



St Vincent's Care Services Bronte

A message from the Facility Manager – John Kemsley

Welcome to Spring!

We started the season with a great Spring Garden Party Lunch – thank you to all those who participated. It was a most enjoyable lunch and congratulations to our prize winners for best hat, best dressed and best couple or duo.

[We are planning our next activities for October – so watch out for the activities calendar.

I am pleased to let you know that we have finished the mulching of Elanora Garden and now are working to make all the gardens a more usable and enjoyable space.

A reminder to everyone regarding smoking on the premises. Smoking is strictly prohibited on the grounds at St Vincent's Care Services Bronte, including the basement carpark and the gardens.

It is particularly important smoking does not occur in the basement carpark due to the proximity of our stored medical gases and

chemicals. Not only is smoking in this area very dangerous but it is illegal and carries a \$2,500 fine. So if your relatives or visitors are smokers, please ensure they are aware of the rules and do not smoke within facility grounds.

I now have a confidential mail box next to my office door in reception, should you or your families have any issues that you wish to raise with me privately. I will clear this on a daily basis and of course you can always stop me for a chat when I walk around the facility each day.

Have a great spring and enjoy the sun.

John Kemsley
Facility Manager
St Vincent's Care Services
Bronte

Lets talk about therapy and do we need it at our age? Yes we do!

Therapy is the treatment of someone with mental or physical illness without the use of drugs or operations. Sounds pretty good. But heavens, put in that context does that apply to us? Well folks it's all the rage! All the young ones are into it, so let's jump on the gravy train and join in all the fun.

As we age in place, the nice thing is, when we enter an over 55 community we already understand the obvious and challenging the odds is rather a lot of fun. At 55 years young or something...its almost an entitled right of passage, so lets do it properly. Get busy with therapy. We already have the edge on the young ones with age and experience. Surprisingly, most of us have done therapy all our lives without realising it, and are experts by now - we're probably all eligible for Ph.Ds.! But now its time to truly enjoy therapy. So lets have a laugh and get into some seriously fun therapy with health benefits:

- Café outing: Social and sensory therapy (now someone else makes the coffee!)
- Art for fun: Color therapy (we don't need to clean up after the kids!)
- Dozing in the sun: Vitamin D therapy (and we don't have to get up to cook lunch)
- Exercise fun: Happiness, group and heart therapy (without having to wear Lycra or the urge to win a race or trophy! We are all winners in our own therapy!)
- Happy Hour: Laughter therapy! (So necessary every day please!)
- Chapel: Spiritual therapy (so calming and such a delightful and holistic therapy.)
- Bus trips: Travel therapy and sensory therapy (no lost luggage or passports required and you always get a seat!)
- Choir: Breathing, memory, audio and verbal therapy (we get to pick the songs and the words we like or know, and it sounds like real music as we remember it!)

A gentle word from Pastoral Care

As the festive season fast approaches, we start thinking about family, friends and loved ones both past and present.

For most of us, it's a joyous and a precious time. But often when we start reflecting about the past, the present, or the future, the urge to share and chat about the relevance and the meaning of these times becomes apparent to us all.

Reminiscing is important to all of us, as it is often an opportunity not only to share a story but discuss meaningful snapshots of our lives.

It validates us as individuals and positively reinforces our presence here on earth.

There is nothing more enriching than hearing those magical words "I remember when," or "it was a lovely memory I will cherish."

Memories are cognitive photos of our lives. Often when we share them they become significant conversations make us feel so good. As a group discussion or one-on-one, they are beautiful moments that are beneficial to our wellbeing.

But some us prefer quiet chats and Pastoral Care is there for you whilst you share some thoughts and times in your lives.

Pastoral Care is here for our residents and their loved ones, to listen, and to assist with holistic emotional and spiritual support and therapy. Alice works four days a week (Monday, Tuesday, Wednesday and Friday) and Mike is on-site two days a week (Tuesday and Thursday).

Spring Garden Party

Our prayers were answered and right on target – a bobby dazzler of a spring day was sprung! Our Spring Garden Party was a stage of color and fun, with a light spring menu.

What could be nicer than an alfresco lunch in the garden full of flowers with tableware to match?! With more than 80 residents enjoying this floral fiesta, the outfits and hats were amazing and plenty of winners for best hat, outfits and dazzling duo.

Let's continue this tradition and celebrate life in true Australian form in the great outdoors!



Dates to remember

We are fast approaching the festive season, how the year has flown! Our Spring Garden Party was so much fun, we are sure everyone will agree there is fun in numbers so we would like you to put these dates aside to join us for some great Leisure and Lifestyle events.

Get involved have some fun because there is always a prize or two to be won!

Raffle tickets are also available now for Spring Hampers: \$2 each or 3 tickets for \$5.

October

Wednesday 10: The Graham Marks songfest and choir afternoon tea. Level 1 garden courtyard

Friday 19: Octoberfest happy hour fun

Wednesday 31: Halloween themed afternoon tea

November

Friday 2: St Vincent's Care Services Bronte 2nd Birthday celebrations

Tuesday 6: Melbourne Cup afternoon tea and race fun "Hats & Bets On"

Sunday 11: Remembrance Day morning tea

December

Saturday 1: Knights of Malta thanksgiving service at St Mary's Cathedral

Saturday 1: *25 days of Christmas gift giving* begins

Monday 3 – Friday 7: Nurses station and resident doors Christmas decorating competition

Friday 7: Carols by Candlelight

Friday 21: Resident Christmas party

Mid December: Christmas Lights Evening Tours – details to come.

Happy Hour is all about fun

When you hear the term *happy hour* you might think of a pub or bar, but at SVCS Bronte, it truly is an hour or two of happiness!

Residents from all floors flock to the ground floor lounge room every Friday at 2:30pm, for an afternoon of live music, wine, nibbles and socialising.

In addition, a chocolate birthday cake at the end of each month, yum!

Thanks to the variety of talent performing each week i.e., country, piano, jazz, guitar and even acapella, this activity is the highlight of the

week.

Some residents look forward to seeing their favorite entertainers, whilst others look forward to the interactive aspect of singing and for some even dancing along.

Mingling between levels is a great avenue of finding like minds and like interests. Meet a new resident whom might enjoy a game of checkers or cards. Share a book and chat about family.

Many residents have even found neighbors from the past and reconnected too!

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:

john.kemsley@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



ST VINCENT'S
CARE SERVICES

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

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