

# **St Joseph's House Connections October 2021**



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# 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:*

- *Football Finals*
- *Colouring in Page*
- *Find-a-word*
- *Spring Activities*
- *Walking Group*
- *Find a Word*
- *Morning High Tea*
- *Did you Know?*
- *Men's Group*
- *Aged Care Quality Standards*
- *CQI*
- *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:*

*10.30am—9th November*

*St Clare Up*

*Resident Liaison Officer : Marra Pearn*

The Melbourne Demons have won the 2021 AFL grand final, defeating the Western Bulldogs by 74 points to end a 57-year wait for a premiership.



WESTERN BULLDOGS



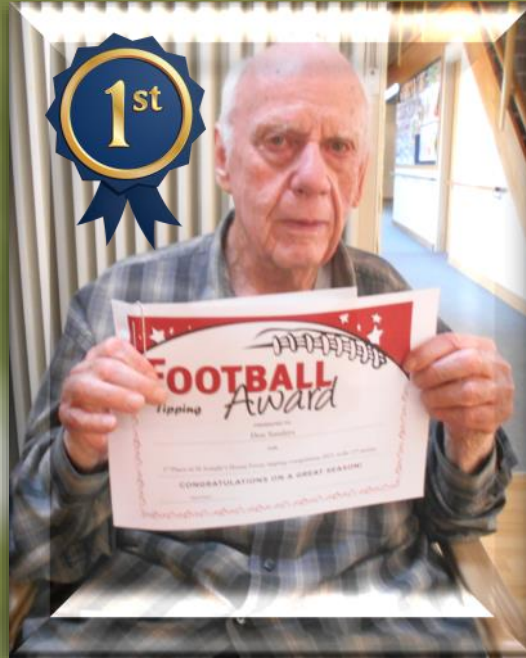
**Footy Tip Winners :**

1st Don S

2nd Vonnie P



3rd Joy K

**Congratulations!!**

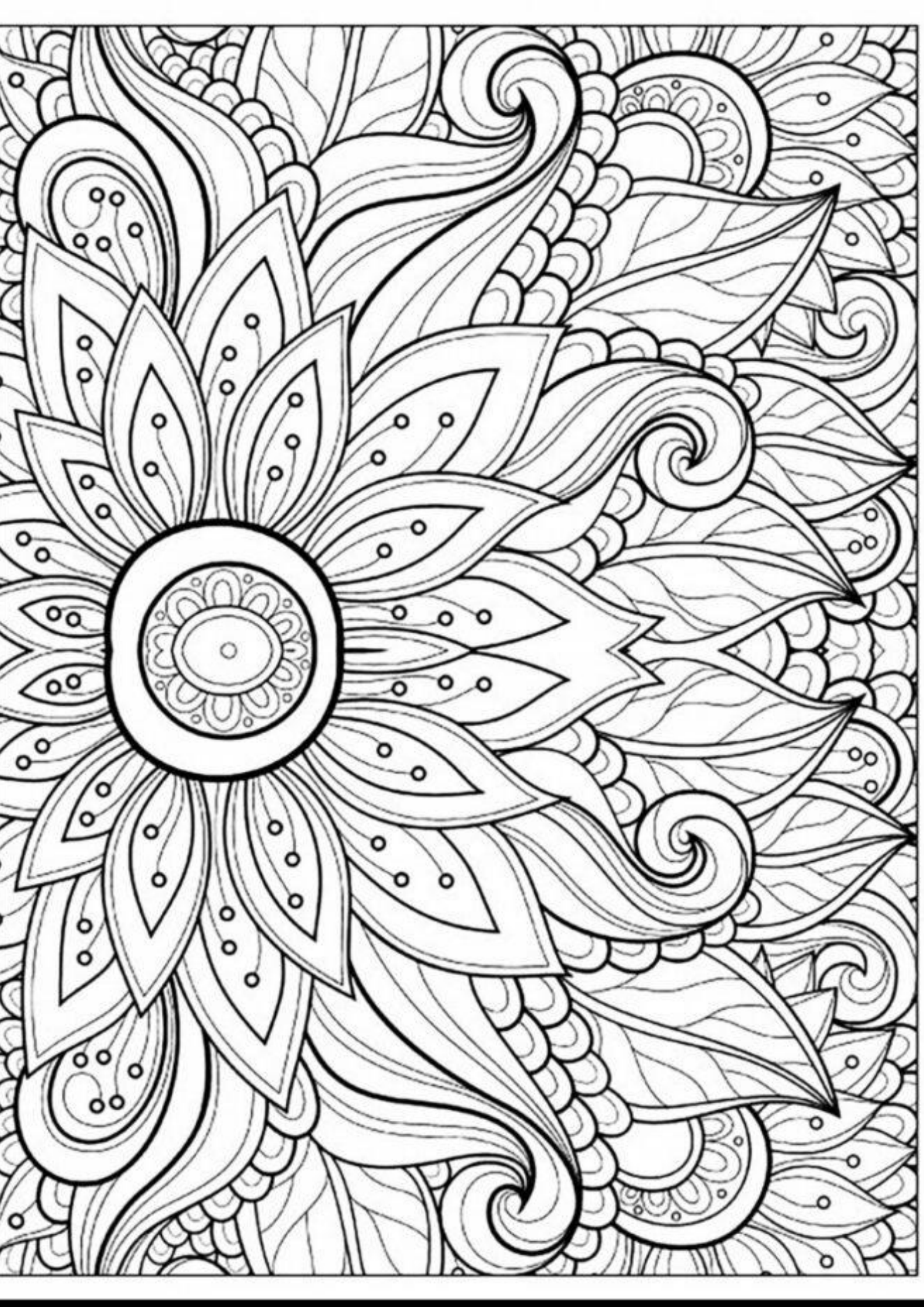


**In Local Footy**

A Grade Finals saw Solomontown Cats Vs Lions Football Club.

	10	5	65
	10	19	79





# Springing into Spring with some Activities



Gardening is the art that uses flowers and plants as paint, the soul and sky as Canvas





*Now that Spring has returned Lifestyle and the Residents have been out exploring Port Pirie*



*We're walking on sunshine*

*Woah Oh!*

*And Don't it feel Good Hey!*



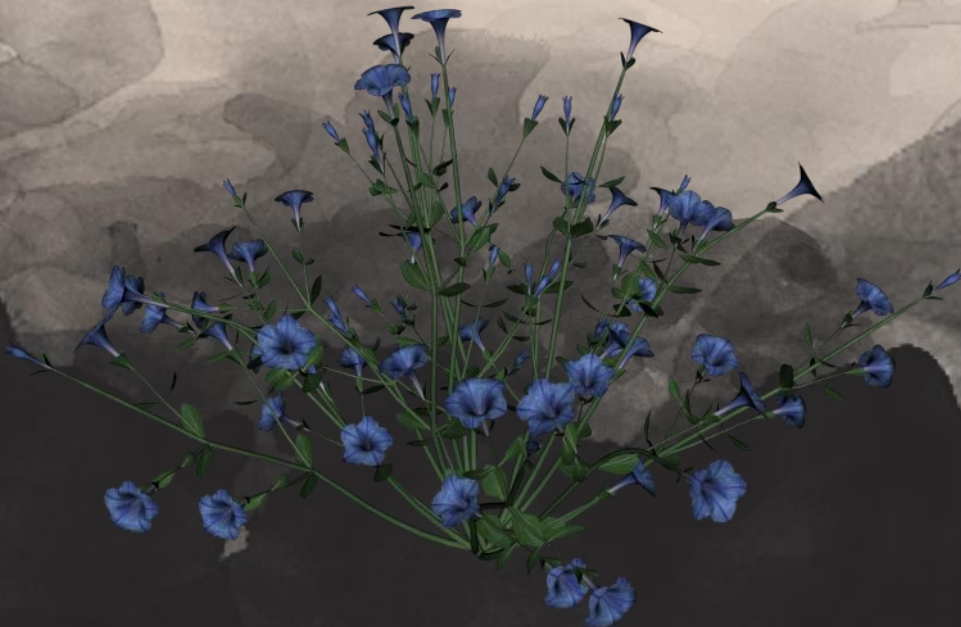
Adventure Italian  
 Artic Journal  
 Boat Jungle  
 Brave Lunar  
 British Merchant  
 Caves Mountain  
 Chart Navigate  
 Claim Ocean  
 Climate Record  
 Climb Sail  
 Conquer Search  
 Courage Ship  
 Desert Spanish  
 Diary Travel  
 Discover Traverse  
 Exotic Trip  
 Embark Tropics  
 Experience Uncover

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

Find  
 First  
 Frontier  
 Future  
 Guide  
 Isolated



*Spring is in the  
Air*



# High Tea Morning Tea

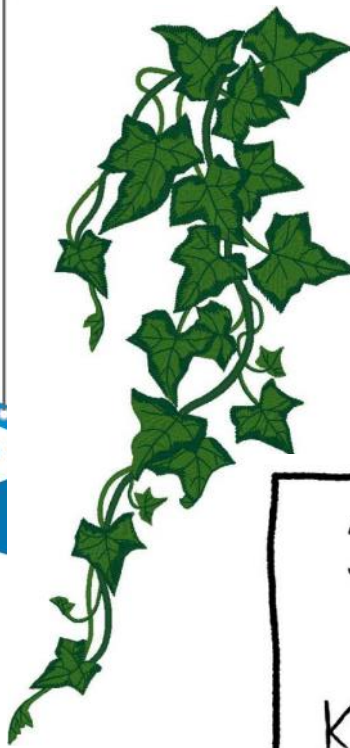


*Life is like a Tea Cup, to be filled to the brim and enjoyed with friends.*






# DID YOU KNOW?



There is a garden in England called "The Poison Garden." It is home to 100 murderous plants. Visitors to this dangerous garden are prohibited from smelling, touching, or tasting any of the plants.

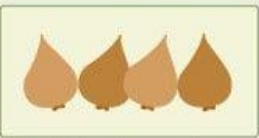
A HERB IS SPECIFICALLY FROM THE LEAF OF A PLANT, AND A SPICE IS FROM THE SEED, BERRY, STEM, BARK, ROOT OR BULB.

DID YOU KNOW?



HUMAN DNA AND BANANA DNA ARE 50% THE SAME.

## Did you know?



• **Tulip bulbs** can be substituted for onions in a recipe.



• **Saffron**, the world's most expensive spice, comes from a type of crocus flower.



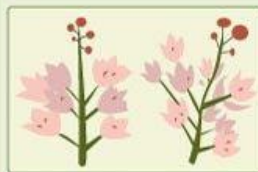
• The juice from **bluebell flowers** was once used to make glue.



• **Foxglove** is an old English name, derived from the belief that foxes slipped their feet into the leaves of the plant to sneak up on prey.



• **Blue cohosh**, also known as squaw root or papoose root, was used by Native American women to ensure an easy labor and child-birth.



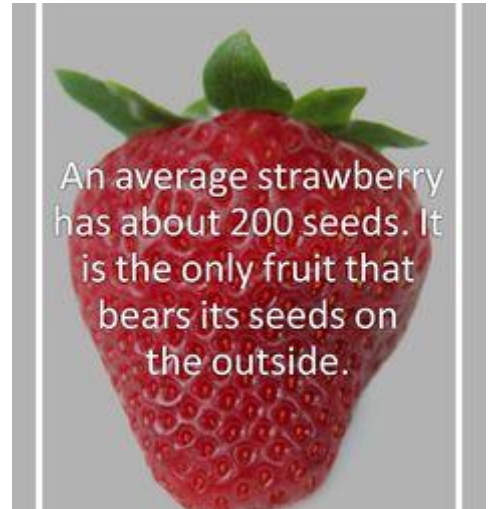
• **Gas plants** produce a clear gas on humid, warm nights. This gas is said to be ignitable with a lit match.



• **Sunflowers** move throughout the day in response to the movement of the sun from east to west.



• Scientists discovered the **world's oldest flower** in 2002, in northeast China. The flower, named **Archaeofructus sinensis** bloomed around **125 million years ago** and resembles a water lily.



An average strawberry has about 200 seeds. It is the only fruit that bears its seeds on the outside.



There are over 20,000 species of edible plants in the world. However, just 20 species provide 90% of human food.



# Around the house



**WE HAD  
A GOOD  
CROWD  
AT MEN'S  
GROUP ON  
FRIDAY!**



**THANKS TO THE  
KNIGHTS OF  
THE SOUTHERN  
CROSS**



# Aged Care Quality Standards....



## Standard 3. Personal Care and Clinical Care.

### Consumer Outcome:

I get personal care, clinical care, or both personal and clinical care, that is safe and right for me.

### What does this mean?

Residents of St Joseph's House can expect the safe, effective and quality delivery of personal and clinical care.

Personal and clinical care services can include:

- Supervising or helping with bathing, showering, personal hygiene and dressing
- Providing personal mobility aids and communication assistances for you if you have a hearing, sight or speech impairment
- Nursing services
- Services aimed at getting back or improving your independence or daily living activities
- Specialised therapy services

This standard is not the 'how to' of clinical and personal care, rather this standard is to ensure that personal and clinical care is delivered in a safe and effective way. St Joseph's House can do this by having policies and procedures that support the staff and ensure that best practice evidence based care, that meets your needs, goals and preferences is in place.



# Continuous Quality Improvements...



Hi All,

October is National Safe Work Month, at St Joseph's House we are asking our workers to think safe. work safe. be safe. as a commitment to creating an environment that is free from physical and psychological harm.

Everyone can get involved by reporting any hazards they see to staff, following Covid-19 safety measures and letting the people that matter know of the positive impact that they have on your life.

So this October lets all think safe. work safe. be safe.

Kind regards,  
Amanda White  
Quality and WHS Coordinator



**think safe. | work safe. | be safe.**

## 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 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](mailto: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.

The image shows a feedback form from St. Joseph's House. At the top, it says 'Feedback Form' and includes fields for 'Department - Administration' and 'Date of feedback and completion'. Below this is the St. Joseph's House logo and the text 'St. Joseph's House Spirit of Care'. The form is titled 'Feedback Form' and lists three purposes: 'Suggest an improvement', 'Give us feedback', and 'Express a concern or issue'. At the bottom, it provides contact information: '22 Norman Street, Port Pirie SA 5540', 'Ph: 8632 1450', 'Fax: 8633 0790', 'E: [info@stjosephshouse.net.au](mailto:info@stjosephshouse.net.au)', and 'W: [www.spiritofcare.org.au](http://www.spiritofcare.org.au)'.

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**

# HAPPY Grandparents DAY



## October Dates

Monday, 4th October:  
*Labour Day Public Holiday*

Sunday, 31st October:  
*National Grandparents Day*

All of October:  
*National Safe Work Month*  
*Mental Health Month*

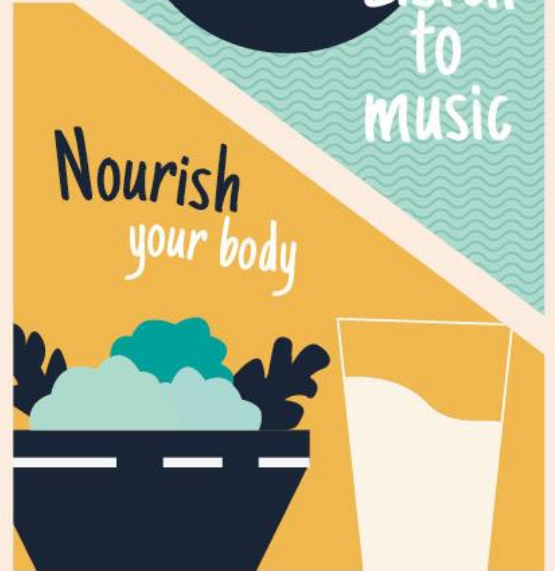
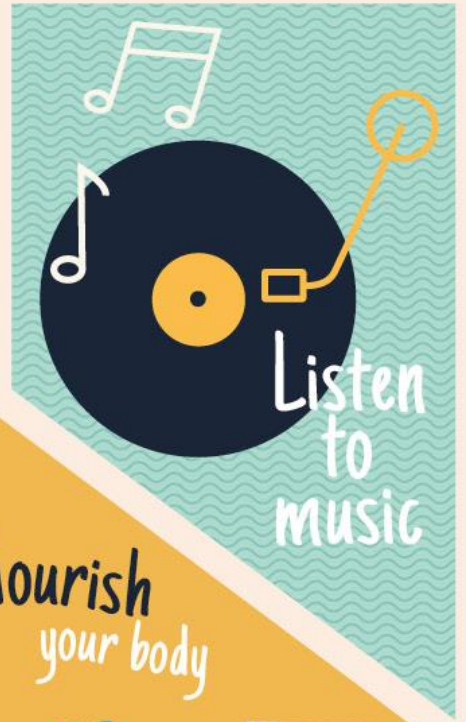


*Sympathy*  
We offer our deepest  
condolences to the family and  
friends of the late:

*Ruth Spear*  
*Betty Wolter*  
*Eva Lench*

*May They Rest in Peace*

# 10 TIPS TO STRESS LESS





# 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.



## *October Birthdays*

*Pauline Lockwood 2/10*

*Colin Cook 14/10*

*Graham Williams 19/10*



# October 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><i>October is residents rights month, did you know you have</i></p> <ul style="list-style-type: none"> <li>The right to be fully informed , The right to complain , the right to participate in your care , the right to privacy and confidentiality , rights during transfers and discharge , The right to dignity, respect and freedom , the right to visits , the right to make independent choices.</li> </ul>						
<p><b>4</b></p> <p><b>Public Holiday</b> <b>Labor Day</b></p>	<p><b>5</b></p> <p>10:30 – Bingo</p> <p>130pm Bring your own activity social gathering SCU after-noon tea provided</p>	<p><b>6</b></p> <p>10:45am Mass</p> <p>130pm Christmas Craft with Jenny &amp; Kerry</p>	<p><b>7</b></p> <p>10:30am Yoga</p> <p>130pm concert with <b>Les Rich</b></p>	<p><b>8</b></p> <p>10:45 Walking Group</p> <p>1:30 - Bowls</p> <p>4:00 -Men's Group</p>	<p><b>9</b></p> <p>Activities left in your own area to use at your leisure</p>	<p><b>10</b></p> <p>Songs of praise 11:30 am ABC</p> <p>7pm reading local recorder</p>
<p><b>11</b></p> <p>10:45am Morning Walk to the park</p> <p>1:30 - Bowls</p>	<p><b>12</b></p> <p>10:30 – Bingo</p> <p>130pm Bring your own activity social gathering SMU after-noon tea provided</p>	<p><b>13</b></p> <p>10:45am Mass</p> <p>130pm Melbourne cup craft with Jenny and Kerry</p>	<p><b>14</b></p> <p>10:30am Yoga</p> <p>130pm Bring your own activity social gathering SMU after-noon tea provided</p>	<p><b>15</b></p> <p>1030am Court yard morning tea</p> <p><b>1pm Concert</b> <b>Jo &amp; Graham McGrath</b></p>	<p><b>16</b></p> <p>Activities left in your own area to use at your leisure</p>	<p><b>17</b></p> <p>Songs of praise 11:30 am ABC</p> <p>7pm reading local recorder</p>
<p><b>18</b>11am Lutheran Ecumenical service with Bev</p> <p>130pm Bring your own activity social gathering SMD after-noon tea provided</p>	<p><b>19</b></p> <p>10:30 – Bingo</p> <p>130pm Cooking with Kerry</p>	<p><b>20</b></p> <p>10:45am Mass</p> <p>130pm Poppies with Jenny and Kerry</p>	<p><b>21</b></p> <p>10:30am Yoga</p> <p>130pm Bring your own activity social gathering SMD after-noon tea provided</p>	<p><b>22</b></p> <p>10:45 Walking Group</p> <p>1:30 - Bowls</p> <p>4:00 -Men's Group</p>	<p><b>23</b></p> <p>Activities left in your own area to use at your leisure</p>	<p><b>24</b></p> <p>Songs of praise 11:30 am ABC</p> <p>7pm reading local recorder</p>
<p><b>25</b></p> <p>10:45am Morning Walk to the park</p> <p>130pm Cinema activity area</p>	<p><b>26</b></p> <p>1:1 room visits</p> <p>130pm Birthday Celebrations with <b>John</b></p>	<p><b>27</b></p> <p>10:45am Mass</p> <p>130pm Melbourne cup craft with Jenny and Kerry</p>	<p><b>28</b></p> <p>10:30am Yoga</p> <p>130pm Bring your own activity social gathering SCD after-noon tea provided</p>	<p><b>29</b></p> <p>10:45 Walking Group</p> <p>1:30 - Bowls</p> <p>4:00 -Men's Group</p>	<p><b>30</b></p> <p>Activities left in your own area to use at your leisure</p>	<p><b>31</b></p> <p>Songs of praise 11:30 am ABC</p> <p>7pm reading local recorder</p>



Clocks Forward  
1hr