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# young @ heart

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CATHOLIC HOMES

AUTUMN 2024

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## Get active today

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Research shows that venturing beyond home boosts physical health, mental well-being and social connections.

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Whether it's a leisurely stroll in the park, gardening, or group outings, the benefits are boundless.

Fresh air invigorates the body, while sunshine boosts mood and enhances vitamin D levels. Plus socialising with others tackles loneliness and encourages a sense of community.

Step outside and embrace a vibrant, active lifestyle today!

# *a message from Kylie*



## **Welcome to our latest newsletter for the new year!**

The year is flying by and with Easter coming around soon, it's a great time to reflect on the themes of rejuvenation, revival and optimism as we move into the year ahead.

For us this means encouraging and supporting you so you can be at home, and in the community, doing the things you love.

In this edition we reveal our exciting new home cooking program which enables you to enjoy inexpensive and tasty meals at home.

Read on to meet our 'Nourish to Flourish' team members, Neline and Harris.

We are also working hard to bring you new and interesting activities each month and our Timeless Treasures program is a great way to connect.

You can check out our calendar of events to find something new and exciting to do every month.

From everyone at Catholic Homes, we wish you all the very best for 2024, and remember, stay young at heart!

### **Kylie Steele**

*Executive Manager Home  
and Community Care*

# Welcome our new Chief Executive

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## Please welcome Darren Cutri to Catholic Homes!

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Darren commenced with us in January and he's excited to take on his new role in leading Catholic Homes as our Chief Executive.

"It's an honour and a privilege to join this fantastic organisation and help deliver our mission and vision," he said.

Darren is an experienced executive leader with a diverse range of skills and expertise in operational and people management, financial performance, strategic growth, risk management, change management and stakeholder engagement.



He has worked with a variety of Catholic, commercial and not-for-profit organisations and has extensive experience in the aged care sector having served for a decade on the Board of MercyCare, including as Deputy Board Chairman, and more recently, on the Board of Bethanie Group Inc.

He is a committed Catholic and is currently Chairman of the Ministry Initiative Advisory Committee for the Sisters of St John of God and is past Chairman of the Mater Christi Catholic Parish Finance Committee and past Board Chairman of Mater Christi Catholic Primary School and Corpus Christi College.

Join us in congratulating Darren on his appointment and in making him feel 'at home' with us!



# Introducing Nourish to Flourish

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**Nourish to Flourish is our exciting new home-cooked meal service for you at home so you can love what you eat.**

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## How does it work?

The first step is a simple assessment with us to identify your dietary needs, preferences and any nutritional requirements.

Once done, we'll arrive for meal preparation at the time best for you.

You can put your feet up and relax or help in the kitchen, it is completely up to you.

If you are undecided, we have a menu for you to choose from, with shopping lists ready to go.

We can also help with your shopping trips too!



## It's easy to get started

Nourish to Flourish is very flexible, you can use the program as much as you like and there are no lock-in contracts.

The program aims to take pressure off during mealtimes, and to make cooking fun and social.

Best of all, most of the cost is covered by your Home Care funding package and the only out of pocket cost is the food you choose.

Want to know more about Nourish to Flourish? Please contact your case manager or coordinator.



## *your Nourish to Flourish team*

### Meet Chef Harris

In search of something challenging and rewarding, Chef Harris joined Home Care at Catholic Homes.

This has enabled Harris to use a wider range of his skills, including making Asian cuisines, which he is very passionate about.

"I believe everyone should be able to access delicious and healthy cooked meals in their homes," he said.

Chef Harris has completed a three-year apprenticeship and worked for five years as a qualified chef at Crown Hotels.

Harris also has experience in a clinical environment, having worked at Subiaco's St John of God Hospital.

### Meet Dietitian Neline

Neline believes that our Nourish to Flourish program is a great initiative for clients to have nutritious, fresh meals of their own choosing, tailored specifically to their needs.

"I am excited about using a personalised and step-by-step approach to making nutrition easy to understand," she said.

Neline specialises in chronic disease management, diabetes, cardiovascular disease, weight management, malnutrition, oncology and gastrointestinal issues.

She has more than a decade of experience in the health and fitness industry and holds a Bachelor of Science (Nutrition) and a master's in nutrition and dietetics.



# Introducing Timeless Treasures

**Timeless Treasures is our vibrant community engagement program dedicated to enhancing the lives of the young at heart.**

We're here to empower you to lead a fulfilling and active life, all whilst enjoying a close-knit, inclusive community.

There are no limits to your imagination with activities and events to enjoy, including:

- Social activities and gatherings
- Support groups
- Wellness and exercise groups
- Education and art sessions

Because the program is delivered as part of the Government-subsidised home care, there are no out-of-pocket costs.

Please note there are costs for meals and cover charges at most events and venues.



## See you at Woolarama

Catholic Homes is proud to support the State's major field day.

It's held in Wagin on March 8-9 and we'll be there promoting our Home Care and other services.

If you're in town, pop by and enter our raffle to win a gift card valued at \$500!\*

\*Terms and conditions apply. See website for detail



## all aboard!

Ease your mind with our personalised transportation service.

Whether you need to get to appointments, activities, events, or shopping, our transport assistance can help you get you where you need to go.

Contact your case manager or coordinator for more information and assistance.



## get back on track

Feeling tired or sore? Worried that you can't do the things you love?

Our skilled physiotherapists and occupational therapists can help you "get back on track"!

Physios not only help with your strength, coordination and balance to restore or regain losses, they can provide advice on any number of beneficial interventions.

OTs help around the home, but it's more than just grab rails.

Our occupational therapists work with you using meaningful and therapeutic activities so you can achieve your goals.

Both professions are your best advocate for living well – drop us a line and we can help you out.

*Editor's note: Information provided is of a general nature and is not intended as clinical advice. For your individual needs please consult your doctor or health professional.*

### 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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