



# St Vincent's Care Services Southport

## Message from the Facility Manager – David MacDonald

Welcome to a new edition of the St Vincent's Care Services Southport newsletter.

Wonderful news happened this week. The Gold Coast City Council has altered the parking restrictions in the immediate vicinity of the facility. "No limit" has been introduced from outside the Administration building on Bauer Street around the corner as far as 'The Cottage' at the intersection of Chester Terrace and Lenneberg Street. Please note that it is on one side of the road only and all drivers are urged to remain vigilant and adhere to all signage – especially as the signs can change without notice.

I have penned a letter of appreciation to the Gold Coast Council Local Member and the Council Parking and Roads Department. This is an excellent outcome and I thank all residents, relatives, visitors, volunteers and staff who took the time to contact the Council and request they reconsider the parking restrictions. This will ease congestion of cars around the site and allow improved and closer parking for all visitors.

The Council has been very busy locally as they have also changed the traffic flow at the intersection of Bauer Street and Chester Terrace. All road users are reminded of this change.

In August we met with residents and relatives of Lenneberg Level 2 to outline the planned construction of an additional resident room on that level. The room will be capable of accommodating a couple. We have a high level of interest from the public for placement of couples and at present we do not have that capability within Lenneberg. Work is expected to commence in late September and will take approximately 6 weeks. Additional information is on display within Lenneberg Level 2.

As always, please don't hesitate to ask for assistance from any staff member or to see me at any time.

David MacDonald

**Facility Manager**  
St Vincent's Care Services  
Southport



**ST VINCENT'S  
CARE SERVICES**

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

**St Vincent's Care Services Southport**

**Facility Newsletter  
September 2018**

## September Lifestyle activities

**Just Geoff** – Saturday 8th at 1pm, Villa.

**TSS big band** – Wednesday 19th at 10.30am, activity room.

**Mark Dean** – Wednesday 26th at 10.30am, Villa.

**Happy Hour** – Every Wednesday at 1.30pm in Lenneberg lounge and 2.30pm in Villa lounge.

**Afternoon Fun Friday** – Please see your weekly calendar for details. Spa/pamper treatment in Lenneberg Level 1. Bingo in Lenneberg Level 2. Double up prizes for your weekend.

### Bus trips

Mondays and Thursdays are our scenic ice cream bus outings. Please see a member of the Lifestyle team if you wish to attend.

### Resident and Relative meeting

Wednesday 26 September at 1.30pm in Villa lounge. All are welcome.

### New to Tuesdays

Pastoral Pondering with Karen in the Villa lounge at 10.30am. Please check your activity calendar as we start to schedule the changes.

## News and reminders

### Clinical Psychologist

Yazmin, our Clinical Psychologist has returned from holidays.

### Leave

Kathy (Lifestyle) is on leave from Saturday 15 September for three weeks.

### Southport RSL Lunch

Lifestyle RSL Lunch outing is back on your calendar for September at the request of residents. Please support this outing. Monday 24 September at 11am.

\$10 each for a meal (fish and chips or roast of the day) and a beer, wine or soft drink. Numbers dependent.

### Hairdressing

Please let one of our friendly staff know if you would like to book in for services of Anne, our hairdresser.

## R U OK?

Thursday 13 September

Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert- just a good friend.

A conversation could change a life!  
Are you okay?

We are recognising this day with a staff gratitude event.

Villa Courtyard from 10.30am

## Fish and chip Monday by the sea!

On Monday 10 September join us for another fish and chips outing. Please book early to ensure you don't miss out.



**Happy Father's Day** to all our wonderful fathers here at St Vincent's Care Services Southport! Best wishes from all the residents and staff, we hope you all had a lovely day celebrating.

## Celebrating Seniors Week

We began the week with our picnic in the park at Cascade Gardens. The wind was a little chilly and took us all by surprise so we began with finding a sunny picnic table. We were unsuccessful and braved the weather conditions. Once seated, we enjoyed a mixed lot of sandwiches, juice, lemonade and some chocolate and biscuits for sweets. We then took a stroll along the river front before heading home, not before stopping at McDonalds for a surprise ice cream.



*Above: Elaine, Dawn, Cecilia and Lillian enjoying a sunny, riverside seat at Cascade Gardens.*

*Below: Yvonne also enjoying Cascade Gardens.*



On Thursday 23 August, the Bauer Street pre-prep children visited our residents. Teacher Kelli read us a book as the children were celebrating book week. The children sang us a song and brought children books for the residents to share a story. The children then enjoyed our music and dance program and joined in the fun.

**Please join us on Thursday 27 September at 10am for our pre-prep outing to the Kinder.**

*Below: Maree and Dennis reading books for the children during Seniors and Book Week.*



*Happy belated birthday to Neville for Friday 17 August*

### September Birthdays

**Ellice J**  
Sunday 9th

**Brian W and Michael H**  
Wednesday 12th

**Hilda B**  
Saturday 15th

**Paulene C**  
Wednesday 19th

**Beryl Y and Elizabeth T**  
Tuesday 25th

**Albert S**  
Thursday 27th

**Murray G**  
Sunday 30th

**Wishing you all a very happy birthday!**

## Pastoral Pondering with Karen

### Jesus among Us

The Pastoral Carer journey brings with it many different experiences, especially the Sacred. Many are very private, yet all are held close to my heart and are a great privilege to be a part of. What I experienced recently was profound, an experience that was a true testament to Jesus walking among us. Although I have written about this in my personal journal, I feel a need to share.

I was touched by the care and love shown by two carers for a resident who recently passed away. As these two carers prepared this man for his family, a man that they had bathed in life, they now bathed in death; I witnessed the Holy Spirit in their hands as they wiped him down. I witnessed the Holy Spirit in their voices as they spoke to him.

There was an intimacy shown between the three, this was their moment of final goodbyes. I knew that his spirit lingered on in these moments. I was an onlooker and in a way an intruder. I lingered in the shadows, uncomfortable, yet understanding that this was meant to be. Tears were shed, words were spoken. I witnessed Jesus' love in these two caring people, they were amazing. In humility, I left the room, experiencing a profound love.

I was humbled by this experience. I had shared a moment of raw emotion and intimate love. I feel grateful that I was witness to such love. Thankyou Jesus for giving me the courage to stay and bear witness to You.



Karen Pels  
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 Manager:

**[david.macdonald@svha.org.au](mailto:david.macdonald@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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