

Out and About

AUGUST 2022

Care with Purpose



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

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

At Catholic Homes, services and supports facilitate regular excursions into the wider community. Residents can elect to be involved in outside interests that may also develop outside friendships.

Here are images and stories of the fun and friendships experienced with connections to community.



TRINITY

Storytime Across the Generations

The Duncraig Early Learning Centre recently invited their children and Trinity residents to participate in a recordable book project.

Interested residents were each recorded reading a page from the book "All the Ways I Love You" by Theresa Trinder. The reader is photographed as part of the project so the children can see the face of the reader.

Participating in this activity is an enjoyable way for residents to reconnect with younger friends in the community, providing a satisfying sense of purpose.





TRINITY

Community Outings

Margaret Connor and Les Brown are often seated at the back of the bus on Trinity bus outings. They have been seen together at the back of the bus for as long as anyone can remember. A lovely friendship has developed, and we joke about the naughty ones sitting at the back of the bus.

OCEAN STAR

Bulbs in Bloom

This winter, at the beginning of July, the Green Fingers group brightly painted some pots and planted bulbs in them. It didn't take long for their efforts to bring reward, as some daffodils and hyacinths were already beginning to bloom by mid-August.



OCEAN STAR
Chapel Flowers



There was much joking and reminiscing about gardens and flower arrangements recently at Ocean Star, including flower arrangements these ladies had done in their homes and for their churches. The ladies were standing up and sitting down frequently, so they were getting some incidental exercise too. Thank you, dear ladies, for having such a happy time.



ST VINCENT'S Best Presented

We recently attended the Aged Care Games at Belmont as the St Vincent's Anglers! Check out the lovely costumes that won us the "Best Presented" Award on the day.



ST VINCENT'S Avon Decent

Here we are cheering on the participants of the annual Avon Decent event as they finished along the Swan River near St Vincent's.





ST VINCENT'S Tomato Lake Bus Outing

Tomato Lake, boasting wetlands, a central lake and nature sanctuary, walking trails, and a boardwalk, was the destination for St Vincent's recent bus outing. Everyone enjoyed interacting with the natural setting and engaging with the prolific birdlife, including ducks, ibis, and swans that inhabit this very popular reserve in Kewdale.



INGREDIENTS

Cut an eggplant into thick slices and place them onto a baking tray lined with baking paper.

Top each slice with tomato, passata, or bolognaise sauce. Then cover with any combination of the following:

- sun-dried tomatoes
- onion, sliced
- corn
- capsicum, sliced
- small mushrooms, sliced
- salami, sliced
- pieces of leftover cooked chicken
- anchovies
- basil leaves
- spinach leaves
- ... anything your family likes,
- any leftovers.

METHOD

Sprinkle with parmesan and any other cheeses you like, mozzarella, goat's cheese, feta, or tasty, all work well.

Bake at 180 degrees for 20 minutes or until browned.

When cooked, the eggplant shrinks so you can make lots of mini pizzas.

You can prepare them early and have them in the fridge ready to put straight in the oven.

LESLEY'S RECIPE



Eggplant Pizzas





CATHOLICH HOMES

Indian Tasting Menu

Catholic Home's hospitality team understands that many residents come from different parts of the world, including Mauritius, India, and South Africa, to name a few. Chefs Paolo Bravi and Abhishek Bhatnagar ensure that the dining experience at Trinity remains exciting, and so recently created a tasting menu of Indian food for everyone to enjoy.





ARCHBISHOP GOODY Live Lighter Aged Care Games

Congratulations to the Archbishop Goody team, who put in a great effort to finish up 3rd overall at the recent Live Lighter Aged Care Games held at Belmont Oasis Leisure Centre. Games included seated hockey, pass ball, bean bag toss, and skittles.

Everyone experienced an enjoyable day at this annual community event run by the Seniors Recreation Council, WA.



ARCHBISHOP GOODY Community

Lindsay relives memories whenever he enjoys a pie across the road.

SERVITE Community

Every Monday morning, John enjoys going out on the shopping bus trip. He is independent and thoroughly enjoys meeting people at the centre for coffee. John does a bit of shopping and buys the newspaper for himself, and if it's a lovely day, he walks back home instead of waiting for the bus.



SERVITE French Cafe

The recent Servite bus outing to this French Café proved to be very popular.





CASTLEDARE Discussion Friends

Len, and his friend Ian, were introduced by a staff member. Now Ian visits each week. The pair have interests in common and share memories, often discussing worldly things or sports because both are avid football fans.

CASTLEDARE 7th out of 70

Castledare residents proudly came 7th out of 70 aged care facilities participating in a virtual quiz run by Teamific. Well done!



CASTLEDARE Scrapbooking

Castledare residents keep busy with scrapbooking, while team member Cassie looks on.



FEATURE

Meet Keith



Keith was born in Perth in 1950 and attended Bassendean Primary School and Cyril Jackson High School in Bassendean before serving in the military. Keith played the solo cornet in the military band while completing his National Service. Later, Keith completed a Diploma in Accounting at Perth Technical College and graduated Bachelor of Business at Edith Cowan University. Keith was involved in administration and auditing for various Australian Government departments, including Dept. of Civil Aviation, Commonwealth Dept. of Health, and Inspector General Division of the Special Air Service Regiment, Dept. of Defence.

Keith has enjoyed traveling to London, Paris, and New York. He now lives at Catholic Home's St Vincent's in Guilford, and he shares that his secret to success is to have a positive outlook and enjoy bringing enjoyment into the lives of others.

NEXT EDITION

September 2022

Next month we will focus 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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