



St Vincent's Care Services Maroochydore

September birthdays

Betty Barber
Ann Nicholls
Dorothy McNamara
Judith Dorrington
Maria Peto
Melva Davidson
Owen Scroggie
Patricia Dillon
Shirley Swan

*Celebrate birthdays
at our themed
monthly party
combined with live
entertainment*

Message from the Clinical Manager – Monica Nommel

Hello dear residents, families and friends,

These past few weeks have been filled with loads of excitement and activities.

At the end of August we celebrated Seniors week with a variety of entertainment. We had Trish Hicks entertain us on the Monday, Clowns and Mr Twister on Tuesday, with the Lifestyle team also having great fun dressing up as clowns. On the Wednesday we had the pleasure to hear Bob the accordion, and Thursday brought us the Allora Singers with their amazing tunes. Friday we marked Daffodil Day and staff dressed up to show their support for the cause, with Sandra Clifford winning the prize for best costume. We were also entertained by Bob and Patty with their sweet Polynesian tunes and dances. The cupcake sales raised over \$190, a big thanks to all the bakers who contributed. The fun continued on Friday with Fathers Day celebrations with a sausage sizzle and Corvette car show.

Monica Nommel

Clinical Manager
St Vincent's Care Services
Maroochydore



**ST VINCENT'S
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Care Services Maroochydore

**Facility Newsletter
September 2018**

Leisure and Lifestyle News

Fun was had recently at our first fashion show, ladies tried on lots of dresses, jewelry and shoes. A big thank you to all the volunteers who donated their time to model in our show, we will welcome Semaya Fashions back in December for our Christmas shopping.

The month of September brings lots of exciting things ahead, International Day of Peace on 21 September is one of them. For the day we are planning exotic foods to try and a dress up of all nations.

Men's group this month will be going out to lunch at the Maroochydore Surf Club overlooking the beach, and for the ladies, they will be having high tea and making lovely jewelry at the Pearl for Girls outing.

Smart Pups will soon be with us every week, Lane from Smart Pups has volunteered to bring in her Labradoodle pup to visit us on a Thursday, so look out for her in the residence.

The ladies in our art group are working hard to paint and create wonderful Christmas card decorations for a potential fundraiser at the end of the year.

This month we have the Amber Trio, Bob the Accordion, Frenz and the Sienna students joining us.

Pastoral Care

Praying for one another

Pray in the Spirit on all occasions...With this in mind, be alert and always keep on praying for all the Lord's people.

— Ephesians 6:18

One of the greatest gifts of being part of a Christian community is the fact we can pray for one another. Despite the busyness and challenges we face each day, we mustn't neglect our duty as believers in Christ to pray for others.

'Praying for others is a pattern seen throughout Scripture—from Moses praying that God would be merciful to his people (Deuteronomy 9:26), to various psalms of David, to Daniel's prayer that God's people be freed from exile (Daniel 9), to the prayers of Jesus throughout his ministry, and to the prayers of his apostles for believers every-where.

The apostle Paul, for example, begins his letter to the Philippian Christians by assuring them that he is praying for them (Philippians 1:3-6).'

— As written by George Vink

There are so many people, places and situations we can pray for; often when something or someone comes to mind, it is the Spirit prompting us to carry that person or place in prayer.

Let us focus on being led by the Spirit in this coming month and let us carry our friends, families and fellow residents in prayer.

*Elani Maritz
Pastoral Care*

Weekly Events

Exercise class
Yoga
Bingo
Knit & natter
Quiz
Art & craft
1:1 volunteer visits
Poetry
History readings
Computer assistance
Library
Bus outings
Movie with treats
Floor bobs
Carpet bowls
Rosary
Sing-alongs

Rest In Peace

Margretha Lucas
Thomas Williams
Dora Grew

Joke of the month

When a car zoomed through a stop sign, my father, a policeman, gave chase and pulled the driver over.

"Didn't you see that stop sign back there?" my father asked.

"Yeah, I saw it," said the driver.
"The problem is, I didn't see you."

Riddle of the month

What can you hold in your left hand, but not in your right hand?

Answer: Your right elbow

The International Day of Peace

The International Day of Peace (*Peace Day*) is observed around the world each year on 21 September. Established in 1981 by a unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to peace above all differences and to contribute to building a culture of peace.

This year's Peace Day celebrates the 70th anniversary of the Universal Declaration of Human Rights: "The Right to Peace - The Universal Declaration of Human Rights at 70."



History in September

- 1st 1988: The Golden Wattle is officially proclaimed the floral emblem of Australia
- 2nd 1984: Fathers Day Milperra massacre 7 people killed in biker showdown
- 4th 2006: Steve Irwin is killed by a stingray
- 9th 1839: Darwin Harbour, where Darwin city now stands, was discovered and named
- 10th 1906: The first Australian licence plates and drivers licences are issued
- 12th 1854: Australia's first steam train makes its maiden voyage in Melbourne
- 13th 1825: First convict colony in Queensland is founded at Redcliffe
- 15th 1870: Construction begins on Australia's overland telegraph line, stretching from Adelaide to Darwin
- 16th 1956 First television broadcast made by Channel 9 in Sydney.

Special Events

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|----------------------------|----------------------------|
| International Day of Peace | Amber Trio |
| Men's Outing | Bob the Accordion |
| Pearls for Girls | Memorial Service |
| Frenz | Visit from Sienna students |
| Resident Meeting | |

Father's Day

Father's Day is held on the first Sunday in September to celebrate and honour fathers. While the first Mother's Day was celebrated in 1914, Father's Day did not become official until 1966.

Who invented Father's Day? While there are at least two or three different people credited with that honour, most historians consider Sonora Smart Dodd of Washington State to be the first person to have proposed the holiday in 1910.

Dodd's father, William Smart, was a civil war veteran. Her mother died giving birth to her sixth child, leaving William a widower with five children to raise on his own. When Sonora Dodd married and had her own children, she realised what a tremendous job her father had done in raising her and her siblings as a single parent.

A father is someone who wants to catch you before you fall, but instead picks you up, brushes you off and lets you try again.

DADS

Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of songs.

Special moments with residents, volunteers, staff and family members



Mad Hatters Tea Party

We started our High Tea in the Garden activity with a Mad Hatters Tea Party, and residents greatly enjoyed the day.



Lunch by the sea



Dancing queens

Our disco divas were burning up the dance floor at our recent sing-a-long with Frenz.



Fashion Show

The ladies had a lovely time trying on all sorts of lovely things at our first fashion show.



Getting to know Gloria Colley

Imagine the thrill and excitement of flying over the rugged, mountainous island of New Guinea for a 22 year old girl brought up in rural south-east Queensland. Imagine the feeling of responsibility and sadness of delivering hundreds of babies on a mission station, in a society where one in five babies died within weeks of birth due to Neonatal Tetanus.

This was the life into which Gloria was thrust. It didn't take long for her to realise that she had to do something about it. Thus, she was instrumental in beginning an immunisation program for expectant mothers. Most of the women had no idea of the importance of vaccination, so she also had the task of educating and persuading them of the benefits to both mother and baby. That there was a way to end the terrible cycle of babies dying in such great numbers.

As a Maternal and Welfare Nurse, she experienced the sadness of women who gave birth to as many as nine children, with only one or two of them surviving. Her task was not made easier by the knowledge that many pregnant women would keep that fact secret. But she persisted with her education of the importance of vaccination, and gradually the benefits were there for the women to acknowledge for themselves.

Gloria has been raised in Nambour, going first to Wombye School and then on to Nambour High School. Later, she worked for a while in her father's business, Maroochy Motors, but her heart was always set on becoming a nurse. She began her training in Nambour Hospital, but an accident prevented her completion at that time. She later finished her training at the Royal Brisbane Hospital.

Gloria remained at the mission station for two years, but her mother's death brought her back to Queensland. In 1961, she and Noel – whom she'd known since she was thirteen – got married. They have four children. But Gloria never forgot New Guinea and later, they returned there and spent another ten years among those much-loved people, with Noel having taken a course as a medical assistant working alongside her. Gloria eventually contracted hepatitis and her work there came to an end.

At one time in their life, they moved to Cape York, where Gloria was the general nurse with no access to a doctor, other than The Flying Doctor. They also lived and worked in Cooktown, and at a place called Finch Hafen.



Inspirational thoughts

- Cleverness is not wisdom. **Unknown**
- If a man does his best, what else is there? **General George Patton**
- Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities. **Aldous Huxley**
- The undertaking of a new action brings new strength. **Unknown**
- Remember no time is ever wasted that makes two people better friends. **Unknown**
- All the world is full of suffering. It is also full of overcoming. **Helen Keller**
- The worst loneliness is to not be comfortable with yourself. **Unknown**
- No good deed goes unpunished. **Clare Boothe Luce**

Tierney's Cafe

If you have visited our café recently, you may have noticed a few changes. Just recently, the café was officially named **Tierney's Café**, in honour of one of the Sisters of Charity, Sr Tierney.

Signage has been installed to reflect the new name of the café, as well as a large wallpaper image that signifies the generosity of Sr Tierney, and a detailed history board which reflects upon her incredible life.



Sister Mary Maurus Tierney rsc dedicated 41 years of her life to those less fortunate. Sr Tierney made a point of serving food and drink to those who sought her charity using white tablecloths and fine china servingware, always addressing the men as 'Mr' or 'her gentlemen'. In doing so, Sr Tierney provided the poor and vulnerable not only with sustenance and comfort, but with dignity and respect. Her work has been a source of inspiration within the Sisters of Charity and Mary Aikenhead Ministries, and a number of facilities within the ministry have been dedicated in her name.

Did You Know?

- The doorbell was invented in 1831
- The electric shaver was patented in 1928
- Japan is the largest exporter of frog's legs
- The electric chair was invented by a dentist
- More people use blue tooth brushes than red ones
- When you blush, the lining of your stomach also turns red
- On average a 4-year-old child asks 437 questions a day
- There are 333 toilet paper squares on a toilet paper roll
- Your ribs move about 5 million times a year every time you breathe
- More money is spent of gardening than any other hobby
- Clocks made before 1656 had only one hand, an hour hand



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:

helen.williams2@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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