



Residential
Aged Care

St Bernadette's Sunshine North

17 Park Drive, Sunshine North

VMCH



Now I'm moving into St Bernadette's, I feel safe and supported.

St Bernadette's is a vibrant, culturally-diverse and caring community.

You can enjoy comfort, security and peace of mind in a relaxing and homely environment with pleasant outlooks to well-maintained gardens.

All rooms are private with an ensuite bathroom.

We're lucky enough to have the support of great volunteers and local community groups; meaning our activities are interesting, fun, and different!

If independence is important to you, but you'd like support as you age, we think you'll be happy here.

When it comes to food, we keep taste and nutrition top of mind.

Our food

Love food? So do we. We use fresh and wholesome ingredients, prepared and cooked by our on-site chefs.

As you'd expect, menus are designed with nutrition in mind but that doesn't mean that taste is left behind! Food plays such an important role in our everyday lives and should be delicious.

To keep things interesting we frequently change our menus and get inspired by global cuisines. But if you love a particular dish, tell us and we'll happily repeat it!

Plus, in addition to tasty snacks and supper, we always have fresh fruit available.







Lifestyle programs to keep you young at heart.

Lifestyle and activities

St Bernadette's is your home now. How you choose to spend your day is your choice! If you're looking for fun and stimulating activities, we love getting involved with bingo, daily exercise classes, indoor bowls and games, bus outings and excursions.

Feeling zen? You might choose to enjoy a manicure, have your hair cut or blow waved in our salon, join our art, craft and knitting group or just sit back and relax as you listen to our regular visiting entertainers or singing groups.

Did someone mention happy hour? That's on the cards too!



Our approach to care is second to none.

Our Care Practice

We're all about **you**. So, what does that mean to us?

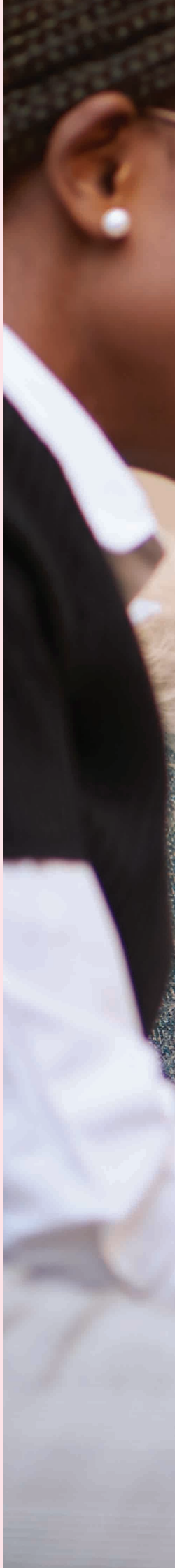
The VMCH Care Practice is designed to support you to live the life you choose. We're all about independence, engagement and collaboration. We tailor care to the individual, so if you need a more hands-on approach or a higher level of care, that's what we deliver.

We support our residents to achieve their full potential, maintain dignity, foster choice, promote wellbeing and keep community connections alive and well.

Easing in

As helpful as it is having a plan in place, life often throws us a curveball. Our health might take a turn, or an unexpected event takes place. That's why we offer guests a respite stay (upon room availability).

The best way to think about respite is like taking a 'short break'. Some time out for rest and recovery. Many of our residents have joined us permanently after spending a couple of weeks with us. It's a great way to ease into aged care, helping to alleviate common concerns or worries.









Spiritual and Pastoral Care.

As a Catholic organisation, we offer Mass, rosary and other religious services to all our residents. You don't need to be Catholic to join us, we welcome people from diverse cultures and faiths.

If you're in need of a little support, then look no further than our Pastoral Care services. We're here to lend an ear, celebrate your joys, talk about what's important to you and help you practice your faith if you so desire.

We find that Pastoral Care can be particularly helpful during significant changes, like when you're settling into your new home.

About VMCH

Here at VMCH, compassion, respect and inclusion aren't just words to us. As a Catholic for-purpose organisation, these values underpin everything we do.

Our professional and compassionate teams are with you on your life journey; helping you with a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

Where to find us?

Corpus Christi, Clayton
John R Hannah, Mulgrave
O'Neill House, Prahran
Providence, Bacchus Marsh
Shanagolden, Pakenham
St Bernadette's, Sunshine North
St Catherine's, Balwyn

Star of the Sea, Torquay
VMCH Ashwood, Ashwood
VMCH Berwick, Berwick
VMCH Bundoora, Bundoora
VMCH Wantirna, Wantirna
Willowbrooke, Upper Ferntree Gully



1300 698 624
hello@vmch.com.au
vmch.com.au

The information in this brochure has been prepared by VMCH (Villa Maria Catholic Homes) as a general guide to our services and operations. While every effort has been made to ensure accuracy, VMCH accepts no responsibility for any loss or inconvenience caused by reliance on the information set out in this brochure. Please contact us if you require detailed information about any of our services. September 2022.

As a Catholic organisation, VMCH is committed to providing compassionate care in a nurturing environment to all residents and clients. VMCH does not support and will not facilitate Voluntary Assisted Dying.