



## St Vincent's Care Services **Bronte**

### **A message from the Facility Manager – John Kemsley**

Hello and welcome to Spring! The days are starting to get longer but the weather needs a little kick start to warm up, I think. We still have no major rain and our thoughts and prayers go to the farmers doing it very tough during this drought.

This is my first newsletter as Facility Manager and I would like to acknowledge and thank Christine Farrell for the work that she had put into St Vincent's Care Services Bronte as Interim Facility Manager over the last few months. Christine has done an excellent job and has given me a very detailed handover. Christine will still provide a support to me until early October.

One major event that is happening in mid September is the mulching of Elanora garden – this will occur on 19 September from 7am. We are sorry for any noise that will happen during this time but this is essential for the back garden.

Finally, I would like to thank you for the warm welcome that I have received over the last four weeks – I am slowly getting to know each of you and your family. I am always available to speak with if you have any issues, please stop me in the corridor as I come round or ask the staff and I can come to you.

Regards,  
John

John Kemsley  
**Facility Manager**  
St Vincent's Care Services  
Bronte



Meaningful and fun social engagements during an outing

## Happiness and health with springtime in the air

Wow, at last, Spring is back! It's been a long cold winter and thankfully the warm breezes are easing their way into both the season and our joints. It's about this time of the year we start thinking about getting out and about enjoying ourselves, and with a friend or family member what could be a nicer way of creating happiness? Warm air and blue skies induces great feelings of wellbeing. It's common knowledge 30 minutes sitting in the sun has health benefits, easing aches, enhancing our complexion and bringing people together.

So, with that in mind, we can look forward to a few more events out in the sunshine. During the final week of September we will be holding a garden party luncheon, then as the warm days flow we will be hosting a few happy hours out in the courtyard, weather permitting. Socialising between levels, whether through laughter, music, dance, chatting and singing, is a nice way to know our community at Bronte, and can also have health benefits. When we are happy we stay healthier longer, as when we feel welcome and comforted with a sense of belonging, our immune system is more than grateful.

Many small moments of happiness in our daily lives are gifts of good health therapy that we can easily slip into our day. It gives our bodies an automatic sense of wellbeing and deflects pain and anxieties. The feelings of achievement and accomplishment in small ways help us grow as people, no matter how many "years young" we are, and satisfy the body's natural desire for enrichment thus in turn we feel better. We still have that inherent inner primitive man and woman inside us, and the hunter gather can still be exercised by engaging in fulfilling activities of choice, releasing those great feel good endorphins that keep us so well, happy and adjusted.

So join us in our activities, check out the program for what's coming up, here are just a few examples of what's on offer:

- Art classes
- Exercise groups
- Listening to beautiful operas or watching the ballet
- Enjoying a movie with a group of friends can
- Try a small bus adventure
- Come along to happy hour and hear our variety of musicians, singers and entertainers
- Get involved in the card group
- Join Clive at Bingo
- Add a plant in our gardens as your personal ode to springtime 2018.

So embrace social activation and gather some fun moments and meet some new friends - laughter therapy can add years to life and life to years.

## A gentle word from Pastoral Care

### Remembering everyone in every way enriching our time at Bronte



On Tuesday 11 September, Pastoral Care held a memorial service for residents who are no longer with us. It was a lovely service, remembering the lives of our valued residents and their contributions to our community. Family, friends and staff took time out at our Loreto Chapel to celebrate their lives.

The theme was our lovely environment with elements of the beach, ocean, parklands and the sky, reminding us of visual beauty that surrounds us at Bronte. It included a beautiful bowl of sea water decorated with floating candles and flowers, each lit for a resident who has left us. Butterflies spiralled to the skies, symbolic of being set free from all earthly things that often tie us to life. How free and beautiful a butterfly is, holding nothing materialistic to keep it earthed.

Something to reflect upon: More often than not, life on earth can encumber us with materialistic weights that restrain us from feeling the true meaning of life in its purest form. Take time to pray and reflect on the true meaning of your life. We should never wait until the end of our time to reflect upon the simplistic beauty of life in its most fundamental, pure and natural state.

Please be reminded a general ecumenical service is held on the second Tuesday of the month, at 3pm in the Chapel, and is followed by afternoon tea.

## Move to the rhythm of life !

Believe it or not, we were designed to move and groove vertically.

As nature intended, the design of our skeletal structure is the perfect architecture to move. If we were the perfect blueprint for a building we'd probably defy an earthquake of some calibre!

Movement can be just about anything and everything. We often interpret that formal exercise is the only sort of movement we need to keep fit, but short walks to visit friends, singing and moving that diaphragm is just as important.

Yoga breathing with Danielle, Michelle and Lauren, or leg movement with our Dance Therapist Julie is just as fun, has wonderful health benefits and can make us feel fabulous.

Get involved in one of our fabulous physical activities and you'll no doubt soon feel the benefits!

## Bingo fun with Clive

Every Saturday morning, Bingo with Clive in the Wellness Centre has become a Bronte event not to be missed!

A great game for any age, Bingo is not just about prizes and lucky numbers, but has many benefits. These include social interaction by engaging with other residents, as well as potential health benefits including enhanced hand-eye coordination, boosted cognitive ability, and improved physical health through laughter, excitement and socialisation.





September is the month of *R U OK?*, and we are joining hands, talking and connecting with everyone in our community and asking the question - are you ok? Residents and staff at St Vincent's Care Services Bronte wore yellow on Friday 14 September in recognition of *R U OK Day*, to highlight the organisation's important work in suicide prevention and positive mental health.

R U OK?'s vision is a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

Their goals are to:

1. Boost our confidence to meaningfully connect and ask about life's ups and downs
2. Nurture our sense of responsibility to regularly connect and support others
3. Strengthen our sense of belonging because we know people are there for us
4. Be relevant, strong and dynamic.

The world today is changing. With pressures on families and individuals to be busy, to work, to play, to holiday, to watch, to achieve, it's all about gain it seems, but are we truly winning?

Have we forgotten the art of engaging with our fellow man and woman. Are we so caught up in media and mobile phone technology?

Let's make a change for the better. Depression does not discriminate! Let us link together and make positive connections, let's talk face to face, create a conversation, let's take time out to make a difference. We are gregarious, complex creatures and as long as human life has been on earth we like to gravitate, socialise, talk, unify and tribe up in communities.

With our busy growth in the 21st century, have we all neglected the fundamentals of human interaction? People need people (that song rings a bell and is a reminder to us all!).

Since the beginning of time those bongo drums have been thumping "is there anyone out there to talk to?" people have been canoeing, exploring and navigating, and connecting in search of friendly mankind to socialise and chat to.

We are not islands, we are people and the importance of human contact, warmth, language and identity goes back to primitive man and tribes connecting in all sorts of ways. So beat those bongo drums pick up that paddle put down those phones close that laptop, make eye contact start a conversation and ask "R U OK?" Reach out, make a friend and talk together, U can do it!

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](mailto: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](http://www.agedcarecomplaints.gov.au) | 1800 550 552



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