



# STARGAZER



STAR OF THE SEA HOME FOR THE AGED

*A ministry dedicated to the loving care of the Aged by  
Catholic Diocese of Port Pirie*

January 2024 | ISSUE 1

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The end of the year is approaching. I would like to express my gratitude and thanks for all your amazing efforts this year and hard work

Thank you for everything you do for our residents, we provide excellent care, and I am proud to manage star of the sea, we are continuously improving, and I look forward to 2024.

Best wishes to you all over this festive period,

Kind regards,  
Michelle Bown

## ANGLICAN SERVICES

*2nd Wednesday of  
each month*

## UNITING SERVICES

*3rd Friday of each  
month*

The Terrace Café

Every

Thursday 9.15am



## RESIDENTIAL RECEPTION HOURS

08 8823 0000

[admin@startofthesea.org.au](mailto:admin@startofthesea.org.au)

Mon to Fri 8am-4pm

## COMMUNITY CARE OFFICE

08 8823 0019

[community@startofthesea.org.au](mailto:community@startofthesea.org.au)

Mon to Fri 8am—4pm



# HAPPY NEW YEAR AROUND THE WORLD

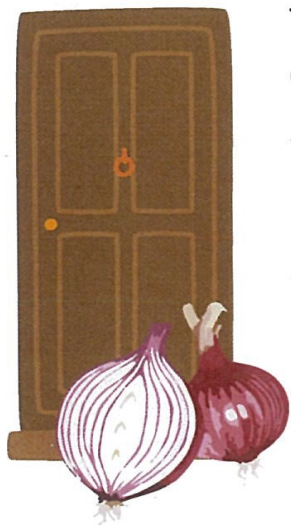
By Stacey Coombes, Hospitality Manager.



Chinese New Year 2024 is a Wood Dragon. This symbol is considered a magnificent and a highly revered symbol in Chinese culture. Since dragons are linked to strength, good fortune, and success, 2024 is expected to be a year full of opportunity, career, work and success.



In Spain, it is believed that if you eat one grape in time with each chime of the clock at midnight, then you will be rewarded with luck and happiness in the coming year.

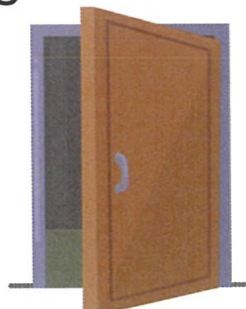


In Greece, it is traditional to hang an onion on the front door of your home on New Year's Eve as a symbol of rebirth in the New Year. To commemorate New Year's Day, parents then wake their children by tapping them on the head with the onion.

In a hope for a year filled with travel and adventure, it is a tradition for Colombian residents to walk around the block on New Year's Eve with an empty suitcase.



On New Year's Eve night In Ireland, families will remember those who has passed away that year before by setting a place for them at the dinner table and leaving the door unlatched



It is tradition for residents in Johannesburg to party hard by throwing old appliances and equipment out of the window, literally representing the adage 'out with the old and in with the new.'





# ACTIVITIES REPORT

Happy New Year!!

Hope you had the most wonderful Christmas filled with love and for those who were able to catch up with loved ones I hope you had the most wonderful time.

Welcome to 2024, can you believe it???

Congratulations on everyone who participated in the decorate a door competition, they looked fantastic!!!

While good old Covid may have reared its ugly head and messed with some of our planned activities, I hope that you enjoyed our modified program.

Many thanks to management, the lifestyle team, amazing kitchen girls, clinical team and care staff for their assistance in putting provisions in place so that our resident Christmas party could go ahead.

In January we have a lovely couple who are so kindly travelling from Port Pirie to entertain us- Darryl and Sue on the 11<sup>th</sup> January.

We also have Graeme Hugo returning to perform for us on the January 25<sup>th</sup>.

As always, we have our many regular activities scheduled that we all enjoy and please remember to chat to myself or one of the lifestyle team if you wish to go for a ride on the trishaw with one of our beautiful Cycling without Age volunteers.

Please remember to contact one of the activities staff if you have any needs, suggestions, or concerns, especially regarding video calls.





One of our Residents going for a scenic ride in our new Trishaw



A male budgie by the name of STAR has been donated to Star of the Sea. The Residents love playing with him as he has been hand raised.







Drawing of the Christmas Raffle.

Ladies out in the Garden







# 2024

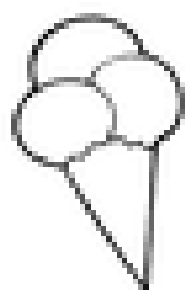
• HAPPY • NEW • YEAR •

*I'm grateful for all the memories we've created this year and  
the ones we'll make in the New Year.*

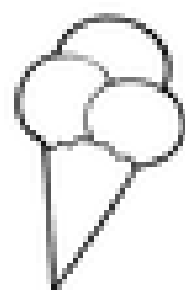
BIRTHDAYCAKE24.COM







# SUMMER VACATION



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

## WORD LIST

ADVENTURE  
BEACH  
CAMPING  
CRUISE  
EXCURSION  
EXPLORING  
FISHING  
FLIGHT

HIKING  
HOTEL  
ISLAND  
JOURNEY  
LAKE  
MOUNTAIN  
OCEAN  
PARK

RELAX  
RESORT  
ROAD TRIP  
SIGHTSEEING  
SNORKELING  
SOUVENIR  
SUMMER

SWIMMING  
THEME PARK  
TOUR  
TRAVEL  
TRIP  
VACATION  
ZOO

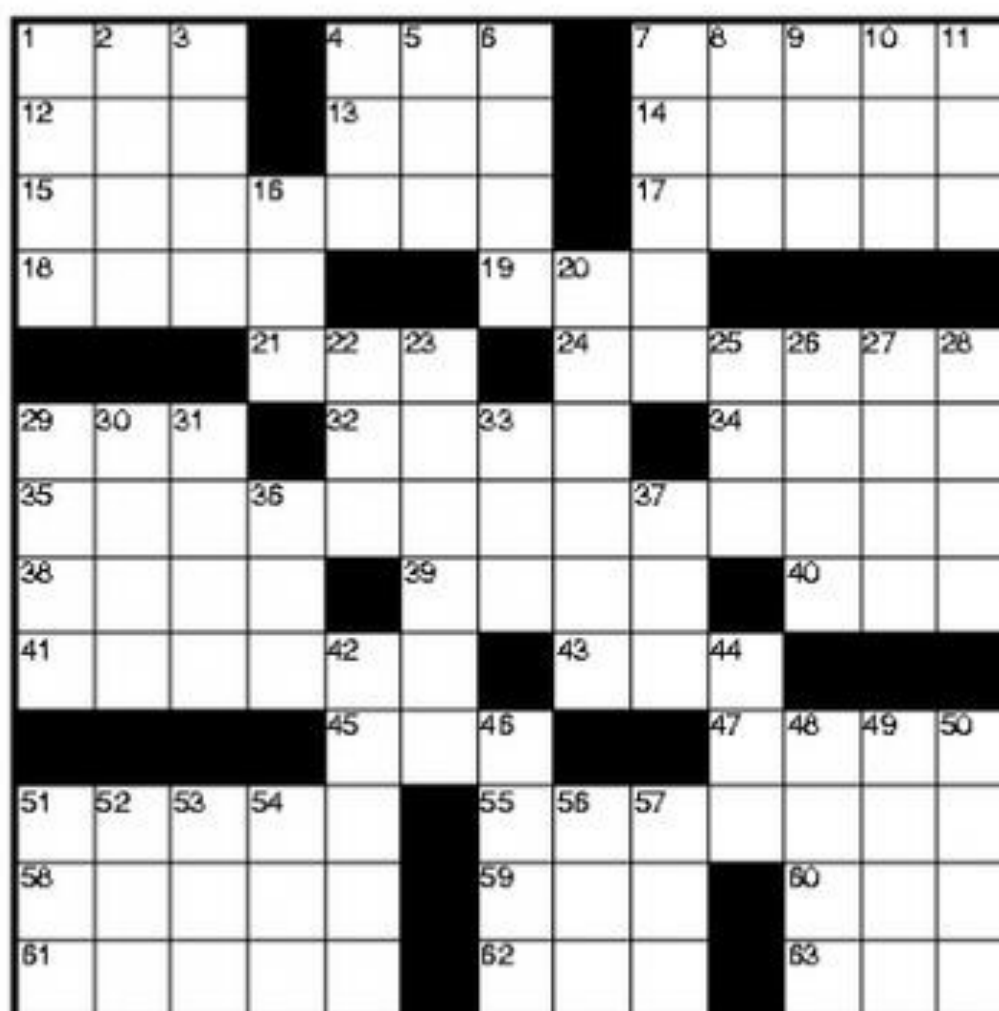
*Homemade*  
GIFTS MADE EASY





## ACROSS

- \*1 \_\_\_ on the back (praise)  
 \*4 Peter Pan and Skippy competitor  
 7 More than \_\_\_ as many total entries as any other crossword dictionary  
 \*12 Keogh Plan alternative  
 \*13 2002 Winter Olympics host  
 \*14 Bret Harte character  
 15 The only crossword dictionary based on the clues in America's most \_\_\_ crosswords  
 \*17 "Cannery Row" star  
 \*18 Gloria Vanderbilt logo  
 \*19 Computer capacity unit, for short  
 \*21 Checkout scanner ID: Abbr.  
 24 More than ten times as many \_\_\_ (like "Titanic") as any other crossword dictionary  
 \*29 Wind heading: Abbr.  
 \*32 Mesopotamian kingdom  
 \*34 Saran \_\_\_  
 35 Appropriately, there are 40 entries under this word, meaning "thorough"  
 \*38 "Darling, Je Vous \_\_\_ Beaucoup" ('55 song)  
 \*39 Has brunch  
 \*40 NYSE regulator  
 41 More than ten times as many \_\_\_ (like Chevy and Oreo) as any other crossword dictionary  
 \*43 Former US Airways rival  
 \*45 Comparative suffix  
 \*47 Jay Leno prominent feature  
 \*51 Mr. T's TV group  
 55 The only crossword dictionary with full coverage of contemporary life and \_\_\_  
 \*58 Actress married to composer Kurt Weill  
 \*59 "Today I \_\_\_ man!"  
 \*60 Barnyard sound

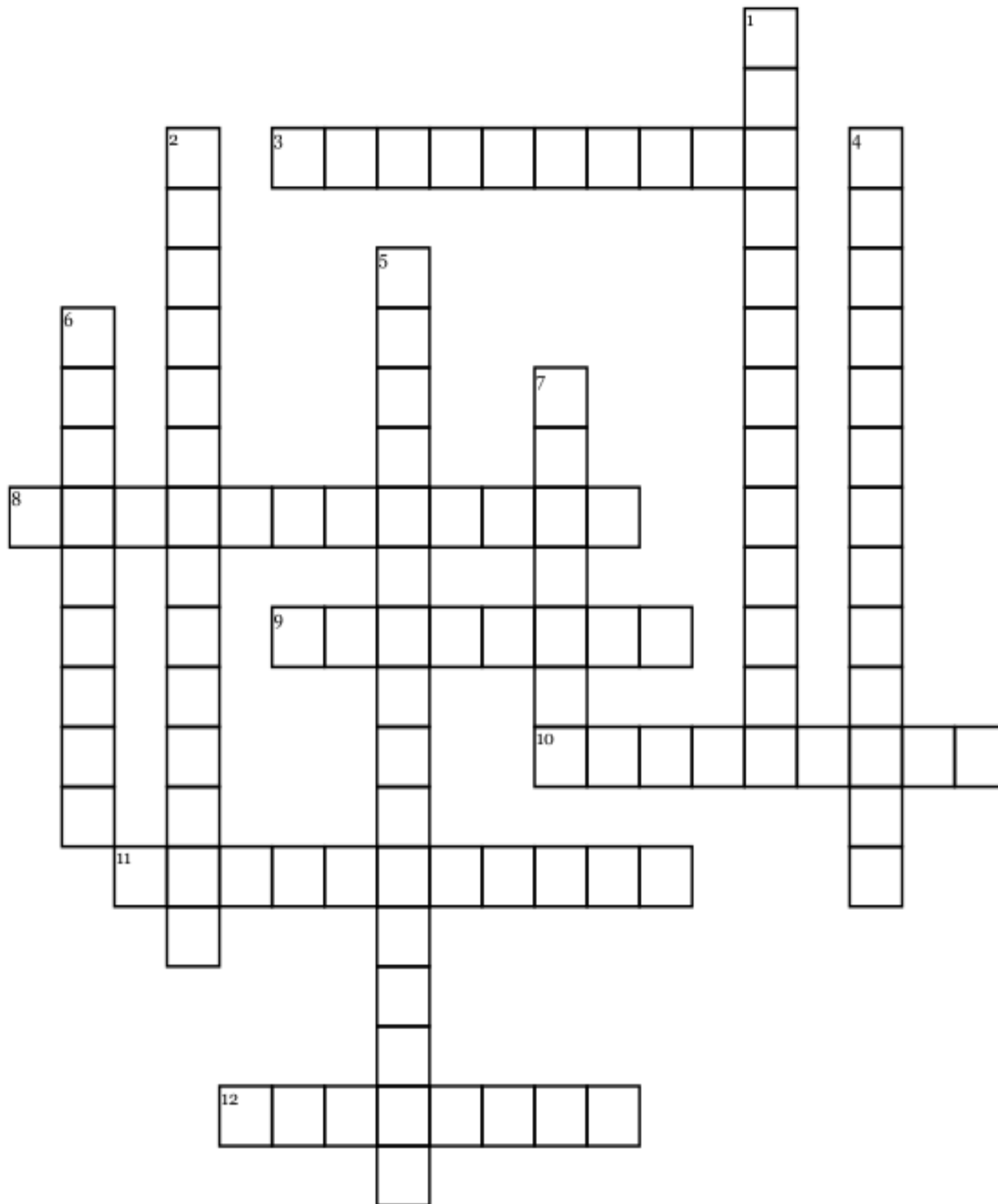


- 61 The only crossword dictionary with "sound bite", "world-class" and thousands of other \_\_\_ terms  
 \*62 Lumberjack's tool  
 \*63 Alphabetic trio
- ## DOWN
- \*1 Gladys Knight's group  
 \*2 "Pretty maids all in \_\_\_"  
 \*3 Spanish snack  
 \*4 Summer mo.  
 \*5 "Love \_\_\_ Many-Splendored Thing!"  
 \*6 Pig's home  
 \*7 "The Rain in Spain" is one  
 \*8 Doctor of sci-fi  
 \*9 Crete, for example: Abbr.  
 \*10 Op. \_\_\_ (footnote phrase)  
 \*11 Ending for ethyl  
 \*16 Burmese statesman  
 \*20 Kelly the clown  
 \*22 \_\_\_ capita income  
 \*23 Monty Python member  
 \*25 Jettas and Beetles  
 \*26 Dame Judi Dench film  
 \*27 Icicle spot  
 \*28 Risky business, for short  
 \*29 Union bane  
 \*30 "Bon \_\_\_!" (French farewell)  
 \*31 Actress Thompson  
 \*33 "Take on Me" rock group  
 \*36 Magic Marker  
 \*37 Where Sydney is capital: Abbr.  
 \*42 Yankee great's nickname  
 \*44 Get busy  
 \*46 Some TVs  
 \*48 Dromedary feature  
 \*49 Desert Storm site  
 \*50 \_\_\_-miss (close call)  
 \*51 Caricaturist Hirschfeld et al.  
 \*52 \_\_\_ Aviv  
 \*53 Disney deer  
 \*54 First name of the author of "We the Living"  
 \*56 Actress Thuman  
 \*57 John Grisham's profession





# free time activities



## Across

- 3.** it needs a camera
- 8.** you go to the library to do it
- 9.** it's a sport that you practice in a pool
- 10.** it needs a bicycle
- 11.** people usually do this on the weekend
- 12.** many artists do it

## Down

- 1.** you can do it with your headphones
- 2.** you use a console to do it
- 4.** you go at the cinema to do it
- 5.** musicians do this
- 6.** some people do it with their dog
- 7.** you do it in the kitchen





# STAR OF THE SEA

## NOTICE BOARD

Talking Newspaper  
Tune in to 1197 FM

Advertiser  
Mon-Fri 1:10pm  
Sat 10am  
Sunday Mail  
Sun 10:30am

MASS  
Every  
Thursday  
morning at 9:30 am  
& Saturday at 6 pm  
In the Church

Don't forget to  
ensure you  
have an  
overnight bag  
available for  
any overnight  
stays away you  
might have

REMINDER  
Clothing to be  
Labelled with  
resident's name  
& room  
number

Personal fridges  
are to be  
cleaned by the  
resident or  
family & any out  
of date food  
must be  
discarded.

Don't forget to  
notify the Nurses  
in charge if your  
loved one takes  
you out of the  
facility & also don't  
forget to use the  
sign in & out  
sheets

Laughter is  
timeless,  
Imagination  
dreams are  
forever.

*For any Mending  
or Alterations  
Please contact  
Sharon Launer  
0434 048 418*



Reminder  
Keep our  
Residents safe  
by continuing  
to stay away if  
you have Covid  
or are a Close  
Contact for 7  
days







# January Birthdays

8th J Foster & R Birbeck 19th P Frost 23rd B Berry  
24th D O'Callaghan 31st R Bryan



find 10 differences





CAFÉ' is closed until Thursday 11th January

Thank You to all the Volunteer people who have done an amazing job over the past 12 months

To all new Respite, Permanent Residents .

There is a Book Cupboard down in Low Care with a few novels ect in it.  
You are quite Welcome to go and have a look and pick out something to read.

### STAR OF THE SEA AUXILIARY

*Thank You to all the Auxiliary Ladies who effortlessly Support Star of the Sea*

Our Xmas Raffle was drawn 19th December at a lovely Morning Tea put on by Star of the Sea Kitchen Staff, Thank You

Prize Winners are as follows:

1st Prize; Maureen McInnes

2nd Prize: Anthea

3rd Prize: Debbie Phillips

4th Prize: M Hancock

Congratulations to you all and all who Supported this great Fund Raiser for the Auxiliary.

Also anyone who sold tickets a Job Well Done!! Raising over \$2000.

All Members Wish Staff and Residents a very Merry Xmas and a Prosperous, Healthy and Safe New Year.

Thanks to all concerned for your Support throughout 2023

MAY YOU BE PROUD  
OF THE WORK YOU DO  
THE PERSON YOU ARE  
AND THE DIFFERENCE  
YOU MAKE

*We Welcome all New Employees and Agency Staff to our  
Star of the Sea Family Home.*

*Thank you to all Agency Staff for filling in with staff shortages at Star of  
the Sea. It is much appreciated.*





# Medium Word Search



Q: What comes after Black Friday?

A: Broke Saturday.

Q: What can really ruin your Friday?

A: Finding out it's only Thursday.

Q: Why do geologists shop on Friday?

A: For the great weekend shales!

Q: Where can you save 100% on Black Friday?

A: At home – by not shopping.

Q: What's scarier than Friday the 13th?

A: Monday the 16th.

Q: What do cows do on Friday nights?

A: Go to the mooooooovies.

Q: Why did Friday start going to the gym?

A: He was a weak day.

Q: Why did Han go shopping on Black Friday?

A: Because the prices were Solo.

Q: In what country is every day a Friday?

A: Grease. (Fry Day / Greece)

Q: What did the fruit ask at the end of the work week?

A: Orange you glad it's Friday?

Q: What's the worst part about Friday afternoons?

A: Realizing it's just Wednesday.

Q: Why wasn't the Friday serious about anything?

A: It was a casual Friday.

Q: What did the teacher give on Black Friday?

A: 50% off late assignments.

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

Wonderful

Power

Teacher

Furniture

Flavor

Balcony

Curtains

Season

Travels

Kitchen

Healthy

Rocket

Friends

Position

Eating

Honest

Formula

Music

COOL2BKIDS





# A “RESIDENTS” STORY

## Betty Berry

I was born in Moonta, which was fortunate as then my Mother could get assistance from my grandmother who lived nearby. Our family shifted to Maitland and my family lived there until I was 6 years old.

I had a happy childhood growing up with my brother Keith and sisters Maureen and Rhonda (June).

We returned to Moonta and I have fond memories of all of the neighborhood children playing all sorts of sports on the road.

We use to stop our game and get off the road whenever there was a car coming and then recommence the game.

My father worked for the highways department. It was a wonderful but simple life.

I left school when I was 14 (end of year 9) as my Mum needed me to work and got me a job in one of the hotels as a waitress.

At football one day I met Ben and we began courting.

He use to ride his bike from Wallaroo to Moonta and back to see me.

We were married 6th December 1952 and I shifted to a little cottage in Wallaroo, near the old Pivot site.

We had three girls Dianne, Alison and Karen and I was always busy bringing them up and Ben was busy working for the railways.

returned to work at the Peninsula Hotel as a waitress and saved the money I earnt to pay for things that were needed in the house.

We worked hard and saved up so that Ben and I could take an overseas holiday.

It was a holiday of a lifetime where we went away for 3 months and based ourselves in London.

We had a wonderful time as we got to know my father's sisters, my cousins and extended family.

During this time, we also travelled to Italy, France, Switzerland, Austria, Scotland and Wales.

We had a wonderful time but the last three weeks I was missing my girls and ready for home.

In my spare time I was very involved with the Wallaroo Social Club - we held Bingo weekly and then donated the money that we raised to children's charities.

I was very proud of this organisation and all of the work that I put into it.

I now have 7 grandchildren and 15 great grandchildren.

My family is my world and I love them all dearly.

### Biggest Change you have seen during your lifetime?

The motor cars have changed so very much.

Now we have electric cars which I don't know much about.

### What are you most proud of?

What Ben and I achieved in our marriage of 67 years.

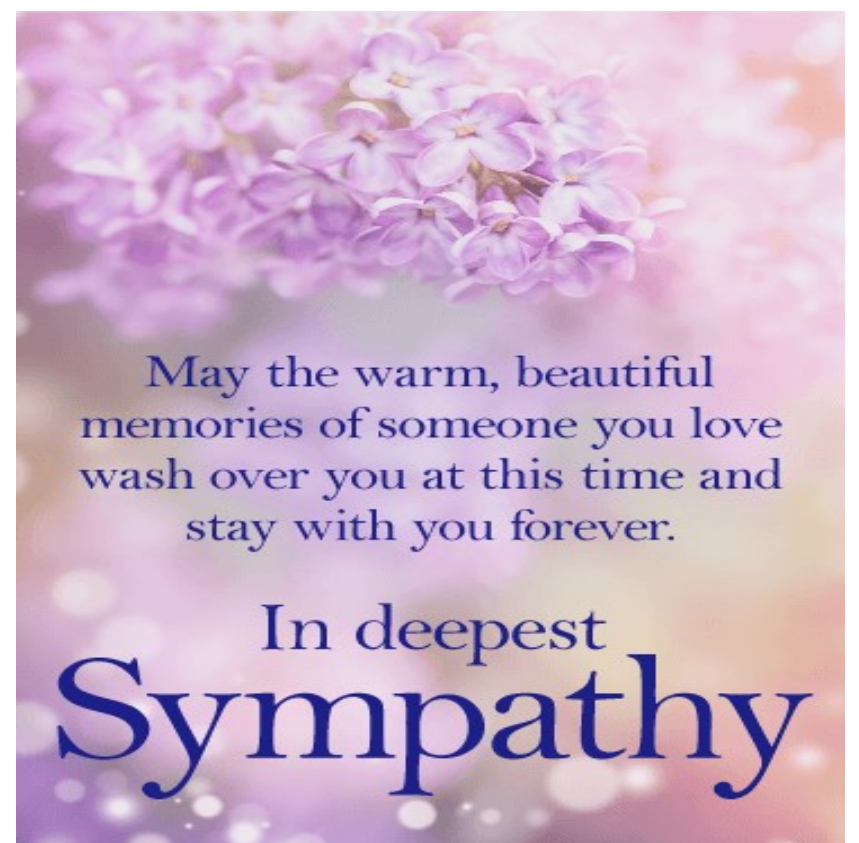
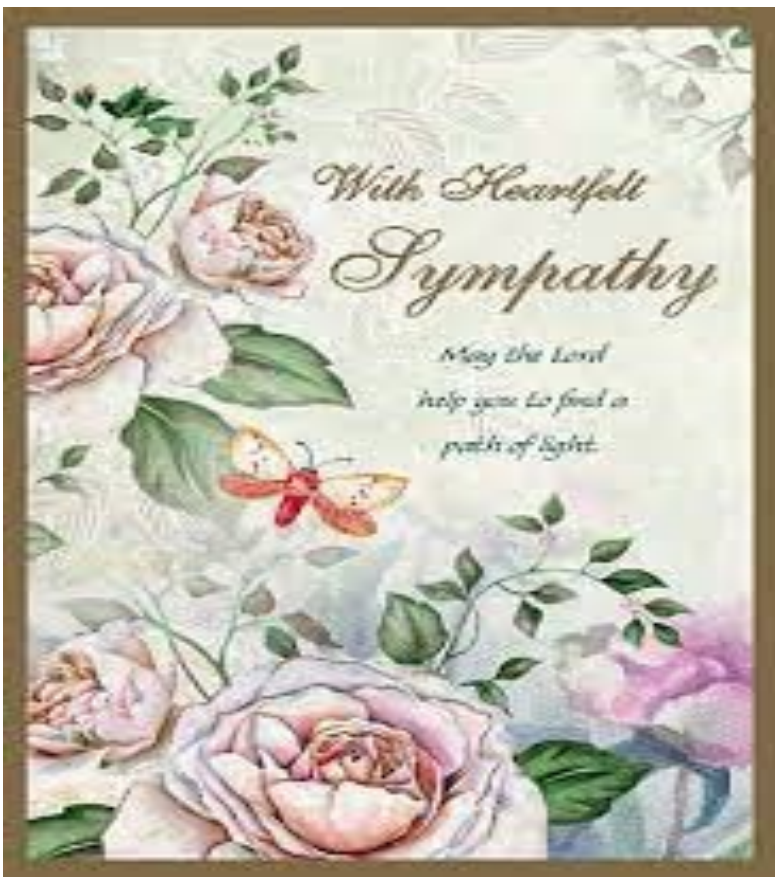
I am very proud of all the things we have done and seen.

### If you had to give one piece of advice what would it be?

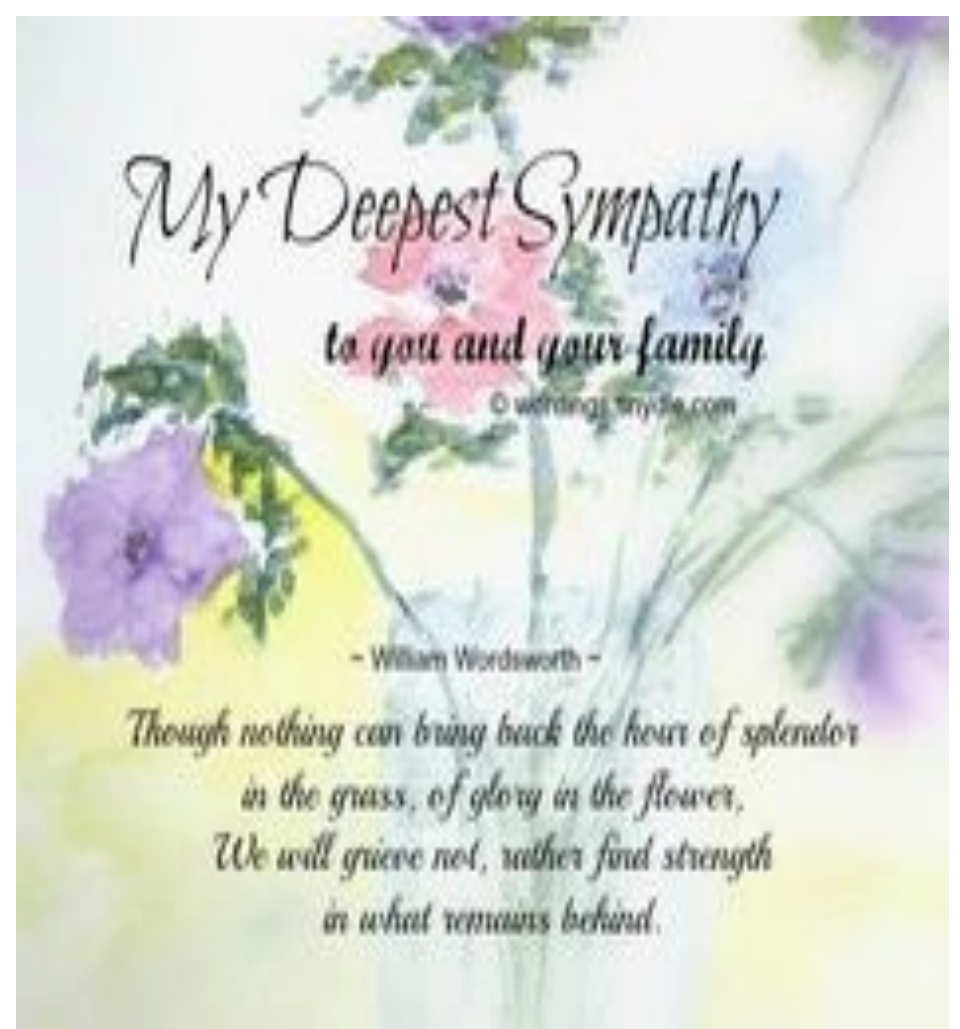
Work hard for what you want to achieve in life and be happy. Do things to suit yourself.







***Our Condolences & Deepest Sympathy  
To the Families and Friends of the Late:  
Ronald Parker - In Gods Care***





## FEEDBACK PROCESS

Star of the sea Supports the rights of Consumers, and their Advocates to share Compliments, Feedback concerns or to make a complaint.

If you wish to make a verbal comment or complaint, please feel free to approach any senior staff member or contact Michelle Bown (RSM).

If you wish to lodge a written complaint or suggestion, please complete a comment and complaints form, which is available from the Administration foyer, and place it in an envelope for delivery to Administration, or again contact Michelle Bown RSM via Email [mbown@starofthesea.org.au](mailto:mbown@starofthesea.org.au), Once received the Quality Coordinator will make a record of lodgement and the feedback or complaint is assigned to a senior staff member for acknowledgement, assessment, response and follow up.

“Feedback” boxes are situated in Admin lounge areas throughout the Home.



Emergency (*Police, Fire, Ambulance*)

000

Lifeline

131 114

Salvation Army 24 hour Care

1300 363 622

Commonwealth Respite Services

1800 052 222

Suicide Call Back Service

1300 659 467

Salvation Army - Help Line

1300 467 354

Sane Australia

1800 187 263

Family Relationship Advice

1300 050 321

Women's Information Services

1800 188 158

National Dementia Helpline

1800 100 500

My Aged Care

1300 422 232

After Hours GP Helpline

1800 022 222

Aged Rights Advocacy

1800 500 853

