



Catholic Homes Incorporated

The Dove

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MESSAGE FROM THE CHIEF EXECUTIVE

Welcome to our Winter / Spring edition of The Dove Newsletter for 2011.

We all know that communication is the key to a successful relationship. At Catholic Homes Inc. we attempt to use many mediums to communicate with you, your families and friends, as well as our staff. Like all of us sometimes this communication can lack in timeliness and even tact. To assist CHI in being proactive with our communication we have recently launched a new website which provides information about our sites and services for all of our current and prospective residents and families, as well as potential employees and the general public. It is a much brighter and fresh looking website and well worth having a look! www.catholichomes.com

Added to our website we would love to be able to communicate with Families and Residents via email. If you would like to receive updates about CHI please email us at catholichomes@catholichomes.com Please include your name, the service and the Resident that you are related to. While this communication will not replace face to face or telephone contact, it is a way of being able to include you in recent news about CHI and upcoming events.

The last 3 months have been a very busy period for CHI with the end of financial year and budget time, as well as the continuation of refurbishments happening at our facilities. Refurbishments have commenced at Castledare and Trinity Residential Care Services and while close to completion there are always small areas that require attention. Marist Lodge and St Vincent's have received minor refurbishments to make the environments more inviting and accessible for residents and families.

Budget meetings for our Independent Living Villa residents were all held in June and July. There have also been many events held across Catholic Homes' sites over the last couple of months which you can read about inside, as well as some inspirational words from our Pastoral Care Coordinator Philip Carrier. We have had more milestone birthdays for some very special residents and sincerely send all our best wishes for their special day.

The wet weather we have been experiencing can sometimes be a source of worry for residents, especially on those wild stormy days, and so we have included a refresher regarding our maintenance procedure so that we can ensure any requests are promptly attended to for anyone needing work and attention during this time.

I would also like to thank the Residents and Relatives of our Marist Lodge and St Vincent Aged Care Service for your support during our recent Accreditation Audits undertaken by the Aged Care Standards and Accreditation Agency. Both services received very positive comments as well as full accreditation for 3 years.

Yours sincerely,

Sonya Smart

Chief Executive.

HOME IS WHERE YOUR HEART IS....

MESSAGE FROM YOUR PASTORAL CARE COORDINATOR

With the winter cold, especially in the mornings, my mind has been thinking of the warmth of summer. I know many of you love the cold but for this issue of the Dove I thought I would explore the theme – Home is where your heart is. Both the words home and heart conjure up a sense of warmth, a winter fire. Finding the place where we belong and being at home with the people we love and in the place we love doing what we love.

On reflection there could be both positive and negative memories. There may have been times of not belonging and not feeling at home. These are often times of change and transition. I hope at Catholic Homes that you feel welcomed and at home and comfortable in yourself to be yourself, to find new friends and to attend to some of things that have been unattended. As winter gives way to spring and new buds and new growth with the rain so we must 'keep the home fires burning.' As a community we also hold the precious memories and stories for those of us who are unable to.

One resident recently said that she was going to fall up and not fall down. What a wonderful creative reframing of this time of her life. It speaks to me of the discovery of more in her life. 'There is another way to do this and I am going to enjoy it!'

The mythologist Joseph Campbell's famous line is 'Follow your bliss.' Come home to yourself and find your passion. Finding home and heart is a spiritual theme often touched on in literature and film and the Bible has over six hundred references to the word heart. The heart is the centre of our being, our consciousness that holds mind, body, emotion and spirit. It is the place where we are most alive. Coming home to ourselves our True Selves is the spiritual process of coming to a place of acceptance and love of ourselves as we are and who we are before God. At home in ourselves we can attend to whatever is before us. I wish I could accept the cold winter mornings a little better. Perhaps a little creative reframing for me.

A Spirituality of the Heart at Home

Being present and attending to whatever is before us, the negative and positive is a marvellous place to be but I guess many of us are on the way. So welcome home but also enjoy the journey. Do the work of your soul. Be alone but also enjoy the community.

With best wishes from

Philip Carrier,

Pastoral Care Coordinator



HAVE YOU SEEN OUR NEW WEBSITE?

Catholic Homes Inc has an exciting new website which went live on Monday 11th July. You can find information on all of our sites, Residential Care and Independent Living facilities, information on our management team and Board, and pages for prospective employees of Catholic Homes.

The website is very bright and fresh looking and much more user friendly. Check it out at

www.catholichomes.com





A RIGHT ROYAL WEDDING AT CASTLEDARE

The wedding of Prince Charles and Kate Middleton provided the perfect excuse for a celebration at Castledare.

Residents and staff were invited to dress in their finest and attend the wedding reception of the year.

The Community Centre was decorated and the scene was set for a special formal occasion. Balloons and flowers, candles and place cards adorned the tables. Mannequins in suit and wedding gown greeted the guests as they entered along the red carpet walk.

Ladies were presented with corsages by the attendants as they took their seats and there was a real buzz in the air when the queen arrived with the royal corgis. (Thankyou Irene)

Our wonderful chef and his team rose to the occasion with a sumptuous three course meal fit for a king – or prince. The senses were revisited with such delights as smoked salmon, chicken breast in creamy white wine sauce and pavlova topped with cream and luscious berry compote. All accompanied by a fresh fruit punch and a background of beautiful royal music.

The highlight of the reception was of course when the bride and groom made a guest appearance to deliver the speech and cut the wedding cake. (Thanks Deidre & Dave) Much laughter ensued as they fittingly concluded their visit with the royal kiss.

A glass of champagne and a toast to honour the real royals 'Will and Kate' along with the reading of the official wedding speech was an appropriate ending to a fabulous event. Residents then retired to their lounge rooms to watch the real thing (which paled in comparison!)

The buzz of chatter and laughter throughout the reception and the conversations of the days that followed showed that this was not only a royal occasion here at Castledare, but it took many of our residents down memory lane to other royal events that have occurred though their lifetime, either personally or from a distance.

Article by Kim and Kath
(OTA's at Castledare)



JILL'S READING GROUP AT TRINITY VILLAGE

Jill de Leo started her reading group 'Jill's Readings' a year ago and has a wonderful group of regulars who meet at different houses each week. She says

"I read a wonderful variety of stories, some poetry, Aussie ballads and good old Aussie humour. As the group and I are lovers of all creatures, especially dogs, the stories usually revolve around them.

My greatest source of stories is from a series called 'Chicken Soup for the Soul'. It is a great privilege to be able to add a little enjoyment to the lives of residents and that hour each Thursday is the most rewarding of the week."



MARIST LODGE WALKING AND MEDITATION GROUPS

Several residents from **Marist Lodge** regularly get together to form a Walking Group and enjoy a leisurely stroll in the local area, weather permitting! Residents can choose a short or longer walk and enjoy time spent catching up with one another as well as reaping the benefits of this excellent form of exercise.

Also on offer is a **Meditation Group** that meets twice a week on Mondays and Thursdays. The group is coordinated by Marist Physiotherapy Assistant, Pat. Residents often mention how much they benefit from the peaceful meditations which run for around fifteen minutes. Inspiration and words for guided meditation sessions are often taken from Father Justin Bellitz, a Franciscan monk who has visited Perth many times.

HEALING PRESENCE AS HOSPITALITY

As we reflect on the creation and gathering of warmth around us over the colder winter months, hospitality, healing and compassion are concepts that can bring warmth not only to our own hearts but those around us with whom we share hospitality. Henri Nouwen describes this presence of heart and compassion in relationships as follows:

If we expect any salvation, redemption, healing and new life, the first thing we need is an open receptive place where something can happen to us. Hospitality, therefore, is such an important attitude. We cannot change the world by a new plan, project or idea. We cannot even change other people by our convictions, stories, advice and proposals, but we can offer a space where people are encouraged to disarm themselves, to lay aside their occupations and preoccupations and to listen with attention and care to the voices speaking from their own centre.

To convert hostility into hospitality requires the creation of the friendly empty space where we can reach out to our fellow human beings and invite them to a new relationship. Just as we cannot force a plant to grow but can take away weeds and stones which prevent its development, so we cannot force anyone to such a personal and intimate change of heart, but we can offer the space where such a change can take place” (Henri Nouwin, Reaching Out. PP 76-7)

DEFINITION OF HEALING PRESENCE

Healing presence is the condition of being consciously and compassionately in the present moment with another or with others, believing in and affirming their potential for wholeness, wherever they are in life.

When one is truly present to another there is:

- An alleviation of loneliness
- An affirmation of one’s authentic self and invitation to wholeness
- Potential for spiritual bonding
- A deeper sense of our common humanity
- A recognition and acknowledgement of the other as person
- An invitation to self-transcendence
- Possibility for greater self reflection & self-revelation
- Sharing on a deeper, spiritual level.

Healing presence is the foundation for spiritual care which may be defined as care that enables individuals to meet the universal basic spiritual needs: (1) need for meaning and purpose, (2) need for love and relatedness, and (3) need for forgiveness.

Supportive Voice Vol. 11 No. 2 Summer 2006 by Carol Taylor, RN, PhD TaylorCR@georgetown.edu



TO COME HOME TO YOURSELF

May all that is unforgiven in you,
Be released.

May your fears yield
Their deepest tranquilities.

May all that is unlived in you,
Blossom into a future,
Graced with love.

John O'Donohue - *From Benedictus – A Book of Blessings*



REQUESTING ASSISTANCE FROM THE CATHOLIC HOMES MAINTENANCE TEAM - WHAT TO DO...



Whilst we have been very lucky this Winter with lots of lovely sunshine, we have also had the odd day of wild and woolly weather, with a few significant down-pours. This wet and windy weather sometimes brings with it the need for maintenance attention- with full gutters, branches blown out of trees and onto roofs, and leaky roof tiles to name but a few of winter's little surprises!

As such, should any residents notice items needing repair or attention, whether they be part of their own residence or something within the grounds of the facility, we ask that a **MAINTENANCE REQUEST ORDER** form be completed and lodged with reception at your facility. This will ensure that Catholic Homes' Maintenance Team are made aware of the issue and can get to work on fixing any problems as soon as possible. These forms can be found at reception at your facility as well as a box to lodge the forms. Please remember that our wonderful Maintenance Officers can be kept very busy this time of year and may not be able to give every problem their immediate attention. However, we remind everyone that all issues are treated as important and will be given priority as much as is physically possible.

Maintenance After-Hours Emergency Call-Out is available for emergency situations only - the relevant phone numbers are available directly at your facility. Please note that residents should only use this service for emergency maintenance requests that cannot wait for business hours attention.

ANAGRAM BRAIN BUSTER!

Change the letters around in the names below left to work out the name of well known rivers from around the world. The name lengths are shown in the middle column. (Solutions can be found on the back page.)

CLUE	LETTERS	ANSWER?
TRUE SHAPE	9	
POLO IMP	7	
IS GRIT	6	
LINE	4	
GET ZANY	7	
TRIBE	5	
HAS MET	6	
A UBEND	6	
SUMO IRIS	8	
DRAGON IRE	3,6	



A BRIEF JOURNEY BACK TO DAYS OF HORSE AND BUGGY...

Residents at St Vincent's in Guildford enjoyed rides with Settler Valley Clydesdales on a sunny autumn Monday afternoon at the end of May. The huge Clydesdales Sam (6 yrs) and Luke (14 yrs) provided rides and shows at events around Perth and the countryside.

Trainers Emma Eddison and Gail Hunter worked these beautiful Clydesdales and residents and their carers were thrilled with their rides in the wagon. It was a unique and fun day for all.



VERY SPECIAL BIRTHDAY WISHES



Joan Elizabeth Curtis was born in 1911 in Beverly, the youngest of eight children. She has outlived four of her children and seven siblings.

As a child growing up in Redcliffe, the family made a living growing peanuts in the area that is now Perth Airport. They lived in a shack with a dirt floor. Horse drawn drays were used to travel to Perth, and it was also not uncommon to walk.

Joan's schooling was limited to third grade. Her twin brother passed away many years ago but she still misses him today due to that special bond that twins share.

You could certainly class Joan as a "Supermum" having had 10 children, who have gone on to have their own families and expanding Joan's family to include 18 grandchildren, 19 great grand children and 2 great great grandchildren!

Joan's first husband Ronald Albert Kosky was an Air Force man, "Right down to his little toe" Joan says. She therefore spent many years hard at work raising the kids on her own, and taking in washing and ironing to make ends meet.

Joan's says her motto for life has always been 'Do unto others.....' A very wise motto I think you will agree.

Extract from words by Dawn Tapscott (Joan's daughter)





GONE FISHING

Can you find the hidden words? They may be horizontal, vertical or diagonal, forwards or backwards.



ANCHOVY
BREAM
CHUB
GOLDFISH
HAKE
JELLYFISH
MARLIN
PERCH
ROACH
SEAHORSE
SOLE
STURGEON
TUNA

BARRACUDA
CARP
DOGFISH
GROUPE
HALIBUT
KRILL
MINNOW
PIKE
SALMON
SHARK
STICKLEBACK
SWORDFISH
TUNNY

BASS
CATFISH
FLOUNDER
GUPPY
HERRING
LAMPREY
MULLET
PIRANHA
SARDINE
SNAPPER
STINGRAY
TROUT

ANAGRAM SOLUTIONS -

- | | | |
|----------------|------------|-------------|
| 1. EUPHRATES | 2. LIMPOPO | 3. TIGRIS |
| 4. NILE | 5. YANGTZE | 6. TIBER |
| 7. THAMES | 8. DANUBE | 9. MISSOURI |
| 10. RIO GRANDE | | |

CONTACT DETAILS

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Tel: (08) 9325 1063 Fax: (08) 9325 4439
Email: agh@catholichomes.com
Facility Manager: Danielle Cooper

CASTLEDARE VILLAGE

108 Fern Road, WILSON, WA 6107
Tel: (08) 9356 4100 Fax: (08) 9451 2298
Email: castledare@catholichomes.com
Facility Manager: Soraya Kara

MARIST LODGE

12 Lapage Street, Belmont, WA 6104
Tel: (08) 6477 6300 Fax: (08) 6477 6399
Email: marist@catholichomes.com
Facility Manager: Noelene Wright

OCEAN STAR AGED CARE

207 Ocean Drive, Bunbury, WA 6230
Tel: (08) 9721 7577 Fax: (08) 9721 7590
Email: oceanstar@catholichomes.com
Facility Manager: Gwen Gorski

SERVITE VILLA

184 Edinboro Street, Joondana, WA 6060
Tel: (08) 9444 7605 Fax: (08) 9443 8841
Email: servite@catholichomes.com
Facility Manager: Joanne Douglas

TRINITY VILLAGE

7 Beddi Road, Duncraig, WA 6023
Tel: (08) 9260 1100 Fax: (08) 9260 1190
Email: trinity@catholichomes.com
Facility Manager: Evelyne Stothard

ST VINCENT'S AGED CARE

224 Swan Street, Guildford WA 6055
Tel: (08) 9279 5055 Fax: (08) 9378 1414
Email: stvincents@catholichomes.com
Facility Manger: Jan Brown

