

THE
VOICES OF
ST VINCENT'S
AUTUMN 2023



ST VINCENT'S CARE



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MESSAGE FROM OUR CEO



Dear St Vincent's Care Community,

Welcome to the second quarterly edition of Voices of St Vincent's for 2023!

This edition, I want to acknowledge all of our hardworking staff who give so much to our homes and our residents each and every day. Each of them embody our Mission and our values to provide exemplary, compassionate care and support to those in need.

I am delighted that the Fair Work Commission has announced a 15% wage increase for some aged care staff from 30 June 2023. This increase recognises the essential role our people play in supporting, caring and connecting with our residents.

We are very grateful that the Government has then committed to funding the cost of this increase. This wage increase is an important step in the right direction, and overall, this is good news for a majority of our hard-working and passionate nurses and direct aged care workers.

However, we believe there is more to be done to recognise the contribution of all aged care staff and we remain hopeful of future wage increases from the Fair Work

Commission for all those who missed out this time. We are keenly aware of the fact that all of our staff play a vital role in the care of our residents and we will continue to advocate to recognise all staff for their unique roles.

Looking ahead, we remain committed to our vision of creating homes for our residents where they are welcome, valued and safe and where everyone is recognised and celebrated for their efforts.

We will continue to push for improvements in the industry that put the happiness and wellbeing of our residents at the centre of what we do.

As always, we are grateful for your support and look forward to keeping you updated on our progress in the coming months.

God Bless,
Lincoln Hopper

A handwritten signature in black ink, appearing to read 'Lincoln Hopper', with a stylized flourish at the end.

LINCOLN HOPPER
Chief Executive Officer



MISSION STATEMENT

The Season of Easter

The Season of Easter, or the Easter Octave lasts several weeks, leading up to the Feast of Pentecost (28th May). We often talk about the great joy and celebration of Easter Sunday morning and for us, modern day Christians, it is a time of great joy. However, the reality of this time for the first disciples of Jesus is in stark contrast to many of our own experiences. It may also be reflective of many people in our broader community who are struggling to see the joy of the rising Christ amidst the turmoil and challenges of their present lives.

The following reflection prepared by *The Catholic Health Association of the USA*, really draws this contrast out and certainly leaves you with something to ponder over the coming weeks.

We Don't Know Where to Find Him

“They have taken the Lord from the tomb, and we don't know where they put him.” – John 20:2

Christian churches around the world on Easter Sunday will be filled with jubilant “Alleluias” and refrains of “Rejoice in the Lord always!” Those on one side of the aisle will shout, “Christos Anesti! Christ is risen!” and those on the other side will respond “Alithos Anesti! He is risen indeed!” The melody of Handel's Hallelujah Chorus will spill into the street as doors open at the close of services.

With all the noise and exuberance, it can be hard to remember that the first Easter morning was not a joyous event at all.

Jesus' friends approached his tomb riddled with grief and fear: What if they



encountered Roman soldiers? What if they didn't have enough muscle to move the stone covering the entrance? And the discovery that the stone had already been moved did not in any way ease their anxiety. Had wild dogs found their way in and devoured Jesus' body? Had soldiers desecrated his corpse, hiding it where they might never find it again? Occam's razor would suggest a wide range of possibilities more likely than "He has been resurrected." For when in history had that ever happened before? What does "resurrected" even mean? Hear the anguished words of Mary Magdalene relaying the discovery to Jesus' other friends: *"They've taken the Lord from the tomb, and we don't know where they put him."*

Listen to what the Gospel of John says about Peter and his companion who raced off to see for themselves, found the burial wrappings but no body, and left totally confused: *"For they did not yet understand the scripture that he had to rise from the dead."* In other gospel accounts of that morning, angels let Jesus' friends know he is again alive, but even then, their announcement meets with fear and bewilderment. The Gospel of Mark ends with the women who discovered the tomb empty fleeing in terror and saying nothing about their experience to anyone.

All of the above suggests that if, on Easter morning you did not feel the trumpets, if you have more questions than answers, more doubts than certainties, more concerns than "Christos Anesti," ... well, you are in good company. The first Christians did too. It took many experiences beyond the initial discovery of

the empty tomb and much time processing in conversation with one another before they could wrap their minds around the notion that Jesus was risen. And, honestly, 2,000 years later we are still trying to wrap our minds around all that resurrection implies

And so every year, we take not just one day but 50 to celebrate the mystery of Easter. Because we, like the first Christians, need time to ponder what the announcement "Jesus is risen" means, and specifically, what it means for our own lives. What does it mean to say "Rejoice!" in the context of your own current circumstances? How can Jesus' resurrection two millennia ago still be for us today a source of hope and strength?

These are the questions we will want to ponder as a community in the weeks leading up to Pentecost. We don't need to have it all figured out right now; it's okay if we don't. But we know that we want to be able to join in the Alleluias. We want to be able to rattle tambourines and feel joy again. We want to be able to tap into the experience of resurrection. And so, whether we came to Easter morn doubtful or defiant, hurting or hopeful, sorrowing or singing, today let us draw up alongside those first Christians and ask them to take us with them on a journey through the Easter season, praying that slowly, step-by-step, like our earliest ancestors in faith, we'll be led to deeper understanding and renewed joy.



TROY TORNABENE
Mission Leader

(source: www.chausa.org/prayers/easter-reflections)

HAPPY EASTER FROM EVERYBODY AT ARUNDEL!

Kicked off our morning with hot cross buns, an Easter concert with Mark Day and a visit from our furry friend the easter bunny! What a great morning



SOUTHPORT

Residents had a beautiful day of peace and reflection at Marian Valley leading up to Easter.



MITCHELTON ART GROUP

Welcome to our newest Lifestyle staff member Oscar. First day on the job and he made the table decorations for Easter and then helped out at the art class. Well done Oscar and welcome aboard.



BARDON Our resident veterans lead our ANZAC Day commemorative.





FOOTY FEVER AT HAWTHORN!

Sharing some more of the wonderful action from a very special visitor to a very special Richmond Football Club fan today!

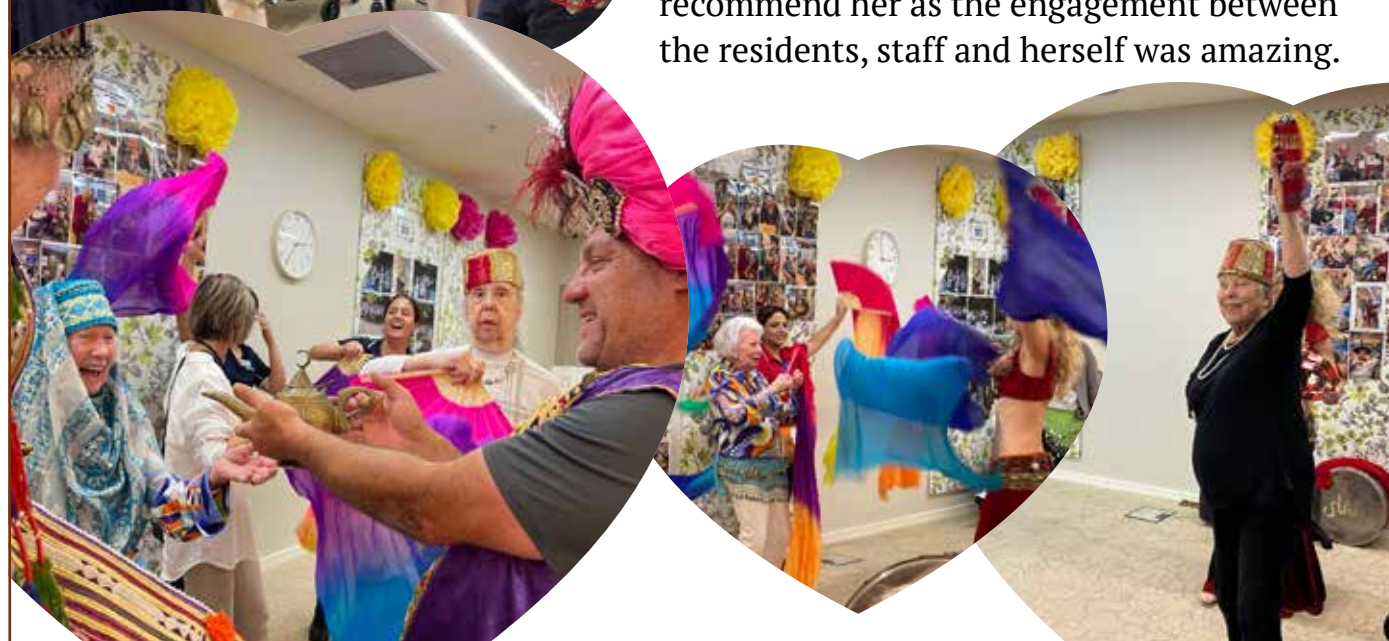


BRONTE

We had the pleasure of having Genevieve - Belly Dancing Spectacular Show

Dancing, laughter and smile was on the agenda for Friday happy hour.

We look forward having her again and I highly recommend her as the engagement between the residents, staff and herself was amazing.



AUSTRALIAN AGED CARE'S STAR RATING SYSTEM



You might have heard already, but a new rating system for aged care has been introduced in Australia: the aged care Star Ratings system. Whether you're a family member, resident or looking into aged care, it's important that you're aware of how the government assesses St Vincent's homes as well as aged care as a whole.

While it can be a bit complicated, we're going to try our best to explain simply what the aged care star rating is, and how it works.

What is the aged care star rating system?

The aged care star rating system is a five-star system created by the Aged Care and Quality Commission intended to provide a quick look at how capable an aged care home is at delivering care.

It creates an overall star rating based on the ratings of an aged care home in 4 different areas:

Compliance	Residents' Experience
Quality Measures	Staffing

Overall Star Rating

☆☆☆☆☆ Acceptable



This rating is based on this organisation's performance in relation to Compliance, Quality Measures, Residents' Experience, and Staffing. The ratings for each of the subcategories that make up the Overall Star Rating are shown below. The Overall Star Rating was most recently updated on 4 January 2023.

[Learn how this is calculated](#)

Compliance

☆☆☆☆☆



Quality Measures

☆☆☆☆☆



Residents' Experience

☆☆☆☆☆



Staffing

☆☆☆☆☆



Show ratings history ▾

You can see the star rating for an aged by searching a provider up on My Aged Care.

How do they come up with the stars?

While some of the ways that these are calculated can be a little complicated, basically the star ratings are a combination of:

- Residents' Experience
- Compliance
- Staffing
- Quality Measures

Overall Star Rating

★★★★★	Excellent
★★★★☆	Good
★★★☆☆	Acceptable
★★★☆☆	Improvement needed
★★☆☆☆	Significant improvement needed

Residents' Experience

A Residents' Experience is calculated through 12 questions that provide a 'Consumer Experience' score for residents at an aged care home.

These questions include:



Do staff treat you with respect?



Do the staff explain things to you?



Do you like the food here?



Do staff follow up when you raise things with them?



Do you feel safe here?



Are staff kind and caring?



Is this place well run?



Do you have a say in your daily activities?



Do you get the care you need?



Do you feel at home here?



Do staff know what they are doing?



Are you encouraged to do as much as possible for yourself?

Each question is rated on a scale with 4 response options:

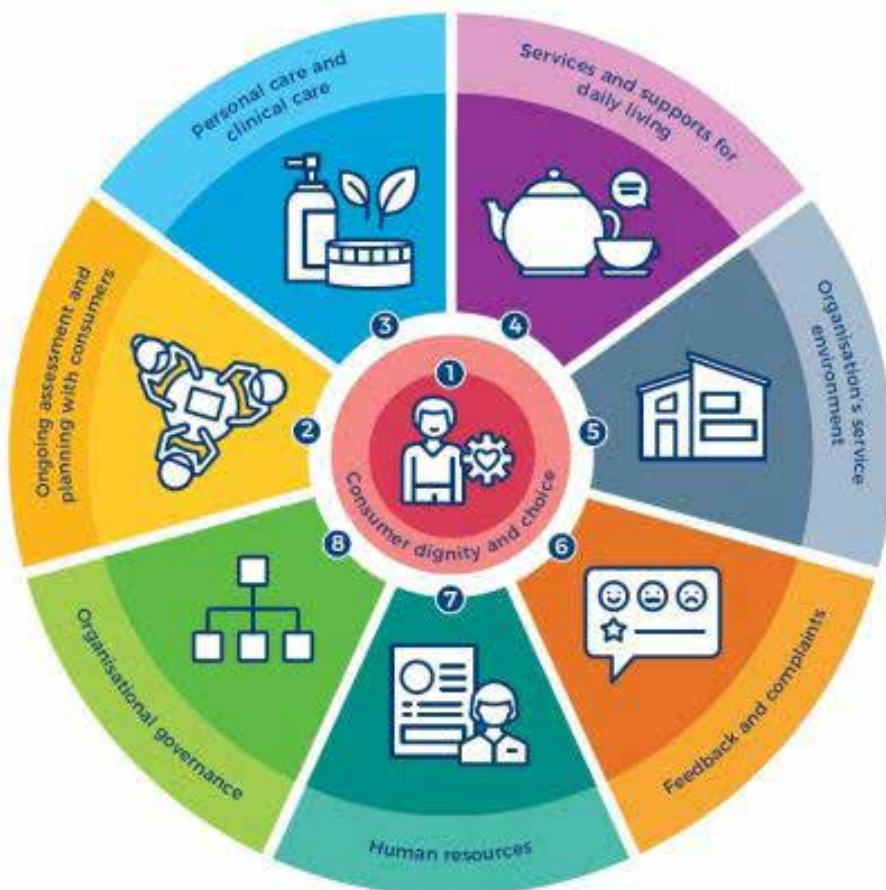
These are: ☐ Never. ☐ Some of the time. ☐ Most of the time. ☐ Always.

Compliance

Compliance is measured based on the Aged Care Quality Standards which are used to provide a guide for how an aged care home in Australia should operate.

The stars for compliance are calculated in a very similar way to the previous 'dot' system that was in place on the My Aged Care website.

The Aged Care Quality Standards



An aged care home needs to meet the aged care standards in order to be compliant. You can find more detail on the standards on the Aged Care Quality website

★☆☆☆☆	Serious non-compliance. The home has been issued with an infringement notice (or similar) for not meeting aged care standards
★★☆☆☆	Non-compliance. The home has been issued with a notice to remedy a part of their care that doesn't meet the aged care standards
★★★☆☆	Compliance is satisfactory (at least in the last year)
★★★★☆	Compliant for 1-3 years
★★★★★	Compliant for 3+ years

Note: We've tried to offer simplified versions of some of these areas, but if you're after all the detail of how these are calculated, you can Google 'Star Ratings Provider Manual' to see the different areas that get assessed as a part of these ratings.

Staffing

Adequate numbers in staffing has been a hot topic in aged care for many years and the latest attempt at getting us closer to consistent care is through the new aged care funding model AN-ACC.

While AN-ACC itself is a subject for another article entirely, there are some important new standards set out by the Commission around staffing that affect the staffing section of the star ratings including a standardized number for care minutes.

The new minimum average care minutes includes:



- 200 care minutes per day for a resident,
- With 40 of those minutes from a Registered Nurse.

Average care minutes, however, are all dependent on the level of care. A resident with less care needs would need less care minutes from clinical staff and this is all worked out through AN-ACC.

Once the average care minutes have all been worked out, a star rating is assigned based on how high or below the average a provider's care minutes is.

Important note: Staffing refers to the level of clinical staff and doesn't include lifestyle workers, pastoral carers and volunteers

Quality Measures

The quality measures section looks at the percentage of incidents that are occurring within a home and combines them together to create a star rating.

Specifically, quality measures look at:

- Pressure injuries – how many there are and how many there are for residents
- Physical restraint – how often is it used in a home (if at all)
- Unplanned weight loss – how many residents experienced unplanned weight loss
- Falls and major injury – the number and severity of falls and injuries
- Medication management – checking to make sure that residents aren't overprescribed medicine

While there is a lot of detail within how these stars are calculated, it's important that you're aware of how much scrutiny care goes under in the aged care sector.

There are many, many people inside and outside of St Vincent's that are reviewing care practices constantly to make sure that people living in aged care get the best possible care.

If you have questions about your own, or your loved one's care, you can reach out to your home's clinical team who can give you an update.



HEALTH AND WELLBEING



ST VINCENT'S CARE MAROOCHYDORE EXPANDS WELLNESS PROGRAM



By Anthony Rule and Ian Rattray

In October, Encara's team of physiotherapists at St Vincent's Care Services Maroochydore ushered in a new era of wellness with an 8-fold increase in classes available to residents and a 630% increase in attendance.

The previous passive therapy model was replaced with a more active model focused on resident enablement, engagement, and wellness, resulting in more residents participating in exercises across all 5 floors of the facility.

Research on aged care facilities and the elderly has highlighted social isolation, falls, muscle atrophy, loss of function, and

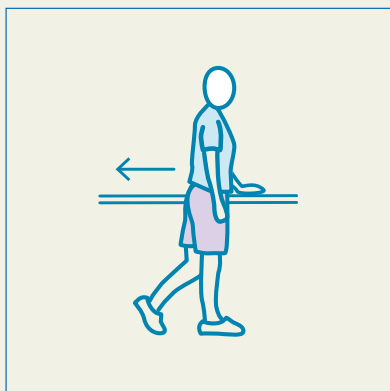
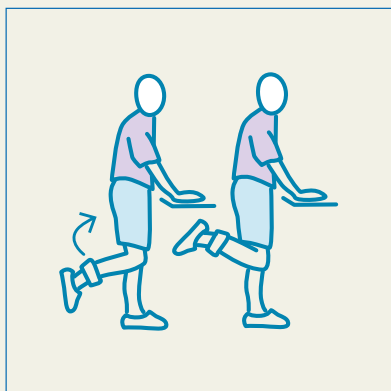
depression as significant challenges. With the new opportunities brought by Encara's wellness program, the group saw an opportunity to address all of these issues.

Exercise has been shown to be greatly beneficial not just for muscle loss and fitness but also for depression and preservation of function. The team centered its approach around group exercise programs, leveraging the group setting to maximize social interactions and outcomes. Exercise also increases the production of endorphins, dopamine, and serotonin, which can help reduce depression and improve mood.

During exercise, the body releases endorphins, which are natural painkillers that can also improve mood. Additionally, exercise can increase dopamine and serotonin levels, which can help reduce depression and improve feelings of well-being.

Group exercise programs can help reduce social isolation in the elderly by providing opportunities for social interaction and connection with others. A study found that participating in group exercise programs was associated with improvements in social functioning and social support among older adults.

According to a meta-analysis of 49 studies, exercise was found to be significantly effective in reducing symptoms of depression. Another study found that engaging in regular physical activity was associated with a 22% lower risk of developing depression.



An additional benefit of the program was designed into the scheduling. Working collaboratively with nursing staff, the physio team highlighted the difficulties staff faced with transporting residents to and from activities, as well as maintaining supervision during shift handover times. The transport difficulties were solved by organizing timetables to maximize classes within each different level of the facility and minimize transport requirements. The timetabling focused on creating class times that overlapped with shift changeover times and staff meetings to engage residents in activities when supervision by care staff would otherwise be stretched.

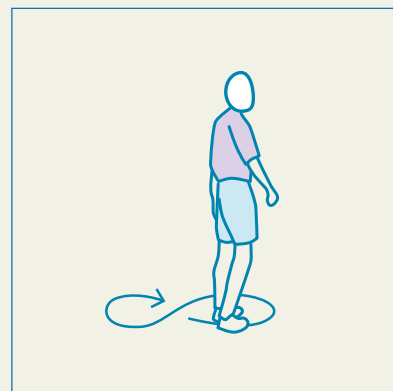
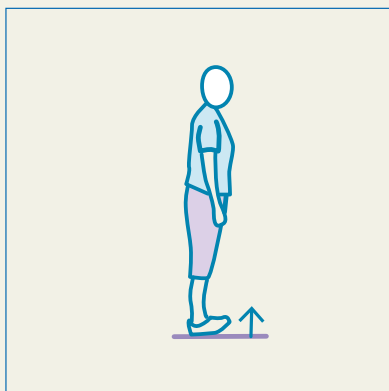
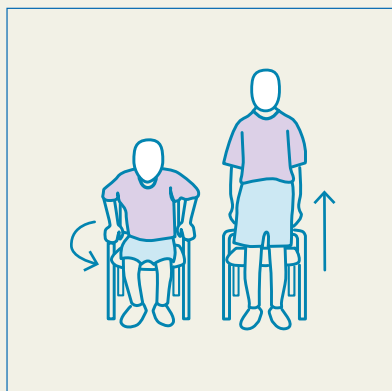
In summary, the new paradigm in wellness at St Vincent's Care Services Maroochydore has resulted in significant increases in resident participation and attendance. By focusing on resident enablement, engagement, and wellness through group exercise programs, the physio team has addressed social isolation, falls, muscle atrophy, loss of function, and depression in a comprehensive and effective way. The program also addressed the difficulties faced by nursing staff with transportation and supervision during shift handover times, making it a win-win for residents and staff alike .



Anthony Rule (pictured left) is a Sunshine Coast based Physiotherapist with Encara who has been working at St Vincent's Maroochydore since June 2017 and more recently at St Vincent's Gympie.

Outside of work hours Anthony can be found cooking Neapolitan Pizzas in his woodfired pizza oven or at his local parkrun.

Ian Rattray (pictured right) is a Sunshine Coast based Physiotherapist with Encara working out of St Vincent's Maroochydore since September 2017. Ian's interests include American Southern Style wood fired BBQ and anything football.





LIFESTYLE





HOW DOES YOUR GARDEN GROW?

As we age, it is important to find activities that keep us active and engaged, both physically and mentally. Gardening is a rewarding past time that can have many benefits for older adults.

Physical Health Benefits

Gardening is a great way to stay physically active in your later years. It is a low-impact activity that can be done at your own pace, and it can provide a range of physical health benefits.

Gardening requires a range of movements, such as reaching, bending and stretching that can help improve our overall mobility and flexibility. Digging, planting, and weeding can all help to build and maintain muscle strength, which is especially important as we age. Sometimes the best exercise doesn't even feel like exercise!

Mental Health Benefits

As well as physical benefits, gardening can also have many mental health benefits. It can help to reduce stress and anxiety and is a great way to unwind. Being outside in nature and focusing on a task can be calming and therapeutic.

Gardening requires planning, problem-solving, and attention to detail, which can all help to improve cognitive function and reduce the risk of cognitive decline.

Gardening can also be a social activity, whether it's working in a community garden or simply chatting with your neighbours about your plants. Social interaction is important for mental health and can help to reduce feelings of isolation and loneliness.

The sense of purpose and accomplishment you feel when you eat something delicious you grew yourself or pick some beautiful flowers that you watched grow

from seedlings is also an amazing feeling.

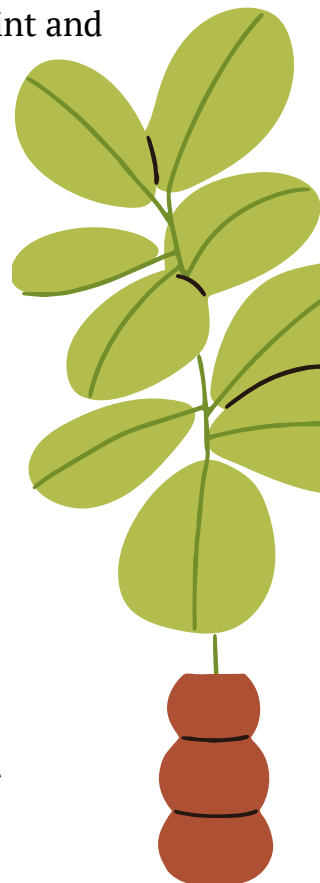
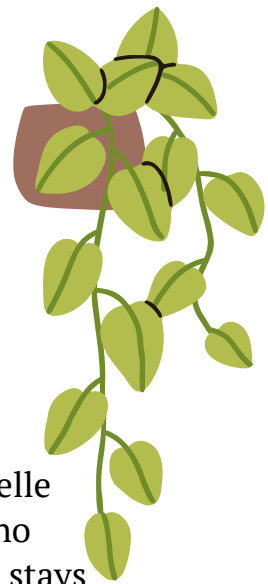
At Kangaroo Point, resident Noelle is a horticulture connoisseur who makes sure the facility's garden stays colourful and full of life. Having lived at the home for 8 years, she has completely transformed the garden through her hard work and amazing knack for all things green.

"When I first moved into this home, I was very shocked to see what the garden looked like. I spoke to the Facility Manager, and we agreed that I could take over the responsibility of caring for it and turn it into a space where people wanted to spend time" Noelle said.

Noelle has assumed the role as head gardener at SVC Kangaroo Point and maintains it daily with some assistance from Maintenance Manager Mark Riordan, who comes to work early some days to help.

Over Noelle's 8 years at St Vincent's, the garden has been transformed into a thriving and beautiful retreat within the home, with a huge variety of different greenery.

Noelle says her passion for gardening was ignited when she was only 5 years old, and she began to take her



garden seriously after she got married and came to Australia from France.



“I remember being a little girl and being chased out of the vegetable patch by our gardener because I dug up the radishes and washed them, I thought the soil was bad for them!” she said.

For Noelle, tending to the garden is a very spiritual process. She says her inspiration for gardening at SVC is her fellow residents, who enjoy get to enjoy the fruits of her labour.

“I love everything about the process. From working with the soil and mulch, to watching the plants grow. The most rewarding part for me is seeing the other residents who live here relax and catch up with their families in a beautiful surrounding”

The most challenging part of the garden is trying to navigate the scrub turkeys, who love to dig up the soil and undo Noelle’s hard work.

“We had some turkeys captured and rehomed a few years ago which took care of the problem for a while, but new turkeys have settled in, and they’ve started to dig up my plants again.”

Noelle has found some creative ways to keep them at bay, such as putting cuttings with thorns around the base of her beloved plants and flowers.

Noelle says that her best advice to any novice gardeners is to dedicate yourself to finding as much as you can out about everything in your garden, and to make sure that you are passionate about the hobby.

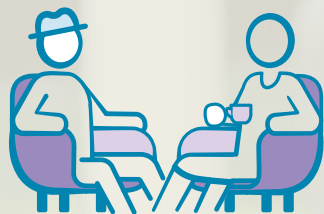
“I’m always looking up things in books or watching YouTube videos to expand my



knowledge if there are things I’m not sure about. It’s important that you love what you’re doing and put your whole heart into your garden”.

Whether you're a seasoned gardener or new to the hobby, there are many ways to get involved and reap the rewards of this enjoyable and rewarding pastime. If you’re interested in setting up a garden at your home, please get in touch with your Facility Manager!





COMMUNITY





A NATIONAL VOLUNTEER WEEK



15 – 21 May 2023 marks National Volunteer Week, where we will honour the amazing volunteers who make such a great difference to the lives of our employees and residents.

Did you know at St Vincent's Care, we are lucky enough to have **450 active volunteers?**

Our volunteers assist with many things across our homes, from running activities, pastoral care, driving buses, or helping with admin duties.

Volunteering can be a meaningful and fulfilling experience that provides numerous benefits for both individuals and communities. Some of the benefits of volunteering include personal development, social connections, improved mental health, enhanced physical health and in some cases career development.

In recognition of National Volunteer Week, we wanted to share some stories of exceptional volunteers across our homes.

Phil Haplin – Resident Entertainment

Phil has been coming to Carseldine for a couple years. He plays guitar and conducts sing-a-longs with residents two days a week. Residents really look forward to Phil's performances as many of them love music and singing. At the height of COVID, Phil continued his volunteering by playing guitar and singing with residents via Zoom. Phil has got to know the residents really well and knows what song they enjoy and what kind of music different residents want to hear. You're amazing Phil -- thank you for all you do!





Eileen Siboulet – Pastoral Care Volunteer

Since last February, Eileen has been coming every Wednesday to St Vincent's as a Pastoral Care Volunteer. She finds the most rewarding part of volunteering is discovering the opportunity to be her best self by thinking of other people and helping them find ease and enjoyment in their lives. In addition to this, she has met many wonderful people with interesting stories, including Brother Don, who had a beautiful singing voice and was always able to find a daily chuckle. When Eileen first heard his life story, she realized the true value of listening. She also finds her interactions with the staff absolutely wonderful as they are dedicated, caring, and affectionate towards residents.

For those considering volunteering, Eileen advises them to simply do it, as it gives their lives a lot of purpose and is a great way to give back to their community. Her inspiration to volunteer came from her younger sister, who has been volunteering in Melbourne for many years and has encouraged their family to volunteer as well. In fact, Eileen's other sister has started volunteering too. Eileen wants to thank all the volunteers around Australia and emphasizes the importance of challenging oneself to get out and give it a go. A great outlook and an even better person -- thank you Eileen!

Diane Hoiberg – Pastoral Care Volunteer

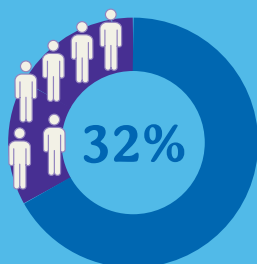
Dianne has been volunteering in the pastoral care team for St. Vincent's for the past 23 years. Her duties include taking the residents to masses and the dining room for meals, as well as taking holy communion to those who cannot attend mass. Dianne finds it gratifying to help people and make a positive impact on their day and says she has never regretted her decision to volunteer her time. One of her most memorable experiences was calming down a distressed lady with dementia by embracing her with a warm hug and the lady thanking her for being so kind and caring towards her. Dianne appreciates the contributions of all volunteers at St. Vincent's, but believes more are always needed to support the residents. She encourages those contemplating volunteering to take a step forward and do something constructive for themselves and their community. You're an inspiration to us all, Dianne - thank you for being a part of the St Vincent's family!



A CULTURE OF RESPECT



Did you know
at St Vincent's Care,
around 32% of our
workers are migrants?



The **TOP THREE**
countries employees
come from are Nepal,
India and Philippines.

Our multicultural team is rich in history, stories and tradition. Having a multicultural team has many benefits, including the below:

Increased creativity and innovation

When people from diverse cultural backgrounds work together, they bring different perspectives, experiences, and ideas to the table. This can lead to more creative and innovative solutions to problems.

Improved communication & collaboration

Multicultural workplaces encourage people to learn from one another and understand different ways of communicating. This can lead to better collaboration and teamwork.

Increased understanding and tolerance

Working with people from different cultural backgrounds can help build empathy and understanding for people with different beliefs, values, and perspectives.

Access to a wider talent pool

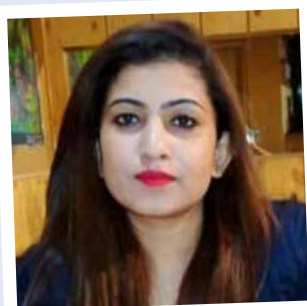
Employing people from different backgrounds can help to attract a wider range of talent, which can improve the quality of our workforce.

Better care for our residents

Our residents also come from a range of cultural backgrounds, and having a multicultural workforce can help us better understand and serve their needs.



We asked several employees what makes their culture special to them and what parts of it they bring to their work with SVC every day.



Name: Abhini Thakur

Facility and Role: Head Office, Consumer Research and Insights Specialist (QLD)

Where are you from? India

What languages do you speak? Hindi, Punjabi, English

What is an element of your culture you bring to your work with SVC?:

My culture taught me to value human relationships, compassion and serving humanity in every way possible. I carry this with me everywhere, feeling that the work I am doing is going to make a difference in someone's life and making someone's last inning of life easier, makes me proud and satisfied at the same time.

What aspects do you love most about your culture?: Celebration of life, the spirituality and the Indian spirit of "keep going" even in the face of adversities.

What is one thing you can share about culture that most people wouldn't know?: Not a lot of people are aware about Ayurveda (Indian traditional medicine system). It works on the principle of 'prevention is better than cure'.

The definition of health, from an Ayurvedic perspective, is defined as a gracious, tranquil, content, joyous, bright. As well as clear state of the body, senses, mind, and spirit, including the balanced state of one's natural constitution, all bodily tissues, the digestive capacities, and waste excretion. In Ayurveda, only herbs and naturally derived ingredients are used as medicine.

It is as good as Yoga! Please read about it.



Name: Josette de Souza

Facility and Role: Pastoral Care Associate, Eltham (VIC)

Where are you from? Goa, India

What languages do you speak? English, Konkani (the mother tongue of Goa), basic Hindi (as it's the national language of India).

What is an element of your culture you bring to your work with SVC? Goans are known to be warm, friendly and will go out of their way to

help whenever they can. I'd like to believe that these are the qualities that I bring to work each day that I come to work. I love our residents at Eltham and they know that if they have a need, and it is within my capacity, I will always help them.

What aspects do you love most about your culture? I love the Goan community spirit in the neighbourhood and the close ties that people have with each other. Catholics and Hindus live side-by-side with each other in Goa - in communal harmony. Trays of sweets and snacks are exchanged between people of different religions, on days of their respective festive occasions. For example, Hindu friends and neighbours will visit the Catholic families to wish them well for Christmas or Easter. And the Catholics will visit their Hindu neighbours and friends on the occasion of Diwali, Holi etc. Everyone helps each other in the neighbourhood, and no one is made to feel isolated or alone (though with life getting busier and busier, this could well be changing now).

What is one thing you can share about culture that most people wouldn't know? People are very hospitable in Goa. I grew up in a Goa, where one could not go to someone's house without partaking of a meal, or at least a cup of tea with 'Marie' biscuits. I remember, many years ago, visiting a really poor, struggling family, and because they had nothing to offer at the time, they brought out a bowl of sugar and a glass of water. That's how kind and giving they were - a teaspoon of sugar to sweeten the mouth, if nothing else!



Name: Gordana (Dana) Apostoloska

Facility and Role: Bronte, Lifestyle Coordinator (NSW)

Where are you from? Born in Serbia (Belgrade) but raised in Macedonia (Ohrid) by Macedonian parents.

What languages do you speak? Macedonian, Serbian and English

What is an element of your culture you bring to your work with SVC?: Respect about my culture, values, beliefs, customs, language and traditions.

Our culture measures our quality of life, our vitality and health of our society. Throughout my culture we develop a sense of belonging, personal and cognitive growth and ability to empathize and relate to each other.

What aspects do you love most about your culture? It begins with values, respect, harmony and environment. Language, Culture, food and celebrating significant events.

What is one thing you can share about culture that most people wouldn't know?

National dresses (costumes). Especially traditional bride costumes which unfortunately are slipping away.

Pea and ham soup

Serve this hearty pea and ham soup up with crusty white bread spread generously with real butter and your family will love you forever.

Preparation time

10 minutes

Cooking time

1 hour 5 minutes

Serves

4-6



Ingredients

2 tablespoons olive oil
1 onion, finely chopped
1 stick celery, finely chopped
1 carrot, finely chopped
1 parsnip, finely chopped
450g DON® shaved ham
500g green dried split peas, rinsed and drained
2 bay leaves
1 litre water
1 litre stock (reduced salt)
1-2 tsp thyme leaves
1 tbsp chopped parsley
1 tbsp chopped parsley, extra, and cracked black pepper for serving
Crusty bread and butter to serve

Method

- Heat oil in a large saucepan. Add onion, celery, carrot and parsnip. Cook over low heat until soft, approximately 5 minutes.
- Add 400g DON® ham, split peas, bay leaves, water, stock, parsley and thyme leaves.
- Simmer the soup covered for an hour, until thickened, and peas are tender.
- Remove the lid and puree the soup.
- Serve topped with remaining ham, extra parsley and cracked black pepper.



Lamb Ragu Pappardelle

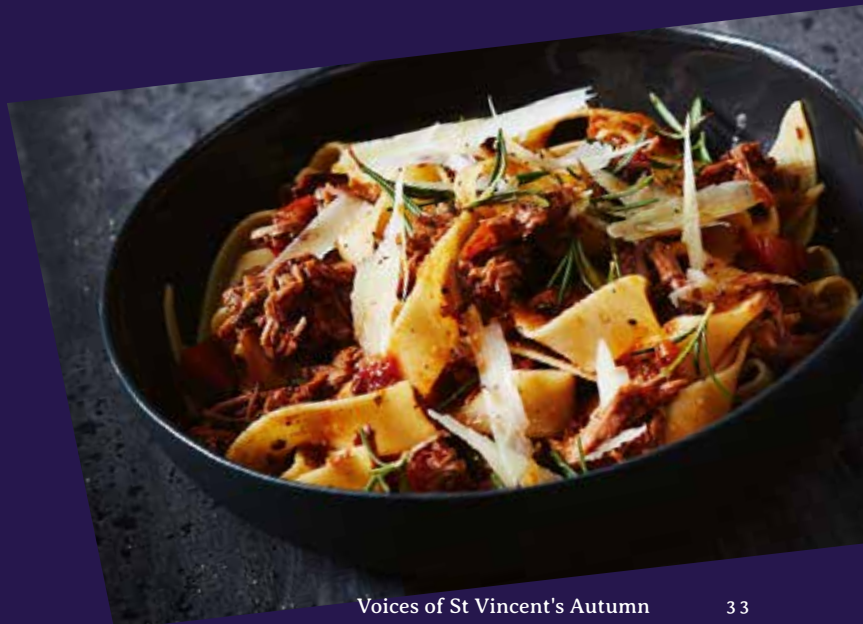
Serves approx 6 people cooking time 360 mins

HOW TO COOK IT?

1. TURN SLOW COOKER TO HIGH
2. CUT LAMB INTO 5CM PIECES AND COOK HALF IN FRY PAN UNTIL BROWN. REPEAT WITH OTHER HALF AND THROW INTO SLOW COOKER.
3. ADD VEGIE MIX AND GARLIC INTO PAN AND STIR FOR 5 MINS AND THEN PUT IN SLOW COOKER.
4. COOK MUSHROOMS IN PAN FOR 2 MINS AND ADD TO SLOW COOKER.
5. ADD BEEF STOCK, BEEF RED WINE SACHET, TOMATO PASTE, PEELED TOMATOES AND 2 SPOONS OF SUGAR INTO A BOWL AND MIX TOGETHER BEFORE POURING OVER THE SLOW COOKER.
6. COOK FOR 4 - 6 HOURS ON HIGH.
7. COOK PASTA IN WATER AND THEN ADD TOGETHER WITH CONTENTS OF SLOW COOKER

WHAT YOU NEED?

1KG LAMB SHOULDER
500G PAPPARDELLE PASTA
200G SLICED MUSHROOMS
BEEF RED WINE SACHET
READY TO COOK VEGGIE MIX
TOMATO PASTE SACHETS
500ML BEEF STOCK
400G PEELED TOMATOES





ST VINCENT'S ELTHAM

“The staff are friendly and attentive. Tanya at reception is wonderful, kind to the residents and such a pleasant person to deal with. The temperature of the facility is always comfortable for the residents to sit in. The food is amazing and really well presented. The long term laundry lady is amazing at returning clean and fresh items and is also amazing at returning missing items.”



ST VINCENT'S DOUGLAS

“The staff were helpful at reception nice and friendly and welcoming. Visiting my friend I was offered a cup of tea and that was a lovely treat.”



EDGECLIFF

“A beautiful place with caring lovely staff fantastic people.”



ST VINCENT'S GYMPIE

“What an exceptional service St Pat's Villas provide. We feel particularly fortunate to have our loved one cared for by this highly progressive, personalised service. Your staff here are nothing short of brilliant. Thank you”



ST VINCENT'S HABERFIELD

“There's a good choice of meals and they look very appealing and appear to be very nutritious.”



ST VINCENT'S KANGAROO POINT

“We were so impressed with the standard care and nursing staff at St Vincent's. The staff all went out of their way to do whatever they could to help and settle Peter in. He was treated with kindness, respect and professionalism.”



ST VINCENT'S HAWTHORNE

“The warmth and friendliness of all at Mary MacKillop was very reassuring and I am amazed at how settled my brother felt on his first night there I look forward to visiting my brother and to us all enjoying the really lovely and homely facilities, the warmth of all staff and the friendliness of residents.”



ST VINCENT'S HEATHCOTE

“When I have visited I have been impressed by the quiet, calm atmosphere, the friendly and professional staff, the way staff engage with the elderly and the fact that good management is evident, including a high level of cleanliness”



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**