

THE VOICES OF ST VINCENT'S



ST VINCENT'S CARE



JANUARY 2022



*“I have made lots of friends and enjoy the care provided. I just worry that my snoring may keep some of my neighbors awake!”
- Maurie from Mitchelton*

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2022 CALENDAR DATES

FEBRUARY

2 WED Presentation of the Lord	11 FRI Day of Prayer for the sick	13 SUN National Apology Day	14 MON Valentine's Day
17 THU National Closing the Gap Day	20 SUN World Day of Social Justice		

MARCH

1 TUE Shrove Tuesday	2 WED Ash Wednesday	7 MON Lent Week 1	14 MON Lent Week 2
17 THU Feast of St Patrick	19 SAT Feast of St Joseph	21 MON World Poetry Day	21 MON Lent Week 3
25 FRI The Annunciation	26 SAT Earth Hour	27 SUN Neighbour Day	

APRIL

1 FRI April Fool's Day	4 MON Lent Week 5	9 SAT Sr Xavier Williams (first Aust. Sister of Charity)	10 SUN Palm Sunday
11 MON Holy Week	15 FRI Good Friday	17 SUN Easter Sunday	25 MON ANZAC Day
28 THU World Health and Safety Day			





HOME LOCATIONS

St Vincent's Care Services has a total of 24 aged care homes across QLD, NSW and Victoria.



Arundel



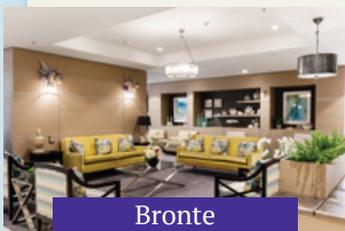
Auburn



Bardon



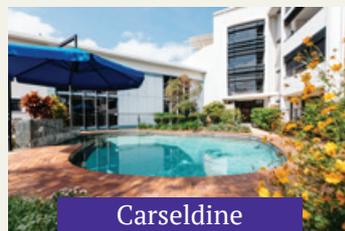
Boondall



Bronte



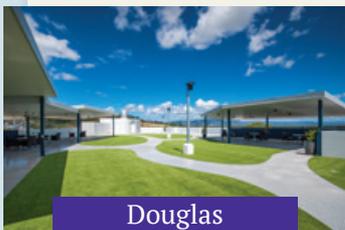
Carina



Carseldine



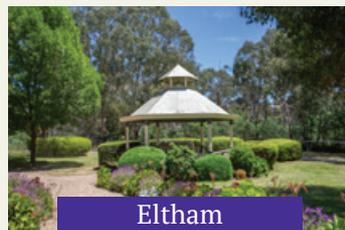
Corinda



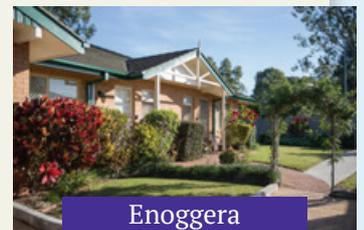
Douglas



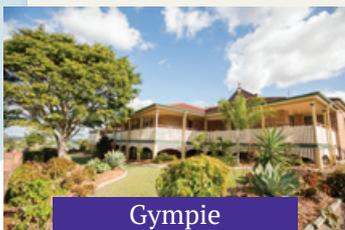
Edgecliff



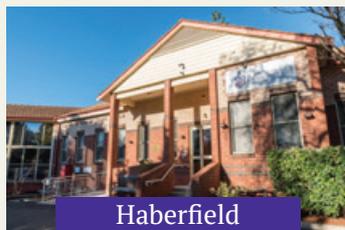
Eltham



Enoggera



Gympie



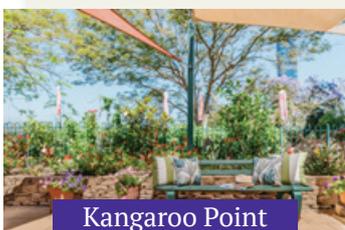
Haberfield



Hawthorn



Heathcote



Kangaroo Point



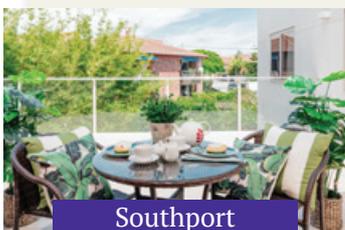
Kew



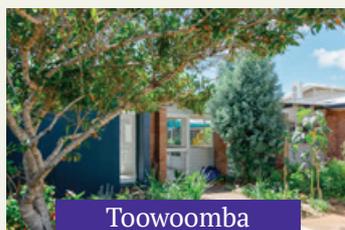
Maroochydore



Mitchelton



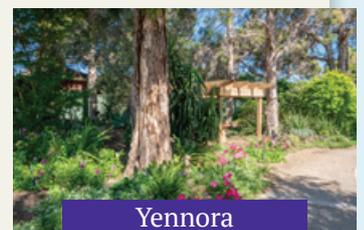
Southport



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,

Welcome back officially to another year and what a start to the year it has already been!

I've been reflecting recently on St Vincent's Foundress Mary Aikenhead who, during possibly the most turbulent period in Irish and European history, managed to literally change the world calmly, courageously and in way never seen before.

In her efforts to establish her Religious Order to care for and serve the sick, the poor and the vulnerable, Mary Aikenhead faced many setbacks, obstacles and challenges including her own ill health, Cholera outbreaks, the great famine and even Church stonewalling.

Just like Mary, we too are faced with turbulent times in world history and are also being asked to dig-deep and to step forward, calmly and courageously.

So, as weariness, frustration and anxiety threaten our outlook as we enter our third year of COVID, I have been asking my team here at St Vincent's to draw strength and encouragement from Mary Aikenhead's example. I warmly invite you to join us.

So - as a united community of residents, family and staff - let's hold each other up and press on together!

Despite the pain and suffering of the last two years, I'm incredibly proud of how we have worked together as partners-in-care and particularly during this latest most difficult Omicron outbreak phase.

St Vincent's staff have been working incredibly long hours, wearing uncomfortable PPE and staying compliant with the many and variable COVID restrictions, all with the sole purpose of keeping you as safe and as comfortable as possible.

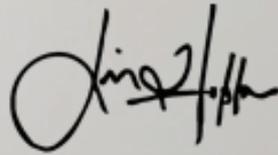
You too have gracefully put-up with these same difficult conditions of vaccinations, ever-changing restrictions, painful disconnection and worry.

But these are the times we are faced with and perhaps, just like Mary Aikenhead, our best work today might also emerge from the toughest of circumstances! In response, the best thing we can do as a united community is to follow her example and the many Sisters of Charity who followed, and dig-deep, to step forward, calmly and courageously to take those challenges head on.

Drawing strength from each other and from Mary's own words when she said "*we must try our best to stand steady under the heat and burden of day*", the entire St Vincent's Care team will

therefore keep believing in better days ahead and hold steadfast in our faith that we are never alone on this journey.

God bless,



LINCOLN HOPPER
Chief Executive Officer





MESSAGE FROM OUR MISSION LEADER

Dear Residents,

When reflecting on the end of the year, and the start of the New Year, the song from the band, *The Byrds*, kept popping into my head. I am sure many of you would know it and will be able to sing along as you read this article:

To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven
A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep
To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven
A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to gather
stones together
To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven
A time of love, a time of hate
A time of war, a time of peace
A time you may embrace, a time to refrain from
embracing
To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven
A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace, I swear it's not too late

I kept wondering to myself, 'Why this song?' and 'Why now?' I suppose it was the Holy Spirit working its magic.

Last year definitely didn't end the way most of us

may have wanted, and certainly this year has not started anywhere near the way we wanted it to start. In light of this, many could be left feeling rather deflated, or even somewhat hopeless.

However, this song, taken from Ecclesiastes, reminds us that there is a time for everything, both the good and the bad and that there is a purpose to this. This purpose may be unknown to us right now, but there is a purpose.

I then started to reflect the symbiotic nature of the good and the bad. Just like nature only survives because of the seasons, of periods of warmth, coldness, drought and rain, perhaps human nature also needs the highs and the lows, the successes and failures to survive. Maybe we can only truly appreciate the good things when we experience the absence of them. Oddly enough, this gave me a sense of renewed hope, especially at this time when everything still seems so uncertain.

So I offer this prayer to start our new year:

Lord and Teacher,
Bless all in this ministry of Care – staff, residents and families
As we seek to begin our year
With the grace you so generously provide.
We give thanks for the residents,
their families, the staff,
And all who contribute to this year of
nurturing and growth.
We affirm all the positive moments,
Of insight, of the excitement of striving for
excellence,
Of accomplishment, of creativity,
Of laughter, of a sense of community.
We recognize the times of struggle,



‘For everything there is a season, and a time for every matter under heaven.’ (Ecclesiastes)

Of difficult work, of misunderstanding,
Even of failure - we give these
To you for transformation,
So they can become seeds
That will find fertile soil.
As we head into this New Year, may we take
with us the knowledge that You will keep us all
in your embrace so we may rest and be restored

and so we can continue in the ongoing discovery
of your Love.

We ask this through Christ, our Lord. Amen.

Author Unknown

TROY TORNABENE - Mission Leader

REMEMBER WHEN

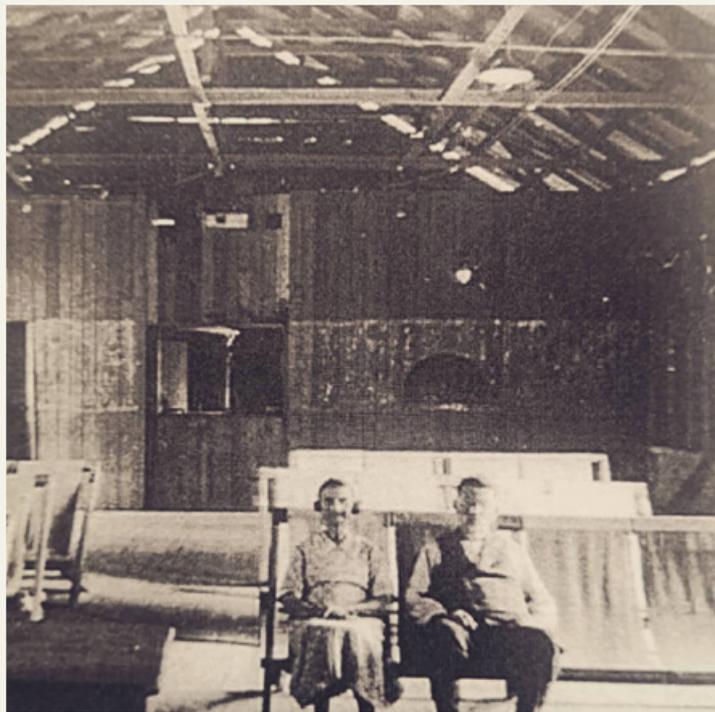
How this classic picture sparked the coincidence of a lifetime

Joel Archer got quite the shock when he met St Vincent's Maroochydore resident Cynthia.

See, Joel's passion is reigniting the memories of old movies for seniors. From everything from movie posters and discussions about actors to watching the films themselves.

But it was only recently that Joel stopped by Maroochydore for a 1930s film talk where he met St Vincent's resident, Cynthia.

"Today I was bowled over to meet Cynthia," he writes. "After my 1930's Film Talk she expressed her likeness as a child to Shirley Temple and that her mum even curled her hair to pull off the Illusion. She then commented her childhood was spent in Mount Molloy in FNQ and said her parents ran the local cinema."



"My eyes bulged out of my head remembering I had a picture of this eccentric old couple who ran this old rickety theatre in the Tropics and I often wondered who they were and what their story was."

Of course, once Joel showed her, it didn't take long for Cynthia to recognise the picture.

"I know 'em, that's my Mum and Dad!"

Chatting with Cynthia more, the St Vincent's team found out some very interesting parts of Cynthia's family and the classic cinema her parents ran. Her parents had purchased it from an older couple and restored it, running it for about two years before Cynthia's sister Claudia fell ill.

They played everything from Lassie, to Shirley Temple films, to Ship on the High Seas and even Moby Dick!

While Cynthia was only seven at the time, her memory is as sharp as ever. We asked her about her favourite moments at the cinema.

"Dad would play music and I would dance on the stage prior to a movie screening."

"One time, the lights were turned off when I was up there [on stage] at the end of the night. I screamed!"

After moving from Mount Molloy, Cynthia's parents later bought and ran another cinema in Atherton. Her dad even turned the top story where the projectionist sat into their living quarters.

SURVIVING AND THRIVING IN LOCKDOWNS

Carseldine resident Tess Kruger gives her take on lockdowns, positivity and discovering new interests



Prior to the lockdowns I would stick to my routine of getting out and about, doing the things that interest me in quite a habitual way. I would go to my drawing classes, body percussion group and book club regularly so I kept very busy.

The lockdowns have stopped me doing these things.

I could have become very depressed about the loss but I'm a practical person and I realised I couldn't do anything about it so I settled in and accepted the reality of the situation.

Honestly, I have enjoyed the 'me' time. I feel I am resilient and up to the challenge. Having a strong faith helps me. I believe that things happen for a purpose and that things come to me when I'm ready for them.

Discovering the joy of Youtube

I have always had a fear of technology and don't particularly like having to deal with it. Over Christmas, however, my family introduced me to the YouTube app on my phone. I enjoyed the clips I started watching but it was very hard on my eyes.

When Xin my lovely Leisure & Lifestyle assistant heard I was interested in watching YouTube clips she kindly helped me access it on the TV in my room. It is something I'm really enjoying. She has been very supportive and I'm sure I can rely on her to help me get even more comfortable in using it.

Staying in 'the present'

Without being preachy I would recommend that people having to deal with these lockdowns should try to find ways to stay in the present moment as much as they can.

Being accepting of the reality and just 'being' in the present is something that improves with practice. And people could try doing things that absorb their mind so they don't worry about threats and troubles of our time. I believe it's called being in the 'zone' and it very much works for me.



From Werribee, to Gympie to old Kew fair

Australia Day we celebrated with great love and care



With snags and drinks and big hats to boot





For those hat donned folks it was quite the hoot

And sadly we know that while the day is done,

There's always tomorrow,

a new day for fun.



JANUARY HIGHLIGHTS



A special concert this month as John, a former drummer for the 'Verandah Band', sat out the front of the front and drummed along with his old band mates at Mitchelton.



While residents have had the occasional lockdown, take it from Arundel residents -- it hasn't been all bad they say! But looking forward to getting back to large group activities consistently again!



Residents (couch) travelled to Lapland (Finland) this month and staff got dressed for the occasion. The Mitchelton team never fail to disappoint!



Classes are reaping some sensational paintings at Kew – check that out!



Residents enjoying a game of 500 in Toowoomba. Looks like they're all winners!



“I loved seeing the street that I grew up in”
Residents going on a bit of a road trip down memory lane and grabbing some fine chocolate along the way at Kew!



Residents at Carina had a visit from our furry (and COVID safe) friend Dusty to keep them company. He was drowning in treats by the end of his rounds!



GAMES AND PUZZLES

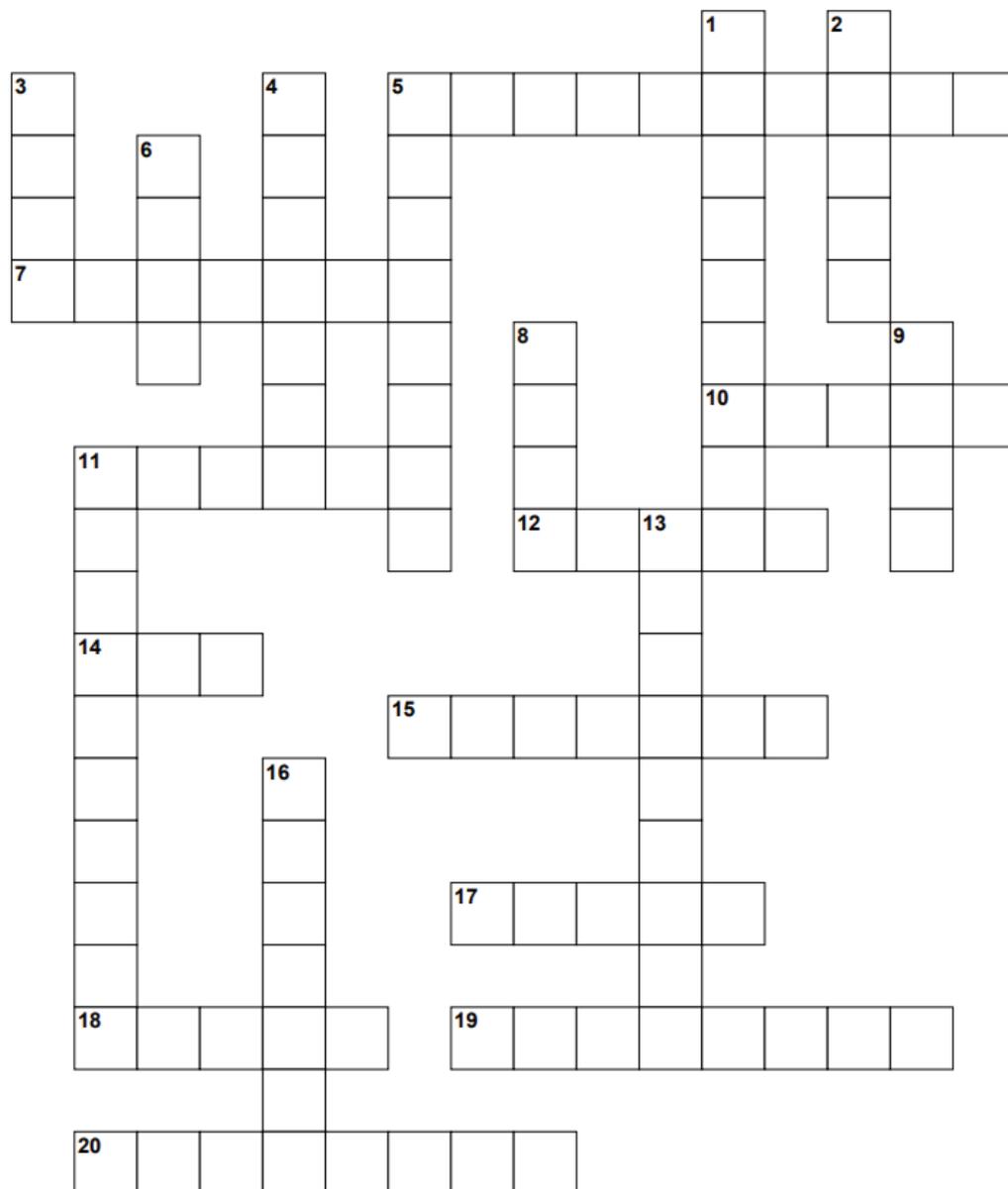
WORD SEARCH

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.

WILDFLOWERS

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

-
- | | | |
|---------|----------|-----------|
| Annual | Daisy | Root |
| Anther | Family | Rose |
| Bark | Flower | Sage |
| Blossom | Genus | Seed |
| Bud | Larkspur | Stem |
| Clover | Leaf | Sunflower |
| Corolla | Poppy | Vines |



CROSSWORD VALENTINE'S DAY

ACROSS

- 5 One of a pair of lovers
- 7 Written communication of information
- 10 Slender pointed shaft shot from a bow
- 11 One closely attached to another by affection and esteem
- 12 Small igeionlike birds
- 14 Colour that resembles the colour of blood
- 15 Plants capable of producing blossoms
- 17 Roman god of love
- 19 Obsessed with a loved person
- 20 Month with one additional day each fourth year

DOWN

- 1 Small piece of brown candy often containg sweet filling or nuts
- 2 Confection made with sugar
- 3 Piece of writing characterised by vivid compressed language
- 4 Love affair
- 5 Song performed out of doors in tribut to a lover
- 6 Press with lips as sign of love
- 8 Greeting_____
- 9 Tender and passionate affection
- 11 Number represented by the Roman numeral XIV
- 13 Greeting card sent as token of affection
- 16 One who observes another person with pleasure and approval



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

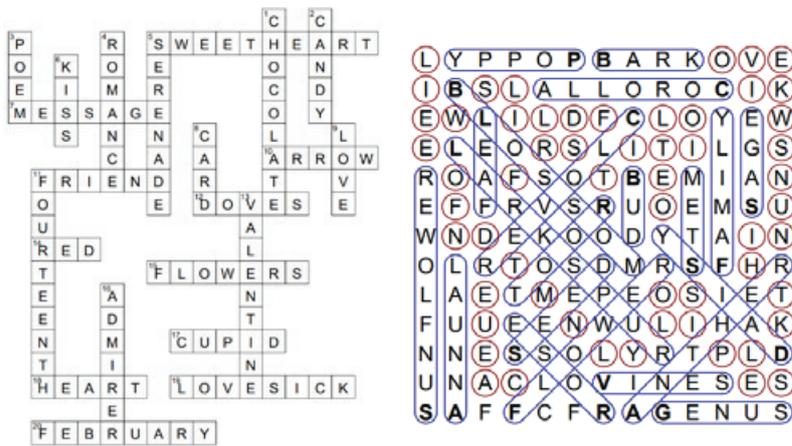
If you speak a language other than English, you can call the Translating and Interpreting Service (TIS National) on 131 450 for support to talk to your aged care provider about your services.

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



FAMILY AND FRIENDS' WEBINAR

We have recently introduced virtual webinars for your family members and friends, to discuss their many ideas, questions and feedback regarding the current COVID situation, as well as your care into the future. We have found these to be another wonderful avenue to connect with our broader St Vincent's community, and understand how we can improve upon our services.

We will keep you posted on any future webinars that we host into the future, so your loved ones can join in.

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

Level 3, East Tower, 25 Montpelier Road

BOWEN HILLS QLD 4006



ST VINCENT'S CARE

🔍 St Vincent's Aged Care