



*care with
purpose*

Out and About

FEBRUARY 2022

Care with Purpose



Welcome to the February edition of **“Out and About”**, a newsletter showcasing 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 by working with our Care with Purpose care model, and our residents, staff, volunteers, and families.

Meaningful engagement involves supporting choice, and maintaining independence for as long as possible, and at Catholic Homes these are important elements of our Care with Purpose model of care. This edition of Out and About is oozing with examples of people experiencing the benefits of meaningful engaged, and as well people experiencing the pleasure of a very popular Summer treat.



TRINITY

Crafted Pots

Some amazing results emerged following our decoupage craft sessions. The crafters proudly owned their truly beautiful pots, and showed them off to family. Lifestyle facilitator Lesley reports that the decoupage bug has set in, so she recommends to not stand still for too long at Trinity or you may get decoupage!





TRINITY
 Australia Day
 Luncheon

This was the first luncheon prepared by Trinity's new Chef Paolo, and what a fantastic luncheon it was. The BBQ was fired up, there was pulled pork, snags, shrimp, lamingtons, and even lemon sorbet to cleanse the palette before dessert. There was also much singing and laughter, and several renditions of " home among the gum trees ".





"I scream, you scream, we all scream for ice cream" (1927).

TRINITY

Joys of Ice Cream

We had a mobile ice cream trolley on the go recently, with the old fashioned familiar "Greensleeves" playing, bringing back memories of ice-cream vans. It was a delicious afternoon!





ST VINCENT'S Gardening

St Vincent's residents have been tending to the garden beds recently, and planting silver beet and chillies.

Gardening provides cognitive, sensory, and functional benefits, and working as a team connects people, while being outdoors is always a pleasant environmental option.



ST VINCENT'S Australia Day

Residents Peter and Ken helped cook up a lovely BBQ, while others enjoyed the fun and games such as Beer Pong (without the beer) and Pin the Tail on the Donkey. Everyone then enjoyed the lovely BBQ lunch, and the concert with Julie Gardener that followed.



LESLEY'S RECIPE



Hi Li Ming



INGREDIENTS

500g mince, beef, chicken, or turkey
 1 packet of chicken noodle soup
 1 onion, sliced
 ¼ - ½ cabbage, sliced
 1 dessertspoon, curry powder
 1 clove garlic, minced
 3 – 4 spring onions, sliced
 500ml water
 vegetable oil for frying

Alternative, omit chicken noodle soup and add:

500g rice
 ½ chicken stock cube

METHOD

In a pan slowly fry the onion, garlic, and spring onions until translucent. Add mince and fry until browned. Add either the packet of chicken noodle soup or the rice and ½ chicken stock cube, depending in whether you want a rice or noodle base. Simmer for 10 minutes, or until the rice or noodles are cooked.

Option: you could add one cup of carrot, broccoli, corn, or peas. This is a good way to use up left-over vegetables.

This is a cheap, tasty, single-pan recipe from the 1960s and 1970s, sometimes called Australia's version of Chow Mein. Lesley's mother used to cook it, and it was a family favourite.



ARCHBISHOP GOODY

Sensory Group

People participating in this sensory group love the music and engaging with the parachute and balloons.



Self-Selected Meals

At Archbishop Goody we understand the importance of people being able to see and enjoy the distinct aroma of the various food options at each meal service. Kevin enjoys coming to the dining room to share a meal and conversation with others, he says it brings back memories of when he shared meals with his family and friends.



Singalong

Here are some images of The Wednesday singalong, with Father Trevor bringing Joy into our home through music. Singalong is held monthly at Archbishop Goody.

ARCHBISHOP GOODY

Garden Group

Now that the weather has tamed down a bit, Archbishop Goody has started a regular Monday afternoon garden group, where we started by pruning back the Mint bush.

Some residents remember having had gardeners tending their gardens, while others with green thumbs did their own gardening. Glenn stated his ex-wife had the green thumb while he helped with the lawns. Maureen shared "My husband tended to our gardens while I looked after the kids". Pearl reminisced about all the fruit and vegetables she had in her garden.



Music and Reminiscence

Pat and Carmela enjoy music time and reminiscing about the times they went dancing.

Soccer Skills

This group of Archbishop Goody residents is maintaining their mobility, and practicing their soccer skills in readiness for the annual Live Lighter Aged Care Games.



SERVITE

Chinese New Year

Understanding different cultures, and acknowledging their customs are important elements of Care with Purpose. Chinese New Year is widely celebrated in Australia, and at Servite we were privileged to be able to celebrate the start of the Year of the Tiger with resident Chuang Sheng Yuan.



OCEAN STAR

Beachside Cruises

Residents and volunteer Brian have been taking beachside cruises in the gopher.

These rides are very popular with everyone. So popular, in fact, that more drivers are being trained up to ensure maximum enjoyment.



OCEAN STAR

What's the Score?

Rules for Quoits at Ocean Star allocate a certain number of points for getting the quoit near the pole, and even more points for landing over the pole, however Madeline needs to know how many points she gets for balancing the quoit on the pole?



Memories



“I recall in the 1960s, catching the rail-road bus to Katanning from the Perth Railway Station, across the road from Boans Department Store in Wellington Street Perth.”

Do you have any memories of bus journeys, the Boans Department Store or Perth Railway Station, or a department store or railway station in another city that you may like to discuss with your family, visitors, friends, or the team?

A selection of memories about department stores or railway stations could be published in the March edition of Out and About if there is interest in sharing. Your Lifestyle team will help you submit your recollections.



FEATURE

Meet Sheng

Chuang Sheng Yuan was born in Canton, Guangdong Province in 1921, and turns 101 in April this year, he had two sisters and three brothers. Sheng farmed with his family every day until he retired at age 65. He came with his wife to Australia in 1985, later returned to China for a short time, and then returned again to Australia in 1990.

Sheng is a prominent and valued resident of Servite where he speaks and understands only Cantonese but can communicate in his own language with a few team members including his daughter-in law, Kim.

Sheng misses Chinese food, and so recently very much enjoyed joining fellow residents at Servite in the Chinese New Year Celebrations, organised by ace Lifestyle Facilitator Domenica. Sheng also enjoys exercise classes, going to the dining room, and spending time by himself in his room.

NEXT EDITION

March 2022

Next month we will be focusing on our exciting plans to help people living at Catholic Homes residences to experience a life of purpose. Keep an eye out for the next **edition of "Out & About"**.

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