

STARGAZER

STAR OF THE SEA HOME FOR THE AGED

A Ministry dedicated to the loving care of the Aged
by the Catholic Diocese of Port Pirie



February 2020, Issue 2



“Feedback” boxes are situated in Admin and Lounge areas throughout the Home.

FEEDBACK



FEEDBACK PROCESS

Star of the Sea supports the rights of Consumers, 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 Lyndal Stanley (RSM). 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.

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Inserts

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- Crossword
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RESIDENTS NEWS

Residents Meeting held on the 6th January 2020

- It was highlighted that the SOTS Christmas pudding going around the facility for all of the residents to stir, wasn't done this Christmas. Activities staff apologize and will ensure that this won't be repeated in Christmas 2020.
- It was highlighted by a resident that he was finding it difficult to enter and exit through the main doors with his gopher, due to the timing of the automatic doors. Maintenance have been looking into this and will continue to monitor.
- It was requested that the Stargazer and Calendar be received by residents on the 1st of the month. It was highlighted that staff do try very hard for this to happen and unless unforeseen circumstances occur, we will all work towards this to being the case.
- As requested at a previous residents meeting, a gift was given to Joanne Warby for all of her efforts in the garden. Gaylia organized this and Joanne was very appreciative.
- Residents were again given reminders about letting staff know or signing out when leaving the building, keeping their rooms free of clutter and to contact David about tagging and testing electrical appliances. Residents were also reminded that in the case of an emergency to wait for staff directions and that in hot weather to make sure to drink plenty of fluids, wear a hat and apply sunscreen.

The next Residents meeting will be held on 3rd February 2020 at 10:30am in SOSJ lounge, all welcome.



Resident Birthdays February

2nd Kalliopi Keramidas
28th Betty Vasey



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

Sunday Mail

Sun: 10:30am

FAMILIES

1. Could all clothing be marked with residents name or room number Please.

2. Residents/ 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 Resident or family and out of date food to be discarded.

ACTIVITIES

January saw a lot of sunshine, wind, rain and sadly fires. Our heart breaks for anyone affected or those who have family affected. Fortunately for us, January also saw the return of many of our volunteers, which meant the recommencement of some of our favorite activities.

In January we travelled to America with Chis Wall and Jan Paull and for those in attendance Anna made delicious (???) Peanut Butter and Jelly Sandwiches and Oreos with mixed responses by residents. To celebrate Australia Day the residents prepared Lamingtons with Jan. At the end of the month Anna hosted a games afternoon with lots of laughs and which did at times become a little competitive.

January also saw us welcoming our beautiful new volunteer Issy, who is not only a bright and beautiful volunteer, but also a wonderful Pianist. Residents enjoyed listening to her play.

January Awards for Acts of Kindness were:

Being Kind to Others: Rose Parker

Patience and Kindness: Margaret Gross and Peter Bellifemini

Helping Others in Need: Martin Cattuzzo

Helping Others on Shift: Fiona Sinkinson

Great Work Within Role: Joan McCall

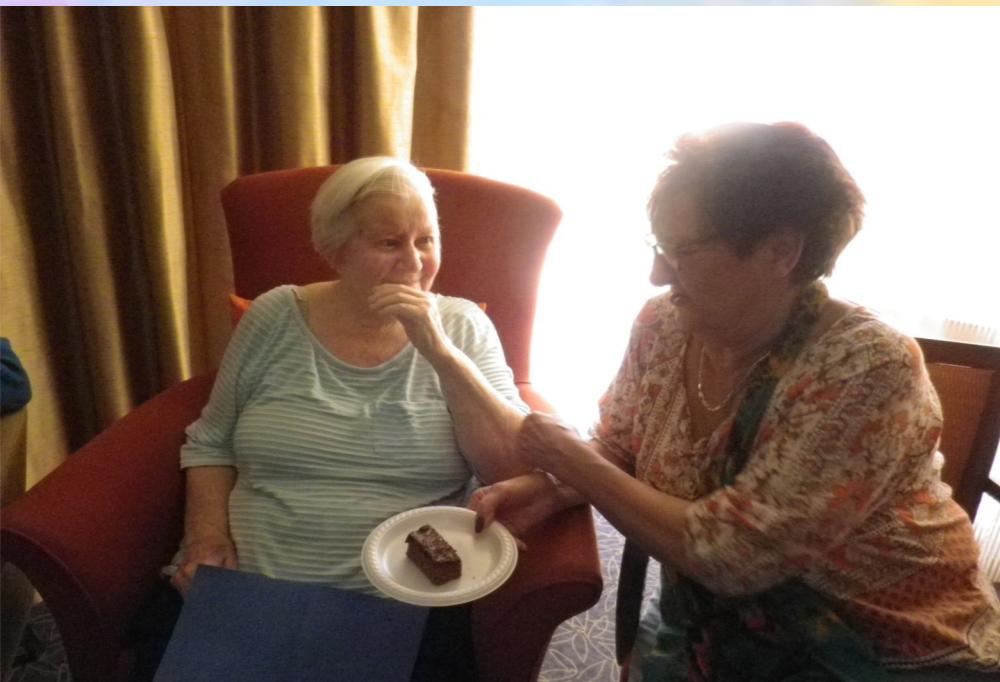
By popular demand in February, Anna and Jan will be doing more craft and we will also be holding Wednesday Movie Mornings, 9:30am in the MMK Lounge, February screening is The Best Exotic Marigold Hotel. Any movie requests you have please speak to Danielle.

February is the month of Love and Romance and on the 14th of February we will celebrate Valentine's Day. This month we will recommence pet therapy, sadly Daisy has retired due to old age, but we fortunately have our new volunteer Peter who will be bringing in his greyhounds. We will get our maracas out as we travel to Spain on Thursday 13th February when we recommence our Cultural Food Journey. We are also lucky to have Sue from Postie Fashions coming in to hold a Pop Up Shop on Monday 10th February 12pm-4pm in MMK with all reduced priced items. We will also be catching up with our friends from Estia on Thursday 20th February. To finish the month off we will be making pancakes for Shrove Tuesday but on the Thursday 27th February instead. I personally am looking forward to seeing how high Anna can flip a pancake. We would love to see you at any or all of our activities and please remember to see any staff member if you require any assistance to get to an activity. Hopefully you have a wonderful Valentine's Day and if you have any suggestions or ideas please ask to see Danielle, Jan, Anna or Gaylia.



AUSTRALIA DAY COOKING AND CARDS

Chris and Jan's Travels to America



FROM THE RESIDENTIAL SERVICES MANAGER'S DESK

Hello Everyone,

2020 has kicked off with a bang and I would like to take this opportunity to thank all our wonderful, amazing staff. I have been spending a little bit of time at St Joseph's House in Port Pirie and I am very grateful for the dedication and commitment of our staff at Star of the Sea. You are all amazing.



I just want to take this opportunity to talk about the changing world of aged care, the Royal Commission and the New Aged Care Standards. During the last month, St Joseph's House had an unannounced visit from the Aged Care Quality Agency and two assessors spent two days reviewing one of the 8 Standards. Aged Care has moved into a new and very exciting time. The New Standards enable the resident to be at the centre of all their care and they are structured around individual choice and dignity. I have included the diagram of the New Aged Care Standards as an insert in this issue. During the visit at St Joseph's, the two assessors interviewed lots of the residents and contacted their families regarding the care they were receiving. They interviewed the care staff and reviewed all the general activities that the facility was doing. This feedback was collated and fed back to the Management team. It was a very intense and exhausting experience for the staff involved. I was lucky enough to join the St Joseph's team during the two days and I am incredibly grateful for the experience. I can confidently reassure you all that Management and all our wonderful staff are adapting to the revolutionary new way of delivering care.



The new Aged Care Quality Standards



The Royal Commission has placed a very negative perspective on aged care. I would like to reassure everyone that the new changes are exciting and positive. I feel everyone at Star of the Sea is creating an environment where our residents can maintain their dignity and choice and we can support each of you to live the best life you can!

Yours faithfully,
Lyndal Stanley
Residential Services Manager

ADVANCE CARE DIRECTIVES
Advance Care Directives for all Residents is underway by Judi Niotis, so you can look forward to Judi contacting yourself or your next of kin in the next few months.

Friday Funnies

A young man hired by a supermarket reported for his first day of work. The manager greeted him with a warm handshake and a smile, gave him a broom and said, "Your first job will be to sweep out the store."

"But I'm a college graduate," the young man replied indignantly.

"Oh, I'm sorry. I didn't know that," said the manager.

"Here, give me the broom -- I'll show you how."

SYMPATHY

Sincere sympathy to the Family and Friends of the late

Madge Graetz

She will be sadly missed



Religious Services

Catholic Services

Thurs: 9:30am
Sat: 6:00pm

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

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

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

COMMUNITY CARE CORNER

I hope you all enjoyed your summer holidays and stayed safe throughout the festive season, with school also going back after the Australia Day long weekend, the year is definitely in full swing!



I would like to take this opportunity to introduce myself to those in the community that I may not of had the chance to meet. My name is Melinda Yelland and I have been given the privilege of managing the Community Care program, which I commenced just prior to Christmas.

I previously worked in Community Care as a Registered Nurse prior to taking on this role and have also worked at the Star of the Sea in Residential Care as a weekend duty nurse.

I look forward to continuing the great work Community Care provides to you all in the community and can see lots of opportunities to expand and improve the services we provide to you.

I would also like to re-introduce an experienced health care worker to our team, Andrea Della-Torre, who has joined our team after having worked in community care and residential care for several years and will be based in Port Pirie covering the Copper Triangle area as required. We are fortunate to have Andrea back on the team and please make her feel welcome.

All Home Care staff will be undertaking mandatory training on Thursday 6th February and Thursday 20th February at 10.30am.

This will be a full day so unfortunately your regular services on this day may be interrupted. Your home care worker will discuss an alternative time and/or day where possible and we apologise for any inconvenience this will cause.

Maddie Lauritsen HCW will be finishing up with us next week and we thank her for the hard work and long hours she has put into providing community care services. A big thank you to Maddie and we wish her well in the future.

Also, just a friendly reminder that if you need to cancel your service, we require at least 24 hours notice or a call to the office before 3pm the day before your booking.

I would also appreciate any feedback or suggestions you have on social or community events that you would be interested in, so that we can plan your social calendar for the year ahead.

I thank all those in the community who trust Star of the Sea Community Care to come into your homes and provide services which are important to your every-day quality of life.

Thank you from all the team at Star of the Sea Community Care.

Melinda Yelland
Manager Community Care

Staff Birthdays:
JANUARY



4th Fiona Sinkinson
12th Helen Smith
14th Julie Redman
15th Lisa Murphy
25th Elaine MacDonald
26th Leanne Wood

Staff Dates to Remember:

Mon February 17th

- Combined CQI and WHS & IC Meeting

Wed February 5th

- Staff Meeting

Thurs February 6th

- HCP Meeting

Thurs February 20th

- Food Safety Committee

AUXILIARY NEWS

The next Star of the Sea Auxiliary Meeting is Tuesday 18th February at 10.30am in Social Area of the Church. New members welcome.

Cards will be starting Tuesday 4th February at 1.30pm in Church Social Area. New players welcome.
\$3 includes afternoon tea.

REMINDER

Reminder to Residents that if family take you out of the facility please notify the: RN in Ray Pope Wing, EN in Little Company of Mary Wing, and EN in Mary MacKillop Wing. Please sign in & out using the activity register found in Little Company of Mary and in Admin.
Thank you

Visitors and Residents are requested to place furniture back where taken from.

Or to ask staff to assist with this, as furniture is ending up in strange places. Thank you



Starz

Hair & Beauty

Salon

Opening times

Thursday &
Friday

By Appointment from
9am onwards

The Terrace Cafe



Open
Tuesday and
Thursday
9:15—11:15 am

Residents Meeting

February 3rd 2020
Sisters of Saint Joseph's Lounge
10:30AM

Waxing

Please see Julie at
Starz Beauty Salon
By appointment only
Thursday &
Friday

Podiatrist

The Podiatrist will be visiting on 11th February 2020 in Ray Pope



Hand Massage every Monday and Friday with Venita

VOLUNTEER NEWS

Residents and staff have loved having the recommencement of activities in January. We also welcome some new volunteers to our wonderful fold, Issy, and Peter who will be bringing in his greyhounds.

We are so grateful to have these new volunteers and the joy that they bring to the residents, they are a great compliment to our amazing volunteer group.

Please remember that if you have any suggestions or issues at all please see Jan, Anna, Gaylia or myself. The time that you give us here at the Star of the Sea is so valued and your opinion extremely important.

'Love and kindness are never wasted. They always make a difference. They bless the one who receives them and they bless the giver.'

Barbara De Angelis



Carol Leaney is happy to do any clothing alterations for the Residents. Just leave a message for Jan, Anna or Danielle and they will arrange pickup.

Star of the Sea Reminder

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

Activities during the Month

Gardening with Jan and Anna

Cooking with Jan and Anna

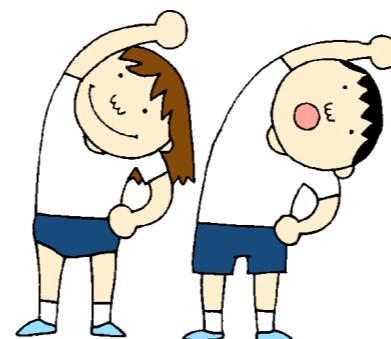
Cards in MMW with Jan and Lindsay Weir

Exercise with Danielle and Denise

Happy Hour with Gaylia

Hairdressing/Beautician- see staff in your area

Nail Care with Gaylia



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
Women's Information Service	1800188158
National Dementia Helpline	1800100500
MY AGED CARE	1300422232
After hours GP Helpline	1800022222
AGED RIGHTS ADVOCACY	1800500853