



ST LOUIS HOME CARE
LIVE WELL

11th April 2025

Dear Clients, Friends, and Family,

Welcome to Djeran season. A key indicator of the change of season is the cooler nights that bring a dewy presence in the early mornings. The winds will also change, with light breezes generally from southerly directions.

Djeran is a time of red flowers, especially from the red flowering gum (*Corymbia ficifolia*, pictured right), as well as the smaller and more petite flowers of the summer flame (*Beaufortia aestiva*).



Consumer Advisory Committee Meeting

You're invited to attend our next **Consumer Advisory Committee** meeting. Please join us to contribute to the planning and evaluation of our home care services to improve our services to you and others. Please attend on **Tuesday, 15th April 2025, 10 - 11.00 am, at KIORA**. RSVP to Tanya at 9385 3406 or email homecare@stlouisestate.com.au.

Aged Care Reforms: Please do not miss this event. Book Today: 08 9385 3406.

Join us for a FREE Aged Care Reform Seminar – hosted by the Department of Health and Aged Care and St Louis Care at Home. This session will provide information on the Support at Home reforms, plus the new Aged Care Act and Aged Care Standards being introduced from July 2025.

Date: Wednesday 7th of May 2025, 10.30 am

Venue: St Louis Estate – Kingsmill Lounge. Friends and family welcome.

RSVP: Tanya at homecare@stlouisestate.com.au or (08) 9385 3406

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Do you know a Veteran who might benefit from Nursing or Personal Care? St Louis Care at Home is an approved Department of Veteran Affairs provider offering nursing and personal care services to eligible veterans across the Western Suburbs of Perth. If you have a Gold or White Veterans card, please enquire about our veteran services by phoning (08) 9385 3406 or emailing homecare@stlouisestate.com.au. We look forward to hearing from you.

Is your Advance Health Directive (AHD) up to date? If not, you can join a **Free Advanced Health Document Support Workshop**, hosted by Palliative Care WA. This workshop will work through each page of the AHD allowing you to work towards the completion of the document to a stage where it is ready for signing, witnessing and presenting to your health professional. Please consider your end-of-life wishes, values and preferences to be able to complete your document in preparation for attending this workshop.

Upcoming FREE Workshops:

- April 23rd 2025 – 10.00 – 12.30 pm, 15 Bedbrook Place, Shenton Park
- April 29 @ 6:00 pm - 7:30 pm, [My Future Care – Advance Care Planning Online Community Workshop](#)

Please call 1300 551 704 or email info@palliativecarewa.asn.au to book your place.

Shopping Bus Service: St Louis Home Care offers a Thursday's shopper bus service to all residents of St Louis Estate. The service leaves the Homestead at 1.00 pm, each Thursday, and returns to St Louis Estate at 2.30 pm, with Nicola Cross. The Shopper bus service fee is \$15.00 per person. No bookings are required.

Remedial Massage: Mildred is now available to provide remedial massage services on Thursday's only, between 9 am – 4 pm. We apologise that Wednesday bookings are no

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longer available. To book a remedial massage, please phone 9385 3406 or email homecare@stlouisestate.com.au.

Public Holidays: The St Louis Home Care Office will be closed on the following Public Holidays, **Friday 18th April, Monday 21st April and Friday 25th of April and Monday, 2nd of June 2025, Western Australia Day.** Except for housekeeping (domestic cleaning) services, our home care services will continue to be provided on Public Holidays, at applicable public holiday rates. If you wish to reschedule or cancel your service that falls on these Public Holidays, please contact the St Louis Home Care team at (08) 9385 3406, at your earliest convenience.

New Physiotherapist: Welcome Jayden Lapsley-Fowle, Physiotherapist to the St Louis Estate community. Jayden is available for individual Physiotherapy sessions on Tuesday, Wednesday, and Thursday. To book a session with Jayden, please phone 9385 3406 or email homecare@stlouisestate.com.au.

Group Classes are available with Jayden. All classes cost \$20.00 per person, per class. New members welcome.

Tuesday, 11.15 am Light Exercise – KIORA Wellness Centre

Wednesday, 9.00 am Aqua Class

Thursday, 11.15 am Light Exercise – KIORA Wellness Centre

Warm regards,

Karena Sherriff,

Home Care Manager

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