

# NEWSLETTER

## December 2023



**St. Anna's**  
Residential Care Facility





# St Anna's News

Dear Residents, Families and Friends of St Anna's

As we approach the busiest time of the year, I wanted to take a moment to send my warmest and most heartfelt Christmas greetings to each one of you, staff, residents, and families within the St Anna's community.

Christmas embodies the essence of togetherness, generosity, and kindness. Beyond the glittering decorations and festive gifts, its true meaning lies in spending quality time with our loved ones and cherishing the bonds that unite us. It's a season when we reach out to support those in need, whether through acts of charity or simple kindness. Christmas reminds us that the greatest gift we can give is our time and the kindness we extend to others, encapsulating the spirit of love and goodwill that defines this Christmas.

We are excited to announce that the resident's Christmas Party will be held on Friday, the 15th of December. This year, we are eager to introduce some exciting new elements to make this celebration even more memorable. We cannot wait to share this special day with you, filled with laughter, good company, and the joy of the holiday season. This Christmas Party promises to be an unforgettable occasion for the residents at St Anna's, and we are excited to create lasting memories together.

We've also added a magical touch with sparkling lights to the courtyards to make the ambience truly enchanting. Your opinion matters to us, so please do let us know what you think about the lights and decorations when you have the chance.

A reminder that our contribution towards those in need is via our annual Foodbank drive, and I encourage you all to support this appeal and bring food items into the facility by the 16<sup>th</sup> of December to assist in feeding everyday people throughout Australia. The cost-of-living crisis at present has created an urgent need for St. Anna's as a community to help. Donations from residents, families and staff so far are most appreciated; it is heartwarming to see all the food so far ready for donation.

*"To get through times of food insecurity, people often go without. When individuals are faced with food insecurity, meal-skipping is commonplace. For parents, meal-skipping can mean the difference between their children having something to eat or going hungry". (The Foodbank Hunger Report)* What [are Foodbank's most wanted Christmas items?](#) Our most wanted items this Christmas are:

- Canned Fruit and Canned Vegetables / Pasta/ Tuna / Rice /Spreads (Jam, Vegemite, honey)/ Cereal
- Tinned Meat or meals / baked beans/tinned spaghetti /Long Life Milk \*UHT / Pasta Sauce /Coffee /Tea

I wish you all a wonderful Christmas, and may the New Year ahead be a happy and safe one.

From

Amanda Birkin, CEO, and all the amazing staff.

# 27th November to 3rd December 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>27</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Scategories   02:30 To 03:30   PK Room</b>	<b>28</b>  <b>Hairdresser   09 To 11:30   PK Room</b>  <b>Magical Moments - Active Games   11 To 11:30   Iris</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>29</b>  <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Movie Afternoon   02:30 To 03:30   PK Room</b>  <b>Gardening   02:30 To 03:30   Pergola</b>
Thursday	Friday	Saturday
<b>30</b>  <b>Craft   10 To 12   Sunflower</b>  <b>Magical Moments - Music therapy   10:30 To 11:30   PK Room</b>  <b>Shared Lunch   12 To 01   PK Room</b>  <b>Virtual Quiz   02:30 To 03:30   PK Room</b>	<b>01</b>  <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Ukrainian Cultural Video   01:30 To 02:30   Iris</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>02</b>  <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>03</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.

# 4th To 10th December 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>04</b> <b>Craft   10 To 12   Sunflower</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Cooking   02:30 To 03:30   PK Room</b>	<b>05</b> <b>Hairdresser   09 To 11:30   PK Room</b>  <b>Coles Online Shopping   09 To 09   Consumer Room</b>  <b>Drumming Group RSA   01:30 To 02:30   Sunflower</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>06</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Music and Movement   11:30 To 12   Iris</b>  <b>Dressed 4 Success   01:30 To 02:30   PK Room</b>
Thursday	Friday	Saturday
<b>07</b> <b>Shared Lunch   12 To 01   PK Room</b>  <b>Mens Group   02:30 To 03:30   PK Room</b>  <b>Magical Moments - Beauty Hour   02:30 To 03   PK Room</b>	<b>08</b> <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>09</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>10</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

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# 11th To 17th December 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>11</b> <b>Cooking   10:30 To 11:30   PK Room</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Scategories   02:30 To 03:30   PK Room</b>	<b>12</b> <b>Hairstresser   09 To 11:30   PK Room</b>  <b>Craft   10 To 12   Sunflower</b>  <b>Intergenerational Program   10:30 To 11:30   Meet in Foyer</b>  <b>Bingo   02:30 To 03:30   PK Room</b>  <b>Cultural dance Video   10:30 To 11:30   Poppy</b>	<b>13</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Movie Afternoon   10:30 To 12:30   Poppy</b>  <b>Flower Arranging   11 To 12   Pergola</b>
Thursday	Friday	Saturday
<b>14</b> <b>Craft   10 To 12   Sunflower</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>15</b> <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>resident christmas party   12 To 01   Iris</b>  <b>Movie Afternoon   02:30 To 03:30   PK Room</b>	<b>16</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>17</b> <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

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# 18th To 24th December 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>18</b> <b>Magical Moments - Active Games   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Cooking   02:30 To 03:30   PK Room</b>	<b>19</b> <b>Hairdresser   09 To 11:30   PK Room</b>  <b>Coles Online Shopping   09 To 09   Consumer Room</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>20</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Shared Lunch   12 To 01   Peter Kurko Room</b>  <b>Sing Along   02:30 To 03:30   PK Room</b>
Thursday	Friday	Saturday
<b>21</b> <b>Music and Movement   10:30 To 11   Iris</b>  <b>Ukrainian Catholic Service   11 To 12   Sunflower</b>  <b>Shared Lunch   12 To 01   PK Room</b>	<b>22</b> <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>23</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>24</b>  <b>Christmas Eve</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

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# 25th To 31st December 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>25</b>  <b>Christmas Day</b>	<b>26</b>  <b>Boxing Day / Proclamation Day</b>	<b>27</b>  <b>Chi Ball   10:30 To 11   Iris</b>  <b>Walking Group   01 To 01:30   PK Room</b>  <b>Bocce   02:30 To 03:30   PK Room</b>
Thursday	Friday	Saturday
<b>28</b>  <b>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Shared Lunch   12 To 01   PK Room</b>	<b>29</b>  <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>30</b>  <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>31</b>  <b>New Year's Eve</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>  <b>New Years Eve Magic Show   02 To 02:30   PK Room</b>		

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## *"Whimsical Chronicles of Tim"*

Tim's holiday decorations faced a unique challenge – the scorching Aussie sun. The adhesive on the lights struggled to hold up against the heat, resulting in a trail of twinkling lights that gradually drooped to the ground. Instead of being disheartened, Tim laughed heartily at the sight, deeming it the "Aussie Twinkle Trail" and inviting his friends over for a barbecue under the quirky, low-hanging lights.

As Christmas Eve approached, Tim decided to take his comedic adventures to the next level by participating in a neighbourhood talent show. He chose to showcase his knack for telling humorous stories and performing lively skits. Decked out in a tinsel-covered hat and an inflatable kangaroo costume, he entertained the audience with his antics and had everyone in stitches with his tales of holiday mishaps.

On Christmas Day, Tim continued to spread his trademark laughter by dressing up as Santa and visiting a local children's hospital, armed with gifts and a heart full of goodwill. His exaggerated ho-ho-hos and zany Santa dance moves turned the hospital ward into a festive playground, lifting the spirits of both the young patients and the hospital staff.

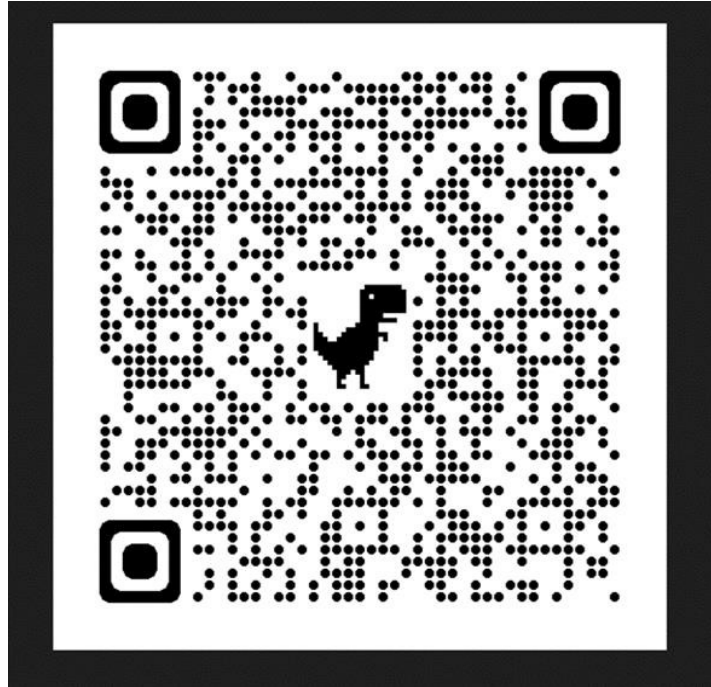
As the year ended, Tim looked back on his whirlwind of a year – from October's mishaps to December's merriment. He realised that life's quirks and unexpected turns had woven a tapestry of joy and memories that couldn't be replicated. As the New Year's fireworks lit up the sky, Tim couldn't help but feel grateful for the uniquely Aussie adventures that had brought laughter and warmth to his life and the lives of those around him.

As January approached, Tim felt a mixture of excitement and curiosity. What new escapades and laughter-inducing moments would the next year hold? With a hearty chuckle, he knew one thing for sure – as long as he embraced the spirit of adventure and laughed in the face of the unexpected, every month held the promise of becoming a new chapter in his ever-entertaining story.

Author AI CHATGPT



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



**Quote of the Month**

*"Christmas is not a time  
nor a season, but a  
state of mind. To cherish  
peace and goodwill, to  
be plenteous in mercy,  
is to have the real spirit  
of Christmas."*

*by Calvin Coolidge:*

## Trivia

The word “Decem” is Latin for tenth. The month of December was originally 10th in the Roman Calendar until January and February were added.

Zodiac signs: **Sagittarius –Capricorn**

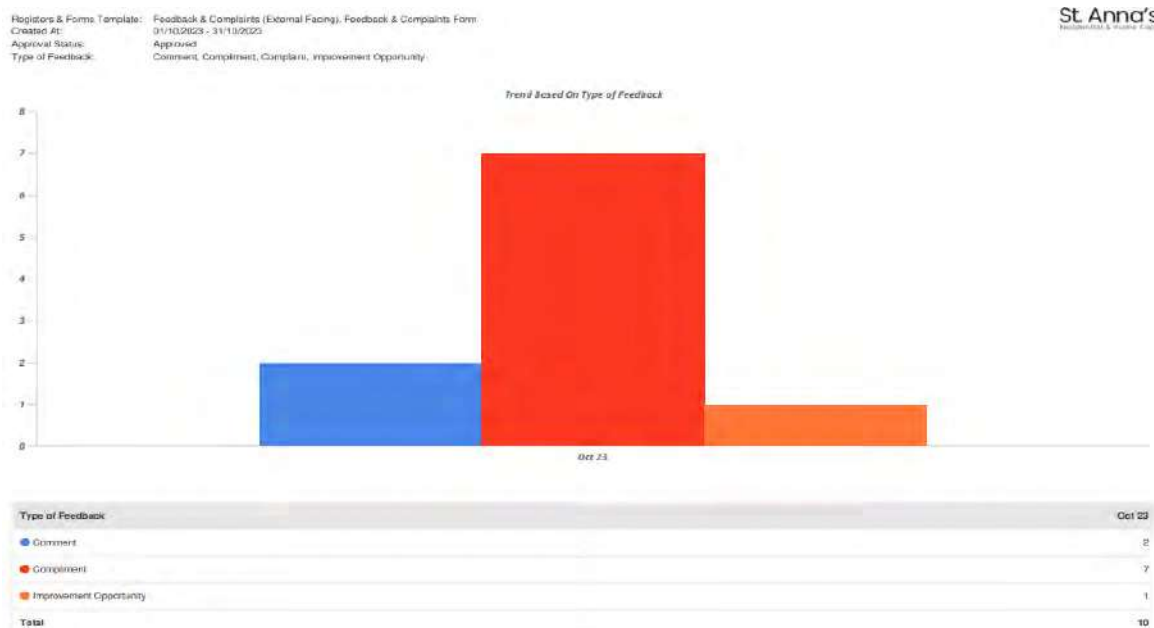
Birthstone: **Tanzanite, Zircon, Blue Topaz**

**Flower:** Holly and Narcissus



# Month in Review

We have received the following Feedback in October.



## Complaints

1x External via website – Staff phoning to advise of med changes at 9.30pm.

Nil internal

## Comments

1x It is hard to hear the meal choices when staff are wearing masks – the resident is socially isolated due to COVID-19 precautions.

## Compliments

1x Positive Feedback on Themed lunches Oktoberfest and AFL

1x "Superb schnitzel was cooked to perfection."

1x "it was so great to get outdoors and get planting and to meet residents from different areas.

1x Home Care client transferred from another provider, and St Annas is a breath of fresh air.

1x Family: "Please pass on my thanks to all the carers; they're doing an amazing job despite a language barrier."

1x New carpets it is easier for her to use/push her walker on

1x multiple residents New Carpet - It looks lovely, I really like it ./ it was easier to move my chair. - It is very

nice and looks Brighter.

## Improvement

Themed Lunches once a week



## A little bit of Trivia about Christmas

The word "Christmas" comes from the Old English "Cristes maesse," which means "Christ's Mass," referring to the religious celebration of the birth of Jesus Christ.

While December 25th is the most widely recognised date for Christmas, the actual birthdate of Jesus is not specified in the Bible. Some historians believe that it was chosen to coincide with pagan winter festivals, making it easier for early Christians to convert people to Christianity.

The modern image of Santa Claus, with his red suit and white beard, is largely influenced by the 1823 poem "A Visit from St. Nicholas" (commonly known as "The Night Before Christmas") and Coca-Cola's advertising in the 1930s.

The tallest Christmas tree ever cut was a 221-foot-tall Douglas fir, erected in Seattle, Washington, in 1950.

The custom of sending Christmas cards became popular in the 19th century. The first commercially produced Christmas card was designed by Sir Henry Cole in 1843.

Gingerbread houses originated in Germany in the 16th century. They became associated with Christmas traditions and were popularised by the Brothers Grimm's fairy tale "Hansel and Gretel."

Kissing under the mistletoe is a Christmas tradition that dates back to ancient Norse mythology. It was believed to bring good luck and fertility.

The song "The Twelve Days of Christmas" is a cumulative song that describes gifts given on each of the twelve days following Christmas Day. The gifts range from partridges in pear trees to drummers drumming.

Christmas is celebrated in various ways worldwide. In some countries, children receive gifts from Santa Claus, while in others, they are brought by different characters like Father Christmas, Ded Moroz, or Befana.

In 2014, a family in Australia set a Guinness World Record for the most Christmas lights on a residential property, with over 500,000 individual lights.





# December Birthdays

Happy Birthday

Mr. Anatoli MAZAI



*Beautiful wreath made by our residents here at St Anna's*

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# **Poem**

**In the quiet of the night so still, When the world is blanketed in snow's soft chill,  
A feeling of magic fills the air, For Christmas is here, with love to spare.**

**The twinkling lights adorn each tree, A sight so wondrous, it fills hearts with glee.  
Families gather by the warm hearth's glow, as outside, the white flakes softly flow.**

**A jolly old man in a suit of red, with a bag full of gifts, he'll soon spread,  
Down chimneys and under the tree, Bringing joy to all, from you to me.**

**Children dream of sugarplums and delight as they drift into slumber through the night,  
Hoping to catch a glimpse of reindeer's flight, Guided by Rudolph's nose so bright.**

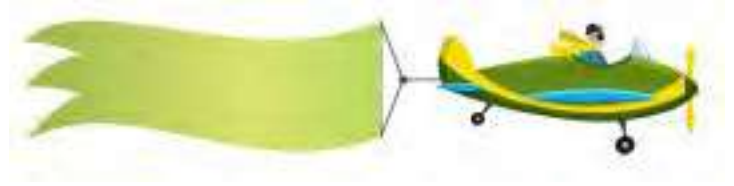
**But beyond the presents and festive cheer, Let's remember the love that's always near,  
For Christmas is a time to hold dear, the bonds we share, year after year.**

**So let us cherish each moment we find With loved ones, in spirit or in kind,  
For in our hearts, the true meaning we see, Christmas is about love for you and me.**

**May peace and goodwill forever abound, As Christmas bells ring their joyful sound,  
And may the spirit of this special day, Guide us in kindness in every way.**

**Merry Christmas to all, both near and far, Beneath the moon and the twinkling star,  
May your days be filled with love's warm embrace, and may you find joy in every  
space.**

# 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

**Gym cable machine** The Allied Health Team have just installed a new cable machine into the gym. This has proven to be a popular machine for our residents. This piece of strength training equipment will be an asset in the St Anna's gym as it assists the residents exercise routine promoting strength and stability. The team is continually planning and developing the regime in the gym for residents, promoting health and fitness and a feeling of belonging to a community for all of our residents.

**Indoor Furniture** We are currently in the process of consulting with residents, staff and loved ones regarding fabric and style choices for some new indoor furniture for the facility, this has also been discussed at the resident meeting. We are looking forward to some choices being finalized so we can order the new furniture for the New Year.

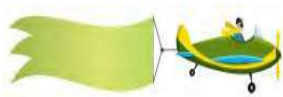
## VOLUNTEERING AT ST ANNAS

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



# 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](mailto: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.

## *Let's Celebrate Great Staff*



Roshika Shrestha PCW  
Nominated for  
Random Acts of Kindness

## *Preventing Dementia: Free online course*

Did you know, exciting global research suggests up to 30% of dementia may be preventable by attending to potentially modifiable risk factors?

The University of Tasmania's Wicking Dementia Research and Education Centre invites you to join their free online short course: Preventing Dementia.

During the Preventing Dementia mini course, you'll hear from expert neuroscientists, clinicians and epidemiologists as they examine the latest evidence and outline ways you may be able to reduce your risk of developing dementia.

Whether you're interested in brain health and/or dementia risk reduction, the course is suitable for everyone.

With lots of engaging video content and discussions with experts, this award-winning course has been designed to be appealing to people with diverse interests and levels of education.

Plus, you'll get to learn from home at your own pace, without requiring exams or assignments!

If you'd like to Join the growing global community of participants in learning ways to reduce the risk of dementia, the course is held twice per year and you can sign up to be notified when enrolments are open via the link below:

[www.utas.edu.au/wicking/preventing-dementia](http://www.utas.edu.au/wicking/preventing-dementia)

It's never too early or too late to start reducing your dementia risk.





# November in Pictures



**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.



# Christmas Word Search

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

SANTA

CELEBRATE

BELLS

RUDOLPH

MISTLETOE

STOCKING

CANDY CANE

FROSTY

REINDEER

WREATH

ELVES

CHRISTMAS

TREE

JOLLY

HOLIDAY

SLEDGE





..... Words from Test Tubes .....

Take a letter from every test tube and make a word!  
Every letter can be used only once.

W A T E R C I A V E G E H T N R K

B G E C S O R I G T R A O R D S E T K

B I R D S

*answers on page 16 - no peeking*



# *SUDOKU*

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

*answers on page 16 - no peeking* ●

## *Shhh !!!! Answers*

### *SUDOKU*

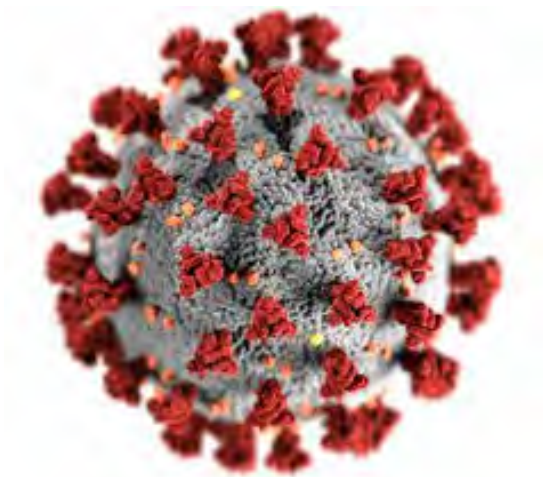
1	5	9	4	3	8	6	7	2
4	6	8	5	7	2	9	1	3
7	3	2	6	9	1	5	8	4
2	9	5	7	8	4	1	3	6
6	4	7	1	5	3	8	2	9
3	8	1	9	2	6	4	5	7
9	2	4	3	1	5	7	6	8
5	7	3	8	6	9	2	4	1
8	1	6	2	4	7	3	9	5

### *Words From Test Tubes*

**1) WATER, CREEK, RIVER, BIGHT, OCEAN.**

**2) BIRDS, GOOSE, EGRET, CRANE, STORK.**

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#### COVID Vaccine Update

*Older people are most at risk of severe COVID-19 disease. People aged 75 years or older who have not had a COVID-19 vaccination in 6 months should consider having a booster dose.*

#### *Booster doses*

All adults can get a booster if it's been six months or longer since their last COVID-19 booster or confirmed infection (whichever is most recent). Boosters give extra protection against severe illness from COVID.

The Australian Government has accepted a recommendation about COVID-19 vaccines. All adults aged 75 years and older should receive an [extra 2023 COVID-19 vaccine dose](#) if six months have passed since their last dose.

St Annas will discuss your vaccination needs with you; please speak to a nurse if you have any concerns.

## Food News at St Anna's



St Anna's consults regularly with our contracted dietician, Gizelle Wilson from Wilson Nutrition Consulting. This ensures residents are supported in the expectation that they receive plenty of food and drinks that they enjoy, are appetizing, nutritious, safe and meet the residents needs and preferences.

Gizelle has over 20 years' experience as an Accredited Practising Dietitian who has worked in aged care since 2002. Her area of interest is in the nutritional requirements of residents suffering from dementia, and she is currently undertaking postgraduate studies in this area. Gizelle works together with the kitchen staff and the clinical team to present individual solutions tailored to resident needs. Gizelle is committed to complying with the Aged Care Quality Standards, and she comprehensively works with St Anna's to review the aged care menu to optimize the health of residents, improve the nutritional quality of food and drinks and meet accreditation guidelines whilst supporting the individual's likes and dislikes of our residents.



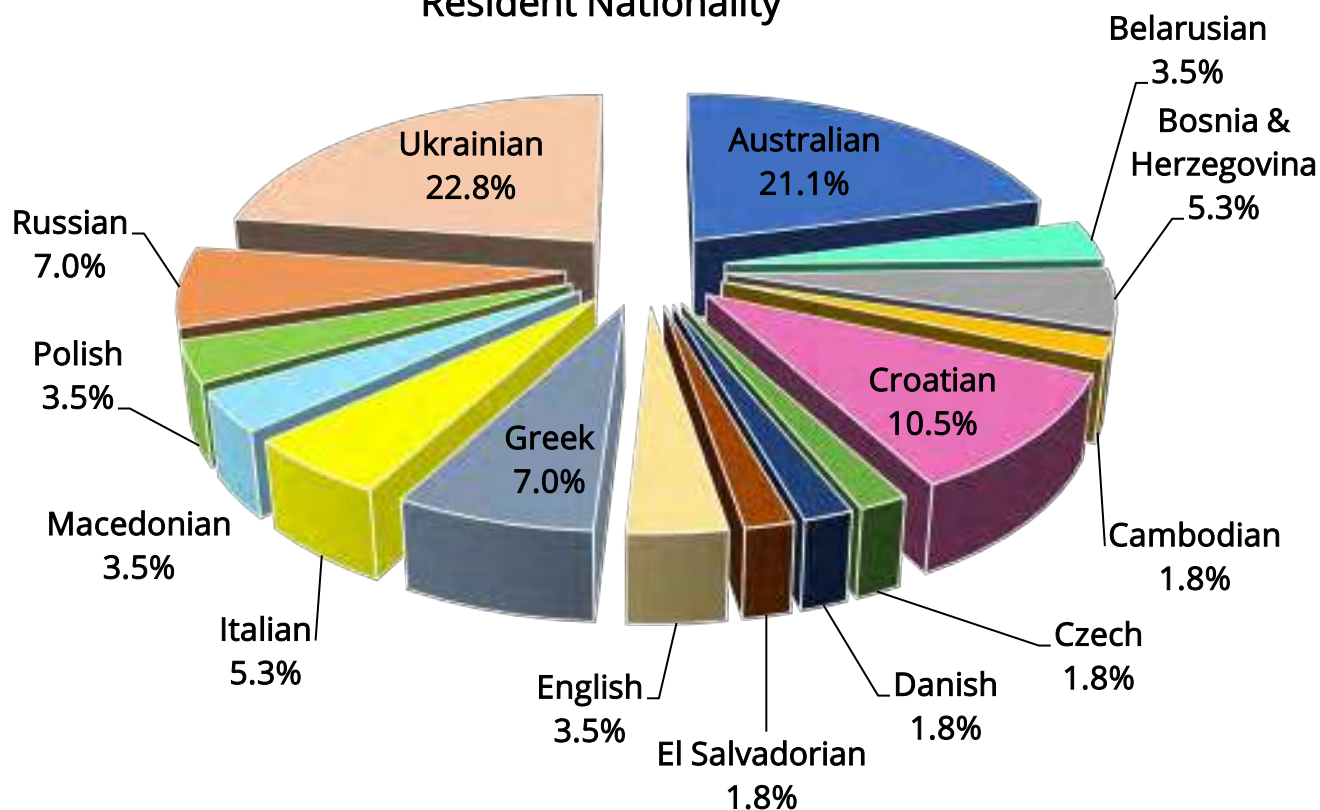
Along with the professional collaboration with Gizelle, the Hospitality Team at St Anna's takes into consideration when planning a new menu the cultural mix of our residents (see the chart on the following page) and individual dietary requirements (see chart on the following page). As you can see we cater to 15 ever changing cultural groups with specific likes, recipes, requirements and traditions. Staff, in partnership with residents are continually endeavoring to provide the most nutritious, fresh meals – in a welcoming, warm and homelike environment.

Along with the cultural and individual requirements of each resident - the Hospitality Team in consultation with Gizelle considers the best and most nutritious way we can cater to all of our residents and the dietary textured requirements for those residents that may have problems with swallowing or controlling food within their mouth or a texture modified diet to reduce the risk of choking or aspiration.

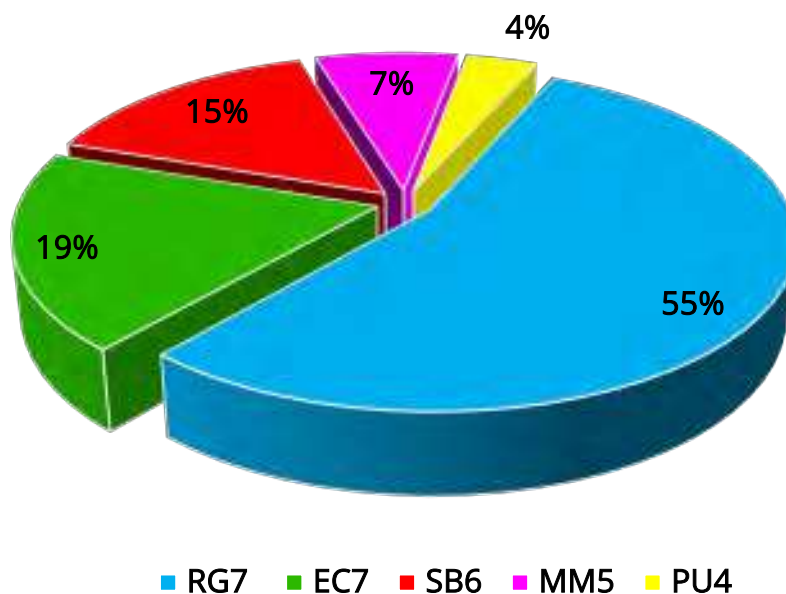
Our menu and the continual drive for excellence also considers things like the availability of produce (ie seasonal), the residents with specific health needs for example Dementia. It is imperative residents are receiving the correct nutritional daily requirements also.

We have included the new Summer Menu on the following pages – as you can see there is many things to consider when creating this Summer Menu and as always, your thoughts and feedback are always welcome!

## Resident Nationality



## Residents Dietary Texture Requirements



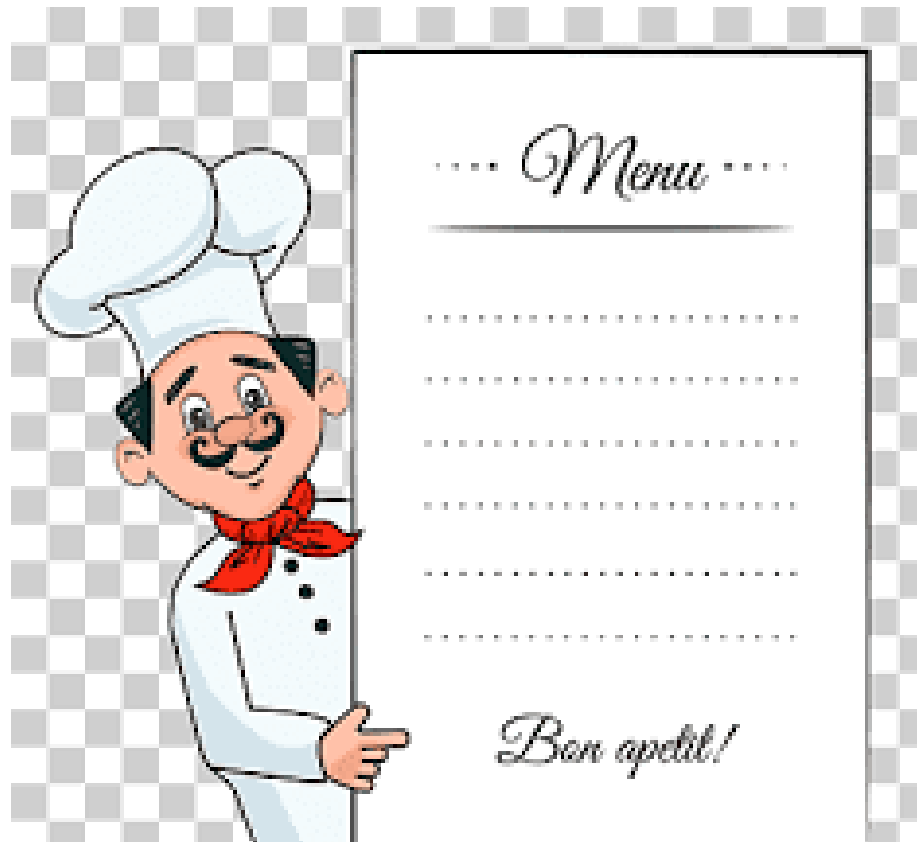
Please note:

**RG** = regular diet    **EC** = easy chew diet    **SB** = soft and bite sized diet  
**MM** = minced and moist diet    **PU** = pureed diet

## *Summer menu for your review.*

*We would also like to include your recipes.*

*See Michelle, Isabella or Kristina to arrange a copy of your recipe to be included in the summer menu.*



## Weekly Menu Display

St Annas Aged Care								Summer Menu 2024 Copy For Display								Week 1	
Week 1		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Breakfast																	
Breakfast 1		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast			
Breakfast 2				Poached Eggs, Roast Tomatoes, Bacon, Spinach								Pancake Breakfast. Berries, Whipped Cream And Maple Syrup					
Morning Tea																	
Morning Tea 1		Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Muffins- Banana, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Muffins- Bacon Cheese And Chive, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Muffins- Blueberry, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit		Mini Pizza, Assorted Biscuits, Cheese ,jatz, Chips, Fresh Fruit			
Lunch																	
Lunch Main Meal		Asian Pork Mince Noodles And Stir Fry Vegetables		Croatian Day Chicken Schnitzel Chips Broccoli Choice Of Creamy Mushroom Or Napolitana Sauce		Ukrainian Day Cabbage Rolls Green Beans Mash Potato		Shared Lunch Beef Chevapchichi, Chicken Thighs, Roast Potatoes Grilled Zucchini And Side Salad		Beer Battered Fish And Chips, With Mushy Green Peas, Side Salad, Tartar And Fresh Lemon		Beef Lasagna, Garlic Bread Broccoli And Green Beans		Sunday Roast Chicken Roll, Roast Potatoes , Pumpkin, Carrot, Broccoli Bake, And A Warm Bread Rolls			
Lunch Alternative Meal		Vegetarian Asian Tofu Noodles And Stir Fry Vegetables		Vegetarian Crumbed Eggplant Parmigiana, Chips, Broccoli		Vegetarian Lentil Stuffed Cabbage Rolls, Green Beans, Mash Potato		Vegetarian Stuffed Mushroom, Roast Potatoes ,grilled Zucchini And Side Salad		Vegetarian Salt And Pepper Tofu With Chips, Mushy Green Peas, Side Salad, Tartar And Fresh Lemon		Vegetarian Zucchini, Capsicum, Eggplant, Lentil Bolognaise Lasagna Garlic Bread, Broccoli And Green Beans		Vegetarian Stuffed Butternut Pumpkin, Broccoli Bake, And A Warm Bread Roll.			
Lunch Alternative Meal 2		Lamb Sausages With Side Salad And Baby Potatoes.		Grilled Chicken Thigh, Potato Salad And Broccoli		Pork Sausage, Side Salad And Green Beans				Beef Rissoles With Chips And Side Salad		Steamed Fish With Side Salad And Baby Potatoes		Grilled Chicken Thigh, Side Salad, And Roast Veggies.			
Lunch Salad		Cucumber, Yoghurt And Mint Salad		Potato Salad		Ukrainian Beetroot Salad		*included In The Main* Tomato, Lettuce, Cucumber, Red Onion Salad		*included In The Main* Coleslaw		Greek Salad		Mixed Bean Salad			
Lunch Salad 2		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,		Ploughman's Plate Bread Roll, Ham , Curried Egg, Cheese, Lettuce , Beetroot Relish, Tomato, Cucumber, Pickled Veggies,			
Lunch Sandwich		*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado		*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado		*choice Sandwiches* -ham, Cheese & Tomato -fritz - tuna -egg Salad -chicken And Avocado		*choice Sandwiches* -ham, Cheese & Tomato -fritz -tuna -egg Salad -chicken And Avocado		*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado		*choice Sandwiches* -ham, Cheese & Tomato -fritz - tuna -egg Salad -chicken And Avocado		*choice Sandwiches* -ham, Cheese & Tomato -fritz -tuna -egg Salad -chicken And Avocado			
Lunch Dessert		Coconut And Mango Chia Pudding		Apple Crumble		Orange And Poppy Seed Cake		Pavlova With Cream And Fruit		Honey Babka Cake		Tiramisu		Berry Jelly With Vanilla Bean Panacotta			
Lunch Dessert 2		Custard		Custard		Custard		Custard		Custard		Custard		Custard			
Lunch Dessert 3		Jelly		Jelly		Jelly		Jelly		Jelly		Jelly		Jelly			
Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream		Ice Cream			



# Weekly Menu Display

St Annas Aged Care Summer Menu 2024 Copy For Display								Week 1
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon Tea								
Afternoon Tea 1	R7 -zucchini And Corn Scones, Sb6 -zucchini And Corn Scones, Mm5- Puree Scones, P4-puree Scones	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	R7 -pumpkin Scones, Sb6 -pumpkin Scones, Mm5-tm- Scones, P4- Tm- Scones,	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -scones Jam And Cream, Sb6 -scones Jam And Cream, Mm5-tm- Scones Jam And Cream, P4- Tm- Scones Jam And Cream	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	
Dinner								
Dinner Soup	Chicken & Sweet Corn Soup	Tomato Fish Broth Soup	Smooth Lentil Soup	Chicken Noodle Broth Soup	Creamy Tomato Soup	Bean And Pasta Both Soup	Beef And Vegetable Broth Soup	
Dinner Main Meal	Salmon Frittata, Dill Sour Cream And Roast Potatoes	Beef Sausage Rolls, Mash Potato, Peas And Carrot	Bruschetta - Tomato, Basil Red Onion Salad On Toasted Bread Rolls Served, With Warm Green Bean And Pasta Salad	Cheesy Pesto Risotto Balls With Beef Ragu Nap Sauce And Garden Salad	Sausage Sizzle, Onions, Mash Potato, Garden Salad	Curry Puffs, Pilaf Rice, Cucumber, Tomato, Mint And Red Onion Salad, With Yoghurt	Zucchini And Corn Fritters With Tuna, Cucumber, Chickpeas, Cherry Tomato Salad. With A Side Of Greek Mint Yoghurt	
Dinner Alternative Meal	Vegetarian - Sweet Potato And Zucchini Frittata, Dill Sour Cream And Roast Potatoes	Vegetarian- Pasties, Broccoli And Carrot	Vegetarian- Bruschetta - Tomato, Basil Red Onion Salad On Toasted Bread Rolls Served With Warm Green Bean And Pasta Salad.	Vegetarian- Cheesy Pesto Risotto Balls, Napolitana Sauce And Salad	Vegetarian- Bbq Chickpea And Sweet Potato Toasted Wrap And Garden Salad	Vegetarian- Indian Cauliflower And Potato Curry With Rice	Vegetarian- Zucchini And Corn Fritters Side Of Cucumber, Red Onion, Cherry Tomato Salad, With Greek Mint Yoghurt	
Dinner Alternative Meal 2	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber And Pickled Veggies,	
Dinner Salad								
Dinner Sandwich	*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado	*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato -fritz - tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* - ham, Cheese & Tomato - fritz -tuna -egg Salad - chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato -fritz - tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato -fritz -tuna -egg Salad -chicken And Avocado	
Dinner Dessert	Custard	Custard	Custard	Custard	Custard	Custard	Custard	
Dinner Dessert 2	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	

# Weekly Menu Display

St Annas Aged Care		Summer Menu 2024 Copy For Display						Week 2
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast								
Breakfast 1	Continental	Continental	Continental	Continental	Continental	Continental	Continental	
Breakfast 2		Poached Eggs, Roast Tomatoes, Bacon, Spinach				Pancake Breakfast With Berries, Whipped Cream And Maple Syrup		
Morning Tea								
Morning Tea 1	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Banana, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Bacon Cheese And Chive Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Blueberry, Assorted Biscuits, Cheese ,jatz, Chips, Fresh Fruit	Mini Pizza Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	
Lunch								
Lunch Main Meal	Asian Chicken And Egg Fried Rice Stir Fry Veg	Croatian- Seafood Stew With Pasta	Ukrainian- Varenyky With Caramelised Onion And Bacon Sauce & Mixed Vegetables	Shared Lunch Pulled Pork Sliders With Coleslaw, Sweet Potato Chips	Beer Battered Fish And Chips, With Mushy Green Peas, Side Salad, Tartare Sauce And Fresh Lemon	Bratwurst Sausages With Sauerkraut , Sweet Potato Mash ,green Beans And Mushroom Gravy	Roast Pork - Apple Sauce, Roast Potato, Roast Pumpkin, Broccoli Bake.	
Lunch Alternative Meal	Vegetarian Asian Vegetable Fried Rice With Egg Strips And Tofu And Stir Fry Veg	Vegetarian Eggplant, Zucchini And Red Capsicum, Tomato And Capers Pasta.	Vegetarian Varenyky With Caramelised Onion & Mixed Vegetables	Vegetarian Shared Lunch Lentil Patty Sliders With Coleslaw Sweet Potato Chips	Vegetarian Beer Battered Tofu And Chips, With Mushy Green Peas, Side Salad, Tartare Sauce And Fresh Lemon	Vegetarian Large Stuffed Mushrooms With Sauerkraut , Sweet Potato Mash, ,green Beans And Cream Sauce.	Vegetarian Slow Roast Cauliflower Cheesy Crumb, Roast Pumpkin, Roast Potato, Broccoli Bake	
Lunch Alternative Meal 2	Lamb Sausages, Side Salad And Baby Potatoes.	Grilled Chicken Thigh, With Side Salad And Baby Potatoes	Pork Sausage, Beetroot Salad And Green Beans		Beef Rissoles With Chips And Side Salad	Steamed Fish With Side Salad And Sweet Potato Mash	Grilled Chicken Thigh, Side Salad And Roast Veggies.	
Lunch Salad	Baby Spinach, Edamame, Grated Carrot, Red Cabbage And Crispy Fried Red Onion.	Garden Salad	Beetroot Salad	*included In The Main* Coleslaw	*included In The Main* Coleslaw	Greek Salad	Rocket, Pear And Parmesan Salad	
Lunch Salad 2	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	Ploughman's Plate, Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber, Pickled Veggies.	
Lunch Sandwich	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	
Lunch Dessert	Coconut Sago Pudding With Mango	Chocolate Crescents	Banana Sundaes With Caramel Sauce	Honey Babka Cake With Whipped Cream Frosting	Eton Mess - Whipped Cream, Meringue Pieces And Jam Roll And Berry Compote	Apple Strudel With Ice Cream	Apricot Slice	
Lunch Dessert 2	Custard	Custard	Custard	Custard	Custard	Custard	Custard	

# Weekly Menu Display

St Annas Aged Care		Summer Menu 2024 Copy For Display						Week 2
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lunch Dessert 3	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
Afternoon Tea								
Afternoon Tea 1	R7 -zucchini And Corn Scones, Sb6 -zucchini And Corn Scones, Mm5- Puree Scones, P4-puree Scones	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	R7 -pumpkin Scones, Sb6 -pumpkin Scones, Mm5-tm- Scones, P4- Tm- Scones	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -scones Jam And Cream, Sb6 -scones Jam And Cream, Mm5-tm- Scones Jam And Cream, P4- Tm- Scones Jam And Cream	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches , P4- Tm- Ham And Cheese Sandwiches	
Dinner								
Dinner Soup	Broth Soup- Chicken And Mushroom Tom Yum Soup	Broth Soup- Beef And Barley Soup	Smooth Soup- Spinach, Broccoli And Cheddar	Noodle Broth Soup- Tomato Broth And Angel Hair Pasta	Smooth Soup- Cumin Spiced Roast Carrot Soup	Broth Soup- Chicken And Vegetable Soup	Broth Soup- Beef Meatball Soup With Vegetables	
Dinner Main Meal	Roast Beef Baguette Rolls With Dijon Mustard And A Side Of Roast Zucchini And Capsicums.	Crumbed Chicken Tenders , Warm Potato Salad, Honey Carrots	Beef Meatloaf And Gravy Served With As Warm Sweet Potato And Kale And Spinach Salad	Braised Beef Ragu, Warm Set Polenta, Green Bean	Lamb Kofta, Pita Bread, Tzatziki, Quinoa Tabbouleh	Beef Sausage Rolls With Mash Potato And Gravy And Green Beans	Vegetarian Quiche	
Dinner Alternative Meal	Vegetarian Roast Veggie Baguettes With Dijon Mustard And A Side Of Roast Zucchini And Capsicums	Vegetarian Pastizzi (spinach And Ricotta Pastry), Warm Potato Salad, Honey Carrots	Vegetarian Tofu Vegetable Loaf With Sweet Potato, Kale And Spinach Salad	Vegetarian Eggplant Spinach And Quinoa Balls With Warm Set Polenta And Green Bean.	Vegetarian Bbq Mushroom, Pita Bread, Tzatziki, Quinoa Tabbouleh	Vegetarian Spinach Sausage Rolls, With Mash Potato And Green Beans	Vegetarian Vegetable Quiche	
Dinner Alternative Meal 2								
Dinner Salad								
Dinner Sandwich	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato, -fritz -tuna -egg Salad -chicken And Avocado	
Dinner Dessert	Custard	Custard	Custard	Custard	Custard	Custard	Custard	
Dinner Dessert 2	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
Ice Cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	

## Weekly Menu Display

St Annas Aged Care		Summer Menu 2024 Copy For Display						Week 3
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast								
Breakfast 1	Continental	Continental	Continental	Continental	Continental	Continental	Continental	
Breakfast 2		Poached Eggs, Roast Tomatoes, Bacon, Spinach.				Pancake Breakfast With Berries, Whipped Cream And Maple Syrup		
Morning Tea								
Morning Tea 1	Mini Pizza Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Banana, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Bacon Cheese And Chive, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Blueberry, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	
Lunch								
Lunch Main Meal	Asian - Chicken Dumplings, Brown Rice, Steamed Cabbage Red & White, Carrots And Capsicum, With A Japanese Style Dressing.	Croatian- Beef, Pork And Rice Stuffed Capsicums. With Green Beans, Eggplant And Zucchini	Ukrainian- Chicken Kiev, Mash Potato, Green Beans , Sauerkraut	Shared Lunch - Beef Sausages, Chicken Thigh, White And Sweet Potato Bake, Steamed Green Vegetables, Side Salad And Gravy	Beer Battered Fish And Chips, With Mushy Green Peas, Side Salad, Tartare Sauce And Fresh Lemon	Spaghetti Bolognese With Garlic Bread Side Of Zucchini Capsicum And Broccoli.	Sunday Roast- Roast Lamb, Roast Potatoes , Roast Pumpkin , Broccoli And Brussels Sprout Bake, Mint Sauce, Gravy & Bread Roll	
Lunch Alternative Meal	Vegetarian Vegetarian Dumplings, Brown Rice, Steamed Cabbage Red & White, Carrots And Capsicum, With A Japanese Style Dressing.	Vegetarian Vegetable Mince Stuffed Capsicums, With A Side Of Green Beans, Eggplant And Zucchini	Vegetarian Spanakopita Green Beans Carrots	Vegetarian Shared Lunch - Veg Sausages White And Sweet Potato Bake, Steamed Green Vegetables And Side Salad	Vegetarian Scallop Potato Fritters, Tartare Sauce, Side Salad, Mushy Peas And Fresh Lemon	Vegetarian Vegetarian Bolognese, With Garlic Bread And A Side Of Zucchini, Capsicum And Broccoli.	Vegetarian Mushroom Parcels, Roast Potatoes , Roast Pumpkin , Broccoli And Brussels Sprout Bake And A Bread Roll	
Lunch Alternative Meal 2	Lamb Sausages, Cucumber Yoghurt And Mint And Baby Potatoes.	Grilled Chicken Thigh, Potato Salad And Broccoli	Pork Sausage, Side Salad And Green Beans		Beef Rissoles With Chips And Side Salad	Steamed Fish With Side Salad And Baby Potatoes	Grilled Chicken Thigh, Side Salad And Roast Veggies.	
Lunch Salad	Side Salad -cucumber Yoghurt And Mint.	Side Salad -potato Salad	Side Salad -beetroot Salad	Side Salad -garden Salad	Side Salad -coleslaw	Side Salad -greek Salad	Side Salad -mixed Bean Salad	
Lunch Salad 2	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	
Lunch Sandwich	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	
Lunch Dessert	Mango Cheesecake	Apricot Slice With Cream	Stuffed Cinnamon Donut With Berry Compote And Cream	Lamington	Banana Ice-cream Sundaes With Caramel Sauce	Chocolate Mousse With Cherry Coulis	Trifle	
Lunch Dessert 2	Custard	Custard	Custard	Custard	Custard	Custard	Custard	



# Weekly Menu Display

St Annas Aged Care Summer Menu 2024 Copy For Display Week 3							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Dessert 3	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly
Ice Cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon Tea							
Afternoon Tea 1	R7 -zucchini And Corn Scones, Sb6 -zucchini And Corn Scones, Mm5- Puree Scones, P4-puree Scones	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	R7 -pumpkin Scones, Sb6 -pumpkin Scones, Mm5-tm- Scones, P4- Tm- Scones	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -scones Jam And Cream, Sb6 -scones Jam And Cream, Mm5-tm- Scones Jam And Cream, P4- Tm- Scones Jam And Cream	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches
Dinner							
Dinner Soup	Broth Soup- Asian Beef Broth With Rice Noodles, Fresh Mint And Thai Basil	Broth Soup- Vegetable And Quinoa	Smooth Soup- Creamy Zucchini And Spinach	Broth Soup- Pork Borscht Soup	Smooth Soup- Spiced Lentil	Broth Soup- Vegetable And Bean	Broth Soup- Tomato And Chicken
Dinner Main Meal	Warm Spinach, Sweet Potato And Pickled Red Onion Salad With Pork Sausage.	Chicken And Vegetable Quiche With Side Salad	Roast Beef And Horseradish Cream Baguette With Side Salad	Beef And Bean Enchiladas With Sour Cream And Salsa	Fried Chicken With Sweet Soy Sauce, Mayonnaise , Rice And Side Salad	Lamb And Mint Sausage Rolls With Side Salad	Tuna Patties And A Lemon Cream Sauce And Green Herb Risoni Salad
Dinner Alternative Meal	Vegetarian- Warm Spinach, Sweet Potato Salad With Pickled Red Onion With Macaroni And Cheese Bites	Vegetarian- Vegetarian Quiches With Side Salad	Vegetarian- Mushroom And Zucchini Baguette With Side Salad	Vegetarian- Enchiladas With Sour Cream And Salsa	Vegetarian- Tempura Tofu With Sweet Soy Sauce, Mayonnaise, Rice And Side Salad	Vegetarian- Spinach Sausage Rolls With Side Salad	Vegetarian- Veggie Patties With A Lemon Sauce And A Green Herb Risoni Salad
Dinner Alternative Meal 2							
Dinner Salad	Side Salad -cucumber Yoghurt And Mint.	Side Salad -potato Salad	Side Salad -beetroot Salad	Side Salad -garden Salad	Side Salad -coleslaw	Side Salad -greek Salad	Side Salad -mixed Bean Salad
Dinner Sandwich	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado
Dinner Dessert	Custard	Custard	Custard	Custard	Custard	Custard	Custard
Dinner Dessert 2	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly
Ice Cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

# Weekly Menu Display

St Annas Aged Care							
Summer Menu 2024 Copy For Display							
Week 3							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast 1	Continental	Continental	Continental	Continental	Continental	Continental	Continental
Breakfast 2		Poached Eggs, Roast Tomatoes, Bacon, Spinach.				Pancake Breakfast With Berries, Whipped Cream And Maple Syrup	
Morning Tea							
Morning Tea 1	Mini Pizza Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Banana, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Bacon Cheese And Chive, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Muffins- Blueberry, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit	Mini Pizza, Assorted Biscuits, Cheese, Jatz, Chips, Fresh Fruit
Lunch							
Lunch Main Meal	Asian - Chicken Dumplings, Brown Rice, Steamed Cabbage Red & White, Carrots And Capsicum, With A Japanese Style Dressing.	Croatian- Beef, Pork And Rice Stuffed Capsicums. With Green Beans, Eggplant And Zucchini	Ukrainian- Chicken Kiev, Mash Potato, Green Beans , Sauerkraut	Shared Lunch - Beef Sausages, Chicken Thigh, White And Sweet Potato Bake, Steamed Green Vegetables, Side Salad And Gravy	Beer Battered Fish And Chips, With Mushy Green Peas, Side Salad, Tartare Sauce And Fresh Lemon	Spaghetti Bolognese With Garlic Bread Side Of Zucchini Capsicum And Broccoli.	Sunday Roast- Roast Lamb, Roast Potatoes , Roast Pumpkin , Broccoli And Brussels Sprout Bake, Mint Sauce, Gravy & Bread Roll
Lunch Alternative Meal	Vegetarian Vegetarian Dumplings, Brown Rice, Steamed Cabbage Red & White, Carrots And Capsicum, With A Japanese Style Dressing.	Vegetarian Vegetable Mince Stuffed Capsicums, With A Side Of Green Beans, Eggplant And Zucchini	Vegetarian Spanakopita Green Beans Carrots	Vegetarian Shared Lunch - Veg Sausages White And Sweet Potato Bake, Steamed Green Vegetables And Side Salad	Vegetarian Scallop Potato Fritters, Tartare Sauce, Side Salad, Mushy Peas And Fresh Lemon	Vegetarian Vegetarian Bolognese, With Garlic Bread And A Side Of Zucchini, Capsicum And Broccoli.	Vegetarian Mushroom Parcels, Roast Potatoes , Roast Pumpkin , Broccoli And Brussels Sprout Bake And A Bread Roll
Lunch Alternative Meal 2	Lamb Sausages, Cucumber Yoghurt And Mint And Baby Potatoes.	Grilled Chicken Thigh, Potato Salad And Broccoli	Pork Sausage, Side Salad And Green Beans		Beef Rissoles With Chips And Side Salad	Steamed Fish With Side Salad And Baby Potatoes	Grilled Chicken Thigh, Side Salad And Roast Veggies.
Lunch Salad	Side Salad -cucumber Yoghurt And Mint.	Side Salad -potato Salad	Side Salad -beetroot Salad	Side Salad -garden Salad	Side Salad -coleslaw	Side Salad -greek Salad	Side Salad -mixed Bean Salad
Lunch Salad 2	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies	Ploughman's Plate Bread Roll, Ham, Curried Egg, Cheese, Lettuce, Beetroot Relish, Tomato, Cucumber & Pickled Veggies
Lunch Sandwich	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado
Lunch Dessert	Mango Cheesecake	Apricot Slice With Cream	Stuffed Cinnamon Donut With Berry Compote And Cream	Lamington	Banana Ice-cream Sundaes With Caramel Sauce	Chocolate Mousse With Cherry Coulis	Trifle
Lunch Dessert 2	Custard	Custard	Custard	Custard	Custard	Custard	Custard

## Weekly Menu Display

St Annas Aged Care		Summer Menu 2024 Copy For Display						Week 3
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lunch Dessert 3	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
Ice Cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
Afternoon Tea								
Afternoon Tea 1	R7 -zucchini And Corn Scones, Sb6 -zucchini And Corn Scones, Mm5- Puree Scones, P4-puree Scones	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	R7 -pumpkin Scones, Sb6 -pumpkin Scones, Mm5-tm- Scones, P4- Tm- Scones	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -scones Jam And Cream, Sb6 -scones Jam And Cream, Mm5-tm- Scones Jam And Cream, P4- Tm- Scones Jam And Cream	R7 -pies, Pasties And Sausage Rolls, Sb6 -beef And Potato In Ramekin, Mm5-beef And Potato In Ramekin, P4- Tm- Party Pies	R7 -dips And Vegetable Sticks, Sb6 -dips And Bread Sticks, Mm5-tm- Ham And Cheese Sandwiches, P4- Tm- Ham And Cheese Sandwiches	
Dinner								
Dinner Soup	Broth Soup- Asian Beef Broth With Rice Noodles, Fresh Mint And Thai Basil	Broth Soup- Vegetable And Quinoa	Smooth Soup- Creamy Zucchini And Spinach	Broth Soup- Pork Borscht Soup	Smooth Soup- Spiced Lentil	Broth Soup- Vegetable And Bean	Broth Soup- Tomato And Chicken	
Dinner Main Meal	Warm Spinach, Sweet Potato And Pickled Red Onion Salad With Pork Sausage.	Chicken And Vegetable Quiche With Side Salad	Roast Beef And Horseradish Cream Baguette With Side Salad	Beef And Bean Enchiladas With Sour Cream And Salsa	Fried Chicken With Sweet Soy Sauce, Mayonnaise , Rice And Side Salad	Lamb And Mint Sausage Rolls With Side Salad	Tuna Patties And A Lemon Cream Sauce And Green Herb Risoni Salad	
Dinner Alternative Meal	Vegetarian- Warm Spinach, Sweet Potato Salad With Pickled Red Onion With Macaroni And Cheese Bites	Vegetarian- Vegetarian Quiches With Side Salad	Vegetarian- Mushroom And Zucchini Baguette With Side Salad	Vegetarian- Enchiladas With Sour Cream And Salsa	Vegetarian- Tempura Tofu With Sweet Soy Sauce, Mayonnaise, Rice And Side Salad	Vegetarian- Spinach Sausage Rolls With Side Salad	Vegetarian- Veggie Patties With A Lemon Sauce And A Green Herb Risoni Salad	
Dinner Alternative Meal 2								
Dinner Salad	Side Salad -cucumber Yoghurt And Mint.	Side Salad -potato Salad	Side Salad -beetroot Salad	Side Salad -garden Salad	Side Salad -coleslaw	Side Salad -greek Salad	Side Salad -mixed Bean Salad	
Dinner Sandwich	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	*choice Sandwiches* -ham, Cheese & Tomato. -fritz -tuna -egg Salad -chicken And Avocado	
Dinner Dessert	Custard	Custard	Custard	Custard	Custard	Custard	Custard	
Dinner Dessert 2	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	Jelly	
Ice Cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	Ice-cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	





# **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.*



## DID YOU KNOW ON THIS DAY



- December 1, 1955 – Rosa Parks is arrested for refusing to give up her seat in the front section of a bus.
- December 2, 1891 – The toilet paper roll was patented (Patent #465,588)
- December 3, 2016 – Astronauts aboard the International Space Station hold the first pizza party in space.
- December 4, 1954 – The first Burger King is opened in Miami, FL.
- December 5, 1360 – The French Franc is first coined.
- December 6, 1964 – “Rudolph the Red-Nosed Reindeer” airs on television for the first time.
- December 7, 1967 – Otis Redding records “Sittin on the Dock of the Bay”.
- December 8, 1967 – The Beatles release “Magical Mystery Tour” album.
- December 9, 1965 – “A Charlie Brown Christmas” premieres on television on CBS.
- December 10, 1768 – The Encyclopedia Britannica was first published in Edinburgh, Scotland.
- December 11, 1913 – The Mona Lisa is recovered two years after being stolen from the Louvre.
- December 12, 1792 – Ludwig von Beethoven receives his first lesson in music composition.
- December 13, 1928 – The Clip-on tie is created. Or should we say “invented”?
- December 14, 1961 – Jimmy Dean’s “Big Bad John” is the first country song to get a gold record.
- December 15, 1939 – *Gone with the Wind* premiered in Atlanta, Georgia.
- December 16, 1950 – Shirley Temple retires from making movie films at the age of 22.
- December 17, 1843 – Charles Dickens’s classic “A Christmas Carol” was published.
- December 18, 1966 – Dr. Seuss’ “How the Grinch Stole Christmas” airs for the first time.
- December 19, 1843 – Charles Dickens publishes “A Christmas Carol”.
- December 20, 1790 – The first U.S. cotton mill begins spinning yarn in Pawtucket, RI.
- December 21, 1937 – “Snow White and the Seven Dwarfs” premieres at theatres.
- December 22, 1882 – Thomas Edison creates the first string of Christmas tree lights.
- December 23, 1968 – Jim Lovell, Frank Borman, and William Anders become the first to orbit the moon.
- December 24, 1818 – Franz Joseph Gruber composed “Silent Night”.
- December 25, 00 – Jesus Christ is born in a manger in a little town in Bethlehem.
- December 26, 1986 – The TV soap opera “Search for Tomorrow” ends after 35 years.
- December 27, 1903 – “The song “Sweet Adeline”, popular among barbershop quartets, is first sung.
- December 28, 1869 – William F. Semple patented chewing gum.
- December 29, 1852 – Emma Snodgrass is arrested in Boston for wearing pants.
- December 30, 1968 – Frank Sinatra records “My Way”.
- December 31, 1904 – The first New Year’s Eve celebration is held in New York City’s Times Square.



***Shop Now for Christmas***



***Shop in comfort at  
St Anna's  
Residential Care***

***Wednesday  
December 6<sup>th</sup>  
at 1:30pm***

***We Stock:***



**Sizes 8 to 24**

**Shirts - Tops - T-Shirts**

**Cardigans - Jumpers**

**Vests - Ladies Pants**

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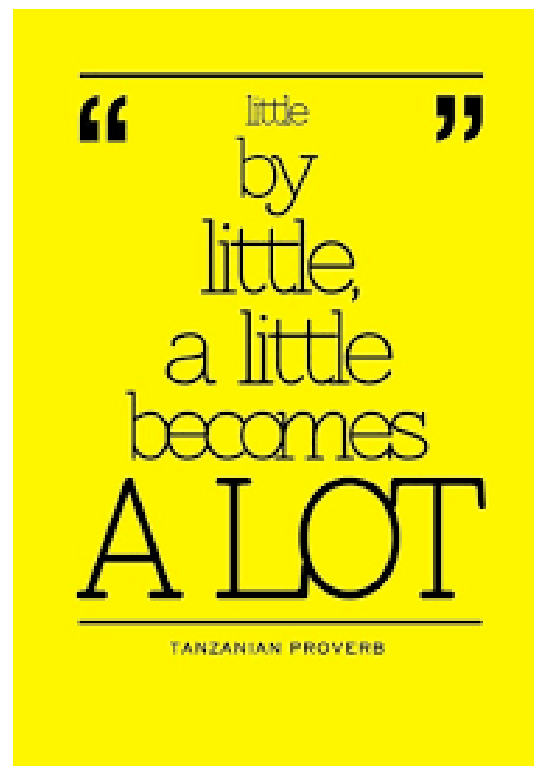


# Christmas magic and craft here at St Anna's





## Friendship, fun and fitness in the St Anna's Gym with the Allied Health Team



# Staff Profile

## Juliana



Hi there – my name is Juliana and I have worked for St Anna's since 1997 - 26 years in the kitchen. My family is of Croatian descent and I was born in Paris.

I love to cook, entertain and socialize with my large family and many friends. I have travelled through Europe, America and Canada over the years and I really enjoy the memories that travelling creates.

My biggest thrill when travelling was entering Elvis' home - Graceland. I do love to bring happiness to people with laughter and jokes and I have so many happy memories of both staff and residents over the years here.

I really enjoy the football season and watching the Crows play and look forward to their premiership win next year!

# Medi-Map

## is coming to St Anna's



Medi-Map an electronic medication management system (eNRM).

### Benefits:

- Digital medications charts that can be accessed by facility staff, pharmacy and prescriber
- Everyone is looking at the same information in real time - no need for paper or faxing
- Notification of all chart changes automatically sent to facility and pharmacy
- Send resupply request straight to pharmacy at point of administration
- Offline app in case of no internet

**GO Live**  
**Date and**  
**Time:**

Weds 21st Feb 2024  
12pm (lunch round)



# Save the Date

St Anna's 30<sup>th</sup> Birthday is  
being Celebrated on the 31<sup>st</sup>  
of January 2024

