



The Saint Hilarion Monthly Snapshot

Welcome to the March edition of Resident and Family Newsletter!!! In addition to lots of photos below is some important information about **lost property** and an opportunity to have your say about our **new menus**. Don't forget that you can also contribute to the newsletter by sending photos and information to events@sainthilarion.asn.au. We would love to hear from you.

Formal opening of the Fulham refurbishment

We were delighted to be able to formally open the new refurbishments at Villa Saint Hilarion.

In addition to a blessing by Father Luigi and the cutting of the ribbon by the Hon Mark Butler MP, Member for Hindmarsh.

Villa Resident's Mrs Sartoretto and Mrs Iannella spoke about how these renovations enhance the care they receive.



CEO, Dr Carol Davy MC for the event



Father Luigi blessing the building and staff



Cathy Young (Care Manager, Villa Saint Hilarion) showing the Hon Mark Butler MP the new toilet facilities



Society President Vince Greco, the Hon Mark Butler MP, and Aged Care Board Chair Lidia Conci cutting the ribbon



Villa Resident's Mrs Sartoretto and Mrs Iannella with CEO Carol Davy



The Society of Saint Hilarion Inc Aged Care
AGED CARE NEWSLETTER
MARCH 2020

Lost property

Please note that due to the accumulation of unclaimed laundry (Resident Personal Clothing), we will be clearing our “Lost Property Room” and donating all unclaimed clothing items to charity on 1 April 2020 that are not marked with a name or clothing label and been held in lost property room for more than three months.

If you think there has been any lost items of clothing that has not already been addressed by staff, could you please ask laundry staff to check the Lost Property Room before 31 March 2020.

The Laundry Staff would like to thank you for your cooperation.



Help review our Menus

All consumers and families who would like to contribute ideas towards our upcoming menu review are requested to attend our Food focus group session at date and times listed:



- Date: 16 March 2020
- Seaton: 10am till 12pm
(Community area outside Chapel)
- Fulham: 1pm till 3pm
(Community Room Lounge Area)

Please feel free to contact Karan (Hospitality Coordinator) directly with any ideas and suggestions on kshrestha@sainthilarion.asn.au prior to the sessions commencing.



Fashion Parade

Residents and staff alike had a lot of fun taking part in our Seaton Fashion parade.

The models were extremely professional as they waltzed, skipped and ran down the isle to the beat of some of the more popular tunes. One of the main stars of the show of course was Gilbert our guide dog who complimented his handler, Milani with a red bow (pictured right).

Most of our models are pictured below.





Coronavirus

As you may be aware, on 30 January 2020 the World Health Organisation (WHO) declared the Coronavirus (COVID-19) outbreak a **Public Health Emergency of International Concern**.

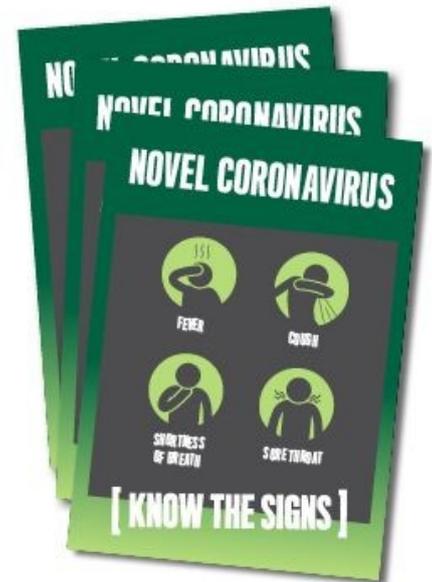
As there are now an increasing number of confirmed *Novel Coronavirus* cases now detected in South Australia, the Society of Saint Hilarion Inc Aged Care are increasing its vigilance to ensure we continue to protect our Residents against infection in-line with recommendations from the Department of Health.

To help limit the spread of coronavirus and protect the health of our Residents you **must not enter the facility for at least 14 days** in the following circumstances:

- If you or someone that you live with have recently returned from overseas;
- If you, or someone that you live with, has been experiencing any 'flu like symptoms'; or
- If you have been in close contact with a confirmed case of coronavirus.

We encourage you to make use of our hand sanitising units which are close to all lifts and entrances.

For the latest advice, information and resources, go to www.health.gov.au.



Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts If you have concerns about your health, speak to a doctor.

Client, Family and Friends Meeting dates for 2020

These are two way meetings and enable Saint Hilarion staff and management to advise our residential Clients and their families of important information, such as forthcoming activities/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 and friends of Clients are encouraged and welcome to attend.

Seaton meeting dates

- Wednesday, 8 April 2020 from 6pm
- Wednesday, 6 May 2020 from 10:30am
- Wednesday, 3 June 2020 from 6pm
- Wednesday, 1 July 2020 from 10:30pm
- Wednesday, 5 August 2020 from 6pm
- Wednesday, 2 September 2020 from 10:30am
- Wednesday, 7 October 2020 from 6pm
- Wednesday, 4 November 2020 from 10:30am
- Wednesday, 2 December 2020 from 6pm

Fulham meeting dates

- Thursday 9 April 2020 from 6pm
- Thursday, 7 May 2020 from 10:30am
- Thursday, 4 June 2020 from 6pm
- Thursday, 2 July 2020 from 10:30am
- Thursday, 6 August 2020 from 6pm
- Thursday, 3 September 2020 from 10:30am
- Thursday 8 October 2020 from 6pm
- Thursday, 5 November 2020 from 10:30am
- Thursday, 3 December 2020 from 6pm



Memory Lane

Reminisce - to indulge in enjoyable recollection of past events

Each of us have a memory of where we were born, where we grew up, a favourite song/movie or childhood holiday.

Reminiscence is a process where we recall the past, previous events, people and significant moments in our lives. We connect the present with the past with an event that brings to mind a similar, former event. Reminiscing is good for our emotional well-being and reduces isolation, loneliness and negative feelings. 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 and memories that make us happy.

As we age, we tend 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. This is called "the reminiscence bump". Those memories remain vivid in our minds, even when more recent ones are forgotten.

Recalling positive memories makes everyone feel happy and good memories can become a powerful way to boost your mood. Reminiscing can turn a 'bad' day into a 'good' day – or even a good week.

Memory Lane has been set up to assist people to reminisce using modern technology to connect them to their past.

On Memory Lane's screen we can show

- Where you were born and have lived
- Where you have holidayed
- Show your favourite movie/s
- Listen to your favourite songs/music
- Look at key life/historical events
- Look at pictures and personal photos

This room provides a dedicated space where care recipients, small groups and relatives can gather, relax and share in special times together.

Memory Lane will be managed by the Lifestyle team through an electronic booking system and a scheduled weekly calendar. If you would like to make an booking for your relative here in Memory Lane, please send an email to:

memorylane@sainthilarion.asn.au

or enquire at Reception on 8409 1500



Every resident has a story
just waiting to be told

Head Office

7 Kelly Avenue

Seaton SA 5023

PO Box 4114, Seaton SA 5023

Telephone: 08 8409 1500

Facsimile: 08 8409 1599

Email: admin@sainthilarion.asn.au

ABN: 80 548 669 468

The House of Saint Hilarion

7 Kelly Avenue

Seaton SA 5023

Telephone: 08 8409 1500

Facsimile: 08 8409 1599 (admin)

Facsimile: 08 8409 1598 (nursing)

Villa Saint Hilarion

21 Farncomb Road

Fulham SA 5024

Telephone: 08 8235 9055

Facsimile: 08 8235 9355

Community care

7 Kelly Avenue

Seaton SA 5023

Telephone: 08 8409 1266