

# St Joseph's House Connections February 2023



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## From the Lifestyle Desk

Hello Residents, Families and Friends!

February has been a busy month with the girls conducting activities in areas so that all of you have the opportunity to attend . We hope you are enjoying your activities and urge you all to let us know if there is anything that you would like to do, leisure is about what you want to do , how you spend your time please let us know what your choices are so we can organize this for you .

This month we have had some really hot weather , as it gets a little cooler we will continue with café visits and some out door activities.

We will resume some activities such as cooking, lolley Trolley and individual activities now we have 2 staff on Tuesday to Thursday , please approach Sarina or Kerry with your needs.

Ecumenical services will start again in March all are welcome on the 3rd Monday of the month

Singing will continue this month with Daryl and Sue

Resident meetings will move forward as more resident driven and will be conducted by Jenny from SCU and Ed from SMU if you have anything you would like to discuss at the meeting please let them know or we would love to hear from you at the meeting .

ARAS will attend the next resident meeting as an information session

We now have 2 podiatrists coming on site so you have a choice , please see nursing staff for days they are here.

If you would like a visit from Cooper please let the girls know and I will bring him to see you.

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

- Nancy Jaeschke

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:

- Peter Mardon
- Valma Stringer
- Meg Dite

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.

Footy Tipping

AFL commences on March 16th  
\$25.00 for the season to participate  
Please pay lifestyle before March 16th which is first round

Mass / Services

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

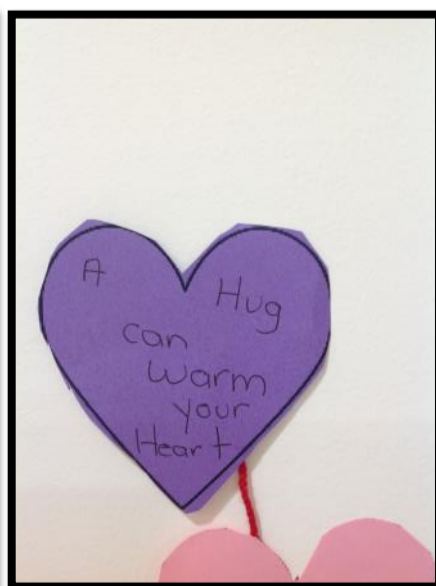
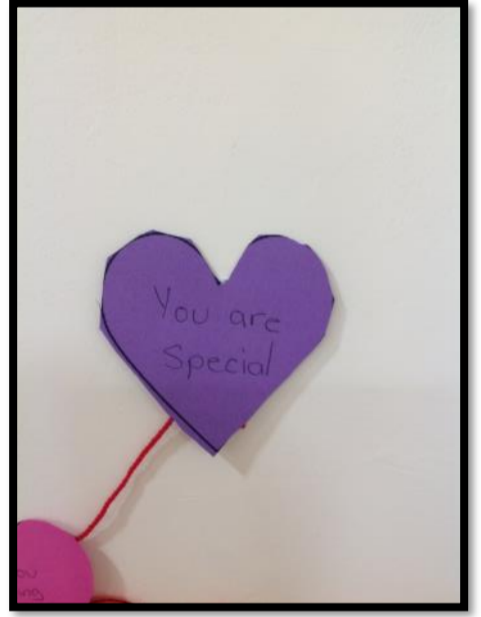
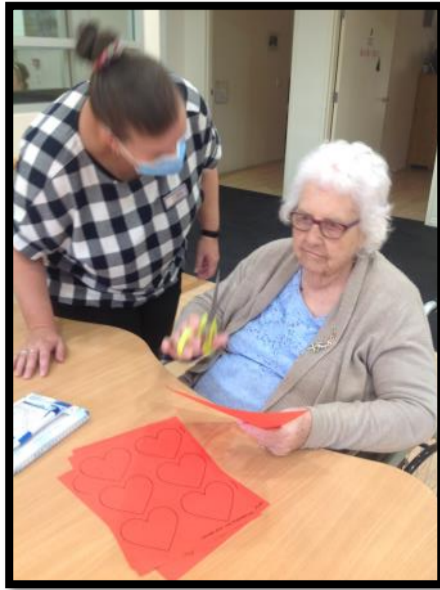
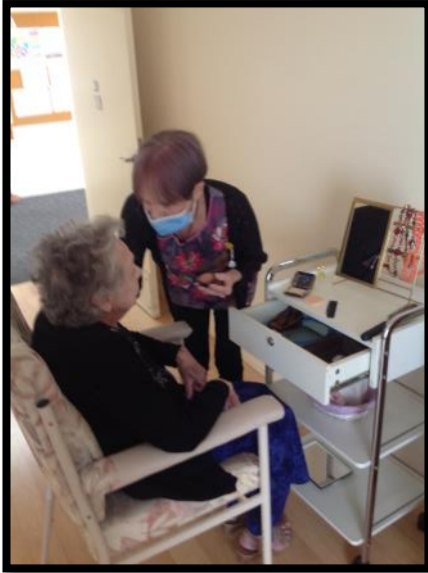
Next Resident meeting

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

Special Guests  
Special Guests

**MARCH 14TH  
ARAS WILL BE  
ATTENDING THE  
RESIDENT MEETING**

# Activities



Activities

PANCAKE DAY

COOKING



MORNING TEA WITH JOY



## 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 celebrations are conducted on the 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 .

Footy Tipping  
This season will be \$25.00 please pay lifestyle  
1st Match March 16th  
Good Luck everyone  
GO THE CROWS \*\*\*\*\*

## February Birthdays

Florence Davies \*\*103 years old \*\*

Vonnie Parks

Lynette Phillips

Brian Rutgers

Don Sanders

Meg Dite





# Happy Valentine's Day !

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

- |            |          |           |            |           |
|------------|----------|-----------|------------|-----------|
| affection  | bow      | boyfriend | candy      | card      |
| crush      | cupid    | date      | diamond    | envelope  |
| fairy tale | February | flowers   | friend     | gifts     |
| girlfriend | heart    | hug       | kiss       | lace      |
| letter     | love     | love song | poem       | ring      |
| rose       | serenade | sweets    | teddy bear | valentine |



Answers to last months can you identify these Items



Egg beater Drill



Coffee grinder



Hairdresser Sink



Iron



Tongs



Ear Horn

Can you identify these items



1



2



3



4

# 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](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 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**

## Aged Care Quality Standards....



### Standard 7: Human Resources

#### Consumer Outcome:

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

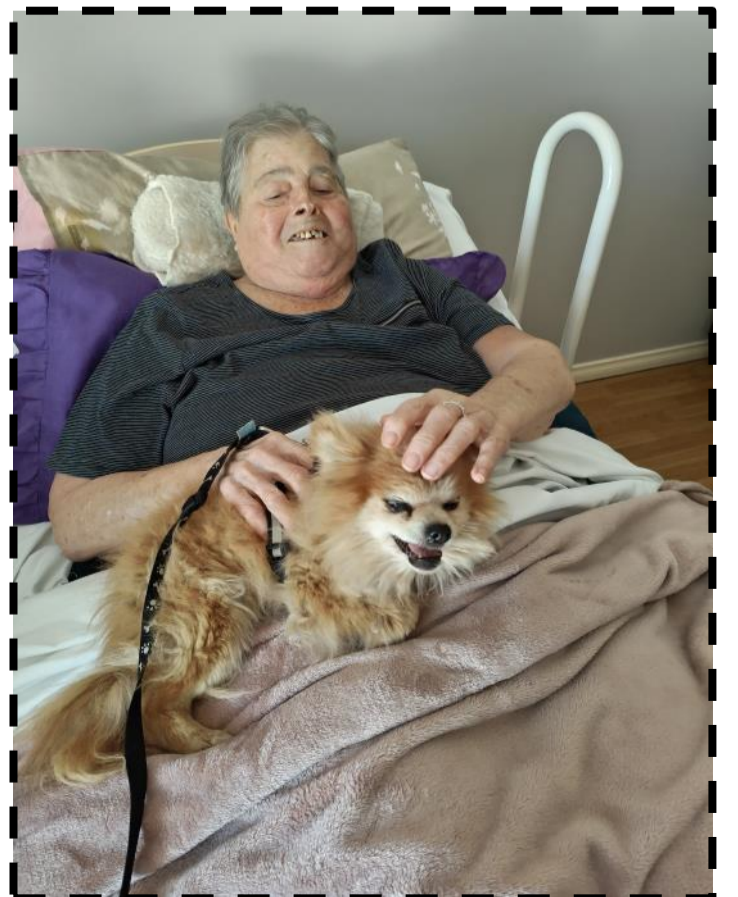
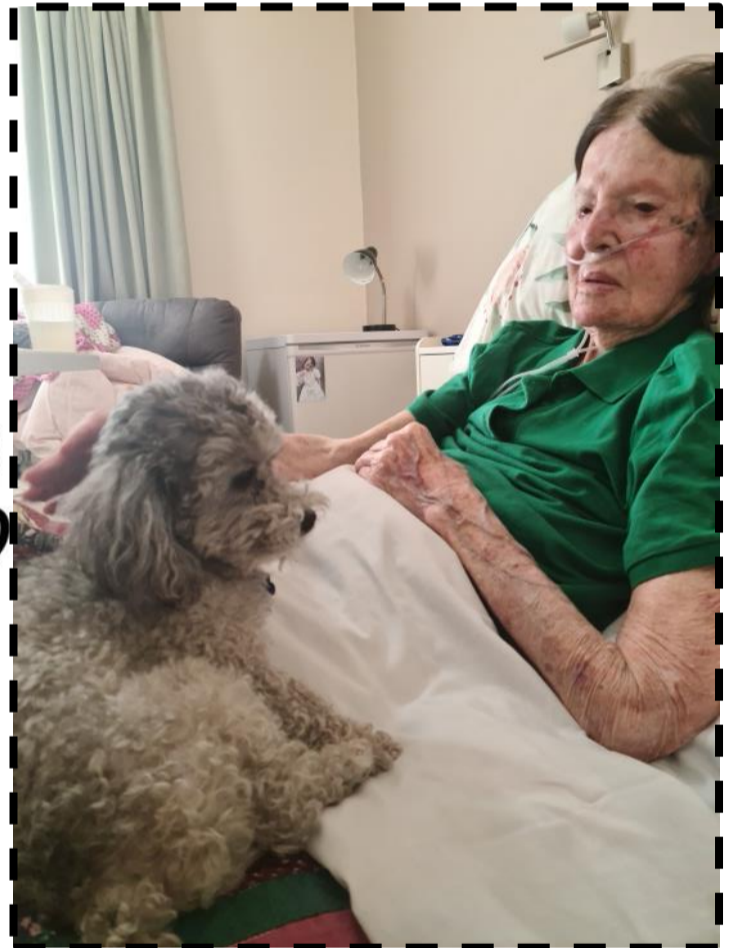
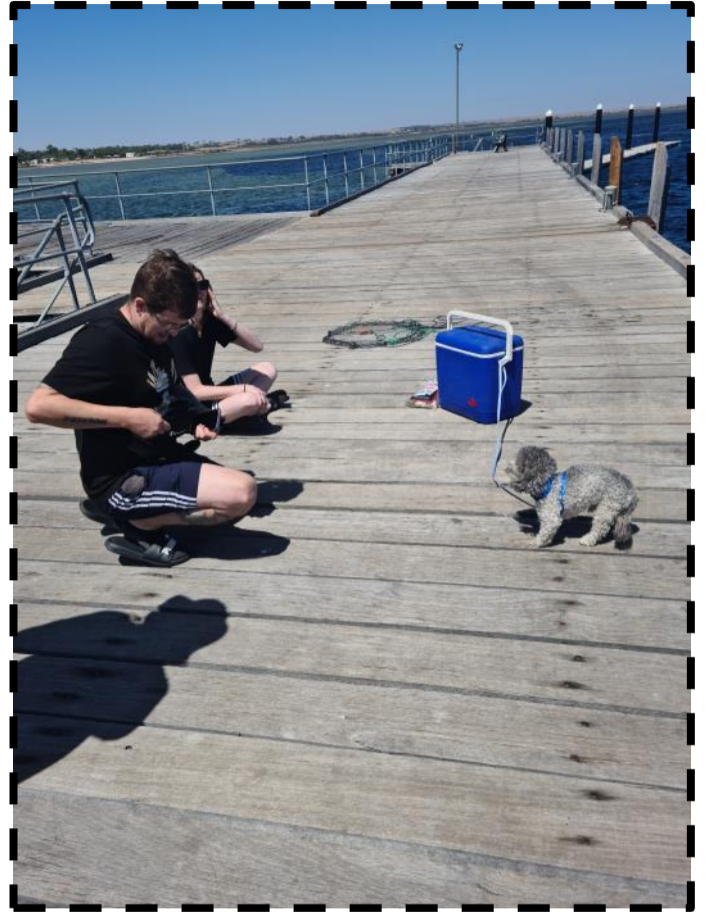
#### What does this mean?

- St Joseph's House are able to provide enough skilled and qualified staff to meet your needs.
- St Joseph's House are responsible for ensuring staff numbers and the mix of skill needed to provide you with quality care.
- The staff at St Joseph's House have the right skills, qualification and knowledge.
- Staff do their job effectively, can communicate and build positive relationships with you.
- Staff have a focus on consumer-centred care to find your strengths and understand your goals.
- St Joseph's House respects the workforce for their diverse skills and qualities and support staff to deliver the outcomes in the Quality Standards.
- St Joseph's House regularly assess, monitor and review the workforce including workforce makeup, suitability and performance. This is vital to delivering safe, respectful and quality care and services that meet your needs and preferences.

# PETS SPREADING THE LOVE



Coopers first camping trip ,  
he did so well



## Continuous Quality Improvements

Last year the Department of Health and Aged Care announced that they are reviewing the Aged Care Quality Standards. The Quality Standards set the expectation for the care and services all aged care providers deliver. The consultation period for these standards has finished and the Department has announced that we can expect a new set of Quality Standards to come into effect this year. When these new Quality Standards commence more information will be provided in greater detail. For now, here is an overview of the outcomes that St Joseph's House will need to meet under the new Quality Standards:



## Laundry Information

Hi everyone

Re Clothing label's

- We reorder once a resident is down to the last 10 labels.
- 50 labels are reordered at a time (new residents order 100 labels initially)
- The recharge to residents is the cost price only.
- SJH absorbs the GST and the postage costs.

The cost to residents is 50 labels @ \$20, this goes onto their next invoice once received from supplier

Laundry staff will collect your clothing to label for you

Lucy, Betty, Hayley and Toni



## Cleaning information

Hi Everyone

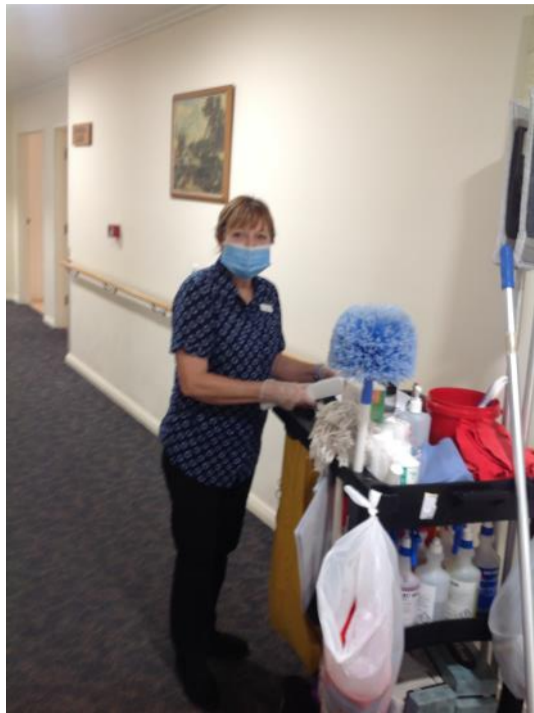
Cleaning girls continue to ensure your rooms are clean and safe from infection point.

If there is anything the girls can do to assist you please let them know on the day and they will endeavor to get this done for you, over the next few weeks the girls will be moving around the home for education purposes, learning the routines in all areas and for you to get to know all cleaning staff on our team. Please let the girls know if you have any special requests

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



## Some of our staff



Jan / Cleaning



Alley , Veronica & Julie  
Catering

Vicki (Cleaning )



Karren (EN)  
CNC Therese



Lucy (Laundry)



### Answers to , Can you Identify these items

1) This brass box has a handle on the top and an adjustable vent on the front.

If you guessed that it's a **foot warmer** then you are correct. The small size and handle suggest portability and this would have been used to warm the feet of riders in a carriage. Even early cars needed to have some kind of heat source since heaters weren't common in automobiles until the 1930s. It wasn't until 1933 that the **first in-dash heater** was built by the Ford Motor Company.

2) Next up we have a very beat up, aqua blue metal container with a spout on one side.

Your mom may or may not have used one of these. It's a **powdered detergent dispenser** from before all our boxes had spouts built in. This perhaps explains why it's so danged beat up!

3) Ceramic and conical, this piece has a screw base similar to a light bulb and has many small metal coils around its outside.

If you guessed **heating "bulb"** you've got it! A cool (or should we say "hot") vintage item, this heating element uses the metal coils to distribute heat once it's screwed in.

4) These are stepped-down in size along the length of each object. They have metal caps on the ends as well, with a slot at the top of the larger end.

If you thought they were **industrial textile spools** then you are ahead of the pack! Used to hold the thread that textiles were made from, I've heard it said that the shape means that they can be changed out easily for other colors.

“Before families bring in any medications, including vitamins, creams, drops for residents, could you please discuss this with the Registered Nurse on duty.

This is to minimize any potential interaction with prescribed medications. Thank you.”

Regards  
Therese

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 .



We are currently trialing choice of meal at service not pre ordering  
Please let us know if this is working for you



# March 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>6 Hairdresser</b> 1030am Quiz activities and social gathering 1pm Craft with Sarina</p>	<p>7 Lolley Trolley 1030am Placemat making with Sarina 130pm Activity area for choice of social activities Visits with Kerry</p>	<p>1 10:45 Mass / St David's Day Pastoral care visits with Claire 130pm Cooking with Kerry Room visits with</p>	<p>2 1030am Yoga with Joy 130pm Les Rich visits with Kerry</p>	<p>3 World day of Prayer 1030am Exercise / walking and chair 130pm Bowls</p>	<p>4 Activity Packs supplied for your weekend leisure</p>	<p>5 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM</p>
<p><b>13 Adelaide cup</b> Public Holiday Televised, ask staff to assist putting this on for you</p>	<p>14 11am ARAS / resident meeting 130pm Choir Practice with Daryl &amp; Sue visits with Kerry</p>	<p>8 <b>Library Delivery</b> 10:45 Mass Pastoral care visits with Claire 1pm Bingo ft with Sarina visits with Kerry International woman's day</p>	<p>9 1030am Yoga with Joy Activity area for choice of social activities visits with Sarina</p>	<p>10 1030am Hoy and games of your choice 130pm Bowls</p>	<p>11 Activity Packs supplied for your weekend leisure</p>	<p>12 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM</p>
<p><b>20 Hairdresser</b> 11am ecumenical service 130pm Bingo</p>	<p>21 Lolley Trolley 1030am Active activities and social gathering 130pm Café Visit</p>	<p>15 10:45 Mass Pastoral care visits with Claire 1:00pm Men's afternoon with Sarina visits with Kerry</p>	<p>16 <b>AFL Round 1</b> 1030am Yoga 2pm Sing Australia Visits with Kerry</p>	<p>17 <b>St Pats Day</b> 1030am Bingo 130pm Bowls</p>	<p>18 Activity Packs supplied for your weekend leisure</p>	<p>19 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM</p>
<p><b>27 Hairdresser</b> 1030am Quizzes Activity area 130pm Birthday Celebrations with John and Jill</p>	<p>28 1030am Chair exercises 130pm Choir Practice with Daryl &amp; Sue visits with Sarina</p>	<p>22 <b>Library Delivery</b> 10:45 Mass Pastoral care visits with Claire 130pm Activity area for choice of social activities</p>	<p>23 1030am Yoga Activity area for choice of social activities <b>Veg prep with catering</b> Visits wit Kerry</p>	<p>24 1030am Excursive / walking and chair 130pm Bowls</p>	<p>25 Activity Packs supplied for your weekend leisure</p>	<p>26 Songs of praise 11:30 am ABC 7pm reading local recorder Trax FM</p>
<p>29 10:45 Mass Pastoral care visits with Claire 130pm Bingo</p>	<p>30 1030am Yoga Activity area for choice of social activities</p>	<p>31 1030am Virtual Travel 130pm Bowls</p>				