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### Care Recipient's Birthdays:

#### JANUARY

L Gwynne 5th  
R Bryan 31st  
P Davies 3rd  
M Schwarz 12th  
I Chittleborough 24th  
J Markwick 22nd  
C Mylchreest 10th

## CARE RECIPIENTS' NEWS

Care Recipients meeting held on 6th December 2017.

The next Care Recipients' Meeting will be held on **6th December 2017** at 10:30am in SOSJ lounge, all welcome.

- Reviewed "I have a concern" information
- Christmas greetings to all

Meeting Minutes



SANTA comes to Star of the Sea

## Talking Newspaper

Please tune in to

**Radio Station  
1197 FM**

Please ask staff for assistance with tuning your radio if needed.

### Program Times

#### **Advertiser**

Mon– Fri: 1:10 pm  
Sat: 10 am

#### **Sunday Mail**

Sun: 10:30am

## FAMILIES

1. Could all clothing be marked with Care Recipients name or room number Please.
2. Care Recipients/families a reminder to label all containers being left at SOTS with your name if you wish container to be returned.
3. Reminder for personal fridges to be cleaned by Care Recipient or family and out of date food to be discarded.

## ACTIVITIES

Well did Santa call on you all?

I truly hope that Christmas was a happy time for you all and a time shared with family and friends.

This month will be a little quieter due to many of our volunteers having some well earned time off with family. We also take this time to think and say a prayer for those volunteers, who are unwell or have family unwell and we wish them all the very best for 2018.

This month we will have cooking, painting, bocce, exercises, nail care, happy hour, ice cream van, gardening, bingo, general knowledge, quiz/word board and more.

Please be wise and keep up fluid intake, sunscreen, hats and sunglasses and remain out of the extreme heat.

If any resident has received electrical appliances for Christmas, remember they must be tagged and tested by David.

If anyone is leaving the home with family or friends please, make sure that the RN/EN in charge are notified that you are leaving and approximate time of return.

Once again please check your fridges and have a clean out of any old food and give them a wipe over to keep them nice and clean.

Cindy



*Volunteer Chris Stuart with Mrs. J Forrester at the Residents Christmas Party*





*We have a new Bench seat in Memory of Steph Flint at the Front of Star of the Sea for Residents, Staff and Visitors to use.*



*Mr J Markwick and EN Newton at the Christmas Party*



**Friday Funnies**

A jockey is riding the favourite in a big horse race just before Christmas and suddenly he's hit on the head by a turkey and a string of sausages.

He somehow manages to keep control of his horse and pulls back into the lead once more, only to then be hit by a box of Christmas crackers and a dozen mince pies. Using all his ability, he manages to steer his horse back into the lead as he goes over the last fence and into the run-in.

But then he's struck on the head by a bottle of sherry and a Christmas pudding. This time, despite all his best efforts, he can't regain the lead and only manages to finish second.

He immediately goes to the stewards and complains that he has been seriously hampered.



Emergency (Police, Fire, Ambulance)	000
Lifeline	13111
Salvation Army 24 hr Care	1300363622
Commonwealth Respite Services	1800052222
Suicide Call Back Service	1300659467
Salvation Army—Help Line	1300467354
Sane Australia	1800817263
Family Relationship Advice	1300050321
Womens Information Service	1800188158
National Dementia Helpline	1800100500
MY AGED CARE	1300422232
After hours GP Helpline	1800022222
AGED RIGHTS ADVOCACY	1800500853

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*Volunteer Chris Stuart with Mrs. J Forrester at the Residents Christmas Party*





# Religious Services

## Catholic Services

Tues: 9:30am  
 3rd Tues: 10:00am  
 Thurs: 9:30am  
 Sat: 7:00pm

## Anglican Services

2nd Wednesday  
 of the month  
 10:15am  
 LCM Lounge

If you would like to participate in your desired religious or cultural observances—please notify staff for further assistance if required.

Joan Mollentze is happy to do any clothing alterations for the residents. Just leave a message for Cindy and she will arrange pickup. A gold coin donation would be a nice gesture to thank Joan for her time.



# Fellowship

Second Sunday each month  
 2:30pm in Sisters of Saint Joseph Lounge

## Uniting Services

1st Friday  
 of every month  
 10:30am

In LCM Lounge

## Bible Stories

Each Friday  
 12:30pm  
 with Ros and Maxine

SOSJ Lounge





## VOLUNTEER NEWS

Hoping you all had a truly wonderful Christmas and celebrated New years Eve.

Please check your pigeon holes over the next few weeks for changes to your volunteering roster.

Thank you for your co-operation

Kind Regards

Cindy



## PASTORAL CARE CORNER SISTER SHIRLEY



Have you made your New Year Resolutions yet? I trust they are not the kind we know can be kept without any difficulty. I believe our resolutions should enable us to help make the world a better place, starting of course in the place where we live. Perhaps it may be as simple as each day offering a prayer to our God for those people who seem hell-bent on destroying the peace of our world. It may be as simple as giving a smile each morning to those we meet—hopefully no one is going to resolve to make themselves a millionaire this year!!

Welcome to this New Year of 2018.

May it be a year of peace, joy and happiness for each of you.

Shirley



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### Star of the Sea Reminder

**A reminder that it is the responsibility of Care Recipients or family members to ensure funds are available to have hair done at the Hairdresser.**



Lucky Decorate a Door Winners  
 1st— Mr C Rundle  
 2nd— Mrs R Parker  
 3rd— Miss L Gwynne

Joy Bull the lucky winner of the Ginger Bread house Kindly Donated by Brenda March.

# VERSE

Life is 10% what happens to you  
 & 90% how you react to it



**Staff Birthdays:**  
**JANUARY**



R Watson 10th  
N Phillips 13th  
L Vallerant 13th  
J Niotis 20th  
L Gloede 22nd  
Z Sheridan 24th



**Staff Dates to Remember:**

Wed Feb 7th

- Staff Meeting

Thur Jan 4th

- HCP Meeting

Mon Jan 15

- Combined CQI and WHS&IC Meeting



End of Season Footy Tipping Celebrations  
1st—D Lanyon  
2nd—J Samuel  
3rd—P Davies



*Residents received their Christmas Gift kindly Donated by Colleen Hewett to Star of the Sea Home for the Aged*







## COMMUNITY CARE CORNER



We hope you all enjoyed the festive season with family and friends, welcoming you to the New Year 2018 !

On reflection of the past few months, it certainly has been a busy period for Community celebrating our 10 year anniversary and the wonderful Christmas Party with the special appearance of Father Christmas and the beautiful Christmas carols presented from St Mary Mackillop junior school choir. We are truly blessed to be part of such a wonderful, giving Community and fortunate for you to have chosen Star of the Sea for services, welcoming staff into your homes and lives. We thank you!

As mentioned at the Christmas party, Jenny is currently on extended leave caring for her mother. While we all dearly missed her presence, she was thankful for all your kind wishes and sharing of photo's from the day's successful event. Please check the social pages for photos as I'm sure you may find yourself there!

While its wonderful for the weather to be heating up, it's also a gentle reminder to visit your "Bushfire Survival Plan", ensuring information is accurate and up to date. Staff are in the process of delivering booklets, Your Guide to Bushfire Safety along with a Hotline number magnet. For those that are tech savvy, please download the "Alert SA" app as the current CFS Fire app has been discontinued. Please seek assistance from staff if their time permits when visiting or make alternative arrangements.

Please involve your family when discussing your plans and following are few tip's of items to pack in a bag should the alert be given to evacuate quickly;

Medication and prescriptions	Bottle of water
Change of Clothes and toiletries	Incontinence Aids
Bushfire Survival Booklet	Phone/charger or radio

These tips are only a guide, further information can be found in the bushfire guide as reference. In extreme heat or catastrophic conditions, you are most welcome to come into the facility for the day. Please phone the office on 8823 0019 to make arrangements.

Throughout January the office will be open as normal between 8am-5pm and may find a different voice when calling 8823 0019 as Wendy will be on 2 weeks leave early January followed by Natasha for 2 weeks mid – late January. Jenny is expecting to return mid January at this stage.

Gentle reminder Australia Day public holiday falls on Friday 26<sup>th</sup> of January so please be mindful some service may need to be rescheduled. All services are cancelled on Public Holidays however please phone the office to discuss if requiring services. Community Care has an after hour mobile phone in case of emergencies only. Please phone 0488 514 139 for any cancellations or sudden changes to services outside normal business hours.

The staff annual mandatory training day is Thursday, February 8<sup>th</sup>. All staff are expected to attend so they are kept up to date with their required training. The day will start at 10 am so personal care services can still be delivered but would appreciate if social support or cleaning could be reallocated to a different day. Thank you for your patience and understanding in regards to this.

As always if you have any concerns please ring the office and speak to a staff member. We are only too happy to assist with any concerns or queries you may have. If you are unable to voice your concern or wish to remain anonymous you may fill in a blue 'Concerns, Compliments and Feedback Form' located in your home folder. Your opinion and feedback is valuable to us so we can improve the service we deliver.

Star of the Sea Community Care team wishes you all good health, happiness and prosperity for the New Year.

Kindest regards

Natasha on behalf of Jenny and the Star of the Sea Community Care Team







Community Care Clients Christmas Party at Star of the Sea







New “Suggestions and Complaints” boxes have been purchased and are situated in Admin and Lounge areas throughout the Home.

## COMPLAINTS and SUGGESTIONS



### COMPLIMENT AND COMPLAINT PROCESS

Star of the Sea 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 Theresa Hewett (DON) or Darylin Cowling (AGM).

If you wish to lodge a formal complaint please complete a Comments and Complaints form, which is available from the Administration 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.

