



ST LOUIS ESTATE
LIVE WELL

St Louis Estate
The Village Voice
July 2019

CONGRATULATIONS

We would like to congratulate one of our residents on the "Certificate of Appreciation" awarded to her on 28th April 2019 for her amazing and persistent work to ensure the continuance of the club U3A, University of the Third Age. The club provides lifetime learning opportunities for seniors.

She has been a member of the club since 2009 and in 2016 she received the news that club U3A would be closing in WA.

As soon as she received the news she took action. In about five weeks she did everything she could to persuade people to join her cause and keep the club open.

Without her hard work and perseverance there would no longer be a Western Suburbs Region of the U3A that seniors could enjoy.

Congratulations!
We look forward to hearing more about your work.

CHRISTMAS IN JULY

Tuesday 16th July
12.30pm

Champagne on arrival

Cost \$45

RSVP Reception 9385 1420

'Tis a season to be merry.
Come celebrate with us! Join us for a traditional Christmas lunch with your family and friends!!



VOLUNTEERS NEEDED

Volunteers are needed to drive residents to appointments. Please contact the Home Care Office.

REMINDERS & GUEST SUITE

Please give us 24hrs notice to request the Chauffeur Service.

Bookings for the Guest Suite can be arranged through our reception.

WEDNESDAY DINING SHUTTLE SERVICE

Pick-up and Drop-off can be organised with Reception for Wednesday Night Dining.

VILLAGE AND HOME CARE SURVEY 2019

As part of our continuous quality improvement we will soon start our 2019 survey. This survey can be answered in the comfort of your home and is completely confidential. Please notify reception if you would like to receive it by email, in person or send it to a family member. We appreciate your collaboration to improve our service.

CHANGES TO EMERGENCY FORMS

Please contact reception if you have any changes to your contact details on your BlueForce emergency form.

blueforce

stlouisestate.com.au



Contact Phone Numbers

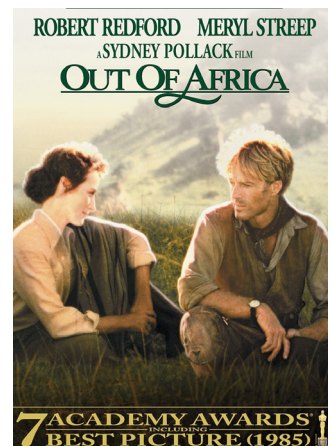
Contact Person	Time & Day	Contact Number
Carer on Duty	7:00 am - 10:00 pm	0411 632 310
Reception	Monday - Friday 9:00 am - 4:00 pm	9385 1420 Email - admin@stlouisestate.com.au
Doctor	Every 4 weeks	9385 1420
Dentist		9385 1420
Hairdresser - Karen	Every Wednesday, Thursday & Friday From 9:00 am (home visits available)	0419 948 577
Hearing Clinic		1800 054 667
Beautician - Christine	Every Friday	0403 281 205
Massage Therapy - Sandra	Tuesday from 10:00 am - 1:30 pm - \$25.00	9385 1420
Physiotherapist - Christine Butler		0408 645 302
Podiatrist - Jacqui Costigan	Every Second Wednesday	0417 098 873
Window Cleaner - Rigo		0425 611 780
Carpet Cleaner - Rigo	Cost around \$80	0425 611 780
Shopping Bus Service	Every Wednesday 10.00 am - \$15.00	9385 1420
Gopher Repairs - Lee Scanlon		0421 912 025

MOVIE AFTERNOON

SATURDAY 6TH JULY | KINGSMILL LOUNGE | 1.30 PM

Starring Robert Redford, Meryl Streep & Sydney Pollack
Initially set on being a dairy farmer, the aristocratic Karen Blixen (Meryl Streep) Travels to Africa to join her husband, Bror (Klaus Maria Brandauer), who instead spends their money on a coffee plantation. After discovering Bror is unfaithful, Karen develops feelings for hunter Denys (Robert Redford), but realizes he prefers a simplistic lifestyle compared to her upper-class background. The two continue until a series of events force Karen to choose between her love and personal growth.

Running Time 2 hrs 41 mins



WEDNESDAY 17TH JULY | KINGSMILL LOUNGE | 1.30 PM



Starring Betty Hutton, Howard Keel & Louis Calhern
The musical tale of Annie Oakley (Betty Hutton) moves from stage to screen in this rollicking film adaptation. Renowned in the Wild West as a sharpshooter, Annie meets her match, both romantically and professionally, in the form of fellow ace gunslinger Frank Butler (Howard Keel). While Annie and Frank are performing as part of the famous traveling show headlined by the legendary Buffalo Bill (Louis Calhern), the two compete and flirt, with plenty of ups and downs along the way.

Running time 1 hr 47 mins



BLACKBOARD SPECIALS

1ST- 5TH JULY

Chicken A La King
Beef Savoury Mince

8TH- 12TH JULY

Pork Sausage with Onion
& Bacon Gravy
Chicken Macaroni

15TH- 19TH JULY

Beef Rissoles
Grilled Chicken

22ND- 26TH JULY

Pan-Fried Fish
Beef Silverside with
Mustard Sauce

29TH JULY- 2ND AUG

Italian Meatballs
Chicken & Leek Pot Pie

All Mains served with Potatoes & Vegetables

WEDNESDAY NIGHT CHEF'S 3 COURSE DINNER

3RD JULY

Chicken Kiev
Beef Au Poivre

10TH JULY

Salmon Filo Parcels
Slow Cooked
Beef Silverside

17TH JULY

Pan-Seared Pork Steak w/
Garlic & Rosemary
Beef Stroganoff

24TH JULY

Pan-Fried Piccata of Fish
Beef Bourguignon

31ST JULY

Beef Carbonnade
Chicken Salsa Verde

Fish, Steak & Vegetarian meals available on request

All meals are served with Vegetables and Potatoes

Dinner includes Chef's Soup and Dessert- \$30 per person • BYO Drinks - Children under 12 - \$16

MONDAY PASTA NIGHT 6.30PM • KINGSMILL LOUNGE

1ST JULY

Italian Pork
Sausages Ragu
with Pasta

8TH JULY

Chicken Alfredo
Pasta

15TH JULY

Pasta
Continental

22ND JULY

Sicilian Style
Beef Pasta

29TH JULY

Beef
Provencale

\$15.00 per person

FRIDAY CASUAL NIGHT 6.30PM • KINGSMILL LOUNGE

THURSDAY 4TH JULY

Chicken Oriental

12TH JULY

Indian Mild
Beef Curry

26TH JULY

Chicken Satay

\$15.00 per person



SUNDAY ROAST

7TH JULY

Roast Lamb

14TH JULY

Roast Pork

21TH JULY

Roast Beef

28TH JULY

Roast Lamb

All meals are served with Vegetables & Potatoes

Desserts Varied Week to Week
Gluten free available on request

Cost = \$28.00 per person
Book at Reception 9385 1420

Vegetarian meals
available on request



HOME DELIVERY SPECIALS OF THE MONTH

VEGETARIAN LASAGNA
PAN-FRIED PORK WITH ONION & HERB GRAVY
SLOW COOKED BEEF WITH CREAMED RICE

*All Served with Chefs Vegetables

CHEF'S WINTER GOURMET BREAKFAST

SATURDAY 27TH JULY | 9AM TO 12 PM

HOMESTEAD RESTAURANT

COST \$25.00 - CHILDREN UNDER 12 \$13.00

BOOKINGS ESSENTIAL PLEASE CONTACT RECEPTION OR CALL 9385-1420
(BY WEDNESDAY 24TH JULY)

Bring family and friends to enjoy a delightful buffet style breakfast with all your favourites including pastries, scrambled eggs, bacon, hash browns and more.



COFFEE SHOP

Winter Opening Hours

Monday to Friday - 9.30am to 2.00pm

Saturday - Closed

Sunday - 9:30 am to 2:00 pm

Breakfast available on request

Family & friends are welcome



ST. LOUIS GIFT SHOP

ST LOUIS MEN'S WHITE POLO SHIRTS - \$35.00

ST LOUIS ESTATE NAVY CAPS - \$23.00

KOALA ECO CLEANING PRODUCTS - \$13.00

KOALA ECO HAND SOAP - \$18.00

THESE CAN BE PURCHASED AT RECEPTION | PAYMENT BY CASH OR ON YOUR ACCOUNT



GUEST SPEAKERS FOR JULY

FRIDAY'S 10:15 AM - KINGSMILL LOUNGE

5TH JULY

Jeoff Clark
"Being Locum at Cunderdin"

12TH JULY

Roy Stall
"Maritime English"

19TH JULY

Amanda Rowland
"Body Talk"

26TH JULY

Richard Hazlewood
"Tin Pan Alley
and the Great
American"



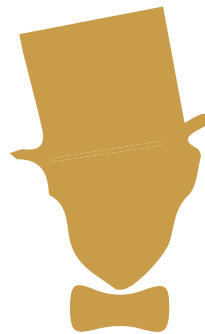
HAPPY HOUR

FRIDAY 5TH JULY

KINGSMILL LOUNGE

5.00PM

BYO DRINKS & NIBBLES



MEN'S CLUB

MONDAY 1ST JULY

KINGSMILL LOUNGE (BAR)

5.00PM

BYO DRINKS

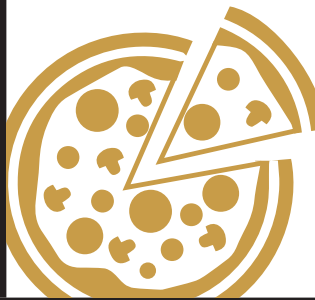


THURSDAY 11TH JULY

KINGSMILL LOUNGE

1.30PM

PIZZA NIGHT



FRIDAY 19TH JULY

KINGSMILL LOUNGE

6.00PM

COST \$10.00

JULY BIRTHDAY MORNING TEA

WEDNESDAY 17TH JULY

KINGSMILL LOUNGE

10.30AM





DOCTOR'S VISIT

**THURSDAY 11TH JULY
CONSULTING ROOM**

**COMMENCING AT 11:00 AM
APPOINTMENT NEEDED**

CONTACT RECEPTION 9385 1420



DENTIST'S VISIT

**ST QUENTIN & CLAREMONT
FAMILY DENTIST**

**1ST JULY
APPOINTMENT NEEDED**

CONTACT RECEPTION 9385 1420

HEARING CLINIC



**THURSDAY 11TH JULY
COMPUTER ROOM**

**THE SECOND THURSDAY OF
EVERY MONTH**

APPOINTMENT NEEDED

PLEASE CALL 1800 054 667

TECHNOLOGY VISIT



**SCOTCH COLLEGE
PERTH WESTERN AUSTRALIA**

**WEDNESDAY 3RD JULY
KINGSMILL LOUNGE
FROM 1PM TO 3 PM**

The boys from Scotch College will volunteer their time this month to help the residents from St. Louis with any questions regarding iPads, iPhones, Apps and more.

SUGGESTIONS BOX



We always welcome your feedback and suggestions. You can provide anonymous Feedback via our suggestion box (and forms) located in the coffee shop.

Alternatively, please use our mailbox located on the veranda at the end of the homestead.

Thank You.

ACTIVITY PROGRAM



JOIN US TODAY!!

**SESSIONS: TUESDAY 2PM – 4PM &
THURSDAY 2PM – 4PM**

Book at Reception for only \$90 per month!!!
First session FREE for new members!



WINNERS OF HARRY PERKINS RAFFLE



The St. Louis Family would like to thank the residents for the support of our most recent raffle. Last May we raised \$175.00, with proceeds supporting the Harry Perkins Institute of Medical Research.

What a great success!!

We also would like to congratulate the winners:

OUR RESIDENT

Our Resident joined the St Louis community in February last year and enjoys participating in a variety of Village activities, including lunches at the Coffee Shop and Wednesday dinners.

Her hobbies include spending time sewing and knitting dolls and blankets to send to an orphanage in Africa.

Her work would not be possible without the help of the other ladies in the village collecting wool and donations for this wonderful charity.



Please contact reception if you are interested in becoming involved or donating. We are open to teach anyone who would like to learn these crafts and contribute to a charity that is very important to her.

Thank you ladies, it is a pleasure to have you in our community and witness these great acts of kindness.

WELLNESS - THE POWER OF MAGNESIUM IN YOUR DIET

MAGNESIUM RICH FOODS			
SESAME SEEDS		SUNFLOWER SEEDS	
SPEARMINT		DILL	
WATERMELON SEEDS		BASIL	
PINE NUTS		BROCCOLI	
ALMONDS		OKRA	
PUMPKIN SEEDS		FLAX SEEDS	
BRAZIL NUTS		SPINACH	
CACAO		CHIVES	

Magnesium is one of the seven essential macro minerals for our body. These are minerals that need to be consumed in relatively large amounts to be effective.

An adequate intake of magnesium can prevent problems with bones, the cardiovascular system, diabetes, migraine, anxiety and other functions.

Magnesium deficiency is rare but can be a result from excess consumption of alcohol, health conditions and some medications. The symptoms of a deficiency include loss of appetite, weakness, numbness, tingling and more.

The best way to obtain vitamin and minerals to your body is through food. Here we give some examples of foods rich in magnesium to implement in your diet.

We recommend medical supervision for the intake of any magnesium supplements.





VILLAGE MANAGER'S REPORT

Dear Residents,

Being the start of Winter, we have all been tested with the wet weather over the last few weeks. It has been great to see residents still attending events and dinners during this period and we look forward to many more. For your convenience we have placed umbrellas in stands around the homestead to ensure you keep dry during the wet season. A huge thanks to our wonderful visiting gardener, John who has helped make sure our paths and lawns are maintained and tidy. In the coming months, our maintenance man Pete will have Cameron joining him as part of a volunteer program we are running. Pete will introduce him to you all as they work around the village.

We have recently added to our Newspaper collection in the Café. You will now find a copy of The Australian Newspaper and an additional copy of The West for everyone to enjoy. Please ensure the papers are not removed from the café as they are provided for all residents to use. If you would like a copy of any of the papers to be delivered to your home this can be organised for you at reception.

Brain Train in unit 29 has added some new activities. If you would like to take part please book in at reception, places are filling fast!

Thank you to our wonderful Head Chef, Nick. We have had great feedback in the last few weeks. Sunday roasts seem to be very popular, so if you don't already, we would love for you to join us! Not only are the dinners a big hit, we recently catered and hosted a high tea for the DC Leadership Lions District 201W1. We had 40 guests in the Kingsmill lounge and it was a great success. If you have an upcoming event don't forget to enquire with us as the kitchen is always willing and available to cater any event. Please remember that we have now introduced the Chef's Gourmet Breakfast which will be held once a month in the main dining room. Bookings are essential with a cost of \$25 per head.

The lovely Ryoko has been awarded Employee of the Month for her outstanding service in our Café. Ryoko, the team and residents thank you for your hard work!

We hope you have all enjoyed the array of guest speakers we have had come in the last few weeks. Michael Tassel was wonderful and his talk about map making was an extremely interesting topic. A huge thank you to Charles for all his hard work organising the variety of incredible speakers.

As winter is notoriously flu season, we have added a hand sanitizer stand at the entrance of the café to minimise the spread of bacteria. All you need to do is place your hands at the front of the device and it will give a short blast of sanitizer.

I look forward to the month ahead and I hope you all have a great July. Please remember I am always available if you would like to chat.

Kind regards,

Gerard Mclean | Village Manager

