



THE END OF AN ERA... Farewell Catherine & welcome to Sharon

It's been 9 years and 8 months, but the time has finally come for Catherine White (pictured centre) to hang up the phone for the last time and enjoy her retirement. It is with a very heavy heart that we bid farewell to Catherine as of 30th June 2024.

Catherine has been such an invaluable asset to our team here at St Louis, there isn't a face, unit number or special note about every resident that she doesn't know. With a warm friendly face, sometimes tricky to understand Scottish accent and a heart of gold, Catherine has been the glue which holds the office together for nearly 10 years.

Catherine has made St Louis a better place, for not only our residents but our families, visitors and especially our Staff, she will be dearly missed and leave some very big shoes to fill. Everyone at St Louis Estate wishes her all the best in retirement and we hope she manages to rest and enjoy special times with her family.

We would like to invite all residents, families and friends to join a celebration of Catherine's service to St Louis Estate and give her the send off she deserves. See below for details.

We are pleased to introduce our very worthy replacement for the Village Administrator role, Sharon Van Oss (pictured right). Sharon joins our team with extensive experience in administration and after a few weeks of training with Catherine has really taken the reigns and settled in. We look forward to everyone meeting Sharon soon as she gets to know each of you, and picks up the St Louis way. Please take a moment to introduce yourself and extend a very special welcome to Sharon when your passing through the office next.

We are also excited to announce the change of role for Annie Flower (pictured left), Annie will move away from the front desk to focus on providing more tailored additional services to Residents. With the introduction of our Residents Services role, we will be able to expand our range of extra services to further compliment the offerings of shopping trips, social outings, special events, grocery delivery's, home delivery meals, dry cleaning, private functions and guest suite bookings. Keep an eye out for more new services to be offered in coming months. See pages 6 & 7 for more info.

CATHERINE'S FAREWELL MORNING TEA

Date: Monday 15th July
Time: 10:30am
Location: Kingsmill Lounge.
RSVP: Reception by Thursday
11th July



We will have a card and collection for a farewell gift, for everyone from residents at Reception from 1st July, please feel contribute as you feel comfortable.

MESSAGE FROM THE EDITOR:

After having major surgery and taking time to recover, I have been out of action gathering material for the Residents Roving Reporter.

There isn't an edition of RRR for July but I hope to resume "duties" to prepare one for the August issue. Happy days!

-Jim Natt

RESIDENT NEWSLETTER

JULY 2024

SPECIAL GUEST SPEAKER

Sir Al Aynsley-Green Kt

Date: 17th July 2024

Time: 10:30am

Location: Kingsmill Lounge



Sir Al was born in the North of England near Newcastle upon Tyne, he trained in medicine at Guy's Hospital in London and in paediatric endocrinology in the University Children's Hospital in Zurich Switzerland. He gained a D.Phil. on the mechanism of insulin secretion at the University of Oxford.

He initially did not enjoy paediatrics as a medical student, being unable to take the guilt and grief of parents of a 2-year-old child who had sat in a bucket of boiling water when her Mum was distracted; it took her two weeks to die. He trained in Oxford in adult medicine specialising in adult diabetes and endocrinology.

His experience of the care of his sick daughter by a wonderful, compassionate paediatrician made him switch paths to retrain in paediatrics, seeing the opportunities for research in paediatric endocrinology.

He has held senior leadership responsibilities taking on teaching roles as well as being a clinician and clinical scientist. He was Professor of Child health in Newcastle upon Tyne, then went to London as the first Board level Executive Director of Clinical R&D at Great Ormond Street Hospital for Children and Nuffield Professor of Child Health at University College, London. He was the first National Clinical Director for Children in Government, then in 2005 he was appointed the first Children's Commissioner for England, being responsible for promoting the best interests

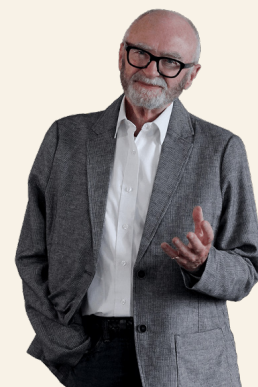
of the 11 million children of England. In that role wanted to make England a place where children felt respected, listened to, loved, safe, happy, and able to reach their full potential.

He has also been President of the British Medical Association, and most recently was appointed the first Professor of Compassionate Care in the UK in Northampton University.

In 2006 he was recognised by the HM Queen Elizabeth in her 80th Birthday Honours with a Knighthood for his services to children and young people.

At the age of 10 he experienced the death of his Father with poor support for the grieving child. His recent experiences with the illnesses and untimely death of his beloved wife through the cruelty of vascular dementia has triggered his latest campaigning for support for end-of-life care, confronting the mismatch between the wonders of medical science and the erosion of the humanity of care.

He likes to listen as well as talk. Sir Al wants to learn from us as well as discuss his experiences. His mantra is "Compassion is a hard, active concept; it can be measured, taught, and audited. It is putting yourself in the shoes of others and doing something about it."



A MORNING OF BEAUTIFUL THINGS WITH JILL NAZAR

Date: Friday 5th July **Time:** 10am-12:30pm **Where:** KL

Please join Jill Nazar for a morning of beautiful things showcasing her cashmere wares in the Kingsmill Lounge. Jill has attended St Louis annually for many years and is sad to announce this will be her final year showings a lovely selection of hand embroidered woolen jackets, 100% cashmere dressing gowns, ponchos, genuine pashmina shawls & capes 100% silk stoles.

A Message from Jill: I was in India earlier on this year and I've managed to find a beautiful new collection of hand embroidered woolen jackets from Kashmir. Lovely patterned 100% silk stoles. Cashmere capes - some patterned and reversible & cashmere striped ponchos. These garments are so incredibly useful, and the capes are so easy to put on and take off. The ever popular 100% cashmere dressing gowns for men and women in a huge range of colours to choose from. Plus, my unique range of totally hand spun, woven or in some cases hand embroidered pashmina shawls and stoles in stunning patterns and colours.

I will be exhibiting also at Peppermint Grove Tennis Club on Saturday 13th July from 10-4pm





MONTHLY EVENTS



MEN'S CLUB

Date: Thursday 11th July **Time:** 5pm **Where:** PDR

LADIES' NIGHT

Date: Thursday 11th July **Time:** 5pm **Where:** KL

BRIDGE CLUB

Date: Tuesday 2nd, 16th and 30th July
Time: 1pm **Where:** PDR

SOCIAL COMMITTEE MEETING

Date: Thursday 4th July **Time:** 10am **Where:** PDR

CELEBRATE ST LOUIS MORNING TEA

Join us to celebrate all residents who have birthdays or special occasion in July with cake and tea or coffee. A great chance to meet new residents. All welcome

Date: Friday 19th July **Time:** 10:30am **Where:** KL

SOCIAL CLUB PIZZA NIGHT

Date: Saturday 27th July **Time:** 6pm **Where:** KL



GARDEN COMMITTEE MEETING

Date: Wednesday 17th July **Time:** 11:30am **Where:** PDR

RESIDENTS COMMITTEE MEETING

Date: Wednesday 24th July **Time:** 10am **Where:** PDR

GUEST SPEAKERS

Laurie Varendorff

Trip Visit to Southwest USA
Friday 12th July | 10:30am



Laurie is a St Louis Estate resident. He will be presenting an engaging talk about his travels to the USA.

Comment by Laurie: "My Southwest USA TRIP started at Phoenix Arizona after arriving via plane from Havana Cuba via Mexico City, then to Sedona, the Grand Canyon, Monument Valley, Bryce Canyon, Zion National Park, the Hoover Dam and then to Las Vegas Nevada."

Gwen Phillips

Horatio Nelson's Medals and Awards
Friday 26th July

Gwen is a retired schoolteacher who has had a lifelong interest in Horatio Nelson. This originated from one of my schoolteachers who was interested in the 18th history of the British navy. I belong to the Nelson Society of Australia which began in Perth with a group of people, many of whom were ex-naval or service men and women. We have two monthly meetings with talks and an annual dinner to commemorate the life of Nelson.

SEEKING GUEST SPEAKER NOMINATIONS

We are still seeking guest speakers to fill up our calendar from August through to the end of 2024. If you would like to give a guest talk or know a great speaker who may be interested in presenting here at St Louis, please provide all details to Annie (Resident Services) either in person at reception or via email at services@stlouisestate.com.au

DOGS IN THE VILLAGE

Residents are reminded that it is a requirement that dogs must be always on leash when walking in the communal areas of the Estate.

We request that all pets be kept off furniture and out of carpeted areas for the comfort of other residents. Most importantly please remember to pick up after your pet on every occasion, collection bags are provided in various locations around common lawn areas of the Estate.



JULY BIRTHDAYS



We would like to wish a big Happy Birthday to all our residents and staff that celebrate their birthday in July

RESIDENT NEWSLETTER

JULY 2024

JULY MOVIES



If you have a special request for a movie your fellow residents may enjoy, please advise us via reception.

Every second Tuesday and every Thursday 1:30pm in Kingsmill Lounge.



Blueback | Family/Adventure
Thursday 4th July
Cast: Mia Wasikowsha (Abby), Albert Mwangi (Gitunda)
Running time: 1hr 42min



Ladies in Black | Comedy/Drama
Tuesday 9th July
Cast: Debbie Mazar, Miranda Ott
Running time: 1hr 49min



Buckley's Chance | Drama/Family
Thursday 11th July
Cast: Bill Nighy, Victoria Hill
Running time: 1hr 35min



Scoop | Drama
Thursday 18th July
Cast: Gillian Anderson, Keeley Hawes, Billie Piper
Running time: 1hr 43min



Unfrosted | Comedy/Drama
Tuesday 23rd July
Cast: Jerry Seinfeld, Melissa McCarthy, Amy Schumer, Hugh Grant
Running time: 1hr 33min



The Beautiful Game | Sport/Drama
Thursday 25th July
Cast: Micheal Ward, Tahvae Hunte, Bill Nighy
Running time: 2hr 4min

FRIENDLY REMINDER - COMMUNAL BIN AREAS

We request all Residents please be mindful of other residents sharing the communal bin area, we ask that residents ensure items are placed in the correct bin. Where possible, could you please wash and crush down bottles, cans and cardboard boxes prior to putting them into the recycling bins. Please also note that shredded paper must be put in the general waste bin not the recycling bin.

Thanks very much for your understanding and cooperation.

Recycling Bin – Collected fortnightly



- ✓ Clean paper & cardboard
- ✓ Glass bottles & jars
- ✓ Plastic bottles & containers
- ✓ Steel & aluminium cans

Your **Recycling Bin** is NOT for:

- ✗ Recycling in bags
- ✗ Soft plastics
- ✗ Aerosols
- ✗ Batteries or E-Waste
- ✗ Meat trays
- ✗ Nappies
- ✗ Textiles

360L recycling bins available on request (FEES APPLY)

! Please ensure all recycling is rinsed, empty, with all lids removed and placed loose in the bin, not in bags.

General Waste Bin – Collected weekly



- ✓ Dog poo & kitty litter
- ✓ Food waste
- ✓ General rubbish items
- ✓ Hygiene products
- ✓ Nappies
- ✓ Polystyrene
- ✓ Plastic bags
- ✓ Soft plastics

Your **General Waste Bin** is NOT for:

- ✗ Clean recyclables
- ✗ Hazardous waste

Household Hazardous Waste and E-waste CAN NOT go in any household bins. Drop these waste items off to the West Metro Recycling Centre free of charge, or visit wmrc.wa.gov.au/recycling-disposal/west-metro-recycling-centre/accepted-items-free-for-a-fee/ for more information.

CHRISTMAS IN JULY



Date: Friday 26th July 2024

Time: 12:00pm

Price: \$45.00 per person, which includes a delicious 3-course meal

Join us to celebrate Christmas in July, a delicious mid-year treat, with good friends, great food and a few surprises. You will be treated with a traditional style, Gourmet Christmas lunch with all the trimmings and an afternoon of festivity, you know you don't want to miss.

Bookings are essential via Reception. | RSVP closes Fri 19th July



STAY ON YOUR FEET

Move Improve Remove

STAY ON YOUR FEET WORKSHOP

Free 'Stay on Your Feet' Workshop presented by Injury Matters

Are you aware of the three steps to help prevent slips, trips, and falls? Please attend this workshop to find out more about how to safely stay on your feet.

When: 31st of July 2024

Time: 1.00 – 2.00 pm

Where: The Homestead, Kingsmill Lounge

St Louis Estate is hosting the following Free workshop for all residents, friends, family, and employees to attend. To reserve a seat, please phone Tanya at (08) 9385 3406 or email homecare@stlouisestate.com.au

EXERCISE CLASSES

As of the 1st of July 2024, the following new charges will apply to the St Louis Estate Exercise Classes.

Tuesday - 11:15am | Gentle Exercise Class
\$20.00 per person

Wednesday - 9:00am | Aqua Aerobics Class
\$20.00 per person

Thursday - 11:15am | Gentle Exercise Class
\$20.00 per person



SHOPPING BUS SERVICE

St Louis Home Care has extended its shopping bus service to local shopping locations on the first Wednesday of the month. The Shopper Bus leaves the Homestead at 1.00 pm and returns between 3.30 and 4.00 pm.

Our next shopping bus service will be visiting the following shopping locations. Bookings are required to reserve a seat. To book the next shopper bus service, please phone St Louis Home Care at (08) 9385 3406.

Mosman Park Village - 3rd July 2024
Service Fee: \$15 per person

Floreat Forum - 7th of August 2024
Service Fee: \$25.00 per person



FREE HOME CARE PACKAGE INFORMATION SESSION

Join Karena Sherriff, St Louis Home Care Manager on Wednesday, 14th of August 2024, at 11.00 am at St Louis Estate, Kingsmill Lounge, for a free information session. Karena will be presenting the 5 steps to accessing a government-subsidized home care package and what to consider when choosing your home care package provider.

Please register to attend this event by phoning (08) 9385 3406 or email homecare@stlouisestate.com.au

RESIDENT NEWSLETTER

JULY 2024

RESIDENT SERVICES



GUEST SUITE (UNIT 59)

Next time you have family or friends coming to visit, consider making use of the Residents Guest Suite, located at Unit 59.

The guest suite is fully self-contained, with 2 double bedrooms, bathroom, separate toilet, fully equipped kitchen and laundry.

Simply check in, you'll have everything you need including access to all the facilities (pool, gym, social activities) and dining options at St Louis Estate.

Check In Time: 2:00pm | Check Out Time: 10:00am

From 1st July 2024, the cost per night is \$170.00. This can be raised as an invoice for your guest to pay on check out, or alternatively can be billed to your monthly St Louis Estate account.



DRY CLEANING SERVICE

We are pleased to announce the continuation of the dry-cleaning service available via reception. The friendly team at Highway Dry Cleaners in Cottesloe will continue to service the Estate. Residents wishing to use this service are welcome to drop off & collect their items at reception, with the costs billed to your monthly account. A pricelist is available on request from Annie.

Please note that from 1st July 2024, all Dry Cleaning will be subject to a 10% Service Fee.

HOME DELIVERY MEAL SERVICE

St Louis Estate kitchen offers home delivery meal services for lunch and dinner 7 days per week. The kitchen delivers a variety of 'Meal of the Day' options and along with selections from the regular café menu. These include both hot meals delivered ready to eat, along with soups, sandwiches and salads.

Residents are requested to **submit their meal order forms by Thursday of each week**. If you would like to be included on the dissemination list for a weekly menu and meal order form, please register your interest with Annie, via phone (08) 9385 1420 or email at services@stlouisestate.com.au

You can receive an order form via hard copy or email. We are pleased to continue to offer this service at no additional cost to residents.

COLES HOME DELIVERY GROCERY SERVICE



Need groceries delivered? Prefer not to navigate the online ordering system yourself? St Louis Estate Resident Services are pleased to offer our ongoing home delivery grocery service. Residents can submit a shopping list by **8:00am each Tuesday** and have their groceries delivered each Wednesday morning. The cost of groceries will then be billed to your monthly account.

To ensure you receive exactly what you're looking for, we request that as much detail as possible about the products be included in your list.
Eg. 2L Brownes Hi-Lo Milk or 1kg Pink Lady Apples.

Shopping lists can be submitted in person to reception or via email to services@stlouisestate.com.au

Grocery Service Fees as of 1st July 2024

5 items or less - \$5.00 per order | Over 5 items - \$10.00 per order



PRIVATE FUNCTIONS AND CATERING SERVICES

If you have a special occasion or milestone event coming up, look no further than our private function and catering services.

St Louis offer fully catered and organised private functions. We offer a seasonal menu for all functions, including cocktail style finger foods through to full sit down 3 course dinners, or anything in between. If you require, we are also able to provide chefs, food & beverage attendants and coordination staff for your events, at very competitive prices.

In addition to large functions, we regularly cater for small morning teas, bridge & book club meetings or casual lunches with friends or family. No matter what your needs are, we are able to assist.

Please enquire directly via phone on (08) 9385 1420 or email at services@stlouisestate.com.au

Available function spaces.

- Kingsmill Lounge
- Dining Room
- Private Dining Room
- St Louis Estate BBQ Area
- Kiora Residents Lounge
- Kiora Heritage House

CASUAL AND FORMAL DINING SERVICES

We are pleased to continue to offer a variety of high-quality dining options from the St Louis kitchen. In light of the ongoing increases to the cost of labour and supplies we wish to advise residents that from 1st July 2024 there will be price increase across these services, please see below.

ST LOUIS ESTATE DINE-IN MEAL OPTIONS

MEAL	DAY	TIME	LOCATION	PRICE
Casual Dinner	Monday	6:00pm	Kingsmill Lounge	\$20.00
Formal Dining	Wednesday	6:00pm	Dining Room	\$35.00
Casual Dinner	Friday	6:00pm	Kingsmill Lounge	\$20.00
Roast Lunch	Sunday	12:30pm	Dining Room	\$32.00



RESIDENT NEWSLETTER

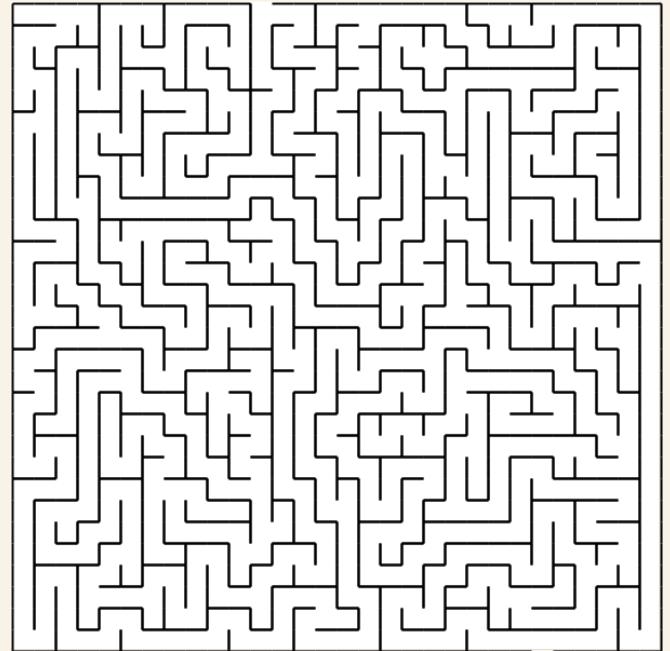
JULY 2024

SUDOKU - EASY

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

SUDOKU - MEDIUM

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



RIDDLES:

- 1) I can never be thrown but I can be caught. Ways to lose me are always being sought. What am I?
- 2) What occurs once in a minute, twice in a moment, but never in a thousand years?
- 3) What begins with an 'e' and only contains one letter?
- 4) What five letter word becomes shorter when you add two letters to it?
- 5) I can be cracked, I can be made. I can be told, I can be played. What am I?

ANSWERS: (1) A cold (2) The letter M (3) An envelope (4) Short (5) A joke

WORD SCRAMBLE - AT THE CIRCUS: Un-jumble these letters to create words relating to the circus

ICKTTE _____

NETT _____

OINL _____

EELPHNAT _____

DIAEUCNE _____

LLBONOA _____

POCONRP _____

NICULEYC _____

AMERT _____

UCRISC _____

ZARTPEE _____

CLNOW _____