



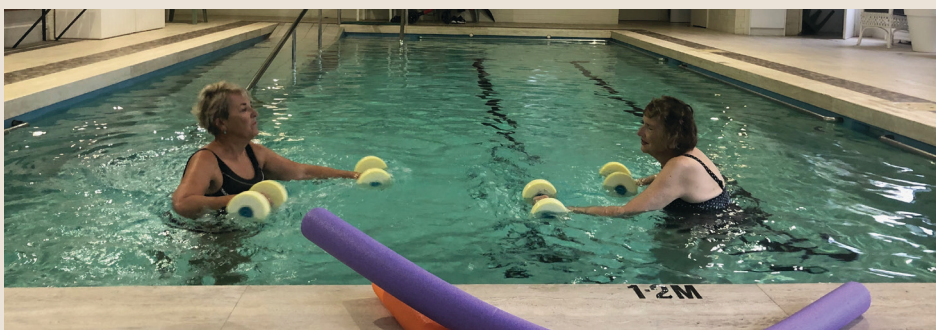
WISHING ALL OUR LOVELY
RESIDENTS A WONDERFUL
LONG WEEKEND.

Happy WA Day!

WELCOME BACK

Over the past two weeks we have seen the gradual return of activities and gatherings around the village. It has been delightful to see friendly faces popping up to the café, into the pool & gym along with keeping active with our yoga and exercise classes.

We encourage you all to start making use of our wonderful facilities again. Bookings via Reception.



VILLAGE MANAGER'S WELCOME

I'd like to wish everyone a safe and happy WA Day. The 1st of June marks the WA Day public holiday formally known as Foundation Day to commemorate the founding of the Swan River Colony in 1829.

It's a day to now celebrate all Western Australians, recognising our Aboriginal history, early European settlers and the many people from all over the world who have made, and continue to make, Western Australia their home. In theme with celebrating inclusiveness and the place we call home, I feel it's fitting to take a moment to reflect on and appreciate the wonderful village community that helps make St Louis Estate feel like home for everyone.

One of the greatest strengths of a community is that we can achieve things we couldn't do as individuals. The COVID-19 restrictions have really shone a spotlight on the amazing individuals we have living and working here at St Louis, from

friendly phone calls and welfare checks, to walking pals and afternoon tea on balconies, every offer of support and assistance to help each other get through difficult times has not gone unnoticed. As a group we have overcome adversity so far and will continue to do so as restrictions lift further. We addressed our upcoming FY20/21 Village Budget in a new way and have returned to group activities, coffees in the café and use of common facilities with cooperation and support from everyone.

I would personally like to thank you all for the wonderful feedback that has been submitted over recent weeks, its heart-warming to know the actions we have taken to keep you safe were well received.

In the words of Coretta Scott King "The greatness of a community is most accurately measured by the compassionate actions of its members.", with that in mind, I think our St Louis community really is a great one.

Yours Truly, Sarah Reilly



Thankyou & Congratulations

As a gesture of appreciation for all of the support our Café has received during the COVID-19 restrictions and congratulations for the way our village community pulled together to keep everyone safe, we would like to offer all residents a discount on food purchases for May & June 2020.

All Hot Meals will be reduced to just \$10.00 for the entire month of June, with soups & sandwiches reduced to \$5.00. These discounts will also be applied retrospectively to all purchased recorded for the month of May. We truly appreciate all of the understanding and support that has been shown during these trying times and a big shout out goes to our wonderful Café staff for all of their wonderful efforts.



ST LOUIS ESTATE
LIVE WELL

From the Kitchen

CAFE NOW OPEN

Opening Hours - Monday - Friday | 10:00 am - 2:00pm

Dine-In Service available during opening hours

Coffee & Cake Specials available daily,

Pre-Ordered Meals & Sandwiches also available for dine-in.

No cash will be accepted until further notice, all purchases will be billed directly to resident monthly accounts.

**From 1 June St Louis
Grocery Store orders
will be delivered on
Wednesday's only.**

HOT MEAL OF THE DAY Delivered to your door 7 days per week

DAY	MEAL THEME	DELIVERY TIME	COST
Monday	Italian Inspired	12:00pm - 1:00pm	\$10.00
Tuesday	Homestyle Dinner	12:00pm - 1:00pm	\$10.00
Wednesday	Chefs Dinner	5:00pm - 6:00pm	\$10.00
Thursday	Indian/ Asian Inspired	12:00pm - 1:00pm	\$10.00
Friday	Fish & Chip (Grilled or Battered)	12:00pm - 1:00pm	\$10.00
Saturday	Homestyle Dinner	12:00pm - 1:00pm	\$10.00
Sunday	Roast Lunch	12:00pm - 1:00pm	\$10.00

Fruit Salad & Side Salads available with all hot meals on request with your orders
Wednesday & Sunday Meals will continue to be served with a special dessert.

LIGHT MEALS MENU

Available for delivery, Monday-Friday 10am-2pm.

SOUP OF THE DAY

Served Hot or Cold with a bread roll or gluten free bread.

SANDWICHES MADE TO ORDER

Chicken, Egg, Smoked Salmon, Salad on Helga's wholemeal bread. (Gluten Free option available).

SALAD MADE TO ORDER

Garden Salad, served with your choice of Egg, Ham, Chicken or Smoked Salmon.

QUICHE / FRITTATA OF THE DAY

Chefs selection Quiche or Frittata of the Day served with a side salad.

TOASTED SANDWICHES

Various toasted sandwiches available by request.

CAKES & SLICES

- Daily selection of Cakes & Slices
- Banana Bread
- Fruit Toast

HOT & COLD DRINKS

- Black / Green Tea, Flat White, Cappuccino, Café Latte, Long Black
- Coke, Diet Coke, Coke Zero, Fanta, Sprite
- Orange Juice, Apple Juice, Cranberry Juice
- Bundaberg Ginger Beer, Lemon, Lime & Bitters

**COFFEE
& CAKE
SPECIAL
\$5.00**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Beef Lasagne WA Day	2 Singaporean Chicken Noodles	3 Cream Cheese & Sundried Tomato Stuffed Chicken <i>or</i> Salmon with Lemon Butter Sauce	4 Beef Rendang with Rice Gentle Exercise at 10.30am & 11.15am
8 Fish & Chips Chair Yoga at 2pm & 3pm	9 Tuscan Beef Stew served with Polenta Gentle Exercise at 10.30am & 11.15am	10 Lamb with Red Wine Sauce <i>or</i> Barramundi with Sage & Coconut Sauce	11 Chicken Tikka Masala with Rice Gentle Exercise at 10.30am & 11.15am
15 Chicken Parmigiana <i>or</i> Schnitzel with steam potatoes & vegetables Chair Yoga at 2pm & 3pm	16 Pork Normandy Casserole with steam potatoes & vegetables Gentle Exercise at 10.30am & 11.15am	17 Beef Fillet with Mushroom Sauce <i>or</i> Barramundi with Creamy Garlic Sauce	18 Lamb Rogan Josh with Rice Gentle Exercise at 10.30am & 11.15am
22 Spinach & Ricotta Cannelloni Chair Yoga at 2pm & 3pm	23 Mini Slider Burgers served with Chips or Wedges Gentle Exercise at 10.30am & 11.15am	24 Baked Snapper with Tomato Salsa <i>or</i> Beef Guinness Stew with Mash Potatoes	25 Vegetable Curry with Rice Gentle Exercise at 10.30am & 11.15am GP Clinic
29 Lamb Ragout with Gnocchi Chair Yoga at 2pm & 3pm	30 Mongolian Beef Stir-fry with Rice Gentle Exercise at 10.30am & 11.15am		

Meal of the day

Important Dates/Public Hols

Events in the Village

Activities in the Village



ST LOUIS ESTATE
LIVE WELL

JUNE 2020

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5	6	7
<p>Rendang with Rice</p> <p>Exercise at 10am & 11.15am</p>	Fish & Chips	Quiche Lorraine served with salad or vegetables	Roast Lamb & Vegetables
	12	13	14
<p>Tikka Masala with Rice</p> <p>Exercise at 10am & 11.15am</p>	Fish & Chips	Beef & Veal Meatballs in Tomato Sauce with Penne & Broccoli Puree	Roast Turkey & Vegetables
	19	20	21
<p>Rogan Josh with Rice</p> <p>Exercise at 10am & 11.15am</p>	<p>Fish & Chips</p> <p>Lions Hearing Clinic</p>	Chicken, Mushroom & Pea Risotto	Roast Pork & Vegetables
	26	27	28
<p>Curry served with Rice</p> <p>Exercise at 10am & 11.15am</p> <p>GP Clinic</p>	Fish & Chips	Bangers and Mash served with peas, onions & gravy	Roast Beef & Vegetables served with Yorkshire Pudding

REMINDERS

PUBLIC HOLIDAY

WA Day Public Holiday is on June 1st. The office and kitchen will be closed. Monday meals will be delivered on Sunday 31st of May.

DOCTOR IN THE VILLAGE

GPs on Bayview Clinic – 25th June 2020

Dr Tom Mildendhall will run his regular 4 weekly clinic at the Homestead. Appointments required.

LIONS HEARING CLINIC

Date: June 19th. 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

Hairdresser is back to work. Call Karen to book your appointment. 0419 948 577.

OFFICE

Reception will remain closed until further notice. Please contact reception via phone for daily enquiries.
9385 1420 | admin@stlouisestate.com.au

RESIDENTS/ FAMILY UPDATES

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

GUEST SUITE

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

SPECIAL REQUEST

Do you have a spare Western Metropolitan Regional Council 'Recycling Centre Pass' – for disposal of bulk and garden waste??

If so, Ollie, Pete and Barry will happily take them off your hands, the team use the passes to dispose of the garden green waste produced from maintaining the beautiful St Louis Estate Gardens.

In the coming months the Town of Claremont will issue the new passes for 2020/2021, it would be greatly appreciated if these could be dropped to reception or one of the team.

ST LOUIS ESTATE GARDENS & MAINTENANCE TEAM



COMMON FACILITIES NOW OPEN

GYM

- Bookings available between 8:00am – 4:00pm Monday – Friday (Closed on weekends).
- Strictly one person at a time.
- Bookings required via reception – Please phone to secure your timeslot prior to use.
- Please use hand sanitiser upon entry & wipe down equipment once finished.

SWIMMING POOL

- Bookings available between 8:00am – 4:00pm Monday – Friday (Closed on weekends).
- Strictly one person at a time.
- Bookings required via reception – Please phone to secure your timeslot prior to use.

LIBRARY

- Restricted hours – Monday to Friday, 8:00am – 10:00am and 2:00pm – 4:00pm.
- Strictly one person at a time.



ST LOUIS ESTATE
LIVE WELL

SCONES

PREP TIME: 15 MIN | COOK TIME: 15 MIN

INGREDIENTS

- 8 Cups Self Raising Flour
- 500ml cream
- 8 teaspoons caster sugar
- 500ml milk

METHOD

In a plastic bowl, sift flour and sugar. Make a well (hole) in the centre.

Gradually add 450mls of the milk and all of the cream

Use a bread and butter knife to gradually stir liquid in mixture until it forms a soft dough.

Add the remaining milk (only if required for consistency).

Turn dough onto a lightly floured bench surface.

Gently knead until smooth while keeping the majority of the air in the dough.

Flatten until 3cm thick and with a scone shaped utensil, cut scones out of the dough.

Place scones on a lightly floured oven tray and brush with a little extra milk.

Bake in oven for 15 minutes at 200C.



WELCOME TO OUR NEW RESIDENTS

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

Unit 84 – Mrs Mollie Gill

Unit 25 – Mr Michael Seed

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

JUNE BIRTHDAYS

RESIDENTS

1st - Lady Lyn Garland

8th - Pat Mansell

8th - Bob Shaw

10th - John McPhee

11th - Balu Ratneser

11th - Michael Seed

11th - Mollie Gill

12th - Jill Hocking

14th - Karen Mitchell

20th - Norma Curnow

20th - Dorothy Hancock

20th - Dr James (Jim) Paterson

23rd - Joy Hill

23rd - Tony Brand

26th - Wendy Sweet

27th - Ian Christian

30th - Norm Woods

STAFF

12th - Anna Naylor

21st - Barry Ambler

24th - Bernadette McCann

27th - Nicola Cross

*Happy
Birthday!*





ST LOUIS HOME CARE

Dear Residents, Families & Friends,

This week will mark 14 weeks since restrictions commenced.

Every single member of our community (residents, families, friends and staff) has respected these measures and acted to protect not just themselves, but those around them. It's a privilege to be a part of St Louis. Thank you all for working with us to ensure we're as safe as possible.

On Wednesday 27th May, The WA Department of Health announced free testing for health care workers in the community who show no symptoms of COVID-19.

I'm pleased to let you know that as of Friday 29th May, all St Louis staff who are required to enter a residents home (care workers, cleaners, meal delivery, maintenance) will be tested for COVID-19.

With no community transmission currently in WA, this announcement of asymptomatic testing for high risk workers (healthcare, police, meat workers, retail workers and hospitality) will provide a better understanding of community transmission. I will communicate the results to our community as soon as possible.

I would also like to take this opportunity to remind you about the COVIDsafe app. It has been just over a month since the Federal Government released the COVIDsafe app to help contact tracers track down potentially positive COVID-19 cases. To date, it has been downloaded by six million Australians.

All stakeholders of St Louis Estate are invested in the wellness and protection of elderly Australians.

The COVIDsafe app is a guaranteed way of insuring anyone in our community is notified if they have been at risk of exposure. For more information go to <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

Please don't hesitate to contact myself or the Home Care team with any questions or concerns.

I wish you all a lovely long weekend. Keep warm and well.

Kind regards, Teelia Peploe



JUNE HOME CARE SPECIAL

Whilst the pandemic has presented many challenges, it has also provided wonderful opportunities to reflect on our services and further enhance the safety and security of all residents at St Louis Estate.

We have, and will continue to be vigilant in implementing a robust infection control plan to protect our community. In an effort to further protect our community from COVID-19 and ensure St Louis residents have reduced exposure to external high risk sources of infection, we are encouraging our residents to consider St Louis Estate Home Care as their Home Care Package provider.

St Louis Estate Home Care employs a small, experienced and highly trained group of staff all based on-site at St Louis Estate.

Until the end of June, St Louis Estate Home Care is offering 3 months wavier of fees on your home care package, a saving of up to \$3750 on a level 4 package. As an added bonus we are also offering 3 months of complementary exercise classes.

For an obligation-free consultation about how we can help, please contact the Home Care team on 08 9385 1420.

8 Change your Home Care Provider to St Louis Home Care now for these incredible savings. Don't miss out.