

Catholic Homes

OUT & ABOUT

AUGUST 2024

Winter Wonderland

Castledare and Trinity transform into Winter Wonderlands.

A heartfelt memorial

Honouring the contributions, love, and memories of cherished residents.

Family Day

Residents enjoying spending quality time with the family.



WINTER EDITION • 2024



Catholic
Homes

*care with
purpose*

JOY • LOVE • HOSPITALITY

ARMCHAIR TRAVEL

Delightful adventures to France

Welcome to our August edition

August was another busy month for our residents.

Lots of laughter, smiles and fun has been had by all. We celebrated everything from Christmas in July to the beginning of the Olympics.

France became an armchair travel favourite, as our residents were transported to Paris through food, fun and festivities.

Our Men's Group gathered for a BBQ in the sun, the intergenerational playgroup visited and lots of pampering occurred across the month for our residents.

Everyone continues to train for our Olympics in September. So keep an eye out for our special Olympic edition next month, where we will have special features on all the action.



Castledare celebrates Bastille Day

Castledare residents celebrated Bastille Day with a delightful armchair journey to France, transporting everyone to the heart of a Parisian café.

A charming mime (Graeme the LTL) set the scene, while a whimsical Eiffel Tower drawing adorned the background. The air buzzed with French music as residents sipped wine, savoured creamy cheeses and pâté, and nibbled crusty bread, all while testing their knowledge in a lively French quiz. A spirited Can Can performance was screened, and residents requested to keep the table decorations featuring iconic French landmarks!

Trinity transforms into a Parisian bistro

Today at Trinity we transformed our activity room into a charming Parisian bistro and our residents embarked on a delightful armchair adventure to France.

It was a trip filled with delicious treats thanks to our wonderful chef Paolo. Our travel to France was a perfect example of how we can bring the world to our residents. It was a wonderful way to spark joy, encourage cultural exploration and reminisce about their travel.

The afternoon was filled with laughter, conversation, and a genuine sense of joy.



“The air buzzed with the sounds of French music.”

TRINITY

“Residents left feeling relaxed”

Hand wax therapy

This pampering session was designed specifically for a select group of residents who might benefit from this therapeutic and moisturising properties of paraffin wax. This wax therapy involves dipping hands in warm melted wax that has a low melting point. The wax quickly cools and solidifies creating a warm insulating layer around the hands.

While this therapeutic benefits were important, the morning truly shone as a social occasion. Residents chatted as they took turns getting their hands pampered. Residents left feeling relaxed with softer hands and renewed sense of well-being.

We cannot wait to see the smiles on our residents faces again!



Playgroup heading

Nothing brings a smile to our resident's faces as much as our intergenerational playgroups.

The visits from the little ones brings our resident's so much joy and happiness.

The interactions are priceless and we love hosting our young guests.



Winter Wonderland luncheon

Our Winter Wonderland luncheon was a delightful escape from the ordinary, offering a touch of festive cheer and a delicious winter feast.

The Community centre was transformed into a Winter Wonderland theme of white and blue creating a magical atmosphere that transported our residents to a wintry wonderland. Not to mention the delicious winter menu prepared by our Chef.

The aromas of the mulled wine, and food created a sense of warmth and nostalgia perfect for the winter season.

Our Winter Wonderland luncheon wasn't just about food and decorations, it was about creating a sense of community allowing residents to connect with each other and share their memories.

We at Trinity are committed to providing our Residents with enriching activities that promote physical, mental, and social well-being.

ST VINCENT'S

Australian Flag presentation

Tania Lawrence MP is the federal member for the seat of Hasluck and we were lucky enough to receive a visit from Tania recently at St Vincent's

The residents were very pleased to meet Tania as she listened to them about important issues they wanted to raise. It was a unique opportunity for our residents to have a voice.

The time spent was enjoyed by all and one of our new residents shared stories and pictures of her late husband who had been WA police commissioner.

Tania also presented St Vincent's with an Australian flag which will take pride of place at the residence.



Diana's role

One of Diana's care with purpose job roles is to fold the laundry with the cleaner in the afternoon.

Diana is very proud of her role and loves helping us out with the chores!

Care with Purpose as our model of care is very important to all our residents and it makes us happy to see them contributing and living their best life here at St Vincents.

Happy folding Diana, you are the best!



SISTER MARY GLOWREY

First love: A story from long ago

In the summer of 1959, in a small town called Gwelo in Rhodesia, (now Zimbabwe) the senior girls of Gwelo convent boarding school chatted all week about the graduation school dance.

Day dreams filled the air. In our free time, rainbow coloured dresses were tried and paraded in front of friends. Ordinary, Sunday dresses.

'How shall I wear my hair? Can I borrow a ribbon from you? Has anyone got a lipstick? Will these shoes be okay with my dress?

'What do you think the boys will be like? Hope they are not all nerds. Guinea Fowl is our Brother school, isn't it?'

The air was aquiver with excitement and dread. Boys!! 'Hope, silent as a feather, perches on the soul and sings.'

'Please let a handsome boy chose me.'

'Please don't let me be that girl nobody wants. I will die with embarrassment.'

Saturday night. A coach full of Guinea Fowl senior boys arrived, stepping from the school bus in white shirts, school tie, black blazers with their school motto embroidered on the top, left hand pocket. Their grey longs were neatly pressed. Black or blonde hair, slicked down with hair cream. The girls were there to shyly welcome them into the school hall. The boys automatically

walked to the one side of the hall and the girls giggled over to the other side of the floor. Girls and boys faced each other, girls with eyes down, boys with eyes scanning.

The hall was beautifully decorated by the class a year below us, with coloured crinkly paper and balloons. The table at one end of the floor was laden with savoury and sweet foods. A second table offered cold drinks, Coke, lemonade and Fanta orange. Two Lay teachers at the school welcomed the Guinea Fowl school boys and wished us a happy evening. They would be up in the hall loft with a few Year Elevens waiting to serve the supper half way through the evening. The Disc Jockey put on the music and the boys rushed across the hall floor to claim the girl he had been eyeing.

I lifted shy eyes to see whom Fate had chosen for me. Owen! His name. Oh, his wonderful name. He was tall, dark haired and handsome. He reached for my hand and led me onto the dance floor. He could dance, I could dance. We melted into the rhythm of the music and the rest of the world faded.

After supper I excused myself from Owen's side to go to the 'Powder Room'. When I returned to the dance floor my heart plummeted. Owen was dancing with the prettiest girl in the school.

*"Day dreams filled the air.
In our free time, rainbow
coloured dresses were
tried and paraded in
front of friends".*

I had no chance, now he was dancing with Marie. My shoulders dropped in dismay. I watched them twirl together weaving in and out of the other dancers. Half way around the room Owen lifted his eyes and saw me standing alone. He excused himself from Marie. Reaching my side with a smile, he placed his left arm around my waist. I floated up to the stars. I fell in love.

I never saw Owen again after that magical night ended. After two years carrying the memory of him in my heart, together with all the joy and hurt a first love brings, I received a phone call from my Army Captain brother.

'Listen Kid,' he said, 'it's time you stopped thinking about this Owen guy. He is in the army. I know he got a girl into trouble and has to marry her.'

The sun fell out of the sky. It shattered into a million glittering shards which pierced my heart.

I moved on.

Time passed. I met and married my second love. We are old now, with 'silver threads among the gold'.

We are together and still very much in love. Side by side we relax at Sr Mary Glowrey which, by the way, we nickname 'The Belmont Hotel'.



CASTLEDARE

Winter Wonderland in July

A magical afternoon at Castledare

As the chilly winter winds howled outside, our community centre at Castledare was transformed into a whimsical Winter Wonderland, complete with a magical snow globe setting that transported our residents to a world of festive fun. On a crisp July day, our residents gathered for a special Winter in July themed lunch, and what a treat it was!

The room was filled with the warm aromas of a delicious roast meal, perfectly complemented by the sweet scent of sticky date pudding with custard, a classic wintertime dessert.

Winter-themed tunes filled the air, getting everyone in the mood for a jolly good time. Our talented entertainer then took to the stage, serenading us with festive songs that had our residents tapping their feet and singing along.

The energy in the room was infectious, and before long, our residents were dancing in the aisles, twirling, and spinning to the lively music. It was a truly heart-warming sight to see, and a testament to the joy and camaraderie that fills our Castledare community. As the afternoon drew to a close, our residents left with big smiles on their faces.

Winter-themed tunes filled the air, getting everyone in the mood for a jolly good time.



ARCHBISHOP GOODY

Celebrating family day

Family is important and at AGH there is no day more special than our family day.

We love to see everyone who comes to visit from young to old.

It is a great day with lots of activities, interactions, laughs, smiles and pats for Tommy the cat.

We had a lovely barbeque lunch which

our chefs pictured below and to the right did a great job.

It is wonderful to see so many different generations in one place.

We are sure that everyone came away having enjoyed the day immensely.

Many memories created on what was a truly lovely day for all.



“Tommy the cat was the centre of attention”

OCEAN STAR

Treats trolley

Kath on the treats trolley is a highlight in everyone's day.

Phylis is always on hand to assist Kath on stocking the treat trolley so there are lots of treats to choose from.



Residents enjoy pet therapy

Michael and wife Ethol enjoy pet therapy.

Maria enjoyed a visit from the therapy horse Taffy and Cupaccino. They are two beautiful horses who bring a smile to everyone's faces.



Buggy rides

Sr. Bridgette and Brian going for a buggy ride on Ocean Day. Bridgette said it was great to be in the sunshine looking at the ocean.

Brian is very popular for his buggy rides. They are loved by the residents.



Happy birthday Hayley

Hip, hip hooray.

Happy birthday Hayley. We celebrated Hayley's birthday pictured left to right is Hayley, Bev, Kalari and Sonia.

Flowers and a Freddo frog made Hayley's day.



Pamper days

Pamper days are always a favourite with the residents.

This month Val enjoyed a special hand pampering with others.



CASTLEDARE

A heartfelt tribute

Remembering our loved ones

Over the past seven months, Castledare has bid farewell to several cherished residents. In a heartfelt memorial service, we honoured their lives, contributions, love, and memories. The event featured remembrance frames, beautifully adorned with fairy lights, lanterns, and flowers, creating a serene and respectful ambiance.

Family members of the departed residents attended the service, where a candle was lit in their honour. Our pastoral care practitioner, Ian, led a poignant ceremony filled with hymns and tributes, while resident Alwin guided us in a moving prayer. The atmosphere was filled with both tears and heartfelt

gratitude, as many attendees expressed their appreciation for the exceptional love and care provided by our staff during their loved ones' final years and moments.

The service concluded with a sumptuous morning tea, offering a time for reflection and connection. Many attendees praised the beautiful and touching tribute, making it a memorable and comforting occasion for all.

In a heartfelt memorial service, we honoured their lives, contributions, love, and memories.



July birthdays

This month, we celebrated the birthdays of two wonderful residents with a joyous party. The event was filled with festive decorations and a delightful cake-cutting ceremony.

One of the birthday honourees, Patricia, was inspired by the warmth and joy of the occasion, and shared her life story, expressing heartfelt gratitude for the community's love and support.

It was a memorable and moving moment for everyone present, adding a special touch to the celebration.



Scenic Hyde Park

Our recent outing to Hyde Park was a resounding success, offering residents a perfect afternoon of relaxation and enjoyment. The group took a leisurely stroll amidst the lush greenery, soaking in the serene beauty of the park.

The picturesque duck-filled pond added a charming touch to the experience, making it a memorable day for all.



ARCHBISHOP GOODY

Daily walks with Christina

Christina loves getting out and about. Her daily walks take her to all kinds of places.

Here is snapped on the playground swings having a great time.



Bungee the rabbit

Pet therapy is an important part of aged care. It allows for connection, companionship and brings joy and happiness.

Bungee the rabbit visited recently and it was all cuddles and hugs for Bungee, who seemed to enjoy all the attention and love. We are looking forward to Bungee's next visit soon.



Jim's plants

Jim showing us his plants and moving the plants from the shade to the sun to keep them green and happy.



Barbecue lunch at Men's Group

Our Archbishop Goody Men's Group enjoyed a lovely lunch in the courtyard just for them.

A BBQ was in order and they all agreed nothing beats a sausage sizzle. Cooked outdoors on the barbecue the smell of the sausages made everyone's mouth water.

The BBQ lunch allowed them to chat, connect and share stories on a lovely winter's day outside in the sun. A rare treat in Winter.

Everyone enjoyed the lunch. They are all looking forward to the next Men's Group gathering and wondering what will be on the menu!



"Nothing beats a sausage sizzle"

OUR RESIDENTS

Meet Mary Culph

I was born in Pemberton and grew up on our family farm before moving to the Wheatbelt with my husband Bob.

I completed an early childhood diploma at Edith Cowan University at the age of 41.

I worked at various pre-primary, kindergarten, and special needs programs in the Bunbury area such as Bunbury Catholic College Pre Primary aide for 10 years, Milligan House (special needs program for 4 years), coordinator of the program for 4-5 years at Carey Park, and also at Forrest Street Pre School.

I have many special memories including an overseas holiday with my sister Elsie to England and around Europe where I met my Italian family, boxing day BBQs with the family at Diamond Tree Mill, New Zealand four times, Eastbrook family farm visits, trips to Broome and caravan trips with Bob around Australia after retirement.

We asked Mary some quick questions.

- Favourite movie: Ben Hur
- If I could have dinner with anyone alive or passed, it would be my late husband Bob.
- I love spending time doing puzzles and conversing with my friends.
- My favourite foods are garlic prawns and home-made Italian Sausage, from our family recipe.
- I love being at Ocean Star because of the kindness and care given.



*My advice is:
Always treat
people how you
want to be treated.*



PUZZLE OF THE MONTH

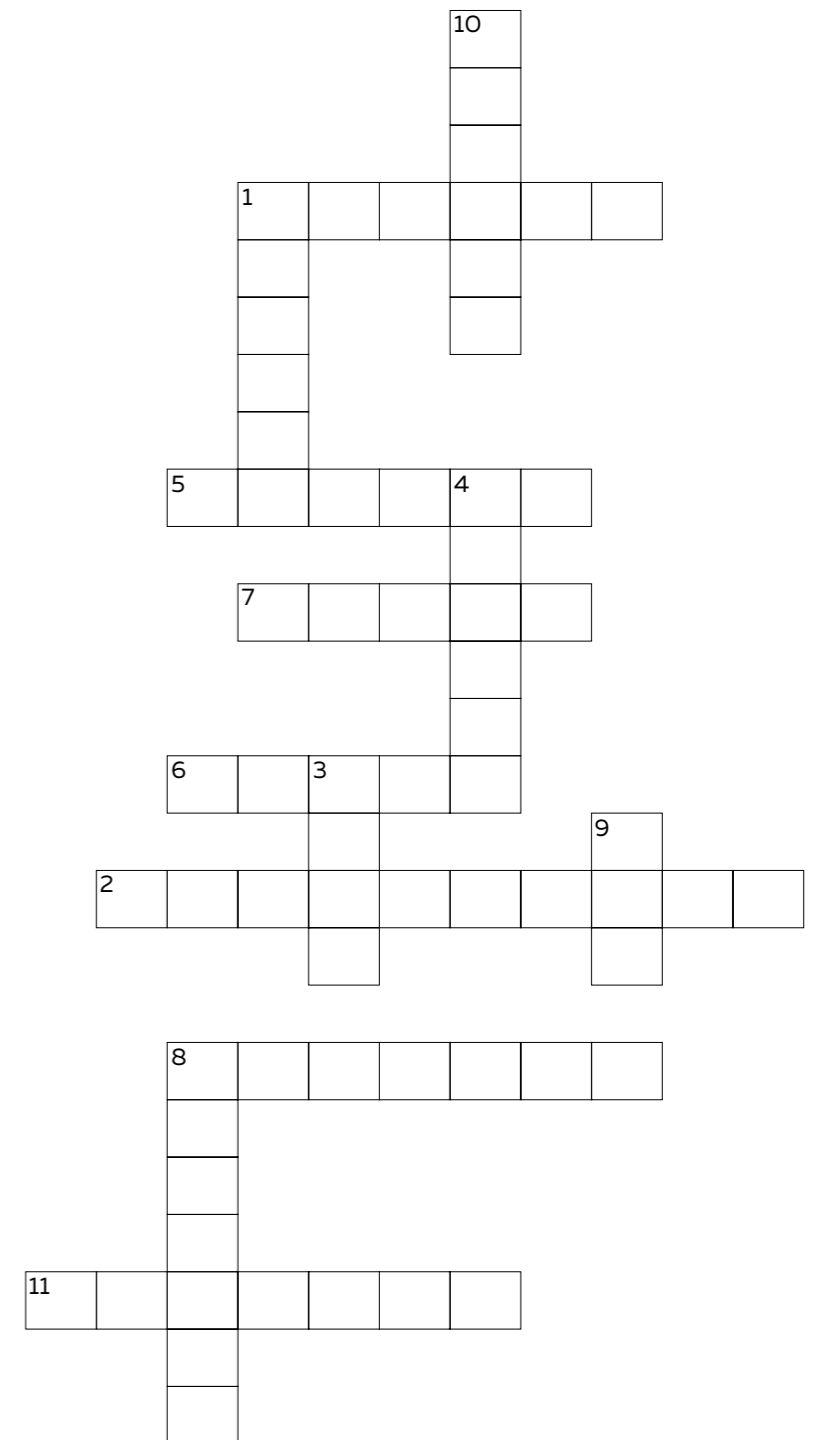
Sports crossword puzzle

Across

1. A popular winter sport
2. The ball can only be touched three times
5. A memento of victory
6. A type of football that involves running with an oval-shaped ball
7. Mentor who helps with development
8. Riding a wave on a board in the sea
11. Bat-and-ball game

Down

1. Players must use their feet, head, and chest to move the ball.
3. A score is kept by counting the number of strokes taken on each hole.
4. A game played on ice with sticks and a puck.
8. A large area for sports and events.
9. A wooden implement used in sports.
10. Competing in a ring with punches and defense moves.



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 socials.



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. Drop us a line at catholichomes@catholichomes.com



Next edition

September 2024

Keep an eye out for the next edition of "Out & About".

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