



St Vincent's Care Services Auburn

A Message from the Facility Manager - Liza Abapo

Welcome to our second spring newsletter! Thank you to our resident, Arthur Charalambis for sharing his life story in the spotlight section of our September edition.

An update on our refurbishment project: at Tarmons the front upstairs and downstairs kitchenette and 10 more rooms will be remodelled.

From 29 October 2018 we will change our system in serving breakfast. Residents will be able to enjoy breakfast in the dining area if they wish, and hot food will be served.

The world of aged care is changing and is facing many challenges, and people will always have different perspectives about life and their experiences in this sector. At St Vincent's Care Services Auburn, we continually focus on the delivery of quality care to our residents, based on Mary Aikenhead's Mission, vision and values, regardless of things happening around us.

This is our commitment to our residents, and we

welcome your feedback at any time on our care and services.

Finally, I would like to share a few thoughts with you from the Bible:

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" Hebrews 4:16.

Grace helps in our every need. It preserves, comforts, encourage and strengthen us. If we learn to walk in God's grace no matter what situation we are in, we are at all times victorious!

Liza Abapo

Facility Manager
St Vincent's Care Services
Auburn



**ST VINCENT'S
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Care Services Auburn

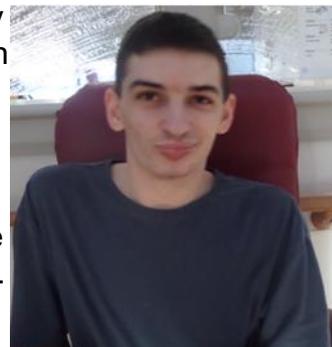
**Facility Newsletter
October 2018**

In the spotlight – Dilon Higgins: my story

About me: Hello all, I am Dilon. I have my dad, mom, two brothers and a sister in my family. I love my mom a lot and would like to talk to her everyday over the phone. I am the youngest, not only in SMCC but also in my family too. I am very close to my uncle Daniel, he comes and sees me very often, whenever I am in any need.

My interest and hobbies are: I like to socialise with the staff and other residents here at the Sister Maria Cunningham Centre. I like pacing around with my walker to help them all. Recently, I got a new wheelchair, which I am very pleased with. I love participating in all recreational activities conducted by the recreation activity officers. My favorite games are “Memory Match” and card games. I like to watch action and horror movies too, mostly in the late afternoons or on the weekends.

I love my outings with my carer and the bus trips on Wednesdays and Fridays. I am looking forward for the future outings with my carer in the new wheelchair. I like music and gardening too.



My favorite cuisines are: Pasta and KFC. I love eating vanilla yoghurt at the centre and drinking a strawberry shake when I go out.

My favorite movie is: “Troll”, it’s an American fantasy horror comedy film.

My favorite pet: Dogs.

My ambition: When I was a child, I wanted to become a Police Officer. I believe they have got lots of power in their position.

Leisure and Lifestyle Sr Maria Cunningham Centre

Finally its spring time! All the residents are so happy to be out of those crazy winter days and are looking forward for much more joyful sunny days ahead. It was another eventful month at SMCC with lots of activities.

The month of September was the National Huntington’s Disease Awareness month. Our residents participated in a fundraising event at St Joseph’s Hospital on 3 September. There was a food stall with cupcakes and crepes made freshly by the hospital staff, and live music, an art exhibition and many other activities. Lots of people participated in the raffle competition too. We raised a good amount of money to donate to the Huntington’s society, thanks to all who supported.

Some of our residents enjoyed participating in another special event called “Walk for Hope” on 9 September with their carers, which was another fun-filled activity for them.

**Xiaoyan Lu and Jiya George
Recreation Officers**



Lulu and Lina providing live music at the stall at St Joseph’s Hospital. John Geoghegan, Director of Nursing and Operations and staff joined in to support.

Welcome to our new residents

Xiuyu Zhuang

Olga Tarasenko

Vanessa Huijsen

Lifestyle Update: Village and Carinya

Hello everyone, October is here! We had a busy month in September.

Carinya residents took part in activities for Dementia Awareness Month in September.

Ricardo performed for us on 6 September, residents always look forward to the entertainment by him.

A special morning with pancakes was organised on 19 September, which was enjoyed by all residents.

We also enjoyed entertainment provided by the Village Singers on 29 September.

Our Art therapist Raphaelle has been on holidays but art therapy has continued over the three weeks thanks to the support of another art therapy student.



Village Singers entertaining the residents

I hope you can join us in our upcoming activities in October, please do not hesitate to give us your valued feedback and suggestions.

Poonam Goud, Pone Zaw, Sharina Pratap and Kham Tran
Leisure and Lifestyle Department

Market Day Update

Our Market Day will be held on Thursday 25 October 2018, and we invite you to come along. There will be plenty of goodies at our plant stall, cakes and cupcakes stall, gift stall and more. All donations and contributions are welcome and appreciated, as are any volunteers - please call Lina on 9646 8205. The proceeds will be used to fund Lifestyle Activity Programs.



The Nifty Knitters and the Round Square members get together to knit and crochet every Thursday morning.



Valeria and her crocheted blanket which she has been working on for a few months.

In Memoriam

We sadly acknowledge the recent passing of:
Norma Flanagan
Giuseppina Reitano
Michael Achie
May they rest in peace

Pastoral Care Reflection

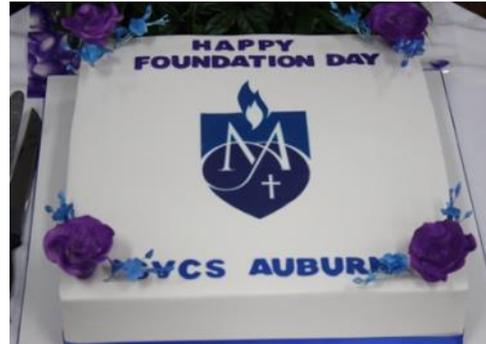
Foundation Day 27th Anniversary Celebration

On Wednesday 3 October we celebrated our Foundation Day. This was a special day where we came together as a community to reflect on the beginnings of St Joseph's Village and also on the significant development since to what it is now St Vincent's Care Services Auburn.

Every year we set aside this day to reflect and celebrate our rich history and heritage, begun by the Sisters of Charity and Mary Aikenhead, and the continuation of their ministry through St Vincent's Health Australia. 27 years ago the Sisters of Charity decided to extend their ministry to those in need, namely the older people in the community. So on 11 November 1991, the first residents arrived. Since then we have continued to welcome people and provide care for all, regardless of age, social status, nationality, sex or creed.

The day was specially marked with a mass of thanksgiving concelebrated by the Auxiliary Bishop Terry Brady, Chaplain Fr Isaac Koi, together with Fr John Gibson OH and St John of God Parish priest Fr Ray Farrell. Mass was followed by a special lunch and entertainment, enjoyed by all.

One of the residents summed up the day as a celebration of a place of friendship,



companionship, hospitality, love, hope, justice and compassion; a tribute to the Sisters of Charity and their charism. With the hope that it will continue to live on in those who enter its threshold, whether to live, work, volunteer or simply to visit.

Farewell to Paul Hurst

It is with deep regret that we bid our farewell to Pastoral Care Practitioner, Mr Paul Hurst. Paul was a dedicated Pastoral Carer, prioritising his love of the residents first in whatever he did. Many residents have spoken fondly of Paul and the programmes he conducted. We wish him well and blessings on his next endeavour. Please be aware that there will be no more Yoga meditation and Men's Group on Monday afternoon, other activities will be organised.

Katalina Chaston
Pastoral Care

Market Day

Thursday 25 October 2018

9.30am – 2.00pm

Cupcake stall - Plant stall - Gift stall and more!

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:

liza.abapo@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 | 1800 550 552



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