



PINK RIBBON BRUNCH

Date: Friday 11th October **Time:** 9:45am for a 10am start **RSVP:** Friday 4th October

Location: Kingsmill Lounge **Cost:** \$50.00 with all profits donated directly to NBCF.

After the overwhelming support and success of our previous Pink Ribbon Breakfasts, this October, St Louis Estate will again raise funds for the National Breast Cancer Foundation (NBCF), the event will support NBCF's goal to work towards zero deaths from breast cancer by 2030.

Breast cancer is the most commonly diagnosed cancer in Australia. A staggering 1 in 7 women will be diagnosed with breast cancer in their lifetime. This equates to 55 Australians facing a diagnosis each and every day. This year, more than 3,000 women and men will lose their lives to breast cancer.

And without research, a further 27,000 more lives will be lost to breast cancer by 2030. In the 27 years since NBCF's inception, the five-year survival rate for breast cancer has increased from 76% to 91%. Ultimately, NBCF is working towards a goal of zero deaths from breast cancer by 2030.

Your support will save lives. Get your tickets today!

Join us for a gourmet brunch & fun to be had, to help support this special cause, bring your friends and family along.



FATHER'S DAY ROAST LUNCH

Date: Sunday 1st September **Time:** 12:30 PM

Location: Dining Room **Cost:** \$32

As our way to celebrate Father's Day at St Louis, we invite you and your family to join us for a delicious gourmet roast lunch to honour and appreciate the amazing men in our lives. All fathers will receive a special gift on the day. Bookings are essential via reception. St Louis Estate wishes you a Happy Father's Day!

KINGS BIRTHDAY PUBLIC HOLIDAY Office & Kitchen Closure

Please note Reception, Kitchen/Café & Kiora Café will be closed on Monday 23rd September 2024 for the Kings Birthday Public Holiday. There will be no Casual Dinner or Yoga Class held on this Monday. Home Delivery Meals are available for pre-order via reception.

RESIDENT NEWSLETTER

SEPTEMBER 2024

SEPTEMBER 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 at 1:30pm in the Kingsmill Lounge.



Amazing Grace | Drama/History
Thursday 5th September
Cast: Ioan Grufford, Michael Gambon, Benedict Cumberbatch
Running time: 1hr 58min



Tea with Dames | Documentary
Tuesday 10th September
Cast: Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith
Running time: 1hr 24min



The Bank Job | Crime/Drama
Thursday 12th September
Cast: Jason Statham, Saffron Burrows, Stephen Campbell Moore
Running time: 1hr 51min



The Lost King | Drama
Thursday 19th September
Cast: Sally Hawkins, Helen Katamba, Jenny Douglas
Running time: 1hr 48min



A Star is Born | Musical/Romance
Tuesday 24th September
Cast: Lady Gaga, Bradley Cooper
Running time: 2hr 16min



Mrs. Harris Goes to Paris | Comedy
Thursday 26th September
Cast: Lesley Manville, Isabelle Huppert, Lambert Wilson
Running time: 1hr 55min

MEXICAN MONDAYS CASUAL DINNER

Date: Monday 9th September **Where:** KL
Time: 6pm **Cost:** \$20

Join us on Monday 9th September for our second edition of 'Mexican Monday'. In September, we will continue a Mexican themed dish on the second Monday of the month at casual dinner in lieu of the regular pasta night. Residents are encouraged to join us for a spread of Chicken Fajita's accompanied by all fillings & sauces. We hope to see you there!

GUEST SPEAKERS



Robin Tunnicliffe 20 Countries, 6 Jobs
Friday 6th September | 10:30am (KL)

Robin is a St Louis Estate resident who will take you on a journey of his career working across the world. As the title suggests his vast career as a pilot in the air force took him across all 7 continents, working as a military pilot and on NATO operations just to name a couple. Come along to hear Robin share a morning of very interesting stories from his lived experiences.

Jason Chew Medication, Exercise, Supplements For Osteoporosis - Building Strong Bones With Exercise As Medicine
Friday 13th September | 10:30am (KL)

When it comes to preserving and boosting bone health, not all exercises are created equal. Supervised, bone-targeted, high intensity resistance and impact exercises are the new gold standard in care for people who are living with (or at risk of developing) osteoporosis.

You will gain insight into:

- Steps you can take to support your body, build stronger bones and live well for longer.
- The landmark outcomes of the LIFTMOR study revealing the direct benefits of exercise as medicine (EAM).
- How the ONERO™ program can improve bone mineral density (BMD).
- Medications and supplements used to treat osteoporosis and how to maximise their effectiveness.

Lady Lyn Garland Piano Recital
Friday 27th September | 10:30am (KL)

Lady Lyn Garland is another St Louis Estate Resident set to share her wonderful talents as an acclaimed pianist. Lady Lyn Garland will treat us all to a morning of beautiful music. Lyn was well-known classical pianist performing in major concert halls throughout Europe and the UK, including the Albert Hall and at the Edinburgh Festival. Come along to enjoy the two part recital with morning tea served at the intermission.



MONTHLY EVENTS



LADIES NIGHT

Date: Thursday 12th September **Time:** 5pm **Where:** KL

MEN'S CLUB

Date: Thursday 12th September **Time:** 5pm **Where:** PDR

HAPPY HOUR

Date: Friday 6th September **Time:** 5pm **Where:** KL



BRIDGE CLUB

Date: Tuesday 3rd and 17th September
Time: 1pm **Where:** PDR

SOCIAL COMMITTEE MEETING

Date: Thursday 5th September **Time:** 10am **Where:** PDR

RESIDENTS COMMITTEE MEETING

Date: Wednesday 25th September
Time: 10am **Where:** PDR

GARDEN COMMITTEE MEETING

Date: Wednesday 18th September
Time: 10:30am **Where:** PDR

SOCIAL CLUB EVENT

Date: Saturday 28th September
Time: 5:30pm **Where:** KL

CELEBRATE ST LOUIS MORNING TEA

Date: Friday 20th September **Time:** 10:30am **Where:** KL



DEVONSHIRE TEA @ KIORA

Date: Tuesday 10th & 24th September **Where:** Kiora
Time: 10am **Cost:** \$15

After our successful trial of Devonshire Tea at Kiora, we are pleased to announce the permanent inclusion of this event on the calendar.

On Tuesday the 10th and 24th of September 2024, we will host a morning Devonshire Tea in the Resident Lounge at Kiora. Join us for a tea or coffee of your choice and bottomless scones with jam & cream.

QIGONG TAI CHI @ KIORA

Come along and try the Qigong Tai Chi class held every **Thursday morning at 10am**, the class is just **\$20.00 per person** and offers a huge range of health & wellbeing benefits.



WELCOME TO OUR NEW RESIDENTS!

St Louis Estate would like to extend a very warm welcome to our new residents!



SEPTEMBER BIRTHDAYS

Wishing all our residents and staff that celebrate their birthdays in September a wonderful day!



RESIDENT NEWSLETTER

SEPTEMBER 2024

DOGS IN THE VILLAGE

Residents are reminded that it is a requirement that dogs must be always on a 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.

CHRIST CHURCH COMMUNITY SERVICE PROGRAM

The students from Christchurch Grammar School continue to visit on a Friday afternoon from 1:30 – 3:00pm. If you would like to register to host a couple of students on a Friday afternoon to assist you with tasks including, car washing, computer or phones help, light gardening duties or dog walking, please call to speak to Annie (Resident Services) on **9385 1420** to book the boys.

St Louis Home Care Update



MY FUTURE CARE INTRODUCTION TO ADVANCE CARE PLANNING WORKSHOP

Date: 11th September 2024 **Time:** 10.30am – 12.30pm
Venue: The Homestead, Kingsmill Lounge

In this FREE workshop, you will discover what's involved in Advance Care Planning, how to get started, and how to talk about your wishes with your family, loved ones and healthcare providers. The workshop is suitable for all members of the community. You can be any age or have any level of health.

Registration: please phone **(08) 9385 3406** or email **homecare@stlouisestate.com.au**



Palliative Care
Western Australia
Living, dying & grieving well

SHOPPING BUS SERVICE

St Louis Home Care offers a Thursday shopping bus service to and from Claremont Quarter. **Leaving 1.00 pm from the Homestead and returning at 2.30 pm from Claremont Quarter.** You can enjoy shopping or a coffee at Claremont Quarter without the worry of parking. No bookings required.

Cost is \$15 per person.

THINKING ABOUT HOME CARE SERVICES?

Hello, my name is Karena Sherriff, St Louis Home Care Manager. I joined the Home Care team in early 2022, with over twenty years of experience in community aged care. I would be delighted to assist you or your loved one in navigating the home and community care service industry. I am available Tuesday to Thursday weekly to explore a broad range of personally tailored home care service options with you. To enquire about booking a visit, please email **homecare@stlouisestate.com.au** or phone **(08) 9385 3406**

WERE YOU AWARE?

Were you aware that St Louis Home Care offers government-subsidized and accredited Home Care Package Care (Level 1-4)? In fact, we're celebrating 7 years of delivering quality tailored home care packages to residents of St Louis Estate and residents of Mosman Park, Claremont, Cottesloe, Subiaco and Dalkeith. Four key benefits of a Home Care Package with St Louis Home Care include:

1. Receiving assessment and care planning with a Registered Nurse.
2. Shorter visits offer greater package value.
3. Comparable fees to local providers.
4. Quality care services delivered by reliable, qualified, and trained home care employees.

To enquire about accessing a Home Care Package with St Louis Home Care, please phone **(08) 9385 3406** or email **homecare@stlouisestate.com.au**.