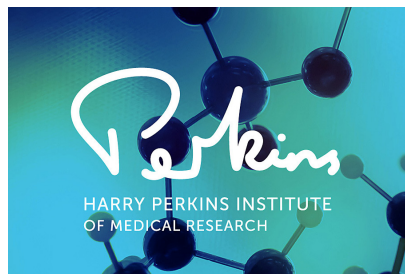




UPCOMING EVENTS

CHAMPAGNE CONCERT AT SUNSET

SUNDAY 22ND MARCH | HOMESTEAD LAWN | 5.00PM



We are delighted to announce the talented Sara MacIver and musicians from the Perth Symphony Orchestra will again entertain us on the lawn at sunset with a beautiful evening of music.

Family and friends are welcome to join us for this magical experience.

All proceeds will be donated to the Harry Perkins Institute of Medical Research.

Family packages are available for residents only.

Tickets: Residents- \$50.00 Non-residents- \$85

Tickets are available at reception. Payment via cash, cheque or electronic transfer.

BSB: 066-103 Account: 10416448 Reference: Booking Name

FAIRBRIDGE VILLAGE- PINJARRA

TUESDAY 24TH MARCH | DEPARTURE: 9.00AM | RETURN 3.30PM



We will start our day with our traditional Club 55 morning tea, followed by a tour around the Fairbridge Village.

Our day out will continue with a visit to the historic Chapel to learn about the vision of Kingsley Fairbridge. A delightful single course lunch will be served at the Ravenswood Hotel nestled on the banks of the Murray River.

After lunch we will make our way back home, with a quick stop along the way to share some fresh seasonal fruit.

RSVP: Friday 13TH March via reception | Tickets: \$66.00

Please arrive 15 min prior departure.

MARCH REMINDERS

PUBLIC HOLIDAY

Please note our office and kitchen will be closed on Monday 2ND March (Labour Day).

Reminder: Casual dinners are not served on public holidays.

SHOPPING BUS

Departs from the Homestead weekly at 10am on Tuesday morning.

DIGITAL NEWSLETTER

Did you know you can receive a digital copy of our newsletter and calendar?

Please email your request to admin@stlouisestate.com.au

GUEST SUITE

Bookings for the Guest Suite can be arranged at reception.

CHANGES TO EMERGENCY FORMS

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

FEEDBACK & SUGGESTIONS

St. Louis Estate management appreciate your feedback and/or suggestions. Forms can be submitted via the suggestion box located in the coffee shop, mailbox located on the veranda, by email to the village manager directly at sreilly@stlouisestate.com.au or speak with her in person.

Sarah is available Monday to Friday and happy to book a time to come and chat with you in your home.

ST LOUIS ESTATE RECEPTION HOURS: MONDAY TO FRIDAY 9.00AM - 4.00PM

PHONE 9385-1420 OR EMAIL ADMIN@STLOUISESTATE.COM.AU

Service Providers	Schedule	Contact Number
Doctor- Tom Mildenhall	Thursday 5 TH March	9385 1420
St Quentin Dentist	Monday 16 TH March	9385 1420
Lions Hearing Clinic	Thursday 12 TH March	1800 054 667
Hairdresser - Karen Page	Wednesday, Thursday & Friday from 9.00am	0419 948 577
Beautician - Christine Lewis	Friday by appointment	0403 281 205
Massage Therapy - Sandra Herda	Tuesday from 10.00am - 1.30pm - \$25.00	9385 1420
Physiotherapist - Christine Butler	Tuesday, Wednesday & Thursday	0408 645 302
Podiatrist - Jacqui Costigan	Fortnightly on Wednesday	0417 098 873
Shopping Bus Service	Tuesday 10.00am - \$15.00	9385 1420

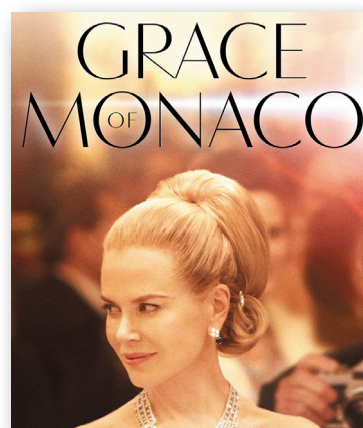
MOVIE AFTERNOON

SATURDAY 14TH MARCH | KINGSMILL LOUNGE | 1.30PM

Starring: Richard Armitage, Sarah Wayne Callies, Matt Walsh

As a new day begins in the town of Silverton, its residents have little reason to believe it will be anything other than ordinary. Mother Nature, however, has other plans. In the span of just a few hours, an unprecedented onslaught of powerful tornadoes ravages Silverton. Storm trackers predict that the worst is still to come, as terrified residents seek shelter, and professional storm-chasers run toward the danger, hoping to study the phenomenon close up and get a once-in-a-lifetime shot.

Running time: 89 mins



THURSDAY 26TH MARCH | KINGSMILL LOUNGE | 1.30PM

Starring Nicole Kidman and Tim Roth

Grace of Monaco is focused on the personal story of former Hollywood star Grace Kelly (Nicole Kidman) during a dispute between Monaco's Prince Rainier 111 (Tim Roth) and France's Charles De Gaulle over tax laws in early 1960s. Despite her husband's misgivings, Grace considers returning to Hollywood to star in "Marnie", but a political dispute between Monaco and France forces her to make a difficult choice.

Running time: 103 min



THANK YOU GERARD

We would like to take this opportunity to thank Gerard McLean, our former village manager for his service to the estate.

If you would like to extend your gratitude & well wishes; a thank you card will be available at reception until 4TH March.

GUEST SPEAKERS FOR MARCH

FRIDAY'S 10.15AM - KINGSMILL LOUNGE

6TH MARCH

Krystle Lavorgan
"Wellness &
Energy Healing"

13TH MARCH

Bill Townsend
"Inpex & the Ichthys
LNG Project"

20TH MARCH

Mike Lefroy
"250 Anniversary of
Captain Cook & Endeavor
coming to Australia"

27TH MARCH

Mr. Tunncliffe
"Coping with
Climate Change"

THURSDAY 12TH MARCH | KINGSMILL LOUNGE | 1.30 PM

Cost \$10 for a book with 10 games

Jackpot winner February: Mrs Carrington - Jones

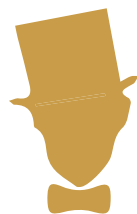
We are currently seeking clarification relating to the validity of our Permit to conduct Senior Bingo at St Louis Estate, at this stage our Bingo event is scheduled for 12TH March. However please keep your eyes out for updates closer to the date.

If you would be interested in volunteering to be a member of the new proposed 'Bingo Club', please register your interest at reception.



BIRTHDAY MORNING TEA

THURSDAY 19TH MARCH
KINGSMILL LOUNGE | 10.30 AM



MEN'S CLUB

MONDAY 9TH MARCH | 5.00PM
KINGSMILL LOUNGE BAR
BYO DRINKS



HAPPY HOUR

THURSDAY 5TH MARCH | 5.00PM
KINGSMILL LOUNGE
BYO DRINKS & NIBBLES



BBQ NIGHT

FRIDAY 20TH MARCH | 6.00PM
BBQ AREA BY THE POOL
BOOKINGS ARE ESSENTIAL
NUMBERS ARE LIMITED



ACTIVITY GROUP

Wednesday | Kingsmill Lounge | 10.30am-12.30pm

Join us for: Trivia Games, Puzzles, Crossword competitions, The Year That Was, Political discussions, Languages, Painting, Ceramics and more.

Please register at reception | \$20 per session.



LANGUAGE LEARNING

Have you ever thought about learning a new language?

Our carer David Scott is a certified Language Teacher and is now available to teach you French or Japanese during week days.

Please express your interest with reception.

CASUAL DINING

Casual Dining options are served in the Kingsmill Lounge from 6.30pm.

Monday	Pasta of the week	\$15.00 per person
Friday	Curry of the week	\$15.00 per person

All casual dinners are served with salads & accompaniments followed by a fruit platter.
No booking required | Strictly no take away

FORMAL DINING

WEDNESDAY NIGHT CHEF'S 3 COURSE DINNER 6.30PM

Cost: \$30 per person | RSVP required by Tuesday 12pm

4TH MARCH

Salmon with
Tarragon Sauce

Beef Fillet with
Shallot Sauce

11TH MARCH

Chicken Breast with
Mushroom Sauce

Pork Loin with
Apple & Herb Jus

18TH MARCH

Lamb Ragout in
Tomato Sauce

Beef Fillet with
Bacon Sauce

25TH MARCH

Barramundi with
Herb Butter

Chicken Breast with
Thyme & White
Wine Sauce

SUNDAY ROAST 12.30PM

Cost: \$28 per person | RSVP required by Thursday 4pm

1ST MARCH

Roast Pork

8TH MARCH

Roast Beef

15TH MARCH

Roast Lamb

22ND MARCH

Roast Turkey

29TH MARCH

Roast Pork

FORMAL DINING DRINKS MENU

From Wednesday 4TH March keep a look out
for our new drinks menu on your table.

Soft Drinks
Red + White Wine
Port

Available for purchase by the glass.
BYO is still encouraged.

HOME DELIVERY MEALS

We have a new home delivery menu,
featuring pasta and curry of the week.
The menu options have been increased
to include more variety of fresh salads & quiches.

Menus are available on request.
Please submit all orders by Thursday 4pm.

SPECIAL REQUESTS

Our kitchen aims to accommodate your dietary
requirements. All meals are served with
your choice of salad or vegetables.
Gluten Free & Vegetarian meals are available on request.

RSVP DEADLINES

To allow our kitchen to serve you the best quality
fresh food, RSVP's must be strictly adhered to
for all formal dining & home deliveries.
Kitchen menus and ordering are based on numbers.

ST LOUIS CAFÉ SURVEY



Included with your newsletter this month is a survey on the St Louis Café.
Your feedback is important to us, so take some time to provide us with your detailed
thoughts and suggestions.

Upon completion please return the completed survey to reception or via the
homestead mailbox. This process will provide management and the kitchen with
valuable information moving forward. You may remain anonymous if you prefer.



DOCTOR'S VISIT

THURSDAY 5TH MARCH

CONSULTING ROOM

COMMENCING AT 11.00 AM

BOOK APPOINTMENT AT RECEPTION

ST. PATRICK'S



All donations are welcome and appreciated.

Some of the items that are required: socks, soap, shampoo, conditioner, deodorant, sanitary items, toothpaste (all in travel pack size) and more.



DENTIST'S VISIT

ST QUENTIN & CLAREMONT
FAMILY DENTIST

MONDAY 16TH MARCH

COMMENCING AT 9.00 AM

BOOK APPOINTMENT AT RECEPTION

LOST & FOUND



St. Louis have a new Lost & Found box located at reception.

Please drop any found items to reception and if you have lost something check to see if it's been handed in.



HEARING CLINIC

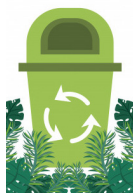
THURSDAY 12TH MARCH

COMPUTER ROOM

COMMENCING AT 9.00 AM

BOOK APPOINTMENT AT RECEPTION

COMPOST BINS



St Louis are preparing to introduce Compost Bins into the village for use of residents, as part of our aim to reduce our environmental footprint.

The bins will soon be available and the locations to be advised.



COMMUNITY SERVICE

Do you need some assistance with technology or perhaps you'd like to just interact with some of our younger generation?

We are lucky enough to have 6 volunteer students from Christ Church Grammar School visiting the estate every Friday from 1:30pm – 3:00pm.

Please join us for an afternoon of free activities and introduction on 6TH March in the Kingsmill Lounge.
Register your interest at reception.



EARLY LEARNING VISIT

Commencing 9TH March from 10.00 – 11.00am, St Louis will be hosting a weekly inter-generational activity group with 10 gorgeous children (ages 3-5) from Swanbourne Early Learning Centre.

This wonderful opportunity will benefit both the residents and children socially and emotionally.

Come along and enjoy a morning of engagement. Please make a booking to attend through reception as numbers are strictly limited.

EASTER RAFFLE

Easter will soon be upon us and
our Easter Raffle is back!
We are now collecting donations.

All proceeds raised contribute to the social club and future social events. Please donate at Reception.

Raffle will be drawn on Thursday 9TH April
in the Coffee Shop at 1.00 pm.

TICKETS COST \$2.00 EACH OR 3 FOR \$5.00

THANK YOU NOTE

Dear Residents,

Solaris Cancer Care would like to thank all residents involved in creating the wonderful knitted lap rugs and toiletry bags donated to us.

They are a work of art and will be appreciated by our clients.

Yours sincerely,

Kerry Stevens
Client Service Manager





ST LOUIS HOME CARE LIVE WELL



Pictured Left: Gayle Reilly– Registered Nurse & Case Manager
Available by appointment: Monday – Thursday



Pictured Right: Sarah Scanlon – Registered Nurse
Available: Wednesday & Friday

Here at St Louis we are very fortunate to have a government approved Home Care provider located on site to assist you with a variety of tasks. St Louis Estate Home Care can provide staff to attend to your care needs from 6.30am to 9.30pm 7 days a week. We can assist you with any of the following:

- Personal Care
- Medication Management
- Meal Preparation
- Social Support
- Transport Services
- Shopping Assistance
- Housekeeping
- Welfare checks
- Domestic Assistance

Unlike other external care providers, we are able to offer 15-minute care visits. Sometimes this is all that's required to assist with medications, or to prepare a meal, without you paying for a full hour. We are privileged to have an experienced care team who love and know our residents well.

As we are located on-site, St Louis residents also have access to Registered Nurses, from Monday to Friday. Bookings for all home care services are required. Refer to our accompanying brochure for more information.

You may even be eligible for government funding to assist in covering the costs of your home care needs. If you would like more information on any of our services or eligibility requirements for government funding, please don't hesitate to get in touch through reception.

IN CASE OF EMERGENCY FORM



A new 'In case of emergency' form has been included with your newsletter this month. We request and strongly encourage all residents to complete and return this form to reception, at your earliest convenience.

We can ensure that all information is kept strictly confidential and only used in the event of an emergency. These details allow our staff to assist you, accordingly, should you need emergency care and ensure your preferences are upheld where possible.

Please include the most up to date and detailed information as possible. If you require any assistance completing the form or would like to discuss it further, please contact home care via reception.

NBN UPDATE

The National Broadband Network (NBN) is now available for connection at all units located in the Estate.

If you intend to continue to receive fixed-line telephone and/or internet services after the transition period, you'll need to switch or upgrade to the NBN, either with your existing telecommunications service provider or with a new provider. After the upcoming end date of the transition period, service providers will be required to disconnect your old services.

In order to switch to NBN you simply contact your current provider (eg. Telstra, Optus, iiNet) and submit a request to transfer your services across to the NBN. It is recommended you have a recent bill handy for your reference when you speak with them. If you have any questions or need assistance with the transition, please contact reception.

If you would like more detailed information you may wish to visit the below website: <https://www.accc.gov.au/consumers/internet-landline-services/moving-to-the-nbn-for-consumers>



RESIDENT CONTRIBUTION

“Spending time with others face-to-face builds trust and social connection, helps us to interpret the emotional and non-verbal cues being shared, and facilitates understanding” (Quote from Dr Jenny Brockis).

Spending time with others also helps to prevent the onset of dementia.

As a comparative newcomer to St Louis Estate, I am surprised that many of the wonderful facilities here are not more fully utilised. One inexpensive such thing is the Café where there are twenty-four chairs, but these are never even half full. A huge list of different coffees and teas is available for only \$2 per cup. The Café provides a great opportunity to chat with other residents and thus make new friends and hear what is going on!

On Wednesday nights there is fine dining, also Roast dinners on Sundays, together with Mondays and Fridays when slightly more informal meals are also available.

Friday mornings bring speakers on all sorts of topics and morning tea is provided. Bus trips can take you to interesting places around Perth and free films are screened every ten days in the Kingsmill Lounge.

Monthly events include a morning tea to celebrate the birthdays of residents, with Happy Hour on the first Thursday, and Men’s Club on the first Monday bring other opportunities to fraternize.

Bingo on the second Thursday is a very popular way to increase your fortune.

Our management tries hard to keep us happy and is very receptive if you have any suggestions for improvements. Simply fill in a form from the Café area (anonymously if you wish) or send an email or phone Reception with your ideas.

It is appreciated that some residents may have mobility issues, but St Louis has a double-seater gopher to help get you to events. If you would like a companion to accompany you on first visits, this could be arranged.

Let’s do all we can to enjoy whatever time is available.

QUIZ: SOLVE THE RIDDLES

01. What can you hold without touching?
02. Always in you, Sometimes on you; If I surround you, I can kill you.
03. You’re in a dark room with a candle, a camping stove, and a gas lamp. You have only one match. Which do you light first?
04. A cowboy booked into a hotel on Sunday. He stayed two nights and rode back home on Sunday, How is this possible?
05. I can be cracked, I can be made, I can be told, and I can be played.
06. Re-arrange the letters, O O U S W T D N E J R, to spell just one word. What is it?
07. What starts with the letter T, is filled with T, and ends in T?
08. How can you leave a room with two legs and return with six legs?
09. If you drop a yellow hat in the Red Sea, what does it become?
10. Throw away the outside and cook the inside, then eat the outside and throw away the inside.
11. I have no feet, no hands, no wings, but I climb to the sky. What am I?
12. Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
13. This invention is still used in some parts of the world today to allow people to see through walls. What is it?
14. You can find it in Mercury, Earth, Jupiter, but not Venus or Neptune.
15. What can point in every direction but can’t reach a destination by itself?

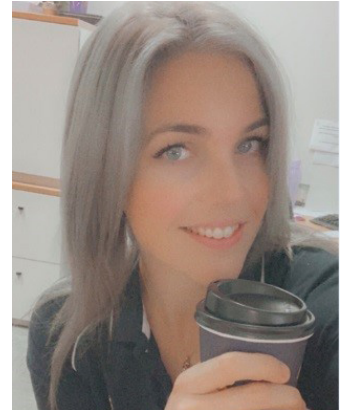
Quiz answers: 1- Your breath 2- Water 3- The match 4- The horse was named Sunday 5- A joke 6- Just One Word 7- A Teapot 8- Bring a chair back with you 9- Wet 10- Corn 11- Smoke 12- There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard. 13- A window 14- The letter R 15- Your Finger

VILLAGE MANAGER'S REPORT

Dear Residents,

Firstly, hello and thank you for taking the time to read my first contribution to this wonderful publication 'The Village Voice'. To those of you whom I am yet to have the pleasure of meeting personally, I look forward to doing so in the near future. You can see me pictured on the right with my beloved coffee, so if you see me around the village, please feel free to stop me and introduce yourself.

The start of 2020 has seen several changes around St. Louis Estate, most recently with the departure of Gerard Mclean, our very well-liked former village manager. Gerard implemented some fantastic initiatives throughout the estate and focused on improving social dinners and activities in the village.



Since taking on the role of acting village manager, I have and will continue to do my best in ensuring you receive the same seamless service in the day to day operations of the village during this phase of transition. I aim to provide a high standard of client focused service and bring with me a friendly smile, happy disposition and a well-developed and varied skill set.

Change can bring with it a lot of emotion, often we experience a sense of insecurity or fear of the unknown. I too have been faced with challenges of adapting to a big change in my current role. In the words of the Greek philosopher Socrates, "The secret of change is to focus all of your energy not on fighting the old, but on building the new". As a village community we have a chance to embrace this opportunity of growth and development and I hope that together we can foster improvement into the future.

Keep your eyes peeled for several new additions around the village, garden and maintenance improvements, more seating around the grounds and our new home delivery menu. As you may have noticed we have commenced work on garden areas between the Dean and Albert Street apartments. Introduction of compost bins and automatic sensor lighting in the bin rooms of the apartments are also currently in the pipeline.

There are a number of exciting programs and events to look forward to during March, be sure to book your places and buy your tickets early to avoid disappointment. In particular the Champagne Concert at Sunset, the bus trip to Fairbridge and the exciting new inter-generational activity program with Swanbourne Early Learning Centre. Hard work, long hours and plenty of coffee ensure we provide you with the very best opportunities for social engagement and leisure here at St Louis. We really hope you enjoy them.

Accompanying the newsletter this month are three supplementary leaflets, namely the St Louis Cafe' survey, In Case of Emergency form and a memorandum for residents regarding emergency policies and procedures. It would be greatly appreciated if you could please take some time to read the documents and provide your detailed responses as soon as possible. This is an opportunity to share valuable information which can be used to assist us in providing you with the best ongoing service, tailored to meet your needs.

Finally, I would like to extend a heartfelt thank you to every resident, family and staff member for the support I have received in recent weeks with my transition into this position. You have provided incredibly informative and constructive feedback and suggestions. We can't act on things which we are unaware of, so I encourage and welcome all feedback and suggestions.

I wish you all a happy and healthy start to autumn, may the change of season bring us some respite from the summer heat.

Yours truly,

Sarah Reilly | Acting Village Manager
Contact details 0411 853 819 or sreilly@stlouisestate.com.au