



## Home Care news

With summer here, it's time to get fire aware if you live in the hills area or a designated high fire danger area. The CFS is predicting this season will have more thunderstorms with lightning strikes due to the wet winter we had leading to a large amount of moisture staying in the ground. This creates more likelihood of thunderstorms over summer which leads to more lightning strikes, the main cause of bushfires.

### What do I do now?

#### Talk to your coordinator

- Get your *Bush Fire Plan* updated.
- Organise maintenance of your home and garden in preparation for the fire season. Payment for this service can be accessed through your package funds.
- Organise who your Emergency Contact person is so St Louis Home Care can keep in contact with them if a fire starts. This person is not necessarily your next of kin contact person as they may be unavailable during the daytime if you need to evacuate.
- Organise to purchase an emergency radio/torch unit. St Louis Home Care has them available and the purchase can be accessed through your package funds. The radio is solar powered with a hand crank, USB charging option. This will allow you to access information and charge your devices if there is no electricity. It also has a LED light torch if you get into trouble during the night.

#### Prepare yourselves

- Get yourself a *Go Bag* packed so you are ready to leave. Packing is the last thing you need to do if you are faced with a fire front approaching.
- Talk to your family about your plan so everyone knows what to do.

#### The common fault with evacuation in emergencies is

People are more likely to prepare than to plan



## Nursing Home News

The festive season was extremely busy at St Louis. Carols night was a highlight with the Unley Christmas Choir performing in conjunction with the St Louis songbirds to a full house of residents, families and friends. Many of the children present also joined the choir and were rewarded for their good behaviour when Santa visited with a sack full of presents.

Anthony Bruce and his team in the kitchen outdid themselves with a beautiful Christmas lunch for Residents, while Australia was celebrated with the standard Aussie BBQ.

St Louis' new busses have been busy with early sightseeing trips to the beach and a tour of Haigh's Chocolates being very well received.

## Survey - we greatly value your opinion

In addition to our Comments Form, is a **survey for Home Care Clients** and a reply paid envelope. We would greatly appreciate you taking the time to complete the survey so we can improve our services to you. Should you require assistance to complete the survey please ask your St Louis Care worker.



## Senior Socialisation closely connected with quality of life

Physical activity and wellbeing have a proven connection, but a number of recent studies have shown an even stronger relationship between social interaction and mental and physical health in senior citizens.

Most importantly though, staying social with St Louis is fun! Families are a vital source of social support and St Louis Nursing Home and St Louis Home Care also offer ongoing social programs for clients on both a group and individual basis dependent on preferences.

Every individual has their own preferred meaning of socialisation, however whatever it means to our clients, St Louis is committed to ensuring you get the best possible quality of life with our social visits,

programs and activities. Be it an outing with a familiar group or to expand your social network, to a new destination, sporting event or theatre, or a simple chat with a friendly face over a cup of tea. St Louis is a leader in the provision of care for those suffering from dementia and offers social activities tailored for dementia sufferers both in home and at St Louis Nursing Home.

St Louis Home Care clients, please contact your coordinator to arrange a social visit by a St Louis Carer to at home or to accompany you to your preferred activity, destination or outing.

St Louis scheduled outings are detailed on our attached calendar, however be quick! *Places are limited.*



### 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**

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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



Commonwealth Department of Health  
approved Aged Care Provider since 1946