



St Vincent's Care Services Eltham

A message from Elzette Lategan – General Manager Vic and NSW

It has been so good to have the opportunity to spend more time at Eltham recently and observe and experience outstanding teamwork. Thank you all for your support to our staff, and a thank you to Julia Lawrence for her work and support on-site in recent weeks.

I am pleased to welcome Erina Rewi to the role of acting facility manager at SVCS Eltham for a six-month period commencing Monday 1 October 2018. Erina's most recent position was as the General Manager Aged Care with The Bays Healthcare Group Melbourne.

Erina believes that the culture for a great facility comes from the top so you will see Erina on the floor, getting to know the residents, families and staff. please join me in welcoming her to Eltham.

We are also in the process of appointing a second Care Manager. A memo with more information will be released soon.

We have completed our refurbishment at Willandra, including new furniture. We now have an exceptional living environment for our 15 residents living in Waratah. We will soon start with the gardens, with support and guidance from Rotary and the Men's Shed, thanks to the support from Alan Field.

Whilst we are all enjoying the crisp spring air, we are still not yet safe from the flu bug. Please continue with all possible precautions, most importantly, ensuring you use the hand hygiene stations in the facility.

Until next time,

Elzette Lategan
General Manager, Victoria
and New South Wales
St Vincent's Care Services



October birthdays

Peter Meyers

2 October

Marlene Palmer

3 October

Alfred Foote

3 October

Geoffrey Davidson

12 October

John Prendergast

22 October

Robert Cogger

23 October

Shirley Heeps

25 October

Enid Smith

26 October

Brigitte Jevremovic

28 October

Shirley Matthews

31 October

Day Therapy Centre news

"Spring has sprung, the grass has riz, I wonder where the boidie is?!"

I was reminded of this poem recently when one of our Day Therapy clients recited it. I have fond memories of my mother running down the passage to wake us saying the same thing.

But it is spring and a wonderful time of year in Melbourne.

By the time you receive this newsletter, the footy will be over, and Fran will have returned...and we can only hope that Collingwood is the big winner. (Edit: Sorry Fran, maybe next year!)

We will be partaking in lots of walks around our community during the next few weeks to get us all moving and out into the sunshine before it gets too hot. If you feel you need the support of someone to walk with, please come and see us. A little walk each day does the soul good, keeps the body moving and also the mind.

Don't forget Robin's outings each Wednesday. I am sure she will have lots of exciting things planned. Last week they ventured to Mt Macedon, and although a little cool, had a great day.

I don't think the movie this month "The Book Club" was all that it was supposed to be, but everyone had an enjoyable day just being out with friends

Remember, if you have any questions about Community Living or Day Therapy, feel free to pop in and see me. We now have Neha working with us who is also available to help with community living.

Just be careful of those Magpies, both the feathered variety who may swoop...and the other variety!

Do I dare say "GO PIES"? I say it for our beloved Fran.



Resident and relative meeting: save the date

Wednesday 28
November 6pm,
Metzner Hall



St Vincent's Care Services
is now on **Facebook!**

 @StVincentsCareServices



1800 778 767 www.svcs.org.au

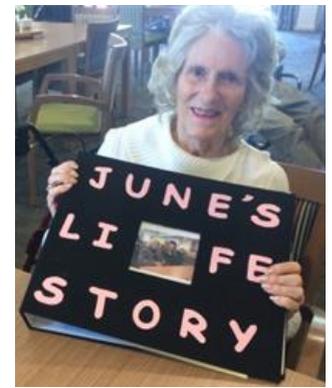
Leisure and Lifestyle at Eltham Lodge and Willandra



Yoga with Sue



Enjoying time outside with the start of the lovely weather – chatting, in the garden and aromatherapy



High Tea with Catholic Ladies College students. Presentation of Life Stories



Getting ready for RUOK Day

Shirley and Bob from Eltham Lodge visiting Willandra to thank Chef Roger for Shirley's delicious birthday cake



Pastoral Care

A warm hello to everybody.

I would like to share a poem I read recently, called **The Tree of Peace**.

There were a few lines that stood out in their simplicity and beauty, and I thought it would be nice to share the simple but profound message.

*Oh brother man, fold to thy heart thy brother:
where pity dwells, the peace of God is there;
to worship rightly is to love each other,
each smile a hymn, each kindly deed a prayer.*

*For he whom Jesus loved has truly spoken:
the holier worship which he deigns to bless
restores the lost, and binds the spirit broken,
and feeds the widow and the fatherless.*

*Follow with reverent steps the great example
of him whose holy work was doing good:
so shall the wide earth seem our Father's temple,
each loving life a psalm of gratitude.*

*Then shall all shackles fall: the stormy clangour
of wild war music o'er the earth shall cease;
love shall tread out the baleful fire of anger,
and in its ashes plant the tree of peace.*

- John Greenleaf Whittier (1807- 1892)

I suppose this can be brought down to an even simpler message, and that is, in one word, **kindness**. If each one of us had this as a daily intention, I believe that this would bring much happiness to our world. As an added bonus, I believe what we give out comes back to us, many fold, so what a lovely benefit.

Lastly, my other favourite word is **gratitude**. If we have gratitude for the many things we have in our lives, then our approach, our mindset and our thoughts are more positive and that can only affect the outcome of our day in a positive way.

Just some thoughts that I hope can make a difference.

As always, our office is always 'open' to anyone wishing to have a word, you are welcome any time.

**Janet and Tricia
Pastoral Care.**



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:

svcs.eltham@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