

OLD S'COOL CLUB



Autumn 2022 Newsletter



OUR COMMITMENT TO YOU

Our goal is to enable you to stay connected with your community and engage in activities that bring you joy.

If you or your loved one find it difficult to attend appointments, community activities or visit friends unaccompanied, we can offer one-on-one support workers from our Home Care Service to accompany you.

Tailored to suit your needs, we have many services to choose from that can help you enjoy life and activities such as visiting friends or family, getting to appointments and entertainment like the cinema, clubs or sporting events.

Here's to 2022!

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What did the pirate says when he turned 80? Aye Matey.

HERE'S TO 2022!

Welcome to Autumn as we look forward to an exciting new year and opportunities to pursue the things we love doing.

Our thoughts are with the communities in the south who have experienced the ravages of recent bushfires and we take comfort that our employees are in constant contact with our clients to ensure they are well and receive the supports they need.

We want to reassure our clients and their families that Catholic Homes is working hard to keep you and the community safe.

Catholic Homes is adhering to advice of government health authorities, and we will continue to keep you informed.

I am pleased to report that our home and community care workforce has responded to the call and are fully vaccinated against COVID-19.

I thank all clients and families who have received their vaccination!

Please enjoy reading our latest edition of Old S'Cool!

With best wishes,

Kylie Steele

Executive Manager Home and Community Care



"Perseverance, the secret of all triumphs"
VICTOR HUGO

STARTING OFF Small

Just three seconds of weightlifting can improve your muscles, according to new a study by Edith Cowan University.

It sounds too good to be true, but the research says lifting weights for as little as three seconds a day at maximum effort can improve muscle strength.

Scientists said the research showed that people did not need to do long periods of exercise to gain benefits.

This may be good news for the ageing population and emerging programs that could help prevent age-related diseases.



Catholic Homes offers a range of tailored physiotherapy and exercise programs for our clients at home and in our Day Therapy Centre.

While we're not urging you to lift hundreds of kilos, we do want you to reach your potential. Start by contacting our team to talk about your fitness goals.

Keep on your toes

Did you know we can help you with in-home podiatry services?

Our team can help you access a range of foot-care services to help improve the quality of your life.

Podiatry receives funding from the government to keep your services low-cost.

To find out more call our friendly team on 1300 244 000 or email homecare@catholichomes.com

INTRODUCING Gemma

So we may get to know them better we ask our staff to answer some hard-hitting questions. Introducing one of our newest administration team members, Senior Support Officer Gemma Warren!



*A warm welcome to
Senior Support Officer
Gemma Warren*

DESCRIBE YOURSELF IN THREE WORDS

Bubbly, loving and trustworthy

IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD YOU GO?

The UK, all my family are there

WHAT IS YOUR FAVOURITE DINING-OUT RESTAURANT?

Rambla on Swan

WHAT IS YOUR FAVOURITE FILM?

Notebook and Pretty Woman

WHAT WOULD YOU SING AT A KARAOKE NIGHT?

It's Raining Men

WHAT WAS THE FIRST THING YOU BOUGHT WITH YOUR OWN MONEY?

Clothes

WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?

Live life to the max and enjoy every moment

WHAT ARE YOU MOST PROUD OF?

My kids

WHAT IS THE BEST THING ABOUT YOUR JOB?

My amazing team



Wagin Woolorama, here we come!

Not long until one of the Wheatbelt's biggest field days kicks off. Woolorama in Wagin attracts thousands and Catholic Homes will be there helping people with their home care needs.

Over two days, on 11 and 12 March the community comes together to showcase the diversity of agricultural life and celebrate how things in WA can be done extraordinarily well.

Woolorama is a fantastic day out for the whole family with lots to see and do visit woolorama.com.au and see you there!

PRIVATE SERVICES WITH CATHOLIC HOMES

Did you know we offer private services to people living in the community, in Residential Care and Independent Living?

If you or your loved ones find it difficult to attend appointments, community based activities or visit friends unaccompanied, we can offer one-on-one support

workers from our Home Care Service to accompany you.

This service is tailored to suit your individual circumstances and can include assistance such as visiting family and friends, joining a club or an event, going shopping or to appointments. These can be regular or once-off under a fee-for-service arrangement.



FOLLOW US ON Social Media

We all love a laugh and we're always on the lookout for fun stories and photos. You're invited to share yours too on our very own social pages.



“I've been everywhere man...”

Our managers John, Zoe and Moutari hit the road recently to spread the word about Home Care and how Catholic Homes can support older people living in the Wheatbelt.

We've met Shire and community representatives in many towns to say we're open to everyone!

We're always available so your community is well supported by home care services as well as employment opportunities.

In other news, we have been working with local representatives to progress aged care services with the Central East Aged Care Alliance and Pengelly Somerset Alliance projects. We look forward to bringing you further updates on these exciting initiatives.



MODERN CENTRE OFFERS DAY RESPITE

Our Day Therapy Centre in Guildford is fully equipped to provide centre-based respite so you or your carer can take a well-deserved break.

Depending on your needs, respite is a great way to recharge and reconnect, while being supported by friendly staff.

Eligible clients receive funding through the Commonwealth Home Support Programme.

Our service is flexible and can respond to culturally and linguistically diverse clients and caters to your cultural, spiritual or ethical food requirements.



BILLY, BLUEY AND BIRKHALL WITH THE BIRDS

Our client Billy lives on his property with his dog Bluey and his horse, Birkhall. He was born one of five children in Scotland and moved to Australia as a young child.

Working as a roof carpenter, Billy raised three children and has held a long-time passion for horses and horse-racing, having raced his own horses over the years.

Billy still enjoys a good network of friends and neighbours. Here we see Billy spending some time in the sun with more friends of the feathered variety!



Bounce back WITH OUR HELP

Short Term Restorative Care (STRC) is an inexpensive way to get back on top of things if you are having difficulty with the day-to-day.

The program offers an extensive range of supports, therapies and services to help you achieve your goals.

Depending on your care needs you may be able to receive services in your home, in the community or in an aged care home.

Short Term Restorative Care can be provided for up to eight weeks (56 days) depending on your needs. You may be eligible to Short Term Restorative Care twice in any twelve month period.

Find out how you can be part of our community and contact us on 1300 244 000 or homecare@catholichomes.com



MORE RETIREMENT Options

Catholic Homes has four independent living villages that are attractively landscaped and well maintained year round.

Our fully self-contained villas bring a choice of one, two and three bedrooms, each with spacious living and dining areas, built-in wardrobes, well-appointed kitchens and plenty of parking.

And if your needs change and you want to stay at home, residents can access home and community care services from Catholic Homes.

To find out more about our retirement living services, call us on 1300 244 333 or email retirementliving@catholichomes.com



SHARE YOUR stories

It's great to share your news and bring people together!

If you have a story, ideas, photos, jokes or anything else that will brighten the day and put a smile on a face, you can do it through this newsletter.

Text should be concise with photos of a high quality and submitted by email. Please note submissions may be edited to suit this lovely little newsletter. Drop us a line at homecare@catholichomes.com

Compliments, complaints and continuous improvement

*If you love the service we provide or wish to let us know how we can improve, please tell us. There are many ways you can get in contact.
homecare@catholichomes.com
1300 244 000*

Home Care

123 Burswood Road Burswood WA 6100
p 1300 244 000
f 6454 1797
e homecare@catholichomes.com