

**St Joseph's House
Connections
January 2020**



Australia Day
Celebrate what's great!



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Notice Board



REMINDER FOR FAMILIES:

Resident's personal belongings are not covered by St Joseph's House Insurance. It is important to ensure that jewellery remains safe. It can become lost if resident's try to hide their jewellery or it becomes mixed up with rubbish or linen. A suggestion is to replace jewellery, where possible, with less expensive items. We appreciate you giving this matter some thought.



This Issue:

- *Message from the General Manager*
- *Colouring page*
- *Continuous Quality Improvement (CQI)*
- *Monthly Crossword or Word Search*
- *Upcoming Dates*
- *Birthday Celebrations*
- *Christmas Doors*
- *The Lifestyle / Hospitality Team*
- *What's Happening in Port Pirie*
- *Community Care Christmas Luncheon*
- *Aged Care Quality Standards*
- *Calendar*

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.

Resident & Family Meetings:

Tuesday 7th January 2020

St Clare, Dining Area, 1.00pm

Tuesday, 7th January 2020

St Mark, Dining Area, 2.00pm

Resident Liaison Officer: Marra Pearn



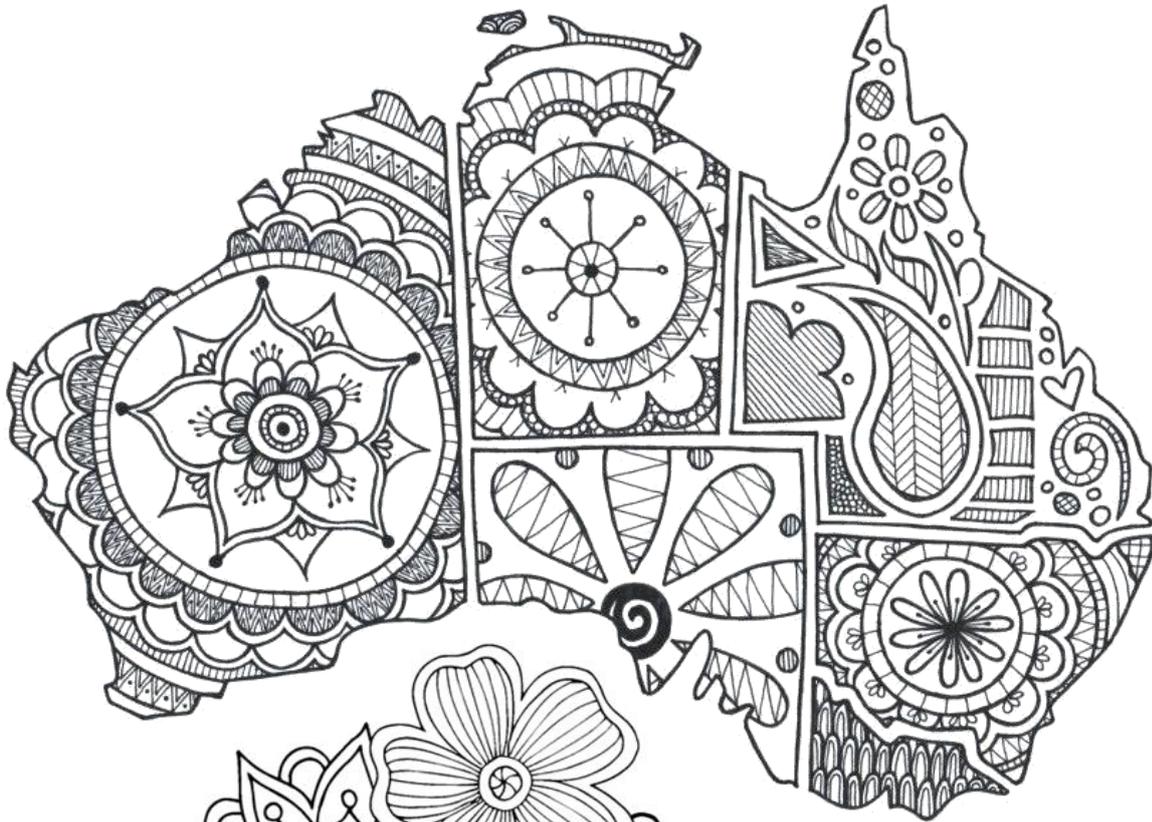
Why do we celebrate the new year on January 1st?

In the Gregorian calendar, the most widely used calendar system today, New Year occurs on January 1 (New Year's Day). This was also the first day of the year in the original Julian calendar and of the Roman calendar (after 153 BC).[[]

During the Middle Ages in western Europe, while the Julian calendar was still in use, authorities moved New Year's Day, depending upon locale, to one of several other days, including March 1, March 25, Easter, September 1, and December 25. Beginning in 1582, the adoptions of the Gregorian calendar has meant that many national or local dates in the Western World and beyond have changed to using one fixed date for New Year's Day, January 1.

Because of the division of the globe into time zones, the new year moves progressively around the globe as the start of the day ushers in the New Year. The first time zone to usher in the New Year, just west of the International Date Line, is located in the Line Islands, a part of the nation of Kiribati. Uninhabited outlying U.S. territories Howland Island and Baker Island are the last places on earth to see the arrival of January 1.

By the time Howland Island sees the new year, it is 2 AM on January 2 in the Line Islands of Kiribati.



Did You Know?

Our monthly newsletter is available on our website:

spiritofcare.org.au/news/



You can also find us on Facebook:

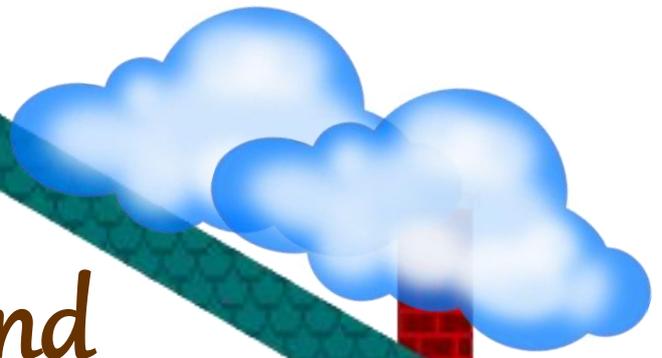
facebook.com/stjosephshouse

Christmas Craft at St Joseph's House



December Crossword Solution

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



Around the Home



Community Care Corner...



Welcome to 2020. The Summer heat continues along with the extreme weather conditions and Catastrophic fire days. Our heart goes out to all the people that lost loved ones, family homes and pets over this time. A sad Christmas for many.

We here at Star of the Sea Community Care have been fortunate to enjoy wonderful festivities with our Community family. A certain highlight was our Christmas party. The feedback was positive as we broke tradition and had our meal at the Prince Edward hotel. I would like to thank everyone who attended.

Your enthusiasm for the singing with Vince (our guest musician) and the fellowship with each other was heart warming. Thankyou to all who travelled from Pt Pirie to make the day particularly special (and the Staff who did all the driving that day). Stay tuned for the next Community event coming soon!

Just a reminder that Monday January 27th is a public holiday. If you require a service please let the office know as soon as possible so we can coordinate staff

The office will be closed public holidays and weekends only. As always office hours are 8am to 5pm Monday to Friday. After hours a message can be left on the answering machine and your query will be answered the following day. Wendy, Natasha and Jenny will all be having leave in January so we apologize for any inconvenience or delay in having you calls/queries answered.

Catastrophic fire days are becoming a regular occurrence and have implications for staff travelling between fire zones. Star of the Sea and St Joes wishes to keep the staff and their families safe. The CFS website is monitored closely on these days and staff are made aware that they could be separated from their homes and families while working. In some cases this may mean services may be disrupted due to the threat of bushfire in certain areas.

On this note please think about what you would do in the event of a fire or extreme heat. Maybe it would be safer to take refuge with other family or friends if you are isolated. Star of the Sea or St Joes residential facility is available during the day where you can stay, receive a meal and join in with the activities in a safe place. Recent events so close to home means we must be proactive during these times to remain safe.

It is with great sadness that I need to inform everyone that I will be leaving the Community care team. My last day is 9th January 2020. It is of course with mixed feelings as it has been a pleasure and a privilege to have shared in your life's adventure over the last 7 years. I have been offered a position at the Maitland Lutheran school assisting with student welfare. For me this is closer to home and I still have the ability to use my nursing skills in this environment. I know I leave very capable people with Aged Care knowledge, skills, wisdom and dedication to continue the Community care program. Melinda Yelland will be Acting in my role on my departure. We have been fortunate that Melinda has been with the Community team for over 2 months in a clinical role and working in the residential care facility for the last 5 years. She has the clinical expertise, enthusiasm and genuine desire to support people living in their own homes. I wish the Community Care team well and thank them for their support, caring concern and commitment to their profession.

Once again your feedback is important to us. Its not complaining but offering valuable insight into your situation. It helps Star of the Sea improve our service which means greater fulfillment for all. You can be anonymous if you wish as all feedback is treated with the same respect.

I wish everyone a wonderful start to 2020. The Star of the Sea Community will always be a part of me, in my heart and in my prayers.

Gods Richest Blessings to all,
Jenny and the Community Care Team

Wishing you
well on your
next adventure

Farewell and
good luck!



What's Happening in Port Pirie

- Students at St Marks College have commenced a composting program. They sourced the funding for the buckets and bins and created an educational video on how to use the buckets and what can go in the compost bin.



- Local under 12 boys combined basketball team, the Panthers, won the championship at the Port Pirie Basketball Carnival. 6 local boys were chosen to be a part of the South Australian Team to compete against other states and New Zealand.



- Surgeon Sam Ali has won, for the second time, the Burns-Alpers Clinical Teaching Award from the Flinders Medical Students Society. The award allows medical students to thank their most inspiring clinical teachers and is society's highest honour for clinical educators.

All information and photo's sourced from the Recorder newspaper.



Community Care
Christmas
Luncheon held
on Thursday 12th
December at the
Prince Edward
Hotel, Wallaroo

Aged Care Quality Standards...



Standard 5. Organisations Service Environment

Consumer Outcome:

I feel I belong and I am safe and comfortable in the organisation's service environment.

What does this mean?

St Joseph's House needs to make sure that the environment, furniture and equipment support your quality of life, independence, ability and enjoyment.

The environment at St Joseph's House should suit your needs and be clean, comfortable, welcoming and well maintained. This includes how the safety and security, design, accessibility and layout of St Joseph's House encourages a sense of belonging.

This standard covers how St Joseph's House:

- Supports you to take part in the community and engage with others
- Minimises confusion so you can recognise where you are and see where you want to go
- Encourages you to make your living areas more personal
- Welcomes you and your family and provides culturally safe interactions with others
- Ensures that the environment is safe, well maintained and clean
- Helps you to move freely around the facility (including outdoor areas)
- Is subtle in risk reduction strategies so that safety features don't dominate the environment
- Provides security arrangements in line with best practice to protect you when lawful and necessary.



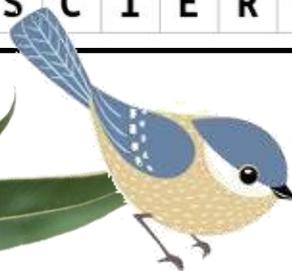
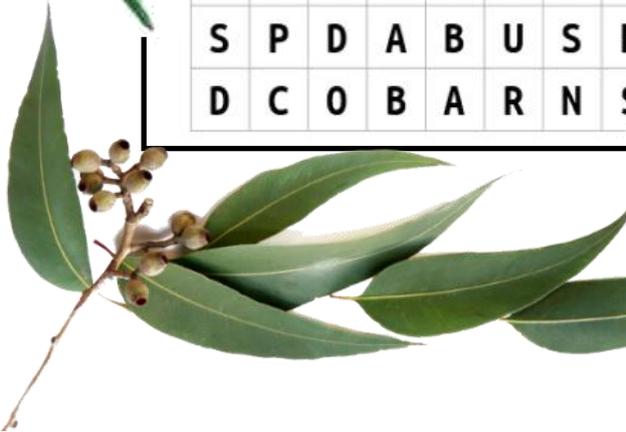
You're as young as your
dreams, not as old as
your calendar



Nature and the Outdoors

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

- ROADS
- HUNTING
- FISHING
- LANES
- CAMPING
- DRIVE WAY
- PARKS
- WATER
- BUSHES
- PONDS
- BARNs
- PICNIC
- GRASS
- TREES
- WAGONS
- ANIMALS
- LAKES
- RACCOON
- BIRDS
- TUNNEL



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

Merle Jacobs

Madeline Marino

May They Rest in Peace

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

Happy New Year Everyone!

A big thank you to everyone that help decorate the resident door's. They looked amazing!



Christmas Doors Winners

SCD

1st: Vonnie Park

2nd: Rex Nettle

SCU

1st: Joan Crowhurst

2nd: Joan Robinson



SMD

1st: Fay Culpin

2nd: Carol Darley

SMU

1st: Adrian Baldwin

2nd: Bob Laube



Congratulations to everyone who participated, all the doors all looked wonderful!

We have another great year planned full of activities. If there is anything you would like to see added to the calendar please let lifestyle know.

Stay cool,

The Lifestyle Team

Quote for the month: 'Smile, happiness looks gorgeous on you'





Christmas Raffle Winners

- 1st Jess Norton
- 2nd Lynly Kerin
- 3rd Nicole
- 4th Rick Pearn
- 5th Darylin Cowling
- 6th Daryl Dunning
- 7th Shaun Roberts
- 8th Alicia Pasche
- 9th Jacinta Smallacombe
- 10th Tessa Bennett
- 11th Stephen Fitz
- 12th Sarah Leecroft



Thankyou to all of the businesses that donated goods, staff who sold tickets and everyone who purchased tickets. The money raised will go back to providing fun activities and resources for the residents.



Visit from the Port Pirie Child Care Centre

Continuous Quality Improvements...



Hi All,

Welcome to the new year. I am looking forward to finalising the improvements that have been implemented around the facility from 2019. Your feedback, as always, is vital in helping to determine if the improvements had much of an impact.

Some key improvements from 2019 include:

- A redesigned feedback form, which asks what you would like to see as a result of your feedback
- 1:1 Lifestyle support trolley to provide residents with activities in their rooms
- New carpet in St Clare's Down and St Mark's Down
- Clinical projects to ensure best practice around skin integrity, diabetes, palliative care, use of restraints and behaviour management
- Morning activities moved to 10.45; 15 mins later giving residents extra time to arrive.

If you have any feedback to give on these improvements, or any other's that we have had, please use the feedback forms around the facility or bring your ideas to the Resident Meetings.

Thanks,

Amanda White

**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

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

Feedback and Complaints Process

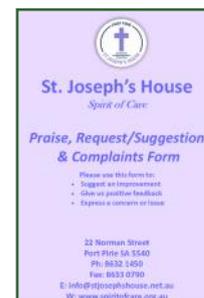
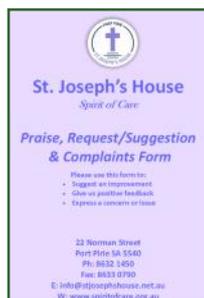
St Joseph's House supports the rights of Care Recipients and their representatives to share compliments, feedback, concerns or to make a complaint.

If you wish to make a comment or complaint please feel free to approach any senior staff member or contact:

Darylin Cowling (GM) or
Marra Pearn (Resident Liaison Officer)

If you wish to lodge a written complaint please complete a "Praise, Request / Suggestion & Complaints" form which is available from various locations around the facility 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.





The Solemnity of Mary, Mother of God is a celebration observed on January 1. It is a holy day of obligation for Catholics and solemnities are the highest rank of celebration, higher than feast days or memorials. By celebrating a solemnity dedicated to Mary's motherhood, the Church highlights the significance of her role in the life of Christ. It is a day to honour Mary, who was chosen among all women throughout history to bear God incarnate, Jesus.

Upcoming Dates

Wednesday, January 1st:

New Years Day

Wednesday, January 1st:

Solemnity of Mary, Mother of God

Monday, January 6th:

Epiphany

Sunday, January 26th:

Australia Day



Epiphany is a feast day that celebrates the revelation (theophany) of God incarnate as Jesus Christ. It is the time when Catholics remember the Wise Men (also sometimes called the Three Kings) who visited Jesus.

Epiphany is also when we remember when Jesus was Baptised, when he was about 30, and started to teach people about God.

Epiphany means 'revelation' and both the visit of the Wise Men and his Baptism are important times when Jesus was 'revealed' to be very important.



Birthdays Celebrations



January Birthdays

Margaret Johns 04/01 Ronald Warne 07/01

Coline Stenson 16/01 Malcolm Barry 18/01

Audrey Brine 19/01 Ilma Opprecht 25/01

Joan Robinson 28/01



January 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 — HAPPY NEW YEAR —						
6 1030am Ecumenical 1:1 support visits 130pm Pamurr room Ladies and Men welcome	7 10:45 Chair Exercises Resident Meeting 1pm St Clare 2pm St Mark	1 NEW YEARS DAY PUBLIC HOLIDAY	2 1030am Yoga 1:45pm Bingo	3 1030am word scramble 1:45pm Bowls 4:00pm Men's Group	4 Activity Boxes are available in all areas Games are set up in activity area for your use	5 Songs of praise 11:30 am ABC  7pm reading local recorder
13 1030am Crosswords / Quiz 1:15pm Beetles	14 10:45 Exercise with Clive 1:1 support visits 1:15pm Bingo	15 11am Mass 1:15pm Hoy	16 1030am Yoga 1:1 support visits 130pm Les Rich	17 1:1 Support Visits 1:45pm Bowls 4:00pm Men's Group	18 Activity Boxes are available in all areas Games are set up in activity area for your use	19 Songs of praise 11:30 am ABC  7pm reading local recorder
20 1030am Ecumenical 1pm Music with Derek	21 10:45 Exercise with Clive 1:1 support visits 1pm Cooking Sausage rolls in Activity area	22 11am Mass 1:45pm Bowls	23 1030am yoga 1:1 support visits 1:45pm Bingo	24 12pm Australia Day BBQ	25 Activity Boxes are available in all areas Games are set up in activity area for your use Bowls 130pm	26 Songs of praise 11:30 am ABC  7pm reading local recorder
27 Australia Day Public Holiday	28 10:45 Exercise with Clive 1:1 support visits 130pm Birthday Celebrations	29 11am Mass 1:15pm Craft / Art	30 1030am Yoga 1:1 support visits 1:45pm Bingo	31 1:1 support visits 1:45pm Bowls 4:00pm Men's Group		