

St Joseph's House connections August 2024 Edition



IN THIS EDITION:

TRIVIA
ANSWERS

AUGUST
BIRTHDAYS

JULY
REFLECTIONS

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

A Message from Lifestyle:



Food Safety in Aged Care

St Joseph's house is committed to ensuring that all the food we supply, cook and serve is under the guidance of a Food Safety Program, which keeps you safe from any food borne illnesses.

We are now required to have Food Safety Supervisors on site to ensure that all staff comply with and demonstrate food safety,



Why Residential Aged Care Facilities Need A Food Safety Supervisor



Many elderly people are at a higher risk for food-borne illness, all aged care facilities need to have a Food Safety Supervisor trained to make sure that the facility purchases safe, healthy food, prepares and stores it properly and cooks it according to food safety regulations. Having a trained supervisor on hand ensures that the most vulnerable populations within our community will not be needlessly exposed to food risk because of inexperienced or improperly trained staff.



St Joseph's House Food Safety Supervisors are Allyson, Terrilee and Toni.

Marra is the Food Services Manager.

All food handlers continue to receive ongoing training for food safety which is recorded in our Food Safety Program.

We are audited each year to ensure compliance and have recently updated our Food Safety Program. Our next Food Safety Audit will be in September.

All families bringing in food for your loved, one please be reminded of food safety and high-risk foods to ensure your loved one is kept safe.



What Foods Are Considered Risky



According to the Food Safety Information Council, several types of food pose a higher risk, including:

- Cheese - cheese from delicatessens and prepackaged cheeses that are soft or semi-soft, cheeses that have ripened surfaces such as blue cheese, brie, camembert, feta and ricotta
- Ice cream (soft serve variety)
- Unpasteurized dairy products (raw milk, cheese or yoghurt made from raw milk)
- Cold meats (packaged or unpackaged, cooked or uncooked)
- Cold cooked chicken (whole chickens, sliced or diced portions)
- Pate (any refrigerated pate, such as meat spreads or liverwurst)
- Salad (salads prepared in advance or pre-packaged vegetables or fruits)
- Seafood (sushi, sashimi, smoked trout or salmon, peeled and precooked prawns such as in cocktails and salads, smoked or raw oysters)

Any food that is considered Risky is prepared under strict supervision and in the food safety guidelines for safety.

Please feel free to approach any Catering staff regarding the Food Safety Program and what it entails, we would be happy to discuss this with you.

All families bringing in food for their loved one must have a label on it with their name and date it was bought in. Please be reminded that if the food does not have this it is at risk of being thrown out.

WHAT'S ON? Up coming events:

Coming up for the month of August are:

- International Forgiveness Day—2nd August 2024
- World Indigenous Day—9th August 2024
- Red Nose Day—9th August 2024
- Daffodil Day—22nd August 2024
- Olympic Games—27th July until 11th August 2024
- Para Olympic Games 28th August until 8th September 2024
- Many more activities in between



“Cheers to a fun filled and interesting month ahead”

TRIVIA ANSWERS

The answers to the Trivia in the July edition are:

Q1 Answer: Aaron

Q2 Answer: Ostrich

Q3 Answer: William Shakespeare

Q4 Answer: China



Q5 Answer: Green

Q6 Answer: Neil Armstrong

How many correct answers did you get? /6



REST IN PEACE

SADLY WE SAY GOODBYE TO

HELEN E
GRACE P

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

Let's welcome all new beginnings

Paraskevi (Vula) M
Gary G



AUGUST NOTICES

RESIDENT MEETING:

The next Resident meeting will be held on 20th August 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 and audio books on loan, Wednesday fortnightly. 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 August, this will take place on the 19th August 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.

August Library Delivery Dates: 7th August and 21st August

Allison's Hairdressing

Mens Cut	\$25 - \$30
Mens Cut & Beard	\$30 - \$35
Ladies Cut Only	\$30 - \$35
Ladies Cut, Blow-Dry or set	\$40 - \$45
Ladies Wash, Blow-Dry or Set	\$35
Colour, Cut, Blow-Dry or Set	From \$90
Colour/Foils, Cut, Blow-Dry or Set	From \$100
Perm, Cut, Blow-Dry or Set	From \$100

Allison DeGennaro Hairdresser
0408 335 002

Price List July 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

TRIVIA QUESTIONS

1. WHAT WAS THE BEATLES' DEBUT SINGLE IN THE UK?

2. WHAT IS THE WORLD'S LARGEST MAMMAL?

3. WHICH SPORT USES THE TERM "DOUBLE BOGEY"?

4. WHICH COUNTRY IS HOME TO THE GREAT BARRIER REEF?

5. WHAT IS THE NAME OF THE LARGEST MAMMAL ON EARTH?

6. IN WHAT YEAR DID THE TITANIC SINK?



Patricia S - 19th August

Shirley W - 25th August

Valma S - 26th August

Maria M - 28th August



We wish you all a very Happy Birthday



Our exercise group is for anyone and everyone, run by Exercise Physiologist Ally!

We complete seated exercises focusing on whole body mobility and strength, we also include ball and balloon games to make the session fun and social!

Exercise is great for maintaining mobility, reducing risk of falls and mental health and wellbeing. Come along and join in on the fun on Friday's at 10:30am in the Activity area.







St Joseph's House

Visiting Hours Advice for Visitors

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

St Joseph's House current visiting hours:

- Monday to Friday 11.00am-5.00pm
- Saturday, Sunday and Public Holidays 1.00-4.00pm
- Only 2 visitors per Resident room at one time
- With prior approval from management, small group visits can be arranged
- With prior approval from management, outside of hours visits can be arranged

Please Note: Changes to visiting hours can change without notice, should an infection outbreak or exposure was to occur.

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 metres away from residents, where possible
- Wear a mask when asked to
- 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



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.



Carn Brae

Florence St Port Pirie

The romantic old home was built in 1909 by Edward Moyle, son of a pioneer Port Pirie business man. Carn Brae is now a licenced venue and has been restored back to it's former heritage glory and is used to host many functions including Weddings

**A
Walk
Down
Memory
Lane**



Do you recognise this person?



Then



Now





FOOTY FEVER



AFL Ladder - Top 8

As of round 20

Team:	%	Points:
1. Sydney Swans	136.9	56
2. Brisbane Lions	120.1	50
3. Fremantle	117.8	50
4. Carlton	112.9	48
5. GWS Giants	111.6	48
6. Geelong	109.1	48
7. Port Adelaide	106.7	48
8. Western Bulldogs	119.8	44

FOOTY TIPPING LADDER

- | | |
|---------------------------|-------------------------|
| 1. Don Sanders - 114pts | 6. Rick - 111pts |
| 2. Pat Bradbrook - 101pts | 7. Marra - 107pts |
| 3. Leeanne - 103pts | 8. Vonnie Parks - 99pts |
| 4. Kerry - 109pts | 9. Coral Evans - 88pts |
| 5. Trevor Halse - 96pts | |

Currently on top of the ladder is: Don Sanders 114pts



Footy Facts! Did you know?



In 1916, Fitzroy managed to win the wooden spoon and the Premiership in the same year. Only four clubs competed in 1916, due to World War I, with Fitzroy finishing fourth, or last, and then winning the three finals, to claim the premiership.

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
ABOUT US →
RESIDENTIAL CARE →
COMMUNITY CARE →
ABUSE PREVENTION →
ABORIGINAL ADVOCACY →
RETIREMENT VILLAGES →
HOME CARE CHECK-IN SERVICE
AGED CARE NAVIGATOR (CARE FINDER SERVICE)
EVENTS →
RESOURCES →
LOGIN →

Overview

HOME > ABOUT US > OVERVIEW

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

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,

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

Facebook, Twitter, LinkedIn, YouTube icons





Loke of the Month



Where do surfers learn to surf?

At boarding school.



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.

August 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
The Olympics Games will continue to shown on the TV in the activity area daily for those who wish to gather and watch it together.						
5 Hairdresser 1030am Nail Care Outside Hair dresser 130pm Activity area for choice of social Activities	6 1030am Chair exercises 130pm sing a long with Dot and Claire	7 1030am Mass 130pm Cooking (dementia support social group) Kerry	1 1030am 1:1 Room visits 130pm sing a long with Les Rich	2 <i>International forgiveness day</i> 1030am Exercises with Ally (Physio) 130pm Bowls	3 Activity Packs supplied for your weekend leisure	4 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local paper
12 Hairdresser 1030am Nail Care Outside Hair dresser 130pm Derek Sing a long	13 1030am Chair exercises 130pm Ball Games	14 1030am Mass 1:30 Hoy (dementia support social group) Kerry	15 1030am White Board Games 130pm Bingo	16 1030am Exercises with Ally (Physio) 130pm Bowls	17 Activity Packs supplied for your weekend leisure	18 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local paper
19 Hairdresser 1030am Nail Care Outside Hair dresser 10:30 Ecumenical service	20 1030 Consumer Feedback Meeting guest speaker Geoff Brock 130pm Arts and Craft	21 1030am Mass 130pm Virtual sing-a-long	22 <i>Daffodil Day</i> 1030 Morning tea 130pm Bingo	23 1030am Exercises with Ally (Physio) 130pm Bowls	24 Activity Packs supplied for your weekend leisure	25 9am golden oldies trax FM Songs of praise 11:30 am ABC 7pm reading local paper
26 Hairdresser 1030am Nail Care Outside Hair dresser 130pm Activity area for choice of social Activities	27 10:30 Chair Exercises 130pm Birthday Celebrations	28 1030am Mass 130pm Bingo (dementia support social group) Kerry	29 1030am Veg Prep 130pm Just Us Fathers Day Afternoon Tea	30 1030am Exercises with Ally (Physio) 130pm Bowls	31 Activity Packs supplied for your weekend leisure	