



St Joseph's House Connections October 2024 Edition



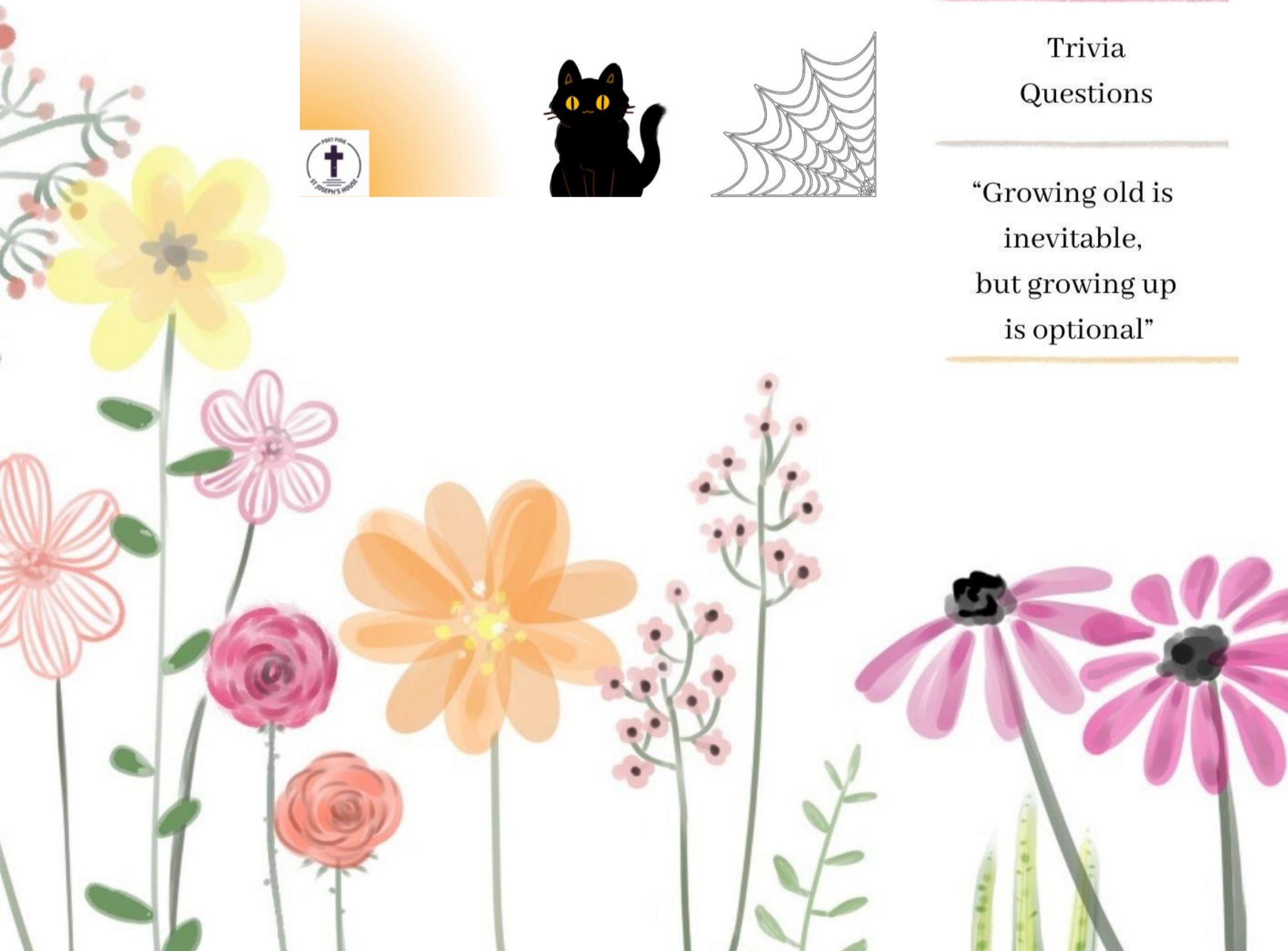
In this Edition:

September
Reflections

Resident's
Rights
Month

Trivia
Questions

"Growing old is
inevitable,
but growing up
is optional"



LIFESTYLE



WHAT IS IT AND WHAT DO WE DO?

Every resident in an aged care facility is different, with physical and cognitive abilities, hobbies, and spiritual beliefs that must be considered when creating a leisure and lifestyle program. As well as addressing the physical, emotional, cognitive, social, and spiritual needs of residents, the activities that form a leisure and lifestyle program must cater for various physical and cognitive levels, from the easy to the challenging. Certain residents will be able to whoop their friends at Cards, while those suffering from late-stage dementia may struggle with the simplest of games. Some people will happily throw their hips around to the Rolling Stones, while others will be much more comfortable sitting and clapping.

By far the biggest challenge to leisure and lifestyle in aged care is catering to the individual needs and skills of each resident. When creating a program at St Joseph's house, as many people should be involved as possible including staff, the residents themselves, and family members. Lifestyle staff are here to work with you to plan and create an effective resident-centered program that enhances the wellbeing of you all.

We will also be doing training through Maggie Beer Foundation in relation to meaningful activities. The lifestyle have commenced this training, this may mean you may be asked about activities and see some difference to the calendar. We of course will consult with you at all resident meetings and face to face for your satisfaction.

HOW CAN YOU HELP?

This is about your lifestyle, it is about how you like to spend your time. The best way to help is through feedback, either at resident meetings, face to face with the lifestyle team or on a feedback form.

We want to know what your preferences are. Is there a certain activity that you enjoy? Is there activities you don't enjoy? Is there anything we can add to the program that is of interest to you? What makes your day meaningful?

Chat to that staff who will assist you with your activity, emotional, spiritual, cultural and religious needs.

Attend Consumer feedback meetings. All consumers and their family are welcome to attend meetings. If you do not wish to attend, we would still like to hear your feedback. Lifestyle will call on you several days before the meetings to get your feedback, input and ideas

Always remember "Your Voice Matters"



WHAT'S ON? UPCOMING EVENTS THIS MONTH

Resident's
Rights Month

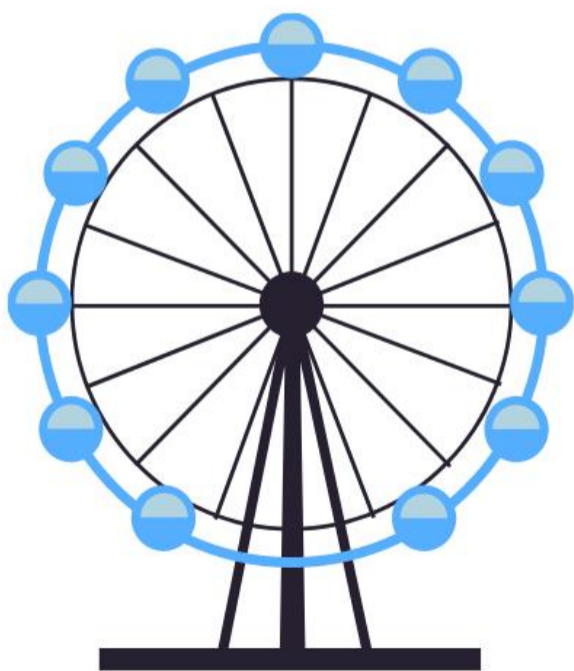
1st October
International Day of
Older Persons

2nd October
Smelters Picnic

4th October
World Smile Day

31st October
Halloween

Many more
activities
in between



**"CHEERS TO A FUN FILLED AND
INTERESTING MONTH AHEAD"**

Residents' Rights Month

Across the state, residents of nursing homes and adult care home facilities, along with family members, volunteers, facility staff, and others, will honor the individual rights of long term care residents by celebrating Residents' Rights Month in October.

St Joseph's House emphasise a community of long-term care residents coming together to make their voices heard. For residents, amplifying your voice means being outspoken about your preferences and choices and sharing who you are and your experiences.

Residents' Rights Month is an opportunity to focus on and raise awareness of dignity, respect, and the rights of each resident. St Joseph's House strives towards residents' rights and strongly emphasises individual dignity, choice, and self-determination. The law also requires nursing homes to "promote and protect the rights of each resident."

Join us in October to support and help promote community awareness about the importance of Residents' Rights.



*Welcome to St
Joseph's House*

PATRICIA S
DENICE F

OCTOBER NOTICES

RESIDENT MEETING:

The next Resident meeting will be held on 27th October 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 Oct, this will take place on the 21st October 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.

October Library Delivery Dates: 2nd, 16th and 30th October

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



HAPPY

Birthday

Beryl H - 3rd October

Andrew B - 5th October

Maria D - 10th October

Gladys C - 15th October

Dorothy D - 28th October

Peter F - 21st October

Luigi D - 29th October

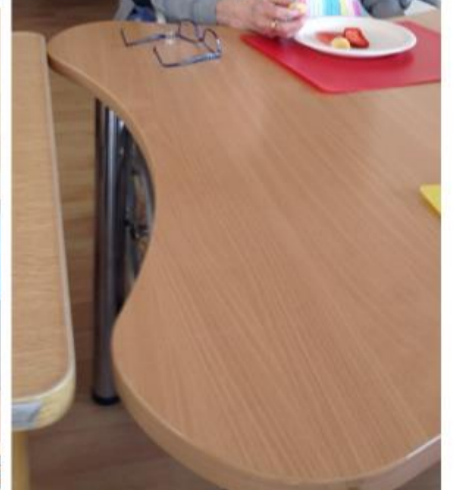
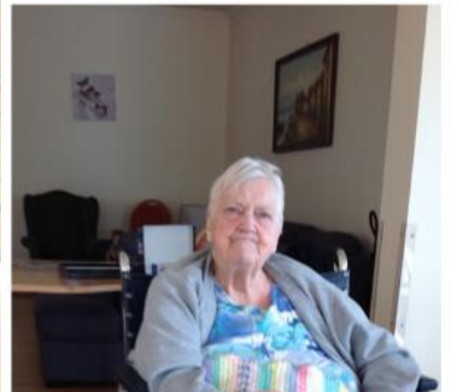
Patricia B - 31st October





LAST MONTH

in photos





TRIVIA QUESTIONS?

1. What cause was the long running protest camp at Greenham Common, UK campaigning for?
2. Who was Catherin of Aragon married to prior to her marriage to Henry VIII?
3. When was the first Aboriginal Australian commissioned as an officer in the Australian military?
4. If I am gazing over the heads of other tourists at the Mona Lisa, often a crowd being ten-deep, which gallery am I in?
5. Whose catch-phrase was “Yabba-Dabba-Doo”?
6. In which Italian city would you find the colosseum?

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 [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 1.57.2 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 (toll free in AU)

(08) 8232 5377

(08) 8232 1794

aras@agedrights.asn.au



MONTHLY CARE STATEMENTS

The Australian Government has introduced Monthly Care Statements in response to concerns about a lack of communication in residential aged care.

Currently this is voluntary for Residential Aged Care Facilities to participate in however St Josephs House has decided to commence a roll out of this program commencing in October 2024.

Residents who reside in St Clare Down and St Marks Down and wish to have a monthly care statement will receive their first statement in October 2024 and residents in St Clare Up and St Marks Up will receive theirs in November 2024 if they wish to receive one.

What is a Monthly Care Statement?

It's an easy-to-read record of the health status and the care that a resident received in the past month. The staff at your residential aged care home (us) prepare it for you.

This statement covers the past month including:

- Your wellbeing activities
- Changes to your nutrition and weight
- A copy of your medications
- Your medical and other appointments.



If relevant to the past month, this statement will also cover:

- Medical diagnoses
- Wound management
- Mobility and falls



How can I receive my Monthly Care Statement?

You can receive your statement in several ways:

- Verbally from a staff member
- Printed on paper
- Emailed to you

Can I opt out of receiving a Monthly Care Statement?

You can choose whether you would like to receive a Monthly Care Statement. You can opt out and opt back in at any time. Just let a nurse know.

If you have any questions, please contact the Nursing Staff at St Josephs House.



Trivia Answers

QUESTION 1 ANSWER: NO

QUESTION 2 ANSWER: SNAKES

QUESTION 3 ANSWER: 1932

QUESTION 4 ANSWER: 1471 CE

QUESTION 5 ANSWER: EGYPT

QUESTION 6 ANSWER: OJ SIMPSON

St Joseph's House Admin Team



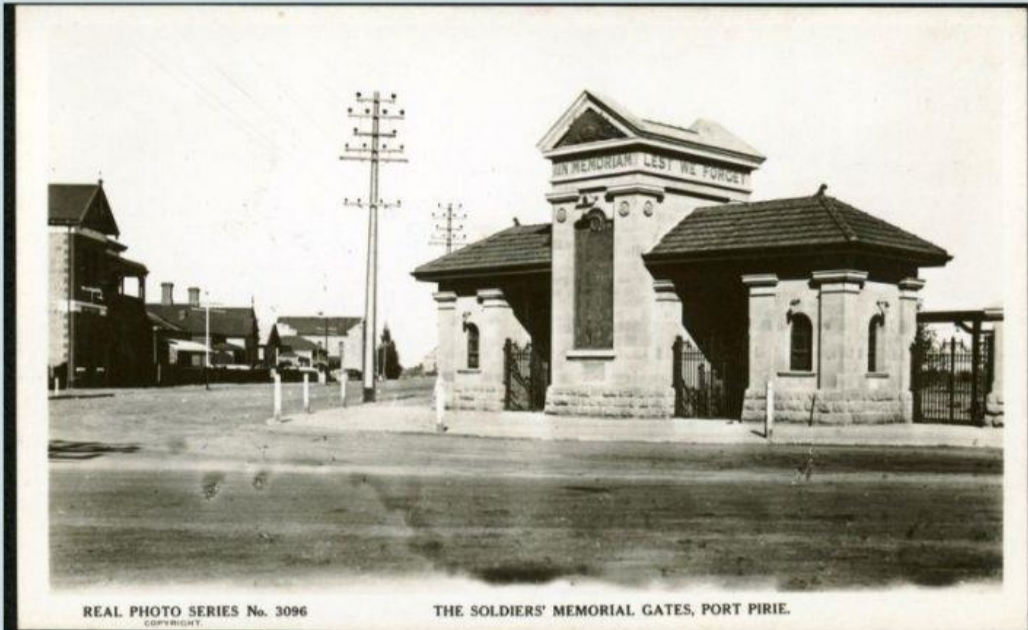
Back L to R: Britney (Administration Assistant - Reception), Rebecca (Administration Assistant), Sandra (Administration Assistant), Amanda (Quality and WHS Manager), Marra (Lifestyle and Hospitality Manager), Kathy (Administration Manager)

Middle L to R: Karren (IPC Lead and Admissions), Sharon (Residential Services Manager)

Front L to R: Therese (Clinical Nurse Consultant)



A Walk Down Memory Lane



MEMORIAL GATES

The gates were erected to commemorate those who died in service or were killed in action in World War One. The foundation stone was laid in 1923 and the gates were opened in 1924.

The opening of the memorial gates to the Recreation Ground took place on Sunday afternoon in the presence of a large concourse of spectators, and the proceedings were impressive. The ceremony was performed by Lieutenant-Colonel Pearce who lost three sons at the war and the Mayor (Mr. J. C. Fitzgerald M.P.) presided. Pirie Soldiers who made the supreme sacrifice, numbered 200. Many of the returned men who were present at the ceremony bore the scars of war.



Do you recognise this person?



1965



2024



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



Joke of the Month



My neighbor gave me a new roof for free.
He said it was on the house

World Smile Day

c	y	v	o	g	w	b	c	m	h	e	y	v	d	u	d	u
e	r	c	e	l	e	b	r	a	t	i	o	n	e	v	b	k
n	w	e	a	g	w	n	b	d	o	d	d	r	k	y	b	i
w	b	v	o	v	n	p	b	s	r	h	a	s	d	d	p	n
v	d	e	t	a	r	i	g	g	o	o	d	w	i	l	l	d
i	e	n	c	p	s	p	o	s	i	t	i	v	i	t	y	e
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h	a	r	v	e	y	b	a	l	l	l	r	e	s	s	p	y
h	d	m	a	d	b	r	k	v	v	m	u	n	i	s	p	h
k	t	p	m	v	g	t	p	s	d	i	i	c	v	o	y	g
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y	p	e	t	v	s	r	l	e	e	l	o	a	b	s	b	n
v	v	m	a	n	r	m	g	c	w	h	m	g	y	w	l	p
r	a	y	h	a	p	p	i	n	e	s	s	e	r	l	e	g

Celebration
Encourage
Kindness
Event

Harvey Ball
Happiness
Caring
Happy

Positivity
Goodwill
Humble
Smile

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.

October 2024

Mon	Tue	Wed	Thu	Fri 	Sat	Sun
	1 <i>International Day of Older Persons</i> <i>Resident free day</i> <i>Carnival set up day</i>	2 <i>Smelters Picnic Day / Carnival</i> <i>Activity area</i>	3 1030am social gathering bring your own activity <i>130pm sing a long with Les Rich</i>	4 <i>10:30am Exercise with Ally</i> <i>130pm Bowls</i> <i>World Smile Day</i>	5 <i>Activity Packs supplied for your weekend leisure</i>	6 <i>Day Light Savings Starts Turn clocks forward 1 hr</i> 
7 <i>Labor Day</i> Public Holiday	8 <i>Snack Trolley</i> <i>10:30am Veg Prep</i> <i>1:30pm Hat decorations for Mel Cup</i>	9 <i>9:00am Hairdresser</i> <i>1030am Mass</i> <i>130pm Bingo</i> <i>1:1 with Kerry</i>	10 <i>1030am morning tea in the court yard</i> <i>130pm Flower making</i>	11 <i>10:30am Exercise with Ally</i> <i>130pm Bowls</i>	12 <i>Activity Packs supplied for your weekend leisure</i>	13 9am golden oldies trax FM <i>Songs of praise</i> <i>11:30 am ABC</i> <i>7pm reading local paper</i>
14 <i>Hairdresser</i> <i>1030am Nail Care</i> <i>Cafe</i> <i>130pm Derek Sing a long</i>	15 <i>10:30am Hoy</i> <i>1:1 with Kerry</i> <i>1:30pm outdoors / social Group/ Gardening</i>	16 <i>1030am Mass</i> <i>1:30pm Cooking</i> <i>Pastoral care visits</i>	17 <i>1030 Whiteboard games</i> <i>130pm Bingo</i>	18 <i>10:30am Exercise with Ally</i> <i>130pm Bowls</i>	19 <i>Activity Packs supplied for your weekend leisure</i>	20 9am golden oldies trax FM <i>Songs of praise</i> <i>11:30 am ABC</i> <i>7pm reading local paper</i>
21 <i>Hairdresser</i> <i>1030am Nail Care</i> <i>Cafe</i> <i>10:30 Ecumenical service</i>	22 <i>10:30am sip & paint</i> <i>1:30pm Resident Meeting St Clare upstairs</i>	23 <i>1030am Mass</i> <i>1:30pm Hat decoration for Mel Cup</i>	24 <i>10:30am Bring your own activity / Socializing</i> <i>1:30pm Bingo</i>	25 <i>10:30am Exercise with Ally</i> <i>130pm Bowls</i>	26 <i>Activity Packs supplied for your weekend leisure</i>	27 Happy Grandparents day
28 <i>Hairdresser</i> <i>1030am Nail Care</i>	29 <i>Snack Trolley</i> <i>1030am Gardening</i> <i>1:30pm Birthday Celebrations</i>	30 <i>1030am Mass</i> <i>Lets Remember .</i> <i>1:30pm Bingo</i> <i>Pastoral care visits</i>	31 <i>1030am Reading, coloring, Painting</i> <i>130pm Just Us concert</i>	All activities are held in the activity room / Outdoors on nice days All information is correct at time of printing , if there are any changes during the month we will let you know .		