

# NEWSLETTER

## June 2024



# St Anna's News

Dear Residents, Friends, and Families,

Welcome to Winter. As we transition from a mild Autumn, we're hopeful for some rain to nourish our gardens at St. Anna's.

You may have noticed the painters working around the facility over the past six months. These efforts are nearly complete, providing a fresh and inviting look.

We are thrilled to introduce our new virtual reality kit, designed to stimulate memories, promote movement, and encourage social engagement among residents. I am eager to see the positive impact of this innovative technology. If you would like to try the VR headsets, please reach out to the Lifestyle team.

In our ongoing efforts to improve our facility, we are replacing the carpet in most rooms with vinyl flooring. This upgrade offers superior cleanliness, quietness, and warmth underfoot. We aim to complete this project within the year.

Remember, St. Anna's offers flexible and tailored Home Care services for personalised home care. Our Home Care Team is dedicated to ensuring you receive the highest quality care. Please call 7078 6382 to discuss how we can support your needs.

We are always striving to improve at St. Anna's and value your feedback and suggestions. Please feel free to share your ideas or compliments in person using our QR code or email me at [Amandab@cubs.org.au](mailto:Amandab@cubs.org.au).

Have a wonderful June!

Amanda Birkin

CEO



Australia's  
**Biggest  
Morning Tea!**

Let's get together and enjoy a cuppa so we can support those impacted by cancer.

Join us at St Anna's Residential Care Facility

**OR**

Scan the QR code to donate.

(You will be directed to my fundraising page where you can donate directly to my morning tea)



*Please feel free to join St Anna's at our biggest morning tea!  
Morning tea will be provided as will your choice of tea or coffee. St Anna's is trying to raise \$1000 for those impacted by cancer.  
Head to <https://www.biggestmorningtea.com.au/s/78736/114304> to donate!  
OR make a donation at St Anna's Reception desk!*

# 27th To 2nd May 2024 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<p><b>27</b></p> <p>Craft   10 To 11   PK Room</p> <p>Resident Drive   01:30 To 02:30   Meet in Foyer</p> <p>Scategories   02:30 To 03:30   PK Room</p>	<p><b>28</b></p> <p>Hairdresser   09 To   PK Room</p> <p>Chi Ball   10:30 To 11   PK Room</p> <p>Entertainment   02:30 To 03:30   PK Room</p>	<p><b>29</b></p> <p>Walking Group   10 To 10:30   Peter Kurko Room</p> <p>Cultural dance Video   11 To 11:30   Iris</p> <p>Cooking   02:30 To 03:30   PK Room</p>
Thursday	Friday	Saturday
<p><b>30</b></p> <p>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</p> <p>Shared Lunch   12 To 01   PK Room</p> <p>Croatian Independence day   02:30 To 03:30   PK Room</p>	<p><b>31</b></p> <p>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</p> <p>Prayer Group   11:30 To 12   Sunflower</p> <p>mosaics   01:30 To 03:30   Sunflower</p> <p>Bingo   02:30 To 03:30   Peter Kurko Room</p>	<p><b>01</b></p> <p>Bingo   02 To 03   Peter Kurko Room</p>
Sunday		
<p><b>02</b></p> <p>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</p>		

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

# 3rd To 9th June 2024 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<p><b>03</b></p> <p>Resident Drive   10:30 To 11   PK Room</p> <p>Music and Movement   11:30 To 12   Peter Kurko Room</p> <p>Entertainment   02:30 To 03:30   PK Room</p>	<p><b>04</b></p> <p>Hairdresser   09 To   PK Room</p> <p>Coles Online Shopping   09 To 09   Consumer Room</p> <p>Rap Ball   10:30 To 11:30   PK Room</p> <p>Consumer Meeting   02:30 To 03:30   PK Room</p>	<p><b>05</b></p> <p>Walking Group   10 To 10:30   Peter Kurko Room</p> <p>Chi Ball   11 To 11:30   PK Room</p> <p>Gardening   02:30 To 03:30   Pergola</p> <p>Mens Group   02:30 To 03:30   PK Room</p>
Thursday	Friday	Saturday
<p><b>06</b></p> <p>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</p> <p>Shared Lunch   12 To 01   PK Room</p> <p>NeuronsVR Armchair Travel   02:30 To 03:30   PK Room</p>	<p><b>07</b></p> <p>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</p> <p>Bra-Fitting Service   10:30 To 11:30   Room visit</p> <p>Prayer Group   11:30 To 12   Peter Kurko Room</p> <p>Ukrainian Memories   01:30 To 03:30   Iris</p> <p>Bingo   02:30 To 03:30   Peter Kurko Room</p>	<p><b>08</b></p> <p>Bingo   02 To 03   Peter Kurko Room</p>
Sunday		
<p><b>09</b></p> <p>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</p>		

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# 10th To 16th June 2024 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<p><b>10</b></p> <p>King's Birthday</p>	<p><b>11</b></p> <p>Hairdresser   09 To   PK Room</p> <p>Chi Ball   10:30 To 11   PK Room</p> <p>Bingo   02:30 To 03:30   PK Room</p>	<p><b>12</b></p> <p>Walking Group   10 To 10:30   Peter Kurko Room</p> <p>Cultural dance Video   10:30 To 11:30   Poppy</p> <p>Gardening   02:30 To 03:30   Sunflower</p>
Thursday	Friday	Saturday
<p><b>13</b></p> <p>Music and Movement   11:30 To 12   Peter Kurko Room</p> <p>Kings Birthday Themed Shared Lunch   12 To 01   PK Room</p> <p>Virtual Quiz   02:30 To 03:30   PK Room</p>	<p><b>14</b></p> <p>Biggest Morning Tea   10 To 11:30   PK Room</p> <p>Bingo   02:30 To 03:30   Peter Kurko Room</p> <p>NeuronsVR Armchair Travel   02:30 To 03:30   PK Room</p>	<p><b>15</b></p> <p>Bingo   02 To 03   Peter Kurko Room</p>
Sunday		
<p><b>16</b></p> <p>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</p>		

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# 17th To 23rd June 2024 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<p><b>17</b></p> <p>Craft   10:30 To 11:30   PK Room</p> <p>Magical Moments - Active Games   10:30 To 11:30   Iris Lounge</p> <p>Ukrainian Catholic Service   11 To 12   PK Room</p> <p>Cooking   02:30 To 03:30   PK Room</p>	<p><b>18</b></p> <p>Hairdresser   09 To   PK Room</p> <p>Coles Online Shopping   09 To 09   Consumer Room</p> <p>Bingo   02:30 To 03:30   PK Room</p>	<p><b>19</b></p> <p>Walking Group   10 To 10:30   Peter Kurko Room</p> <p>Music and Movement   11 To 11:30   PK Room</p> <p>Pamper Group   02:30 To 03:30   PK Room</p>
Thursday	Friday	Saturday
<p><b>20</b></p> <p>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</p> <p>Shared Lunch   12 To 01   PK Room</p> <p>NeuronsVR Armchair Travel   02:30 To 03:30   PK Room</p>	<p><b>21</b></p> <p>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</p> <p>Prayer Group   11:30 To 12   Peter Kurko Room</p> <p>Bus Trip   01:30 To 04   PK Room</p>	<p><b>22</b></p> <p>Bingo   02 To 03   Peter Kurko Room</p>
Sunday		
<p><b>23</b></p> <p>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</p>		

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# 24th To 30th June 2024 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<p><b>24</b></p> <p><b>Intergenerational Play Group   10 To 11:30   PK Room</b></p> <p><b>Resident Drive   01:30 To 02:30   Meet in Foyer</b></p> <p><b>Henny Penny Hatching   01:30 To 03:30   PK Room</b></p> <p><b>Scategories   02:30 To 03:30   PK Room</b></p>	<p><b>25</b></p> <p><b>Hairdresser   09 To   PK Room</b></p> <p><b>Gardening   10:30 To 11   Pergola</b></p> <p><b>Croatian Independence Day   PK Room</b></p> <p><b>Bingo   02:30 To 03:30   PK Room</b></p>	<p><b>26</b></p> <p><b>Walking Group   10 To 10:30   Peter Kurko Room</b></p> <p><b>Chi Ball   11 To 11:30   PK Room</b></p> <p><b>Paint and Sip   02:30 To 03:30   PK Room</b></p>
Thursday	Friday	Saturday
<p><b>27</b></p> <p><b>Music and Movement   11:30 To 12   Peter Kurko Room</b></p> <p><b>Shared Lunch   12 To 01   PK Room</b></p> <p><b>NeuronsVR Armchair Travel   02:30 To 03:30   PK Room</b></p>	<p><b>28</b></p> <p><b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b></p> <p><b>Prayer Group   11:30 To 12   Peter Kurko Room</b></p> <p><b>Bingo   02:30 To 03:30   Peter Kurko Room</b></p>	<p><b>29</b></p> <p><b>Bingo   02 To 03   Peter Kurko Room</b></p>
Sunday		
<p><b>30</b></p> <p><b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b></p>		

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## Gladys and Pearl's June Adventure

*As June ushered in the crisp chill of winter at St. Anna's Aged Care, Gladys and Pearl, freshly invigorated by their mischievous escapade in May, were eager to embark on their next journey. This time, they sought warmth and magic, and what better way to find both than by attending a midsummer festival—albeit in the heart of winter?*

*Their target was the famous Midsummer Night's festival in the mystical forests of Sweden, celebrated on June 24th, 1923. This enchanting festival was marked by the summer solstice, where daylight triumphed, and the night was merely a blush on the horizon.*

*That evening, clad in traditional Swedish dresses with floral wreaths atop their heads, they approached the magical wardrobe in Gladys's room. With a giggle and a shared look of excitement, they stepped through and were instantly swept from the winter of Australia to the luminous, verdant landscapes of a Swedish summer night.*

*The air was alive with the fragrance of blooming flowers and the sounds of joyous music. They found themselves in a lively gathering of locals celebrating around a maypole, adorned with greens and flowers. Gladys and Pearl joined the dance, their feet moving to the rhythm of accordions and fiddles, their hearts light with the joy of the festivity.*

*As the night progressed, they participated in traditional games and feasted on smörgåsbord, savoring dishes like pickled herring, new potatoes, and strawberries with cream. They were charmed by the tales of folklore told by the locals, involving elves and fairies that supposedly roamed the forests during this magical night.*

*As they wandered through the enchanted woods, they made flower crowns and laughed at the thought of how the tales might scare the young back home. The experience was a beautiful blend of culture, nature, and merriment, exactly the warmth they sought against their winter's cold.*

*When it was time to return, they stepped back into the wardrobe, leaving the endless daylight behind and stepping back into the early morning darkness of June in Australia.*

*At breakfast, their story of the Swedish Midsummer Night's festival brought warmth and light to the other residents. While the staff, bundled up against the cold outside, listened with a mix of skepticism and amusement, everyone felt a little lighter, a little warmer. Gladys and Pearl's June adventure was a perfect counter to the winter blues, proving once again that their time-traveling escapades were a beacon of joy at St. Anna's.*

.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



***“Every  
Winter has  
its Spring”***

## TRIVIA

The name June is the modern day adaptation of the Latin word Junius, which has its origins dating back to the ancient Romans. June use to be the fourth month of the year. Before Julius Caesar came to power, the calendar only had 10 months. In 46 BC he created the Julian calendar, adding two more months of the year

Zodiac Sign: Gemini and Cancer

Birthstone: Moonstone, Pearl and Alexandrite

Flower: Rose and Honeysuckle

Colouring in activity:

In celebration of the King's birthday for the 10<sup>th</sup> June!

# The King's



# Birthday

# Month in Review

We have received the following Feedback in April

Registers & Forms Template: Feedback & Complaints (External Facing), Feedback & Complaints Form  
Created At: 01/04/2024 - 30/04/2024  
Approval Status: Approved  
Business Unit: Home Care, St Anna's Residential Care. Include Sub Business Units  
Type of Feedback: Comment, Compliment, Complaint, Improvement Opportunity



## Complaints

Nil

## Compliment

1x Compliment TV in dining rooms

1x Compliment about Student

1x Compliment about Food



ADVANCED CARE

“

## FREE EYE CLINIC COMING SOON

Speak to a nurse or carer to book

”



May/June  
Date to be confirmed





Facility

# Patient Consent Form

Optometrist

Talha Shafiq (OD)

## A. Patient Details (as shown on DVA/Medicare Card)

Title  First Name  Surname

Preferred Name  D.O.B.

Medicare / DVA  Reference  DVA Gold Card Holder

Any Allergies to Tropicamide 0.5% ? Yes  No  Is the patient Diabetic? Yes  No

## B. Authorised Consentee Details

Is the Patient self consenting Yes  No

Person responsible for making medical decisions on behalf of the patient (must be completed if patient is NOT self-consenting)

Title  First Name  Surname

Relation  Contact Number

## C. Financial Consentee Details

\*For eligible DVA Gold Card Holders, optical aid fees are covered under the department

Person responsible for the payment of the account (must be completed if patient is NOT a DVA Gold Card Holder)

Patient Self-Consenting  Authorised Consentee  State Trustee  Reference Number

Other  Name  Relation  Contact Number

\*Advanced I Care will contact the financial consentee prior to providing any glasses or ocular health services.

## D. Signature

I hereby consent to the Advanced I Care (AIC) collecting relevant information to assist in the provision of eye care and to provide the examination required during the upcoming appointment. I agree that the information I have provided above is true and accurate.

Name  Patient  Authorised Consentee  Nurse  Other

Signature  Date

If additional treatment is required, AIC will discuss it with the patient (if self-consenting)/next of kin/legal guardian before proceeding.

0423 602 187 | [info@advancedeyecare.com.au](mailto:info@advancedeyecare.com.au) | [advancedeyecare.com.au](http://advancedeyecare.com.au)

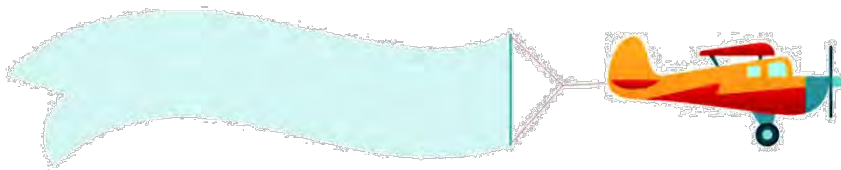


**FOR THE MONTH OF JUNE!**

**Anatoily Demura  
Petar Cosic  
Kata Klindzic  
Ljuba Bosatlija**



# Noticeboard



## PET THERAPY

We have our fish aquarium that is located in Sunflower Lounge area. We try our best to have some furry friends visit regularly (dogs, rabbits, etc.) throughout the year, as well as visiting shows booked in on occasion. A reminder to friends and family that you are welcome to bring in your friendly pets when visiting here at St Anna's!



## CONTINUOUS IMPROVEMENT

### **SECURITY UPGRADE**

We have installed new security screens for resident windows, added extra CCTV cameras and replaced the fence on Wood Avenue.

## VOLUNTEERING

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.

## CULTURAL EVENTS

Croatian club and  
Ukrainian club lunches  
monthly

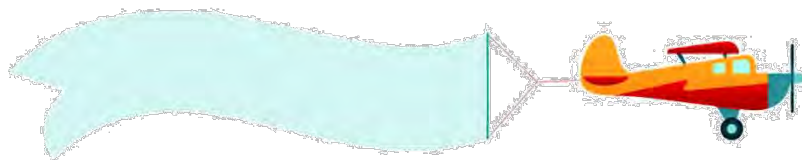
Please let staff know if you would like to attend.

## BRA FITTING SERVICE

Scheduled for Friday the **7<sup>th</sup> of June at 10:30am**

Speak to lifestyle staff to book a bra fitting.

# Noticeboard



## LIBRARY SERVICE

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

## 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.

## HAIRDRESSER

St Anna's hairdresser, Michelle is here on site every Tuesday. If a resident would like a haircut, please contact our Lifestyle team. [lifestyle@cubs.org.au](mailto:lifestyle@cubs.org.au) OR email [admin@cubs.org.au](mailto:admin@cubs.org.au)

## LAUNDRY

The lost property rack is kept in the main laundry throughout the week, please ask laundry staff if you have missing items of clothing. The laundry is generally open 0800 – 1500 Monday – Friday. On Friday – Monday morning the lost property will be placed in the small office opposite the reception area for residents and families to check. Any items left in this pile will be donated to charity after 3 months of being in the laundry.

Just a reminder all residents clothing is required to be labelled. St Anna's RCF does not take responsibility for any lost clothing which is unlabeled.

## REMINDER

Just a reminder for all loved ones and families – please do not forget to keep a check on our residents and their clothing requirements, proper fitting shoes etc. – as the seasons change residents may require new underwear, pyjamas, clothing, footwear etc. – please come in anytime and check resident's rooms, wardrobes and clothing on a regular basis. Please also be reminded that it is the responsibility of the resident or loved one to check on the fridge in the rooms and that the fridge is a personal item belonging to the resident. All food items coming into the facility are to be recorded in the Food Register and a sticker applied to the product at the front desk.

# PUZZLE CORNER

The lifestyle team have had a puzzle corner set up for some time now. Residents have been interacting with the puzzles and utilising the space. Located outside of Poppy, the puzzle corner is a great area for residents to spend their time.

Let the lifestyle team know if you would like to add anything else to this space.





# Croatian Statehood Day



## Croatian Statehood Day

was spent with a celebratory afternoon of music and dancing Residents all came together and enjoyed a special visit from Musician Demir Romanik. Huge thank you to Jules, in the kitchen for the lovely array of Croatian sweets and savoury foods.



**RANDOM ACTS OF KINDNESS**  
WINNER FOR **May**  
CONGRATULATIONS!  
**Om VAIDYA**



HAS WON THE MONTHLY PRIZE OF A \$50 COLES MYER  
GIFT VOUCHER.

Also Nominated for the month was Emily Shen

Thank you to everyone who participated in the nomination  
process, especially those nominated, for their good example!



# QUIZ FOR JUNE

## Multiple Choice Quiz

**1. Which country in the world has the largest population?**

a) America   b) China   c) India

**2. Which actress starred in 'High Society'?**

a) Grace Kelly   b) Meryl Streep   c) Hilary Clinton

**3. How many men have walked on the moon?**

a) 2   b) 6   c) 12

**4. Which is the largest planet in the solar system?**

a) Earth   b) Jupiter   c) Venus

**5. What does a philatelist do?**

a) Collects stamps   b) Collects handbags   c) Collects butterflies

**6. To the nearest mile, what is the length of the marathon?**

a) 5 miles   b) 18 miles   c) 26 miles

**7. The first television set was sold in which year?**

a) 1928   b) 1948   c) 1958

**8. Which instrument did Louis Armstrong play?**

a) Piano   b) Mouth organ   c) Trumpet

**9. What is the capital of Italy?**

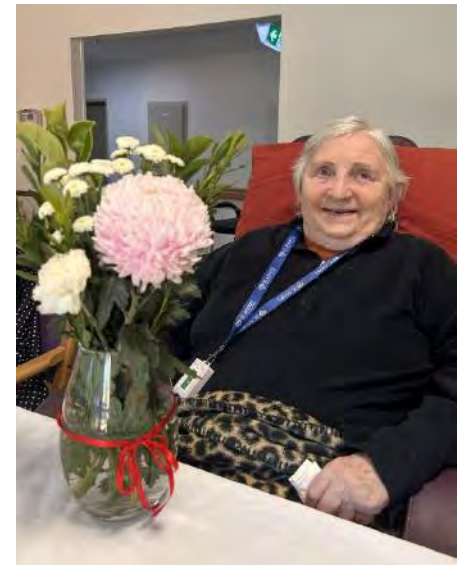
a) Stockholm   b) Rome   c) Paris

**10. What is the world's largest living bird?**

a) Stork   b) Ostrich   c) Scare crow

## Answers on Page 18

# Mother's Day Celebrations – High Tea and Flower Arranging





## *Quiz Answers:*

1. b) China
2. a) Grace Kelly
3. c) 12
4. b) Jupiter
5. a) Collect Stamps
6. c) 26 Miles
7. a) 1928
8. c) Trumpet
9. b) Rome
10. b) Ostrich



# Word Search!



**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

THIRTY DAYS

VACATION

WEDDING

# St Anna's Playgroup!





# Pet Therapy Visit from Yuki!

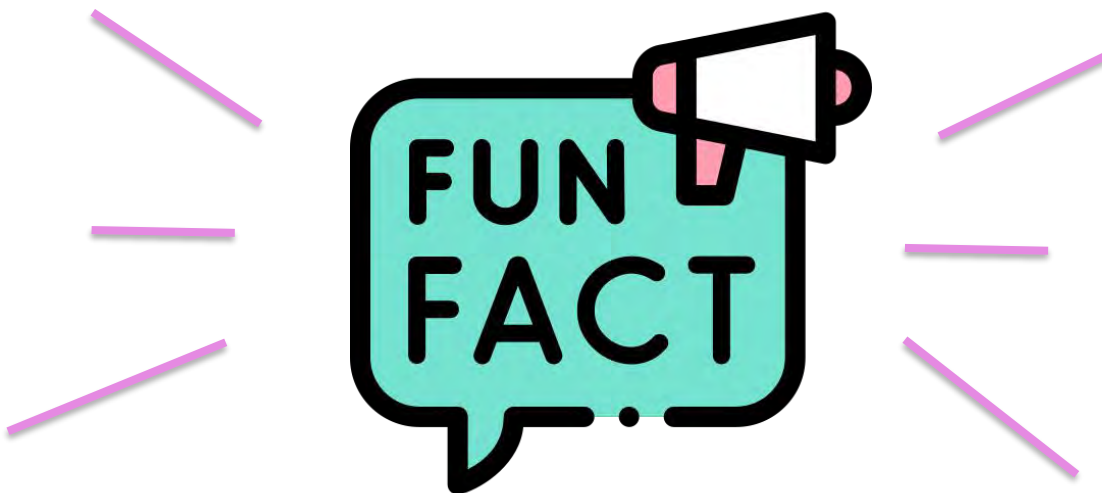


## Radicool Reptile Visit



# Fun Facts about June

1. June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
2. June's birthstone is the pearl, the Moonstone and the Alexandrite.
3. The June birth flower is the Rose and the Honeysuckle.
4. In 2009 June was the 662 most popular name for girls in the USA.
5. June is derived from Juno, the goddess of marriage.
6. In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
7. June is international men's month.
8. June is accordion awareness month, as well as candy, dairy and papaya month.





# LIFESTYLE ACTIVITIES FROM MAY



*Resident Outing and Walking Group*



*Cooking with pastry!*



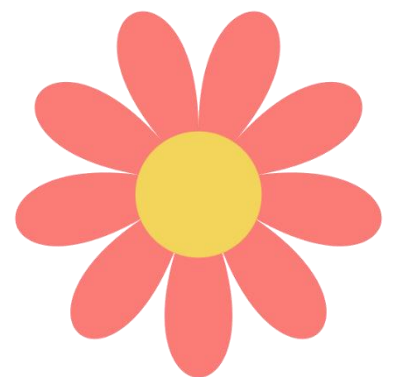
*Craft activity made by our residents*



*Volunteers: Jock Malinowski and Melanie Murawsky*



*Volunteers' week Afternoon Tea*



*Thank you to our other volunteers who were unable to make it!*



# LIFESTYLE ACTIVITIES FROM MAY



St Anna's had a special guest visit from Robert Goodfellow, accompanied by his wife, Jan. Robert is one of St Anna's Home Care clients. Residents sang along to many golden oldies' songs. Residents also commented on how great it was to see Robert sing, all had the pleasure of meeting him after the performance.



# SUDOKU

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

***ANSWERS ON PAGE 31- NO PEEKING***



**1990s**

**Resident Profile:**

**Michael  
Dzundza**



**Personal Information**

- Born 21st April, 1943
- Born in Germany

**Hobbies and Interests**

*I use to enjoy nursing, now I like to do landscape painting and puzzles.*

*I am very interested in cars and movies.*

**Professional Career**

*I went to school in France and Italy for priest studies when I was 8 years old. My parents sent me and my big brother there. My family wanted to have a priest in the family. I was 25 years old when I finished my nursing training in Birmingham. I then became a nurse. I was married in 1965 to my first wife who passed in 1999. I continued nursing when I came to Australia, I did Midwifery, Psychiatry and Aged Care.*

**Challenges Overcome**

*I am Ukrainian but grew up in Germany and could only speak German. My mother taught us children how to speak Ukrainian from the Bible. I came to New Zealand in 1975, English was a big challenge to overcome. I was in charge of night duty nursing in New Zealand. I then moved to Australia in 1976/77 to continue my nursing career.*

**Values and Beliefs**

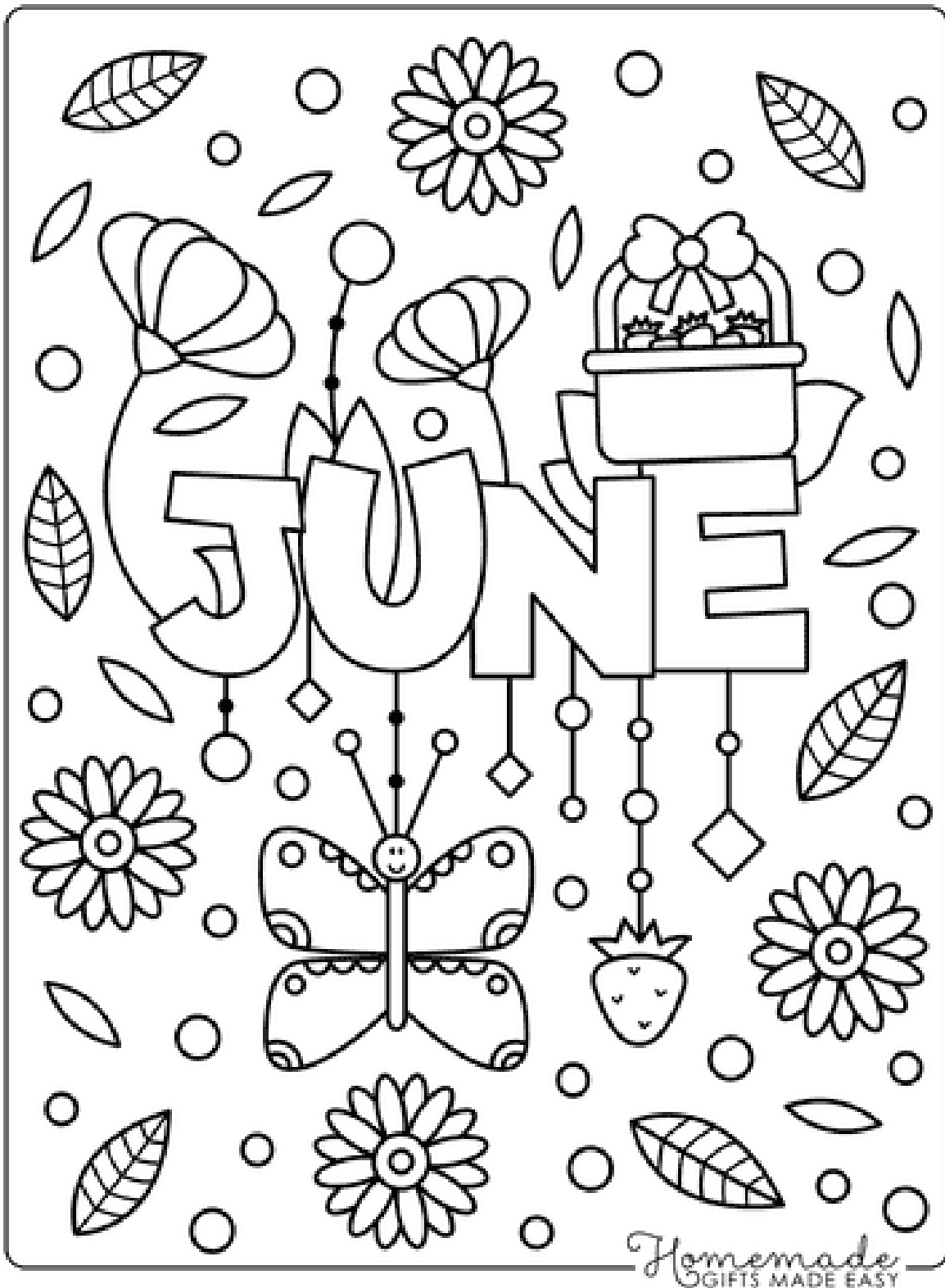
- 01 *I am Catholic*
- 02 *To be a decent human being*
- 03 *My family*



## *SUDOKU ANSWERS*

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

*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.*







## HOSPITALITY NEWS

We are always seeking ways to improve and make our dining experience here at St Anna's great and we do appreciate all the hard work our staff have put in over the last few weeks with recent changes in our dining areas – these changes include some specially trained staff to plate food ensuring we are always providing the nutritional needs and recommended portion sizes along with a better dining experience for all residents.

We have over the last few weeks added some new placemats to the dining tables the common areas and hallways have been freshly painted and paintings rehung. We are working on some outdoor pots to brighten up the tables in the lovely courtyard areas and to complement the new furniture – what is really great to see is the number of residents and family enjoying those spaces over the last few weeks of Autumn weather.

Let the Hospitality Team know if you have any improvements you would like to see about the place – we would be happy to discuss.





## CELEBRATING ORTHODOX EASTER

*In May, we celebrated Orthodox Easter. Huge thank you to the kitchen staff for creating a beautiful display and to everyone else that helped out. The residents participated in some Ukrainian egg decorating which they all enjoyed.*



# Being Shingle Minded!

You may have seen the TV campaign to alert people to the risk of developing Shingles, but did you know that people over 60 years of age are up to 10 times more likely to get Shingles than younger people?

Anyone who has ever had chicken pox already carries the inactive virus that can activate at any time to cause Shingles, which means almost all of our consumers are potentially at risk of developing this very painful condition.

Most commonly appearing on the chest and abdomen, it can also develop on the torso, arms, thighs, or head (including in the eyes or ears).

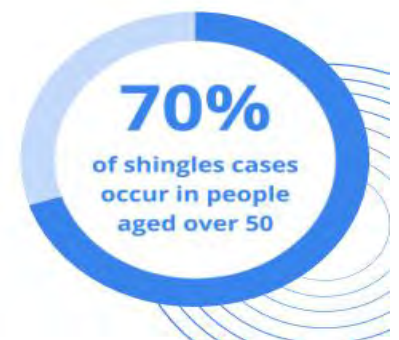
## Common symptoms of Shingles may include:

- . Localised pain; a burning, tingling, or itching sensation
- . Fever, chills, headache and fatigue
- . A stabbing sensation; sensitivity to touch
- . Followed by a painful rash that may develop into blisters lasting for 10-15 days.

Shingles can be very debilitating and can interfere with everyday activities like getting dressed, walking, and sleeping for a significant period of time, not to mention the continual nerve pain around the rash site.

While there is no cure for Shingles, antiviral medications can be prescribed at the first sign of a rash, so acting quickly if you experience any of these symptoms may help reduce the severity of the virus.

We will follow up with you and your chosen representative in the next few weeks to identify your vaccine requirements.





# A clean mouth is just the start for healthy ageing



Dental conditions rank as the **3rd** highest reason for acute potentially preventable hospitalisations in Australia.



Most oral diseases are **preventable.**

Poor oral health can affect some general health conditions, such as:



Cardiovascular disease



Diabetes



Stroke

## Dental problems in older adults

- Dry mouth
- Gum disease
- Tooth decay
- Denture-related infection
- Oral cancer

Acute general health impacts include:

- Bacteraemia
- Aspiration Pneumonia
- Infective Endocarditis



of adults over 75 years old have significant gum disease.

The older you are, the more likely you are to **avoid food** due to dental problems.

## Nurses and care staff

can play a key role in supporting the oral health of older people.

Mouth discomfort and dental pain can lead to:

- an inability to eat a nutritious diet
- a decline in general wellbeing
- a change in mood and behaviour.

## What can we do?

The mouth is a gateway for general health and overall quality of life. Let's promote healthy ageing with early identification of dental issues, oral care planning, and assistance with daily oral hygiene where needed.

Refresh your oral health knowledge and skills with:

## Better Oral Health in Aged Care - Free Online Learning Modules

Scan QR code to access training



Or go to:

[www.dental.sa.gov.au/professionals/online-training/aged-care](http://www.dental.sa.gov.au/professionals/online-training/aged-care)



# Staff Profile:

## Paige Horvatic - Receptionist

Hi, my name is Paige Horvatic, and I am the new receptionist here at St Anna's. I started here around 3 months ago now, and so far, I love it! I'm 24 years old and when I'm not working, I love to cook, bake, and spend time with my partner Kaiden, our 2 cats, and of course my family and friends.



## *On the Topic of Marriage...*

**Wife:** Can you stop yawning when I'm talking to you?

**Husband:** I'm not yawning, I'm trying to say something.

**Man:** I haven't spoken to my wife in 18 months.

**Friend:** Why not?

**Man:** I don't like to interrupt her.



**Wife:** Do you want dinner?

**Husband:** Sure, what are my choices?

**Wife:** Yes and no.

**Son:** Dad, I've heard that in some parts of the world, a man doesn't know his wife until he marries her.

**Father:** Son, that's true everywhere.

**Q:** Why is marriage like a three-ring circus?

**A:** Engagement ring, wedding ring and suffering.

**Q:** What's the difference between love and marriage?

**A:** Love is blind and marriage is an eye-opener!

*Submitted by one of our residents: Mrs Lois Potts*



# RESIDENT MEETING MINUTES

Tuesday 7<sup>th</sup> May 2024 at 2.30pm

## 1. Welcome

### 1.1 Sound recording of the Resident Meeting

No objections

### 1.2 Welcome

Jordan Stevens (Chairperson and Lifestyle)

Amanda Birkin (CEO)

Jock Malinowski (Ukrainian Interpreter and Board member)

Michelle Hauber (Lifestyle and Wellness)

### Welcome to Country given by Jordan Stevens

## 2. Present

As per attached sheet

## 3. Apologies

Mardi Anderson (Clinical), Athin Christou (OT) and as per attached sheet

## 4. Confirmation of Minutes of Previous Meeting

Resident Meeting Minutes: 2<sup>nd</sup> April 2024 were read. These Minutes were accepted by Michelle Hauber; seconded by Michael Dzunda

All Residents were reminded that the Minutes of all Resident meetings will now be included in the Newsletter which is distributed throughout the Facility for the information of all Residents.

## 5. Outstanding business from previous Minutes

- a. **Future bus trips** – these trips have been delayed for various reasons. Lifestyle are hoping to re-schedule a trip for early June 2024.
- b. **Intergenerational program** - St Mary Margaret's preschool have advised that they will only be able to arrange one visit for this term and Lifestyle are in the throes of arranging a suitable date and time.
- c. **Play Group SA** – this has been organised to commence in early June possibly on a Monday weekly or fortnightly. Further details will be provided to all Residents when available.
- d. **Council stobie pole project** – City of Charles Sturt have advised that the stobie pole will be on Wood Avenue featuring Babushka Nesting Dolls. The work for this project will be commenced next month.
- e. **Sustainability** – Management are arranging an audit of the Facility to review the lighting, green waste, recycling etc. This is ongoing.
- f. **Hairdressing salon** – an upgrade to the hairdressing salon is still being investigated and will be reported on next month.
- g. **Food temperature** – staff have had one on one training regarding the checking of food temperature and leaving the lids on the food in the bain maries until ready to plate up the food for Residents.

## 6. Food and Menu/Hospitality

A Resident brought to the meeting -

- the fact that various staff were re-positioning individual items and tablecloths on dining tables. Staff will be made aware.
- choice of vegetables and/or salads. This has been taken onboard and changes have been implemented and staff made aware. In depth discussions were had regarding the ordering of meals and whether perhaps meals should be plated up in the kitchen and delivered to the dining areas together with choices of food to be offered. This is continually being discussed and monitored.

### New Volunteer

A new Ukrainian Volunteer who has recently relocated to Adelaide has commenced at St Anna's RCF. All Residents were asked to make her feel welcome.

## 7. Maintenance

**Painting** – the painting is progressing throughout the Facility. Once the inside has been completed the painter will move to attend to the outside of the Facility.

**Picture hanging** – this is ongoing throughout the Facility.

## 8. Feedback complaints and praise

All Residents will be kept up to date on all happenings throughout the Facility in the newsletter.

All in attendance were advised that feedback complaints and praise forms can be found at Reception, in the Peter Kurko room and there is now also an online form which can be found through the St Anna's RCF website or via the QR code found throughout the facility. All staff are available to assist with the completion of these forms and access to the QR code. All Residents are reminded that Jock Malinowski is the Resident representative and is available to speak to if anyone has any concerns compliments and/or comments. It is extremely important for any concerns to be brought to the attention of Management. All Residents are advised of all complaints and compliments via the Resident newsletter. All feedback is taken seriously.

**Paint and sip** – all who have attended the past two sessions have enjoyed this program.

**Newsletter** – all Residents were advised that if they have any stories they would like included in the Newsletter to please let staff know.

## 9. Legislative information

All were advised that a new Aged Care Act was to be introduced in July however this has now been delayed to some time in 2025.

It was also noted that the Board of the Croatian Ukrainian and Belarusian Association have completed training on the new Act to be implemented.

## 10. Clinical

The clinical department is attending to an audit of all Resident vaccinations with regards to flu, shingles etc.

All Residents were reminded to wash and sanitise their hands frequently, to cough into their arm and to continue to practice social distancing. This is to stop the spread of infections throughout the Facility. All were advised that if feeling unwell they should stay in their room and to let staff know. Staff are also reminded to practice good hygiene. Information regarding this can be found at Reception.

## 11. Lifestyle Programs

- **Coles online shopping**

A reminder was given that Coles online shopping is available on a fortnightly basis at St Anna's RCF. If any Resident is interested in purchasing shopping online from Coles please see staff for information and assistance. The cost of this shopping will be placed on Resident's monthly accounts.

- **Radical Reptiles** – will be visiting this week.
- **Miniature horses** – will be attending the Facility in the next few weeks.
- **Mother's Day High Tea** – will be occurring this week prior to Mother's Day on Sunday.
- **National Volunteers Day** – will be celebrated with a High Tea this month.
- **Men's Group** – this has occurred and will be ongoing.
- **Pamper Group** – ongoing.
- **Craft activities** – ongoing.
- **Croatian Independence Day** – events organised with the celebration occurring this month.
- **Travel the World** – this will be more advanced in the future with the new virtual reality technology.

### Programs

All were reminded that on occasions the programs are required to be changed and all Residents are thanked for their understanding when this occurs.

All Residents were asked to continue to provide feedback and everyone was thanked for their suggestions.

## 12. Consumer Advisory Committee

A Consumer Advisory Committee meeting took place on the 9 April 2024. Residents were advised of the various topics that were discussed including –

**Additional services** for St Anna's RCF. The cost of these services will impact only new Residents and will not be charged to Residents already living at St Anna's RCF. A template of a brochure regarding these services was provided to all Residents who attended the Consumer Advisory Committee meeting for their feedback.

**Lifestyle assessment** to be included in the Admissions Pack that is provided to all new Residents. A template of a brochure with the questions to be asked was provided to all Residents who attended the Consumer Advisory Committee meeting for their feedback.

**Product review** to be conducted throughout the Facility. Australian made products are preferred.

**Gymnasium** more group classes to be offered.

**Activity Board** in future all things will be streamed on the television screens throughout the Facility. At present Management are awaiting the technology that is required for this to occur.

**Meals** were not arriving at the meal table at a reasonable temperature. As mentioned above staff training has been attended to. Various other changes are being discussed and contemplated by Management.

**Strategic Planning Day** occurring on 10 May with the Board.

**Robotics** to be researched for implementation at St Anna's RCF to assist staff with various activities. A social/talking Robot will be arriving in a few weeks to be trialled.



### 13. Continuous Improvement

The vegie garden is an ongoing continuous improvement. A trip to Virginia Nursery is in the planning to purchase winter vegetables to be planted in the garden.

Residents were thanked for participating in the Facility's surveys. They are an important part of continuous improvement in assessing the standard of care and services that are provided at St Anna's RCF.

### 14. Education and Information sharing

All were reminded that "Relationships Australia" offer group and individual counselling sessions for Residents. If anyone is interested please let staff know.

There is no charge for this counselling and this Organisation will visit the Facility when required.

Staff training is continuing including care and competency training.

### 15. Compliments and Complaints

All were advised that CEO, Amanda Birkin, is provided with all compliments and complaints received.

No further issues or questions were brought to the meeting.

All staff members left the meeting so that Residents could bring to the meeting any concerns or compliments they had.

Jock Malinowski asked all in attendance if there were any confidential comments/concerns they would like to mention to him. Mr Malinowski reminded all Residents that they should always remember that the staff are available to speak to if they have any concerns.

Mr Malinowski advised all in attendance that the St Anna's RCF Board is advised of all issues discussed at Resident meetings.

All were thanked for their attendance.

**NEXT MEETING:** 4 June 2023

Meeting closed at 3.45pm

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Date:     /     /

# Mosaics Class!

The lifestyle team try to have a Mosaic's class every month. Pictured is four of our residents joining in on the class, held by Wendy Weatherly. We have had several classes and are always looking for other residents to give it a try!

There is a **\$25 fee** that residents pay (this includes the use of materials and service fee) and the other half of the class is paid for by St Anna's. If you are interested, ask our lifestyle team!



*Residents during a class*



*Wendy with one of our residents*

# Welcome!

This May, we welcomed our new volunteer, Nataliia, who has also started work as a paid member of staff. We are absolutely thrilled to welcome Nataliia into the St Anna's family and we hope we can learn as much from Nataliia as she learns from us.

Nataliia has only been in Australia for 6 months after fleeing war-torn Ukraine.

We are committed to assisting the Association of Ukrainians in SA by providing work experience and training opportunities to those in need. So far it has been an absolute pleasure to have Nataliia around with her big smile, enthusiasm and hard work ethic – clearly evident from day one. All of the staff involved in training Nataliia have also been so kind, caring, and keen to share their knowledge – I am so proud of everyone involved.

If you see Nataliia whilst in the facility, please make her feel welcome.

Michelle – Hospitality Services Team



*Pictured: Nataliia on the right with our laundry staff member Carlee.*