



ST LOUIS ESTATE WISHES YOU A

Happy Father's Day

FAIRBRIDGE VILLAGE

The weather wasn't the greatest, but our recent bus trip was thoroughly enjoyed by all. A fantastic opportunity to tour the Fairbridge Village and learn the extensive history associated with it. A highlight for all was our stop at the stunning little Chapel located within the Fairbridge Village. Residents then shared a great chat and a few laughs over lunch at the Dwellingup Tavern. We even stopped to purchase some farm fresh strawberries and produce on the way home.

CHRISTMAS LIGHTS TOUR

The next St Louis trip is planned for 15th December. Enjoy fish and chips by the water followed by a boat cruise on the magnificent Mandurah Canals by night. Marvel at the multimillion-dollar homes dressed up for Christmas with thousands of lights and decorations making this area a fairy wonderland. Get into the Christmas spirit and join us for an event not to be missed. Depart St Louis at 4:30pm, Returning by 10:00pm.

Cost: \$75.00pp RSVP: 1st October - Tickets are limited.

VILLAGE MANAGER'S WELCOME

A new month and a change of season, September will see spring breathe a new life into the world around us, as we see nature come alive with all its beautiful blooms. I am really looking forward to some warmer weather and our September calendar which is booked up with lots of exciting events.

Thursday, 10th September, is 'R U OK? Day' our national day of action dedicated to reminding all Australians to ask, "Are you OK?" and support those around us struggling with life's ups and downs. As we've experienced first-hand, 2020 has been a challenging year for everyone and circumstances surrounding COVID-19 have made it even more important for us all to stay connected and, be willing to support those around us where we can.

If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're saying or doing – be sure to take the time to ask them "Are you OK?" If someone says they're not OK, make time to listen, encourage action and check in.

We are so lucky to be apart of a wonderfully supportive community with residents and staff who show genuine care and concern for those around

them daily, but this year on September 10th make a special effort to check in and ask, "Are you OK?" A simple conversation can make a really positive difference to someone's life.

As I sign off for another month, I would like to wish all the fathers, grandfathers and special men across our village community a very happy Father's Day. They say "Being a great father is like shaving. No matter how good you shaved today, you have to do it again tomorrow." So, thank you to all the dads out there for giving it their best day in, day out. We value you!

Yours Truly, Sarah Reilly

RUOK?TM
A conversation could change a life.

It's ok to say, 'I'm not ok.'

ST LOUIS COMMUNITY FETE

This year is set to see our St Louis Christmas Fete reach new levels, as we open our doors to the wider community and host the event on Saturday 5th December 2020. All external stallholders are welcome, we are seeking expressions of interests from anyone who would like to host a stall selling homemade crafts, kitchen delights, retail items, health care products and family friendly fun, just to name a few. Stalls for Residents, St Louis Family and External providers will be available. Stallholder application forms will be available via reception.



WELCOME TO OUR NEW RESIDENT

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

Unit 1 – Mr Dawn Farrelly

We look forward to seeing you around the village.



From the Kitchen

SATURDAY MEAL SERVICE

Due to changes in demand for the Saturday lunch delivery service, commencing in **October** we will return to the previous delivery schedule for Saturday meals. Residents will still be able to order the planned 'Meal of the Day' or a 'Light Meal' option, all orders will be prepared and delivered by kitchen staff on Friday afternoons. There will no longer be a delivery between 12:00pm and 1:00pm on Saturdays. Saturday deliveries will continue for September.

QUEEN'S BIRTHDAY PUBLIC HOLIDAY

Due to the public holiday, Reception and St Louis Café will be closed on Monday 28th September, there will be no casual dining or meal deliveries on the day. Monday meal orders will be prepared and delivered by kitchen staff on Sunday 27th September.

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.**

OPENING HOURS

Monday - Friday

10:00 am - 2:00pm



FATHER'S DAY GOURMET ROAST

Sunday 6th September 2020

12:30pm in the Dining Room - \$28.00

As our way to celebrate Father's Day at St Louis, we invite you and your family to join us for a delicious gourmet roast lunch to honour and appreciate the amazing men in our lives. All fathers will receive a special gift on the day. Bookings are essential via reception. St Louis Estate wishes you a Happy Father's Day!

WHAT'S ON THIS MONTH

Meal of the day

Important Dates

Social Activities

Guest

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|--|
| | <p>1</p> <p>Moroccan Lamb Tagine</p> <p>Gentle exercise at 11:15am (KL)</p> | <p>2</p> <p>6:00pm - Wednesday Night Dining - Pork Chops with Honey Mustard Sauce Or Salmon in Filo Pastry with Yogurt Dill Sauce (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p> | <p>3</p> <p>Chicken</p> <p>Gentle exercise</p> <p>Social Club Com 2:00pm</p> |
| <p>7</p> <p>6:00pm - Pasta Night - Beef Stroganoff (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga 2:30pm (KL)</p> <p>Men's Club at 5:00pm (KL)</p> | <p>8</p> <p>Beef Stir Fry</p> <p>Gentle Exercise 11:15am (KL)</p> <p>Movie in the Village at 1:30pm The Great Mint Swindle (1hr 32 min) (KL)</p> | <p>9</p> <p>6:00pm - Wednesday Night Dining - Corned Silverside with White Sauce Or Barramundi with Tomato Salsa (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p> | <p>10</p> <p>Fish & Seafood</p> <p>GP Clinic - Dr (Con)</p> <p>Gentle exercise</p> <p>Bingo 1:30</p> |
| <p>14</p> <p>6:00pm - Pasta Night - Leek & Chorizo Pasta (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga 2:30pm (KL)</p> | <p>15</p> <p>Satay Chicken</p> <p>Gentle Exercise 11:15am (KL)</p> | <p>16</p> <p>6:00pm - Wednesday Night Dining - Lamb Rump with Mint & Red Wine Jus Or Snapper Crump with Pesto (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p> | <p>17</p> <p>Gourmet with Chips</p> <p>Gentle exercise</p> |
| <p>21</p> <p>6:00pm - Pasta Night - Spinach Ricotta Ravioli (KL)</p> <p>Shopping Trip 10:00am (HS)</p> <p>Chair Yoga 2:30pm (KL)</p> | <p>22</p> <p>Beef & Guinness Pie</p> <p>Gentle Exercise 11:15am (KL)</p> <p>Movie in the Village at 1:30pm Mary Poppins Returns (2hr 10 min) (KL)</p> | <p>23</p> <p>6:00pm - Wednesday Night Dining - Chicken with Mushroom Sauce Or Salmon with Hollandaise Sauce (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>24</p> <p>Fish & Seafood</p> <p>GP Clinic - Dr (Con)</p> <p>Gentle exercise</p> |
| <p>28</p> <p>Beef Lasagne Delivered Sunday</p> <p>Public Holiday Queen's Birthday Kitchen/ Reception Closed No Casual Dining</p> | <p>29</p> <p>Sweet & Sour Pork With Rice & Bok Choy</p> <p>Gentle Exercise 11:15am (KL)</p> | <p>30</p> <p>6:00pm - Wednesday Night Dining - Beef Fillet with Garlic Sauce Or Barramundi with Lime Coconut Sauce (DR)</p> <p>Aqua Aerobics 9:00am (PL)</p> <p>Activity Group 1:00pm (KL)</p> | |



Public Hols
Events in the Village
Exercise/Activity Class
Village Organised Trip

talk
Formal Dining
Casual Dinner

| SDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|
| | 4 | 5 | 6 |
| <p>Pad Thai</p> <p>at 11:15am (KL)</p> <p>Committee Meeting (PDR)</p> | <p>6:00pm - Curry Night - Beef Rogan Josh (KL)</p> <p>Morning Melodies Concert "Spring Time" 10:30am (KL)</p> <p>Happy Hour 5:00 - 6:00pm (KL)</p> | <p>Apricot Chicken & Vegetables</p> | <p>12:30pm - Father's Day Gourmet Roast - Roast Turkey & Vegetables (DR)</p> |
| | 11 | 12 | 13 |
| <p>Chips or Basket</p> <p>Chiara 11:00am (Rm)</p> <p>at 11:15am (KL)</p> <p>0pm (KL)</p> | <p>6:00pm - Curry Night - Thai Red Chicken (KL)</p> <p>Guest Speaker: Laurie Varendorff "Cuba" 10:30am (KL)</p> <p>Social Club Games Afternoon 1:00pm (KL)</p> | <p>Meatloaf & Vegetables</p> | <p>12:30pm - Sunday Roast - Roast Pork & Vegetable (DR)</p> |
| | 18 | 19 | 20 |
| <p>Hot Dog or Wedges</p> <p>at 11:15am (KL)</p> | <p>6:00pm - Lamb Vindaloo (KL)</p> <p>Lions Hearing Clinic (Comp Rm)</p> <p>Celebrate St Louis Morning Tea at 10:30am (KL)</p> <p>Adam Hall Roaming Concert 4:00pm</p> | <p>Honey Mustard Chicken With Scallop Potatoes</p> | <p>12:30pm - Sunday Roast - Roast Beef & Vegetables (DR)</p> |
| | 25 | 26 | 27 |
| <p>Chips or Basket</p> <p>Tom 11:00am (Rm)</p> <p>at 11:15am (KL)</p> | <p>6:00pm - Curry Night - Chicken Tika Masala (KL)</p> <p>Guest Talk: Mike Lefroy "250 Anniversary of Captain Cook & Endeavour coming to Australia" 10:30am (KL)</p> | <p>Light meals only for delivery</p> <p>Social Club Pizza Night 6:00pm Cost \$15.00 (KL)</p> | <p>12:30pm - Sunday Roast - Roast Lamb & Vegetables (DR)</p> |

SEPTEMBER EVENTS



MOVIES

The Great Mint Swindle - September 8th
Mary Poppins Returns - September 22nd

HAPPY HOUR RETURNS

Friday 4th September, gather some friends, bring along a few drinks and enjoy happy hour in the Kingsmill lounge bar area from 5:00pm – 6:00pm.

MORNING MELODIES “SPRING TIME”

Friday 4th September 10:30am – 11:30am in the Kingsmill Lounge

Springtime is a programme of songs and memories about the exciting season of Spring; performed for you by professional artists from Agelink Theatre (now Theatre 180). So, relax and enjoy (or join in) those songs which are familiar to you and take pleasure in those which may be new.



FRIDAY FUN – GAMES AFTERNOON

Friday 11th September 1:00pm – 2:30pm in the Kingsmill Lounge

Come along to the social club organised games afternoon. This casual event will see residents join in some friendly competition and fun for the afternoon. Table Tennis, Pool, Croquet, Cards, Connect 4 and various Board Games will be made available for use by residents during this time. For further information please contact reception or the social club.



ADAM HALL ROAMING CONCERT

Friday 18th September 2020 – From 4:00pm

Adam Hall is set to entertain us all with his Dixieland delights as he plays throughout the village, follow the tunes up to the homestead, remembering to keep your social distance and join your fellow residents on the homestead lawn for some light refreshments prior to the regular casual dining in the Kingsmill lounge at 6:00pm.

ST LOUIS SOCIAL CLUB - PIZZA NIGHT

Saturday 26th September - 6:00pm in the Kingsmill Lounge

Tickets - \$15.00 – please book through reception as numbers are limited.

Our social club events are back, the return of the winter Pizza Night and Summer BBQ's are sure to be welcomed with open arms by all residents. These events are organised and run by the wonderful St Louis Social Club, a group of volunteer residents, who plan and coordinate social events. If you would like to join the social club, please come

6 along to the next meeting on 3rd September.



REMINDERS

QUEENS BIRTHDAY PUBLIC HOLIDAY

September 28th - Reception and Cafe will be closed.

LIONS HEARING CLINIC

September 18th
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 1st, 15th & 29th September.
Call reception to book your appointment 9385 1420.

GP IN THE VILLAGE

September 10th – Dr Chiara and
September 24th – Dr Tom

BINGO

September 10th – 1:30PM in
Kingsmill Lounge Cost - \$10.00 for a book of 10 games

SHIRE TIP PASSES

If you have received a WMRC Tip Pass for 20/21 and would like to donate it to reception, the garden and maintenance team would be very appreciative.

WA CONCESSION CARDS

If you are not already receiving concessions on your water corp. rates, please provide copies of your current concession cards to reception.

PETS IN THE VILLAGE

We love seeing your furry friends out and about, but please always remember keep your pet on a lead and clean up after them around the Estate.



KOALA ECO

Full Range of products now available for purchase at reception. Koala Eco formulas are based on high concentrations of essential oils from native Australian plants, that source and manufacture their powerful antimicrobial cleaning products in Australia.

Happy Birthday!

TO ALL OUR STAFF & RESIDENTS BORN IN SEPTEMBER





GPs ON BAYVIEW

St Louis Estate are fortunate to host fortnightly GP clinics in partnership with GP's on Bayview. There are many benefits of hosting an onsite clinic, including the personal 'in-home' style consultations provided by our wonderful doctors right here at St Louis without the need to travel to a medical centre in the community. New patients are always welcome and encouraged. For more information and appointment bookings please contact Catherine at Reception on (08) 9385 1420. We are pleased to confirm the commencement of our second GP, Dr Chiara Curnow who will join us on 10th September 2020.



DR CHIARA CURNOW

I completed my medical degree at Notre Dame Fremantle then undertook a variety of medical training in Sydney from 2011- early 2019 My initial hospital years were spent at Blacktown hospital then mainly at Royal North Shore hospital where I focused mainly on emergency medicine and palliative care training Throughout this time I did some clinical teaching to junior medical students which I thoroughly enjoy.

The years spent in hospital training enable me to acquire a broad range of clinical skills over both general and paediatric medicine. Acquiring my fellowship of general practice, involved rotating through a variety of practices in inner and outer Sydney caring for patients from all walks of life. I undertook extended skill training in Palliative medicine in Neringah and Greenwich hospitals at this time.

I returned to my home town of Perth in 2019 to be closer to my family and friends and for my boys to be able to grown up close to their grandparents, 3 aunties and 3 uncles and their cousins. Outside of work, I love being active outdoors with my two boys, especially at the beach. I am also passionate about getting involved in community events and love a social outing with family and friends!



DR TOM MILDENHALL

After graduating with honours from the University of Western Australia, I completed my internship at Fremantle Hospital. Further post-graduate experience was gained through tertiary hospitals in Melbourne, including the Royal Children's and Royal Melbourne Hospitals and the Mercy Hospital for Women, which provided me with an excellent grounding in paediatric and adult medicine and fostered a passion for caring for patients across the age-spectrum, from newborns to retirees.

I worked in a number of general practices across Melbourne during my postgraduate GP Fellowship training which gave me an understanding of delivering high quality health care to a community. I really value the importance of the doctor-patient relationship and providing personalised care, underpinned by patient education and involvement in decision making.

Prior to returning to Perth, I spent 2 years working in rural general practice in Jervis Bay on the New South Wales south coast. This provided me with insight into the challenges experienced in a rural setting along with the rewards of creating strong bonds with the community that you live and work in.

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

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



DISCOVER ST LOUIS' HOME CARE PACKAGES

Control how funds are used to help you stay in your own home and get the best lifestyle outcomes, obligation free.

