



St Louis
Aged Care

St Louis Newsletter

January / February 2018

I wouldn't like to think how many times I have said "where has this year gone." I vividly remember my dear Nana saying to me when I was a child wishing Christmas to arrive quickly, "wait until you are older and it will come around too quick" and how right she was! It has been a busy few weeks with the carols evening and other functions for our residents. To those of you who attended the carols night, thank you for coming and for your great feedback. The residents enjoyed the evening immensely and loved sharing it with their families.

We look forward to commencing using the Care-App with you all early in 2018. This will enable you to see what your loved ones are up to at all times. It is a powerful tool for keeping everyone involved in the lives of people when you can't be with them 24 hours a day.

Another exciting happening next year is the coffee lounge at the nursing home. This will be a wonderful place for you to and sit and have a coffee and a bite to eat within the home when you visit. This has eventuated following a suggestion from a family who spent several days and nights in the home with their mother. Suggestions from families and residents are a wonderful way for us to improve our service, so we encourage you to use the *We Value Your Opinion* form which can be found on the entrance table where you sign in. You can be anonymous if you choose and just put the form in the post box outside Melissa's office.

We have just commenced using an pain identification app for people who can't verbalise the extent or even if they have pain. We are really excited by this as pain is a difficult thing to manage, especially for people with dementia. For more information, please speak to the RN on duty.

By the middle of next year we will be fully equipped with the new Sentida beds with an Oska pumpless mattress. These beds and mattresses provide the best comfort and pressure relieving care. Those residents lucky enough to have one already can vouch for that. As you can see we are constantly moving forward.

I hope you had a lovely Christmas with your families and loved ones. Cherish each moment and be thankful for the time you have together.

Sue Toner, Care Coordinator

Nursing Home Social Program

I hope you all had a safe and happy Christmas.

I am on holidays until the 22nd of January and hopefully catching plenty of fish! All the Christmas celebrations went well here at the nursing home. This year Carols night was held in the courtyard of the Blyth Street units. We made an icecream cart in art therapy and served a selection of Wendys icecreams. Congratulations to Shirley Peters who won the Christmas raffle.

Coming up in January, we have a representative from ARAS coming to our residents meeting. Relatives are most welcome to attend. We will be having a BBQ on the 25th of January and hopefully a visit from a petting zoo. On Australia Day, we will be having Aussie themed activities.

We will be saying farewell to Reverend Martyn Woodford who has been conducting our monthly church service. He is going back to the UK to live in February.

I am always welcoming volunteers to join the activities programs, so if you are looking to fill in some spare time please let me know.

Anne Wicks
Nursing Home Social Programs



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*

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



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Adelaide Home Care Social Programs

I trust that everyone had a wonderful Christmas and that you are all bursting at the seams to start our bus trips again.

I'm really hoping that the weather is kind to us. Please remember that if the weather is 36 degrees or hotter, then our trips will have to be cancelled or postponed to another day if possible. We have a duty of care and I would hate to send you home with heat exhaustion!

Whilst we are talking of heat, don't forget to drink lots of water and put those air-conditioners on! If you close doors of rooms that don't need to be cooled then it really doesn't take long or cost too much to keep your homes lovely and cool. It also helps our wonderful carers to work efficiently if your home isn't too hot when they visit you.

January and February's calendar I have focused on places where we can stay cool. I hope you all like my choices but any suggestions are always welcome - just simply ask. In the next couple of months, I would like to visit a fuchsia nursery which was a suggestion made to me.

I think there might be some confusion at times with the cost of the bus trips. **The cost of each bus trip doesn't come out of your pocket at all.** It comes off of your government package which is the same package that we take money from when we do your personal care, take you grocery shopping, clean your homes etc. It covers two carers to ensure your safety. In most cases, we can pick you up from your home and return you home to your door. **You have no out of pocket expenses for the day.**

Happy New Year to everyone and I'll hopefully see you all soon.

Sarah Rankin, Home Care Social Programs Adelaide



Victor Home Care Social Programs

Victor Harbor had a very busy but fabulous December. We were honoured to be invited to the Victor Harbor local Christmas pageant, which saw the very decorated St Louis bus filled with happy clients and escorted by St Louis elves. It was great to see the clients having so much fun and spreading Christmas Cheer.

Another activity that was enjoyed by all was the making of Gingerbread Houses. Although very messy, the ladies did a beautiful job and the houses looked good enough to eat.

The staff at St Louis Victor Harbor wish all our clients a safe and happy New Year. We look forward to seeing you in the new year.

Sue Wiese, Victor Harbor Coordinator



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St Louis Home Care Victor Harbor
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