

ST JOSEPH'S HOUSE

Spirit of Care

22 Norman Street
 Port Pirie SA 5540
 Ph: (08) 8632 1450
 Fax: (08) 8633 0790
www.spiritofcare.org.au
info@stjosephshouse.net.au



March

Issue 3

- AGM Message
- Battle of the Bowls Around the Home Sympathy
- Compliments, Complaints & Comments Welcome & Farewell Staff
- Belly Dancers Pampurr Room
- Lifestyle Message
- Joke Corner
- Crossword Banana Bread
- Brain Games
- Valentines Day Answers
- Birthday's Resident Feedback Welcoming
- Calendar



Lisa Caputo & Giovanna Turci
 Enjoying their afternoon tea with visiting family.



Father Quinn, Gus Evans & Bill Flynn



Marg Lemm
 enjoying morning tea
 in the court yard

Check out our new website where you will find all the latest information, what we provide, who we are and more!

www.spiritofcare.org.au

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 1030AM NEWS HEAD- LINES WITH CHELSEA 1pm WALKER BAG MAKING WITH LOMA 130PM CARDS WITH WALTER 1:1 with CHELSEA	7 1045am EXERCISE WITH CLIVE 2PM MUSIC AND AFTERNOON TEA WITH JILL ST CLARE UPSTAIRS 130PM NAILS WITH ROSE ACTIVITY AREA.	8 1030AM MASS 130 CHAIR EXERCISE 2pm Chess / Snakes and Ladders	9 YOGA WITH JOY 130pm MUSIC WITH LES RICH	10 1030am 1:1 VISITS 1030 BALLON TENNIS	11 World Day of Prayer Activity Box's Available in care stations with games etc	12 Songs of praise 11:30 am ABC
13 Public Holiday ADELAIDE CUP DAY	14 1045am EXERCISE WITH CLIVE 2PM MUSIC AND AFTERNOON TEA WITH JILL ST MARKS UPSTAIRS 130PM COOKING WITH ROSE.	15 1030AM MASS 130pm YOUNG ONCE	16 YOGA WITH JOY 130PM PAMPUR IN THE COTTAGES WITH JILL	17 St Pats Day 1030AM RESIDENT MEETING	18 Activity Box's Available in care stations with games etc	19 Songs of praise 11:30 am ABC
20 1030AM CAFÉ VISIT 1:00pm KARAOKE WITH DEREK	21 1045am EXERCISE WITH CLIVE 2PM MUSIC AND AFTERNOON TEA WITH JILL ST CLARE D/STAIRS 130PM NAILS WITH ROSE ACTIVITY AREA.	22 1030AM MASS 130PM	23 YOGA WITH JOY 130PM PAMPUR IN THE COTTAGES WITH JILL	24 1030 BALLON TENNIS 1100AM WORD SCRAMBLE	25 Activity Box's Available in care stations with games etc	26 Songs of praise 11:30 am ABC
27 1030AM MORNING WALK 130pm PAMPUR ROOM DOWN STAIRS ACTIVITY AREA 130PM 2 UP UPSTAIRS ST CLARE	28 1030AM IRISH BOWLS 2PM MUSIC AND AFTERNOON TEA WITH JILL ST MARKS D/STAIRS 130PM BIRTHDAY CELEBRATIONS WITH JIMMY	29 1030AM MASS 130PM WHAT AM I ??? 230pm Chess / Snakes and ladders	30 YOGA WITH JOY 130PM PAMPUR IN THE COTTAGES WITH JILL	31 1030AM ECUMENICAL SERVICE (Anglican)		



*Hello to all Residents,
Families and Friends of St Joseph's House*

Summer is over and for some that is a sigh of relief although the weather may say otherwise.

It is still advisable to remain indoors on the hottest days in line with advice from the Health department.

A gentle reminder to families that food preferences need to be through the Registered Nurse and not directly to the catering department.

This is for safety and dietary compliance reasons and is again on advice.

We start March with Ash Wednesday and the season of Lent a time for contemplation and review.....

I wish to thank our staff for the care that they give to you our residents and to advise that we have been receiving lots of compliments in recent times.

My door is always open , should you have anything on your mind.

*Warm Regards,
Darylin*



Happy Birthday

- Fr. Cresp 5th March
- Erna 8th March
- Joan 10th March
- Marg 10th March
- Maria 25th March
- Mrs. Lobasso 27th March
- Joan Yates 30th March
- Giovanna 31st March
- Jack 31st March

Resident Liaison Officer
Marra Pearn
86321450
0400095339

Aged Rights Advocacy Service (ARAS)
1800 500 853

Aged Care Complaints Commissioner
1800 550 552

Mobile Library
Wednesday fortnightly
Please see lifestyle if You wish to join.

In house Mass
Wednesday at 10:30am
Upstairs at St Marks

RESIDENT & FAMILY MEETING

24th March 2017
10:30am
ST CLARE UPSTAIRS

Maria Mezzino

*I like it here at St Joseph's, I have no complaints what so ever.
My favourite activity is 'Loma's Afternoon Tea' with all the delicious food.*

Welcome
Margaret Johns & Clarry Johnson

Valentines Day



Picture Puzzler
If you find the correct letter for each clue, you'll spell a word that should make you happy!

- Find a letter that is in but not in **S**
- Find a letter that is in but not in **M**
- Find a letter that is in but not in **L**
- Find the letter that is in but not in **L**
- Find a letter that is in but not in **E**

CAN YOU TELL ME?

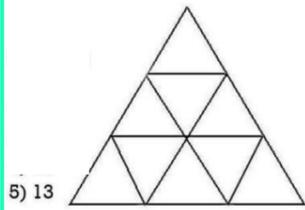
What occurs twice in a week, once in a year but never in a day?
The letter E

Word Play
Using the arrangement of letters and symbols, each box contains a familiar phrase, saying or cliché.

A	B	C	D
you just me	B ER MUDA	r road i l	lines reading lines

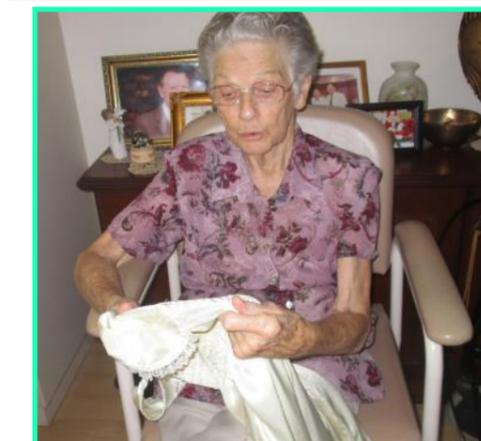
- A - Just between you and me
- B - Bermuda Triangle
- C - Railway Crossing
- D - Reading between the lines

How many Triangles are there??
Lets see how smart are you?



1	D	O	S	E	3	L	I	S	5	L	E	S	7	S
	E	W		B	P		M		A	G		T		
9	S	T	I	R	R	U	P		10	B	O	O	T	Y
	P	S	I	R		O	T	X						
11	O	A	S	I	S	12	A	D	O	N	I	S		
	T		O		C					S		13	F	
14	I	N	F	I	N	I	T	E	16	S	I	M	A	L
	C	L			L	I		I						A
17	L	A	C	T	I	C		19	N	O	H	O	W	
21	S	N	A		A			20	G	E	E	L		
	L	A	N	D	S		23	B	A	L	A	N	C	E
	I	E	T		L	E				C		S		
24	M	A	L	D	E	M	E	R		25	L	E	N	S

Battle of the Bowls!



Sympathy

We offer our deepest condolences to the family and friends of the late:

Beulah McGregor & Antoinette Adriaanse

May They Rest in Peace

COMPLIMENT AND COMPLAINT PROCESS

St Joseph's House supports the rights of Care Recipients and their Advocates to share compliments, feedback, concerns or to make a complaint.

If you wish to make a comment or complaint please feel free to approach any senior staff member or contact Darylin Cowling (AGM) or Marra Pearn (Resident Liaison Officer)

If you wish to lodge a formal complaint please complete a "Comments & Complaints" form which is available from the Reception foyer and place it in an envelope for delivery to Administration.

Once the form is completed the CQI Co-ordinator will make a record of lodgement and the suggestion or concern is then followed through until resolution is achieved.

ADVANCED CARE DIRECTIVES

Advanced Care Directives for all Care Recipients are still continuing



Hi Everyone, Welcome to Autumn,

Some small improvements around the home are;

- * The formation of a manual handling work group to assist Physio with aspects of manual handling.
- * Coloured meal trays for easy to identify feeds.
- * Reviewed cleaning schedules.
- * Lost property forms have been revamped.
- * Weight Management Program.
- * Roster review.
- * Staff survey - Keep your ideas coming in.
- * Education - All staff continue to participate in education opportunities.
- * WH&S - As you may have noticed we have a lot of road works happening around our home at the moment, so please take care when coming and going.

Kind Regards
Carol

CQI/WH&S



WELCOME TO NEW STAFF:

- Nicole Player
- Paul Dagoc
- Ellice Mrozek
- Shelby Volvrict
- Cheyenne Martin

FAREWELL TO STAFF:

- Harry Willis
- Brianah Hunter
- Brigitte Wichmann
- Linda Pasche
- Shiralee Atkinson
- Marina Davidson
- Ami Parr

Picture Puzzler

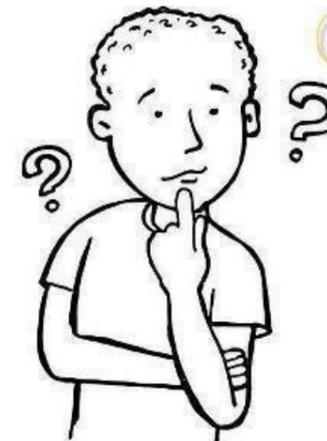
If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
 2. Find a letter that is in  but not in  _____
 3. Find a letter that is in  but not in  _____
 4. Find the letter that is in  but not in  _____
 5. Find a letter that is in  but not in  _____
- Write your letters again here to spell a happy word: _____

Word Play

Using the arrangement of letters and symbols, each box contains a familiar phrase, saying or cliché.

A	B	C	D
you just me	B E R MUDA	r o a d i l	lines reading lines



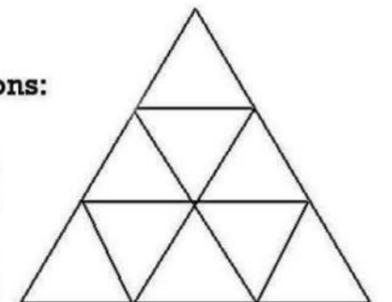
CAN YOU TELL ME?

What occurs twice in a week, once in a year but never in a day?

How many Triangles are there??
Lets see how smart are you?

Options:

- 1) 9
- 2) 12
- 3) 10
- 4) 11
- 5) 13



Across							Down														
1	Measured quantity of medicine (4)	1		2		3	4	5	6	7	1	Tyrannical (8)	1								
3	Languid, apathetic (8)				8						2	People of Switzerland (5)	2								
9	Rider's footrest (7)	9						10			4	Not feasible (13)	4								
10	Plunder (5)										5	Forbidden (5)	5								
11	Fertile tract in a desert (5)	11				12					6	Self-centredness (7)	6								
12	Handsome youth (6)									13	7	River of Hades (4)	7								
14	Immeasurably small (13)	14		15					16		8	Jail (6)	8								
17	Derived from milk (6)										13	Perfect (8)	13								
19	Not in any way (5)		17		18			19	20		15	Face-cloth (7)	15								
22	Countries (5)	21									16	Unmarried (6)	16								
23	Equilibrium (7)	22				23					18	Flavour (5)	18								
24	Seasickness (3,2,3)										20	Therefore (5)	20								
25	Optical glass (4)	24							25		21	Lose weight (4)	21								

Grandma's Homemade Banana Bread



Prep: 10 minutes

Cook: 1 hour

Ready In: 1h 10m

Ingredients

3 bananas, mashed

1 1/2 cups white sugar

1/3 cup sour milk

2 cups all-purpose flour

1/4 teaspoon salt

1/2 teaspoon baking soda

1/2 cup butter, softened

1 teaspoon vanilla extract

2 eggs

Method

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
2. Combine sugar, butter, bananas, eggs, flour, baking soda, milk, salt and vanilla extract in a large mixing bowl; beat well. Pour batter into prepared pan.
3. Bake in a preheated oven for 60 minutes, or until a toothpick inserted into the centre of the loaf comes out clean.

Thankyou to the beautiful Belly Dancers who put on a spectacular show!



Pampurr Room



Lifestyle information:

Well those 2 months just flew by

February was a great month with Valentine's day in mind, I hope you were all spoilt by that one special person, our afternoon tea was lovely and thank you all for attending.

The weather has been hot but has given us some days to enjoy the outdoors. Others have been enjoying their café visits and gatherings in the court yard.

We were treated to a special afternoon of colour and talent from our Belly Dancers we appreciate their visit..

Yoga with Joy are still a favourite and look forward to Thursdays.

We have been entertained by our regulars and are so glad they have come back to join us for another year.

Bowls is really heating up with the grudge matches.

We thank our volunteers for coming along and allowing our residents to have choices about their activities, without them we could not do what we do.

You will see a couple of new faces in the next couple of months when Jill Roeters and Britney Veal join us as part of the lifestyle team, we look forward to their input.

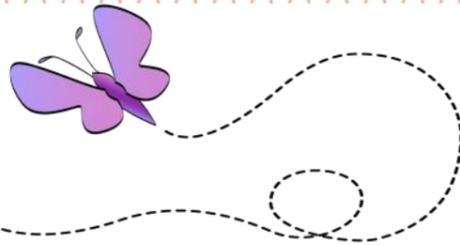
Upcoming in March: Pampurr room, afternoon music and tea with Jill, Balloon Tennis, Chess, snakes and Ladders, What am I ?, Walker Bag making with Loma, cooking with Rose, Cards with Walter, Chair exercises, and maybe a few spare of the moment things also.

Remember this is your activity programme please do not hesitate to let me know if there is anything you would like to do.

Much Love

The Lifestyle Team

xxxxxxxxxxxxxxxx



Fay Culpin (left) showing off her favourite past time activity.
Doreen Yeend (front), Doreen Donnon (left) & Betty Wolter
enjoying morning tea catch up.

"Chocolate Covered Peanuts"

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times.

When she is about to hand him another batch again, he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'



"New and Improved Texting Codes"

ATD - At The Doctors

BFF - Best Friend Fell

BTW - Bring The Wheelchair

BYOT - Bring Your Own Teeth

FWIW - Forgot Where I Was

GGPBL - Gotta Go Pacemaker Battery Low

GHA - Got Heartburn Again

IMHAO - Is My Hearing-Aid On

LMDO - Laughing My Dentures Out

OMMR - On My Massage Recliner

OMSG - Oh My! Sorry, Gas

ROFLACGU - Rolling On Floor Laughing and Can't Get Up

TTYL - Talk To You Louder



If you ever get cold,
just stand in a corner
for a bit.
They're usually
around 90 degrees.



"A Days Fishing"

After a day fishing on Lake Michigan, a fisherman is walking from the pier carrying two brown trout in a bucket. He is approached by a Conservation Officer who asks him for his fishing license. The fisherman says to the warden, "I was not fishing and I did not catch these browns, they are my pets. Every day I come down to the water and dump these fish into the water and take them for a walk to the end of the pier and back.

When I'm ready to go I whistle and they jump back into the bucket and we go home. The officer not believing him, reminds him that it is illegal to fish without a license.

The fisherman turns to the warden and says, "If you don't believe me then watch," as he throws the trout back into the water.

The warden says, "Now whistle to your fish and show me that they will jump out of the water and into the bucket."

The fisherman turns to the officer and says, "What fish?"