

# **St Joseph's House Connections November 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:*

- *Colouring in Page*
- *Concerts*
- *Find-a-Word*
- *Crafters Corner*
- *Morning High Tea*
- *Did you Know? - Melbourne Cup Edition*
- *Around the Home*
- *Aged Care Quality Standards*
- *CQI*
- *In Memoriam*
- *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*



ETERNITY



We will Remember them





# CONCERTS



**This month  
we had  
Performances  
From  
Les Rich,  
Jo & Graham  
McGrath  
And  
John**









# *Please Welcome our New Lifestyle Assistants*



**Maressa has been a carer at St Josephs House since 2012, prior to that she was a volunteer here for 2 years.**

**When Maressa isn't at work, she has 5 Children which keep her very busy. she enjoys Crafting, Gardening and Reading.**

**Favourite Colour: Pink**

**Favourite Song: Unstoppable—Sia**

**Favourite Food: Ice Cream & Sweets**

**Quote: "We're all a little broken, that's how the light shines through."**

**Robyn began her career at St Josephs House in 2021, she has been in the industry since 2017.**

**Robyn is excited to join the life style assistant team, in her spare time she loves to Garden, Craft and spoil her Rottweiler Bella.**

**Favourite Colour: Green**

**Favourite Song: Original Sin—INXS**



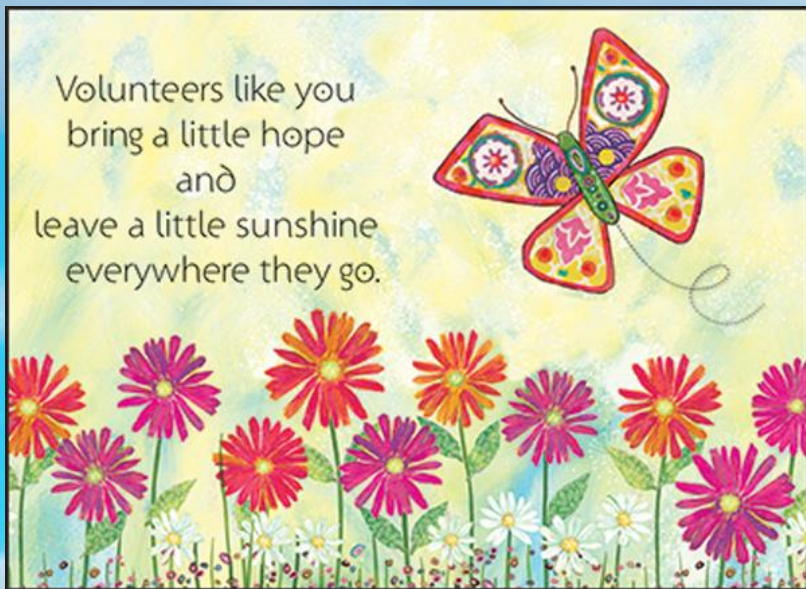


AFRICA  
 ARMY  
 AUGUSTUS  
 BATTLES  
 CAESAR  
 CALIGULA  
 CASSIUS  
 CITIZENS  
 CIVIL WARE  
 CLAUDIUS  
 COLONIES  
 COLOSSEUM  
 CONQUEST  
 DIOCLETIAN  
 DOMITAN  
 EMPREOROR  
 FLAVIAN  
 FORUM  
 GLBA  
 GAUL  
 HADRIAN  
 HISPANIA

IMPERIAL  
 LATIN  
 NERO  
 OVTAVIAN  
 PATRICIAN  
 PLUATARCH  
 PREATORIAN  
 SENATE  
 SENECA  
 TACITUS  
 TITUS  
 VESPASIAN



**Darryl is one of our amazing  
 Volunteers at St Joseph's House.  
 He loves to garden, you might've seen  
 him pottering around giving our  
 grounds a Spring Freshening up.  
 Be sure to say Hello! when you see**





# Crafting Corner



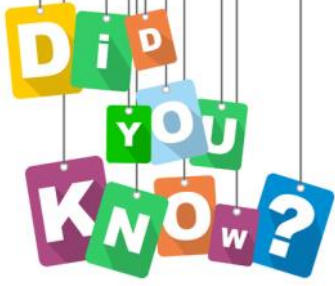
Jenny has been busy making some items to sell in our upcoming Pop up shop; more details to be announced soon!

If you have anything that you'd like to Donate. Please see Lifestyle



*There is no greater joy in life than the joy of creating something*





The first Melbourne Cup was run in 1861, and was won by a horse called Archer. The prize money consisted of 710 gold sovereigns and a hand beaten gold watch.



Largest Melbourne Cup field was 39 starters in 1890  
The Melbourne Cup Field is now capped at 24 starters



Makybe Diva is the only horse to win the Melbourne Cup three years in a row!  
The cup was won in 2003, 2004 and 2005.

During WWII the Melbourne Cup was run on Saturdays  
This change occurred between 1942 and 1944.  
During these years, one third of the Australian male population had to tune in for the race from several different theatres

Fashions on the field was first held in 1962. Margaret Gaudion with her Prize



Smallest Melbourne Cup field was 7 starters in 1963

The record for the slowest ever time to win the Melbourne Cup is also held by Archer who previously won the race but came home at another time with a time of 3 minutes 52 seconds.

Michelle Payne was the first female jockey to win the Melbourne Cup in 2015. Her horse was the Prince of Penzance.

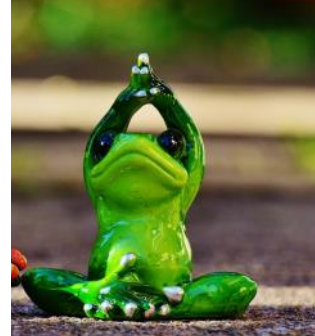






# Around the house

**Yoga with Joy, saw everyone up and moving!**



**Lifestyle Assistant Stephen organised a Cinematic Experience for the residents, Downtown Abbey the Movie was played; with Chocolates and Ice Cream enjoyed by All.**





# Aged Care Quality Standards...



## Standard 4. Services and Supports for Daily Living.

### Consumer Outcome:

I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

### What does this mean?

St Joseph's House recognises that you may have some challenges in your health and abilities. This does not mean that you do not have goals that you would like to achieve and that you continue to have a role that provides you meaning. We also recognise that you want to manage your day to day life as well as you can.

St Joseph's House provides services and supports for daily living that cover a wide range of options that aim to support you to live as independently as possible and enjoy life. This can include:

- services such as cleaning, laundry, gardening and maintenance;
- food services, including meals and food advice; and
- services that encourage and support you to take part in social and other activities that you are interested in, including community life.

Social inclusion is about making sure that you feel socially connected, can have the relationships you choose, have control over your lives, have privacy and are able to contribute.

St Joseph's House is expected to provide services and supports in line with your assessed needs, goals and preferences. Any care and services plans, or service agreements, are put into place working with you.





# Continuous Quality Improvements...



Hi All,

As always it's been a busy month for the quality and safety programs.

October was National Work Safe Month, staff received training on their Work Health Safety roles and responsibilities and ways we can all stay safe in the workplace.

Residents may have noticed the fire alarm going off more often than usual, this is as a result of an increased testing schedule that is now required, we are looking at options to turn off the alarm when the system is just being tested. And appreciate everyone staying calm when the alarm sounds as we never know when it may be the real thing!

We received 2 complaints regarding the hairdresser not charging the advertised price. The Lifestyle Manager held discussions with the hairdresser and both complaints are now resolved.

The new menu is open for consultation and feedback from residents, this is displayed in the front foyer, please ask staff for any assistance in reading the menu and providing your feedback.

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](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.

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**





# November Dates

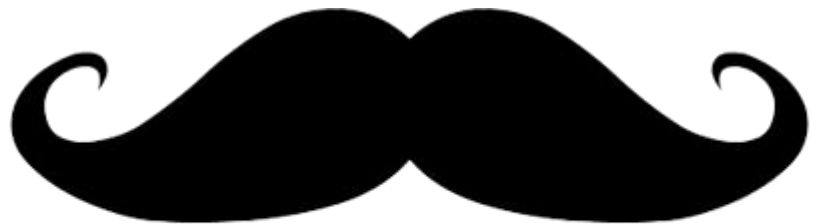
Monday 1st  
*All Saints Day*

Tuesday 2nd  
*Melbourne Cup Day*

Thursday 11th  
*Remembrance Day*

Saturday 13th  
*World Kindness Day*

All Month  
*Movember - Mens Health Issues*



## **Movember**

**Changing the Face of Men's Health**

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

*Dickie Ley*  
*Robert Smith*

*May They Rest in Peace*







WE WANT TO HEAR FROM YOU

The importance of food to all of us is obvious and essential.

Healthy food provides us the nutrients and energy we need to keep active and healthy and what we eat is also directly related to our mental and social health and is necessary to maintain physical and mental wellness.

St Joseph's House understands that people also connect food to their cultural or ethnic group and food can be a way that is often used as a means of retaining cultural identity.

With this knowledge in mind, St Joseph's House has just undertaken a menu review with input from an independent dietician. The new menu is now open for consultation for residents and families to provide their thoughts and feedback.

The full 7-week rotating menu is on display in the front foyer, with comment cards for you to leave us your thoughts and feedback. If you need any assistance with providing written feedback on the menu, please speak to any of our staff.

Consultation is open until 19<sup>th</sup> November after which the menu will be finalised and Implemented at the start of December.

ST JOSEPH'S HOUSE MENU- WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Toast & cereal of your choice  Tea coffee milo or juice	Toast & cereal of your choice  Tea coffee milo or Juice	Bacon and eggs with toast / cereal available as per your choice  Tea coffee milo or juice	Toast & cereal of your choice  Tea coffee milo or juice	Toast & cereal of your choice  Tea coffee milo or juice	Toast & cereal of your choice  Tea coffee milo or juice	Toast & cereal of your choice  Raisin toast available  Tea coffee milo or juice
<b>Morning Tea</b>	Cheese & Bacon Scrolls	Veggie scones	Rainbow Veg Slice	Savoury toast	Cheese and pumpkin scones	Chick / cranberry slice	Ook Ook
<b>Lunch</b>	Mild curry Chicken	Home Made beef pie	Roast of the Day with Gravy	Chicken Schnitzel & gravy	Battered Hake Fillets	Curried Sausages	Roast Beef & Gravy





# 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.



## *November Birthdays*

*Dawn Feltus 4/11*

*Brian Stigwood 2/11*


*Bishop Karol celebrated his Birthday in October.*





# November 2021



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>1</b> ALL SAINTS DAY 10:45 Amn chair Exercise Program 1:30 Bingo</p>	<p><b>2</b> Melbourne cup Sweep Preparation 1:30—Melbourne Cup High Tea and Race on the Big Screen</p>	<p><b>3</b> 10:45 Catholic Mass 1:30pm Get together and Cuppa in the garden</p>	<p><b>4</b> 10:45 Yoga 1:30 Les Rich Concert</p>	<p><b>5</b> 11:00 Hoy 1:30 Christmas Craft 4:00 Men's Group SCU</p>	<p><b>6</b> Activities left in your own area to use at your leisure</p>	<p><b>7</b> Songs of praise 11:30 am ABC 7pm reading local recorder</p>
<p><b>8</b> 10:45 Amn chair Exercise Program 1:30 Cooking</p>	<p><b>9</b> 10:45 Resident Meeeting Held in SCU 1:30 Bingo</p>	<p><b>10</b> 10:45 Catholic Mass 1300pm Remembrance Day Craft</p>	<p><b>11</b> 10:45 Yoga 10:45 Remembrance Day Memorial Service 1:30 Bowls</p>	<p><b>12</b> 11:00 Christmas Craft 1:30 Pamper Room 4:00 Men's Group SCU</p>	<p><b>13</b> Activities left in your own area to use at your leisure</p>	<p><b>14</b> Songs of praise 11:30 am ABC 7pm reading local recorder</p>
<p><b>15</b> 10:45 Eanmentical service with Lynette 1:30 Ladies High Tea</p>	<p><b>16</b> 10:45 Bingo 1:30 Board Games</p>	<p><b>17</b> 10:45 Catholic Mass 1:30 Afternoon Tea in the garden</p>	<p><b>18</b> 10:45 Yoga 1:30 Bowls</p>	<p><b>19</b> 11:00 Cooking 1:30 Gold class movie experience 4:00 Men's Group SCU</p>	<p><b>20</b> Activities left in your own area to use at your leisure</p>	<p><b>21</b> Songs of praise 11:30 am ABC 7pm reading local recorder</p>
<p><b>22</b> 10:45 Amn chair Exercise Program 1:30 Christmas Craft</p>	<p><b>23</b> 10:45 Bingo 1:30 Hoy</p>	<p><b>24</b> 10:45 Catholic Mass 1:30 Christmas Craft</p>	<p><b>25</b> 10:45 Yoga 1:30 Bowls</p>	<p><b>26</b> 11:00 Art activity 1:30 Cooking 4:00 Men's Group SCU</p>	<p><b>27</b> Activities left in your own area to use at your leisure</p>	<p><b>28</b> Songs of praise 11:30 am ABC 7pm reading local recorder</p>
<p><b>29</b> 10:45 Morning walk 1:30 ART Activity</p>	<p><b>30</b> 10:45 Bingo 1:30 Birthday Celebrations with John</p>		<p>Remembrance Day 11th November 1 minute silence at 11:00am</p>			