

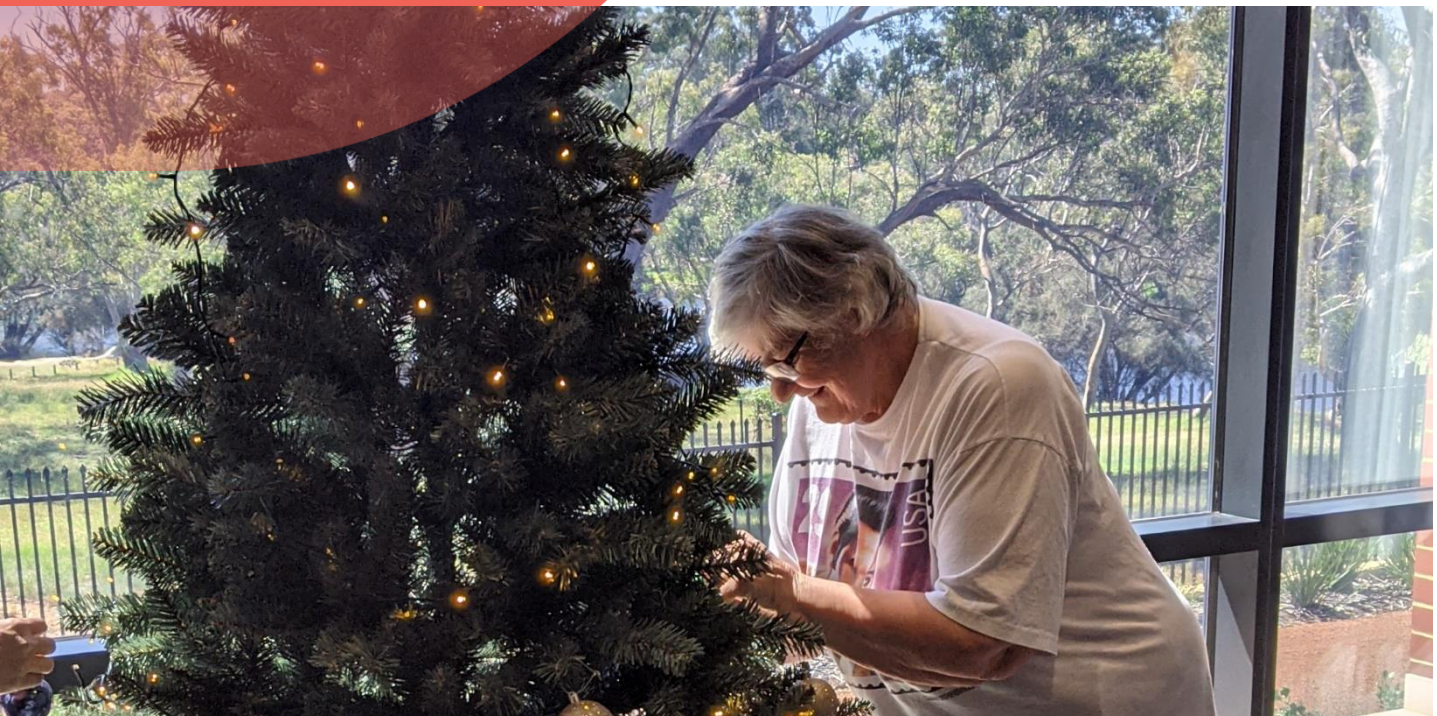


*care with  
purpose*

# Out and About

DECEMBER 2020

## Season's Greetings from Catholic Homes



**Welcome to the sixth edition of “Out and About”, our newsletter about Care with Purpose in action at our care residences.**

In this newsletter, you'll get to see a snapshot of what we are achieving at each of our residences with our Care with Purpose care model with our residents, staff, volunteers and families.

As the holiday season is upon us, we find ourselves reflecting on the past year and those who have helped shape our Care with Purpose care model at our care residences.

This year we have worked on monthly topics to propel forwards in our care model, Care with Purpose.

In this spirit, we say thank you to all the residents, staff, families, visitors and volunteers who have strengthened our commitment to Love, Joy and Hospitality.

***From the entire team at Catholic Homes, we wish you a Merry Christmas and a prosperous New Year.***



## ST VINCENT'S

# Melbourne Cup

The ladies and gents dressed to impress at the Melbourne Cup celebrations at St Vincent's!

Our team at St Vincent's organised a beautiful flower wall for our residents to have their photos snapped, and a lovely spread of finger food for our residents to snack on as they cheered on the race.

Our residents, families and friends enjoyed an afternoon of fun and laughter with a special hat decorating competition, fashion parade and prizes for those who won the sweeps.





## ST VINCENT'S

# Mr Whippy

Can you hear the Mr Whippy tune?

It's St Vincent's very own ice cream truck coming your way! Excitement filled the rooms as the residents at St Vincent's enjoyed a delicious ice cream with toppings and sprinkles on a hot summers day. The residents loved sharing their favourite memories and stories of their childhood.

What's your favourite childhood memory?



## ST VINCENT'S

# Dining Independence

Encouraging independence, using existing skills and adapting the way tasks are normally performed helps reduce excess disability amongst our residents. Here our residents in Market Wing are buttering their own bread and making their own cups of tea with the help of our Lifestyle Facilitator.





ST VINCENT'S

## Remembrance Day

Last month, St Vincent's residents observed Remembrance Day in a resident led service.

The readings were led by the residents and each person who attended wore a red poppy that was hand made by our residents as well.

Pictured above is resident Harry Meerman Van Der Horst, who served in the Australian Army and was stationed in Indonesia, Malaysia, Vietnam and Papua New Guinea.

Photographed with Harry is Oliver, a student from Guilford Grammar School who came to do the Last Post. Interestingly, the two knew each other from the time Harry was a teacher at Guildford Grammar.

We honour and respect all the armed forces who have served and continue to serve this country.





## SERVITE VILLAGE

# Old Macdonald Had A Farm

The mobile animal farm paid our residents at Servite Village a visit last month.

There were a variety of cuddly animals that came to visit, including chickens, hamsters, bunnies, lambs and an alpaca. Every resident had an opportunity to pet, cuddle and feed the animals.

Our residents absolutely loved interacting and posing with the cuddly animals. Look at the bright smiles and laughter in the photos!





## SERVITE VILLAGE

# Interactive Walls

The team at Servite Village are installing more of these wonderful interactive wall boards around the facility.

The top interactive board was painted by our staff, Steve, depicting the Swan River. The bottom interactive board is a simple way for our residents to create beautiful flower arrangements.

Interactive walls provide opportunities for our residents to be engaged in activities at all times. They also help our residents find their way around the facility, by providing contrast to similar looking hallways.



## SERVITE VILLAGE

# Paint & Sip

Take a look at the wonderful paintings our residents are creating!

Our Physiotherapy Assistant, Steve ran a painting class with our residents where they enjoyed expressing their creativity.





OCEAN STAR VILLAGE  
**Melbourne Cup**

The residents and staff at Ocean Star Village celebrated Melbourne Cup with a splendid event last month.

Many residents were dressed to the nines with their hats, fascinators, beautiful dresses and suits.

Resident Patricia Clark, pictured on the left, won the "Best Dressed" award with her sparkly sequin hat and binoculars.

The residents all enjoyed a lovely luncheon together as they watched the races and cheered the horses on.

A special thank you to our residents who created the beautiful flower arch that welcomed everyone into the dining room.

Everyone enjoyed taking photos with one another under the flower arch as they entered the dining room.



## OCEAN STAR VILLAGE

# Puzzle Masters

Photographed below are residents Shirley and Gwen who are helping each other complete a puzzle.

Dotted around the Family Room are activity stations where residents can freely participate and engage in an activity of their choice.

Activity stations provide easy access to activities of interest for residents to engage in at all times. Engaging in activities outside of planned activities provides interest to our resident's day.



## OCEAN STAR VILLAGE

# BBQ Buddies

Ocean Star residents Annie and Shirley helped prepare and cook a wonderful barbeque lunch for all the residents.

The two ladies love to help out in the facility and contribute to the Ocean Star community. Job roles allow our residents to remain active and busy, and encourage them to use skills to continue to remain independent.



## OCEAN STAR VILLAGE

# Kitchen Helper

Pictured above are residents Kath and Dot, who help our kitchen staff peel carrots for meals every Monday.

Job roles recognises our residents as occupational beings who are complex and have different roles in life, not just the role of "resident".

Having residents engaged in job roles can also help reduce the workload of staff in tasks.







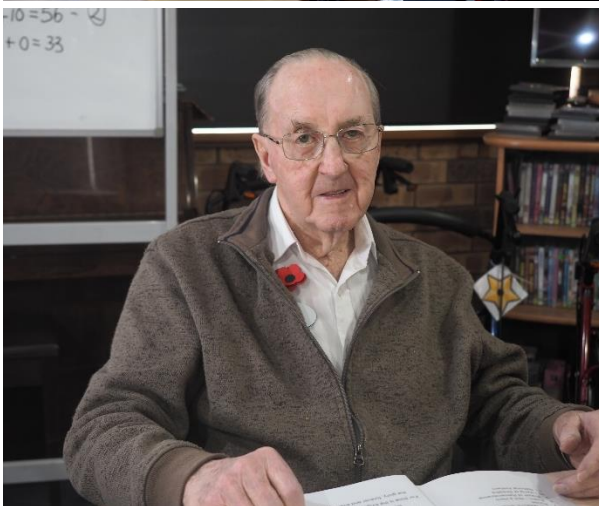
## OCEAN STAR VILLAGE

# Remembrance Day

The residents and staff at Ocean Star Village observed Remembrance Day with a dedicated service and morning tea.

The service was resident led with residents Josephine Cutrona reading "The Lord's Prayer", Madeline McInnes reading "In Flanders Field" and Ted Gumely reading "The Ode".

Photographed are residents Josephine with the wreath that she created with fresh flowers and Arthur Daws as he led the facility in the National Anthem.



ARCHBISHOP GOODY

## Happy Birthday

Happy Birthday Jo! Take a look at the beautiful cake that was made for his birthday. He and the other residents absolutely loved the cake.



ARCHBISHOP GOODY

## Dining Experience

This month we focused on the Dining Experience for our residents. The dining experience is all about creating a positive, comfortable and dignified atmosphere during meal times.

This involves ensuring residents are not rushed during meals and can take their time to enjoy their meal and socialise with other residents. Residents are also given choices on what they would like to eat and drink at each meal time with clearly labeled items. The tables are beautifully set with cloth napkins and glass drinkware to create a dignified experience.

Pictured above is resident, Patricia enjoying her dessert at lunch time. On the left is Jo helping a fellow resident, Tony with adjusting his cloth napkin.



TRINITY VILLAGE

## Festival of Lights

Here are some photos from our Diwali celebration at Trinity Village on Friday, 13<sup>th</sup> November.

Anu, one of our amazing carers, shared some authentic Indian treats, Laddoo, milk cakes and samosas with staff and residents.

Anu and fellow carers Thuy and Indika also donned some beautiful traditional Indian garb. The residents also had an opportunity to try on a few Indian shawls as well.

We spent the afternoon dancing, eating and learning the meaning of Diwali (Festival of Lights celebrated by people following Hinduism, Jainism and Sikhism).

Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance.



TRINITY VILLAGE

## Melbourne Cup

What a great celebration Trinity Village residents and staff had for Melbourne Cup!

The residents and staff dressed to perfection, donning their best outfits, hats and fascinators.

All the residents enjoyed a delicious lunch of baked salmon or chicken followed by a lovely pavlova dessert. This was all washed down with a glass of bubbly or drink of their choice.

Everyone enjoyed watching the races and cheering the horses on as they watched the event roll out live on television.

A big thank you for Trinity resident, Shirley Barker for creating beautiful flower teacups, which were placed on each table as a centrepiece. Congratulations to the residents and staff who won the sweeps!





## CASTLEDARE VILLAGE Gardening Workshop

We had so many people come and attend our first gardening workshops of the year.

We've decided it's high time we brightened up our little courtyard with some colour. As you can see we were so busy and we really loved having Margot and Terry's family with us for the day.

We not only created a nice top for our wall we also created some individual pot plants to enjoy in our rooms and reconnect with our old avid gardening selves.

It was a big day for our lifestyle team and we are very grateful to Steph, Alana and Bron for all pulling together and making it such a success. However we also know that the residents are the real winners as after all; they did all the hard work!





LESLEY'S RECIPE



## Christmas Salad with Strawberry Dressing

**Ingredients:**

Salad Dressing:

- 2 spoons balsamic vinegar
- 2 spoons olive oil
- Punnet of strawberries
- Pepper to taste

Salad:

- Green or red capsicum
- Cos lettuce
- Cherry tomatoes
- Lebanese cucumber
- Spring onions
- Strawberries

Put in anything you like to make the salad look Christmas-y. You don't need to include anything you or your family don't like. Kids love this salad too.

**Steps:**

Salad Dressing:

1. Combine all ingredients and blend together with a stick blender

Salad:

1. Cut green or red capsicum into thin strips.
2. Cut cos lettuce into small bite sized pieces.
3. Cut cherry tomatoes into halves.
4. Slice Lebanese cucumbers at an angle
5. Slice spring onions length-ways in finger-length sections & place into ice-cold water for a while. This makes them curl up.
6. Cut strawberries into halves.
7. Combine all ingredients into a salad bowl and drizzle salad dressing on top.



## RESIDENT FEATURE

## Meet Josephine

Meet Josephine, our resident Nonna at Ocean Star Village in Bunbury.

Josephine was born in Sicily, Italy in the late 1920s, before moving to Australia with her family when she was 8 years old. She lived in Donnybrook and helped around the family farm throughout her life.

Josephine is a great helper at Ocean Star Village, assuming many job roles. She is our Chapel Assistant, helping us set up the Chapel ready for Holy Communion, Rosary and Mass. She also helps deliver activity programs to each resident every fortnight. Josephine is now wanting to start setting up the tables ready for lunch time.

*"I like to keep busy and help out wherever I can. Keeping busy is good for me and keeps my brain active."*

## NEXT EDITION

## January 2021

In the next year we will be working on more wonderful projects to help our residents live a life of purpose. Keep an eye out for the next edition of "Out & About" and see you in 2021

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