

THE VOICES OF ST VINCENT'S



ST VINCENT'S CARE



JUNE 2022



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2022 CALENDAR DATES

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	

SEPTEMBER

1 THU Heathcote & Arundel Anniversaries	4 SUN Father's Day	9 FRI R U OK Day
21 WED International Day of Peace	23 FRI AFL Grand Final Holiday	27 TUE St Vincent De Paul Feast





HOME LOCATIONS

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



Arundel



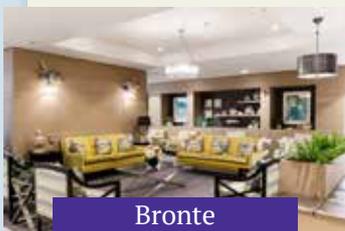
Auburn



Bardon



Boondall



Bronte



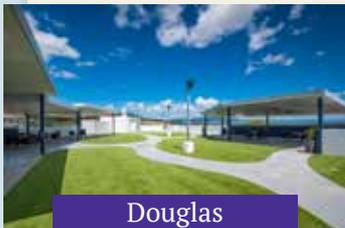
Carina



Carseldine



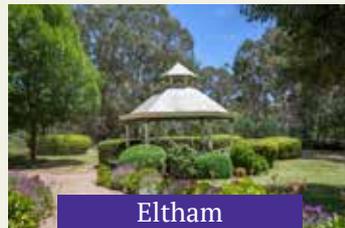
Corinda



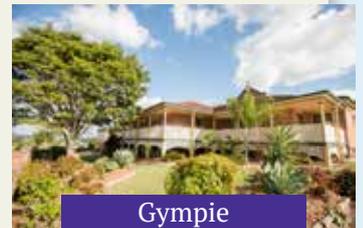
Douglas



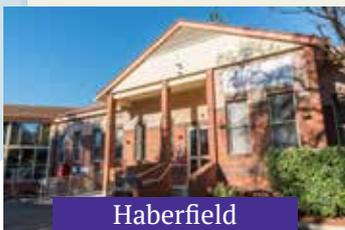
Edgecliff



Eltham



Gympie



Haberfield



Hawthorn



Heathcote



Kangaroo Point



Kew



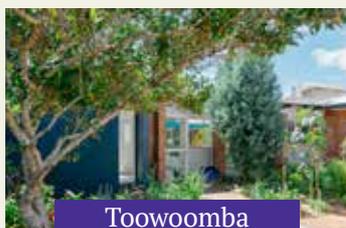
Maroochydore



Mitchelton



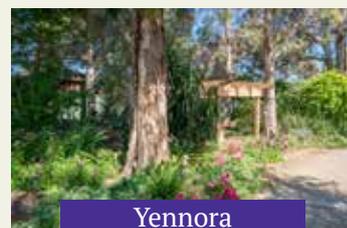
Southport



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,

As we approach the second half of 2022, it's a good time to reflect on the year so far, our experiences and the events that have happened. From devastating floods to the ongoing effects of COVID, this year has certainly proved to be another uncertain and unpredictable one.

St Vincent's foundress the Venerable Mary Aikenhead was a champion of overcoming setbacks to continue her mission of serving the sick and vulnerable. During the 1832 cholera epidemic, Mary Aikenhead and the Sisters of Charity ministered tirelessly to help with patient care in the city's hospitals and in people's homes. A number of the Sisters sadly succumbed to the epidemic, including Mary's own sister Anne. Just like Mary Aikenhead, the best thing we can do as a community is to show resilience and to take the challenges we face, head-on!

Despite the difficult events we have faced at St Vincent's this year, there have also been many joyful moments across our homes. It has warmed my heart to see our community of residents, families and employees come together and celebrate life in the face of adversity. The positive and hopeful attitude from residents has



been a great help in keeping our St Vincent's team upbeat and focused on our Mission.

In this issue of *Voices of St Vincent's*, I loved seeing all the creative and exciting activities that our community enjoyed together throughout the month.

State of Origin (go the Blues!) was a highlight at our Queensland and New South Wales homes, with one more exciting round to go for our sports fans. The Queen's Platinum Jubilee was an opportunity for residents and staff to learn about the history of the monarchy, enjoy high tea, and create some Queen Elizabeth related craft.

Finally, we acknowledged National Reconciliation Week, with residents learning about our country's history and taking part in workshops where they had the chance to express themselves

creatively, learning how to use traditional storytelling techniques within their art.

It is clear to me that we are part of a vibrant and active community that despite being faced with ongoing challenges, is committed to helping each other and celebrating life. We are never too old to open our minds to new things, make new friends or have new experiences, and our St Vincent's community is a testament to that!

Thank you for being the heart of our community, and for your ongoing admirable resilience and positive attitude.

God bless,



LINCOLN HOPPER
Chief Executive Officer



GET UP! STAND UP! SHOW UP!
3-10 JULY 2022



MESSAGE FROM OUR MISSION LEADER

Dear Residents,

Over the last few months, the Pope has been speaking on a series about the Elderly during his Public Addresses and it's something that I wanted to share in its entirety with you. Here is the first of his address:

Catechesis on Old Age: 1. The grace of time and the bond between age and life

Today we begin a catechetical journey that seeks inspiration in the Word of God on the meaning and value of old age. Let us reflect on old age. For some decades now, this stage of life has concerned a veritable “new people”, who are the elderly. There have never been so many of us in human history. The risk of being discarded is even more frequent: never as many as now, never as much risk of being discarded as now. The elderly are often seen as ‘a burden’. In the dramatic first phase of the pandemic it was they who paid the highest price. They were already the weakest and most neglected group: we did not notice them too much when they were alive, we did not even see them die. I also found this Charter on the rights of the elderly and the duties of the community: this was edited by governments, it is not edited by the Church, it is a secular thing: it is good, it is interesting, to know that the elderly have rights. It will be good to read it.

Together with migration, old age is one of the most urgent issues facing the human family at this time. It is not just a question of quantitative change; the unity of the stages of life is at stake: that is, the real point of reference for understanding and appreciating human life in its entirety. We cooperation between the different stages of life, or do separation and being discarded prevail?

We all live in a present where children, young people, adults and the elderly coexist. But the proportion has changed: longevity has become a mass [phenomenon] and, in large parts of the world, childhood is distributed in small doses. We have talked about the winter demographic as well; an imbalance that has many consequences. The dominant culture has as its sole model the young adult, that is, a self-made individual who always remains young. But is it true that youth contains the full meaning of life, while old age simply represents its emptying and loss? Is that true? Only youth has the full meaning of life, and old age is the emptying of life, the loss of life? The exaltation of youth as the only age worthy of embodying the human ideal, coupled with contempt for old age, seen as frailty, as decay or disability, has been the dominant image of 20th-century totalitarianism. Have we forgotten this?

The lengthening of life has a structural impact on the history of individuals, of families and societies. But we must ask ourselves: are its spiritual quality and its communal sense objects of thoughts and love that are consistent with this fact? Should the elderly perhaps have to apologise for their stubbornness in surviving at the expense of others? Or can they be honoured for the gifts they bring to everyone's sense of life? In fact, in the representation of the meaning of life — and precisely in so-called ‘developed’ cultures — old age has little incidence. Why? Because it is regarded as an age that has no special content to offer, nor meaning of its own to live. Moreover, there is a lack of encouragement for people to seek them out, and there is a lack of education for the

community to recognise them. In short, for an age that is now a decisive part of the community space and extends to a third of the entire life span, there are — at times — care plans, but not projects of existence. Care plans, yes; but not plans to let them live to the full. And this is a void of thought, of imagination and of creativity. Underneath this [way of thinking], what makes a vacuum is that the elderly are throwaway material: in this throwaway culture, the elderly are like throwaway material.

Youth is beautiful, but eternal youth is a very dangerous hallucination. Being old is just as important — and beautiful — it is equally important as being young. Let us remember this. The alliance between generations, which restores all ages of life to the human, is our lost gift and we have to get it back. It must be found, in this throwaway culture and in this culture of productivity.

The Word of God has much to say about this covenant. A short while ago, we heard the prophecy of Joel: “your old men shall dream dreams and your young men shall see visions” (2:28). It can be interpreted as follows: when the elderly resist the Spirit, burying their dreams in the past, the young can no longer see the things that must be done to open up the future. When, on the other hand, the old communicate their dreams, the young see clearly what they have to do. Young people who no longer question the dreams of the old, aiming headlong at visions that do not go beyond their noses, will struggle to carry their present and bear their future. If grandparents fall back on their melancholies, young people will look even more to their smartphones. The screen may stay on, but life will die out before its time. Isn't the most serious backlash of the pandemic precisely in the sense of loss of the young? The old have resources of life already lived that they can call upon at any moment. Will they stand by and watch young people lose their vision, or will they accompany them by warming their dreams? Faced with the dreams of the old, what will the young do?

The wisdom of the long journey that

accompanies old age to its close must be experienced as an offer of meaning to life, not consumed as the inertia of its survival. If old age is not restored to the dignity of a humanly worthy life, it is destined to close itself off in a despondency that robs everyone of love. This challenge of humanity and civilisation requires our commitment and God's help. Let us ask the Holy Spirit for this. With these catecheses on old age, I would like to encourage everyone to invest their thoughts and affections in the gifts it carries with it and to the other stages of life. Old age is a gift for all stages of life. It is a gift of maturity, of wisdom. The Word of God will help us discern the meaning and value of old age; may the Holy Spirit grant us too the dreams and visions we need.

And I would like to emphasise, as we heard in the prophecy of Joel at the beginning, that the important thing is not only that the elderly occupy the place of wisdom they have, of lived history in society, but also that there be a conversation, that they talk to the young. The young must converse with the elderly, and the elderly with the young. And this bridge will be the transmission of wisdom in humanity. I hope that these reflections will be of use to all of us, in order to carry forward this reality that the prophet Joel spoke about, that in the dialogue between the young and the elderly, the elderly can provide dreams and the young can receive them and carry them forward. Let us not forget that in both family and social culture, the elderly are like the roots of a tree: they have all the history there, and the young are like the flowers and the fruit. If the juice does not come, if this 'drip' — let's say — does not come from the roots, they will never be able to flourish. Let us not forget the poet I mentioned many times: “That the blossoms on the tree/Draw life from what lies buried beneath”, (Francisco Luis Bernárdez). Everything beautiful that a society has is related to the roots of the elderly. For this reason, in these catecheses, I would like the figure of the elderly to be highlighted, so that it be well understood that the elderly are not throwaway material: they are a blessing for society.

WHAT IS A CARE PLAN?

This month's clinical update



By Julia Lawrence
Executive General Manager Service Delivery

A care plan outlines your personal care needs and how these will be met while you live in one of our homes. St Vincent's will work with you to prepare your care plan and make sure you understand it and agree with it. Care plans must be assessed at least every 12 months.

What is included in your care plan?

A care plan should include:

- Your goals, needs and preferences
- The services that St Vincent's Care will provide or organise
- Who will provide the services
- Care management arrangements
- How involved you'll be in managing your care plan
- How often we'll do formal reassessments
- How is your care plan prepared?





When preparing your care plan, it's good to think about your goals. A goal could be having a healthy lifestyle or being more independent.

Your care plan should be designed with your happiness, safety, and comfort in mind, and we'd love your help to make it the best it can be. You can also have a relative or friend with you to help you prepare your care plan. Any changes to your plan will only be done so with your agreement.

If you have any questions, concerns or feedback about you or someone you know's care plan, please don't hesitate to get in touch with a team member at your home. You can ask for a review of your care plan at any time.

Because we want to make sure your care plan reflects what you want, we may ask you or your representative a question such as "are you consulted about your care plan." This is what we mean when we are checking to see if we are doing the right thing for you - these are part of our quality checks to ensure each step of your care has been approved by you before we deliver care and services for you.



THE HISTORY OF THE ROYAL WAVE



Seeing as it's been a busy time of royal-related celebrations, I've seen countless impersonations of the royals from staff and residents (some were even prize worthy from what I hear). But it did get me wondering – where on earth does that wave come from?

Now, the royal family definitely isn't without their peculiarities.

- 👑 Royals get weighed before and after Christmas dinner to see if they actually enjoyed themselves,
- 👑 The Queen has actually banned the playing Monopoly (this one I agree with),
- 👑 And even the ordering of shellfish at restaurants being a big no-no (to avoid food poisoning)

But still, the royal wave stands out as one tradition that seemingly doesn't have the clearest explanation on its face.

But the answer for the wave's existence is actually more practical than you might think.

So, here is the detail. For as long as the monarchy has existed, there has always been an obvious distinction between the upper and lower classes. It was unusual for the royals to pay common folk any mind at all.

But, this changed in the early 1900s with King George V, who took the time to meet the public in person in order to reinstate the power of the crown in the country. He would visit factories & homes, shake hands and of course spend a lot of time waving to the general public.

However, it wasn't King George, but rather his son King Edward VIII who consulted a doctor for his aching wrist after public engagements.



The culprit? Too. Much. Waving.

Fancy that.

Fun fact: *King Edward VIII (pictured) was actually the shortest reigning British monarch with a 326 day reign. He abdicated the throne after wanting to marry a previously divorced woman which would have conflicted with his position as the head of the Church of England.*

Therefore it was decided that the royals should adopt a less strenuous approach to the classic wave – one that would put far less strain on royal wrists.

And so, as a result, the vertical, twisting hand was born. And while we commonly associate it with Queen Elizabeth II, the origins of the wave came much earlier on.

It sure is tough being a royal!

Got any royal insights yourself? Or something you'd love to share in our national publication? Ask your team to send through your suggestions to me at svcs.marketing@svha.org.au



EDITOR'S NOTE

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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!

CELEBRATING THE QUEEN

It's been a big few weeks for her majesty. First her Platinum Jubilee and then her birthday in Victoria – we don't know how she keeps up with it all. Throughout the month we had fashion shows, high teas and more to celebrate.

A lot of laughs, drinks and fun. Check it out!

Arundel

Team Arundel put together a positively marvellous high tea with drinks and all the finery to boot. Even the Queen herself payed residents an appearance!



Hawthorn

Sr Bernadine won The Best Queen competition at Hawthorn. She accepted her prize with poise, grace and dare we say... a royal touch



AT ST VINCENT'S



Corinda

Corinda Residents have enjoyed celebrating the 'Queens Jubilee' with a celebration high tea, plus many theme inspired activities including Royal Bingo,



Mitchelton

Mitchelton explored London with armchair travel paying the Queen a visit along the way.

Residents had a tour through Buckingham Palace and gardens.

They travelled on HRH airlines but due to staff shortages, Elizabeth and Charles were the airhosts!



JUNE HIGHLIGHTS

Is it summer... in winter? At St Vincent's Bardon it is

Last Friday, staff and residents warmed the day up and drove the chills away with grass skirts, leis, Blue Hawaii mocktails at happy hour and a spirited table beach volleyball game.

Sun. Sand. Hawaii. Nothing better than that.



Hope you can keep time...

Armed with tambourines in hand, residents sang along and backed up the Haberfield Community Choir with some musical stylings of their own.

You can't stop the music!



Happy 100th Enid!

Enid from Heathcote celebrated her 100th birthday in style this month with a morning tea celebration with friends capped off with a family lunch after.

Check out that cake!



Kew's biggest morning tea

Kew put together a fantastic day celebrating Australia's Biggest Morning Tea. Although, judging by the looks of that they might have had Australia's biggest morning tea on their own – check out that spread!



The choice is yours!

Kangaroo Point have kicked off resident run groups of Scrabble, Book Club & more to choose from! The Book Club kicked off their first with the book *Violeta* by Isabel Allende.





Working towards reconciliation

Every year, St Vincent's honours Reconciliation Week across our aged care homes. Not only is it always fun and informative for residents, it's a great opportunity to pay respect to our history together. Here's a smoking ceremony at Corinda and an art workshop at Southport.

A day out at Tweed

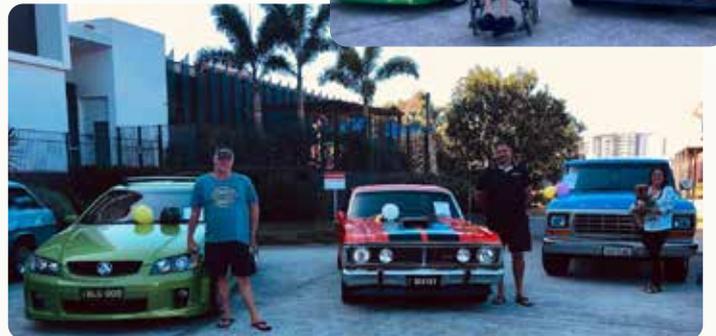
It was a fish and chips kind of day for residents at Arundel with a stop at the park lands after for tea, coffee and ice cream. What absolute bliss.



Maroochydore's Classic Cars Day

On a beautiful 24 degree day, residents got the chance to enjoy a barbecue and a visit from the Just 8's Car Club. Residents came out to look at the cars and ask any questions they wanted of the owners and there was a special vote of which car would take home the honours of 'favourite vehicle' which went to the stunning Excalibur.

A really fantastic day all around!





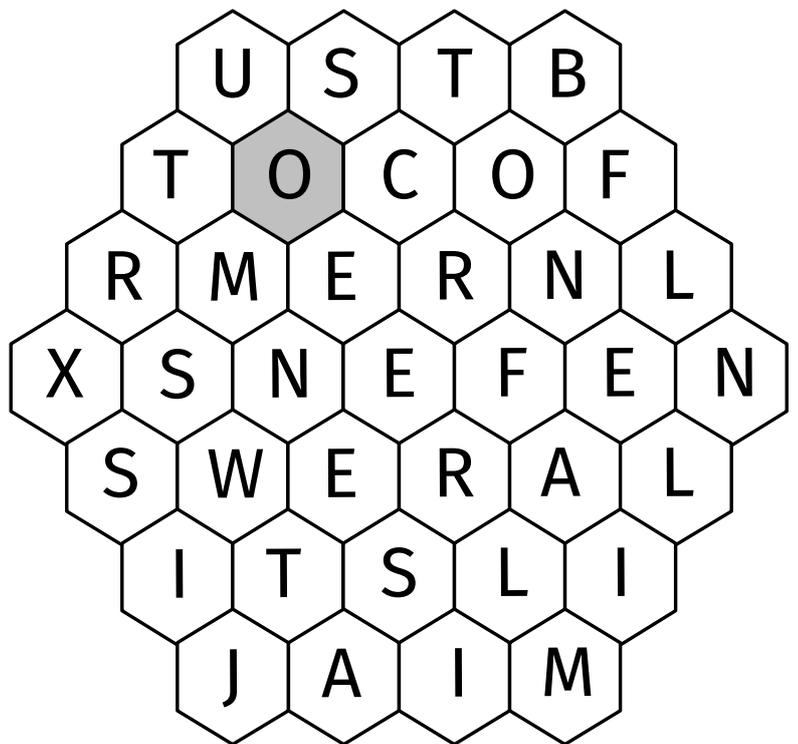
GAMES AND PUZZLES

NEW!

BUZZWORD PUZZLE

To solve this Buzzword puzzle, you will use crossword-type clues, search through a honeycomb of letters, and unscramble anagrams.

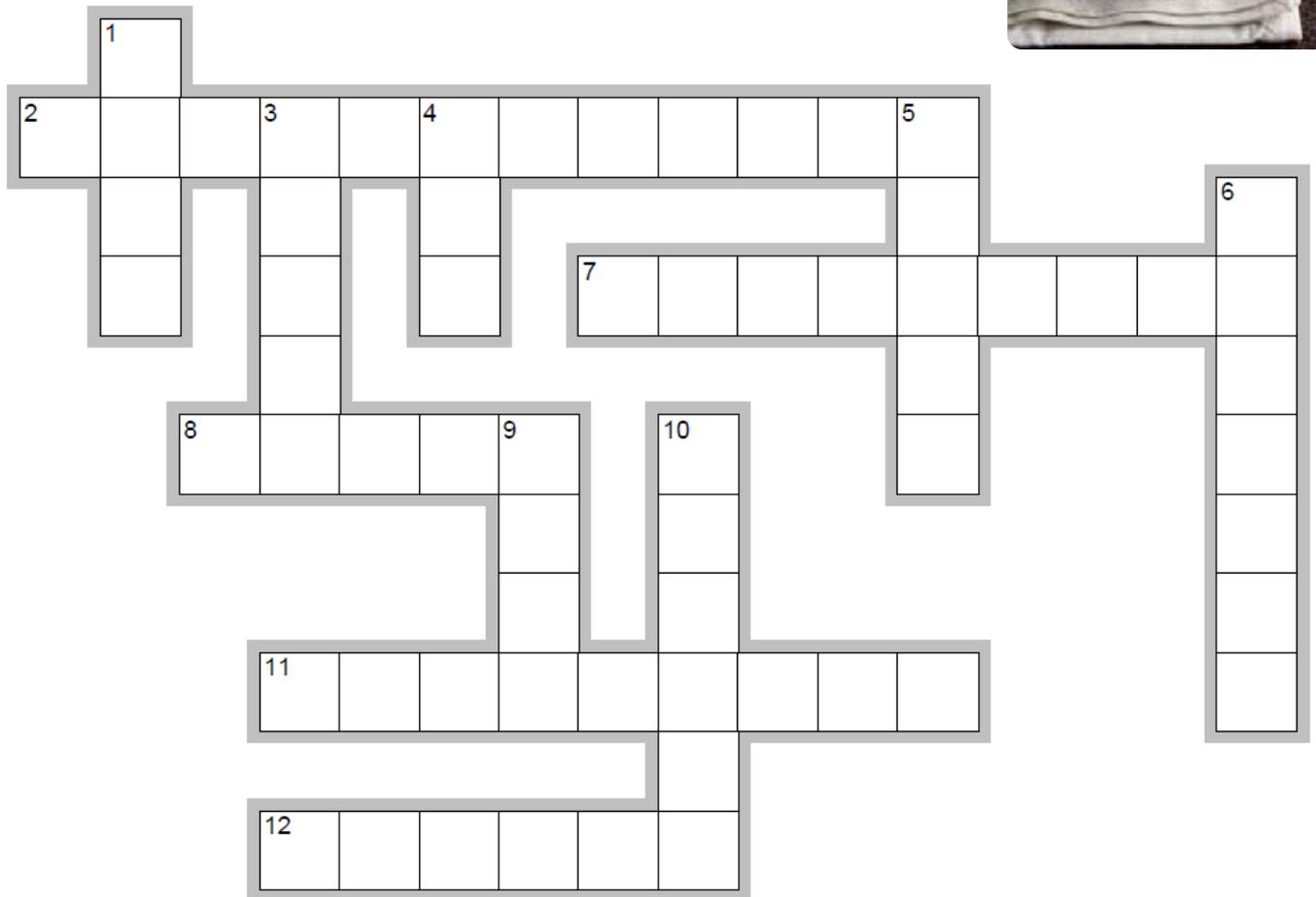
Look at this honeycomb. The shaded O and the six letters surrounding it spell **COSTUME**, which matches one of the clues.



.....
 Try to find 7-letter words for the remaining clues. Circle the center letter of each word.

1. Special set of clothes _____
2. Soft cotton cloth _____
3. Opposite of eastern _____
4. Alike _____
5. Wheeled toy with footboard _____
6. Observer _____
7. Ugly, terrifying creature _____

Warm up with a hot cup of cocoa while you solve this crossword!



CROSSWORD

COCOA

ACROSS

- 2 Puffy white treats that make great cocoa toppers
- 7 Ingredient that makes cocoa brown
- 8 Cocoa can be topped with whipped _____
- 11 Whistling container used for heating water
- 12 Cocoa is sometimes served with a cup and _____

DOWN

- 1 Best temperature for drinkable cocoa
- 3 Sweetener that's often used to make coca
- 4 Handled drinking container
- 5 Use this to stir your beverage
- 6 Name brand of powdered chocolate that you can add to milk
- 9 This dairy product is cocoa's basic ingredient
- 10 Season in which we drink the most cocoa



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: sally.kelynack@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.

Buzzword answers:

- 2. flannel (E)
- 3. western (E)
- 4. similar (L)
- 5. scooter (C)
- 6. witness (W)
- 7. monster (M)

Unscramble all the center letters:
O E E L C W M to spell WELCOME!



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