

# 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*

September 2024 | ISSUE 9

## INSIDE THIS ISSUE.

A Peek in the Pantry	2
Activities Brief	3
Photos	4
Photos	5
Vaccinations	6
Word search	7
Wordsearch	8
Crossword	9
Notice Board	10
Birthdays	11
Auxiliary News	12
New Staff	12
Staff Wellness Program	13
A Residents Story	14
Sympathy	15
Feedback Process	16

## Know your Rights



ARAS has been supporting older people in South Australia to uphold their aged care and human rights since 1990. Our Services are free, independent and confidential.

ARAS offers a free, confidential, and state-wide service to older people (or their representatives).

ARAS is funded by the Australian Government.

### ANGLICAN SERVICES

*2nd Wednesday of  
each month*

### UNITING SERVICES

*3rd Friday of each  
MONTH*

The Terrace Café  
Every  
Thursday 9.15am



Start a conversation  
using these 4 steps



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

### 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 FATHER'S DAY

*From the Hospitality team XXXX*



This month we celebrate Fathers past, present and future.

We wish to thank them for all they have done for us.

We will have a special morning tea this month and we hope to see everyone there to help raise money for Cancer.

### 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: 1ST OCTOBER 2024  
TIME: 1:30PM  
PLACE: board Room



Don't forget if you need to get a message to us there are forms on the tables to use to tell us if you are liking your meals and if you have any great suggestions for new meal ideas and the like.

We love all the positive feedback we receive, thank you so much.

If you need help filling it out please ask the helpful staff to assist you.



# LIFESTYLE REPORT

Welcome to Spring!!!

My favourite time of the year.

I hope you enjoyed the activities in August.

How wonderful to have both St Mary McKillop and Harvest School children come in to visit and show everyone their book week costumes.

It was fantastic to have Graeme Hugo return to entertain us and thank you to the residents who were involved in the Aged Care Day video.

It has been viewed over 5,000 times and enjoyed by many.

Our Star of the Sea football tipping has finished for 2024 and we will get busy counting and preparing a football award afternoon in October.

I hope you all enjoy watching the AFL finals or local football, netball, hockey, if you have a team that you support involved.

In September we are recognising R U OK Day on 12<sup>th</sup> September- which is a day to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling.

We will have information leaflets throughout the facility for anyone who would like additional information.

On the 18<sup>th</sup> September the McKillop School is holding its annual production at the Wallaroo Town Hall.

This year's performance is The Wizard of Oz.

If you would like to attend please have a chat to one of the Lifestyle team to see if we can facilitate this.

19<sup>th</sup> September we have our rescheduled our Biggest Morning Tea.

This will be worth the wait – I promise. 26<sup>th</sup> September will be Wear your Football Colours Day- Either local football club, AFL or NRL.

If you would like to make a donation, there will donation boxes available for both of these events.

Any money donated will go to the Cancer Council and the Fight Cancer Foundation-which supports children with cancer. Harvest school children will be returning for a games afternoon on the 26<sup>th</sup> September as well.

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.





Residents painting a Heart for Angel Day





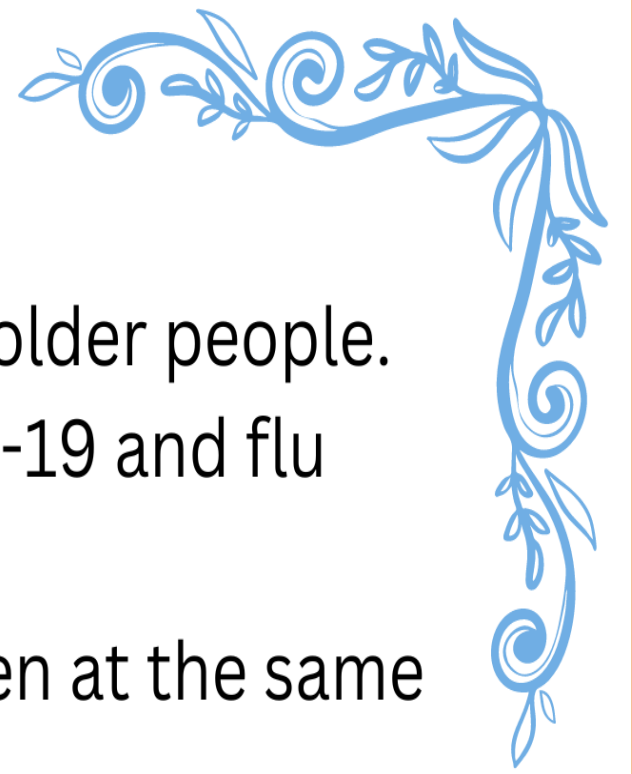


Lots of Celebrations throughout the Month

Most important was Aged Care Employer Day which our RSM cooked a BBQ for lunch  
 Skye's Baby Shower and Janene's Farewell and Entertainment for the Residents







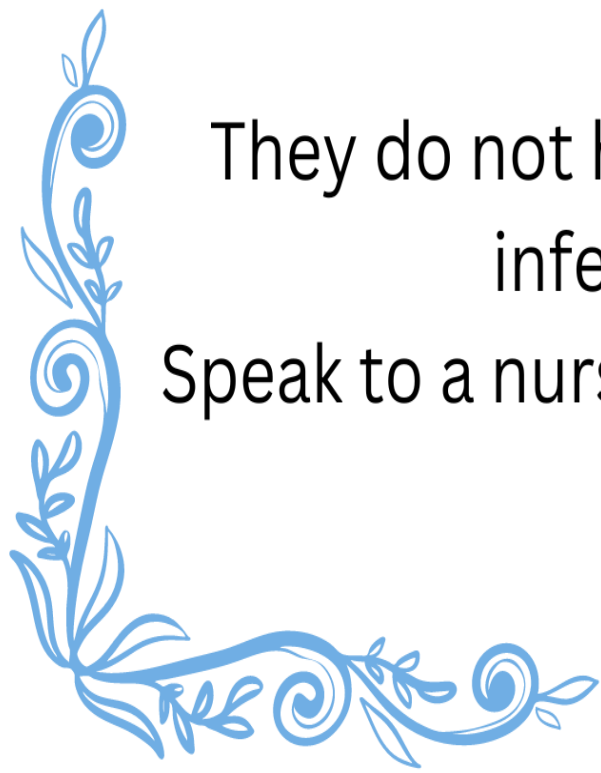
Vaccinations are the best way to protect older people.  
Aged care residents can get free COVID-19 and flu  
vaccinations.

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.







# Birds of a Feather

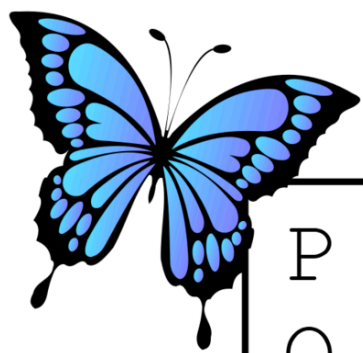
W	Z	N	H	C	N	I	F	C	B	O	W	E	P	P	D	O	V	E	P
A	H	E	E	D	A	K	C	I	H	C	U	K	G	W	D	Z	B	K	I
R	J	R	A	R	I	F	U	M	B	X	K	O	L	R	S	O	P	P	F
B	J	E	U	A	X	S	P	A	R	R	O	W	O	V	E	U	Y	U	F
L	Q	P	N	V	W	O	O	D	P	E	C	K	E	R	V	T	V	S	R
E	Q	I	K	E	W	Z	N	L	E	R	T	S	E	K	N	E	R	W	G
R	P	P	R	N	Q	Y	O	H	N	N	I	G	H	T	H	A	W	K	F
W	E	D	D	S	R	E	H	S	A	R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

Word list:

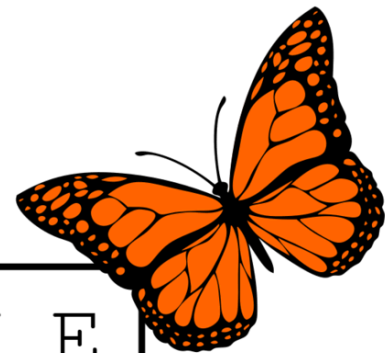
- |           |            |           |            |
|-----------|------------|-----------|------------|
| BLUEBIRD  | FINCH      | NIGHTHAWK | SPARROW    |
| CHICKADEE | GOLDFINCH  | ORIOLE    | SWALLOW    |
| COWBIRD   | GOOSE      | OWL       | SWAN       |
| CROW      | HAWK       | PARTRIDGE | THRASHER   |
| DOVE      | HERON      | PELICAN   | WARBLER    |
| DUCK      | KESTREL    | RAVEN     | WOODPECKER |
| EAGLE     | LOON       | ROBIN     | WREN       |
| EGRET     | MEADOWLARK | SANDPIPER |            |







# Spring Flowers



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

Word list:

AZALEA

DAISY

LILY

ROSE

CARNATION

FORSYTHIA

MARIGOLD

SUNFLOWER

COSMOS

GERANIUM

PANSY

TULIP

CROCUS

IRIS

PETUNIA

VIOLET

DAFFODIL

LILAC

POPPY

ZINNIA

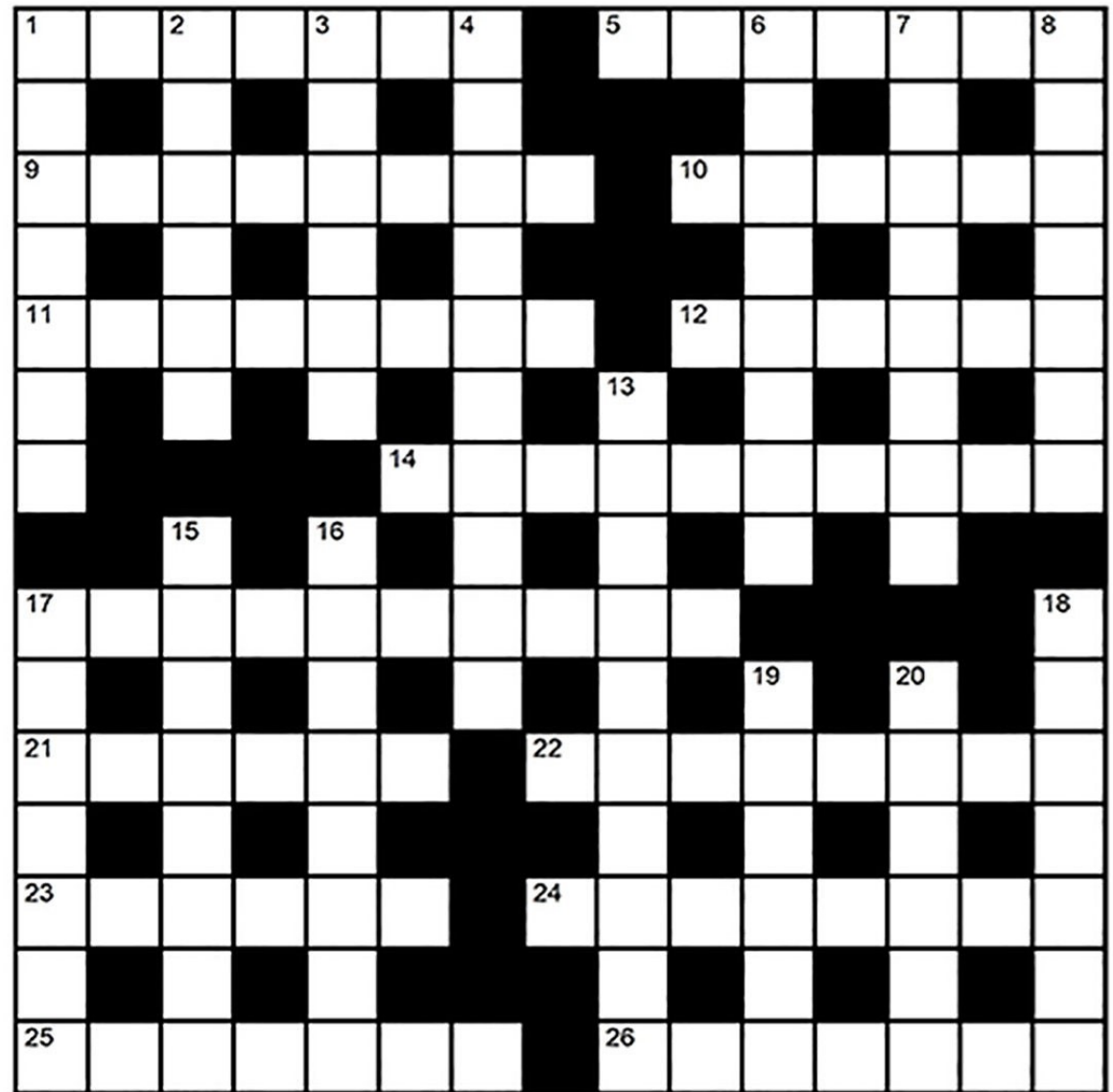


SunCatcherStudio.com





# Crossword 16



## Across

- 1 Magic lamp owner
- 5 Common bird
- 9 US River and state
- 10 Ask in earnest
- 11 Of love
- 12 Incorrect or false
- 14 To make similar
- 17 Control of information
- 21 Film genre
- 22 Deliberate destruction
- 23 Ceramics workers
- 24 Non-military
- 25 Street plan (4,3)
- 26 Second-largest city in Kenya

- 6 Supplementary part
- 7 Baked dough (3,5)
- 8 Pickerel or yellow pike
- 13 Art movement, trend
- 15 Asian part of Turkey
- 16 Motif of letters
- 17 Hire or lease
- 18 South Pacific region
- 19 Winners' platform
- 20 Mouth moisture

## Down

- 1 Navy rank
- 2 Jump to conclusions
- 3 Is overwhelmed
- 4 Egocentric





# 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

## September Birthdays



4th H Wright  
20th D Boots  
24th J Beenham  
24th D Haylock  
25th P Neilson



*Happy  
Birthday*

*Wish you a many many  
happy returns of the day.  
May God bless  
you with health,  
wealth & prosperity  
in your life.*



- “May you be gifted with life’s biggest joys and never-ending bliss. After all, you yourself are a gift to earth, so you deserve the best. Happy birthday.”
- “Count not the candles...see the lights they give. Count not the years, but the life you live. Wishing you a wonderful time ahead. Happy birthday.”
- “Forget the past; look forward to the future, for the best things are yet to come.”
- “Birthdays are a new start, a fresh beginning and a time to pursue new endeavors with new goals. Move forward with confidence and courage. You are a very special person. May today and all of your days be amazing!”









# 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 **September**, the topic is **Physical Activity**, more than half of all Australian adults are not active. Physical inactivity is the second greatest contributor, behind tobacco smoking, to the cancer burden in Australia.

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

For the month of September, I am committing myself to 30 mins of walking 5 days per week. Please join me if you can, all levels of fitness welcome, I will be leaving from the entrance of Star of the Sea, see below timetable.

## Star of the Sea Walking Group Timetable

Time /Day	0600hrs	1315hrs	1515hrs	1700hrs	1745hrs
Monday			30-minute walk		
Tuesday	30 Minute walk				
Thursday				30 Minute walk	
Friday		30-minute walk			
Sunday					30 min sunset walk

Take care of yourself,

Kind regards,  
Michelle Bown





# A “RESIDENTS” STORY

## Joy Beenham

I was bought up in the country (REAL COUNTRY) Nullarbor Plains and went to school at King Goonya area school. We had big sheds full of chooks and helped dad round them up and helped feed them.

As a family we moved to Adelaide where I attended Rose Park Primary school before moving on to Croyden Tech High School.

I received a Medal and an award for sewing and I finished schooling at leaving level. I obtained a job at Officeworks in the Administration Department and stayed with the same company for many years.

I married my husband, John in Norwood in 1959.

John was an electrical engineer and we use to call him Mr Fix it as there was nothing he couldn't fix.

He was a licensed electrician and also worked in electrical sales.

He even built our house in Blackwood.

Melissa our daughter was born in 1965

Lived In Victor Harbor in 1994 then moved to Gawler to be closer to her sister.

Melissa now resides in Melbourne.

John sadly was sick for a long time and I nursed him through his illness until he passed away.

I had a fall and things were a bit harder for me and so I have come into Star of the Sea.

I have a niece called Lynlee who is very important to me and I fortunately see her very often as she lives in Wallaroo.

I love Art. My hobbies are Cooking, Poetry, Painting, Craft, Knitting and sewing.

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

People attitude

**What are you most proud of?**

I went high in my job, Secretary to Manager Director at Office Works.

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

“To behave Yourself”





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



*Lorraine Harkness  
Kalliopi Keramidas  
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**

