



“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

- *Calendar*
- *Crossword*
- *Word Search*



Resident Birthdays JUNE

6th Faye Kelly

RESIDENTS NEWS

Residents Meeting with Gaylia on 4th May 2020

- The May meeting saw us return to a physical meeting—albeit in a socially distanced way
- Concerns about meals (especially the soup) have been rectified
- Residents requested a warm dessert with the evening meal—Kitchen have been notified and have introduced
- Residents chatted about feelings regarding management of Covid-19 restrictions. General consensus of the meeting was that they felt safe and happy with how everything has been managed and felt reassured that they could contact family at any time via phone or video
- Site Manager, Lyndal, spoke to the residents regarding the partial lifting of lockdown and what this meant regarding visitors entering the facility



**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 Reminder for personal fridges to be cleaned by Resident or family and out of date food to be discarded.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

Activities in May 2020 in our Covid-19 world may have been a little quieter without our beautiful volunteers, but I think you will agree that it was lovely to have our socially distanced group activities back and running. Gaylia was a very busy girl with the recommencement of the Resident's meetings and the Podiatrist returning. We celebrated International Nurses Day by acknowledging not only our staff, but also two prior Directors of Nursing of Wallaroo hospital who are now in residence with us. We also celebrated Mother's Day with many phone calls, video calls and so many flowers being delivered. Thanks to the amazing staff on that day that all assisted to make it a beautiful day. Thanks to our very talented, Karen Collins for the amazing gifts she made for the ladies and the activity sheets Anna organised.

In May we travelled outback with our armchair travels, where I shared my photos of my trip up North. We also travelled to Vietnam with Vietnamese food and cooking with Jan. Anna hosted a wonderful afternoon where budding Picassos were able to show their painting skills. The fruit bowl art works produced were fantastic. Jan and I hosted a Biggest Afternoon Tea and I will let you know shortly how much money was raised for the Cancer Council. During our lockdown it also brightened everyone's day to receive beautiful artwork and letters from the children at Mary McKillop School.

June will see a return of some of our volunteers and wont we all celebrate that. We have missed their beautiful smiling faces!!! They will only be doing group activities at this stage but how wonderful it will be. Anna has been very busy getting ready for the Queen's Birthday long weekend with decorations and activity sheets for each resident. Keep warm during the cool weather and please ask to chat to any of the Activities girls if you have any suggestions or if we can assist in any way.

Danielle, Jan, Anna & Gaylia

We have been absolutely blessed this month with some wonderful acts of kindness from the St Mary MacKillop School
We also celebrated a crazy day at the end of April to help cheer everyone up. It was a massive hit!!



FROM THE RESIDENTIAL SERVICES MANAGER'S DESK

Hello to all our wonderful residents, staff and wider community,
What a difference a month can make! Time to reflect ...

Covid-19 swept across the globe and created a chaos and uncertainty like I have never experienced before. It brought with it fear and anxiety.

As the restrictions are being lifted and the world is returning to a 'new' normal, I am grateful for the conversations, guidance and common sense provided to me by the amazing residents of Star of the Sea. Younger generations, including myself, have never experienced the impact of World Wars and Depression and being able to tap into your wisdom, knowledge and 'worldly' common sense has enabled me to sleep at night. I have enjoyed listening to your stories and the insight into how the world is always changing and the ways you lived through tough times.

The lessons I have learned:

1. Seek wisdom from those who have the most to lose and the most to offer
2. The simple life is the best kind of life: family, friends and a good laugh at the end of the day
3. Food is the heart of every home
4. Share your feelings with loved ones because they too might be feeling the same and you can support each other
5. Surround yourself with kindred spirits who will pick you up when you're down, work towards a common goal and laugh with you, not at you

As the countryside turns green with the new season and the cold wintery days approach, I am keen to put aside the fear and anxiety and replace it with hope.

I'd like to personally thank those residents who answered our questions, shared their wisdom and most importantly, shared a smile or laugh when we needed reminding that tough times are a part of life.

You are all valued and loved.

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 joke for the ages

The neighbour dropped in on a friend and found her sitting at the kitchen table, staring blankly at a half-empty cup of coffee; her three kids squabbling loudly in the other room.

"What's wrong, Marge?" she asked.

Marge told her that she had "morning sickness".

Surprised the neighbour said, "I didn't even know you were pregnant."

"I'm not," the harried woman replied. "I'm just damn sick of mornings."

SYMPATHY

Sincere sympathy to the Family and Friends of the late,

Stanley Wearne
John Gogilis
Peter Richardson

They will be sadly missed



Religious Services

Catholic Services

Postponed until
further notice

Anglican Services

Postponed until
further notice

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

Fellowship

Postponed until further notice

Uniting Services

Postponed until
further notice

Bible Stories

Postponed until
further notice

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 Star of the Sea in Wallaroo, we also have access to services at St Joseph's House in Port Pirie and will also have a community vehicle permanently located there 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 Port 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.

Melinda Yelland
Community Care Program Manager

AUXILIARY NEWS

Staff Birthdays: JUNE



- 3rd Leanne Back
- 7th Kirstin McDonald
- 10th Cara Brittain-Lange
- 10th Joelle Lee
- 10th Sharon Warren
- 16th Prue Redden
- 17th Kathryn Thomas
- 19th Martin Cattuzzo
- 19th Brian Martin
- 19th Christine Wall
- 20th Tahlia Finlay
- 25th Sarah Larwood

Nil Auxiliary news this month

Staff Dates to Remember:

- Mon May 18th**
 - Combined CQI and WHS & IC Meeting
- Thurs May 7th**
 - HCP Meeting
- Wed June 3rd**
 - Staff Meeting

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



Waxing

Please see Julie at Starz Beauty Salon

By appointment only Thursday & Friday

Podiatrist

The Podiatrist will be visiting on 2nd June 2020 in RPW/MMW

The Terrace Cafe

Temporarily closed until further notice



Hand Massage

Postponed until further notice

Residents Meeting

June 1st 2020
Sisters of Saint Joseph's Lounge
10.30am

VOLUNTEER NEWS

To our beautiful volunteers, we miss you and we thank you. For those who are able to come back to do group activities we thank you and to those who will be coming back later, keep safe and we eagerly await your return. Unless we have changes in Covid-19 regulations, we are looking at undertaking our annual volunteer training day. Our tentative booking for this day is Wednesday the 22nd July. We will confirm this with you through text messages and flyers shortly.

'The harder you work for something, the greater you'll feel when you achieve it'

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.

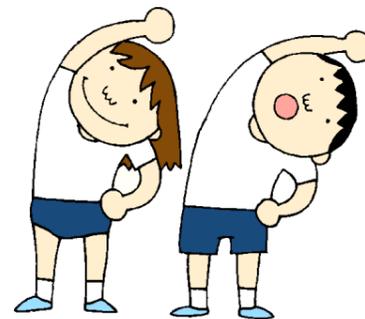


Star of the Sea Reminder

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	131114
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