



# St Joseph's House Connections February 2022

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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.



## 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.

## This Issue:

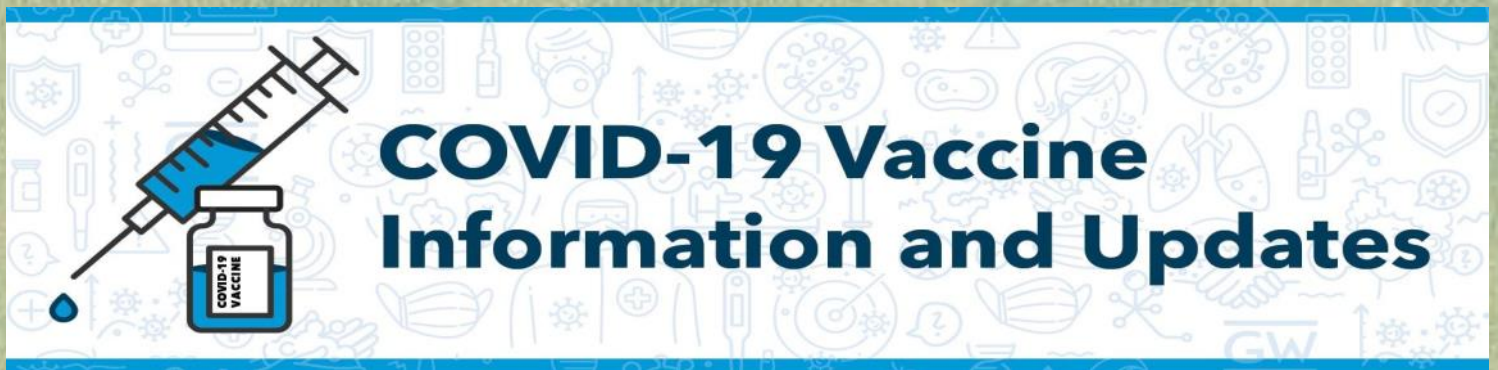
- Covid Information
- Colouring in Page
- 9 Letter Word Puzzle
- Find a Word
- Heat Advice
- Did you Know? - Valentines Day
- Around the Home
- Aged Care Quality Standards
- CQI
- Birthdays

*Resident Meeting:*

*10.30am—15th February*

*St Clare Up*

*Resident Liaison Officer : Marra Pearn*



**Covid-19 Boosters were administered on the 2nd of February.**

**Thank you to all the residents and staff who helped facilitate this important day**



**St Joseph's House is able to facilitate Facebook Messenger and Skype video calls with your loved ones in the facility.**

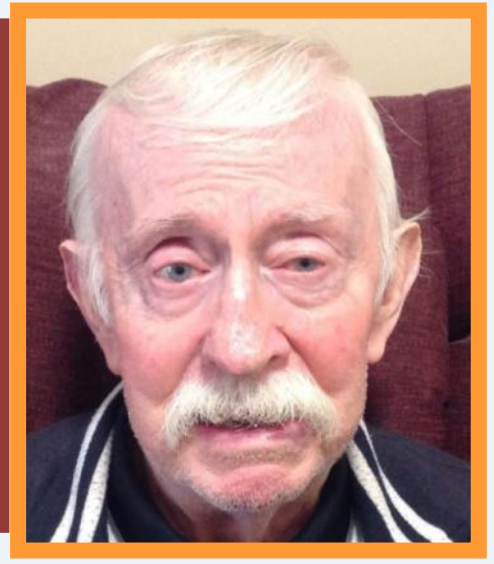
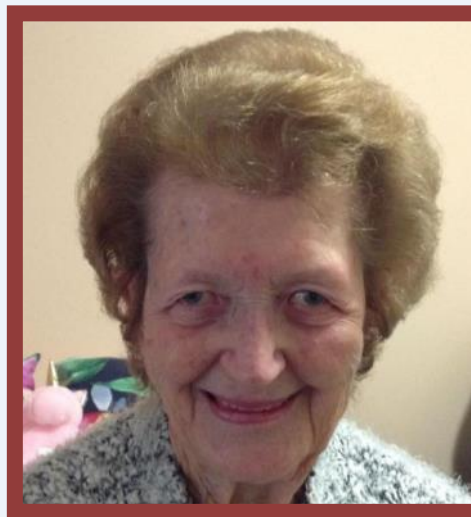
**Video calls ensure you can maintain connections with those you love while keeping them safe from the risks associated with community transmission of Covid-19.**

**Please ring Reception during business hours to schedule a time (24hrs notice is appreciated).**

**During the scheduled time one of our staff members will be able to provide a iPad/Tablet/Computer (if needed) and ensure your video call is answered and a connection is made.**

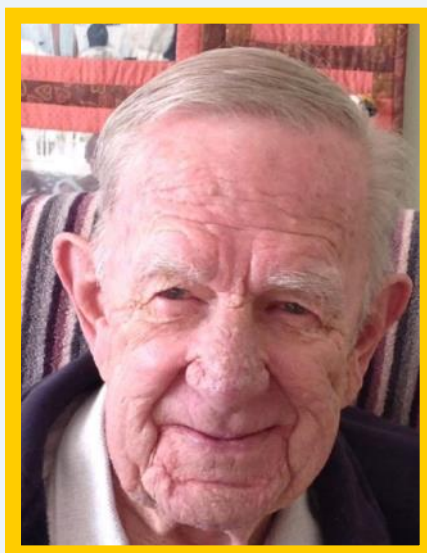
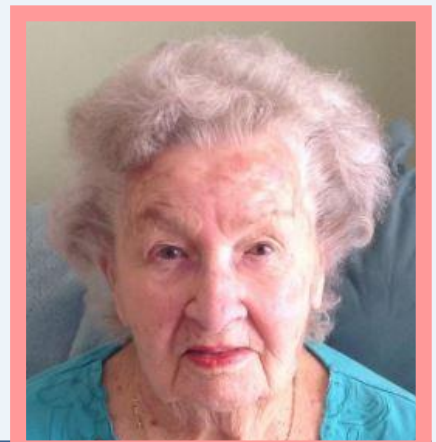
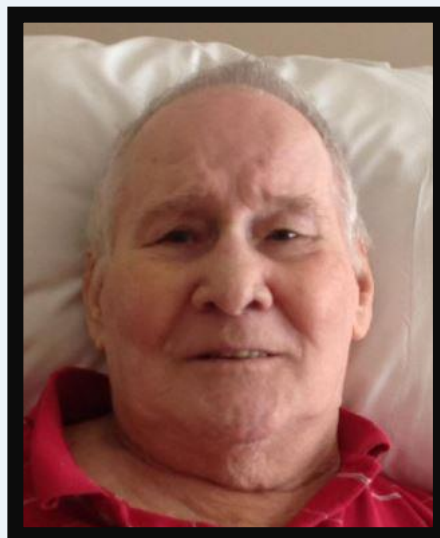


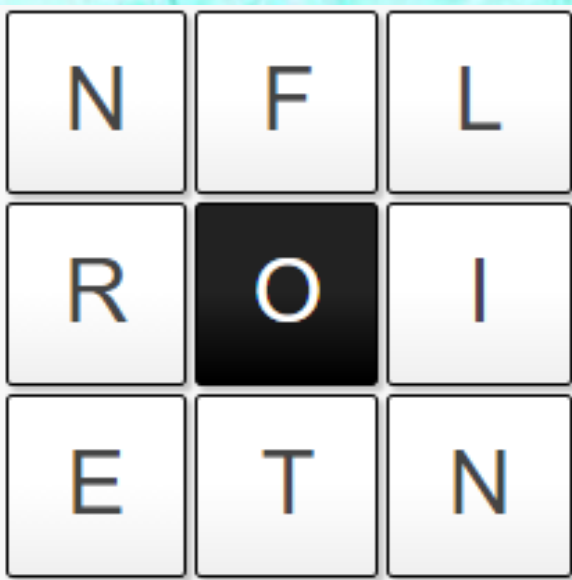




If you have spotted Lifestyle around with a camera lately make sure to smile.

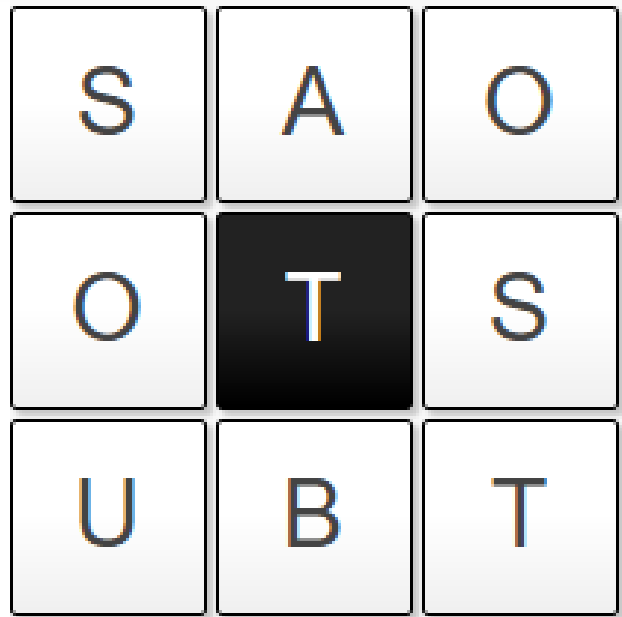
If you want a copy please see Lifestyle





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9 Letter Word

How many other words can you find?



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

**Home Kitchenhand**  
**Enrolled Nurse Carer**  
**Administration**  
**Reception Maintenance**  
**Laundry Cook**  
**Podiatrist Resident**  
**Activites Lifestyle**  
**RSM Quality**  
**Doctor**



# STAY HEALTHY IN THE HEAT

## Drink water

Fill a bottle with cold water and take it with you when you're out and about.



## Plan your day

Avoid going out in the heat.



## Stay cool

Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.

## Dress down

Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.



## Soak

Take a cool shower or bath to help you cool down when you feel hot.



## Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

## Help others

Check on friends, family and neighbours most at risk like the sick, elderly and young.



## Hot cars can be deadly

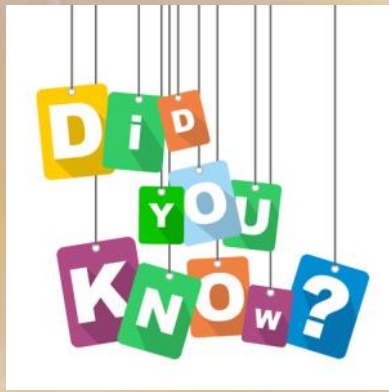
Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.



- > Know the signs and symptoms of heat related illness
- > See your GP if you are unwell
- > In an emergency call 000

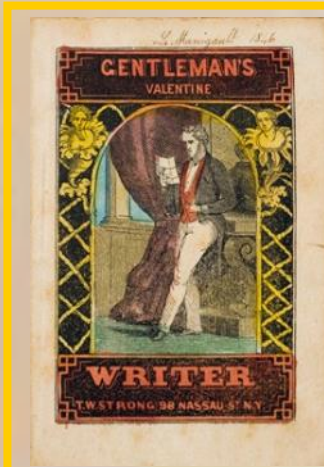






**Valentine's Day was first declared a holiday by a pope.**

In 496 A.D., Pope Gelasius I made the feast of St. Valentine an official holiday, apparently hoping to expel the pagan rituals of Lupercalia by combining it with St. Valentine's Day.



**You could once buy booklets devoted to writing Valentine's Day cards.**

Around the turn of the 19th century, those who struggled to come up their own Valentines messages could purchase Valentine Writers, which were six-penny pamphlets containing popular collections of pre-written love messages to be used as inspiration.



**Today, millions of greeting cards are purchased every year.** We're talking *145 million* greeting cards being exchanged industry-wide every year for Valentine's Day in the U.S. alone, according to Hallmark, making it the second largest holidays for greeting cards after Christmas.



**The chocolate box has been around for more than 140 years.**

In addition to creating arguably the richest, creamiest, and sweetest chocolate on the market, Richard Cadbury also introduced the first box of Valentine's Day chocolates in 1868.

**Wearing your heart on your sleeve is more than just a phrase.**

In the Middle Ages, young men and women drew names to see who their Valentine would be, and they would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.



**The heart shape wasn't always a romantic symbol.**



The heart was once widely believed to be humans' center of memory, where feelings of love were recorded. However, we have French and Italian artists from the 14th century to thank for the symbol that we know and love today, as they were the first ones to start using this motif in their work.



# Around the house



**Afternoon Tea, was enjoyed by all the ladies who attended.**

**Biscuits, Coffee, Tea and Conversation was loved by all who came out.**



# Aged Care Quality Standards....



## Standard 6: Feedback and Complaints

### Consumer Outcome:

I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in the processes to address my feedback and complaints, and appropriate action is taken.

### What does this mean?

- St Joseph's House has a accessible, confidential, prompt and fair system to resolve complaints. These complaints are used to ensure improvements to care and services and resolve issues for all consumers.
- Staff support you to make a complaint and give feedback. The complaints resolution process is used to build relationships, which leads to better outcomes.
- You are encouraged to give positive and negative feedback about the care and services you receive.
- St Joseph's House demonstrates open disclosure, which includes open communication and transparent processes.
- You should feel safe and comfortable giving feedback and any barriers, such as communication difficulties or language and cultural difficulties ,are overcome.
- St Joseph's House creates a culture that welcomes feedback and supports you to make complaints.



# Continuous Quality Improvements...



Hi All,

As a result of community transmission of Covid-19 in SA, I am working from home at the moment. This has given me a lot of time to work on and make improvements to some of our risk management plans.

Risk management plans are comprehensive documents that clearly define how St Joseph's House prepares for and prevents risks. They outline how we respond when the prevention strategies may not have worked and provide actions for how we recover from any major situation.

Currently St Joseph's House has:

- Emergency Procedure Manuals—which detail how to respond to an emergency, such as a fire, and the role each staff members undertakes in an emergency
- A Workforce Management Plan—To ensure our workforce is skilled and sufficient in numbers
- A Covid-19 Outbreak Management Plan—To ensure we have processes in place to prevent and manage Covid-19
- A Business Continuity Plan—which details how to respond to disasters, such as loss of electricity or water and extreme weather

All of these plan are created with the aim of ensuring effective organisational governance for the delivery of safe and quality care and services at all times.

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**

# Feeding Tube Awareness Week



6-12 February 2022



There are many reasons why babies, children and adults may require a feeding tube.

Tube feeding, also called enteral nutrition, is a way food and drink can get into the body if a person is unable to eat/drink or unable to eat/drink enough. Food in liquid form, formula, fluids and medicine can be given through a tube into the stomach or small intestine.



There are different types of feeding tubes and a doctor will determine what type of tube is required based on the person's needs. Common tubes are:

- Nasogastric tube (NG-tube)
- Nasojejunal tube (NJ-tube)
- Gastrostomy tube (G-tube)
  - PEG (percutaneous endoscopic gastrostomy)
  - Low profile device/button (balloon and non-balloon)
- Jejunostomy tube/button (J-tube)
- Gastro-jejunostomy tube/button (GJ-tube)

ausEE Inc. is promoting Australia's Feeding Tube Awareness Week from 6-12 February 2022. We aim to increase awareness and understanding in the community by raising some of the challenges faced and highlighting the day-to-day impact of tube feeding on individuals, carers and families.

#FTAW2022 is about bringing everyone together who has a feeding tube, whatever the reason may be.

Each day during Feeding Tube Awareness Week, we will be releasing new video content on our website on tube feeding from specialists in the field and individuals/families with lived experience.



Scan me

[feedingtubeaware.com.au](http://feedingtubeaware.com.au)

## Feeding Tube Awareness Week Sponsors



ΔVΔNOS

Fresubin®  
Fuel for Strength

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Feeding Tube Awareness Week is an awareness raising campaign of ausEE Inc., a registered Australian charity. ausEE Inc. is the peak national support and patient advocacy organisation representing Australians living with an esophageal disease. Feeding Tube Awareness Week® was first created by the Feeding Tube Awareness Foundation, a United States of America 501(c)(3) non-profit organization. The information ausEE provides and any related links is for information and support purposes only and is not intended as a substitute for medical advice from your doctor or other health professional.



# February Dates

*Sunday 6th- 12th  
Feeding Tube Awareness  
Week*

*Sunday 13th  
Port Pirie Produce Mar-  
ket*

*Monday, 14th  
Valentines Day*



## *Sympathy*

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

*Graham Fitzgerald  
Paul Fletcher*

*May They Rest in Peace*

# Christmas Door Competition Winners





# *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.



## *February Birthdays*

*Flo Davies 07/02*

*Veronica Parks 08/02 Don Sanders 12/02*

*Brian Rutgers 17/02 Ivan Newbery 25/02*

*Noel Laube 27/02*

# February 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 10.45 Coffee, Cuppa, Cake and Chat. 1.30 Craft	8 10:45 Bingo 1:30 Whiteboard Games	9 10:45 Mass 1:30pm Cuppa and Chat (SMD)	10 10:45am Yoga 1:30pm Valentines Day Craft	11 10:00 Lolly Trolley 1:30 Bowls	12 Activity Boxes are available in all areas Games are set up in activity area	13 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
14 <b>Valentines Day</b> 130pm Afternoon tea in activity area , bring a photo of your loved one and tell your story	15 10:30 Resident Meeting 1:30 Bingo	16 10:45 Mass 1:30pm Beetles	17 10:45am Yoga 1:30 Virtual Concert	18 10:00 Lolly Trolley 1:30 Bowls	19 Activity Boxes are available in all areas Games are set up in activity area	20 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
21 10.45 Coffee, Cuppa, Cake and Chat. 1.30 Posters and Poetry	22 10:45 Bingo 1:30 No Bake Cooking "Truffles"	23 10:45 Mass 1:30pm Reminiscing	24 10:45am Yoga 1:30pm Afternoon Tea in the Courtyard	25 10:00 Lolly Trolley 1:30 Bowls	26 Activity Boxes are available in all areas Games are set up in activity area	27 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
28 10.45 Coffee, Cuppa, Cake and Chat. 1.30 Craft						