

# Out and About

NOVEMBER 2022

## Care with Purpose



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

We invite you to learn more about what we are achieving through our Care with Purpose person-centered care approach, where clients or residents, staff, volunteers, and family work together towards achieving the goals of wellness, independence, and meaningful engagement.

Adult Migrant English students at South Metropolitan TAFE and residents at Catholic Homes’ Archbishop Goody are engaging in an exciting six-week program organised by ESL lecturer Peter Thompson and Wellness and Lifestyle facilitator Apii Harbour. Weekly activities involve a one-mile happy walk, wordle, drumming, morning tea, and conversational topics. Interaction between migrants and residents includes cross-cultural understanding, language exchange, and community integration. Both student and resident confidence is growing with project participation.



## CASTLEDARE

# A Busy November

Melbourne Cup Tuesday was early this year on the first day of November. Colorfully crafted hats brought style and joy to the celebrations at Castledare.

Remembrance Day followed on 11th November, a solemn occasion that marks the guns on the Western Front falling silent after more than four years of continuous warfare. More recently, all those who died or suffered for Australia's cause in all wars and armed conflicts are included in Remembrance Day.

On a lighter note, the knitting group was in full swing and very productive during November, while Penny and Diane joined in with the Words from Words fun this month for the first time.



## ST VINCENT'S Bus Outing

Now that the weather is warmer, our residents are out enjoying the sunshine. We recently visited Internationally renowned artist Thomas Dambo's work in Mandurah.

The 'Giants of Mandurah' is a free outdoor exhibition celebrating the extraordinary beauty and importance of protecting our natural world, including Mandurah's globally significant Ramsar-listed wetlands, unique waterways, bushland, and wildlife.



ST VINCENT'S

## Melbourne Cup

Catering at St Vincent's is always top class, and the canape lunch served after the Melbourne Cup race this year was delicious.



## Menus

Everyone enjoys the new table menu displays for lunch and dinner each day. At St Vincent's, Keith helps to change over the menus each week as his job role.



ST VINCENT'S

## Remembrance Day

On Remembrance Day, St Vincent's residential community commemorated those who fought for our country. We had a student from Guildford Grammar play the Last Ode and Reveille.





LESLEY'S RECIPE

## Mango and Mascarpone Slice

### INGREDIENTS

2 frozen puff pastry sheets  
 440 grams can mango slices  
 125 grams Mascarpone cheese  
 Icing sugar to dust



### METHOD

Cut sheets of frozen puff pastry into rectangles about the size of 3 fingers (5cm x 8cm). Lay these strips on a baking tray and cook for 10 minutes at 200 degrees, until golden brown. Remove from oven and while still hot, press them flat with another oven tray. (This will mean the final slice, when put together, isn't too thick to take a bite!). Allow to cool and top the rectangles of pastry with:

- pieces of sliced mango
- mascarpone cheese
- more mango slices
- then top with another rectangle of pastry.
- dust with icing sugar
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This is like the recipe for jam matchsticks, but with mango instead. It makes a yummy snack for morning or afternoon tea.

SERVITE

## Melbourne Cup

Melbourne Cup Day at Servite involved craft work with a lovely decorative pink theme.



SERVITE

## Halloween

As Irish immigrants came to the United States to escape famine in the 19th century, they became introduced to a round, orange gourd native to the Americas: the pumpkin. The pumpkin soon became the new canvas for carving jack-o-lanterns.



SERVITE

## Remembrance Day

The meaning of a wreath can be traced back to Greek mythology. In ancient times the Romans used a wreath of laurel leaves to symbolise bravery, strength, and triumph. Since World War I, wreaths have been laid at memorials to remember those Australians who have died in wars, conflicts, and peacekeeping operations. The wreaths laid at the Servite Remembrance service recently were specially made at Servite for the occasion with love.





OCEAN STAR

## The Value of Joy

Molly and Bill joined Ocean Star together in September this year. Being in each other's company is essential for them, they love to be busy, and they find great joy in participating in activities and being occupied in ways that are especially meaningful and purposeful to them.

OCEAN STAR  
**Melbourne Cup**

Melbourne Cup day at Ocean Star this year was a colorful occasion involving many stylish hats and a special Melbourne Cup lunch. Valmai won the best dressed competition and received a bunch of flowers, a \$50 voucher, and a box of chocolates for her efforts.



TRINITY

# Melbourne Cup

The Melbourne Cup first ran in 1861. At Trinity, Melbourne Cup tradition involves everyone joining in the celebrations while looking amazing for the occasion. This year, four sweeps were on the go, and prizes galore, including a wooden spoon, inscribed with I picked a donkey, given to the unfortunate person who picked the horse that came last.





ARCHBISHOP GOODY  
**Melbourne Cup**



ARCHBISHOP GOODY  
**Halloween**

Halloween at AGH is always fun. This year is no exception with even the food taking on a Halloween look.





## ARCHBISHOP GOODY

### Concerts

Everyone enjoyed the first concert held at Archbishop Goody since COVID-19. Acoustic player, Deva, entertained so well that are all very much looking forward to the next concert.

### Movies in the City

A Movie outing to Raine square in the city involved watching a New Zealand film chosen by residents titled WHINA. The next movie suggestion is Black Adam.

### City Shopping

Shopping for the Christmas hamper in the city led to also enjoying an ice cream and viewing and lovely Christmas decorations, and also being able to show appreciation for music played by a busker.





## FEATURE

## Meet Linda



Linda was born in the UK in 1933 and grew up in England. Linda and her husband, Andy, married in 1955 and came to Australia by ship in 1963. Linda was a Sunday School teacher and in the Girls' Life Brigade. She has also worked as a legal secretary. However, being a professional singer is an achievement that Linda is most proud of. Linda and Andy later lived together at Trinity Villages until Andy passed away in 2018. She now enjoys singing, performing, watching tennis, and listening to classical music. Linda continues to be a remarkable presence at Trinity and is always helping, especially with the social side of life. Linda shares that her secret to a successful life is that you need energy and a personality, love what you do, have a good teacher, and to be born a redhead!

## NEXT EDITION

## December 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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