

THE  
**VOICES** OF  
ST VINCENT'S  
SUMMER 2023



ST VINCENT'S CARE



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## MESSAGE FROM OUR CEO

***Dear St Vincent's Family Members and Friends,***

Welcome to the first edition of *Voices of St Vincent's* in 2023. I want to again wish you a very Happy New Year and I hope that you had an enjoyable and relaxing festive season surrounded by loved ones.

At St Vincent's Care, the beginning of a new year signals that we have many exciting things to look forward to! In 2023, we want to continue fostering an inclusive and supportive environment for our residents, families, and employees. Above all else, our goal is to ensure everyone is truly welcome, valued and safe in their home.

We understand that to achieve this there is no 'one-size-fits-all' approach. Everyone carries their own life experience and has different needs, preferences and interests. At St Vincent's Care, we believe that your life is something to be celebrated and we do strive to really get to know all our residents on a deeper level so we can honour their unique personalities!

In this magazine issue, we are celebrating some of the ways our amazing employees have gone above and beyond to create personalised experiences and support for our residents. For example, you can read

about Heathcote (NSW) resident Frank, who is passionate about environmental sustainability and was empowered to introduce new recycling initiatives to his home. We also share a story from Mitchelton (QLD), where resident Desley is supported to pursue her hobby of collecting stories in a scrapbook to preserve memories for years to come.

These are just a couple of examples of the many ways in which we celebrate the individuals who make St Vincent's Care what it is – you! We hope to share many more resident-centred stories with you this year.

So, here's to a great year ahead, full of opportunity, new memories, experiences, shared laughter and joy! And just remember that *"it is never too late to be what you might have been."* – George Eliot.

God Bless,  
Lincoln Hopper

**LINCOLN HOPPER**  
Chief Executive Officer



## MISSION STATEMENT

### *Here's to a Blessed New Year!*

Many cultures herald in the new year with great celebration and joy. The New Year's Eve celebrations tend to reflect the same message; acknowledging the year past, it's joys, happiness, sadness, disappointments and regrets; and awaiting the new year in excited anticipation and hope for a new and fresh start.

New Year provides us with the opportunity to hit the rest-button. It offers us a great sense of hope in all that could be possible in the next 365 days. It provides us with a new sense of perspective. Even if we know that the new year may bring challenges, we tend to start the year with a level optimism and energy to be able to face whatever is ahead of us.

What many often forget is that we can capture this experience every day. With the setting of the sun and its rising in the morning provides each of us a 'New Year's Day' experience – to embrace whatever the day has in store of us with anticipation and hope. Psalm 118:24 captures the essence of this: *'This is the day the Lord has made; let us rejoice and be glad in it.'*

Imagine starting each day with this minds-set, what a difference it would make to how you embrace all that that day has to offer. Maybe this could be our New Year's resolution.



### OUR GUIDING COMPASS

#### Mission

As a Catholic aged care service, we bring God's love to those in need through the healing ministry of Jesus. We are especially committed to people who are poor or vulnerable.

#### Vision

We lead through research-driven excellent and compassionate health and aged care.

#### Values

**Compassion**  
We act with mercy, hospitality and empathy, caring for members of our community in their times of need.

**Justice**  
We act with courage and fairness in our pursuit of what is right and just.

**Integrity**  
We are honest and authentic, and our actions and decisions are delivered with dignity and respect.

**Excellence**  
We strive for excellent in every aspect of our service through a commitment to quality and continuous improvement.



TROY TORNABENE  
Mission Leader

# *New Year Prayer*

Lord,

Bless all in this ministry of care; the 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,

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**





## HABERFIELD

The month of December is always a busy but an exciting month. Our residents have enjoyed some great fun filled activities, events, choirs during the Christmas period.

However, the most enjoyable event was our residents Christmas party and a visit from the Santa. Our Facility Manager Maeve and State Manager Charlotte both were at the event and distributed gifts to residents who were very happy and delighted.

Even some families who visited residents were happy to see their loved ones enjoy the party, take lots of photos and having a happy time. We also had some great feed back from residents and families.



## MITCHELTON

“We held a vintage fashion parade a couple of weeks ago, which was well received, brought back memories and it was accompanied by Val playing the piano. The staff got dressed up for it also.”



## BARDON

Residents, family, and staff at Bardon honoured the memories and celebrated the lives of loved ones gone before us. We are comforted in the Blessed Assurance that they are FOREVER HOME in God's eternal presence and FOREVER HOME in our hearts.





## CARSELDINE

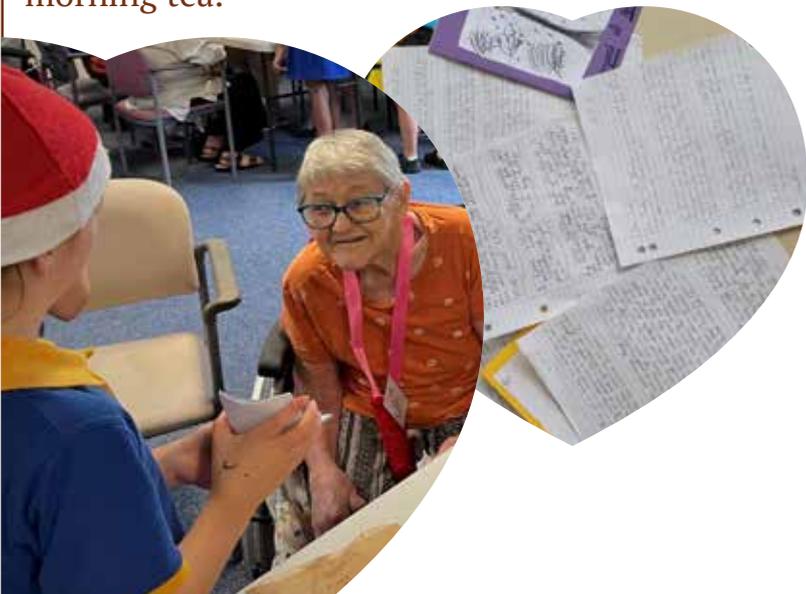
Over 12 months ago yr 5 students from St Dymphnas School began to write letters to our residents. In a time when technology is ever present, an envelope full of letters was the most wonderful thing for our community to receive.

Some residents replied to letters, and the children's updates on the books they had read, and the adventures of camp were greatly anticipated.

Then came the exciting news of an upcoming visit to meet the residents they so dearly called 'friend'.

Games, music, craft, laughter, and conversation filled the morning of 29th November. It truly was a heart-warming event.

In 2023 we look forward to the friendships continuing with a visit to the school for Mass and morning tea.



## KANGAROO POINT

Our Book Club led by our Lifestyle Coordinator Alicia Tran keeps growing and growing. Today the Club started reading "The Single Ladies Of Jacaranda Retirement Village" by Joanna Nell which looks fantastic!



## HEATHCOTE

Our men's group have thoroughly enjoyed the beer brewing. After being very patient for the past 6 weeks they have finally labeled and tasted the goods. It was a definite thumbs up all around. 👍👍👍 Thank you Andres from our Pastoral Care Team for spending this special time with our men.





Care plans are one of the most important parts of any type of long-term care (let alone aged care). They're the written document that tells everyone caring for someone what their preferences are and the types of care they should be receiving.

While care plans at St Vincent's aged care homes are reviewed with residents and/or loved ones at least once every 12 months, the reality is they're changing all the time – even if you don't know about it!

Whenever there's a visit to the GP and medication gets changed or even if you have said that you want your cup of tea a little cooler in the morning, your care plan will get changed with it.

At St Vincent's however, there are other checks we put in place to make residents' care is closely monitored.

## While care plans change all the time, they get double-checked monthly

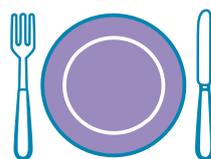
Through a monthly check-in, your St Vincent's team (usually the Registered Nurse) will go through and double-check any major changes in your care plan.

This is for a couple of reasons:

1

Firstly, the check-in ensures any changes that have happened with a resident's care are working or effective.

**Example:** If a resident has lost weight, then the care plan is checked to make sure that the new diet they are on is helping. If a resident has been seen by the doctor and has started on new medication, we make sure that staff follow up to see how it is going or if there are any side effects that need monitoring.



So, the check-in is an extra way of following up care changes that have happened throughout the month.

2

Secondly, we make sure residents have everything they need to be comfortable.

**Example:** This could mean someone pops in to make sure you have all the clothes you need to be nice and warm or perhaps we might give you a manicure if your nails need a trim. Whatever you need, we look into and double-check.





3

And thirdly, the check-in is a great opportunity to contact residents or family.

**Example:** Are you still happy with what we're doing? Are you happy with the care plan and the service and care that we're providing?



The check-in call is important because without it, it's easy to feel like we haven't done a check-in at all.

### Important things you should know about our care plan check-ins

**Don't forget:** We can always schedule our calls and updates around what works best for you. Do you want an update on your loved one's care on the last Tuesday of every month at 3pm? We can do it. Just ask!

**And also:** If you haven't heard from us when you normally do, call us! We don't want you to ever feel like you can't get an update – especially if you're feeling concerned about your loved one's care.

### Have more questions about care plans?

If you have any further questions about you or your loved one's care plan, call your aged care home today and we'll either chat then, or book in time for us to go through it in more detail.

# FALL PREVENTION: NEW EXERCISE PROGRAM SEES 40% REDUCTION IN RESIDENT FALLS



In an outstanding result, a team of physiotherapists and assistants have seen a near 40% decrease in falls after the implementation of an internationally renowned falls prevention program at St Vincent's Care Carseldine.

Through a combination of group and individual sessions, Vijay and her team from Encara Health have improved the quality of life and helped in preventing falls that threaten the livelihood of aged care residents.

With falls being the leading cause of injury, hospital admission and death for people over the age of 65, St Vincent's Care take their prevalence very, very seriously. With 1.4 million older Australians having falls each year, with two thirds of people expected to fall again within six months, effective management

and preventions of falls is essential to the wellbeing of older Australians.

But, through following the internationally renowned Otago Falls Prevention program (and exercises including the above), they saw outstanding improvements in the mobility of residents including:

**39.58%** reduction in falls for participants in wellness programs

An average improvement in balance for the Otago four stage balance test.



**31.25%** improvement in their Gait and general walking balance

And residents who use wheelchairs improved their muscle strength, sitting balance and quality of life

**Here are three exercises that residents did as a part of a recent falls prevention program. Try them out for yourself!**

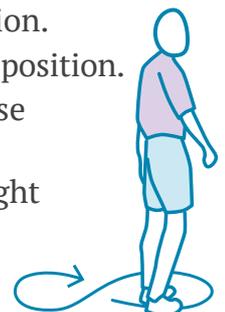
## Side Hip Strengthening Exercise

- Strap the weight onto your ankle.
- Stand up tall beside a table and hold onto it.
- Keep the exercising leg straight and the foot facing straight ahead.
- Lift the leg out to the side and return.
- Repeat 10 times.
- Strap the weight onto your other ankle.
- Turn around.
- Repeat this exercise 10 times.



## Walking and Turning Around

- Stand near a table.
- Walk at your regular pace.
- Turn in a clockwise direction.
- Walk back to your starting position.
- Turn in a counter-clockwise direction.
- The exercise is a figure-eight movement.
- Repeat this movement



One area that Vijay wanted to mention particularly was the residents that were rehabbing broken (or fractured) hips.

*“There were few residents who came with broken hips from hospital, and were not able to manage at home, so that’s why they have to come to one of our facilities,” says Vijay.*

*“Earlier they were walking with their walkers, we did intensive rehab and now they are back to their mobility level.”*

The sad reality is, older Australians are 3.5 times more likely to pass away within 12 months with a hip fracture than without. With approximately 87% of new hip fractures being caused by a fall, an adequate program focusing on fall prevention can be a life changing and/or lifesaving endeavour.

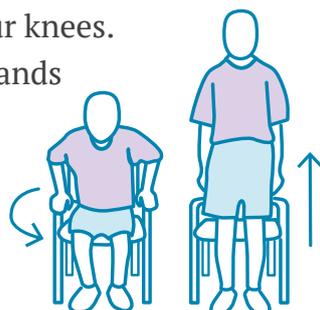
The current research from Otago Fall Prevention and Exercise Program shows the improvements for residents in both the frequency of falls and their overall balance, not only can they recover from hip injuries, but they can also prevent them too.

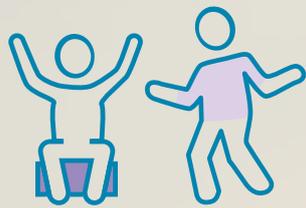
We encourage all older Australian at risk of falls to take a proactive approach to their physiological wellbeing. If you are over 65, please consider getting a plan from a physiotherapist near you and start maintaining fall prevention at home.

52% of residents with zero falls since participating in the program

### Stand to Sit – Two Hands

- Sit on a chair that is not too low.
- Place your feet behind your knees.
- Lean forward over your knees.
- Push off with both hands to stand up.
- Repeat \_\_\_\_\_ time(s).





# HEALTH AND WELLBEING





## THE BENEFITS OF ANIMAL ASSISTED ACTIVITIES IN AGED CARE

There is one thing that many can agree on. Animals make everything that little bit better. Throughout our lives, our pets provide companionship and support to us and our family. However, as one ages the opportunities and responsibility of owning a pet may outweigh the benefits. But fear not, this does not mean animals and support of animals can not be part of your diversional program; Pet Therapy and animal assisted activities.

### What is Pet Therapy?

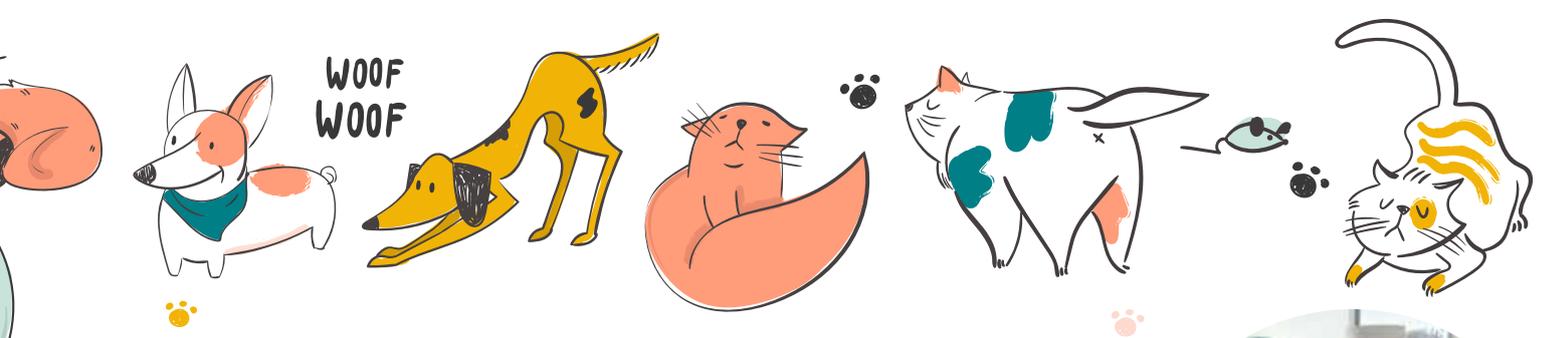
- Pet Therapy is the guided interaction between a person and an animal. It usually also involves the animal handler, or trained lifestyle to assist with the interaction. The purpose is to help someone recover from or cope with a health problem or disorder.

While dogs and cats are the most used animals in pet therapy, you may see the use of horse, fish, guinea pigs and other farm animals use. The type of animal used depends on the therapeutic goal of a person's treatment.

### What is Animal Assisted Activities?

Animal Assisted Activities involves the more casual meetings in which an animal and its handler interact with one or more people for comfort or recreation. Animal assisted activities is more so set for individuals who are wanting to have physical companionship with an animal for enjoyment without the set goal or plan to improve a health symptom or disorder.





## Benefits for Aged Care Residents

Both programs have their benefits and can influence the life of ageing community. Pet assisted programs build on the pre-existing human-animal bond that many experience in their early lives. Interacting with a friendly pet can help many physical and mental issues. Animals are known to release endorphins that produce a calming effect. This can help alleviate pain, reduce stress and improve your overall psychological state.



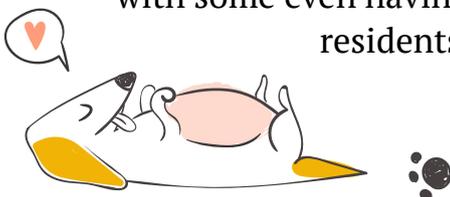
Pet Assisted programs can be used in many ways and achieved a variety of health and social goals:

- 🐱 Improving motor skills and joint movement
- 🐶 Increasing self-esteem
- 🐱 Increasing verbal communication
- 🐶 Developing social skills
- 🐱 Increasing willingness to join in activities
- 🐶 Improving interactions with others
- 🐱 Motivating willingness to exercise
- 🐶 Make one happier, lessening depression and improving ones outlook on life
- 🐱 Decreasing loneliness and isolation by giving you a companion
- 🐶 Reducing boredom
- 🐱 Improving the relationship between one and their healthcare and aged care providers



## St Vincent's Care and Animal Assisted Programs

We aim to provide a holistic program to allow all residents the opportunity to participate in programs and plans that align with their needs and wants. Through the use of employee pets and farm visits, our residents have the opportunity to receive pet love they ever so miss. Most of our facilities participate in some form of Animal Assisted Activities with some even having onsite animals for the residents and NOK to interact with.





## MEETING THE DEMAND FOR AGED CARE NURSES

Aged Care is a growing industry, as Australia reaches its peak in the aging population, we must ensure we have a large workforce of qualified and experienced Aged Care professionals.

From lifestyle coordinators to personal care workers, there just aren't enough people right now to match the demand for aged care services.

However, perhaps most concerning of all, is the shortage in aged care nursing staff – not just now, but into the future.

Nursing shortages in the aged care sector are projected to increase significantly over the next few years. By 2025, there is expected to be a **shortfall of about 85,000 to 100,000 nurses** in aged care.

But as we bring more nurses into the aged care environment, we must ensure we are properly inducting and training the graduates to create a diverse and educated workforce to lead Aged Care into the future.

As members of the aged care community, we want the care of parents, grandparents, friends, brothers and sisters to be at its absolute best and that means training and retaining the best possible nursing talent. And so, to do this, the **ASPIRE program** was born.

In Sept 2021 Queensland's 13 SVCS Facility Managers were asked to nominate existing graduate nurses for the ASPIRE program and to include the program as a professional development opportunity in their recruitment discussions with graduates.

Nicole Devlin, Interim Executive General Manager of Service Delivery at St Vincent's, led the project.

*"I'm passionate about empowering people through education and development opportunities like ASPIRE. It's important as experienced career health professionals, that we remember our own experience of what it was like to be learning and to be a new graduate."*

Over the 12-month program graduates covered a range of topics including clinical governance framework, site safety, quality standards, lifestyle, customer service and more importantly, they had time to debrief with their mentor and discuss topics / problems that were specific to their experience.

They were rotated across different facilities and shifts based on patient and clinical need over a 24/7 timeframe.

*"It's wonderful to see some of these graduates who were so well mentored and supported that they had the confidence to put their hand up to go and work at other aged care facilities in other states that needed support during various COVID-19 lockdowns,"* Nicole says.

What's even more encouraging, is the results:

- 100% of program participants agreed or strongly agreed that the program had helped them better understand the role of a RN in aged care
- 100% of program participants agreed or strongly agreed that they understood the Aged Care and Quality Standards and how they applied to their role
- 85% of program participants were confident or very confident they could record all important information in a resident's assessments and care plan

*“I was honoured to be chosen to participate in the ASPIRE Program and have found the education to be beneficial to my role as a nurse. I really enjoyed meeting fellow nurses, sharing experiences and problem-solving roadblocks we encounter as grad nurses. Thank you for this opportunity.”*

**- Samantha Jones,  
Graduate Nurse SVCS Gympie**

*“I think this program is a great support system for any new grads and I will always be committed to nominating new grads at Carina to take part in this.”*

**- Sharon Johnson,  
SVCS Facility Manager, Carina**

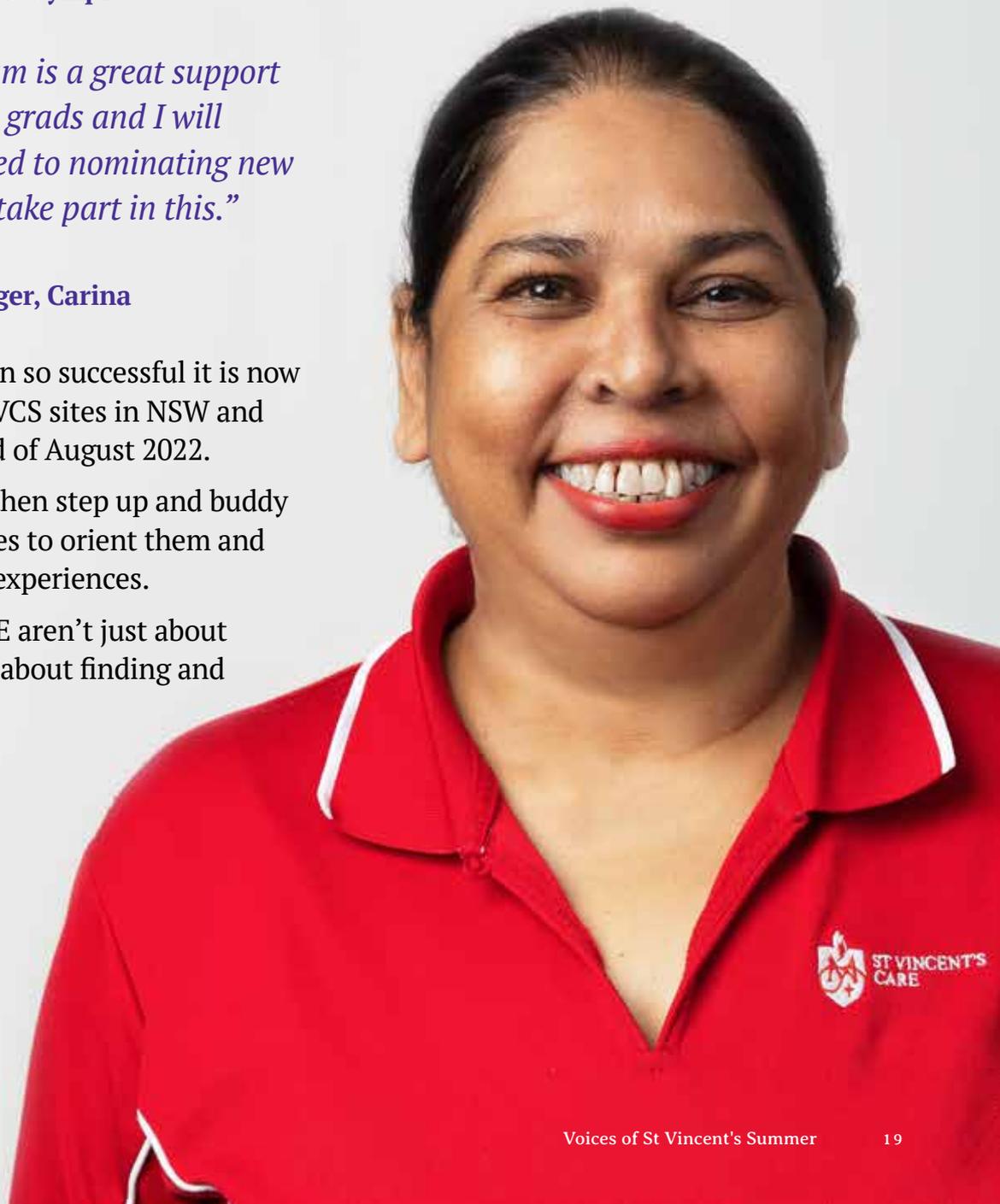
The program has been so successful it is now being rolled out to SVCS sites in NSW and Victoria from the end of August 2022.

The first cohort will then step up and buddy up with new graduates to orient them and share their program experiences.

Programs like ASPIRE aren't just about St Vincent's. They're about finding and

retaining genuinely talented nursing staff to make sure our parents, grandparents, friends, brothers, sisters all get the care they need and deserve as they grow older.

While we're only a small part of that, the roles we play in providing young nursing staff with strong habits will not only benefit aged care, but wherever they decide to work in healthcare at large.





# LIFESTYLE



# The extraordinary tale of

## ST VINCENT'S CARE

## AIRLINES



*“Did you ever dream of traveling the world and never believed it could happen? Or that dreams do come true? Buckle up and prepare to spread your wings and fly, the adventure begins today.”*

Joanne Moore

– Lifestyle Coordinator and air hostess at St Vincent's Care Airlines

You might not have heard of them, but St Vincent's Care Airlines is flying high in an aged care home near you. They may not be serenaded by a choir dressed in white or under the banner of a flying kangaroo, but they are making travel accessible to all who can sit, eat and watch on a Virtual Armchair Travel Experience at St Vincent's Care Mitchelton in Brisbane.

We first caught up with the Mitchelton team just over a year ago when they were nominated for an award at St Vincent's for their Armchair Travel program, which came out of something of a necessity during COVID.

With lifestyle team leader Joanne Moore heading up the video experiences and fabulous dress-ups and lifestyle coordinator Claire Keane's catering and dulcet tones on the commentary the pair make the perfect team.

Through the program, aged care residents could be transported to another place and time, learn more about other cultures and most importantly of all, forget about the grimness of the COVID-19 pandemic for a short while.

Claire explains:

*“We found that as COVID hit deeply from February last year (2020), that many residents who normally have been very social were becoming increasingly isolated and*

*were taking refuge in their rooms. They had been inundated by so much bad news from the telly that they just felt that the future was looking very grim.*

*So, we sat down and we had a bit of chat about it and we decided that one of the best ways to come to deal with this quite confronting situation was to go on a fantasy ride.”*

And so, they did. St Vincent's Care Airlines set off on its first flight across the globe, and in the middle of a muggy Brisbane summer, they sought the cooler refuge of the cold wilds of Alaska. Moving down through the alphabet their next voyage was in Belgium where they decided to add a little something extra in the journey – the inclusion of food!

*“As we went down the alphabet, we incorporated food from each of the places that we were visiting whether it was waffles and chocolate from Belgium or sushi from Japan.”*

*“I think I enjoy the company very, very much and the effort that our two hostesses always put into it, I go home and have very fond memories, always.”*

Mitchelton Aged Care Resident, Rita

*“Well, I’m a real chicken and I’ve never been in a plane, and at least this way I’ll have an idea of what the countries are like.”*

Mitchelton Resident Joyce

*“I think it’s been so very educational. And perhaps the countries that I didn’t get to see I’m experiencing them. And again, too, it’s a lovely social outing with the other ladies here and sharing the food afterwards.”*

Mitchelton Aged Care Resident, Trish

*“It takes a lot of trouble and, uh, invention, imagination to get all this together. And I think you both [Claire and Joanne] did a wonderful job.”*

Mitchelton Resident Mai

But what Claire and the team discovered and brought to these virtual trips was what proved to be the highlight.

*“What we found was that as we explored the possibility for food, we went to suburbs of Brisbane where these ethnic minorities lived and we got to talk to them. We got to experience the food firsthand, and we got to bring their stories back,”* Said Claire.

*“So, we incorporated the stories of the local Brisbane migrants into our narration of the travel log to the country of the day. And this was a very enriching experience for so many of the residents and also ourselves because*

*we were discovering the multicultural place that was right on our doorstep.*

*“And frankly, it really was one of the best things about the program.”*

From the residents to the staff there’s no doubt that Armchair Travel (and St Vincent’s Care Airlines) have been an enormous hit.

We wish them all the best for their future departures as they make their way down the alphabet. So, for a short while, this is St Vincent’s Care, signing off. We hope you enjoy the remainder of your flight.



# INDIA

*“Armchair travel to India today. Travel guides, costumes, sweet and savoury treats to eat and a demonstration on how to wear a saree.”*



# UK

*“Today we went to London to visit the Queen. Residents had a tour through Buckingham Palace and gardens.*

*We travelled on HRH airlines and due to staff shortages Elizabeth and Charles were the airhosts”*





# FINLAND

*“Working in conjunction with another aged care FINNCARE (The nations only aged care provider for the Aus Finnish community) they lent us costumes, dolls and were able to purchase Finnish food from their onsite Poro Cafe. Great success and the residents enjoyed the food and drink.”*



# ROMANIA

*“The Romania the tour started at Bran castle the home of Vlad the Impaler who "Dracula" was based upon. After touring the country, we finished in a gypsy village with music, song and dance. The food included "Bloody Mary's" (Dracula blood), and some typical Romanian food the team sourced from a local Romanian cafe.”*





Our memories are a big part of our life, our families, and our past. However, without the proper preservation memories can slowly slip away into the unknown. As people age many will experience memories loss, whether through neurological disorders or simply with time passing and no connections or conversation to keep the memory fresh in mind.

Preserving memories has an abundance of benefits to individuals and society, including:

**Remembering Lost Loved Ones:** The most common reason to preserve memories is to keep late loved ones in our minds and passing on the stories and traditions that they experienced.

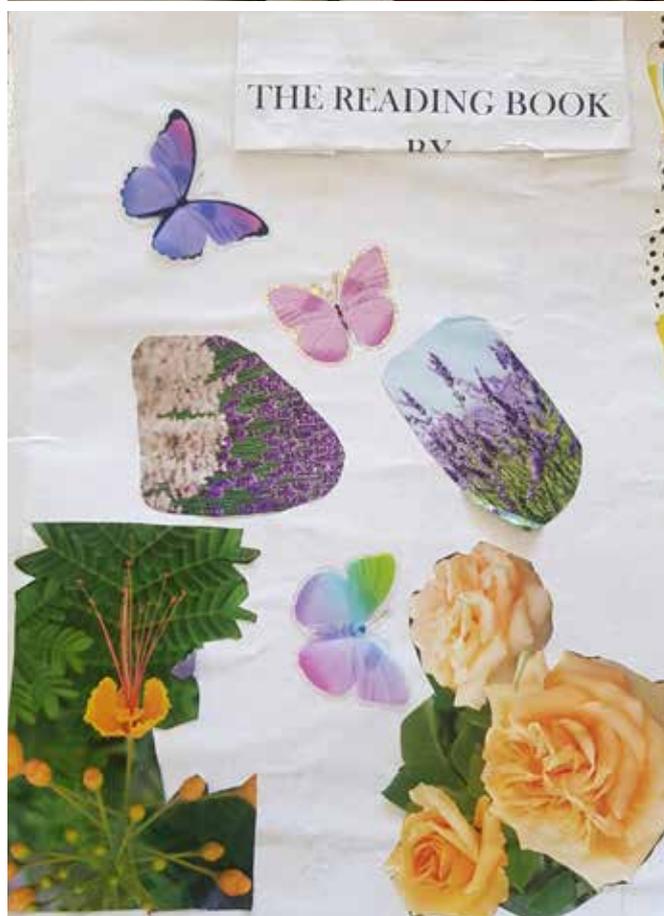
**Continuing Culture:** Traditions start with the memories of the past being shared, to continue the story and activities of our past and to cherish and preserve cultural traditions, languages and arts.

**Preserving our history:** Every memory is a moment of the past, a snippet in time that can define our history. Through sharing these memories, we can capture and preserve the past in the eyes of each beholder.

**Connecting Generations:** Not only will sharing memories allow for present generation see how their ancestors lived but will provide children an understanding of how you lived your life – highlighting the small changes that have occurred over the last few decades.

**Preventing Diseases:** Memories and news can help prevent the cause of neuro degenerative diseases. By providing an opportunity for elders to reminisce about their life can help improve their long and short term memory.

At St Vincent's we are fortunate to have a wealth of knowledge, stories and history through our diverse workforce and residents. Each individual person has a story to tell or an opportunity to share. Our extensive community work together to celebrate and preserve the memories of our residents.



## Sharing a Conversation Between Generations

A simple conversation can hold many missed memories. Fortunately, there is a way to preserve these. If you ever have to opportunity to visit St Vincent's Care in Kangaroo Point, you may meet the lovely Ana Estrada, Living Support Manager. Ana is currently undertaking a Doctoral Degree at Queensland College of Art for which she is investigating how creative approaches can contribute critically to care practises in Aged Care.

Having written several books based on conversations shared within our homes, Ana has captured and preserved memories that celebrate and recognise the colourful and eventful lives of older Australians.

In 2022, Ana published **I Am Here II, The Tiny Little Details**, which features

conversations between herself and St Vincent's resident Joan Nolan, which took place during COVID-19 pandemic in 2020 and 2021.

I Am Here is a periodical publication that aims to create dialogue and connectedness between aged-care residents, staff, and the rest of the community. Ana aims to highlight the importance of sharing and listening to personal stories through her work.



## Preventing Neurological Diseases through Stories

One of our many talented residents that resides at St Vincent's Care Mitchelton, has taken it upon herself to create three books full of short stories, memories and articles from magazines and newspapers to be shared with other residents. Desley's wish is for the books to be used by residents and staff, with staff reading it to residents who are no longer able to themselves.

Desley says that creating the books came from an idea she had after attending the reading group, where she realised that residents may miss the feeling of reading a good book and wanted to find a way to bring reading back into their lives.

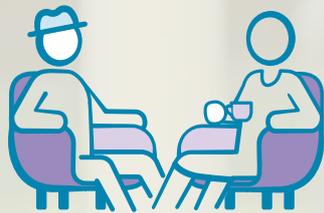
"I have had a lot of interest and positivity from other residents and staff. I am told that they look forward to when it is their turn to read or look through the books. I put colourful pictures between the stories for the people with poor vision. Colourful

pictures give the stories expression," Desley says.

While the books provide a form of entertainment and leisure for residents and staff, the benefits of producing and collating content can trigger dormant memories and reignite discussions of the past.

Every conversation and memory have a purpose for our future and working collaboratively together we can preserve our rich history for generations to come.





**COMMUNITY**





# CREATING A HEALTHY AND HAPPY PLANET FOR THE NEXT GENERATION

## Why plant a tree if you will not be the one it shades?

This is a very common philosophical question that identifies the need to do things that you will not be the direct benefit of. Why should we have to change our way of life when the damage or aftermaths won't affect us in our lifetime? Well, the answer is simple. We do it for love; the love for our planet and the love for our future generations.

We have one earth, and one chance to create a healthy and happy world for future generations. While governments around the world are on a mission to meet net zero goals, we as individuals have the opportunity to make small changes that will create a cleaner planet. This is not just a job for the younger generations who will be the ones who are fighting climate change throughout their lives but everyone who wants to create a healthy environment for years to come. It is not too late to create lifestyle changes that will benefit the world.

### A small step on a giant journey

At St Vincent's we like to give residents the opportunity to participate in activities that they enjoy and help create moments

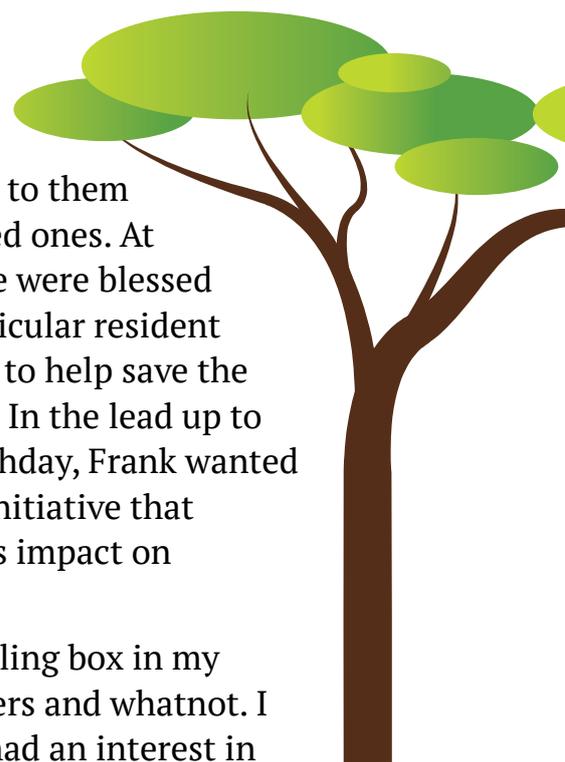
that bring joy to them and their loved ones. At Heathcote, we were blessed with one particular resident whose goal is to help save the environment. In the lead up to his 100th birthday, Frank wanted to create an initiative that influenced his impact on the land.

"I had a recycling box in my room for papers and whatnot. I have always had an interest in this area and raised the issue with the team and it has been developed further to feature recycling bins on site of plastics," says Frank.

"But I only made a minor contribution to get things moving along. The work was a collaboration between me and the staff."

While the program started with one bin, the demand grew and now there are five around the facility to cater for the love and care of residents wanting to create a positive environment.

With a passion to transform the Aged Care industry for the better and enhance the





sustainability of a growing industry, Frank is advocating for the increased use of solar and renewable energy on sites.

“I have sent letters about getting solar on the roof of villages. It is something that I thought about before I came into Aged Care,” says Frank.

“I’m aware of the cost of implementing solar panels, however if we start with one unit block and watch the benefits it brings in, we can slowly increase the amount of panels we use across the home.

“We have to start somewhere and increase from there.”

Sustainability is an industry wide issue, and with one provider taking action to influence the climatic changes will ripple through the community and create a larger and more influential impact.

“It could start and encourage others, our neighbours or other retirement places also

to start. We have got to start somewhere. We can’t just leave it to someone else to do,” says Frank.

We at St Vincent’s supports Franks Footprint and look forward to working with him to help advocate for the sustainability of the entire industry.

Frank’s Footprint is currently in operation at Heathcote, however with a passion to make a difference, we are working at ways we can scale the initiative to include other facilities. Allowing our Aged Care community to contribute to the positive and healthy future of their loved ones.

“We no longer can take small steps but make big changes to help save the planet we have,” says Frank.



## Chana Masala –

If you love Indian curries, you will love chana masala. A vegan and gluten-free dish that you can easily customise to your taste. Chickpeas are simmered in a delicious tomato onion sauce flavoured with a simple spice blend. Serve the chana masala with naan, rice, roti or poori for the perfect Indian dinner. The recipe is one-pot and comes together in under 30 minutes.



### Ingredients

- Vegetable oil. Avocado oil or any flavourless vegetable oil is fine.
- Cumin seeds
- Black cardamom (also called brown cardamom. These are much richer and more robust tasting than the small green cardamom pods) (OPTIONAL)
- Dry bay leaf (OPTIONAL)
- Onion
- Ginger garlic paste
- Tomatoes. Try and use fresh, pureed tomatoes for the best taste. Canned tomatoes are okay but don't use herbed or fire-roasted tomatoes because they won't taste right here. If all you have are canned diced tomatoes, puree them before adding to the pot. At a great pinch, if tomato paste is all you have, add a quarter cup of it instead of the pureed tomatoes.
- Ground coriander/coriander powder (OPTIONAL)
- Ground cumin (optional. We already have cumin seeds so you can leave it out but I like the bit of depth it adds).
- Paprika (and, optionally, cayenne. Chana masala powder and garam masala powder can be spicy, depending on the brand you buy, so check that before adding cayenne to the pot. You can use any other red chili powder instead of cayenne.)
- Chana masala powder (OPTIONAL)
- 2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), rinsed and drained
- Salt to taste
- Cilantro/coriander leaves

### Method

- Cook the chana masala: In a medium Dutch oven or large saucepan, warm the oil over medium-low heat. Add the onion, serrano and salt. Cook until the onion is tender and turning translucent, about 5 minutes.
- Add the garlic and ginger, and cook until fragrant, about 30 seconds to 1 minute. Stir in the garam masala, coriander, cumin, turmeric, salt and cayenne (if using), and cook for another minute, while stirring constantly.
- Add the tomatoes and their juices. If using whole tomatoes, use the back of a wooden spoon to break the tomatoes apart (you can leave some chunks of tomato for texture) at least 5-6 minutes
- Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer. Cook, reducing the heat as necessary to maintain a gentle simmer, for 10 minutes or longer to allow the flavours to develop. Season to taste with additional salt, if desired. If it's not spicy enough for your liking, add another pinch of cayenne.



# Mozzarella, Pancetta & Basil Toastie



## Ingredients

- 8 slices pancetta
- 100g mozzarella
- 1/2 tspn lemon zest
- 1 squeeze lemon juice
- To taste sea salt and pepper
- 4 slices day old white bread
- To taste unsalted butter

## Method

1. Cook the pancetta until crispy then set aside on kitchen paper to drain.
2. Slice the mozzarella into one centimetre discs and marinate for a few minutes with the lemon zest, lemon juice, salt flakes and freshly ground black pepper.
3. Flatten the slices of bread using a rolling pin, trim off the crusts and then butter each slice thinly. Place two of the slices, butter side down on top of a chopping board and divide the marinated mozzarella between them. Add the torn basil leaves, salt to taste and the crispy pancetta. Top with the other slice of bread – butter side facing up and gently fry the sandwiches in a heavy based frying pan over a moderate heat until they are golden on both sides. Remove and slice into three fingers and serve

Source: [Mozzarella, Pancetta & Basil Toastie Recipe | Maggie Beer](#)



## ST VINCENT'S TOOWOOMBA

“Sophia is very happy and comfortable and I believe that St Vincent Care Services is a very safe place, also the staff is very professional and caring”



## ST VINCENT'S CORINDA

“The staff of St Vincent's Corinda were outstanding. Your care, compassion and professionalism meant that my Dad passed away in peace, content and comforted by the love of family and the kindness of everyone who cared for him. God bless you for your good work.”



## ST VINCENT'S CARINA

“I want to thank you and share some feedback to all the staff on Burke, especially Burke 60 where Mum is. I nearly cried when I walked into Mum's room on Christmas morning. There was a beautiful table set for three in her room, with very special Christmas decorations, it was exquisite and so thoughtfully prepared by Kelly in the kitchen, bless her. It was so special and we can't thank the girls (special shout out to Nista) for all they did to make Mum and our Christmas lunch forever memorable. The roast lunch and deserts were delicious even down to the condiments. We all enjoyed everything. If we can't have Mum with us at home, we know she is in the next best place she could be, at St Vincent's, in your care. Thank you from the bottom of our hearts for all you do. With love and all God's Blessings for a happy and safe 2023.”



## ST VINCENT'S SOUTHPORT

“We could not have asked for any more. I have recommended Villa to many people and will continue to do so. Please pass my thanks and gratitude on to all involved.”



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## TOOWOOMBA

“As a family member who visits my mother regularly, I’m always made to feel very welcome and included in my mother’s care. The staff are very caring and happy.”

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## ST VINCENT’S MAROOCHYDORE

“The Staff are helpful and always take time to welcome you with a big smile. It is a pleasure to visit. More important Ken is happy there. I would like to put my name down for a room too. Thank you.”

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## WERRIBEE

“Our family member who is in Respite Care is extremely happy with the quality and freshness of food, the care from all staff is exceptional.”

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## ST VINCENT’S SOUTHPORT

“We could not have asked for any more. I have recommended Villa to many people and will continue to do so. Please pass my thanks and gratitude on to all involved.”

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## ST VINCENT’S KEW

“The staff are kind, caring and professional, communication is very good, food and facilities excellent. Residents are treated as individuals and with respect. Medical care and infection control are very good.”

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ST VINCENT'S CARE

Q St Vincent's Aged Care



**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**