



St Anna's Home Care

Newsletter

June 2025

What's Inside!

Birthdays

Recipe's

Our clients

Health Spotlight 'Influenza'

Toothbrush Care

Sudoku

Find a word

Colouring



St. Anna's
Home Care

St Anna's Home Care Information

Office phone: (08) 7078 6382

Email: homecare@cubs.org.au

Address: 471 Regency Road, Prospect SA 5082

Feedback

St Anna's Home Care is committed to providing safe, quality care and services to our clients. We value your feedback.

Feedback can be provided by the following ways:

- . Feedback Form in you Welcome Pack
- . Contacting the Home Care office
- . On the St Anna's Website
- . Speaking to your carer who can provide a feedback form
- . QR Code



Consumer Advisory Body

A Consumer Advisory Body collects feedback from clients and shares it with those in charge of your care. It gives the opportunity for clients to voice their opinions.

If you would like to become involved please contact the home care office.



The Aged Rights Advocacy Service (ARAS) can provide confidential advocacy, information, education and support. They are a statewide service which has been supporting older people since 1990. Phone 1800 232 007



*To our clients and staff who are celebrating birthdays in June,
we hope you enjoy your special day.*

Kata - 7 June
Antonietta - 7 June
Robert M - 8 June
John - 11 June
Jack - 13 June
Jan - 14 June
Jaqueline - 15 June
Leonard - 19 June
Sadie - 20 June
Pasquale - 25 June
Sylvia - 25 June
Maria - 25 June

Olha - 15 June
GraceMarie - 30 June



Recipe of the Month

Stuffed Sweet Potatoes



Ingredients:

- 2 large sweet potatoes, washed and dried
- 1 tablespoon olive oil
- 1 can black beans, rinsed and drained
- 1 can diced tomato, drained
- 1 cup shredded cheddar cheese

Method:

1. Preheat oven to 425F and line a baking sheet with baking paper
2. Cut potatoes in half lengthwise, then brush with olive oil and salt
3. Bake potatoes for 30 minutes or until cooked through
4. Remove from oven, allow to cool slightly, and mash up potato flesh with a fork
5. Sprinkle potatoes with beans, tomato, and cheese so the toppings are evenly divided.
6. Return to the oven for 5 minutes until cheese is melted.

Our Clients



Dusan out with his carer **Olha** enjoying the lovely weather and having a coffee.



Duro was assisted with meal preparation from his carer **Irena**. They made spaghetti Bolognese and snitzels and rice with mushrooms.

Our Clients



Clients **Duro, Betty and Dusan** with our carers **Holli and Irene** with friends from the Croatian Club.

Croatian club lunch

Some of our clients have been lunching and socialising at the **Croatian Club**.

Lunch is a 3 course meal, soup, main and dessert for \$10.00.

Lunch is every **second Tuesday of the month**.

If you would like to attend please contact the Home Care office and we can arrange transport for you.

Our Clients



Madalenna and Giacomo enjoying their beautiful garden.

Our clients



Eleanor and carer Bronwyn went shopping for curtains and then came home and baked bread and butter pudding.



Des enjoying breakfast with our carer **Judy** on his birthday.

Our clients



Barb enjoying coffee with her carer Yvette at the Botanical gardens.



Franciska pointing to her beautiful needlework she has completed over the years.

Our clients



Iva showed our coordinator and EN her lovely drawings. She is very proud of them.





The Hon Sam Rae MP
Minister for Aged Care and Seniors

AN OPEN LETTER FROM THE MINISTER FOR AGED CARE AND SENIORS

I am honoured to be your new federal Minister for Aged Care and Seniors.

I have spent my first three weeks as your Minister listening to older people, your families and carers, aged care providers, workers and others in the sector who have generously shared their views and feedback with me. I am privileged to be taking on an immensely important job.

The Australian Government is working to deliver once-in-a-generation reforms to build a high-quality, respectful and sustainable aged care system.

In order to deliver on the intent of these reforms and following careful consideration, the government has decided to briefly defer the start of the new Aged Care Act from 1 July 2025 to 1 November 2025.

The new Act is changing aged care laws to put the rights of older people first. It includes a Statement of Rights and a Statement of Principles to guide how providers and workers must behave and make decisions.

This extra time will allow participants to better understand the changes, so you can prepare and make informed decisions. Importantly, you will continue to receive the safe, quality care you deserve.

I am committed to building on the work we have done so far to improve aged care in Australia. The Royal Commission into Aged Care Quality and Safety's number one recommendation was to deliver a new Act that puts you at the centre of your aged care, and this is what we are doing.

We are further committed to delivering the new Act and its benefits to you as soon as possible. However, a pause is needed to allow for a smoother implementation of the new Act and with the Support at Home program.

You deserve these improvements; it is as important to me to get them right as it is to you. Thank you for your patience and continuing to work with us on these changes.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Sam Rae', with a long horizontal flourish extending to the right.

Sam Rae
4 June 2025

Standards

Standard 2 – The Organisation

Intent of Standard 2:

Standard 2 focuses on how aged care organisations are structured and governed to support the safe, high-quality, and person-centred care of older people. It places responsibility on the governing body to set clear strategic priorities and foster a culture of safety, quality, and continuous improvement across all aspects of care and service delivery.

At St. Anna's, this means we take a proactive, accountable, and transparent approach to ensure the systems, staff, and leadership are all working together to deliver care that meets your needs, goals, and preferences.

What Standard 2 Means for You: You can have confidence that:

- Your care provider is well-managed and governed.
- Staff are trained, supported, and empowered to do their job well.
- The organisation listens to your feedback and uses it to improve services.
- Plans are in place to manage emergencies and ensure your safety.
- Your care is designed with you and adapted to your background, culture, and circumstances.



Key Outcomes of Standard 1:

Accountable Governance and Leadership:

The organisation's governing body sets the direction and ensures a culture of safety and quality. They take responsibility for making sure systems are in place to support consistent, person-centred care.

Strategic and Business Planning:

Effective planning ensures the organisation has clear goals and resources to meet the needs of people in care now and into the future.

Clear Roles and Responsibilities:

Everyone involved in your care knows their role and is supported to work effectively, ensuring you receive safe, reliable, and coordinated services.

Workforce Capability and Training:

Staff are provided with regular, competency-based training to deliver safe and effective care. They are supported to work in psychologically safe environments where they feel respected and encouraged to speak up.

Cultural Inclusion and Diversity:

The organisation ensures care is culturally safe, inclusive, and responsive to the diverse backgrounds of all residents, including Aboriginal and Torres Strait Islander people and those living with dementia.

Partnering with Residents and Families:

Your opinions, needs, and preferences shape the planning and delivery of care. You are encouraged to be an active partner in decisions about your services.

Feedback and Continuous Improvement:

Feedback from residents, families, carers, and staff is regularly collected and used to improve care and services. We are committed to listening, learning, and improving.

Risk Management and Quality Systems:

Systems are in place to monitor service quality and manage risks. The organisation reviews how well it is performing and adjusts processes as needed.

Emergency and Disaster Planning:

The organisation develops, tests, and updates emergency and disaster management plans. These are created in consultation with residents, families, and staff to ensure safety and preparedness.

Transparent Communication and Reporting:

You will receive clear, regular updates about service performance and changes, and we are committed to being open and honest about how we operate.

What This Means for Residents at St. Anna's:

- You can trust that your care is backed by strong leadership and systems.
- You are seen as a partner in your care, not just a recipient.
- Your voice matters – and we're committed to hearing it.
- We continually strive to improve through planning, training, feedback, and quality checks.

Standard 2 is about making sure our organisation is built to support the best outcomes for you—our residents. It's about delivering care that is not only safe and effective but also respectful, responsive, and empowering.

Toothbrush Care

We all know we should be brushing our teeth twice per day but how often do you really need to change your toothbrush???

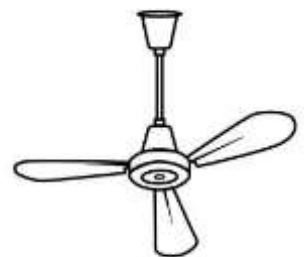
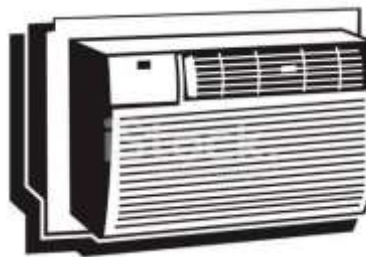
Most oral healthcare providers recommend changing your toothbrush **every three to four months**. This time frame can vary based on your type of toothbrush and your toothbrushing technique.



Changing airconditioners and fans from summer to winter

To switch an air conditioner from summer (cooling) to winter (heating) mode, first, locate the mode switch on your thermostat or remote control. Then, select the "heat" or "heating" mode. Finally, set the desired temperature, usually around 20-23°C (68-74°F) for comfort. Before using the heating function, ensure your air conditioner's filters are clean and the area around the outdoor unit is clear.

The vast majority of ceiling fans will have a switch on the side of the motor. This is usually labelled as forward and reverse or summer and winter. Simply flick the switch to engage the relevant rotation. Some newer models will have this reverse function built into the remote control (if one is supplied).



Cultural Events

20 Jun	World Refugee Day	This day honours refugees and celebrates the strength and courage of people forced to flee their home country to escape conflict or persecution.
20 Jun	Matariki	Matariki is a New Zealand national holiday to celebrate the first rising of the Pleiades star cluster. This marks the beginning of the new year in the Māori lunar calendar.
27 Jun	Al Hijri (Islamic New Year)	According to the lunar or Islamic Calendar, Al Hijri (Al Hijrah in Arabic) is the Islamic New Year observed on the first day of Muharram. Muharram is the Islamic Calendar's first month of the year and is the second holiest month after Ramadan.



New 'Registered Supporter' role

Every person has the right to make decisions about their life, including the support and services they receive from aged care. A significant change being introduced by the new Aged Care Act is that every older person is presumed to have the ability to make decisions regarding their own care.

Some older people may want or need support in making these decisions. Supported decision-making involves providing assistance to older people so they can make and communicate their own decisions while maintaining control over their lives.

When the new Aged Care Act comes into effect on 1 November 2025, older people can choose who will support them in making decisions, should they wish or require assistance. These supporters can be 'Registered Supporters'.

Not every older person will seek or need support from someone else, and many may feel adequately supported by their caregivers and other significant people in their lives, without requiring those individuals to become registered supporters.

To help you decide in advance whether you would like to register a person (or persons) to be recognised in helping you make decisions, we have outlined the role of a registered supporter.

Registered supporters can help an older person make and communicate their own decisions regarding aged care. Whilst some registered supporters may also hold guardianship, enduring power of attorney, or similar roles, becoming a registered supporter will not provide a person with decision-making authority over the older person. The important distinction is that the role of a registered supporter is to assist the older person in making their own decisions.

Having a registered supporter will not prevent an older person from performing tasks themselves. The older person can continue to request, receive, and communicate information and make their own decisions.



Currently, older people can have people registered with My Aged Care to support or act on their behalf. These relationships are known as regular representatives and authorised representatives. These arrangements will remain unchanged until the new Aged Care Act commences.

However, to prepare for the new registered supporter role, older people and their representatives may wish to review their existing relationships within My Aged Care.

- . Most representative relationships in My Aged Care will undergo changes to align with the new Aged Care Act. Regular and authorised representatives active in My Aged Care as of October 31, 2025, will be referred to as 'registered supporters' starting November 1, 2025.
- . If an older person has a regular or authorised representative active in My Aged Care on October 31, they will automatically become a registered supporter under the new Aged Care Act. This transition ensures that older people seeking or receiving aged care services will continue to have decision-making support.
- . Regular representatives, authorised representatives, and older people with regular representatives can opt out of becoming or having a registered supporter until October 31 (or at any time in the future) by contacting My Aged Care on 1800 200 422.

As your approved provider, we respect your right to be actively involved in decisions relating to your care, so we will have steps in place to make sure you are consulted and listened to.

It will be important for us to know who your supporters are and what role they play, to make sure your rights are respected, and that any decisions involve you and them in accordance with the responsibilities and obligations of registered supporters under the future Aged Care Act.

Part of our information collection process will involve us asking about any registered supporters so we all know how best to support you to continue to make decisions about your care.

You can watch the recording of the Older Persons Advocacy Network webinar from 29 April 2025 that provides information about Supported Decision Making:
<https://opan.org.au/video/decision-making/>

Health Spotlight: Influenza

Most of us can remember at least once in our lives when we have experienced the flu! Remembering how dreadful it was often gives us the motivation to try to protect ourselves from going through it again.

However, despite knowing the risks, the Royal Australian College of General Practitioners has reported a steady decline in the number of people aged over 65 getting the flu vaccination each year, leading to an increase in presentations to doctors and hospitals for older people with flu-like symptoms.

They are warning that 2025 is likely to have the highest number of flu cases on record! Older people living with heart disease, kidney disease, diabetes, or a chronic lung condition such as asthma, are at higher risk of complications associated with the flu.

The flu is very contagious and spreads through droplets from your nose and throat, especially by coughing or sneezing. Symptoms may include fever and chills, cough, sore throat, sneezing and stuffy or runny nose, tiredness, headache, muscle aches and joint pains.

Most people will get better without medical treatment and by getting plenty of rest, staying well hydrated and keeping warm.

According to the Australian Government's Health Direct website, the most effective way to prevent influenza is to receive a flu vaccination annually and it is available for free for people aged over 65.

If you need assistance, you can use your home care package to help you get to and from medical appointments, either with a support worker to escort you, a volunteer driver or we can supply you with a CabCharge voucher to use at your convenience.

You can also find your nearest flu vaccine provider via the link below:

<https://www.healthdirect.gov.au/australian-healthservices/all-services/influenza-flu-vaccine/1633181000168107>



Health spotlight:
Influenza

OPAN Presenting Issues Report

Each year, the Older Persons Advocacy Network (OPAN) collects data and publishes a report based on its interactions with older people across Australia.

In the 2023-2024 period, OPAN's State and Territory organisations reported receiving 44,000 requests for advocacy and information support from older individuals, their families, and other representatives. This marks a 20% increase from the previous year, with two-thirds of the advocacy requests initiated by older people themselves.

Advocacy is not only about helping older people with complaints; it also involves identifying common themes and issues that negatively affect older people's well-being and hinders their rights to live a dignified life on their own terms.

The key themes from the latest OPAN report once again highlight that the most common issues for older people when dealing with their home care providers revolve around poor communication, a lack of information, and insufficient support in making choices and decisions.

We pay close attention to reports like this to gain a broader understanding of the perspectives of older people and to implement strategies that prevent these types of issues from arising within our organisation.

We are committed to ensuring that all our staff and contractors uphold the rights of our consumers at all times and expect them to follow our policies regarding communication, responsiveness, and complaints handling.

If you have any concerns regarding how we address your issues, please reach out to us so we can work together to resolve them.

You can contact OPAN at 1800 700 600 if you are seeking information about their advocacy services. <https://opan.org.au/presenting-issues/>



Free online events for carers!



June 24th - What's available through Carer Gateway?

An overview of the supports available to carers including; counselling, in person peer support, planned and emergency respite and access to carer directed packages.

June 27th - National Gallery Australia - Art and dementia online

This is a social and creative program for people living with dementia and their carers from across the country, that engages participants with the National Gallery's collection through discussion and art making.

July 2nd - Frontotemporal dementia - Carer Conversations

Designed for carers who are supporting someone living with frontotemporal dementia, Carer Conversations is an opportunity to meet other carers and share your experiences in a group setting. You'll also be provided with tailored advice from health professionals and consultants on behaviour support for the changes that may be occurring as a result of this diagnosis.

August 6th - Supporting people with dementia to stay at home longer

"It takes a village" is an online series designed to empower and upskill carers to support a person living with dementia to remain at home for as long as possible. With a strong focus on wellbeing and self-care, carers will be equipped to navigate some of the complexities and challenges of supporting the person they are caring for.

****Need help getting online? The Good Things Foundation can help:**

<https://goodthingsaustralia.org/learn/>

Sudoku

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

Sudoku Answers:

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



This Month in History

June 4 - 1924 - The first human voice was successfully transmitted from London to Australia from Marconi's experimental station

June 5 - 1988 Kay Cotte completes the first single-handed, non stop circumnavigation of the world by a women.

June 8 - 1951 The School of the Air officially opens.

June 10 1933 - The Australian Womens Weekly magazine is launched by Robert Clyde Packer and his son Frank.

June 11 - 1964 The Beatles began their thee week tour of Australia, in Adelaide. 3300 000 fans turned out to see the band drive in a motorcade from the airport to the city..

June 20 - 1866 Adelaide's Town Hall opens.

June 23 - 1903 The first Australian postage stamps are issued, replacing pre-federation colonial stamps

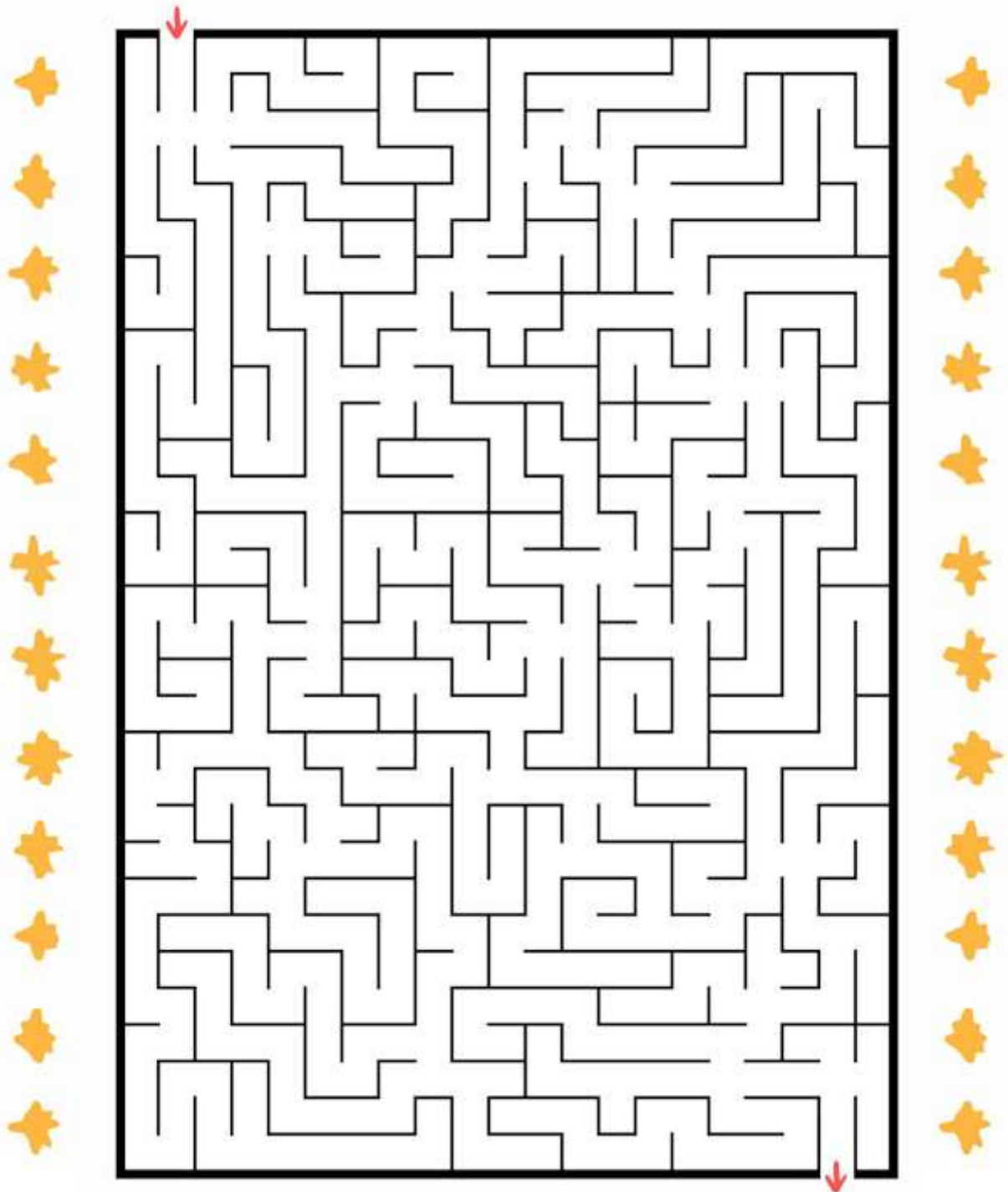


FIND 10 DIFFERENCES



SEASONEDTIMES.COM

MAZE



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Find a Word

Arctic Animals

Word Search Puzzle



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



ARCTIC FOX	HARP SEAL	PUFFIN
ARCTIC WOLF	LEMMING	REINDEER
BALD EAGLE	MOOSE	RIBBON SEAL
BEARDED SEAL	MUSK OX	SEA OTTER
BELUGA WHALE	NARWHAL	SNOW GOOSE
DALL SHEEP	ORCA	SNOWSHOE HARE
ERMINE	POLAR BEAR	SNOWY OWL
GREENLAND SHARK	PTARMIGAN	WALRUS

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St. Anna's
Home Care

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.

