

**Catholic
Homes***care with
purpose*

Out and About

MARCH 2021

Care With Purpose

Welcome to the ninth **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.

As we enter the new year, we are continuing our 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.



SERVITE VILLAGE Pinata Fun

The residents at Servite Village enjoyed a fun filled Mexican themed day!

Take a look at this colourful sombrero piñata that the residents loved hitting for the candy and goodies inside.

The residents absolutely loved the memories of hitting a piñata and shared many stories of their parties.





ST VINCENT'S St Vincent's Turns One!

St Vincent's celebrated its first birthday this February, making officially one year since moving into the new building.

The residents were excited for this day, eagerly preparing decorations and snacks for the party. Our residents helped with creating the decorations that we hung around the foyer and activity room. We also had residents make delicious chocolate crackles for party food as well!

A big thank you to all the residents and staff, we have achieved lots and learned lots of lessons in this year!

Take a look at all the wonderful photos of residents and staff enjoying the celebration and party.



ST VINCENT'S MasterChefs

Our residents at St Vincent's have been doing some serious cooking in the kitchen lately.

Here we have Keith, Joyce and Stevie creating our childhood favourite, chocolate crackles for St Vincent's 1st birthday party; while Susan, Peter, Thelma and Nan made golden crispy spring rolls!





ST VINCENT'S Fine Dining

We have been using our Bebo Moro dining room more often for special events like this!

Last month the men at St Vincent's enjoyed a special lunch prepared by our chef, Ricky. The men were delighted by a delicious "Surf & Turf" with steak, fish, prawns and chips; all washed down with a bevy or two.

Our Facility Manager, Joseph also joined the men for this wonderful time and meal.

Special events like this fine dining experience is important for our residents; as it provides something different from their usual routine. Needless the say, the men at St Vincent's thoroughly enjoyed the meal, conversations and company.





ST VINCENT'S Love Is In The Air

Valentine's Day at St Vincent's is always a special one!

We invited residents and their spouses to join us for a lovely Valentine's Day themed High Tea. The couples enjoyed the delicious cakes and treats prepared by our chef, Ricky.

Our residents helped with creating the beautiful love heart decorations for this event and we thank each and every one for their efforts.

Our residents and their spouses absolutely loved the event and the delicious treats they enjoyed.



CASTLEDARE VILLAGE

Men's Project

We talk a lot about 'dignity of risk' as part of what we want to provide here at Castledare, and here you can see the men putting that in action as they enjoy using the drill to construct our brand new ice cream cart!

While we know that some people might worry about fingers getting in the way or a drill slipping, it's lovely to see the men showing their skill. They have been drilling for a lot longer than our team and were able to help us figure out the best way to put it together.

It's amazing how the brain works with skills like this. While some of us struggle to remember names or what happened a short while ago, the long term memory of how we did things we have been doing for year's remains.





CASTLEDARE VILLAGE Saturday Club

We are all very excited here at Castledare for our massive Valentine's Ball!

Saturday Club has been very busy getting some decorations ready. We had a lot of fun on the Sunday of Valentine's Day receiving our invitations so we can all be ready for the big Friday night event.

We look forward to sharing the photos of this next month.





CASTLEDARE VILLAGE Castledare Goes To Cottesloe

Bus trips are definitely a highlight for at Castledare. Being able to connect with the community and get out to feel the sun makes a world of difference.

We felt particularly grateful to Bruce for picking out our last bus trip of the month. He requested going to Cottesloe where he used to live. Normally Bruce finds it hard to get out during the day, so it's important for us to make sure it's worth his while.

We all know for ourselves that we are more interested in doing things that relate to us personally, and so being able to choose can help encourage us to go outside of our regular comfort zone. Thanks Bruce for sharing a bit about yourself and picking a lovely outing for everyone!



LESLEY'S RECIPE



Shepherd's Pie

Ingredients

- 2 large onions
- 2 cloves of garlic
- 500g minced beef
- 1 cup chicken liquid stock, or 1 cup water with 1 chicken stock cube
- 2 large potatoes, grated
- 1 sweet potato, grated
- 2 cups of any of the following: grated carrots, grated zucchini, grated pumpkin, corn, peas, chopped mushrooms

Steps:

1. Brown onions and garlic in a small amount of olive oil.
2. Add and brown off the mince.
3. Add the vegetables – they can be whatever vegetables your family likes.
4. Simmer in chicken stock for 10 minutes. Season with salt (not too much) and pepper. There's no need for Gravox or thickener, the vegetables and stock become your sauce.
5. Meanwhile, boil the potato and sweet potato in one cup of water with a pinch of salt. Boil for about 5-10 minutes until all the water disappears into a sauce.
6. Place mince mixture into a casserole dish. You can spread the potato mixture on top, or stir it into the meat and vegetables. Cook 15-20 minutes on 180 degrees to brown.

Serving suggestion

Serve with runner beans, spinach, or any green vegetables your family likes. This is a quick and healthy family meal.



OCEAN STAR VILLAGE

Be My Valentine's

Take a look at the wonderful Valentine's Day lunch our residents at Ocean Star Village and their partners enjoyed.

Our four couples were treated with a special lunch and dining experience with flowers, chocolates, wine and lots of love.

One of our residents stated that Valentine's Day was very special for her and was happy that she could celebrate it with her loved one.

Enjoying lunch with your loved one, in front of an ocean view, it doesn't get any better than that!

How did you celebrate Valentine's Day this year?

OCEAN STAR VILLAGE

Framing Memories



Our residents at Ocean Star Village have created these wonderful photo frames to take photos with.

As you can see they are themed such as Valentines and Easter. The residents had lots of fun painting, decorating and most importantly taking photos.



OCEAN STAR VILLAGE

Alice In Wonderland

Our residents are busy painting an Alice In Wonderland mural for the facility. Painting not only allows our residents to express their creativity but also maintain their fine motor skills needed for everyday activities!

ARCHBISHOP GOODY

Courtyard Crafts



While the sunshine is out, residents at Archbishop Goody have taken advantage of the beautiful weather.

Residents took the opportunity to engage in craft activities in their outdoor courtyard for a change.

Take a look at the wonderful creations the residents are making.



TRINITY VILLAGE

Singing A Song

Trinity Village is alive with the sound of music! Our Pastoral Care Practitioner, Lynda facilitates a singalong session with the residents, which they absolutely love. The residents enjoy being able to request the songs and tunes that they used to sing to in their younger years.



RESIDENT FEATURE

Meet Diana

This is Diana, our energetic and bubbly resident from St Vincent's.

Diana was born in Mt Lawley in the 1940s and grew up with her parents and brother, who is also a resident at St Vincent's.

She loves all things Elvis and can recall almost all of his music! Diana also enjoys helping staff with cleaning the dishes, and joining in on other groups such as bus outings and indoor sports.

Diana has a bright and positive personality that is infectious to those around her.

When asked to her secret to happiness, Diana shares:

I think about things that make me happy, like Elvis!

NEXT EDITION

April 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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