

THE
VOICES OF
ST VINCENT'S
WINTER 2023



ST VINCENT'S CARE



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MESSAGE FROM OUR CEO



Dear St Vincent's Care Community,

Amidst the recent headlines about aged care, it's important to recognise the countless positive stories that unfold in our St Vincent's homes each day. Wonderful, uplifting stories. Stories of struggles. Stories of triumph. Stories of new discoveries. Small stories, and some stories that stretch back 100 years.

Our role in aged care goes beyond providing a service – it's about creating a vibrant community where people are welcome, valued and safe. We choose to embrace what makes aged care truly special: the love, care, attention, and respect that defines St Vincent's and our role in the aged care industry.

We recently launched *Celebrating You* – a new video series featuring real aged care residents, staff and volunteers focusing on the great relationships and stories within aged care that often go unnoticed. This series gives us the opportunity to reflect on the cherished connections and community of St Vincent's Care. In the first episode, I'm proud to see the incredible bond of Bette, Jo, and Claire from Mitchelton.

The thing that stands out to me most from watching the series is how – based on the close friendships that can form – residents and aged care workers form friendships and support each other...just like any community. Authentic. Honest. Positive.

This series serves as a reminder of the impact we have on each other's lives and how we are enriched by the friendships and care we receive from our community.

At St Vincent's, we believe aged care is not a full stop - but another chapter in life, and I'm proud of the role we play in making it a dignified and positive one for those we serve! I wholeheartedly encourage each of you to watch the series and celebrate your own special connections with residents, staff members and volunteers.

God Bless,

A handwritten signature in black ink, which appears to read 'Lincoln Hopper'.

LINCOLN HOPPER
Chief Executive Officer



MISSION STATEMENT

Back in June, I had the pleasure of taking part in the annual St Vincent Cares Sleep Under the Stars alongside, Lincoln Hopper (CEO), other members of the Care Services Leadership Team, Gary Humphrys, Deputy Chair Mary Aikenhead Ministries and Dr Chris Jacobs Vandegeer. Together, we braved the chill of the night to raise funds for Emmanuel City Mission (ECM) to provide food, shelter, and support for people experiencing or at risk of homelessness.

The experience was humbling and gave us a small glimpse of the challenges faced by those sleeping rough each night. Homelessness is not confined to the visible faces on the streets; it touches the lives of over 100,000 souls across Australia, individuals living in insecurity and vulnerability.

Through our collective efforts, we raised \$9000 to support ECM and the crucial role they have in helping 150 homeless or at risk individuals to access support in Brisbane every day.

As part of our ongoing support for ECM, St Vincent's Care funds a St Vincent's Community nurse to provide medical support to ECM two days every week, and we are proud that our efforts will help ECM continue their vital work. This

partnership, born of love and compassion, exemplifies the spirit of St Vincent's mission to care for those in need.

I extend my heartfelt gratitude to ECM for their tireless efforts, and to each participant who braved the night and all those who generously donated. Together, we are weaving a tapestry of change, a testament to the legacy of our founder, Mary Aikenhead, whose heart was dedicated to serving the poor and vulnerable.

May our actions continue to reflect boundless compassion, and may we always find ways to uplift and support those who need it most.

TROY TORNABENE
Mission Leader





MAROOCHYDORE

Trishaw Rides at La Balsa Park with Cycling without Age. Our residents enjoyed the sunshine, fresh air and water views while having morning tea.



WEDNESDAY BRONTE CHOIR



WERRIBEE

Leather Works group with Peter. The ladies made handbags or a book cover. The men made a wallet for themselves. Everyone was busy and enjoyed the morning.



BRONTE

Keep on shining and smiling.
Kath, we love your singing!

“Happy 101st Birthday Kath”



TOWNSVILLE

Outdoor Games In Townsville!

With such amazing weather in Townsville, residents enjoyed outdoor activities such as a competition between 'Boys and Girls' bringing out unsuspecting challengers. With multiple shootouts for final winners it was a great morning! Girls won the bowling with some keen eyes and great arms!



HAWTHORNE

Little kids do bring so much joy to our residents.

One of them wrote, *“Dear old people, I hope you have so much fun with us! And then, I love old people. You are the best I’ve ever seen, and I love you! We are coming to you from our childcare. We are coming to you while it’s quiet time”*

Meera, Early Learning
Camberwell.



MITCHELTON

Success at the Samford Show!

Residents walked away with 3 first places, 1 second and 1 third. Every resident that entered received a participation ribbon.



CELEBRATING OUR HEALTHCARE HEROES FOR INTERNATIONAL NURSES DAY 2023!

In May, an effervescent spirit of gratitude and respect swept through the corridors of St. Vincent's, as the world came together to honour the dedication of nurses on the occasion of International Nurses Day. This joyous event, celebrated annually, served as a moving tribute to these unsung heroes who illuminate our lives with their compassionate care.

Nurses, those incredible beings of unwavering strength and compassion, stand as the pillars of health and healing. They are not merely professionals in white coats; they are the embodiment of kindness, hope, and resilience. From the tender touch that soothes an ache or pain to the words of wisdom and

encouragement they provide in times of need, nurses play an indispensable role in our lives.

At St. Vincent's Care, nursing is interwoven into our very fabric, flowing through our heritage. Our founder Mary Aikenhead is described as one of nursing's greatest leaders, dedicating her life to serving the poor and vulnerable. Mary reached out to those in need, providing health care, education and social services at a time when these were not freely available to the poor.

Our rich history stands as a testament to the profound impact nurses have on our organisation and the lives of those





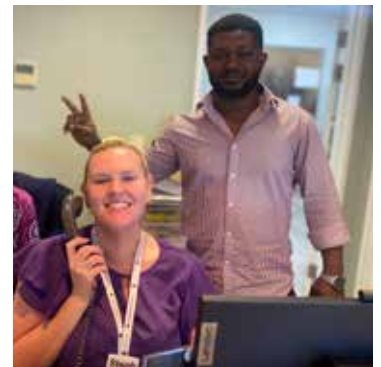
we serve. We recognize that nursing is not just a profession here; it's a legacy, a vocation that binds us together.

This year, the theme "Our Nurses. Our Future." resonated powerfully, emphasizing the pivotal role our St. Vincent's nurses play in shaping our collective tomorrow. These exceptional individuals infuse life into our institution, ensuring its heartbeat remains strong.

As we cast our gaze over the past few years, we are humbled to see

that our nurses have worked through unprecedented challenges on the frontline to continue administering lifechanging health care to patients and residents.

To our St. Vincent's nurses and to all the extraordinary nurses around the globe, we extend a heartfelt chorus of gratitude. Not only on International Nurses Day but each day, let us remember and applaud these healthcare heroes for their unwavering commitment to healing, compassion, and care.





LIFESTYLE



CARSELDINE GOLF BUGGY



St. Vincent's Carseldine faced a challenge due to its large and hilly terrain, which made moving around the facility a bit difficult. Recognizing the need for a solution, the team sought a golf buggy to improve operational efficiency.

Thankfully, St. Vincent's Carina had a spare buggy available, but it required extensive repairs to become functional again. To help the community at Carseldine, the staff at St. Vincent's Care, along with their supportive family members, came together in a remarkable display of camaraderie. They organized a fundraising BBQ at Bunnings Bald Hills, located conveniently near Carseldine. The event aimed to raise the funds needed to repair and maintain the golf buggy.

Their efforts yielded great results, as the BBQ raised over \$2,000. With this remarkable sum, the buggy was restored to its former glory, making it fully operational once again at the Carseldine facility.

The refurbished golf buggy now serves multiple purposes, proving to be an indispensable asset. Accredited staff members operate the buggy to provide guided tours for visitors, making it easier

for them to explore the vast facility.

Additionally, the buggy plays a vital role in handling various tasks between cottages, streamlining day-to-day operations.

The maintenance team has also benefited significantly from the golf buggy's renewed functionality. It has become a breeze to move heavy objects across the expansive site, thanks to the buggy's ability to transport cumbersome items efficiently.

This heartwarming success story beautifully showcases the power of collaboration and community spirit within the St. Vincent's organization. It reflects the dedication of the workforce not only to providing exceptional care but also to fostering an inclusive and supportive environment for everyone involved.

The revitalized golf buggy stands as a testament to the profound impact that collective efforts can have. It exemplifies how small acts of kindness and dedication can lead to significant improvements, ultimately enhancing the overall experience for residents, staff, and visitors at St. Vincent's Carseldine.

Aged Care Employee Day



This month we celebrated Aged Care Employee Day – a special occasion to honour the devoted staff and volunteers who make our community truly exceptional.

Aged Care Employee Day celebrates the 370,000 workers and volunteers who bring care and compassion to residential, home, and community aged care. This year's theme, #ThanksForCaring, celebrated the remarkable contributions of nurses, lifestyle experts, personal care assistants, allied health professionals, home care teams, hospitality stars, cleaners, admin heroes, pastoral carers, and more.

We were moved by the outpouring of compliments from our St. Vincent's residents and families, eager to acknowledge the extraordinary staff who touch their lives. Your words of gratitude have warmed our hearts and inspired us all.

Thank you for being part of our journey in celebrating the remarkable aged care employees who brighten our days.

TO OUR AGED CARE EMPLOYEES
#THANKSFORCARING

"It's a privilege to acknowledge the wonderful staff at St Vincent's Bronte. My mother is a resident there and I visit frequently. There are so many who deserve acknowledgment – they go well beyond their call of duty."

- Libby

TO OUR AGED CARE EMPLOYEES
#THANKSFORCARING

"All the staff at St Vincent's Aged Care Auburn facility have been a pleasure to deal with: the Activities Co-ordinator, RNs, receptionists, chefs, and cleaners all deserve a big thank you. The place has a warm, welcoming feel and is always kept very clean."

I know this isn't the case with all Aged Care facilities."

- Angela

TO OUR AGED CARE EMPLOYEES
#THANKSFORCARING

"You can't teach the dedication these individuals have shown; it is part of who they are. Words don't do them all justice, but thank you for acknowledging them."

- Andy

TO OUR AGED CARE EMPLOYEES
#THANKSFORCARING

"My mother, Isabel, has been at St Vincent's Corinda since June 2022. Moving into care was a daunting process for her, but her mind was put at ease when she met Gerald. Kind and helpful, Gerald is also very efficient and gets things done. Sharing photos of his new baby made my Mum's day because, in return, she was able to share photos of her new great-grandson. It is a comfort to me to know Gerald is there. Gerald makes her laugh!."

- Margo

JOHN FOLEY: AN EXTRAORDINARY JOURNEY FROM KENT TO ST VINCENT'S AGED CARE

By Ciara Ballantyne

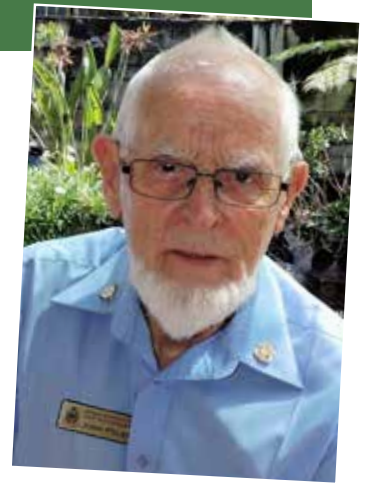
In the heart of St Vincent's Southport, resides a man whose life journey has been nothing short of remarkable. Meet John Foley, a spirited and adventurous soul whose story spans continents and experiences, from the bombs of World War II to the warm embrace of the Australian community. With a twinkle in his eye and a warm smile, John shares his life story, taking us on a captivating journey through history and the moments that shaped him.

Born in 1932 in the picturesque county of Kent, England, fondly referred to as the "Garden of England," John's childhood was marked by tumultuous times. As war engulfed the world in 1939, John's life took an unexpected turn. The relentless bombings by the Nazi Luftwaffe put his family's home directly in harm's way. One night, an earth-shattering noise shook their shelter, and they discovered that half of their house had been destroyed. Forced to leave their home, John and his younger brother were evacuated to midland Northamptonshire.

While John's parents served in the air force, he pursued his education away from home, attending a boys' school and later a grammar school. He spent five long years away from his family, witnessing the horrors of war but never losing his adventurous spirit.

In 1950, at the age of 16, John took a bold step and joined the Navy. His passion for photography found a home in the Naval Photographic College, where he honed his skills and became part of a distinguished group of naval photographers. He traversed the globe, documenting conflicts and capturing the extraordinary scenes that unfolded before him.

John's journey eventually led him to New Zealand in 1953, where he resided for decades. Then, in 1988, he migrated to Australia, becoming a proud citizen.



Upon arriving in his new homeland, he found a welcoming community in the RSL, fostering a strong sense of camaraderie. In his retirement, John dedicated himself to mentoring students, leaving a profound and lasting impact on their lives.

His voluntary contributions also played an essential role in a state primary school, earning him the honour of having the school's hall named in his honour. When John shared this news with his doctor, she couldn't help but chuckle, remarking, "But they don't do that until you're dead!". The remark filled the room with laughter, and John revelled in the humour of the situation.

Throughout his life, John travelled to numerous corners of the world, experiencing diverse cultures and landscapes. He cherishes the memories of his adventures, admitting only a touch of regret for not having visited India.

Now, at the age of 90, John finds solace and joy at St Vincent's Aged Care. He lived on his own for eight years after his wife's passing and considers joining the care facility a life-changing decision. He found a wealth of friends from all walks of life within the home's warm embrace.

Now at 90 years old, John's adventurous spirit and humour shine brightly in his everyday life at St Vincent's. When asked about his routine, he laughs and says, "Being ex-navy, the first thing I do is

make my bed!". He checks his emails in the morning and enjoys the company of friends. With regular bus trips and outings, John shares how they're always treated to an ice-cream adventure at McDonald's. He jokes that the staff tend to feed the residents too well.

John highlights that despite the challenges of lockdowns and the recent pandemic, his friends, both residents and staff, were always there to keep the joy alive. They visited each other, shared laughs, and, of course, indulged in more ice-cream surprises. Reflecting on his time at St Vincent's Care, John gleefully exclaims, "You could not find a happier, more delightful place!"

As John's life journey continues at St Vincent's Southport, we can all learn from his resilience, sense of humour, and zest for life. Whether it's capturing moments through a camera lens or savouring the simple pleasure of an ice-cream treat, John Foley shows us that the key to a fulfilling life lies in embracing the adventure that each day brings.

With over two years at St Vincent's Care, John declares it to be an incredible place—a joyful and delightful home that exudes happiness. As he cherishes the company of friends, old and new, John's life story continues to be an inspiration for all those around him.





COMMUNITY







COME TO THE TABLE:

A HEARTWARMING CONCERT EXTRAVAGANZA

A heartwarming collaboration unfolded in the heart of Brisbane this June, as 130 residents from eight St. Vincent's Care homes embarked on a magical journey to Genesis Christian College. Here, they were treated to an unforgettable concert hosted by the dynamic Genesis Performing Arts Group. The event, aptly named 'Come to the Table', epitomized the power of intergenerational connection through the enchanting medium of music, dance, and community.

The stage came alive with the vibrant performances of the Genesis Performing Arts Group, a collection of students aged 5 to 18. From the adorable mini dancers to the seasoned seniors, and the captivating show choir, the young talents showcased their skills with an exuberance that left the audience spellbound.

This extraordinary event was a testament to the seamless harmony between St. Vincent's Care and the nurturing environment of Genesis College. The

mission was simple yet profound – to bridge the generations and foster a shared appreciation for the arts and togetherness. 'Come to the Table' achieved this splendidly, creating an atmosphere of camaraderie where young and old celebrated life in perfect sync.

The final notes the concert marked the beginning of a joyous sing-along, a heartwarming chorus uniting residents and students in a harmonious blend of voices. Laughter, smiles, and a profound sense of unity filled the air, creating lasting memories for everyone present.

But the magic didn't stop there. Year 12 hospitality students from Genesis College continued to wow residents, presenting a delectable high tea service that indulged the senses and epitomized the spirit of giving. The event's essence mirrored the warm embrace of St. Vincent Care's philosophy, where kindness and compassion intertwine.





Joanne, a dedicated staff member, shared the overwhelming feedback from attendees. "I actually heard one of my residents on his phone with Genesis thanking them and asking for their postal address and principals name so that he can write to him personally to thank him. "Our bus driver was also fantastic and it was so good to be able to take our wheelchair residents along."

"We are looking forward to next year!"

Nicole, St. Vincent Care's QLD State Manager, underlined the profound impact of the event, reflecting on the ethos of St Vincent's Care. "It was a demonstration of absolute true St. Vincent's spirit and community, and Mary Aikenhead would have been bursting with pride," she says. "The Sisters of Charity reinforce to us constantly to tell new stories as pioneers, and this is what was achieved."

Lorena, another staff member, gushed, "Everyone really outdid themselves! So many happy smiles and comments. The singalong was beautiful!" Her words encapsulated the sentiment shared by all, capturing the essence of a morning filled with joy.

As the curtains drew to a close on this exceptional collaboration, gratitude flowed like a river. The tapestry of this heartwarming event was woven by the hands, hearts, and voices of countless staff members, volunteers, students, and faculty who poured their energy into creating a day that will forever shine in the collective memory.

In the end, 'Come to the Table' was more than just a concert; it was a symphony of connection, a dance of generations, and a testament to the enduring power of music, community, and love.





ST VINCENT'S ARUNDEL

“I believe my father was treated with all the dignity, respect and compassion I could have wanted for him. The carers have always shown my father the utmost kindness.”



ST VINCENT'S BARDON

“Thank you for taking such wonderful care of my Aunty Pat. She told me that she didn't expect to be in a nursing home but that if she needed to be in one, she's glad to be at St Vincent's. She enjoyed mass today and she chatted to her nurse who brought her medicine. Well done. The nurse at the entrance on level 2 was so helpful and friendly.”



ST VINCENT'S AUBURN

“Mum has been treated well and the carers have been attentive to her needs since returning from hospital.”



ST VINCENT'S BOONDALL

“A well run and extremely safe environment, but its greatest asset is the knowledgeable, caring and friendly nursing staff.”



ST VINCENT'S CARINA

“The administration staff were very welcoming and helpful. The updates and communication about our aunt's condition were prompt and thorough. The carers were supportive and empathetic as were the nurses. All was done respectfully in the palliative care situation for my aunt. Thank you.”



ST VINCENT'S CORINDA

“Second to none. Everyone from the receptionists, cafe ladies, nurses, cleaners, everyone we had contact with was exceptional.”



ST VINCENT'S BRONTE

“EVERYONE we have encountered at St Vincent's has been wonderfully helpful, caring and informed. They all know their jobs and do them very well. The staff are not rushed, look very happy in the service and are ALWAYS helpful.”



ST VINCENT'S CARSELDINE

“I visit my wife every day when I can and from day one I have noticed how dedicated the carers are in the wonderful way they treat and care for the residents with everyday needs. I also receive a warm welcome when I visit. The RNs give me reports on my wife's health, for which I am grateful”



ST VINCENT'S CARE

Q St Vincent's Aged Care



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