



Welcome to the July edition of our Community Care newsletter. This month we are encouraging everyone to make the most of the occasional sunny day we are experiencing. What better way to keep healthy and improve wellbeing than by exercise and fresh air.

Fish and Chips at the Beach?

If you are like me, there is nothing better than eating fish and chips at the beach. However, if you don't drive this can be difficult. Did you know that we can help you to continue to enjoy this type of activity by providing transport and even sitting and chatting with you as you enjoy the open air.

It's Never too Late to Exercise

It is never too late to exercise, and we can help. It may be a walk in your local park or a stroll through the botanic gardens.

If you are not sure what type of exercise best suits your needs, you can always make an appointment with Rory or one of our other inhouse physiotherapists.



Coronavirus (COVID-19)

As there is now an increasing number of confirmed coronavirus cases interstate, we wanted to let you know about some of the ways in which The Society of Saint Hilarion Aged Care Inc is ensuring the health of you and other Clients. These include:

- Training all staff about what coronavirus is and how to protect the Clients we serve;
- Reviewing and where possible improving infection control procedures;
- Reducing the number of people our staff come in contact with at work, and
- Screening staff to help identify anyone who potentially may have come in contact with the coronavirus.

If you would like any information about the coronavirus, please don't hesitate to contact us on 08 8409 1500.

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In other news

Changes to Home Care Package Funding

From next year, instead of paying the full Home Care Package subsidy in advance each month, the Government will pay for services delivered in arrears. To better understand what this means for you, please talk to one of our coordinators by ringing 08 84091500 or emailing community@sainthilarion.asn.au



Meet our new staff

Hi - My name is Rose I live in the area. I have two grown up children and enjoy spending time with my family and friends. I have worked in Aged Care for the past 12 years in various roles and love working in Age Care as it gives me great pleasure talking to all of our lovely Clients. I also enjoy assisting you with services, knowing that I make a difference to your life.



Hi - My name is Monica. While I am Italian, I have lived and worked in South Africa, London and now in South Australian. And now, I have become an Australian citizen. I have two children and a husband who works in IT. We (my family and I) are extremely privileged to be allowed to live in Australia and love the life we now lead. I have worked in Aged Care for the past five years in various roles - starting off as a Home Support Worker and then moving into a Home Care Package Coordinator role – My passion and drive in Age Care is to ensure that you are able to continue to live a happy and supported life at home. It gives me great joy in knowing that I make a difference to people's lives with the extra help and support our Home Care Packages can offer.

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