



St Louis
Aged Care

St Louis Newsletter

February / March 2020

Nursing Home Social Program News

All the celebrations have wound up for another year. I hope you all had a wonderful Xmas and New year. I have just returned from annual leave and am feeling very refreshed. The last 2 weeks we spent at our property at American River on Kangaroo Island. We were very lucky that the fires didn't reach the river although it did get close with evacuation being called at one point. We heard many sad stories whilst we were there and it was so strange with the huge presence of military police, army, navy and CFS personnel. Its normally such a quiet island.

Our residents put together medical kits which were sent over to the island to help with the treatment of injured animals.

The residents have been very busy with lots of activities and bus trips to the beach, restaurants and the Port Adelaide Footy club. Thank you to Marta's son in law who arranged a visit by Rory Laird and Ken McHenry from the Adelaide Crows.

A reminder the next Relative Focus Group will be 6.00 pm on 18th February 2020. Please pop it in your diary and contact me if you would like to attend.

Anne Wicks, Nursing Home Social Programs



A note from Sue Toner our Director

Welcome to 2020 everyone

The bush fires on Kangaroo Island and Cudlee Creek were a dampener for all. KI is where I grew up so it is all very close to home - literally. My brother's farms were saved but both were on fire trucks as part of the CFS fighting the fires. They both commented that they had never seen anything so ferocious.

It is hard to comprehend what people are going through, some families having lost everything and farmers burying their livestock, but I know they will recover. I guess it puts life into perspective and makes us reconsider what's important – and life goes on.

With all the concern at the moment re the Coronavirus, I thought I should mention it here. At this stage we have not had any alerts from the Department of Health re this virus in Adelaide.

I will take this opportunity to remind you all that if you are unwell in any way, please refrain from visiting the home. Our residents are susceptible to these illnesses and the consequences can be quite severe. Always remember to wash your hands on entering and leaving.

If by chance you have been lucky enough to have been overseas by air or ship, it may be wise to quarantine yourself for a few days before coming to the Nursing Home. If you have any queries, please ring me.



Crows Visit:
Ned McHenry with Ida and Rory Laird with Marta

Comments and complaints Feedback: If you have any feedback positive or negative, please don't hesitate to let us know.
St Louis Aged Care, 21 Foster Street, Parkside SA 5063. *Thank you*



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St Louis On Sea

Open Day Invitation
20 Esplanade, Victor Harbor



St Louis
On Sea
New Aged Care



Our amazing new facility at Victor Harbor is almost ready for business. We are taking bookings for day respite now and will move to overnight respite as well. It also appears likely that we will have our first permanent client shortly. Whoever moves into this building are going to love the amazing views, the locality and the ambience of the facility. A small family of 8 people living there with friends (staff) support is something very new in Aged Care. If anyone is interested in a private tour, please contact Sherrill on 0417 866 537 to arrange a time. Please spread the word - far and wide!

We'd be delighted to have you join us for the official unveiling of St Louis On Sea on Thursday 12th of March from 10.00am-2.00pm. We will have the official opening and speeches at 11.00. Take the opportunity to tour our new age home, offering absolute beachfront luxury, access to 24 hour care, and respite stays. Please RSVP to Sherrill 0417 866 537 or Robyn 8332 0950 by the 5th of March. We look forward to seeing you there!



Providing comfort, community and dignity

Nursing Home Call Bells and Waiting Times

December 2019: 14,642 call bells;
Average waiting time: 4 minutes

January 2020: 15,864 call bells;
Average waiting time: 3 minutes

Nursing Home Training

December

"Applying a problem solving approach to behaviour" with Dementia Australia
Attended by Ali, Mel, Jing and Ken.

Medihealth On-line modules continuing in December and January, focusing on customer service, sleep and Consumer Directed Care.

Building Work at St Louis

In a few weeks we will be commencing the build of a new wing out to the eastern side of the home. This is in response to the consensus that everyone wants a single room. We will be adding four large rooms with tea and coffee facilities in them. They will also have a small lounge area to share as well as a garden courtyard.

Staff education and training will commence again soon with a strong focus on the care of people with dementia. More to come in our training calendar.

We have just employed a regular handyman – three mornings each week. Please say 'hi' to Steve when you see him. If you have any requests for him, please see the RN who will complete a maintenance request form. Heather and I are thrilled to welcome Steve and really appreciate his support.

St Louis Nursing Home

21 Foster Street, Parkside SA 5063 (08) 8272 3344

St Louis On Blyth - Retirement Units Parkside

34-36 Blyth Street, Parkside SA 5063 (08) 8272 3344

www.stlouisagedcare.com.au



Celebrating diversity

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St Louis
Home Care

Home Care News

February / March 2020

Adelaide Home Care Social Programs

We've had a slow start to the year but things are certainly getting busy now...not to mention lots of fun! Be sure to put your name down early for the Barossa Valley chocolate co., the dolphin cruise and Dunluce castle. I have mentioned in the past the opportunity for people to get their bathers on and get in the heated, indoor pool. I have a couple of interested parties and I'm keen to make this a regular activity. We all know the benefits of submersing ourselves in water so please contact me if you may be interested. The pool that we use has steady stairs and also a chair lift to enter and exit the water. Staff will be present to assist with dressing etc. Looking forward to meeting more of you this year. Lets all make 2020 a great year to remember.

Sarah Rankin, St Louis Adelaide



June and Maisie enjoying a pre-Christmas chat over lunch



Maisie shopping at Garden Grove

Adelaide



Lena and Phyllis enjoying each other's company on the bus.



Fun Christmas Photo

Victor

Victor Harbor Home Care Social Programs

Happy New Year to all our Victor Harbor Clients!

We have been busy on our social trips around the Fleurieu. We celebrated Christmas together at the Victor Harbor Golf Club, explored the Myponga Reservoir, laughed out loud on mystery drives and caught up with friends at our favorite coffee venues. The bus trips have been filling up quickly, so to avoid disappointment please call us as soon as you receive the calendar. As always, if there is a destination you would like to visit on the social trips please call Lisa. We love to listen to new ideas and always try to accommodate the best we can.

The new 'St Louis on Sea' on Victoria St is opening in February. It is such an inspiring facility. We would like to highlight that there is a 'day respite' service available for all St Louis Home Care clients. The time allocated for the day respite is from 10am-3pm. All food and social activities are included in this cost, so if you require a day of care by the ocean, or if your carer/family member requires a day of respite, please call Sherrill on 0429 092 944. An inspiring, caring space to relax by the sea!

Our team is growing! You will have the opportunity to meet two wonderful, experienced staff members. Bronwyn Howe is our new Administration Assistant and Cathy Rentsch is our new Registered Nurse. You'll still see Kathy Putland and Sherrill Bickmore, they will be working at 'St Louis on Sea', and our wonderful bus driver, Kathy will on the social trips.

Take care and keep cool,

The St Louis Victor team

St Louis Home Care Adelaide Metro and Hills
11 Dudley Road, Marryatville SA 5068 (08) 8332 0950

St Louis Home Care Victor Harbor and Fleurieu
31 Victoria Street, Victor Harbor SA 5211 (08) 8552 1481

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Home Care Training

We have done the following training throughout December and January:

Manual Handling (Practical) - Care Workers and Admin Staff

Bushfire & Emergency Training - Care Workers and Admin Staff

Food Safety Training - On-Line Training commenced training Jan Care Workers and Admin Staff

Medehealth Guides - Care Workers and Admin Staff

Aged Care Standards 4 & 5

Preventing Falls

Manual Handling

Strength For Life

The Strength for Life program promotes health and well-being amongst people over 50, and over 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers.

To enrol in a Strength for Life program you will require:

- (1) Enrolment Form
- (2) Pre-Activity Questionnaire, and if you answer "yes" to any questions on the Pre-Activity Questionnaire, you will also need a:

Medical Referral form – to be completed by your doctor OR by a Physio if you have been recently treated for a musculoskeletal issue.

All forms are available through the Marryatville office – ph 8332 0950, or drop in to 11 Dudley Rd Marryatville to pick up the forms.

When all forms are completed, call the Strength for Life Instructor, Aida Ravaie on 0478545 064, to book in for an assessment. Take all the forms with you to the assessment.

The assessment fee is \$30, and the sessions will be \$8 each, or you can buy a 10 visit pass of \$70.



**Class location: St Louis Home Care
11 Dudley Road, Marryatville**

Our sessions are:

Tuesdays:

- 9.00am – 10.00am
- 10.15am – 11.15am (full)

Thursdays:

- 9.00am – 10.00am
- 10.15am – 11.15am

Fridays: (starting on 6 March 2020)

- 10.00am – 11.00am
- 11.00am -12.00pm



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St Louis Aged Care, 21 Foster Street, Parkside SA 5063. Thank you



Celebrating diversity