



## St Vincent's Care Services Arundel

### Message from the Facility Manager – Patricia Benn

Hello all. It was great fun at our Japanese Day in August and I look forward to more cultural food experiences in future months. I am sure that September will be exciting. One important date is Father's Day on Sunday 2 September. A warm thank you to all the fathers, grandfathers and men who have influenced lives over the years.

Leisure and Lifestyle have a new staff member – Lindy Janson. By September, many of you will have already met Lindy. Fortunately we will not be losing Melissa, she will be moving over to carer shifts. Please make Lindy feel welcome.

I find myself thinking about the farmers a lot at the moment, it seems such a long time since there was a decent downpour of rain. Hopefully something good will come their way in September or before.

We have seen some friends pass away or move to facilities interstate to be closer to family so we will be welcoming new residents in the coming months.

Please remember that this is your home and if you want a sleep in you can come to breakfast when you are awake. There is no set time for breakfast.

Jo and I are always available and always happy to discuss any feedback you may have. Please feel free to come and see us.

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



**ST VINCENT'S  
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

**St Vincent's Care Services Arundel**

**Facility Newsletter  
September 2018**

## Leisure and Lifestyle

We all know September is the time we remember and celebrate those very special people who have helped guide and protect us throughout our lives. Whether it is your own father, your grandfather, a father-in-law, uncle, teacher, priest, minister, sports coach or just a good friend – we've all had important men who have helped us become who we are today. We're having a Fathers Day concert a few days before the big Sunday, and we've got a special lunch planned for those not going out on the Sunday. We also have some activities organised around memories of our fathers (or those who have been father figures for us) and we'll raise a glass for all dads at our regular Friday Happy Hour.

Melissa has decided to return to the carer role she loves, so we are fortunate to have a new staff member joining the Leisure and Lifestyle team. Lindy comes to us with a wealth of experience, having worked at a number of care facilities in Sydney and on the Gold Coast. She has some great ideas to keep our residents entertained and active as we move into the warmer part of the year.

Sadly, we are saying goodbye to our wonderful volunteer bus driver, Kevin, who has helped us in so many ways. No doubt he will drop in from time to time to catch up with us, and we thank him for the years of service he gave to us.

Our next Residents' Meeting is on Tuesday 11 September. We encourage everyone to come along and have a say (or even just a chat). Our concert dates are filling up with some new performers keen to come in and show us what they can do. On Wednesday 19 September it's show time with John Cornelius at the Runaway Bay Community Centre.

### Care Co-ordinator – Jo Salter

It is a legal requirement of residential aged care homes to have a written log of all visitors as well as when residents come and go. Recently, some visitors have forgotten to sign in and out. Could we please ask all visitors to ensure they remember to sign in and out when visiting their loved ones?

Working here I am constantly reminded that all of our residents have led interesting lives where they have contributed to those living around them. And there is no reason for that to stop. If you have a skill or a service you would like to share with the staff or fellow residents please let us know. Our residents have a huge store of knowledge that we would all benefit from sharing.

### Happy birthday to our September friends

**Norma Marshall**

**Damian Jackson**

The two zodiac signs for this month are Virgo (1 to 22 September) and Libra (22 to 30 September).

Virgo's are one of the most understanding and caring signs, easily spotted by their innate compassion. Libra's are organised and have harmony driven personalities.

### Volunteering at St Vincent's Care Services

We are currently seeking volunteers here at Arundel as well as at our Southport facility. Volunteers can assist in a number of ways, depending on your skills, interests and experience. Examples of volunteer opportunities include arts, crafts and photography, companionship and social support, driving and transportation, gardening, library services, assisting with resident outings, lending a hand with a range of leisure activities, music, games and entertainment, or pastoral care and chaplaincy support.

If you or someone you know would be interested in volunteering, please contact our Queensland Volunteer Co-ordinator Sonia Kovac on 07 3435 7210 or email [svcs.volunteers@svha.org.au](mailto:svcs.volunteers@svha.org.au).

## Spring is in the air at the Broadwater





### Staff Awards: Friday 17 August

Left: Therese  
receiving her  
certificate for 20  
years of service

Right: Neda  
receiving her  
certificate for 5  
years of service



## Pastoral Care – John Manouk

August has been a great month where we celebrated Seniors Week and honoured the contribution that they have made. In August we also recognised our wonderful staff and the work that they do that to support our residents and enrich their lives. In particular, Therese received an award for her 20 years of service. I would like to thank the whole team from the carers and nurses, the support staff including maintenance, cleaning, laundry, kitchen, administration, management and lifestyle for everything that they do to help make our lives, and the lives of our residents, better.

In September, we continue to honour people who have contributed to and enhanced our lives with Father's Day being celebrated on Sunday 2 September. At this time it is important to reflect on our years growing up and the influence that our fathers and/or other men have had on our lives. It is also important to reflect on how we have had an influence on others and how we have enriched and continue to enrich the lives of other people.

On Thursday 13 September we have R U OK? Day. This is a national day of action dedicated to

reminding people to ask family, friends and colleagues the question, "are you okay?" in a meaningful way. Connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.

It is sad when we see people who have no-one that they can talk to or share their feelings and concerns. Even if we are on our own, God has promised never to leave us or abandon us. God is with us all the time and he invites us to talk to him and share our concerns with him. Jesus says in Matthew's Gospel, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30 NIV).

If there is anything that you want to talk about I am always willing to meet with you. Please let the care staff know that you want to meet with me if I'm not in the office.

God Bless You  
John



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