

St Joseph's House Connections September 2021



**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

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.



This Issue:

- *Welcome signs*
- *Back to the past*
- *What have we been up to?*
- *Find-a-word*
- *Aged Care Quality Standards*
- *Colour in page*
- *Around the house*
- *Did you know?*
- *CQI*
- *Charter of Aged Care Rights*
- *Birthdays*



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:

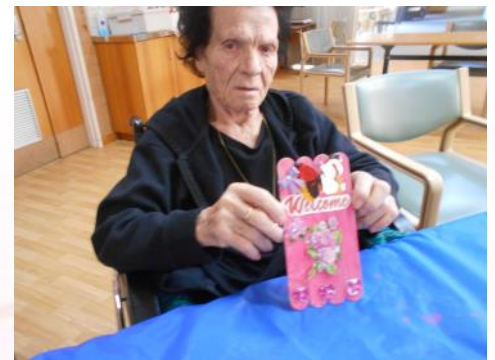
Tuesday, 14th September, 10.30am

Main Activities Area

Resident Liaison Officer : Marra Pearn



Here at St Joseph's House we welcome all, so we decided it would be a fun activity to get our lovely residents to make some welcome signs, look how Wonderful these turned out!



We welcome everyone, new and old.

Let's go back through the last month and see what we've done!



Here we have our wonderful residents keeping active with some indoor activities! Here we have some indoor exercise/sport happening!



Who doesn't love to knit? Here some of our lovely ladies (and gentlemen if they would like to join) enjoying sitting down, chatting and doing some knitting!



Each week we have our lovely volunteer come in and paint the ladies nails, who doesn't love a bit of a pamper?



BINGO! One of our residents favourite activities is bingo! Not only do they all get to come together and enjoy the fun of the game but they also get to win some prizes, Who doesn't love a prize?



Here the residents get to sit down and relax a little bit with some arts and crafts! They are all so talented and each piece of art turns out incredible!



PLANTS! Look at the beautiful plants/succulents our gorgeous residents pot! Nothing better than being able to look at some gorgeous plants! Here at St Josephs House we want the best for our residents and we want to help with keeping them active, smiling and enjoying their life!

‘Spring is a lovely reminder of how beautiful change can truly be’

Spring Word Find

r b r g b v r n d q k u g y e
u a r e l s a e k m v x l s m
l o i z o f p e s a e f p p k
w w h n s i g r q p r r o w a
y v f c s q d g i e i s h z x
d a f f o d i l t n s l n u s
o l p x m h d t g a k t u a t
t k z e q k u e r c r l g t c
p w z c c b e g w k j q e r o
r y p q d a p r i l u k e q b
s h o t n s e l a m z z x q k
s k c i h c y h k g w v o y q
u q d z h r q a a s a y p d p
a h l y i s o q m l r y d d i
i b l h z q i k w z m s b n b

april
blossom
butterfly
chicks
daffodil
grass
green
grow



may
rain
spring
sprinkle
sun
tulips
warm

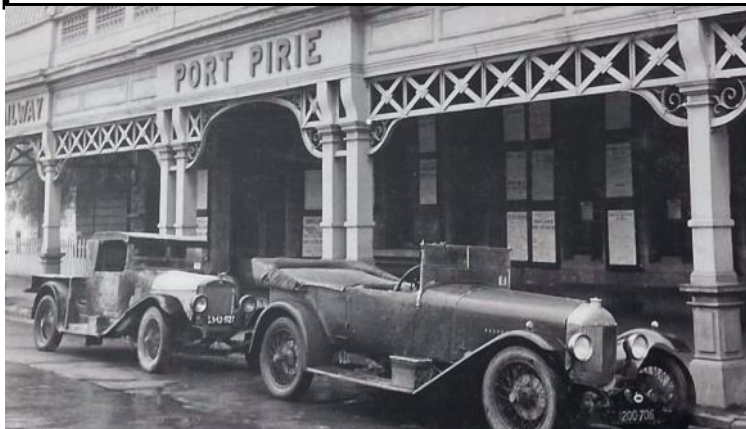


“Where flowers bloom, so does hope”

BACK TO THE PAST



Port Pirie in 1880, The Central hotel



1922, Corner of Gertrude street and alexander street, the opening of the Mission Church.

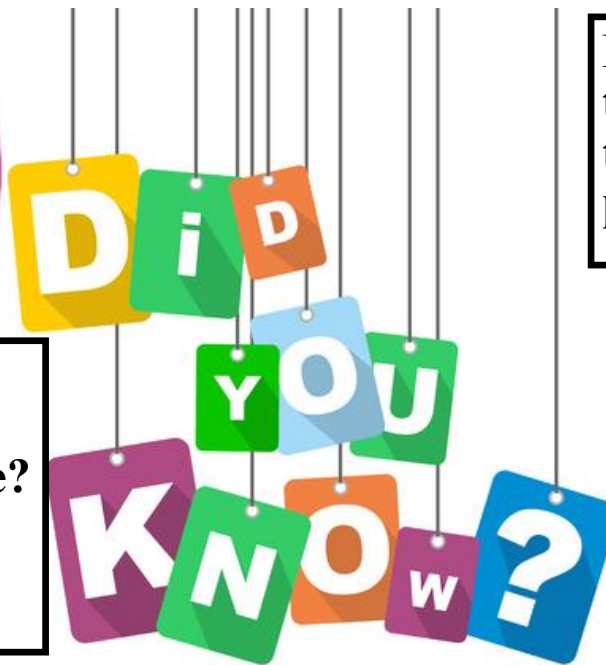


Port Pirie, Ellen Street 1893.



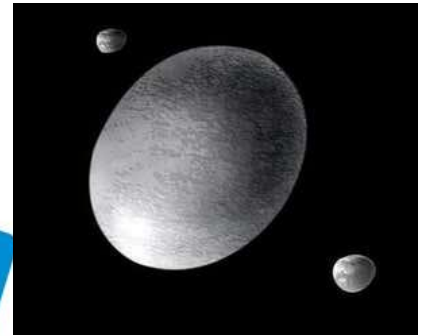
To the Right, Port Pirie Ellen Street in 1918. To the Left, this picture is the Port Pirie Fire Brigade in 1930!



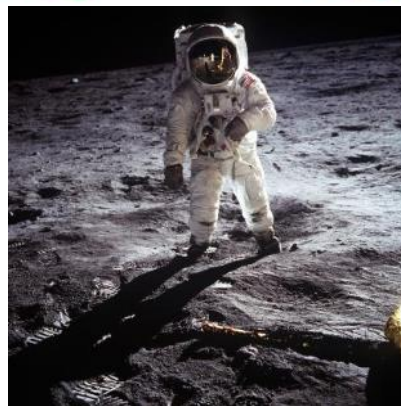


Did you know chewing gum is banned in Singapore?
What an interesting law to have!

Did you know there's a planet that's shaped like a potato?



Did you know an astronaut was allergic to the moon?
During the Apollo 17 mission, Harrison Schmitt found out he was allergic to moon dust. Seems like a tre-moon-dous allergy problem!



Did you know extreme ironing is an actual sport?

Did you know hot water will turn into ice faster than cold water?

Did you know there's a 3,400-year-old song?
"Hurrian Hymn No. 6" is considered one of Earth's earliest melodies, dating back to the 14th century.

Elephants are the only animal who can't jump!!

Did you know cats spend 66% of their life asleep? I also have found that they enjoy going into "play" mode when you decide you want to go to sleep!



The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English Language.

Did you know the Hawaiian alphabet has only 12 letters? Those letters are A, E, H, I, K, L, M, N, O, P, U and W!!

It is physically impossible for pigs to look up into the sky!

Did you know dreamt is the only word that ends in mt?

Did you know 11% of people are left handed?
Are you left handed?



Around the house



Aged Care Quality Standards....



Standard 2. Ongoing assessment and planning with consumers.

Consumer Outcome:

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.

What does this mean?

The care and services that are planned for at St Joseph's House are planned to meet your needs, goals and preferences and ensure your best health and wellbeing outcomes.

St Joseph's House work with you to overcome challenges with your health and abilities, so you can still achieve your goals, have roles that are meaningful and live your life as well as you can.

St Joseph's House should be working in partnership with you to understand what is important to you, listen to what you want and work within your abilities. St Joseph's House can then focus on planning care and services that provide opportunities for your participation and growth.

This all forms part of a documented care plan that will be discussed with you when changes occur and should be continually reviewed to meet your changing needs and support you in your day-to-day life with dignity and respect.

**COUNT YOUR AGE BY
THE NUMBER OF MEMORIES,
NOT BY
THE NUMBER OF YEARS.**



Kedhaven
CARE HOMES

As you get older, you find out that true happiness is not in how much money you make, or how many degrees you have, or how big your house is, or how fancy your car is.

It's finding peace and joy and a calmness in your life that becomes the most important thing to you. Your family is what matters to you. Love is what matters to you. Things that are of quality, not of quantity.

-Unknown

Continuous Quality Improvements...



Hi All,

It's been another busy month for continuous improvements at St Joseph's House.

You may have noticed the new medication trolleys that are being wheeled around. These form part of a new electronic medication system, Medi-Map, that commenced in September at St Joseph's House. Medi-Map is used by all members of the clinical team that manage medications, this includes the Nurses, Pharmacist and Doctors.

Medi-Map ensures that St Joseph's House uses up to date technology to provide the best care and wellbeing outcomes, with any required changes to your medications occurring quickly and seamlessly with all members of the supporting clinical team kept up to date in real time.

We are very excited to have this amazing new medication systems in place.

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.

Feedback Form

Department - Administration | Date of Feedback and Complaint | Received Date

St. Joseph's House
Spirit of Care

Feedback Form

Please use this form to:

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

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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

Charter of Aged Care Rights

I have the right to:

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

Consumers (Residents)

Consumers have the option of signing the Charter of Aged Care Rights (the Charter). Consumers can receive care and services even if they choose not to sign.

If a consumer decides to sign the Charter, they are acknowledging that their provider has given them a copy of the Charter, and assisted them to understand:

- information about consumer rights in relation to the aged care service; and
- information about consumer rights under the Charter.

Providers (St Joseph's House)

Under the aged care law, providers are required to assist consumers to understand their rights and give each consumer a reasonable opportunity to sign the Charter. Providers must give consumers a copy of the Charter that sets out:

- signature of provider's staff member;
- the date on which the provider gave the consumer a copy of the Charter; and
- the date on which the provider gave the consumer (or their authorised person) the opportunity to sign the Charter;
- the consumer (or authorised person)'s signature (if they choose to sign); and
- the full name of the consumer (and authorised person, if applicable).
- The provider will need to retain a copy of the signed Charter for their records.

September Dates

5th September

Fathers day

12th September

Blessing of the fleet

20th - 26th September

Dementia

Awareness Week

27th September

Queens Birthday



DEMENTIA AWARENESS WEEK 2021



The Blessing of the Fleet is a tradition that began centuries ago in Mediterranean fishing communities. The practice began predominantly Catholic, but is now practiced by all Christians as a blessing from the local priest and pastors that is meant to ensure a safe and bountiful season.





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.




September Birthdays

Donald Young 7/09

Nancy Clarke 9/09



September 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 10.45—Mass 1.30— Footy Tipping Presentation and tribute to Fathers Afternoon tea.	2 10:30—Yoga 1:00 - ARAS	3 10:45 Walking Group 1:30 - Bowls 4:00 - Men's Group	4 Activities left in your own area to use at your leisure	5  A graphic of a Father's Day card with a mustache and the text 'HAPPY FATHER'S DAY'.
6 10.30 1.30 Arts & Craft Arm Chair Travel Preparation; Australia + Afternoon Tea	7 10.30—Bingo Jo McGrath 1pm	8 10.45— Mass 1.30—Craft “Pot painting” Library Day	9 10:30—Yoga 1:30 - Hoy	10 10:45 Walking Group 1:30 - Bowls 4:00 - Men's Group	11 Activities left in your own area to use at your leisure	12 Songs of praise 11:30 am ABC 7pm reading local recorder
13 10.30 Sit & Be Fit Chair Exercises	14 10.30—Resident Meeting	15 10.45—Mass 1.30—Sing	16 10:30—Yoga 1:30 - Board Games	17 10:45 Arts & Craft Arm Chair Travel Preparation 1:30 - Bowls 4:00 - Men's Group	18 Activities left in your own area to use at your leisure	19 Songs of praise 11:30 am ABC 7pm reading local recorder
1.30 Cooking Masterclass No Bake Rocky Road	1:30—Bingo					
20 10.30 High Tea Morning Tea	21 10.30—Bingo	22 10.45— Mass 1.30— Gardening Library Day	23 10:30—Yoga 1:30 - Hoy	24 10:45 Walking Group 1:30 - Bowls 4:00 - Men's Group	25 Activities left in your own area to use at your leisure	26 Songs of praise 11:30 am ABC 7pm reading local recorder
1.30 TV Show “Pick A Box” Thiva St Clare V St Mark Residents; Get your teams ready	1:30—Virtual Concert					
27 10.30 Sit & Be Fit Chair Exercises	28 10.30—Bingo	29 10.45— Mass 1.30 - Ladies Afternoon	30 10:30—Yoga 1:30 - Card Games			
1.30 Arm Chair Travel AUSTRALIA BBQ Luncheon	1:30—Outdoor socializing					