



“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*



RESIDENT BIRTHDAYS

- 8th L Terrell
- 24th M Hughes
- 25th V Parker
- 27th F French
- 29th B Brown

RESIDENTS NEWS

Resident's meeting held on 8th March 2021

- Fern area discussed.
- Meals were discussed.
- Buffet Breakfast trial in Little Company of Mary Wing was discussed.
- Covid-19 discussed.
- Valentine's Day. Residents stated how much they appreciated all the effort that went in to the decorations and making the day special.
- Farewell and thankyou gift from residents for Judi Niotis.
- 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 the hot weather to make sure to drink plenty of fluids, wear a hat and apply sunscreen.

Uniting Services

1st Friday of each month

Anglican Services
Wednesdays

The Terrace Cafe Podiatrist



The Podiatrist will be
visiting on **6th**
April 2021
in Mary Mackillop

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
Sat: 10 am

Sunday Mail

Sun: 10:30am

FAMILIES

- Could all clothing be marked with residents name or room number Please.
- Residents/families a reminder to label all containers being left at SOTS with your name if you wish container to be returned.
- Reminder for personal fridges to be cleaned by Resident or family and out of date food to be discarded.

ACTIVITIES

Hope the Easter Bunny made its way to everybody.

Anna Penhall and Karen Collins spent many hours in preparation to make it special and Jan Matheson went above and beyond to put together a fantastic Easter Raffle.

Raffle winners were 3rd place- Joan Launer, 2nd place Dawn Evans and believe it or not first place Jan Matheson.

What a wonderful March it was with KWM band and Graham Hugo coming in to perform.

The feedback was that residents very much enjoyed these two events.

We also had a new resident of the feathery variety come in March.

Rusty the chook has relocated to Star of the Sea and is extremely happy with her new abode.

We also hope that you found the ARAS (Aged Rights Advocacy Service) information sessions informative.

It is also fantastic to have Football Tipping back again.

Hope you are all going well with your tips.

The big question is will Don Lanyon regain his football tipping crown???

April we are very fortunate to have Circo Bats coming in to perform on the 13th April 2021 and Anzac Day on the 25th April.

As always, I am very sure that Gaylia will make sure that the day is a special one.

Hope you had a wonderful Easter and enjoy the change of the season.

If you require any assistance to get to an activity please let staff know and if you have any suggestions or ideas please ask to see Danielle, Jan, Anna or Gaylia.

ADVANCE CARE DIRECTIVES

Advance Care Directives – all Residents need to have this documentation available, if not please organise with Julie Williams.





FROM RSM'S DESK

Hello to all our wonderful residents, staff and wider community,

It's hard to believe that we are twelve months on from the first lockdown, chaos and uncertainty from the Covid-19 pandemic.

We have our doors open, our residents remained safe and mentally well and our amazing staff continue to roll-up their sleeves ... in more ways than one!

On reflection, I feel the whole world has changed!

Everything ground to a halt and the 'normal' became a distant memory.

As a result, our priorities have shifted and the world has had a chance to reset.

I know my priorities have changed and this new simple life away from the 'rat race' definitely agrees with me ... and I'm not alone. New growth always follows significant change So there are changes happening ...

Our Admin Team is having a significant restructure and a 'changing of the guard'!

We are in the process of recruiting a new Administration Manager. Maggie is going to slow down to 3 days a week and we unfortunately saw Kayla Marchetto move into a new position away from SOTS that was too good to turn down.

We are looking to recruit a Quality / CQI Co-ordinator and take some pressure of Wendy and Leanne.

So watch this space and I look forward to some new faces to join the Star of the Sea family.

On another note, I am waiting eagerly for information regarding the Covid Vaccination roll-out for our residents.

Many of the staff have taken up the Government staged 1B roll-out and were vaccinated at Kadina Medical Associates in mid-March.

I have made contact with the Primary Health Network who is managing the Residential Aged Care Vaccine Roll-out but I have not had any dates confirmed.

I will let you know as soon as I know.

So welcome to April ... the end of day-light savings, perfect weather and recovering from too much of a good thing over Easter!

Thank you to ALL the amazing people who fill this home with laughter and happiness.

Yours faithfully,
Lyndal Stanley
Residential Services Manager



Friday Funnies

A girl was visiting her blonde friend, noticed she had acquired two new dogs, and asked what she named them.

The blonde responded by saying that one was named Rolex and one was named Timex.

Her friend said, "Whoever heard of someone naming dogs something like that?"

Whereupon the blonde responded, "What else you gonna name watch dogs?"

SYMPATHY

Sincere sympathy to the Family and Friends of the late,

- Mr L McEwen
- Mr A Berry
- Mrs E Arnold
- Mr C Greenslade

They will be sadly missed



Desserts Word Search

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



- | | | |
|------------|-----------|---------|
| BROWNIE | FLAN | PIE |
| CAKE | FRUIT | PUDDING |
| CHEESECAKE | FUDGE | SMORES |
| CHOCOLATE | ICE CREAM | SORBET |
| COBBLER | MILKSHAKE | SUNDAE |
| COOKIE | MOUSSE | TART |
| CUPCAKE | PARFAIT | TRIFLE |
| DOUGHNUT | PASTY | TRUFFLE |



COMMUNITY CARE CORNER



It is April already! Easter has been and gone again for another year and daylight savings has now come to an end until October.

I trust that everyone had a lovely Easter break, we had some lovely weather here in the Yorke Peninsula drawing a lot of tourist to the area which is great for our economy and the local small businesses.

The street of Moonta was particularly busy with both locals and tourists filling the street.

With the end of daylight savings upon us here in South Australia the nights become darker, days become shorter and the temperature becomes colder. It will not be long until we are all rugged up ready for Winter.

Even with this change in weather and time how could I forget to mention that the AFL has begun and local footy also ramping up for the season.

Are you a Crows supporter? Or Port? The age-old question for most South Australians. All I can say is that I hope that this season goes uninterrupted this year! That being said the Covid 19 vaccinations are now rolling out around the Yorke Peninsula.

The staff in Community Care have now had their opportunity to receive their vaccination.

With most local clinics stocking the vaccine there is now opportunity for the public to receive it but if you are unsure I suggest that you speak to your GP regarding any questions you have about the vaccination and your health.

It is also time again for Flu Shots, this years Flu Shot has now also begun to roll out in our state.

If you need any assistance regarding the booking of an appointment for either of these or if you need transport to an appointment please contact the office or ask one of the Community Care staff and they can help with the organisation of this.

Very important to keep up with your hand hygiene during the cold and flu season to keep yourself and others safe.

Please remember to fill out your feedback forms and let us know if there is any suggestions or improvements that may help us to continue to deliver exceptional care to our clients.

God Bless
 Community Care Manager
 Melinda Yelland



AUXILIARY NEWS

Star of the Sea Auxiliary

No Auxiliary Meeting for April

AGM for March 2021 resulted in some new Office Bearers

These are as follows:

President; Colleen Wally

Vice President: Pam Elliott

Secretary: Carmel Matthews

Treasurer: Elaine Chapman

Thanks to all who have supported us over the last 12 months and Danielle for attending our meetings and keeping us informed on the happenings at Star of the Sea.

Staff Birthdays:

APRIL

- 9th P Ireland
- 10th K Penney
- 12th F Holman
- 18th L Fox
- 19th V Godward
- 21st A Window
- 22nd T Rule
- 28th M Woodforde
- 29th B Walsh

Staff Dates to Remember:

Wed March 18th

- Combined CQI and WHS & IC Meeting

Thurs March 7th

- HCP Meeting

Wed April 1st

- 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,
- EN in Mary MacKillop Wing.

Please sign in & out and take your temperature using the activity register found in Admin by the sliding doors.

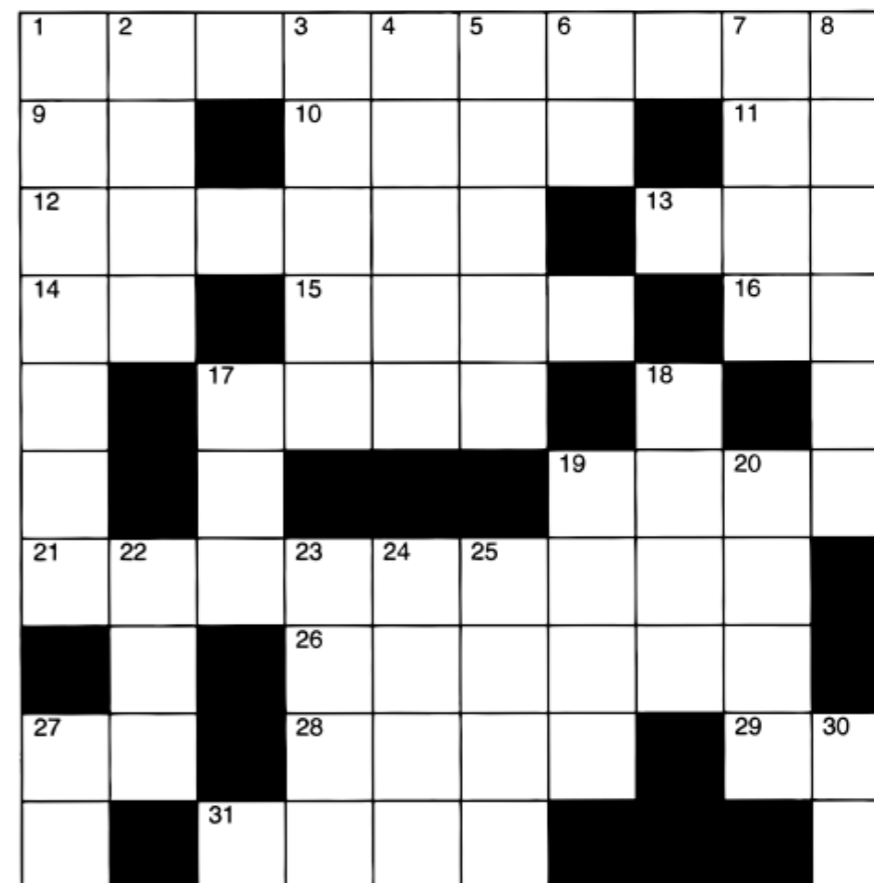
Thank you

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



The seven continents



Across

1. Coldest continent
9. Missouri (abbr.)
10. Brave; confident
11. Preposition
12. Continent
13. Organ of hearing
14. Registered nurse (abbr.)
15. Intensifier
16. Eleven (Roman numeral)
17. Table for writing or studying
19. Sodium bicarbonate; carbonated water; soft drink
21. Island continent
26. Without difficulty; with facility; in a smooth, free manner
27. 1st person pronoun
28. Dry; lacking moisture; parched by heat
29. Thus, in the same manner or way; to a great extent or degree
31. Region; extent of space or surface; scope

Down

1. Second word of two continents
2. Part of speech
3. Over; on top of; higher than
4. Heavy cords; twisted or braided strands of fiber
5. An office worker who keeps accounts and records; a salesperson in a store or shop
6. Touchdown (abbr.)
7. Persuade by kindness, patience, or flattery
8. Second largest continent
17. Negative prefix
18. Bubble up; reach the temperature where a liquid changes to gas
19. Past tense of *slide*
20. 24-hour periods
22. Employ, utilize
23. Pull apart or to pieces; damage by pulling sharply; drop of salty water coming from the eye
24. Unusual; uncommon; not often occurring
25. Largest continent
27. Possessive pronoun
30. Correlative of *either*; function word used to indicate an alternative

VOLUNTEER NEWS

Big welcome to a new volunteer Huba.

I am very sure that everyone will make him feel welcome.

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.

Quote:
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.

“Kind words can be short and easy to speak, but their echoes are truly endless.”
Mother Teresa.

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
- Exercise with Danielle and Denise
- Hairdressing/Beautician - see staff in your area
- Nail Care with Gaylia



Emergency (Police, Fire, Ambulance)	000
Lifeline	131114
Salvation Army 24 hr Care	1300 363 622
Commonwealth Respite Services	1800 052 222
Suicide Call Back Service	1300 659 467
Salvation Army—Help Line	1300 467 354
Sane Australia	1800 187 263
Family Relationship Advice	1300 050 321
Women's Information Service	1800 188 158
National Dementia Helpline	1800 100 500
MY AGED CARE	1300 422 232
After hours GP Helpline	1800 022 222
AGED RIGHTS ADVOCACY	1800 500 853