



## CONSTRUCTION UPDATE DEAN STREET DEVELOPMENT

The construction of the new Dean Street Apartments, Residents' club and Wellness centre continues apace. The ground floor slab has been completed with works underway for the level 1 formwork. Pre-cast concrete walls are methodically being installed by the crane, after some minor delays in productions due to the pre-cast concrete factory being surrounded by the recent bushfires! We are set to see the building really start to take shape over the next few months, with the restoration of the Heritage Building due to commence imminently.



## VILLAGE MANAGER'S WELCOME

Welcome to March! I'm feeling relaxed and reenergised after having just returned from a few days away in the beautiful South West with my family. I was lucky enough to sneak away for a couple of days to celebrate my birthday and spend some quality time with my loved ones. Plenty of swimming at the beach, walking through the national parks and exploring the caves, was a fantastic little break. Sadly, I missed our February Celebrate St Louis morning tea, but I enjoyed a lovely home made birthday cake with my family instead.

February brought with it a little COVID-19 hiccup, as we were snapped into a short period of lockdown and the introduction of mandatory mask wearing. I'd like to thank all our St Louis Estate Residents and Staff for your swift uptake and cooperation with the temporary restrictions and changes to services that occurred during our two-week period of restrictions. It was pleasing to see how well the emergency response procedures we have developed and implemented for COVID-19 were actioned and worked well.

The WA COVID-19 vaccination program commenced with Phase 1a on 22 February. The vaccines are being rolled out over the course of 2021 as the vaccine has been proven safe and effective by the Therapeutic Goods Administration (TGA). The vaccine program is being implemented in a phased approach because there is currently a limited supply of the first vaccine approved by the TGA. St Louis Estate residents fall into the Phase 1b rollout and we will update you as soon as we receive more information about the rollout dates.

We continue to remain confident in our emergency response procedures and hope we won't have to experience any further lockdowns.

As we move in to March be sure to check out our upcoming events and RSVP your attendance to the Whiteman Park Bus Trip and our Easter Morning Tea Celebration on 1st April.

We know life at St Louis is made extra special by our wonderful residents and community whom regularly come together to share meals, participate in activities and enjoy social events. The purpose of the monthly calendar is to benefit you, our residents, who attend and enjoy our scheduled events. We want to be sure we have ongoing events that peak your interest and motivate you to become involved in our village community, most importantly we'd like to ensure the events are scheduled on dates and at times that suit the larger majority of residents, both old and new. In order to achieve this, I encourage you to attend the next residents social club meeting on Thursday 4th March. Attendance and input will assist your fellow residents in the planning and execution of much-loved events such as, Happy Hour, Men's Club, Social BBQ's and Guest Shows. So, I'll leave you with this relevant quote from Helen Keller, "Alone, we can do so little; together, we can do so much".

Stay Safe and Happy March Everyone!

*Yours Truly, Sarah Reilly*

## WHITEMAN PARK VINTAGE BUS TRIP AND CRAFT VILLAGE

TUESDAY 30TH MARCH 9:15AM - 3:30PM  
\$65.00 PER PERSON

After boarding the bus, we will make our way directly to Whiteman Park to enjoy a picnic morning tea in the beautiful surrounds.

After morning tea, you will be boarding one of the Whiteman Park Vintage Buses for a very interesting and informative historic tour.

Following the guided tour, we will enjoy lunch at the Whiteman Park Village Café, before having some free time to check out the Craft Village or the Motor Museum. We will conclude the day with a visit to the Chocolate Factory in the Swan Valley on our way back to St Louis.





# From the Kitchen

## OPENING HOURS

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



## PUBLIC HOLIDAY MONDAY 1ST MARCH

The Office and Kitchen will be closed on Monday 1st March 2021.

Monday meals will be delivered to residents during the afternoon of Sunday 31st March.

**NOTE:** There is no casual dining held on Public Holidays, if you wish to have a pasta delivered please order via reception.

## DINING OPTIONS & DELIVERY SERVICES

DAY	MEAL THEME	COST	DELIVERY TIME	DINE -IN TIME
Monday	Casual Dinner	\$15.00	4:00 pm - 5:00 pm	6:30 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	6:30 pm
Saturday	Meal of the Day	\$15.00	Friday Afternoon Delivery	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.



# Happy Birthday!

TO ALL OUR RESIDENTS & STAFF THAT CELEBRATE  
THEIR BIRTHDAYS IN MARCH



## MARCH EVENTS

### MOVIES



If you have a special request for a movie, or a suggestion of film your fellow residents may enjoy, please advise us via reception.

**The King's Speech (2010)** – Tuesday 2nd March | R | 1h 58min | Biography, Drama, History  
King George VI tries to overcome his stammering problem with the help of speech therapist Lionel Logue and makes himself worthy enough to lead his country through World War II.



**The Sound of Music (1965)** – Tuesday 16th March | G | 2h 52min | Biography, Drama, Family  
Julie Andrews lights up the screen as Maria, a spirited young Austrian woman who leaves the convent to become a governess for Captain von Trapp's (Christopher Plummer) seven unruly children. Her charm and songs soon win the hearts of the children – and their father. But when Nazi Germany unites with Austria, Maria is forced to attempt a daring escape with her new family.

### BINGO

Thursday 11th March 2021 – 1:30pm in Kingsmill Lounge

Congratulations to our February Jackpot Winners, Mrs Mary Miller & Mrs Pam Hunt.

Grab a friend, come along and try your luck for the March Bingo Event. Guests of residents from outside of the village are also welcomed to attend.

Be ready for eyes down at 1:30pm sharp. New residents and friends welcome to attend. \$10.00 per book for 10 games. Money collected is all allocated as prizes. Please feel free to donate any additional prizes on the day (wine, chocolates etc).



### ST LOUIS SPEAKER SERIES

10:30 – 11:30am in Kings Mill Lounge

**Friday 5th March**

Harold Loton  
Antarctica

**Friday 12th March**

Pam Lee - Stroke Foundation  
Stroke Safe

**Friday 26th March**

Bettine Heathcote  
Order of Australia Nomination

## 2021 WESTERN AUSTRALIAN STATE ELECTION

The Western Australian Electoral Commission will be attending St Louis Estate to offer an early voting centre for the upcoming WA State election to be held on Saturday 13th March 2021.

### Early Voting Centre Details:

**St Louis Estate Claremont, Wednesday 3rd March  
2021 9:30am – 10:30am, Kingsmill Lounge**



WESTERN AUSTRALIAN  
Electoral Commission



## IMPORTANT NOTICES

### EASTER RAFFLE DONATIONS & EASTER MORNING TEA

Easter will soon be upon us and our Easter Raffle is back! We are now collecting donations at Reception. All proceeds raised contribute to the social club and future social events.

The Raffle will be drawn on Thursday 1st April 10:30am at the Easter Morning Tea to be held in the Kingsmill Lounge.

Tickets cost \$2.00 each or 3 for \$5.00



## GUEST SUITE – NOW TAKING BOOKINGS

Our 2021 bookings calendar is now open for the St Louis Estate Guest Suite. The guest suite is available for booking by family, friends and guests of St Louis Estate residents only. After an extended period of closure due to COVID-19, we are delighted to re-open this service. Currently bookings will only be open to WA based guests and visitors (no inter-state or international guests). We hope to expand this further in the future and will do so based on Government health advice and with the safety and wellbeing of our residents as the first priority. Bookings can be made via Reception.

## CELEBRATE ST LOUIS MORNING TEA

19th March 2021 - 10:30am in Kingsmill Lounge

Come along to our Celebrate St Louis Morning Tea on Friday 19th March 2021 to celebrate our St Louis March Birthdays, New Residents & Special Milestones.

## HOMESTEAD OPENING HOURS

Opening Hours for the Homestead Building, including the Swimming Pool, Gym, Café Area & Library are Monday – Sunday, 7:00am – 9:00pm. Residents are welcome to use the communal facilities during these hours.

Please note, for security reasons access into the Homestead building after 7:30pm is only available via the automatic door located near reception, all other entry doors are to remain locked after 7:30pm.

## REMINDERS

### **SOCIAL CLUB COMMITTEE MEETING**

Thursday 4th March 2:00pm

### **LIONS HEARING CLINIC**

Friday 19th March. Call 1800 054 667 to book your appointment.

### **GP IN THE VILLAGE**

Dr Chiara will host her next clinic on Thursday 4th March 2021.

### **ST QUENTIN DENTIST**

Can arrange transport for residents to and from the village if necessary. Call 9385 2418 to book your appointment.

### **BEAUTICIAN**

Chris is open for bookings on Fridays. Call 0403 281 205 to book.

### **MASSAGE THERAPY**

Sandra will visit the village on the 2nd & 16th March 2021. Call reception to book your appointment 9385 1420.

### **HAIRDRESSER**

Karen is open for bookings from Wednesday - Friday. Call 0419 948 577 to book.

## FIND THE HELP YOU NEED WITH MY AGED CARE



My Aged Care is the entry point to access Australian Government aged care services and information about:

- the different types of aged care services available
- your eligibility for services
- referrals to service providers that can meet your needs
- your contribution to the cost of your aged care.

### Contact My Aged Care

Website: [myagedcare.gov.au](https://myagedcare.gov.au)

Call: 1800 200 422\*

Weekdays – 8am to 8pm

Saturdays – 10am to 2pm

Closed on Sundays and public holidays

### National Relay Service

Select your preferred access option at [communications.gov.au/accesshub/nrs](https://communications.gov.au/accesshub/nrs) and ask for 1800 200 422\*

### Translating and Interpreting Service

Call 131 450, tell the operator the language you speak and ask them to call 1800 200 422\*

### If you are a veteran or war widow/er

You may also be eligible for Department of Veterans' Affairs services or programs. Ask My Aged Care for more information.

*\*1800 calls are free from landlines and most Australian mobile phone providers now offer free calls to 1800 numbers. Check with your mobile phone provider.*

It's never too early to talk about getting some extra help. Knowing what services are available before you need them will help you be prepared to make decisions about your future.

## WHAT SERVICES ARE AVAILABLE?

### Care at home

My Aged Care can help you access services at home which can improve your wellbeing and help you stay independent. Receiving help with regular activities at the right time can help you manage better at home.

You may be eligible to receive services such as:

- personal care like help with getting dressed
- transport
- modifications to your home like hand rails or ramps
- nursing, physiotherapy and other care

- meals
- household jobs like cleaning or gardening
- equipment like walking frames
- social activities

### Short-term help

My Aged Care can also help you access short-term care services for situations such as:

- recovery from an illness, including after a hospital stay
- when you have had a setback and want to get your independence back
- when you or your carer needs a break (respite care).

### Care in an aged care home

If you find you need ongoing help with day-to-day tasks or health care, a residential aged care home lets you live in a supported environment where help is available 24 hours a day.



### Who pays for services?

The Australian Government contributes to the cost of aged care services. You are expected to contribute to the cost if you can afford to. How much you pay may depend on:

- your financial situation
- the number and types of services you receive
- the service provider

### Are you eligible for services?

A call to My Aged Care can help you understand:

- what services may be available
- how much they cost
- how you can access them.

My Aged Care may arrange a face-to-face assessment of your care needs.

## HOW TO ACCESS SERVICES

### 1 Call My Aged Care on 1800 200 422\* or apply for an assessment online

You will be asked questions over the phone to help work out your needs and care arrangements – this takes at least ten minutes.

- You can also apply for an assessment on the My Aged Care website.
- You will need your Medicare card.
- If you're applying for someone else, they will need to give their consent.

### 2 Have a face-to-face assessment

- You can also apply for an assessment on the My Aged Care who may arrange for a trained assessor to come to your home.
- With your consent they will assess your care needs and eligibility for services. They will then work with you to develop a support plan which addresses your needs, goals and preferences.
- Someone else can be with you during this visit.

### 3 Find out about costs

- My Aged Care and service providers can give you information about how much you might have to pay. You may need to complete a financial assessment through the Department of Human Services.

### 4 Find a provider

- The My Aged Care website can help you find and compare providers in your area.
- Your assessor and My Aged Care can also help you find a provider(s) in your local area that meets your needs.



**St Louis Home Care is a Government approved home care provider.**





## PUZZLE - SCRAMBLED BARTENDER

How many of these terms relating to bartending can you unscramble?

- |                     |                     |
|---------------------|---------------------|
| 1. SPEANTU _____    | 16. TUILAQE _____   |
| 2. SXIMRE _____     | 17. MELUDRD _____   |
| 3. TECRSOA _____    | 18. ILOCCAKT _____  |
| 4. TTEBOL _____     | 19. BDRANY _____    |
| 5. OEEPRN _____     | 20. LLLWBAO _____   |
| 6. PROU _____       | 21. YKWSIHE _____   |
| 7. LEERBND _____    | 22. IGN _____       |
| 8. RBDENARET _____  | 23. NULNFE _____    |
| 9. AKOVD _____      | 24. RISNTRAE _____  |
| 10. TICUEBKCE _____ | 25. EWLTO _____     |
| 11. SHAEKR _____    | 26. JGRIGE _____    |
| 12. TRGARE _____    | 27. LEUTIF _____    |
| 13. HOTS _____      | 28. HHBALLGI _____  |
| 14. RASMUEE _____   | 29. URM _____       |
| 15. ELRQUUI _____   | 30. OERCSWKCR _____ |

## QUIZ QUESTIONS

- Which planet shares its name with a dog?
- Alfred, an ancient King of Wessex, is famous for burning what?
- What was Marilyn Monroe's natural hair colour?
- Which two metals is pewter made from?
- What was Louis Armstrong's chosen form of music?
- Who sang about being an eggman and a walrus?
- How many sides, in total, would three triangles and three rectangles have?
- What is entomophobia?
- Name the actor who died in 1984 and who also starred in the film titled 1984.
- Which ocean surrounds the Maldives?



### QUIZ ANSWERS

- |            |             |              |              |               |                |                    |
|------------|-------------|--------------|--------------|---------------|----------------|--------------------|
| 1. PEANUTS | 11. SHAKER  | 16. TEQUILA  | 21. WHISKEY  | 26. JIGGER    | 31. PLUTO      | 6. THE BEATLES     |
| 2. MIXERS  | 12. GRATER  | 17. MUDDLER  | 22. GIN      | 27. FLUTE     | 32. CAKES      | 7. 21              |
| 3. COASTER | 13. SHOT    | 18. COCKTAIL | 23. FUNNEL   | 28. HIGHBALL  | 33. GINGER     | 8. FEAR OF INSECTS |
| 4. BOTTLE  | 14. MEASURE | 19. BRANDY   | 24. STRAINER | 29. RUM       | 34. TIN & LEAD | 9. RICHARD BURTON  |
| 5. OPENER  | 15. LIQUEUR | 20. LOWBALL  | 25. TOWEL    | 30. CORKSCREW | 35. JAZZ       | 10. INDIAN OCEAN   |