



St Louis
Home Care

Home Care News

February 2024

CEO News

Happy 2024 to you all. Summer flew by in the blink of an eye, and now we find ourselves embracing the arrival of Autumn. St Louis has been a very industrious place over the last few months.

You might have heard about the demolition, then construction at St Louis Nursing Home in Parkside, with the new 10 bed East Wing which we are very happy with. We enjoyed our grand opening with our residents and their families on the 13th of March to celebrate the joy this new wing brings, the new faces, the new building, and the beautiful grounds.

Next door at 23 Foster Street is almost complete for housing our administration team. This office will be operational in April 2024.

Our homes in Victor Harbor that offer short stay respite are enjoying all the faces that come and go down there. Based on the success of these homes, we have begun building another home on the Esplanade in Aldinga. The views will be amazing, and we look forward to seeing its progression from slab to house this year.

All the best. **Maris Naish, CEO**



Grand Opening of our new East Wing



Spacious rooms in our new East Wing. Please call our Nursing Home Manager Ken on 08 8272 3344 for more information.

Memory Walk and Jog

Did you know that each year Dementia Australia runs the Memory Walk & Jog events around Australia to raise funds. These funds help to grow the Dementia Australia services that support people living with dementia, and their carers.

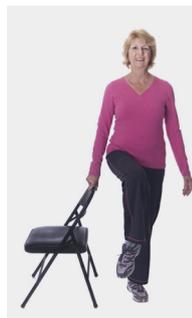
This year the St Louis team will participate too, with several team members joining together to walk on Sunday March 24th. Look out for us wearing our blue T-Shirts!



If you would like any information about the support services offered by Dementia Australia, you can visit their website <https://www.dementia.org.au/> or call 1800 100 500.

Kathryn Broadbent, Community Care Services Manager

Physio Message



Falls at home are common, but they are also preventable! Often the most effective way to reduce the risk is by improving your reactive balance. This means training your body to take quick, corrective steps when you start to lose balance, rather than relying solely on your arms to catch yourself.

To get started on enhancing your balance, try simple incidental exercises like sit-to-stands from a sturdy, highchair, and practice walking around the house with high marching knees near support. These activities help strengthen your hips and legs, which are crucial for maintaining stability and learning to shift your weight.

But remember, the best way to ensure you're on the right track is to consult with a Physiotherapist. As your local physio, I'm just a phone call away and eager to provide personalised advice and support. Together, we can work towards boosting your balance, securing your home against falls, and keeping you injury-free. Stay steady, stay safe, and let's tackle those tumbles together!

Joseph Wallace-Ellis, Physiotherapist



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Adelaide Lifestyles

After a fabulous 2023 brimming with exciting activities aboard the bus, we are looking forward to a fun filled 2024. Our recent adventures have included enjoying the Melbourne Cup at the Hampstead Hotel in our 'funny hats', visiting the Carnival Exhibition at the Glenelg Museum, and enjoying the sunny summer weather down at Semaphore Beach.

Social programs

We are also starting a friendship group at the Unley Community Centre, 18 Arthur Street, Unley. It will run once a fortnight, every second Thursday.

Please come and join us on Thursday 14th of March and Thursday 28th of March from 9:30am to 12:30pm. Our aim is to get people out and socially active and we plan to have a variety of activities and speakers to entertain all. Please contact me for more information.

Phone
8332 0950
to make a
booking

There's nothing better than meeting new people and enjoying life. The more the merrier! **Deb Hearnden, Lifestyles**



Doug, Hampstead Hotel for the Cup



Patsy and Kim at the Hampstead Hotel



Trevor's flowers



Glenelg Museum Carnival Exhibition



Semaphore Beach

We value all feedback and are proud to share a poem written by one of our Lifestyle participants.

In gratitude to Deb H, from the "Rustic Ramblers"

*We are a group of Oldies,
Who rude folks call "Old Farts!"
Now, we really are quite savvy,
And have the kindest hearts.*

*Most of us, we live alone,
And have lost our life-long love,
We could just sit and grieve and moan,
And await the call above.*

*But on Mondays, we hover near our phone,
Till we hear Deb's cheery call,
To tell us of our Tuesday trip,
Where we all have a ball!*

*Now our Deb's the Carer-Driver,
With our Kim, her care-assist,
And we are grateful to St Louis,
For our promotion to the List.*

*Dear Deb, she cares for us,
Just like we were her kids
Us Oldies all enjoy the jaunt
And wouldn't miss the trip for Quids*

Wilf Fatchen 24/02/2024

Comments and Complaints:

If you have any concerns or requests in regards to how services have been/are being provided by St Louis, please contact your coordinator or the office on 08 8332 0950.

St Louis Home Care Adelaide Metro and Hills
11 Dudley Road, Marryatville SA 5068 (08) 8332 0950

St Louis Home Care Victor Harbor and Fleurieu
27 Ocean Street, Victor Harbor (08) 8552 1481

Celebrating diversity

AGED RIGHTS ADVOCACY SERVICE (Inc)
(08) 8232 5377 email: aras@agedrights.asn.au

AGED CARE QUALITY AND SAFETY COMMISSION
1800 951 822 www.agedcarequality.gov.au

www.stlouisagedcare.com.au