

# Out and About

SEPTEMBER 2022

## Care with Purpose



Welcome to the September 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, we remain alert and work together to improve individual experiences. We support individuals to be the best they can be because this is the essence of our model of care, Care with Purpose. Please enjoy the many examples of Care with Purpose in this edition of Out and About.



## TRINITY

# Thank You and Welcome Back

A thank you, and welcome back to our amazing volunteers, was recently held at Trinity. A glass of pink bubbles presented by Linda greeted the volunteers at the door. When seated, afternoon tea was served, with refreshments delivered by Trinity 'Trolley Dollies' Shirley and Valma. A gift of drink coasters, hand-made in craft sessions, and a bottle of specially labelled wine were then presented to the volunteers to show how much they are appreciated.





## TRINITY

## Father's Day

Unfortunately, the weather was too cold for an outdoor beer garden as originally planned, but this didn't dampen spirits.

Everyone enjoyed celebrating as we fished the memory pond and shared special memories of our fathers.

TRINITY

## RUOK Day

The team at Trinity residence took time to acknowledge 8 September as RUOK Day. This day is about looking out for friends, family, and colleagues by asking RUOK, listening, encouraging action, and then checking in.



OCEAN STAR

## Animal Therapy

Ocean Star has begun an animal therapy program. Cheryl Walton, the new roster clerk, participates in a wildlife rescue program for orphaned joeys. Currently, she brings in Nala, a young joey who needs care.





## OCEAN STAR **Artists Group**

A small group of individuals at Ocean Star get together regularly to paint. When entering their space, it is noticeable that these ladies share a passion for their art and their level of engagement creates positively powerful energy.



OCEAN STAR

## Keeping House

The Keeping House small group activity at Ocean Star generates much conversation and laughter amongst participants. The familiarity of engagement appears to be both meaningful and relaxing for the ladies involved.



OCEAN STAR

## Morning Teatime

Morning tea in the Family Room at Ocean Star recently took on a new look with the introduction of self-pour teapots.





LESLEY'SRECIPE

## Sweet Potato Soup

### INGREDIENTS

- 1 onion
- 1 dspn. curry powder
- 1 large, sweet potato, sliced
- 1 ltr Continental chicken liquid stock, stock cube, or homemade stock



### METHOD

- Sauté onion.
- Add curry powder and sweet potato, fry until softened.
- Add stock and boil until soft.
- Blend if you prefer smooth.
- Serve with croutons and a dollop of sour cream.



SERVITE  
**Father's Day**

Father's Day is a great day to celebrate and enjoy the importance of community within residences while celebrating and acknowledging our wonderful fathers.





ARCHBISHOP GOODY

## Celebrating 100 Years

At Archbishop Goody, we celebrated a big birthday recently with Anthony O'Brien turning the big 100. Anthony likes to be called Tony and is the eldest person at Archbishop Goody. He was born 20 September 1922 in Redding, England. Tony grew up in Claremont and attended school until year nine when war broke out. Tony served in World War II and is a British RAF veteran. After being in the RAF, Tony worked as a linesman for Western Power, working in the cherry picker and looking after lights. To try to make others content is something Tony likes to do.



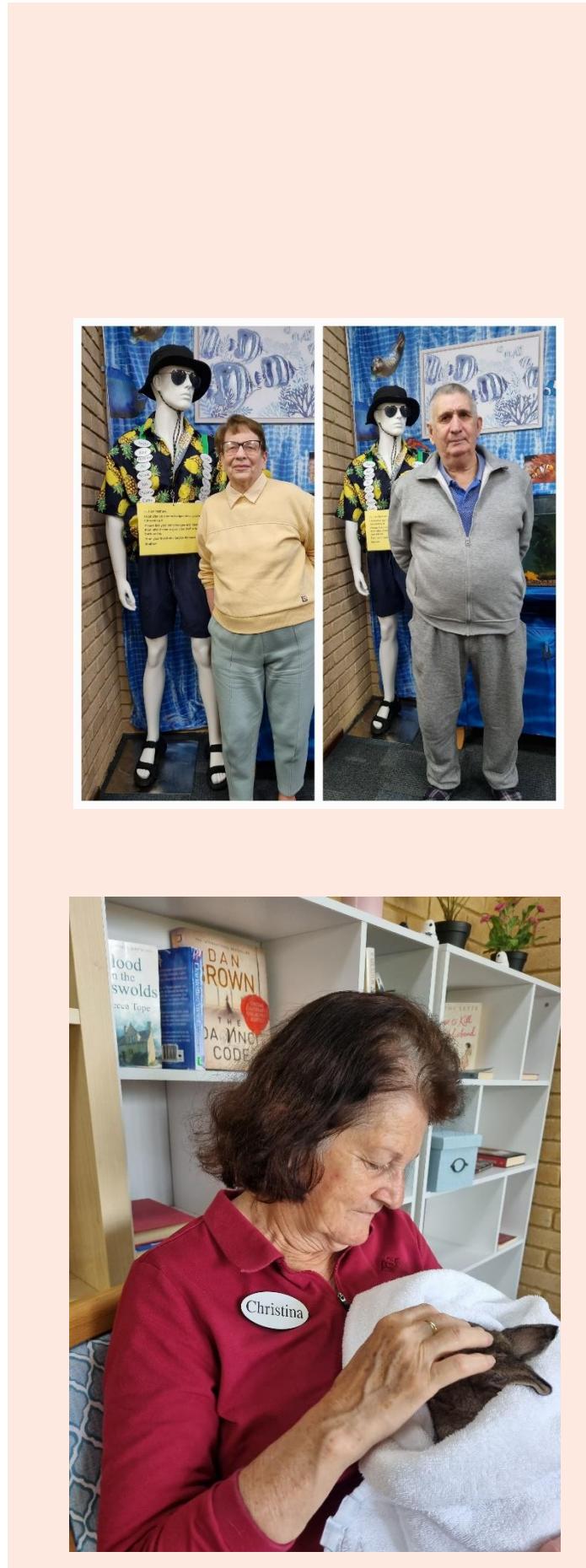
ARCHBISHOP GOODY  
**Supporting  
Individuals**

Encouraging individuals to participate in activities that bring them joy is of great importance to their well-being. At Archbishop Goody, creating works for the enjoyment of others, sport, contributing to the community, and gardening are examples of achieving this.



## ARCHBISHOP GOODY Name Badges

Archbishop Goody is raising awareness of the importance of wearing name badges by launching a badge man called Mathew. Mathew lives next to the Aquarium, and residents are approaching him to collect and return their name badges in his care. Name badges are a tremendously successful vehicle for generating communication and interaction within the residential community.





## ST VINCENT'S **Animal Farm**

We had a Farmyard on Wheels visit us with an animal farm! There were chickens, rabbits, birds, goats and even a pony! The residents absolutely loved cuddling and feeding the small animals.



ST VINCENT'S

## Queen Elizabeth II

The news of the death of Her Majesty, Queen Elizabeth, was deeply felt by all residents. We celebrated her service to the Commonwealth with a lovely high tea. The residents reminisced about their memories of the Queen, and this helped bring a sense of peace and closure.



ST VINCENT'S

## Cooking

We love introducing new experiences to our residents. Recently we made Vietnamese rice paper rolls – it's great to learn about another culture. We also had a lovely springtime BBQ, now that the weather is warming up. Keith helped cook up a feast.





#### CASTLEDARE

## Queen Elizabeth II 1926-2022

Castledare paid tribute to Queen Elizabeth II with a service, one minute's silence, and a prayer. Discussion around facts about the Royal Family, and an afternoon tea followed. Participants were able to share their feelings and memories of the Queen. A Condolence book was set up in every house, and messages written will be transferred to the Royal Family webpage online book of condolence.



#### CASTLEDARE

## Piano Concert

Castledare residents will enjoy a monthly Sunday afternoon piano concert going forward thanks to a lovely volunteer pianist.



#### CASTLEDARE

## Pet Therapy

Residents welcome back the popular pet therapy visits.





# Creating Words from Words

WILDFLOWER was the word for the August game, Mary at Ocean Star found 122 words, and at Trinity in Duncraig, Shirley found 103 words and Sannie, 109 words, while the Servite group in Joondanna jointly found 78 words. Well done, Word from Words players.

# ECHIDNA

How many words can you find in **ECHIDNA**? At least 118 words are possible; how many will you find? The Lifestyle team will help you to submit your word list.

## Meet Gwen Tipton

Gwen was born in 1920 in Coventry, England. After leaving school, she worked in many offices, including the Ministry of Defence in England, where she worked plotting aircraft for four years. Gwen met her husband after coming out of the Services and moved to Australia in 1970, where she settled in Melbourne. Gwen has three children and many grandchildren. She now lives at Ocean Star in Bunbury. Gwen has enjoyed needlework, sewing, rug making, and cooking, but because Gwen now lives with impaired vision, her enjoyment comes mostly from chatting about family and travels. Gwen shares her secret to a successful life as regularly enjoying a glass of good champagne.



NEXT EDITION

## October 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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