



*care with
purpose*

Out and About

JULY 2022

Care with Purpose



Welcome to the July edition of our “Out and About” newsletter showcasing Care with Purpose in action across Catholic Homes’ care residences.

We invite to you to learn more about what we are achieving at our residences through our Care with Purpose person-centred approach where residents, staff, volunteers and families work together.

Meaningful engagement involves naturally satisfying occupations. Catholic Homes’ Care with Purpose model supports residents’ wellbeing by recognising that the natural need for meaningful engagement doesn’t diminish with age. Boredom, an emotion that arises from not being satisfied or fully engaged, is reduced when activities and job roles that provide satisfaction and purpose, are well supported.

ST VINCENT'S
European joy

We celebrated Europe recently with a European luncheon and tasting sessions featuring different European wines, cheeses, and delicacies.





ST VINCENT'S
Games Banner

Preparation is well in hand for the Metro Live Lighter Aged Care Games to be held in August. St Vincent's residents are busy creating a special banner for this event.



ST VINCENT'S
Morning Papers

Both Annie and Joseph enjoy starting their day with the satisfying and meaningfully engaging practice of reading their daily newspapers after breakfast.





ST VINCENT'S **Maccas for Lunch**

McDonalds take-away was on the menu for lunch recently. This triggered reminiscence about much-loved fast-food joints. *Bernie's Finger Meals and Hamburgers* first opened on Mounts Bay Road under Kings Park in 1939, while *Alfred's Kitchen* opened in a caravan near Stirling Square in Guildford in 1946, and *Peters by the Sea* opened at Scarborough Beach in 1954.



LESLEY'S RECIPE



INGREDIENTS

2 tbsp. butter
 2 tbsp. plain flour
 2 cups milk
 1 cup, tasty cheese, grated, plus a bit
 1 onion, finely chopped
 1 tsp. seeded mustard (optional)
 3 cups vegetable, chopped leftovers,
 blanched or steamed:
 parsnips
 leeks
 carrot
 potato
 sweet potato
 parsley

METHOD

Sauté onion in butter until translucent. Remove from heat & stir through the plain flour. Add milk & return to heat, stirring continually until white sauce thickens. You can add a teaspoon of seeded mustard if you like.

Put vegetables into baking tin or casserole, pour white sauce over the top. You can sprinkle a bit more grated cheese on top if you like. Bake at 180 degrees, until brown on top.

The white sauce can be used on fish or meat instead of gravy. Add the seeded mustard if using on ham.

This is a good way to make vegetables appealing for reluctant vegetable-eaters, both children & adults. And a good way to use up leftovers.

Cheesy Vegetable Bake



SERVITE

Companion Cats

Robotic cats are calming sensory companions that were the source of much meaningful engagement at Servite recently. Patricia, Rosemary, and Phyllis were all interested in interacting with the cats and this prompted a reminiscent conversation.



SERVITE

Viewing Enjoyment

If you can't go to the ballet, the ballet can come to you. Ballet brings Dora great joy. This iPad viewing led to a conversation about composers and more ballets. Dora's favourite ballet is Firebird, a ballet and orchestral concert based on Russian folklore tales that premiered at the Palais Garnier, Paris in 1910.



Jim recently enjoyed Parkinson on the iPad. Michael Parkinson hosted his relaxed BBC chat shows between 1971-2004, some were filmed in Australia. Jim expressed his interest in viewing more programs like this going forward.





CASTLEDARE
**Winning
 Engagement**

Castledare resident, Win, recently enjoyed viewing an ABC interview with Evonne Goolagong Cawley. Win is interested in tennis and was delighted and totally engaged for the length of the 30-minute interview on the ABCs streaming App, iView. Win was also very impressed with the interviewer, David Wenham. The Balmoral lounge TV was placed on mute while Win viewed the interview on the Lifestyle iPad on loan from house McLeod. Win's photo is on the front cover of this edition as an example of truly meaningful engagement in action.

OCEAN STAR

Animals and Music

Residents at Ocean Star had an opportunity to participate in a variety of unusual but engaging activities this month. Can you spot the snake between these brave ladies? The joey is a bit easier to spot, and to listen the harp would be very enjoyable.





ARCHBISHOP GOODY

Goody Shop

Archbishop Goody opens a goody shop in the Café lounge every Wednesday and Saturday. Residents are happy to come to buy their favourite treats. The shop keeper is aware of and caters to any special dietary requirements. Chips, chocolates, lollies, and noodles are popular items. Shoppers can also place an order for anything else they require, and it will be sourced and delivered within the following fortnight.

ARCHBISHOP GOODY

Satisfying Work



David remembers that he has work at 12.30pm, where he will make note paper. Joan helps by tidying up the note papers that David has cut. This opportunity for work provides meaningful engagement for both David and Joan and leads to feelings of satisfaction, while ensuring that the afternoon does not become boring.

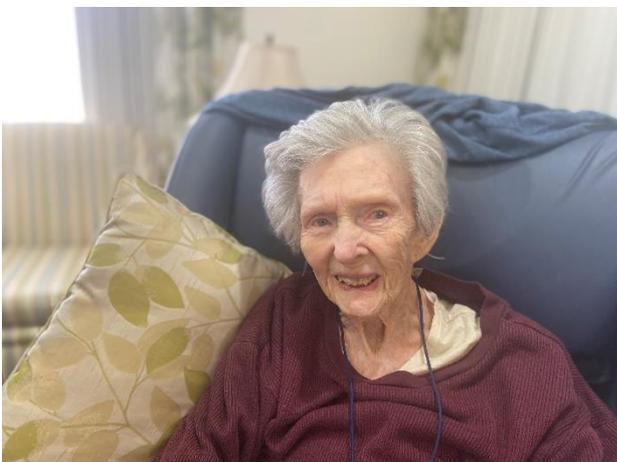


TRINITY

Pinch and a Punch



Moyra is well known for always catching Lifestyle team member Lesley with "pinch and a punch for the first of the month", but here she catches out Occupational Therapist Christian. Good on you Moyra!



Greeting people with "pinch and a punch for the first of the month" is a tradition that welcomes in the new month and protects from bad luck.

TRINITY

Songbird Choir

The Trinity resident choir, the Trinity Songbirds, are back practising as they now have a pianist. Mildred from house 34 has kindly offered her services. Keep an eye out for their next performance.





FEATURE

Meet Frances

Frances was born in 1932 in Beau Bassin-Rose Hill, Mauritius. She has also lived in South Africa and England before coming to Australia in 1966. Frances has worked in a clerical role for an insurance company in South Africa, for a chemist in England, and worked for 17 years for a building society in Perth Western Australia. She now enjoys reading, keeping up with the news, walking, and listening to music. Jim Reeves and Elvis Presley are amongst her favourite singers. Frances has lived at Archbishop Goody in East Perth since May 2012.

NEXT EDITION

August 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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