

The Voices of ST VINCENT'S



ST VINCENT'S
CARE SERVICES

JUNE 2021





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2021 CALENDAR *dates*

JULY

1
THURS
Edgecliff Anniversary
Etham Anniversary

4
SUN
NAIDOC Week

19
MON
National PJ Day

22
THU
Feast of Mary
Aikenhead

26
MON
Crazy Hair Day

27
TUE
Hawthorn Anniversary

30
FRI
International Day of
Friendship

AUG

4
WED
Werribee
Anniversary

6
FRI
Transfiguration of
the Lord

6
FRI
Aged Care Workers
Day

8
SUN
Feast of Mary
MacKillop

11
WED
EKKA

15
SUN
National Science
Week

15
SUN
Feast of the
Assumption

17
TUE
QLD Seniors Week

21
SAT
Bardon Anniversary

SEPT

1
WED
Arundel & Heathcote
Anniversaries

5
SUN
Father's Day

9
THUR
R U OK Day

21
TUES
International Day
of Peace



HOME *locations*

St Vincent's Care Services
has a total of 20 aged care homes
across QLD, NSW and Victoria.





“Just because your life changes doesn’t mean that your deepest passions have to”

- Gymnast Shannon Miller



Message

FROM OUR CEO

Dear St Vincent's Residents,

It's always a joy of mine to read through these monthly newsletters and get to know each of you better and June has certainly been another action-packed month - even with the various COVID-19 restrictions in place. Birthday celebrations, gardening activities, exercise classes and morning teas continued on and I'm so glad you were able to keep busy, engaged and connected.

Your resilience and support knows no bounds and I'm very grateful to have your can-do spirit within our St Vincent's community!

This month, there were lots of conversations and stories in response to the question of **'...what are your greatest passions past and present?'** It was extraordinary finding out your individual passions and how you have kept this going over a lifetime, adapted it over the years and even finding brand new things to get passionate about! I feel that I know you all just a little more now - from dominating chess, to belting-out a beautiful tune, to baking all day long....

Passions are what make us special and unique and are incredibly important. If there is any way we can help to keep your passion going, or help you find a new one, please let us know! This could mean us introducing a new activity, or adapting something we already have in place – your feedback and ideas are always welcome and encouraged! I especially love this quote by Gymnast Shannon Miller, who so rightly put it: **“Just because your life changes doesn't mean that your deepest passions have to.”**

For me, I am passionate about YOU!

I'm passionate about what makes you happy, fulfilled and engaged; from your personal stories, through to your fondest memories. But most of all, I am passionate about your care. Your wellbeing, both physical and mental is my greatest priority and the priority of every staff member too.

At St Vincent's, our passion is ensuring that everyone feels welcomed, valued and safe.

Thank you again for sharing yourself through these newsletters. I hope you enjoy this latest edition of The Voices of St Vincent's and the many passionate people that make up each page!

God Bless and have a wonderful day.

LINCOLN HOPPER
Chief Executive Officer

“Do you want to be made well?”
(Jn5:2-6)



Message

FROM OUR MISSION LEADER

Dear Residents,

If I may, I would like to start this month's mission message with scripture:

*Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Bethzatha, which has five porticoes. In these lay many invalids—blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, “**Do you want to be made well?**” (Jn5:2-6)*

What a powerful question that Jesus poses to the ill man, ‘Do you want to be made well?’ Just sit with that for a moment. What do you draw from this question?

In this passage, Jesus does not presume that everyone, including this ill man, may want to be healed or made well. Jesus invites the ill-man by asking a very simple question. In a really simple way, Jesus is explaining through scripture God's invitation to all people. God is ever present to all, they just have to be open and willing to accept the invitation.

Fr Cedric Pisegna, a Passionist Priest, drew a very similar connect to the scripture passage whilst

studying Michelangelo's, *Creation of Adam* in the Sistine Chapel. Fr Cedric asks, *do you know why the fingers of God and Adam don't touch?*



Do you notice something particular about God and Adam's fingers? The finger of God is extended to the maximum, but the finger of Adam is sitting in the contracted position. The arm of God is reaching out - strong and resolute, while Adam's arm is hanging in a relaxed and casual manner.

‘The sense of art’, Fr Cedric notes, ‘is to explain that God is always there, but the decision is humankind's. If humankind wants to touch God, they need just to stretch out their finger, but by not stretching their finger, they can go their whole life without seeking it.’¹

This is free-will given to all humanity – the right to choose, to make one's own decisions. However, the invitation is ever present, no matter where life has led us or how far we may think we have travelled in the opposite direction, we just have to be open to accept God's invitation.

At the start of each new day Jesus asks us, *do you want to be made well?* How will you answer today?

TROY TORNABENE
Mission Leader

¹ Pisegna,C 2021, Fr. Cedric Pisegna, Facebook, 8th June.

Just a Cuppa QUESTIONS



TOM FROM GYMPIE

Q What were your favourite activities in the past?

When I was younger, I was into tennis and cricket.

Q Why did you like doing it?

I worked with beans and dairy cows every day, so tennis and cricket were fun and something separate for me to do.

Q What do you like to do now?

Until recently, I made tapestry. I actually started when I was about 40 and continued with it until about 70.

Q Why are you so passionate about it?

It was something I could do with my hands. It is really detailed and I found that I was quite good at it straight away. I entered tapestry items in a lot of shows over the years and have done well.



There were only a few men who did tapestry, but the ladies didn't want to lose me! I bought all my frames and wool in Mary Street. The shop would often ask me to do a tapestry for them or for one of their customers. They would give me the pattern and everything I needed, and I would make it for them.

I have a few tapestries in my room and would like to try do more.

ELIZABETH FROM KANGAROO POINT

Q How long have you been at Kangaroo Point

More than a year.

Q What was a favourite activity of yours in the past?

I love drawing and painting. My father was an avid storyteller, and also wrote a few books. My Dad had a big influence on me. I love drawing the characters, especially the children in his books.

Q Why did you like it so much?

Simply because I love children.

Q What do you like to do now?

I still like drawing and painting. I love singing too! I was in the Amsterdam Women's Orchestra and I am now in the Kangaroo Point choir. I also enjoy reading books and magazines.

Q Have your passions changed over the years?

No not really. I don't think so.

SISTER MATHILDE HARNISCHFEGER FROM KANGAROO POINT

Q What was a favourite activity of yours in the past?

I was a Sister of Charity. I worked as a trained teacher at the Brisbane Teacher College for 3 years. I entered the Conference at 23 years of age in 1952. I lived at Pott Points, Sydney and walked to Darling Hurst to teach every day.

I travelled around Australia to Sydney, Canberra, Melbourne, Hobart and then overseas to Nigeria.

Q Why did you like it so much?

I just thoroughly enjoyed teaching and travelling.



Q What do you like to do now?

I love a glass of wine in the afternoon. My father made his own wine back in the day.

I also crochet blankets in my spare time to give away to family and friends. I do crosswords sometimes to keep my mind going too.

LESLYE FROM GYMPIE



Q What were your favourite activities in the past?

I did a lot of crocheting, knitting and sewing in the past.

Q Why did you like doing it?

I liked making things from the patterns. The best part was that there was a real need - lots of my creations went to homeless people and others who needed them.

Q What do you like to do now?

Now I use acrylic paint to paint rocks. It is art on rocks!

Q How did you get from knitting to painting rocks?

My daughter asked me to give her acrylic paint pens as a present. I thought they looked pretty good so I got myself a set too. I looked up sites like "Painting Rocks 101" and Pinterest, finding lots of suggestions, patterns and ideas.

Q Why are you so passionate about it?

My daughter and groups like Gympie Rocks, place rock art around town. Places like The River Walk and Mary Valley Rail Trail have art rocks placed on them. When people spot them, they might leave them, keep them or relocate them. They often take a picture of them and load them onto the "Gympie Rocks" website. It's fun to see your rock being found in one place, then popping up somewhere else on the internet.

It also provides purpose to keep me motivated. It is quite creative because I can make my own designs and each one is different.

Three Unusual Hobbies

This month, we looked at all the passions past and present for our residents at St Vincent's Care Services.

We had everything - from rock painting to tapestry making... and the variety got me thinking: What are the strangest hobbies that I can find that would also be quite interesting? I found three hobbies in particular that fit the bill – so enjoy!



1 Stone skipping

It sounds like something straight out of a Tom Sawyer story, but stone skipping is a serious sport. Gone are the days of quietly skipping stones at the local dam.

There's world championships for stone skipping where competitors are not only judged on distance, but overall aesthetic of their throws as well!

Wow:

The world record for skipping stones is 121.8m, set by a Scottish man named Dougie. Go the Scots!



2 Extreme Ironing

If the heat of the iron and the satisfaction of a freshly pressed shirt isn't good enough for you, why not take it to the extreme?

Yes, it's Extreme Ironing (also known as EI), which according to the Extreme Ironing Bureau is: "the latest danger sport that combines the thrills of an extreme outdoor activity, with the satisfaction of a well-pressed shirt." [1]

Iron off a cliff. Iron underwater. Iron while skydiving. No matter how you humidify your hems, with Extreme Ironing there's always another way to take it to the next level!



3 Duck herding

It's not quite herding cats, but herding ducks has its own challenges. Usually done as a team building exercise; a team works together to herd ducks through an obstacle course or back into their pen, sometimes with a sheep dog and sometimes with other people.

So there you have it. Some very unusual hobbies. Got any weirder or wackier ideas? Drop me a line at svcs.marketing@svha.org.au.



EDITOR'S NOTE

Jesse works in the marketing team at St Vincent's. In his 20s, Jesse loves writing, technology and history as well as making complicated things seem simple. If you see him around, make sure to say hi! Hit off a conversation on movies, music and Frank Sinatra – but be careful, you may have trouble getting away!

HOME Highlight

KAREN

We want to give a heartfelt thanks to Karen Campbell

She volunteered to ensure that Iris Terry made it to the ANZAC Day March back in April

Karen got up extra early and headed over to Yennora Care Services to make sure Iris was ready for the day ahead

It's people like Karen that go above and beyond and make our SVCS community so amazing!



REMEMBER WHEN

With Nancye FROM GYMPIE

When I was asked about the passions in my life, I wasn't sure what to say. I really don't think of myself as a passionate type of person at all.

However, on reflection, I realise that there are many things in my life that I would describe as "gentle passions".

Throughout my life, I have always enjoyed food. Before moving into residential care, I thoroughly enjoyed cooking, making meals from scratch and with as much fresh produce as possible. In my home, there were always people coming and going, and sharing a meal together. A meal is always more enjoyable when shared with others, and a laugh a day is the best tonic a person can have.

It is so good to laugh with others and to make others laugh. It makes you feel better about the world and life in general. Living as I now do in residential care, I still like to talk to people and to laugh with them too. There are not as many people in my life now as a lot of my friends have passed away, but I still like to connect

with people and to share a smile and a story.

My nearest and dearest family are not always able to visit regularly, but we talk frequently on the phone. We laugh and share a joke, and maintain a strong family connection which is so important to me. My children have been the core of my life for so many years. My husband died fifty years ago and I have lived a single life ever since then, so it's wonderful having the children in my life.

I treasure my health, and have adapted far better to residential care than I had ever imagined would be possible. I continue to exercise and fill my life with colour and laughter. I eat modestly and am conscious

that I must look after my health in order to live a full and complete life.

Connection with people is so important to me and something I am passionate about too. I have a happy disposition and I try to see the best in others. I have had happiness most of my life and really only wish to continue to live my life fully and graciously for as long as I am gifted to do so.

Red is traditionally described as a 'colour of passion'. It is my favourite colour consequently! I like to wear red cardigans, red beads, red socks and of course, red lipstick. I would never leave home without my lippy! I think perhaps that my liking for the colour red is the outward expression of my passion for living, laughing and loving life to the full.

Residents SUBMISSIONS

Passions past and present



Owen

Owen has always loved his football and lawn bowls, starting out at the age of 24.

A few of his mates joined The Wanderers Football Club - the oldest club in Australia! After the football game, the team would go to Albert Bowls Club for a drink. This eventually led to giving bowls a go too:

"Bowls became my main sport - I won 80 titles, including the club champion 12 times! In 1986, I even travelled to New Zealand, winning the QLD Rail Australian Championship."

Nowadays at Gympie Care Services, Owen follows the football on television and gets very involved in tipping. Owen says that it's good to have something to focus on and think deeply about.



Joanne

Ms Joanne Scanlan is passionate about travelling and has visited many countries in South East Asia; namely Singapore, Malaysia and Hong Kong.

She has also travelled to Europe - visiting both England and France, spending 6 months living there! Joanne loved learning French and eating the local cuisine. French cooking was actually her speciality!

Nowadays, Joanne's passions have changed, as she prefers to enjoy a quiet moment out on her balcony, reading a good book, or watching her favourite shows on TV. Joanne still enjoys being pampered, having her nails done by the Lifestyle Team regularly, and wearing the latest fashion.

AROUND the grounds



A Residents at Toowoomba recently raised \$600 for cancer research during their “Big Morning Tea” event, with a further \$400 added from their recycling efforts too. The residents proudly presented the Cancer Council with a cheque of \$1,000. A big thank you to all involved - well done!

B A lockdown didn't stop Eltham making Mary's 100th birthday extra special for her and her family – a big happy birthday!

C Arundel residents were hard at work making some colourful tiki masks!

D There was some beautiful piano playing by the talented Margaret O'Leary at Hawthorn during the second-round COVID vaccinations. Everyone sang, danced and forgot about their sore arms!

E Southport residents got their swimming caps and goggles on for another fun-filled morning at the pool.

The Southport Swim Program is a fantastic way to improve residents' strength and balance, while still having fun!

An exercise physiologist meets with the group every week and you can see by their smiling faces, it's something that everyone looks forward to.

F Residents at Heathcote took part in a number of activities for Reconciliation Week, including listening to some inspiring speeches from staff

G There was a little helper at Mitchelton's morning exercise class – what a sweetheart!

H Residents at Kangaroo Point looked gorgeous after some pampering at the beauty salon!

I Mitchelton resident Edna recently went for her first Harley bike ride, proving you're never too old to have fun!

J A huge thank you to the wonderful residents over at Heathcote for their support in helping raise much needed funds at the Biggest Morning Tea event. It was a fabulous morning!



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.

GARDENING

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

.....

Annuals	Grass	Soil
Bees	Harvest	Summer
Day	Hoe	Sunshine
Flowers	Night	Trowel
Fruit	Rain	Vegetables
Garden	Seeds	Water
Germinate	Shrubs	

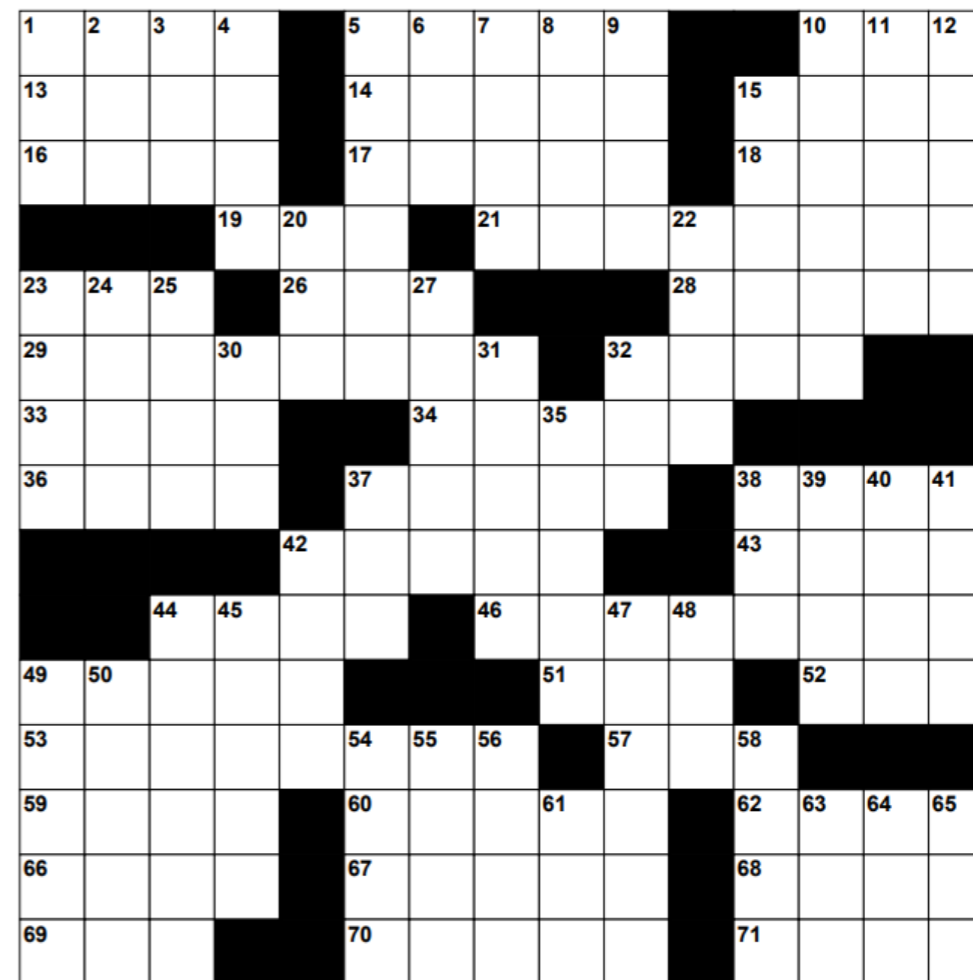
CROSSWORD JUNE

ACROSS

- 1 Astringent
- 5 Baseball plates
- 10 To be ahead in race by one circuit
- 13 Information
- 14 Extreme
- 15 Summer month
- 16 Tinter
- 17 Large stacks of paper
- 18 Continent
- 19 Long stick used in pool to hit the ball
- 21 America's pastime
- 23 Furthest back
- 26 Jack of clubs in loo played with 5-card hands
- 28 Prods
- 29 Spade (2 words)
- 32 Brief autobiographical sketch
- 33 Opera solo
- 34 Supernatural
- 36 Foolish
- 37 Sign of the zodiac
- 38 Capital of Norway
- 42 Powdered chocolate
- 43 Reverent
- 44 National symbol
- 46 Changed into bone
- 49 Sacred poem
- 51 Plant
- 52 Married woman
- 53 Poisonous alkaline
- 57 Prune
- 59 Not any
- 60 Gambling game
- 62 What dogs sit on
- 66 Walked
- 67 Former Russian ruler
- 68 Malaria
- 69 Stitch
- 70 Informal speech
- 71 Meditation

DOWN

- 1 Sum
- 2 Nonprofessional
- 3 Southwestern Indian
- 4 Artist Chagall
- 5 Administrative unit
- 6 Lager
- 7 Job
- 8 Writer Bombeck
- 9 Talk back
- 10 Capital of Zambia
- 11 Senile
- 12 Rings, like bells
- 15 Ruffle down the front
- 20 Delivery service
- 22 Heroic
- 23 Academy (abbr.)
- 24 Gambling game
- 25 Short journey from one point to another
- 27 Imitate
- 30 Time period
- 31 Not allowed
- 32 By way of
- 35 Green plant that often covers lawns
- 37 Record
- 38 Klutz
- 39 Move through the water by moving parts of the body
- 40 Give a sideways look
- 41 Chances of winning
- 42 Outdoor area where tents are set up to sleep in
- 44 Litter of pigs
- 45 Architect Frank_Wright
- 47 Bye (2 words)
- 48 The other half of Jima
- 49 Lower body clothing
- 50 Look at steadily
- 54 Evils
- 55 Carol
- 56 Volcano
- 58 Activity intended for amusement
- 61 Can metal
- 63 Gone by
- 64 Type of dog
- 65 Body of water





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: sonia.liddell@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.

SERIOUS INCIDENT REPORTING SCHEME (SIRS)

You may have heard of the new SIRS legislation which came into effect on 1 April 2021. The purpose of this legislation is to reduce the risk of abuse and neglect for people living in residential aged care homes. In addition to our existing internal incident management processes, there are additional types of incidents we are now required to report to our external regulator, the Aged Care Quality and Safety Commission.

The Agency has prepared some information for all family members and representatives, which includes a factsheet, as well as videos and other information. If you would like access to these, or have any further questions about this reporting scheme, please reach out to your Facility Manager or staff onsite.





Please don't hesitate to call

1800 778 767

Q St Vincent's

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**ST VINCENT'S
CARE SERVICES**