

## KEEP FIT WITH THE PHYSIOTHERAPIST



Hydrotherapy is great because it is a no-impact exercise.

The physiotherapist Adrienne provides two classes, hydrotherapy and gentle exercises, for all residents to attend.

Gentle exercises are held in the Kingsmill Lounge on Thursdays at 11.15am, for which Adrienne provides the equipment. During this you do some simple exercises and have a giggle in the process.

Hydrotherapy is held in the pool on Tuesdays at 9.30am. This is a great no-impact exercise for balance, strength, coordination and great fun.



Having fun in the water.



The girls are doing lots of different activities.

## SEAFOOD LUNCH TO CELEBRATE EASTER

Around twenty people came to celebrate Easter together over a seafood lunch on the Thursday before Good Friday.

Everyone enjoyed a nice piece of snapper, along with Pavlova for dessert. Dinner guests also got to take home a hot crossed bun from the staff to enjoy over their Easter break.

To top off the weekend there was also a lunch held on Easter Sunday. Thank you to everyone who helped to organise these events.

## CAPTIVATING SPEECH ON STEM CELLS

Cord blood has become a lifeline for many seriously ill people, including children with leukaemia, as it is rich in stem cells which can replenish bone marrow.

It is taken from the umbilical cord and placenta, which is usually discarded after birth, and given like a blood transfusion.

This talk was not only interesting but inspirational, showing that we can save lives and respect other people's beliefs. A big thank you goes to Peter McKerracher from Rotary WA for speaking to us.



Dr Tulloch and her beautiful cocker spaniel Max.

## DR NINA TULLOCH JUST A HUMBLE DOCTOR

Although Dr Tulloch grew up in the south-east of England, she had to travel to Edinburgh to be allowed to try to become a medical practitioner.

After five intense years of education, where she and a small number of other women wouldn't be taught by the professors but had to listen to what they were teaching the men, she qualified as a doctor in 1937.

Dr Tulloch practiced in many different places, including the mining pits and an old mansion-turned maternity hospital, before teaching Geriatrics at Edinburgh University.

Dr Tulloch has two sons, a urological surgeon and a merchant banker, both of which immigrated to Australia and insisted their mother should follow.

Dr Tulloch moved straight into St Louis Estate after immigrating to Australia ten years ago, and says she likes the beautiful surroundings and nice village. Dr Tulloch said, "Everybody has been very kind and welcoming to me here".



Mr Willan and Dawn Blue with our speaker Mark Walsh.

## RIVER OF LIFE MORNING TEA

The name of the morning tea created some mystery, and caused a crowd of inquisitive people to come investigate. Our speaker

was Mark Walsh, who was discussing how to improve circulation, and in turn, improve well being. The talk was great fun, interactive and informative.

## CATCH THE COTTESLOE SHOPPINGBUS

A bus comes to St Louis every Tuesday at 9.30am to take anyone who wants to go shopping to Cottesloe.

The bus leaves from outside the homestead and there is no need to book. You are left to shop for over an hour.

## DINING CAFÉ-STYLE

Café style lunches are a casual alternative to dining at St Louis Estate. They are held between 12-1.30pm in the main dining room.

There is a set menu for diners to select from, and there is no need to book unless bringing a large group of guests.

Come and enjoy Café style dining on Tuesday June 20, as well as regular coffee shop lunches on every Monday, Tuesday and Thursday.



Mrs El'Effendi and Mrs Rutherford.



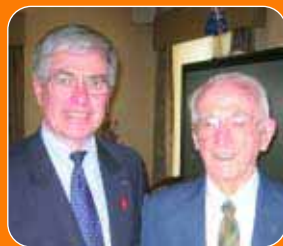
Guests Mr & Mrs Armstrong, with Mrs Barker and Mr Willan.



Mrs O Taylor, Mrs Goldsmith and Mrs R Taylor.



There was a huge amount of interest in this talk.



Mr Peter McKerracher was watched by proud father Hugh McKerracher.



JUNE/JULY 2006



ST LOUIS ESTATE CLAREMONT

# ST LOUIS ESTATE COMMUNITY VOICE

## MAGNIFICENT CRUISE ON THE MOORE RIVER

It was a beautiful day when we toured up and down the Moore River in Guilderton, which was so full it was almost breaking its sand bank.

We had a very interesting tour with our guide Phil Cooke, who taught us about the native flora, fauna and the history of the region.

Thank you to Keith Cannon for driving us and for a beautiful morning tea and lunch, and also to George Powell for organising the raffle.



Everyone enjoyed the wildlife and flora from the safety of the boat.



The view from our morning tea stop, at Two Rocks.



The Moore River's sand bank had not yet been broken, although it was due to any day.



The views from the boat were spectacular.



Mrs Rita Taylor won the raffle for the second month in a row.

## ANZAC DAY WE WILL REMEMBER THEM



Father Prendiville's speech was moving and heart felt.

The beautiful ANZAC service organised by Mrs Dawn Blue was not dampened when we moved inside the Kingsmill Lounge to avoid the rain.

As we entered the Kingsmill Lounge, we were all greeted by Mrs Blue, who gave each of us a sprig of rosemary, as a sign of our remembrance.

Father Prendiville then made a warm and thought provoking speech, while Ine laid our wreath and Mr Pyvis raised the Australian flag.

After the ceremony, a delicious lunch was served of traditional 'Aussie' food, and we concluded the day by watching the film, "World War One in Colour."

As Father Prendiville's poem stated, the soldiers said "we give you our deaths; you must make meaning of them." Lest We Forget.



Mr Peter Hunt stands wearing his father's medals, and Ian Pyvis, a Flight Officer in the 2nd Tactical Air Force Group 38, wears his own colours.



Lunch-goers enjoy a meal together.

## HAPPY MOTHER'S DAY

Mother's Day was celebrated in our dining room with a three course meal of chicken noodle soup, delicious pork roast and ending in apple strudel.

Thank you to the girls in the kitchen for spoiling not only the mothers, but everyone who attended.



## MESSAGE FROM THE MANAGER

Welcome to this edition of the St Louis Estate Community Voice.

Everyone at St Louis has been waiting anxiously for the completion of the new Dean Street units, which are now all sold. I am sure this swell in numbers will add vibrancy to life at St Louis, with there being many opportunities for residents to meet, such as morning teas, happy hours and in the dining room.

Our coffee shop has been a great success and we are now trialing special café dining events. Our first on May 16th was a great success offering a well priced casual style lunch between 12noon and 1.30pm.

We recently formed a Gardening Group at St Louis Estate, where we tour the grounds, discussing landscaping ideas and maintenance programs that will improve the look of our gardens. It has been a pleasure to gain the residents' feelings on what will improve their living environment.

*Ine Zuvela*

*Ine Zuvela, Manager,  
St Louis Estate*

## MORE FRIENDS FLOCK TO ST LOUIS

With the completion of our new units fast approaching, we have had a few different faces around the estate.

We have a morning tea on the last Friday of every month to welcome all of those who have just moved in, which are particularly popular, because everyone at St Louis wants to introduce themselves.



*Mr and Mrs Nottage*



*Miss Hale*



*A big group of residents turned up to get advice on how to avoid falls.*



*Mr Robert Boylen gets some help from Mr Fred Banyard.*

## STAY ON YOUR FEET NO FALLS AFTER THIS MORNING TEA

One in four people over 60 years of age fall over at least once every year. Although this is seen as a normal sign of aging, it is easily prevented.

At morning tea in April, we had a very informative talk by Robert Boylen of Stay on Your Feet WA, which taught us step by step how to prevent falls.

If you didn't attend this talk and want more information, there are some packs available from Vicki Brett at reception.

## LOVELY VIEWS AT LAKE CHARLOTTE

Good luck with the weather made for a beautiful day for our trip to Lake Charlotte, via Tomato Lake in Belmont for morning tea, and returning through Lord Forrest National Park.

Travellers were surprised at Tomato Lake by its size and beautiful surrounding gardens, because they were in the middle of suburban Belmont.

At Lake Charlotte we had a shepherd's pie for lunch followed by yummy sticky date pudding.

Thank you to George Powell for organising the raffle on the day.



*The beautiful view at Lake Charlotte.*



*Everyone enjoyed the view at Tomato Lake, our morning tea stop.*



*George Powell from the Entertainment Committee presents Mrs El'Effendi with her raffle prize.*

## ST LOUIS ANNOUNCES NEW OWNERSHIP



*Rhonda Peaploe of  
Continuing Health Care*

As many residents would be aware by now, the Landrow Board after 18 years at the helm, have nominated Continuing Health Care as its successor for managing St Louis Estate.

Continuing Health Care has been managing aged care facilities for 30 years and has three villages in Lathlain, Mandurah and Nedlands, which accommodate over 220 residents.

Landrow Board member Geoff Morris stated that the decision had been made with a core focus on the residents' quality of care.

"The Landrow Board has recognised that in today's market it is essential to be a specialist in senior care, to co-ordinate a village such as St Louis," Mr Morris said.

"With those criteria in mind, we are very confident that Continuing Health Care has all the resources and qualifications to ensure a high standard at St Louis over the forthcoming years."

The transfer of ownership will coincide with the settlement of the Dean Street villas at the end of July.

Residents who have any questions about the change of ownership are encouraged to speak with either Peter Hunt or Ine Zuvela.

## NEW DEVELOPMENTS EDGING CLOSER

Norfolk and Moreton (Block 1 & 2) are edging ever closer to completion, with the long awaiting occupation due in early June.



*Units nearing completion.*



*The paving is down in Block 1 & 2*

## TASTING CLUB IS TOP NOTCH

Tasting club is held on the last Wednesday of every month, between 5 and 6pm.

At the March meeting we tasted a couple of unusual white wines, which were new grape varieties from Zilzie Vineyards in New South Wales.

This club is available for everyone to attend, and it will be difficult to keep it going unless the interest increases. If anyone has any suggestions on wines or other food or drink items to taste, don't hesitate to call Peter at reception.



*The wine tasting at this club meeting was a big success.*



*John Elliott discusses the taste of his wine.*

## TOP SHOP

WINTER FASHIONS

The Top Shop fashion show was a great success, with the audience buying clothes before they had even been modelled.

It was an exciting event, with all of the models looking ravishing in their different winter outfits, and a voucher being won as the door prize by lucky Mrs R Taylor.

Huge thanks to Mrs Goldsmith, Mrs Blue, Mrs Fullerton and Mrs Tout for stepping up and being fantastic models.



*The ladies from Top Shop explained a little about each outfit as it was presented.*



*Mrs Goldsmith lets the audience feel the fabric as she struts down the catwalk.*



*Our four models, Mrs Blue, Mrs Goldsmith, Mrs Tout and Mrs Fullerton in their evening wear.*



*Mrs O Taylor, Mrs Brennan and Mrs R Taylor*



*Mrs Blue and Mrs Goldsmith*

# ST LOUIS VOICE

## ST LOUIS SOCIAL CALENDAR



### WHAT'S ON IN JUNE?

1	Day Trip to York
1/8/15/22/29	Gentle Exercises
2	Morning Tea "Quarantine Investigative Services"
2/14/21	Happy Hour 5-6pm
2/9/16/23/30	Claremont Shopping (Bus leaves at 1.30pm)
3/10/17/24	Indoor Bowls
5	Book Club
6/13/20/27	Cottesloe Shopping (Bus leaves at 9.30am)
6/20	Scrabble Club
9	Morning Tea "The Parole Board"
12/19/26	Claremont Shopping (Bus leaves at 2pm)
14	Morning Tea "Antarctic Traveller" by Peter Strickland
15	Movie "My Fair Lady"
16	Morning Tea "Musical entertainment" from Christchurch
16	Winter Themed Lunch (Dining Room)
16	Men's Chat Club 4-5pm
20	Café-Style Lunch (12pm, Dining Room)
21	Birthday Morning Tea
23	Morning Tea "Women Pioneers at Rottneest"
27	Non Denominational Church Service 11am KL
28	Tasting Club 5-6pm KL
30	Morning Tea "Welcome New Residents"

### WHAT'S ON IN JULY?

1/8/15/22/29	Indoor Bowls
3	Book Club
3/10/17/24/31	Claremont Shopping (Bus leaves at 2pm)
4	Special Café Lunch (12pm, Dining Room)
4/18	Scrabble Club
4/11/18/25	Cottesloe Shopping (Bus leaves at 9.30am)
5	Day Trip to the Police Academy
6/13/20/27	Gentle Exercises
7	Morning Tea
7/19	Happy Hour 5-6pm
7/14/21/28	Claremont Shopping (Bus leaves at 1.30pm)
14	Morning Tea "TAPSS"
19	Morning Tea "Birthday"
20	Movie "To Kill a Mocking Bird"
21	Morning Tea
21	Christmas in July Lunch
21	Men's Chat Club 4-5pm
25	Non Denominational Church Service 11am KL
26	Senior Smart Programme Begins
26	Tasting Club 5-6pm
28	Morning Tea "Welcome New Residents"

## SCRABBLE STIMULATES THE MIND

Scrabble Club is held in the Kingsmill Lounge at 2pm on the first and third Tuesday of the month.

A group of residents regularly play one-on-one games of scrabble while having a cup of tea and biscuits.

Scrabble is a great way to keep your mind active, so come along as everyone is welcome.