

St Joseph's House Connections July 2021



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Notice Board



Mobile Library

Wednesday Fortnightly
Please see lifestyle if you wish to join.



This Issue:

- *Notice Board*
- *Bingo*
- *Find a word*
- *Arts and Crafts*
- *Upcoming Dates*
- *Birthday Celebrations*
- *Around the Home*
- *Reminders*
- *What's Happening in Port Pirie*
- *Aged Care Quality Standards*
- *Calendar*
- *Lets Plant*
- *Did you know?*
- *Continuous Quality Improvement (CQI)*



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 13th July 2021—Main Activities Area—10.30 am

Resident Liaison Officer : Marra Pearn



BIRTHDAY CELEBRATIONS



We love playing **BINGO**

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.



REMINDER FOR FAMILIES AND RESIDENTS:

When arranging external appointments with GP's or specialist please notify the RN/EN before the appointment.

This will ensure that we can provide any information needed and receive any orders or information back.

These external appointments include eye specialist, dentists, surgical or any other appointment where staff may need to make changes to the care being provided.



COMMUNICATION:

Families are requested to ask for the Registered Nurse or Enrolled Nurse for enquires regarding care matters.

Families are welcome to ring during the week to speak with our Clinical Nurse Consultant or to make an appointment for a face to face meeting.



REMINDER FOR FAMILIES:

Resident's personal belongings are not covered by St Joseph's House Insurance. It is important to ensure that jewellery remains safe. It can become lost if resident's try to hide their jewellery or it becomes mixed up with rubbish or linen. A suggestion is to replace jewellery, where possible, with less expensive items.



VISIT OUR WEBSITE

Spiritofcare.org.au



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



Find us on
Facebook

@stjosephshouse

St Joseph's House Word Search

What's even better than a word search? A word search made specially for your home! In this word search you'll be finding words that describe St Joseph's house and the people in it.

So pick up a pen and have some fun!

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| F | N | O | I | T | A | C | I | N | U | M | M | O | C |
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| S | E | I | T | I | V | I | T | C | A | T | R | E | L |
| T | S | E | R | E | Y | R | W | F | R | J | G | I | A |
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| D | C | C | O | F | H | R | C | A | R | E | R | S | H |
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Laughter
Carers
Bingo
Crafts
Meals
Safe
Bonding
Activities

Crafts
Home
Bowls
Friendships
Visitors
Family
Caring
Respectful

Accepting
Communication
Residents
Welcoming
St Josephs
Mens Group

LET'S PLANT



Who say's those cold winter days will stop us from gardening?

Here we design our own plant pots and pot some gorgeous plants. Look at how gorgeous these turned out!! I'm giving them a 10/10!

ALOE, HOW ARE YOU?



LONG THYME NO SEE!



BACK TO THE PAST

Let's go back in time and look at how things once were in the past! How times have changed! Do you remember these??



Ellen Street in 1962. Who remembers Ellen street when it looked like this? How times have changed!



Look at this post card of Port Pirie Rail station in the 1970's.



Look at this catalogue from 1973. 30c for coffee! How amazing!

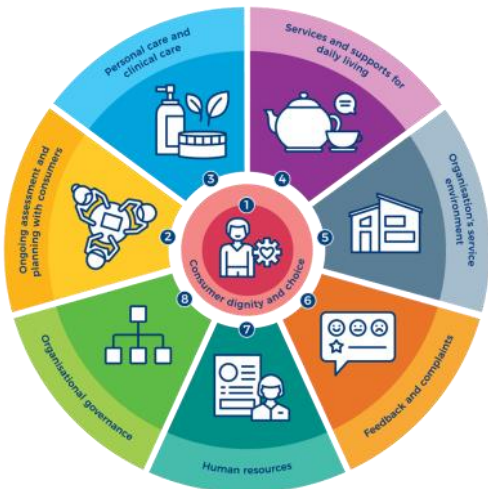


This photo was taken in the 1960's while the Port Pirie stack was being built. The tower is now 205 metres high!

“Nothing is IMPOSSIBLE, the word itself says “I’M POSSIBLE!””



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 outlines 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 to us 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.



"If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it."

George Burns

"The purpose of our lives is to be happy."

— DALAI LAMA —

Parade

DID YOU KNOW?

Bubble wrap was originally invented as wallpaper, I'd be distracted popping the bubble every day!



You only have two body parts that never stop growing! They are your ears and nose!!



"Strengths" is the longest word in the English language with one vowel.



McDonald's once made bubblegum flavored broccoli. What do you think? Yay or Nay?



Cows don't have upper front teeth. They would only spend half the amount of time we do in the dentist!



The average mammal takes 21 seconds to empty its bladder.

Scotland has 421 words for "snow". Some of the words that they use are: 'fleefle', 'flidrikin' and 'spitters'!



The longest place name in the world is 85 letters long.

Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhen-uakitanatahu

Can you pronounce that?

This town is located in New Zealand



Around the house





Here at St Joseph's House we like to keep our residents having fun and enjoying their time here.

One of those things being crafts.

Check out what our Kings and Queens made!



You are all so talented

Thank you for making craft time so much fun.

#KingsandQueensofStJoseph'sHouse

Continuous Quality Improvements...



Hi All,

We are very pleased to announce that St Joseph's House has received a 2 year renewal for our St Clare licence after our recent assessment contact from the Aged Care Quality and Safety Commission.

As you would expect of an audit this thorough, we received some areas where we can make improvements to ensure compliance with the standards. All of the areas of improvement identified by the audit team have now been implemented and we look forward to the Commissions return to demonstrate our commitment to continuous improvement against the standards.

Overall the general feedback from the auditors who attended on site on the day and from the written report has been very positive with comments such as a 'home-like-feel' or they found 'the service environment to be welcoming.' hopefully a reflection of how our residents and families feel as well.

Stay Safe.

Kind regards,

Amanda White

Quality and WHS Coordinator

Feedback and Complaints Process

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

If you wish to provide feedback or make a 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 provide written feedback please feel free to:

- Email us info@stjosephshouse.net.au
- Complete a Feedback Form 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 feedback or complaint is assessed for response and follow up by a senior staff member.

In need of an advocate?

aras



aged rights advocacy service inc.

1800 700 600



Australian Government
Aged Care Quality and Safety Commission

Engage
Empower
Safeguard

The Aged Care Quality and Safety Commission
can be contacted on
1800 951 822

July Dates

30th July - *National Friendship day*



The real Christmas only happens once a year - on 25 December. It can be hot and humid during December, which is in the middle of summer in Australia. So Christmas is celebrated differently here compared to the northern hemisphere, where it's the middle of winter.

In Australia it's more likely we'll have beer on the beach, rather than mulled wine and markets, which is what happens in Europe. The food eaten here will also be lighter, with seafood a popular choice.

That's why there's 'Christmas in July', which is also known as Yulefest or Yuletide in Australia. July is generally the coldest month of winter, so celebrations emulate the atmosphere of the northern hemisphere winter. So that means hearty food like roasts, and warm drinks in front of fireplaces and bonfires.



If you know someone who has lost a very important person in their life and you're afraid to mention them because you think you may make them sad by reminding them that they died - you're not reminding them, they didn't forget. What you're reminding them of is that you remembered that they lived. And that is a great, great gift.

ELIZABETH EDWARDS



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

Josephine Beyer

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.




July Birthdays

María Despotakis 3/07

Annette Keain 6/07

Douglas Gourd 26/07

Lionel Corrie 28/07

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5 Hairdresser</p> <p>10.45—Fitness Fun</p> <p>1.30—Riddle and Trivia Challenge</p> | <p>6</p> <p>10.30—Bingo</p> <p>1.30—Virtual Concert</p> | <p>7</p> <p>10.45—Mass</p> <p>1.30 - Silhouette Craft</p> <p>Library Day</p> | <p>8</p> <p>10:30 Yoga</p> <p>1:30—Hoy</p> | <p>9</p> <p>11:00 Walking Group</p> <p>1:30 Bowls</p> <p>4:00 Men's Group</p> | <p>10</p> <p>Activities left in your own area to use at your leisure</p> | <p>11</p> <p>Songs of praise 11.30 am ABC</p>  <p>7pm reading local Recorder</p> |
| <p>12 Hairdresser</p> <p>10.45—Fitness Fun</p> <p>1.30— Men's activity</p> | <p>13</p> <p>10.30—Resident Meeting</p> <p>1.30—Bingo</p> | <p>14</p> <p>10.45—Mass</p> <p>1.30—Self directed Gardening, Puzzles Knitting and Cards Games</p> | <p>15</p> <p>10:30 Yoga</p> <p>1:30—Cooking—Icing biscuits (Making caterpillars)</p> | <p>16</p> <p>11:00 Walking Group</p> <p>1:30 Bowls</p> <p>4:00 Men's Group</p> | <p>17</p> <p>Activities left in your own area to use at your leisure</p> | <p>18</p> <p>Songs of praise 11.30 am ABC</p>  <p>7pm reading local Recorder</p> |
| <p>19 Hairdresser</p> <p>10.45—Ecumenical Service</p> <p>1.30—</p> | <p>20</p> <p>10.30—Bingo</p> <p>1.30—Ladies Afternoon Drinks and Nibbles</p> | <p>21</p> <p>10.45—Mass</p> <p>1.30—Golden Memories Sing-a Long</p> <p>Library Day</p> | <p>22</p> <p>10:30 Yoga</p> <p>1:30—Cards and Board Games</p> | <p>23</p> <p>10:45- Exercises & walking group</p> <p>1:30 Bowls</p> <p>4:00 Men's Group</p> | <p>24</p> <p>Activities left in your own area to use at your leisure</p> | <p>25</p> <p>Songs of praise 11.30 am ABC</p>  <p>7pm reading local Recorder</p> |
| <p>26 Hairdresser</p> <p>10.45—Fitness Fun</p> <p>1.30—Reminiscing Afternoon—bring photo and story to share</p> | <p>27</p> <p>10.30—Bingo</p> <p>1.30— Birthday Celebrations with John</p> | <p>28</p> <p>10.45—Mass</p> <p>1.30 Hoy</p> | <p>29</p> <p>10:30 Yoga</p> <p>1:30—Virtual Travel Gardens around the world</p> | <p>30</p> <p>10:45 Exercises & Walking group</p> <p>1:30 Bowls</p> <p>4:00 Men's Group</p> | <p>31</p> <p>Activities left in your own area to use at your leisure</p> | |