

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*

July 2024 | ISSUE 7

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Christmas in July sitting by the nice warm fire.



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@starofthesea.org.au

Mon to Fri 9am-4pm

COMMUNITY CARE OFFICE

08 8823 0019

community@starofthesea.org.au



A PEAK THROUGH THE PANTRY DOOR By Stacey Coombes, Hospitality Manager.



Hi everybody, this month we are celebrating NAIDOC week.

The wonderful kitchen team will be making some native bush tucker inspired morning tea during the week, and we are very excited to try some new things.

We are proud to showcase some indigenous food and celebrate the true custodians of this beautiful country we all call home.

We also are going to be celebrating Christmas in July and what could be more fun than Christmas? Having two in the year! We will be making a Christmas roast and all the trimmings so look forward to that.

There is also a PJ day to look forward to.....we are super busy.

The new menu is starting and there will be copies made for the residents if they wish to have a copy in their rooms. There have been some changes and additions as requested by you guys in the food and drink forums we are holding every 3 months.

Thank you for the input and inspiration for your menu and we hope you get to see how wonderful it is to design your own meals.

Thank you for all your kind feedback and we love to hear from you all.

If you would like to get a message to us in the kitchen just fill out (or get a carer to help you fill out) a feedback form from off the tables in the dining rooms.

We appreciate all your suggestion, questions and feedback " we don't know what we don't know

Have a great month and try to stay warm x



LIFESTYLE REPORT

Welcome to the coolness of July.

Hopefully the cold also brings a bit more rain.

We hope you enjoyed Neville and Bronwyn Langman coming in to perform with their Sentimental Journey- I have heard many positive comments, Knit and Chat looked like a lot of fun and we were also very fortunate to have Roger and Bob come in to entertain us.

Sadly we had to postpone our Biggest Morning Tea again and are hoping 3rd time is a charm with it being rescheduled to August.

Representatives from Aged Rights Advocacy Service (ARAS) attended the facility on 19th June.

If you missed their information session, please let me know and I can organise some pamphlets for you.

In July we are holding another Knit and Chat session for our very talented and not so talented (that is me) knitters.

To acknowledge NAIDOC week we will be doing some Indigenous cooking.

I have found a fantastic recipe with native ingredients which I am really looking forward to trying.

I am looking forward to a bit of fun of wearing my PJ's to work on the 19th July for National PJ Day.

Please join the staff in wearing your PJ on this day, the amazing Stacey is even going to theme the menu for this day.

National PJ Day is also a fundraiser to support children living in foster care for anyone interested in donating.

We will finishing off the month with Christmas in July on Thursday the 25th July. We will have the Christmas carols blazing and the halls will be decked.

If you would like to watch something on TV the Olympics will commence from the 27th July, I know I will be glued.

May you keep warm and may your football team have a win.

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.

Weather permitting this will be outside but the beautiful volunteers are even doing some rides within the facility.

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







Dear Residents, Staff and Extended Star of the Sea Family,

I have resigned from my position as CNC at Star of the Sea.

I would like to thank you all for the pleasure and privilege of caring for your loved ones, for working with me and sharing this 13 year journey.

The Star of the Sea has always had a special place in my heart and will continue to do so.

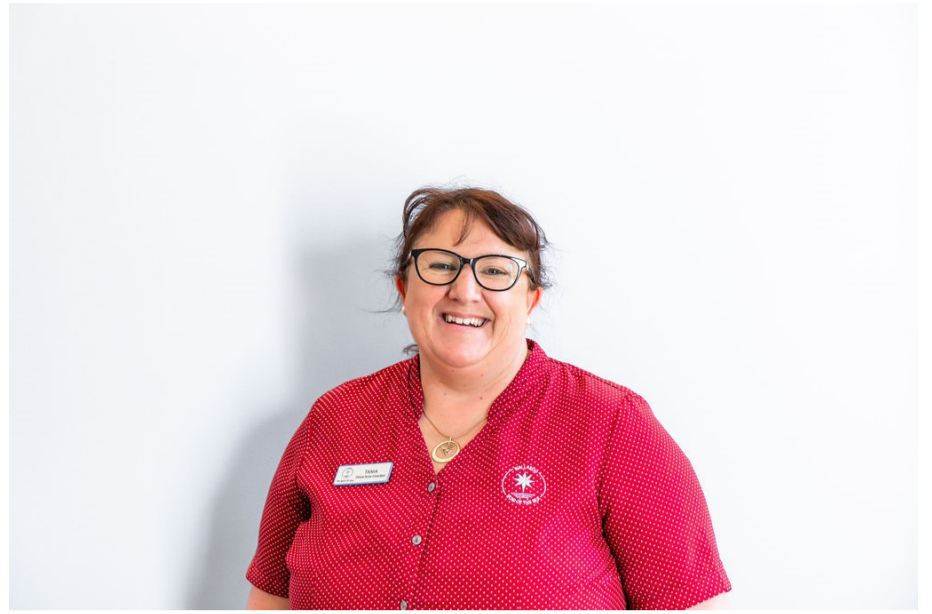
Aged Care is one of the most rewarding and at the same time heart breaking industry's to work in.

It takes special people and a team to provide this care and Star of the Sea have one of the best with hard working, reliable, dedicated, caring, kind and compassionate people who go the extra mile and spend the extra time to ensure the residents are able to have good quality of life and the opportunity to live their best lives.

I would like to wish you all good luck for the future, and I will be forever grateful for this experience and the memories we have created together.

I'll be seeing you

Tania Venning



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.



LAUGHTER

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

READERS DIGEST
MAGAZINE
FRIENDS
HEART
SING
FUN

CONTAGIOUS
POSITIVE
RELAXES
BRAIN
MOOD

BLESSINGS
PLEASING
SITCOM
HUMOR
JOKE

SUNSHINE
LAUGHTER
LIGHT
SMILE
JOY



Healthy Foods

Word Search Puzzle



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



ALMONDS	EGGS	PINEAPPLE
APPLES	FRUIT	SALMON
BEANS	GRAINS	SPINACH
BEETS	MILK	SQUASH
BELL PEPPER	OATMEAL	TOMATO
BERRIES	ORANGES	VEGETABLES
BROCCOLI	PEACHES	YOGURT
CARROTS	PEARS	ZUCCHINI

Free printable courtesy of PrintFree.net



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)

1	2			3			4		5		6
					7						
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		21									
22							23				



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

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

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

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 & any out of
date food must be
discarded.
Thank you

Laughter is
timeless,
Imagination
dreams are
forever.

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

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

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





July Birthdays



1st K Harris
12th P Hutchinson
16th M Gross
23rd L Chandler
26th C Darrall
26th N Davidson



Hope all your birthday wishes come true. You bring light and love into our lives.

Happy birthday!

Forget the past; look forward to the future, for the best things are yet to come.





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 last meeting was held on 18th June and very well attended.

Thank you to all who support the Auxiliary.

No meeting to be held in July but will again in August

Thank You to Danielle for your attendance and your reports at our meetings.

There has been no further requests for items at this time.

Pam

President Auxiliary

**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, Agency Staff to our
Star of the Sea Family Home.*



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 are implementing a Staff Wellness program to support and 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 July, the topic is **sleep**, we spend approximately a third of our lives asleep. Sleep is an essential and involuntary process, without which we cannot function effectively.

It is as essential to our bodies as eating, drinking, and breathing, and is vital for maintaining good mental and physical health.

Sleeping helps to repair and restore our brains, not just our bodies.

You will see some information on sleep in the staff rooms and you will find this information in your pigeonhole.

Please see this link below with information and self – help tools, it’s a great re-source!
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep>

We will celebrate National Pajama Day in July with staff wearing their pajamas to work (optional) on 19th July and voluntary donation for a great cause (Chil-dren in foster care).

More information about this will be provided.

Take care of yourself ,

Kind regards,
Michelle Bown



A “RESIDENTS” STORY

Peter Hutchinson

I was born in Althelstone where my family had 200 acres of land.

We were market gardeners and farmed spuds, onions, tomatoes, broccoli cauliflower and cabbage.

I attended Athelstone, Campbelltown and Payneham Primary schools before attending Norwood Technical High School until year 8.

It was at this time that my father decided that I should leave school to work on the family garden farm.

I later also became a professional fisherman at Cape Jervis as well as farming a property that I rented.

I married Loretta at this time and we had three children (two boys and a daughter).

We were living on 26 acres, and I put irrigation sprinklers on it.

I continued to fish as well as market garden during this time, they were long days.

I would cart the fish and veggies to the markets in Adelaide.

When the boys left school we fished together for quite a while before separating and going our own ways.

The boys had their own boats and I helped them as well as working on the ferry loading the cars on and off the ferry at 11am and 4pm daily.

When we first moved to Cape Jervis I bought a shack and over the years we gradually built it up to a larger two story home. Loretta myself and the kids lived in Cape Jervis for approx. 10 years when I purchased a house at Wallaroo which we later went on to sell and purchase a home in Moonta, where Loretta and I eventually retired.

Biggest Change you have seen during your lifetime?

The fishing industry especially the price of squid. I use to receive \$1/ kg and when my boys finished fishing they use to receive \$25/kg.

What are you most proud of?

Starting the market garden at Cape Jervis. My son has grown it larger and is still there now.

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

If you don't work hard, you wont get there.



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

Ronda Stock

Lorraine Lienert

Mavis Ross

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, 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

