



## New Development

**COMING SOON!  
STAY TUNED FOR UPDATES**

## CONSTRUCTION UPDATE

Construction of the new wellness centre & apartments on Dean Street is now underway. The builders have taken possession of the site and will carefully commence demolition of the existing buildings in the coming weeks. Stay tuned for further updates

## thank you MR ACCORDION MAN & THE SCOTCH COLLEGE PIPE BAND

On behalf of all residents and staff at St Louis Estate, we wish to extend a sincere thank you to Mr Accordion Man & the Year 10 Scotch College Pipe band for donating their time and musical talents to entertain us all during June. The uplifting tunes and the wonderful performances they shared with us thoroughly enjoyed by all.





## VILLAGE MANAGER'S WELCOME

**HOORAY!** We are finally COVID-19 restriction free here at St Louis, it is such a fantastic feeling to be able to share that statement. With the only remaining guideline applicable to the estate being the two square metre per person rule, it means our dining and village activities are returning to pre COVID-19 routine.

July will see the reintroduction of social activities, morning teas, guest speakers and most importantly formal and casual dining. Remember it is still very important to maintain good infection control practices and if you're not 100% well, please stay home. It has been fantastic too see all your friendly faces getting out and about in recent weeks. You may have seen the recent addition of our new welcome sign situated at the main Albert street vehicle entry, it displays our new and improved village map, making finding units and key features of the village much easier. (Pictured right)

We are continually looking for ways to improve your village life and facilities, as always, I welcome your

feedback and suggestions, this is your community and we aim to make it a wonderful, supportive and safe place to live. I hope you enjoyed the pop-up style musical entertainment last month and I look forward to seeing you all at our social events during July, especially the Christmas in July luncheon on Friday 31st July 2020. Get in early to secure your tickets, families welcome.

*Yours Truly, Sarah Reilly*



## WELCOME TO OUR NEW RESIDENTS

St Louis Estate would like to extend a very warm welcome to our new residents.

We look forward to seeing your new and friendly faces around the village.



## Christmas In July

Friday 31st July 2020 | 12:00pm – 3:00pm

Price: \$40.00 per ticket includes:

- Champagne on Arrival
- 3 Course Meal
- Traditional Christmas Dinner & Dessert
- Tea & Coffee provided

Raffles & Door Prizes on the Day.

Tickets on Sale Now via Reception.

Ticket sales close Friday 17th July, unless sold out prior.



## From the Kitchen

New Café Dine-In lunch menu available Monday to Friday, including fish & chips, seafood basket and blackboard special meals available daily. See Café staff for details.

### OPENING HOURS

**Monday – Friday**  
**10:00 am – 2:00pm**

**COFFEE  
& CAKE  
SPECIAL  
\$5.00**

## FORMAL & CASUAL DINING RETURN

We are excited to welcome you back to our much-loved dining options. All casual and formal dining will resume in July, this includes Monday, Wednesday, Friday and Sunday Dine-In options. To assist our kitchen in the transition back to dine-in meal service, we ask that you continue to pre-book your attendance for all dine-in options through reception with at least 24hours notice.

## DAILY MEALS & CAFÉ LUNCHES

July will see a change in our “Meal of the Day” delivery schedule, given the return of evening meals, we will be offering the meal delivered to your door just prior to the commencement of the dine in service. (See Table Below). Tuesday, Thursday & Saturday lunch delivery option will remain unchanged. Now that the Café has resumed normal service, we encourage you to attend the Café to dine in for lunch Monday to Friday, from the new À la carte menu, No bookings or pre-orders required for casual lunch dining. Should you still require delivery of meals, advanced notice is required.

## DINING OPTIONS & DELIVERY SERVICES

DAY	MEAL THEME	COST	DELIVERY TIME	DINE –IN TIME
Monday	Casual Dinner	\$15.00	4:00 pm – 5:00 pm	6:00 pm
Tuesday	Meal of the Day	\$15.00	12:00 pm – 1:00 pm	N/A
Wednesday	Chefs Dinner	\$30.00	5:00 pm - 6:00 pm	6:00 pm
Thursday	Meal of the Day	\$15.00	12:00 pm – 1:00 pm	N/A
Friday	Casual Dinner	\$15.00	4:00 pm – 5:00 pm	6:00 pm
Saturday	Meal of the Day	\$15.00	12:00 pm – 1:00 pm	N/A
Sunday	Roast Lunch	\$28 .00	12:00 pm – 12:30 pm	12:30 pm

Dietary requests will be met as required, gluten free and vegetarian options are always available. Orders need to be submitted via telephone or email to reception. All meal orders close at 12:00pm the day prior, but advanced notice is appreciated.

## WHAT'S ON THIS MONTH

Meal of the day

Important Dates

Activities in the Village

Guest

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<p>1</p> <p>6.00pm - Lamb with Rosemary Sauce Or Salmon in Filo Pastry with Yogurt Sauce (KL)</p> <p>Aqua Aerobics 9.00am (PL)</p> <p>Activity Group 1.00pm (HS)</p>	<p>2</p> <p>Honey Mustard &amp; Vegetables</p> <p>Gentle exercise</p>
<p>6</p> <p>Pumpkin &amp; Ricotta Ravioli with Tomato Sauce</p> <p>Shopping Trip 10.00am (HS)</p> <p>Chair Yoga at 2.30pm (DR)</p> <p>Men's Club at 5.00pm (DR)</p> <p>Pasta Night 6.00pm (KL)</p>	<p>7</p> <p>Chicken Pad Thai served with Vegetables</p> <p>Gentle exercise at 11.15am (DR)</p>	<p>8</p> <p>6.00pm - Chicken with Garlic Sauce Or Barramundi with Dill Sauce (KL)</p> <p>Aqua Aerobics 9.00am (PL)</p> <p>Activity Group 1.00pm (HS)</p>	<p>9</p> <p>Fish &amp; Chips or</p> <p>Gentle exercise</p> <p>Bingo 1.30pm</p>
<p>13</p> <p>Ham &amp; Peas Gnocchi with Creamy Blue Cheese</p> <p>Shopping Trip 10.00am (HS)</p> <p>Chair Yoga at 2.30pm (DR)</p> <p>Pasta Night 6.00pm (KL)</p>	<p>14</p> <p>Gourmet Hot Dogs served with a choice of Chips or Wedges</p> <p>Gentle exercise at 11.15am (DR)</p>	<p>15</p> <p>6.00pm - Beef Fillet with Béarnaise Sauce Or Snapper with Citrus Butter Sauce (KL)</p> <p>Aqua Aerobics 9.00am (PL)</p> <p>Activity Group 1.00pm (HS)</p>	<p>16</p> <p>Apricot Chicken</p> <p>Gentle exercise</p>
<p>20</p> <p>Beef Stroganoff with Penne</p> <p>Shopping Trip 10.00am (HS)</p> <p>Chair Yoga at 2.30pm (DR)</p> <p>Pasta Night 6.00pm (KL)</p>	<p>21</p> <p>Homemade Beef Pies with a choice of Salad or Vegetables</p> <p>Gentle exercise at 11.15am (DR)</p>	<p>22</p> <p>6.00pm - Honey Garlic Pork Chop Or Salmon with Hollandaise Sauce (KL)</p> <p>Aqua Aerobics 9.00am (PL)</p> <p>Activity Group 1.00pm (HS)</p> <p>Residents Committee 10.30am (DR)</p>	<p>23</p> <p>Fish &amp; Chips or</p> <p>Gentle exercise</p> <p>GP Clinic</p>
<p>27</p> <p>Chicken &amp; Bacon Carbonara</p> <p>Shopping Trip 10.00am (HS)</p> <p>Chair Yoga at 2.30pm (DR)</p> <p>Pasta Night 6.00pm (KL)</p>	<p>28</p> <p>Mediterranean Chicken with Roast Sweet Potato &amp; Chickpea</p> <p>Gentle exercise at 11.15am (DR)</p>	<p>29</p> <p>6.00pm - Barramundi with Salsa Verde Or Lamb with Mustard Thyme Sauce (KL)</p> <p>Aqua Aerobics 9.00am (PL)</p> <p>Activity Group 1.00pm (HS)</p>	<p>30</p> <p>Mi Gao</p> <p>Gentle exercise</p>



Public Hols	Events in the Village	Exercise Class	Village Organised Trip
talk	Formal Dining	Casual Dinner	

SDAY	FRIDAY	SATURDAY	SUNDAY
	3	4	5
Hard Chicken tables	Beef Vindaloo with Naan Bread	Portuguese Chicken served with Cous-Cous & Vegetables	Sunday Lunch - 12.30pm Roast Lamb & Vegetables (KL)
at 11.15am (DR)	Guest Talk: Robin Tunnicliffe "Climate Change" 10.30am (KL)		
	Curry Night 6.00pm (KL)		
	10	11	12
Seafood Basket	Lamb Korma Curry with Rice	Homemade Chicken Pie with Vegetables	Sunday Lunch - 12.30pm Roast Turkey & Vegetables (KL)
at 11.15am (DR)	Guest Talk: Estelle Amelia "Sound Healing" 10.30am (KL)		
0pm (DR)	Curry Night 6.00pm (KL)		
	17	18	19
n & Vegetables	Eggplant & Chickpea Curry	Braised Beef Cheeks with Leek & Pea Puree	Sunday Lunch - 12.30pm Roast Pork & Vegetables (KL)
at 11.15am (DR)	Birthday Morning Tea at 10.30am		
	Curry Night 6.00pm (KL)		
	Lions Hearing Clinic		
	24	25	26
Seafood Basket	Thai Green Chicken Curry	Seafood Risotto	Sunday Lunch - 12.30pm Roast Beef & Vegetables (KL)
at 11.15am (DR)	Guest Talk: Jordan Bishop from Lions Hearing 10.30am (KL)		
linic	Curry Night 6.00pm (KL)		
	31		
oreng	Christmas in July 12.00pm - Ham, Turkey & Vegetables		
at 11.15am (DR)	Dessert: Christmas Pudding (KL)		

## ST LOUIS ESTATE UPDATES

### ST LOUIS ESTATE TV

Your will need to re-tune your TV to receive "Chanel 111 – St Louis TV". St Louis TV will be launching in the near future. The channel will provide an additional method of communication to residents. Once live you can expect to see a variety of Village News, Updates and Points of Interest streamed to your unit 24 hours a day.

### EXPECT A VISIT

Thais Gimenes, will be dropping past to visit all residents across the month of July, this will be to ensure you have successfully tuned your tv to receive channel 111 and provide assistance where necessary. In addition, Thais will be taking the resident photos and helping make sure we have the correct emergency contact details on record. If you wish to book a specific time for Thais to attend your unit please book via reception.

### EMERGENCY MANAGEMENT & RESIDENT PROFILES

We are currently in the process of updating our emergency management processes. As a way to provide you with additional support in case of an emergency, we are updating our records to include the following. Current 'In case of emergency contact form'

- Current BlueForce Assist details
- Resident Photograph to assist staff in identifying residents in case of emergency

These photographs will be kept in a confidential master file and only accessed by authorized St Louis Estate staff. Once we have completed this process each resident will be issued with an after-hours emergency plan to keep in their units.



photo: ownyourimpact.com.au

## GARDEN ORGANICS BINS

The Town of Claremont have granted our request to access the Garden Organics (GO BINS) program, in order to be given the GO bins we must apply on behalf of residents willing to have a bin allocated to them as a rate payer. We are seeking nominations residents who would be happy to 'Host' a GO bin which could be shared among your neighbors and used to dispose of the large amounts of garden waste we have at the village. If you would be happy to have a GO bin allocated to you, please advise reception and we can complete the process for you.

## JULY BIRTHDAYS

*Happy Birthday!*  
*to all our beautiful residents & staff*







## REMINDERS

### DOCTOR IN THE VILLAGE

GPs on Bayview Clinic – DATE:  
23rd July at the Homestead.  
Appointments required.

### LIONS HEARING CLINIC

DATE: July 17th. Call 1800 054  
667 to book your appointment.

### ST QUENTIN DENTIST

The Dentist is back to work. They  
pick up residents in the village  
if necessary. Call 9385 2418 to  
book your appointment.

### HAIRDRESSER

Karen is taking appointments  
Wednesday – Friday.  
Call 0419 948 577 to book.

### BEAUTICIAN

Christine is taking appointments  
on Friday's. Call 0403 281 205  
to book.

### MASSAGE THERAPY

Sandra is back on 7th & 21st July.  
Call reception to book  
your appointment.

### RESIDENTS/ FAMILY UPDATES

Register your email address to be  
included in our regular  
digital updates.

SAVE  
THE DATE



### BUS TRIP - 18TH AUGUST

#### RSVP 10th August

Fairbridge Village Pinjarra  
Lunch Provided | **Cost \$66.00**  
Depart Homestead 8:45am  
Return 3:30pm



*Fiona Cooper Smyth*  
Songs for the Soul

## FIONA COOPER SMYTH

**DIVALICIOUS OPERA SINGER** Remember Fiona, who entertained the village with her marvellous voice as part of her phantom opera singer campaign? Due to popular demand, Fiona has recently finished recording a CD and would like to make it available for residents who may wish to purchase. The album "Songs For The Soul" from Fiona Smith comprise 21 songs from the world of opera and musical theatre, classical and cross-over. It includes Pie Jesus to Puccini, Madam Butterfly to Memory, Tosca to Lascia, Ave Maria, If I Loved You and My Funny Valentine. **COST: \$20.00 – Order via reception until 24 July 2020. This can be billed to your monthly account.**

## SERVING OUR COMMUNITY

Dedicated residents at St Louis work tirelessly to collect food, toiletries and other items to donate to fantastic organisations, including St Patrick's, who assist the homeless and the Solaris cancer foundation. These residents also spend hours knitting blankets and jumpers for those in need. The many hours of hard work don't go unnoticed and we recently had a visit from the Post to promote their good work. Thank you to everyone involved. If you would like to donate, feel free to contribute sought after items to the collection boxes located at reception.

**In addition Joy Sinclair is also seeking donations of magazines which you are finished reading, to be given to Catherine at Reception. These magazines are donations to people suffering with Mental Health issues due to the recent constraints and isolation.**

## ST LOUIS HOME CARE UPDATE

*From Teelia Peploe* - DIRECTOR HOME CARE SERVICE

June saw the WA Governments Stage 3 lifting of restrictions, this marked the return of many freedoms we once took for granted. It has been wonderful to see you back at the homestead enjoying a meal, an exercise class, or a haircut and colour.

How fortunate we are to live in a well, protected community, city, and country. We are grateful and excited to be able to now look to the future

### NEW STAFF MEMBER

Please join me in welcoming our new Home Care Administrative Assistant Asena Uluakiola. Asena brings to our team extensive experience in HR and homecare and we are thrilled to have her join us. Please introduce yourself if you get an opportunity.

### HOME CARE OFFICE LOCATION & NEW PHONE NUMBER

On Monday 15th June 2020 St Louis Home Care moved offices to Unit 58 at St Louis Estate, straight across the homestead lawn from reception. It will be well signed, and we invite you to drop in anytime to say hello, or to discuss home care or housekeeping needs.

### WELLBEING CHECKS NOW OFFERED TO ALL HOME CARE AND CHSP RECIPIENTS

I would like to inform you that in April, Minister Colbeck announced the Older Persons Advocacy Network (OPAN) will provide wellbeing checks over the phone to all home care recipients who may need some extra social and emotional support. If you are interested in this service, we can send a referral on your behalf or you can refer yourself or a loved one with their consent and knowledge to OPAN on 1800 237 981 or email [covid@opan.com.au](mailto:covid@opan.com.au)

### COVID-19 TESTING FOR ASYMPTOMATIC HEALTH CARE WORKERS

In the June newsletter I advised that all St Louis staff who are required to enter a resident or home care client's home would be tested for COVID-19. I'm pleased to inform you that all staff have now been tested and all tested negative for COVID-19. Again, these results only represent a snapshot in time, however they do serve to provide reassurance to our community, and to inform government of possible asymptomatic community transmission.

### NEW HOME CARE OFFICE PHONE NUMBER: (08) 6149 2068

For all home care bookings including cleaning please contact the home care office directly.



## ACTIVITY GROUP

Our popular activity group is set to return from Wednesday July 1st with the new time of 1:00pm. The activity group is facilitated by David Scott, a St Louis Home Care support worker, who plans and coordinates a variety of activities for residents whom wish to come along and enjoy this fantastic social group. The activities change from week to week and encourage both cognitive and social engagement. Come along and enjoy some structured activities and great conversation. **Your first class is FREE! Please book through reception.** I leave you with a fabulous photo of our nurse Sarah Scanlon enjoying weekly bike riding with one of our very happy home care clients I love this photograph because it illustrates that home care is so much more than just domestic assistance or personal care assistance. It is supporting your wellness and independence, whatever that may mean to you. Keep well.

Warm regards, Teelia Peploe

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