

OLD S'COOL CLUB



Winter 2023 Newsletter



INTRODUCING THRIVE

As winter is with us, what better time is there to introduce our new 'umbrella' program of services and supports?

Called 'Thrive', this new initiative brings together two of our wellness and reablement programs.

Our goal is to help you to regain and retain your capacity, abilities and interests so you can stay in your own home longer.

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WELCOME TO Winter

As the nights get longer and the days cooler, this time of year is a favourite for those who love home cooking, fireplace warmth and sunny morning walks.

Let us know what you love about this season.

No matter how you feel, winter is a great time to get out and about.

Over the coming weeks we have lots of activities and events for you to choose.

Catholic Homes clients now receive our new calendar of 'Old S'Cool' events which has plenty of fantastic destinations including Mindarie, Kings Park and the Swan Valley.

I hope you can come along, meet some new friends, and enjoy the activities that we have planned.

In other news, we are pleased to announce our new program called 'Thrive'.

Thrive brings together our nursing and allied health services with our meals and nutrition offering so you can feel great and continue to do the things you love.

There's always lot's happening at Catholic Homes and plenty to look forward to. Please enjoy this edition of Old S'Cool!

With love and best wishes,

Kylie Steele

Executive Manager Home and Community Care



'Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.'

MARIE CURIE



A CENTURY OF SMILES for Hilda

Our Home Care client Hilda was born in the northern European country of Estonia on 11 May, 1923.



*Hilda at
age 18*



*Hilda celebrating
her 100th birthday*



Arriving in Australia, she settled in Perth with her husband in their suburban home in 1950.

More than a home-maker of her time, Hilda worked for many years with photography company Kodak in Kewdale.

Starting in the early 1960s, Hilda went on to oversee the company's office staff and she was very well liked by her colleagues.

Fast forward about 30 years, after a long and successful career, Hilda decided to slow down and retired from the organisation aged 65.

Her carer Silvia says Hilda's desire is to live in her own home for as long as possible.

"We would like to share photos of when she was 18 years old and now looking just as beautiful with a big smile at 100," said Silvia.

Congratulations Hilda from everyone at Catholic Homes!

OUR Home Care stars!

Catholic Homes offers great services and we want more people to know it.

Our marketing team recently visited Home Care clients Ruth, and Val, who with her husband Noel, helped us produce a new range of promotional photos.

Thanks goes to our participating staff members Matt, Chloe, Anqi and Julie and our clients for inviting us into their homes and for their tireless, cheerful help!

What kind of sandals do frogs wear?
Open-toad.



INTRODUCING THRIVE CONTINUED FROM PAGE 1

The first program tailored to your needs is called 'Strive' and it delivers our nursing, exercise, physiotherapy and occupational therapy services.

New recruit, Exercise Physiologist Matt pictured on the cover, is meeting clients and already making a difference.

'Nourish to Flourish' is the second program, comprising our customised meal preparation and planning service so you can 'love what you eat'!

We have recently recruited a chef and dietician to bring you this service and will have more details for you when we are ready to go.

Once onboard our chef and dietician will be supported by trained support workers with skills in food preparation and delivery.

Meantime, if you need any assistance with shopping trips, meal preparation, and domestic help, or any other services we are always ready to respond.

Drop us a line and have a chat to our friendly team to see how we can assist.

INTRODUCING Paul



So that we may get to know them better, we ask our staff to answer some hard-hitting questions.

DESCRIBE YOURSELF IN THREE WORDS.

Family, community, friendship

IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD YOU GO?

Tuscany

WHAT IS YOUR FAVOURITE DINING-OUT RESTAURANT?

Will St in Leederville

WHAT IS YOUR FAVOURITE FILM?

Blues Brothers, the original

WHAT WOULD YOU SING AT A KARAOKE NIGHT?

I can't/don't sing, but if I could, Deeper Water by Paul Kelly

DINNER PARTY GUEST, LIVING OR PASSED, WHO WOULD IT BE AND WHAT WOULD YOU ASK THEM?

Bruce Springsteen, how do you find the words/music that has so much meaning and relevance to the people who listen to your music?

WHAT WAS THE FIRST THING YOU BOUGHT WITH YOUR OWN MONEY?

A couple of LP vinyl records

WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?

Be yourself and be the best you can be in all facets of life

WHAT ARE YOU MOST PROUD OF?

My wife and two sons

WHAT IS THE BEST THING ABOUT YOUR JOB?

The people I work with and what we all collectively achieve



*Meet our
Chief Executive,
Paul Andrew!*





Artist impression of the internal of courtyard and wellness centre



New centre TAKES SHAPE

At our newest aged care residence nearing completion in Belmont, a brand-new Catholic Homes wellness centre is emerging.

This space inside the residence will be home to a wide range of Community Care services and amenities that are designed to help you achieve your goals.

We look forward to Sister Mary Glowrey Residential Care opening later this year: watch this space.



Artist impression of the exterior of Sister Mary Glowrey in Belmont

GETTIN' OUT and about

We take the worry out of getting to appointments, activities, events and shopping.

For short or long trips, our transport service can get you to where you want to be.

Transport for clients is available for doctor and pharmacy visits, shopping and hairdresser appointments and more.

Our friendly team can connect you to your local community, they know the town and will get you out and about.

Contact our team for more assistance and bookings



FOLLOW US ON Social Media

We all love a laugh and we're always on the lookout for fun stories and photos. You're invited to share yours too on our very own social pages.



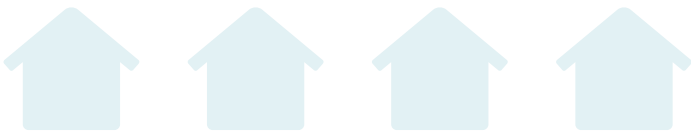
THANKS FOR YOUR feedback

Catholic Homes' annual client satisfaction surveys have been completed and we thank you for taking the time to provide your feedback.

We are collating the results and will be able to share them with you in the coming weeks.

Meantime, if you have any comments or suggestions, we want to hear from you.

Please contact your case manager or coordinator for assistance



MORE RETIREMENT Options

Catholic Homes has four independent living villages that are attractively landscaped and well maintained year round.

Our fully self-contained villas bring a choice of one, two and three bedrooms, each with spacious living and dining areas, built-in wardrobes, well-appointed kitchens and plenty of parking.

And if your needs change and you want to stay at home, residents can access home and community care services from Catholic Homes.

To find out more about our retirement living services, call us on 1300 244 333 or email retirementliving@catholichomes.com



SHARE YOUR stories

It's great to share your news and bring people together!

If you have a story, ideas, photos, jokes or anything else that will brighten the day and put a smile on a face, you can do it through this newsletter.

Text should be concise with photos of a high quality and submitted by email. Please note submissions may be edited to suit this lovely little newsletter. Drop us a line at homecare@catholichomes.com

Compliments, complaints and continuous improvement

*If you love the service we provide or wish to let us know how we can improve, please tell us. There are many ways you can get in contact.
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