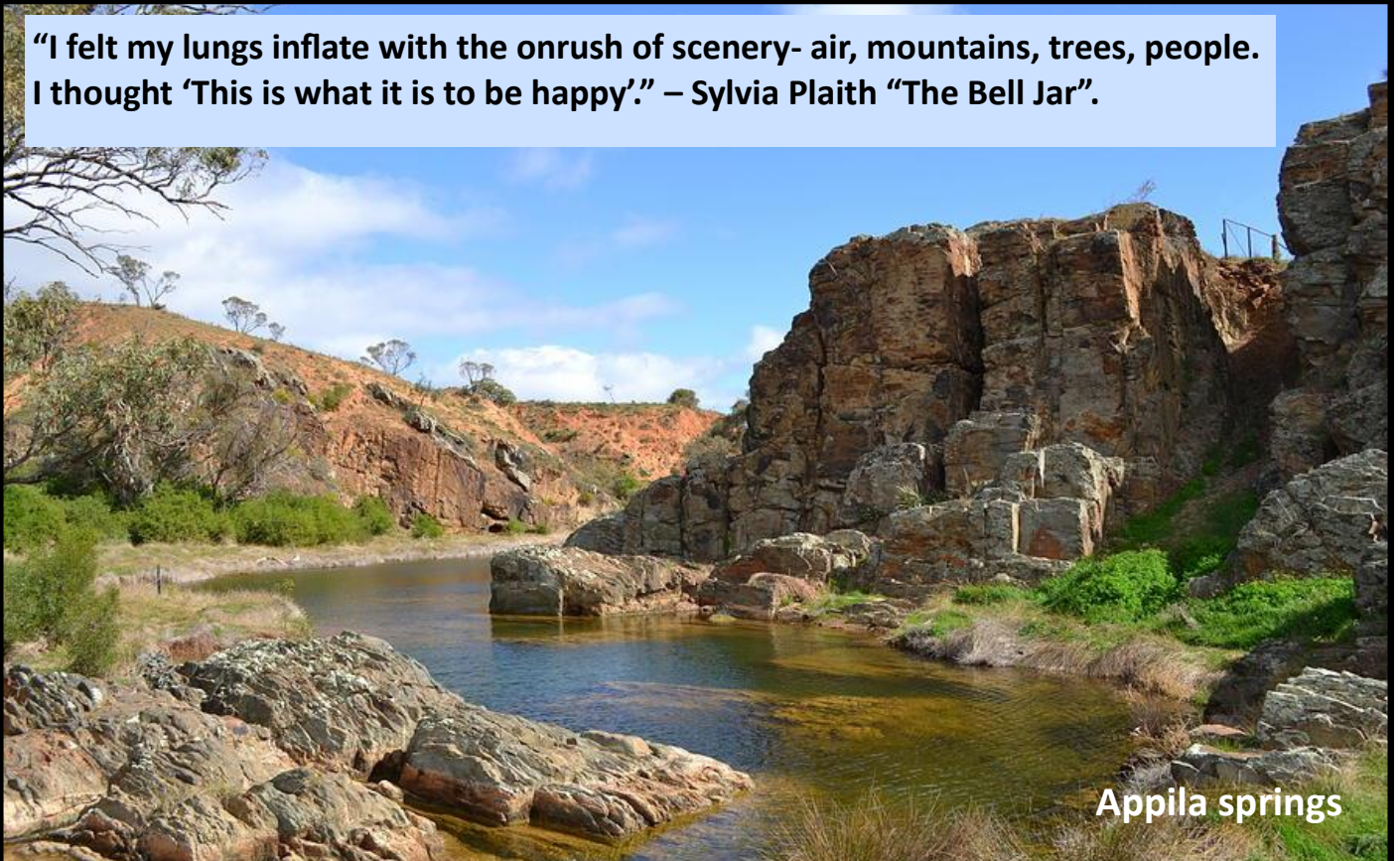


St Joseph's House Connections October-November 2022

"I felt my lungs inflate with the onrush of scenery- air, mountains, trees, people.
I thought 'This is what it is to be happy'." – Sylvia Plath "The Bell Jar".



Appila springs



Mambray Creek

22 Norman Street, Port Pirie SA 5540

Phone (08) 8632 1450 Fax (08) 8633 0790

W: www.spiritofcare.org.au E: admin@stjosephshouse.net.au



This Issue:

- **Notice Board**
- **Café Visit**
- **Colouring In**
- **Activities**
- **Café Visit**
- **Aged Care Reform**
- **Aged Care Quality Standards**
- **Quality, WHS and Feedback**
- **Australian Bush Buddies**
- **Birthdays**
- **Calendar**

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—16th November

St Clare Up and St Mark Up

Resident Liaison Officer: Marra Pearn

Visiting Hours at time of printing are

Limit of 2 visitors, per resident at a time with a RAT screen required upon entry.

**Mon-Fri: 11:00 - 5:00PM Weekend: 1:00pm - 4:00pm
or By Appointment**



Notice Board



Mass
Every Wednesday
10:30am



REMINDER FOR FAMILIES:

Resident's personal belongings are not covered by St Joseph's House Insurance. It is important to ensure that jewellery remains safe. It can become lost if resident's try to hide their jewellery or it becomes mixed up with rubbish or linen. A suggestion is to replace jewellery, where possible, with less expensive items. We appreciate you giving this matter some thought.



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.



REMINDER:

Fridges in resident's rooms are their own, or the families, responsibility. Please ensure any out of date food is thrown away and the fridges are clean. Thank you



Mobile Library

Wednesday Fortnightly
Please see lifestyle if you wish to join.



Do you feel sad, alone or upset?
Please know we are here to help.
Let the staff, lifestyle or volunteers know how you are feeling and we can arrange someone for a chat.
A listening ear can sometimes be a big help.



REMINDER:

Power boards, and other electrical items, that are brought in for resident rooms must first be given to staff so they can be tested and Tagged. All power board's must also have individual on/off switches for each outlet.



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.





Kiosk is installed at St Joseph's House to provide management with an up-to-date list of visitors on premises if a fire were to occur and we need to evacuate our building.

This system was installed to assist admin staff in checking in visitors during COVID and ensuring each visitor completed the COVID questions set out by the Department of Health and Ageing.

Nirovision was designed and built with privacy in mind.

Our ML algorithms are developed in-house and constantly improved. We release updates to our recognition models regularly

Facial recognition works by looking for a 'match' against a database of embeddings. If there is no match then that face is classified as unknown, ignored, and eventually discarded. So, if you haven't opted in or been added to a particular facial recognition database, then you cannot be identified by any Nirovision system.

Our cloud infrastructure provider is AWS. All client data, including thumbnails, results and metadata is stored and encrypted in disparate cloud systems, built on the Asia Pacific (Sydney) region of the AWS (Amazon Web Services) platform. Nirovision stores data solely in Australia.

Nirovision applications are accessed via HTTPS using Transport Layer Security (TLS). TLS is a cryptographic protocol designed to protect information transmitted over the internet against eavesdropping, tampering, and message forgery - the same protocol used to encrypt internet banking transactions in Australia.

Facial recognition myths

No facial recognition system is the same, there are multiple purposes for the technology which means systems are not interlinked.

Recognition is only possible if you have been added to a facial recognition database.

A face can't be re-created from data points which makes hacking and sharing a facial recognition database difficult.

Government agencies do use facial recognition for very specific tasks such as driver license verification but are bound to privacy laws like everyone else.

This system is not used for surveillance and is no way used like CCTV installed in local businesses.

Find more information, including Auth0 and AWS' certifications, in our Data Security policy

<https://www.oaic.gov.au/privacy/notifiable-data-breaches/preventing-data-breaches-advice-from-the-australian-cyber-security-centre>

Cafe Visit

Residents were out and about last month visiting Safavi Café. It was a thoroughly enjoyable outing for





Dear aged care consumer

I am writing to tell you about important changes that will improve the safety and quality of aged care. You do not need to take any action in response to this letter.

The Australian Government is concentrating on addressing key recommendations of the Royal Commission into Aged Care Quality and Safety.

Some changes start on 1 December 2022. Aged care services will have to meet new requirements from that date. The Aged Care Quality and Safety Commission (the Commission) will have more powers to make sure that aged care providers meet their responsibilities.

The changes that start on 1 December include:

- Improving the way aged care services are run through stronger governance requirements. This includes residential aged care services asking consumers whether they would like to have a Consumer Advisory Committee to give people who use the services a say in how they are run.
- A new Code of Conduct that describes how the people in charge of aged care services, and their aged care workers, must treat people receiving care. The Commission will have powers to take action where a provider or staff member breaches the Code.
- A Serious Incident Response Scheme applying to aged care provided in the home or the community. All providers will need to show that they have a systematic approach to minimising the risk of things going wrong and can respond quickly and effectively if something does go wrong that affects a consumer. Home care providers will now also have to report serious incidents to the Commission and take action to make sure they don't happen again. (Residential aged care providers are already required to do this.)

There will be more changes during 2023, including improved Aged Care Quality Standards.

The Commission will work with aged care providers to make sure the changes are made smoothly. Your service provider should keep you updated about what they are doing.

You do not need to do anything in response to this letter. We will provide more detailed information for people who receive care and their families closer to 1 December. If you would like to stay in touch with us, you can visit our [website](#) and subscribe to the monthly [Aged Care Quality Bulletin](#).

I hope this letter has boosted your confidence that your aged care provider, and the Commission, are working hard to ensure that you will have the best possible experience of aged care.

Yours sincerely

Janet Anderson PSM

Commissioner

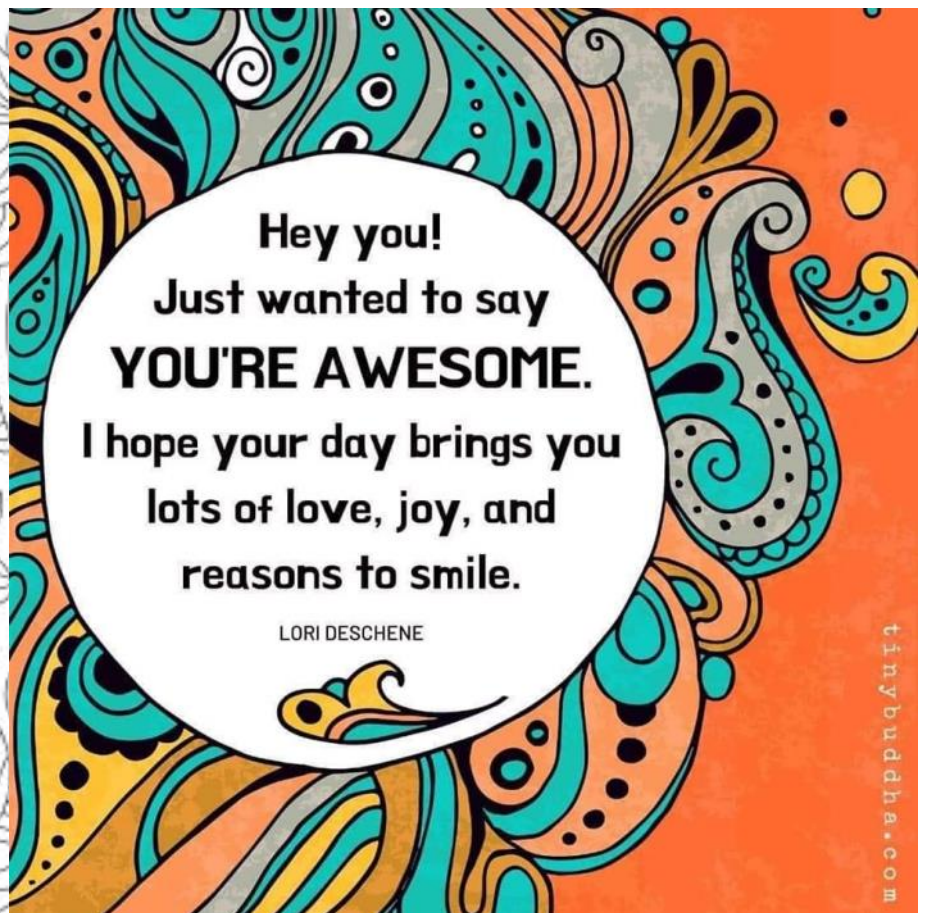
31 August 2022



Types of Food

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

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

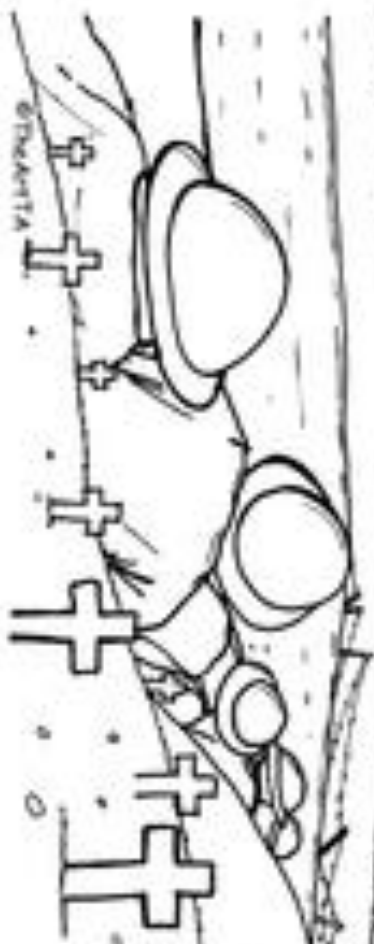


Hey you!
 Just wanted to say
YOU'RE AWESOME.
 I hope your day brings you
 lots of love, joy, and
 reasons to smile.

LORI DESCHENE



We will Remember them



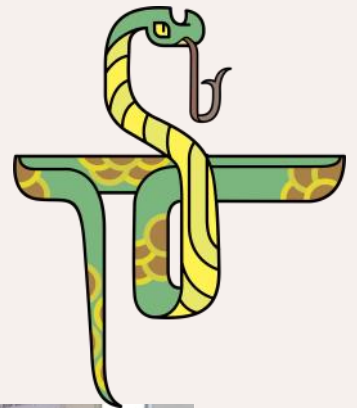
ETHANITA

AUSTRALIAN BUSH BUDDIES

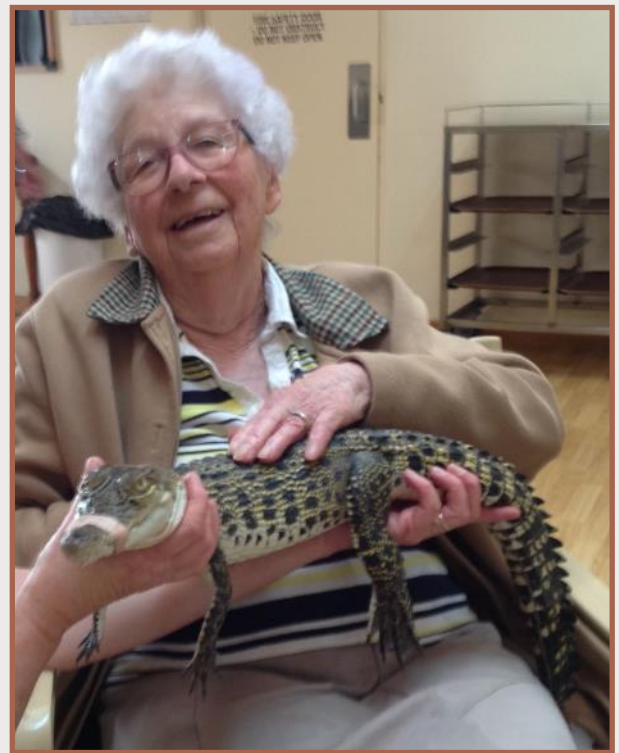


Australian Bush Buddies paid a visit to St Josephs House in September.

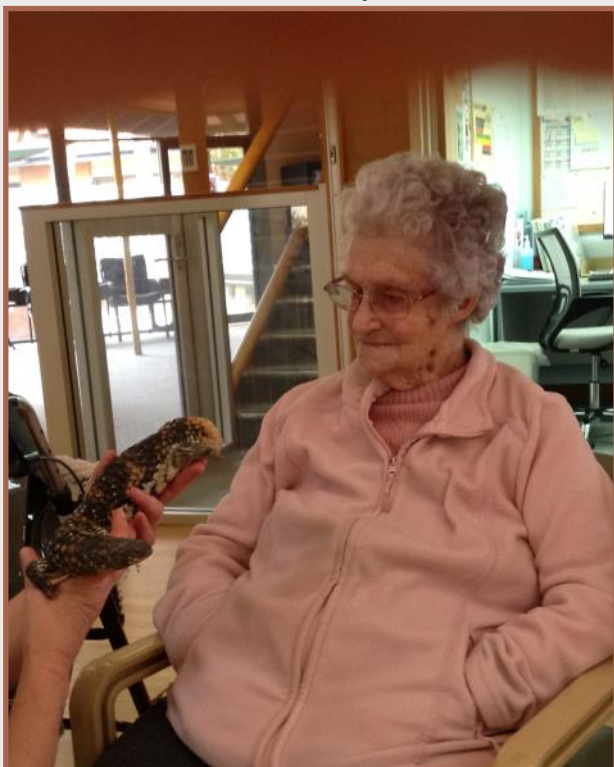
Louise and the crew brought smiles all round for those that attended the session.







The Bush Buddies stole the show!



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.

VISIT OUR WEBSITE

Spiritofcare.org.au



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



Find us on
Facebook

@stjosephshouse

Continuous Quality Improvements...



Hi All,

It is another busy time for Quality, with the Government announcing some big changes to the Aged Care sector. There is a letter in this edition from the Commissioner of the Aged Care Quality and Safety Commission outlining some of the way these changes will impact residents.

From a 'behind the scenes' point of view we have a lot of actions to ensure we remain compliant, these include:

- Updates to policies and procedures to ensure governance systems are in place
- Review of information collection and storage systems to ensure they are suitable for the increased reporting requirements.
- Ongoing updates from regulatory bodies to Management Staff to ensure they are across the new changes and are able to provide onsite education to all staff as required.

Please also look out for an expression of interest notice for residents to be active members of a newly formed Consumer Advisory Committee to give residents more of a say in how the facility is run. More information will be provided on this at the next resident meeting .

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 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 follow up by a senior staff member.

Feedback Form
Department - Residential Services | Date of feedback and complaint | Review date 2023

St. Joseph's House
Spirit of Care

Feedback Form

Please use this form to:

- Suggest an improvement
- Give us feedback
- Express a concern or issue

22 Norman Street
Port Pirie SA 5540
Ph: 8632 1450
Fax: 8633 0790
E: info@stjosephshouse.net.au
W: 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

October Dates

Saturday, 1st October

International Older Persons Day

Monday, 7th October:

Labour Day Public Holiday

Monday 7th— Friday, 11th October:

Mental Health Week

Thursday, 10th October:

World Mental Health Day

Tuesday, 15th— Monday ,21st October:

National Carers Week

Sunday, 27th October:

National Grandparents Day

All of October:

National Safe Work Month



November Dates

Monday 1st

All Saints Day

Tuesday 1st

Melbourne Cup Day

Thursday 11th

Remembrance Day

Saturday 13th

World Kindness Day

All Month

November - Mens Health Issues



November

Changing the Face of Men's Health

World Kindness Day

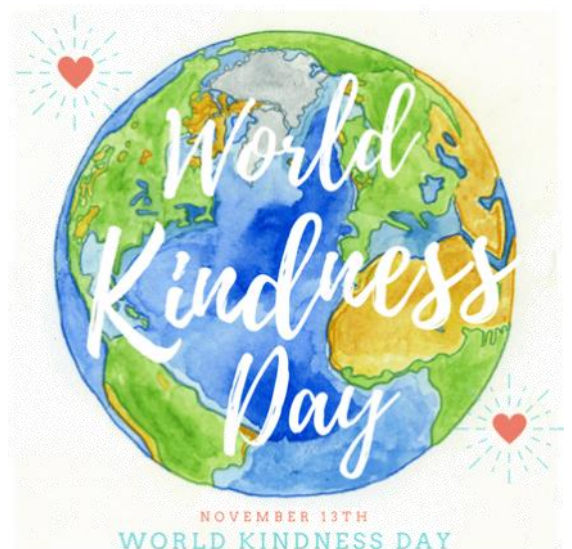
World Kindness Day is observed on 13 November.

What is World Kindness Day?

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world.

If every Australian performed an act of kindness on World Kindness Day, we would have 25 million acts of kindness in a single day.

The possibilities are endless – together let's make Australia kinder.



A festive birthday card with a warm orange and cream color palette. At the top, there are two strings of orange triangular bunting flags. On the right side, a large cluster of orange balloons is tied together with a large, matching orange ribbon bow. The background is a soft, light orange with a bokeh effect of white and light orange circles. The text is arranged in a clean, celebratory layout.

HAPPY
BIRTHDAY

October Birthdays

Colin C 14/10

Gladys C 15/10

Graham W 19/10

November Birthdays

Dawn F 04/11

Sam M 23/11

November 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Room visits for sweeps Televised Melbourne Cup	2 Virtual Mass 1:1 with Vicki 130pm outdoor afternoon teas and socializing	3 Outdoors morning teas Weekend activity pack delivery room to room	4 Morning tea and exercise outdoors SC Afternoon tea and exercise SM outdoors	5 Activity Boxes are available in all areas	6 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
7 Hairdresser 1030am Bingo 1:1 room visits, activity packs	8 Lolly Trolley 130pm Knitting group	9 1:1 visits with Vicki 1030am Mass 130pm outdoors afternoon tea and socializing	10 10:45am Yoga with Joy 130pm Hoy in court yard with afternoon tea	11 Virtual Remembrance day service And morning tea 130pm Bowls	12 Activity Boxes are available in all areas	13 World Kindness day Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
14 Hairdresser Outdoors morning tea and conversation Movies in own areas	15 1030am Resident meeting SCU/SCD Garden afternoon tea	16 1:1 visits with Vicki 1030am Mass 1pm Resident meeting SMU / SMD	17 10:45am Yoga with Joy Weekend activity pack delivery room to room	18 10:30am Bingo 130pm Bowls	19 Activity Boxes are available in all areas	20 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
21 Hairdresser 11am Ecumenical service Men's afternoon tea chat in court yard	22 White board quizzes 130pm Darryl and Sue	23 1:1 visits with Vicki 1030am Mass 130pm Café Visit	24 10:45am Yoga with Joy Weekend activity pack delivery room to room	25 10:30am Bingo 130pm Bowls	26 Activity Boxes are available in all areas	27 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
28 Hairdresser Beetles outdoors and afternoon tea	29 1030am Hoy 130pm Christmas Craft with Kerry	30 St Andrews Day 1030am Mass 1:1 visits with Vicki 13pm Shopping at local stores				