

# Welcome to VMCH St Bernadette's

17 Park Drive, Sunshine North

Welcome to VMCH St Bernadette's, a compassionate and nurturing aged care community. Set in the diverse suburb of Sunshine North, the home comprises 81 beds in a lovely and welcoming home-like environment.

We recognise that making the decision to live in residential aged care is not an easy one and we're dedicated to helping residents settle in quickly and putting families at ease.

Our caring team looks forward to your visit, so we can share with you and your family just what makes VMCH St Bernadette's a special place to call home.

**VMCH**



# Your home

VMCH St Bernadette's is light and bright, making you feel right at home as soon as you enter. We offer private single rooms, as well as 9 beds in our award-winning Memory Support Unit.

- Large, tastefully designed rooms with private ensuites
- Communal areas for socialising and spending quality time with family and friends
- On-site salon to cater to all your pampering needs
- Charming, light-filled chapel for group services and individual reflection



# Holistic health and wellbeing

With the principles of person-centered care underpinning all that we do, our aim is to provide exceptional assistance and support, ensuring that residents are treated with utmost dignity and respect.

- Experienced Registered and Enrolled Nurses to oversee your care and wellness
- A compassionate team of Personal Care Assistants to support daily living
- On-site allied health services including physiotherapy, podiatry and dietetics
- Enthusiastic volunteers committed to making a difference to the lives of residents
- Accessible and supported transport for outings and medical appointments
- Lady Lourdes House, a dedicated, purpose-built wing of our facility that supports advanced dementia symptoms.





# Lifestyle and entertainment

Our team of staff and volunteers are passionate about developing fun and interesting activities. At VMCH St Bernadette's, we offer an exceptional lifestyle program, tailored to individual interests and needs.

- Vibrant lifestyle program with physical, musical, sensory and engagement activities
- Hands-on fun with cooking, crafts, games and gardening
- Dog therapy program to improve social connections and emotional health
- Outings and day trips to see new sights and socialise.



# Dining experience

Delivering good food starts with a motivated team in the kitchen. Our qualified chef is committed to serving nutritious, delicious food that looks and tastes terrific.

- Morning breakfast buffet
- Entrée, main and dessert served at lunch and dinner
- Extensive drinks menu including beer, wine, cider and cocktails
- Scrumptious sweets served for morning and afternoon tea
- Optional extras such as sandwiches, salads or light meals made to order
- Culturally diverse menu and adaptations for special diets and intolerances.

# The VMCH Way

You may have heard of the Montessori approach to Aged Care; principles that support older people to live with independence, autonomy, and engage in meaningful occupations. Here at VMCH, we have adopted The VMCH Way – an innovative methodology, based on Montessori principles, designed to support older people to live an enriched life.

We support and nurture residents yet encourage them to do as much as they can for themselves. Involving a person in everyday activities is key to feeling valued and having a sense of purpose. We invite family, friends and staff to get involved; working together to ensure the very best outcomes.



## Pastoral Care

Our pastoral care service is designed to help residents settle in their new home, and to support families during the transition. Soon after your arrival, one of our friendly Pastoral Care Practitioners will spend time getting to know you, helping to ease any worries and learning about your personal and spiritual interests.

You don't need to be Catholic to join VMCH St Bernadette's or to access our pastoral care program. Our team welcomes people from diverse cultures and faiths and considers it a privilege to care for those who put their trust in us.



# Why should you call VMCH St Bernadette's home?



- Fully accredited by the Aged Care Quality Standards
- Experienced, qualified and compassionate staff
- Memory Support Unit that supports people with significant and complex needs
- Home-like atmosphere, lovely large rooms
- Personalised care and support
- Delicious chef-prepared meals
- Hairdressing services in our beautiful hair salon
- Support to live independently
- Engaging lifestyle program, outings and special interest groups
- Pastoral care, Mass, rosary and other religious services
- Picturesque gardens and courtyards
- Dedicated volunteers.

## Where else can you 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

Click here to  
 find out more  
 about VMCH  
 St Bernadette's.



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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. April 2025.

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.

**VMCH**