

NEWSLETTER

November 2023



St. Anna's
Residential Care Facility



St Anna's News



Hello Residents, Families and Friends of St Anna's

I would like to welcome all new residents and their loved ones joining the St Anna's family in November and personally invite you to provide Feedback, we are always looking for ways to improve our services. You will notice there is a barcode on the following pages – just scan the code and enter your

If you are reading this on the 1st of November, there are only 55 days till Xmas. Hasn't 2023 gone by so fast!!!

The Xmas Season is fast approaching and you will start to see the walls and corridors being decorated throughout the facility for the season, we are currently planning our Resident and Home Care Client Christmas Lunches – more information to follow.

Just a reminder that if you want to book an Access Cab to go out on Xmas day you will need to get in early and make a booking direct with the Access Cab company - the bookings fill fast. The Cab number is 1300 360 940 – please let the front reception know if you are planning on going out Xmas Day.

We are really excited to be taking part again in the Food Bank Drive for Christmas this year and hope all our residents, staff and families get behind the drive and donate to this amazing organization that puts food in the bellies of millions of Australians. Did you know that 3.7 million households have run out of food in the last year? Last year alone, Foodbank sourced enough food for over 82 million meals. St Anna's will be taking donations from the 01st of November 2023 – just drop off your donations to the front desk. Residents, home care clients, staff and loved ones are being asked to get behind this very important initiatives with the hope we can make a difference and help struggling families get through this hunger crisis – if anyone needs assistance to donate please ask.

I would like your feedback on the story we have commenced in the St Anna's Newsletter called the *"Whimsical Chronicles of Tim"*. Would you like to hear more from Tim and his journey in the following newsletter?

You may have noticed the refurbishment of the carpets and vinyl in some of the common areas and hallways throughout the facility – I thank you for your understanding while we continue to navigate the carpet replacement, it has progressed quickly and so far there has been minimal disruption – the new carpets look really great.

St Annas entered the Institute of Hospitality in Healthcare (IHC) texture-modified national competition for texture-modified meals, and I'm pleased to announce our representative from the St Anna's Kitchen has won. This type of diet is so important for those on texture- modified as the client needs the nutritional benefits but also we are wanting to provide a delicious meal served with dignity and flavour.

I would like to invite you to attend the 2023 St Anna's Residential and Home Care AGM to be held on Monday, the 20th of November, at 6:30 pm in the PK Room here at St Anna's, followed by a light supper. Let's continue to work together to build a community that thrives on collaboration and innovation as we strive towards 2024.

Have a great month of November, and I hope you get lucky in the Melbourne Cup Sweep.

Amanda Birkin
CEO St Anna's Residential and Home Care

"Whimsical Chronicles of Tim"

As the comedic chaos of October transitioned into November, Tim couldn't help but wonder if the universe had a whole new set of tricks up its sleeve. November in Australia meant the arrival of spring, a time of renewal and growth. Tim had come to anticipate the unexpected in this lively season, embracing the quirks that seemed to follow him wherever he went.

The first day of November dawned bright and sunny, with the scent of blooming flowers in the air. Tim, still adjusting to the change in seasons, mistakenly wore his thickest winter coat to work. Sweating and sheepish, he garnered amused looks from his colleagues who were dressed for the balmy weather. Laughing it off, he peeled off his coat and rolled up his sleeves, grateful for the chance to share a chuckle with his coworkers.

Embracing the energetic vibe of spring, Tim decided to join a group of friends for a day of kite flying at the beach. Armed with a colourful kite, he attempted to launch it into the sky. However, the wind had other plans, and the kite spiralled out of control, narrowly missing unsuspecting beachgoers and causing giggles among the onlookers. Undeterred, Tim persisted, his determination resulting in a hilarious dance of tangles and twists as he battled the kite's rebellious flight.

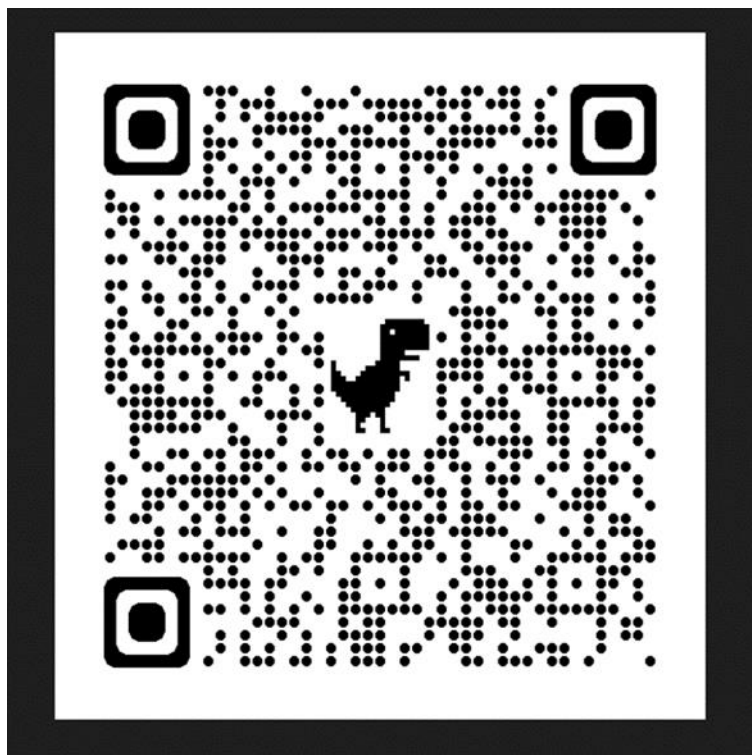
As the days inched closer to Thanksgiving, Tim received an invitation to a "Friendsgiving" celebration with his mates. Wanting to contribute a classic American touch, he decided to bake a pumpkin pie. Yet, in his enthusiasm, he mistook salt for sugar, turning the sweet dessert into a rather salty surprise. Tim's friends, with their Australian sense of humour, dubbed it the "Down Under Pumpkin Delight," and they all had a good laugh while digging in.

But November still had one more surprise in store for Tim. One evening, as he strolled through a park, he stumbled upon a group of people engaged in laughter yoga. Intrigued, he decided to join in. Amidst the collective laughter, Tim found himself chuckling without inhibition, surrounded by strangers who quickly became friends. It was an unexpected moment of pure joy that perfectly encapsulated the spirit of November.

As the month came to a close, Tim found himself reflecting on the mishaps and laughter that had filled his Australian November. Spring had indeed brought with it a sense of renewal, not only in nature but also in his own outlook on life. He couldn't help but look forward to the approaching holiday season, ready to embrace whatever offbeat adventures and amusing moments December would bring. Tim had learned that life's surprises, whether big or small, were the elements that made his journey uniquely entertaining.

Author AI CHATGPT

We want your feedback - please scan the code and it will take you directly to our Feedback Form.



Trivia

The word, “November”, is derived from the Latin word “novem” meaning “nine” because it was the ninth month of the Roman calendar.

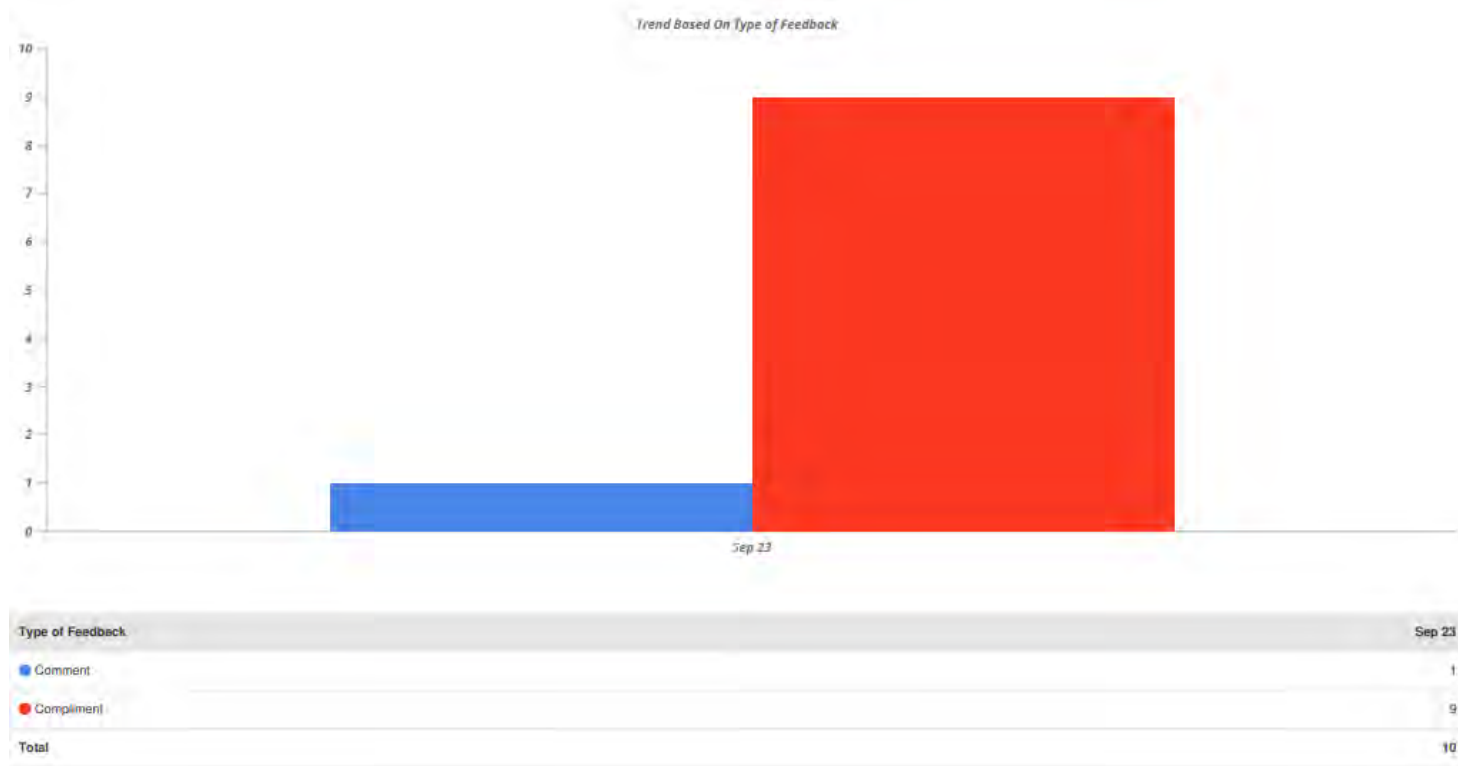
Zodiac signs: **Scorpio or Sagittarius**
Birthstone: **Topaz and Citrine**
Flower: **chrysanthemum**

Quote of the Month

“Never let the things you want forget the things you have.”

Month in Review

We have received the following Feedback in September



Complaints

Nil

Comments

1x Implement TM snacks will require additional resources in the kitchen

Compliments

1x Resident complimented the chef on cooking and reminded resident of families cooking.

1 x Resident stated "really enjoyed the cous cous dish cooked"

1x Respite resident stated "care has been excellent, and I enjoy the meals very much".

1x Respite resident care is wonderful.

1x Resident 5/9/23 – Beef casserole "Bloody Beautiful"

1x Resident praising staff and care

1x Family thankful to St Annas for Palliative Care

1x Resident praised Chef Bipreet for amazing Roast Chicken

1x Resident stated Chicken Schnitzel cooked on the weekend was cooked for perfection.

A little bit of Trivia about Croatia

Interesting Facts About Croatia

Croatia lies in the western Balkans and borders Slovenia, Hungary, Bosnia-Herzegovina, Serbia, and [Montenegro](#). [Croatia's most exciting](#) border, however, is the Adriatic Sea.

King Tomislav was Croatia's first king, crowned sometime before 925 A.D. you'll find his name all over the country

Croatians settled on the Adriatic coast around the seventh century on the ruins of the Roman Empire

The hit HBO series [Game of Thrones](#) was filmed on the Dalmatian coast in Split and Dubrovnik

The largest Croatian [white truffle](#) found weighed 1.31 kg (2 lb 8 oz) and was discovered by Giancarlo Zigante of Pototoska on 2 November 1999 near Buje, a town in Istria, Croatia.

Ivan Vucetic- criminologist and anthropologist, was born on the [island of Hvar](#) (later emigrated to Argentina and was known as Juan) was the pioneer of scientific dactyloscopy (identification by fingerprints), and his methods of identification are used worldwide.

On the [island of Susak](#), the women hold the title of having the only national costume that sits above the knee in Europe

The longest [word in Croatian](#) is **prijestolonasljednikovičičinima** which means little heiress apparent to the throne.

Croatia has 1244 islands, isles, islets & reefs. Just 48 of them are inhabited.



November Birthdays

Ms Jennifer Baker

Mr Ben Jvalevsky

Mrs Zina Kicmaniuk

Mr Dimitri Petrovski

Mrs Emilia Rakowski

Ms Jennifer Zerner



Poem

In the land of wrinkles, we now reside, where bedtime's early, and we wear our pride. Our joints might creak, our hair may grey, but we've got wisdom, come what may! Glasses perched upon our nose, we squint and read, it's how life goes. "Back in my day," we love to say, and reminisce in a nostalgic way.

We play bingo like it's an Olympic sport, and napping is a favourite resort. We've traded wild nights for cups of tea, And still claim victory in the game of life's glee.

Our dance moves may be a bit out of date, but we're still groovin', ain't that great? We've earned our stripes, each wrinkle's a tale, of battles won, and ships that set sail.

So embrace the years, the laughter, the ache, Life's a journey, for goodness' sake! With every grey hair, we're living the gold, Aging with style, never growing old!



Noticeboard



PET THERAPY

As part of our pet therapy program, we have birds that will be in different areas of the facility daily, please check your program for locations to visit. If you would like a room visit let Lifestyle staff know. We also have our fish aquarium that is located in Iris Dining room. We try our best to have some furry friends visit (dogs, rabbits, miniature horse etc.) As we don't have set days these animals visit Lifestyle staff ensure to let you all know on the day of the visit.

CULTURAL EVENTS

Croatian club and
Ukrainian club lunches
monthly

Please let staff know if
you would like to attend

CONTINUOUS IMPROVEMENT

Flooring

We have commenced replacing the flooring in the dining rooms and common areas.

The carpet replacement in the hallways is nearing completion – thank you to everyone for your patience.

Outdoor Furniture

We are expecting the delivery of new outdoor furniture in the next few days – just in time for some beautiful spring days. Residents have been involved in the selection of styles of furniture and fabric choices!

VOLUNTEERING AT ST ANNAS

Volunteers are often the glue that holds a community together. Volunteering allows you to connect with your community and make it a better place. Helping out with even the smallest task can make a real difference to the lives of our residents and St Anna's as an organisation.

If you would like to volunteer here at St Anna's please let us know – we would love to have you join our team! As a volunteer you choose what suits your lifestyle and how often, for how long you can commit. Call the team at St Annas on 8346 0955 or email admin@cubs.org.au

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to residents monthly. If you would like this service, please talk to a Lifestyle staff

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

ACTIVITIES

Due to unforeseen circumstances activities may change on your daily program. Lifestyle staff will inform you of any changes, Activities and any changes to program will also be reflected on the white boards in your dining area.

The rising cost of living is the most common reason why people in Australia are struggling to put food on the table



HAIRDRESSER

Michelle our hairdresser attends every Tuesday at St Anna's. If you or your loved one would like an appointment please call the Lifestyle Team or email admin@cubs.org.au

LAUNDRY

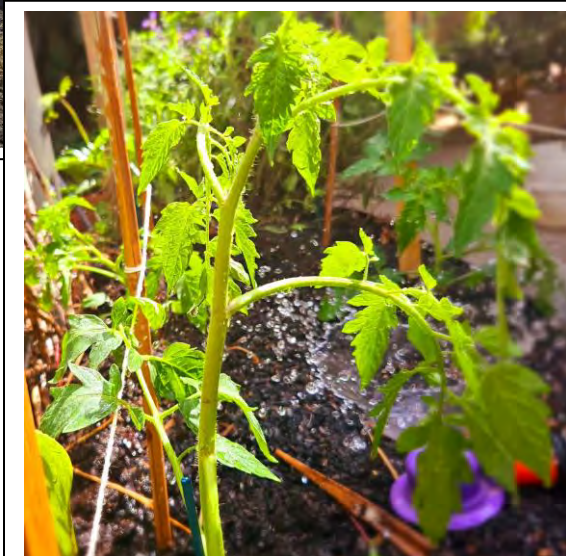
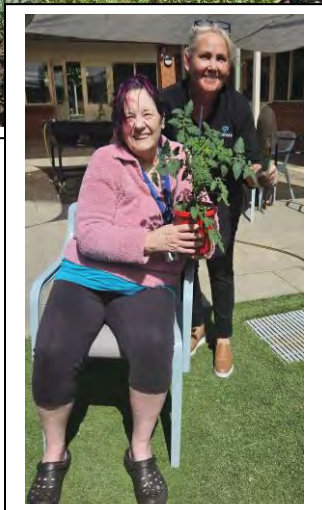
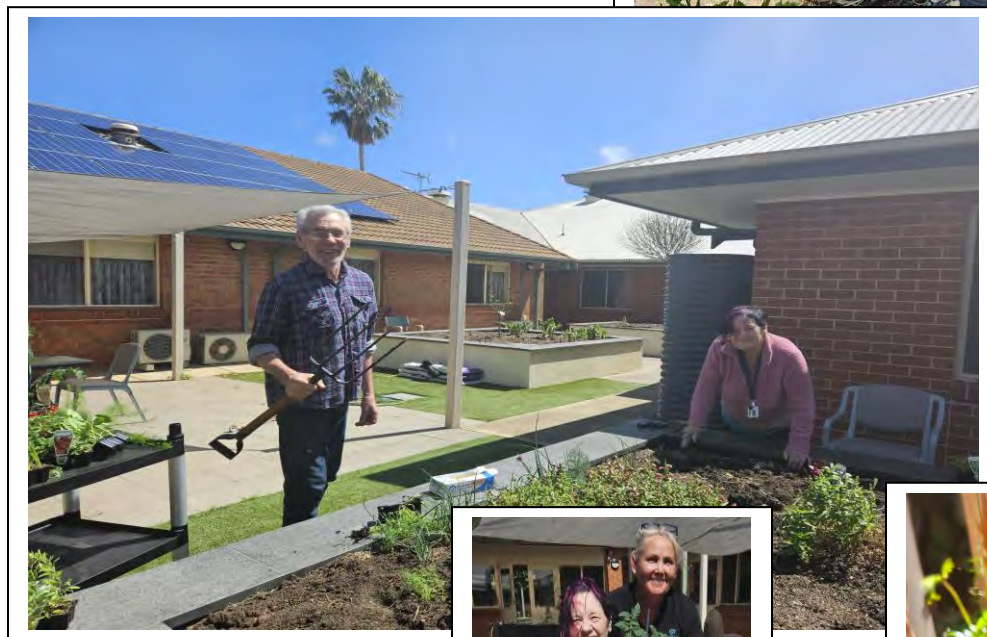
Clothing on our lost property rack is kept in the main laundry. If you have missing items of clothing, please contact staff who are happy to show you the clothing in the laundry. All Consumer's clothing is required to be labelled. St Anna's RCF does not take responsibility for any lost clothing which is unlabeled. Labels can be purchased from St Anna's RCF, forms are available at reception or from the housekeeping staff.

Lets Celebrate Great Staff

Carer Emma were nominated for Random Acts of Kindness in September by her fellow team members - well done Emma



SPRINGTIME AT ST ANNA'S: VEGETABLES, HERBS, FLOWERS GALORE



100 WORD

Word Searches

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

ZAP	TOP	WET	YET	YES	YOUR	HER
WERE	WAS	WITH	WENT	WE	THAT	DID
THE	TO	SAID	SHE	SEE	ROB	RUN
RAN	RAM	RAT	PUG	PEN	PET	PIN
PIT	PAN	PAT	PLAY	ON	OF	HIM
NUT	NAP	NET	NO	NOT	MUST	KIT
MET	MAP	MAT	MAN	MOM	MY	OR
LOT	LAP	LAST	LOOK	LIKE	KIN	ALL
JOB	JUST	JAB	JET	JUMP	IF	AN
IN	HIT	HAS	HAM	HIS	HAD	LET
HAVE	HERE	GET	GO	FROM	FOR	IS
DO	COME	CAN	BUT	BE	AS	MAD
ARE	AT	AND	A	POT	THIS	DAD
JOT	WHAT	MOP	YOU	OUT	ROT	ME
IT	THEIR					

Complete the activity by putting the listed words in the correct space:

1. _____ is the main ingredient of bread.
2. All of my friends came early _____ you.
3. Walking done in a _____ way is a form of aerobic exercise.
4. Let us _____ them to find out where they are heading.
5. George _____ some of the books from the library.
6. The _____ is slippery so I fell down.
7. Use your _____ while drawing anything.
8. Please _____ my gift.
9. Simran has a very _____ smile.
10. Vivek has a large _____ of books.
11. Teacher told to _____ an essay in your own words.
12. I have _____ one cup of water and salt to the rice.

floor, added, selected, collection, accept, flour, follow, , except, imagination, beautiful, write, right

Staff Profile

Vivi

Hello everybody...

My name is Vivi. I was born in Colombia and I moved to Australia 4 years ago. I have not seen my family in Columbia for 3 and a half years and in March this year I travelled back home. It was a total surprise to my family - when they saw me they were shocked. I tried to enjoy it as much as possible and share it with my family because my holiday was short. I decided to take my mom and grandpa for a trip whilst I was in Columbia. Initially we went to the coffee region of my country, we visited coffee farms, amusement parks and enjoyed the gastronomy, we had every type of coffee. My grandfather, who is my hero, dared to ride the roller coaster; he had much more courage than the others. Many people were surprised to see him on amusement rides.

We also went to the Cocora Valley, known for its surprising surreal landscapes, where you can find our national tree, the Wax Palm. We went to the city of Santa Marta, located on the Caribbean coast. This area is known for its colonial architecture and beautiful beaches. We visited a beautiful aquarium that is on this island. Also, we went to Buritaca, a beach where the river ends and flows into the sea. The beach is clean, and the sea is beautiful there.

Then we decided to travel to our home city, Bogotá. I spent time with my family and my friends, and we all celebrated my birthday. My family had a surprise for me - they brought me mariachis, we sang, danced, and enjoyed the time together. Finally, after six weeks, I had to return to Australia. The farewell was hard, but the good memories remain, and we all have the desire to see each other again soon.



SUDOKO

	5		8	1	9		4	
9			2			8		
3	4		6				9	2
8			5			3		
6	7						1	5
		1			2			9
4	8				3		6	7
		5			6			1
	6		9	7	5		2	

answers on page 17 - no peeking 😊

Shhh !!!! Answers

2	5	6	8	1	9	7	4	3
9	1	7	2	3	4	8	5	6
3	4	8	6	5	7	1	9	2
8	9	2	5	6	1	3	7	4
6	7	4	3	9	8	2	1	5
5	3	1	7	4	2	6	8	9
4	8	9	1	2	3	5	6	7
7	2	5	4	8	6	9	3	1
1	6	3	9	7	5	4	2	8



Ice Cream Flavors

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

VANILLA
 CHOCOLATE
 STRAWBERRY
 MOOSE TRACKS
 REESES
 TRIPLE TORNADO
 PECAN
 FUDGE
 COOKIE DOUGH
 MAPLE WALNUT
 COCONUT
 COTTON CANDY
 HOKEY POKEY
 NEOPOLITAN
 GREEN TEA
 BANANA





FOODBANK FOOD DRIVE

PLEASE DONATE:
CANNED SPAGHETTI | CANNED SOUP
PASTA SAUCE | TUNA | CANNED MEALS
CANNED VEGETABLES | CANNED FRUIT
JAMS & SPREADS | LONG LIFE/UHT MILK
CEREAL | TOILETRIES

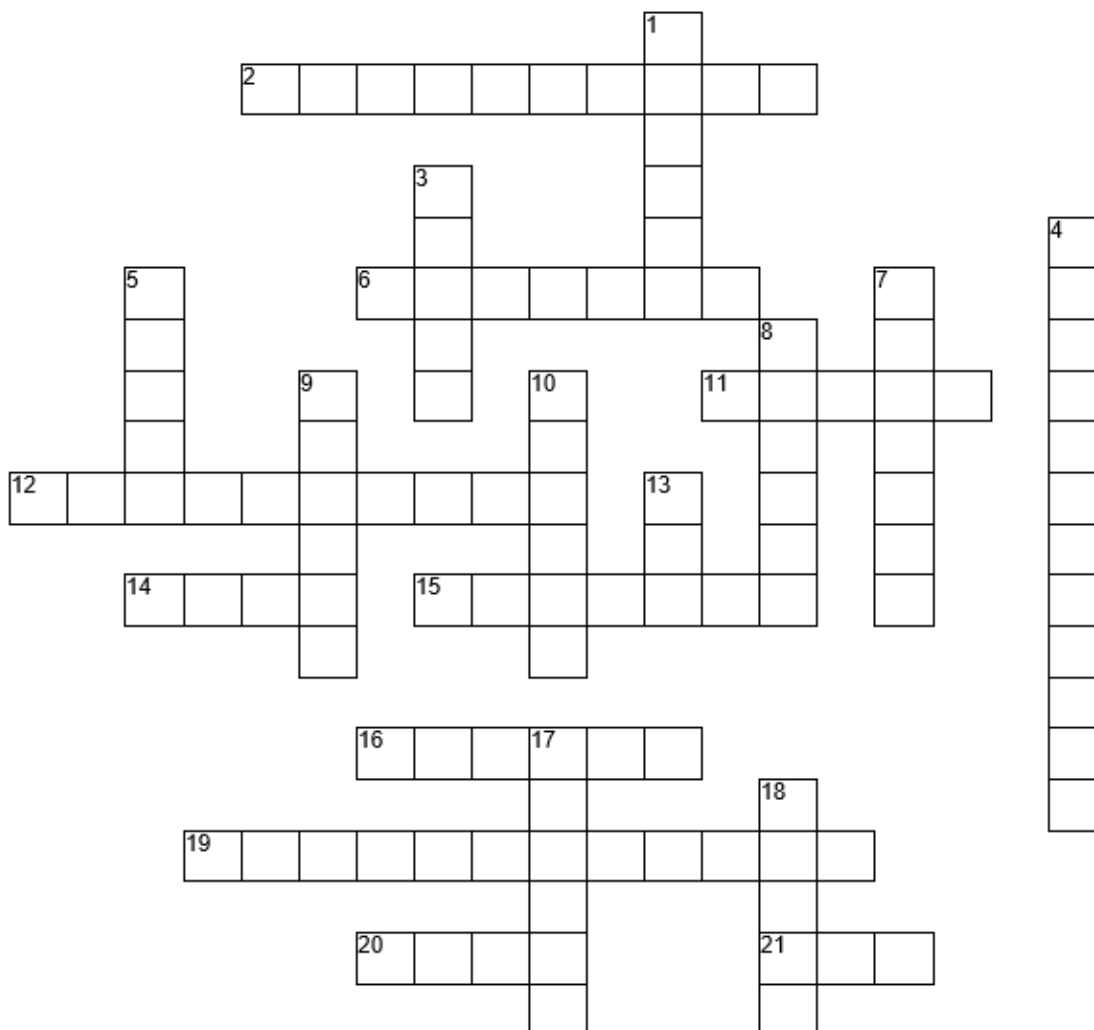
Collection will start from 1st of November until 16th of December in the Reception area.



Colouring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. Please enjoy our colouring activity.



Melbourne Cup



Across

2. How old must a horse be to run in this race?
6. the one who prepares the horse for the race
11. The Melbourne Cup is a ----- race.
12. Which racecourse is used for the race?
14. Hartnell's jockey
15. What day of the week is the race run?
16. What is presented to the winner?
19. What is 'the race that stops the nation'?
20. The women wear fancy _____.
21. How many miles is the race track?

Down

1. to bet money
3. The race is held on which Tuesday in November?
4. Who is the current record holder?
5. What time does the race start?
7. What else is the race known for?
8. Rider of the horse
9. someone who bets money on a horse
10. Who gets the Cup?
13. a colour in one of the horses' names
17. Boom Tlme's jockey
18. The men wear special _____.

DID YOU KNOW

November the 1st We've reached the 305th day of the year. There are 59 days left until the end of the year.

Did you know that on this day in 1800 1st November, John Adams became the first US president to move into the White House? At the time he moved in it was still known as the President's Mansion.



Did you know that on this day, November 2, in 1867? The first issue of women's fashion magazine Harper's Bazaar was published.

Did you know that on this day, November 4, **2008**, Barack Obama became the first African American to win a US Presidential Election?

Did you know that on this day, November 7, 1800, Paris barred women from legally wearing pants?

Did you know that on this day, November 10, 1885, German engineer Gottlieb Daimler unveiled the world's first motorcycle?

Did you know that on this day, November 15, 1969, the first Wendy's restaurant opened in Columbus, Ohio?

Did you know that on this day, November 23, 1889, the jukebox was presented for the first time at the Palais Royale Saloon in San Francisco?

Did you know that on this day, November 26, 1865, Lewis Carroll's "Alice in Wonderland" novel was published in the US?

Did you know that on this day, November 28, 1893, women voted in a general election for the first time in New Zealand?

October Pics



□



St. Anna's
Residential & Home Care

ANNUAL GENERAL MEETING

2022/2023

of

The Croatian, Ukrainian & Belarusian Aged Care Association of SA INC

to be held on Monday, 20th November 2023

at

St. Anna's Residential Care Facility

41 Burley Griffin Blvd, BROMPTON SA 5007

6:30pm: *Meeting Commencement/*

RSVP is essential for seating purposes ~ Please return the bottom section to St. Anna's via mail, email or phone by Friday, 10th November 2023

AGM Reports will be available for collection from St. Anna's RCF on the evening