

THE VOICES OF ST VINCENT'S



ST VINCENT'S CARE



MAY 2022



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2022 CALENDAR DATES

JUNE

1 WED Carseldine Anniversary	3 FRI Mabo Day	5 SUN Pentecost
5 SUN World Environment Day	13 MON Queen's Birthday (NSW, VIC)	20 TUE World Refugee Day
21 THU International Day of Yoga	29 WED Feast of St Paul	30 THU Toowoomba Anniversary

JULY

1 FRI Edgecliff Anniversary	1 FRI Eltham Anniversary	3 SUN NAIDOC Week
22 FRI Feast of Mary Aikenhead	27 WED Hawthorn Anniversary	30 SAT International Day of Friendship

AUGUST

4 THU Werribee Anniversary	6 SAT Transfiguration of the Lord	7 SUN Aged Care Workers Day
8 MON Mary Mackillop Feast	9 TUE International Day of the World's Indigenous	10 WED Ekka Holiday (QLD)
15 MON The Assumption	21 SUN Bardon Anniversary	





HOME LOCATIONS

St Vincent's Care Services has a total of 23 aged care homes across QLD, NSW and Victoria.



Arundel



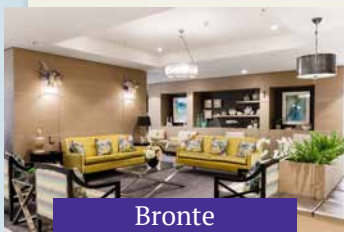
Auburn



Bardon



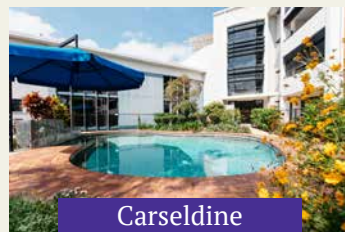
Boondall



Bronte



Carina



Carseldine



Corinda



Douglas



Edgecliff



Eltham



Gympie



Haberfield



Hawthorn



Heathcote



Kangaroo Point



Kew



Maroochydore



Mitchelton



Southport



Toowoomba



Werribee



Yennora

QUEENSLAND

Brisbane

NEW SOUTH WALES

Sydney

VICTORIA

Melbourne

QLD

Arundel
Bardon
Boondall
Carina
Carseldine
Douglas
Enoggera
Gympie
Kangaroo Point
Maroochydore
Mitchelton
Southport
Toowoomba

NSW

Auburn
Bronte
Edgecliff
Haberfield
Heathcote
Yennora

VIC

Eltham
Hawthorn
Kew
Werribee



MESSAGE FROM OUR CEO

Dear St Vincent's Residents,

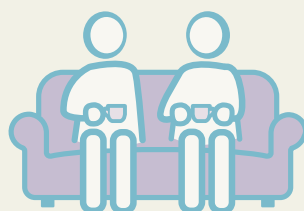
The past month was a month of celebration at St Vincent's, with so many incredible people in our community to honour.

We celebrated **Mother's Day**, where we acknowledged the love, unwavering belief, protection, care, and compassion demonstrated by all mothers across St Vincent's. Whether you are a mother through childbirth or have taken on the important role of 'mum' in a child's life, the difference you make will never be forgotten in the hearts and minds of those who love you.

We celebrated **National Volunteer Week**, where we honoured the 330 active

volunteers we have across St Vincent's, who do so much for our residents, families, and employees. Did you know that our volunteers make up 10% of our total workforce? I was touched to learn that so many selfless individuals regularly give up their time and talent, assisting with games and activities, driving our buses or assisting with admin duties, honouring the example of Jesus and our legacy of sacrificial love in the service of others.

Finally, we celebrated **International Nurses Day**. After a particularly challenging couple of years, it was important to honour the vital and inspirational work our team members do every day. The nursing profession has a



long heritage of rising to meet challenge and being the face of compassion, care, courage, and tender love particularly during times of illness, fear and uncertainty. Our St Vincent's nurses follow in the footsteps of the very first Sisters of Charity, who more than 180 years ago began a ministry of love in Australia that continues today!

So, this past month provided many beautiful opportunities to reflect on the amazing people who are such a valued part of the St Vincent's community. Seeing our residents, employees, families and volunteers acknowledge and appreciate each other was particularly heart-warming to me.

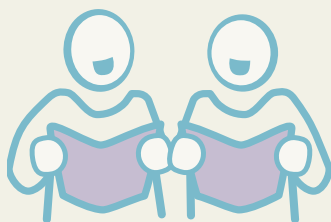
So, I hope you enjoy reading this month's issue of *Voices of St Vincent's*, as we reflect on the celebrations and share some incredible stories from our volunteers.

Thank you for being a part of the St Vincent's community and for being the heart of everything we do.

God bless,



LINCOLN HOPPER
Chief Executive Officer





MESSAGE FROM OUR MISSION LEADER

Dear Residents,

The final week in May each year is marked by two important events, National Sorry Day (26th May) and National Reconciliation Week.

National Sorry Day acknowledges and raises awareness of the history and continued effect of the forced removal of Aboriginal and Torres Strait Islander people from their families, communities and culture.

The Kimberley Stolen Generation Flower is often referred to as the National Sorry Day flower. The Native Cotton, or Desert Rose was chosen by members to symbolise the scattering of the Stolen Generations

and their resilience. It was chosen because it is found widely across Australia and is a survivor. It symbolises strength and resilience. The soft purple colour denotes compassion and spiritual healing.

National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. The 2022 theme, Be brave. Make a Change, is a challenge to all Australians to step-up, to be brave and continue to address the unfinished business of reconciliation. In doing so we can make a change for the benefit of all Australians.



BE BRAVE. MAKE CHANGE.

NATIONAL RECONCILIATION WEEK 2022
27 MAY – 3 JUNE #NRW2022



Reconciliation Australia explains that change begins with brave action in our daily life and this year has 19 actions to consider, not just during Reconciliation Week, but every day of the year. Here are just a few ideas:

1. Tell the Truth on Racism

Racism stops with us. See and hear the bias in personal conversations and attitudes

2. Acknowledge Country

Wherever you are in Australia, you're on Aboriginal and Torres Strait Islander land. Know whose Country you are on. Over the next week or so, you should see signs up at your home that acknowledges the Traditional Custodian of the land that your Home is situated.

3. Get the Facts First-Hand

Mainstream media can be inaccurate, negative, and unbalanced in its portrayal of Aboriginal and Torres Strait Islander people and issues.

4. Fight for Justice

Aboriginal and Torres Strait Islander peoples are the most incarcerated people in the world, proportionally. Learn and understand why this is so. Challenge our leaders to take action on justice.

5. Learn Your local History

Break the silence on the massacres, forced removals, cultural genocide, and memorialising. Find the truth about the colonial leaders and histories memorialised near you.

6. Be a Brave Ally

First Nations people make up just 3% of the Australian population. Allies help to amplify issues and take action.

A handwritten signature in black ink that reads "Troy Tornabene".

TROY TORNABENE - Mission Leader



A VERY
HAPPY
*Mother's
Day*

TO ALL OF OUR
ST VINCENT'S MOTHERS.
RESIDENTS, STAFF AND
LOVED ONES.



*Her hands held me gently from the day
I took my first breath.
Her hands helped to guide me as I took my
first step.
Her hands held me close when the tears
would start to fall.
Her hands were quick to show me that she
would take care of it all.*

"Her Wands," Maggie Pittman





NATIONAL VOLUNTEER WEEK



John and Janet from Mitchelton

Janet Kuilboer has been with us for over 20 years, Janet's first 10 years was as a staff member caring for our residents, after retiring Janet came back as a Pastoral volunteer. Janet said that she still remembers her first day as a volunteer, walking in and seeing the response from the residents when they saw her big smiles and cheering. Janet loves coming in each week.

John Biddle is a volunteer for Lifestyle and Pastoral, he started with us in 2013, previous to being a volunteer his mother was one of our residents. John said that after his mother passed he wanted to come in and volunteer because he realised what an important job volunteers do. John continues to volunteer because he sees the happiness on the residents faces and it gives him a real sense of purpose.

The certificate volunteers received was inspired by "the giving tree", residents were asked for words that describe our volunteers, which we then put on the tree.

Arundel

Arundel held a special afternoon tea for all of their brilliant volunteers. While not everyone could make it, they still wanted them to know how special they are.



Phil from Carseldine



“

All of the residents really look forward to Phil coming for sing-a-longs twice a week. Phil knows the residents well and knows exactly what kind of music they love. He even conducted sing-a-longs via Zoom during lockdowns. ”

- The Carseldine Team

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK



Heathcote

Heathcote hosted an incredible luncheon for their special volunteers complete with games, trivia, a musical performance, and as always, lots of laughs.



Del Doherty from Bardon

Del Doherty lived most of her life in the academe. With a doctorate in bio-chemistry from the Australian National University and a post-doctoral degree from Brandeis University in Massachusetts, she taught the same subject at the University of Queensland for 30 years. Upon retiring from her professorship, she became a Pastoral Care Volunteer at Bardon, visiting bed and room bound residents for prayer and Communion for 20 years until 2020. Del has touched the lives of so many past and present residents with her deep faith and loving kindness. Thank you Del for being a sign and bearer of God's love for us all!



Pauline Graham from Bardon

At 90, Bardon volunteer Pauline Graham has no intention of slowing down and will continue to wear her many hats. She's mother, grandmother, great grandmother, parish walking group leader, mental health and climate change advocate, listening ear, shoulder to cry on, and so much more. The hat she wears most proudly though is her St. Vincent's Care volunteer hat. Whether she's assisting residents on their outings and shopping trips, visiting the sick in hospitals, accompanying them to their doctor's appointments, or leading church liturgies, Pauline is truly a sign and bearer of God's love to all. Thanks, Pauline!



Haberfield

Team Haberfield put on a concert and lunch to thank their wonderful volunteers for their time and care.





MAY HIGHLIGHTS

What a view!



Haberfield residents went on a bus trip out to the Sydney river for a stunning view of the bridge and Opera House.

The *biggest* morning tea

Yennora residents got together to raise money for Australia's Biggest Morning Tea. A huge thank you to everyone for raising \$220 for the cause!



God save the queen

Residents at Kew did a tribute to the Queen following her 70 years of service to the people of the United Kingdom. She's the first British Monarch to celebrate the milestone – a platinum jubilee!





Reconciliation craft

Arts and crafts were a little different at Heathcote this week with residents honouring Reconciliation Week.



Dance, dance, dance

Cecilia from Team Mitchelton sharing some of her culture with colour, music, dance.



A fine garden lunch

It was a cold one, but friends and family had a great time at a BBQ hosted by Team Corinda. Thank goodness for patio heating!





GAMES AND PUZZLES

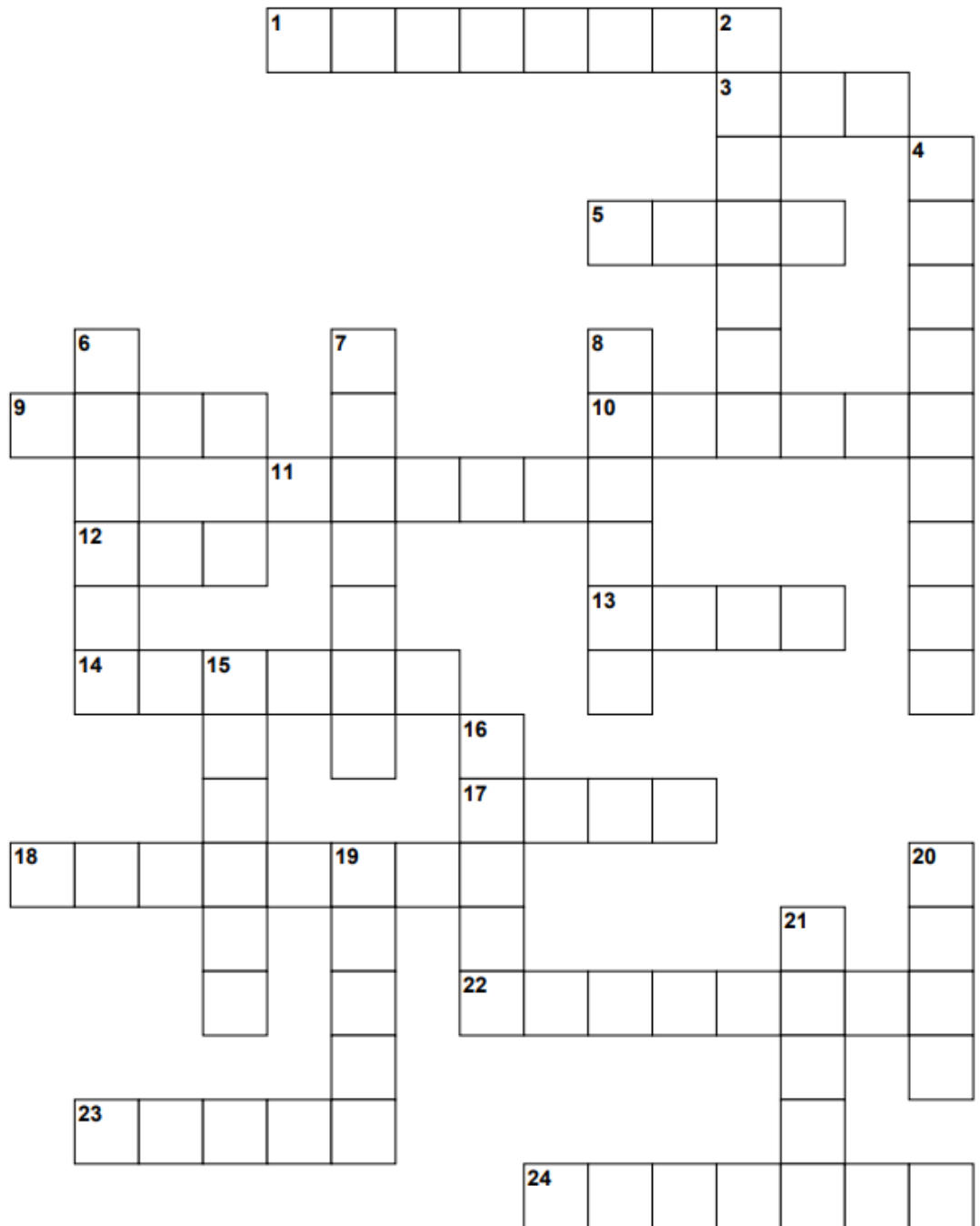
WORD SEARCH

Find the word in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

WINTER

R	R	B	L	D	A	D	R	K	S	J	W	I	N
T	E	E	R	N	I	B	S	K	I	S	S	P	M
E	T	A	H	I	O	A	V	I	U	R	T	B	R
C	A	Z	R	W	Q	N	R	C	T	O	O	Z	O
A	E	R	B	E	A	N	I	E	P	U	O	S	T
L	H	E	E	L	C	W	H	I	T	E	B	R	S
P	B	L	D	T	A	R	N	C	G	A	T	L	W
E	D	C	S	Q	I	N	L	B	V	I	E	E	O
R	E	I	O	V	C	Y	K	K	P	R	A	H	N
I	G	C	C	L	O	J	L	E	Y	E	Z	H	S
F	K	I	K	N	M	A	Y	U	T	T	W	N	E
W	O	N	S	I	H	O	K	L	J	N	Q	L	N
Q	F	R	O	Z	E	N	X	B	V	I	L	J	U
N	L	O	F	R	A	C	S	I	C	W	O	F	J

-
- | | | |
|----------|-----------|-----------|
| Beanie | Fireplace | Snow |
| Bedsocks | Frozen | Snowstorm |
| Blanket | Heater | Soup |
| Blue | Icicle | Tea |
| Boots | July | Wind |
| June | Scarf | White |
| May | Skis | Winter |



CROSSWORD MAY

ACROSS

- 1 Insect that stores honey
- 3 Fifth month of the year
- 5 Warm blooded, beaked vertebrate covered in feathers
- 9 Temperature that is not too cold and not too hot
- 10 Spot on the ground where rain gathers
- 11 Female parent
- 12 Mother's _____
- 13 Place where birds lay their eggs
- 14 Part of our world not made up of humans
- 17 Water falling from the sky
- 18 Hold this to stay dry while it rains
- 22 Sun's light
- 23 Horse race
- 24 Symbol of fertility

DOWN

- 2 Birthstone that means love and success
- 4 A caterpillar turns into this
- 6 Place to plant flowers and plants
- 7 "April showers bring May _____"
- 8 Season between winter and summer
- 15 Zodia sign for the month of May
- 16 Herbage suitable for grazing animals
- 19 Birth flower "_____ of the valley"
- 20 Composition in verse
- 21 Mexican holiday "_____ de Mayo"



FEEDBACK

Going forward, we would love to encourage residents to submit their own content.

Maybe you're an avid drawer who wants to share their artwork, someone who likes to write a poem or two or you just have a good story you would like to share. All submissions are welcome.

SUBMISSIONS

If you would like to make a submission or provide feedback, please chat to the staff members around you who can pass on your ideas straight to us!

You can also speak with reception staff or email svcs.marketing@svha.org.au.

FEEDBACK

If you have compliments or suggestions about our services, or wish to raise a concern, you can contact our customer care team on 1800 778 767 or reach out to our state managers directly.

QLD State Manager: nicole.devlin@svha.org.au

NSW State Manager: charlotte.milner@svha.org.au

VIC State Manager: bernadette.murphy@svha.org.au

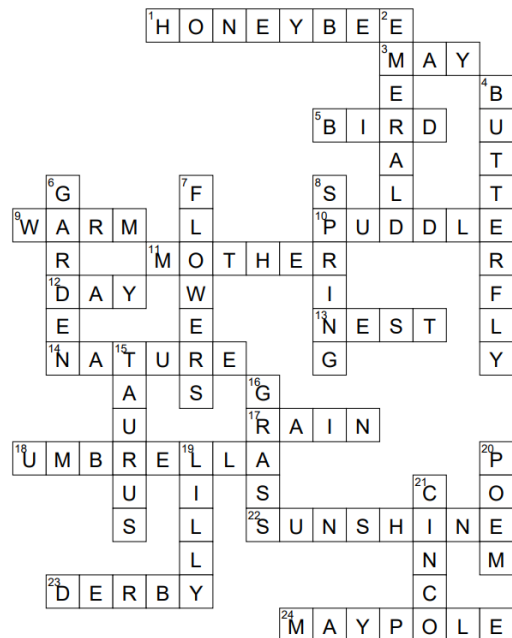
If you speak a language other than English, you can call the Translating and Interpreting Service (TIS National) on 131 450 for support to talk to your aged care provider about your services.

TIS National covers more than 100 languages and is available 24 hours a day, 7 days a week, for the cost of a local call.

AGED CARE QUALITY

The Australian Government's Aged Care Quality and Safety Commission 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.

PUZZLE SOLUTIONS



TRANSLATION OF COVID-19 RESOURCES

The Department of Home Affairs now has a dedicated website for translated COVID-19 information - <https://covid19inlanguage.homeaffairs.gov.au/>. This website provides culturally and linguistically diverse people with a single source of information in 63 languages other than English.

The following resources have also been translated into 63 different languages:

- Stay COVID Free Do The 3
- Testing for COVID-19
- What you need to know about Coronavirus
- Help for finances and mental health
- Protecting you from Coronavirus
- Easing of Restrictions
- Roadmap to a COVIDSafe Australia
- COVIDSafe app - New tool to help slow the spread of COVID-19

You can also contact the Department of Home Affairs if you believe there is a language that should be translated that is not available. You can email through your suggestions to: agedcareCOVIDliaison@health.gov.au.





Please don't hesitate to call

1800 778 767

St Vincent's Care Services

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BOWEN HILLS QLD 4006



ST VINCENT'S CARE

Q St Vincent's Aged Care