

# 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*

August 2024 | ISSUE 8

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## Aged Care Employee Day

*Thanks for caring*

Aged Care Employee Day gives the whole of Australia an opportunity to celebrate and honour the people who care for all the older people in our community.

[accpa.asn.au/aged-care-employee-day](http://accpa.asn.au/aged-care-employee-day)

#ThanksforCaring



## ANGLICAN SERVICES

*2nd Wednesday of each month*

## UNITING SERVICES

*3rd Friday of each MONTH*

The Terrace Café  
Every  
Thursday 9.15am



## Aged Care Employee Day

*Thanks for caring*

On 7 August let's thank our aged and community care workers - the chefs, cleaners, drivers, administration staff, nurses, health workers, personal care staff, activity coordinators, volunteers and so many others.

[accpa.asn.au/aged-care-employee-day](http://accpa.asn.au/aged-care-employee-day)

#ThanksforCaring

WEDNESDAY  
7 AUGUST  
2024



## 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.



Hello Residents,

I hope you are all well and keeping warm.

It's looking beautiful and green out there in the paddocks.

A great time of year.

Please let your families and friends know we are able to receive any fruit and vegetable donations if they are in good condition.

We have received some lovely lemons from your families and we want to thank them very much.

Please pass on our Thanks next time you are talking to them.

Last month Joan and I attended a workshop run by Maggie Beer, you may have seen some of her work on the ABC recently.

We had a great time and learnt lots of new things to try.

We discussed lots of topics and focused on adding protein and enhancing the dining room experience.

We are so excited and inspired to bring to you the thing we have learnt and we hope you give all the new things a try.



Enjoy your Month of August and remember to write on the feedback forms on the tables, we have been getting some very nice reviews from you all.

Thank you from the Hospitality team.



# LIFESTYLE REPORT

Welcome to August.

I missed seeing many of your lovely faces in July as I was on vacation in Cape York, and I then managed to bring home a little bug which sadly kept me away for another week.

I did miss you all so very much though.

I hope in July you enjoyed the indigenous cooking afternoon to acknowledge NAIDOC week, I have heard that the recipe with native ingredients was delicious.

I am so upset that I missed National PJ Day, it looked like so much fun.

\$78 was raised and donated to the foundation which assists in supporting children living in foster care.

We will put it on the calendar again for next year.

We finished off the month with Christmas in July on Thursday the 25<sup>th</sup> July with a delicious festive meal provided by our amazing kitchen girls.

I am planning to spend most of August glued to the TV watching the Olympics and it will be on many of the TV's within the facility for all those other Olympic tragic's out there.

We will also hold our Star of the Sea mini Olympics on 29<sup>th</sup> August.

Aged Care Employee Day is on the 7<sup>th</sup> August.

It is a day that celebrates and honours all who care for older Australians in our community.

I will be running around to visit you to see if you would like to send a message of thanks to the many beautiful staff members at Star of the Sea.

I am very excited to say that Graeme Hugo will be returning to perform for you on 22<sup>nd</sup> August.

I know he is a favourite performer of many who have seen him before.

We are also very excited to welcome some new and returning faces to our volunteer team.

Jan and Venita Weir are returning, Chris Wall, Kathy Newman and Candice Brookshaw will be joining our SOTS family, how fortunate we are.

May you enjoy August.

As always, we have our many regular activities scheduled for your enjoyment 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, weather permitting.

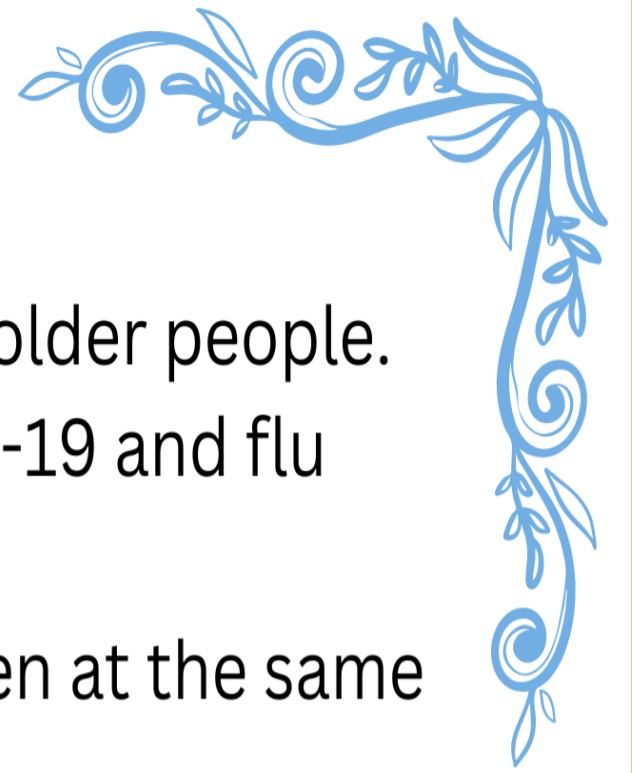
Please also contact one of the lifestyle staff if you have any needs, suggestions, or concerns.



Happy Birthday to both Ladies from the Admin Team







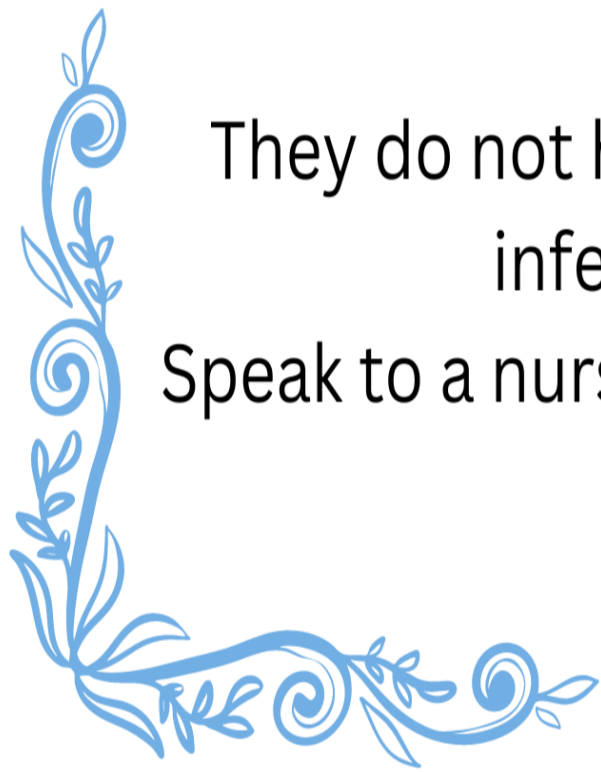
Vaccinations are the best way to protect older people.  
Aged care residents can get free COVID-19 and flu  
vaccinations.

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

People over 75 are able to get a COVID-19 vaccine once  
every six months.

They do not have to wait 6 months between their last  
infection and having a vaccination.

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



# Positive Words of Affirmation

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

GENEROUS  
 BELIEVE  
 OKAY  
 INNOVATE  
 HOPE  
 KIND  
 COURAGEOUS  
 OPTIMISTIC  
 ACCOMPLISH  
 POWERFUL  
 LOVE  
 STRONG  
 SUCCESSFUL  
 TRUST  
 THRIVING  
 HARMONIOUS  
 JOYFUL  
 GENUINE  
 BRAVE  
 CELEBRATE



# Winter Word Search

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

BLIZZARD  
BOOTS  
COAT  
COLD  
FLURRY  
GLOVES  
HAT

ICE  
JACKET  
MITTENS  
PLOW  
SCARF  
SKATING  
SKIING

SLEDDING  
SNOWFLAKE  
SNOWMAN  
SWEATER  
TOBOGGAN  
WINTER

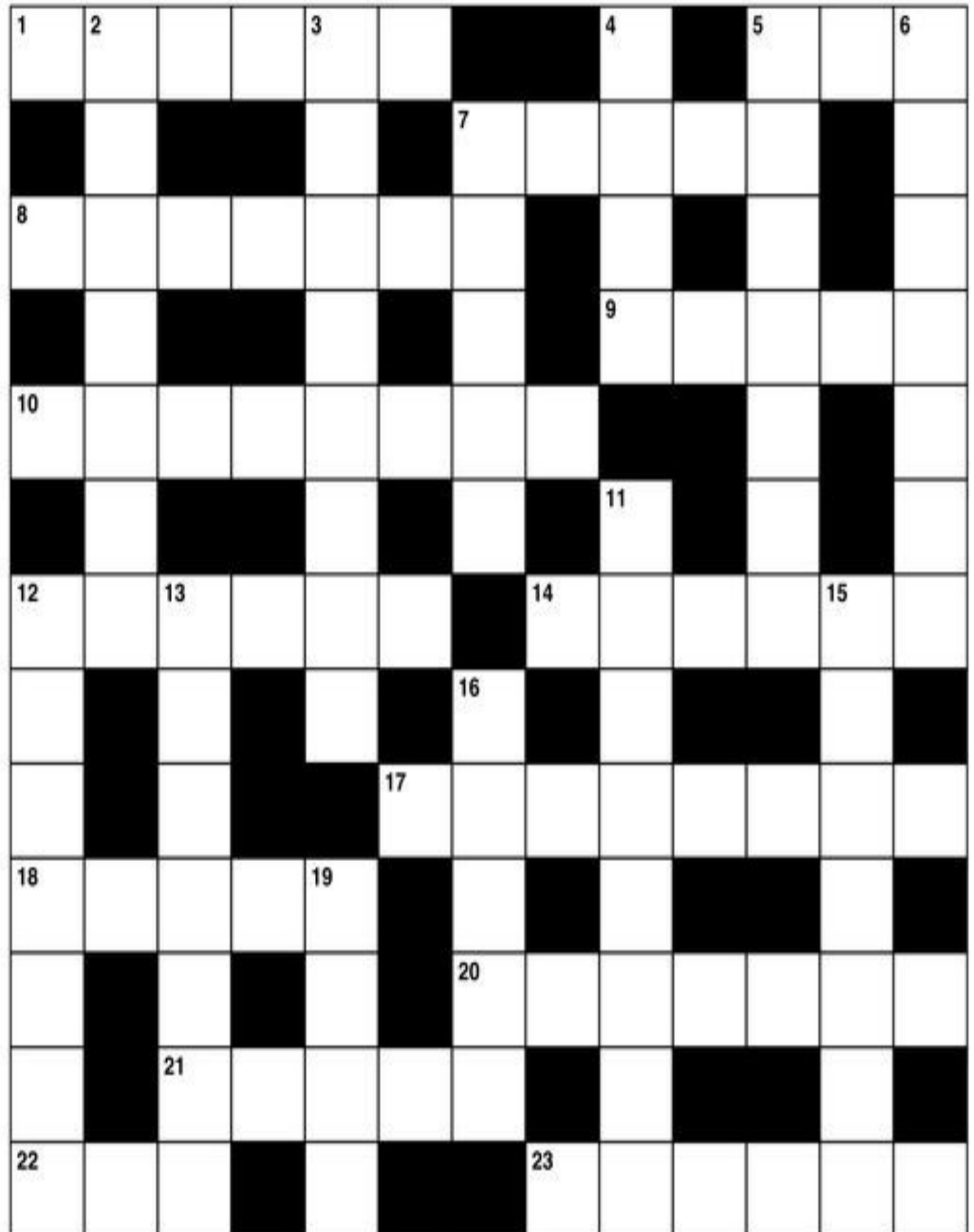




## Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

# Crossword Puzzles



## Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)



# STAR OF THE SEA NOTICE BOARD

Please 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

## REMINDER

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

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

Laughter is timeless,  
Imagination dreams are forever.

## 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 please.

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

*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

To all Residents  
Please remember to check all your pockets before putting your clothes in the Laundry.

Carers to also check Residents pockets before clothing enters the Laundry Basket please

Talking Newspaper  
Tune in to 1197 FM

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



# Happy Birthday

## August Birthdays



2nd A Wharton  
18th J Chandler  
27th M Morrison



“Your birthday is the first day of another 365-day journey. Be the shining thread in the beautiful tapestry of the world to make this year the best ever. Enjoy the ride.”

“Be happy! Today is the day you were brought into this world to be a blessing and inspiration to the people around you! You are a wonderful person! May you be given more birthdays to fulfill all of your dreams!”





*To our Volunteers, you do an amazing job throughout 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 next meeting is Tuesday 20th August at 10.30 am @ the Tribble B Café, Evans Road, Wallaroo.

No requests at last meeting so hopefully next meeting we will have some projects to fill.

Our beloved member Jan Weir (who raises funds to support the Auxiliary) turned 90 years of age on July 15th.

Congratulations to Jan for reaching this milestone and fit enough to run her second hand shop on weekends for the benefit of the Auxiliary.

Thanks also for Danielle's reports and presence at our meetings.

Pam

President Auxiliary



"Your hard work and perseverance are valued and appreciated. Thank you for being an essential part of our team."

ABCRADIO.FM

**THANK YOU**  
FOR THE  
**AMAZING**  
JOB YOU DO  
EVERY DAY!  
YOU ARE AN IMPORTANT PART  
OF THE TEAM

*Congratulations* on  
being a part of our organization!  
We **Welcome** you as a team  
member.



A good team allows the strengths of each individual to shine through, and when others look at us they see a group of stars. Keep shining!



# Staff Wellness Program

“Those who care for others often forget to care for themselves.”

The Catholic Diocese and Management for Star of The Sea Home for The Aged have implemented a Staff Wellness program to support our wonderful staff who provide exceptional care to our residents.

Each month there will be a different topic to support your health and resources.

This month in August, the topic is Hydration, Hydration is about more than having a drink when you feel thirsty. An average adult in Australia loses around 2.5 litres of water a day through normal activities.

You will see some information on Hydration in the staff rooms and you will find this information in your pigeonhole with a gift from myself.

In recognition of your hard work and support of your wellbeing, I have purchased you all a drink bottle, you will find these in the MMK staff room in a box, each with your surname on the bottle.

Please see this link below information and helpful mobile apps for staying hydrated!

<https://kidney.org.au/resources/factsheets-and-photosheets/drink-water-instead-factsheet>

Using the below mobile apps can help you keep track of your daily fluid intake and stay hydrated.

- Water tracker Waterllama for Apple users on the Apple App Store.
- Daily Water Tracker Reminder for Android users on the Google Play Store.

Take care of yourself,

Kind regards,  
Michelle Bown



# A “RESIDENTS” STORY

Joan Chandler

I was born in Penola South Australia and had many siblings, we were a family of twelve (5 sisters and 6 brothers). My father was a plumber and mum was a house wife.

I attended Penola area school and finished school at the age of 14 years as I couldn't wait to earn my own money.

My first job was looking after my grandparents where I would go on the school bus to Grandma's and Grandpa's house, stay for a week and return on Mondays.

I then went to help my Aunt while she was working and I would help feed the shearers.

After that I went to work at the local deli where I served meals and groceries.

I sadly had to leave work due to illness but when I was well was asked by the local bank manager to look after his children who had chicken pox.

From there I was asked to help at the local hospital, in the kitchen and I also returned to work in the deli.

I met Merv at the age of 17 through friends at Millicent, where I was working as a kitchen hand at the hotel.

We married and had 4 children (Grant, Scott, Stephen and Annette)

Between the children we have 6 Grandsons and 6 Granddaughters and then many Great Grandchildren.

Life was busy for me as Merv was working for PMG in Northern Territory and he traveled extensively during this time.

We purchased a shack at Tickera in 1969 due to Merv's love of fishing and we later went on to build 2 properties in Tickera.

In 1977 Merv worked as a licensing examiner in Kadina so we relocated to Tickera and in the 1980's we had a Coaster Bus and we use to go North for winters and have crossed the Nullarbor 11 times.

We eventually settled full time in Tickera before coming to live at Star of the Sea.

One of my loves is gardening, there aren't too many things that I cant propagate and one of my other hobbies that I loved doing was wood carving.

I even made clocks for my Grand daughters and Barometers for some of my Grandsons.

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

Coming in to Star of the Sea.

**What are you most proud of?**

My wood carving and my garden. I spent many hours in that garden.

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

Be careful when you pick a bloke.



*With Deepest Sympathy and Condolences  
To the Families and Friends of the Late:*

*Helen Williamson*

*Linda Bussenschutt*

*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**

