

St Joseph's House Connections January 2023



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From the Lifestyle Desk

Hello Residents, Families and Friends!

Well, I have NO issues saying goodbye to 2022

We have had our fair share of trials this year with Covid and restrictions

How well did you all cope though !!!!! , like troopers.....

Well, this year you would have seen a change to the lifestyle program as discussed at your last resident meeting

The new program is about putting your lifestyle in your hands and maintain control of how you spend your time. Here is the run down:

The activity area will be the main lifestyle hub, We will run several activities daily in this area each morning and afternoon. You can bring your own such as your knitting , a puzzle your working on, crossword ,colouring or painting ,you can join others for a chat and a cupper, Activities will also be set up for you to use, get a group together for a card game, Ill even have some chores for you to do, you can help fold linen, water the garden, prepare veg for dinner and Alley and Julie may have some food tasting for you to critic.

The choice is yours, just let us know what you would like to do. we will trial this for 2 months and reeval-uate at the March meeting.

Cooper will continue to visit as many of you as he can in the time each week he is here which is currently Monday , Tuesday and Thursday.

Keep Safe!

Marra , Kerry and Sarina



Do you feel sad, alone or
upset?

Please know we are here to
help.

Let the staff, lifestyle or vol-
unteers know how you are
feeling and we can arrange
someone for a chat.

A listening ear can some-
times be a big help.



Visiting Hours

**MON TO FRIDAY 11AM
TO 5PM
WEEKENDS 1PM TO 4PM**

**OUT OF HOURS BY
APPOINTMENT**

In Memory

Sadly we say goodbye to

- Graham Williams
- Ruth Ziepes
- Ron Warne

To their family and friends - May you find strength in the love of family and in the warm embrace of friends.

Caring for your loved one was a privilege.

Welcome to

A very warm welcome to:

- Keith Dansie
- Lynette Phillips
- Nancy Jaeschke
- Stella Osborne
- Dawn Williams
- Trevor Halse

We hope that you enjoy your time here!

Hair Dresser

We have a hairdresser who attends every Monday. If you would like an appointment please Contact Allison direct on 0408335002

Library Service

We have a mobile library service that delivers & picks up library books / audio books to reception. If you would like this service, please talk to lifestyle.

Congratulations

Door decoration winners

SCD Margaret Jackson
SCU Lorraine London
SMD Olive Kennedy
SMU Doreen Yeend.

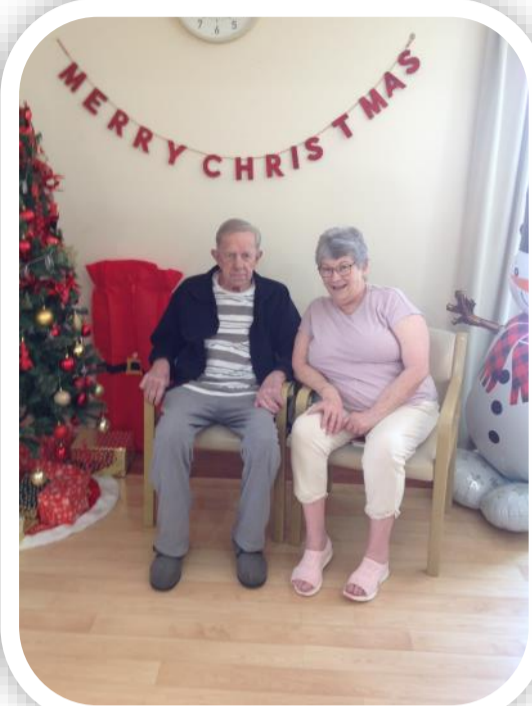
Mass

Mass is conducted each Wednesday morning upstairs St Marks Ecumenical services are conducted each month on the 3rd Monday in St Marks up

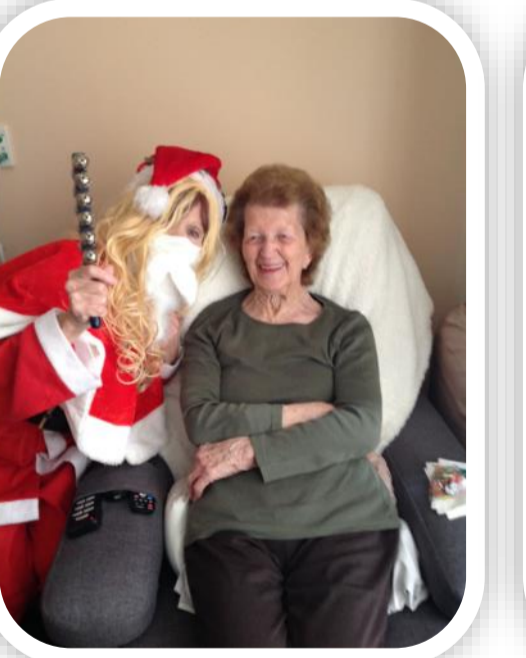
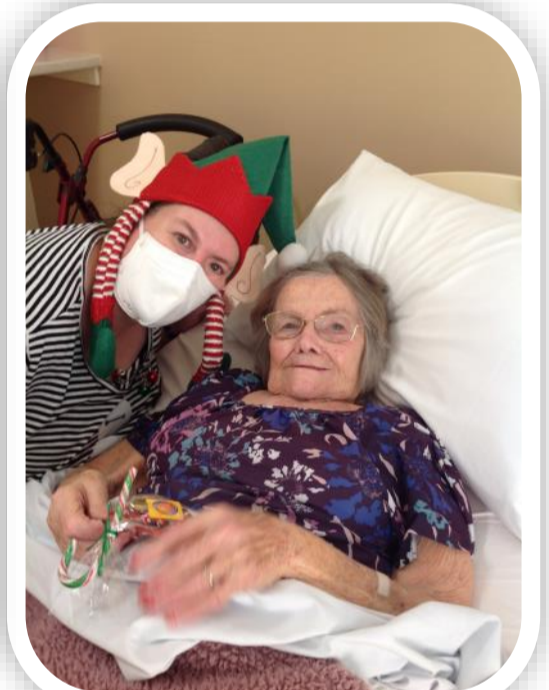
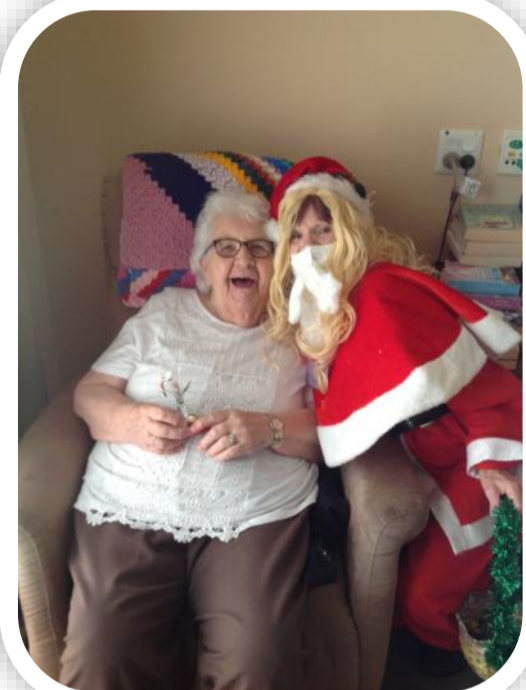
Next Resident meeting

**FEBRUARY 14TH
HELD IN SCU WING
ALL RESIDENTS ARE
WELCOME
YOUR FEEDBACK IS
VALUED**

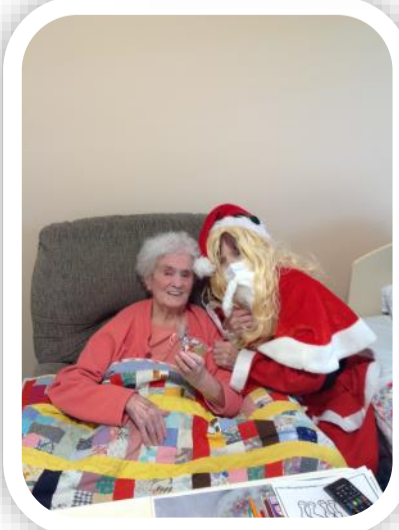
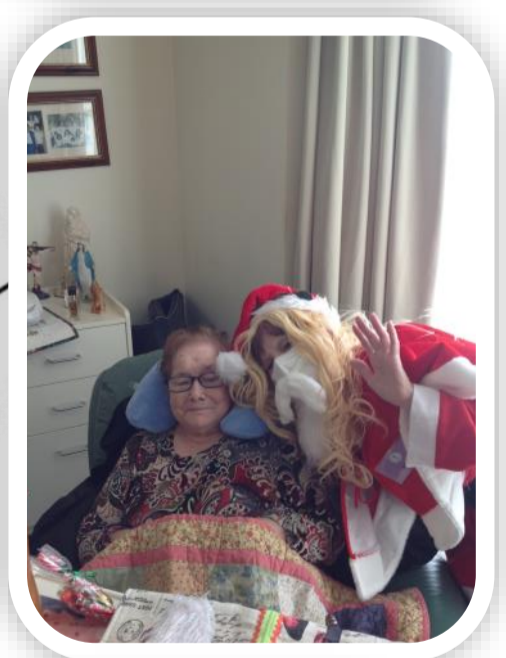
Last Month Revisited



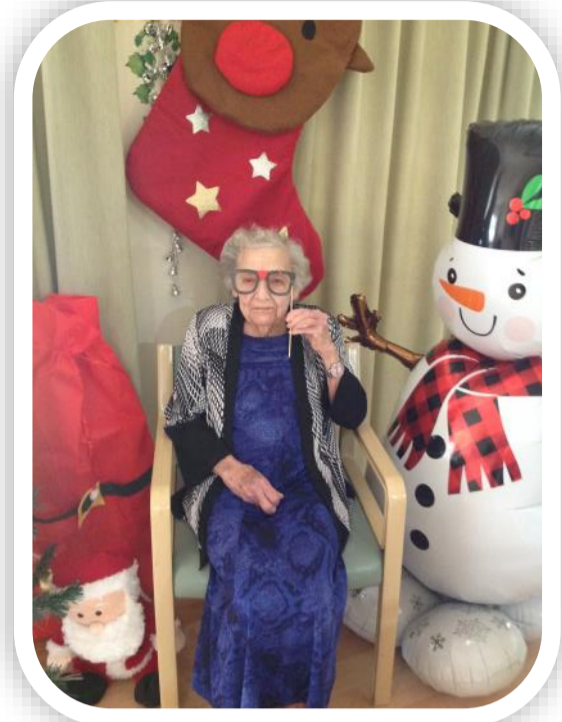
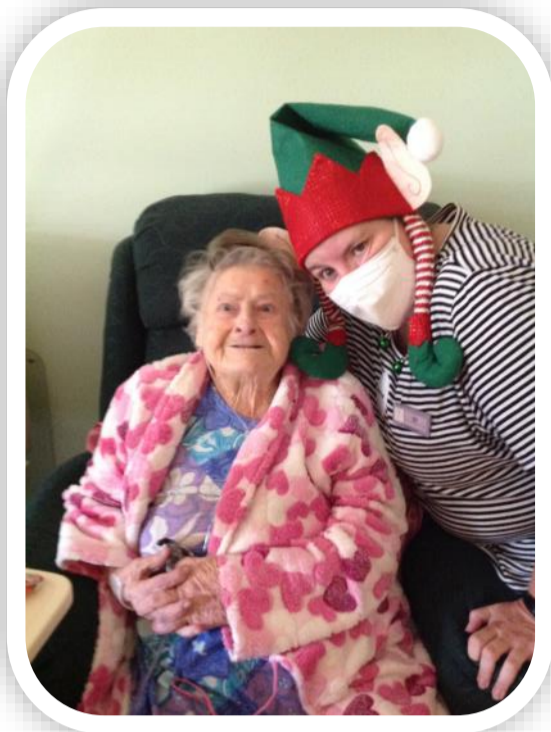
joy



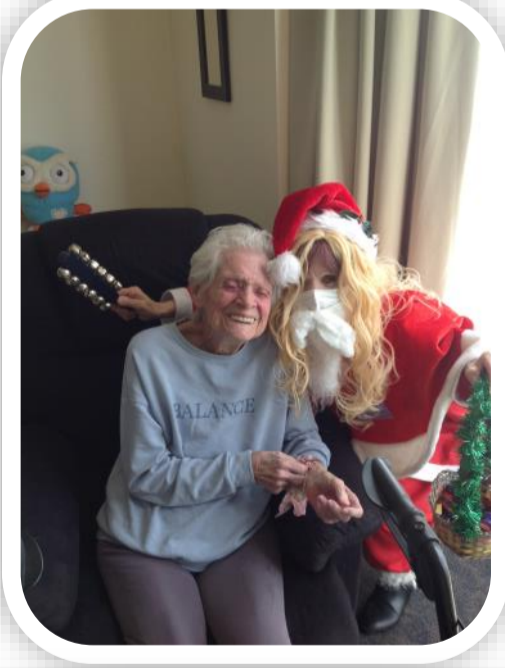
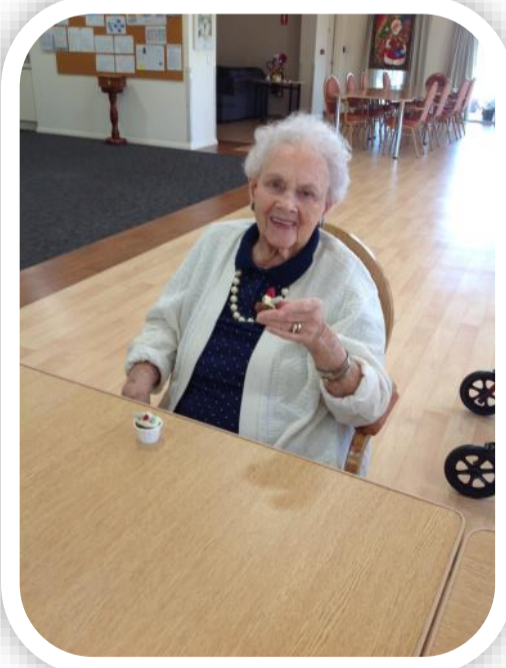
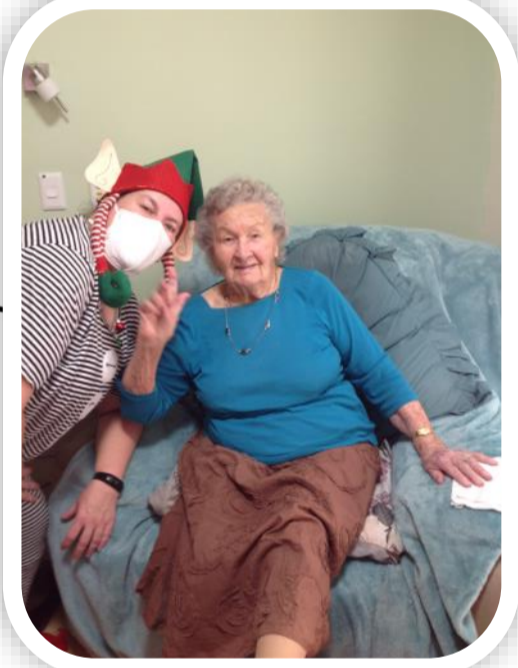
merry



Last Month Revisited



jolly



Activities Ahead

We will continue to run activities of your choice on the day in the activity day room
There is a selection of activities that include cards, board games, crosswords, find a word, have a sing a long, watch a movies , do some folding, visit with Cooper, enjoy a cupper and read a book outdoors , if you are working on a project such as craft or knitting bring it with you and join the others for a social afternoon .
We have a Valentine's day afternoon tea organized .
Darryl and Sue will continue with the singing group
Joy will continue to come in on a Thursday for Yoga
Les rich is here the first Thursday of the month .
Birthday celebration are last Monday of the month , music provided by John

For those who enjoy the radio each Sunday Trax FM provide the following 9am music from the golden oldies, 7pm they will read the local recorder for you
If this appeals to you staff can assist by tuning you in to the station.
Birthday celebrations will be held on a Monday afternoon at the end of the month.
If there is any activity that you would like to do please let us know so we can organize this for you.
As the weather cools a little we will again go out to the café and community activities .

**Where do you
find a cow with
no legs?**

**Right where
you left it.**

**What do you get from
a pampered cow?**

Spoiled milk.



January Birthdays

Norma Conley

Constance Conradi

Margaret Johns
Joan Robinson

Dorothy Slaven

Coline Stenson

Ron Warne
Dawn Williams



AUSTRALIA DAY WORD SEARCH

Can you find the words hidden in the puzzle?

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

FOOTBALL KANGAROO SYDNEY ABORIGINAL CEREMONY

NATIONAL KOALA FIREWORKS BARBECUE AUSTRALIA

HAPPY AUSTRALIA DAY



THE HILLS
Sydney's Garden Shire

 **AUSTRALIA** 

Can you identify these items



Answers in next months issue

Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.

1800 700 600



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
- 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.

Visitors cannot enter an aged care facility if:

They have been a close contact of a positive COVID-19 case within the last 7 days.

They have symptoms of acute respiratory infection.

They have undertaken a COVID-19 (PCR) test and are awaiting the test result unless part of routine surveillance testing and do not have symptoms.

If a visitor tests positive on a RAT test prior to visiting.

It is mandated that visitors wear a face mask at all times when in the physical presence of others, except if eating or drinking (for all visitors over the age of 12).

It is compulsory that visitors undertake a RAT screening test prior to entry.

Visitors should stay 1.5m from others wherever possible.



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

In need of an advocate?

aras
aged rights advocacy service inc.

1800 700 600

Consumer Advisory Committee

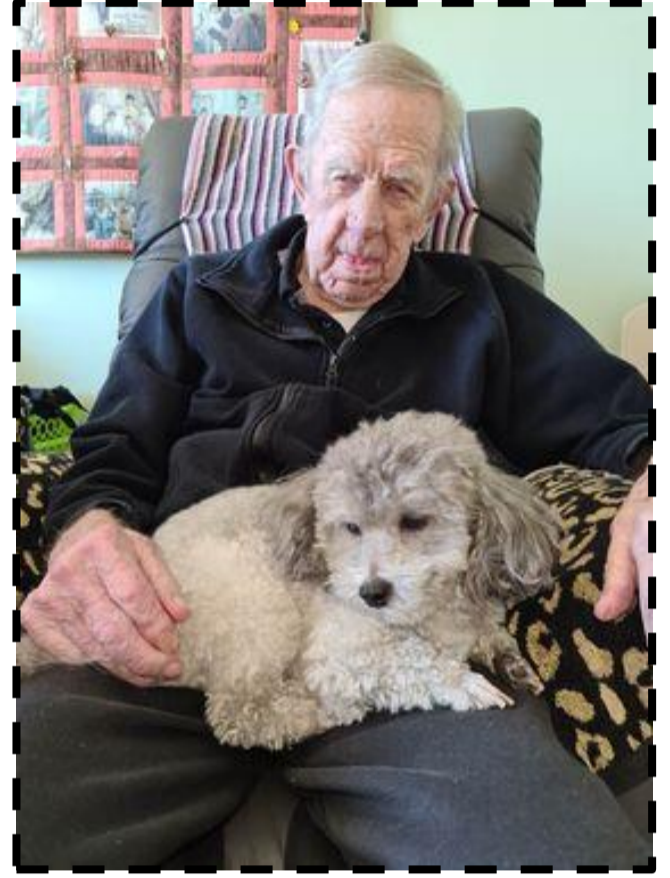
St Joseph's House is seeking expressions of interest for residents who would like to be involved with running the St Joseph's House resident meetings.

The resident meeting will form the Consumer Advisory Committee for St Joseph's House with the meetings being resident lead that have a focus on addressing issues that are specific to you to ensure you can live your best life!

If you would be interested in running or being involved in organizing these monthly meetings, please place your expression of interest with one of our Lifestyle team.



COOPER SPREADING THE LOVE



Continuous Quality Improvements

Hi All,

Well, another year has reached the end.

It has been a very busy year indeed. St Joseph's House has been working hard to respond to and implement the changes that are being rolled out across the sector as part of the Aged Care Reform legislation. Significant changes to the industry will continue to have a big impact on our quality program for 2023.

As these changes impact residents, information has been provided and will continue to be provided on an ongoing basis.

As you may be aware we had a visit from the Aged Care Quality and Safety Commission in November, we are still awaiting the final report for the outcome of this visit and will let you know as soon as we do.

We are expecting both St Clare and St Mark to undergo a full accreditation in 2023, we look forward to putting all of our hard work to the test and highlighting the care and services we provide.

I would like to wish everyone a Merry Christmas, a happy new year and a safe holiday season.

Kind regards,
Amanda White

Laundry Information

Hi everyone

Just a reminder as we come in to the new year and we have new residents , if clothing has not been labeled , ask staff to place your clothing in a bag with your name on it so it does not get lost .

If you have missed placed clothing please fill in a lost clothing form in your area and we will do our best to locate it as soon as possible

Happy new year everyone

Lucy, Betty, Hayley and Toni

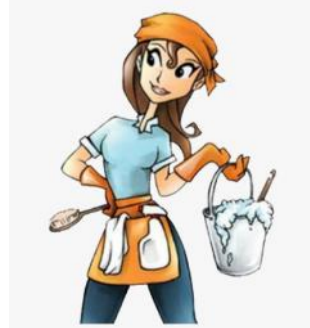


Cleaning information

Hi Everyone

We have hit the ground running this year , we are continuing to provide our service to you , if you need anything done please let us know when we clean your room , we look forward to seeing you all each day and we enjoy our chats and laughter with you all

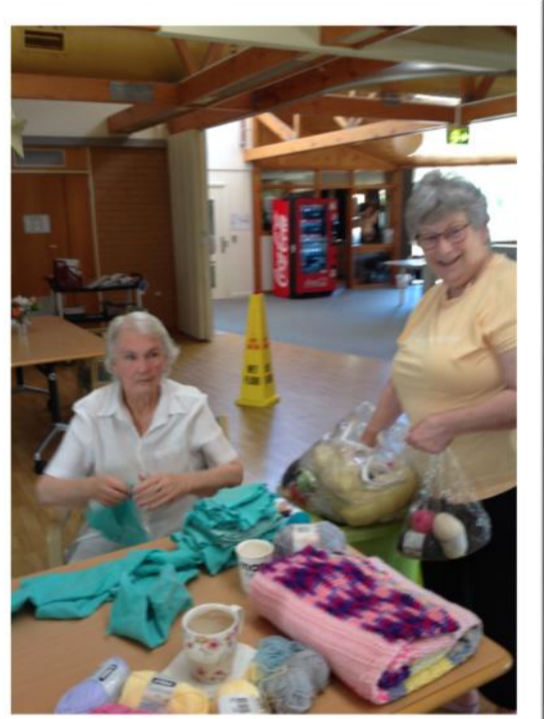
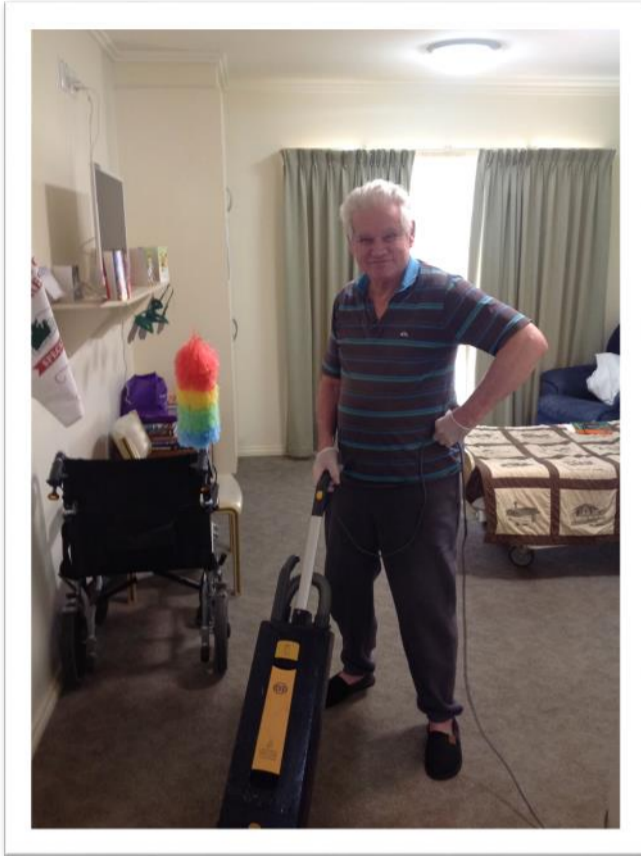
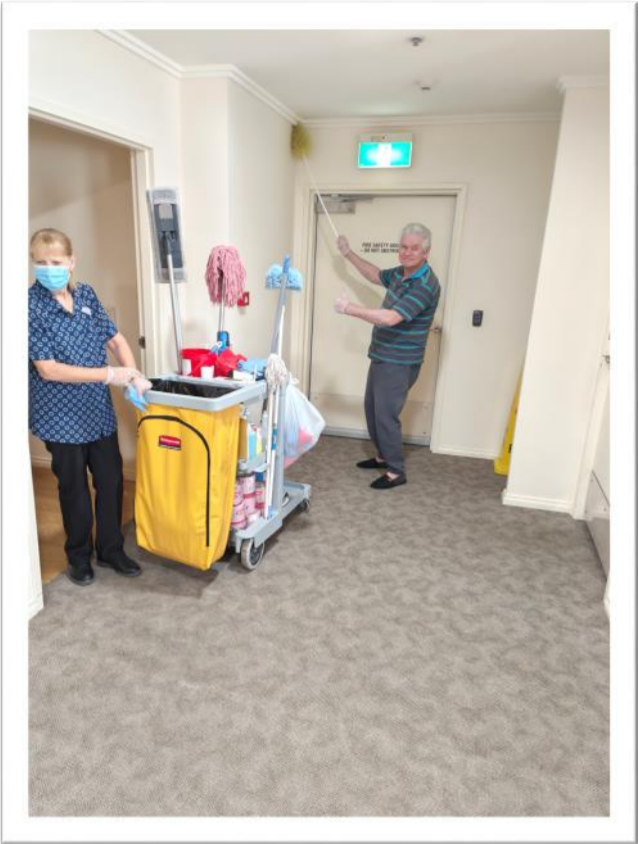
Jan, Vicki, Betty, Hayley, Toni, Roda, Joan, Christine and Annette



Around the home

A
C
T
I
V
I
T
I
E
S

Who doesn't like a man that cleans
Ed helping Joan to keep his room neat and tidy



Thank you Claire and Dot



Meal times

All meals are served in the dining room unless you choose to eat in a place suitable to you.

Meal times :

Breakfast : 8am

Lunch : 12pm to 12:15pm

Tea: 5:00pm to 5:15pm

Please note snacks are available through out the day including morning tea, afternoon tea and supper .



Christmas door decoration winners



February 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 1045am Mass 130pm Bingo 1:1 visits with Kerry	2 1030am Yoga 130pm entertainment with Les Rich Coopers day off	3 10am Activity area for choice of Social activities 130pm Bowls	4 Activity Packs supplied for your weekend leisure	5 9am golden oldies Trax FM Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
6 Hairdresser Activity area for choice of social activities Visits with Cooper	7 Activity area for choice of social activities Visits with Cooper	8 Library delivery 1045am Mass 130pm Bingo 1:1 visits with Kerry	9 1030am Yoga 130pm Activity area for choice of social activities Visits with Cooper	10 10am Activity area for choice of Social activities 130pm Bowls	11 Activity Packs supplied for your weekend leisure	12 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
13 Hairdresser Activity area for choice of social activities Visits with Cooper	14 Valentines Day Resident meeting SCTU 1030am 130pm Afternoon tea 130pm Sing along choir with Darryl & Sue Visits with Cooper	15 1045am Mass 130pm Bingo 1:1 visits with Kerry	16 1030am Yoga 130pm Activity area for choice of social activities Visits with Cooper	17 10am Activity area for choice of Social activities 130pm Bowls	18 Activity Packs supplied for your weekend leisure	19 9am golden oldies Trax FM Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
20 Hairdresser 11am Ecumenical services Activity area for choice of social activities Visits with Cooper	21 Activity area for choice of social activities Visits with Cooper	22 Library Delivery 1045am Mass 130pm Bingo 1:1 visits with Kerry	23 10:00am thank you morning tea for Joy 1030am Yoga 130pm Activity area for choice of social	24 10am Activity area for choice of Social activities 130pm Bowls	25 Activity Packs supplied for your weekend leisure	26 9am golden oldies Trax FM Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM
27 Hairdresser Activity area for choice of social activities 130pm Birthday Celebrations with John and Jill	28 130pm Sing along choir with Darryl & Sue and afternoon tea Visits with Cooper					