

April 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 EASTER MONDAY PUBLIC HOLIDAY	3 1045am Exercise with Clive Nails with Rose 130pm Jo & Graham McGrath	4 1030am Easter Mass 11:00 School children visit Pet visits with Holly	5 1030am Chair Exercises 130pm Bingo	6 1030am Word activity 130pm Bowls 6pm Cub Scout Visit	7 Activity Boxes are available in all areas	8 10:00 am communion with Brother Pat Songs of praise 11:30 am ABC
9 1030am Balloon Tennis Crib group 130pm Pampurr room	10 1045am Exercise with Clive Nails with Rose Key Board with Gordon	11 Mass Pet visits with Holly	12 1030am Yoga 130pm Bingo	13 10:30am St Clare resident meeting 1:00pm St Marks Resident meeting 130pm Bowls	14 130pm Concert with Cindy and Emma	15 Songs of praise 11:30 am ABC
16 1030am Café Visit 1:00pm Karaoke with Derek	17 1045am Exercise with Clive Nails with Rose Afternoon Tea with Jill and John	18 Mass Pet visits with Holly Crib group	19 1030am Yoga 130pm Bingo	20 1030am Balloon Tennis 130pm Bowls	21 Activity Boxes are available in all areas	22 Songs of praise 11:30 am ABC
23 Bus trip / Lunch at the beach Port Broughton Movie afternoon	24 1045am Exercise with Clive Nails with Rose Birthday celebrations 130pm les rich	25 Public holiday 1030am Anzac Day Service	26 1030am Yoga 130pm Bingo	27 Podiatrist 10:30am Baptist service 130pm Bowls	28 Activity Boxes are available in all areas Bowls 130pm	29 Songs of praise 11:30 am ABC
30 Balloon Tennis Music with Mary and Rae						

St Joseph's House Newsletter April 2018

Happy Easter!

ANZAC DAY
LEST WE FORGET - 25 APRIL

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



Mobile Library

Wednesday Fortnightly

Please see lifestyle if you wish to join.

This Issue

- Message from the Area General Manager
- Easter Craft
- Continuous Quality Improvement (CQI)
- A song in our hearts
- Flashback photo
- Important Notices
- Upcoming Dates
- Birthdays
- Easter Craft
- Message from the Lifestyle and Hospitality Team
- Recipe— ANZAC Biscuits
- Pet Therapy
- Around the Home
- Colouring
- Calendar

In Activity Area:

Mass
Every Wednesday
10:30am



Welcome New Staff

Carl Winship

Resident Liaison
Officer:
Marra Pearn

Farewell to the following staff members:

Chelsea Baker
Helen Riches

Resident & Family Meetings: Friday, April 13th 2018

St Clare Residents 10.30am
Dining Area

St Marks Residents 1.00pm
Dining Area



ANZAC DAY



Did You Know?

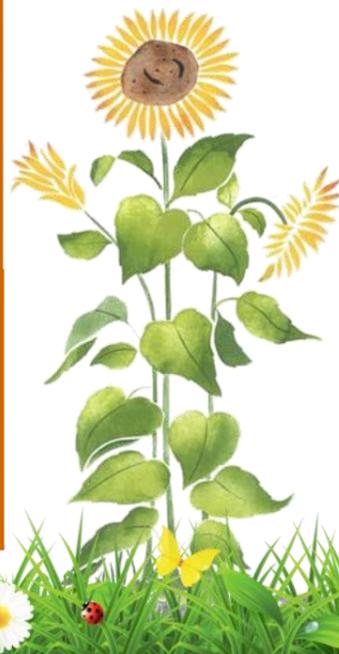
Our monthly newsletter is available on our website:
spiritofcare.org.au/news/



You can also find us on Facebook:
facebook.com/stjosephshouse



Around the Home



A Message from the Area General Manager...



Easter reminds us that hope is not lost, and that there is a light ahead of us. Easter is full of symbols and traditions: the lamb is the paschal lamb celebrated by both Jewish, Catholic and Christian Communities; Easter eggs and baby chicks symbolise new life, this has been so since ancient times; the Easter bunny is a symbol of abundance, new life and fertility; the cross on the hot cross bun is symbolic of Jesus' victory over death; and candles represent Jesus' light of the world, the paschal candle in particular.

We give thanks for all we have.
The gladness of Easter Hope,
The promise of Easter Peace,
The spirit of Easter Love.

Peace, love and Easter blessings to all.



Did you know that St. Joseph's House offers a direct debit service for care fees?



Direct debit gives you peace of mind that care fees are paid and up to date without the worry of getting behind in payments. Monthly amounts for care fees are debited from your nominated account on the 28th of each month. Please contact David Stenson on 8632 1450 for further information.



Easter Craft



Pet Therapy



CORRESPONDANCE:

Due to the time delays receiving correspondence via Australia Post from St. Joseph's House, we would like to recommend that you forward us a current email address for correspondence to be sent to.



Having an email address will allow for prompt delivery of any correspondence to be received without delay.

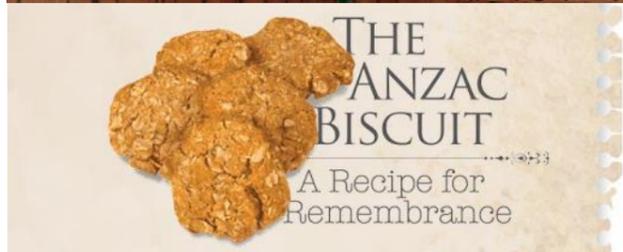
Email addresses can be sent to the following:
fo@stjosephshouse.net.au



in-



During the war, Anzac biscuits were sent to soldiers from their friends and family. They were made without eggs so they were able to survive the long journey to Gallipoli.



1914 ANZAC BISCUITS
 First judged in 1981
 Makes: 40-50 biscuits

190 g (6½ oz/2 cups) rolled oats
 150 g (5½ oz/1 cup) plain flour
 165 g (5½ oz/¾ cup) sugar
 125 g (4½ oz) butter, cubed

1 large rounded tablespoon golden syrup
 1 teaspoon bicarbonate of soda
 2 tablespoons hot water

- Preheat oven to 160°C (315°F/Gas 2-3). Grease two baking trays.
- Mix together the oats, flour and sugar in a bowl. Melt the butter and golden syrup together, add bicarbonate of soda dissolved in the hot water. Pour into the dry ingredients and mix well.
- Roll into balls the size of a walnut (or a 10-cent piece) and place on the prepared trays. Bake for about 20 minutes until golden. Move biscuit positions while hot. Allow to cool and crisp on tray.

Original CWA recipe from 1914

How to bake

ANZAC BISCUITS

Create traditional Anzac biscuits this Anzac Day

• INGREDIENTS •

- 1 cup plain flour
- 1 cup rolled oats
- ¾ cup caster sugar
- ¾ cup desiccated coconut
- 125g unsalted butter
- 2 tablespoons golden syrup
- 1 tablespoon hot water
- 1 teaspoon baking soda

• EASY STEPS •

1

Place the oats, flour, sugar and coconut in a bowl and mix to combine.

2

Melt butter and golden syrup together. Mix bicarbonate soda with boiling water and add to the butter mixture.

3

Pour into the dry ingredients and mix until combined. Place tablespoonfuls of the mixture onto baking trays, leaving room to spread.

4

Bake for 8-10 minutes at 160°C or until deep golden.

Enjoy your traditional Anzac biscuits!

Share recipe ideas with your neighbours

Continuous Quality Improvement....

Hi Everyone,
 Just a friendly reminder to use the feedback forms for any issues and complaints you may have.

Part of my job as Continuous Improvement Coordinator is to conduct regular Audits so we can check that our systems, processes etc. are working to give the best possible outcomes to Care Recipients and Families.

You may have noticed I have been around asking you questions. With the information I receive I take to meetings so we can discuss ways to improve outcomes.

I try to give feedback at your Resident Meetings and I am always available for any questions.

We have some new students commencing Living Classroom in April, this is where they come here once a week and put into practice what they have learnt in the Classroom. These students are supervised at all times and we have found that this is the best way of learning on the job.

Kind Regards,
 Carol Spark

Aged Rights Advocacy Service
 1800 500 853

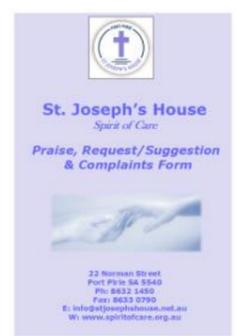
Advance Care Directives
 Advanced Care Directives for all Care Recipients are still continuing.

Aged Care Complaints Commissioner
 1800 550 552

Compliments and Complaints Process

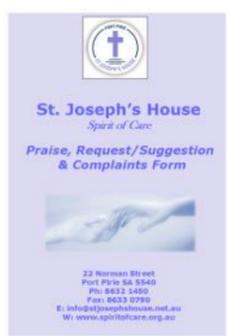
St Joseph's House supports the rights of Care Recipients and their Advocates to share compliments, feedback, concerns or to make a complaint.

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 "Praise, Request / Suggestion & 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 a resolution is achieved.

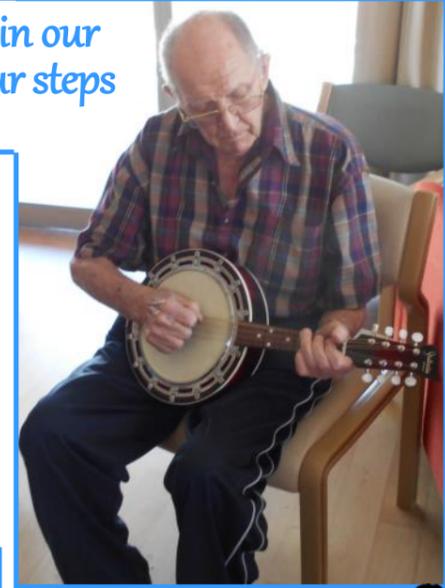




Care Recipients reminisced as they provided stories, memories and tales of anything piano related when the performance group 'reclaimed pianos' dropped in for a visit.



There is always a song in our hearts and a beat in our steps at St. Joseph's House...



A Message from the Lifestyle / Hospitality Team....

Hi all

Well, we say farewell to Chelsea to move on to bigger and better things. Erin has now taken up a permanent position in Lifestyle and Polma will continue to cover.

We were all very sad to hear of the passing of Kel Coe, he was a volunteer here for many years, and a dear friend to a lot of you, he will be missed.

We have been busy working through our reviews and meeting with you all one-at-a-time to ensure we are catering to your lifestyle needs.

Easter is fast approaching and I hope those of you going away with families will have a great time.

We were able to finally agree on a time table with the St Marks school on having their younger students come and visit with us. While they are here they will do some activities in St Clare down. This will include colouring painting etc, so those who are interested in joining them please watch out for the upcoming calendars

We may also be having the Cub Scouts come in some evenings for visits, also look out for upcoming dates in the calendars.

Hospitality News

Please inform us of any of your needs so we can assist you where we can.

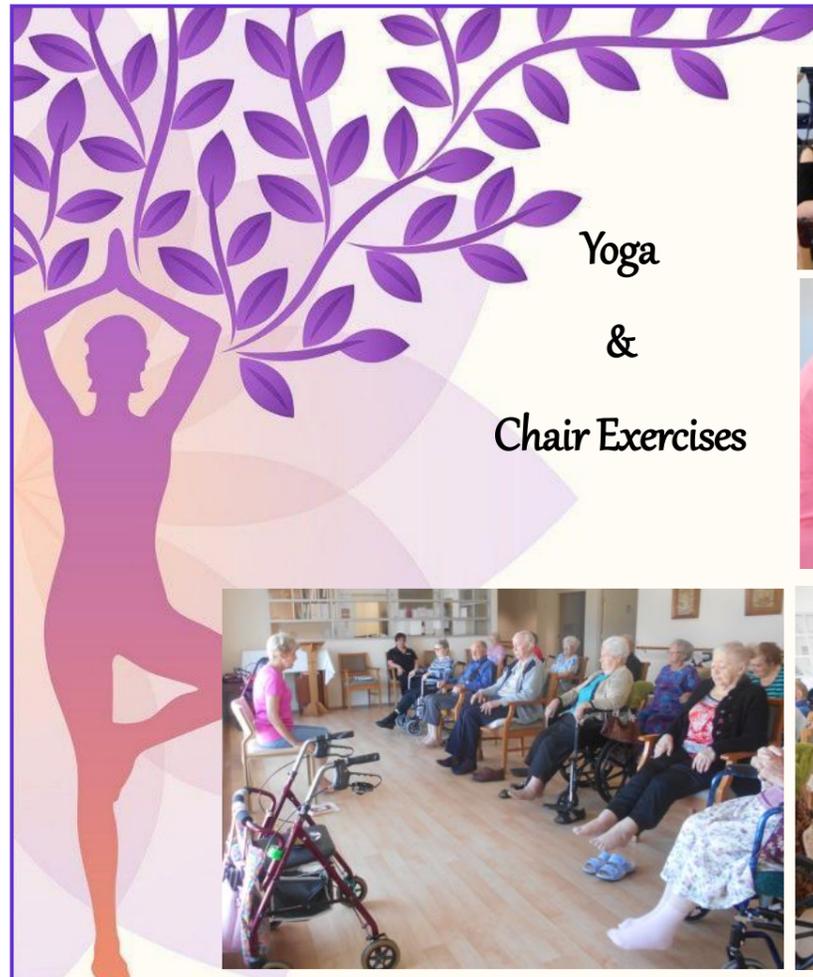


The new menu is due to start on the 4th of April. Ally will supply you all with a new menu and we thank you for all of your input into this through your meetings and 1:1 consultation, we hope the menu reflects your choices.

We are now purchasing our fruit and vegetables through Woolworths as we feel the quality is of a better standard and we hope that you will agree.

Cleaning and Laundry will be here over the Easter long weekend . There will also be activities left for you to do over the long weekend so please ask care staff to assist you.

From the Lifestyle and Hospitality Team.



Yoga
&
Chair Exercises




Haircuts by Allison




Pat Fitzgerald
observing
Palm Sunday



Cooking with Rose





Pizzeria




1967: In July, a large crowd witnessed the last steam train to carry passengers down Ellen Street.
*Sourced from The Recorder



IMPORTANT NOTICE



COMMUNICATION:

Families are requested to ask for the REGISTERED or ENROLLED Nurse for Care Matters.

The Care Staff are often asked questions and it is not within their scope of practice to comment. Sometimes they feel obliged to offer an answer because the person asking is insistent.

You are welcome to ring during the week and speak to our Clinical Nurse Consultant, Shu Huang, or you may prefer a face to face meeting, which can be arranged.



BEHAVIOUR:

Health staff and ancillary staff are here to care for you, your family and the aged care community.

THREATS AND VERBAL ABUSE ARE NEVER OK.

Your courtesy is always appreciated.

COURTESY
LOVE
RESPECT
PROTECT
DECENCY

SMILE

It will make you look better.

PRAY

It will keep you strong.

LOVE

It will help you enjoy more.

Upcoming Dates

Sunday, April 1	Easter Day / April Fools Day
Monday, April 2	Easter Monday
Saturday, April 7	World Health Day
Wednesday, April 18	World Heritage day
Sunday, April 22	Earth Day
Wednesday, April 25	ANZAC Day



Earth Day Every Day



18th April is World Heritage Day

Our cultural and natural heritage are both irreplaceable sources of life and inspiration. They are our touchstones, our points of reference, our identity.

Source: UNESCO World Heritage Information Kit

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Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

- | | | | |
|--------------|-------------|-----------|-----------|
| AIR | ENVIRONMENT | OCEAN | RESOURCES |
| APRIL | EXTINCTION | OZONE | REUSE |
| CLEAN | FOREST | PEOPLE | SMOG |
| CLIMATE | GLOBAL | PLANET | TRASH |
| COMPOST | LAND | POLLUTION | TREES |
| CONSERVATION | LITTER | RECYCLE | WASTE |
| ENERGY | NATURE | REDUCE | WATER |
| | | | WILDLIFE |



Happy Easter!



Birthday Celebrations



April Birthdays

Agnes Balfour

Geoffrey Gibbons

Jean Manfield

Ruth Spear

