



## St Vincent's Care Services Arundel

### A message from the Facility Manager – Pat Benn

Can anyone else believe how close it is getting to the end of 2018?! The time has flown. It is less than 90 days to Christmas!

We will soon start to plan the activities and parties for Christmas. Please pass on all your suggestions to the activities staff. Cheryl will be with us two days a week and Melissa will continue to fill in. An advertisement has been placed for a permanent Activities Officer so Melissa can return to care. Hopefully more news next month. Please start to discuss with your families your plans for Christmas Day and New Years Day, as we will need to know who will be in and who will be going home and for how long.

The additional room in the Uluru area is coming along nicely. I think disruption has been minimal and hope you have all found the same.

Please continue to raise suggestions through your meetings and suggestion boxes. Thanks to these suggestions you may have noticed some changes e.g. butter out earlier so it is not so hard to spread; containers coming soon that will hold

four different types of jam so adequate variety is available for breakfast; other spreads will continue to be in bowls (peanut butter and Vegemite). These are easily fixed issues that matter to you and make your days easier. I am always happy to meet and discuss anything with you and can hopefully assist to resolve issues so we can have trouble free days.

Brett, our new Maintenance Officer has settled in well, as has Tamara, our Pastoral Care worker who is here on Thursdays. Brett and Tamara seem to be quiet achievers. They are not always seen, but they work hard getting the job done with no fuss or bother.

Until next month—take care and God bless.

Patricia Benn

**Facility Manager**  
St Vincent's Care Services  
Arundel



**ST VINCENT'S  
CARE SERVICES**

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**St Vincent's Care Services Arundel**

**Facility Newsletter  
October 2018**

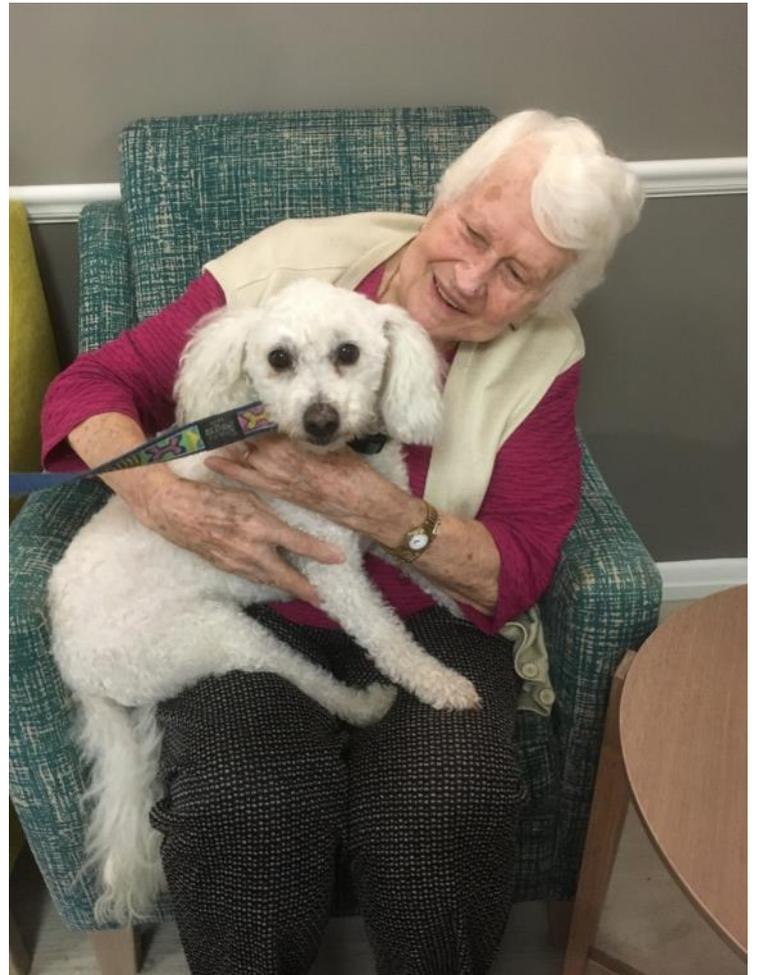
## Leisure and Lifestyle – Cheryl Malone

Wow – October already, and on the Gold Coast we can certainly see that Spring has sprung. With so many beautiful, sunny days we've been having a few scenic drives just to enjoy the special sights around the coast, thanks to our new volunteer bus driver.

We've had a few staff changes over the past weeks, but things are starting to settle down again as we move into the warmer part of the year. Residents recently enjoyed a visit from some very sweet dogs which Colleen's daughter, Jan, kindly brought in to play with us. The dogs' names are Marley and Millie, and we've included just a few of the great shots taken on the day in this newsletter.

Some of the highlights coming up in our October calendar include a visit to the local AB Patterson College for a special performance of *The Sound of Music*. This should be a great day out for our residents, and we thank the college for inviting us. We'll be having a German cultural morning in recognition of the Oktoberfest celebrations, and on Halloween we're having a magical performance by local duo, *Music and Magic*.

Of course, the usual offerings of concerts, bus trips, sports activities and indoor games will continue, and it's great to see so many residents getting involved at our current affairs discussions and quiz events.



**Happy Birthday!!**

Colleen Drummond on Monday 15 October

Norma Avard on Monday 22 October

Wishing you both a wonderful birthday



## Nursing updates – Jo Salter

With warm weather approaching now is a good time to remind families and friends about sun safety.

*Slip* on a long sleeved shirt with a collar. *Slop* on sunscreen. Using the right amount is very important – one teaspoon on each limb and your face and neck. Choosing the highest SPF possible and reapplying as often as the instructions suggest. Keeping in mind that the back of your neck often need extra attention. *Slap* on a hat. This is important as for some of us our hair no longer offers the protection it once did. Also avoid being in the sun in the middle of the day.

Trying to stay in the shade will also help to avoid sun damage and or painful sunburn. Most of us had all seen too much sun on an occasion, and only realise later once the damage is done. Prevention is better than treatment.

At St Vincent's Care Services, we make you the priority — and we welcome your feedback. If you have compliments or suggestions about our services, or wish to raise a concern, please fill out a feedback form at reception, or email the Facility Manager: [patricia.benn@svha.org.au](mailto:patricia.benn@svha.org.au)

The Australian Government's Aged Care Complaints Commissioner provides a free service for anyone wishing to raise their concerns about the quality of care or services being delivered to people receiving aged care services at a government-funded facility.

[www.agedcarecomplaints.gov.au](http://www.agedcarecomplaints.gov.au) | 1800 550 552