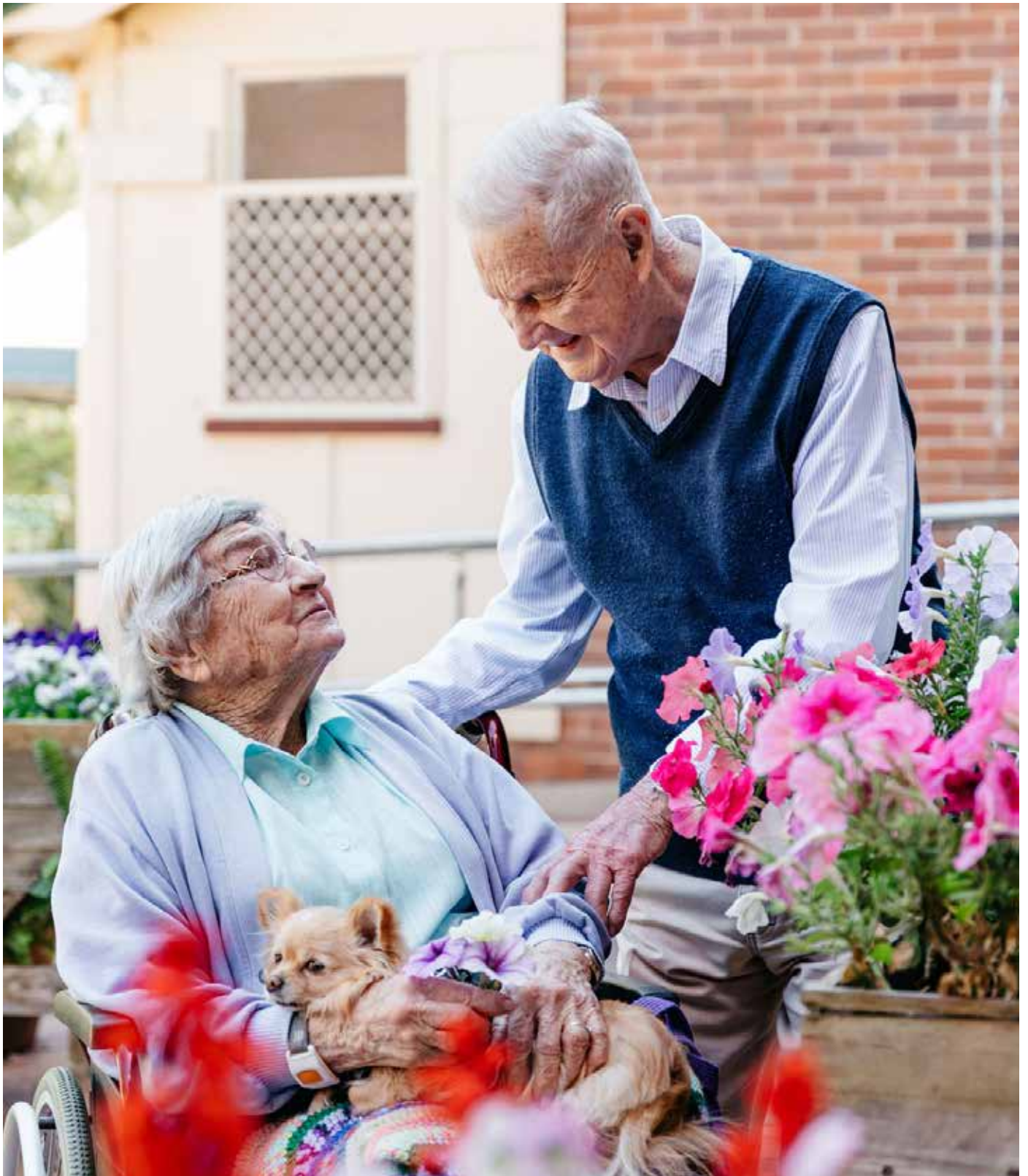


# The Voices of ST VINCENT'S



ST VINCENT'S  
CARE SERVICES

SEPT 2021

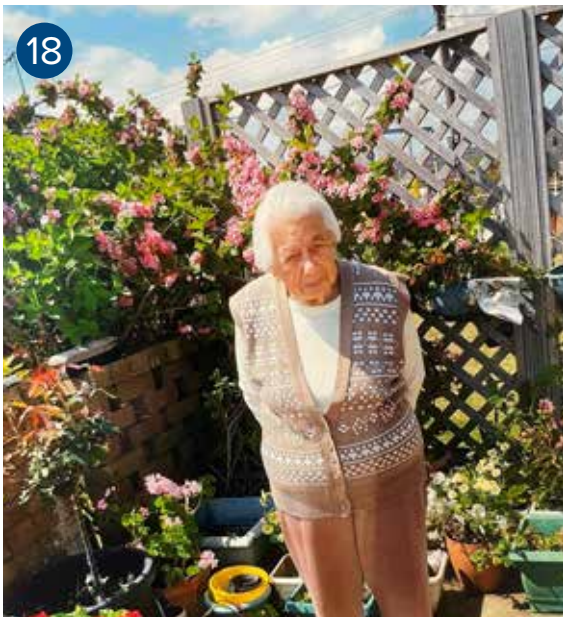




*"I feel welcomed,  
valued and safe."*







# A LOOK INSIDE THE LATEST *issue*

- 04 Calendar
- 06 Locations
- 09 CEO Message
  - 11 Mission Message
- 12 How we review your feedback
- 14 Father's Day
- 16 Which flower are you?
- 17 Home Highlight
- 18 Residents submissions
- 20 Remember When
  - 21 Just a Cuppa Questions
- 22 Around the Grounds
- 24 Games and Puzzles
- 26 Feedback

# 2021 CALENDAR *dates*

## OCT

**1**  
**FRI** International Day of the  
Older Persons

**2**  
**SAT** Month of Mary (Rosary)

**4**  
**MON** Queen's Birthday (QLD)  
+ Labour Day (NSW)

**5**  
**TUES** Auburn's Anniversary

**24**  
**SUN** Pastoral Care Week

**31**  
**SUN** Bronte's Anniversary  
+ Halloween

## NOV

**1**  
**MON** All Saints Day

**2**  
**TUE** Melbourne Cup + All  
Souls Day

**11**  
**THUR** Remembrance Day

**19**  
**FRI** International Men's Day

# DEC

**1**  
WED

Yennora's Anniversary

**3**  
FRI

International Day of  
People with a Disability

**5**  
SUN

International Volunteer  
Day

**11**  
SAT

Kangaroo Point's  
Anniversary

**18**  
SAT

Gympie's Anniversary

**25**  
SAT

Christmas

**26**  
SUN

Boxing Day

**31**  
FRI

New Year's Eve





# HOME *locations*

---

St Vincent's Care Services  
has a total of 23 aged care homes  
across QLD, NSW and Victoria.



# QUEENSLAND

Brisbane

# NEW SOUTH WALES

Sydney

# VICTORIA

Melbourne

### QLD

- Arundel
- Bardon
- Boondall
- Carina
- Carseldine
- Douglas
- Enoggera
- Gympie
- Kangaroo Point
- Maroochydore
- Mitchelton
- Southport
- Toowoomba


### NSW

- Auburn
- Bronte
- Edgecliff
- Haberfield
- Heathcote
- Yennora

### VIC

- Eltham
- Hawthorn
- Kew
- Werribee





“When I look at  
you, I see strength,  
resilience, positivity  
and above all, hope”





# Message

## FROM OUR CEO

---

*Dear St Vincent's Residents,*

I can't believe that we're only a few months from the end of the 2021 – we've been through so much this last year, but I think we've also grown together too, especially over the last couple of particularly difficult months in Sydney and Melbourne.

During the pandemic, we've had to adapt and learn how to navigate the 'new normal'. It hasn't been easy and sometimes in the dark times, it's hard to imagine if life will ever return back to how it was, but despite this you have chosen to make the very best of the situation and held onto each other. When I look at you, **I see strength, resilience, positivity and above all, hope.** Hope for a world with more hugs and less restrictions, more joy and less fear; and you've expressed this hope in so many ways – your humour, your care for others, your focus on good things in life - eating, gardening, singing, reading... and the list goes on.

It is important that you know your positive and hopeful attitude has been infectious and has greatly helped to keep my St Vincent's team upbeat and focused. In fact, I thought we could keep this hopeful focus flowing throughout this edition of *The Voices of St Vincent's* by sharing your own

secrets, tips and hints on how to make a garden flourish and grow, with others!

For me, gardening is a wonderful metaphor for life in general. Nature is a great teacher and there are many lessons that can be learnt by spending time out in the natural world. When you're first looking to create a garden of your own, you firstly need a vision for it – how do you want it to look? What do you want to grow? Maybe it's a flower bed, some shade trees or some herbs. Then after all the preparation, the planting and the ongoing tending of the garden, we get to see our vision unfold...

Just as a vision is important for a garden, a vision for our own life is important too. As we reflect on what has been and look forward to what is still to come, we have the opportunity to shape the life we live, and shape our personal mission and purpose; and just like a garden, we get to watch our life-vision come to being!

A garden requires constant care and attention too, and so do our needs, wants, goals and preferences. Please make sure you are reaching out to any of the St Vincent's team, so they can make your dreams a reality! We want to see you flourish within our St Vincent's

community, so let our team help wherever they can.

Good gardeners also know that there are factors not always in their control - the weather and wildlife (bush turkeys!) for example – and they accept this and work around these setbacks to achieve their vision. In much the same way, we have all faced setbacks and disappointments that are out of our hands - especially in this current COVID environment. Just like a gardener, we get to choose how we respond.

Please be encouraged - I have witnessed your flexibility and can-do attitude that has never stopped looking for ways to keep moving forward, despite the circumstances.

**You always inspire me and each and every day.**

Thank you once again for sharing your beautiful stories and advice – you make me smile with each page I turn.

God Bless,

LINCOLN HOPPER  
Chief Executive Officer



## A Prayer for our Earth

All-powerful God, you are present in the whole universe,  
and in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love,  
that we may protect life and beauty.  
Fill us with peace, that we may live  
as brothers and sisters, harming no one.  
O God of the poor,  
help us to rescue the abandoned and forgotten  
of this earth,  
so precious in your eyes.  
Bring healing to our lives,  
that we may protect the world and not prey on it,  
that we may sow beauty, not pollution and  
destruction.  
Touch the hearts  
of those who look only for gain  
at the expense of the poor and the earth.  
Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly united  
with every creature,  
as we journey towards your infinite light.  
We thank you for being with us each day.  
Encourage us, we pray, in our struggle  
for justice, love and peace.

Pope Francis, 2015





# Message

## FROM OUR MISSION LEADER

*Dear Residents,*

Spring is my most favourite season. It always reminds me that as Christians, we are resurrection people. Spring marks the end of a period of dark, cold and often barren conditions. We can often forget that without winter, there cannot be a spring. Likewise, without death, there is no new life.

Spring heralds new life, when nature awakens and springs to life with colour and vibrancy. We can often take for granted the wonderful gift of nature and our inter-connectedness with it. Pope Francis, in his encyclical letter *Laudato Si'*, aims to remind us of both our relationship with nature, and our responsibility to nature and the environment. His Holiness writes:

*LAUDATO SI', mi' Signore" – "Praise be to you, my Lord". In the words of this beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. "Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs.[1]*

*This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and*

*masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she "groans in travail" (Rom 8:22). We have forgotten that we ourselves are dust of the earth (cf. Gen 2:7); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters."*

Pope Francis draws great inspiration and guidance from St Francis of Assisi as Bishop of Rome, so it is not surprising that St Francis was front of mind when His Holiness penned *Laudato Si'*:

*"I believe that Saint Francis is the example par excellence of care for the vulnerable and of an integral ecology lived out joyfully and authentically. He is the patron saint of all who study and work in the area of ecology, and he is also much loved by non-Christians. He was particularly concerned for God's creation and for the poor and outcast. He loved, and was deeply loved for his joy, his generous self-giving, his openheartedness. He was a mystic and a pilgrim who lived in simplicity and in wonderful harmony with God, with others, with nature and with himself. He shows us just how inseparable*

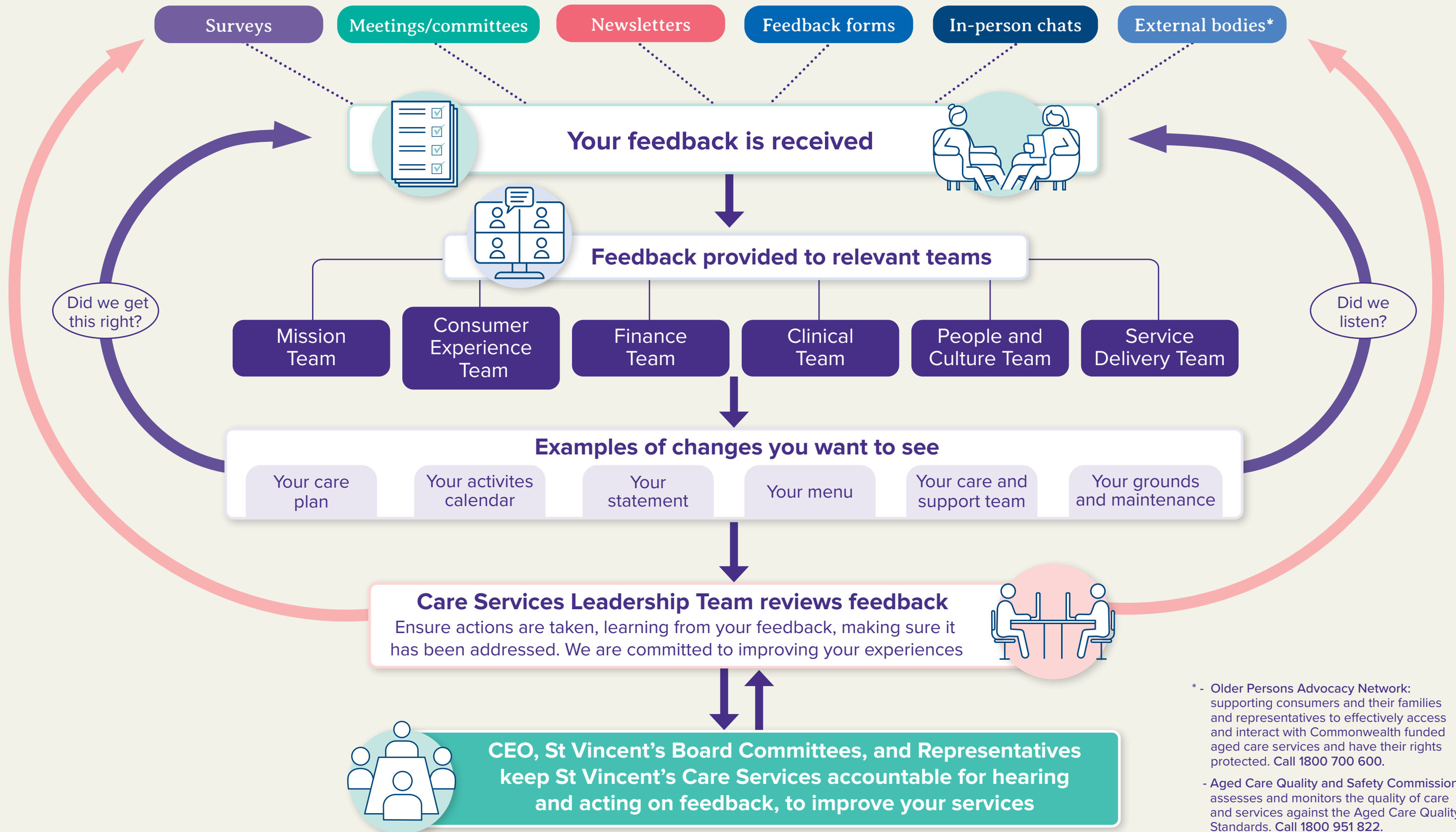
*the bond is between concern for nature, justice for the poor, commitment to society, and interior peace.*

*Francis helps us to see that an integral ecology calls for openness to categories which transcend the language of mathematics and biology, and take us to the heart of what it is to be human. Just as it happens when we fall in love with someone, whenever he would gaze at the sun, the moon or the smallest of animals, he burst into song, drawing all other creatures into his praise. He communed with all creation, even preaching to the flowers, inviting them "to praise the Lord, just as if they were endowed with reason".[19] His response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. That is why he felt called to care for all that exists."*

So, this spring, as you get out into the gardens, admire the flowers and delight in sounds of the birds singing, draw some inspiration from the wisdom of St Francis – all creation is truly a gift that goes beyond simple biology and ecology – it takes us to the heart to what it means to be human.

TROY TORNABENE - Mission Leader

# How we review your feedback



\* - Older Persons Advocacy Network: supporting consumers and their families and representatives to effectively access and interact with Commonwealth funded aged care services and have their rights protected. Call 1800 700 600.

- Aged Care Quality and Safety Commission: assesses and monitors the quality of care and services against the Aged Care Quality Standards. Call 1800 951 822.



# Father's DAY



A fantastic Father's Day happy hour afternoon at Arundel!



Dads at Bardon got 'MUGGED' on Father's Day! For all of the awesome dads or honorary dads, the team celebrated them with customised "story mugs" that captured their life milestones and some of things that have made their lives simply beautiful and amazing.

To all the awesome dads, we raise our mugs to you!



Eltham Lodge residents enjoyed their Father's Day celebrations with gift bags and treats!



For Father's Day, Carseldine residents gathered in Coonowrin Cottage to have a celebration. The china was out and volunteers on hand to play piano and help with the serving of lots of tasty goodies. It was great to see everyone share morning tea together, honouring all the fathers in our lives.



Beautiful Father's Day celebrations at Kew, including Mass



The planned Father's Day morning tea at Southport may have been cancelled, but room visits to the beautiful Dads at site sharing the love was a nice surprise for them!



# Which flower are you?

You can see a little bit of yourself wherever you look. But have you ever thought about which flower you could be if you could choose?

To mix it up a little this month, as we explore gardening in all shapes and sizes, I've scoured the internet in search of what kind of flower I would be, and now I present to you the chance to do the same!

Judging from this list, I think I'm something of a cross breed between a Rose and a Calla Lily.

Silly? Maybe. But if you're a Tulip lover who's life of the party, maybe we've hit the nail on the head here.



*Rose people have a quiet and traditional exterior, but inside, they are passionate, romantic and deep. In touch with their own emotions, rose people can sometimes seem standoffish or prickly, but their thorns are there to help shield them.*



*Tulip people are the life of the party. These sensitive and intuitive people are incredibly positive, light-hearted and caring. Tulip people are well-liked and radiant enough to bring people together.*



*Calla lily people are minimalists with quiet strength. They are hardworking with a dignified style and are proud of their accomplishments. Calla lily people are diplomatic and have a calming presence. They like solving puzzles and strive to make the world a better place.*

Descriptions are courtesy of [conroysflowersgifts.com](http://conroysflowersgifts.com)



## Peony

*Peony people are sweet and appreciate small gestures. They are empathetic and dress in a very classy, timeless way with accessories from decades long past. They believe in true love and fairy tales, and are exceptional listeners.*



## Sunflower

*The same way a sunflower has an open, warm appearance, sunflower people are energetic, bubbly and happy-go-lucky. No matter how difficult life becomes, sunflower people bring people together and instil optimism in everyone they meet.*

## Daffodil



*People who appreciate these cheerful flowers are similarly social. These people put the needs of family and friends before their own and love to have get-togethers. If you are free-spirited and family-oriented, you might be a daffodil.*

So, there you have it! Which flower do you fancy yourself as? Maybe one that wasn't listed here. Drop me a line at [svcs.marketing@svha.org.au](mailto:svcs.marketing@svha.org.au) or write a letter and ask one of the team to send it in.



### EDITOR'S NOTE

Jesse works in the marketing team at St Vincent's. In his 20s, Jesse loves writing, technology and history as well as making complicated things seem simple. If you see him around, make sure to say hi! Hit off a conversation on movies, music and Frank Sinatra – but be careful, you may have trouble getting away!

# HOME Highlight



Christina Sipala is one of Werribee Care Services Admin officers, and there is constant feedback from employees, residents and families about her kind, happy and friendly manner.

Nothing is ever too hard for Christina, she is cool, calm and collected in any situation.

She is a wonderful person and the team are blessed to be able to work with her!



# Residents

## SUBMISSIONS

### Our Green Thumbs



Gardening connoisseur Noelle from Kangaroo Point Care Services has the most spectacular greenery you will ever see.

Her flowerbeds are full of colour and life, transporting residents to another place altogether.

Noelle's advice to other seasoned gardeners is to make sure you don't overwater your plants, or let the bush turkeys ruin your bromeliads!



Elwyn from Bardon says that she's been gardening all her life, but has grown to love it with a passion. Over the last 35 years, she has been an avid member of the Gap Garden Club.

A pocket garden at Bardon has become her Zen space - a place to quietly reminisce and be grateful for how her life, like her garden, has grown beautifully through the years.

To anyone who says they don't have a green thumb, Elwyn says: *"Everyone can be a gardener, there are just a few simple rules and you learn as you go along."*

At the end of each day at Bardon, Elwyn looks forward to waking up to a new day to see what has bloomed and grown while she was sleeping. She says: *"It's amazing how plants grow, so there has to be a lot of tomorrows for you to enjoy them."*



Another one of our green thumbs Fay, at Haberfield Care Services, has many handy tips for the active gardener...

1. Choose plants that are easy to grow and manage
2. Make sure you choose the right size pot and type of soil
3. Position your greenery in the sun and keep up the watering

Fay especially loves pruning her beautiful garden, taking extra special care with each and every plant.



Carol Larnach, one of our St Anne's residents at Heathcote, has been an avid gardener for many years. Carol was the secretary of Engadine Home Gardeners Club for 31 years and is now a life member.



Luckily, Carol didn't listen to her late husband when he stated: "If you can't eat it, don't grow it!" She went on to grow many beautiful flowers, but her pride and joy are her roses, which sit on the balcony.

Carol believes that if you weed regularly, fertilize when needed, protect your plants from the harsh sun, plus have a bit of luck, then you can grow a beautiful garden. Carol has also taken many tips from friends over the years to assist with her love of gardening.



Sr Daphne is an avid gardener at Hawthorn Care Services. Her top tip is to keep watering your plants everyday, and give them plenty of care.

Sr Daphne remembers that her father, who was a policeman at the time, had prisoners outside tending to the family garden. The prisoners were so happy to be out and about in the sunshine, looking after the garden - much better than spending the whole day in jail!

We sat down with some green thumbs over at Gympie Care Services about their best kept gardening secrets.

Lorraine says: "You need plenty of morning sun and fertilizer!"

Norm says: "If you're growing orchids, you need to put them where there's no air conditioning, so they can thrive."

Lesley shared a beautiful picture of her garden on the balcony, which you can see above, saying: "My plants are my little ray of sunshine."



Eunice Taylor at Mitchelton Care Services had a small crop farm for over 30 years!

When Eunice met her husband Bevan, he was growing pineapples on his parent's dairy farm. After they married, they bought property at Mitchelton and set up a small crop farm where they grew cucumbers, lettuce, Chinese cabbage and silverbeet.

Eunice said that they would water every day (the water was from Kedron Brook that ran at the back of their property), and pick crop twice a week on Wednesdays and Sundays. Eunice would wash and grade the cucumbers for the markets - the crops were originally sold at the Roma markets, and then out at Rocklea once they opened. They retired at age 60 and took up travelling around Australia.

Eunice now grows succulents on her veranda. She likes them the best because they are very easy to grow. Her helpful tip is to put used teabags at the base of the pot before putting in the potting soil.

Eunice said that her favourite flower would be the rose, and her favourite fruit is the mango - she still has three mango trees on her property!



## REMEMBER WHEN

# *With Lila* from Arundel

Lila's extraordinary life



Arundel resident Lila attended Brisbane Domestic Science High School, where QUT is now situated, and then trained as a Milliner at "Schofield" in 1954, the top Milliner in Queensland! She trained for many years in Adelaide Street, Brisbane.

Lila was always a small person and could not buy clothing to suit her age. Shop assistants would often send her to the teen clothes shops, even though she was in her late 20s! So Lila had been designing and making her own clothes from the age of 11, with the help of her Mum, on a Singer treadle sewing machine - which she still has to this day.

Lila designed and made her own debut dress in 1956, and also her wedding dress. Lila also made dresses and hats for her bridesmaids and flower girl. She continued to make clothing for her two daughters too when they came along.

In the mid-1980s, she decided to enter into the Fashion Awards. Lila had her own label registered at the time, Peppercorn Designs, as she had been regularly making hats and wedding dresses for friends for many years. As Lila and her husband moved around Australia and eventually overseas while her husband served in the Army, she made hats for other Army wives to wear at Military parades.

Lila's first win in the Fashion Awards was for an evening dress and holiday outfit in the Redland Bay Fashion Awards. This followed many other Fashion Awards around South East Queensland, where Lila usually had entries in children's wear, evening wear and resort wear.

As well as entering in the Fashion Awards, Lila continued to make wedding dresses and 'going away dresses' for the brides. She also made some lovely bridesmaids dresses, bow ties and cummerbunds for the grooms and their parties, and often a dress and hat for the mother of the bride too.

Lila's involvement in the fashion world across South East Queensland during the 80s and 90s has left a remarkable mark!



# Just a Cuppa

## QUESTIONS

**BERYL FROM WERRIBEE**

Q What is your name?

**Beryl Stiefler**

Q What is your best gardening tip?

**My best gardening tip is to keep your garden tidy and pull all the weeds out.**

Q What do you enjoy most about gardening?

**I most enjoy looking at my garden and loving how it makes my home look.**

Q What is your favourite thing to grow?

**My favourite thing to grow are camellias and tomatoes.**

Q Do your children enjoy gardening?

**All of my children got my green thumb and love gardening!**



**JOHN FROM WERRIBEE**

Q What is your name?

**John Pruscino**

Q What is your best gardening tip?

**My best gardening tip is getting those weeds out so the good plants can grow.**

Q What do you enjoy most about gardening?

**Mixing up all the colours and watching them all grow together.**

Q What is your favourite thing to grow?

**I love to grow anything really!**

Q Do your family enjoy gardening?

**My dad had 3 acres of a vegetable garden. We used to help him all the time - he grew anything and everything.**



# AROUND the grounds



Meet Archer! Hawthorn's little addition to the family.

He is 4 months old and comes to work regularly with Linda Kearton. Archer has been visiting residents in their rooms, going for walks with others and brightening up their days.



Lots of wonderful activities at Bronte this month, including Happy Hour, Employee of the Month nominees, baby visits and more!



Pirate Day at Arundel was a blast – lots of dress ups and treats, plus a healthy dose of Vitamin Sea!



What is better than having an ice cream while painting, colouring in and listening to the beautiful piano being played by one of the Kangaroo Point volunteers!



A wonderful R U OK Day at Kew, with delicious food, big screen bingo, singing and more.



At Carseldine, residents and employees celebrated Mexican Independence Day with a morning of music and dance.

Little sombrero treats were handed out for everyone to enjoy too – a big well done to the lifestyle team for organising this colourful event!







Mitchelton residents had a great time at the NRL and AFL footy tipping award morning tea. First place for both staff and residents was a close competition! Congratulations to everyone involved



Bumper bowling at Werribee was a hit with residents - adapting an old favourite into a new game for everyone to enjoy



Arundel celebrated their 5 year anniversary at the start of this month in style!



Southport residents enjoyed the beautiful Broadwater parklands as they sat for a picnic lunch, had a walk along the waterfront, and ate some delicious ice cream



Residents of Kew went camping! Resident Jenny said that she never did a lot of gardening at home, but when she went camping with her family, the Australian bush was her garden.

So the team brought the Australian bush to her and for the other residents too.



Residents at Eltham made some gorgeous badges for Spring – so creative!





## GAMES

# and puzzles

### WORD SEARCH

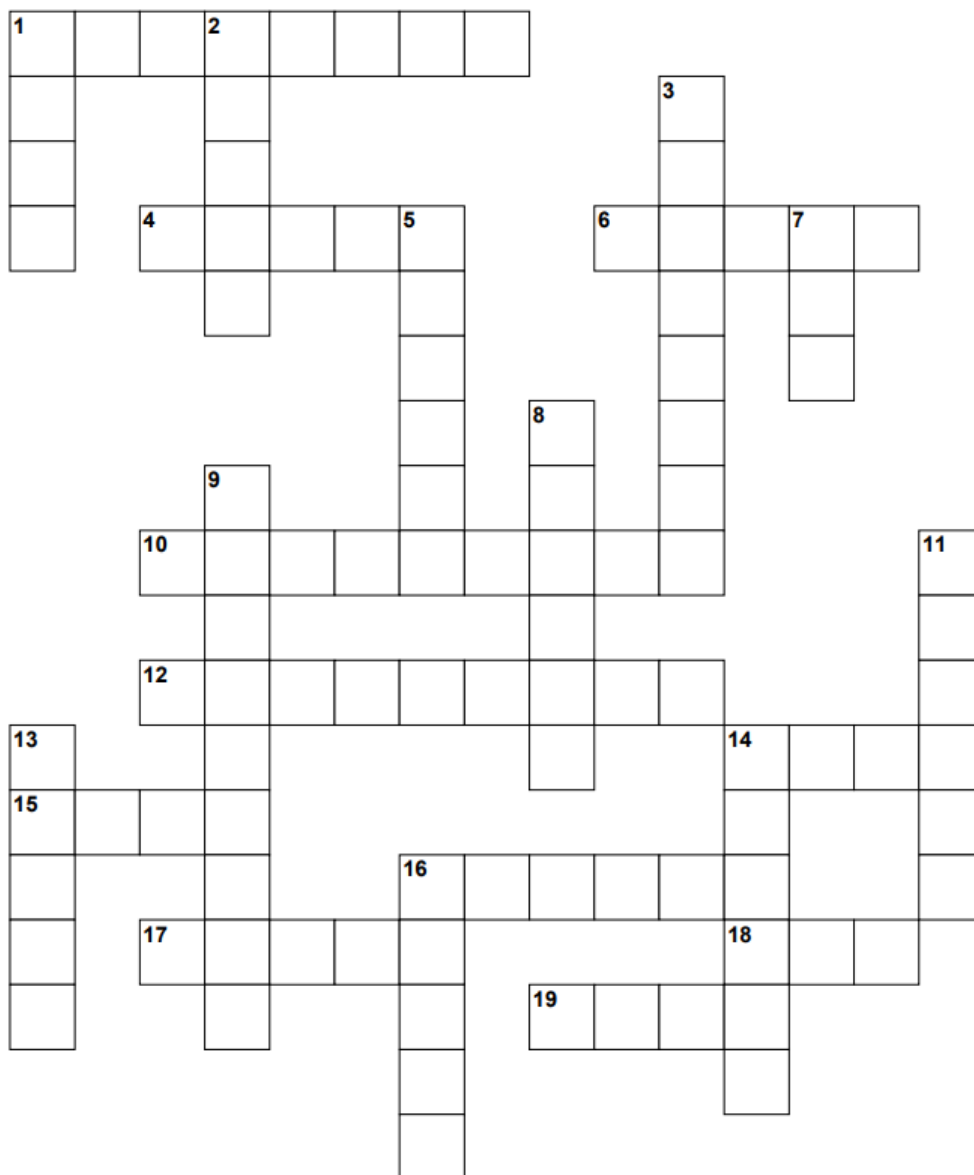
Find the word in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

## EASY SODOKU

		7	9			5		8
3	6		2	5				1
		8	1	4		6	3	9
	9	3		8	2			4
	7	1	3	6			5	2
5	8							
	2	5	7		4	3	9	6
	1						8	
9			8				1	

.....

Big thank you to Don from Heathcote for his games submission this month



## CROSSWORD SEPTEMBER

### ACROSS

- 1 Bright light of the sun
- 4 Decomposed plant matter in soil
- 6 Period between sunset and sunrise
- 10 Any young tree or plant
- 12 To sprout
- 14 Become larger
- 15 Precipitation
- 16 Blossom
- 17 Transparent, tasteless, and odorless liquid
- 18 Period between sunrise and sunset
- 19 Perennial woody plant consisting of roots, trunk, and branches

### DOWN

- 1 Earth
- 2 Bush
- 3 Tool used to trim hedges
- 5 Long-handled scoop used for digging
- 7 Garden tool with flat crosswise blade and long handle
- 8 Plant that completed life cycle in one year
- 9 Having a life cycle of more than two years
- 11 Hand tool with broad curved blade used for scooping dirt
- 13 Green plant with narrow flat leaves and jointed stems
- 14 Area of land used for cultivating plants and flowers
- 16 Edible plant product





# FEEDBACK

Going forward, we would love to encourage residents to submit their own content.

Maybe you're an avid drawer who wants to share their artwork, someone who likes to write a poem or two or you just have a good story you would like to share. All submissions are welcome.

---

## SUBMISSIONS

If you would like to make a submission or provide feedback, please chat to the staff members around you who can pass on your ideas straight to us!

You can also speak with reception staff or email [svcs.marketing@svha.org.au](mailto:svcs.marketing@svha.org.au).

## FEEDBACK

If you have compliments or suggestions about our services, or wish to raise a concern, you can contact our customer care team on 1800 778 767 or reach out to our state managers directly.

QLD State Manager: [nicole.devlin@svha.org.au](mailto:nicole.devlin@svha.org.au)

NSW State Manager: [sonia.liddell@svha.org.au](mailto:sonia.liddell@svha.org.au)

VIC State Manager: [bernadette.murphy@svha.org.au](mailto:bernadette.murphy@svha.org.au)

If you speak a language other than English, you can call the Translating and Interpreting Service (TIS National) on 131 450 for support to talk to your aged care provider about your services.

TIS National covers more than 100 languages and is available 24 hours a day, 7 days a week, for the cost of a local call.

---

## AGED CARE QUALITY

The Australian Government's Aged Care Quality and Safety Commission provides a free service for anyone wishing to raise their concerns about the quality of care or services being delivered to people receiving aged care services at a government-funded facility.

## PUZZLE SOLUTIONS



1	4	7	9	3	6	5	2	8
3	6	9	2	5	8	7	4	1
2	5	8	1	4	7	6	3	9
6	9	3	5	8	2	1	7	4
4	7	1	3	6	9	8	5	2
5	8	2	4	7	1	9	6	3
8	2	5	7	1	4	3	9	6
7	1	4	6	9	3	2	8	5
9	3	6	8	2	5	4	1	7

## TRANSLATION OF COVID-19 RESOURCES

The Department of Home Affairs now has a dedicated website for translated COVID-19 information - <https://covid19inlanguage.homeaffairs.gov.au/>. This website provides culturally and linguistically diverse people with a single source of information in 63 languages other than English.

The following resources have also been translated into 63 different languages:

- Stay COVID Free Do The 3
- Testing for COVID-19
- What you need to know about Coronavirus
- Help for finances and mental health
- Protecting you from Coronavirus
- Easing of Restrictions
- Roadmap to a COVIDSafe Australia
- COVIDSafe app - New tool to help slow the spread of COVID-19

You can also contact the Department of Home Affairs if you believe there is a language that should be translated that is not available. You can email through your suggestions to: [agedcareCOVIDiaison@health.gov.au](mailto:agedcareCOVIDiaison@health.gov.au).

# MENTAL MOMENTS LIVESTREAM

Get involved in Mental Moments – a free, weekly livestream show starting Friday 1 October for aged care workers, residents, clients and families right across the nation.

Every Friday, Mental Moments will bring the sector together to show our appreciation for Australia’s aged care workforce and continue the conversation about the importance of mental health and #caringforthecarer.

Hosted by Max Markson, the show will run throughout October with a livestreamed one-hour show every Friday at 2.00pm (AEST). In between the live shows will be shorter segments featuring mental health experts providing tips and tools on how you can maintain good mental health.

You can also share a message, maybe thanking the aged care employees who make a difference to your life, or sharing how you care for yourself as inspiration for others on how they can maintain good mental health. Your messages will be shared via the Mental Moments website.

If you would like to tune in, go to [www.mentalmoments.com.au](http://www.mentalmoments.com.au) or ask staff to help you access this show.







**Please don't hesitate to call**

**1800 778 767**

**Q St Vincent's**

St Vincent's Care Services  
Level 3, East Tower, 25 Montpelier Road  
BOWEN HILLS QLD 4006



**ST VINCENT'S  
CARE SERVICES**