

# NEWSLETTER

# March 2026





## St Anna's News March 2026

Dear Residents, Friends and Families of St Anna's,

It feels especially fitting that this month we celebrate St Patrick's Day, symbolised by the four-leaf clover — a sign of luck and good fortune. Recently, we were reminded just how fortunate we are here at St Anna's, with the recent lightning strike that caused some damage to our facility. I am incredibly proud of the way our staff responded. They acted swiftly, following their emergency training and procedures with professionalism and care, ensuring the safety and wellbeing of our residents, visitors and fellow team members. Their calm and coordinated response truly reflected the strength of our staff.

Repair works related to the damage are still ongoing, and we hope to have everything completed very soon. I sincerely thank you all for your patience and understanding while these works continue.

I am also pleased to share that St Anna's has recently become a member of the "We're Equal" initiative through the Equal Opportunity Commission (Government of South Australia). As active champions of diversity and inclusion, we have proudly displayed our Statements of Commitment throughout the facility. These affirm our dedication to treating everyone equally, regardless of age, ability, gender diversity, sexuality, relationship or reproductive status, race, religion or culture.

This initiative strongly aligns with our ethos of being "A Place with a Heart." If you would like to learn more about the "We're Equal" initiative, you are welcome to visit their website: <https://www.equalopportunity.sa.gov.au/equal>

Wishing you a wonderful Month of March

Warm regards,

Amanda Birkin

CEO



# St Anna's Socials!



*St Anna's Website*



*St Anna's Facebook*



*St Anna's Instagram*



***Scan the barcode using your phone!***

The University of Tasmania Wicking Dementia Research and Education Centre aims to increase our knowledge and understanding of dementia and is designed for healthcare professionals, carers, and the public, making a real difference for people living with dementia and their caregivers. St Anna's highly recommend the resources and free online training courses the university offers. Over the years we have had many staff, family members and volunteers access the online training modules and resources and the feedback is always positive. They offer programs designed to fit around you. Explore free short courses and accredited university pathways, and gain practical, research-based knowledge to help transform dementia care. Dementia cases are projected to surge, with Australian numbers rising from 425,000 in 2024 to over 1.1 million by 2065, affecting so many – education is a powerful tool to understanding Dementia, the causes, treatments and the care of those living with this condition.

The Centre, their resources and modules can be accessed at <https://www.utas.edu.au/wicking> or you can email the Wicking Centre on [wicking.enquiries@utas.edu.au](mailto:wicking.enquiries@utas.edu.au)



## Start with a MOOC

The Wicking Dementia Centre offers two flagship free courses:

### Preventing Dementia MOOC:

Focuses on modifiable risk factors and strategies to reduce dementia risk. This course takes around 12 hours to complete.

### Understanding Dementia MOOC:

Covers the brain, the diseases that cause dementia, and the person's experience. It's designed for a broad audience, including healthcare professionals. This course takes around 21 hours to complete.

These MOOCs are:

- Free and fully online
- Self-paced, with flexible access
- Suitable for all levels of healthcare expertise
- Certificate-based, which can be used to demonstrate continuing professional development (CPD)

# “Your Information Corner”



## *Your Information. Your Choice.*

In aged care, **you are at the centre of all decisions about your care.**

This includes decisions about **who can receive information about you.**

Under the **Aged Care Act 2024** and the **Strengthened Aged Care Quality Standards**, residents have the right to **decide who can access their personal and health information.**

This is an important part of person-centred care and respecting your privacy, dignity, and independence.

### **What does this mean in practice?**

You can choose **who you want us to share information with**, such as:

- Information about **falls or incidents**
- **Changes to medications**
- Updates about your **health or care needs**
- Your **monthly care statement** and other care-related documents

This might be a family member, a friend, a carer, a guardian, or another trusted person — or you may decide that **no one else** should receive this information.

### **It's not automatic**

Sharing information is **not automatic**, even with close family members. Unless you have told us who you want information shared with, we are required to **check with you first.**

This protects your right to privacy and ensures your wishes are respected at all times.

### **You can change your mind**

Your preferences are **your choice**, and you can change them at any time. If you decide later that you want someone added, removed, or only informed about certain things, just let us know.

### **Our commitment to you**

We are committed to:

- Respecting your **rights, choices, and preferences**
- Providing care that is **person-centred and transparent**
- Keeping your information **safe, private, and shared only as you wish**

If you would like to confirm or update who can receive information about your care — including your monthly care statement — please speak with a member of our team. We're here to support you and ensure your wishes are always respected.

# Hospitality News

## In the month of March there are several events occurring at St Anna's!

1. Resident Meeting- March 10<sup>th</sup> with guest speaker Priya (Quality Manager)
2. Virtual Tea House- March 11<sup>th</sup>
3. Electoral Visitor Program- March 12<sup>th</sup>
4. St Patrick's Day Shared Lunch- March 19<sup>th</sup>
5. Amy's Farewell Afternoon Tea- March 26<sup>th</sup>



## Notices:

### Café

#### Opening Hours

**Monday to Friday- 9:00 AM to 1:00 PM.**

We invite staff, families and resident to enjoy this space. Come and grab a coffee or simply enjoy the space with a book or a card game.

We look forward to welcoming more of you for your morning coffee, snacks, and friendly chats throughout the week.

# Hospitality News

If you have a recipe and would like to share it, please write it down and give it to the lifestyle department.

Please remember to include your name so we can honour you and your recipe.



TITLE:

PREP TIME:

COOK TIME:

SERVINGS:

INGREDIENTS:

DIRECTIONS:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



# FOOD

## Committee Meeting

**1:30pm**



**Apri 7<sup>th</sup>**



**PK Room**

*(Before Resident Meeting)*

\*Please let Lifestyle staff know if you wish to attend as there are limited seats.

# Resident Invitation



## CROATIAN MORNING TEA

PLEASE COME FOR COFFEE  
AND CAKE EVERY FIRST  
WEDNESDAY OF THE MONTH  
AT 10:00AM  
WHERE: PK ROOM



UKRAINIAN WOMEN'S ASSOCIATION IN SA  
cordially invites you to our 2026



# EASTER

# FESTIVAL



- Ukrainian food
- Museum tours
- Raffle Prizes
- Live entertainment
- Market stalls



**UWASA Museum**  
**6 George Street**  
**Hindmarsh**

Join us  
Sunday  
22 March  
12:00-16:00

Enjoy  
homemade  
Ukrainian  
Easter bread  
**PASKA**



Frozen **VARENYKY**  
will be available  
for sale to take  
home



**Experience Ukrainian Easter traditions and help  
us raise funds for our charities**

**Zaturtsivskij Orphanage**

caring for displaced orphans in Volyn Oblast, Ukraine

**Olga's Kitchen**

supplying dehydrated homemade meals to Ukrainian soldiers

To book a market stall call Irena Boujenko 0468 599 461

## Main Calendar - St Anna's Aged Care

|           | Sun 01/03                               | Mon 02/03  | Tue 03/03                           | Wed 04/03                             | Thu 05/03                              | Fri 06/03                                     | Sat 07/03              | Sun 08/03  |
|-----------|---|--|-------------------------------------|---------------------------------------|--|---|------------------------|--|
|           | 11:00 - 12:00<br>Songs of Praise on ABC | 10:30 - 11:00<br>Music and Movement chair exercise | 10:30 - 11:00<br>Chair Exercise     | 09:30<br>Coles online shopping        | 10:00<br>Pet Therapy                   | 09:30 - 12:00<br>Hairdresser                  |                        | 11:00 - 12:00<br>Songs of Praise on ABC            |
| <b>AM</b> |   | 10:30 - 11:30<br>Playgroup                         | 10:30 - 11:15<br>Garden / Park Walk | 10:00 - 11:30<br>Croatian Morning Tea | 10:30 - 11:30<br>Sing Along            | 10:30 - 11:30<br>Cultural Dance and Music DVD |                        |  |
|           |   | 11:30 - 12:00<br>Croatian Cultural Video           | 10:30 - 11:30<br>Beauty Hour        | 10:30 - 11:00<br>Chi Ball             | 11:15 - 12:00<br>Polish Cultural Video | 11:30 - 12:00<br>Prayer Group                 |                        |  |
| <b>PM</b> |   | 13:30 - 15:00<br>Movie Screening                   | 11:30 - 15:30<br>Games              | 11:00 - 12:00<br>Cultural Dance Video |  |   |                        |  |
|           |   | 14:00 - 15:30<br>Craft                             |                                     | 14:30 - 15:30<br>Quoits               | 14:30 - 15:30<br>Virtual Quiz          | 14:30 - 15:30<br>Bingo                        | 14:00 - 15:00<br>Bingo | 13:45 - 14:15<br>Ukrainian Orthodox Church Service |

**< March 8<sup>th</sup> Ukrainian  
Orthodox Service  
@1:45pm in PK Room >**

## Main Calendar - St Anna's Aged Care

|           | Mon 09/03                       | Tue 10/03  | Wed 11/03                             | Thu 12/03                              | Fri 13/03  | Sat 14/03              | Sun 15/03                               |
|-----------|---------------------------------|--|---------------------------------------|--|--|------------------------|---|
| <b>AM</b> | 09:00 - 17:00<br>Public Holiday | 09:30 - 12:00<br>Hairdresser                     | 10:15 - 11:15<br>Cultural Dance Video | 08:30 - 13:00<br>Mobile Polling        | 10:30 - 11:30<br>Cultural Dance and Music DVD                  |                        | 11:00 - 12:00<br>Songs of Praise on ABC |
|           |                                 | 10:30 - 11:00<br>Music and Movement with scarves | 10:30 - 11:30<br>Tea House - Virtual  | 10:00<br>Douglas the dog               | 11:30 - 12:00<br>Prayer Group                                  |                        |   |
|           |                                 | 11:15 - 12:00<br>Ukrainian Cultural Video        |                                       | 11:15 - 12:00<br>Polish Cultural Video |  |                        |   |
| <b>PM</b> |                                 | 14:30 - 15:30<br>Resident Meeting                | 14:30 - 15:30<br>Movie - Afternoon    | 14:30 - 15:30<br>Scategories           | 13:00 - 15:00<br>Ukrainian Memories - with Maria D - Volunteer | 14:00 - 15:00<br>Bingo |   |
|           |                                 |  | 14:30 - 15:30<br>Irish Potato Farls   |  | 14:30 - 15:30<br>Bingo   |                        |   |
|           |                                 |  |                                       |  |  |                        |   |

**Main Calendar - St Anna's Aged Care**

|           | <b>Mon 16/03</b>   | <b>Tue 17/03</b>                             | <b>Wed 18/03</b>                               | <b>Thu 19/03</b>                                  | <b>Fri 20/03</b>                             | <b>Sat 21/03</b>       | <b>Sun 22/03</b>                           |
|-----------|--|--|--|---|--|------------------------|--|
| <b>AM</b> | 10:30 - 11:00<br>Music and Movement<br>chair exercise        | 09:30 - 12:00<br>Hairdresser                 | 10:15 - 11:15<br>Cultural Dance<br>Video       | 10:30 - 11:00<br>Music and<br>Movement            | 10:30 - 11:30<br>Cultural Dance<br>and Music |                        | 11:00 - 12:00<br>Songs of Praise<br>on ABC |
|           | 10:30 - 11:30<br>Playgroup                                   | 09:30 - 14:30<br>Coles Online                | 10:30 - 11:15<br>Ukrainian<br>Catholic Service | 11:30 - 12:00<br>Polish Dance<br>/Music DVD       | 11:30 - 12:00<br>Prayer Group                |                        |  |
|           | 11:00 - 11:30<br>Croatian Cultural<br>Video                  | 10:45 - 11:15<br>Chi Ball                    | 10:30 - 11:15<br>Walking Group                 |   |  |                        |  |
|           |  | 11:30 - 12:00<br>Ukrainian<br>Cultural Video |  |   |  |                        |  |
|           |  |  |  |   |  |                        |  |
|           |  |  |  |   |  |                        |  |
| <b>PM</b> | 14:00 - 15:30<br>Craft - St Patrick Day -<br>Leprechaun Hats | 14:30 - 15:30<br>Bingo                       | 14:30 - 15:30<br>Sing along                    | 12:30 - 13:30<br>St Patrick's Day<br>Shared Lunch | 14:00 - 15:00<br>Movie Afternoon             | 14:00 - 15:00<br>Bingo |  |
|           |  |  |  | 14:30 - 15:30<br>Men's Group                      | 14:30 - 15:30<br>Bingo                       |                        |  |

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

**Main Calendar - St Anna's Aged Care**

|           | Mon 23/03  | Tue 24/03                                 | Wed 25/03                             | Thu 26/03                                     | Fri 27/03                                | Sat 28/03              | Sun 29/03                               | Mon 30/03  | Tue 31/03  |
|-----------|--|---|---------------------------------------|---|--|------------------------|---|--|--|
|           | 10:30 - 11:00<br>Music and Movement chair exercise | 09:30 - 12:00<br>Hairdresser              | 10:30 - 11:00<br>Balloon Tennis       | 10:30 - 11:00<br>Quoits                       | 10:30 - 11:30<br>Ukrainian Dance / Music |                        | 11:00 - 12:00<br>Songs of Praise on ABC | 10:30 - 11:00<br>Music and Movement chair exercise | 09:30 - 12:00<br>Hairdresser                     |
|           | 11:30 - 12:00<br>Croatian Cultural Video           | 10:30 - 11:15<br>Roman Catholic Service   | 11:15 - 12:00<br>Cultural Dance Video | 11:30 - 12:00<br>Iris                         | 11:30 - 12:00<br>Prayer Group            |                        |   | 10:30 - 11:30<br>Playgroup                         | 09:30 - 14:30<br>Coles online Shopping           |
| <b>AM</b> |  | 10:45 - 11:15<br>Chi Ball                 |                                       |   |  |                        |   | 11:30 - 12:00<br>Croatian Cultural Video           | 10:30 - 11:00<br>Chair Exercise                  |
|           |  | 11:30 - 12:00<br>Ukrainian Cultural Video |                                       |   |  |                        |   |  | 11:30 - 12:00<br>Ukrainian Cultural Video - Iris |
|           |  |   |                                       |   |  |                        |   |  |  |
|           | 14:00 - 15:30<br>Cooking                           | 14:30 - 15:30<br>Bingo                    | 13:30 - 14:30<br>Movie Afternoon      | 14:30 - 15:30<br>Netflix -Movie               | 14:30 - 15:30<br>Bingo                   | 14:00 - 15:00<br>Bingo |   | 13:30 - 15:00<br>Movie Screening                   | 13:30 - 15:30<br>Movie Screening                 |
| <b>PM</b> | 14:30 - 15:30<br>Bocce                             |   | 14:30 - 15:30<br>Pamper Group         | 14:30 - 15:30<br>Amy's Farewell Afternoon Tea |  |                        |   | 14:00 - 15:30<br>Craft                             |  |
|           |  |   |                                       |   |  |                        |   | 14:30 - 15:30<br>Bocce                             |  |

**Please see information below for the commencement of a daily movie on the big screen – dates and movies to follow—we would also love to know what movies you would like to see on the big screen!**



**ST. ANNA'S**  
**COMMUNITY**  
**MOVIE SCREENING**  
**MONDAY TO FRIDAY AT 1.30PM**  
**IN THE SUNFLOWER LOUNGE ROOM**



**FREE ADMISSION • ALL ARE WELCOME**

*See the fabulous team  
in Lifestyle for any enquiries*



*Movies changing daily*

# Teamwork

This month, St Anna's Residential Facility experienced a lightning strike that caused a tree on the property to catch fire. The team immediately put their fire safety training into action, responding quickly and calmly to ensure the safety of all residents and staff members. Everyone was accounted for without injury. Although a few electrical appliances were damaged due to short circuiting, the situation is currently being resolved. We are incredibly proud of the professionalism and teamwork shown throughout the incident. A big well done to everyone involved for handling the situation so effectively and safely!



# Resident Football Tipping



Football tipping season will be kicking off on March 5th, and we're excited to get started! It's a great way to have some fun, enjoy a bit of friendly competition, and connect with others throughout the season. If you're interested in participating or would like more information about how it works, please let the Lifestyle staff know. They'll be happy to provide all the details you need to get involved. We look forward to seeing plenty of participants join in the fun this season!



# Bus Trips



We're pleased to announce that with the purchase of our new bus, we'll soon be planning exciting bus trips for residents! Our Lifestyle staff are beginning their training so we can safely get out on the road and start enjoying some wonderful outings. We're really looking forward to the opportunities this will bring and the fun experiences ahead. If you'd like more information, please speak to the Lifestyle staff — they'll be happy to help.

## *Gladys and Pearl's Irish St. Patrick's Day Adventure*

*The wardrobe's hinges shimmered like a trail of emerald sparks.*

*Gladys tilted her hat. "That's... festive."*

*Pearl sniffed the air. "Is that... mint?"*

*A flutter of green ribbons spilled out as the doors swung wide.*

*"St. Patrick's Day in Ireland!" Gladys declared, her hat now gleaming like a polished shamrock.*

*The wardrobe whisked them to a lively village square where crowds in green bustled beneath strings of fluttering flags. Families gathered around picnic tables stacked with soda bread and wedges of sharp cheese, while children waved tiny tricolour flags. The sky glowed a soft spring blue.*

*A long table under a canopy of green and gold overflowed with cupcakes topped with clover sprinkles, bowls of colcannon, and bright slices of pistachio cake. Pearl accepted a frothy shamrock shake from a woman in a sparkling bowler hat. "It's like luck served in a glass," she whispered.*

*Nearby, a fiddler played a jaunty reel, leading a cheerful parade of dancers stepping and spinning in perfect time, while a pair of bright banners rippled overhead, trailing streamers like confetti. Gladys and Pearl pinned shiny shamrock badges to their coats and joined the laughter with a delighted twirl.*

*As the afternoon brightened, splashes of green dotted the cobblestones. Friends and neighbors exchanged stories and warm embraces.*

*Pearl sighed, leaning against a lamppost wrapped in ribbons. "A lucky St. Patrick's—how splendid."*

*Gladys grinned. "The wardrobe always knows how to find a celebration."*

*Behind them, it waited by the fountain, hinges chiming softly like distant bells.*

*"Well," Pearl said, linking arms with Gladys, "I'm happy to follow wherever it finds a bit of magic."*

*Gladys lifted her shamrock shake. "To friendship, fiddle tunes, and dancing in the spring air."*

*The wardrobe gave a merry shiver, ready, as ever, for its next adventure.*



# We want your Feedback!

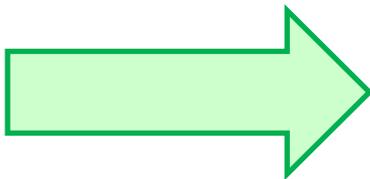
Please scan the code and it will take you directly to our feedback form.

## Feedback & Complaints



St Anna's Aged Care

## QUOTE OF THE MONTH



March whispers of  
Autumn and promises  
fresh beginnings

## TRIVIA

Did you know that March is named after **Mars**, the Roman god of war? In the ancient Roman calendar, it was originally the first month of the year, symbolising new beginnings. In Australia, March marks the start of autumn, bringing cooler evenings, changing leaves, and a welcome break from the intense summer heat. It's also a lively time of year, with major events like the Australian Grand Prix in Melbourne drawing large crowds. With harvest season beginning in many regions and outdoor activities still in full swing, March in Australia is a month of transition, community events, and enjoying the last of the warm days before winter approaches.

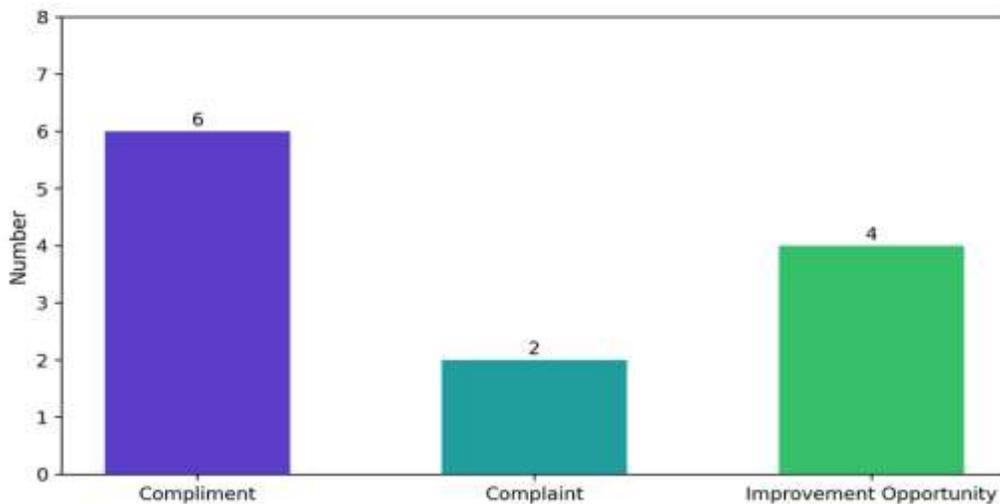
## Colouring Activity:



# Month in Review



**St Anna's Feedback, Complaints and Improvement Opportunity by Type  
January 2026**



|                                |  |
|--------------------------------|--|
| <b>Complaints</b>              | <b>Residential Facility- Family</b> re carer and care of the resident  |
|                                | <b>Residential Facility- Family</b> Complaint about spare toilet rolls not being in bathrooms  |
| <b>Improvement Opportunity</b> | <b>Residential Facility – Management project – AI</b> and understanding how St Anna’s can utilise technology safely                        |
|                                | <b>Residential Facility – Resident suggestion -</b> scheduled gym classes  |
|                                | <b>Residential Facility – Management project –</b> introduction of purchase orders   |
|                                | <b>Home Care – Management project -</b> home modification processes and consents and Support at Home palliative care delivery              |
| <b>Compliments</b>             | <b>Residential Facility - Resident</b> giving thanks regarding the shared Australia Day lunch and appreciation of the decorations and meal |
|                                | <b>Residential Facility – Family</b> compliment regarding the Ukrainian Orthodox Xmas Celebration saying it was a lovely, welcoming event  |
|                                | <b>Residential Facility – Resident</b> compliment regarding the enjoyable event for Australia Day  |
|                                | <b>Residential Facility – Resident</b> compliment regarding the afternoon tea held in the Café for residents at Christmas                  |
|                                | <b>Residential Facility – Resident</b> enjoying the homemade apple sauce   |
|                                | <b>Home Care Client - Family</b> compliment regarding the coordination and support of home care client and the renovation of her bathroom  |

Thank you for your Feedback.  
We have included a Feedback Form on the last page.

Please feel free to tear out and place in one of the feedback boxes next to the old Café site and next to the Iris Notice Board or give to a staff member.



**FOR THE MONTH OF MARCH!**

**Joylene Batten  
Anna Markopoulou  
Van Bon Pham  
Luce Juraga  
Josko Caleta  
Ty Doung**

# Voting for Residents

On behalf of the Lifestyle Team here at St Anna's just a reminder that there will be a State Election in March 2026. The Commission will come into St Anna's on **March 12<sup>th</sup> (9am-11:30am)** and staff will assist residents to vote however we encourage you to make contact with the Electoral Commission of South Australia <https://www.ecsa.sa.gov.au/> or calling 1300 655 23 if you need to update your loved ones details ( for example address, capacity to vote, removal from Electoral Roll). Please see information below re some reasons for updating details with the Commission:

## ***Elector with dementia***

*If your relative has dementia and they are no longer capable of understanding the nature and significance of enrolment and voting, you will need to complete a form to remove their name from the electoral roll. The medical certificate on the form must be completed and signed by a registered medical practitioner.*

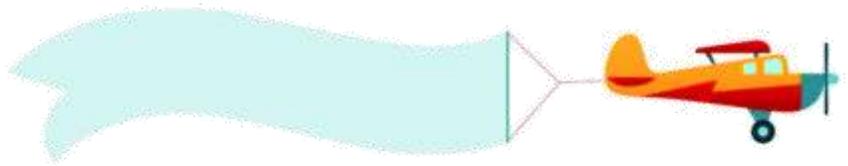
## ***Elector with incorrect or inaccurate details***

*A person can be removed from the roll if they are enrolled for an address that is not their principal place of residence. In most cases this is because they have changed their address and have not updated their details. If the AEC receives information that suggests a person should not be enrolled at a particular address, they must write to the person before taking any action in relation to their enrolment. If no response is received the AEC may then remove the person from the roll. This information may come from other government agencies.*

Please then let the Lifestyle Team know of any changes that have been made to the Commission on behalf of the resident. If the resident is wishing to vote on the day – staff will encourage and assist them to the voting booth here.

Lifestyle can be contacted by emailing [Lifestyle@cubs.org.au](mailto:Lifestyle@cubs.org.au) or calling 8346 0955 and asking to speak with the Lifestyle Team.

# 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.

## CULTURAL EVENTS

**Croatian club and  
Ukrainian club lunches  
monthly**

**Please let staff know if  
you would like to attend.**

## VOLUNTEERING

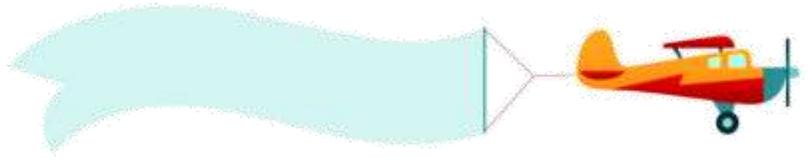
Volunteers are often the glue that holds a community together. Volunteering allows you to connect with your community and make it a better place. Helping with even the smallest task can make a real difference to the lives of our residents and St Anna's as an organisation.

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.

## PLAYGROUP

**Playgroup will be fortnightly on  
Monday's. However, playgroup does  
not run during school holidays.**

# 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](mailto:lifestyle@cubs.org.au) OR email [admin@cubs.org.au](mailto:admin@cubs.org.au)

## REMINDER

As the seasons change, please take a moment to check your loved one's clothing and footwear to make sure everything still fits well and is weather-appropriate.

You're welcome to visit anytime to check their wardrobe and room.

Also, a quick note about fridges in resident rooms — these are personal items, so we ask that families help keep them clean and ensure any food inside is safe to eat.

All food brought into the facility must be recorded in the Food Register at the front desk, and a label added to the item.

## 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. Over the Weekend 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.

# Activity Collage



# Activity Collage

This month at St Anna's Residential Facility was filled with warmth, celebration, and creativity. We hosted a lovely Valentine's Day shared lunch where residents gathered together to enjoy a choice of succulent turkey or freshly prepared fish, sharing laughter and good company around the table. The dining room was full of smiles as everyone appreciated the festive atmosphere. Residents also took part in a special Valentine's craft, creating beautiful flowers using the outlines of their hands, making each piece unique and personal. For Shrove Tuesday, residents proudly made a homemade lemon curd and ricotta pancake cake, helping to mix, layer, and decorate it together. We also celebrated Chinese New Year with a colourful doorknob hanger craft activity. It has been a joyful and engaging month for all!

# Activity Collage



# Sudoku

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

**\*Answers on page 34- No peeking**

# Quiz for March

1. **Which special day is commonly celebrated on March 17th?**
  - a) Easter
  - b) Australia Day
  - c) St. Patrick's Day
  - d) Halloween
2. **What season does March begin in within Australia?**
  - a) Summer
  - b) Autumn
  - c) Winter
  - d) Spring
3. **Which colour is most commonly associated with St. Patrick's Day?**
  - a) Blue
  - b) Purple
  - c) Green
  - d) Orange
4. **What plant is a symbol of St. Patrick's Day?**
  - a) Rose
  - b) Shamrock
  - c) Sunflower
  - d) Tulip
5. **What is a common activity during St. Patrick's Day celebrations?**
  - a) Fireworks displays
  - b) Wearing green clothing
  - c) Exchanging chocolates
  - d) Carving pumpkins

**\*Answers on page 34- No peeking**

# Word Search

## Word Search

### ST. PATRICK'S DAY



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

Clover

Limericks

Pot

Ireland

Jig

Leprechaun

Rainbow

Green

Lucky

Blarney

Snakes

March

Irish

Celtic

Dance

Emerald

Patrick

Shamrock

Pot Of Gold

Legend

# ANSWERS



## *SUDOKU ANSWERS*

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

## *MARCH QUIZ ANSWERS*

1. c) St. Patrick's Day
2. a) Summer
3. c) Green
4. b) Shamrock
5. b) Wearing green clothing

## Colouring in activity:

*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.*



# Mosaics for Residents

Once a month, on a Friday afternoon, residents are invited to get creative and have some fun at our mosaics class. This colourful and hands-on activity is a great way to relax, socialise, and enjoy making a unique mosaic piece. Laughter, creativity, and plenty of colour are always guaranteed!

The total cost of the session is \$50.00. St Anna's kindly contributes \$25.00 to cover the lesson, and residents pay \$25.00 for materials and supplies.

For more information, please see the Lifestyle Team or email [Lifestyle@cubs.org.au](mailto:Lifestyle@cubs.org.au)

We would love to see you there!



# Volunteering

Volunteering at St Anna's is a meaningful way to contribute to our community and bring positivity into the lives of our residents. By sharing your time and support, you help create a warm and welcoming environment where everyone feels valued. Every effort, no matter how small, makes a difference.

If you would like more information about volunteering opportunities, please speak to the Lifestyle Team or send an email to [Lifestyle@cubs.org.au](mailto:Lifestyle@cubs.org.au) and they will be happy to provide further details and answer any questions you may have.



# Condolences

IN LOVING MEMORY



**Olena Solowij**  
20th April 1933 - 29th January 2026

Rest in Peace



IN LOVING MEMORY



**Nada Stjepanovic**  
22nd August 1932 - 1st February 2026

Rest in Peace



# RESIDENT MEETING MINUTES

Tuesday 3<sup>rd</sup> February 2026 at 2.30pm

## 1. Welcome

### 1.1 Sound recording of the Resident Meeting

No objections

### 1.2 Welcome

Joanne Ross (Chairperson and Lifestyle)

Athin Christou (Wellness and Technology)

Jock Malinowski (Ukrainian Interpreter and Board member)

Amy Somers (Lifestyle)

Yenny Moncada (Emotional and Wellness Carer)

Athin Christou welcomed new Physiotherapist Jack

### Welcome to country given by Joanne Ross

## 2. Present

As per attached sheet

## 3. Apologies

Amanda Birkin (CEO) Isabella Fazzalari (Hospitality) Lois Potts (Resident) and as per attached sheet

### Joanne Ross introduced **Jing from Relationships Australia**

Jing is a Mental Health Practitioner who brought to the meeting the aspect of transitioning into residential aged care and how to protect mental health wellbeing during this time.

All Residents were advised that if they would like to talk to Jean from Relationships Australia to please contact Lifestyle

All Residents were advised that once a month Lifestyle will endeavour to provide guest speakers to attend the Residents' meeting. Any suggestions would be appreciated.

## 4. Confirmation of Minutes of Previous Meeting

Resident Meeting Minutes: December 2025 were read. These Minutes were accepted by Joanne Ross; seconded by Maureen .....

All Residents were reminded that the Minutes of all Resident meetings are included in the Newsletter which is distributed throughout the facility for the information of all Residents/representatives/family members.

## 5. Outstanding business from previous Minutes

5.1. **Bus trips** – trips will be arranged and Residents were asked where they would like to go – it was thought maybe a kiosk by the beach for perhaps an ice-cream would be ideal for the first outing. The bus holds 10 people or 8 plus a wheelchair. If a Resident requires a wheelchair, it may not be their own as the chair needs to be of a certain standard to be placed in the van.

5.2. **Play Group** – has just recommenced. Timing and days are being explored to make it more convenient for families. All in attendance enjoy seeing the children in the facility.

- 5.3. **Sunflower Lounge/Theatre room** – new 100” television has been installed in the Sunflower lounge. Movies will be scheduled to be shown on this television for Residents. Any other suggestions/feedback would be appreciated.
- 5.4. **Implementing of the QR codes** – this is ongoing.
- 5.5. **Aboriginal artwork** – Auntie Irene will contact the Facility once she has drafted a design.
- 5.6. **Acknowledgement to Country** – this will also be discussed with Auntie Irene when she is available.
- 5.7. **Employee of the month** – to be discussed at the next meeting.
- 5.8. **Lifestyle assessments** – consents have been received from Residents as to whether they would like their friends/Residents at the facility to be advised when they pass.

## 6. Food and Menu/Hospitality

A chilled hydration station has been installed in the Poppy area for all in the facility to use.

A food survey will be included in the next Newsletter. All Residents are asked to attend to this survey.

## 7. Maintenance

Nothing to report.

## 8. Memorial Station

A memorial station for Residents who have passed is now located near the café close to Wattle area.

## 9. Feedback complaints and praise

Compliments, complaints and feedback is noted in the Facility newsletter. Actions taken in relation to complaints are now also provided in the newsletter.

Complaints -

- Abusive language by a Resident to a staff member
- Types of food and menu choices
- Food presentation and quality

Suggestion -

- Cooking product trial for the kitchen

Compliments -

- Home care - thanks and appreciation for the Christmas gift
- Residential – thanks for the quality of care given to their family member

All in attendance were advised that feedback complaints and praise forms can be found at Reception, in the Peter Kurko room and there is 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 and if easier for a Resident any compliments/complaints or feedback can be written on a piece of paper and given to any staff member. 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/complaints/compliments are taken to the Board. All feedback is taken seriously.

## 10. Legislative changes

Nothing to report

## 11. Clinical/Technology

New physiotherapist Jack has been introduced.

A submission to Ageing Asia was submitted last year and St Anna's RCF has been short listed as a finalist for the technological innovation of robotics within the facility. This is exciting and encouraging. Finalists are required to provide a further presentation in April.

## 12. Lifestyle Programs

- **Croatian Morning Tea** – all Residents are welcome
- **Copycats Entertainment** – all who attended enjoyed this entertainment
- **Ukrainian Choir** – was enjoyed. It was suggested that perhaps next year there could be a mixture of choirs.
- **Christmas Carols for the Residents** – everyone joined in and all enjoyed the Carols
- **Magician Show and Happy Hour** – this Show was enjoyed
- **Vegetable and Flower Patches** – plantings being attended to
- **Australia Day shared lunch** - all enjoyed this shared lunch

### FEBRUARY EVENTS

- **Valentines Day** – 17<sup>th</sup> February
- **Craft activities**
- **Shared lunch** – 12<sup>th</sup> February
- **Shrove Tuesday** - 17<sup>th</sup> February
- **Chinese Morning Tea and Craft** – to acknowledge Chinese New Year
- **Movie screenings** in Sunflower Theatre lounge

**Mosaics class** - \$50 cost to attend this class – St Anna's RCF pays the tuition cost of \$25 and the Resident will be required to pay \$25 for supplies. These classes occur on a Friday afternoon once a month. If anyone would like to attend please advise Lifestyle.

### 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.

## 13. Continuous Improvement

As discussed throughout the meeting.

## 14. Consumer Advisory Body Committee

The next meeting is scheduled to take place in April 2026. All Residents are invited.

## 15. Other business

A discussion was had regarding streaming services and theatre outings. This will be explored and discussed further.

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:** March 10<sup>th</sup> 2026

Meeting closed at 3.47pm

## Food Preference Survey

We would like to understand your preferences. Please tick your preferred options:

### Fish Preference

- Steamed fish
- Crumbed fish
- Beer-battered fish
- Other: \_\_\_\_\_

### Chips Preference

- Thin chips
- Thick chips
- No preference

### Salad Preference

- Garden salad
- Coleslaw
- Other: \_\_\_\_\_

### Seafood Basket Option

Would you like to see a seafood basket offered as an occasional option?

- Yes
- No

If you have any additional thoughts, please let us know:

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Thank you for sharing your preferences with us.



