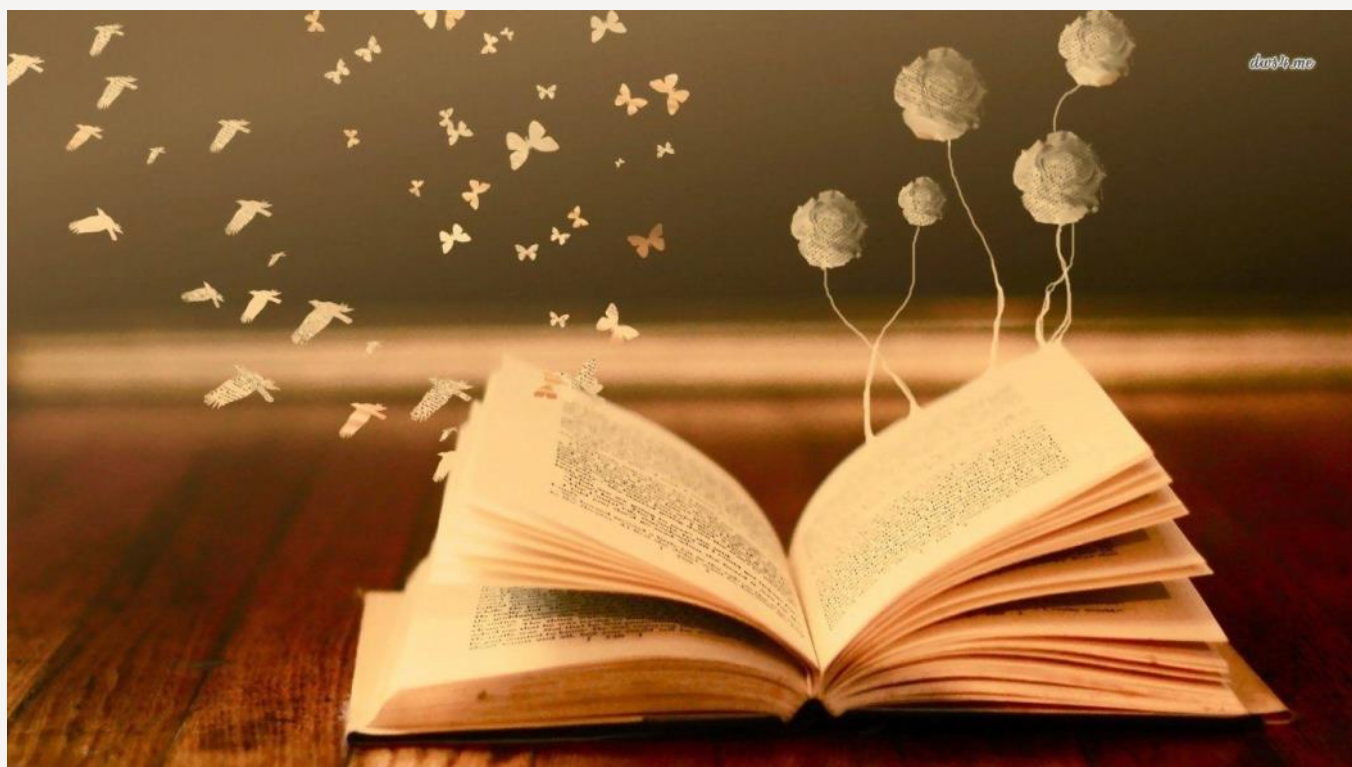


# St Joseph's House Connections August 2022

*A Book is a gift that you can open again and  
again* — Garrison Keillor



22 Norman Street, Port Pirie SA 5540  
Phone (08) 8632 1450 Fax (08) 8633 0790

W: [www.spiritofcare.org.au](http://www.spiritofcare.org.au) E: [admin@stjosephshouse.net.au](mailto:admin@stjosephshouse.net.au)



## **This Issue:**

- ***Covid-19 update***
- ***Bastille Day Celebrations***
- ***Colouring In—Library***
- ***Bingo***
- ***Puzzles***
- ***Aged Care Quality Standards***
- ***Quality, WHS and Feedback***
- ***In Memoriam***
- ***Events***
- ***Birthdays***
- ***Calendar***

***Resident Meeting:  
10.30am— 9th August  
St Clare Up and St Mark Up***



# Notice Board

## What would you like to see?

Each month the Newsletter is created specifically for your interest and to provide you with information. Please let Lifestyle or Reception know if there is something that you would like to see added.



## 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.

**Reminder to families to provide a copy of this years Influenza Immunisation evidence, as of June 10 it is a requirement of entry to the facility.**

## 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.

### 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.

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?



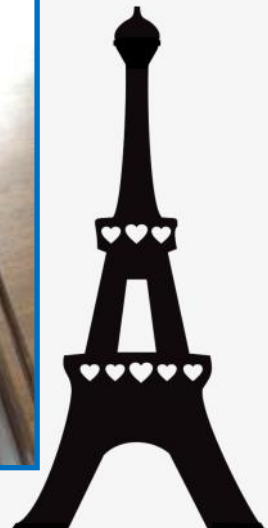
**Mass**  
*Every Wednesday*  
**10:45am**  
*Main Activities Area*



**Visiting Hours at time of printing are**

**Limit of 2 visitors, per resident per day with a RAT screen required upon entry.**

**Mon-Fri: 12:00 - 4:00PM Weekend: 1:00pm - 3:00pm or By Appointment**



# Bastille Day



Hats off to Lifestyle and the Kitchen Staff who made Bastille day celebrations magnifique!



Lilly-Rose Thompson

100 / The Centenarian Portrait Project by Teenagers

**Florence Davies** (Port Pirie)

10.02.1920

Acrylic on canvas

Although we knew each other for a short time. Flo is one of the kindest individuals I've ever met.

Our meeting reminded me of the loveliest company of a glass half full person. She told me about her travels from England to Australia with her husband in 1947, about her love of daffodils and fondness of reading.

She told me about her two kids and who they grew up to be through her eyes. We discussed our lives during COVID and connected over things although our experiences were decades apart.

She showed me pictures of her son and her letter from the queen as I sketched the brightest smile I've seen. As I made her portrait I found stories in her fine lines and kindness behind her eyes.

She told me her growing old isn't scary. She accepted it as the path chosen for her and that it should be something I should take as beautiful as I grow older. Although she had lost her vision, Flo kept to her love of reading by listening to audiobooks that the helpers at her Residential home in Port Pirie provided. She never gave up on her passions and hobbies showing how wonderful an individual she is.

Florence Davies at 102 years old, was one of the most kind-hearted, funniest people I have had the pleasure to meet.

I've learned from Flo, that as I grow older, things will change. Life will evolve, but I need to stay kind and humble and find the small things in life as they are the most precious.

This experience has given me an insight into the eyes of our generation's elders. I will forever be grateful for this time I spent doing this.

--Thank you, Flo, for your time, and for your kindness.--



Ayeisha Everett

100 / The Centenarian Portrait Project by Teenagers

## Flora Hocking (Port Pirie)

Digital painting

Flora Hocking is 103 years old and lives at Saint Joseph's House in Port Pirie. Her favourite activities are watching her television and admiring the birds out the window. She is a very quiet person, but every moment I spent with her was an experience I won't forget. Her only family, I know of) is her son, so it brought great delight when I would arrive for my visits. Her son also visited twice while I was there, which helped me to gather more insight about Flora's past.

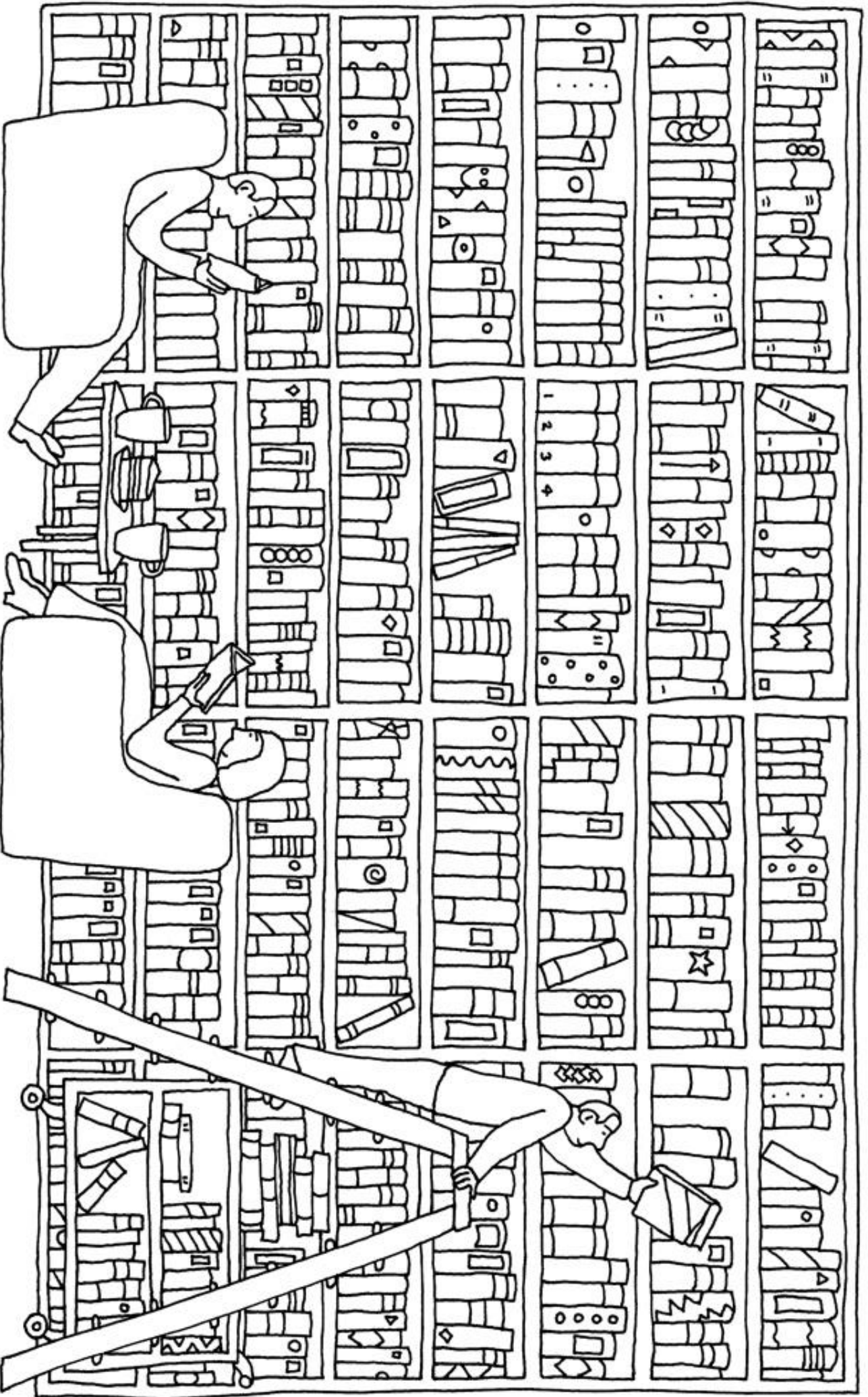
Flora would often ask what I was sketching, and most of our conversations were about my work and my process. I would show her previous artworks that I had completed and every visit she would ask if there was more, she could see. Being a lady of few words, when I would show her the progress of her portrait, she would always respond with a smile and a thumbs up. My final artwork depicts Flora sitting in her chair, looking out of her window. One thing that we did talk about was our favourite flowers. Flora loves sunflowers, so I pictured her in a sunflower field with birds flying overhead to match her current life with her youth.

I chose to replicate an oil-paint style digitally to link the generations involved in the Centenarian Project. This was achieved by laying one colour over a large area and roughly blending the edges to create a smooth transition without a gradient. The clothes Flora is depicted in is a jumper that she wore in one of my visits with her, I chose it because, in that same visit, she informed me that one of her favourite colours was purple. I hope my artwork captures all of the aspects of Flora's personality that she shared with me. Flowers representing her caring nature, and birds representing the tranquillity of her current life. I look forward to both her, and her son seeing the final product, as they both loved my other works, so I hope they will love this one too.

Thank you to Embraced for the opportunity to have our two centenarians painted.



THE CHURCH LIBRARY



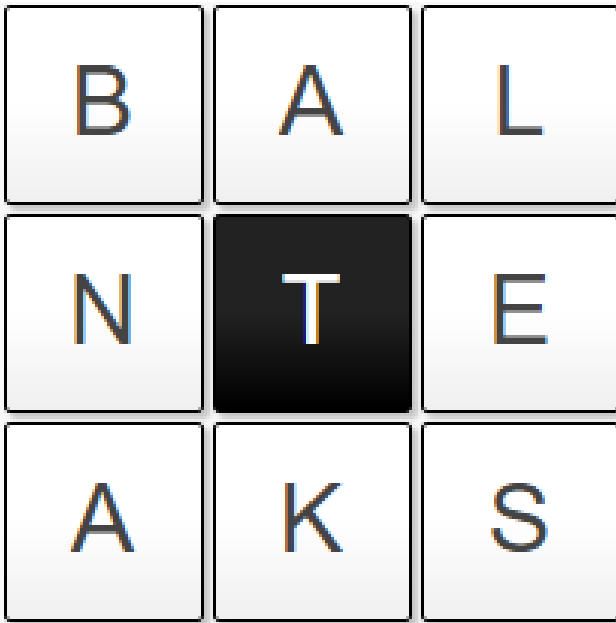




# BINGO



# PUZZLES



How Many Words Can you Find

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ARCHERY

BOXING

TRIPLE JUMP

JAVELIN

BADMINTON

BASKETBALL

DIVING

TABLE TENNIS

SWIMMING

HIGH JUMP

WRESTLING

BMX

FENCING

JUDO

ROWING

GOLF

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

# 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.

**VISIT OUR WEBSITE**

**[Spiritofcare.org.au](http://Spiritofcare.org.au)**



For information and updates from St Joseph's House make sure you:



Find us on  
**Facebook**

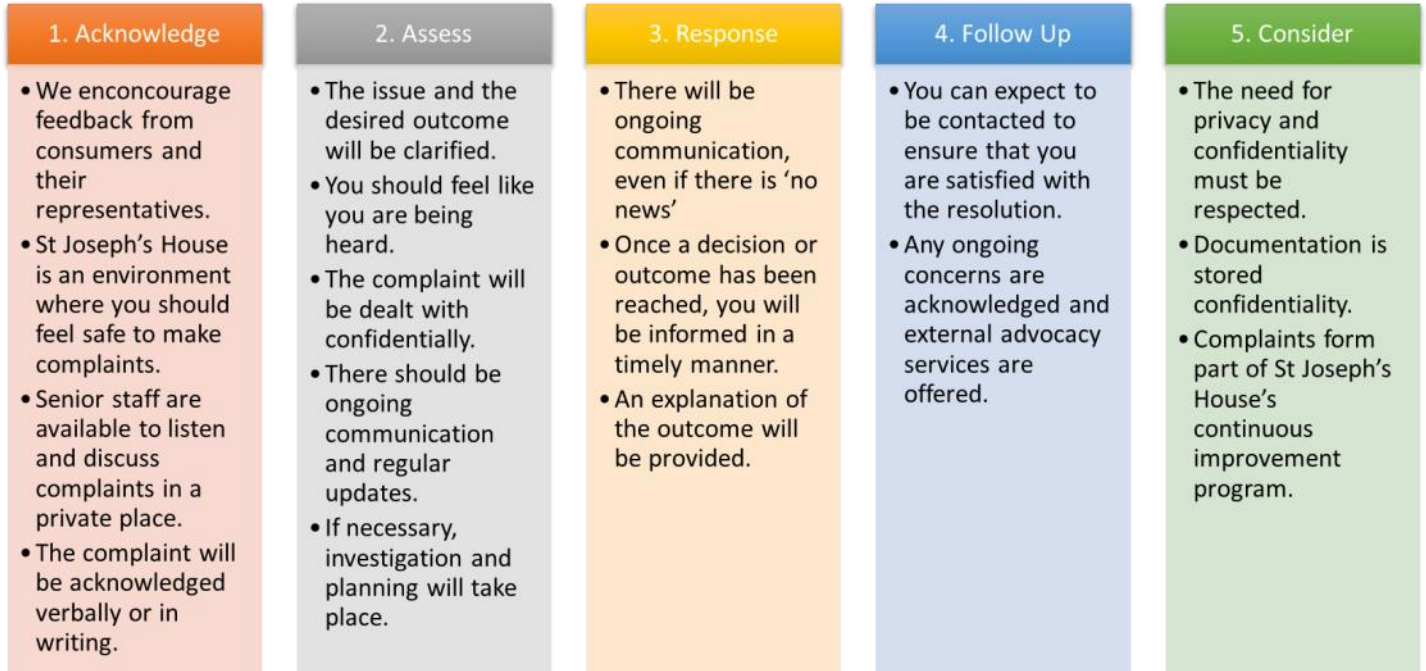
**@stjosephshouse**





## St Joseph's House Consumer Complaints Journey

At the centre of a complaint is someone receiving care – A Person



### 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 [admin@stjosephshouse.net.au](mailto:admin@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

### In need of an advocate?



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**



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

*Douglas Gourd*  
*Brian Stigwood*  
*Joseph Van Der Lee*

*May They Rest in Peace*



# August Events

*14th Sunday*

*Port Pirie Produce*

*Markets 8:30am-12:30pm*



*15th Monday*

*Assumption of the Blessed  
Virgin Mary*

*25th Thursday*

*Daffodil Day*

*20th-26th Book Week*



## Mobile Library

Wednesday Fortnightly  
Please see lifestyle if you wish to join



# August Birthdays

*Pet M 1st*

*Ken S 8th*

*Carmela P 12th*

*Jenny C 17th*

*Shirley W 25th*



*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.



# August 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Hairdresser	2 10:45 Armchair exercise	3 10:30am Mass 130pm Virtual tour of Port Pirie Afternoon tea	4 10:45 am Yoga with Joy	5 10:30 Bingo	6 Activity Boxes are available in all areas Games are set up	7 Songs of praise 11:30 am ABC
Lolly trolley	130pm Nail care and visits with Kerry SM	Afternoon tea 1:1 support visits with Vicki	130pm Les Rich concert	130pm Bowls	In activity area	7pm reading local recorder Trax FM
8 Hairdresser	9 1030am Resident Meeting SCU	10 10:30am Mass	11 1045am Yoga with Joy	12 10:30 Bingo	13 Activity Boxes are available in all areas Games are set up In activity area	14 Songs of praise 11:30 am ABC
130Pm Knitting Group SCU lounge	130pm Mobile Nail Care	130pm am crosswords and quizzes 1:1 support visits with Vicki	130pm Painting and coloring	130pm Bowls	In activity area	7pm reading local recorder Trax FM
15 Hairdresser 11am Ecumenical Service	16 10:45 Armchair exercise	17 10:30am Mass 130pm Craft—Paper flowers	18 1045am Yoga with Joy	19 10:30 Bingo	20 Activity Boxes are available in all areas Games are set up In activity area	21 Songs of praise 11:30 am ABC
Chair exercises and afternoon tea	130pm Nail care and visits with Kerry SC	1:1 support visits with Vicki	130pm Beetles and Hoy	130pm Bowls	In activity area	7pm reading local recorder Trax FM
22 Hairdresser	23 10:45 Armchair exercise	24 10:30am Mass	25 1045am Yoga with Joy	26 <b>DAFFODIL DAY</b> 10:30 Bingo	27 Activity Boxes are available in all areas Games are set up In activity area	28 Songs of praise 11:30 am ABC
130pm virtual tour of Scotland and afternoon tea	130pm Knitting group SCU lounge	1:30 Craft—paper flowers 1:1 support visits with Vicki	1:30 Coffee and word games	130pm Bowls	In activity area	7pm reading local recorder Trax FM
29 Hairdresser	30 10:45 Armchair exercise	31 10:30am Mass				
Lolly trolley	130pm Virtual Zoo and afternoon tea	1:30 Afternoon get together and cards 1:1 support visits with Vicki				
	Birthdays Celebrations with John					