



## FLYING DOCTOR DAY IS SET TO TAKE-OFF THIS MAY AND WE NEED YOUR HELP!



Celebrated in May, Flying Doctor Day will mark 94 years of the Royal Flying Doctors Service providing an essential 'mantle of safety' across Australia since the very first lifesaving mission took off in 1928. Now more than ever, they need our support as crews continue to deliver the finest care to the furthest corners throughout the pandemic and beyond.

RFDS have a team of medical clinicians and pilots who are committed to providing the finest care to the furthest corner of WA. Together they provide fast, free and efficient emergency retrievals, GP health clinics, dentistry, telehealth and medical checks. They bring the hospital emergency room, GP clinic, dentist chair, pharmacy and dedicated professionals to patients when they need it the most. All this across WA - the world's largest health jurisdiction.

This May St Louis Estate are joining the fundraising efforts to help support this wonderful cause. Together, let's help a cause which has most likely helped someone close to all of us.

## PAPER PLANE CHALLENGE & MORNING TEA

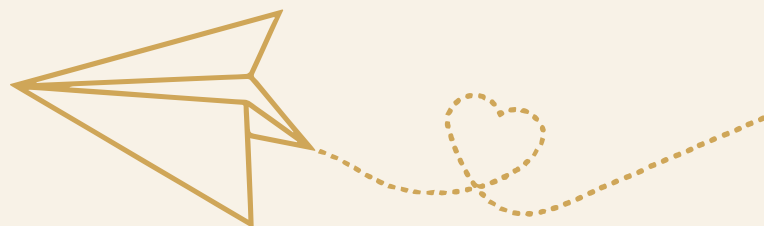
Every two minutes of every day the Flying Doctor helps an Australian in need. The Royal Flying Doctor Service is there for everyone who lives, works, and travels in regional WA. By taking part in the Flying Doctor Paper Plane Challenge, you are helping deliver primary health care to remote communities and emergency aeromedical services when it is needed most

### JOIN US FOR THE RFDS FUNDRAISING MORNING TEA & PAPER PLANE CHALLENGE.

**When: Monday 16th May 2022**

**Time: 10:30am**

**Tickets \$25.00 per person – Includes 1 Paper Plane Challenge Entry.**



From 10:30am – A delicious array of Morning Tea will be served "High Tea" Style. Grab your friends and come together to help such a wonderful cause.

PAPER PLANE CHALLENGE FROM 11:00am - \$5.00 per entry with great prizes to be won for longest flights and best aircraft designs.

## VILLAGE MANAGER'S WELCOME

This will be the final edition of the Village Voice as we know it, having a change requested by the residents committee. From July 2022 we will see the reintroduction of a monthly publication for residents. This monthly newsletter will be events and resident activity focused with monthly installments of time sensitive information and updates. The new monthly newsletter will be delivered to residents prior to the 1 st of each month accompanied by the monthly calendar.

We plan to deliver a 'Village Voice' publication at the end of each quarter, which will contain less time sensitive information and focus more on village life, celebrating our community, reflecting on the past quarter, and looking forward to any upcoming special events. The exact content and release dates of this publication are still to be finalised, but more information will be provided in due course.

If you have any feedback on these changes please forward it to the Residents Committee, who are keen to discuss and action any requests or feedback from our community. It is through this regular feedback loop, communication with management and surveying of residents that we all work together to achieve the best outcomes for you all.

A special thankyou goes out to all the residents who continue to volunteer their time and skills to sit on our various committees and organize social club events. Most recently the ANZAC day service was a great success and wouldn't have been possible without the resident volunteers who help make it all happen. I'd also like to extend a special thank you to Scotch College and students for their ongoing willingness to share their musical talents.

With the relaxation of some COVID-19 restrictions, our friends over at MLC Early Learning Centre are looking forward to recommencing visits to St Louis in the coming months. As the COVID-19 situation continues to stabilise they can seek permission to take students off campus and attend our events once again. We thank them for the very thoughtful cards and pictures they've been sending over during their absence.

The ongoing benefits of these intergenerational programs are very evident especially in increasing social engagement at the village. These benefits are also seen with the Christ Church community service students who continue

to attend on Friday afternoons, be sure to register with Catherine for a visit with the students, or pop up for a game in the Kingsmill Lounge from 1:45pm.

The month of May is quickly filling up with lots of extra events on the calendar. A first for St Louis, the 16 th May will see us host a 'Flying Doctor Day' morning tea and paper plane challenge. The work of the Royal Flying Doctors Service is so important and I'm sure many of our residents with ties to the country and farming areas will be very willing to fundraise for such a great cause.

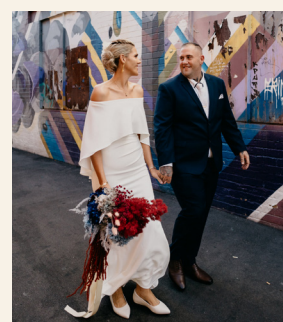
Don't forget to get your vote in for the 2022 Federal Election on or before Saturday 21st May 2022. Unfortunately due to Covid the AEC are unable to visit St Louis with a mobile polling booth this year, so we encourage you to make alternative arrangements early to ensure you're able to get your vote submitted in time.

Finally, to wrap up our last edition of the Bi-Monthly Village Voice, I am very excited to announce that this is also the last time I will be formally signing off as Sarah Reilly. The next time you read anything from me, I will be sporting my new surname of Williamson. The secret is finally out, my now husband Mathew and I tied the knot on Saturday, 23 rd April 2022. We stunned all our guests with a surprise wedding, sharing an intimate ceremony and reception with just our closest friends and family, it was always going to be the perfect day just the way we'd imagined it.

Mat and I are very lucky that the relaxed Covid restrictions have allowed us to enjoy a short holiday for our honeymoon at the start of May, before returning to collect the keys for the new home we've been building. I can't wait to see you all and catching up once I'm back from my break.

Yours Truly, for the final time.

*Sarah Reilly* Village Manager





# From the Kitchen

## ST LOUIS DINING UPDATE

St Louis Management and Kitchen staff would like to thank all residents for your patience and understanding over recent months with the changes to dining locations and restrictions. We are pleased to advise that the relaxing of some Government restrictions for food service businesses means we are able to return our dining events to their original formats and locations.

This means Casual Dining for Monday and Friday has returned to the Kingsmill Lounge, with the original long table format and Wednesday Evening and Sunday Lunch Dining will remain in the Dining Room with the reintroduction of the round tables.

## PUBLIC HOLIDAY MEALS

Reminder: There will be no casual dining held on the 6th of June public holiday, should you wish to receive a home delivery meal for the day please order in advance via reception. The meals will be delivered by kitchen staff.

## OPENING HOURS

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



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.*



## UPCOMING EVENTS

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

### MAY MOVIES | 1:30PM



**Windfall (2022) - 10th May**  
 1h 32min | Drama/Thriller  
 A man breaks into a tech billionaire's empty vacation home, but things go sideways when the arrogant mogul and his wife arrive for a last-minute getaway.



**The Adam Project (2022) - 24th May**  
 1h 46min | Comedy/Action/Adventure  
 After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future.

### JUNE MOVIES | 1:30PM



**The Weekend Away (2022) - 14th June**  
 1h 29min | Crime/Drama/Mystery  
 A weekend getaway to Croatia that goes awry when a woman is accused of killing her best friend. As she attempts to clear her name and uncover the truth, her efforts unearth a painful secret.



**Rescued by Ruby (2022) - 28th June**  
 1h 30min | Family/Drama  
 Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby.

### FEATURE SERIES - NEW SERIES COMING SOON



After the great success of "The Crown" – We await the release of Season 5 in November 2022. We are scheduling the start of a new feature series set to kick off in June.

#### **Bridgerton | Season 1 & 2**

Wealth, lust, and betrayal set against the backdrop of Regency-era England, seen through the eyes of the powerful Bridgerton family. Follow the story of eight close-knit siblings of the powerful Bridgerton family in their attempts to find love.

#### **HAPPY HOUR**

**Date:** 6th May & 3rd June  
**Time:** 5pm to 6pm  
**Location:** Kingsmill Lounge  
 Gather some friends, bring along a few drinks.

#### **SOCIAL BRIDGE CLUB**

**Date:** 1st, 3rd & 5th Tuesday of the month  
**Time:** 1pm  
**Location:** Private Dining Room

#### **SOCIAL CLUB PIZZA NIGHT**

**Date:** 28th May & 25th June  
**Time:** 5:30pm  
**Location:** Kingsmill Lounge  
**Cost:** \$15 per ticket (from reception)  
 Tickets are essential. BYO beverages, Water provided.

#### **MEN'S CLUB**

**Date:** 2nd May & 13th June  
**Time:** 5pm  
**Location:** Private Dining Room  
 All welcome - BYO drinks and good conversation

#### **BINGO**

**Date:** 12th May & 9th June  
**Time:** 1:30pm sharp  
**Location:** Kingsmill Lounge  
 New residents and guests of residents welcome to attend. \$10.00 per book.

#### **SOCIAL CLUB COMMITTEE MEETINGS**

Thursday 5th May - 2:00pm (PDR)  
 Thursday 2nd June - 2:00pm (PDR)

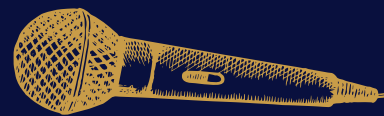




ST LOUIS ESTATE  
LIVE WELL

# ST LOUIS SPEAKER SERIES

Location: Kingsmill Lounge | Time: 10:30am – 11:30am



## **Kate Chaney | An Independent Voice for Curtin** | **Wednesday 4th May**

Kate Chaney is the Independent Candidate for the Curtin Electorate; she will join us to present to residents from 10:45am. Kate will be sharing an insight into her policies ahead of the Federal Election on 21st May 2022. She will be available to take questions following the presentation and is happy to meet and chat with residents following the formalities.

## **Kings Park Fashion Show – New Season Clothing** | **6th May**

Come along to see the latest pieces bought to you by Kings Park Fashion, enjoy the fashion parade of beautiful women's clothing on the morning and take advantage of the chance to purchase after show. Fancy yourself as a model for the morning? Please volunteer your services to Catherine at reception.

## **Celia Hammond MP | Wednesday 11th May**

Celia Hammond MP is a member of the Liberal Party and the current Federal Member for the Curtin electorate. Celia will join us to present to residents from 10:30am. She will be sharing an insight into her policies ahead of the Federal Election on 21st May 2022. Celia is happy to take questions following the presentation and will be available to meet and chat with residents following the formalities.

## **Tracy Deveugle-Frink | Living in the Post-Carbon World: Surprise in the Crystal Ball | 13th May**

Tracy is a former innovation head for Western Power, now Western Power's director of information technology. She will join us to talk about changes in how we live, how we fight climate change, plastic pollution, and bushfire risk, along with how we manage power.

## **Veronica Pannell | Live Up | 27th May**

Veronica joins us from the Independent Living Centre of WA. She will share with you all the tools and information needed to take charge and own your independence! While ageing is inevitable, science says only 25% of our ageing journey is determined by genetics. The other 75% is down to the choices we make every day! Empower yourself to make choices that mean you can age your way and stay independent for longer.

## **Dr Paul Wilkes | Update on Climate Change & Renewable Energy | 3rd June**

Dr Wilkes is a Research Geophysicist with wide international experience. He has designed, supervised, processed and interpreted airborne geophysical surveys for mineral and hydrocarbon exploration. He has also worked in Geothermal research and has more than 25 years of university teaching and research experience.

## **Jill Nazar | A Morning of Beautiful Things | 10th June**

Jill won't be giving a talk rather she will be sharing her exhibit of beautiful cashmere products, and be able to answer any questions you may have on any products she has for sale on the day. Come along to browse the great range of products which will be on display and available for purchase. Jill Nazar lives in Sydney and travels all around Australia exhibiting her unique and genuine collection of pashmina shawls, stoles, baby blankets and throws. She has focused on finding the absolute top-quality shawls and some of these are hand embroidered.

## **Dr Heather Rogers | American Voting Process | 24th June**

Dr Rogers spent nearly twenty years in New York, became an American citizen and she still sends in her Absentee vote for the New York State Primary Elections every two years, and the Federal Election every four years. Dr Rogers is going to tell us about the American Voting System, so that when the American Federal Election takes place you will have a better understanding of the whole process.

### SEEKING GUEST SPEAKER NOMINATIONS

We are still seeking guest speakers to fill up our calendar for the second half of 2022. If you would like to give a guest talk or know a great speaker who may be interested in presenting here at St Louis, please provide all details to the resident committee or reception.

## RESIDENT COMMITTEE REPORT

This is the final edition of the current Village Voice. From July the first edition of a what will be a monthly Newsletter will commence, it is a good example of what can be accomplished when there is good communication between parties with differing priorities. You, the residents, let us know you were unhappy when the Village Voice changed from being published monthly to being published bi-monthly. Sarah, our Village manager, had valid reasons for making the change, but when we met with her she listened to us, and she then proposed producing a Newsletter monthly, while the Village Voice will go on a quarterly schedule. The Newsletter has details of the timely items and the month's scheduled events that we depend on. The Village Voice will have a message from the manager and less time-dependent information. We feel it is a very good solution.

Our primary mission is to represent the Village residents and we depend on you to call our attention to issues such as this Village Voice publication schedule. We want to hear from you if there is any issue you would like us to address.

*Regards, Charlie Townsend (Chairman)*

*Ph: 0400 029 829 | Email: charliewoodstock@aol.com*

**The next resident committee meetings will be held on Wednesday 25th May and Wednesday 22nd June at 10:00am in the Private Dining Room.**

## 2022 FEDERAL ELECTION – SATURDAY 21ST MAY 2022

The AEC have advised with the current COVID-19 environment they are unable to provide face-to-face mobile polling services at any age care or retirement facility for the 2022 Federal Election. Unfortunately, that means we will not have a mobile polling both at St Louis this election.

To assist residents, AEC have provided the following information.

### VOTING BEFORE ELECTION DAY

#### Postal Voting

If you are unable to get to a polling place on Saturday May 21 for the 2022 federal election, you are eligible to apply to vote by post using either an online or printed form. If you do not apply as soon as possible, you may have to choose an alternative way to vote.

Forms are available from Reception or online at <https://www.aec.gov.au/>

#### In Person At An Early Voting Centre

If you can't get to a polling place on election day you can vote at an early voting centre in Australia. Please contact AEC on 13 23 26, for details on your nearest centre.

### VOTING ON ELECTION DAY

You can vote at any polling place in WA on election day. The closest polling place to St Louis Estate will be located at **Freshwater Bay Primary School – Bayview Terrace Claremont** | Open from 8:00am – 6:00pm

### PEOPLE LIVING WITH DEMENTIA

People in the early stages of dementia, who are still capable of understanding the nature and significance of enrolment and voting, may be able to continue to vote. If your relative has dementia and they are no longer capable of understanding the nature and significance of enrolment and voting, you will need to complete the "[Objection claim that an elector should not be enrolled](#)" form to remove their name from the electoral roll. Once the form is completed, please return it to the AEC. Forms available at Reception.

For more information please contact the AEC directly on 13 23 26 or visit [www.aec.gov.au](http://www.aec.gov.au)



# St Louis Home Care Update



## WELCOME TO MELISSA

St Louis Home Care warmly welcomes Melissa Brechin to our care team. As our new Home Care Coordinator, Melissa joins us with vast experience in working in the aged care industry, specialising in assessing and coordinating quality care services. As a Registered Nurse (RN), Melissa will also be available for short clinical care visits by appointment on the following days and times.

**Appointments can be booked for 15, 30 or 45 minutes at a time and charged at applicable RN rates. Monday, Wednesday, Thursday, and Friday from 9.00am – 11.00 am.**

If you require a clinical care visit, please phone St Louis Home Care on (08) 9385 3406 to book an appointment. If you require a doctor or nurse and cannot wait for the next available appointment with the St Louis Nurse, please do see your GP or practice nurse at your medical centre. St Louis Home care can often assist with transport if required.

## 2022 INFLUENZA VACCINATION CLINIC ON-SITE AT ST LOUIS



St Louis Home Care wishes to remind all residents and staff of the importance of preparedness for the winter season. Vaccination remains one of the most effective protective factors for both COVID-19 and influenza. Both vaccines are recommended for residents and staff ahead of the winter season.

For vulnerable groups, it is also recommended that an additional COVID-19 dose be received ahead of winter. Influenza vaccines can be safely given on the same day as COVID-19 vaccines. Free influenza vaccinations are available under the National Immunisation Program (NIP) for residents aged 65 years and older.

**St Louis Estate is hosting an influenza vaccination clinic on Thursday 5th May 2022. Please book your influenza vaccination via St Louis reception on 9385 1420.**

## COVID-19 UPDATE

As we continue to experience transmission of COVID-19 within our community it is as important as ever to ensure you remain diligent with your infection control and personal hygiene practices.

Although the isolation requirements for close contacts have been relaxed, we request that residents who are aware that they are a close contact to a positive case or are experiencing any symptoms, please refrain from attending communal areas or village social events until they are clear. We encourage you to continue to use Rapid Antigen Tests where possible and work together to keep your community and neighbors safe.

MAY

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## 2022/2023 BUDGET MEETING

The annual St Louis Estate Residents Budget Meeting will be held on the last Monday of May. Morning Tea to follow.  
**Date: Monday 30th May 2022 | Time: 10:30am | Location: Kingsmill Lounge**

## Happy Birthday!

WISHING OUR RESIDENTS &  
STAFF THAT CELEBRATE IN  
MAY & JUNE  
A FABULOUS BIRTHDAY!



### WELCOME TO NEW RESIDENTS

St Louis Estate would like to extend a very warm welcome to our new residents! We can't wait to see your friendly faces around the village.

### CELEBRATE ST LOUIS MORNING TEA

Join us to celebrate our monthly birthdays and meet new residents.

Date: 20th May | Date: 17th June

Time: 10:30am

Location: Kingsmill Lounge



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#### ANSWERS

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9	5	3	6	1	7	4	2	8
1	2	4	8	3	7	6	5	9
7	8	6	2	5	4	1	9	3