

NEWSLETTER

FEBRUARY 2025



St Anna's News

Dear Residents, Friends, and Families

As we step into a brand-new year, I'd like to extend a warm welcome to the new residents who have recently joined the St. Anna's community. It's wonderful to have you with us, and I hope you quickly feel at home here, surrounded by our supportive team and friendly community.

This year promises to be an exciting one at St. Anna's! We are eagerly preparing for our upcoming re-accreditation, a process that ensures we continue to meet the highest standards in providing exceptional care and services. It's an opportunity to reflect on what we do well and identify areas to further enhance your experience.

We also have some exciting plans for activities and events that will be announced as the year unfolds. From cultural celebrations, entertainment programs and social gatherings, there will be plenty of opportunities to connect, have fun, and create special memories. Stay tuned for updates, and as always, we encourage you to share your suggestions for events or activities you'd like to see this year.

In addition, we're inviting expressions of interest from residents who would like to be involved in the recruitment process for new staff members. This has already commenced, and I would like to thank Mrs Moody and Mrs Potts, who participated in the interview and recruitment process of 3 new Carers. Your insights and feedback are invaluable in helping us find the right people to support our community. If you'd like to participate, please let our staff know, and we'll provide more details on how you can get involved.

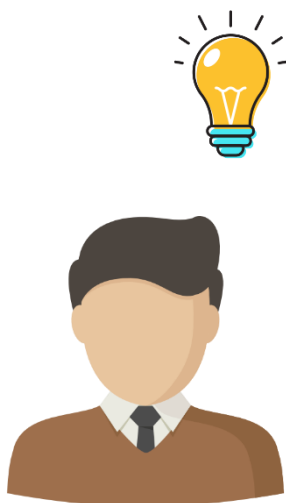
Warmest regards,

Amanda Birkin CEO

Did you Know?

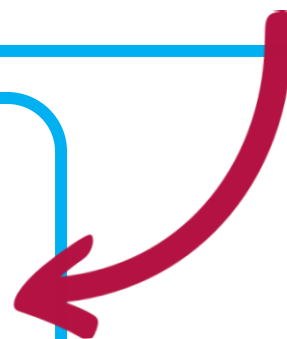


Did you know you can request a copy of the care and services plan from the clinical team? All you need to do is ask.



Did you know we have a gym open Tuesday, Wednesday and Thursday from 9:30 - 3:30pm, residents can come in whenever the gym doors are open for exercises. Less mobile residents can press the call bell and ask for staff transportation to the gym!

Did you know we can assess pain, numbness, pins and needles, stiffness, sensation and weakness. Includes heat pack assessment.



St Anna's Socials!



St Anna's Website



St Anna's Facebook



St Anna's Instagram



Scan the barcode using your phone!



Consumer dignity and choice

Standard 1 |

Understanding Standard 1 – Consumer Dignity and Choice

At St. Anna's, your dignity, independence, and individuality are at the heart of everything we do. Standard 1 – Consumer Dignity and Choice, part of the Aged Care Quality Standards, ensures your voice is heard, your preferences are respected, and your rights are upheld every step of the way.

Here's what Standard 1 means for you:

Your Dignity and Respect Come First

We treat each resident with dignity and respect, recognising your values, life experiences, and beliefs. Whether it's respecting your choices, relationships, or identity, we empower you to live the life you choose.

Celebrating Identity, Culture, and Diversity

We embrace the rich diversity of our residents. From cultural background and religious beliefs to language and personal preferences, we provide care that reflects who you are, ensuring you feel respected, included, and valued.

Supporting Your Independence and Choice

Standard 1 highlights your right to make decisions about your care and lifestyle. You decide who is involved in your care and how it's delivered. We provide options and support to help you live a meaningful and independent life.

The Dignity of Risk

You have the right to make choices, even if they come with risks. Our team works with you to balance those risks, respecting your independence and finding solutions that align with your wishes.

Clear Communication and Access to Information

We ensure you receive accurate, timely, and easy-to-understand information. Whether through face-to-face conversations, written materials, or communication support, we'll help you make informed decisions about your care.

Protecting Your Privacy

Your privacy is central to dignity and respect. We handle your personal details with care and confidentiality, ensuring your privacy is always protected.

At St. Anna's, Standard 1 is more than a guideline—it's our promise. We strive to create an environment where you feel valued, respected, and empowered to live life your way. Your feedback helps us grow and ensures our care reflects your needs and preferences.

Together, let's uphold dignity, celebrate individuality, and create a community where everyone feels at home



FOOD

Committee Meeting

1:30pm • February 4th • PK Room

(Before Resident Meeting)



Additional Services

We have received a few enquiries about why some residents are receiving services such as wine with meals and fresh flowers. These services are part of the **Additional Services Agreement**, introduced at the beginning of 2024 for all new residents.

These offerings enhance the overall experience for residents who have opted for these packages upon admission. Residents who joined **St. Anna's Residential Care Facility** before 2024 and are interested in exploring these additional services are encouraged to contact **Amanda (CEO)** or **Damon (Finance Manager)** for further information.

These are some of the inclusions.

Room Extras:

- Pillow Menu: Choice of pillows, including annual replacements.
- Bar Fridge Maintenance: Weekly cleaning, testing, and tagging.
- Upgraded Toiletries: Luxury hand and body wash, and moisturiser sets, with scent options.

Entertainment and Technology:

- Smart TVs: Personal flat-screen Smart TVs.
- Streaming Services: Access to Netflix or Disney+.
- WIFI Access: Unlimited connections.

Wellbeing and Social Activities:

- Birthday Celebrations: Custom cakes and gifts.
- Hairdressing Voucher: \$50 per month.
- Weekly Happy Hour: Includes wine, beer, and non-alcoholic drinks.
- Fresh Flowers: Monthly delivery.

Dining and Drinks:

- Daily Barista Service: Coffee/tea and a pastry.
- Wine or Beer with Meals: Limited to one glass per meal.

Lifestyle Activity Calendar

Monday	Tuesday	Wednesday
<p>03</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Craft 10:45 To 11:30 PK Room</p> <p>Music and Movement 11 To 11:30 Iris</p> <p>Movie Afternoon 02 To 03:30 Iris</p> <p>Bocce 02:30 To 03:30 Pergola</p>	<p>04</p> <p>Hairdresser 09 To PK Room</p> <p>Cultural dance Video 10 To 11:15 Iris</p> <p>Coles Online Shopping 10 To Room visit</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Consumer Meeting 02:30 To 03:30 PK Room</p>	<p>05</p> <p>Cultural dance Video 10 To 11:30 Iris</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Walking Group 10:30 To 11:15 Meet in Foyer</p> <p>Movie Afternoon 02 To 03:30 Iris</p> <p>Pamper Group 02:30 To 03:30 PK Room</p>
Thursday	Friday	Saturday
<p>06</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Ukrainian Cultural Video 10:30 To 11:15 Iris</p> <p>Music and Movement 10:30 To 11 Iris</p> <p>Virtual Quiz 02:30 To 03:30 PK Room</p>	<p>07</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Prayer Group 11:30 To 12 PK Room</p> <p>mosaics 01:30 To 03:30 Sunflower</p> <p>Ukrainian Memories 01:30 To 03 Iris</p> <p>Bingo 02:30 To 03:30 PK Room</p>	<p>08</p> <p>Bingo 02:30 To 03:30 PK Room</p>

<February 2nd Ukrainian Orthodox Church Service @1:30pm in PK Room>

Please note: Many activities may have a change of location and /or activity. Please ensure to check our Activity Boards that are displayed in each area. They are the most updated calendar.

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

Lifestyle Activity Calendar

Monday	Tuesday	Wednesday
<p>10</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Intergenerational Play Group 10:30 To 11:30 PK Room</p> <p>Movie Afternoon 02 To 03:30 Iris</p> <p>Cooking 02:30 To 03:30 PK Room</p>	<p>11</p> <p>Hairdresser 09 To PK Room</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Gardening 10:30 To 11:30 Veggie Garden</p> <p>Ukrainian Cultural Video 10:30 To 11:30 Iris</p> <p>Bingo 02:30 To 03:30 PK Room</p>	<p>12</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Walking Group 10:30 To 11:15 Meet in Foyer</p> <p>Music and Movement 11:30 To 12 Iris</p> <p>Craft 02:30 To 03:30 PK Room</p>
Thursday	Friday	Saturday
<p>13</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Chi Ball 10:30 To 11 Iris</p> <p>Croatian Cultural Video 11:15 To 12 Iris</p> <p>Book Club 02:30 To 03:30 Iris</p>	<p>14</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Valentines day 12:30 To 01:30 PK Room</p> <p>Entertainment 02:30 To 03:30 PK Room</p>	<p>15</p> <p>Bingo 02:30 To 03:30 PK Room</p>

Please note: Many activities may have a change of location and /or activity. Please ensure to check our Activity Boards that are displayed in each area. They are the most updated calendar.

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

Lifestyle Activity Calendar

Monday	Tuesday	Wednesday
<p>17</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Magical Moments- Balloon Tennis 10:30 To 11:30 Iris</p> <p>Polish Cultural Video 11:30 To 12 Iris</p> <p>Craft 02:30 To 03:30 PK Room</p>	<p>18</p> <p>Hairdresser 09 To PK Room</p> <p>Coles Online Shopping 10 To 03 Room visit</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Bingo 02:30 To 03:30 PK Room</p>	<p>19</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Ukrainian Catholic Service 10:30 To 11:15 PK Room</p> <p>Walking Group 10:30 To 11:15 Meet in Foyer</p> <p>Women(s) Group 02:30 To 03:30 PK Room</p>
Thursday	Friday	Saturday
<p>20</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Croatian Cultural Video 10:30 To 11 Iris</p> <p>Book Club 11:30 To 12 Iris</p> <p>NeuronsVR Armchair Travel 02:30 To 03:30 PK Room</p>	<p>21</p> <p>Gardening 10 To 11 Veggie Garden</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Prayer Group 11:30 To 12 PK Room</p> <p>Entertainment 02:30 To 03:30 PK Room</p>	<p>22</p> <p>Bingo 02:30 To 03:30 PK Room</p>

Please note: Many activities may have a change of location and /or activity. Please ensure to check our Activity Boards that are displayed in each area. They are the most updated calendar.

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

Lifestyle Activity Calendar

Monday	Tuesday	Wednesday
<p>24</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Intergenerational Play Group 10:30 To 11:30 PK Room</p> <p>Music and Movement 11:30 To 12 Iris</p> <p>Cooking 02:30 To 03:30 PK Room</p>	<p>25</p> <p>Hairdresser 09 To PK Room</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Roman Catholic Service 10:30 To 11:15 PK Room</p> <p>Bingo 02:30 To 03:30 PK Room</p>	<p>26</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Walking Group 10:30 To 11:15 Meet in Foyer</p> <p>Croatian Cultural Video 11:30 To 12 Iris</p> <p>Entertainment 03 To 05 Pergola</p>
Thursday	Friday	Saturday
<p>27</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Magical Moments- Balloon Tennis 10:30 To 11 Iris</p> <p>Meet and Greet 11:30 To 12 Veggie Garden</p> <p>Movie Afternoon 02:30 To 04 PK Room</p>	<p>28</p> <p>one on one social engagement 10 To 04 Room visit</p> <p>Magical Moments - Beauty Hour 10:15 To 11:30 Room visit</p> <p>Prayer Group 11:30 To 12 PK Room</p> <p>Bingo 02:30 To 03:30 PK Room</p>	<p>01</p> <p>Bingo 02:30 To 03:30 PK Room</p>

Please note: Many activities may have a change of location and /or activity. Please ensure to check our Activity Boards that are displayed in each area. They are the most updated calendar.

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

Gladys and Pearl's Adventures: A Summer Beach Day

As the heat of the Australian summer continued into February, Gladys and Pearl decided to take advantage of the warm weather with a day at the beach, escaping the routine of St. Anna's Aged Care. Eager for a bit of sun and sand, they decided on a picturesque local beach known for its golden sands and friendly locals.

Equipped with a vibrant beach umbrella, a cooler filled with refreshing drinks, and a picnic basket laden with delicious snacks, they approached the magical wardrobe that would transport them directly to the beachfront. With a playful cheer, they stepped through and were instantly greeted by the soothing sounds of ocean waves and seagulls overhead.

They set up their spot near the water's edge, under the expansive shade of their colourful umbrella. The beach was lively, dotted with families enjoying the summer, children building sandcastles, and groups playing beach volleyball.

Pearl, ever the social butterfly, joined a game of beach cricket with some nearby beachgoers, showing off her batting skills and sharing laughs. Meanwhile, Gladys preferred a more relaxing experience, settling down with a good book and occasionally glancing up to watch the waves or Pearl's cricket antics.

Together, they enjoyed a leisurely lunch of cold chicken sandwiches, fresh fruit, and chilled lemonade, chatting about their past adventures and planning future escapades. They also took a gentle stroll along the shore, collecting shells and dipping their toes in the warm ocean water, reminiscing about similar days spent during their youth.

As the day drew to a close and the sun began to set, painting the

sky in

hues of orange and pink, they packed up, leaving the beach just as they found it. With sandy feet and content hearts, they stepped back through the wardrobe, returning to the cool evening air of St. Anna's. The next morning at breakfast, they shared their beach day stories with the other residents, spreading the joy and warmth of their adventure. The tales of their beach escapades brought smiles and sparked conversations about everyone's favourite summer memories, bridging connections and warming spirits amidst the bustling life of St. Anna's Aged Care.



We want your Feedback!

Please scan the code and it will take you directly to our feedback form.



QUOTE OF THE MONTH



**“All you need is love. But
a little chocolate now and
then doesn’t hurt”**

- *Charlies M. Schulz*

TRIVIA

The name February comes from the Latin word "Februarius", which is derived from "februum", meaning "purification". This is because February was traditionally the month of purification in the Roman calendar.

In ancient Rome, there was a festival called Februa (sometimes referred to as the "Festival of Purification"), which took place during this month.

Zodiac Sign: Aquarius and Pisces

Birthstone: Amethyst (Believed to bring calmness and clarity to the wearer)

Flower: Violet (symbolizes modesty, loyalty and faithfulness) and Primrose

Colouring in activity:



Australia Day Celebrations



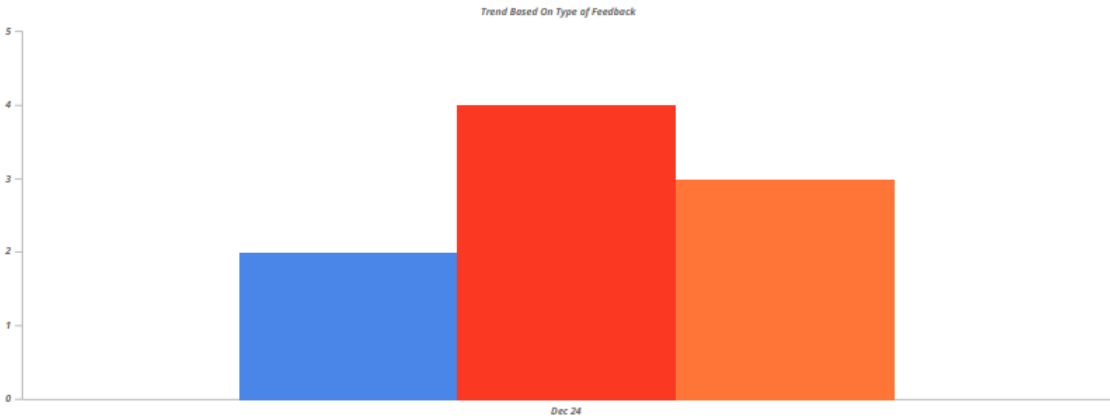
Australia Day was celebrated through a shared lunch with our Residents. The afternoon was spent learning about Indigenous art and dreamtime stories from Aunty Irene who is an Indigenous Elder. Our Residents were thrilled and all enjoyed.



Month in Review

We received the following feedback in December.

Registers & Forms Template: Feedback & Complaints (External Facing), Feedback & Complaints Form
 created At: 01/12/2024 - 31/12/2024
 Approval Status: Approved
 Business Unit: St Anna's Residential Care, Include Sub Business Units
 Type of Feedback: Comment, Compliment, Complaint



Type of Feedback	Dec 24
Comment	2
Compliment	4
Complaint	3
Total	9

Comments

- 1 x Resident- Regarding water jugs and condiments
- 1x Staff- Food presentation

Compliment

- 1x Resident – Lifestyle Staff doing a great job
- 1x Resident -Meat has been sliced well and presented well.
- 1x Resident- Lunch was perfectly cooked.
- 1x Resident – Christmas lunch was beautiful.

Complaint

- 1xResident – Staff attitude
- 2 x Staff – Resident aggression

Thank you for your Feedback.



FOR THE MONTH OF FEBRUARY!

**Eric Saunders
Charlie Zammit
Marija Alsic
Den Broadbent
Sister Pauline Treloar
Ljuba Belanic
Marie Pogats
Ande Bogdan**

Chinese New Year Celebration



Chinese New Year was celebrated through a set menu for lunch for all Resident dining areas as well as an Armchair Travel to China! Residents made their own craft items also.



2025 is the year of the Snake which Symbolises balance!

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!



RESIDENT NOTICE

Please advise Lifestyle and Kitchen staff if resident wishes to have guests. Kitchen must have 48-hour notice if wanting food provided.

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.**

PLAYGROUP

**Playgroup will be starting
up on the 10th of February!**

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.

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 OR email admin@cubs.org.au

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.

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, keep an check on the contents to ensure the food is safe and the fridge is clean. 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.

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 boards in your dining area.

LAUNDRY

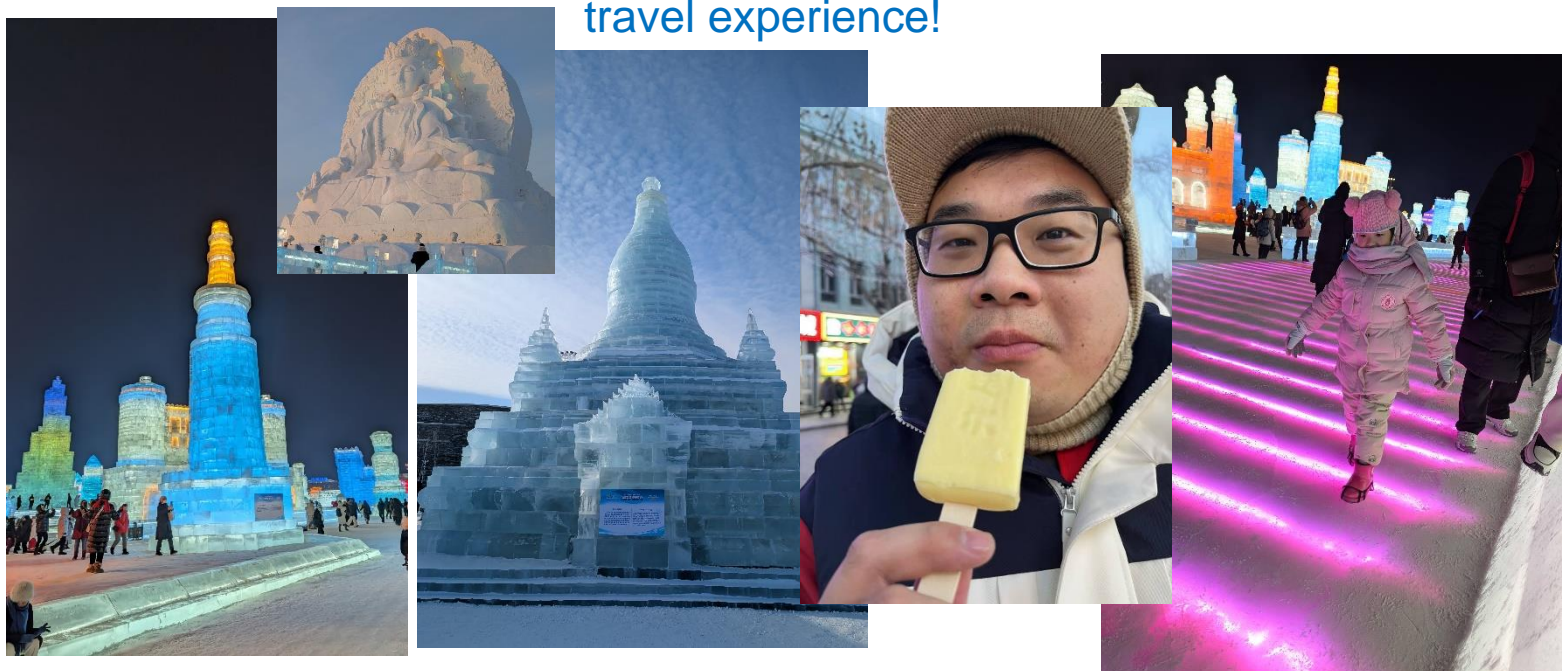
The lost property rack is kept in the main laundry throughout the week, please ask laundry staff if you have missing items of clothing. The laundry is generally open 0800 – 1500 Monday – Friday. On Friday – Monday morning the lost property will be placed in the small office opposite the reception area 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.

Staff Profile

My Trip to Snow World, Harbin – Damon Zhang

I recently had the incredible opportunity to visit Snow World in Harbin, China, a city near the Russian border known for its spectacular winter landscapes. This destination is truly a winter wonderland, with breathtaking ice sculptures, dazzling light displays, and exciting snow activities that bring the magic of the season to life. One of the highlights of my trip was seeing the larger-than-life ice structures, meticulously crafted into castles, bridges, and intricate designs that looked even more stunning when illuminated at night. It's an experience that both kids and adults would absolutely love! Another unforgettable moment was having an ice block in -20°C weather—something I never imagined doing! The freezing air made it an extraordinary experience, adding to the adventure of being in one of the coldest yet most beautiful places I've ever visited. Harbin's Snow World is a must-see for anyone who enjoys winter, and I highly recommend it to those looking for a truly unique and magical travel experience!



Word Search!

Word Search

CHOCOLATE



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

CHOCOLATE WORD SEARCH

St Anna's Playgroup!



St Anna's Intergenerational Program has taken a break. The Lifestyle Team have been re-working the program to gain more family attention.

WE WILL BE BACK ON FEBRUARY 10TH!

If you are interested in our Intergenerational Playgroup or would like to know more, please see the Lifestyle Team.



WHO AM I? QUIZ

(February Birthday's)



13th of February 1933

I am an American film and TV actress, born in Chicago, Illinois. My career started when I went on a cross-country tour modeling for a refrigerator company at trade shows. I was crowned 'Miss Deepfreeze' by the refrigerator company!

My best-known films are *The Man With the Golden Arm*, *Vertigo* and *Picnic*.

I semi-retired from movies in the 1960s only appearing in a handful of roles.

Initials - KN



12th of February 1915

I was a Canadian actor, radio personality and singer. As a young man I gave up on a career in chemical engineering and got a job as a radio broadcaster with the CBC.

In the 1950s I relocated to the United States and little did I know that 20 years later, *TV Guide* would list me as the nation's second most popular TV father - behind Cliff Huxtable.

I appeared in *Battlestar Galactica*, *Peyton Place*, and *Nineteen Eighty-Four*.

My big break in TV came playing the character Ben Cartright in the first one-hour TV western series in colour.

Initials - LG



8th of February 1921

Over the course of my 50-year career, I achieved fame as both a pin-up model and a dramatic actor.

I was discovered at the age of 15 while buying a soda. By the mid-1940s I was one of the highest paid women in Hollywood.

Some of my films are *The Postman Always Rings Twice*, *Dr. Jekyll and Mr. Hyde*, and *Peyton Place*.

My private life became public when my 14-year-old daughter fatally stabbed my lover Johnny Stompanato during a domestic struggle.

My last film before retiring was *Madam X* for which I won Best Foreign Actress in Italy.

Initials - LT



Sudoku!

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

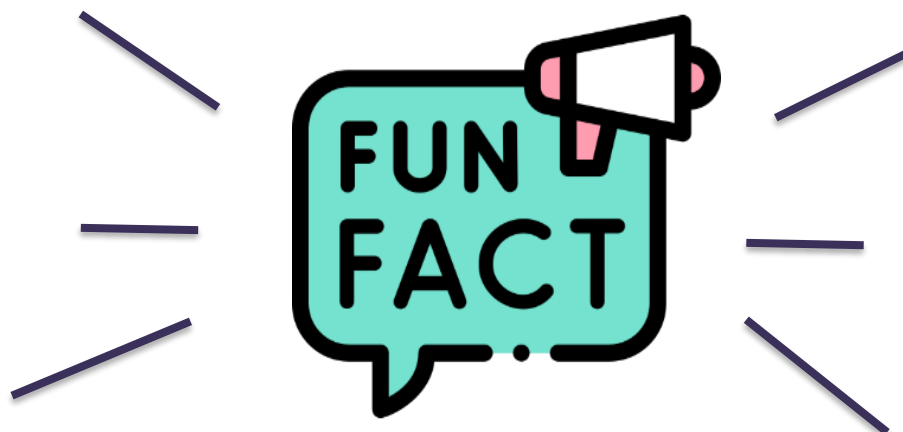
© 2013 KrazyDad.com

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

ANSWERS ON PAGE 31- NO PEEKING

FUN FACTS ABOUT FEBRUARY

- 1. Shortest Month:** February is the shortest month of the year, with just 28 days in common years and 29 days in leap years.
- 2. International Day of Women and Girls in Science:** On February 11th, this day is recognized by the United Nations to encourage women and girls to pursue careers in science, technology, engineering, and mathematics (STEM).
- 3. Famous Frozen Food Day:** While not widely known, National Frozen Food Day is celebrated on February 6th in the United States. It recognizes the invention of frozen food, which revolutionized the food industry and made it easier to store and transport food worldwide.
- 4. World Whale Day:** Held on the third Saturday of February, World Whale Day is dedicated to raising awareness about whale conservation and protecting these magnificent creatures of the ocean.
- 5. Antarctica's Summer:** February is the middle of summer in Antarctica, making it one of the best months to visit for researchers and tourists alike. During this time, temperatures can be relatively mild, and wildlife, including penguins, is active.



Who Am I? Quiz

ANSWERS

1. Kim Novak
2. Lorne Green
3. Lana Turner



SUDOKU ANSWERS

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

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.

