The Feast Day of Saint Hilarion is fast approaching. We are all busily preparing for it to be celebrated starting Mission Week with an opening mass on Sunday, 14 October 2018 at Mater Christi Parish at 10:30am entering the church with the Statue and Relic of Saint Hilarion.

The religious celebrations will continue with mission triduum mass at Mater Christi Parish commencing at 7:00pm on Wednesday 17, Thursday 18 and Friday 19. Friday night we will have the traditional candlelit procession throughout the Parish grounds.

This year we will celebrate our 63rd annual Saint Hilarion Feast Day here in Adelaide, Australia. **The Feast Day is to be held on Sunday, 21 October 2018.** This is a very significant and special day for all Saint Hilarion followers as 21 October is the official Feast Day of Saint Hilarion. This magnificent day has been celebrated in Caulonia, Italy since 1855 and is still going strong today.

We will celebrate our Feast Day with a street procession commencing at 10:00am around the surrounding streets of the Mater Christi Parish with the statue of Saint Hilarion, this will be followed by an open air mass.

Our famous food stalls of zeppoli, pasta, trippa, BBQ, and porchetta (to name just a few!) will commence serving directly after the mass has finished at approx 12:00-12.30pm.

The festivities will carry on throughout the day with various entertainment and activities for all ages concluding with a fantastic performance of our own Unity Trio.

Please come and join us for a day of great friendship, food and traditional activities. Remember all funds raised over the 63 years of feasts are what funded The Society of Saint Hilarion to so proudly enter into Aged Care, with this we are able to provide excellent facilities and services that are enjoyed by our residents and families today.

*Buona Festa, e’ Viva Sant’Ilarione.*

Vince Greco
President, The Society of Saint Hilarion

**Update from The Society President**

**The Feast of Saint Hilarion 2018**

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**Upcoming Events**

- **Frank Ferraro Concert - 18 Sept @ Seaton** 2pm
- **Italian Film Festival - 19 Sept - 7 Oct**
- **Henley Beach Primary School Festival of Music Choir & Afternoon Tea - 26 Sept @ Fulham**
- **Grandparent’s Day - 5 Oct @ Fulham**
- **Saint Hilarion Mini Feast and Open Day - 13 Oct Seaton CHANGE OF DATE** (see pg 19)
- **Feast of Saint Hilarion - 21 Oct**
- **Frank Ferraro Concert - 1 Nov @ Seaton 2pm**
- **All Souls Day Special Mass - 2 Nov @ Seaton TBA | Fulham TBA**
- **Ladies Committee Melbourne Cup Luncheon - 6 Nov (La Vita Café) TICKETS AVAILABLE NOW!!**
- **Melbourne Cup BBQ Luncheon - 6 Nov @ Fulham $10 pp**

**Buona Festa, e’ Viva Sant’Ilarione.**

Vince Greco
President, The Society of Saint Hilarion
St Hilarion Feast Day
Sunday 21st October

Mater Christi Parish
413 Grange Rd, Seaton

ENTERTAINMENT FOR ALL AGES!
Spaghetti Eating Competition
Full Bar Facilities
Magical Clown & Face Painting for the Kids
Update from the Aged Care Board

Vale – Bruno Barilla

With a heavy heart I acknowledge the loss of our inaugural President and one of the longest standing members at the Society of Saint Hilarion. Apart from his work with the Society, Bruno was fully involved with our aged care sector where he made an enormous contribution.

I first met Bruno when we both served as board members of the South Australian Soccer Federation in the early eighties. His energy and vision for the sport was evident then so it is not surprising what he achieved in community work.

I know the staff and residents of both our sites will miss his presence, support and contribution. Bruno not only made contributions at the board level I can safely say he was involved at every level of our aged care function.

His life has been marked with an enormous span of achievements. As many a migrant from Italy, Bruno made an exemplary success of his life in Australia by raising a stunning family with his soul mate Teresa. Their success did not stop there with many successful business ventures they guided their children to follow the same path.

Then to add to this stunning story, Bruno’s community involvement with the Society of Saint Hilarion has followed the tradition of many contributors and benefactors where he has stamped his identity as a special leader of the Society.

By being offered the role of inaugural President of the then new Society, Bruno was trusted with a special quest to grow and enhance the vision of these new migrants to Australia. This quest and devotion never waned and was always present until the very end of his wonderful life.

I have sought to find words to describe such a wonderful friend and colleague after nearly four decades of knowing and working with Bruno. In reality it was very easy to find those words, simply put they are Integrity, Humility and Generosity.

His integrity did just not revolve around honesty and fairness; it also had a strong sense of wholeness and inclusion. He treated people of all persuasions and stations with the same respect and care. He always had a smile and time for everyone.

His humility was demonstrated in his quest to learn and acquire knowledge in the field he was working in and to then set his vision as a leader to assist others. His silent network of people within the business, sporting, religious and social community was so extensive that it was often not surprising to learn that he was acquainted with sporting stars such as Pele, media celebrities such as the late Bob Francis and political/community leaders of every persuasion. However he would willingly offer these contacts to benefit his beloved society and friends.

Orazio Di Carlo
Chairman St Hilarion Age Care
15 August 2018
One of the success stories at the Society of Saint Hilarion Inc Aged Care has been the growth of Café Francesco Totino.

Under the guidance of Winnie Vuong, Community Hospitality Coordinator (pictured right), and her team we have seen a wonderful array of meals and French pastries that captures the essence of why food is everything.

We have recently joined online meal ordering companies such as UberEats and have commenced delivering lunch–time meals across the Adelaide metropolitan region.

Although we are still in our infancy, Café Francesco Totino is responsible for delivering over 20 meals per day and providing an onsite service to our care recipients, staff and volunteers. This is an extraordinary feat when we consider that no other café based in an Aged Care facility can deliver quality to your doorstep and that age is no barrier when food is involved.

7 Kelly Avenue, Seaton
Ph: 8409 1296

10% off for first time customers


A big thank you to all those who donated towards our Father’s Day Raffle.

The Seaton raffle was drawn on Thursday, 30 August 2018 during the special Father’s Day Concert.

The Fulham raffle was drawn on Friday, 31 August 2018. Congratulations to all the winners.
CEO REPORT—Thuy Phan

In July this year, our community and our people at the Society of Saint Hilarion Inc Aged Care farewelled a great man. A visionary man with courage, passion, honour, integrity and empathy. The man who bestowed unconditional love on us all.

That man was Bruno Barilla. May you rest in peace Bruno. Your tender smile and tough love will always live in our hearts forever Bruno.

Our deepest sympathy to Terri and the Barilla family.

Thuy Phan
CEO

Bruno Barilla (1941—2018)

Bruno’s brilliance, passion, and energy were the source of countless business opportunities that enrich and improve all our lives. His enthusiasm to serve and deep love for the Society of Saint Hilarion Aged Care Inc. will be remembered forever.

His leadership for the Society of Saint Hilarion has been essential for the development of the society and the contribution it continues to make for a vibrant Italian culture. As the inaugural President from 1970 to 1978, and current board member/Vice Chair for the last 14 years he has been pivotal for fundraising significant monies for the development of four aged care facilities, the Saint Hilarion Feast Day and the ongoing financial support to various not-for-profit organisations and families.

Our hearts go out to all his family and to all who were touched by his extraordinary gifts. Our thoughts and prayers are with his family and friends during this sad time. Rest in peace Bruno.

Frank Naso
Director Major Initiatives & Innovation
The Society of Saint Hilarion Inc Aged Care

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www.sainthilarion.asn.au
ACSA South Australia’s Volunteer of the Year Award awarded to our own Pina Deguisa

Congratulations to Pina Deguisa who recently won the Aged and Community Services Australia (ACSA) South Australia’s Volunteer of the Year Award.

On Friday, 27 July the 2018 ACSA Aged Care Awards for South Australia were celebrated at the iconic National Wine Centre, with attendance by over 150 people from some of the state’s top aged and community care providers.

The ACSA Volunteer of the Year Award recognises an individual who exemplifies the tireless generosity of volunteers in caring for and supporting older people and their carers. This year’s award was sponsored by Holman Webb Lawyers.

Pina will now represent South Australia at the National Awards to be held at the ACSA National Summit in September.

Volunteering is a very rewarding way to serve your community, while also providing you with the opportunity to make new friends. At Saint Hilarion we are able to offer a diverse range of volunteer experiences at both our Fulham and Seaton facilities which include:

- Gardening and general outdoor up-keep.
- Assisting with care recipients activity programs under the supervision of our Diversional Therapy team.
- One on one visits with some of our care recipients who enjoy the opportunity to talk with someone on a regular basis.
- Assisting in our Café Francesco Totino at Seaton.
- Fundraising.

Contact Fulham or Seaton Reception to find out more.

Please ensure that you update us with your details when they change - moved house? changed phone number? issued a new Police Check?

Contact either Fulham or Seaton Reception to update your details.
Seaton Updates

Wintery day - 7 July

Once again Saint Hilarion volunteers have demonstrated their Italian culture skills to the broader community. The Saint Hilarion bus left early on Saturday, 7 July to drive to Nuriootpa. Our volunteers worked in conjunct with First Drop Wines, Home of the Brave to make pork sausages.

People from all over South Australia gathered enthusiastically despite the cold weather to learn to make sausages. At the end, the sausages were cooked and served along with other local produce and most importantly the house wines.

Saint Hilarion would like to say thank you to the owner John Retina (pictured above), his wife Mary and staff for the wonderful day. Thank you also to all the volunteers especially Peter for organising the day. A total of $500 was raised for Saint Hilarion.

Working closely with Multicultural Communities Council of South Australia

A special thank you to the MCCSA for assisting residents from diverse linguistic backgrounds maintain contact with the broader community. At present Polish, Croatian, Vietnamese and Greek speaking visitors are connected to the Saint Hilarion care recipients. This program is beneficial in maintain cultural beliefs, and language skills.

Pictured right: Community Visitor Hai, who is visiting a Vietnamese resident each week

Pictured above: Polish Volunteer, Lesek who visits our Polish speaking residents with Marta (coordinator of the service)
Seaton Updates (cont)

Never too old to learn!

At Saint Hilarion Seaton we have begun a knitting group. The group welcomes beginners and “professionals”. Knitting is an activity which has many benefits for all those involved such as eye and hand coordination, tactile, social and most of all it is fun to do.

Did you know? The first pieces of clothing made in the technique similar to knitting were socks.

The ladies in our new knitting group have begun to make covers for coat hangers which will be given as gifts at Christmas time.

The group seems to be growing every week, as many come to watch and learn and others come to teach. We welcome members to join in, wool donations are also welcomed. We are hoping to make blankets which will be given to the residents as gifts.

Peter’s green thumb!

Peter harvested over 60 cabbages this year from our Adami Organic Garden. We were blessed again this year with winter vegetables which have provided our residents with fresh produce. Peter has been busy organising the garden, pruning all the trees, getting the soil ready for spring and summer planting.

We are always looking for people to help in the garden so if you have some spare time and would like to be part of the Saint Hilarion team please contact Marta at Seaton.
Mrs Mary Gandolfo celebrated her 100th Birthday at Seaton on Thursday, 30 August with a special Mass and lunch with her family followed by a special cake at the Fathers Day Concert (pictured at bottom).

She was born in Molfetta, Italy. As a young girl Mary migrated to Egypt with her parents and four siblings. She married an Italian gentleman in 1940 in Egypt and had two children, both of whom were born in Egypt.

In 1956, after the Second World War, Mary and her husband moved to England and lived there with their two children. In 1970, her daughter and son-in-law migrated to Australia and settled in Adelaide. Mary and her husband also migrated to Australia arriving in 1972.

Mary’s son currently lives in the UK and her daughter still lives in Adelaide. Mary’s husband passed away in 1979. She later remarried and her second husband passed away in late 1990s.

Mary received congratulatory wishes for her Birthday from Her Majesty The Queen (pictured below right).
The Society of Saint Hilarion Elvis Tribute Dinner Dance

On 30 June The Society of Saint Hilarion hosted an Elvis Tribute Dinner Dance.

Wow, what a great night and turn out it was! Fantastic to see 245 people attend and I’m sure at least 200 of them were up dancing at any one time. A big thank you must go out to Rosi Manzella for doing what she does best - organise for our residents to attend these functions (read about the Fulham Resident’s night on page 13). It was great to see the residents up on the dance floor having a fantastic time, they danced all night.

It’s always a delight to see our community coming together on nights like this, what impressed me most was seeing people from outside our community attend. It was great to see them interact with others and get an understanding of what Saint Hilarion stands for.

Our entertainment Matt Birse as “Elvis” and All the Kings Men Tribute Band conducted a professional and outstanding performance with their 2 ½ hr spectacular floorshow. Patrons couldn’t get enough, the place was jumping.

The Krystal Function Centre were outstanding, the food and service was fantastic everything ran smoothly and perfect nothing was too hard for Joanna and her team.

The night was a great success and most of all fun. There were fantastic prizes to be won for the lottery and the silent auction. Congratulations to all the winners and successful bidders. A big thank you goes out to all that supported this great night, on the night we raised more than $6,500 a fantastic achievement. The money raised from this evening will go towards specific projects to purchase new specialised health and medical equipment for the benefit of our residents of The Society of Saint Hilarion Inc Aged Care facilities.

Last but not least I would like to thank our four major sponsors for the evening (see below), we thank you for your support, its with people like you we can continue to do what we do. Thank you.

Vince Greco
President, The Society of Saint Hilarion
The Society of Saint Hilarion pays tribute to a long serving volunteer

The Executive Committee of the Society of Saint Hilarion decided this year to pay tribute to one of their long serving volunteers and may I tell you this was a very hard decision to make as there are so many wonderful people out there. It was finally decided that person was the wonderful Mr Antonio Ierace (Sacco).

Antonio for many, many years was an enthusiastic, valuable and treasured volunteer especially for our annual Saint Hilarion Feast Day. During the leadup to the Feast he would start to get things organised for the setup day, Saturday the day before the Feast. On the Saturday Antonio was the first one there and the last to leave, he was as strong as an ox he just wouldn’t stop and boy I tell you things got done and done quickly.

In the later years when our dear friend Mr Franco Alvaro (who was our Standard Bearer for many years) was not doing so well in health, it was then that Antonio who stepped up to the helm and became our Standard Bearer for many years.

His efforts and passion were recognised by the Society on 11 August 2007 with an Honorary Membership for his Extraordinary Contributions Towards Achieving the Mission of the Society.

Some of the Society Executive team arranged with the Ierace family to visit him on Saturday, 7 July. It is unfortunate that Antonio is now suffering from dementia, so he doesn’t remember too many people but I tell you over a few coffees and biscotti and a few hours of talking about the old days things came flowing back to him.

It was our pleasure to award Antonio the Certificate of Appreciation for his Extraordinary Service and Dedication to the Society of Saint Hilarion.

Thank you to Honorary Mr Peter Dichiera, Honorary/Executive Committee member Mr Ilario Nesci and Executive Committee member Mr Lauri Sghirripa for joining me on this day (pictured right). Also a big thank you to Ilario and Maurice Ierace (Antonio’s sons) for opening their home for us to spend time with their dad.

Vince Greco
President, The Society of Saint Hilarion
One of our earliest migrants, arriving in Australia in the first three months of 1939 in her 16th year.
Married to Ilario Ciccarello in 1946.
Daughter-in-law to Giuseppe Ciccarello, one of the Society of Saint Hilarion’s Founding Members.
Celebrated her 95th Birthday on 18 July 2018. Pictured left with her daughter Carmel Stefano, nephews Giuseppe and Larry Ciccarello and niece Nelly Circosta.

Concettina Ciccorello (nee Caminiti)

Giving and receiving—it works both ways!!

The Society of Saint Hilarion Inc Aged Care are proud to continue our friendship collaborating with Saint Mary’s College, Nazareth College (pictured right) and Saint Ignatius College students.

The best way to spread the word about the good work we do at Saint Hilarion is to have the students visit and experience it for themselves. Every year up to 50 students visit us to undertake work experience.

The students often arrive feeling overwhelmed with nervousness as many do not know what to expect within a Residential Aged Care facility.

The students assist with activities such as helping residents attend chapel, art, gardening and they also spend individual time with residents. We have many students who play musical instruments and also sing.

So far the students have been well mannered, articulate, loving and caring young people. It is a pleasure for Saint Hilarion to be able to teach the basic understandings of aged care to the younger community.

At the end of the students 10 day work experience the feedback is overwhelming to us. The students often report how they found Saint Hilarion to be much more than a nursing home and how much they have enjoyed their time.

On a few occasions in the past, our work experience students have gone on to pursue careers with a focus on working with the elderly.

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Fulham Updates

Waffle making with Flavia Tropeano

Often at ‘The Villa’ our residents and any staff member that is lucky enough to be working on the day, are treated to a special culinary delight made by our volunteers. On the morning of Friday, 22 June Flavia (pictured right) visited us and with the assistance of Mrs Giacoma Pappagallo made an abundant amount of waffles.

She used a type of machine which is quite familiar to many Italians with a special pattern on it. Many of our residents and their families had one of these in their homes, so this opened up much reminiscing of when they used to make these treats at home. Of course there was a little ‘taste testing’ going on while the waffles were being made.

These tasty waffles were enjoyed by everyone for afternoon tea that day. Residents could chose from honey and lemon or cream and jam toppings!

Yummy!

Society Dinner Dance outing

On Saturday, 30 June some of our residents from Villa Saint Hilarion, attended an evening event organized by our wonderful Society of Saint Hilarion Executive Committee led by president, Vince Greco. This fundraiser dinner dance is nothing new but this year’s show was a dinner dance to top them all! Apart from the wonderful venue, Krystal Function Centre and the delicious four course meal including drinks, the committee booked a special two hour floor show by Matt Birse as ‘Elvis’ and All The King’s Men Tribute Band.

Our residents were so excited, all dressed in their best clothes and were ready at least one hour before our transport arrived! There was no running around escorting residents who were running late that evening. Everyone enjoyed a scrumptious dinner complete with glasses of wine and soft drinks, As you can see by the photos some of us spent just as much time on the dance floor as we did eating. Some of our residents were lucky enough to get a scarf and a kiss from ‘Elvis’.

When the time came to leave at the end of the show, it took quite a while to round everyone up and as we walked across the dance floor, our residents received a thunderous applause (really made them feel very special) Thank you to our volunteers and carers who also attended on the night. Also a big thank you to Vince and the team for making us all feel very welcome. We can’t wait for next year.
Fulham Updates (cont)

SAINT ANTHONY OF PADUA CELEBRATIONS
For those of you who don’t know who Saint Anthony was, here is a brief story of his life:

Saint Anthony was born Fernando Martins in Lisbon, Portugal, 15 August 1195 and died on 13 June 1231. He was born into a wealthy family and by the age of fifteen asked to be sent to the Abbey of Santa Cruz. He became a catholic priest and friar of the Franciscan order, and is the patron saint of lost and stolen articles.

Many people give donations to the poor in the way of Saint Anthony bread, in thanksgiving to God for blessings received through the prayers of Saint Anthony.

During a religious journey he was making from Morocco back to his home, he never arrived as his ship ran into storms and was blown east across the Mediterranean and arrived on the coast of Sicily. He travelled to Northern Italy and asked a superior to ‘instruct me in the Franciscan life’. He spent his life travelling tirelessly in both Northern Italy and Southern France, preaching to the people.

His feast day is celebrated on 13 June. We are very blessed at the Villa Saint Hilarion as our pastoral carers belong to the Franciscan nuns of Saint Anthony. Every year around his feast day, the priest of Padua, Italy travels to Adelaide for his feast day celebrations in the Italian community and on Friday, 15 June he celebrated holy mass in our chapel and afterwards he joined our residents, as well as residents from our Seaton home, our Aged Care Board and Executive Committee members of The Society of Saint Hilarion, special guests from the community and our management team for an amazing lunch, cooked by our catering staff and volunteers. Thank you to these wonderful people.

We would like to also thank Anna and Vincenzo Timpano who every year donate all the bread rolls for this special luncheon. These are firstly placed in the chapel near the altar for the priest to bless and then eaten by all present with their meal. Also thank you to the Mater Christi choir and the amazing Angelo Zotti, who entertained us. For what is a function at the Villa Saint Hilarion without music and dancing!!. Wonderful day had by all!!
Zeppole Day

Our annual Zeppole Day is always a very popular event and this year was no exception! It was held on Tuesday 14 August 2018.

For those of you that are new to the Italian culture, ZEPPOLE are an Italian pastry consisting of a long banana shape piece of dough that is deep fried. Traditionally there are 3 types, savoury with anchovies, plain or sugared ones (these taste like cinnamon doughnuts). These pastries are popular in Southern Italy and are made during festivals and at other special occasions.

The Society of Saint Hilarion are very famous for their "ZEPOLES" and most people agree that they are the best ZEPPOLE makers around!

The day started early at approx 9:00am, with our volunteers arriving to set up in the BBQ area. The dough is prepared then shaped by hand into the traditional shape, anchovies are then added & deep fried. In some parts of Italy they make them into a ball shape. Our friends from Seaton also joined us for lunch and all the afternoon’s festivities.

As you can see by the photos there were no shortage of volunteers and it was lovely to see our young volunteers joining in with the making of the ZEPOLE. We would like to welcome our newest member to "The Villa family", James Gorcilov (pictured at top), who happens to be the grandson of Dr Frank Chitti. James was with us all day and by all accounts really enjoyed the experience.

After lunch, friends and family members joined us for a concert and more ZEPPOLE eating for afternoon tea. As tradition on the day we sold them to the community and raised just over $300!

As always we would like to thank all of our dedicated volunteers and a special mention to Mario Deguisa (pictured below left) who was working behind the scenes days before and day after. Without these wonderful people these events would not be possible.

Thank you!

Our residents were escorted outside at different times to see the ZEPOLE being made and to soak up the atmosphere. They all had a little taste before lunch.
Woodwork with Angelo

An activity which is very popular here at the Villa is Woodwork. This takes place fortnightly on a Wednesday morning and is facilitated by our wonderful volunteer Angelo Bonaccurso.

As you can see by the photos, it is not just the men who participate. Our Rosa Bertocchi also enjoys sanding the items. Apart from the enjoyment woodwork brings to some of our residents it also promotes fine motor movements and cognitive function.

For our resident Jim Niscioli it brings back memories to things he used to do at home, it’s wonderful to see their happy faces full of pride and great satisfaction of what they have made.

Some of the items we have made have been donated to staff and resident’s children and grandchildren.

The Society of Saint Hilarion Inc Aged Care

Red and White

Melbourne Cup Luncheon

Tuesday, 6 November 2018

From midday

Tickets $70 per person include a delicious 3 course meal, champagne on arrival, competitions, prizes, sweeps and more!

Bookings essential

For Tickets contact Matilda on 8356 1352

or Rosemary on 0401 125 651

Major sponsor: CCI Catholic Church Insurance

Facebook.com/sthilarionevents
Dementia Awareness Month – September 2018
September is Dementia Awareness Month. Its aim is to encourage all Australians to become more aware of dementia, to gain a better understanding of what it is like to live with dementia and how we can support people living with dementia.

My Health Record opt-out period extended
You now have until 15 November 2018 to opt out of My Health Record – an online summary of an individual’s key health information. The extra month will give Australians more time to consider their options as the Government introduces new privacy protections. The changes will ensure no record can be released to police or government.

Aged Care Budget 2018/19
One of the star players in the $5 billion announced for aged care in the Budget was the announcement of more home care packages. With over 100,000 Australians on waiting lists, the additional home care packages are urgently needed to address some of that demand.

Other announcements included making available 13,500 residential aged care places and 775 short term restorative care places, with $60 million capital investment to support new places, and providing increased flexibility of funding for residential beds or home care packages by combining both programs from July 1 2018.

The merging of home care and residential funding pools will make more home care packages possible in future. Government also announced in-principle support for putting residential aged care places in the hands of consumers. Until then with residential care allocated to providers, not in response to consumer demand, older Australians still do not have the ability to choose their nursing home, and good providers are restrained from responding to consumer preferences.

Funding was set out for the Quality and Safety Commission, which will streamline the functions of the Australian Aged Care Quality Agency and the Aged Care Complaints Commissioner into a single agency.

More than $250 million will be set spent over four years to establish the Commission, with $50 million to help providers implement the new standards. The commission will be supported by other significant measures such as $50 million for a Quality Care Fund, $32.6 million to enhance the regulation of aged care provider quality to respond more quickly to failures, and $8.8 million to improve the transparency of information on aged care provider quality.

Navigating aged care
The Government will spend $7.4 million over two years to trial Integrated Consumer Supports, including help for older Australians to navigate aged care.

This will include 30 aged care information hubs to provide locally targeted information, 20 community hubs where members support each other in navigating aged care and a dozen specialist positions in consumer-focused organisations and the Department of Human Services to offer additional support.

Mental health ($102.5 million for mental health services for older Australians)
This funding includes over $82 million for older Australians in residential care and $20 million for those over the age of 75 years and living in the community.

Elder Abuse ($22m commitment to elder abuse)
Federal Government asking for leadership in the development of a national framework and approach to elder abuse, including a national register of enduring powers of attorney.

Palliative care ($32.8 million over 3 years for extra palliative care in residential aged care)
Liz Callaghan, Chief Executive of Palliative Care Australia (PCA), said the funding shows the Commonwealth’s commitment to ensure palliative care is included in aged care service provision, and not just end-of-life care.

“Australian studies have shown that when
specialist palliative care services are brought into residential aged care settings, there is a reduction in unnecessary hospitalisations and an improvement in symptom and pain management”.

A snapshot of other key measures

- $40 million to support aged care providers in regional, rural and remote Australia for urgent building and maintenance works
- $61.7 million to make My Aged Care easier to use
- $5.3 million allocated for dementia innovation
- $105 million for culturally safe aged care services in remote Indigenous communities
- $14.8 million for a new national assessment framework.

**Australian Aged Care Quality Agency (AACQA) unannounced visit 9 August 2018**

Three AACQA surveyors reviewed us against:
- Standard 1.6 Human Resource Management
- Standards 2.4 Clinical Care
- Standard 2.9 Palliative Care

The AACQA found the home SSH Seaton did not meet the expected outcome of Standard 2.9 Palliative Care which requires that ‘the comfort and dignity of terminally ill care recipients is maintained’. In response to this an external Nurse Advisor was contracted to perform an audit review of the agency findings. SSH external Quality Consultant has also completed a complete review audit of Standard 2.4 expected outcomes: which includes palliative care and pain management to identify gaps and areas for improvement.

Our improvement strategies to date include a number of risk assessments and actions to improve our care and service provision relating to palliative care, this includes review and updating of policies and procedures relating to:
- Pain Management;
- Palliative Care Management;
- Return from hospital check list;
- Advance care directives;
- Letters to doctors re use of locums after hours when they are not available; and
- Education updates.

**Message from DRCS:**

**Never stop improving**

Great leaders -- indeed, great people -- are constantly learning and always trying to improve themselves. There’s always something that you can work on or a new skill to master. Be sure to keep your mind open to new ideas and possibilities. This is the journey the Society of Saint Hilarion (SSH) is on, this is our mission and we need all members of our workforce to be actively involved and part of this process.

**Be emotionally aware**

While many people advise keeping emotions separate from matters of business, **business is ultimately about relationships between people.** To make these relationships last, you need to be emotionally intelligent -- to be sensitive to different points of view and different backgrounds. When using your head to do what’s best for our company, don’t forget to have a heart.

Our business is people and people is all about successful customer service. How well we all do our respective jobs is the indicator of how well we serve our customers and how valued we become in our roles. Our reputation and success as an aged care service provider is dependent on how emotionally aware every employee is of the many relationships we develop in our working environment.

**Communicate effectively**

Effective communication is imperative, both in the workplace and in life. Great leaders make sure they are heard and understood, but they also know the importance of listening. Communication is a two-way street, and making the most of it will have you and Saint Hilarion moving forward to where we need to be in our industry.

Mary Spudic
Director of Residential Care Services
A CAREER IN CARING

There has never been a better time to have a career offering care and support to people who are aged. In the next 25 years, the population of people over 65 years of age is expected to double, and those aged over 85 years of age to triple. This means the demand is rapidly rising for good care workers who have the skills, knowledge and enjoy supporting people in their living environment.

The work is not always easy, but here at Saint Hilarion we continue to develop Carers to remain flexible, adaptable and positive in everything they do.

What makes a good care worker?

A care worker provides physical, social and emotional assistance to a person. This may include developing and maintaining their independence and safety in personal care, health care and hygiene (such as eating, dressing, toileting and bathing).

How do we support the development of good care workers?

In addition to providing in-house training for individuals studying to become carers, we offer a comprehensive induction and development process throughout the six month probation period. All new carers participate in an assessment of their job competencies.

The assessment is also applied to carers as a part of our appraisal process.

In 2018 we have extended the range of training and development of care skills and knowledge with the introduction of Customer Service Training. This three hour program has been highly successful in reinforcing the most important part of delivering personal care service – being able to maintain a positive impact when managing expectations, working with competing demands and making good decisions, and recovering from situations when individual needs are not met.

Our future

Most importantly we are preparing our carers for the future by providing an understanding of what is driving the changes, and creating a shared purpose and meaning of great care services.

CAREER PROGRESSION

Our organisation is committed to developing staff and providing career progression opportunities for our staff. The internal job vacancy adverts are a way to encourage staff to consider new roles and submit an application in order to be considered through a merit selection process.

We congratulate Jasmine Cichon (pictured below right with our Director of Residential Care Services Mary Spudic) on her recent appointment as Laundry Team Leader. As part of her appointment, Jasmine is a participant of the Leadership Development program.

Jasmine’s continuing commitment and contribution to improving services to residents and supporting staff to be successful is most valued.
Winnie’s nutritious recipe for everyone!

To keep your tummies warm, your taste buds satisfied and your dietary requirements met this season, here is a scrumptious recipe designed by Winnie Vuong, our Community Hospitality Coordinator.

SPICY CORN & TOMATO SOUP

This Mexican inspired soup, containing spicy sausage and is served with melted cheese and corn chips, is a great one pot dish. For a chunkier soup, do not blend the mixture and use a can of corn kernels instead of creamed corn.

Serves 4

Preparation: 10 minutes  Cooking: 35 minutes

Ingredients:

1 tablespoon vegetable oil
1 medium onion, chopped
2 clove garlic, pressed (crushed)
1 celery stalk, chopped
Grated zest and juice of 1 orange
½ - 1 teaspoon Tabasco or other hot pepper sauce, to taste
1kg ripe plum tomatoes, chopped
250 grams chorizo sausage, sliced
400 grams can creamed corn
125 grams corn chips
120 grams cheddar cheese
1 cup canned white beans

To Make

Heat oil in saucepan. Add onion and cook, stirring until soft. Stir in garlic and celery and cook, stirring, until celery is soft. Add orange zest and juice, Tabasco and tomatoes and simmer, covered for 20 minutes.

While soup is simmering, cook sausage in ungreased frying pan until lightly browned. Drain.

Blend or process tomato mixture until finely chopped. Stir in corn, beans and return to pan and heat through.

Just before serving, spread corn chips in grill. Sprinkle with cheese and place under grill just until cheese melts.

Stir chorizo into soup and serve with corn chips.

ENJOY!

To make a meal for just one or two, simply halve the ingredients. Alternatively, extra portions can be frozen or stored for another meal. For more information on other great recipes or if you are interested in having a meal delivered to your home, please contact Winnie on 8409 1500.
Saint Hilarion Mini Feast and Open Day

Saturday, 13 October 2018 from 10am to 4pm
The House of Saint Hilarion, 7 Kelly Avenue, Seaton

ALL WELCOME!

10am Gates open       10:15am Official welcoming/open
11am Mass in the Scalabrini Chapel

Stalls | Food for sale | Entertainment for all ages | Information sessions | Tours | Demonstrations

Our Fulham and Seaton Residential Care Recipients will be served a set lunch in the Community Area
SSH Connect - Update from Frank Naso

What is a Government Package?
A Home Care Package is an annual allocation of funds from the Australian Government allocated to seniors over 65 yrs old, who have been assessed by an Aged Care Assessment Team (ACAT). This funding is paid monthly to an approved home care provider of their choice to assist them with their daily living needs to remain independent at home.

What is ACAT?
Aged Care Assessment Team - a Government approved team of clinically disciplined people (ie nurses/OTs/Physios/social workers) who are trained to assess people over the age of 65-years-old to determine an individual’s level of care needs. The level of care is measured on a range from Level 1 (lowest care) to Level 4 (highest care).

My Aged Care and Government package funding and allocation
Once an individual has been assessed by ACAT, they will be waitlisted in My Aged Care - the national waitlist for funding. As government packages are limited, there will be a waiting time before funding is made available to an individual regardless of their situation. There is no timeframe for how long they could be waitlisted for. Once a package has been allocated, the individual will be sent a confirmation letter from My Aged Care containing an activation code. It is now up to the individual to compare and select a provider of their choice, contact that provider and discuss what care services they can offer.

How do they select a provider?
A client should compare prices and the quality of service that they can expect to receive from each provider, as there is a significant difference in cost and the type of service each provider offers. It is also important to consider the organisational culture and level of customer service the client can expect to experience from a provider.

SSH Connect has positioned itself to provide premium, cost effective services to all clients. We can achieve this by waiving the Basic Daily Care Fee, which is charged by most providers. SSH Connect has also chosen to have the lowest administration costs on the market. In comparison, this allows us to offer the highest number of hours in care services to our clients each week through their Home Care Package. We also have the flexibility to top up additional privately funded support if needed.

We encourage you to be an SSH Connect Ambassador. If you know or come across someone who has been approved for a Home Care Package or is currently accessing care services through a package and would like to arrange a complimentary in-home care consultation to discuss the benefits of accessing their package through Home Instead, all they need to do is contact their local office on 8409 1500.

How does a client transfer their Home Care Package from one provider to the other?
It is a simple process. Simply contact the existing provider by phone or email, advise them that they wish to cease services and they will be changing provider. They are under no obligation to provide a reason.

They must provide a cessation date (last day of service), giving two weeks notice.

Call our local office:
7 Kelly Avenue Seaton SA 5023
Phone: (08) 8409 1500 Fax: (08) 8409 1599
Mon-Fri 9am-4:30pm or email:
Frank fnaso@sainthilarion.asn.au
Clare ccaruso@sainthilarion.asn.au
Would you like to be more relaxed and comfortable at home with less worry?

Do you want to know how to access Government funding for services at home?

SSH Connect Community Services introduce

**Home Fresh Meals!**

A meal home delivery service which includes a choice from 2 entrees, 2 mains and a dessert delivered fresh daily from Monday to Friday.

Home style cooked meals are made fresh each day and delivered at lunch time under the expertise of our Executive Chefs.

Our aim is to provide affordable support to seniors and their family members who are sometimes stressed-out by the demands of caregiving. Statistics indicate that seniors can use the help as they rely on assistance to get groceries and cook meals.

Please contact Seaton Reception for further information about our affordable meal delivery service on 8409 1500.

For more information, please contact Clare on 8409 1500 or 0447 261 705
In case of a Fire Emergency
If you have a fire in your room – Se ce del fuoco nella vostra stanza
Leave your room immediately! - Uscite dalla vostra camera
Close the door behind you - Chiudete la porta
Immediately notify a staff member and follow directions given by the staff or activate the Manual Call point.
Avvisare immediatamente un membro del personale o attivare il punto di chiamata manual (allarme rottura vetri)
Manual Call points are the small red square boxes with a clear lift front cover which are located along the walls in the passage ways.
Lift the clear cover and press.
This will alert the fire brigade.

IF YOU HEAR THE FIRE ALARM – Se sentite suonare l’alarme d’incendio
Remain calm and stay in your room or continue your normal activities. Rimanetere nella vostra stanza o continuate a fare le normali attivita
Staff will assist and direct you as required, as it may be a false alarm. – Il personale vi assistera così come e necessario

IF YOU NEED TO EVACUATE
Incave of a Fire – DO NOT USE THE LIFTS
Due to fire Compartmentation to prevent the spread of fire and smoke from one area to the other, once the fire alarm has operated, the doors will close automatically. Illuminated exit signs show the direction for evacuation but staff will be available to direct you.
Evacuation point at Seaton is in the front visitors carpark by the Café near Kelly Avenue.
Evacuation point at Fulham is in the front carpark to either side of the front gates.

FOR ANY OTHER EMERGENCY – Per qualsiasi altra emergenza
Operate your call bell.
Assistance buttons can also be located on the wall in each passage way. They are white labelled with a Green Assistance label.

CALL BELL SYSTEM
(Seaton)
Sudoku

Sudoku is a popular puzzle game. It is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid (also called ‘boxes’, ‘blocks’, or ‘regions’) contain all of the digits from 1 to 9.

It is a great brain game and can help improve your concentration and overall brain power. It does not require any calculation or special math skills, just your brain, concentration and a pencil.

Each row/column/3x3 grid must only contain one of the same number from 1 to 9.

Sudoku is a fun puzzle game once you get the hang of it. At the same time, learning to play Sudoku can be a bit intimidating for beginners. So, if you are a complete beginner, here are a few Sudoku tips that you can use to improve your Sudoku skills.

Tip 1: Look for rows, columns of 3×3 sections that contain 5 or more numbers. Work through the remaining empty cells, trying the numbers that have not been used. In many cases, you will find numbers that can only be placed in one position considering the other numbers that are already in its row, column, and 3×3 grid.

Tip 2: Break the grid up visually into 3 columns and 3 rows. Each large column will have 3, 3×3 grids and each row will have 3, 3×3 grids. Now, look for columns or grids that have 2 of the same number. Logically, there must be a 3rd copy of the same number in the only remaining 9-cell section. Look at each of the remaining 9 positions and see if you can find the location of the missing number.

ANSWERS IN NEXT EDITON

Have you visited our beautiful
House of Saint Hilarion at Seaton?

Above: The House of Saint Hilarion @ Seaton

We have tours of our facilities and activities at Seaton from **10am** on the **third Thursday of every month**. Light refreshments will be offered at the completion of the tour. Numbers limited to a maximum of 15 people per session. **BOOKING ESSENTIAL.**

Private tours can also be arranged on request. Tours of our unique Villa Saint Hilarion at Fulham (pictured right) are available via appointment only.

Contact Rita for more information or to book in on 08 8409 1500 or email admin@sainthilarion.asn.au

HOW DID YOU GO? May 2018 edition answers:

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   1 2 5
   8 6 7
   4 9 3

   8 9 7
   2 3 4
   1 5 6

   6 3 4
   5 1 9
   8 2 7

   3 1 8
   6 7 2
   5 4 9

   5 7 9
   4 8 1
   6 3 2

   2 4 6
   5 9 3
   7 1 8

   9 8 1
   7 2 5
   3 6 4

   4 6 3
   9 1 8
   2 7 5

   7 5 2
   3 4 6
   9 8 1
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LOOKING FOR VOLUNTEERS

The Society of Saint Hilarion is seeking interested community members to help us run our Café Francesco Totino and bus driving. There are lots of worthy and meaningful ways you can assist us by volunteering. If interested, please call Reception on 8409 1500 to express your interest and find out more. We would love to chat with you.

The House of Saint Hilarion
7 Kelly Avenue, Seaton SA 5023
Ph: (08) 8409 1500
Fax: (08) 8409 1599
admin@sainthilarion.asn.au

Villa Saint Hilarion
21 Farncomb Road, Fulham SA 5024
Ph: (08) 8235 9055
Fax: (08) 8235 9355
admin@sainthilarion.asn.au

Café Francesco Totino

The House of Saint Hilarion, 7 Kelly Avenue, Seaton SA 5023

Coffee…specialty cakes…pasta dishes…grilled meals… Vietnamese food, etc.

Have you been to the Café lately to see all the changes?

In addition to great coffee, our menu includes – gourmet cakes, grilled chicken/steak/bacon sandwiches, fresh assorted rolls/sandwiches, lasagne, pasta, and salads. NEW - Vietnamese Salads, Banh Mi, and Cold Rolls.

We are open for breakfast, morning tea and lunch…you can also order in advance.

Why not book a table for your next luncheon?

While onsite, you can find our menu in the staff room, nursing station and admin area.

Opening hours (Mon-Fri) 9am to 3pm
Orders can be placed via phone (8409 1296)
We look forward to seeing you soon!

Resident/Relative Meeting dates
Families are encouraged and welcome to attend.

Seaton Resident/Relative meetings
Wednesday, 26 September 2018 @ 10:30-11:30am
Thursday, 22 November 2018 @ 10:30-11:30am

Fulham Resident/Relative meetings
Friday, 21 September 2018 @ 10:30-11:30am
Friday, 9 November 2018 @ 10:30-11:30am

These are two way meetings and enable St Hilarion staff to advise residents and their families of important information, such as forthcoming outings and new policy statements, while similarly, there is the opportunity for residents and their families to provide feedback to our staff and management so that we are able to respond to concerns, listen to suggestions and more generally, maintain an on-going dialogue within the community.

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