



Nursing Home News

Social Programs

I can not believe we are half way through the year already, 2017 is certainly going very fast. We've been lucky to have Helen from the community come in to help out and join in our activities.

Anna has been leading our exercises classes. Elastic resistance bands have been introduced and are very popular.

July's activity program in the Nursing Home is full of variety and entertainers. On Friday the 7th we have Dressed 4 Success home shopping. They are regulars at St Louis and bring in some lovely women's fashions for our ladies to browse and purchase if they wish.

On Wednesday the 12th we have seated line dancing. We have only done this once before and it was very popular with those attending having a wonderful time.

On Friday the 21st we have Sandi McMenamin who is a brilliant pianist and singer. On Friday the 28th we have a large group of students from Glenunga High school who are coming to do a concert and then chat with our residents.

The weather has been very kind to us and the bus trips continue to go twice a week. Morning melodies being a very popular event at the Eastwood Community Centre.

Our footy tipping competition is becoming very competitive and there is not much gap between scores. As long as the Crows can stay in that top 4, preferably on top I'll be happy!

From Anne Wicks, Social Programs Coordinator

Continuous Improvements

We have recently updated our Audit program to a system that focuses more intently on our policies and procedures. I am sure these will be helpful in identifying areas of continued improvement to make St Louis an even better facility for our residents.

From Sue Toner, Care Coordinator



Above: Audrey and Betty taking part in resistance exercises.



Above: Caterina making date cake

Men's Club - Men Wanted

Men's Club is held every Friday at 2pm at the nursing home. Bus trips, outings, activities, guest speakers and more.

All interested men are invited to join us and any possible guest speakers, would be very welcome.

Have you ever thought of volunteering? Volunteers are highly appreciated, helping with all aspects of lifestyle activities.

Please phone Anne at the Nursing Home on **8272 3344** for more information.

St Louis Home Care

Introducing Lisa - St Louis Service Coordinator

I have worked in Aged Care for the past 10 years and studied to achieve my Diploma of Community Services Coordination. I've also had personal experience in navigating the Aged Care System while caring for a parent with Alzheimer's, understanding the challenges faced in accessing and

managing care. I am passionate about supporting clients to have a voice and I enjoy working together to identify better ways to enhance the experience of receiving care while living at home in the community. I am excited to join the St Louis team as a Service Coordinator and I look forward to meeting our clients.

Lisa Sumner, Service Coordinator



Social Programs

Who would've thought we could have such beautiful weather in June. I hope you have all been getting out and about and enjoying this weather.

We started the month with a lovely day at the historic Adelaide Arcade. Enjoying some window shopping, we tried on wonderful hat creations in the Adelaide Hatters shop and sipped on delicious coffee in Gays Adelaide. Did you know there is a museum in the Arcade? Set over two floors, the museum houses artefacts, photos, newspaper clippings, decadent clothing and more. We rediscovered a fascinating, almost forgotten world filled with stories of yesteryear.

By the middle of the month, we were heading up to Stirling to taste the seniors menu on offer at the Stirling Hotel. Apart from the restricted view due to the windows fogging up, the drive through Blackwood and Upper Sturt was truly delightful. Some varying colours of leaves were still on display for us.

Several days later, we visited the Central Market which began back in 1869 and is still going strong! The market has such a wonderful atmosphere and we had lots of fun exploring what the stalls had to offer.

Frank our friendly and helpful bus driver, returned to us after having minor hand surgery a few weeks ago. We are all happy to have him back behind the wheel and ensuring our clients are kept safe entering and departing our bus.

Sarah Rankin, Home Care Social Coordinator



Above: Frank helping Rachel onto bus

News from the Administrator

St Louis Home Care is undergoing its three year quality report assessment on the 23rd of August when we will host the Australian Aged Care Quality Agency. Any clients wishing to be involved or provide feedback please contact your coordinator.

The St Louis bus has had its seats retrimmed with additional padding in response to client feedback. Seatbelts were also replaced to improve safety and an automated side step was added to improve safety of access.

The St Louis bus trips and outings continue to be a great success. Please contact our social programs coordinators if you would like to join us.

Maris Naish, Administrator

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

Provider of Quality Aged Care since 1946

St Louis Nursing Home
21 Foster Street, Parkside SA 5063
Phone (08) 8272 3344

St Louis On Blyth - Retirement Units Parkside
34-36 Blyth Street, Parkside SA 5063
Phone (08) 8272 3344

St Louis Home Care
Home Care Package Level 1-4 provider
Metropolitan Adelaide - Phone (08) 8332 0950
Victor Harbor - Phone (08) 8552 1481

St Louis Private Home Care (no waiting list)
In home support & services
Metropolitan Adelaide - Phone (08) 8332 0950
Victor Harbor - Phone (08) 8552 1481

AGED RIGHTS ADVOCACY SERVICE (Inc)
Telephone 8232 5377 -
email: aras@agedrights.asn.au

DEPARTMENT OF HEALTH
Aged Care Complaints Scheme
Telephone (free call) 1800 550 552



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