

The Grapevine

November 2014

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Special Dates :

- Christmas Gift Stall
November 18
- Remembrance Day
November 19
- St Catherine's Feast
Day Mass followed
by BBQ lunch
November 28
- Bethany Christmas
Party December 15
- Bethany Villa
Christmas Party
December 15

Message from the CEO

It has been a very busy year and 2014 is quickly coming to an end. I am nearing my two year anniversary at St Catherine's and would like to thank all of the residents, families and staff of St Catherine's for being such great people to work for and with and for our staff for being so caring and dedicated.

It is going to be a very busy two months in November and December with St Catherine's Feast Day, Remembrance Day and our Christmas Stall coming up.

The changes that have occurred both across the industry and within the St Catherine's team have offered some challenges to both staff and management. I want to thank our wonderful staff for their strength and resilience throughout this.

In 2015 we will be preparing to develop plans for fitting fire sprinklers in Bethany Nursing home and we will also have our Strategic Plan to guide us into the future.

I wish everyone a safe and happy holiday season and that we all give thanks for our health and our friends and families.

Patricia Chew



Message from our Care Manager

During past year we have lost a few friends (residents) who we think of often and welcomed new ones to their new home with us at St Catherine's.

Those friends we have lost will be celebrated at a Remembrance Mass in the St Catherine's Chapel on Wednesday, 19th November 2014.

This year St Catherine's introduced a Carers Group to provide support for relatives and friends of our residents. The purpose of the group is for people caring for others to know they are not alone and hear from others who may have had or are having similar experiences. The group has met on two occasions for dinner and lunch.

St Catherine's Feast Day will be celebrated on Friday, 28th November and as many of you would be aware it is a major day of celebration for our Trustee's the Daughters of Charity, residents, carer's and staff. Mass will be celebrated followed by a BBQ lunch.

Day Therapy Unit

All residents attending the Day Therapy Unit have now been assessed by a qualified Physiotherapist to determine their ongoing requirements.

On the Move

Just in case you have not caught up with movements. I have changed my office and now sit in an office in the front foyer area.

Pastoral Care

Many of you will have had the pleasure of meeting Sister Monika who now provides Pastoral Care at St Catherine's. Sister Monika visits and supports all residents and also assists with catholic services.





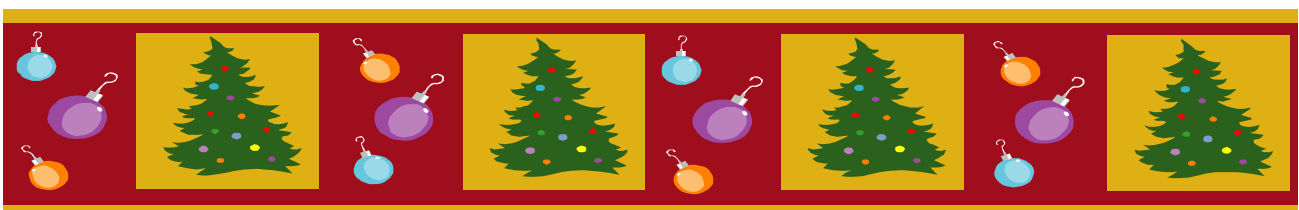
More from our Care Manager

Poppy

Poppy has been hard at work this year spending time with residents and fitting in some playtime as well.



Poppy is once again looking forward to sharing Christmas lunch with residents and their guests and hoping a very special gentleman dressed in red turns up again.





More from our Care Manager

Heat

We are fast approaching the festive season which means summer is upon us therefore it is time to be heat wise. Heatwaves can cause fatigue, dehydration, heat cramps, heat exhaustion and heat stroke. It is important to stay well hydrated during this time.

Christmas

Christmas means different things to people however the staff would like to share the following

JOY is the spirit of Christmas
HOPE is the message of Christmas
LOVE is the meaning of Christmas



From all of us to all of you we wish you peace, happiness and blessings at this very special time of year and pray you have a wonderful 2015.



Toni Powell
Care Manager



Bethany Nursing Home

A variety of scheduled activities for residents to choose from each day and throughout the month.

Balloon Tennis:

This activity using balloons and special lightweight rackets provides a time of fun and exercise for residents of all levels of physical and cognitive ability.

Volunteers Visits:

Many residents benefit greatly from one-on-one visits. Staff and volunteers visit residents in their rooms providing one on one quality time. They also spend time reading, playing ipad games and praying with residents who desire that interaction.

Evening Movie/Popcorn:

Each month residents enjoy a movie selection and popcorn night.

Table games/ Dominoes

Dominos is still the morning warm up activity, where residents end up having so much fun.

Tea /Coffee & News:

Residents enjoy a morning cup of coffee/tea while hearing and discussing articles from the local papers / TV News.

Outdoor Chuckles:

“Laughter is the best medicine.” Many residents enjoy a weekly outdoor session when activity staff / carers and residents share funny stories and jokes in the sunny fine weather.





More from Bethany Nursing Home

Music entertainment

All were delighted by the Village singers performance who provided a very special entertainment session.



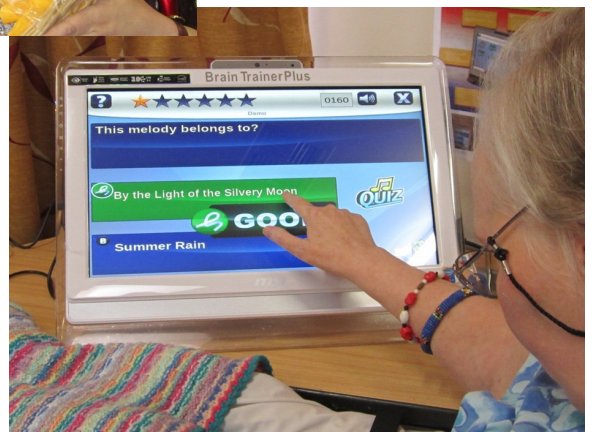


More from Bethany Nursing Home

Brain Plus Trainers:

Residents have been very happy to see their brand new Brain trainer Plus computers where residents have the opportunity to exercise their mind and sharpen their awareness skills.

Music quiz has proved to be the most popular game where David, Jack, and Barbra pictured above, are emerging a keen stars.





Recreational staff have put together a whole variety of other fun and exciting activities for everyone to enjoy.





Bethany Coming Events

- Wednesday 5th November:** Music with Rosemary and Gioconda
10:30 am in Bethany Activity room
- Thursday 13th November :** Residents and representative meeting
2:00pm in Bethany Activity room
- Tuesday 18th November:** Christmas Gift Stall
9:30 – 3:00 PM in Bethany activity room
- Wednesday 19th November:** Remembrance Mass
1:30pm in the Chapel
- Thursday 20th November:** Music with Sr Monica
2:00 PM in Bethany Activity room
- Friday 21st November:** Movie Night
6:00pm in Bethany Activity room
- Monday 24th November :** Happy Hour
2:00pm in Bethany Activity room
- Thursday 27th November:** Discussion with Janet
In Bethany Activity room
- Friday 28th November :** St. Catherine's Feast Day
11:00 am – 1:00pm
- Thursday 4th December:** Carer's BBQ
12:00pm — 3:00pm
- Saturday 6th December:** The Village Singers
11:00am – 12:00pm
- Wednesday 10th December:** Music with Gioconda and Rosemary
10:30am - 12:00pm in Bethany Activity room
- Monday 15th December:** **Christmas Lunch** 12:00pm — 2:00pm
Happy Hour with Murray
2pm in Bethany Activity room
- Wednesday 17th December:** Hi-Lo singing group
2:00pm in Bethany Activity room
- Monday 22nd December:** Carine's Music
11am in Bethany Activity room



Bethany Villa

A reflection on the last few months from Bethany Villa.

In May, residents in Bethany Villa celebrated Cherry Blossom from Japan and a special Mother's Day. Other activities for the month included Bingo, cards, High tea, shopping, lunch at club and birthday celebrations.

In June we experienced Philippine food tasting and celebrated the Queen's birthday, introduced a new activity, 'NAIL ART' which is quite popular in our ladies group.

As winter approached we focused on exercise doing chair based exercises from the internet and was enjoyed by residents. Then, we had a annual 'WINTER FEST'. It was a big event enjoyed by friends and family.

August was the month we celebrated 'India'. A month of colour and food. Payal gave interesting information about her culture, tradition, festival, costume and off course dance. Throughout the month we enjoyed special Indian Snacks, drinks, tea and food it was yummy!

September was the month to celebrate 'DAD's'. Father's Day was enjoyed by playing games, food and a quiz. We also introduced 'Wine and Cheese' night on Fridays and is proving to be a great success (who can deny wine).

We should thank our Management and Denise whose fundraising bought us the 'BRAIN TRAINER' a wonderful piece of equipment to feed our brain. Residents are enjoying the challenge of the quizzes.

November and December are shaping up to be very busy with Melbourne Cup celebrations, Remembrance Day, Christmas Stall, Jewellery from Carol, St. Catherine's Feast Day and off course each and everything about Christmas.





Coming Events for Bethany Villa

- Wednesday 12th November:** Resident Relative Meeting
- Tuesday 18th November:** Christmas Gift Stall & High Tea
- Wednesday 19th November** Remembrance Mass
- Tuesday 25th November:** Picnic at Clifton's Garden
- Wednesday 26th November:** Jewellery with Carol
- Friday 28th November:** St Catherine's Feast Day
- Monday 15th December:** Christmas Lunch





Community News



Elaroo Dementia Day Care Centre

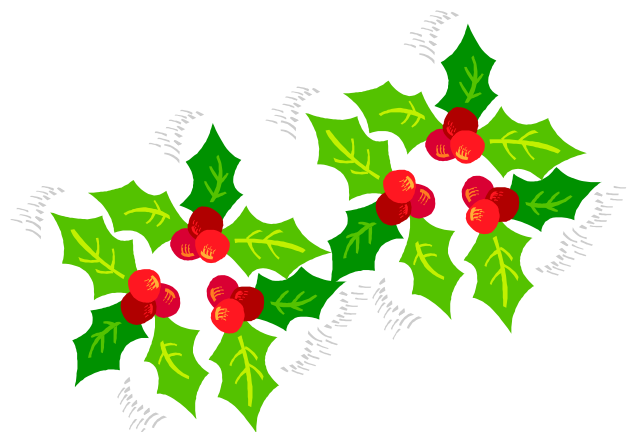
During April clients, staff and volunteers from the Ming Shi Chinese Respite Day Centre came to visit. The Coordinator from Ming Shi facilitated the fruit bingo and hand exercises speaking Cantonese, Mandarin and English.

Hand exercises was also included in the program, which touched upon some reflexology points that stimulate the body. Elaroo was provided with handouts of these exercises, which have been introduced into the activity program.



This program would not have been possible without the support from:

- “City of Ryde Community Grants. The project of the funding is ‘Enriching St Catherine’s through Chinese Culture and Harmony’.
- ‘Consulate General of the People’s Republic of China in Sydney’ for donations of resources
- The Australian Chinese Community Association of New South Wales Inc
The Ming Shi and Elaroo clients, volunteers, and staff





Creative artwork has been in the making. An underwater collage has been created with all types of craft included, which has provided colour to the centre.



Colour and creativity can also be seen out in the courtyard. With the warmer weather spring has provided, meals and activities have been enjoyed in the outdoors.

A vegie garden has commenced growing tomatoes, beetroot, cucumber and lettuce. Colour and perfume has been added with growing lavender and rosemary. The rosemary will be used for Remembrance Day.



For sun protection it is encouraged that everyone brings a hat to the center with their name clearly labeled inside.



Laboure Day Therapy Centre

Who can attend?

- People over 65 years living in their own homes
- People over 65 years living in low care accommodation

Objectives of the DTC Programme

The aim of the DTC Programme is to provide a wide range of Therapy and Services to Frail Aged people living in the community and to low-care* residents of Commonwealth funded residential aged care facilities. It assists them to regain or maintain physical and cognitive abilities which support them to either maintain or recover a level of independence, allowing them to remain either in the community or in low-care residential aged care.

Program:

Wednesday

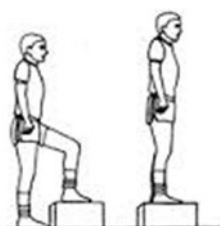
- Physiotherapy 9:45 - 10:45 am
- Social Work
- Spiritual Reflection (fortnightly) 10:30-11:30 am

Thursday

- Music therapy 9:45am - 12:00pm

Friday

- Physiotherapy 9:45- 10:45 am





Improvements and changes to the DTC program

Physiotherapy-New exercises to the program have been introduced, maintaining and/or improving mobility, dexterity, strength and balance enabling to perform tasks of daily living to the best of participants capacity.

The new exercises includes steps, and the introduction of pegs/clips for pinch grip , hand grip exercises, rolling small balls in palms of hands and flicking small balls with all fingers-one at a time.

Social Work-Sr Monika facilitates the Spiritual Reflection program fortnightly.

Spirituality and religion are important to many older people and are strong predictors of quality of life. They are part of the person's identity, their life story and present enjoyment of life.

Through my pastoral visits to the Residents of our Facility I try to identify and meet their needs. One of my responses to them - along with regular Liturgy of the Word with Holy Communion, prayers and worship - is conducting the spiritual reflective sessions, which are open to all. We reflect on divine, life, on what we believe, our relationships with others and ourselves. We use different resources – prayer, meditation, rituals, reflective music, singing, talking, stories of life, power point presentations and meaningful activities. We search for the way to our inner self and how we relate to world around us.



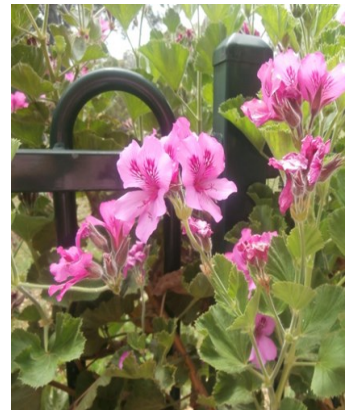


Rendu

All 7 units are occupied, and it has been said by one of the residents 'it's a beautiful place to live, lovely neighbours'.

Residents are encouraged and actively involved in services and programs at St Catherine's. Some of these include setting up and attending Mass, podiatry, activities in Bethany and Bethany Villa, and the Day Therapy Centre attending the Physiotherapy sessions.

Not only does the DTC physiotherapy program maintain and/or improve balance and mobility, it also provides the opportunity of socialisation with other members of the community. Morning Tea is served after the Physiotherapy session where Rendu residents enjoy the company of other residents from two other local retirement villages, other people living in the community and the Daughters of Charity who live onsite.





Rendu

Walking down to Rendu and in the residents spectacular gardens, there is an aroma of scented fragrances from flowers. The sound of birds can be heard, while having an array of colours set before your very eyes





Christmas Gift Stall



Pauline Bourke
(Volunteer Fundraising Group)


This year the stall will be on Tuesday, 18th November, 2014 from 9:30am to 3:00pm and will be a great opportunity to do some Christmas shopping and support St Catherine's Aged Care Services.

As usual, there will be a range of Gift items and craft along with homemade cakes etc. for sale.

Donations of home made cakes/slices would be greatly appreciated, should you be able to assist with the baking it is IMPORTANT that you phone me on (02) 9889 0340 for further details re Health requirements, presentation and delivery time.

Looking forward to hearing from you and seeing you on the day.







General Information

I would like to remind you that any new clothing that comes into St Catherine's for resident's should be handed to reception for labelling.

The process for unlabelled clothing is: the laundry will give it to reception and if it is not identified at that point the clothing is taken to Bethany Activity room where the nursing staff and relatives can check for any missing clothing. If clothing is still not identified at this point it will be sent to Bethany Villa for nursing staff and relatives to

Merry Christmas



On behalf of all our management & staff, the Board of Directors and our Trustees the Daughters of Charity, I extend to you our very best wishes for the holidays and for the New Year, and our prayer that this may be a blessed and holy Christmas for you and for all of the members of your families.

Reception will be closed on the:

- **25th & 26th December 2014**
- **1st January 2015**



Merry Christmas & Happy New Year in different languages

Bohemian: "Vesele Vanoce"

Brazilian: "Boas Festas e Feliz Ano Novo"

Chinese - [Cantonese]: "Gun Tso Sun Tan'Gung Haw Sun"

Croatian: "Sretan Bozic"

Czech: "Prejeme Vam Vesele Vanoce a stastny Novy Rok"

Danish: "Glædelig Jul og godt nytår"

Dutch: "Vrolijk Kerstfeest en een Gelukkig Nieuwjaar"

English: "Merry Christmas and Happy New Year"

Filipino: "Maligayang Pas-ko"

Finnish: "Hyvää Joulua or Hauskaa Joulua"

French: "Joyeux Noël et Bonne Année"

Gaelic: "Nollaig chridheil agus Bliadhna mhath ur"

German: "Froehliche Weihnachten und ein glückliches Neues Jahr"

Greek: "Kala Christougen-na Kieftihismenos O Kenourios Chronos"

Hebrew: "Mo'adim Lesimkha. Shana Tova"

Hindi: "Shub Naya Baras"

Hungarian: "Kellemes Karacsonyiunnepek et Bol-
do Új Évet"

Indonesian: "Selamat Hari Natal Dan Tahun Baru"

Irish: "Nollaig Shona Dhuit"

Italian: "Buon Natale e Felice Anno Nuovo"

Japanese: "Shinnen omedeto. Kurisumasu Omedeto"

Korean: "Sung Tan Chuk Ha"

Latin: "Natale hilare et Annum Nuovo"

Lithuanian: "Linksmu Kaledu ir laimingu Nauju metu"

Norwegian: "God Jul og Godt Nyttår"

Polish: "Wesolych Swiat i Szczesliwego Nowego Roku"

Portuguese: "Boas Festas eum feliz Ano Novo"

Romanian: "Craciun fericit si un An Nou fericit"

Russian: "Pozdrevlyayu s prazdnikom Rozhdestva i s Novim Godom"

Scots Gaelic: "Nollaig chridheil huibh"

Serbian: "Hristos se rodi"

Serb-Croatian: "Sretam Bozic. Vesela Nova Godina"

Sicilian: "Bon Natali e Prosperu Annu Novu"

Slovak: "Vesele Vianoce. A stastlivy Novy Rok"

Spanish: "Feliz Navidad y Próspero Año Nuevo"

Swedish: "God Jul och Gott Nytt År"

Thai: "Suksan Wan Christmas lae Sawadee Pee Mai"

Ukrainian: "Veselohe Vam Rizdva i Shchastlyvohe Novoho Roku Or

"Srozhdestvom Kristovym"

Vietnamese: "Chuc Mung Giang Sinh - Chuc Mung Tan Nien"

Welsh: "Nadolig Llawen a Blwyddyn Newydd Dda"

Yiddish: "Gute Vaynakhtn un a Gut Nay Yor"

Yugoslavian: "Cestitamo Bozic"