

THE
VOICES OF
ST VINCENT'S
OCTOBER 2022



ST VINCENT'S CARE



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MESSAGE FROM OUR CEO

Small moments matter...

One of my team recently shared this idea with me. A way that we capture the stories and memories of our residents. To truly cater to the needs of those we serve.

Over the course of the last three months, I have been visiting each of our homes through a 'CEO roadshow' to reconnect with our teams and to capture the thoughts and opinions of our employees who are working on the frontline each day. During the visits, I not only met many of the great employees who bring the St Vincent's Mission to life every day, but I also met with many amazing residents who choose to make St Vincent's their home.

At Bardon, we were blessed to have a resident sit in on our roadshow to learn more about what we were doing and how we plan to keep celebrating the lives of the 2,500 residents in our care. It was a wonderful opportunity for me to hear first-hand from employees and residents on what they love about St Vincent's and what we can do better. It was a privilege for me to do this and to be welcomed into your homes.

Over the course of the roadshow, I met many amazing people who touched my heart. Each resident I met during the roadshow provided a unique glimpse into their lives, their interests and the moments that have mattered most.

It was from these interactions that we had a simple idea: to listen and learn from our residents what things bring them genuine joy and then find creative ways to bring



these moments to life! So, we are asking our extended St Vincent's family to share with us the memories, hobbies, interests, dreams and moments that bring joy to our residents and their families. You can provide those moments that matter directly at the facility or via the St Vincent's team at: svcs.info@svha.org.au Over the coming weeks and months, the team are going to try their best to bring these ideas to life for our residents!

And finally, you may have noticed a few changes in this issue of *Voices of St Vincent's*. These changes came about based on your feedback and we hope are for the better. For example, this edition we have provided some helpful tips and information about what is a 'Care Plan' and how we can partner with you to better support an individual resident's needs. If you like the new editions, please let us know – or if there are other helpful topics you would like us to cover in future editions of the magazine, again, please don't hesitate to let us know!

Thank you and God Bless,
Lincoln Hopper

LINCOLN HOPPER
Chief Executive Officer



DOUGLAS

Our beautiful shiny new stadium held one of our very first finals games! Unfortunately the slippery Parramatta Eels stopped us playing in the Grand Final but we are so looking forward to 2023!

The excitement in the city was amazing and whilst whistles weren't on our side we had fun barracking for our home team! The banter and support was amazing! Cowboys 2023 !!!!



BRONTE – SPRING TEA PARTY

“No matter how long we feel the cold of Winter, we can always be reassured that the warm sunshine of Spring will arrived.

Spring is nature’s way of saying let’s enjoy longer and warmer days and so how better to celebrate than with a Spring Morning Tea.

So here at Bronte we enjoyed a celebration to welcome our dear residents, families, and staff.

We enjoyed live music from Ron our entertainer with coffee, tea, sandwiches and canapes in the courtyard out in the sunshine.

It was lovely to see so many family members turn up to spend the morning with their loved ones.

Volunteers were happy to assist on the day with the serving of drinks and food.

Residents commented how much they enjoyed having families around them, the use of fine bone China, fresh flowers and lovely experience for all.”



BARDON – VIV'S ANIMAL FARM

The sun didn't show at Bardon today but furry and cuddly visitors from Viv's Animal Farm drove the blues away



MITCHELTON – DEARLY DEPARTS

We had the privilege of welcoming families of our dearly departed residents to Mitchelton. Families and fellow residents joined in a moving memorial service and planted sunflower seeds in memory of their loved ones.



HEATHCOTE – DENTAL

Mark Aros, FM at Heathcote, nurtured a partnership with Health First Dental - Jannali. It's a first in Australia.

The dental clinic at Heathcote is fully fitted for all dental care, including X-Rays. Residents on tub chairs or advanced dementia who currently don't have access to good dental care will now have access dental care services that most of us take for granted. What a wonderful outcome.

Ivan Chee (dentist) will be collaborating with Sydney University to collect data and write a paper with the view of getting government to support improving access to dental care for people living in residential care.





KP – UKRAINE CHEQUE

Our residents and staff at SVC Kangaroo Point have been hard at work fundraising for the people of Ukraine. One of the residents was concerned about what was happening in Ukraine and thought there was more they could do. After creating a weekly committee and several lockdowns interfering with the event, the residents were set on holding a pop-up shop to raise funds. Our mission is to help the poor and vulnerable, and we are thrilled to see the larger St Vincent's community coming together to raise funds for people in need.

BOWEN HILLS

We are raising money for St Vincent's Carseldine. It was wonderful to see Carseldine and Bowen Hills employees coming together to fundraise for new equipment. We made over \$1500 at our Bunnings Sausage Sizzle and are looking forward to our next fundraising endeavour.



CARSELDINE

Our Residents Valerie Iselin and Colleen Morris (pictured) and others are enjoying this weekly event activity. These sessions help improve cognitive function and helps with perceived happiness, social contact, inclusion and communication



AUBURN – HIGH TEA

In memory of our late queen, Auburn hosted a high tea for their residents to mourn and celebrate the life of our monarch. The high tea was such a hit, that it was featured on Seven News during the funeral.

HAWTHORNE

Pet Party “Animals on The Move” at Mary Mackillop, SVCS Hawthorn – Tuesday 13th September 2022

Our lovers of animals were over the moon when “Animals on the Move” brought to the aged care, 31 little animals for them to cuddle.



The animal mobile company transported 2 sheep, a couple of rabbits and bunnies, guinea pigs, chickens, a piglet, ducks from Gembrook to Hawthorn East.

A tent was set up in the rear parking from Havelock Rd for the special occasion.

This event provided lots of excitement amongst residents and staff equally for half a day. We were allowed to take bunnies to the sick residents who could not go outside.

Staff's kids were also invited to the Pet Party.

WHAT IS A CARE PLAN IN AGED CARE?

When you're caring for someone in aged care, how do you keep track of everything that a resident wants and needs? That's what a care plan is for.

A care plan is a document that outlines the assessed care needs, preferences and goals of a resident and how an aged care provider will support them.

Care plans are individualized

In aged care, there is no one size fits all approach. Everyone in aged care has their own goals, preferences, needs and wants.

A care plan will answer (in detail) all the questions you would expect to have answered for someone that you're looking after and perhaps some things you hadn't even thought of yourself!

For example:

How does your loved one like their tea? Milky? Strong? Teaspoon of sugar?



What activities are they most interested in? What do they not like?



What languages do they speak? Where were they born?



What makes them happy? Seeing their children? Going shopping?



If they're religious, do they need time alone to pray? Are there times during the day they would want to be left alone?



What things do they like to talk about? Politics? The news? Movies and TV shows?



If something goes wrong, do they want family to be contacted?



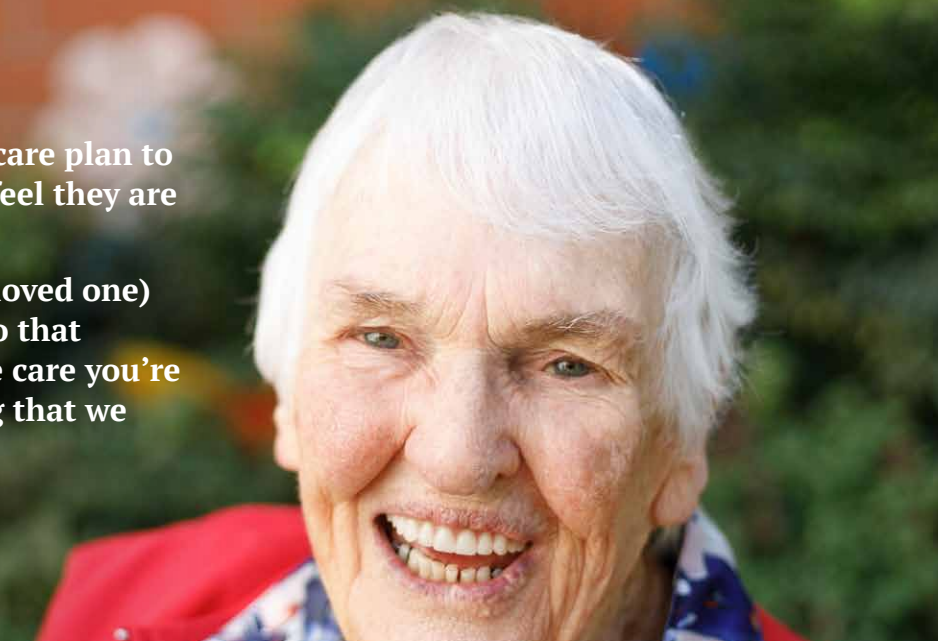
Does the resident prefer more time to themselves where they're not interrupted?

Does the resident need napkins, knives and forks placed closer to them before meals?



All of this and more goes into a care plan to make sure that your loved ones feel they are heard and understood.

It's important that you (or your loved one) knows what is in the care plan so that you're as clear as possible on the care you're receiving. And if there's anything that we don't know, let us know.



Care plans remove confusion

It's the job of a care plan to offer clear direction for anyone who cares for your loved one. From care workers to nurses and everyone in between, a care plan makes it easier for staff to get to know residents even before they even have their first chat.

Because of this, care plans are **very detailed**.

They not only offer details on what a resident wants and needs, but proper procedure in how to provide care for them including:

- Advice on medications the resident uses and how they should be administered
- Exercise plans including how many of what exercise they should be performing
- Specifics about food including how finely food should be cut up so it's easier to eat

Care plans offer transparency

When it comes to the care of someone you love, you want to be on the same page as the people caring for them. That's why a care plan is a document that is shared with residents and their families (if they want it to be)

Not only that, for an aged care provider to share care plans with residents and families isn't just nice, it's a **government requirement** and standard we have to meet.

From Standard 2 of the Aged Care Quality Standards:

*'The outcomes of assessment and planning are **effectively** communicated to the consumer and documented in a **care and services plan** that is **readily available** to the consumer, and where care and services are provided'*

It's our job to make sure that a plan is readily available to the 'consumer' – that's you and your loved one. For example, you may choose to have your care plan with you in your room or be happy with it staying in the nurses station – it's your care plan so it's up to you!

Tip:

If you have multiple people visiting your loved one in care, make sure you're all on the same page of what care your loved one is receiving and why. This can help take away some confusion for residents and family.



Care plans are a changing document

Because care plans are always evolving, aged care staff are always watching and listening for any changes in your life that might affect how we deliver care.

The changes that we look for include:

- Social (example; not being able to participate in activities or favorite past times, not being able to see people through isolation)
- Emotional (example; withdrawing from the things someone once loved doing, grieving the loss of a loved one)
- Physical (example; changes to mobility, memory, etc)
- Environmental (example; bathroom not functional post a fall)

Care plans are also reviewed at major times of change.

For example:

Greg had a fall and went to hospital.

We would work with a multidisciplinary team such as Physiotherapists and nurses to ensure that the right supports were in the home upon Greg's return. After Greg leaves the hospital, we would conduct our own review to make sure that nothing has been missed in terms of accommodating his needs.

His clinical needs would be assessed, his need to be able to go to the shops every Tuesday, his ability to get around. Assistive devices and amendments to his environment would be assessed and put in place.

This is just one, short example. But it demonstrates that when it comes to care, we consider every aspect of your life, not just the clinical side.



When and how often do care plans take place?

- Every resident in aged care has a care plan,
- Care plans are reviewed at least once every 12 months,
- But... you can (and should) request a review of care plans at any time.

When your care plan does change, it will only be done so with the agreement of your loved one or family and you will receive a copy of their updated care plan for your records.

Care plans involve everyone

They are the combination of all of the teams involved in a resident's care.

A care plan is put together through

- Goals and preferences of the resident
- Notes from doctors and nurses
- Advice from physiotherapists
- Nutritional advice from dietitians
- ...and more!

Whenever something changes with any of these groups, it gets logged by staff on the resident's care plan. If there are major changes, residents and their family meet with a member of the clinical team which could be anyone including the Clinical Manager, Registered Nurse or Facility Manager to discuss the changes together.

You can also choose an advocate to represent you in your dealings with St Vincent's. An advocate can help you to understand your rights with any form of aged care, and be an impartial guide for getting the most out of your services. If you need help or are feeling unsure about your rights, they can be an invaluable help, and can be found through the [Older Persons Advocacy Network \(OPAN\)](#).

If needed, we can also arrange a [Translation and Interpreter Service](#).

Care plans sometimes need explaining

If you're not sure about any aspects of your loved one's care, or if you're looking into aged care and aren't sure where to start:

Visit us at svcs.org.au/contact-us OR

Call us on **1800 778 767** to chat with one of our aged care experts.

BECOMING A PARTNER IN CARE

Did you know that you can play an active role in the care of your loved one at St Vincent's Care?



16-22 October was National Carers Week, a time to recognise and celebrate the 2.65 million Australians who provide care and support to a family member or friend. SVC would like to acknowledge all of the family members and friends of St Vincent's residents who help to provide care and support for their loved one.

Our Partner in Care program takes a person-centred approach to promoting existing relationships of care between a resident and their family members or close friends. Becoming a Partner in Care means family members can provide care and companionship to residents, even when homes are facing periods of outbreak.

What is a Partner in Care?

A Partner in Care is identified by an aged care resident or their representative, who they have a close and continuing relationship with, such as a family member or close friend. A Partner regularly visits and provides care and companionship to a resident.

Partners in Care may provide support such as:

- Helping with dressing
- Sharing stories, food or other pastimes
- Helping to practise exercise routines
- Helping to visit places of special interest

Yennora Facility Manager, Paula Welfare, said that Partners in Care had an extremely positive impacts on residents during recent COVID Outbreaks.

"This is a great option for family members who are still actively involved in their person's wellbeing," says Paula.

"For example, they may assist with personal hygiene, or they may have good strategies or interactions with the resident that helps to calm and reassure the person in care."

What are the benefits of becoming a Partner in Care?

"The real benefit here is that even during an outbreak the family member who is now a trained volunteer is still able to be a part of their person's life but have the added bonus of understanding what they need to do to keep the residents and themselves safe," says Paula.

"The overall positive effect was very noticeable. Residents who's family members were Partners in Care were generally happier and maintained their nutrition and hydration"

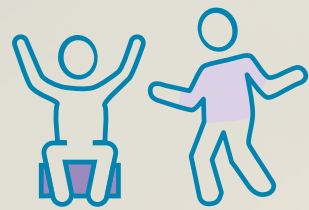
Becoming a Partner in Care can help:

- keep families together to support each other through life experiences and times of need
- support the daily routines of people living in aged care homes including during infectious outbreaks
- improve the overall health and wellbeing of people living in aged care
- decrease the psycho-social impacts associated with visitor restrictions, lockdowns and sustained social isolation including loneliness, anxiety, boredom, fear and depression and cognitive decline

How do I become a Partner in Care?

To become a Partner in Care, you must do some training with SVC and become a volunteer for the organisation. By doing this we also undertake some screening processes to keep everyone safe.

If you're interested in becoming a Partner in Care or would like to find out more information about having a Partner in Care, please get in contact with your home or your loved one's home. You can find home contact details at svcs.org.au or by calling 1800 778 767.



HEALTH AND WELLBEING





A CONVERSATION THROUGH ART: THE BENEFITS OF ART THERAPY FOR DEMENTIA

When many of us think of art, we think of a fun relaxing way for us to express our creativity, however for some elderly residents with dementia or other deteriorating illnesses, art can be a life changing conversation.

While there is no cure for dementia, art can stimulate the brain, helping stir dormant memories, and even encourage speech for non-verbal residents. The power of art therapy activities can help boost cognitive function in various areas of the brain and enhance communication, brain function, communication and social interaction in people.

We sat down with Ann Newman, Leisure and Lifestyle from St Vincent's Carseldine to see the work our team and residents are doing in the creative sphere.

"Our team plans and coordinates activities for the residents to assist with their quality of life in our homes," says Ann.

"We do all sorts of creative activities from painting and colouring, to making mandelas out of cardboard.

"One of our many craft activities that both our residents and staff love, is making decorations and artwork for events and holidays. You will see poppies on ANZAC



and Remembrance Day and crepe daffodils on Daffodil Day."

"The residents can rest assure that no two craft programs will be the same."

"When our residents participate in art and creative outlets, it allows for them to reconnect with creative points in their lives. However, with the new information we have at our disposal and the ever-growing art disciplines, we have an opportunity to reignite a passion and introduce new artforms to their skillset. With every new art form comes a new skill and a new conversation."

"When we do art, whatever medium it is, it can help stimulate a conversation," says Ann.

"Many residents will reminisce about when they were younger, and when they were with their children. Through revisiting those times in their lives and sharing those memories have allowed for them to bring their dormant memories to the forefront on their mind."

Art in our homes

With many resident artists and creatives, St Vincent is never short of beautiful paintings, drawings, knitting, and sculptures to share with the world.

Wanting to embed the memories of our residents and the artwork they have created when visiting our sites, you will be blessed with the beautiful creativity of those who live in our homes.

"Our residents have the opportunity to participate in creating artwork for others," says Ann.

"Last Christmas, we had a team of residents cutting up our old Christmas cards and making collage placemats for other residents. This was not only a way of being creative but also the opportunity to recycle and gift give."

"Recently we had a resident knit booties for one of our staff member's granddaughters. This was a beautiful way to allow our resident to give back to member who has given her so much."

"We also have artwork from a late resident still on the walls today to keep the memories and creative alive."

We focus on the process. It's not about the end result, it's about doing it and being and sharing.

Exploring the love for art

An ongoing activity the St Vincent's Carseldine members participate in is the



Art and Dementia Program at Queensland Art Gallery. The wellbeing program incorporates artwork viewing with tactile and sensory aspects, designed specifically for people living with dementia.

"Every six weeks, we take a day trip to the art gallery for their specific dementia program," says Ann.

"It's great to see the residents focus what is in the painting, and even watching nonverbal residents talk."

"Participating in the program can allow our residents to regain old memories. They can look at a painting and see things and they don't all need to see the same thing."

"While the program has a purpose, there is also no pressure. They can just go along and have time to appreciate the art."

"Art is so powerful."

Art not only helps with dementia and brain deterioration but finding hands on activities can help our residents and the elderly to improve their motor skills. It's about changing their mindset of their capabilities and keep them doing what they love for as long as possible. What art activities would you like to see at our sites?



PHYSIO ISN'T 'HEAVY OR PAINFUL' (AND YOU CAN STAY TO WATCH TOO!)



I sat down with Vijay, resident physiotherapist from Encara health, to talk everything from iPad scrolling to wellness programs on her journey through running the exercise program at St Vincent's aged care in Carseldine

One of the big revelations in not only improving quality of life, but having fun, has been the recent exercise program at St Vincent's Care Carseldine in Brisbane. Led by Encara physiotherapist Vijayata, it's led to results most wouldn't expect from games and exercises. "There was a resident who had difficulty moving," says Vijay.

"All he used to do was sit in a chair because he had less confidence to go out of the room and also had an increased fear of falls."

"But now he's able to mobilize as well. He's going out for meals and interacting and doing other activities, going to staff meetings."

"So, it [the exercise program] has improved his function level and his mobility level and his interaction and communication with the other residents."

"Most of the residents need some form of a physio for sure because they're not as active as they used to be in their earlier life. So, for resident who are able to walk by themselves like, or with minimum assistance, one staff assistance or supervision, they want to maintain it for as long as possible in their life. So, you know, they can do and feel confident and independent. They can maintain their independence for as long as you know possible," says Vijay.

"And then for the resident who are unable, and they're not able to mobilize by themselves and need more staff assistance for them, we would do some passive exercises like, you know, to maintain their joint range and to help them with pain, any sort of pain, like joint pain, lot of pain in like, you know, elderly people with arthritis, rheumatoid and joint stiffness."

"So, we try to reduce those pain and add some form of treatment."

The beauty of the programs is that they are all exactly what residents want and need so it never has to feel like a chore or a purely clinical routine.

"It's more individual goals. So, we identify what residents would actually need," says Vijay.

"It's not like, you know, we are not making a set of exercise program that everyone has to do."

It's because it's tailored to what residents want and need that they're able to mix it up and add new things in that aren't just exercises. As Vijay explains, there's games, quizzes and music therapy as well. It's because of this variety that families are all on board as well.

"We get very good feedback from family," says Vijay.

"We have family members sit and they ask, "Do you want me to go?" No! You, you are more than welcome to stay."

"They feel more happy when they see there's some form of exercises happening, and their mom or dad are really enjoying it. You know, it's, it's not heavy or painful exercises - not like that. It's very enjoyable exercises and it's more suitable to what residents want."

For Vijay and the team at Encara, it's resident goals first, exercise program second and we couldn't be happier with the outcomes that the team are seeing.

If you're around the next time the team from Encara are starting an exercise session, why not stay to watch? You might learn something for yourself, or better yet, you might be invited to join!

"They feel more happy when they see there's some form of exercises happening, and their mom or dad are really enjoying it."

Here are three exercises that residents did as a part of a recent falls prevention program. Try them out for yourself!

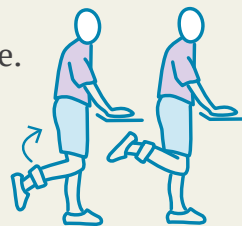
Toe Raises – No Support

- Stand up tall near a table and look ahead.
- Your feet should be shoulder -width apart.
- Come back onto your heels, raising your front foot off the floor.
- Lower your feet to the ground.
- Repeat this exercise 10 times.



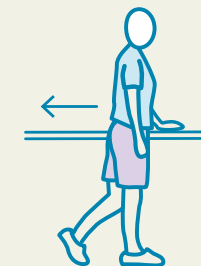
Back Knee Strengthening Exercise

- Strap the weight onto your ankle.
- Stand up tall facing a table with both hands on the table.
- Bend the knee, bringing the foot toward your bottom
- Return to the starting position.
- Repeat the weight onto your other ankle
- Repeat this exercise 10 times



Backwards Walking – Hold Support

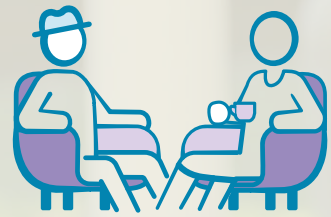
- Stand up tall and hold onto a table.
- Walk backwards 10 steps.
- Turn around and hold on with the other hand.
- Walk backwards 10 steps to the beginning.
- Repeat this exercise.



BY JESSE GRAMENZ – Content team



Jesse has been working in the St Vincent's marketing team for over two years. With a grandma who recently passed away in aged care, Jesse cares about making something as daunting as aged care a little easier for families and residents alike. He loves writing, movies and history.



COMMUNITY





KNIT AND NATTER

With many residents at SVC Bronte having a passion and talent for knitting, Lifestyle Coordinator Dana saw this as an opportunity for residents to come together and raise money for a great cause.

What's better than a yarn with friends? Turning yarn into something beautiful and meaningful at the same time!

The residents have recently been enjoying catching up over a cuppa and a biscuit every Monday afternoon while they knit squares for Wrap With Love, a charity focused on providing warmth to those who need it most.

The squares that residents knit are passed on to the organisation, who then combine them to make wraps for those in need. This includes individuals who have experienced loss or trauma, with residents eager to assist those currently experiencing hardship as a result of conflict in Ukraine.

While the program is still new, Dana aims to have as many residents as possible participate, with a long-term goal of also having family members and the wider community involved too.

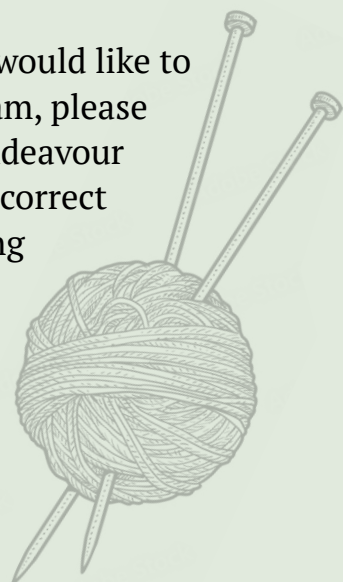
"We're really hoping to grow the program and get all the women at Bronte involved. The program has been so well received by everyone who has taken part" Dana says.

Aside from the residents generously working towards a great cause, Dana says that those involved appreciate the social aspect of the afternoons as well. Tea, coffee, and afternoon snacks flow while residents have the chance to bond with staff and each other.

"Knitting improves your coordination, can be meditative and is a great social activity. With so many residents already enjoying knitting as a hobby, this initiative is something we can all enjoy." Dana says.

Formed in 1992, Alexandria, NSW based organisation Wrap With Love has wrapped over 414,000 people with love and warmth, in Australia and around the world. Over forty non-denominational and non-political aid agencies distribute their wraps to those in greatest need. If you'd like to find out more about Wrap With Love, visit wrapwithlove.org.

If any of the other sites would like to participate in the program, please reach out and we will endeavour to connect you with the correct people, and aid in sharing the love throughout the entire St Vincent's community.



BRIDGING THE GAP BETWEEN YOUNG AND OLD AT SVC

Loneliness and isolation pose significant health risks, with older Australians being particularly at risk of social isolation.

To encourage social connection for residents and reduce these health risks, several of our homes including Heathcote, Bronte and Kew are now involved in school visit programmes, where students come to spend the day chatting, playing games, and singing with residents.



Heathcote Lifestyle Coordinator, Trish Marino, says that St John Bosco Primary School Year 4 students visit their facility four times a year, an initiative that has been extremely well received by both students and residents.

"After almost 3 years of the program being on hold due to COVID it was so great to have students return to the home this month." Trish said.

"For many residents who may not have many family members nearby, it's a wonderful opportunity for them to form bonds with the children. The bond between older people and kids is so special.

"Some of the students are finalists in a national public speaking competition and practised their speeches for our residents.

"They also brought handmade cards and gifts which our residents so thrilled to receive."

As well as being a positive experience for residents, Trish says that the students have responded well to the program, with many of them looking forward to the visits and forming bonds with residents.

"We (employees) didn't have to do much to facilitate the visit. We just stood back and let the residents and children do their thing, playing Chess and Uno and chatting, and it was so beautiful to watch, some of us had a tear in our eye." Trish said.

"One student who spoke Spanish was able to communicate with a Spanish speaking resident, the resident could hardly believe it."

Recent studies have shown that intergenerational contact can be extremely beneficial in addressing loneliness in older people. We're looking forward to seeing more school visits in future across our facilities!





LIFESTYLE





CELEBRATING MOMENTS

– A PARTY TO REMEMBER

St Vincent's is a lifestyle, and we want all our residents and their loved ones to feel at home and welcome within our facilities. We were recently honoured to host John Foley's 90th birthday at our Southport home. John had a lot to be thankful for on his special night.

"Thank you, do you all have a glass? To everyone for being with me on this occasion, so many of you, some from long distances and local, wonderful Rellies and Old friends, wonderful new friends and especially, thank you Mandy, my incredible daughter, my grandchildren Jaimee and Declan. Without you, none of this would've happened or been possible and thank you staff friends here today, and as an 'In Family Joke', anyone bother to thank the caterers?"

May I also toast absent Friends, from near, many from far, far away, "Clover" Teachers, Students, thank you for 'phone calls, cards, letters, gifts and the Choir Video, **miss you all!**

My Grandchildren know that I'm "Way past my Use-By Date" – and inclined to babble but--- can't believe I've lived so long. "90" and it's all St Vincent's fault..., Staff treat me so well, like a favourite Great Uncle. My apartment is sometimes, unbelievably busy with visitors!

We have so many Caring people from all over the World ---- **Nepal, India, Thailand, Pakistan, Japan, Korea, The Philippines, Indonesia, Northern Sudan, Nigeria, Zimbabwe, South Africa, Malaysia, Bolivia, Brazil, the U.K. and even a few OZZIES and KIWIS!**

If I rest, keeping warm, there are "Knock-Knocks" from Day Nurses with medication, Doctors visiting, red-shirt Life-Stylers, one with a sweet Dog that hops up on my bed. Carers bring my meals, Morning, Afternoon Tea, Evening Milo, late day and the night Nurses with hot milk for my Malted Milk, they share their smiles and laughter with me.

Then there are delightful Physios, a Podiatrist and an Optometrist, the Pastor brings mail, Cleaners who also change bed linen and bring fresh towels and a Neighbour brings gossip, the list goes on and on.

Thank you every one of you, for making my waning years easy and so pleasant, as did, my wonderful Marlene, when she was alive."

Twice Cooked Pork belly Berkshire, Apple Compote, Onion Pure, plum jus, Granny Bite

Yield: 10 Serves

Prep time: 40mins

Total time: [40 mins prep time + 6 hr cooking time confit]



From David Martin
SVCS Executive Chef Manager
- Kew & Hawthorn

Ingredients

Confit pork belly

- 1kg piece pork belly, boneless
- 4lt Canola oil
- Bay leaf, garlic clove

Apple Compote

- 1 cup stewed apple
- 2g cinnamon
- 10g brown sugar
- 5ml Japanese plum wine

Onion puree

- 100gm onion puree
- 15ml Cream
- 2 sheets of gelatin

Granny Smith bite

- 100g granny smith apple
- 10ml Japanese plum wine

Method

1. Preheat the oven to 150C.
2. In a baking tray pour in the oil and herbs. Place the pork belly into the tray, cover with baking paper then cover the tray with foil.
3. Place the tray into the oven and cook for around six hours, checking occasionally to make sure that the liquid doesn't reduce too much. Add a little more water if required.
4. Pour off the liquid (set aside for later use) and refrigerate the pork until completely cold, overnight if possible.
5. To make the Apple Compote, combine the sugar and apple in a large saucepan. Place on to a medium heat and bring to the boil without stirring. Brush the sides of the saucepan occasionally with a wet pastry brush to stop crystals from forming. Once the mixture is a light tan colour, take off heat and add the Japanese plum wine and cinnamon.
6. To make the onion puree, steam the onion till tender, add cream and while hot add gelatin sheets.
7. To make the granny smith bites, place all the ingredients in a vacuum seal bag, cryovac and sous vide on 65c for 2hrs
8. To serve, cut the pork into squares around 120 grams each, place in a large bowl and fry in deep fryer until golden.
9. Plate as per photo per the image.

Allergen Information : Dairy,Fish,Soy



ST VINCENT'S CORINDA

“You have an outstanding facility - the building, the staff, the food & most importantly the quality of care. My parents have experienced 3 different facilities between them and St Vincent's Corinda is a stand out. I can't thank you enough for demonstrating the essence of the Catholic ethos. Lisa Grosskopf ”

ST VINCENT'S TOOWOOMBA

“I was very impressed with everything I encountered and I enjoyed having a discussion with one of three residents. The overall attitude seemed very friendly and pleasant”

ST VINCENT'S KEW

“The regular staff in the Avenue are terrific. I feel my mother is secure when there are three of these experienced carers on duty as there was Tuesday morning. ”

ST VINCENT'S SOUTHPORT

“I applied for residential care for my sister Leonie Stewart, mid year, and had good meetings and conversation with Jackie van Westhuizen and she made it possible for Leonie to presently reside at your facility in Bauer St Southport. She has settled comfortably and tells me that all of the staff have been very helpful and welcoming.. Leonie would like to meet Jackie herself to thank her for making her entrance into St Vincent's possible.”

ST VINCENT'S CARINA

“Only that my sister is extremely happy and contented at your care centre. Also very complimentary about your staff. I came away very grateful and feeling positive.

Ross”

ST VINCENT'S EDGECLIFF

“I was made to feel very welcome. It was my first visit to see my brother. I was offered a cup of tea and biscuits which was very pleasant. A special thank you to Cathy on Reception.”

ST VINCENT'S KEW

“Most staff are exceptionally kind, caring, focussed on the person. The communication with Emma, the admissions coordinator, has been very easy. The reception staff are friendly and helpful. Nursing staff do an amazing job providing excellent care.”

ST VINCENT'S KANGAROO POINT

“I found the atmosphere good, it's a fresh well- aired place, the staff were patient and the food nourishing. I returned to Canberra relieved that my dear sister Zoe is in a good place. I'd like to live there myself one day. ”



ST VINCENT'S CARE

Q St Vincent's Aged Care



**Please don't hesitate to call
1800 778 767**

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