

Out and About



*care with
purpose*



March 2024 Care with Purpose

Welcome to the March edition of our “Out and About” newsletter showcasing Care with Purpose in action across Catholic Homes. As February draws to a close, we reflect on a month of fun and hospitality. The celebration of Archbishop Goody Hostel’s 40th birthday, was a milestone celebration and was an opportunity to foster a sense of belonging and togetherness. It ignited positivity and reaffirmed the beauty of shared experiences. Another highlight of February across all residences was the purposeful celebration of various cultural celebrations including Chinese New Year; Valentine’s Day and Ash Wednesday, the marking of the beginning of Lent and a period of reflection and spiritual preparation leading up to Easter; to name a few. As we transition into a new month, what made the end of February particularly memorable for you? It brought great joy to see the valued and loving relationships that are formed and sustained through Care with Purpose. We hope that this newsletter, gives you a snapshot of what each of our residences are achieving through our care model.

Love and Joy



TRINITY CELEBRATIONS

February was filled with love and a sea of red, to celebrate Valentine's Day. Residents enjoyed the history of Valentine's Day and learnt of its traces to ancient Roman times when the feast of Lupercalia was celebrated in mid-February. It was later Christianised and associated with St Valentine, although the exact identity of St Valentine remains uncertain.

Did you know that in Japan it is customary for women to give chocolate to men on Valentine's Day, with the men reciprocating a month later on White Day?

The smiles that filled the air at this purposeful event, show the connection of coming together and the love of hospitality.





Trinity continued with their friendship luncheons over the course of February. It was a highlight of the calendar and a wonderful way to strengthen bonds and create lasting memories with friends. The decorative elements created a welcoming atmosphere and the music and laughter that filled the air was contagious. It was a beautiful expression of shared community. In addition, Shirley's dedication to gardening, paid off, as the fruits of her labour were enjoyed by many. The watermelon was refreshing on those hot days. Did you know that with over 90% water content, it is an excellent choice for staying hydrated, especially at this time of year?





February fabulousness by the ocean

OCEAN STAR: Care with Purpose is all about supporting people to live their best life. Recently the men's outings have continued to be a success and bring purpose to many. Participating in community and personal interests brings sense and meaning to our life. The men enjoyed an outing to the Dardanup pub. The Dardanup Tavern is a historic, character-built hotel located in the centre of Dardanup. The original hotel was owned by Ellen Coonan and was built of weatherboard and iron. It only survived two years from 1903 to 1905 when it was burnt down. The new hotel was built on the same site and opened on 28 June 1905. The first publican was Mr A E Skipworth.

The themed happy hours continued with vibrancy and vigour. Residents have enjoyed tapping into their creative side and socialising. Do you have an idea for a happy hour? Please let your therapy team know.

Lyn connected with the natural world and enjoyed the benefits of engaging in gardening, which promotes physical health and a sense of belonging. We promote these sustainable practices for anyone who is interested. The camaraderie amongst gardeners is infectious.

Bill was a true gentleman and assisted in his walker to bring back a watermelon for Brenda from the Fruit Van.







SISTER MARY GLOWREY

Anniversary Adoration

Philip and Dallas celebrated their 61st wedding anniversary on the 16th February 2024. This is a remarkable achievement, showcasing a lifetime of love, commitment and partnership. It is a testament to enduring devotion and the strength of their relationship. May your beautiful journey continue. Thank you for sharing your joyous occasion with us. Here's to many more years of cherished memories.

Love is composed of a single soul inhabiting two bodies – Aristotle.





Love continued to flow through our residences with Valentine's celebrations and dining delights that captured the essence of good food and shared good company. The residents created whimsical flowers, and there was a photoshoot in front of the display that encapsulated the sense of positivity and happiness. What fun!

There were also Chinese New Year celebrations. The sensory pleasures of taste, smell and texture evoked vivid memories of Asia and conjured up images of markets and traditional cooking. To ensure that the hospitality continued across February, pancakes were at the centre of the good food and to prepare for the season of Lent.



ARCHBISHOP GOODY

The 40th birthday celebration of this residence was a highlight of February. The farmyard animals were very popular, and it was hard to tell who liked them the most. The emotions that were on display warmed the soul. Animals have a profound impact on our emotional and spiritual wellbeing and they enriched the birthday celebrations. This milestone event included music and an array of tasty delights. Who could help but go back for more? The animals had their own idea of where they wanted to go, perhaps the WACA nearby, as watching Noelene and Caris herd the animals into the facility, provided just as much joy and good humour as the animals themselves. Who knew we had such great farming talent within our Catholic Homes family?



Bob recovering with his new friend, post the piñata exercise.







CASTLEDARE

Concerts to cooking

Castledare experienced a musical month, enjoying the emotional connection and cultural enrichment through music and dance. The dance moves to Achy Breaky Heart at the Valentine's Day concert, were impressive. A special thank you to Corrine and Betty for delivering ice creams to other residents on a hot February day. A lovely display of Care with Purpose. It brought back some memories of childhood summers spent chasing after the ice cream truck. Residents also relished in the making of pancakes for Shrove Tuesday with their chef Ronald. Shirley, Jo and Lomonde can be seen adding their special touch. They were delicious!



Pancakes in space: In 1985, NASA astronaut Ronald McNail smuggled a small container of pancake mix aboard the Space Shuttle Challenger and treated his fellow astronauts to the first – ever space pancakes.



CASTLEDARE

Cupid Couples

The magic and romance shone bright at the Valentine's Day celebrations. How lovely it was to see love in its many different forms and celebrate friendship, hope, and joy on this day. A special thanks to Sister Pep for her assistance in hosting the afternoon. There was much singing and dancing and encouragement to join the conga line.

The colour red was vivid, and the residents' creative efforts were on display. The heart shaped crafts were a tangible reminder of the bonds shared amongst residents and the joy found in coming together and creating a warm atmosphere.

ST VINCENT'S

Intergenerational Interactions

On Thursday 29th February, we had our inaugural Intergenerational Playgroup at St Vincent's. This will be running fortnightly on a Thursday. The meaningful connections established across generations was delightful to observe and it was lovely to listen to the stories of previous generations and the raising of their family in the community.

There was everything from a Teddy Bear's picnic with residents being offered cups of 'tea' by the children to the singing of songs. There was lots of laughter and we look forward to creating meaningful relationships over the coming months. This is the start of a rich and nourishing experience that is enhancing the lives of all involved.

We are already looking forward to the next one and learning some dance moves from the children and plenty of cuddles.

If you would like a playgroup at your home, please don't hesitate to reach out to the Lifestyle Team.





Words from Words

St Patrick's Day

How many words can you find in **St Patrick's Day**? The Lifestyle team will help you to submit your word list.

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Valentine's Day was the word for the February word game. Laurie at Castledare and Mary at Ocean Star both found 162 words. Betty and Laurel found 127 words, Penny 98 words and Lynette 42 words. All from Castledare. Congratulations to all.

Would you like to see a different type of word puzzle or submit one to share? Please reach out to the Lifestyle Team. We would love to hear from you.



Laurie Mary Betty Laurel Penny Lynette



LESLEY'S RECIPE

Farmhouse Lamb Shank Soup

INGREDIENTS

- 1 onion chopped into chunks
- 2 lamb shanks
- 1 carrot chopped
- 1 sweet potato chopped
- runner beans, cut into bite-sized lengths
- ½ cup pearl barley
- 1 chicken stock cube
- 3 cups hot water
- Salt to taste – taste it as you go along
the salt cubes may be salty enough.



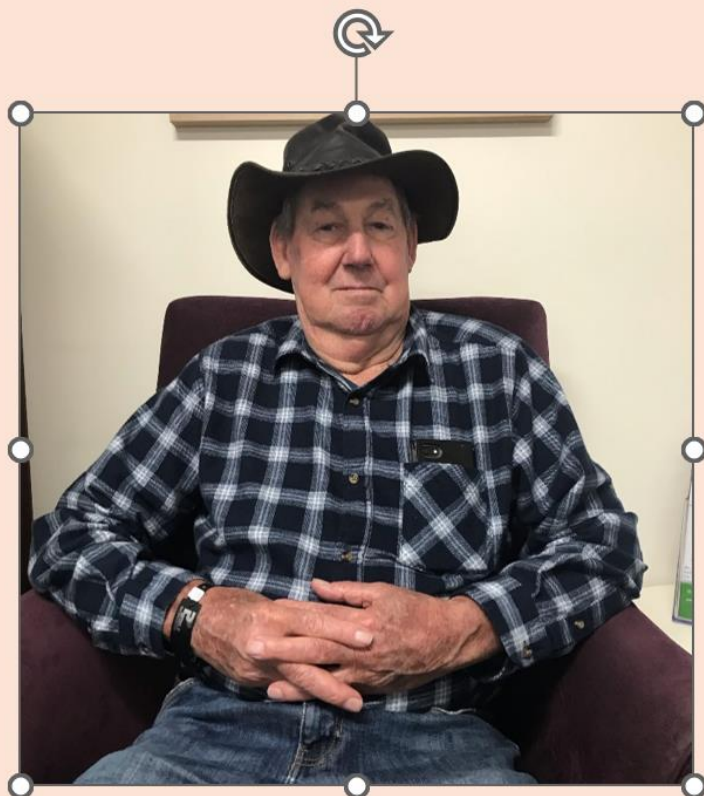
METHOD

Fry onion. Add lamb shanks and cook until browned. Add all other ingredients and bring to the boil. Cook gently for 1 hour or until meat is soft and tender. Remove the lamb shanks, cut the meat off the bones and return meat to the soup. You can vitamise, blend or sieve the whole soup, or leave it chunky, or leave some chunky and vitamise the rest. Lesley's Dad loved tasting the chunks of meat so she used to vitamise the rest of the soup before returning the meat.

Serve with buttered slices of French stick or baguette bread for dunking. For extra yumminess add a sprinkle of grated parmesan cheese onto your slice of buttered bread before dunking.

This is a healthy meal, and a great recipe for filling up people who don't eat much, such as elderly people, and getting lots of goodness into them. It freezes well in small portions ready for meals on another day.

Carrot, sweet potato & beans are Lesley's preferred vegetables. You can add any vegetables you like.



FEATURE

Meet Vern

Vern was born at Kadina, 144km Northwest of Adelaide, South Australia.



He left school at age 14 and came to WA to work on his uncle's farm at Nungarin, a rural area with one of the nation's smallest populations, located about 40 km from Merredin, and 300km Northeast of Perth. Apart from living in Darwin for one year, Vern has mostly been involved in farm work and truck driving throughout the Wheatbelt region of WA. He lived at Merredin for 35 years, and now lives at Ocean Star, Bunbury.

Vern's secret to success is "Be Happy".

NEXT EDITION

APRIL 2024

Next month we will be focusing on our exciting plans to help people living at Catholic Homes residences to experience a life of purpose. Keep an eye out for the next edition of "Out & About"