



St Joseph's House Connections December 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:

- *Remembrance Day*
- *Concert*
- *Pop-up Shop*
- *Spring Activities*
- *Colouring Page*
- *Find a Word*
- *Christmas Craft*
- *Did you Know? - Christmas Edition*
- *Around the Home*
- *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—14 December

St Clare Up

Resident Liaison Officer : Marra Pearn

Remembrance day saw us all gather for a two-minute silence at 11am on the 11th day of the 11th month to remember those who have died in any conflict



PERFORMANCES

We had a very special performance by Darryl and Sue.

They did an amazing job, the residents got to sing-a-long and dance.





ST JOSEPHS POP-UP SHOP
TUESDAY 7TH DECEMBER
10:00AM BY THE HAIRDRESSERS
LOTS OF ITEMS FOR RESIDENTS TO PURCHASE

GIFTS FOR CHRISTMAS
LOLLIES, CHOCOLATES, & CHIPS
TOILETRIES, JEWELLERY, PLANTS AND MORE

Resident Christmas Party Lunch

December 15th at 12:00pm

Dining in own areas

Roast Turkey

Roast Chicken

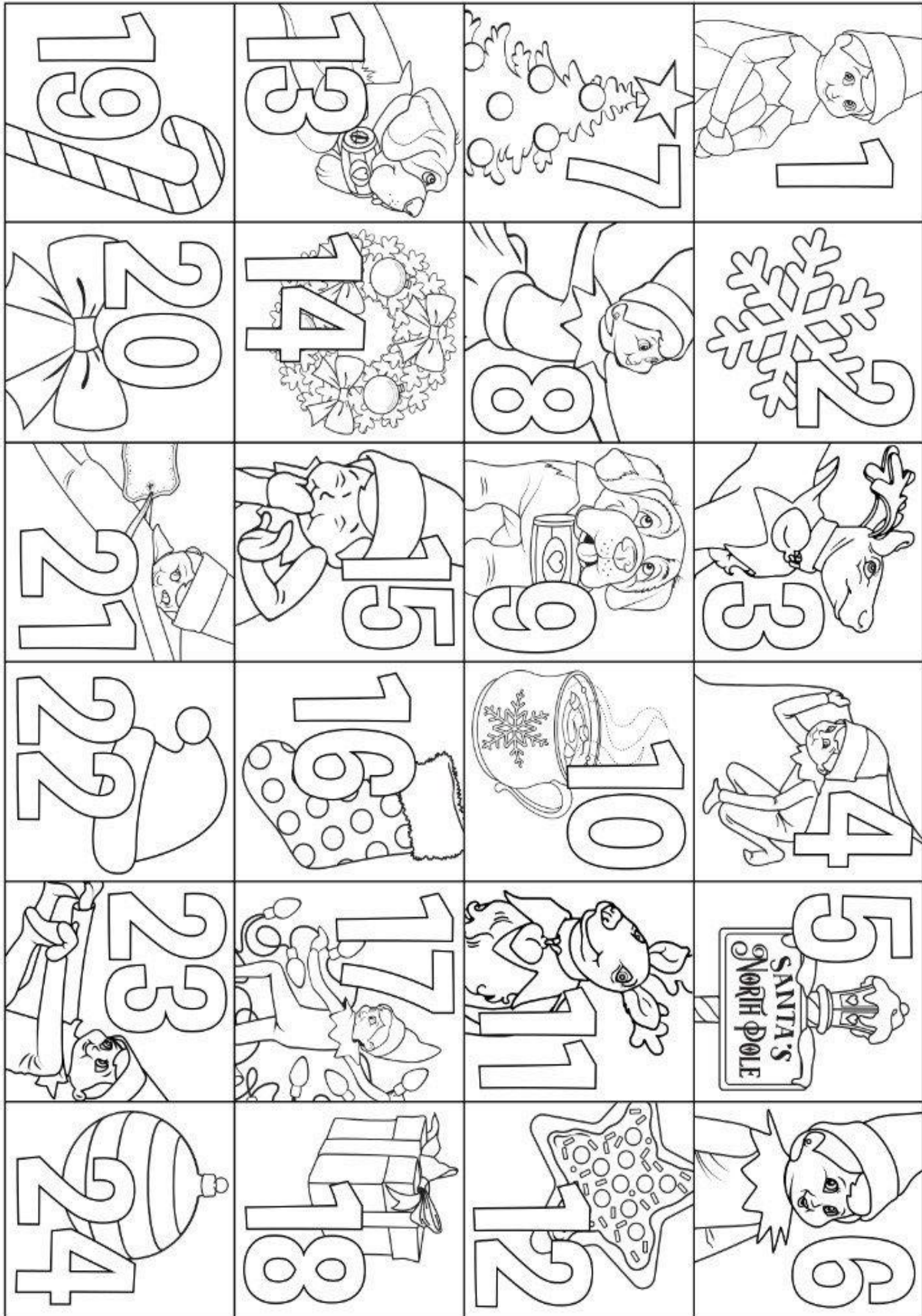
Ham on the Bone

Honey Glazed Carrots

Roasted Pumpkin Peas and Cauliflower

Dessert

**Pavlova topped with fresh berries, dollop cream
and berry coulis**



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

Bottle
Cab
Car
Cousin
Dance
Daughter
Eyes
Feet
Hat
Head
Keys
Kid
Knickers
Knife
Lies
Mate
Money
Phone
Pocket
Pub

Road
Shirt
Socks
Stairs
Stink
Sun
Thief
Wife
Word



Christmas has been the focus of a lot of the craft we have been doing this month!

Keep your eyes peeled for some of the wonderful things we've been making



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

**Did
YOU
KNOW?**



Silent Night is the most recorded song
We all know the same few handfuls of Christmas songs play at stores and on the radio in a loop all season long. But one of them has been adapted more than others. Silent Night ears that title, as the most-recorded Christmas song in history. It's had more than 733 different versions copyrighted since 1978.



Candy Canes Originated in Germany, It wasn't until a German-Swedish immigrant decorated his tree with candy canes in 1847 that they became popular as a Christmas candy.

Christmas wreaths are religious symbols
The Christmas wreath first originated as a symbol of Christ. The holly represents the crown of thorns Jesus wore at his crucifixion and the red berries stand for the blood he shed. So when you see a wreath this holiday, you'll remember the reason for the season.

The eight tiny reindeer have had lots of names
Rudolph was almost named Rollo or Reginald, which doesn't quite have the same ring to it. But his crew also had lots of other names. They've also been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.

"Jingle Bells" was the first song played in space.



Tinsel has a storied history
Tinsel was invented in 1610 in Germany and was originally spun from real silver, making it far from the chintzy decoration it is now.

Eggnog is a signature beverage of the holiday season, and one that has a history dating all the way back to medieval times and a drink called "posset." Made with sweetened and spiced milk curdled with ale or wine and served hot, according to Healthline, monks in the 13th century "enjoyed this mixture with the addition of eggs and figs."



Around the house



Residents enjoying the Melbourne cup Luncheon last month.



Aged Care Quality Standards....



Standard 5.

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,

Well, what a year! It has certainly gone by quickly.

The new menu has started, we didn't receive a lot of feedback through the consultation period, however residents can use the feedback forms to provide ongoing feedback now the menu has commenced.

With the changes to the State Government's Covid-19 response and the introduction of their Covid Ready Plan St Joseph's House has updated our site Covid-19 Outbreak Management Plan. The Plan includes:

- Being vigilant with screening checks for visitors to the facility.
- Continuing to promote social distancing and correct hand hygiene for everyone.
- Having risk management and response plans in place to ensure the safety of everyone at St Joseph's House.

The Plan we have in place is updated when new information is provided and ensures the risk of Covid-19 to residents and staff is minimised as much as possible.

Please have a happy and safe holiday period, I look forward to what the new year will bring!

Kind regards,

Amanda White

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

December Dates



Wednesday 8th

*The Immaculate Conception
of The Blessed Virgin Mary*

Friday, 10th

*International Human Rights
Day*

Saturday 25th

Christmas Day

Sunday 26th

Proclamation Day

Friday, 31st

New Years Eve

Sympathy

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

Annette Keain

Audrey Brine

Nancy Clarke

May They Rest in Peace

CHRISTMAS AT ST JOSEPHS HOUSE

Christmas is one of our Favourite holidays to celebrate at St Josephs House.



You may've noticed staff wearing **Christmas T-Shirts**, **Santa Hats & Singing Christmas Carols** down the corridors!!

Elf is returning, so better keep an eye out for his next appearance!

Don't forget to get involved in the **Christmas Door Decorating Competition** there is a prize for each area.





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.








December Birthdays

Vera Tizio 08/12 Flora Hocking 09/12

Carol Darley 16/12 Gwen Miller 16/12

Coral Evans 16/12

December 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 10:45am Mass Door decorating	2 10:45 : Yoga 1:30 : Les Rich Concert	3 Door decorating 130pm Bowls 4pm Men's Group	4 Activities left in your own area to use at your leisure	5 Songs of praise 11:30 am ABC 
6 10:30am Bingo 130pm xmas cooking with Maressa	7 10am pop up shop in front of the hairdresser 1:30 Hoy	8 1030am Mass 130pm Christmas craft with Jenny and Kerry	9 10:45 : Yoga 130pm do you have letters ,cards to write and send , gifts to wrap ? join us for afternoon tea and we will help you with this in the activity area	10 10:30am Chair Exercises 130pm Bowls 4pm 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 Christmas photo booth Granny Mays corner , come and get your photo taken .	14 10:45am Bingo 130pm Fun and Games Activity area	15 1030pm Mass 12pm resident Christmas party Activity area	16 10:45 : Yoga 130pm painting / coloring	17 1030am Walking group 130pm Bowls 4pm 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
20 11am Ecumenical Service 130pm word scramble	21 10:45 am Bingo 130pm Hoy	22 10:30am Mass 130pm Christmas movie afternoon	23 10:45 : Yoga 130pm carols sing along with Darryl & Sue	24 1030am Chair exercises 130pm Bowls 4pm Men's Group	25 	26 Songs of praise 11:30 am ABC  7pm reading local recorder
27 Public Holiday	28 Public Holiday	29 10:45am Mass 130pm Birthday celebrations with John	30 10:45 : Yoga 130pm Bingo	31 1030am Chair exercises 130pm Bowls 4pm Men's Group		