



St Vincent's Care Services **Werribee**

Message from the Facility Manager – Sherryn McMahon

Dear residents and families, welcome to our newsletter this month as we enter Spring.

I love this time of year as we observe feasts of blossoms and growth. Spring also relates to the verb “to originate from”. So in a sense may refer to new happenings, processes or developments.

We have a few new things happening across the entire organisation, as well as here at St Vincent's Care Services Werribee.

Firstly, we have a new St Vincent's Care Services CEO, Lincoln Hopper. Lincoln recently commenced in the role and we were lucky enough to receive a visit from him last week. Lincoln viewed our site and met with staff and residents. We look forward to working under his guidance.

Our new chapel is taking shape, with the slab and steel structure completed and the timber framing and roofing in progress, which I understand is running to schedule. I will endeavour to keep you updated.

We are also currently recruiting for a new Care Manager, following Michelle's departure. I would like to thank Michelle for her contribution to the St Vincent's community, residents and families, during her time here.

Spring also means footy fever! The finals are approaching and winners of our Footy Tipping competition are very near. A huge thank you to June who has been assisting the lifestyle team with collecting tips each week – June has done a brilliant job!

Please note, the next Resident and Relative Meeting will be held on Wednesday 12 September at 2pm. We have a guest speaker, Karen Ivanka from the Council of the Aged, who will talk on Advance Care Planning. Be sure not to miss this.

Until next month, keep smiling!

Sherryn McMahon

Facility Manager
St Vincent's Care Services
Werribee



Getting to know you with Leaha Stephenson

Each month we are asking a staff member at St Vincent's Care Services Werribee to tell us a little bit about themselves. This month, we are getting to know our Administration Officer Leaha Stephenson.

Hi everyone!

My name is Leaha Stephenson and I'm a relatively new addition to the team here at St Vincent's Care Services Werribee. I started in May 2018 after taking some time off work following the birth of my daughter Ella in 2016. She is now two and a half years old and keeps me very busy!

I have worked in aged care since 2009, where I started working at Ruckers Hill Aged Care in Northcote doing

Reception, Administration and Quality Improvement work. Since then I have also spent time working for Opal Specialist Aged Care in Altona and Mercy Place Aged Care in Parkville.

I am married to my husband Alan and we have our beautiful daughter Ella and our two dogs Panda and Lacey. I actually have a very big family all together — I have three sisters and one brother. My grandmother had 13 children, so that means I have about 20 aunts and uncles and 30 cousins on my dad's side of the family.

I grew up living in Hoppers Crossing/Werribee and have lived in the area practically my whole life. I went to Bellbridge

Primary School and Galvin Park Secondary College.

As far as my hobbies and interests go, I love reading and cooking and most of all spending time with my daughter. I look forward to getting to know everyone at SVCS Werribee.



Activities at Werribee

During August our residents, lifestyle staff and volunteers kept themselves busy with lots of activities including a Teddy Bear picnic with the kinder kids, leather craft, Bazza in concert, as well as outings to Morning Melodies and a lunch outing to the café at the Wyndham Private Hospital.

Upcoming activities in September:

- Intergenerational program with Suzanne Cory High School on Wednesday 5 September, 1.30pm to 3.30pm in first floor dining room.
- Story Telling workshop with Vic University students on Thursday 13 September, 1pm to 3pm in the back lounge on the first floor.
- Football finals celebration concert and dance performance on Thursday 27 September, 2pm in the first floor dining room.
- Catholic Mass on Wednesday 26 September, 3pm in the Activity Room.



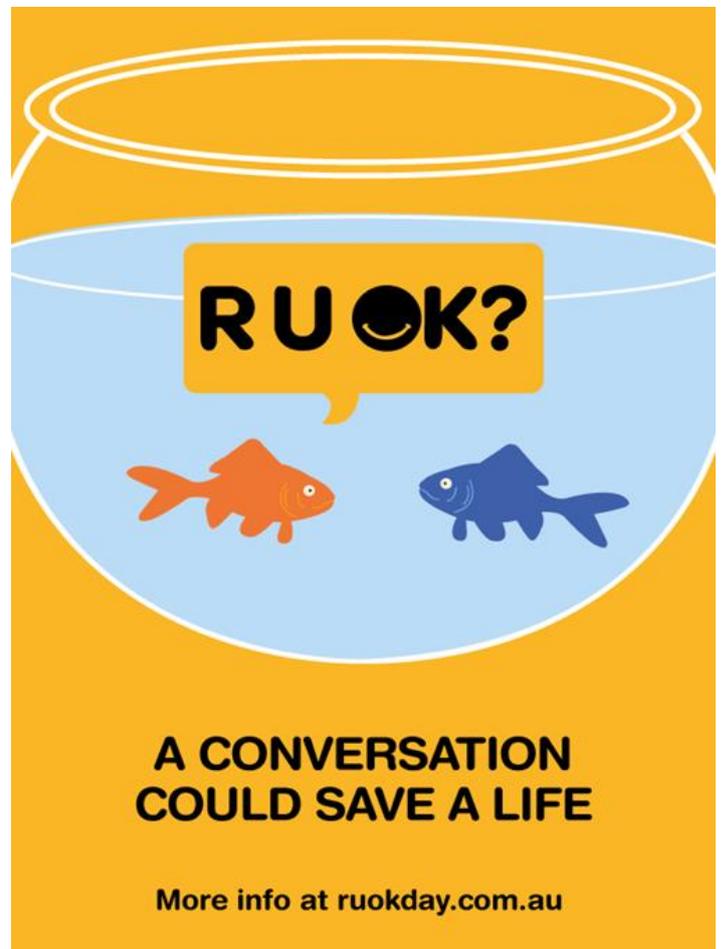
R U OK? Day

On Thursday 13 September 2018 we will observe "R U OK? Day". This is a national day of action that is dedicated to inspiring people of all ages and backgrounds to regularly ask each other, "are you okay?"

Its purpose is to prevent suicide by encouraging Australians to connect with someone they care about and help stop little problems turning into big ones.

We probably already know that staying connected with others is crucial to our general health and wellbeing. Feeling isolated or hopeless can contribute to depression and other mental illnesses. That is why it is so important to have meaningful conversations can protect those we know and love.

Please remember, whether you are a resident, a family member, care giver or friend of a resident, a staff member or volunteer, and you or someone you know are not okay, our Pastoral Carer is always available to sit down with you and listen.



Birthday celebration – St Vincent's Care Services Werribee turns one!

Thank you to everyone who attended our birthday celebration, where we had a delicious roast lunch and yummy birthday cake (as shown in this newsletter's cover photo), followed by an enjoyable afternoon of Salsa dancing.



Essie's Carrot Cake recipe

Residents enjoyed cooking group this month, where we learned how to make our resident Essie's famous Carrot Cake recipe.

Ingredients:

2 eggs	Optional: small tin of drained crushed pineapple
1 cup white sugar	Icing:
3/4 cup vegetable oil	60g cream cheese at room temperature chopped
1tsp vanilla essence	30g butter at room temperature, chopped
1 cup plain flour	1 tsp finely grated lemon rind
1 tsp bicarb soda	1 1/2 cups sifted icing sugar
1/2 tsp mixed spice	
Pinch of salt	
1 1/2 cups finely grated carrot	
1/2 cup chopped walnuts	

Method:

1. Preheat oven to 170°. Grease a 20cm round cake tin and line the base with baking paper.
2. Use electric beaters to beat the eggs, sugar, oil and vanilla until combined. Add the sifted dry ingredients and beat on low speed until combined. Stir in the carrot and walnuts (and drained pineapple if using).
3. Spoon into the tin. Bake for 45 minutes, until springy to a gentle touch in the centre. Stand in the tin for 10 minutes, then turn out onto a wire rack to cool completely.
4. For the icing – use electric beaters to beat the cream cheese, butter and lemon rind until creamy. Add the icing sugar a little at a time, beating constantly. Spread over the top of the cooled cake.

Resident meetings

Monthly resident meetings are held in the Activities Room.

This forum provides updates on upcoming events, reports and seeks feedback from the resident group and assists us in planning lifestyle activities.

Our next meeting is **Wednesday 12 September, 2pm**

Residents and family welcome

Birthday wishes

We would like to wish the following residents the most wonderful birthdays filled with joy and happiness.

Joseph Galea
4th of September

Lydia Rintoull
6th of September

Qimin An
10th of September

Leah Carr
11th of September

Helen Tsantarlis
14th of September

Anthony Cassar
16th of September

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:

sherryn.mcmahon@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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