

THE VOICES OF ST VINCENT'S



ST VINCENT'S CARE



MARCH 2022



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2022 CALENDAR DATES

APRIL

1 FRI April Fool's Day	9 SAT Sr Xavier Williams (first Aust. Sister of Charity)	14 THU Holy Thursday	15 FRI Good Friday
17 SUN Easter Sunday	24 SUN Easter Octave	25 MON ANZAC Day	28 THU World Health and Safety Day

MAY

2 MON Labour Day (QLD)	8 SUN Mother's Day	8 SUN Good Shepherd Sunday	12 THU International Nurses Day
13 FRI Our Lady of Fatima	17 TUE National Volunteer Week	19 THU Australia's Biggest Morning Tea	26 THU National Sorry Day
26 THU Ascension of the Lord	27 FRI Reconciliation Week		





HOME LOCATIONS

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



Arundel



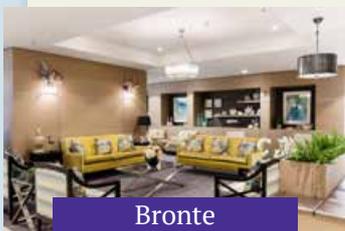
Auburn



Bardon



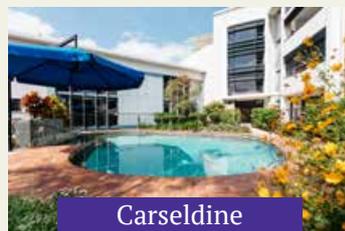
Boondall



Bronte



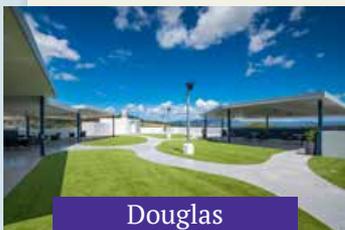
Carina



Carseldine



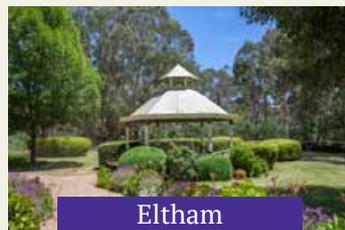
Corinda



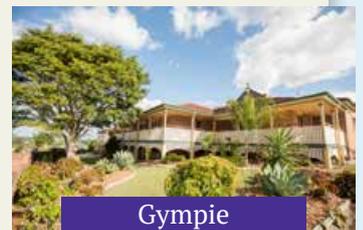
Douglas



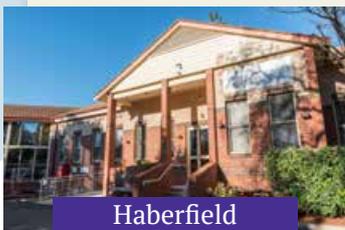
Edgecliff



Eltham



Gympie



Haberfield



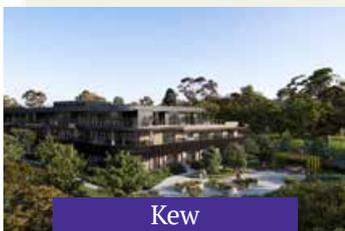
Hawthorn



Heathcote



Kangaroo Point



Kew



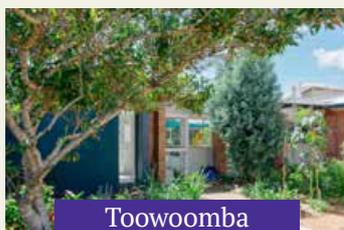
Maroochydore



Mitchelton



Southport



Toowoomba



Werribee



Yennora

QUEENSLAND

Brisbane

NEW SOUTH WALES

Sydney

VICTORIA

Melbourne

QLD

Arundel
Bardon
Boondall
Carina
Carseldine
Douglas
Enoggera
Gympie
Kangaroo Point
Maroochydore
Mitchelton
Southport
Toowoomba

NSW

Auburn
Bronte
Edgecliff
Haberfield
Heathcote
Yennora

VIC

Eltham
Hawthorn
Kew
Werribee



MESSAGE FROM OUR CEO

Dear St Vincent's Residents,

I wanted to very happily introduce this latest edition of the Voices of St Vincent's to you, but firstly, I wanted to ask something of you before I do.

Just when we felt we were getting on top of the pandemic, the floods came. Now, while I'm sure I don't need to give you all the details, just know that overall, we were blessed that the damage to St Vincent's homes was minimal and that everyone is safe and sound.

What I wanted to ask of you though, is your prayer, your understanding and your empathy. While the worst of the weather has passed us by, we are still feeling deeply for many families and staff who have been displaced by the wild weather.

I can only imagine what it's like to lose your home, your possessions, and your memories. But I have also been touched by the strength and resilience of St Vincent's people amongst the disaster.

I was *especially* touched by stories of staff members who chose to work many, many hours beyond what we could have ever expected to keep residents safe. And there were even stories of staff choosing to stay at work to continue with your care while their houses filled with water.

So please, if you know a fellow resident whose family has been affected by the floods, or a staff member in the same situation, reach out and check in on them and keep them all in your prayers. Thank you for making the St Vincent's resident community everything that we are so

proud of through your continued support of each other, and of St Vincent's people.

Speaking of pride, I'm also proud to share with you what we've put together this month for the Voices of St Vincent's.

This month is one for the creatives. It's a collection and celebration of residents' art and creativity that we've seen not only this month, but since the beginning of the year and let me tell you, it's truly, truly great.

Now, I'm not just talking about 'great' from an 'aged care' perspective. I'm talking about great art, period. Paintings that people would proudly hang up in their homes and flower arrangements that someone would gladly buy for someone they know going through tough time.

So, join me this month in showing everyone St Vincent's best kept secret: residents here aren't just 'residents' they're extraordinary people with extraordinary gifts to share. And while their extraordinary gifts may have been hiding away the last few decades, we're here now to honour them and give them the limelight.

God bless,



LINCOLN HOPPER
Chief Executive Officer



MESSAGE FROM OUR MISSION LEADER

Dear Residents,

Over the last few weeks, we have been talking about Lent, starting with Ash Wednesday. It occurred to me how often we can simply assume everyone knows what we are talking about and what it all means. So, I have been facilitating some formation sessions with our Care Services Leadership Team and Senior Leaders on what Lent is and thought some of you might be interested also.

So, here are some commonly asked questions about Lent...

What is Lent?

- Period leading up to Easter, the resurrection of Jesus
- Commenced in the Catholic Church around the Year 325
- A time of solemn observance and preparation for the celebration of the death and resurrection of Jesus.

How long does Lent last?

- 40 days/6 weeks (excluding Sundays)
- The timing is based in scripture:
 - *it rained for 40 days & 40 nights*
 - *the Hebrews spent 40 years in the wilderness*
 - *Jesus spent 40 days in the desert*
- Ends at sunset on Holy Thursday evening.

Why do we have Shrove (Pancake) Tuesday?

- Lent is a time of fasting
- In the early tradition, people would need to clear their pantries of things that were considered a luxury (yeast, sugar, flour) – especially those things that would not last 40 days

- The word, ‘Shrove’ comes from the word, shrive, meaning to present one’s self for confession, penance etc.
- Traditionally Christians would go to reconciliation on this day

What is Ash Wednesday all about?

- Ash Wednesday is the first day of Lent
- Ashes are used today as a reflection on the traditional Hebrew practice of repentance, when people would wear sackcloth and cover themselves in ashes
- The ashes are an outward expression that we are all sinners and that we need to seek forgiveness
- Today, the ashes are made from burning the blessed palms from the previous year’s Palm Sunday celebrations

What are the 3 Pillars of Lent?

- Fasting
- Almsgiving
- Praying

Why Fasting?

- The time of Lent, through fasting and abstaining, may be an important reminder of what it means to suffer
- This small suffering should not be met with misery but with great joy as we better understand the incredible sacrifice that Jesus made for humanity
- Catholic Canon Law states that Catholic from 18 – 59 should fast (1 meal/day)
- Catholic are also required to abstain from eating red meat from the age of 14 on Ash Wednesday, Good Friday & Fridays throughout Lent for more traditional Catholics
- It also means to go without something special to you, a luxury or pleasurable things throughout the 6 weeks of Lent

What is Almsgiving?

- Usually this means to give money, however it is also a call to act that leads us to see others and to listen to them
- We can do this by given to others our, time, help, advice, company, etc.
- It can be a gift of one's self

Why Prayer?

Lent provides a time to:

- Contemplate, listen and to talk to/with God.
- Read and meditate on God's words through engaging with Scripture
- To simply be one with God – to make time to draw closer to God

Through fasting, almsgiving and prayer, we are connected with Jesus and his time in the desert. Lent is a call/invitation to experience our own 'desert' time to help us prepare for the death and resurrection of Jesus.



TROY TORNABENE - Mission Leader

ST VINCENT'S ARTISTS CORNER

KANGAROO POINT DRAWING CLASS



Residents at Kangaroo Point took part in some 'experimental drawing' classes including drawing with one continuous line, without separating the pencil, with the opposite hand, and without looking. Looks like a lot of fun!



KANGAROO POINT FLOWER ARRANGING



A different kind of art (but still a creative talent all the same), is these stunning flower arrangements from the talented, budding florists at Kangaroo Point. Check out those blooms!





MITCHELTON ARTISTS



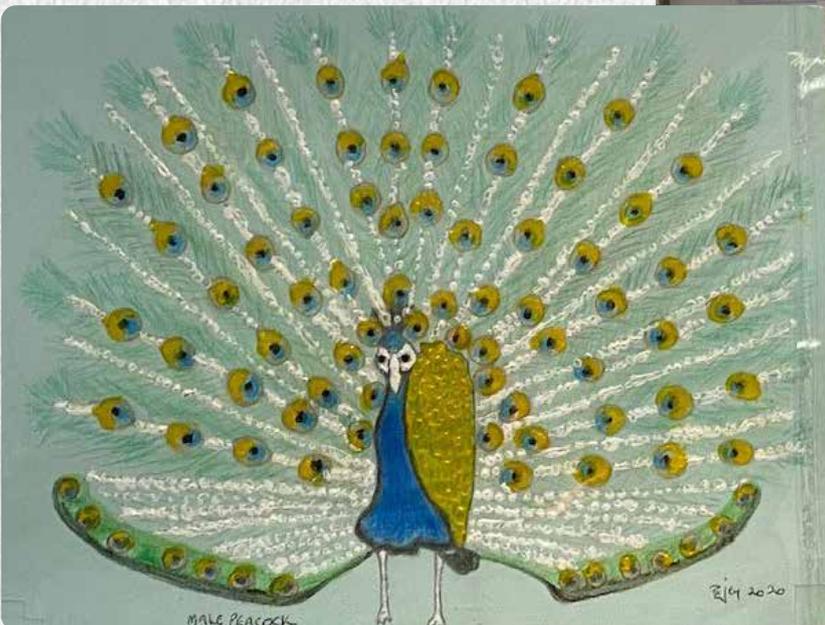
Over at Mitchelton, we have the Wednesday art group who have been putting out some spectacular work since the beginning of the year. Many have never even picked up a brush prior to starting the group and look at the results!



PAMELA'S DRAWINGS



Pamela over at Werribee is an avid drawer and draws for herself and other residents too. The colourful standout here is this wonderful peacock drawing. But her other drawings of birds and wildlife are very, very impressive as well!



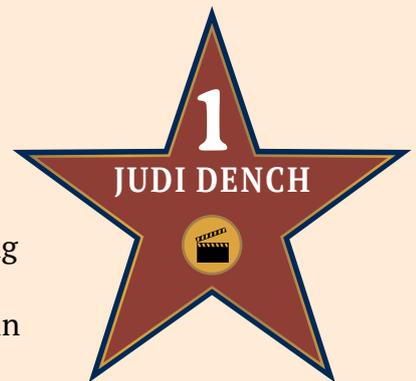
4 CREATIVES WHO DIDN'T GET FAMOUS UNTIL AFTER 60

It's a surprising thing. People are often under the impression that you peak around the age of 30. Or even a little older. But we all know very well, that even at St Vincent's, people have come into their own with new talents into their 80s and 90s

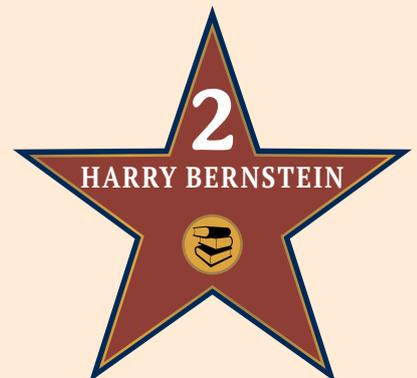
But in case you're not convinced, I've put together a short list of late bloomers - the people who worked hard all their life, only to get their big break 30, 40, 50 years into their careers.



Dame Judi got her big break at age 61 acting in James Bond's Goldeneye (1995). Great film. Love Pierce Brosnan. But even better for Judi who'd been acting since the 1950s! Dench was nominated to Oscars eight times after her first big role and she eventually won for Best Supporting Actress for her performance as Queen Elizabeth in Shakespeare in Love (1998).



Now you might be thinking: 'Jesse, all of these are people in their 60s. What if I'm in my 80s, or 90s?' Well, this is just for you. Harry Bernstein was 96 when he started writing about his life and childhood. His wife had passed away and he found himself pondering the past, which according to him, grew even clearer with age. Bernstein wrote 4 books in 5 years before passing away at 101. His work was perhaps most famously featured in the New York Times. Some pretty outstanding stuff from Harry!



They say everyone has a novel in them, and that was true for Laura. At age 65, she started to pen her life's story living in the American Midwest. 9 books and a hit show named Little House on the Prairie later, and she was quite famous indeed!





You know Roget? As in the famous Roget’s Thesaurus? While young Peter kept lists of words in his early days, it wasn’t until he was 73 that he published his first version of his famous thesaurus. Fancy that. He must’ve been extremely proud, appreciative, honoured, satisfied, contented and glad.



Who did we miss? Maybe when we make a list a few years from now you’ll be one on it too. If you’ve got a story to share, or even someone you know you want to nominate, ask your team to send an email to svcs.marketing@svha.org.au or chat with Jesse in the Marketing team.



BY JESSE GRAMENZ

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!

Thank you kindly Adriana



This month, we’re honouring the wonderful Adriana
 Adriana is a lifestyle coordinator at St Vincent’s Southport.
 Southport just wouldn’t be the same without Adriana. Just ask the team!
 Thank you for making every day a delight for residents

“Adriana is an inspiration to our team.”

“Loved by us all.”

“Adriana is a beautiful person inside and out.”

Kindness works for us

MARCH HIGHLIGHTS



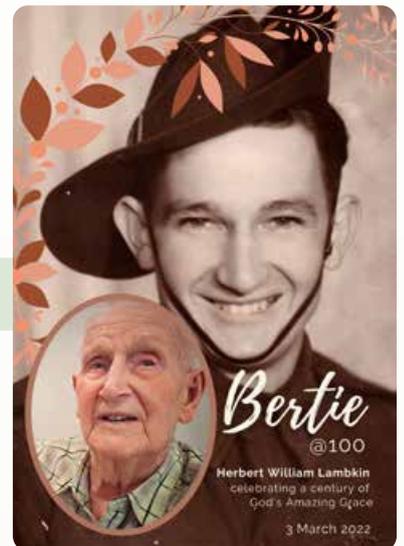
Margaret's Birthday

A very big happy birthday to Margaret from Yennora who turned 108 this month. A great day with family and of course, a royal dance to cap off the day for the resident centenarian.

Bertie's Birthday

It was Bertie's 100th this month! The team at Bardon put together a touching video and brochure on his life so far including diary entries from his days during the second World War.

You can check out the video on our St Vincent's Care Services Facebook page – well worth a watch!



New Kew Menu Stunning. Kew's new menu is wowing residents and staff alike. Check it out!





St Patrick's Day

St Vincent's were grinning in green on Patty's Day. We all took a step back to honour the life of a pretty exceptional saint – celebrated over great food and drink of course!



Waffle Friday at Arundel

Waffle Friday is a staple at Arundel and I think we can tell why. Crispy, tasty waffles drenched in golden, maple syrup – does it get any better than that?



Toowoomba Bus Trip

Toowoomba had a lot of fun this month including a trip out into green, rolling farmland out at Pittsworth!



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.

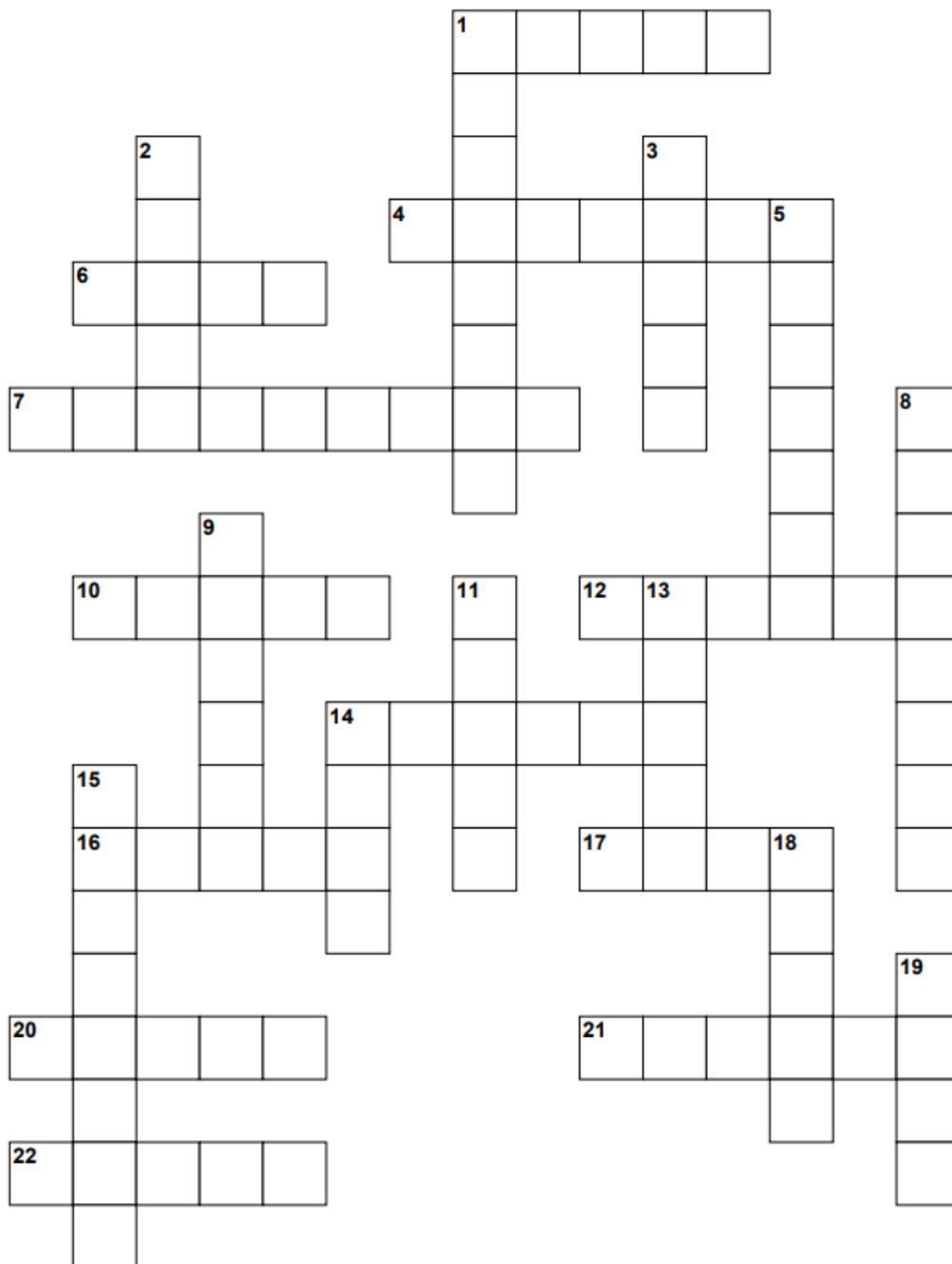
EASTER

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E S A I N S P I R A T I O N S
T P E R I S G G E S M E A N E
T R T G O S P E L O B E A C E
S I B A S K E T Y M B O U N V
L N G N I R E H T A G M O O I
H G T B F H H O P E E I R E T
E T M N O N A E W N G A S L S
A E I H E N N M I I D I N E E
W L A A L L N C L D R I Y F F
E C L T F L A E E A P R C Z V
K A C S N L R V T Z E B N Z Q
T R C K H P O K K N F U T G K
V I A X Z T C L I F W N Q W R
H M T X E F R F R Z W N K P P
T R A D I T I O N A L Y Z C Y
  
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Acclaim	Eggs	Hats
Arise	Faith	Inspiration
Basket	Festive	Lent
Bonnet	Finery	Miracle
Bunny	Gathering	Religion
Devoted	Gospel	Spring
Ecumenical	Ham	Traditional



CROSSWORD APRIL

ACROSS

- 1 Flower
- 4 State of the atmosphere
- 6 Newborn horse
- 7 Insect with four large wings that flies mostly in the daytime
- 10 Lawn plant
- 12 Fall of rain that lasts a short time
- 14 Cloth hat that is fastened beneath the chin in ribbons
- 16 Fourth month of the year
- 17 Go from being a frozen solid to being a liquid
- 20 Large North American songbird that has a rusty red breast
- 21 Small, shallow pool of water
- 22 Act or fact of being born

DOWN

- 1 Game played with a bat, ball and mitt
- 2 Start to grow
- 3 Newly hatched bird
- 5 Arc in the sky containing many colours
- 8 Used to shield against the rain or sun
- 9 Spring holiday
- 11 Animal with long ears, a short tail, and soft fur
- 13 Break out of egg
- 14 Plant buds that begin to grow underground
- 15 Plant with tall stems and bright yellow flowers shaped like bells
- 18 Having a great amount of wind
- 19 Structure used by a bird to lay eggs and rear young



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.



TRANSLATION OF COVID-19 RESOURCES

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

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

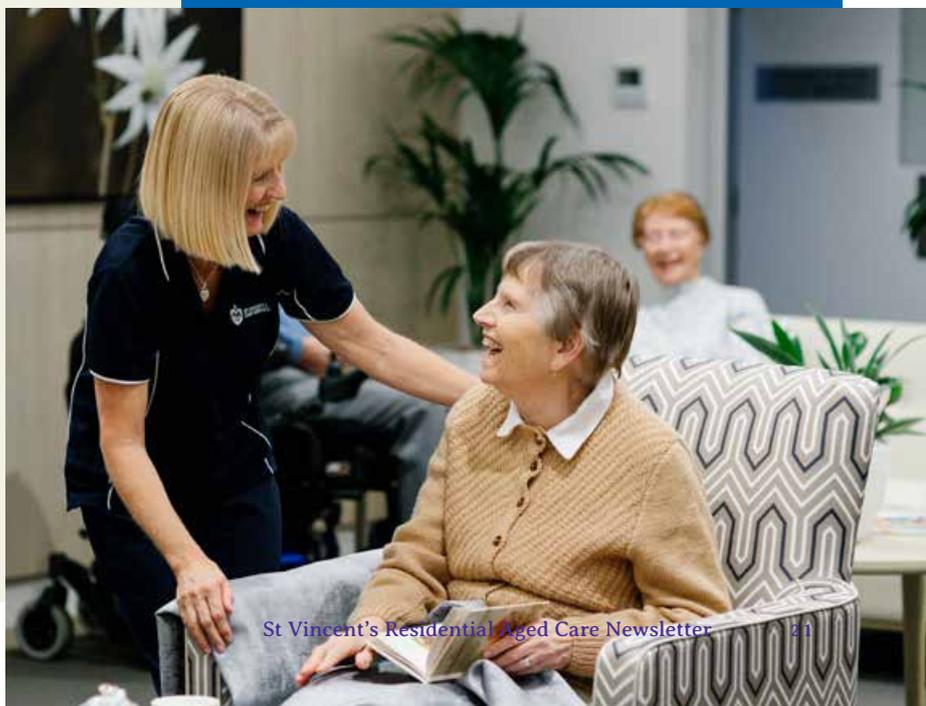
- Stay COVID Free Do The 3
- Testing for COVID-19
- What you need to know about Coronavirus
- Help for finances and mental health
- Protecting you from Coronavirus
- Easing of Restrictions
- Roadmap to a COVIDSafe Australia
- COVIDSafe app - New tool to help slow the spread of COVID-19

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

FAMILY AND FRIENDS' WEBINAR

We have recently introduced virtual webinars for your family members and friends, to discuss their many ideas, questions and feedback regarding the current COVID situation, as well as your care into the future. We have found these to be another wonderful avenue to connect with our broader St Vincent's community, and understand how we can improve upon our services.

We will keep you posted on any future webinars that we host into the future, so your loved ones can join in.





Please don't hesitate to call

1800 778 767

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BOWEN HILLS QLD 4006



ST VINCENT'S CARE

[Q St Vincent's Aged Care](#)