

Thank You

7TH AUGUST
AGED CARE EMPLOYEE DAY



AGED CARE EMPLOYEE DAY

On August 7th we celebrate Aged Care Employee Day. This year it's particularly important to celebrate our workforce of carers, nurses, cleaners, catering staff, chefs, gardeners, maintenance officers, administrators and managers who have all worked tirelessly in recent months. As a gesture of thanks, we will be recruiting members of our community to

participate in a short video to thank our committed team. We have also made a number of thankyou cards in the Café area to be filled out if you wish to pass on a special thanks to our wonderful staff. Following on from the Friday morning guest talk on 7th August there will be an extra special thankyou morning tea in the Kingsmill Lounge.

CELEBRATE ST LOUIS' MORNING TEA

After the great success and large turnout at of birthday morning tea being held on Friday 17th July 2020 we are excited to add our new monthly event to the 3rd Friday of every month. The Celebrate St Louis morning tea will focus on celebrating our new residents, birthdays, special milestones and all things worth celebrating within our wonderful community. Everyone is welcome to join the monthly celebrations and boost our community engagement, socialise with other residents and celebrate St Louis. (Pictured right, Sir William Heseltine cutting the birthday cake in July)



VILLAGE MANAGER'S WELCOME

It's August already and 2020 seems to be passing by quicker than the blink of an eye. We ended July with our Christmas celebration hosted in the Kingsmill Lounge, welcoming nearly 50 guests to share a delicious meal. The event and gathering of residents was thoroughly enjoyed by all, whilst serving as a timely reminder for me, just how lucky we are here in Western Australia to be currently maintaining a near restriction free lifestyle.

It has been both refreshing and encouraging to see such a great turnout of numbers at various social events and regular activities around the village, with the August calendar set to include the Fairbridge Village bus trip, the reintroduction of our Tuesday afternoon movies and the new 'Celebrate St Louis' morning tea. I hope to see you all there.

We will also be given an opportunity to celebrate the contributions of our dedicated and amazing workforce on Friday 7th August after the Guest Talk. Aged Care Employee Day is a national day to acknowledge more than 360,000 dedicated people

who care for and support around 1.3 million older Australians. This year, we say a special "thank you" for their continuing devotion in protecting so many vulnerable people from the coronavirus pandemic. Please join me in showing our gratitude and appreciation to our fantastic St Louis Estate team next week, more information on how to get involved is below.

Finally, I feel it's important to remind everyone, that whilst we are not experiencing any known community transition of COVID-19 here in Western Australia, our east coast counterparts are facing the confronting reality of a devastating second wave. I cannot stress enough how important it is for every single one of us to continue to be diligent, practice good hygiene and stay home if you are unwell or display any flu like symptoms. Your safety and wellbeing is always our highest priority, and we will continue to work together to achieve it.

Yours Truly, Sarah Reilly



CONSTRUCTION UPDATE

Construction of the new wellness centre & apartments on Dean Street is now underway. The builders have now finished the demolition process and will now start site works. Stay tuned for further updates. If anyone has any questions or concerns please contact Ed by email ewilson@stlouisestate.com.au.



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.



Chef Simon



Chef Ko

OPENING HOURS

Monday - Friday
10:00 am - 2:00pm



WELCOME TO THE TEAM

Chef Ko and the wonderful catering team would like to welcome their newest member Chef Simon to the St Louis Café Team. Simon brings a wealth of experience and complementary skill set to our kitchen and we look forward to working with him into the future. Keep an eye out for all the delightful baked goods and creative creations popping up daily in the Café display cabinets. They are set to impress.

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.

***Please Note: Deliveries that are requested outside the set delivery times will incur a \$1.00 surcharge.**

WHAT'S ON THIS MONTH

Meal of the day

Important Dates

Social Activities

Guest

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>31</p> <p>6:00pm - Pasta Night - Beef Lasagne (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga at 2:30pm (KL)</p>			
<p>3</p> <p>6:00pm - Pasta Night - Tuna Bake (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga at 2:30pm (KL)</p> <p>Men's Club at 5:00pm (KL)</p>	<p>4</p> <p>Chicken Parmigiana or Schnitzel with Chips or Wedges</p> <p>Gentle exercise at 11:15am (KL)</p> <p>Seniors Morning Tea at 10:30am (PDR)</p>	<p>5</p> <p>Violin Recital 5:45pm (DR)</p> <p>6:00pm - Wednesday Night Dining Chicken Breast with Mushroom Sauce or Salmon with Lemon Butter Sauce (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p>	<p>6</p> <p>Fish & C Seafood</p> <p>Gentle exercise</p> <p>Social Club Com 2:00 pm</p>
<p>10</p> <p>6:00pm - Pasta Night - Pasta Bolognese (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga at 2:30pm (KL)</p>	<p>11</p> <p>Beef Sliders with Chips and Salad</p> <p>Gentle exercise at 11:15am (KL)</p> <p>Movie in the Village at 1:30 Into the Storm (1hr 29 min) (KL)</p>	<p>12</p> <p>6:00pm - Wednesday Night Dining Lamp Rump with Thyme Sauce or Barramundi with Orange Cream Sauce (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p>	<p>13</p> <p>Soft Shell T with</p> <p>Gentle exercise</p> <p>Bingo 1:30</p>
<p>17</p> <p>6:00pm - Pasta Night - Creamy Chicken Pesto Pasta (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga at 2:30pm (KL)</p>	<p>18</p> <p>Roasted Drumsticks served with Vegetables & Cous Cous</p> <p>Gentle exercise at 11.15am (KL)</p> <p>Private Function Booking 6:00 - 7:30 pm (KL)</p> <p>Bus Trip "Fairbridge Pinjarra" Arrive Homestead 8:45am</p>	<p>19</p> <p>6:00pm - Wednesday Night Dining Beef Fillet with Garlic Sauce or Snapper with Tomato Salsa (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Residents Committee Meeting 10:00am (PDR)</p> <p>Activity Group 1:00pm (KL)</p>	<p>20</p> <p>Fish & C Seafood</p> <p>Gentle exercise</p>
<p>24</p> <p>6:00pm - Pasta Night - Italian Meatballs in Tomato Sauce with Pasta (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga at 2:30pm (KL)</p>	<p>25</p> <p>Pizza - Hawaiian or Meat Lovers</p> <p>Gentle exercise at 11:15am (KL)</p> <p>Movie in the Village at 1:30 pm Casanova (1hr 52 min) (KL)</p>	<p>26</p> <p>6:00pm - Wednesday Night Dining Pork with Dijon Sauce or Salmon with Hollandaise Sauce (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p>	<p>27</p> <p>Chicken and M served with Ro</p> <p>Gentle exercise</p> <p>GP Clinic 11:00</p>



Public Hols	Events in the Village	Exercise/Activity Class	Village Organised Trip
Talk	Formal Dining	Casual Dinner	

THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Quiche Lorraine with Potato Salad	2 12:30pm - Roast Lamb & Vegetables (DR)
	7 6:00pm - Curry Night - Mishmami Chicken & Persian Rice (KL) Guest Talk: Simone Eley "Impact 100 WA" 10:30am (KL) Aged Care Employee Morning Tea 11:15am (KL)	8 Salmon Fish Cakes with Potato Gratin and Vegetables	9 12:30pm - Roast Turkey & Vegetables (DR)
	14 6:00pm - Curry Night - Beef Massaman & Scented Rice (KL) Guest Talk: Bob Drake "My Experience working @ Perth Mint" 10:30am (KL)	15 Hearty Beef Stew	16 12:30pm - Roast Pork & Vegetables (DR)
	21 6:00pm - Curry Night - Coconut Lamb Curry with Cous Cousins (KL) Celebrate St Louis Morning Tea at 10:30 (KL) Lions Hearing Clinic (Comp Rm)	22 Cottage Pie & Vegetables	23 12:30pm - Roast Beef & Vegetables (DR)
	28 6:00pm - Curry Night - Tandoori Chicken & Rialto (KL) Guest Talk: Laura Monsse "WMRC" Recycling Tips & Reducing Your Waste" 10:30am (KL)	29 Chicken Casserole	30 12:30pm - Roast Lamb & Vegetables (DR)

AUGUST EVENTS

THEATRE

Morning Melodies - September 4th
10:30 - 11:30am in the
Kingsmill Lounge.



VIOLIN

Pre dinner recital - August 5th
5:45pm before Wednesday
night dinner.



BINGO

Bingo is back - August 13th
1:30pm in Kingsmill Lounge.
Cost: \$10.00 for a book with 10 games.

MOVIE

Our Afternoon movie is back this month
Into the Storm - August 11th
Casanova - August 25th
1:00pm in the Kingsmill Lounge

BUS TRIP

We make our way directly to Fairbridge Village where upon arrival we will have our traditional Club 55 morning tea. After morning tea, we will do a tour around the village with full commentary on the history of the village and its present-day functions. We will stop to visit the historic Chapel and learn about the vision of Kingsley Fairbridge. We will visit the Ravenswood Hotel in the Murray River for a delightful single course lunch and slowly make our way home with a stop for fresh fruit and strawberries. Please note this is an event with limited sits. RSVP with reception by 10th August. Cost \$66.00. Depart from Homestead at 8.45am/ Return 3.30pm. Lunch provided. 18th August.



BOOK CLUB

Do you like to catch up with friends, over a tea/coffee or perhaps even a wine? Looking for a fun way to enjoy books and meet new people? Do you want to learn something new? THIS IS FOR YOU! St Louis Estate are seeking expressions of interest for those who may be interested in starting / joining our very own book club. It is proposed that the book club would meet once a month in the library or a mutually agreed location. The time and day of the week will be decided by majority /preference of those interested in being a part of the book club. Please register you interest on the forms located in the Café or the Library.



REMINDERS

DOCTOR IN THE VILLAGE

Dr Tom Mildenhall will visit the Village on 27th August. Appointments required.

LIONS HEARING CLINIC

DATE: August 21st. Call 1800 054 667 to book your appointment.

ST QUENTIN DENTIST

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 will visit the village on 4th and 18th August. Call reception to book your appointment 9385 1420.

RESIDENTS/ FAMILY UPDATES

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

EMERGENCY CONTACT DETAILS/ ID PHOTOS

Thais Gimenes is still visiting residents to update emergency contact details and obtain resident ID photos. Please call reception if you would like to book your appointment.



GARDEN ORGANICS BINS HAVE ARRIVED!

We would like to thank you all the residents that volunteered to host our Go bins around the Village. Please note that the organic bins are now available in your allocated bin area and will be collected on the opposite fortnight to the recycling bin.



SERVING OUR COMMUNITY

Lions Club needs donations of travel size toiletries, especially mini shampoos and conditioners. Your donations will go to St Patrick Centre to help homeless people. If you have any donations please bring them to reception so they can be delivered to the club.

Happy Birthday!

TO ALL OUR STAFF & RESIDENTS BORN IN AUGUST



ST LOUIS HOME CARE UPDATE

From Teelia Peplow - DIRECTOR HOME CARE SERVICE

Dear St Louis Community,

It has been so wonderful to see many of you at the Homestead enjoying a coffee or meal with friends, an exercise class or attending the Friday morning talk. How fortunate we are here in WA.

STAFF UPDATES

Please join me in welcoming two new carers, Anna Bonadeo and Zoe Kinsey. Anna and Zoe are both third year nursing students embarking on their health careers.

We also welcome new cleaner Dalia Anderson to the housekeeping team. Dalia has worked in housekeeping for 15 years, loves what she does and is excited to start at St Louis.

COVID-19 UPDATE

Last week I had the opportunity to join a webinar update from The Chief Health Officer for WA, Andrew Robertson.

Here are some interesting statistics from the WA Department of Health:

- Today Wednesday 29th July, there are no COVID-19 cases in Perth hospitals
- There are currently 5 active cases of COVID-19 in WA, most of which are in hotel quarantine
WA continue to conduct around 3000 COVID-19 tests daily
- There has been minimal (single digit) cases of influenza this winter in WA (an incredible outcome given there where 80 deaths in WA alone last year from influenza).
- There have been very low levels of admissions to WA hospitals for any respiratory illnesses.

This data is encouraging, and reflects public compliance and vigilance with hand washing, social distance, and vaccination programs. Unfortunately, our fellow Australian and global citizens have not had the fortune of isolation, warm weather and vast space that we have here in WA. The pandemic continues to accelerate worldwide with 16 500 000 cases now recorded globally.

I'd like to reassure you, that unlike the first outbreak in WA, we have had the luxury of time to develop our outbreak management plans, stockpile our PPE, educate our staff and community, and pivot our service offerings. If WA sees community transmission of COVID-19 in the future, we are fully prepared at St Louis Estate to keep you as safe as possible.

EXTERNAL SERVICE PROVIDERS

Some residents have contacted me expressing concern with external care and service providers coming into St Louis Estate,

and the infection risk this presents. All older Australians have choice in who they have to provide their home care services, and there are many professional home care providers servicing Perth's Western suburbs.

St Louis Estate home care have a small team of carers and cleaners who are thoroughly trained in infection control principles and have very limited contact in other health settings. We currently do not use agency staff.

If the situation in WA changes and there is a rise in community transmission, we will ensure our current workforce are not working in other healthcare settings.

To encourage members of our community to use in-house services as an alternative to external providers, we will happily match or better your home care package costs.

If you would like to discuss this further, please don't hesitate to contact myself or the home care team on 6149 2068 or in person at the Home Care Office (unit 58).

HAVE YOU HAD AN ACAT?

New research released by the Royal Commission into Aged Care Services shows that Australians are prepared to financially contribute towards the cost of staying at home as they age, rather than entering residential aged care (nursing homes). The government may contribute up to \$52 000/year to support you to stay in your home.

Significant government subsidy for home care is available to all Australians (regardless of your income and assets). To be eligible to receive government subsidised home care, you must first arrange for an ACAT assessment in your home. This can be arranged by your GP.

Unfortunately, once you're assessed as being eligible for government subsidised home care, you may have to wait up to 18 months to 2 years for your home care package funding to come through. If you need support at home now or in the future, I encourage you to discuss an ACAT assessment at your next GP visit.

This will ensure you are assessed and on the waitlist for a home care package.

As always, please come and visit us in the home care office if you need any further information. Stay well.