

St Joseph's House Connections August 2019



Somewhere over the rainbow, skies
are blue, and the dreams that you
dare to dream really do come true.

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August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hairdresser Support visits 11am Ecumenical service 11-30am crosswords 230pm Afternoon tea and chat	10-45 Exercise with Clive 6 1pm Resident meeting St Marks 230pm Afternoon tea and chat Support visits	Mass 11am 1030am to 1140am St marks School students 1pm Resident meeting St Clare Support visits	1030am Yoga Support visits 1-15pm Bingo 230pm Afternoon tea and chat	Podiatrist visit today 11am white board quizzes 1-15am Bowls 230pm Afternoon tea and chat	Activity Boxes are available 3 in all areas Games are set up in activity area for your use	<i>Songs of praise</i> 11:30 am ABC TWOX FM 105.1 pm reading local recorder
Hairdresser Support visits 1030am Café visit 230pm Afternoon tea and chat	10-45 Exercise with Clive 130pm Les Rich 230pm afternoon tea 3pm YP Vet Pet visit	Mass 11am 1030am to 1140am St marks School students 1-15pm Cinema activity area with Polina	1030am Yoga Support visits 1-15pm Bingo 230pm Afternoon tea and chat	11am Balloon tennis 1-15 pm Bowls 230pm Afternoon tea and chat 4pm Men's Group	Activity Boxes are available in all areas Games are set up in activity area for your use	130pm Sing Australia TWOX FM 105.1 pm reading local recorder
Hairdresser Support visits 11am Ecumenical service 1pm Karaoke with Derek	10-45 Exercise with Clive 130pm lady's afternoon Pamper room 230pm afternoon tea and chat	Mass 11am 1030am to 1140am St marks School students 1-15pm Shopping Support visits	1030am Yoga Support visits 1-15pm Bingo 230pm Afternoon tea and chat	11am white board quizzes 1-15 pm Bowls 230pm Afternoon tea and chat 4pm Men's Group	Activity Boxes are available in all areas Games are set up in activity area for your use	<i>Songs of praise</i> 11:30 am ABC TWOX FM 105.1 pm reading local recorder
Hairdresser Bus trip	10-45 Exercise with Clive 130pm Birthday celebrations with John	Mass 11am 1030am to 1140am St marks School students 130pm Cooking with Polina	1030am Yoga Support visits 1-15pm Bingo 230pm Afternoon tea and chat	1-15 pm Bowls 230pm Afternoon tea and chat 4pm Men's Group	Activity Boxes are available in all areas Games are set up in activity area for your use Bowls 130pm	31



Notice Board

REMINDER FOR FAMILIES:

Just a reminder that travel arrangements to and from St Joseph's House for appointments or social engagements are to be organised by the family. If taxi's are organised can you please ensure that you advise the taxi service of any relevant details (including if an access cab for a wheelchair is needed) and the correct pick up and drop off details. Staff also need to be advised when care recipients leave to ensure that meal and medication arrangements are made.



Do you feel sad, alone or upset?
Please know we are here to help.
Let the staff, lifestyle or volunteers

know how you are feeling and we can arrange someone for a chat. A listening ear can sometimes be a big help.



Mobile Library

Wednesday Fortnightly
Please see lifestyle if you wish to join.



This Issue:

- *Message from the Area General Manager*
- *Colouring page*
- *Continuous Quality Improvement (CQI)*
- *Monthly Crosswork*
- *Upcoming Dates*
- *Birthday Celebrations*
- *The Lifestyle / Hospitality Team*
- *Shopping and Out and About*
- *Garage Sale*
- *Aged Care Quality Standards*
- *Around the Home*
- *Community Care Corner*
- *Calendar*



Resident & Family Meetings:

Tuesday, 6th August 2019

St Mark, Dining Area, 1.00pm

Wednesday, 7th August 2019

St Clare, Dining Area, 1.00pm

Resident Liaison Officer: Marra Pearn



CRAFTS



A Message from the General Manager....



Dear residents and consumers,

The new aged care standards have been in now for a month now and we ask, what is different ? what has changed?

Our reply is that is: we are far more consumer focused, we try to help you all , to meet your goals and dreams, not withstanding that you are living in residential care or requiring help in the community for those with community and veteran packages.

We do pride ourselves on always being this way , so it may be that you may not have noticed a lot of change . We have always attempted to achieve independence for those in our care along with supporting our consumers to make connections with others, maintain relationships of their choice and be involved in decisions regarding all aspects of care and life in general.

We remind you that management have an open door policy and are open to feedback, comments and complaints verbally and in writing. We review complaints and use them to improve our services to the residents, consumers and families . Our complaints process includes involvement by reports to our Board who note and also respond through monitoring, that actions taken are appropriate and effective.

We have recently provided all existing consumers and new consumers with a copy of the consumer rights document from the Government and everyone has had an opportunity to say who they would like us to communicate with on your behalf.

Our staff have all recently received training in the new standards and are getting to them to ensure competence and accountability.

Should you have any questions regarding the new standards please feel free to ask and we can provide clarification at any time.

On behalf of staff ,we thank you for allowing us the privilege of assisting you in “the spirit of true friendship”

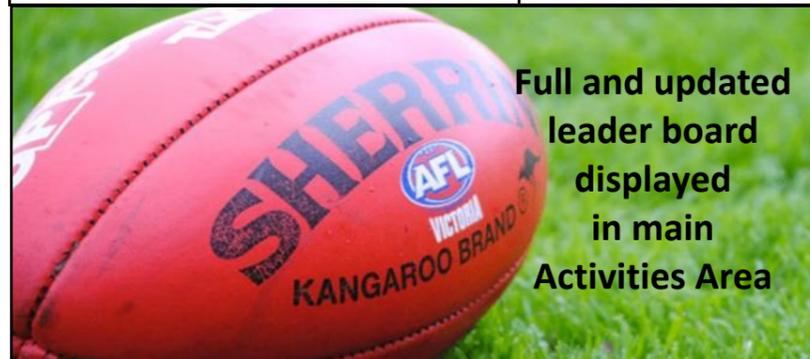
Warm Regards
Daryl Cowling
General manager



AFL TIPPING

Leader Board

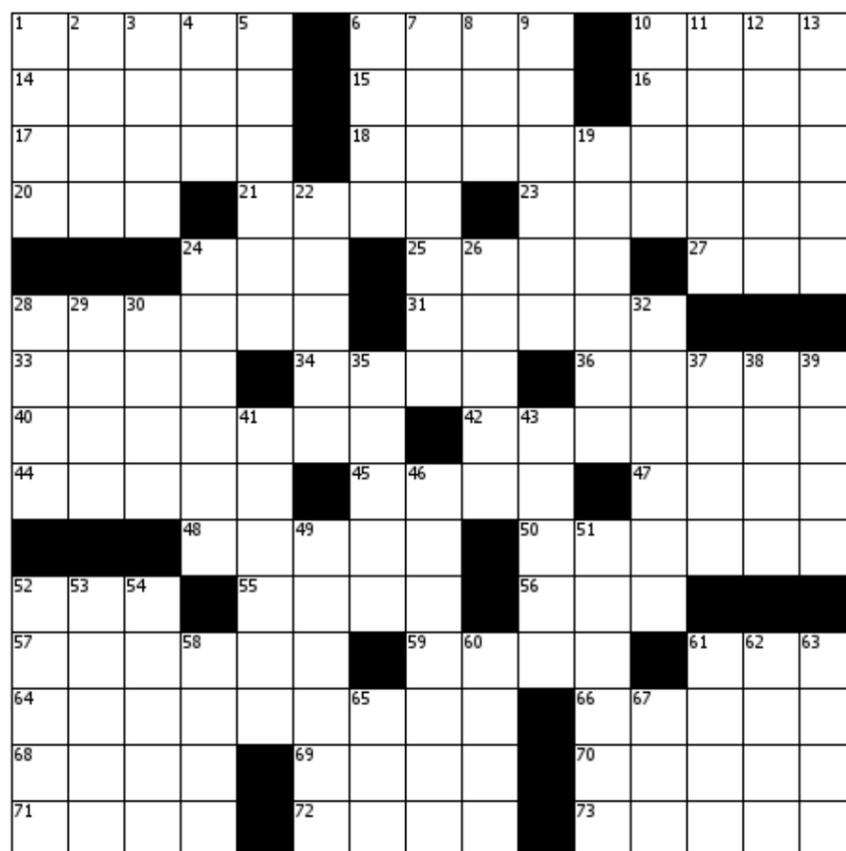
Round 19	Total Points:
Rex Nettle	100
Don Sanders	100
Joan Crowhurst	99
Laurie Brook	94
Bob Laube	94
Val Murphy / Vonnie Parks	89



Full and updated leader board displayed in main Activities Area

Across

- 1. Revolutionary ____ Allen
- 6. Practice boxing
- 10. Oxlike beasts
- 14. Spicy dish
- 15. Diva's specialty
- 16. Rave's partner
- 17. Racetrack animal
- 18. Recall the past
- 20. Raw metal
- 21. Hair holder
- 23. Decide
- 24. Briny deep
- 25. Tibet's continent
- 27. Nope's opposite
- 28. Most senior
- 31. Sublets
- 33. Stolen goods
- 34. " ____ dead people!" (2 wds.)
- 36. Soothes
- 40. Wyoming's neighbor
- 42. Matrimonial
- 44. Swiftness
- 45. Loch ____
- 47. Volcanic rock
- 48. Artist's tripod
- 50. Storage area
- 52. Heavy-hearted
- 55. Richard ____ of "Chicago"
- 56. Rowing tool
- 57. Decreased
- 59. Citi Field players
- 61. ____ wing and a prayer (2 wds.)
- 64. Modern convenience
- 66. Auto type
- 68. The ____ of March
- 69. Rocker ____ Turner
- 70. Awkward
- 71. Robin's residence
- 72. Munches
- 73. Double curves



Down

- 1. Yodeler's feedback
- 2. Norse god
- 3. Employ
- 4. Capone and Pacino
- 5. Brother's daughters
- 6. Eastern garment
- 7. Get ready
- 8. Goal
- 9. Dried grape
- 10. Abrasive particles
- 11. Unpleasant
- 12. Mother's brother
- 13. Prepare tea
- 19. Less messy
- 22. Old Roman language
- 24. Small sofa
- 26. Appears to be
- 28. Shade sources
- 29. Roller coaster feature
- 30. Accomplished
- 32. Navy recruit
- 35. More sensible
- 37. Amtrak stops (abbr.)
- 38. Icicle's spot
- 39. Bed support
- 41. Old sayings
- 43. Formal necktie
- 46. Sulphur, e.g.
- 49. Calm
- 51. TV collie
- 52. Glossy fabric
- 53. Remain
- 54. Noblewomen
- 58. School exam
- 60. Historic times
- 61. Lyric verses
- 62. Neck region
- 63. Colony insects
- 65. By way of
- 67. Naval off.

Solution in next months newsletter



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

Community Care Corner....



What a wonderful success was Christmas in July, held on the 25th July at the Prince Edward Hotel, Wallaroo. The feedback was; the food was beautiful, the jokes were funny, the decorations festive and lets do it again soon! About 15 people attended with 4 staff with Jenny popping in for the main and Natasha for dessert! We will plan for another get together late September (tentative date

Thursday 26th) and then it will be Christmas!

It is with delight I welcome Melinda Welland to the Community team. Janine Andrews is on Maternity leave and is now the proud Mum of a little boy. Melinda has been working in the Aged Care sector for over 10 years and has a wealth of clinical and community experience. Many of you may know her from the local Drs surgery. Melinda will also be looking at ways to implement more of your dreams, goals and activities to assist in your well being while living at home. So start thinking of the things you wish you could do, and you never know it could just be possible with a little support!

The Government has been sending out letters informing people of the change in the client basic daily care fee or client contribution. Any adjustments required will be reflected in your July statement which you will receive mid August. There are only about 10 people requiring amendments. Please call the office and speak with Jenny if you have any questions surrounding this letter.

As always we encourage all clients and families to let us know if there are any concerns or accolades you wish to communicate. Client and family feedback is vital for us to identify issues that need addressing, ideas or improvements. Jenny is in the office on Wednesdays and Thursdays if you wish to speak directly with her or she will call you back on those days.

Once again keep warm and 1 more month of official Winter!

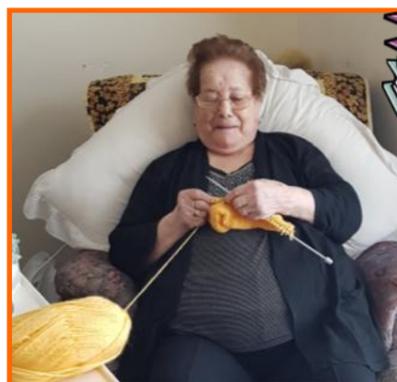
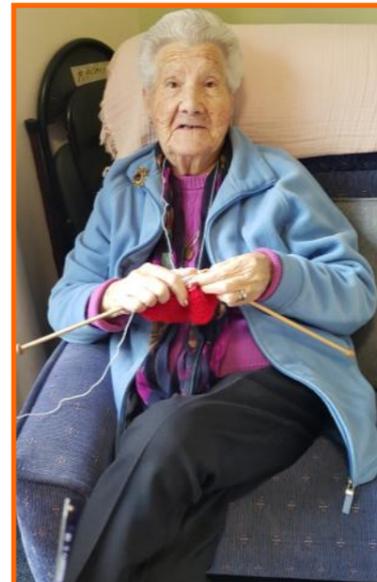
Gods Richest Blessing,
 Jenny and the Community Care Team



Shopping trips and getting out and about....



or having a quiet time in.



GARAGE SALE

DONATIONS NEEDED

Can you help??

St Joseph's House is hosting a fundraising garage sale, with all proceeds going towards care recipient needs.

Having a hard time with that cluttered spare room?

Have overfilled cupboards?

Considering having a clean out?

Let us take it off your hands!

We are currently accepting donations for our sale, and would be overjoyed to receive some of your newer or gently used items.

Just bring your items to the reception desk at St Joseph's House or contact 0407 378 327 to arrange pick up for some items.

Looking for something to buy? Look out for more information and the date in next months newsletter.

Thank you!

WE NEED YOUR TREASURES!



Improvements around St Joseph's House

Kind donations:

We have been fortunate to receive a kind donation from a family who wish to remain anonymous.

We await:

- A bed and pressure mattress,
- A nikki pump for pain relief,
- A sofa that can be use for family to stay when their loved one is at the palliative stage of care.

We are truly grateful for this families kindness.



Staff increases in line with care needs:

- 3 hour increase of staff in the morning's for St Clare.
- 4 hour increase of staff in the morning for St Mark.
- 3 hour increase of staff in the afternoon for St Mark.

These staff will help across all of the areas as needed.



4 hour per week increase of laundry staff to manage the work load.

Tables and chairs are in place and we await vinyl for the activity room.



Thankyou to our Aged Care Workforce

Wednesday, August 7th has been set aside to thank staff for their contribution to the hard work and dedication shown to all who are receiving our services.

YOU ARE TRULY APPRECIATED
From the Board of Management

THANK YOU



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

Well here we are, just about to head into August, this year is flying along. I won't be sad to see the winter gone.

As of the 1st of July, we are functioning under the new aged care standards and have been discussing these with you in the resident meetings, if we have missed anyone please let us know and we would be happy to spend time with you talking about them. As discussed, "what do the new standards mean for you" well its simple really this new single quality frame of standards is all resident focused, your rights, your choice and the right to live the life you choose. So, is there anything you would like to do but have not been able to do? is there anything we do that you don't like and would like to change? Is there an issue you would like to raise? Its about working in partnership with you and your family to ensure you maintain your choice, your independence, your life.

We have increased Laundry hours to ensure that clothing is getting back to you as quick as possible.

The cleaners are there to assist you with your cleaning requirements please let us know if you need anything done.

Lifestyle are working on meeting everyone's needs, please let us know if you would like to add or take anything out of your activity calendar. Do you need extra support to accomplish the things you would like to do, please talk to Marra.

Please note the support visits are increasing and we are meeting residents needs this way for those who do not wish to attend main stream activities.

Schools visits will commence in August so we look forward to this and spending time with our youth.

Bus trip in August, put your thinking caps on?

On behalf of catering we thank you for all the wonderful compliments lately .

We are seeking volunteers if you know anyone who would like to come and hang out with you guys and have some fun, let me know.

Stay safe and we look forward to another months

Hospitality / Lifestyle

The Catholic Diocese of Port Pirie Inc.
St Joseph's House
22 Norman Street, Port Pirie SA 5540
ABN: 43 431 300 853

We're Searching for Volunteers Can you help? YOU can make a DIFFERENCE!

Are you...

- A good listener?
- Someone who can push a wheelchair?
- Crafty or artistic?
- A window shopper?

Do you.....

- A gardener?
- Play Bingo, Bowls or Cards?
- Pour a perfect beer or burn a mean BBQ?
- Read?
- Like a cuppa and a chat?

If you answered YES to any of these and have some spare time, please speak to the Lifestyle Co-ordinator, Marra Pearn, about becoming a volunteer.

Our Volunteers Brighten Lives

Police Clearance Needed.

Aged Care Quality Standards....

Why new standards?

The Aged Care Quality Standards are in place to clearly define what good aged care should look like. The Quality Standards make it easier to check that people are receiving good care. Good care is not about 'ticking boxes', it's about us caring for you and your individual needs. This is, and we hope you agree, not a new concept for St Joseph's House and can already be seen in all aspects of our care.

What does it all mean?

Each Quality Standard says what you, the consumer, can expect. When you look at each quality standard there is:

- a 'Consumer Outcome' that St Joseph's House needs to meet;
- an 'organisational statement' of expectation; and
- 'requirements' where St Josephs House must demonstrate how we are meeting the consumer outcome.



What do I need to do?

You don't need to do anything.

It is, however, your right to be informed, have your choices respected and to be heard. This includes knowing the consumer outcomes and providing us feedback on them. As always feedback can be provided in person, through the feedback forms, at the resident meetings and during surveys. More information on each standard will be provided each month in the newsletter and at resident meetings.

Continuous Quality Improvements...

Some continuous quality improvements that have been implemented are:

- 1:1 Lifestyle trolley. This enables residents who choose not to participate in group activities a choice of activities that you can do in your rooms, either on your own or with a volunteer. If you would like anything added to the trolley please let Lifestyle know.
- Behaviour Management Working Group developed. This group will review and create strategies to ensure that residents receive timely and effective care. It will also ensure that St Joseph's House remains a safe and friendly environment for all residents, staff and visitors.
- Infection Control storage room developed. This will ensure that when outbreaks occur staff have the resources needed on hand to cope with the large number of safety and precautionary resources required.



**Aged Rights
Advocacy
Service (ARAS)**

1800 700 600

Advance Care Directives
Information, forms and DIY Kit's for Advanced Care Directives can be found at advancedcaredirectives.sa.gov.au or ask for a copy at reception.

**Aged Care
Quality and Safety
Commission**
1800 951 822

Feedback and Complaints Process

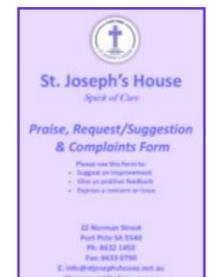
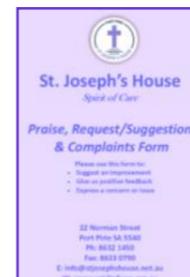
St Joseph's House supports the rights of Care Recipients and their Advocates to share compliments, feedback, concerns or to make a complaint.

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 one of the feedback boxes around the home.

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



Caring for you at home.

Providing care and support at home with choice and flexibility

- Local Home Care package provider
- Domestic assistance/gardening
- Transport/Meal preparation
- Veteran Home Care Services
- Private services by appointment

Servicing Port Pirie and Yorke Peninsula regions





**Star of the Sea
Community Care**

www.spiritofcare.org.au

New enquiries welcome
☎ **1300 113 008**
community@starofthesea.org.au

Upcoming Dates

Wednesday, 7th August—Thankyou to our Aged Care Workforce

Thursday, 8th August - Dying to Know Day

Thursday, 15th August - Assumption of the Blessed Virgin Mary

Friday, 23 August—Daffodil Day

Real generosity is doing something nice for someone who will never find out.

FRANK A. CLARK



Daffodil Day is Cancer Council's most iconic and much-loved annual campaign that raises life-saving funds for world-class cancer research.

It's a time of hope; where we come together to show our support for the 145,000 Australians diagnosed with cancer each year.



Advance Care Directive Your wishes for future care

There may come a time when you are unable to make a decision or properly communicate your wishes on how you'd like to be cared for or treated.

It could be for a number of reasons including:

- an accident or mental health episode
- dementia or similar condition
- a sudden serious stroke or
- because you are unconscious or in a coma.

This can happen at any age or stage of life. If it did, how would you want decisions to be made for you about your ongoing health care, living arrangements and other personal matters? And, who would you want to make those decisions for you?



The Advance Care Directive

The new Advance Care Directive is an important step forward in planning for your health care.

The new Advance Care Directive replaces the existing Enduring Power of Guardianship, Medical Power of Attorney and Anticipatory Direction with a single Advance Care Directive Form.

What will it allow me to do?

The new Advance Care Directive allows you to:

- write down your wishes, preferences and instructions for your future health care, end of life, living arrangements and personal matters; and/or
- appoint one or more Substitute Decision-Makers to make these decisions on your behalf, if you are unable to make them for yourself.

Why should I have one?

It will give you peace of mind that those caring for you will know what you want, when you are unable to make your own decisions or communicate your wishes and values.

Birthday Celebrations



August Birthdays

1/8 Donald Wyatt

3/8 Josephine Beyer

5/8 Ken Spear

7/8 Eva Lench

12/8 Carmela Porta

24/8 Marna Thornton

25/8 Shirley Wiskar

26/8 Betty Wolter

27/8 Susan Keysell



Sympathy

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

Lisa Caputo

Peter Caldarola

Clare Quin

May They Rest in Peace

