



St Vincent's Care Services Enoggera

Message from Ingrid Herbst—Facility Manager

At age 95, Harold Garde in the USA is among the growing number of artists who prove creative ability has no age limit, and the benefits of creative engagement are life enhancing. He is a renowned abstract expressionist painter, and continues to create, but no longer does for galleries, museums or shows, but for himself.

Creativity is one of the most important human gifts. One long term study published in the Journal of Aging and Health examined a variety of personality traits, and concluded only creativity confers significant life-extended benefits. Anthropologists believe man developed the ability to imagine things that didn't exist—but possibly could—about 60,000 years ago. That led to the creation of mythology and storytelling. This ability to imagine alternative scenarios led to the rapid development of our brains, and is responsible for all human progress.

Happily, the benefits of creative engagement aren't confined to those who actively create.

Simple passive enjoyment of the arts is good for your health. Observing nature and art both boost the immune system. Seeing the Sistine Chapel, sitting out in the garden or listening to Songs of Praise may lower levels of chemicals which cause inflammation that can trigger diabetes, heart attacks, arthritis, Alzheimer's and other illnesses. Subjects who demonstrated an above average creativity enjoyed a 12% decrease in mortality risk.

Don't ever say you are not creative, because you are. Marie and Maureen have recently revived Monday craft mornings. Marie is busy making another blanket for destitute released prisoners and Maureen is making beanies. Quietly on her own, Daisy is knitting blankets for Sr. Carmel. Vera is crocheting little washers and hand towels and Margaret Price is making greeting cards for our community centre fundraising. Don't ever say it's too late to develop your creative

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**ST VINCENT'S
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

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**Facility Newsletter
September 2018**

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engagement—whether active or passive—because it's not.

Creativity is available to everyone at every age. Creativity is in all of us. Live Loved!

Ingrid Herbst

Facility Manager
St Vincent's Care Services
Enoggera



What's Happening

What is isolation? Is it a choice, a mindset or just a lack of options? For some it's something in the future, not now, but more associated with future incapacitation. It is important to be around other people and to keep moving, it keeps you young. If you are sore, the best way to get over the soreness is to get up and move. We really have to look out for one another. Check on neighbours to see how they are getting on. It's good to care about others and to get out and make other peoples lives better—in the process yours becomes better too!

I have found that Willem and I are not moving enough, and so I invite everyone who feels they could benefit from 'moving together' to join us in the community centre once or twice a week. HASfit—heart and soul fitness—have some lovely exercise routines for seniors, lasting around 20-30 minutes. I have chosen some where you can be standing or sitting and still get a good work out. Dates and times are available on your events calendar. Everyone is welcome!



Aged Care Seminar (part two) with Paul Korst will be held on 4 September at 2pm. Again, everyone is welcome and please invite your family or next of kin along. Paul will speak about the transition from independent living to residential care.

How does one decide whether or not to continue driving? If you feel your driving skills are becoming dodgy but you desperately would like to hang onto your independence—you are not alone. Perhaps a family member is starting to make some pointed remarks but you would prefer to make the decision of when to give up driving altogether. However, you do not want to be in an accident or worse be the cause of one. Barriers to facing cessation of driving include: ego, habit, instant 'transportation gratification', denial of declining health status, lack of safety awareness, ignoring poor reflexes, and fear of failure.

Think about what would have to change for you to give up driving. RACQ offer a professional driving assessment. It can really give you and your family some peace of mind. Give yourself a break and make the decision along with an informed professional.

Un-birthday Morning Tea Fundraiser



\$407 has been raised so far towards the Community Centre!

September birthdays

Happy birthday and many happy returns!

Saturday 1st: **Rachel Jones, ILU5 90th**

Thursday 13th: **Joyce Riggs, ILU26**

Sunday 16th: **Mary Boucher, ILU20**

Sunday 23rd: **Maria Solar, ILU6 90th**

Birthday blessing

"May the good Lord bless and keep you. May His face shine on you and give you His peace."

The Canasta Club

A new canasta club has started in the community centre. From left to right we have Mary Boucher, Marie Brendan, Margaret O' Hara and Maureen Lewis.

Hopefully this will become a regular new addition to our monthly events calendar.



Craft activities

Crafters and 'encouragers' can meet on a Monday morning at 9am either in the community centre or outside in the warm sunshine on the patio.

Here Marie Brendan is making squares for another blanket to be donated to Grace Trust Ministries. Maureen Lewis is making a beanie.



Beautiful Poinsettia

At a time when our gardens are still a bit bleak from winter it is lovely to have this beautiful splash of colour. I remember it as a small shrub outside Sr. Carmel's unit. It has thrived in this particular spot and putting on a grand show for us all.

Several smaller poinsettias have been planted along the fence line near the carpark. We hope that they will do just as well.



A prayer blessing

I bless you today to know with your spirit, your soul and your body, that

God's love is meteoric

God's loyalty is astronomic

His purpose is titanic

His verdict oceanic!!

And yet, in HIS largeness nothing gets lost!

Not a man, not a mouse slips through the crack...

I bless you, to see and know how exquisite His Love is! For you, for this world!

I bless you with eagerness to run under His Wings!

I bless you to eat your fill at the banquet He has laid before you!

I bless you to see that He is a Fountain of Cascading LIGHT!

I bless you to let Him open your eyes to His LIGHT so that you can see, can really see!

I bless you to see differently today...so that no fiery arrow can hurt or enter your heart and steal your peace, your joy!

You are a son/a daughter in His House and you are seated in heavenly places. With Him. What a gift! You can see...

I bless you in the precious and powerful Name of Jesus Christ.

Amen.

(Ps 36, Ephesians 2:6 and Rev 3:18)

From the garden



We have several beautiful lavender bushes in our gardens that are doing very well. This year they have really flowered beautifully and for longer than usual. It has been good to sit outside on the patio and watch the bees competing for nectar and pollen.

The alyssums are beginning to flower and will soon be transplanted into the gardens. However, several attempts have been unsuccessful thus far due to the turkeys!

Several daisies are being propagated as well as cannas from our own seed collection.

We are soon going to enjoy spring!

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:
Ingrid.herbst@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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