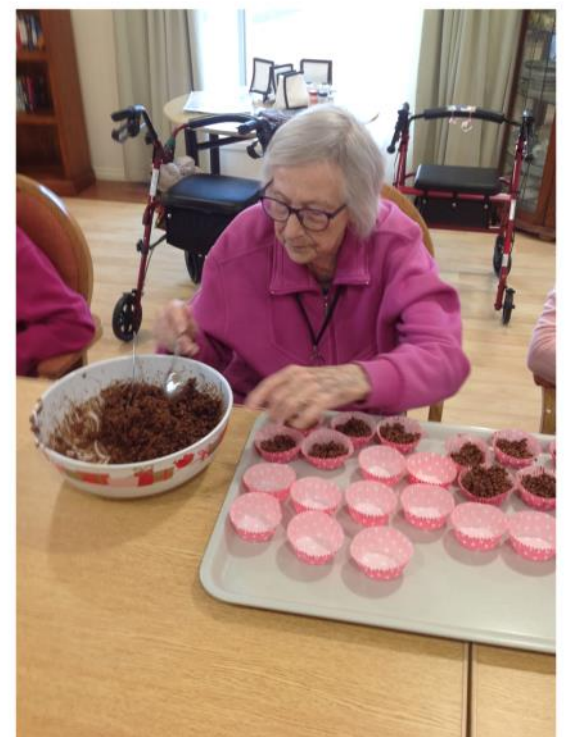




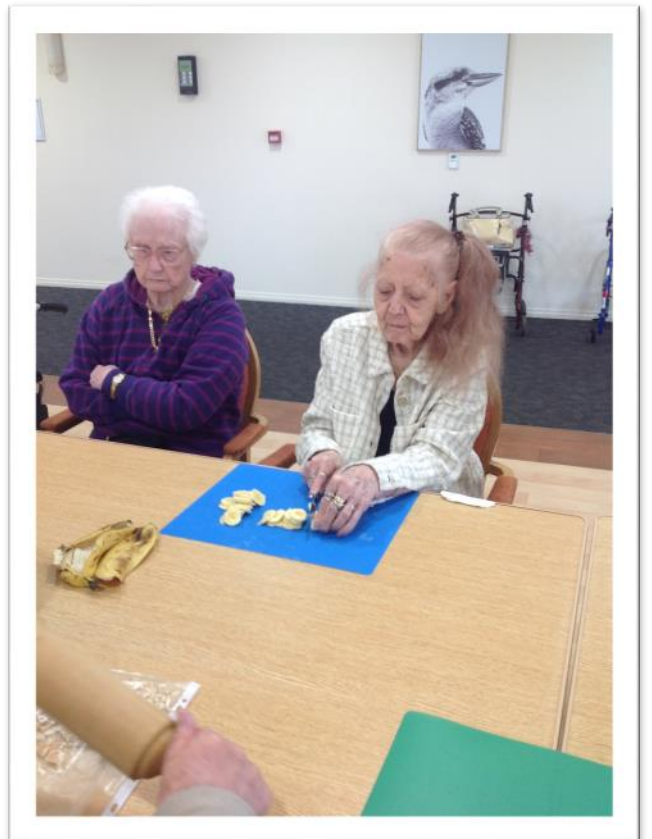
SING A LONG



MASS







Consumer feedback committee





AFL  
The Final Siren  
Our winning tipsters are

1st Don 137  
2nd Marra 134  
3rd Jenny & Leanne 130

We will have a special presentation on  
the 7th of Sept in the afternoon.  
Congratulations to the winners  
Thank you to every one who  
Participated



Sept / Oct Birthdays

**September Birthdays**

Joyce Turner

**October Birthdays**

Patricia Bradbrook  
Colin Cook  
Gladys Curnow  
Luigi Debari  
John Fenk  
Peter Fitzgerald  
Beryl Hoare



# STAND for QUALITY



## National Consumer Voice for Quality Long-Term Care

### Charter of Aged Care Rights

As someone who receives aged care and services, I have the right to:

1. safe and high-quality care and services
2. be treated with dignity and respect
3. have my identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about my care and services in a way I understand
6. access all information about myself, including information about my rights, care and services
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions
9. my independence
10. be listened to and understood
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly
13. personal privacy and to have my personal information protected
14. exercise my rights without it adversely affecting the way I am treated.

**October** is “Residents' Rights Month,” This has been designed for the Consumer Voice to honor residents living in all long-term care facilities. It is an opportunity to focus on and celebrate awareness of dignity, respect, and the rights of each resident.

This year's theme, "Stand for Quality," emphasizes the importance of quality in all aspects of residents' experiences – quality care, quality of life, quality services, and quality choices – to name a few. Residents' Rights Month is an opportunity for staff, families, ombudsman programs, residents and other advocates to work together to stand for and promote quality long-term care.

# Happy Fathers Day

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

Affectionate  
 compassionate  
 Emotion  
 giving  
 Jason  
 motivating  
 reliable  
 smart  
 strong  
 unafraid

Babe  
 Dad  
 Family  
 handsome  
 kind  
 one-of-a-kind  
 respected  
 son  
 strong-willed  
 understanding

blessed  
 Day  
 Father  
 Happy  
 love  
 practical  
 responsible  
 special  
 super supportive  
 watchful

Brianna  
 Dedication  
 generous  
 hilarious  
 loyal  
 protecting  
 sentimental  
 stable  
 Thade  
 wise

Cherish  
 devoted  
 gentle  
 intelligent  
 Memories  
 proud  
 sheltering  
 stern  
 trusting  
 wonderful



Fred Campbell Would like us to share one of his poems that he wrote

I was talking to an Albatross, It was just the other day  
He told me tales in such details, I could scarce keep mirth at bay  
He spoke mostly of children's charms, how some were shy and other boulder  
His voice was hushed and full of trust, His left wing was on my shoulder  
Firstly , he openly remarked” Albert Augustus Albatross is me name”  
But me friends just call me “Albie” , and I insist you do the same.  
Thus he made his firm demand yet his eyes had mild appeal  
And I found myself thinking was this crazy bird for real?  
Beside his feet was a jug full of Rum  
And even as he spoke  
I realized though he liked his drop, he wasn't just a soak  
He took a healthy swig of course but twas hot and all that day  
I hate the taste he claimed but it keeps me colds at bay  
I'm not just a common Albatross like “that lot” from yonder creek  
Iv got style and class and character and I'm important more than most  
But I must continue with me tale as I rarely (if ever) boast

I once come across two folks who were of royal birth. I'm sure  
As the lady called her Princess “oh what royal gowns they wore”  
Mother was explaining how the elms leaves would shortly fall  
When the Princess cried “Mother dear that’s not an Elm at all”  
Then the mother was confused as her face showed fond concern  
Saying “tell me then little one as it seems I have much to learn”  
What type f tree I ask you if not an Elm would that tree be?  
And the child answered with confidence and her reply was poetry

Here Albie Albatross explained how he was consumed with grief  
How he had listened to the child's reply in utter disbelief  
The trees had been his friends for years, in point of fact since birth  
He loved them all and couldn't recall when last his feet touched earth  
To suggest that an elm was not an elm made him extremely cross  
He was quite an expert on such matters, was Albie Albatross.

I gently urged Albie Albatross to tell me the child's reply  
But the Albatross seemed miles away as he peered up in the sky.  
I gave his wing a courteous nudge and my mind refused to rest  
He gazed down at me with sympathy and would not at all be pressed  
He said “ you will understand “ as I did then and cease to wonder Why  
The wisdom of this little girl would surpass the likes of you and I

The child replied “ Oh dearest mother I did not mean to criticize  
But I can only see God had put sight into my eyes  
Trees need Jesus also , it takes warmth to make them grow  
So Mother every trees a Jesus tree as everyone should know  
Now my take is over son, said the smiling Albatross  
I must away, lets hope someday our paths will once more cross  
I felt so sad I could not speak as he warmly clasp my hand  
He said carry on as best you can, God will understand  
I watched his great wings take him to what heights only God  
knew  
And I still recall his goodbye Call  
“ Lots of Jesus Love to You”

As written by Fred Campbell (resident of St Josephs house)





# Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.  
**1800 700 600**



## Feedback and Complaints Process

St Joseph's House supports the rights of Consumers and their representatives to provide compliments, feedback, concerns or to make a complaint.

If you wish to provide feedback or make a complaint please feel free to approach a senior staff member:

- Sharon Ley, Residential Services Manager
- Therese Johnson, Clinical Nurse Consultant
- Marra Pearn, Resident Liaison Officer

If you wish to provide written feedback please feel free to:

- Email us [admin@stjosephshouse.net.au](mailto:admin@stjosephshouse.net.au)
- Complete a Feedback Form available from various locations around the facility and place it in one of the feedback boxes.

Once received, the Quality Coordinator will make a record of lodgement and the feedback or complaint is assessed for response and follow up by a senior staff member.



The Blessing of the Fleet is a centuries-old tradition originating in **southern European, predominantly Catholic, fishing communities**. A blessing from the local priest was meant to ensure a safe and bountiful season.

**Blessing of the Fleet in Port Pirie**

Thursday 7th of September, Our Lady will pass by St Joseph's house at approx. 7pm—7:15pm

Sunday the 10th September, our lady will be carried passed St Joseph's house at Approx 210pm the procession will pause to face out lady towards residents who are viewing the procession

Staff will assist those wishing to observe this important day.





Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
Safeguard

In need of an advocate?

aras  
aged rights advocacy service inc.

1800 700 600

The Aged Care Quality and Safety Commission can be contacted on  
**1800 951 822**



## COVID - 19 FACT SHEET

St Joseph's House has responsibilities under the Work Health and Safety Act 2012 (SA) to ensure steps are taken to minimise the risk to workers and residents of infectious diseases, including Covid19. To meet this responsibility St Joseph's House has implemented an Acute Respiratory Infection Risk Management Plan (the Plan). The Plan outlines risk mitigation strategies that have been put in place to reduce the likelihood of workers and residents being exposed to infectious diseases.

**To reduce the risk of infection for residents and workers, visitors cannot enter St Joseph's House if they:**

- have symptoms of acute respiratory infection
- have tested positive to Covid-19 within the last 7 days
- have been Covid-19 positive and continue to have symptoms after 7 days

To assist in managing the risks related to infectious diseases and to ensure all residents are provided dignity and respect within their own home, St Joseph's House has implemented visiting hours, which are:

**Weekdays 11:00am – 5:00pm**  
**Weekends 1:00pm – 4:00pm**  
**Public Holidays 1:00pm – 4:00pm**

Visiting to the facility outside of visiting hours is by appointment only. Visitors must contact Reception during business hours (Monday to Friday 9am – 5pm), preferably on the day prior, to make these arrangements.

**Additional risk management strategies include asking visitors to:**

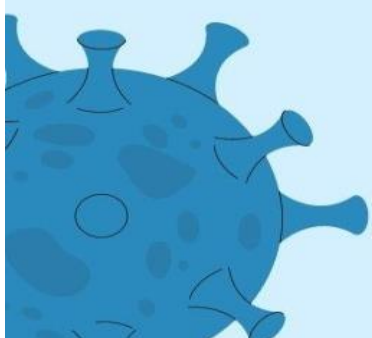
- Answer a range of screening questions prior to entry.
- Adhere to standard precautions for infection prevention, including hand hygiene and cough etiquette.
- Undertake a RAT screen at least every second visit (please speak to reception if you would prefer to test prior to arrival).
- Ensure they stay 1.5m from others wherever possible (2 visitors per room at a time).
- Visit their loved ones in their rooms or preapproved communal areas.

**This also ensures the dignity and respect of other residents. Visitors are only permitted in dining rooms during mealtimes or to participate in resident planned group activities at the invitation of the resident they are visiting.**

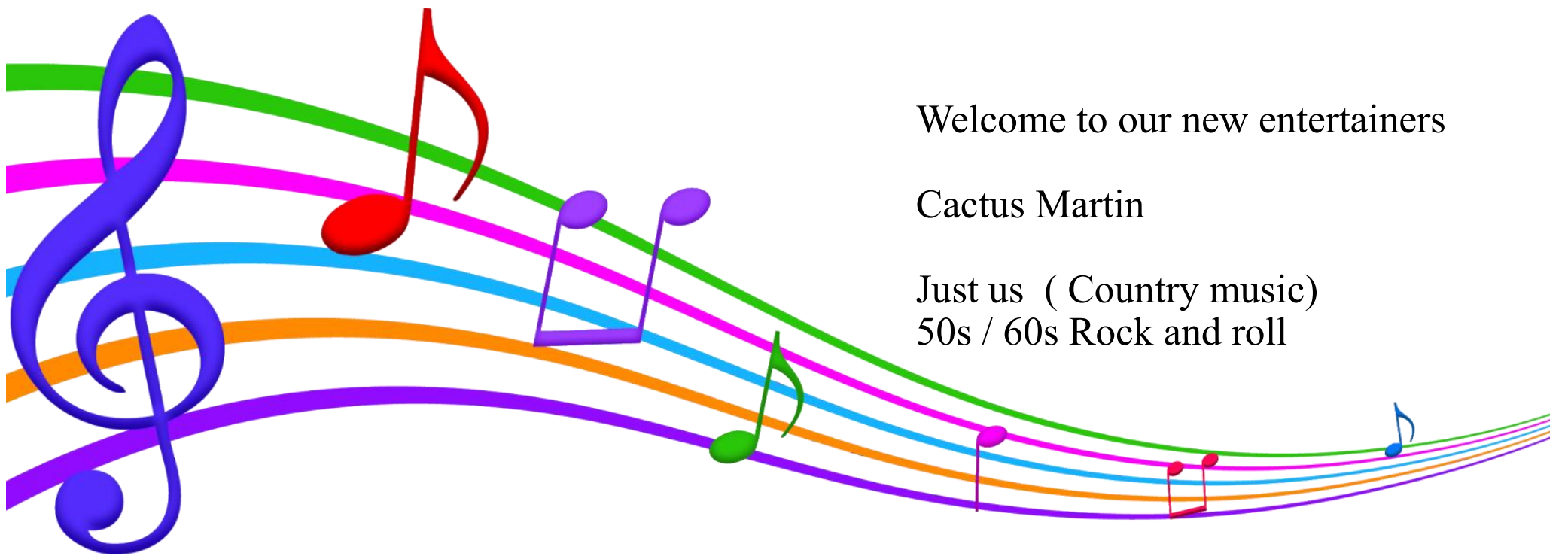
Signage will be displayed around the facility outlining requirements, or staff will advise verbally as required. To assist in the screening process St Joseph's House has an electronic sign-in system for all visitors who enter the facility. It's easy to use by following the prompts on the screen. A staff member will be available to assist if required.

Residents are encouraged to leave the facility with families as they choose; providing us with notice of this will ensure residents are in the foyer ready to go at the arranged time.

**Please like the St Joseph's House Facebook page where regular updates are distributed to ensure timely communication with residents and families on any changes to visiting and general communication.**







Welcome to our new entertainers

Cactus Martin

Just us (Country music)  
50s / 60s Rock and roll

Easy Peasy Fun







## UPCOMING REFERENDUM (DATE TO BE ADVISED)

ARE YOUR FAMILY'S DETAILS CORRECT?

HAVE YOU CHANGED THEIR ADDRESS WITH THE AUSTRALIAN ELECTORAL COMMISSION?

DOES YOUR FAMILY MEMBER WISH TO HAVE A POSTAL VOTE?

IF YOUR FAMILY MEMBER IS MEDICALLY NO LONGER ABLE TO VOTE OR SIMPLY WISHES TO BE REMOVED FROM THE ELECTORAL ROLE, PLEASE COLLECT THE FORM FROM ADMIN TO HAVE THEM REMOVED. THE FORM WILL BE REQUIRED TO BE SIGNED BY THEIR GP.



Please be sure to inform admin of the changes made to your family's voting status.

How to change the Electoral details for your family member:

[www.aec.gov/enrol](http://www.aec.gov/enrol)  
or Phone: 132 326

What is a referendum in Australia ?

When a change is proposed to the State or Commonwealth Constitution, a referendum is held to gauge the opinion of electors about the proposed change. You have to be enrolled in order to vote in a referendum. A referendum usually asks a question or questions to which all eligible electors must vote either 'yes' or 'no'.

The question that will be put to voters is whether to alter the Constitution to recognize the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Parliament of Australia has agreed to propose adding a new chapter, Chapter IX-Recognition of Aboriginal and Torres Strait Islander Peoples to the Constitution. The chapter would include a new section 129, which would be as follows:

### 129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

- i. there shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;
- ii. the Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;
- iii. the Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.

**The date for voting will be October the 14th as advised by the Prime Minister**



## Family Information

Please remember when bringing food in to the facility and placing in your loved ones fridges that you remember to put a label with the date you put it In there this will help staff to know how long the food has been there

Regards  
Therese



## Catering

All meals are served in the dining room unless you choose to eat in a place suitable to you.

Meal times :

Breakfast : 8am

Lunch : 12pm to 12:15pm

Tea: 5:00pm to 5:15pm

Please note snacks are available through out the day and night including morning tea, afternoon tea and supper .





# September 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Thursday the 7th of September Blessing of the Fleet night procession 7pm to 715pm . statue of Our lady will ride in the back of the Ute past St Josephs house , please gather on the balcony if you would like to see this . Sunday 10th September Procession should pass St Josephs house at Approx 2:10pm , procession will halt to turn our lady towards residents on balconies .</p>	<p>5 1030am Outdoors morning tea social Group 130pm Active Ball Games Visits and activities with Kerry</p>	<p>6 1030am Mass 130pm Bingo Visits and activities with Kerry</p>	<p>7 1030am Exercises 130pm Les Rich and Foody tipping Presentation</p>	<p>1 1st Day of Spring 10:30pm Activity area for choice of social Activities 130pm Coffee &amp; get together outdoors</p>	<p>2 Activity Packs supplied for your weekend leisure</p>	<p>3 <b>Happy Fathers day</b></p>
<p>4 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 130pm Hoy</p>	<p>5 1030am Outdoors morning tea social Group 130pm Active Ball Games Visits and activities with Kerry</p>	<p>6 1030am Mass 130pm Bingo Visits and activities with Kerry</p>	<p>7 1030am Exercises 130pm Les Rich and Foody tipping Presentation</p>	<p>8 10:30 Hoy 1:30 Bowls</p>	<p>9 Activity Packs supplied for your weekend leisure</p>	<p>10 Blessing of the fleet 210pm our lady will pass by , please gather on Balcony to see this.</p>
<p>11 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 130pm Derek</p>	<p>12 10:30 Men's Group 130pm choir practice With Daryl &amp; Sue Visits and activities with Kerry</p>	<p>13 1030am Mass 130pm Cooking Visits and activities with Kerry</p>	<p>14 1030am Exercises 1:30 Bingo Visits and activities with Kerry</p>	<p>15 10:30 Crosswords 130pm Bowls</p>	<p>16 Activity Packs supplied for your weekend leisure</p>	<p>17 27 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local</p>
<p>18 <b>Hairdresser</b> 10:45am Ecumenical service 1:30pm Activity area for choice of social Activities</p>	<p>19 1030am Resident Meeting 130pm Carnival Day Preparations</p>	<p>20 10:30 Mass 1:30 Birthday celebrations</p>	<p>21 1030am Exercises 130pm Just Us Concert</p>	<p>22 10:30 Veg Prep 130pm Bowls</p>	<p>23 Activity Packs supplied for your weekend leisure</p>	<p>24 27 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local</p>
<p>25 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 1:30 Bingo</p>	<p>26 10:30 Craft for Smelters Picnic Carnival day set up</p>	<p>27 Smelters Picnic Carnival day Activity area Stalls and fun</p>	<p>28 1030am Exercises 130pm Mens Group Visits and activities with Kerry</p>	<p>29 10:30pm Activity area for choice of social Activities 130pm Bowls</p>	<p>30 <b>AFL Grand Final</b> Nibbles will be provided for areas who wish to watch the match</p>	



# October 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 9am golden oldies trax FM Songs of praise 11:30 am ABC
2 Public Holiday Labor Day	3 1030am Morning exercises 130pm Movie afternoon	4 1030am Mass 130pm Bingo Visits and activities with Kerry	5 1030am Yoga 130pm Les Rich Visits and activities with Kerry	6 World Smile Day 1030pm Activity ar- ea for choice of so- cial Activities 130pm Bowls	7 Activity Packs supplied for your weekend leisure	8 9am golden oldies trax FM Songs of praise 11:30 am ABC
9 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 130pm Derek	10 10:30pm Activity area for choice of social Activities 130pm choir practice With Daryl & Sue Visits with Kerry	11 1030am Mass 130pm cooking Visits and activities with Kerry	12 1030am Yoga 130pm Mel Cup Craft Visits and activities with Kerry	13 10:30pm Activity area for choice of social Activities 130pm Bowls	14 Activity Packs supplied for your weekend leisure	15 9am golden oldies trax FM Songs of praise 11:30 am ABC
16 1030am Yoga 130pm Les Rich Visits and activities with Kerry	17 1030am chair exercises outdoors 130pm Bingo Visits and activities with Kerry	18 1030am Mass 130pm outdoors music and art social group Visits and activities with Kerry	19 1030am Yoga 130pm Mel Cup Craft Visits and activities with Kerry	20 10:30pm Activity area for choice of social Activities 130pm Bowls	21 Activity Packs supplied for your weekend leisure	22 9am golden oldies trax FM Songs of praise 11:30 am ABC
23 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 130pm Special photo Activity with Marra Come and take part	24 10:30pm Activity area for choice of social Activities 130pm choir practice With Daryl & Sue Visits with Kerry	25 1030am Mass 130pm Birthday celebrations	26 1030am Yoga 130pm Mel Cup Craft Visits and activities with Kerry	27 10:30pm Activity area for choice of social Activities 130pm Bowls	28 Activity Packs supplied for your weekend leisure	29 9am golden oldies trax FM Songs of praise 11:30 am ABC
30 <b>Hairdresser</b> 1030am Nail Care Outside Hair dresser 1:30pm Activity area for choice of social Activities	31 1030am resident meeting 130pm Hoy Visits and activities with Kerry					