

St Joseph's House Connections May-June 2021



Queen's Birthday

PUBLIC HOLIDAY



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

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

elderabuseawarenessday.org.au | #WEAAD

22 Norman Street, Port Pirie SA 5540
Phone (08) 8632 1450 Fax (08) 8633 0790
W: www.spiritofcare.org.au E: admin@stjosephshouse.net.au





Notice Board



Mobile Library

Wednesday Fortnightly
Please see lifestyle if you wish to join.



This Issue:

- *Notice Board*
- *Colouring page*
- *Continuous Quality Improvement (CQI)*
- *Arts and Crafts*
- *Upcoming Dates*
- *Birthday Celebrations*
- *Around the Home*
- *Lifestyle*
- *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:

Tuesday 8th June 2021—Main Activities Area—10.30 am

Resident Liaison Officer : Marra Pearn





Anzac Day Service



ANZAC DAY
25 April 2021



 Lest we forget.



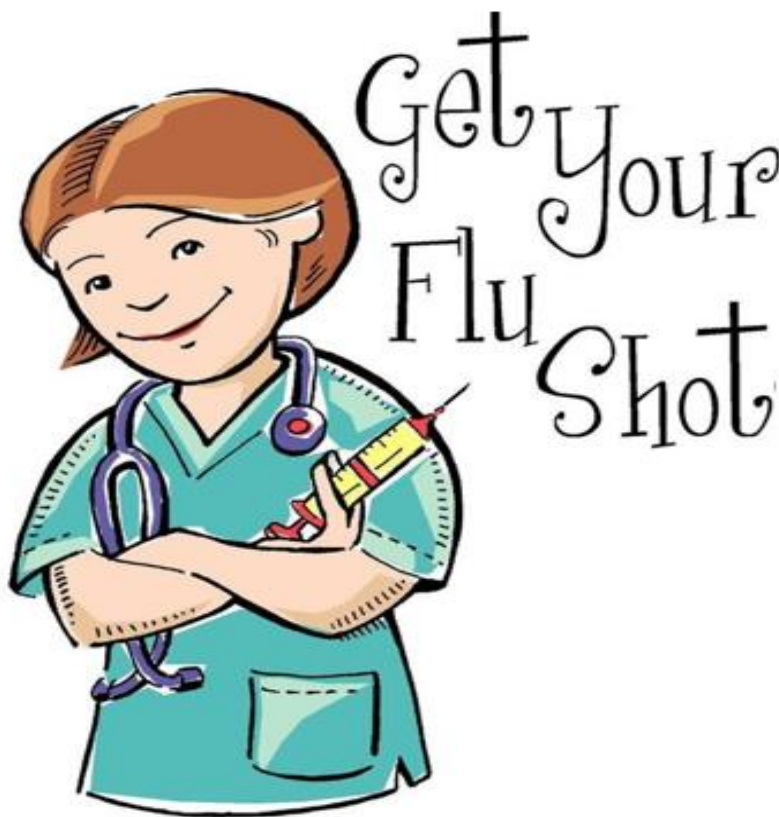
Influenza Vaccination 2021

Reminder

by June 1st 2021

ALL Visitors to St Josephs House must be Vaccinated against **2021** seasonal influenza.

If you have not provided us proof of your vaccination you will be unable to visit until you do so. If you require an exemption, please speak to your medical provider



VISIT OUR WEBSITE

Spiritofcare.org.au

For information and updates from St Joseph's House make sure you:

 Find us on
Facebook

@stjosephshouse





Mother's Day

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



CARING	FRIEND	KIND	MOTHER
CHILDREN	FUNNY	LAUGH	PARENT
DAUGHTER	GIVING	LOVE	READ
FAMILY	HAPPY	MAY	SON
FLOWERS	HUGS	MOM	SPECIAL





The theme for World Elder Abuse Awareness Day this year is **'Elder Abuse Prevention—Let's Talk'**.

COVID-19 has created significant uncertainty in Australia, especially amongst older people. Lockdowns and the subsequent inability to access support services, and the difficulty of keeping social connections, especially when older children move back with a parent or parents, has left older people with fewer avenues to talk about their circumstances and seek support.

During 2019-20, ARAS reported family conflict, lack of information, and psychological dependence were the key risk factors for elder abuse. Similar to previous years, the abuse reported was primarily financial and psychological and sons and daughters were reported as the most common abusers.

WHO estimates 15.7% of people 60 years and older are subjected to abuse. These prevalence rates are likely to be underestimated as many cases of elder abuse are not reported.

Let's come together and talk about how...

- we can build a community that supports older people to retain control of their lives, enhance their wellbeing, and maintain their independence living at home.
- we can create pathways for older people to a future free of abuse.

Aged Rights Advocacy Service (ARAS) is running an online forum to observe World Elder Abuse Awareness Day (WEAAD) on Thursday, 17th June 2021, from 10.30am – 1.30pm.

Details are on their website: www.sa.agedrights.asn.au



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

"No excuse for elder abuse"

CELEBRATING 27 YEARS

On the 28th of May 2021, Bishop Karol celebrated his 27th Presbyteral Ordination (Priesthood 28/05/1994)

We would like to say Congratulations on 27 years of priestly ordination Bishop Karol Kulczycki.



This month St. Joseph's House was blessed to be visited by Bishop Karol Kulczycki as he performed mass for the Residents.



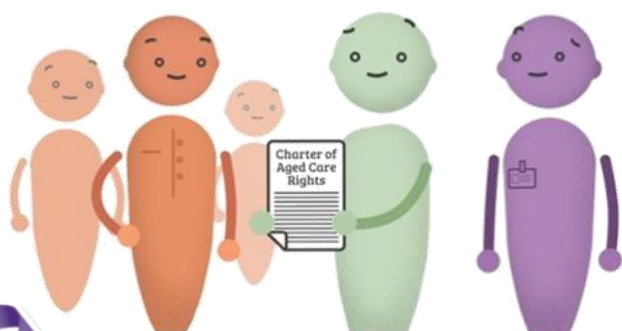
aras



aged rights advocacy service inc.

What we provide

- information about aged care: rights, entitlements and responsibilities
- assistance with registering and accessing home care support through the My Aged Care system (Country and Metropolitan North regions)
- Aboriginal advocacy and support
- strategies to help you protect yourself
- support to resolve your concerns or speak on your behalf
- promotion of the rights of older people
- information and education sessions.



About ARAS

The Aged Rights Advocacy Service (ARAS) is a free, confidential and statewide service which has been supporting older people since 1990.

Who we assist

Older people or their representatives who are:

- living in residential aged care
- receiving Commonwealth Home Support Programme (CHSP) or Home Care Package (HCP) services
- at risk of, or experiencing abuse from family or friends
- living in a retirement village.

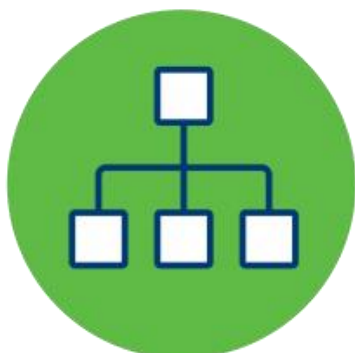
Contact

Aged Rights Advocacy Service Inc.

- 📍 175 Fullarton Road
Dulwich SA 5065
- ✉ 175 Fullarton Road
Dulwich SA 5065
- ☎ 1800 700 600 (freecall in AU)
(08) 8232 5377
- ☎ (08) 8232 1794
- ✉ aras@agedrights.asn.au



Aged Care Quality Standards....



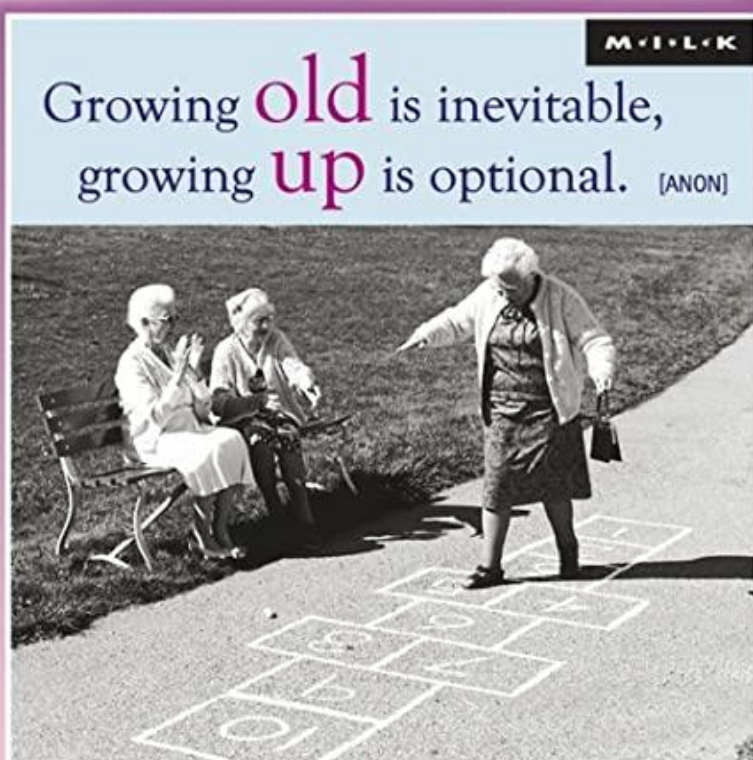
Standard 8: Organisational Governance

Consumer Outcome:

I am confident the organisation is well run. I can partner in improving the delivery of care and services.

What does this mean?

- The governing body of St Joseph's House, the Aged Care Board of the Catholic Diocese of Port Pirie (the Board), is responsible for the organisation and the delivery of safe and quality care and services that meet the Quality Standards.
- The Board sets strategic priorities that promote a culture of safety and quality.
- The Board drives and monitors improvements to make sure St Joseph's House is committed to quality care and services that are in your best interest and create quality experiences.
- The Board ensures that governance systems are in place that focus on delivery of safe and quality aged care services.
- Plans are in place to manage internal and external emergencies and disasters.



Interesting new study suggests one potential reason for the link between subjective age and health: Feeling younger could help buffer middle-aged and older adults against the damaging effects of stress.

People who feel younger have a greater sense of well-being, better cognitive functioning, less inflammation, lower risk of hospitalization and even live longer than their older-feeling peers.

As the saying goes
"you're only as old as you feel!"



Charter of Aged Care Rights

St Joseph's House supports your rights through the Australian Governments' Charter of Aged Care Rights.

Your rights as stated in the Charter are:

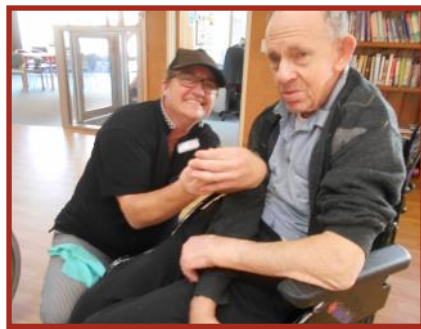
I have the right to:

- safe and high quality care and services;
- be treated with dignity and respect;
- have my identity, culture and diversity valued and supported;
- live without abuse and neglect;
- be informed about my care and services in a way I understand;
- access all information about myself, including information about my rights, care and services;
- have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
- have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
- my independence;
- be listened to and understood;
- have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- personal privacy and to have my personal information protected;
- exercise my rights without it adversely affecting the way I am treated.





Around the house



Funday



WHY DID THE CHEF
STOP COOKING?

HE RAN OUT
OF THYME!

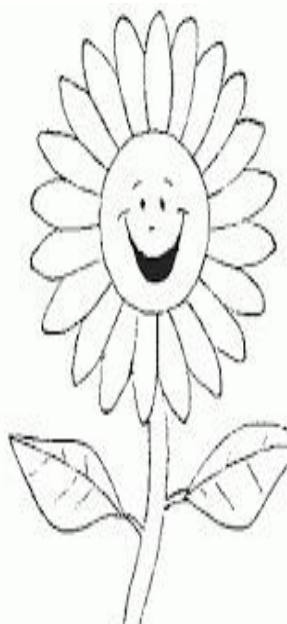


**FUN
LOOKS
GOOD
ON
EVERY
ONE**

How are you feeling today?
Draw a face to represent your mood



Make a face.



**What do
you call a
magic dog?**

A labracadabrador.



SMILE 😊

Continuous Quality Improvements...



Hi All,

Well, it has certainly been a very busy time in Quality over the past few weeks.

We had a full assessment from the Aged Care Quality and Safety Commission for St Clare. We provided information and evidence to demonstrate that we are complying with all 42 requirements over the 8 standards. We are now awaiting the final outcome of this audit.

We are very please to advise that we have received the results from a spot visit in January for both St Clare and St Mark. We have been found to have met and be compliant for the Requirement Personal and Clinical Care 3 (b) and 3 (d) and Human Resources 3 (a).

Thank you to everyone who provided feedback to the assessment team, feedback is essential in ensure continuous improvement of the services and care we provide.

Stay Safe.

Kind regards,

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 or ask for a copy at reception.

**Aged Care
Quality and Safety
Commission**

1800 951 822

Feedback and Complaints Process

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

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

Sharon Ley (Residential Services Manager)
Therese Johnson (Clinical Nurse Consultant)
Marra Pearn (Resident Liaison Officer)

If you wish to lodge a written complaint you can complete a Feedback Form which is available from various locations around the facility and place it in one of the feedback boxes.

Once received the Quality Coordinator will make a record of lodgement and the suggestion or concern is then followed through until you are satisfied with the outcome.



St. Joseph's House
Spirit of Care

Feedback Form

Please use this form to:

- Suggest an improvement
- Give us positive feedback
- Express a concern or issue

22 Norman Street
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May Dates

Saturday May 1st:

Feast of St Joseph's the Worker

Wednesday, May 12th:

International Nurses Day

Sunday, May 9th:

Mothers Day

Sunday May 23rd—Saturday May 29th:

National Palliative Care Week

Monday May 17th—Friday May 23rd:

National Volunteers Week

Thursday May 27th— Thursday June 3rd

June Dates

Monday, 14th June:

Queens Birthday Holiday

Tuesday, 15th June:

World Elder Abuse Awareness Day

NATIONAL 17-23 MAY 2021
VOLUNTEER
RECOGNISE. RECONNECT.
REIMAGINE. **WEEK**



Sympathy

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

Mary Reardon

Beryl Mudge

John Fetherstonhaugh

Angas Evans



May They Rest in Peace



Happy Birthday

May God give you the strength and wisdom to smoothly surmount all the challenges life brings you. Stay blessed and enjoy your day to the fullest.



May and June Birthdays

7/5 Rhonda Richardson

16/05 Doreen Yeend

28/5 Chrisoula Yiannoulis

4/6 Cyril Brown

9/6 Doreen Donnon

28/6 Fay Culpin



June 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 1030 BINGO 1:1 visits and individual activities	2 Activities set up around the home for your choice	3 1030—Yoga 1100- Room Visits 1:30 Les Rich	4 1030 Chair Exercises & walking group 130—Bowls 4:00—Men's Group	5 Activities left in your area to use at your leisure	6 Songs of praise 11:30 am ABC 100X FM 100.1 7pm reading local
7 1030 Chair Exercises 130pm Queens Birthday craft	8 1030— Resident meeting 130pm BINGO	9 1045— Mass 130pm Queens Birthday afternoon Tea	10 1030—Yoga 1100- Room Visits 1:30 Hangman & Whiteboard Games	11 1030 walking group 130—Bowls 4:00—Men's Group	12 Activities left in your area to use at your leisure	13 Songs of praise 11:30 am ABC 100X FM 100.1 7pm reading local
14 Public Holiday Queens Birthday	15 1030 BINGO 130pm Arts and crafts	16 1045— Mass 130pm Sing A Long	17 1030—Yoga 1100- Room Visits 1:30 Playing Cards and a cuppa	18 1030 Chair Exercises & walking group 130—Bowls 4:00—Men's Group	19 Activities left in your area to use at your leisure	20 Songs of praise 11:30 am ABC 100X FM 100.1 7pm reading local
21 11:00—Ecumenical service Room visits 130pm Hoy	22 1030 BINGO 130pm Cooking	23 1045— Mass Self directed Group activity Gardening, Hoy, knitting, Cards	24 1030—Yoga 1100- Room Visits 1:30 Ladies Pampering	25 1030 Chair Exercises & walking group 130—Bowls 4:00—Men's Group	26 Activities left in your area to use at your leisure	27 Songs of praise 11:30 am ABC 100X FM 100.1 7pm reading local
28 1030 Chair Exercises & walking group 130pm Trivia and quizzes	29 1030 BINGO 130pm Birthday Celebrations with John	30 1045— Mass 130pmBalloon Tennis 2pm Beetles				

