

# 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*

May 2024 | ISSUE 5

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Mothers Day—Sunday 12th May 2024



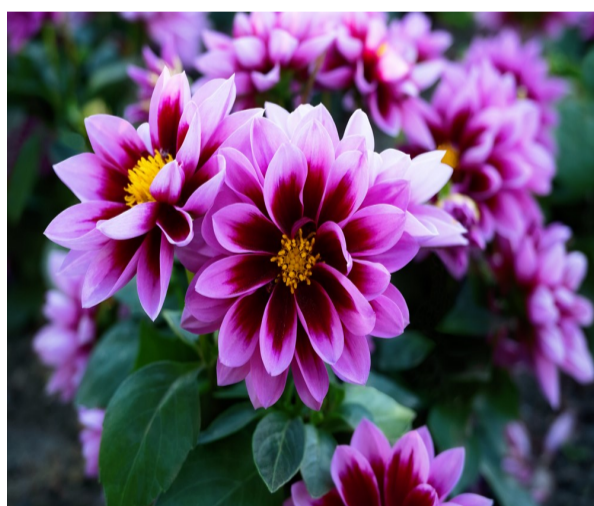
## ANGLICAN SERVICES

*2nd Wednesday of  
each month*

## UNITING SERVICES

*3rd Friday of each*

The Terrace Café  
Every  
Thursday 9.15am



### RESIDENTIAL RECEPTION HOURS

08 8823 0000

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

Mon to Fri 9am-4pm

### COMMUNITY CARE OFFICE

08 8823 0019

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

Mon to Fri 9am—4pm



## A PEAK THROUGH THE PANTRY DOOR

By Stacey Coombes- Hospitality Manager

Happy month of May Residents, this month is a busy one and we are all excited for the High tea and Biggest Morning tea fundraiser we have to prepare for, also our food and Drink forum is on again.

*"Of all the gifts that life has to give, a good mother is the greatest of all"*

Mother's day is a wonderful day to celebrate all mothers past, present and future.

We will have a high tea for you, look in your activities calendar for more details.

High tea is always a great success and a fun event to attend.

We are raising funds for the cancer council foundation this month with the biggest morning tea.

We will have a continuous morning tea for staff and residents to enjoy in a long-awaited space.

The main kitchen dining room.

Please come and enjoy all things morning tea.

Lastly we have the Food and Drink forum.

We have these meeting every 3 months and we welcome all residents to come and suggest things to go on the menu and help us to improve the dining experience for you.



## **Food & Drink Forum**

You are invited to our food and drink Forum, where we will enjoy an Afternoon tea together and exchange food and drink ideas and inspirations for your Menu. We are also going to take a tour of the kitchen to see how your food is made. We hope to see you here.

**DATE: 28TH MAY 2024**  
**TIME: 1:30PM**  
**PLACE: board Room**





# ACTIVITIES REPORT

Welcome to May, the month where we not only acknowledge Mothers but celebrate all the wonderful women who have nurtured us in our lives.

For many farmers it is the start of seeding and while we haven't seen much in the way of rain recently, hopefully there will be some falls from the heavens around the corner.

In May we also celebrate Nurses on International Nurse's Day on the 12<sup>th</sup> May and Volunteers during Volunteer week 20<sup>th</sup> - 26<sup>th</sup> May.

We are blessed to have the most wonderful, dedicated volunteers at Star of the Sea and while we should acknowledge their efforts every day it is lovely to have a special week of recognition.

In April we were fortunate to have the beautiful children from McKillop School coming in to sing for us.

Thank you to all who assisted Anna in making the ANAC wreath.

Michelle Bown, Gaylia Johns, Tania Venning and Pat Nicholson kindly laid the wreath at the Dawn service on ANZAC day at Wallaroo Town Hall.

I hope you also enjoyed the Anzac Day tributes that Gaylia organised at Star of the Sea,

I know Gaylia spent a lot of effort into making it special.

Thanks also to Aaron for playing the Last Post on the bugle,

I know ANZAC Day is very busy for him and it is so very appreciated.

It was also wonderful in April to have Natalie returning to hold her Church Choir.

On the last day of April we have the wonderful Jo and Graham McGrath coming in to perform for us.

Activities in May include a High Tea to celebrate Mother's Day and I have been in discussions with the wonderful Stacey (Kitchen Manager) and we have got an amazing morning tea planned.

It is going to be our biggest, biggest morning tea yet.

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.





Pet Therapy for our Residents — Weekly exercise classes for our Residents





Buka the dog Visiting our Residents ——— Once a month we have a Barbeque for any one who wants to attend—max 12 people





Trishaw outings with some of our Residents



McKillop school choir sang for our Residents





# Mother's Day

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

BREAKFAST  
 FAMILY  
 HEART  
 MAMA  
 MOMMY  
 UNIQUE

CARING  
 FLOWERS  
 KISSES  
 MAY  
 MOTHER

CHILDREN  
 FOREVER  
 LOVE  
 MOM  
 SPECIAL







# HAPPY MOTHER'S DAY!

## WORD SEARCH PUZZLE

AFFECTION  
APPRECIATION  
CAKE  
CALL  
CANDY  
CARD  
CARING  
CELEBRATION  
CHERISH  
CHOCOLATE  
FLOWERS  
HOLIDAY  
HONOR  
HUG  
KIDS  
LOVE  
MEMORY  
SWEET  
TRADITION  
WISE  
WOMAN

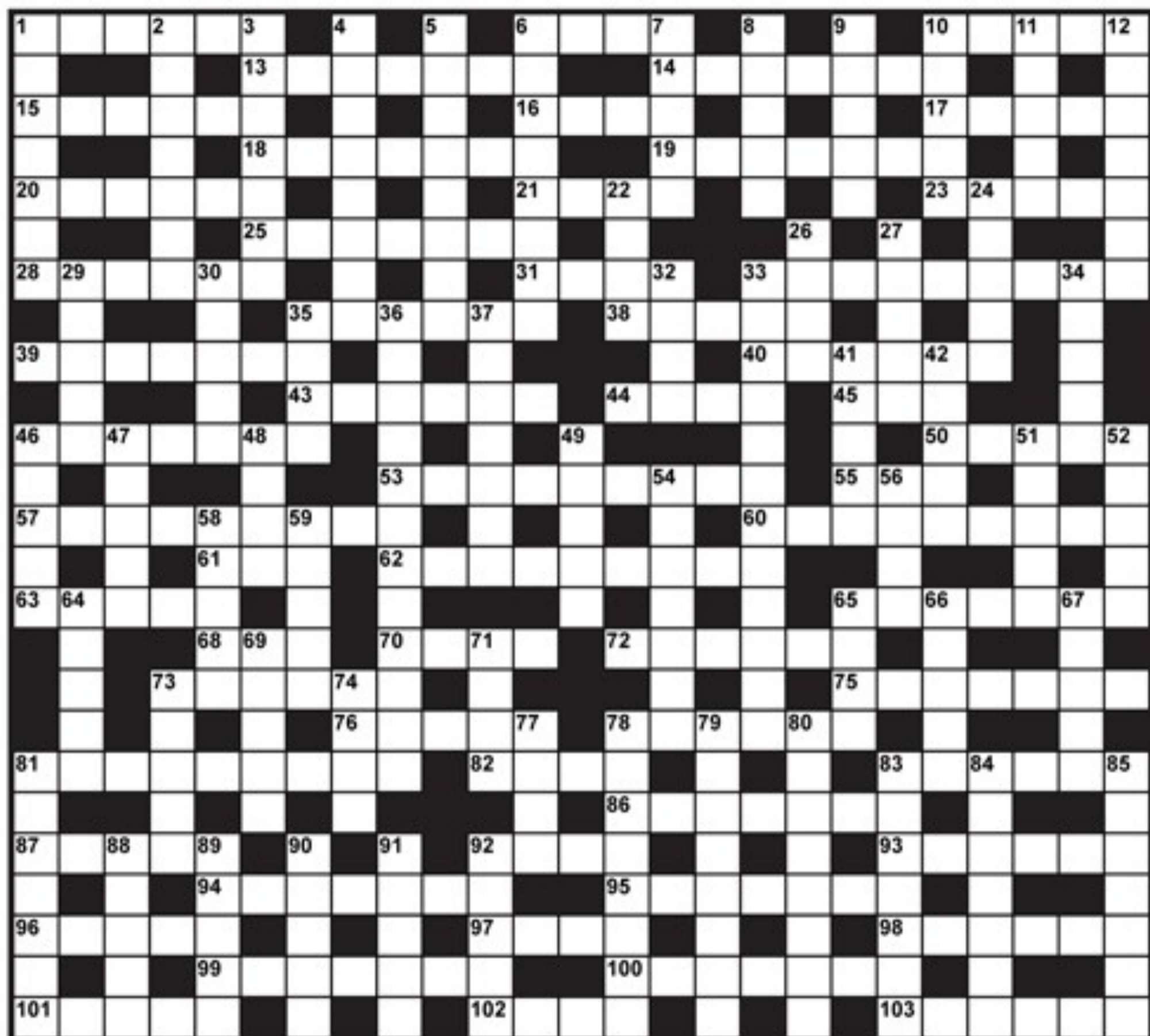
C K K H E T A L O C O H C F T  
E S C I B D D Y G L O V E C R  
L C A R D E Z F A L A J A S A  
E R L R S S L F I S W N W E D  
B O L I V O F D I N D E W U I  
R N W H W E A J A Y E T H G T  
A O N E C Y H M Z T Q K U Y I  
T H R T Y R O M E M N H A U O  
I S I J H W W H S I R E H C N  
O O V G N I R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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.





# MOTHER'S DAY



## ACROSS

- 1 The wife (coll) (6)
- 6 Boys (4)
- 10 Two children brought forth at a birth (5)
- 13 The USA (7)
- 14 Render ineffective (7)
- 15 Experiment with (3,3)
- 16 A Nevada city, noted for quick and easy divorces (4)
- 17 A Jewish marriage celebrant (5)
- 18 Pressing clothes (7)
- 19 Little childrens' toys (7)
- 20 Runs away to marry (6)

## DOWN

- 1 & 61 Across A revered day of celebration (7,3)
- 2 Purchased goods (7)
- 3 Fulfil the requirements (7)
- 4 Produced, as an effect (8)
- 5 Heavenly (8)
- 6 Generous bestowal of gifts (8)
- 7 Shop (5)
- 8 Contemptuous children (5)
- 9 A soft tasty food preparation (5)
- 10 The trunk of the human body (5)
- 11 See 33 Across (2,3)
- 12 A vessel rodent (4,3)





# 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

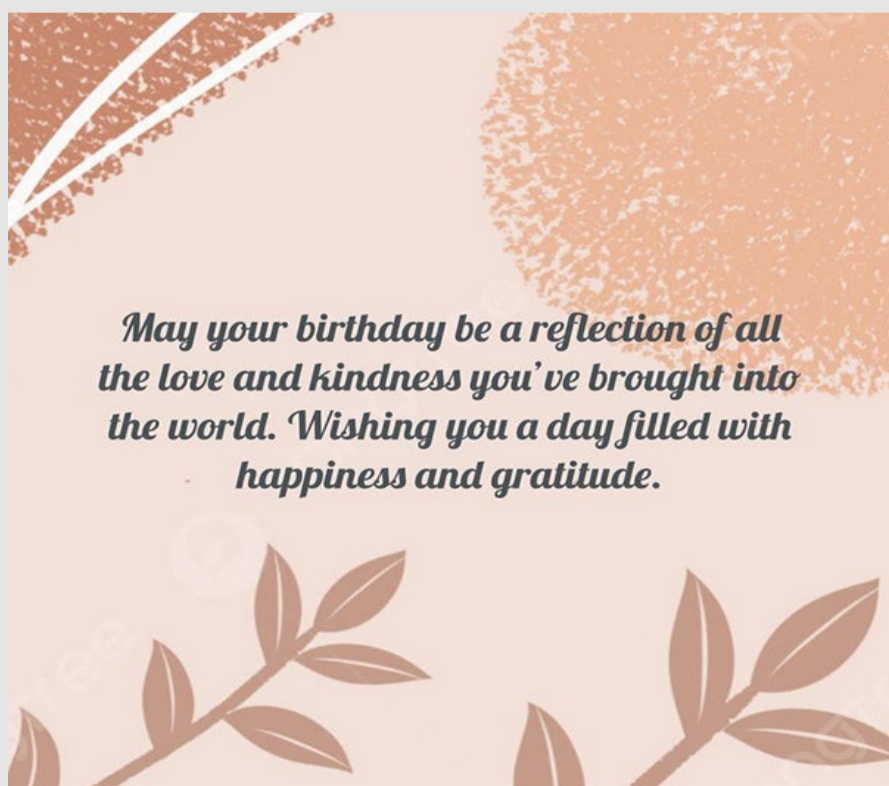






# May Birthdays

**3rd P Haylock  
18th J Andrews  
21st K Ward  
23rd J Johnson**





*To our Volunteers, you do an amazing job through out the year. Fantastic Work*



*To all of our Quilters who donate to our Residents on a regular basis, we at Star of the Sea would like to thank you. The quilts are fantastic and brighten up the Residents Rooms.*

Library Books are in Little Company of Mary for Residents to read.

## STAR OF THE SEA AUXILIARY

Our AGM was held Tuesday 16th April. Change of Office Bearers are as follows:

President: Pam Elliott

Vice President: Pauline Hounslow

Secretary: Jo Faehy

Treasurer: Elaine Chapman

A big Thank You to Colleen Lally for her role as President for the past 3 years. No meeting in May, next meeting will be in June, date and time to be advised.

Thank You to every one who have supported the Auxiliary in any way during 2023 and will keep supporting us for 2024 it is much appreciated.

Thank You Danielle as always for attending our Meetings and forwarding ideas for the Auxiliary to support Star of the Sea.

**Grow with people who help you grow**  
**Always think before you act and speak'.**

**'It's never wrong to ask for help'.**

The only way to do great work is to  
love what you do.

**Be proud of the work you do and the  
difference you make**

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





## NOTICE TO ALL RESIDENTS NEXT OF KIN

If you have changed any of your details, address, phone number or email, could you please fill out the form at Reception

# FRIDAY FUNNIES

## PUZZLE TIME Spot 10 differences



Where can you have a Fry-day every day? In Grease.

What did the fruit ask at the end of the work week? Orange you glad it's Friday?

Why wasn't the Friday serious about anything? It was a casual Friday.

What should you do when life gives you lemons? Ask for more Friday nights instead.

What did the teacher give on black Friday? 50% off late assignments.

What does God gift to hard-working people? Fridays.

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

Why didn't the French chef realize it was Friday? It Crêpe'd up on him.

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

What did the horse get for Black Friday? A Macintosh.

Why did the student cheer when he got home from school? It was Friyay!

What day of the week did Toad like the most? Fly-day.

When do rich people celebrate Black Friday? Every day.

Why did Thomas the Tank Engine stop working on Friday? He ran out of steam...

What did the Iceberg say to the Romaine on Friday? Lettuce celebrate!





# A “RESIDENTS” STORY

Phillip (Phantom) Haylock

I was born at Wallaroo hospital to Betty and Norm and have a brother David and sister Liz.

I started school at Moonta, then Dad got a job as the Foreman at Wallaroo Fire Station and we moved to Wallaroo.

I finished primary school at Moonta and went on to attend Kadina High.

After completing year 11 I left school to work at Russacks Electrical as a salesman and then went on to be employed at Mount Lyall fertiliser works.

I thought how lucky I was to work with older men who I admired.

It was during this time 18/3/1979 that I had a car accident 4km North of Port Wakefield with my best mate .

I sustained terrible head injuries and was unconscious in the RAH for 100 days which left me with an acquired brain injury.

I then went to rehab at St Margaret's.

Upon returning to Wallaroo I had regular visits from Dr Stephen Ghan, the physio and joined a walking group where I made many friends.

Despite this I continued to make the best of things and make the most of each day and went on to work at Wallaroo Football Club as the scoreboard attendant which I am very proud of as I really had to concentrate as everyone relies on you getting the score right.

I received a Life Membership for my years of commitment.

I also worked at the Station which is a Community Mental Health Service and had the keys to the Station so that I could open up by 7:30am each morning.

Again I was proud of this as people relied on me to have it open on time.

I also volunteered with Meals on Wheels for 40 years and received a Life Membership.

I have a close group of mates that would often get together for a Phantom Camp in March.

This friendship group has always been very important to me as they have always been there for me.

Over the years I have had many hobbies and things that I have enjoyed doing in my spare time including playing Euka, camping, crabbing, cooking, looking at old photos about the local area and Australia, reading the YPCT and watching MASH.

I was also involved in Freemasons and played bowls.

I love catching up with friends and finding out what is happening in their lives and their achievements and I love being in the garden.

I am so very proud of my involvement in the progress that has been made with the garden in the Ray Pope Wing.

I can laugh at anything and I love to have a chat and meet new people.

## Biggest Change you have seen during your lifetime?

My car accident as it took me from the top of the head to the bottom overnight.

I suffered a horrendous head injury which affected my brain due to bruising.

I was in hospital for a very long time and unconscious for over 100 days and eventually went into rehab.

I have learnt to accept my inability to do the things I use to do but I refuse to give up.

My motivation in life is to focus on all the things that I can do.

## What are you most proud of?

Life membership of the Wallaroo Football Club for my 30 years of service.

I am also proud of being a past Master of the Freemasons.

Mostly I am proud of where I am today.

I chose not to dwell on the past, I had to learn to accept the cards that were dealt and move forward- cease the moment.

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

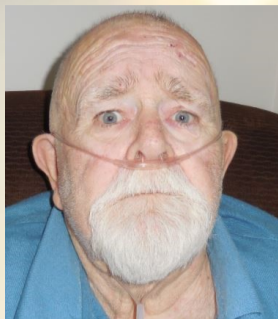
As you go through life it may be full of twists and turns, do not hesitate to do today what you can as your life and everything in it can change in an instant.





*With Deepest Sympathy and Condolences*

*To the Families and Friends of the Late:*



*Fay French  
Brian Slann  
Forever 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](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**

