



*care with
purpose*

Out and About

JANUARY 2021

Happy New Year from Catholic Homes



Welcome to the seventh **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.

Happy New Year from the entire team at Catholic Homes!

Here at Catholic Homes we have been enjoying the festive season with celebrations, singing and lots of cake.

As we enter the new year, we are continuing out commitment towards our Care with Purpose care model, and values of Love, Joy and Hospitality. Watch this space as we have exciting plans in the works for 2021!

In the meantime, please enjoy browsing through the wonderful photos and stories of our Care With Purpose in action across all our care residences.



OCEAN STAR VILLAGE

O Christmas Tree

O Christmas Tree, O Christmas Tree...

How wonderful does this Christmas tree at Ocean Star Village look? The residents absolutely loved putting this tree together and decorating it with all sorts of coloured baubles and tinsel.

The Lifestyle Team and residents also painted this brilliant photo stand-in which they loved snapping funny photos with.

They altogether enjoyed a wonderful Christmas Lunch and Christmas carols to top off the festive season.

Take a look at these wonderful photos!





OCEAN STAR VILLAGE Yoga Classes

The residents at Ocean Star Village love their seated yoga classes after lunch!

The seated yoga videos follow a singalong song which the residents enjoy engaging in. Seated exercises keep our residents active and healthy throughout the day.



OCEAN STAR VILLAGE King of Rock N' Roll

The one and only Elvis Presley paid a special visit to the residents at Ocean Star Village. Ocean Star held an Elvis themed Happy Hour in tribute to the King with the anniversary of his birthday. A special thank you to Graeme who agreed to be our Elvis for the day. Our residents absolutely loved singing and dancing their hearts out to the familiar tunes of the King of Rock & Roll!





ST VINCENT'S Santa Claus Is Coming To Town

The residents at St Vincent's enjoyed a traditional Christmas lunch of turkey, ham, roast vegetables, pavlova and brandy pudding, thanks to our chef, Ricky.

However the highlight was definitely Santa Claus coming into town. Santa Claus visited the residents at St Vincent's at our Christmas Luncheon with lots of laughs, cuddles and of course, presents. A special thank you for our wonderful carer, Luke for being Santa Claus for the day.

The residents sat around the Christmas tree opening their presents with one another. The room was filled with "Oohs" and "Ahhs" as they shared and showed off their presents to one another.

Take a look at the brilliant photos taken on the day!





ST VINCENT'S

Little Drummer Girl

Come they told me, Pa rum pum pum pum...

The residents at St Vincent's sang their hearts out at the annual Christmas Carols event. The carols were led by our fantastic residents. Resident, Patricia Mullan even helped tap the drums to the song "Little Drummer Boy".

The favourites were definitely "Silent Night", "We Wish You A Merry Christmas" and "Jingle Bells".

The carols were finished off with delicious fruit mince pies and a glass of sherry. Yum!





ST VINCENT'S Meaningful Days in Market

At Catholic Homes we encourage our residents to be as active and involved as possible.

Here in St Vincent's we have a designated Lifestyle Facilitator to provide activities and encourage independence during meal times for our residents in Market Wing.

Here you can see our residents helping us fold the tea towels, colouring pictures and creating decorations for events.

These activities encourage residents to use their fine motor, sequencing, coordination, reasoning and judgement skills.

By engaging in these activities, our residents are stimulated throughout the day and maintain the skills they need to perform daily activities.



CASTLEDARE VILLAGE A Holly Jolly Christmas

December, it seemed we were just filled with Christmas!

As you can see we loved going on lights bus trips and of course the big day itself when Father Christmas delivered the gifts and we lit the Candle.

All of us got involved in some way. We all made presents or wrote cards for our loved ones, some helped decorate the Christmas tree and others made gingerbread houses.

Our chef, Kris and his team created a wonderful Christmas lunch featuring dazzling decorations for a traditional glazed ham and turkey main with brandied pudding for dessert!

The heart-warming event made everyone very happy indeed.

We had much too many pictures to share, so we only picked our favourites and we'll keep our writing short so we can fit more in!





CASTLEDARE VILLAGE Animal Farm

We didn't forget to have fun for the rest of December too!

We enjoyed seeing the animals at the animal farm. There were chickens, bunnies, baby lambs and baby goats! The residents loved cuddling and feeding the animals.





LESLEY'S RECIPE



Baked Field Mushrooms

Ingredients:

- 3 large field mushrooms
- 4 rashers of bacon, chopped
- 3 spring onions, chopped
- 200ml tub of low-fat sour cream
- Parmesan cheese, freshly-grated

This is a meal for mushroom lovers and makes a really nice brunch. Mushrooms are full of nutrition, and make a good meat-lovers' substitute when trying to eat a bit less meat.

Steps:

1. Pre-heat oven to 180 degrees.
2. Brush any dirt off the mushrooms with a pastry brush - **don't wash them** because they soak up water like a sponge. Peel the outsides of the mushrooms, turn them upside-down and take the stalks out. Set them upside-down on a small baking tray.
3. Fry the bacon and spring onions, and put them into a bowl. Add the sour cream and mix together.
4. Fill each mushroom to the brim with the sour cream filling and sprinkle with freshly-grated Parmesan cheese.
5. Cook 10 minutes or until filling is golden brown. Be careful they don't burn. The filling becomes like savoury cheese cake.
6. Serve with a green salad



ARCHBISHOP GOODY
Jingle Bell Rock

Jingle Bell, Jingle Bell, Jingle Bell Rock...

Archbishop Goody resident, John Mason played some lovely tunes on the piano for the residents and staff at the annual Christmas Luncheon!

The residents enjoyed a lovely traditional Christmas lunch prepared by our chef, and lots of fun, laughter and presents.





TRINITY VILLAGE

Christmas Time at Trinity Village

Cheers to Christmas!

The residents at Trinity Village enjoyed a lavish Christmas Luncheon at the community room prepared by our wonderful chef.

The tables were beautifully decorated by our Lifestyle Team and residents to create the festive atmosphere.

The highlight was definitely the little elves that came by to deliver the presents to each resident!





TRINITY VILLAGE

Frankie Sinatra at Trinity Village

We now have a wonderful volunteer dog called Frankie (named after Frank Sinatra) who comes in every Saturday with his owner, Jemma!

He is a Schnoodle (Poodle/ Schnauzer), very soft and perfect for petting. Frankie and Jemma come from "Animal Companions", a non-profit volunteer organisation who provide pet therapy to aged care facilities, free of charge.

The residents absolutely love him and their faces light up when he is around! He is very health conscious as the snacks they give him are slices of apple.

Look at how happy the residents are interacting with Frankie. They can't wait until the next time he visits.



SERVITE VILLAGE
 Here Comes
 Santa Claus

Here Comes Santa Claus...

Santa Claus visited the residents at Servite Village at their Christmas Luncheon last month!

Everyone was so excited to see Santa Claus, especially the delivery of their presents. The residents enjoyed opening up their presents and showing them off to one another.

A very special thank you for Servite resident, John Villier for being our Santa for the day. He definitely brought a lot of joy to the residents that day.

The residents enjoyed a delicious Christmas lunch prepared by our chef.

Take a look at these wonderful photos!



RESIDENT FEATURE

Meet John

Meet John, our musically and artistically talented resident at Archbishop Goody Hostel.

John was born in Subiaco in 1930s and worked a variety of jobs such as delivering newspapers, on the railways and in the State Government Insurance Office.

However, John's passions lies in music and art. He learnt how to play the piano at the age of 15 and went on to play the guitar, ukulele, drums and violin. John states that he loves to play and listen to classical music.

John also enjoys painting landscapes and sketching drawings in his free time.

When asked about his secret to happiness, he answered:

I like to keep things happening naturally, rather than trying to force things to happen.

NEXT EDITION

February 2021

Next month we will be focusing on our exciting plans to help our residents live a life of purpose. Keep an **eye out for the next edition of "Out & About"**.

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