The Society of Saint Hilarion Inc
AGED CARE

Embracing Life

NEWSLETTER AUGUST 2019

The Feast of Saint Hilarion

Feast Day – Sunday 27 October 2019
Religious Preparations for the Feast
Sunday 20th Wednesday 23rd to Friday 25th
Sunday - Commence the Mission Week at 10.30am Mass at Mater Christi Parish including the entry of Saint Hilarion and Relic into Church.
Wednesday to Friday – Mission Triduum at 7.00pm at Mater Christi Parish. On the Friday night followed by the Triduum Mass a candlelight procession will be held in the Church Grounds.

Sunday 27 October 2019 is when we celebrate the Feast Day with a street procession commencing at 10:00am around the surrounding streets of the Parish with the statue of Saint Hilarion followed by an open air Mass.

This year will be the 64th staging of our much loved Feast Day of Saint Hilarion. It promises to be exciting and appealing to people of all ages, with a diverse range of entertainment, attractions and sideshows plus our famous food stalls: Zeppoli, Pasta, Trippa, BBQ, Porchetta, and Pizza - just to name a few! All sales and serving of food will commence after the open air mass has concluded at approximately 12.00pm.

The festivities carry on throughout the day concluding with the performance of World Renowned and our favourite Mr Tony Pantano from Melbourne.

Please come and join us for a day of great friendship, community and traditional activities.

Feast Day Volunteers Needed

The Executive Committee and Feast Day Stall Managers as always are calling on volunteers for this year's Feast Day. The Feast Day is not possible without the extraordinary efforts of many volunteers and I ask that you once again offer your time and energy to support us on this day.

If you have not previously volunteered to assist at our Feast Day, but would like to do so this year, please call Marisa Vozzo on 0423 569 844.

Buona Festa, e’ Viva Sant’Ilarione.

Vince Greco
President
The Society of Saint Hilarion

Upcoming Events

SEATON
- Henny Penny Hatching - 16 - 27 Sept
- Old MacDonald’s Farm—Saturday, 5 Oct
- Mini Feast of Saint Hilarion - Wednesday, 16 Oct
- Melbourne Cup Celebrations - Tuesday, 5 Nov
- Seaton Resident’s & Volunteers Christmas Lunch - Wed, 11 Dec

FULHAM
- Henley Primary School Festival of Music performance - Wednesday, 25 Sept at 2pm
- Grandparents Day Celebrations - 30 Oct at 1:30pm
- Melbourne Cup Celebrations - BBQ lunch and sweepstakes - Tuesday, 5 Nov TBA
- Angelo Zotti Christmas Concert - 11 Dec 1:30pm
- Villa Saint Hilarion Resident’s & Volunteers Christmas Lunch - Thurs, 19 December

- Feast of Saint Hilarion, Mater Christi Church, 413 Grange Road Seaton - Sunday, 27 Oct
- Society Wine Tour - Sunday, 10 Nov
- Society Annual General Meeting, 2pm @ Seaton - Sunday, 24 Nov
- Society Members Christmas BBQ @ Seaton - Sunday, 8 Dec
Saint Hilarion Feast Day
Sunday, 27 October 2019
10:00am – 10:00pm
Mater Christi Parish, 413 Grange Road Seaton

Starring World Renowned & MO-Award Winner 13 times

Tony Pantano
Singing all the great classics on stage from 8:00pm

ENTERTAINMENT FOR ALL AGES!

Spaghetti Eating Competition

Full Bar Facilities

Magical Clown & Face Painting for the Kids
**Update from the Society President**

**The Society of Saint Hilarion Pasta Night - A Great Success**

On Friday, 28 June a full house of 260 people came together to create a great atmosphere at The House of Saint Hilarion’s Community Centre for one of our very popular Pasta Nights.

It was a fantastic night and also satisfying to see lots of families with young children attending.

It was wonderful to see so many faces – both regulars and people we haven’t seen for a while.

Conversation was flowing as people exchanged stories and the latest news. Well done to Renae Albuino our entertainment for the night, she kept the dance floor busy as people of all ages, from very young through to the more elderly, danced the night away.

The food on the night, well what can I say but fantastic! All the food was prepared by some of our wonderful volunteers and the Executive Committee, from preparing and assembling the fantastic antipasti, cooking all the sauces and the pasta, to serving our guests.

We would like to thank Peter and Flavia Tropeano, Pina Chiera, Teresa Vassallo and Roberto Cutungo (our Chef) for their help and support in bringing this night together.

These nights are all about strengthening our community, bringing community together and having fun, it’s also about raising some money.

$3,000 was raised on the night after all expenses this is a great achievement, well done to all.

We would like to take this opportunity to thank our sponsor, San Remo Pasta for donating all the pasta for the night.

**cont over . . .**
Update from the Society President continued

The Society of Saint Hilarion Quiz Night

I would like to congratulate my team The Society Executive Committee for holding one of the most exciting Quiz Nights ever.

Close to 180 people of all ages made their way to The House of Saint Hilarion on Friday, 16 August for a battle of the brains with a twist.

Games like Reverse Bingo, True or False and the Virtual Horse Race had the masses excited and very vocal. There was a live auction on the night of a beautiful Capocollo and Sopressa which raised nearly $500.

Congratulations to all the winners of the night especially Rita Greco for taking out the Reverse Bingo prize - a Wheelbarrow full of goodies and the overall Quiz Night Champions the junior Fazzalari table “Quiz While I’m Ahead”.

As I have mentioned before these nights are all about strengthening our community, bringing community together and having fun, while also raising some money for our cause. The Quiz Night bought in close to $5,000 on the night after all expenses, this is a great achievement, well done to all.

We would like to take this opportunity to thank Quizzame for hosting the night.

A big thank you goes out to our sponsors. Major sponsor Distinctive Funerals.


Vince Greco
President
The Society of Saint Hilarion

Our wonderful sponsors:
Update from the Chairman

It is with great pleasure that I have accepted the position of Chair of The Society of Saint Hilarion Inc Aged Care Board. Together with our Deputy Chair, Rosemary Velardo, my commitment is to continue our tradition of providing high quality aged care services.

While new to the position of Chair, I have had a long association with The Society including more recently, joining the Aged Care Board in late 2017. I currently also Chair the Saint Hilarion Business Development Committee.

My professional experience in accounting and taxation, along with my professional affiliations as Fellow of the Chartered Accountants in Australia and New Zealand, a Chartered Tax Adviser of the Taxation Institute of Australia, a Fellow of the National Tax Accountants’ Association, an Associate of the SMSF Association and a Justice of the Peace, has supported the ongoing viability of our important organisation.

I am very much looking forward to continue working with other Board members, the CEO and Executive Management Team in order to ensure that Saint Hilarion remains a quality provider of aged care services that is respected not only amongst the sector but also perhaps more importantly, the communities we serve.

Likewise, I am also looking forward to supporting the wellbeing and quality of life initiatives which are being introduced by our new CEO, Dr Carol Davy. The Board believes that ensuring that the people we care for are supported to live the life they choose and that opportunities to participate in interesting and exciting activities are as important as the quality of the health care we provide.

As Chair of the Aged Care Board, I am keen to engage with people who call our Seaton and Fulham facilities home, as well as their families, friends and members of our communities. If you see me on one of my regular trips to Seaton and Fulham please do stop and say hello.

Dennis Ballestrin
Chairman
Saint Hilarion Aged Care Board

You are invited to attend the

Saint Hilarion Mini Feast

to be celebrated on
Wednesday, 16 October 2019
from 11am with Mass in the Scalabrinian Chapel
followed by lunch at
The House of Saint Hilarion, 7 Kelly Avenue, Seaton SA 5023

COST: Family Members/Visitors $20/person
Includes 3 course meal, beer, wine, soft drinks, and entertainment

BOOKING ESSENTIAL by Friday, 11 October 2019
to Bridget on 8409 1500 or email bobrien@sainthilarion.asn.au
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 but are not limited to:

- 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.

Have you seen the VOLUNTEERS NOTICE BOARD at Seaton?

To improve communication and awareness between staff, volunteers and the organisation there is a notice board allocated just for information for our Volunteers.

Please refer to the Volunteer Information Board for updates such as training, legislation changes, social events and all other relevant information for volunteers.

The Board is situated near the front of the administration area. We hope the notice board helps to ensure all volunteers are kept informed of the operations of Saint Hilarion.

Baby news

Congratulations to Adriana and Andrew Sghirripa for the arrival of their beautiful baby girl Sofia born on 1 August 2019.

May you all be blessed with joy, love and happiness. We also wish to say thank you to Adriana for volunteering her time before the baby was born - helping in the chapel and also with the Nonna’s Kitchen.

We hope to see Adriana and Sofia soon.

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

Contact either Fulham or Seaton Reception to update your details.
I can’t quite believe that it has been less than three months since I first started at The Society of Saint Hilarion Inc Aged Care. The wonderfully warm welcome I received from Residents, their family and friends, staff and the broader community has been amazing. Not surprisingly I already feel very much part of the Saint Hilarion community. Thank you all.

While we have all been busy implementing the new Aged Care Standards, staff over the last few months have also been involved in initiatives to improve wellbeing and quality of life. In addition to continuing to support quality health care, we have been focusing on implementing some exciting improvements that ensure life at Saint Hilarion is interesting and even exciting.

Inviting animals to be part of our life is one recent initiative that has received some extremely positive feedback. For those that haven’t heard, six chickens have taken up residence in our Seaton gardens, roaming freely around during the daytime (see more pictures page 9).

Fulham is also planning for a similar setup in November. Animal farms are also now visiting both of our facility on a monthly basis (Seaton photos see page 10, Fulham photos see page 17) and Bertie my small dog has become a familiar fixture on the weekends.

Our walls are now adorned with some wonderful photos of Calabria thanks to one of our long-standing Board members, Mr Roy Fazzalari (see below). Colourful pictures of food including luscious berries, mouthwatering pizzas and homely loaves of bread have also been installed in our dining rooms, celebrating the best of Mediterranean food. You will see more and more of these interesting pictures throughout our Seaton and Fulham homes in the near future.

Children are and will continue to be very much part of life at Saint Hilarion. We are talking with Lady Gowrie Child Care Centre to increase the number of times that youngsters visit our facilities. We are also looking at programs with local primary and secondary schools that promote relationships between students and those residents who may be interested in passing on their knowledge to the younger generation.

We are also pleased to announce several significant facility upgrades. Fulham gym and hairdressing amenities are due to be completed by October. At Seaton, we are upgrading and where necessary installing new furniture in all social areas to create a friendlier more home like atmosphere that encourages residents, family and friends and community members to come together. In addition, the Seaton lighting system is being upgraded to comply with national best practice standards. You will hear more about the further planned refurbishments in the next newsletter.

My commitment going forward is to continue to work with consumers, their family and friends, staff and the broader community to continue to improve the wellbeing and quality of life for all at Saint Hilarion. I am confident that through the types of innovative programs that we have been implementing over the last few months and with our team of dedicated staff, we can deliver an exceptional level of consumer directed care. I look forward to celebrating these successes with you all in the very near future.

Carol Davy
CEO
ALL VISITORS INCLUDING CONTRACTORS/MEDICAL/PHARMACY/VOLUNTEERS

At Saint Hilarion we are committed to ensure your safety as a visitor, and in the case of an emergency we need to account for ALL persons on site.

Please ensure that you **sign in at Reception or at the relevant Nurses Station** when you arrive. This includes when you enter via other entry points at Seaton (e.g. market garden or basement) or if you visit a Unit at Fulham.

All visitors are required to register their attendance by recording the following information in the visitor register:

- Date and time of arrival;
- Your full name;
- The nature of your visit;
- Signature in;
- Date and time of departure; and
- Signature out.

In addition, upon registration visitors are required to read the ‘Resident and Visitor Emergency Action Flyer’ available at Reception/Nurses stations.

Contractors and Volunteers will be issued with a relevant pass which is to be worn at all times throughout the duration of your visit to either facility, and returned to Reception when you leave.

The maintenance of accurate visitor registers allows Saint Hilarion to better ensure the health and safety of visitors by being able to account for those currently on site.

We always love to see as many people (family and friends) as possible visit our Care Recipients. We ask you to please keep in mind the following:

- Villa Saint Hilarion is currently undergoing refurbishment. Please feel comfortable to notify our Care Manager or the Registered Nurse on duty if you notice anything you feel needs to be addressed.

- The Main Laundry in the basement at Seaton is an authorised area. Access is for authorised personnel only. No-one but staff can access this area due to WH&S regulations – all relatives need to seek assistance from nursing staff/unit team leaders and not access this area of their own initiative. Please contact Tony (Operations Coordinator) via tmalavazos@sainthilarion.asn.au for any enquiries or concerns.

- All new clothing for our Residents needs to be given to Reception for labelling. Any parcel dropped off needs to be clearly marked indicating which Resident it is for. These will then be forwarded onto our Laundry staff for labelling.

- Our underground car park and driveway at Seaton are ONE WAY ONLY. To ensure everyone’s safety, please ensure that you follow the signs.
Seaton Updates

Who doesn’t like Elvis?

Regina Sapio from Orange loves Elvis! Here is Regina with Lifestyle staff, Johanne and Milani after enjoying watching Elvis’s 1963 musical comedy “Fun in Acapulco”.

Chickens

Our gardens at Seaton have come alive recently with the arrival of our lovely chickens. Six Silkie Bantams have taken up residence in the gardens.

A special afternoon tea was held on Thursday, 15 August to choose names for our little fluffy friends.

Names chosen are Hanna, Louise, Gianna, Queen, Gallina, and Samy.

From **16 to 27 September** we will have **Henny Penny Hatchings** in the Seaton Community Area. Three baby chicks and 12 fertilized eggs (which should hatch during the first week) will be set up in a incubator for all to come and have a look at. Children very welcome to visit!
Old MacDonald’s

Seaton Care Recipients have been enjoying visits from lots of cute farm animals recently. The smiles on the faces of our Resident’s is lovely to see. Even our staff are excited to join in the fun.
Seaton Updates (cont)

Belly Dancers
The Stars of the Nile Belly Dancers visited Seaton on 21 June 2019. Lots of fun was had watching the ladies dance.

Belly dancing a dance originating in the Middle East, typically performed by a woman and involving undulating movements of the belly and rapid gyration of the hips. The Belly dancers brought in a sense of cultural awareness and inclusion. The Middle Eastern songs could be heard all through the facility which was so welcoming by all.

Chinese Students visit
On Wednesday, 30 July (Nursing students) and Tuesday, 27 August (Allied Health students) we had a number of Chinese Students visit us at Seaton.
NOW AVAILABLE!!!

**Caulonia in the Heart**
*Caulonia nel cuore*

**The settlement in Australia of migrants from a Southern Italian town**
*L’insediamento in Australia di emigrati italiani provenienti da una cittadina del Sud*

By Daniela Cosmini-Rose & Professor Desmond O’Connor

**SALE!!**

The Society of Saint Hilarion have a promotion on our *60th Anniversary Book*. The sale proceeds from these books go back to the Society.

- **Buy 1 x 60th Anniversary Book - $10**
- **Buy 3+ 60th Anniversary Books - $8 each**
- **Buy 1 x Caulonia in the Heart Book and 1 x 60th Anniversary Book for $55.**

Contact Seaton Reception on 8409 1500 for your copy at these special prices!

**Use of Community and BBQ areas @ Seaton**

All bookings must be made through Reception (during business hours) with three working days notice and approved by Mary Spudic (Director of Residential Care Services).

Please note that a small deposit will be requested for the use of the Community Room/s, and BBQ area at Seaton. This cost will cover the cleaning costs/staff. We encourage you to use these areas and clean up afterwards.

If you would like to organise a catch up with family or friends for lunch, morning or afternoon tea please contact our friendly Reception Staff. Meals from our lovely kitchen are available for $10 but please book ahead. Our café is open Monday to Friday from 9am - 3pm and tables can be pre-booked (see page 22).
Introducing “Memory Lane” by Steve Morris

Reminisce (definition) – “to indulge in enjoyable recollection of past events”

Background

While someone experiencing cognitive decline might not be able to remember what they had for lunch (short term memory), they are very likely to remember their Wedding Day, where they were born, a favourite teenage song or a childhood holiday (long term memory).

Reminiscence is the process whereby an individual recalls the past, previous events, people, incidents. It can also be used to connect the present with the past with an event that brings to mind a similar, former event. Reminiscing promotes emotional well-being and reduces isolation, loneliness and depression. When we ‘reminisce’ we recall memories and recapture the emotions that went with them, sharing our experience and knowledge with others.

All of us engage in this reflective process from time to time. Reminiscence is seen as a normal and vital part of growing older. It becomes more important as we age, allowing us to get in touch with things and times that were important to us, especially memories that make us happy.

How it works

As we age, we have an increased tendency to remember things that happened to us between the ages of 10 and 30 years, with events from the late teens and early twenties remaining most prominent. Psychologists call this ‘the reminiscence bump’. For people with dementia ‘reminiscence bump’ memories usually remain vivid (until their illness is very advanced) and can often be recalled quite easily with the use of some simple triggers.

Why it works

Reminiscence therapy allows someone with dementia to enjoy a good conversation and the benefits it brings, although it’s probably less beneficial to people with frontotemporal dementia (sometimes called Pick’s disease) or those in the later stages of dementia. Recalling positive memories makes everyone feel happy, and for someone with dementia and battling depression, good memories can become a powerful way to boost their mood. Reminiscence therapy can even turn a ‘bad’ day into a ‘good’ day – or even a good week. Many people say their loved one seems brighter and more able to recall recent events from the past few days or weeks after a session of reminiscence therapy.

Reminiscing at Saint Hilarion, Seaton

With the advent of the Internet, mobile computing and technology, it is now possible to reminisce with a Care Recipient in their room or a common area. A major part of my volunteering work at SSH, Seaton has been helping our Care Recipients to reminisce of times in their past, asking for example:

- Where they were born and have lived;
- Where they have holidayed;
- Their favourite movie/s;
- Their favourite songs/musical artists;
- Key life events/historical events; and
- About pictures of significance and personal photos.

Through applications such as YouTube and Google Earth, tablets and Chromecast, Google Translate, digital music, movies, videos and pictures/photos, it has been possible to take some of our Care Recipients back to spend time with their younger selves. It has been wonderful to share with them and understand their life stories. The change in their mood and outlook has been a joy to experience. However, this work has been ad-hoc, isolated, unstructured and irregular to date.

Introducing “Memory Lane”

In the coming weeks, SSH Seaton will be opening “Memory Lane”, a multimedia reminiscing room (the former small activities lounge/dining room in Blue). Here, we will have an area where Care Recipients, small groups and relatives will be able to gather together, relax and be able to watch, listen and share in special times together in an immersive environment with enhanced visual and audio once this equipment is delivered. We will have a large Smart TV, Blu-Ray Player, VHS player, Record player, WII console, Virtual Reality goggles, surround sound and wireless hi-fi headphones. We aim to do such work in an organised and structured way through bookings in a weekly calendar, increasing the effectiveness and opportunities for all of our Care Recipients to enjoy. Everyone has a story just waiting to be told.

Steve Morris

Lifestyle & Technology

(note: stock images used, not our Care Recipients)
On Friday, 7 June we farewelled Athin - Senior Occupational Therapist, Team Leader - Seaton. Then on Friday, 14 June we farewelled Clare Caruso - Assistant Community Manager. Clare started at Saint Hilarion as an OT on work placement. Athin has moved onto a different Aged Care home and Clare to a different Community provider. We wish them both well in their future.

Don is pictured here, donating two gift baskets for the Father’s Day raffles (pictured below left with Rosi at Fulham and below right with DTs Milani and Marta at Seaton).

Congratulations to all the winners of our Father’s Day Raffles.

Thank you to Don Tolotta for his valued regular support of Saint Hilarion. Don of John Lewis Food Service provides donations at both Fulham and Seaton for special occasions such as Mother’s Day, Easter and Christmas.

Farewell Athin and Clare

www.sainthilarion.asn.au
**Fulham Updates**

**Saint Anthony’s Feast Day celebrations at Villa Saint Hilarion**

13 June is a very important date on the Villa’s calendar. This is the Feast Day of Saint Anthony, the Patron Saint of Padua in Northern Italy. Saint Anthony was actually born in Lisbon, Portugal. His is one of the most popular Saints in the Catholic Church.

As we have our wonder Franciscan Sisters of Saint Anthony as our Pastoral Carers, every year our Resident’s, including many from Seaton, are lucky to participate in a special Mass celebrated by Father Mario Conte, who travels from Padua every year for a week of festivities including this Mass and Lunch at Villa Saint Hilarion.

Many from our Community attend this wonderful event. This year we also officially welcomed our new CEO - Dr Carol Davy to our home. It was wonderful having her celebrate this special day with us.

As always, we must thank the members of the Saint Anthony’s Committee who accompanied Father Mario, the Mater Christi Choir who sang during Mass, our members from the Saint Hilarion Aged Care Board, The Society of Saint Hilarion Executive Committee and Saint Hilarion Executive Management Team who attended.

Special thanks also must go to our catering staff, entertainer Angelo Zotti and our amazing Volunteers!
Fulham Updates (cont)

Sing-a-long with Anna
We would like to shine a spotlight on Anna Pala who is a long time Volunteer at the Villa (15 years) but also a Radio Programmer from Italian Radio 531. Anna visits us monthly on a Friday afternoon and facilitates a sing-a-long activity - both in English and Italian which our Resident thoroughly enjoy!

At the Villa, we are firm believers that music is the best medicine, it provides enjoyment and sensory/auditory stimulation! Everyone’s mood lifts and people who are normally quiet and reserved totally come alive! Music assists to manage behaviours and relieve stress in ALL OF US!

The Resident’s not only sing, but if anyone is in the mood for a dance or karaoke performance, this is also encouraged. At these times, we also use YouTube on our Smart TV to find our Resident’s favourite songs.

Our new Pet Therapy Dog
We recently welcomed some new members to our Villa Saint Hilarion family - Nelson and Rocky (Rocky is the one wearing the Port Power Beanie).

We all know the benefits of interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and also release endorphins that produce a calming effect.

We have seen many times how these visits assist to manage Resident’s behaviours, provide sensory stimulation and encourages physical activity.

Nelson usually visits fortnightly on a Saturday morning and as you can see, brings so much joy to everyone.
The Society of Saint Hilarion Pasta Night

On Friday, 28 June 2019 our Residents, families, staff and Volunteers attended this event which was held at the House of Saint Hilarion at Seaton.

Whilst organising our people to attend, Rosi overheard one Resident ask “Why do we want to go to that? We have pasta here every day!”.

Another Resident replied “It’s not the pasta we go for, it’s the outing and enjoyment we experience when we participate in these events in the Community”. Quietly Rosi said to herself “YESSSSS! That’s what it is all about!”

Needless to say, all had an amazing night, the food was so delicious, many people including Rosi went back for seconds and third servings!! Many spent as much time on the dance floor as they did eating!!

The music was fabulous by Renae and what is a Pasta Night without a Tarantella?

Many thanks to Vince Greco (Society President) and his hard working team.

Old Macdonald’s Travelling Farm

Staying with animals visiting the Villa, we are happy to advise that Old Macdonald’s Travelling Farm is now visiting monthly! Their visits have been organised all for Saturday afternoons - enabling family and friends (including children) to join us in experiencing this activity together.

Please refer to page 19 for upcoming dates and times! We hope to see you all soon!!
Fulham Updates (cont)

Festa Della Repubblica Luncheon
On Tuesday, 4 June our Residents and Volunteers attended the yearly Festa Della Repubblica Luncheon. This Lunch is organised by our friends at ANFE (Associazione Nazionale Famiglie Emigrati or in English - The National Association of Emigrant Families).

The actual date is 2 June and it celebrates the day when Italians voted to abolish the Monarchy in 1945 so their Country could become a Republic.

A delicious lunch was enjoyed by all, this included lovely home made Lasagne! The day’s wonderful entertainment was by Mira and Frank Sangregoria. Needless to say, many of our Residents had a few dances.

DEAR FAMILY MEMBERS VILLA SAINT HILARION INVITES YOU TO OUR

TO CELEBRATE AND THANK THESE AMAZING PEOPLE ON

WEDNESDAY, 30 October 2019 from 1:30pm

Entertainment by Angelo Zotti and Angel Manzella
and special guest Wobbles The Clown
followed by a scrumptious Afternoon Tea

All Children, Grandchildren and Great Grandchildren welcome to attend.

Please RSVP to Rosi on 8235 9055 or 0432 109 489 by Friday, 18 October 2019

Cost $10 Adults, Children Free - Booking essential

Radio Italiana 531 will be broadcasting all afternoon
Villa Saint Hilarion presents

OLD MACDONALD’S TRAVELLING FARM

Visiting us at Villa Saint Hilarion monthly

Saturday, 14 September at 1.30pm
Saturday, 12 October at 1.30pm
Saturday, 23 November at 1.30pm
Saturday, 14 December at 1.30pm

Everyone is welcome to join us! Bring the children, grandchildren and great grandchildren!

This is Diana Panazzolo, who works at Reception at the Villa.
Diana makes beautiful bunches of posies by combining wild flowers from the Villa garden.
The posies are given to Care Recipients when coming to live at Fulham and to our wonderful Volunteers as a way of thanking them for their support.
Thank you Diana, for your gestures of love.
Coffee...specialty cakes...pasta dishes...grilled meals...Vietnamese food, etc.

In addition to great coffee, our menu includes – gourmet cakes, grilled chicken/steak/bacon sandwiches, fresh assorted rolls/sandwiches, lasagne, pasta, salads, Vietnamese salads, Banh Mi, and cold rolls. Food made fresh daily. Weekly specials.

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

Why not book a table for your next luncheon?

Catering on site for functions - Birthday’s, Christenings, Funerals, etc.

We look forward to seeing you soon!

Opening hours
(Mon-Fri)
9am to 3pm

Orders can be placed via phone on 8409 1296

Fulham Café gates
A big thank you to Mario De Guisa for designing, building and installing the gates for the Café at Fulham.
A wonderful job to help keep our Care Recipients and staff safe.
Emergency procedures

In caso di Emergenza Antincendio
Se ce del fuoco nella vostra stanza
Uscite dalla vostra camera! Chiudete la porta dietro di voi.
Avvisare immediatamente un membro del personale o attivare il punto di chiamata manual (Come attivare il sistema di allarme. Con una leggera pressione spingere la plastica nel box rosso, figurato in questa pagina).
I punti di chiamata manuali sono le piccole caselle quadrate rosse con una copertura frontale chiara dell’ascensore che si trovano lungo le pareti nei passaggi.
Sollevare il coperchio trasparente e premere. Questo avviserà i vigili del fuoco.

Se sentite suonare L’allarme d’incendio
Rimanette calmi e restate nella vostra stanza e continuate ha fare le attivita normali.
Il personale vi assistera così come é necessario.

SE HAI BISOGNO DI EVACUARE
In caso di incendio – NON USARE GLI ASCENSORI
A causa del compartimento antincendio per prevenire la diffusione di fuoco e fumo da una zona all'altra, una volta attivato l'allarme antincendio, le porte antincendio si chiuderanno automaticamente.
I segnali di uscita illuminati indicano la direzione per l'evacuazione, ma il personale sarà disponibile per guidarti.
Il punto di evacuazione a Seaton si trova nel parcheggio dei visitatori davanti al Café vicino a Kelly Avenue.
Il punto di evacuazione a Fulham si trova nel parcheggio anteriore su entrambi i lati del cancello anteriore.

PER QUALSIAISA ALTRA EMERGENZA
Aziona il campanello di chiamata.
I pulsanti di assistenza possono anche essere posizionati sulla parete in ciascun passaggio.
Sono etichettati in bianco con un'etichetta di assistenza verde.

In case of a Fire Emergency
If you have a fire in your room
Leave your room immediately!
Close the door behind you.
Immediately notify a staff member and follow directions given by the staff or activate the Manual Call point.
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
Remain calm and stay in your room or continue your normal activities.
Staff will assist and direct you as required, as it may be a false alarm.

IF YOU NEED TO EVACUATE
In case 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 fire 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
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.
SSH Connect  Home Care Packages - How to access

There are lots of people in our community aged 65 and over who would like some help at home but don’t know how to access these types of services. Our community team has put together the following information to help you or someone you know apply for this type of assistance. If you need any further information, please don’t hesitate to call our friendly Community Staff on 8409 1500.

1. How do I apply for a Home Care Package?
Initially you need to register your personal details (such as Medicare number) on the My Aged Care system [https://www.myagedcare.gov.au/](https://www.myagedcare.gov.au/). It is a good idea to do this with someone you trust to represent you, such as a child or grandchild, so that they can make enquiries and seek information on your behalf.

2. How will I know if I am eligible?
My Aged Care staff will organise a time to phone you to determine whether or not you are likely to be eligible for a Home Care Package.

3. How do I know what services I can access?
If eligible, an assessor from Aged Care Assessor Team (ACAT) will come to your home to complete a full, comprehensive assessment of your needs. It is a good idea to have someone you trust as a representative present at this assessment.

4. How will I know if what services are approved?
About one to two weeks after your ACAT assessment you will receive a letter from the Department of Human Services summarising what was discussed at the ACAT assessment and what care options are available.

5. How long will I have to wait?
Your name is then placed on the queue for a Home Care Package. You may be on this waiting list for between 6 to 18 months before a Home Care Package becomes available. In the meantime, you may to choose to access CHSP services as an entry point.

6. What do I need to do before I receive a Home Care Package?
Approximately three months before a package becomes available, the Department of Human Services will send you another letter. This is the time to look for a provider (such as Saint Hilarion) and send an ‘Income and Assets Assessment’ paperwork into Centrelink. A copy of this form can be found online at [https://www.humanservices.gov.au/sites/default/files/2017/12/sa456-1711en.pdf](https://www.humanservices.gov.au/sites/default/files/2017/12/sa456-1711en.pdf).

7. How will I know when my Home Care Package is available?
As soon as you are allocated a Home Care Package, you will receive another letter from the Department of Human Services. This letter will have one single referral code starting with 1 highlighted in red. This is what you need to give to your chosen home care provider (such as Saint Hilarion) to be able to commence your Home Care Package.

8. But why didn’t I get my promised level 3 or level 4?!
As there is a high demand for Home Care Packages it is not unusual for people approved for level 3 and 4 packages to be given a level 1 or level 2 interim package. If you have been approved for a higher package, you will continue to be on the waitlist for an upgrade to level 3 or level 4. This upgrade will happen automatically, and you will receive a letter for the Department of Human Services notifying when this happens.

If you have any queries or need some assistance getting started, please feel free to contact our friendly Community Staff on 8409 1511 or 8409 1266 during business hours.
Did you know, you can have services at home through Government funding at little to no out of pocket cost?

For more information, please contact our Community area on 8409 1511 or 8409 1266

Wellness and gym program
Wellness Centre

Our gym equipment is state of the art and is accompanied by allied health professionals to provide expert guidance and individualised rehabilitation programmes. Using the specialised air pressure system, clients are enabled to increase their overall wellbeing, strength, balance and functional day to day activities.

First Aged Care facility in South Australia with BALO TRAINERS!!

Would you like to maintain your health, wellness and quality of lifestyle through exciting and innovative activities?

Services we are able to provide (either at home, or in our Wellness Centre at Seaton) include:
- Information to access government funds and plan your lifestyle;
- Access to computerised gym equipment with qualified allied health professionals to improve your physical wellbeing;
- Memory enhancing programmes;
- Positive thinking programs to enable a better quality of life.

Coming soon—Register your interest now!!
Sudoku

Sudoku is a popular puzzle game. It is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 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 3x3 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 3x3 grid.

Tip 2: Break the grid up visually into 3 columns and 3 rows. Each large column will have 3, 3x3 grids and each row will have 3, 3x3 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

If you are interested in finding more Sudoku, try looking at your local Newsagency for Sudoku puzzle books or online at www.websudoku.com. The puzzles used in this Newsletter are of a MEDIUM difficulty level. If these are too difficult for you, try the Easy level online at the above address.

By making a donation you can enable Saint Hilarion to do more for our Care Recipients, providing extras and amenities that can not be supplied via normal funding/contributions.

Our Care Recipients, families, staff and Volunteers are incredibly grateful for your support.

Contact Reception at Seaton on 8409 1500 or Fulham on 8235 9055 or email admin@sainthilarion.asn.au for further information.
Tempo Mio

It’s your time to socialise

Relax and have some fun with us in a caring and warm environment while enjoying lunch made especially for you by our onsite chef!

Our Tempo Mio program runs from 10:00 am – 3:00 pm weekdays (except on public holidays) at 7 Kelly Avenue, Seaton.

$20.00 per visit (includes lunch, entertainment, and activity)

If you need transport and live within a 10km radius of Seaton we can pick you up and drop you home for an additional $5.00 per person.

If you require private transport, or reside outside a 10km radius of Seaton, feel free to talk to us about additional charges.

We are happy to discuss an agreed rate if you require support during the program.

Bookings are essential – register your preference now to arrange your Tempo Mio pricing package by phoning us during business hours on 8409 1500!
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

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

We have tours of our facilities and activities at Seaton (pictured top right) 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.

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

Tours of our unique Villa Saint Hilarion at Fulham (pictured bottom right) are available via appointment only.

Contact our Fulham site on 08 8235 9055 or email admin@sainthilarion.asn.au.

Resident/Relative Meeting dates

These are two way meetings and enable Saint Hilarion staff and management to advise our residential care recipients and their families of important information, such as forthcoming outings and new policy statements, while similarly, there is the opportunity for our care recipients 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.

Families are encouraged and welcome to attend.

<table>
<thead>
<tr>
<th>Seaton Resident/Relative meetings</th>
<th>Fulham Resident/Relative meetings</th>
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<tbody>
<tr>
<td>Friday, 27 September 2019 from 1030-1130</td>
<td>Friday, 20 September 2019 from 1030-1130</td>
</tr>
<tr>
<td>Thursday, 21 November 2019 from 1030-1130</td>
<td>Friday, 8 November 2019 from 1030-1130</td>
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</tbody>
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Thank you to Peter Elberg Funerals for recently donating some lovely flowers for our Reception and Nurses stations.

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