

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*

February 2024 | ISSUE 2

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Tuesday 14th February 2024



COMING TOGETHER
IS A BEGINNING.

KEEPING TOGETHER
IS PROGRESS.

WORKING TOGETHER IS
SUCCESS.

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

Mon to Fri 8am-4pm

COMMUNITY CARE OFFICE

08 8823 0019

community@startofthesea.org.au

Mon to Fri 8am—4pm

A PEAK THROUGH THE PANTRY DOOR

By Stacey Coombes, Hospitality Manager.



Happy Valentines Day

This month we have some fun things to look forward to, keeping us all busy and out of trouble! haha.

There is Valentine's Day lunch and there will be some yummy things coming out to you.

We have been busy in the kitchen and would like to start some Tours of the facilities kitchen.

We welcome you to come see us and there is a poster in the Activity office window to put your name on.

Tours will be held the last Tuesday of the month and will include morning tea.

We will collect you from your room and take you on the Tour.

We also held a food and drink Forum where we shared ideas and inspiration for our menu, we have randomly picked Residents from each wing, and all enjoyed the afternoon tea together.

A big pat on the back to all the Hospitality team who work so hard and consistently bring you some delicious food and keep your home clean every day. Well done team.

Don't forget if you need to get a message to us there are forms on the tables now to use to tell us if you are liking your meals and if you have any great suggestions for new meal ideas and the like.



ACTIVITIES REPORT

Can you believe January has just flown by!!

We did in the end get some sunshine.

We hope you enjoyed a singalong with Darryl and Sue and the performance by ever popular Graeme Hugo.

In February we will be making pizza's from scratch in honour of World Pizza Day, Thursday 8th February.

We will also make pancakes to acknowledge Shrove Tuesday on the 13th February.

Anna has been busy making gifts for everyone to celebrate Valentines Day on Wednesday 14th February.

For all who love a bit of Bling there will be a Jewellery party with something in everyone's budget on Thursday 15th February.

Daryl and Sue enjoyed visiting so much last month that they are returning for a sing-a-long on Thursday 22nd February.

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.

Shrove Tuesday

Shrove Tuesday is a Christian festival celebrated in many countries across the globe.

It falls on the Tuesday before the beginning of Lent – a period of around six weeks leading up to Easter.

During Lent, Christians give up luxuries to remember when Jesus went into the desert for 40 days to fast and pray.

The exact date of Shrove Tuesday changes from year to year.

But one thing stays the same — it's always 47 days before Easter Sunday. And yes, you guessed it, it's always on a Tuesday!

The name comes from the old word 'shriving', which means to listen to someone's sins and forgive them.

In Anglo-Saxon England, Christians would go to church on Shrove Tuesday to confess their sins and clean their soul.

In other words, they would be 'shriven'.

In the United Kingdom, Ireland, Australia and Canada, Shrove Tuesday has another name... Pancake Day!

Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat (some Christians continue to do so, in fact). Shrove Tuesday was the last chance to eat them – and what better way to do so than with a delicious pancake!

In other countries, Shrove Tuesday has different names.

In Germany, for example, it's called 'Fastnacht' (meaning 'Eve of the Fast') and in Iceland it's called 'Sprengidagur' (meaning 'Bursting Day').

In France and some other parts of the world, the festival is called 'Mardi Gras', from the French phrase meaning 'Fat Tuesday'.

And for many people, Mardi Gras means party time...



Buka the Border Collie and David visit the Residents every Wednesday



Ladies delivering Hand Made Quilts for our Residents



Different Activities for our Residents



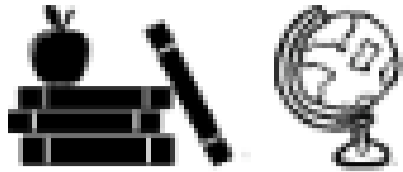
Graham Hugo entertaining our Residents



Betty looking fabulous at 90 years young
Happy Birthday

Happy Birthday Pat





Back to School



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

| | | | | |
|-----------|------------|---------------|--------------------|----------------|
| alphabet | Drama | History | numbers | Science |
| Art | elementary | homework | pencil | Social Studies |
| backpack | English | Language Arts | Physical Education | Spelling |
| books | friends | learn | reading | students |
| classroom | Geography | library | recess | subjects |
| crayons | grades | Math | school | teacher |
| desk | Health | Music | scissors | writing |



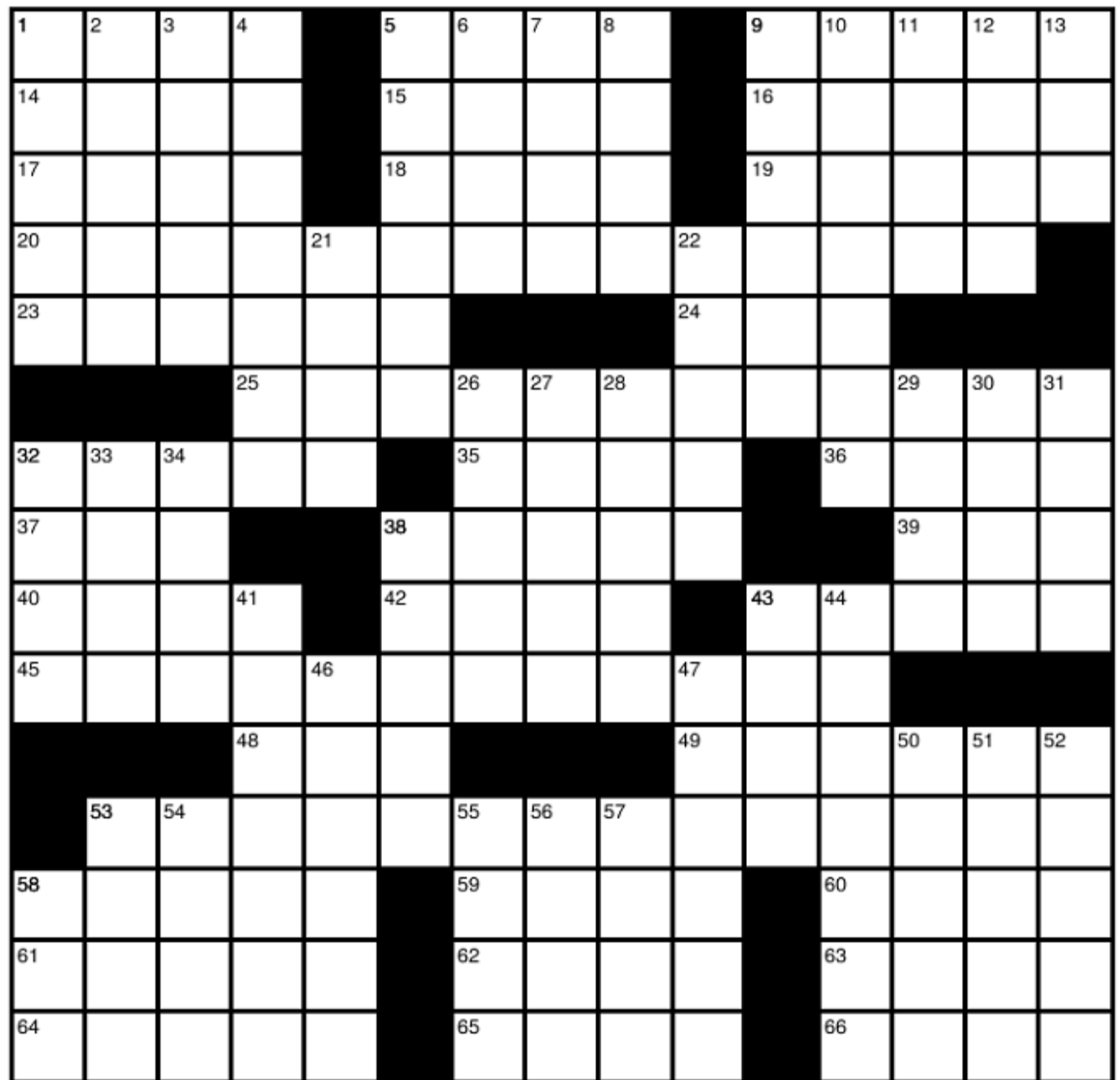
The Wrath of....

ACROSS

- 1. He may cross the line
- 5. Literary Finn
- 9. Divide
- 14. Desire
- 15. Eye with desire
- 16. Desire
- 17. Made mad
- 18. "Kaboom!"
- 19. Loosen up
- 20. CON
- 23. Affirm at the altar
- 24. Liza Doolittle's dwelling
- 25. CON
- 32. Drilled
- 35. Domain of Eos
- 36. Put to flight
- 37. Hollywood Gardner
- 38. Stan's comedic pal
- 39. Former fort near Salinas
- 40. "99 Luftballons" singer
- 42. Freshman, typically
- 43. Dates with a Dr., perhaps
- 45. CON
- 48. Word with go or by
- 49. Recited in rhyme, perhaps
- 53. CON
- 58. Tartan garment
- 59. "Night Sins" author Tami
- 60. SASE, typically
- 61. Dancer's support
- 62. Fit
- 63. "Dollhouse" heroine
- 64. Jerk
- 65. Mexican sauce
- 66. Eye affliction

DOWN

- 1. Sends to stores
- 2. Jazz Chick
- 3. Rich Little's trade
- 4. Place for a glasses case
- 5. Rub elbows
- 6. Unpleasant-sounding citrus

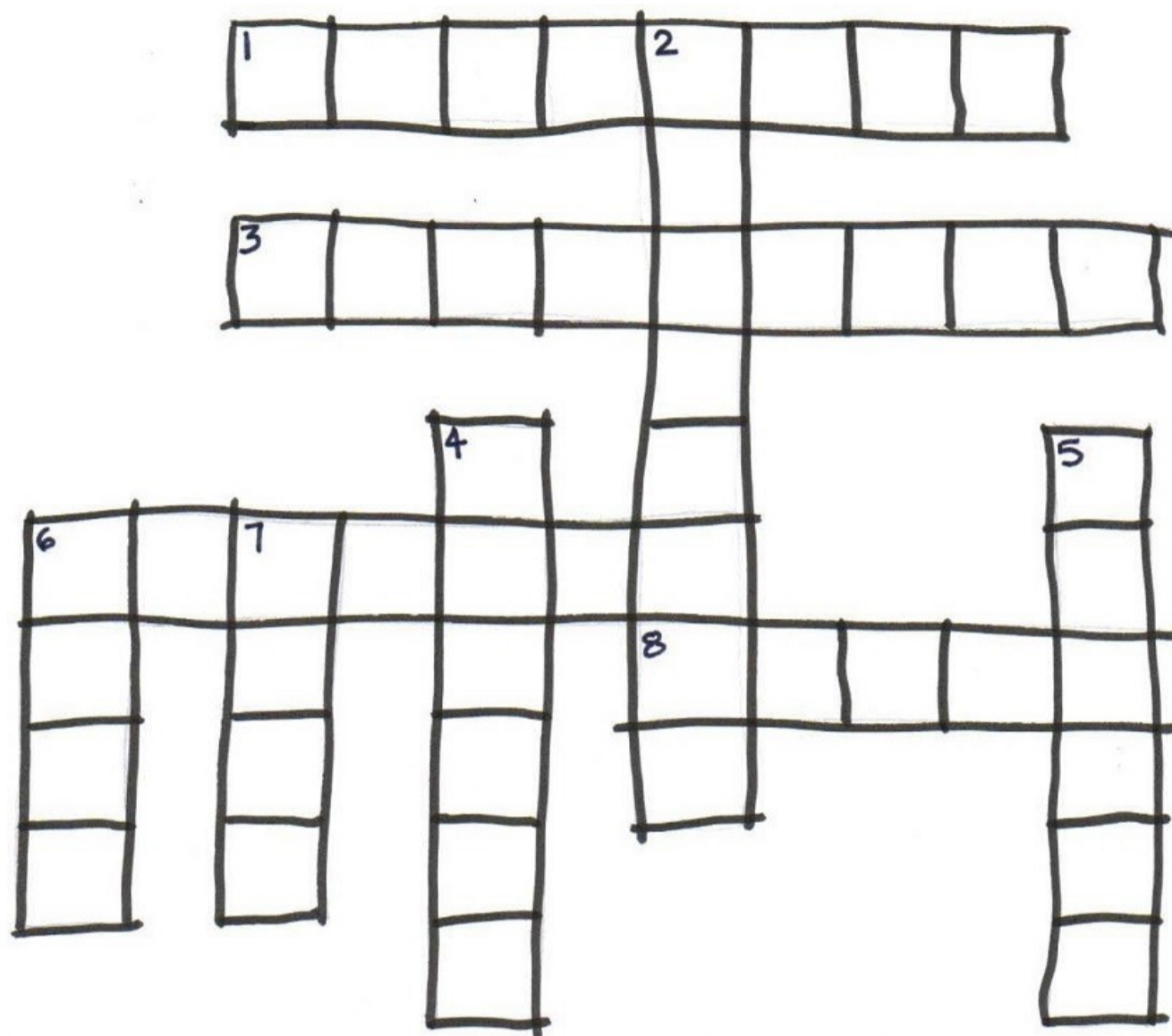


© 2010

- 7. They may have their own tartan
- 8. 1996 VP candidate
- 9. Cut corners
- 10. Factory configurations
- 11. "Mission: Impossible" composer Schifrin
- 12. "Meatbals" director Reitman
- 13. Popular cowboy nickname
- 21. Was laid low by a high?
- 22. Broadcasting pioneer Arledge
- 26. Jung contemporary
- 27. Yarns
- 28. "Dallas" family name
- 29. "Breakfast for Dinner" eatery
- 30. _____ cloud (home for comets)
- 31. Assents
- 32. "Kaboom!"
- 33. Out's partner
- 34. Punjabi princess
- 38. SNL alum, Cheri
- 41. Surreptitious romances
- 43. Love personified
- 44. Jazz-men Ellis and Russell
- 46. Type of bicycle
- 47. High point
- 50. Color lightly
- 51. Like wool sweaters, for some
- 52. Daphnis's love
- 53. Response to a rake
- 54. Legal opening?
- 55. Imitation
- 56. Bindlestiff
- 57. Eden event
- 58. NOVA network



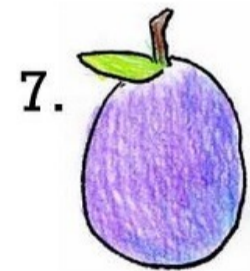
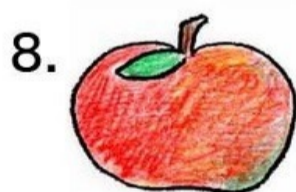
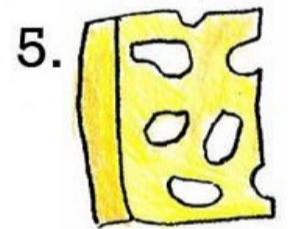
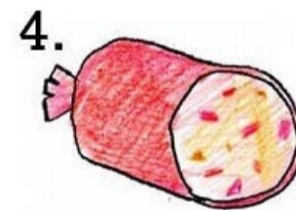
The Very Hungry Caterpillar Crossword Puzzle



ACROSS



DOWN



WORD BANK

Cross these words off after you've used them.

APPLE
BUTTERFLY
CAKE

CHEESE
CUPCAKE
ICE CREAM

LOLLIPOP
PLUM
SALAMI



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.

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



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.

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



February Birthdays

2nd Poppy K

5th Robert C

17th Lorraine H

17th Lorraine L

22nd Dean K

26th Rodney B

Birthday Funnies:

Why do cats love to Birthdays? - They love to Purrrty

Why did the pickle have so much fun at the birthday party? - it relished every minute

What type of music is scary for birthday balloons? - Pop Music!



CAFÉ' is OPEN again!

Thank You to all the Volunteer people who have done and 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

Happy New Year to you all !

Auxiliary's first meeting for 2024 will be on Tuesday 20th February at 10.30 am
at the Triple B Café on Evans Road, Wallaroo.

New members are always welcome.

We look forward to another year of funding items for Star of the Sea and the
ongoing support we get from many, especially Jan Weir who helps our cause
financially through sales at her shop.

Well done once again.

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

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.*



New Year Word Search



BALL
CLOCK
DROP
FIREWORKS
GOALS
KISS
PARTY
START

CELEBRATE
CONFETTI
END
FRIENDS
HAPPY
MIDNIGHT
RESOLUTION
TOAST

CHEERS
COUNTDOWN
FAMILY
GATHERING
JANUARY
NEW
SPARKLERS
YEAR

World of Printables 

1000's of free printables to help make kids education fun and engaging



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.

Q: Why couldn't Friday lift anything heavy?
A: Because it was a weak day.

Q: What did Friday say to Saturday and Sunday when they were about to give up?
A: Weekend do it!



A “RESIDENTS” STORY

Lorraine Harkness

I was born at Naracoorte and brought up on a farm at Kybybolite S.A (Limestone Coast).

I was eldest of two daughters and as my Mother never drove, we had to walk everywhere or most times simply not go.

I was fortunate to attend boarding school in Adelaide which I loved but when home on the farm we were always helping Mum and Dad with the many jobs that needed to be done on the farm. I was even trained as a wool classer.

I met my to be husband, Robert at tennis in Naracoorte.

We were married in Naracoorte and lived in some shearer’s quarters at LangKoop (just over the Victorian boarder), then moved into the homestead at Eldersley which is also located at Langkoop.

We were blessed with 5 children, and they were all raised in Langkoop and my husband worked on the land.

We had a boarder teacher who lived with us for around ten years as we were located not too far from the school.

After the children grew up and moved away from home my husband and I then retired to the township of Naracoorte.

After losing my husband I moved to Kadina to be closer to my son David and family.

In my spare time I was an avid golfer and played for many years.

I also loved painting and I have always enjoyed being involved in the Anglican church community.

Biggest Change you have seen during your lifetime?

The motor cars have changed so very much.

What are you most proud of?

My beautiful children

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

Work hard, do the right thing and stay active.



With Deepest Sympathy and Condolences

To the Families and Friends of the Late:

*John Smith & Brian Toole
Now in Gods Care*

*Star of the Sea is Praying for your peace and
comfort during this time.*



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, 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

