

# St Joseph's House Connections June 2020

## Queen's Birthday Weekend



**JUNE 15**  
**WORLD ELDER ABUSE**  
**AWARENESS DAY**

**Stir a Cuppa for Seniors**  
because there's **no excuse**  
for **elder abuse**

[elderabuseawarenessday.org.au](http://elderabuseawarenessday.org.au) | [#WEAAD](https://twitter.com/WEAAD)

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Phone (08) 8632 1450 Fax (08) 8633 0790  
W: [www.spiritofcare.org.au](http://www.spiritofcare.org.au) E: [admin@stjosephshouse.net.au](mailto:admin@stjosephshouse.net.au)





# Notice Board

## REMINDER FOR FAMILIES:

Please remember, when bringing in new clothes they need to be given to staff first so they can be labelled. This is to prevent them getting lost.



## *This Issue:*

- *Message from the Residential Services Manager*
- *Colouring page*
- *Continuous Quality Improvement (CQI)*
- *There's lots to do at St Joe's*
- *Upcoming Dates*
- *Birthday Celebrations*
- *Community Care Corner*
- *Staying Connected*
- *The Lifestyle / Hospitality Team*
- *What's Happening in Port Pirie*
- *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?

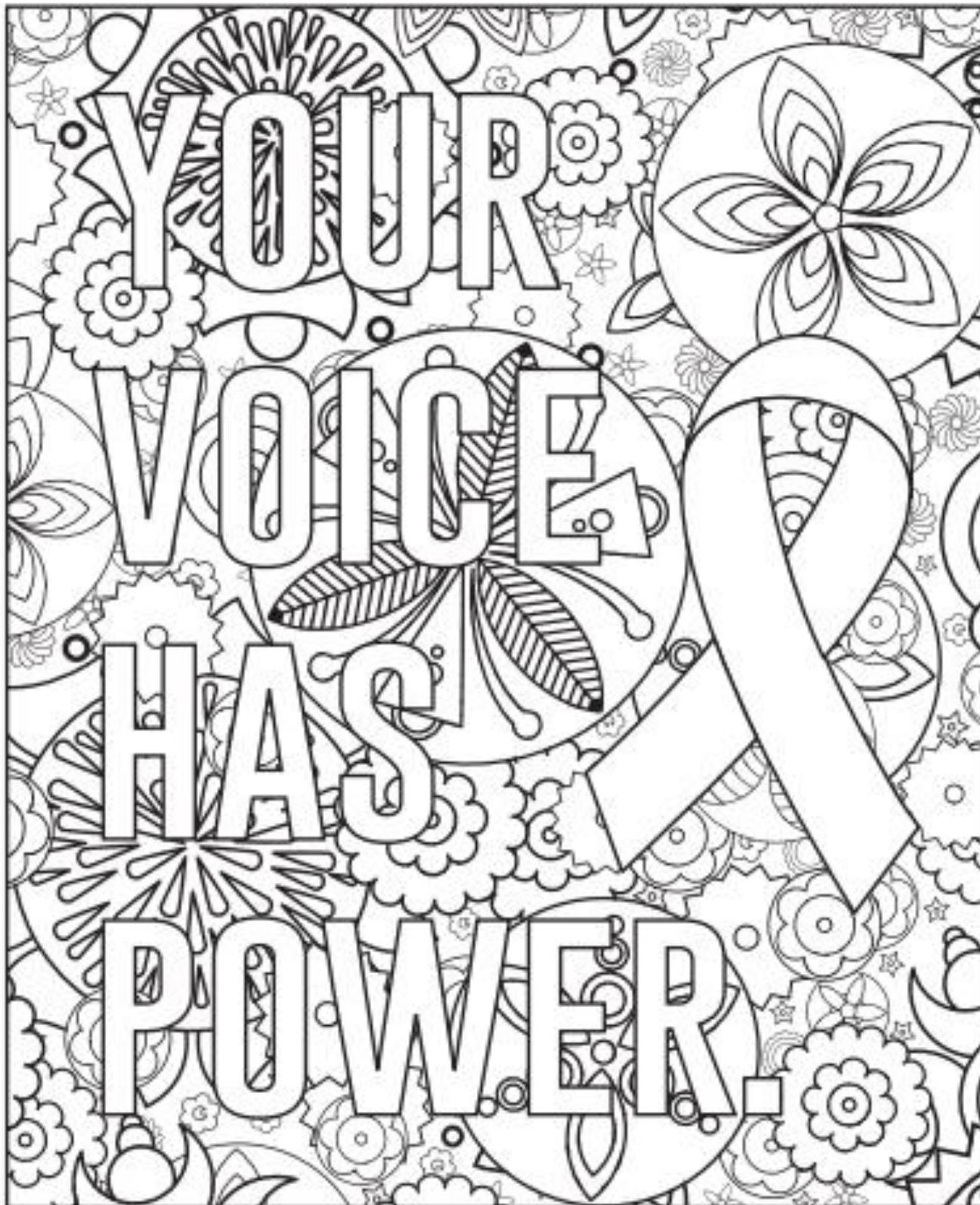
It will give you peace of mind that those caring for you will know what you want, when you are unable to make your own decisions or communicate your wishes and values.

## *Resident Meeting:*

*There will be no Resident meeting this month.*

*This will be replaced with 1:1 visits to discuss any issues that you would like to raise.*





### **Did You Know?**

Our monthly newsletter is available on our website:

[spiritofcare.org.au/news/](http://spiritofcare.org.au/news/)

You can also find us on Facebook:

[facebook.com/stjosephshouse](https://facebook.com/stjosephshouse)



# Community Care Corner...

Hi all,

As regulations begin to lift and life as we know it starts to resume, it's important to remember to not become complacent with social distancing and handwashing.

Also, just a friendly reminder to ensure that your flu vaccinations are up to date!

Our latest project in community care is expanding our Port Pirie program, which we have been chipping away at in the last few weeks.

Our goal is to extend this program to be accessible to the entire community within our region, so working on developing the Port Pirie program is an exciting next step in achieving this.

Whilst the Community Care program is based from the SOTS at Wallaroo, we also have access to services at St Joseph's House in Port Pirie and will also have a community vehicle permanently located here to ensure a responsive service to our clients in the area.

If you know of anyone who would benefit from or are in need of a visit from one of our friendly and experienced staff, please let us know. We have employed local Home care workers to provide care in Pt Pirie and surrounding areas.

Loneliness and social isolation are big issues which we have all experienced in recent times, this is particularly the case among high-risk people including the elderly where these feelings can be exacerbated.

If you are experiencing any issues or just need someone to talk to, we are here for you anytime.

We need to remember that where the mind goes, the man follows so try swapping the term "social distancing" for "physical distancing."

Remind yourself that with the help of technology we are still connected even if we are apart and I would encourage you all to try out different applications and websites to help feel connected.

As restrictions are lifted, we are planning to recommence social gatherings and activities and will keep you posted when we have more news!

Keep Positive from the community care staff.

*Let's Stay Connected...*

*Keep  
positive  
thinking*



# Most Common Pets

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

- DOG
- CAT
- HAMSTER
- FISH
- MOUSE
- GUINEA PIG
- BIRD
- SNAKE
- IGUANA
- FERRET
- GERBIL
- CHICKEN
- LIZARD
- TURTLE
- RAT

## Last Months Solutions MOTHER'S DAY

Solution:

1	B	A	M	B	I	6	A	W	E	9	P	A	S	S	
13	A	C	O	R	N	14	H	E	N	15	P	H	I	A	L
16	S	A	T	I	N	17	E	P	A	18	A	D	D	L	E
19	A	C	H	E	20	P	A	T	C	H	Y	22	S	E	W
23	L	I	E	24	R	O	D	25	T	O	U	T	26		
27	A	R	G	28	U	E	29	I	M	P	R	I	30	31	32
33	A	D	M	34	N	N	E	35	E	W	E	R	36	37	38
36	O	C	H	R	E	39	T	A	G	40	S	N	O	W	Y
41	B	A	U	D	42	C	R	Y	43	O	L	D	44	45	46
44	I	N	G	E	45	N	U	E	46	R	O	S	47	48	S
49	N	E	S	50	P	A	T	51	I	C	E	52	53	54	55
53	C	A	R	56	A	P	P	57	A	L	58	A	T	O	M
59	A	L	E	60	U	61	A	L	62	A	C	H	O	O	
63	R	A	L	P	64	S	A	N	65	C	R	E	P	T	
66	D	R	Y	S	67	S	S	T	68	T	E	R	S	E	





# JUNE 15 WORLD ELDER ABUSE AWARENESS DAY

## No excuse for elder abuse

The purpose of World Elder Abuse Awareness Day on June 15 is to encourage communities to recognise and respond to the issues concerning abuse of older people and for society to create policies that protect the rights of older people. Older people are valuable and productive citizens and are entitled to be treated with dignity and respect.

It is important to raise awareness about elder abuse, to ensure older people are respected and included within our community, "There is no excuse for elder abuse."

Together we are better!

- Together we are better in supporting older Australians who are experiencing abuse
- Together we are better in safeguarding older Australians from abuse
- Together we are better in providing a supportive environment so that Australians have longer, healthier and more productive lives
- Together we are better in developing new models of care to keep older Australians at the center of innovation

Older people can reduce the risk of elder abuse by making sure their financial, medical, legal and other affairs are in order. They must also be empowered to recognise the signs of elder abuse and encouraged to seek help.

If you are experiencing elder abuse, or concerned about an older person, you can get help by calling Aged Rights Advocacy Service Inc (ARAS) 1800 700 600 Monday to Friday, or by visiting [www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au) .



# Trinity Sunday in Australia

*Many Christians in Australia celebrate Trinity Sunday, which is the first Sunday after Pentecost. It is one of the few feasts that are celebrated as a doctrine instead of an event. It is also symbolic of the unity of the Trinity.*



The trinity comprises the Father, Jesus the son and the Holy Spirit, according to Christian belief.



What do people do?

Many Christian churches in Australia celebrate Trinity Sunday. It is an opportunity for the congregation to learn about or revisit the concept of the trinity, which refers to the Father, Son and Holy Spirit being one God. The Nicene Creed is often included in some church services, particularly within the Catholic churches, on Trinity Sunday. Many people see this creed as one that professes the Christian faith.

# Corpus Christi in Australia

*Many Christians in Australia, especially those of Roman Catholic faith, observe Corpus Christi to honour the Holy Eucharist. It is also known as the Feast of the Most Holy Body of Christ, as well as the Day of Wreaths.*

What do people do?

Corpus Christi is mainly celebrated in the Roman Catholic Church but a few Anglican churches in Australia also observe this event. Many church choirs perform music dedicated to Corpus Christi during this time of the year. Some schools, particularly Catholic schools, and Sunday schools run by churches provide lessons for students to learn about the history and meaning of Corpus Christi.

Many Christians, especially those who belong to the Catholic denomination, receive Communion on this day. Some people, particularly children, receive their first Communion during Corpus Christi. This practice, also known as the Eucharist, involves people accepting consecrated bread and wine (or grape juice), which according to Christian faith are Jesus Christ's body and blood.



# What's Happening in Port Pirie

- Announcements were made that the 2020 Smelters Picnic has been cancelled due to the Covid-19 pandemic. The Smelters Picnic Committee will continue to review restrictions as they ease and may consider a smaller event for this year only.



- Local councils in the electorate of Grey will be allocated funding through the Federal Government's \$1.8 billion boost for road and community projects to support local jobs, businesses and economies. Federal Member for Grey Rowan Ramsey said the new program was based on the Roads to Recovery project. Port Pirie Regional Council is expected to receive \$555,731

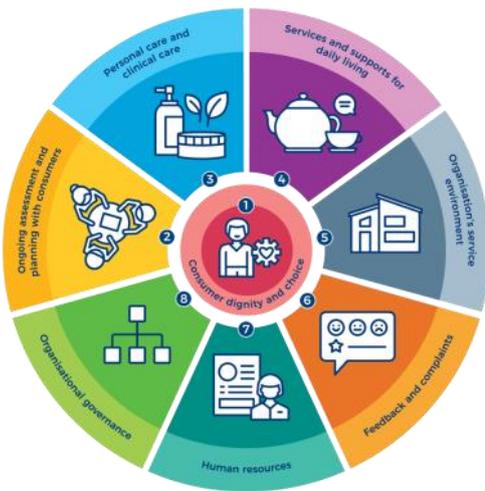
All information and photo's sourced from the Recorder newspaper.



Happy  
Mother's  
Day



# Aged Care Quality Standards....



## Why do we have Aged Care Quality 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, happening at St Joseph's House and can be seen in all aspects of the care you receive.

## What does it all mean?

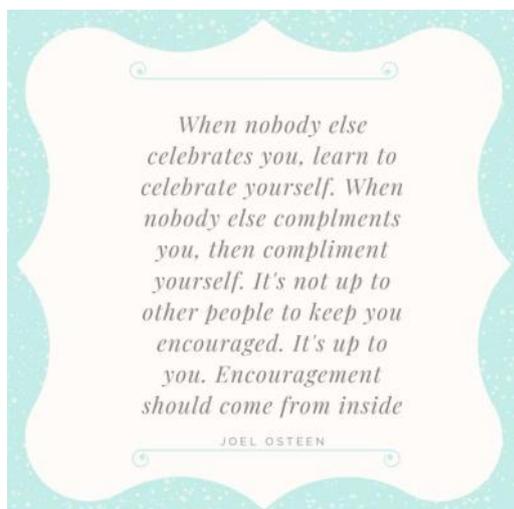
Each Quality Standard says what you, the consumer, can expect. When you look at each quality standard there is:

- 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. As always feedback can be provided in person, through the feedback forms, at the resident meetings and during surveys. More information on each standard is provided each month in the newsletter, in displays around the facility and at resident meetings.



# Residential Services Manager.....



HAPPY INTERNATIONAL NURSES DAY! This year, let's celebrate and recognize the wonderful work Nurses do every single day. Throughout history Nurses have been instrumental during times of crisis with their strength, bravery and compassion. This year is no different. We are even more grateful for our Front-line heroes as we watch around the world them tirelessly saving lives whilst risking their own. You go above and beyond. In the words of Florence Nightingale, the founder of modern nurses and who was born 200 years ago today "I attribute my success to this: I never gave or took any excuse." Thank you for always stepping up, thank you for never giving excuses to protect us and our loved ones & thank you for all that you do.



**2020**  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE

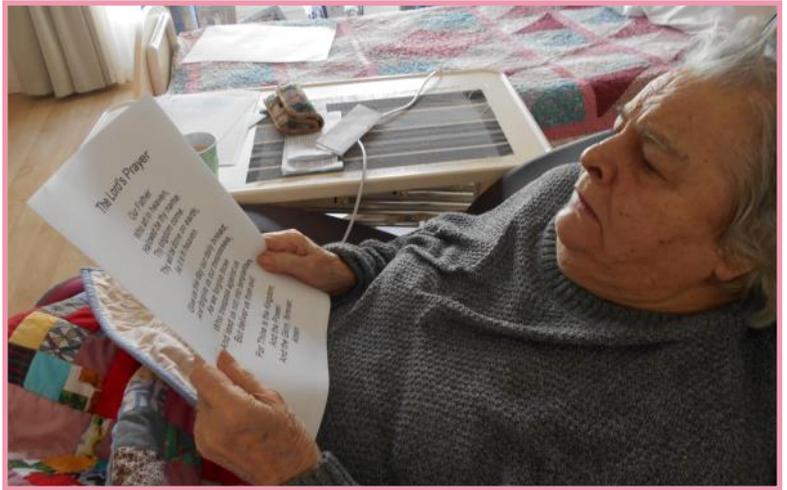


It will take **150** years for the world to see the kind of nursing I envision.....

-Florence Nightingale(1870)

1870  
+150  
**2020!**





STAYING CONNECTED



Healthy





TOGETHER IN Spirit

STAYING CONNECTED DURING COVID-19



# Continuous Quality Improvements...



Hello Everyone,

I am now working in the office again and am very pleased to be back on site. Some of the restrictions that were put in place in the community as a result of the coronavirus pandemic are easing.

During this time it is still important to remember the governments guidelines around prevention of COVID-19:

- Clean your hand often using soap and water or an alcohol-based hand sanitizer
- Maintain a safe distance from anyone who is coughing or sneezing
- Do not touch your eyes, nose or mouth if possible
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze
- If you feel unwell, stay in your room and let staff know
- Follow the directions of staff who are looking out for your wellbeing and safety.

Stay safe everyone,

Amanda White  
Quality and WHS Coordinator

**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](http://advancedcaredirectives.sa.gov.au) or

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

## Feedback and Complaints Process

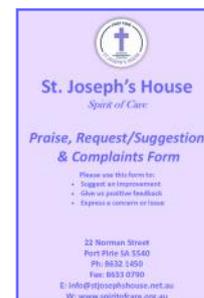
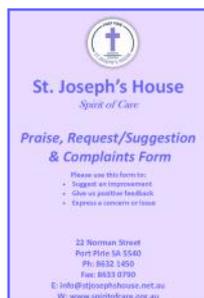
St Joseph's House supports the rights of Care Recipients and their representatives to share compliments, feedback, concerns or to make a complaint.

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

Sharon Ley (RSM) 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 Quality Co-ordinator will make a record of lodgement and the suggestion or concern is then followed through until a resolution is achieved.



## Upcoming Dates

**Monday, 8th June:**

Queens Birthday Holiday

**Monday, 15th June:**

World Elder Abuse Awareness Day



**Together WE can  
STOP elder abuse**

**There's NO EXCUSE  
for elder abuse**

### Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



[simpleacresblog.com](http://simpleacresblog.com)



*Queen's Birthday*

PUBLIC HOLIDAY



# Happy Birthday

## *June Birthdays*

*Fr Chris Warnock 03/06 Cyril Brown 04/06*

*Doreen Donnon 09/06 Allan Sandow 12/06*

*Adrian Baldwin 23/06 Fay Culpin 28/06*

You are a wonderful person.  
I hope that your special day is the  
beginning of another amazing year.

Have a great birthday.



# June 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>1 Whit Monday</b>  <b>1:1 support visits</b>            Small group movies in own area            1 to 3 family visits</p>	<p><b>2 Italian National day</b>            1:1 resident meeting bottom floor            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>3</b>            Virtual Mass small groups in each area            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>4 1:1 resident meeting top floor</b>            Small group activities throughout the day of your choice / bingo            1 to 3 family visits</p>	<p><b>5</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>6</b>            Activity Boxes are available in all areas            Games are set up in activity area for your use</p>	<p><b>7 Trinity Sunday</b>            Songs of praise 11:30 am ABC            1 to 3 family visits            7pm reading local News  <b>TwoX FM 105.1</b></p>
<p><b>8 Queens Birthday P/H</b>            Activity Boxes are available in all areas            Games are set up in activity area for your use</p>	<p><b>9</b>            Small group exercises            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>10</b>            Virtual Mass small groups in each area            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>11</b>            Small group activities throughout the day of your choice / bingo            1 to 3 family visits</p>	<p><b>12</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>13 Corpus Christi</b>            Activity Boxes are available in all areas            Games are set up in activity area for your use</p>	<p><b>14</b>            Songs of praise 11:30 am ABC            1 to 3 family visits            7pm reading local News  <b>TwoX FM 105.1</b></p>
<p><b>15</b> world elder abuse awareness day            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>16</b>            Small group exercises            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>17</b>            Virtual Mass small groups in each area            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>18</b>            Small group activities throughout the day of your choice / bingo            1 to 3 family visits</p>	<p><b>19</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>20</b>            Activity Boxes are available in all areas            Games are set up in activity area for your use</p>	<p><b>21</b>            Songs of praise 1 to 3 family visits 11:30 am ABC            7pm reading local News  <b>TwoX FM 105.1</b></p>
<p><b>22</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>23</b>            Small group exercises            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>24</b>            Virtual Mass small groups in each area            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>25</b>            Small group activities throughout the day of your choice / bingo            1 to 3 family visits</p>	<p><b>26</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>27</b>            Activity Boxes are available in all areas            Games are set up in activity area for your use</p>	<p><b>28</b>            Songs of praise 1 to 3 family visits 11:30 am ABC            7pm reading local News  <b>TwoX FM 105.1</b></p>
<p><b>29</b>            1:1 support visits            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>30</b>            Small group exercises            Small group activities throughout the day of your choice            1 to 3 family visits</p>	<p><b>Please note :</b> during the day Lifestyle will also facilitate Skype and messenger visits            If there is a particular activity you would like to do please see Lifestyle.            1:1 will contain emotional support and we can provide you with any books, quizzes, music, movies, exercises, craft packs or any other activity you would like.            We do have spiritual readings, bulletins and packs from pastoral carers which we will deliver to you.            Please enjoy the nice weather and feel free to sit outside or on the balconies for fresh air and sunshine any staff can Assist you with this.</p>				

