



St Louis Newsletter

May / June 2018

Nursing Home Social Program

Hello all! Well, summer is supposedly over and the cooler months are hopefully on the way! Our bus trips will continue over the cooler months and we are looking forward to some lovely drives to see the autumn leaves and camellias in full bloom. We welcome Mick to the St Louis family. He is taking over as our bus driver.

In the home, the Art Therapy Group have started a new project - a huge canvas which will have the St Louis Logo made of plastic lids!

We were very fortunate to have The Unley Council provide us with a free fringe act "The Three Little Sisters" – who presented some great music in the style of The Andrews Sisters. They were fabulous!

During the recent state election, Electoral Commission staff came to St Louis to enable our residents to vote in the convenience of their home. This service is very much appreciated.

We have also begun using the "Care App" and it has been very successful. I am able to send photos of residents straight to their family and have had much positive feedback.

Recently we took our resident Muriel swimming at state swim Unley. The activity brought back many happy memories for Muriel and we hope to continue with swimming as part of her lifestyle plan.

Next school term, we will be commencing an intergenerational project called 'Forget Me Not' through the Unley Council and local school, St Spyridon College - year 4/5 class.

Current fundraising activities for the Resident Social Fund are the Mother's Day raffle – with tickets available from the Nursing Home and we are again selling "Entertainment Books" – with books available at the Nursing Home or by calling me on 8272 3344.

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



Above: Art Therapy Group canvas



Above: Muriel swimming at State Swim Unley

Renovations at St Louis Nursing Home

Our Nursing Home is looking much brighter and more open since our recent re-paint and re-carpet. The Coffee Lounge is being constructed off-site at the moment and we are all very much looking forward to the installation and commissioning!

The last of our new beds were delivered in early April, so we now have a new electric adjustable bed with integrated bed-rails in each room which is a big plus for resident care and for our staff.

Let us know what you think of our new colour scheme next time you visit.



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



Adelaide Home Care Social Programs

There are so many reasons why you should take up offers of going on an outing – even if it's once a month. The following is some information which I think is worth a read. I found it while reading an article from a home care organisation based in Canada.

The human brain requires social stimulation on a regular basis, and this is an area of need for seniors, especially those who interact with the same people every day. Social activities stimulate the brain and keep those neurons firing, whether it is going to bingo night, joining a book club, taking up bowling, or chatting with a friend. As we age, it is important to meet new people, build new relationships, and enjoy the benefits of a wide-ranging social network.

Seniors who do not make a conscious effort to stay socially active begin to withdraw from the world and suffer physical, mental, and emotional consequences due to a lack of social stimulation. Social activities help lend a sense of purpose, whether it's simply the routine of having a schedule and a place to be or the sense of accomplishment that comes from reaching a goal. Social activities help seniors stay involved and active in the community.

Remaining socially active can inspire us to do more and benefit from the enhanced motivation. This can be due to all sorts of factors, including encouragement from fellow seniors and staff or success in learning a new skill or craft. With increased motivation, seniors will feel more inspired to experience new things and participate in more social activities, which will only further enhance their mental stimulation and self-confidence.

Sarah Rankin, Home Care Social Programs Adelaide



Above left: Fuchsia nursery visit. We learnt that there are over 3000 varieties of fuchsia and were first discovered in the late 1600s in the Dominican Republic.
Above right: The Summit restaurant at Mt Lofty.



Victor Home Care Social Programs

How fast this year is going and it's hard to believe we are nearly into winter. We have enjoyed some lovely weather on the Fleurieu during autumn.

We visited Horseshoe Bay with its wonderful views of the surf rolling into the bay and the beautiful white sand. We then enjoyed a very tasty lunch at the Flying Fish Café of fish, squid, salad and chips followed by dessert, which looked nearly too good to eat!

Our next excursion was a drive through Myponga which included visiting the reservoir and the Myponga Brewery where we sat outside and shared, platters, and pizza's, chicken wings and chips. It was then back on the bus for the drive home which included driving up Sellicks Hill to view the magnificent Buddha sitting on top of the hill, then back on the Victor Harbor Rd, up Willunga Hill through Mt Compass.

Our last excursion was a visit to the very old town of Willunga to attend a lunch and cabaret show by the Pryor's of the Fleurieu. Their music and singing brought back many fond memories of times gone by. The lunch was very enjoyable and even Elvis made a brief appearance!

Winter will soon be upon us but we are fortunate to experience weather that is more congenial than in other parts of the state which means we will still be able to enjoy our excursions. However on the odd occasions when it is too wet and cold we have some wonderful restaurants and hotels in this area that we are able to visit.

Sherrill Bickmore
Home Care Social Programs Victor

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St Louis Home Care Victor Harbor
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