



## Bus Trips with Sarah



Our bus trips held in April have been very picturesque. We started our month off by enjoying a lovely meal at Seacliff Beach Hotel. The company was pleasant and the scenic drive was very relaxing.

By the second week of the month, an enthusiastic group joined me up to Mt Lofty Botanic Gardens where we were driven through the magnificent gardens by our friendly driver Frank, and educated about plants and trees by one of the botanic gardens lovely volunteers by the name Minnie. The morning was followed by a light lunch at The Summit café.

The feedback I've received about that day was extremely positive and I'm very keen to repeat it once the colourful flowers begin to bloom in spring.

A trip to Woodside to indulge in the Melbas chocolate factory experience started several conversations about Easter traditions and we couldn't drive past the Lobethal bakery without stopping for a cuppa and sweet treat!

Can't wait to see more of you join us on our bus outings. It really is a great day out.

## St Louis Home Care

### Home Care - Review/Reassessment of care needs

As part of your Home Care Package, your Coordinator will come and visit you annually to make sure the current services in place are meeting your needs.

However, if at **any** time you feel that your care needs have changed or things at home are becoming more difficult, please call your coordinator who will be more than happy to make a time to visit and discuss your concerns.

### Strength for Life Launch

**St Louis Home Care, 11 Dudley Road, Marryatville**

You are all welcome to join us for the St Louis Strength for Life program on **May 4 at 10:15am**. This is an affordable strength training session for over 50's. Find out the benefits of improved muscular strength and mobility. Each session you pay as little as \$8. Sessions will be run by qualified personal trainer, Briony Greenwood. Sessions will be held on Tuesdays and Thursdays at 10.15am.

**Please ring to make a booking 8332 0950.**

### Leave - What leave can I take?

Home Care clients are able to take three types of leave without their Home Care Package being effected:

- 1. Social leave (i.e. a holiday)**
- 2. Hospital Leave**
- 3. Respite Leave**

A client is able to take 28 days of social leave a year, 28 days of hospital leave per admission and up to 63 days of respite a year. Respite can be taken in 2 ways, either the 63 days at once or broken up into smaller time frames.

Please call your coordinator (or ask a family member call) to let us know if you are going on leave, or as soon as you can if you have been admitted to hospital. It is important for us to know so your services can be put on hold. On occasion we are still able to provide social support while a client is in hospital or in respite, so please don't hesitate to discuss this with your coordinator.

## Nursing Home news

Recent activities for St Louis Nursing Home . . .



Our 'Mens Club' about town and enjoying a drink with friends.



Line Dancing at St Louis Nursing Home with Greg Dunstone - it was a hit with residents!

## St Louis Home Care Triennial Quality review

This is scheduled for 22-23 August this year and rapidly approaching. All clients are welcome to participate and if you would like to be involved, or speak to the auditors, please contact the Administrator, Maris Naish on 8272 3344 to make arrangements for this to happen.

## As May approaches so does the footy season!

I hope you all had a wonderful Easter and ate too much chocolate. Thanks to the generosity of Maris, all the staff and residents over indulged.

Our residents and Home Care clients are enjoying the new bus and social programs that are now on offer. Frank our bus driver (*who happens to be my husband*) is enjoying his new role after 42 years in the Police Force. He certainly has a soft side and enjoys his time with the residents.

## Unnamed Resident Laundry

We have a large collection of unnamed laundry – currently hanging in Melissa's office. Please come and check the rack for any items of clothing belonging to your family member and speak to the RN on duty to ensure that it is tagged to be labelled correctly and then returned to the correct wardrobe.

Any new items of clothing MUST BE LABELLED before being worn to avoid items being lost. New clothing should be handed to the RN on duty, in a bag, labelled with the resident's name so that clothing labels can be applied by the laundry staff. If items are too delicate for heat labels, please use a good quality fabric marker pen in an inconspicuous spot.

**As we are unable to store items indefinitely, any items remaining unclaimed at the end of May will be taken to Goodwill.**

**Flu Vaccinations season! - Please contact your GP or local council for times and locations of vaccination clinics.**

By now many of the St Louis Nursing Home families would have met Melissa. Mel is taking on more responsibility as I am spending 2 days a week at the Home Care Office. Helen and Anne are now in the new office at the southern end of the nursing home.

There have been many improvements at the St Louis Home Care Office. Our new office hours are 6.30am to 8.00pm, Monday to Friday. Please introduce yourself to the new rostering and administration staff. We have been introducing new software and procedures and we appreciate your understanding during this time of learning. If you have any concerns, please contact Petrea, Maris or me. **Sue Toner**

**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



Commonwealth Department of Health  
approved Aged Care Provider since 1946