



ST LOUIS RECYCLE – ECO BIN PROJECT

We are pleased to announce the introduction of our new recycling project here at St Louis Estate. The project will run for an initial 3-month trial period, with plans to continue it on an ongoing basis.

The “Drop Off” station is currently located in reception, with residents being asked to bring along their soft plastics, aluminum cans, batteries and both plastic & glass drink bottles for recycling during office hours (Mon-Friday 9:00am – 4:00pm). All other recycling items can be placed in the yellow lid recycling bins across the estate.

WHAT WE CAN RECYCLE AT THE ECOBIN HUB

Aluminum Cans – All size aluminum drink cans.

Plastic & Glass Drink Bottles – Plastic water, juice boxes and fizzy drink containers up to 3L, single-serve alcohol containers, like beer bottles and pre-mixed spirits.

Batteries – All batteries, (except vehicle batteries) can be recycled in our designated Battery Box.

Soft Plastics – Bread bags, pasta & rice bags, cling wrap, plastic bags, biscuit packets, frozen food bags, green recycling bags, confectionery bags & bubble wrap. In the black & grey “soft plastics” bin.

Everything Else – Can be placed in regular yellow recycling bins located across the estate.

Wine bottles and pure spirits, over 3L plastic drink containers, 1L or over; flavoured milks, pure juices, cask wines or cask waters, all white dairy or white plant-based milks, cordial, food cans.

AGED CARE EMPLOYEE DAY MORNING TEA

Date: Wednesday 10th August 2022
Location: Kingsmill Lounge

Time: 10:30am



We hope you can join us in celebrating Aged Care Employee Day. On this day, we plan to take a break from our busy schedules to come together to thank our team of staff for the care and kindness they provide to St Louis residents every day.

Residents are invited to bring along thank-you wishes or write a card, to thank our friendly and professional team at St Louis Estate for all they do, alternatively these can be dropped into reception prior to the day for all staff to read and enjoy.

RESIDENT NEWSLETTER

AUGUST 2022

UPCOMING EVENTS

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

AUGUST MOVIES



A Call to Spy | Drama/Historical

Tuesday 9th Aug – 1:30pm (KL)

Cast: Sarah Megan Thomas, Stana Katic, Radhika Apte

Running time: 2hr 3 min

Inspired by true stories. In the beginning of WW2, with Britain becoming desperate, Churchill orders his new spy agency to recruit and train women as spies.



South Pacific | Romantic Musical

Tuesday 23rd August – 1:30pm (KL)

Cast: Rossano Brazzi, Mitzi Gaynor, Juanita Hall

Running time: 2hrs 52mins

Oldie but Goodie

In Oklahoma, several farmers, cowboys, & travelling salesman compete for the romantic favours of various local ladies.

Happy Birthday!

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

WELCOME 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.

FEATURE SERIES



The English Game | Mini Series

It's the birth of football. It's toffs against proles, the rivalry of one of the great aristocrats of the early game, Lord Arthur Kinnaird, and the Glaswegian stonemason who was the first great professional, Fergus Suter.

*Thursday 4, 18 & 25 August 1:30pm (KL)

HAPPY HOUR

Date: 5th August **Time:** 5pm to 6pm

Where: KL

Gather some friends, bring along a few drinks.

MEN'S CLUB

Date: 1st Aug **Time:** 5pm

Where: PDR

All welcome - BYO drinks and good conversation

SOCIAL BRIDGE CLUB

Date: 2nd, 16th, 30th Aug **Time:** 1pm **Where:** PDR

BINGO

Date: 11th Aug **Time:** 1:30pm sharp **Where:** KL

New residents and guests of residents welcome to attend. \$10.00 per book.

SOCIAL CLUB MEETING

Date: 3rd Aug **Time:** 10am

Where: PDR

Tickets are essential. More info to come.

ACTIVITY CLUB

Come along and enjoy an afternoon full of fun activities.

Date: Friday 5th, 12th, 19th & 26th August

Time: 1:30-3pm **Where:** Cafe

CELEBRATE ST LOUIS MORNING TEA

Celebrate our monthly birthdays & meet new residents.

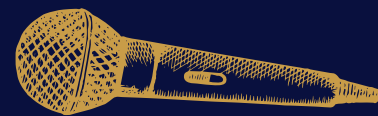
Date: Friday 19th August

Time: 10:30am **Where:** KL



ST LOUIS SPEAKER SERIES

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



Recycling

Rosie Bruce | Friday 5th August

Celebrating the election of Australia's first female parliamentarians Edith Dircksey Cowan, OBE, achieved

Kings Across the Water (And a few a lot closer)

Michael Prevost | Friday 12th August

In the events that follow the demise of our Sovereign Lady, Queen Elizabeth 11 and the desire to rid the British Isles of the House of Mountbatten Windsor, who would their replacement be: Waiting in the wings are Stuart, Jacobite, Tudor and Plantagenet contenders, Spanish, German and one of two Australian rivals. But who are they?

Celebrate St Louis Morning Tea

Event | Friday 19th August

Live Up

Veronica Pannell | 26th August

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.

We are still seeking guest speakers to fill up our calendar from September to December. 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.

SWAN RIVER CRUISING & TWIN FIN

We make our way directly to the Impressive Queens Garden where we will enjoy a delightful morning tea and time to admire these magnificent gardens. We now make our way to Elizabeth Quay where you will have some free time to check out all the changes here before boarding your Captain Cook, river cruise to Fremantle. Full commentary by your crew as you cruise our Impressive Swan River to Fremantle.

Your coach will be waiting for you at the other end and will do a tour around Fremantle before arriving at Fisherman's Harbour and Twin Fin for some tasty fish and chips for lunch. After lunch free time to maybe visit the shipwrecks Museum or simply enjoy the location before slowly starting on our way home.

Date: Tuesday 4th October

Time: Leave Homestead @ 9.00am – Return @ 3.30pm

Swan River Cruising and Twin Fin | Cost: \$85



RESIDENT COMMITTEE MEETING

The next resident committee meeting will be held on
Wednesday 24th August 10:00am in the Private Dining Room.

St Louis Home Care Update



INTRODUCING SINEAD GARLAND AND MOLLY LE TO ST LOUIS HOME CARE:

July has been a busy month with on boarding new employees to the Home Care team. Please join us in warmly welcoming both Sinead and Molly to St Louis Estate. As a registered nurse, Sinead brings a wealth of aged, dementia, and palliative care knowledge and expertise to our Home Care team. Sinead joins both Christina Venables and Gabbie Jones in the role of coordinating home care packages with a focus on clinical assessments, case management, and nursing care. Working Tuesday, Wednesday, and Thursday, she will be available for nursing care visits by appointment. If you require a nursing visit, we are happy to assist you at St Louis Home Care, Unit 58, or phone (08) 9385 3406.

COVID-19 UPDATE:

Unfortunately, Western Australia, like other parts of Australia is experiencing growth in new COVID-19 cases. The current wave is being driven by the new Omicron subvariants (BA.4 and BA.5). To prevent high community transmission of both COVID-19 and influenza, vaccinations continue to be the most important protection.

To stay safe and well, please continue to follow the Department of Health's advice.

- staying up to date with vaccinations
- wearing a mask outside your home when in crowded, indoor environments, including on public transport
- ensuring indoor spaces are well ventilated
- staying home if you have any COVID-19 symptoms, no matter how mild, and get tested
- not attending high-risk settings such as health care (unless seeking treatment), if you have any symptoms of COVID-19, no matter how mild
- practice good respiratory and hand hygiene

For people who have had COVID, the reinfection period has been reduced from 12 weeks to 28 days, so people who test positive to COVID-19 more than 28 days after ending isolation, due to previous infection, should be reported and managed as new cases.

COVID-19 oral antivirals are now available on the Pharmaceutical Benefits Scheme (PBS) for:

- people aged 70 and older who test positive to COVID-19
- people aged 50 and older with two or more risk factors for severe disease
- Aboriginal or Torres Strait Islander people aged 30 and older with two or more risk factors



FREE HOME CARE PACKAGE INFORMATION SESSION

Join Karena Sherriff, St Louis Home Care Manager on **Wednesday, 31st of August 2022**, at 11.00 am at St Louis Estate, Kingsmill Lounge, for a free information session. Karena will be presenting the 6 steps to accessing a government-subsidized home care package and what to consider when choosing your home care package provider. **To enquire** about accessing a Home Care Package with St Louis Home Care or to register to attend this free information session, please phone 9385 3406 or email homecare@stlouisestate.com.au