Update from the Chairman

After four years as your Chair, this will be my last article for our Newsletter. The Constitution requires that 2x2 year terms is the maximum that an individual can serve as Chair of our Aged Care Board. Accordingly I will be vacating that position on 30 June this year. This follows some 10 year as a Board Director and Chair. However I will not be seeking re-election as a Director.

In that time I have seen the opening of the Seaton facility, the commencement of the Fulham refurbishment and increase of support for the aged from 168 to 233 persons. The introduction of home care services has attracted 65 new clients in a very short time. This area is constantly growing with the increase funding of the Federal Government.

Apart from these services, our organisation is providing a range of community services with respite care, a gymnasium and brokerage services to smaller organisations such as the St Raphael’s nursing home.

I have had the privileged of serving with many great Directors over 10 Boards and four CEO’s all of who have supported me in my tenure on the Board.

I can safely say that my ever growing education and knowledge of the aged care function is clearly attributable to them. This aspect was also aided by our five year membership of the Hub Governance project sponsored by the Federal government which was designed to assist the Not for Profit Aged Care sector improve their governance and management.

I have also met and worked with a fabulous group of Saint Hilarion Aged Care staff, Members and volunteers of our most passionate Saint Hilarion Society and clearly not forgetting the wonderful Sisters of St Anthony and the Clergy of the Mater Christi Parish.

A Board has to deal with many challenges that the organisation and industry thrust upon it. It is an industry that apart from experiencing accelerated growth in numbers, has had the spotlight thrust upon it because of its difficulties and complexities while trying to assist frail and vulnerable people who have been separated from their immediate families. The effect of these issues is at times very challenging and often I have reflected on the strength and dedication of our staff who deal with these situations on a constant basis.

... cont
As we responded to requests for key information from the Royal Commission into Aged Care we had to deal with our own service delivery issues. Our staff worked extremely hard and under immense pressure in the last nine months resulting in not only remediating our issues but also to gain a new operating licence that was due for renewal from 1 July 2019.

While we have been successful in this endeavour, a new set of Standards will be operating from 1 July 2019. This signals a new operating era for aged care and will ultimately be tested by the Department and the outcome of the Royal Commission. This will mean no respite for our professional staff and the challenges will continue. However, I am confident that our organisation with our new CEO will be able to manage and prosper.

At this point it is appropriate that I welcome our new CEO Dr Carol Davy (pictured on page 5). Following a vigorous recruiting process a Board Panel was successful in gaining the services of Dr Carol Davy.

Our recent announcement notes that Dr Davy brings a wealth of experience as a leader in health care. Her current experience as Acting Director, Ambulatory Care, Royal Darwin and Palmerston Regional Hospitals in the Northern Territory and Top End Health Service brings up-to-date knowledge to assist in our future growth, innovation and further development of services.

Previously, Dr Davy has worked as Health Reform Manager, Northern Territory Primary Health Network and Senior Manager/Research Fellow, South Australian Health Medical Research Institute (SAHMRI). Her career in senior roles and research programs with University of Adelaide and SAHMRI will position our organisation to embrace the changes required to meet the new Aged Care Quality Standards whilst leading the future direction of our organisation.

Dr Davy is expected to commence on 3 June 2019. I extend my congratulations and best wishes to her. I also ask that you welcome her and provide your assistance and cooperation as I know you all will.

Finally I extend to you all my best wishes and heartfelt thanks for the way I have been supported over the last 10 or so years. You are all a wonderful and charitable group of people.

May Saint Hilarion and God bless you all.

Orazio Di Carlo
Chairman
Saint Hilarion Aged Care Board

Farewell to the Associazione Umbri ed Amici Dell’Umbria

The Society of Saint Hilarion Inc Aged Care, along with a number of other Italian Societies were chosen by the Associazione Umbri ed Amici Dell’Umbria to receive a donation following the closure of their Association.

A farewell event was held on Friday, 15 March 2019 attended by Chairman of our Aged Care Board - Orazio Di Carlo, Acting General Manager - Michael Bailey and President of the Society - Vince Greco.

The decision to close the Associazione was made due to most of their members having passed away and the few surviving members, because of their advanced age, no longer able to attend meetings or other social activities.

Sadly, there seemed to be no interest in the younger generation to give them a hand to run it. Saint Hilarion wishes to thank Cav Giordano Rossetto (pictured with Orazio and Rosemary) and his Association for their many years of service to the Italian Community and for their donation. Their contribution is greatly appreciated and will help to ensure that we can continue to provide high quality care to those ageing members of our community who need our assistance. We thank the Associazione for their many years of service to our Italian community in South Australia.
Update from the Society President

Recognising Our Volunteers:

On Sunday, 26 May we held The Society of Saint Hilarion Volunteers Lunch at The House of Saint Hilarion (see photo below and right).

The Society of Saint Hilarion’s Executive Committee would like to thank all our volunteers who continue to support and service our community with their passion and generosity. This coming together of our community deliberately coincided with the May Feast which celebrates the miracle of rain performed by Saint Hilarion at Caulonia on 14 May 1855. Traditionally the Society’s Volunteers Lunch is held the first Sunday after 13 May.

During the festivities we were delighted to present our Volunteer of the Year Award. As every year this is a very hard task and decision for the Executive Committee to make.

This year the Volunteer of the Year Award went to a long standing Volunteer Mrs Rosa Aloi. Rosa has been volunteering, helping and supporting the Society for many, many years. You will always find Rosa in the Zeppole stall, either at our Feast or Carnevale:

“One of the best Anchovy Zeppole maker you will ever see”, she is an inspiration for the young ones.

As a matter of fact my youngest daughter Lara has now learnt how to make Zeppole through the guidance of Rosa. If Rosa is not in the Zeppole Stall she is helping somewhere else for us.

Rosa always says:

“I will help as much as I can for a few hours”.

Rosa starts early and is always one of the last to leave, this shows her dedication to our Society and our Community.

For the 2018 Saint Hilarion Feast, Rosa offered her service to dress the statue of St Ilario and to decorate the church and stage with flowers (see photo below).

Society Volunteer of the Year
Mrs Rosa Aloi with Vince Greco - President
With the help of Carmellina (Nelly) Circosta and my wife Sandra Greco they did a fantastic job, one of the best displays I’ve seen.

During Volunteer Week, the Society of Saint Hilarion received some recognition from COASIT. SA.

We give a big congratulations to Mrs Matilda (Tilly) Gallina for taking out the 2019 Aged Care Volunteer of the Year Award (pictured second from left in above photo).

Congratulations to long standing volunteer, not only in our Society but in the whole Italian Community goes to Mrs Teresa Dall’Acqua Leonardi OAM for being awarded the 2019 Lifetime Achievement Award (pictured first left in above photo).

We also congratulate Mrs Flavia Tropeano (pictured second on the right), Mr Pasquale Pittiglio (pictured first on the right) for being a COASIT nominee and honoured with a Volunteer Award.

Mrs Carmellina (Nelly) Circosta (pictured centre in above photo) for being a COASIT nominee for the Lifetime Achievement Award also honoured with a Volunteer Award.

Once again, we would like to thank Mrs Rosa Alo, and all of our wonderful volunteers; who have dedicated much of their lives in assisting the Society of Saint Hilarion and the wider Community in keeping our heritage and culture moving forward through their volunteer efforts.

**May Rosary:**

In May in honour of the Blessed Virgin Mary, we hold the Month of May Rosary, Organised by Dr Franco Chitti and overseen by the Franciscan Sisters of St Anthony. Each night the Sisters visited homes of Society members and friends to recite the Rosary with the community. Our sincere thanks to all the wonderful people who opened their doors, and especially to our Franciscan Sisters of St Anthony for their dedication to this important season.

**The Society of Saint Hilarion 2019 Functions:**

**Pasta Night - Friday, 28 June 2019**

Tickets are available for the Society of Saint Hilarion Pasta Night. Tickets will sell fast, so you had better get in quick! Contact: Marisa Vozzo on 0423 569 844 or the Society of Saint Hilarion Aged Care on 8409 1500 (between 9am – 5pm)

**Venue:** The House of Saint Hilarion
7 Kelly Ave Seaton

**Food:** Antipasto, three types of pasta and dessert.
Cash Bar Available!

Secure a table of 10 (refer page 6 for more info)

**Our fabulous Quiz Night Is back - Friday, 16 August 2019**

After taking a break for a few years its back by popular demand. This year it will be taking place on Friday, 16 August 2019.

Save the Date and secure your table of 10. Sorry there will be no sale of tickets on the night.

This is a fun filled family night for all to enjoy it’s not quite your typical quiz night and there will be audience participation and interaction, games, a silent auction and of course, some fabulous prizes to be won.

Bring along a hamper of food and enjoy. Sorry no drinks to be bought in to the premises all (beer, wines, soft drink and waters) can be purchased on site from our bar at very reasonable prices.

Tickets for this great night will be available shortly.

Please refer to the Up and Coming Events.

Thank you

Vince Greco
President
The Society of Saint Hilarion
Update by Michael Bailey  (Acting General Manager)

WE ARE LEADERS
The opportunity to lead our organisation in the last four months has been personally rewarding and will remain with me as a valued experience.

Of significance in this time has been the change where extensive improvement to our services have been made:

- time for Improvement assessment in February;
- re-accreditation in March; and
- preparing for the new Aged Care Quality Standards (from 1 July 2019).

The assessments conducted by the Aged Care Quality and Safety Commission continued to provide a positive result that recognised the changes and improvements provided by staff for the consumers (our residents). The re-accreditation for Seaton, again reinforced that changes have been ongoing and sustainable. The House of Saint Hilarion (Seaton) was awarded a 12 month accreditation period.

To achieve these results both management and staff have worked hard, their efforts to achieve our common goal of better service has been recognised. Key to the service improvement has been their willingness to change and accept different responsibilities as job roles were reviewed, to deliver improved results. We are looking forward to continuing to improve our services into the future.

Michael Bailey
Acting General Manager

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.

Meet our new CEO
We encourage all of our Care Recipients and their relatives to attend the next Resident/Relative meetings (Seaton—Thursday, 18 July 2019 10:30am—11:30am/Fulham—Friday, 19 July 2019 at 10:30am-11:30am).

This is a great opportunity for you to meet our new CEO - Dr Carol Davy (pictured right). Carol is particularly keen to hear about your experiences of care at Saint Hilarion and discuss our program for continuous improvement.

Seaton Resident/Relative meetings
Thursday, 18 July 2019 from 1030-1130
Friday, 27 September 2019 from 1030-1130
Thursday, 21 November 2019 from 1030-1130

Fulham Resident/Relative meetings
Friday, 19 July 2019 from 1030-1130
Friday, 20 September 2019 from 1030-1130
Friday, 8 November 2019 from 1030-1130
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.

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.

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Contact either Fulham or Seaton Reception to update your details.

A number of our Volunteers, and staff members attended the CO.AS.IT SA Volunteers Lunch on Friday, 10 May 2019 (see picture below). Matilde (Tilly) Gallina was awarded the 2019 CO.AS.IT (SA) Aged Care Service Award at the event. Congratulations to Tilly and all our Volunteers that were nominated. More information about this event on page 21.
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.
The Society of Saint Hilarion Inc.

PASTA NIGHT

Friday
June 28th
@ 6:30PM

Venue:
The House of St Hilarion
7 Kelly Avenue
Seaton

ANTIPASTO,
3 TYPES OF PASTA
& DESSERT

Cash Bar Available
$25 non-member
$20 Society member
$15 children under 12
children under 5 FREE

For tickets contact:
Marisa Vozzo - 0423 569 844
OR
St Hilarion Aged Care - 8409 1500

www.sainthilarion.asn.au
Seaton Updates

Easter Sunday visitors at Seaton

Diversional Therapist, Marta visited our Care Recipients on Easter Sunday with her beautiful daughters—Sofia and Maria.

They distributed Easter Eggs donated by Distinctive Funerals (see page 12).

Dolce Sante Committee Easter baking

Our wonderful Dolce Sante Ladies (pictured from L to R below) Flavia Tropeano, Rosa Alo, Annamaria Sghirripa, Pina Deguisa, and Pina Chiera, spent some time in the Community Kitchen in the lead up to Easter making over 200 Sguti for both our Community and Residential Care Recipients.

See more information, including the traditional recipe that the ladies use, on our website at http://www.sainthilarion.asn.au/latest-news/
Happy Mother’s Day!

Our Care Recipients celebrated Mother’s Day on Monday, 13 May with a lovely concert performed by Frank Ferraro and a special afternoon tea.

As you can see from some of these photos, there was lots of dancing and fun had by all!

With the help of our Care Recipients, the Mother’s Day Raffle was drawn - with Mrs Hilda Hochstrasser bought two tickets and won two prizes!!

Congratulations to all the winners and a big thank you to all those that donated prizes.
Seaton Updates (cont)

Mother’s Day gifts for our Female Care Recipients
A big thank you to Rhonda (Diversional Therapist) for the many hours she spent knitting covers for coat hangers to give to our Care Recipients for Mother’s Day.
Rhonda was inspired last year after seeing one of our Resident’s knitting with ‘funny wool’. When she enquired what was being made she discovered they were fluffy coat hanger covers. Our DT staff are always thinking of creative ideas for gifts for our Care Recipients and Rhonda thought that these would be a useful gift.
Rhonda is pictured (at left) with our Director of Residential Care Services—Mary Spudic, and Acting General Manager—Michael Bailey, along with the 80 covered coat hangers that she has made.
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!

A big thank you to Pasquale Pacecca from Distinctive Funerals who dropped off an Easter Basket of goodies for our Care Recipients and staff to share at both our Seaton and Fulham sites.
Pictured with Eileen from Seaton Reception.

Distinctive Funerals
Chapel & Office: 414 Port Road
West Hindmarsh SA 5007
P: 08 8241 5151
F: 08 8241 5353
W: www.distinctivefunerals.com.au
E: assist@distinctivefunerals.com.au

www.sainthilarion.asn.au

May 2019
Visit by the
Hon Mark Butler MP

The Hon Mark Butler MP - Federal Labor Member for Port Adelaide, Federal Candidate for Hindmarsh, and Shadow Minister for Climate Change and Energy visited the House of Saint Hilarion at Seaton to acknowledge our contribution to the Community, and to present a number of special commendation Awards to some of our wonderful Volunteers.

VOLUNTEER RECOGNITION AWARDS
to
Giuseppina (Pina) Chiera (pictured top left);
Giuseppina (Pina) Russo (pictured top right); and
Orazio Marchesan (pictured right)

and a YOUTH AWARD
to
Vanessa Boffa (pictured right).

He also spent some time talking to a number of our Care Recipients and staff.

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).
Mrs Mary Colbey’s 100 Birthday Celebrations

A fabulous Birthday party was held at Seaton on Friday, 12 April for Mrs Mary Colbey’s 100th Birthday.

Visitors included members of her family (four generations!) as well as children from the Lady Gowrie Child Care Centre who enjoyed the Easter Concert that followed.

The children from Lady Gowrie sang Mrs Colbey’s favourite song You are my sunshine.

Farewell Gianni & Segaran

On Friday, 12 April we farewelled Gianni Zollo - Senior Occupational Therapist, Team Leader—Seaton.

Gianni was employed at Saint Hilarion after completing his final year placement, conducting the successful project of PERMA, a positive psychology model to improve quality of life and maximize satisfaction and happiness of residents within the aged care sector.

Then on Friday, 26 April we farewelled Segaran Murugeson - Finance Manager. Segaran had worked at Saint Hilarion since January 2017. Both Gianni and Segaran have moved onto different Aged Care homes. We wish them both well in their future.

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.
Fulham Updates

Saint Patrick’s Day Celebrations with the “Mellodees”

Saint Patrick’s Day was celebrated at the Villa on Wednesday, 13 March 2019. The Residents were busy leading up to the day with making some traditional green shamrocks to wear on their lapels.

Every year staff, Residents, volunteers and families make an effort to dress in their green clothes complete with hats, wigs and other accessories.

The afternoon concert was by “The Mellodees” and as you can see by the photos, some of our Residents joined the Entertainers in performing some true Irish songs. The Guinness Beer was flowing and our amazing catering staff baked a huge yummy green jelly cake for afternoon tea. Thank you to Billy Dee and Cindy for a wonderful afternoon of music and fun.
Traditional (Casalinga) Cooking and Eating Activity

Over the past few months our “Casalinga Cooking” has been busy as ever! In February our lovely Ladies made traditional Arancini Balls. These tasty little morsels of crispy, deep fried balls of rice with meat sauce and mozzarella cheese filling originated in Sicily (similar Italian rice balls are called “suppli” in Rome and nearby regions).

Some of our female Residents assisted in the preparation and everyone enjoyed the Arancini for afternoon tea.

We also were lucky enough to have our Volunteer Pina Chiera and Catering staff member Marisa Cavallo make authentic home-made sauce from fresh tomatoes.

Residents were treated to the best “spaghettatas” for weeks after that just like home.

Other favourites prepared and enjoyed were the “Crostoli” also known as “Chiacchiere” biscuits and of course our pizzas!! Delizioso!!

A big thank you to our amazing ladies Pina Deguisa, Flavia Tropeano, Pina Chiera, Carmela Martin, Isabella Giorgio and Rosamaria Schirripa.
Easter at Villa St Hilarion

Easter is a very important time of year for all Catholics and we try to continue as many religious and cultural traditions as we can for our Residents. On Palm Sunday, Mass was celebrated by Father Luigi.

During the Easter week the Religious events continued with Rosary, Holy Communion, The Last Supper Mass, Stations of the Cross and The Passion of Christ on Good Friday. We also watched a few traditional Biblical movies during the week, which our Residents enjoyed very much.

Easter Sunday Mass was celebrated at 3pm on the day. Many, many thanks to Father Luigi and Sister Judith for a wonderful Easter program.

PS A big “thank you” also to our amazing Villa friend Bruna, for assisting with making our Residents Easter gifts.

ANZAC DAY Story

David Wannan who has been residing at Villa Saint Hilarion now for a year, was born on 23 August 1934 in Adelaide, SA. At the age of 20, David did National Service, five months in the Australian Navy. Six months after he finished David joined the Royal Australian Navy with a career spanning eight years of service. From Adelaide David was recruited to Flinders Naval Depot, Mornington Peninsula, Victoria.

David completed an Engineering Course and then was posted to the Aircraft Carrier HMAS Melbourne in 1956, for four years. At the time, the HMAS Melbourne was operating in the Far East - places like Singapore, Manila and Hong Kong.

In 1960 David left the “Melbourne” and was posted back to the Flinders Naval Depot and 18 months later in 1962 was posted to the H.M.A.S. Paluma which was undertaking coastal surveys in New Guinea. In March 1964 David completed a term of engagement and returned to civilian life. He received 200 pounds and was informed that if during the next two years Australia went to war, he would be called back to service!

Both David and his son Brenton and nephew Damien joined our Residents on ANZAC DAY for a hot Aussie breakfast. Damien had just flown in from Singapore and came straight from the airport!
Fulham Updates (cont)

Mother’s Day
At the Villa in the week leading up to our Mother’s Day party, some of our Residents made table runners to decorate the tables (during their Art therapy session). Sister Judith, assisted by volunteers and family members also made beautiful little flower corsages which were given to all the Ladies during the party.

The actual celebration was held on Thursday, 9 May 2019 with an amazing concert performance by Angelo Zotti and special guest Angel Manzella.

Many family members also attended and as you can see by the photos there was lots of dancing. During the afternoon we gave out special gifts to the youngest and oldest Mother present at the party. A delicious afternoon tea was enjoyed by all. Our female Residents were also given gifts on the actual Mother’s Day morning. The gifts were gorgeous red cups but we don’t have photos of these because Rosi forgot to take any!! OOPPPSSSS

Ladies Knitting Group
This activity is an old favourite amongst our Ladies and has been happening at the Villa for many years. Our Ladies gather fortnightly and knit. Some make scarves and other items of their choosing but majority knit squares, in lots of different colours!

This activity assists to maintain old skills and feelings of self worth. It gives the Ladies great satisfaction and feeling of being needed, besides the fact that they enjoy what they are doing. In the group they chat and reminisce but it does not end there! A few dedicated Ladies take the wool we supply back to their Units in the evenings and continue their work there.

Once they have completed the squares, they return them and obtain more wool. I can hear you asking what do we do with all these squares? Our Resident, Rina Sartoretto takes the squares and with some assistance from whoever is available, sews them together to make these beautiful coloured rugs.

Some of the rugs we use in the Community Room and others we put in our Raffles!
Saint Rita’s Day Lunch

On Sunday, 19 May a group of Resident’s from Fulham went out to lunch to celebrate Saint Rita’s Day. This yearly fundraiser event was held at the Anzano Club. Pastoral carers who are from the Order of the Franciscan Sisters of Saint Anthony are part of the committee who organise this Luncheon. Funds raised go to the poor children of Pontevedra, Philippines. There was music and dancing and many of our Care Recipients won prizes in the raffles—one lucky person winning twice!

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 (Hospitality Services 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 at Seaton is ONE WAY ONLY. To ensure everyone’s safety, please ensure that you follow the signs.
The Society Of St Hilarion

Proudly Presents

QuizzaMe!

Quiz Night Fundraiser 2019

When: 6.30pm - Friday 16th August
Where: The House Of St Hilarion - 7 Kelly Ave, Seaton
How: $20 per Ticket

- Includes entertainment, games, heaps of prizes and more!
- Bring along a hamper of food and enjoy.
- Cash Bar Available

Get a table together – Maximum of 10 per table

To Book Your Tickets Simply
Contact: Marisa – 0423 569 844 or
The Society Of St Hilarion Aged Care – 8409 1500
(Between the Hours of 9am – 5pm)

No Pens, No Paper, Just Fun!!

A social trivia night fundraiser like you’ve never seen before! Bring your family and friends along for a great night of fun and entertainment.

www.sainthilarion.asn.au

May 2019
CO.AS.IT (SA) Volunteer Awards for the Italian Community

CO.AS.IT (SA) is a peak body organisation that is dedicated to addressing the needs of ageing Italo-Australian people in all aspects of life. Co.As.It (SA) supplies information, support, advocacy, services and programs that promote a fulfilling life.

This year, we celebrated the 15th Anniversary of Italian Community Volunteer Awards. Held yearly, this event recognizes volunteers for their outstanding contribution to the Italian Community in South Australia. Nominees do not need to be from an Italian background as long as the volunteer work they do benefits the Italian Community.

The Awards this year were separated into three categories:

- Aged Care Service Award
- Community Service Award
- Lifetime Achievement Award

Every year the Society of Saint Hilarion is well represented in this event and this year was no exception. Our wonderful volunteers were nominated in all three categories.

The Awards where held on Friday, 10 May 2019 at The Function Centre, Carrington Street, Adelaide.

The Society of Saint Hilarion nominations were as follows:
- Nellie Circosta;
- Flavia Tropeano;
- Matilde (Tilly) Gallina;
- Angela Sagaleo;
- Giovanni Sagaleo;
- Pasquale Pittiglio; and
- Vanessa Boffa.

Congratulations to all our nominees and a special congratulations to Matilde (Tilly) Gallina for winning the category AGED CARE SERVICE AWARD.

The luncheon was attended by 37 representatives of The Society of Saint Hilarion including Chairman of The Board - Orazio DiCarlo, Acting General Manager - Michael Bailey, Director of Residential Care Services - Mary Spudic, Procurator - Roy Fazzalari, Board Member - Rosemary Velardo, and Executive Committee member - Antonia Larizza (representing Vince Greco - President of The Society of Saint Hilarion, who was working overseas at the time).

Of course there were 26 volunteers who attended representing Aged Care, The Community (SSH) and The Society of Saint Hilarion.
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

Madonna Di Crochi Committee donation

A thank you cocktail function was held at Seaton on Friday, 12 April 2019 to acknowledge the kind donation by the Madonna Di Crochi Committee. Two Balo Trainers were purchased with this donation. Balo Trainers are a therapy device for safe dynamic exercise of balance (postural control). It is suitable for people unable to stand, wheelchair bound and those at risk of falling.

Members of the Madonna Di Crochi Committee attended the event, along with our Aged Care Board and Executive Management Team. A presentation and live demonstration on the Balo Trainers was given by Athin Christou.

Pictured: Society President, Vince Greco with Madonna Di Crochi President John Bergamin and Aged Care Board Chair Orazio Di Carlo. Saint Hilarion is the first aged care facility in South Australia to have these machines.
Our feedback and complaints procedures

Everyone has the right to complain or offer suggestion for improvement. That right is not reduced when a Consumer’s capacity to exercise those rights is diminished by illness or frailty.

All matters of concern/complaint/non-compliance will be treated in an ethical and confidential manner.

Validation of Consumer’s feelings and needs are recognised as a necessity to providing quality Consumer outcomes. The Society of Saint Hilarion Inc. Aged Care has established an internal Concerns and Suggestions for Improvement procedure for use by either Consumer or a Consumer’s advocate, staff and others. Forms are available throughout both of our facilities.

Literature regarding the internal and external complaints mechanisms is available in English and Italian and other languages if required.

Suggested steps for lodging a complaint

Initial concern should be directed to the Registered Nurse on duty as some issues can be resolved easily. Similarly, concerns can be taken straight to the Clinical Nurse Manager, Director of Care Services or Chief Executive Officer if felt such an action is warranted.

The Pastoral Care team (Priest and Religious nuns) of the Society may also be contacted for assistance.

A Formal Complaint

A Blue Feedback Form (see picture) can be obtained from locations around the facilities (including Reception areas, in all Care Recipient’s Dining areas) or requested from our Administration staff.

Letter boxes are provided at both Seaton and Fulham to deposit these forms, thereby ensuring anonymity and privacy.

All feedback forms are directed to the Director of Care Services, Care Manager or respective line managers who will evaluate the report and investigate the nature of the feedback/complaint. They may also be referred to the Chief Executive Officer and the Board of the Society of Saint Hilarion Inc Aged Care for deliberation.

All complaints will be dealt with fairly, promptly and without any fear of retribution.
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.

<table>
<thead>
<tr>
<th>1. How do I apply for a Home Care Package?</th>
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<tbody>
<tr>
<td>Initially you need to register your personal details (such as Medicare number) on the My Aged Care system <a href="https://www.myagedcare.gov.au/">https://www.myagedcare.gov.au/</a>. 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.</td>
</tr>
</tbody>
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<tr>
<th>2. How will I know if I am eligible?</th>
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</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
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<tr>
<th>3. How do I know what services I can access?</th>
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</thead>
<tbody>
<tr>
<td>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.</td>
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<tr>
<th>4. How will I know what services are approved?</th>
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<tbody>
<tr>
<td>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.</td>
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<tr>
<th>5. How long will I have to wait?</th>
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<tbody>
<tr>
<td>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.</td>
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<tr>
<th>6. What do I need to do before I receive a Home Care Package?</th>
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<tbody>
<tr>
<td>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 <a href="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</a>.</td>
</tr>
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<table>
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<tr>
<th>7. How will I know when my Home Care Package is available?</th>
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<tbody>
<tr>
<td>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.</td>
</tr>
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<tr>
<th>8. But why didn’t I get my promised level 3 or level 4?!</th>
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<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

If you have any queries or need some assistance getting started, please feel free to contact our friendly Community Staff on 8409 1500 during business hours.
Did you know, you can have services at home through Government funding at little to no out of pocket cost? Ask us how!

For more information, please contact our Community area on 8409 1500 or 0447 261 705

Home Fresh Meals

Your choice of: Soup OR Salad AND 2 x choices of main PLUS Dessert

All for $15 delivered fresh to your door!

Meal delivery services operate Monday to Friday.

Our home style cooked meals are made fresh daily under the expertise of our Executive Chefs.

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

Dietary options and 2 course delivery also available
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

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.

HOW DID YOU GO? February 2019 edition answers:

You are near,
even if I don’t see you.

You are with me,
even if you are far away.

You are in my heart,
In my thoughts,
In my life always.

Unknown
We are currently looking for monetary donations to purchase blinds for our lovely gazebo in the Memory Support area.

With the End of Financial Year coming up, just a reminder that all donations over $2 are tax deductible.

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.

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!!
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