

Out and About

JANUARY 2023

Care with Purpose



Welcome to the January 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.

Australian summertime culture often involves a beach setting. Cottesloe Beach was recently the perfect location for birthday celebrations for Castledare resident Pat, who is familiar with this iconic beach. Past adventures at the beach featured highly in the relaxed conversations on the day when our values of joy, love, and hospitality came to the fore. 2023 began with a burst of January summertime enjoyment.



CASTLEDARE Christmas Lights Tour

Castledare Christmas light bus tours brought on lots of laughter and much Christmas joy. Thornlie, Cannington, and Langford streets sparked reminiscence, and the number of birds at one park meant it was a popular stopover. Terrific neighbourhood spirit was evident in Consulate Court, Thornlie. Music, moving features, interactive displays, inflatables, decorated roofs, bubble /smoke/snow, window display, and lasers/projections covered nine homes in the festive street, which supported children's cancer research.



CASTLEDARE Christmas Preparations

Care with Purpose involves the person and the environment, and during December, preparations are underway for the Christmas season.

CASTLEDARE Country School

Castledare resident, Dawn Hogben has kindly submitted this poem for publication this month.

COUNTRY SCHOOL by D. Boley

Remember the days in your old Country School?
With tables and reading and writing the rule
The hazards of writing with nib and with pen?
For drowned flies in your inkwell were numerous then.

The rings in the dirt where bright marbles abound
And kids of all sizes there kneeling around
When you fudged you can bet you'd be in for a fight
And be fiercely informed "knuckle down and screw tight"

Remember the teacher who took all 6 grades
In one tiny classroom, both boys and the maids?
Remember the water-bag out in the tree
No taps or no fountains for you and for me.

The table up front where the stout cane did rest,
If you played up "No Argument" SIX OF THE BEST
The singing off key and the sums that were hard
Remember the "Thunder Box" in the school yard?

Some came in on horseback and some in a cart
And some on old bikes that were falling apart
But most of us walked several miles in bare feet
Through the rain and the frost or the fierce scorching heat.

Remember in wartime when trenches were laid
In schoolyards and sandbagged in case of air-raid?
And dour school inspectors who called once a year
Remember desk-scrubbing when Xmas drew near?

But looking back nowadays, I guess one can state
That our school days were happy and carefree and great
For we've come quite a journey down many a road
Since our school days prepared us to carry life's load.

ST VINCENT'S Life Story Books

Life story books are an opportunity to share.

The person's self-esteem increases, as does their interest in sharing stories with family and friends, who often learn things they had never known before.

Creating a life story gives a lift, and a chance to reconnect and appreciate the lives shared.

Audrey Batten Life Story



ST VINCENT'S Art Gallery Visit

St Vincent's residents recently visited the Wilkinson Gallery to view the exhibition '100 - A celebration of Western Australia's super seniors'.

The centenarian portrait project by teenagers, supported by the organization Embraced, fights negative aging stigma by breaking down stereotypes and sharing stories. Inter-generational exchanges, collaboration, and learning are some of the benefits experienced by the project participants





ST VINCENT'S Christmas Lunch

Residents reported loving the St Vincent's Christmas lunch and the opportunity to take photos with Santa, who delivered gifts on the day.



LESLEY'S RECIPE

Things to do with left over Christmas cake

Heavenly Hash

INGREDIENTS

fruit cake
tinned fruit salad
marshmallows
whipped cream
meringues



METHOD

In a 2-litre dish place just over 1 litre of all ingredients. Cut cake and meringues into chunks, adding amounts according to taste – add more of the bits you like best. Smash it all together and eat immediately. The story goes that a little boy was told to run home quickly, and on the way, he fell over and made a big mess of his mother's dessert. This is how he put it back together again and it has been popular ever since.

Summer Plum Pudding (or Cold Christmas Pudding)

Cut leftover fruit cake into individual sized squares and place these into single dessert bowls. Set in port jelly. Serve with a knob of whipped cream on top.



TRINITY

Christmas Lunch

The resident Christmas lunch at Trinity was a spiritual and social celebration overflowing with delicious Christmas fare and loads of Christmas spirit.



TRINITY

Christmas Carols

Traditional candlelight Christmas carols were observed at Trinity in December in the spirit of the season.



OCEAN STAR

Welcome visitors

Pets never fail to bring a smile and are always welcome visitors to Ocean Star. Regular interaction with animals enhances emotional well-being, including self-esteem and social skills, and offers physical benefits such as improved motor skills and joint mobility.



OCEAN STAR Outdoor Enjoyment

Time spent outdoors is valuable for several reasons. It's an opportunity to experience sensory stimulation and relieve boredom. Also, even a short time spent outdoors can lower blood pressure, improve vitamin D absorption, improve stability and balance, and help with better sleep patterns.



January 2023 Australian Garden



January 2023 English Garden



August 2022



January 2023 Italian Garden

OCEAN STAR Culture Gardens

The Lifestyle Team at Ocean Star has created Australian, English, and Italian culture gardens for the enjoyment of all. The project commenced in August and has flourished since then, as seen in these images.

SERVITE

Christmas Lunch

Servite residence is well known for its magnificently themed dining room and delicious food for special occasions, and this year's resident Christmas lunch was no exception.



SERVITE

Carols by Candlelight





ARCHBISHOP GOODY Community

Wellington Square, Moort-a-Waadiny, East Perth, is a short 1.3 km stroll from the Archbishop Goody residence. The benefits of being out and about in the local community are significant and venturing out is well supported by the team at Archbishop Goody.

Christina is enjoying the water park now that the weather has warmed up.

Others enjoy a stroll and relax in the natural surroundings that Wellington Square provides.



ARCHBISHOP GOODY Candlelight Christmas Carols

Carols by Candlelight is an annual Australian Christmas tradition popularised in Melbourne in 1938. It has since spread around the world. At Catholic Homes, each residence holds its own Christmas Carols event. Archbishop Goody residents came together for theirs just before Christmas.



Mary Ocean Star



Shirley
Trinity



Sannie
Trinity



Diane
Castledaro



Penny

Words from Words

CHRISTMAS was the word for the November game. Mary, at Ocean Star in Bunbury, found 94 words. Well done, Mary.

RESOLUTION

How many words can you find in **RESOLUTION**? Over 300 words are possible; how many will you find? The Lifestyle team will help you to submit your word list.

FEATURE



Meet Bill and Molly Wilkinson

Bill was born in Perth in 1932, and in 1934, Molly was born in London, they both left school at age 15, and then Molly eventually moved to Australia, where they married more than 60 years ago, in April 1960. Molly worked at a florist, a flour mill, and in aged care. Bill worked in coal mines, at the La Porte Silicon plant, and at SCM Chemicals. Bill and Molly fondly recall crossing the Nullarbor in a Ford car before the road became sealed. They have also traveled on the Indian Pacific to Adelaide. Today Bill and Molly live at Ocean Star in Bunbury and are often found together in the Family Room at activities or working as a team on their favorite games on their iPad.

NEXT EDITION

February 2023

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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