

The Voices of ST VINCENT'S



ST VINCENT'S
CARE SERVICES

JULY 2021







A LOOK INSIDE THE LATEST *issue*

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2021 CALENDAR *dates*

AUG

2
MON

NSW Bank Holiday

4
WED

Werribee Anniversary

6
FRI

Transfiguration of the Lord

7
SAT

Aged Care Employee Day

8
SUN

Feast of Mary MacKillop

11
WED

EKKA (Brisbane only)

15
SUN

National Science Week
Feast of the Assumption

17
TUE

QLD Seniors Week

21
SAT

Bardon Anniversary

SEPT

1
WED

Arundel & Heathcote Anniversaries

5
SUN

Father's Day

9
THU

R U OK Day

21
TUE

International Day of Peace

OCT

1
FRI

International Day of
the Older Persons

2
SAT

Month of Mary
(Rosary)

4
MON

Queen's Birthday
(QLD) + Labour Day
(NSW)

5
TUES

Auburn's Anniversary

24
SUN

Pastoral Care Week

31
SUN

Bronte's Anniversary
+ Halloween





HOME *locations*

St Vincent's Care Services
has a total of 20 aged care homes
across QLD, NSW and Victoria.



QUEENSLAND

Brisbane


NEW SOUTH WALES

Sydney

VICTORIA

Melbourne

QLD	NSW
Arundel	Auburn
Bardon	Bronte
Boondall	Edgecliff
Carseldine	Haberfield
Enoggera	Heathcote
Gympie	Yennora
Kangaroo Point	
Maroochydore	VIC
Mitchelton	Eltham
Southport	Hawthorn
Toowoomba	Werribee



“Music gives wings
to the mind, flight to
the imagination and
life to everything.”

- Plato



Message

FROM OUR CEO

Dear St Vincent's Residents,

It has been another tumultuous month of change as community transmission of COVID-19 continues to impact the usual rhythm of our homes. I deeply understand how difficult this period has been, especially for those living in NSW, and I'm sure many of you are COVID-fatigued and frustrated at the many restrictions coming into play.

I need you to remember however, that we have been through this before and will get through it again - together - no matter what! We are here for YOU and your loved ones and will continue to bridge the gap during restrictions and lockdowns so you can still connect with one another - whether that's over the phone, via video call or a window visit.

We are here to make things easier, now and always.

On a more positive note, your beautiful stories continue to inspire, and I have felt uplifted by reading your 'music moments' this month. We have such a talented group of residents here at St Vincent's, and hearing firsthand your musical histories has brought some sunshine to my days. From singing in a choir, to playing in an orchestra;

we have piano players, guitar strummers and opera singers. It was simply ASTOUNDING reading these pieces in this edition of The Voices of St Vincent's and seeing you all in musical action!

I'm sure we can each think of at least one song that triggers an emotional response – whatever that may be. It might be your first dance at your wedding, or a song when hanging out with friends in high school, a hymn from Church, or from your favourite concert or opera. **Music can transport us to another world entirely and even help us get through a tough day.** Music is something special and I have loved seeing the impact it has made to your lives and beyond.

Some call it a 'universal language', while others say it's a 'window to the soul'. Music is a form of expression and a way of telling our story. It's comforting to know that with so much changing around us, our music moments can be an anchor in the storm. It's been said that "the person who sings, prays twice" - such is the power of music to bring us closer, to remind us of others, and to get us through those moments of doubt and fear.

And sometimes, it's just nice to sit back and escape for a while; to be carried somewhere (or some time!) else in our minds through some music we cherish.

In the words of Plato: "Music gives wings to the mind, flight to the imagination and life to everything." I hope this coming month you get the chance to 'take flight' and find a melody that makes your own day brighter and brings joy to those nearby to you too!

God Bless and have a great day!

LINCOLN HOPPER
Chief Executive Officer

FEAST OF MOTHER MARY AIKENHEAD



HER *legacy*, OUR *heritage*



Message

FROM OUR MISSION LEADER

Dear Residents,

In July, St Vincent's Care Services celebrates the feast day of Venerable Mary Aikenhead, foundress of the Religious Sisters of Charity, and patroness of St Vincent's.

The care of the vulnerable and outreach to those in need has been in St Vincent's DNA for well over 183 years. In fact, helping the poor and vulnerable was one of the core reasons Mary Aikenhead founded the Religious Sisters of Charity, instead of joining other Religious orders in Ireland.

At the time, there were only a hundred religious sisters in Ireland

and they were all in enclosed orders. Witnessing first-hand the desperate needs out in the streets, Mary applied to Rome for permission for her Sisters to take a fourth vow, service of the poor. This enabled the Sisters to visit the poor and vulnerable in their own homes and on the streets. True to her faith, Mary believed that this was where her call to serve was most needed, not within the walls of an enclosed convent.

Today, St Vincent's Care Services continues Mary Aikenhead's legacy of outreach through the Social Accountability Program - a

strategic philanthropic program where we work in partnership with community groups to support projects that will make a difference in the lives of the people they serve.

Over the last 4 years, we have distributed over \$424,000 through this program, in line with St Vincent's 5 pillars of Giving; First Nations Peoples Health, Drug & Alcohol support, Homelessness, Mental Health and Prison Ministry. And like Mary Aikenhead and her Sisters taking on an additional vow, we took on an additional pillar, Community Outreach.

Below are just a few of the projects that St Vincent's has supported this year:

North Stradbroke Island Aboriginal & Islander Housing Society (NSI Housing Co-op) provides access to the local community to long term, affordable housing for Aboriginal residents on North Stradbroke Island. This year, our projects with NSI Housing included: providing computers for staff training and development, and providing funding to support their In-Home Care services.

Emmanuel City Mission opens their doors and cares for the homeless and vulnerable of Brisbane QLD, creating a space where they can feel safe, cared for and valued. This year, we commenced offering Community Nursing support to ECM. Each week, one of our Registered Nurses from Community Services attends ECM to support the health needs of anyone who visits.

Companions Matter is CatholicCare's pilot model of community chaplaincy, which involves companionship, connection and belonging to individuals post their institutional discharge from prisons, hospitals and mental health units. This year, we supported the establishment of this program and the development of resources and training modules.

Local Catholic Parish Communities. Our facilities operate within catholic parishes and a number of our sites were originally established by the local parish. To honour this, and to support the communities in which we operate, a donation is offered to each Parish in support of any families within their community who may be struggling.

These are just a few of the projects that we are supporting as part of our outreach, beyond the walls of our facilities, following the example set by our very own patroness, Mother Mary Aikenhead.

TROY TORNABENE - Mission Leader

Just a Cuppa

QUESTIONS



JOAN FROM HABERFIELD

Q What is your name?

Joan

Q How long have you been at Haberfield?

About 3 years or so.

Q Do you play any instrument or sing?

Yes I used to play piano.

Q Why do you enjoy it so much?

I learned piano from my sister, so I enjoyed playing with her.

Q How have your music tastes changed over the years?

Well, it hasn't changed much, but I can't play much as I used to.

Q Who is your inspiration for music?

My sister who taught me to play.

Q Where did your musical taste come from?

No one in the family played, but I just learnt from my sister.



RUTH FROM ELTHAM

Q Have you always played?

Yes, I used to wake up early in the morning to play the organ for the church.

Q Why do you enjoy it so much?

It was a hobby that I really enjoyed.

Q How have your music tastes changed over the years?

I've always liked to listen to a variety of different types

of music, so my taste has developed over the years.

Q What are the benefits of music for you?

Ever since I was a little girl I have loved listening to music. It makes me feel happy!

Q Where did your musical taste come from?

I started to love music from going to church.

Q Do you play a musical instrument or sing?

Yes I play the organ.



Judy

AND HER POTTERY

Meet Judy, resident at Maroochydore Care Services. Judy loves to get creative and was an accomplished potter for 15 years, prior to moving into residential care 3 years ago. Judy thought her 'potting' days were over. However, back in 2020,



Judy was introduced to an NDIS Support Worker, who was also a potter and a member of a local art group! It was a match made in heaven - two people who were passionate about playing with clay. As soon as she settled into her new pottery group at the Sunshine Coast Art Group in Buderim, Judy immediately started making the most 'magical' fairy castles. Since October 2020, Judy has been attending pottery classes every week and has created 16 pieces of artwork to date, with so many more to come!

Sunshine Coast Art Group (SCAG) very quickly recognised Judy's talents, and even asked her to

represent their local artists at their Exhibition and Art Market Day, Soup n Soul, at the end of the year.

Judy is a shining example of how an NDIS Plan can support someone to regain their independence and connect socially within the community, making new friendships along the way. It has been amazing to see Judy's new found confidence, and to be able to build her capacity to a level where she has so much to look forward to each week. She is very much a valued and admired member of the art community. Go Judy!

Musician's Parents

Many moons ago, we posted some videos of our St Vincent's residents' favourite music. But within these videos, something stood out to me: the favourite music track of our parent's often becomes our own.

I can remember rolling my eyes every time Dad would play the Eagles. Or Frank Sinatra. And now, they're some of my favourites and influence the kind of music I love and play.

So it got me thinking: who were the parents of the musical greats? And what was their influence?



1 Amadeus Mozart

Mozart came from a musical family. His father was a composer and his sister was a piano virtuoso herself! His brother and sister would travel the country playing for royalty, wowing every audience that sat in front of them.

The children were so good in fact, that when their father promoted what pieces they were playing on piano, people **didn't even turn up** because they simply couldn't believe their abilities. It got to the point where the father had to downplay their skill so people would watch. Talk about suffering from success!



2 Frank Sinatra

Frank had a slightly different upbringing to Amadeus. Just slightly. Sinatra's mother Natalina "Dolly" was a midwife, earning \$50 a delivery. Sinatra's father Antonino "Marty" was a bantamweight boxer. Wow.

So, where did Frank get the music from? Well, he was a massive Bing Crosby fan (who isn't, really) and performed as a teenager at family gatherings and eventually arranged bands for school dances in high school. Sometimes, it's as simple as having a passion!

3 Stevie Nicks

Similar to Frank Sinatra, Stevie Nicks developed a love of music young. Her mother stayed home to look after her and her father was the president of Greyhound Lines busses so nothing terribly musical there. So, where did Stephanie (Stevie) get her music from? Well, it actually wasn't her parents at all! It was her grandfather who sang country music and duets with her at gigs since she was 5 years old.



HOME Highlight

The lifestyle team at the memory support unit in Mitchelton Care Services do a PHENOMENAL job!

Staff will constantly dance and sing with residents, keeping them engaged and happy. On top of this, the team have been filling the garden with different animal statues that continue to pop up in different locations - keeping everyone on their toes!

Thank you for your incredible help in making our residents' lives so much better.



So there you have it. A bit of musical history for you. What'd you think? Drop me a line at svcs.marketing@svha.org.au or write a letter and ask one of the team to send it in



EDITOR'S NOTE

Jesse works in the marketing team at St Vincent's. In his 20s, Jesse loves writing, technology and history as well as making complicated things seem simple. If you see him around, make sure to say hi! Hit off a conversation on movies, music and Frank Sinatra – but be careful, you may have trouble getting away!



REMEMBER WHEN

With Harold from Maroochydore

A Man and His Motorbike

Harold is a resident at Maroochydore Care Services and has always had a passion for motorbikes. Harold first started racing in 1939 at Croydon, Victoria in a scrambles meeting.



He held the track record on 8 circuits at various times in his career and was a Jubilee grass track champion in 1952. Harold came first in the Victorian Grand Prix meeting, placed twice at Bathurst, and first in the Queensland 1952 Grand Prix.

Harold helped start the Nunnawading motorcycle club in 1946, where he was president for several years and was made a life member in the 1960's.

He got a contract from Wimbledon speedway, who loaned him out to Hastings speedway in Sussex, where he raced for the season in 1949. Harold rode on 15 speedway circuits in Europe, including up to 26 starts a week from Plymouth in the South, to Great Yarmouth in the North, and most tracks in between.

On returning for the Australian speedway season, he had a serious accident on New Year's Day in 1950. Harold was involved in a collision at around 90 miles an hour, and slid off his bike, hitting a post.

Harold's injuries included fractured ribs, ruptured spleen and spinal injuries.

This accident sadly stopped him from future speedway racing, although he still had offers from two companies in England for the 1950 season!

After recovering, he concentrated on road racing and scrambles in Victoria and Queensland, where he rode until he retired in 1953. Harold was previously scramble champion for 5 years in Victoria, and won 4 races when he returned to the tracks.

After retiring from active competitions, he limited his riding to trail riding and touring on bikes, ranging from BMWs, Yamahas, and Hondas.

Harold spent many years attending motorcycle rallies and after he stopped riding bikes altogether, he found a new interest in taking care of his beautiful dog Chas.

Harold celebrated his 100th birthday this month, with many motorbike riders coming out to wish him a wonderful birthday, riding by his home – it certainly put a smile on Harold's face!



Residents

SUBMISSIONS

Music Moments

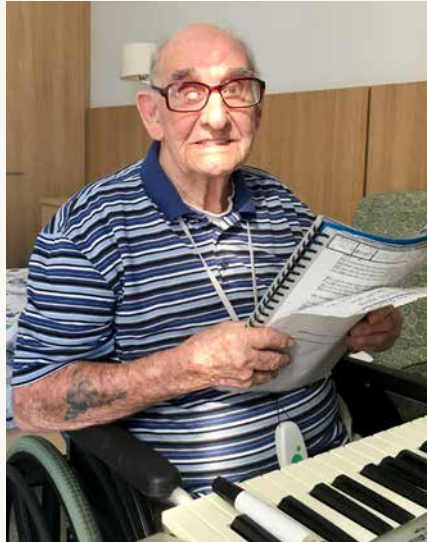


Shirley - Gympie

Shirley learnt to play piano as a child, along with her 6 siblings!

She loved playing tunes as it was a lot of fun - she especially enjoyed playing for Sunday School and for her Church.

Shirley also sang in the choir both at church and at school, but playing the piano was her absolute favourite. Although she can't play today, she still loves a good tune and enjoys singing along to her favourite songs.



Bob - Maroochydhore

Maroochydhore Care Services resident, Bob, was born in Ireland but eventually moved to Australia with his wife Maggie, to start a family.

Bob was a diver in the navy, but his passion lay in playing in his band with his wife and son-in-law. They performed country music, with Maggie singing, Bob playing the keyboard, and Adrian on guitar. Bob actually met his wife while playing music – bringing them together from the very start.

They travelled around Australia performing, playing for the crowds. Bob still enjoys his music today, even if he can't play as well as he used to, and still has his keyboard in his room!



Joyce - Gympie

Joyce started playing the piano when she was only 3 years old. All 4 of her siblings were also taught but Joyce was the only one who loved it enough to continue it throughout her life.

Her mother said she had always “shown promise”. Joyce was able to hear a tune and then replicate it on the piano without any assistance!

“Playing the piano was something I just loved to do!”

The photo Joyce is holding was taken at her mum's 80th birthday party at Toowoomba. There was a piano in the hall they were celebrating in, and one of her relatives asked if she could play the piano. So Joyce got up and played some music, and everybody started dancing!

AROUND the grounds



A Carseldine recently celebrated Audrey Gillingham's 100th Birthday! There were many best wishes and 'Happy Birthday' was sung enthusiastically by the entire Shalom Place community.

B What a better way to spend a sunny morning than potting some beautiful flowers at Werribee! Residents even had some students joining in on the fun

C Happy 100th birthday Jean! We hope you were spoilt rotten at Mitchelton

D Hawthorn residents were treated to a bus trip to St Kilda Beach this month. A special thanks to Chris, Kew Lifestyle Coordinator, who accompanied the team. Residents had some tasty ice cream and a couple of them even dipped their toes into the cold ocean!

E Bardon residents celebrated the Feast of Venerable Mary Aikenhead at the end of this month, starting the day off with a prayer service, followed by a fun filled Mary Aikenhead Trivia Game. They all showed they were really listening when they answered the game host's questions right, including: "Who inspired Mary Aikenhead's ministry?"



F Residents at Heathcote took part in an Olympic Torch Relay event – what a fantastic idea!

G It was a winter wonderland over at Arundel, as residents celebrated Christmas in July

I Southport residents organised a group activity for NAIDOC week, showing off their creative skills!

H St Vincent’s Care Services Toowoomba has been touched by “royalty”. One of their residents, Rodney Koehler, asked the Pastoral Care team to type up his handwritten letter and send it to the Queen offering, his condolences on the passing of her husband, Prince Philip.

To Rodney’s absolute delight, she responded!

J Maroochydore residents had a fantastic time during their NAIDOC Week festivities. Local Indigenous members performed a ceremony for residents, who watched from their balconies and communal dining rooms

K Well done to Maryanne, Molly and Shirley - bocce winners for this month at Eltham!



GAMES

and puzzles

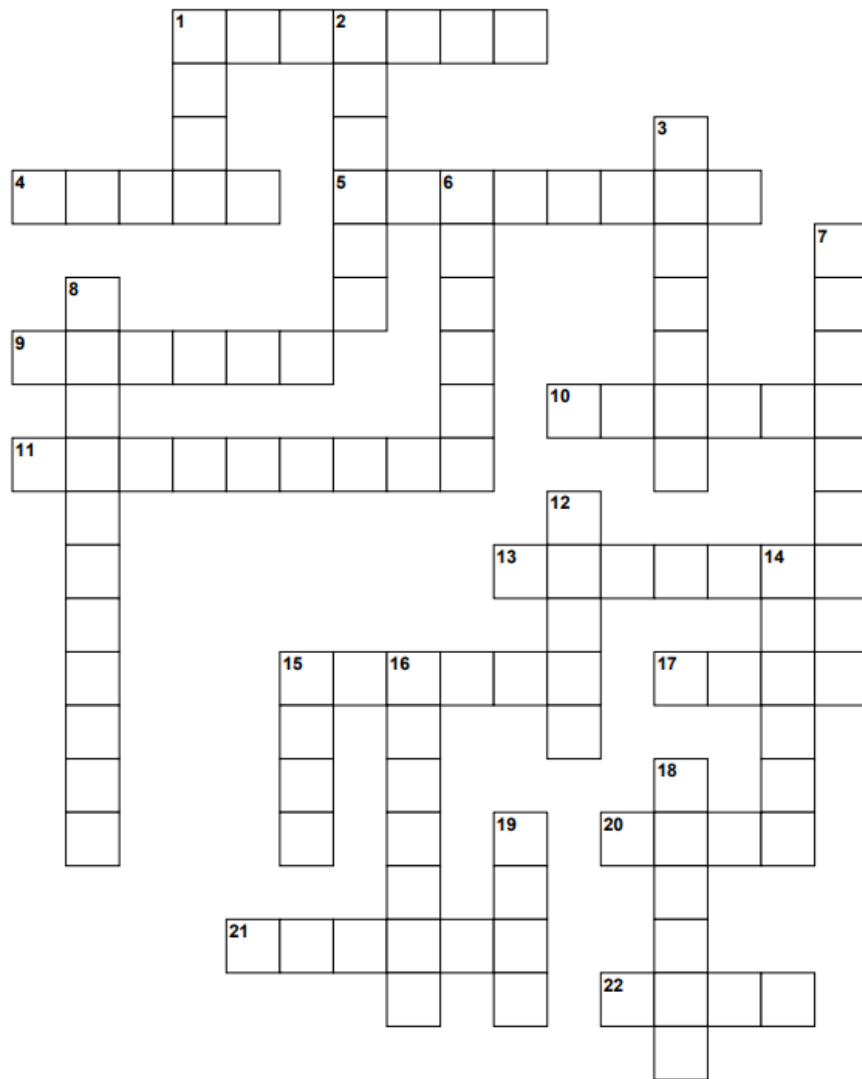
WORD SEARCH

Find the word in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

FAMILY & FRIENDS

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

-
- | | | |
|----------|--------|--------|
| Airplane | Fair | Party |
| Bike | Father | Pets |
| Boat | Friend | Picnic |
| Camp | July | Play |
| Car | Mother | Swim |
| Children | Parade | Trip |
| Craft | Park | Walk |



CROSSWORD

JULY

ACROSS

- 1 Using a boat for pleasure
- 4 Inherent feeling of dignity and worth
- 5 Period of rest, leisure, and recreation
- 9 Ability to make sound judgement
- 10 Public procession of people
- 11 Devices that explode in the air to produce a brilliant display of colour
- 13 Day when normal business activity is suspended
- 15 Tube propelled by gasses from the rear
- 17 Seventh month of the Gregorian calendar
- 20 Something done for amusement
- 21 Informal outdoor meal
- 22 Piece of cloth used as the symbol of a country

DOWN

- 1 Group of people with musical instruments playing together
- 2 Journey from place to place
- 3 Large outdoor fire
- 6 Large number of people massed together
- 7 Freedom from bondage
- 8 State of being a citizen
- 12 State of being young
- 14 On fire
- 15 July birthstone
- 16 Living outdoors in temporary shelters
- 18 Group consisting of parents and their children
- 19 Competition of speed



FEEDBACK

Going forward, we would love to encourage residents to submit their own content.

Maybe you're an avid drawer who wants to share their artwork, someone who likes to write a poem or two or you just have a good story you would like to share. All submissions are welcome.

SUBMISSIONS

If you would like to make a submission or provide feedback, please chat to the staff members around you who can pass on your ideas straight to us!

You can also speak with reception staff or email svcs.marketing@svha.org.au.

FEEDBACK

If you have compliments or suggestions about our services, or wish to raise a concern, you can contact our customer care team on 1800 778 767 or reach out to our state managers directly.

QLD State Manager: nicole.devlin@svha.org.au

NSW State Manager: sonia.liddell@svha.org.au

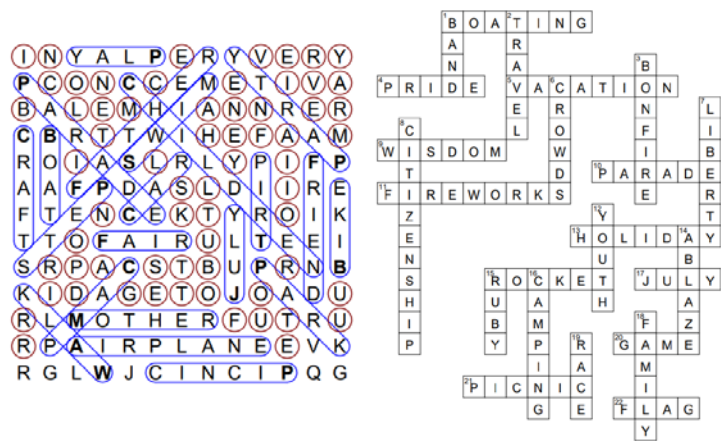
VIC State Manager: bernadette.murphy@svha.org.au

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

TIS National covers more than 100 languages and is available 24 hours a day, 7 days a week, for the cost of a local call.

AGED CARE QUALITY

The Australian Government's Aged Care Quality and Safety Commission provides a free service for anyone wishing to raise their concerns about the quality of care or services being delivered to people receiving aged care services at a government-funded facility.



SERIOUS INCIDENT REPORTING SCHEME (SIRS)

You may have heard of the new SIRS legislation which came into effect on 1 April 2021. The purpose of this legislation is to reduce the risk of abuse and neglect for people living in residential aged care homes. In addition to our existing internal incident management processes, there are additional types of incidents we are now required to report to our external regulator, the Aged Care Quality and Safety Commission.

The Agency has prepared some information for all family members and representatives, which includes a factsheet, as well as videos and other information. If you would like access to these, or have any further questions about this reporting scheme, please reach out to your Facility Manager or staff onsite.

TRANSLATION OF COVID-19 RESOURCES

The Department of Home Affairs now has a dedicated website for translated COVID-19 information - <https://covid19inlanguage.homeaffairs.gov.au/>. This website provides culturally and linguistically diverse people with a single source of information in 63 languages other than English.

The following resources have also been translated into 63 different languages:

- Stay COVID Free Do The 3
- Testing for COVID-19
- What you need to know about Coronavirus
- Help for finances and mental health
- Protecting you from Coronavirus
- Easing of Restrictions
- Roadmap to a COVIDSafe Australia
- COVIDSafe app - New tool to help slow the spread of COVID-19

You can also contact the Department of Home Affairs if you believe there is a language that should be translated that is not available. You can email through your suggestions to: agedcareCOVIDiaison@health.gov.au.





Please don't hesitate to call

1800 778 767

Q St Vincent's

St Vincent's Care Services
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BOWEN HILLS QLD 4006



**ST VINCENT'S
CARE SERVICES**