



## EASTER RAFFLE

Easter will soon be upon us.  
Please contact reception to purchase tickets, this will be billed to your account.  
All proceeds raised contribute to the social club and future social events.  
Raffle will be drawn on Thursday 9<sup>TH</sup> April at 1.00pm.  
Winners will be contacted by reception.

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

## APRIL REMINDERS

### HOME CARE TEAM

Please don't be alarmed if you see our care team in Personal Protective Equipment (gloves, masks and gowns). We are taking extra precautions during this time to keep both residents and our wonderful care team safe.

### HOME CARE VISITS

We wish to advise you that all non-essential social home care visits are cancelled within our community and only essential home care visits are scheduled to support our residents .

### OFFICE & COMMON AREAS

Reception and common areas will be closed until further notice. Please contact reception via phone for daily enquiries.

### RESIDENTS COMMITTEE MEETING

Residents Committee meeting is cancelled until further notice.

### SOCIAL COMMITTEE MEETING

Social Committee meeting is cancelled until further notice.

### PUBLIC HOLIDAY

Please note our office and kitchen will be closed on public holidays, Good Friday 10<sup>TH</sup> April, Easter Monday 13<sup>TH</sup> April and Anzac Day Holiday 27<sup>TH</sup> April.

### SHOPPING BUS

Shopping bus is cancelled until further notice. Please contact reception if you need help with shopping.

### 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](mailto:admin@stlouisestate.com.au)

### GUEST SUITE

Reception will not be accepting bookings for the Guest Suite until further notice.

### CHANGES TO EMERGENCY FORMS

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

### SMOKE ALARMS

From 1<sup>ST</sup> April, our maintenance team will be conducting your annual battery replacement of all smoke alarms within our village. Please notify reception by 7<sup>TH</sup> April if you would like to schedule a suitable time or do not authorise the maintenance team to enter your unit to change the battery.

### FEEDBACK & SUGGESTIONS

St. Louis Estate management appreciate your feedback and/or suggestions. Forms can be collected from and submitted at the mailbox located on the veranda, or by email to the village manager directly at [sreilly@stlouisestate.com.au](mailto:sreilly@stlouisestate.com.au) .

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 2 <sup>ND</sup> April | 9385 1420      |
| Lions Hearing Clinic   | Thursday 9 <sup>TH</sup> April | 1800 054 667   |



## DO YOU NEED HELP?

A group of local mums have kindly offered their time to help residents in our community with shopping lists and regular phone calls to check on your general well-being during these challenging times. Please contact reception to register your interest.

## APRIL BIRTHDAYS

To all our residents celebrating birthdays in April, we wish you a wonderful day and look forward to celebrating with you all at a time when we can gather together again.

Please remember how lovely it is to receive a call from friends on our birthdays, taking time to connect.



## DID YOU KNOW?

- The side of a hammer is called a cheek.
- Your mouth produces 1 litre of saliva a day.
- The Atlantic Ocean is saltier than the Pacific.
- Giraffes can't swim.
- On average, you breathe 23,000 times a day.
- Dreamt is the only word that ends in mt.
- Shakespeare invented the words 'assassination' and 'bump'.
- 55% of people yawn within 5 minutes of seeing someone else yawn.
- 'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters.
- An iguana can stay under water for 28 minutes.
- Green tea has 50% more vitamin C than black tea.
- A typical athlete's heart churns out 25 to 30 litres of blood per minute.



### DOCTOR'S VISIT

THURSDAY 2<sup>ND</sup> APRIL  
CONSULTING ROOM  
COMMENCING AT 11.00 AM

BOOK APPOINTMENT AT RECEPTION



### COMPOST BINS

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

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



### HEARING CLINIC

THURSDAY 9<sup>TH</sup> APRIL  
COMPUTER ROOM  
COMMENCING AT 9.00 AM

BOOK APPOINTMENT AT RECEPTION



### LOST & FOUND

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

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

# APRIL DINING

**\$5 SPECIAL DELIVERY**  
Coffee + Cake

|           |                   |                    |
|-----------|-------------------|--------------------|
| Monday    | Pasta of the week | \$15.00 per person |
| Wednesday | Chef's Dinner     | \$30.00 per person |
| Friday    | Curry of the week | \$15.00 per person |
| Sunday    | Roast             | \$28.00 per person |

**Fresh Nasi Goreng**  
Monday & Friday

All meals will be delivered to you in disposable containers.  
Monday and Friday dinners will be delivered from 3.00pm.

## WEDNESDAY CHEF DINNER

**1<sup>ST</sup> APRIL**

Beef Fillet with Red Wine Jus

Salmon Fillet with Herb Sauce

**8<sup>TH</sup> APRIL**

Chicken Breast w/ Lemon & Garlic Jus

Pork Loin w/ Honey Mustard Sauce

**15<sup>TH</sup> APRIL**

Beef Fillet with Pepper Sauce

Barramundi with Lemon Butter

**22<sup>ND</sup> APRIL**

Chicken Breast w/ Mustard Sauce

Salmon Fillet with Creamy Dill Sauce

**29<sup>TH</sup> APRIL**

Beef fillet with Mushroom Sauce

Chicken Breast w/ Creamy Sage Sauce

## SUNDAY ROAST

**5<sup>TH</sup> APRIL**

Roast Beef

**12<sup>TH</sup> APRIL**

Roast Lamb

**19<sup>TH</sup> APRIL**

Roast Turkey

**26<sup>TH</sup> APRIL**

Roast Pork

## 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.

## HOME DELIVERY MEALS

Menus are available on request.  
Please submit all orders by Thursday 4pm.  
Delivery of coffee and cakes available 10.00am - 3.00pm Monday to Friday.

# VILLAGE MANAGER'S REPORT

Dear Residents,

Above everything, I hope you and all of your loved ones around the world are safe and well. A reflection on March 2020, would take far more than a one page report. We've seen huge changes and disruptions to our daily lives, and the operations of the village. Difficult times teach us resilience, patience and problem solving. It has been both reassuring and rewarding to witness the dedication our village staff and home care team have shown in providing you with the safest environment possible whilst ensuring you receive the essentials.

At St Louis, our commitment to the health and wellness of our residents, our community and our team is at the heart of everything we do; never more than in these challenging times. Helping to reduce the spread of the COVID-19 virus is everyone's responsibility. As such, the precautionary measures which have been implemented to help protect against its spread, are likely to be around for quite some time.

I am looking forward to April, as an opportunity to evolve as a community to navigate these uncharted waters, and establish new ways of enjoying life, in-line with our current restrictions and government requirements. Perhaps we will all need to embrace technology and the digital world a little more. Reach out to our families and friends over the phone more often, share stories and reminisce of times gone by while we learn together what works and what doesn't to establish a new interim way of life.



# VILLAGE MANAGER'S REPORT

Continued

With all that is happening right now, it's okay to feel overwhelmed, but know that you're not alone - we're all feeling the effects and we're all in this together. If you're feeling lonely or isolated, reach out to someone, and at the same time, take a moment to check in on your loved ones by picking up the phone.

We are actively monitoring the situation around the world and adjusting to new precautions. I want to take a moment to check in with you - our residents - and see how you're doing. I hope your staying safe and healthy, practicing social distancing and being socially responsible for the greater good of the community.

If you're feeling lonely or vulnerable, call us. If you need help or assistance with daily tasks, call us. If your struggling to access essential groceries or supplies, call us. I give you my word that we will do whatever we can to assist you. I would rather be answering phone calls all day and providing assistance than have any resident compromise their health or well being unnecessarily.

I believe I speak on behalf of everyone when I say a huge thank you to our healthcare and essential service workers across the country, especially our own village and home care staff. Our wonderful kitchen, administration, gardening & maintenance employees along with the amazing home care team are working tirelessly on the front line to provide care and essential services to you.

I ask that in return we show them the appreciation, respect and recognition they deserve, by doing our bit, being understanding and staying home. "This is not a compulsion, this is strong advice - people aged 70 and over should stay at home and self-isolate for their own protection. To the maximum extent practical." - Prime Minister, Scott Morrison (29/03/2020). A very real yet confronting statement of advice was issued by the prime minister, urging our vulnerable community to protect themselves.

The Australian council on the Ageing made a supporting statement that it's not worth the risk to one's health to ignore this advice, it does not mean that you should shut yourself in your homes and not go outside at all. With precautions you should still walk the dog, or grab some fresh air and exercise by yourself, or with a support person. But you should not under any circumstances be socialising with anyone outside of the immediate members of your household.

With this advice in mind and our genuine desire to keep all our residents safe, I implore you to please adhere to the following guidelines.

- \* **Stay inside your unit as much as possible.**
- \* **Only allow essential visitors into your unit.**
- \* **Do not travel from your home unless it is to attend an essential medical appointment or obtain essential supplies.**
- \* **Do not attend reception unless absolutely essential, please phone first.**
- \* **Do not socialise within the village. All interactions are to be limited to the members of your immediate household or a maximum of you and one other person outside.**

The message is simple, do not leave your unit unless you genuinely need to, before you put yourself at risk, pick up the phone and see if your family or the village can assist you first. Rest assured, we're doing everything we can to keep our team and community safe. In saying that, we need the cooperation and support of our residents and families to continue to facilitate essential services during this unprecedented situation.

To finish on a positive note, this month I welcomed a new addition to my household.

Pictured below is 'Waylon', my gorgeous and playful Australian bulldog puppy who is now 10 weeks old.

Stay Safe. Stay Home!

Yours truly,

Sarah Reilly | Acting Village Manager  
Contact details 0411 853 819 or [sreilly@stlouisestate.com.au](mailto:sreilly@stlouisestate.com.au)

