

St Joseph's House Connections July 2024 Edition



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Hello Residents, Families and Friends—Welcome to the July 2024 Newsletter Edition!

A Message from Lifestyle:

Well, what a cold start to winter! Please remember, if you are venturing out, to keep warm and rug up!

We have a few things coming up in the next month including a jam packed calendar full of activities including celebrating NAIDOC week, the Olympic Games, as well as Wimbledon and all of your favourite that you have been requesting through the resident meeting.

The Lifestyle team look forward to what is in store for the month of July!

Marra, Kerry and Maressa.

WHAT'S ON? Up coming events:

Coming up for the month of July are:

- Naidoc Week—7th-14th July
- Starting 27th July—Olympic Games
- Many more activities in between



7th-14th July

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.



REST IN PEACE.

SADLY WE SAY GOODBYE TO

JOAN ROBINSON
DOROTHY SLAVEN

Your presence we miss,
your memories we treasure,
forgetting you never.

IT WAS SUCH A PLEASURE TO CARE FOR THESE WONDERFUL
RESIDENTS. MAY THEY REST IN PEACE.

WELCOME

St Joseph's House

MAVIS RUSSELL
DOROTHY DEED
ONOFRIO FARINOLA
PASQUALINA SALVEMINI
NOLA MARTIN

JULY NOTICES

RESIDENT MEETING:

The next Resident meeting will be held on 23rd July 2024 in the St Clare Upstairs Wing.

LIBRARY SERVICE:

The Port Pirie Library work with St Joseph's House to provide a mobile library service. They offer books & audio books on loan, each Wednesday fortnight. The librarians deliver to St Joseph's House reception and the Lifestyle team deliver your books to you. If you wish to have this service, please advise Lifestyle.

HAIRDRESSING SERVICES:

Hairdresser Allison visits St Joseph's House every Monday for all your hair needs.

If you wish to make a booking, please contact Allison directly on 0408 335 002.

MASS:

Mass is conducted, each Wednesday morning in the St Marks Upstairs area.

Ecumenical Services are conducted each month on the 3rd Monday in the St Marks Upstairs area. For the month of July, this will take place on the 15th July 2024.

VISITING HOURS:

Current visiting hours are
Monday-Friday
11.00am-5.00pm

Saturday's and Sundays
1.00pm-4.00pm.

Please note, if an infection outbreak was to occur, the visiting hours may change without notice.

GIFTS & DONATIONS:

While we sincerely appreciate the thought of donations for clothing, bedding and furniture, unfortunately St Joseph's House are at the max capacity of items that are able to be accepted.

Thank you.

July Library Delivery Dates: 10th July and 24th July

Allison's Hairdressing

Men's Hair Cut	\$15-25
Ladies Cut Only	\$25
Ladies Cut & Blow Dry	\$35
Hair set or Blow wave	\$30
Wash, cut, blow dry or set	\$40
Cut/Colour, Blow dry or set	\$80-\$100
Colour, Cut and Foils	\$90-\$100

Allison DeGennaro Hairdresser

0408 335 002

Price List 2024

Resident Meeting Dates



16th January
20th February
19th March
23rd April
21st May
18th June
23rd July
20th August
17th September
27th October
19th November
No meeting in December

2024

Evolution of Coca-Cola



**We wish you a very
Happy Birthday**



**Patricia Lowndes - 2nd July
Bernadette Mugridge - 10th July
Maureen Conley - 11th July
Mavis Russell - 27th July
Melba Gutte - 28th July**







Vaccinations are the best way to protect older people.

Aged care residents can get free COVID-19 and flu vaccinations.

They are safe and effective, and can be given at the same time.

People over 65 are able to get a COVID-19 vaccine once every six months. You do not have to wait 6 months between your last infection and having a vaccination.

Speak to a nursing staff member to see if you are due for your next vaccination.



BECOME A MEMBER → SEARCH... (08) 8232 5377 ARAS 1800 700 600 Toll Free DONATE

aras
Aged Rights
Advocacy Service

HOME
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Overview

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The Aged Rights Advocacy Service (ARAS) offers a free, confidential and state-wide service to older people, or their representatives, who are:

- living in residential aged care or a retirement village
- receiving or seeking to receive Commonwealth Home Support Programme (CHSP) or Home Care Package (HCP) services
- at risk of, or experiencing abuse from family or friends




In addition, ARAS delivers the Home Care Check-In project, which provides in-home safety checks for older persons deemed to be vulnerable due to social isolation and at risk of harm or neglect.

ARAS also has specialist Aboriginal Advocates who provide culturally safe support and host an annual Intergenerational Elders and Youth Gathering in regional South Australia.

ARAS provides advocacy assistance to support older people to uphold their rights and their responsibilities.

Accredited at Certificate level of the Australian Service Excellence Standards.

ARAS is the South Australian member of the [Older Persons Advocacy Network \(OPAN\)](#), which is funded by the [nine state and territory organisations](#) and is guided by the [Service Delivery Framework](#). (pdf 6 mb)



ARAS Advocates are guided by the [Advocacy principles](#) (pdf 157.2 kb) to ensure that the wishes and interests of older people for whom they advocate, direct their work.

The ARAS website provides more information about the range of work that ARAS undertakes, including advocacy, information and education sessions.

To view and download [ARAS Service Charter](#) click [here](#) (pdf 88.6 kb).

To view and download [ARAS Rules](#) click [here](#).

Vision

A community in which all older people are valued and respected

Purpose Statement

To encourage and support older people and community to uphold the rights of older people through information, education, advocacy and personal empowerment

Values

Integrity, inclusiveness, justice, respect

Contact

Aged Rights
Advocacy Service Inc.

175 Fullarton Road
Dulwich SA 5065


175 Fullarton Road
Dulwich SA 5065

1800 700 600 (freecall in AU)

(08) 8232 5377

(08) 8232 1794

aras@agedrights.asn.au





Tell us about the quality of care and services at this home

We would like to hear from you

Quality assessors from the Aged Care Quality and Safety Commission will be visiting this home to check on the standard of care and services provided to you.

If you, or someone who represents you, would like to speak with us, either at the home or by phone during our visit, please let the staff know so they can arrange this for you.

How to contact us:

- by phone on 1800 951 822, select option 2
- provide feedback about your experience of the quality of care and services via an online survey at agedcarequality.gov.au/consumer-feedback

or use the QR code.

To open the survey, use code 6961.

- write to us at Aged Care Quality and Safety Commission, GPO Box 9819 In your Capital City.



For interpreter assistance, please call Translating and Interpreter Service (TIS) on **131 450** and ask for the Aged Care Quality and Safety Commission.

For more information, visit our website agedcarequality.gov.au.



THE PORTSIDE HOTEL

BUILT IN 1878, ONCE PIRIE'S GRANDEST HOTELS, FIRST NAMED THE ROYAL EXCHANGE HOTEL. THIS HOTEL, ONE OF THE OLDEST AND LARGEST REMAINING ON ELLEN STREET WAS OF SIGNIFICANCE TO THE DEVELOPMENT OF PORT PIRIE. AS ITS FORMER NAME IMPLIES, THE HOTEL WAS STRATEGICALLY LOCATED NEAR THE HARBOUR AND PROVIDED ACCOMMODATION FOR TRAVELLING SALESMEN IN THE TOWN.

SPECIAL SAMPLE ROOMS BUILT AT THE REAR OF THE HOTEL WERE USED BY THE SALESMEN TO DISPLAY THEIR STOCK. THE HOTEL ITSELF HAS UNDERGONE MAJOR UPGRADING, PARTICULARLY OF THE FIRST FLOOR, INCLUDING CONSTRUCTION OF A NEW BALCONY.



A Walk Down Memory Lane

? **Then** ↓



? **Do you
recognise
this
person?** ?

Now ↓ ?





FOOTY FEVER



AFL Ladder - Top 8

As of round 16

Team:	%	Points:
1. Sydney	144.2	52
2. Carlton	118.5	44
3. Fremantle	111.3	38
4. Essendon	99.0	38
5. Geelong	106.2	36
6. Collingwood	105.8	36
7. Port Adelaide	101.1	36
8. Brisbane Lions	121.0	34

FOOTY TIPPING LADDER

- | | |
|--------------------------|-------------------------|
| 1. Don Sanders - 92pts | 6. Rick - 87pts |
| 2. Pat Bradbrook - 82pts | 7. Marra - 83pts |
| 3. Leeanne - 80pts | 8. Vonnie Parks - 81pts |
| 4. Kerry - 87pts | 9. Coral Evans - 63pts |
| 5. Trevor Halse - 77pts | |

Currently on top of the ladder is: Don Sanders 92pts

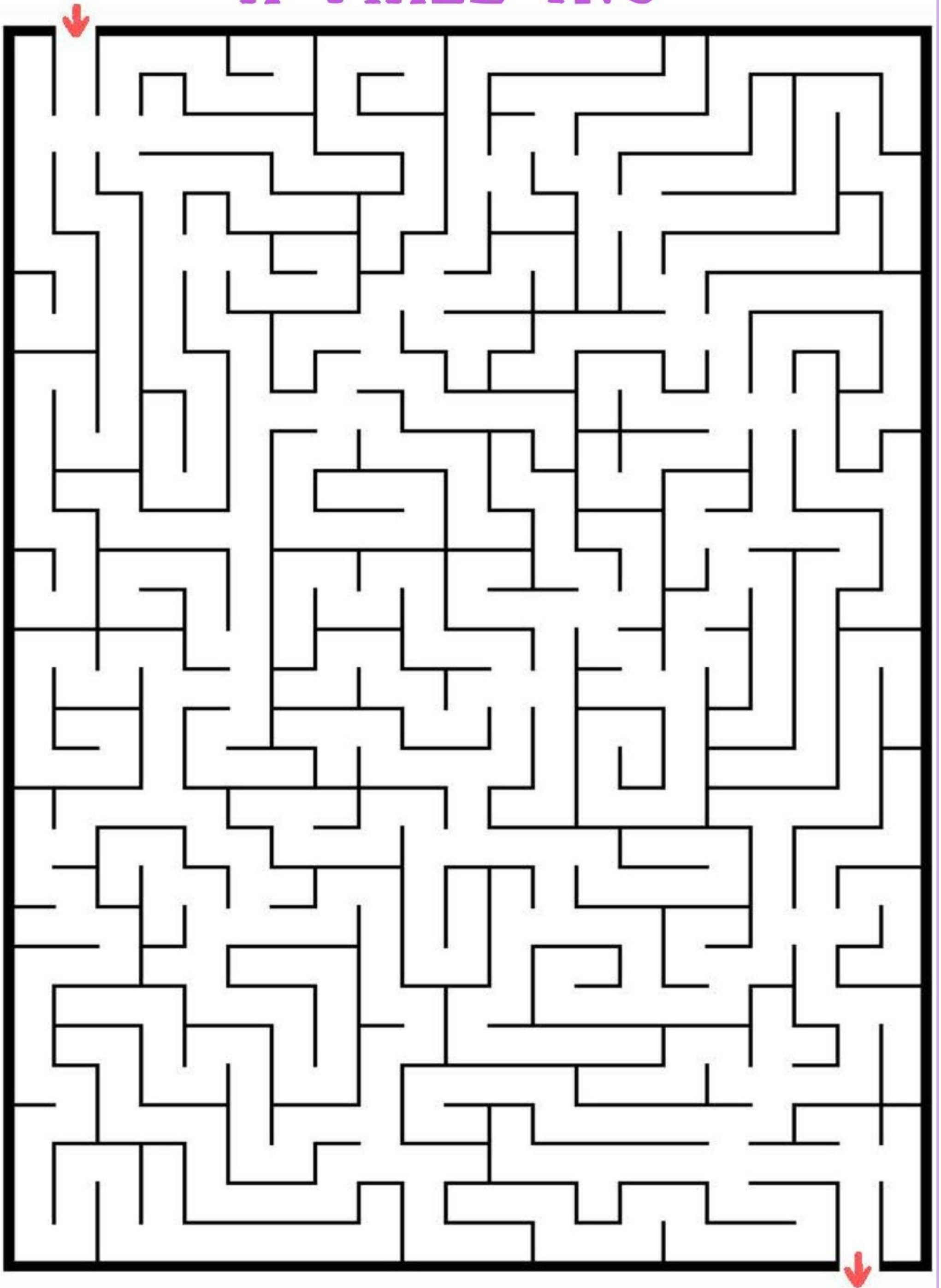


Footy Facts! Did you know?



AFL, created to keep cricketers fit during winter of 1858. The first recorded game of Australian Football was begun on the tree-dotted parklands outside the Melbourne Cricket Ground by teams from Scotch College & Melbourne Grammar School on 7 August 1858. After three playing days the game ended in a draw with each team kicking one goal.

A-MAZE-ING



Trivia

Are you ready?!

Q1: What was Elvis Presley's Middle Name?

A: _____

Q2: What bird is the largest living species?

A: _____

Q3: Who wrote the play 'Romeo & Juliet'?

A: _____

Q4: In what country is the Great Wall located?

A: _____

Q5: Blue and yellow mixed together make what colour?

A: _____

Q6: Who was the first person to walk on the moon?

A: _____

**Keep me and you'll find
the answers in the August
newsletter edition!**



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

The latest Government advice. Aged Care homes must have our own risk management strategies – ours include:

- we will only implement masks if there is a high community risk or a positive case of covid (RSM to decide this)
 - To maintain the 1.5m as required we advise 2 visitors in the room at a time
 - We ask for visitors to limit movement around the facility where possible
- RAT screen every second day

GOVERNMENT ADVICE

Advice for visitors

To enter a residential aged care home

Residential aged care homes may have strict procedures for visitors to follow, in line with the directions of their state or territory government.

When you visit a residential aged care home you may need to:

- be screened before entering, including taking a RAT test
- wash your hands before entering and when leaving a resident's room
- stay 1.5 meters away from residents, where possible
- wear a mask
- Stay home when unwell

Do not visit a residential aged care home if you:

- have tested positive to COVID-19 in the past 7 days
 - have been in contact with someone confirmed to have COVID-19 in the past 7 days
- are unwell, including with a fever or symptoms of acute respiratory illness (such as a cough, sore throat, runny nose, shortness of breath).

Visitor requirements while at a residential aged care home:

Visitors must:

- supervise any accompanying children
- practice good hand hygiene
- comply with directions given by staff
- follow any other requirements put in place by the residential aged care home.

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.

July 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1 10:30am Hairdresser Nail Care 130pm Claire and Dot sing a long</p>	<p>2 1030am Hoy 130pm art Dot Painting</p>	<p>3 1030am Mass 1:30 Beading with Yvonne</p>	<p>4 1030am Chair Yoga 130pm sing a long with Les Rich Number 1126</p>	<p>5 1030am Exercises 130pm Bowls</p>	<p>6 Activity Packs supplied for your weekend leisure</p>	<p>7 9am golden oldies max FM Songs of praise 11:40 am ABC 7pm reading local paper</p>
<p>8 Hairdresser 1030am Nail Care Outside Hair dresser 130pm Derek Sing a long</p>	<p>9 1030am Trivia Morning 1:30 Hoy</p>	<p>10 1030am Mass 1:30 Men's Get together</p>	<p>11 1030am Chair Yoga 1:30 Bingo</p>	<p>12 1030am Exercises 130pm Bowls</p>	<p>13 Activity Packs supplied for your weekend leisure</p>	<p>14 9am golden oldies max FM Songs of praise 11:40 am ABC 7pm reading local paper</p>
<p>15 Hairdresser 1030am Nail Care Outside Hair dresser 10:30 Ecumenical service</p>	<p>16 1030am Virtual Zoo Parte 12pm BBQ Lunch 1:30 Bingo</p>	<p>17 1030am Mass 1:30pm Resident Meeting</p>	<p>18 1030am Chair Yoga 1:30 Cooking Snowflake Cookies</p>	<p>19 1030am Exercises 130pm Bowls</p>	<p>20 Activity Packs supplied for your weekend leisure</p>	<p>21 9am golden oldies max FM Songs of praise 11:40 am ABC 7pm reading local paper</p>
<p>22 Hairdresser 1030am Nail Care Outside Hair dresser One on one support with Alessia</p>	<p>23 1030am Les travel to Parte / Activity room 1:30pm Bowls</p>	<p>24 1030am Mass 130pm Birthday Celebrations Winter Wonderland</p>	<p>25 1030am Chair Yoga 130pm Just Us</p>	<p>26 1030am Exercises 130pm Bingo</p>	<p>27 Parte Olympic games begins Activity Packs supplied for your weekend leisure</p>	<p>28 9am golden oldies max FM Songs of praise 11:40 am ABC 7pm reading local paper</p>
<p>29 Hairdresser 1030am Nail Care Outside Hair dresser One on one support with Alessia</p>	<p>30 10:30 Morning Tea 1:30 Bingo</p>	<p>31 1030am Mass 130pm Cooking apple strudel</p>				