



*care with
purpose*

Out and About

APRIL 2021

Care With Purpose



Welcome to the 10th 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 through our model of care 'Care with Purpose' in partnership with our residents.

At Catholic Homes, we are committed to our Care with Purpose approach, and our core values of Joy, Love and Hospitality.

We believe that every resident should live a life of purpose, enjoy independence and be supported to engage in meaningful activities and tasks everyday.

Please enjoy browsing through the wonderful photos and stories of our Care with Purpose in action across all our care residences.



SERVITE VILLAGE **Pot of Gold**

Servite Village enjoyed their St Patrick's Day luncheon with a sea of green!

The dining room was transformed into a green wonderland with shamrocks, balloons, and leprechaun hats which guests absolutely loved.

We enjoyed a classic Irish meal with Irish stew, cabbage with bacon and of course, green beers.

The luncheon was finished with a raffle draw, kindly assisted by Agnes — thank you!

Take a look at these wonderful photos of everyone enjoying their St Patrick's Day luncheon.





**ST VINCENT'S
Virtual Reality**

Have you tried swimming with dolphins and sharks? Our residents at St Vincent's have!

We had the amazing opportunity to trial Virtual Reality by Optimus Gaming VR; immersing ourselves into incredibly realistic experiences.

Virtual Reality provides many opportunities for experiences that may be difficult for residents to access, such as travelling overseas.

Pat enjoyed visiting her childhood home in Sussex, Eugene loved a trip to space, Keith visited Croatia while Frank swam with the dolphins.

A photograph of an elderly man with glasses, wearing a striped polo shirt and dark trousers, sitting in a black office-style chair. He is wearing a VR headset and looking towards a screen. The background shows a window with white curtains, a sofa, and a framed picture of birds on the wall.



ST VINCENT'S

Pinkies Up!

We are excited to use more of our Bebo Moro heritage site here at St Vincent's and our monthly events have been an absolute success.

Last month we invited ten ladies to a special pink-themed High Tea. Friends and family also joined us for this wonderful occasion.

The ladies loved dressing up in pink and tasting the delicious cakes, scones and freshly brewed tea.

Special events are important for our residents as they provide an opportunity for everyone to experience something different from their usual routine.





ST VINCENT'S Ice Cream Shop

Bus outings are always a better with ice cream! We were excited to visit an ice cream shop on the way back from their bus outing.

Social outings in the community are very important for wellbeing. Enabling people to engage in familiar routines, interactions and environments, as they have for many years, is highly beneficial.

ST VINCENT'S Knit & Natter

Take a look at our new knitting group, "Knit & Natter" here at St Vincent's.

Knitting is a great activity for maintaining fine motor skills, so we may continue to engage in daily meaningful activities.

Our residents are loving this space to knit and crochet together; sharing tips and tricks with each other.

Can you think of a project our group can create?





LESLEY'S RECIPE



Pea & Ham Soup

Ingredients

- 2 ham hocks
- 1 onion, cut in chunks
- ½ bunch celery
- 2 carrots
- 1 sweet potato (medium)
- Half a 375g packet of orange split peas
- 1L of chicken stock or 1L of water with one chicken stock cube
- Salt and pepper to taste

This is a family favourite. Lesley learnt this recipe from her mother and now her daughters enjoy making it too.

Steps:

1. Fry onion in small amount of oil until soft, not browned.
2. Add everything else in to the pot.
3. Bring to the boil, then simmer on low for approximately 1-1 ½ hours, until sweet potato and split peas thicken and all flavours are mixed together.
4. Remove ham hocks, cut off pieces of meat and return the meat to the soup.
5. Blitz with a hand-held stick blender to the consistency that suits your family. Best to make it smoother for babies and the very elderly. Some families prefer to find tasty chunks of vegetables and ham in their soup.



CASTLEDARE VILLAGE Dress to Impress

Castledare Village held a magical ball for our residents recently. The event started where we had 23 ladies lining up in our pamper parlour to get their nails done; very excited to look their best for the event to come. Finally, the fun began! We enjoyed picking a lace mask that took our fancy, receiving the beverage of our choice and chatting with our table mates as the lovely pianist Gioi serenaded us. Then it was time for canapés and entertainment as the trio violinist, guitarist and vocalist began their fantastic music! At first it was our guest swing dancers who started us off, but soon they couldn't keep going as we took over the dance floor. The festivity continued with old time tunes until gradually it was time to say farewell. We still haven't stopped hearing about the ball since!



CASTLEDARE VILLAGE

Sculptures By The Sea

It was a wonderful day to wander down to Cottesloe to explore the new art sculptures that are on display here. This was a very popular bus trip and a very busy day! Being outside, enjoying good company and seeing the art around us are great for feeling general wellbeing. There was a lot of walking but our team did a fantastic job sticking together and keeping each other safe during the event.





TRINITY VILLAGE

St Paddy's Day

We celebrated our St Patrick's Day luncheon in our community centre for the first time in a long time and were ever so happy to be back together, rather than celebrating in our individual houses. Chefs O'Mollie and O'Marian cooked up an Irish feast of corned silverside, Irish Stew and bacon cabbage, followed by a fresh out-of-the-oven rhubarb and apple crumble. The afternoon was filled with festive Irish jigs and shenanigans including a hidden shamrock left under the seat of Dorothy Lombardi's chair; winning her the pot of gold!

Mollie

O'Marian



OCEAN STAR VILLAGE **Gwen's Farewell**

We waved goodbye to Gwen our Facility Manager at Ocean Star Village last month with a Alice in Wonderland-themed Tea Party.

The painting pictured in the photo above was created and beautifully decorated by our residents; showcasing all the key characters in Alice in Wonderland.

Gwen has been with Catholic Homes for many years and was a key driver in our Care With Purpose care model during its early days.

We thank you Gwen for everything and we wish you the best in future endeavours!



ARCHBISHOP GOODY Virtual Reality

Virtual Reality is spreading across Catholic Homes sites as more residents get their hands on the new technology.

The residents at Archbishop Goody absolutely loved their immersive experience with Virtual Reality. The facilitators from Optimus Gaming did a great job at helping our residents navigate the program.

They can't wait until their next Virtual Reality experience!





Pat retains this helpful and compassionate nature to this day. She helps with facilitating Bible study classes and plays the piano for songs and prayers here at St Vincent's. She is also a very talented painter, creating the most spectacular landscapes and ocean views.

RESIDENT FEATURE

Meet Pat

Meet Pat, our talented and creative resident here at St Vincent's! Pat was born in the 1930s in Reading, Berkshire before she travelled with her family and settled in Busselton. Pat worked as a Nursing Aide and in clerical jobs.

Her fondest memories were travelling the around United Kingdom, Ireland, New Zealand and Australia with her husband, Terry in their caravan. Pat and Terry always made it a priority to offer words of encouragement and prayer to those they met along the way in their travels; asking God to place the right people in their paths. When talking about what her key to happiness was, Pat shared:

"My God, my faith and being able to help people is rewarding for me".



NEXT EDITION

May 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 and About".

p 1300 244 111

e catholichomes@catholichomes.com

catholichomes.com