

OLD S'COOL CLUB



Summer 2020 Newsletter



DAYS OF Summer

Our Old S'Cool Club Newsletter is a great way to find out about news, activities and information about our services and supports so you can live life to the max!

Have a browse and meet our newest staff member, Jenna who coordinates our restorative care program and two clients who have regained control in their lives with home care services.

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WISHING YOU A VERY Merry Christmas

Christmas, the celebration of Christ's nativity, is a special time for everyone at Catholic Homes.

The message of love, atonement and community has great significance for Christians and many others, as we share gifts and friendship and rejoice.

This spirit is very much alive among those who care for you. Your home care team has been exceptional this year, ensuring that you remain happy and well, especially during what has been a very tumultuous year.

Please join all at Catholic Homes in thanking your home care team for their dedication to you and your loved ones.

We wish you a very merry Christmas filled with joy and laughter and look forward to being with you for a safe and prosperous new year in 2021.

With love and best wishes,

Kylie Steele
*Executive Manager Home
and Community Care*



**What's a dog's
favourite
Christmas carol?**

*Bark, the herald
angels sing.*

*'Uncertainty and expectation
are the joys of life.'*

WILLIAM COSGROVE

Former aged care nurse
Doreen Archer took a bad fall
that left her unable to drive
making it more difficult for her
to be independent.

Her choice to regain her mobility has
had added benefits since she joined our
Day Therapy Centre in Guildford.

"I was a little bit reluctant because I
thought 'I wonder what I am in for?' but
I was very pleasantly surprised because
they have a fabulous team here," she said.

Doreen does a range of exercises at the
centre under the experienced eye of
Catholic Homes' Wellness and
Reablement team who prepared
a care plan with her.

"I've worked and worked and now
I am driving, which is really good!"
she said.

Doreen not only enjoys activities and
the company of her wellness team
she loves the companionship with
other clients at the centre who
all enjoy meals together.

*"So I am driving now, I would not
be doing this without the support
and the enthusiasm from the crew
here to keep me going!"*



DAY CENTRE'S Ticket TO Drive



*Doreen's efforts
have seen her
driving a car
again!*

FREDA'S Independence Day

Hip replacement surgery left Freda out of shape and virtually unable to walk, then she started working out in day therapy.

"I had two new hips when I was in England and that was the reason I wasn't walking very well, really," she said, "I needed exercise."

As a member of a local over-55s club, Freda discovered our Day Therapy Centre in Guildford and decided to have a go.

"They assessed me for what sort of exercise I wanted and I have just been going from there.

"Since then I am walking so much better and I am so much stronger in my legs. I have no fear of falling at all because my legs are stronger.

"And then I lost some weight because I was overweight too. So now I am on a weight loss journey and an exercise journey and I feel so good!

"So far I have lost about 14 kilos ... I am so happy and so relieved! I keep going into the cupboard and finding clothes that fit and the old ones are going out. It's really good!"

Freda visits day therapy twice a week for arm and leg exercises plus workouts to boost her stamina.



All are designed with her by our Wellness and Reablement Team with a care plan based on her goals and preferences.

"I feel good most of the time and my recovery rate is quick now," she said.

"After I have been doing step ups at the end it used to wipe me out and I used to think 'oh no, I've got to sit down at home for the rest of the day'.

"Now, after a few minutes, I am back up again, it's good.



Freda is a DTC client on a weight loss and fitness journey.



"My ultimate goal is that I am going to be able to stay independent; and the more active I am, the stronger I am and the slimmer I am, I can move about better and it will last longer."



"I am 77 now and I hope to be doing it, you know, when I am 97!"

To find out how day therapy and fitness can help you contact homecare@catholichomes.com or call 1300 244 000.



LIKE US ON
Facebook

We all love a laugh and we are always on the lookout for fun stories and photos. You are invited to share yours too on our very own Facebook page. Like and share with us @catholichomesaustralia



What do snowmen have for breakfast?

Snowflakes.



WELCOME Jenna

OUR RESTORATIVE
CARE COORDINATOR



Jenna Mason is our new Short Term Restorative Care program coordinator.

Having surgery at a young age has given Jenna Mason a unique insight into the lives of her clients.

As our newest staff member in Home Care helping our Short Term Restorative Care (STRC) clients, Jenna is looking forward to assisting her clients to restore and maintain their health and wellbeing.

The recent hip operation meant the independent 23-year-old was totally reliant on her partner and family for daily assistance for a time.

"The surgery has helped me understand my clients and communicate better with them," she said.

"That's why I love the position I am in; I can say 'I have been there and I know things can get better'"

Jenna, an enrolled nurse with disability and aged care experience, really enjoys arranging all aspects of her role from organising and doing assessments, handling budgets and arranging services.

STRC provides early intervention support while optimising function and independence of our clients. It includes physio, OT, nursing and assistive technology.

Jenna says you can even get STRC if you are on lower level care and awaiting a home care package.

Outside of work, Jenna and her partner are massive Eagles fans who enjoy socialising with friends.

To find out more about how Home Care can help you contact us 1300 244 000 or email homecare@catholichomes.com

**Why are
Christmas trees
bad at knitting?**

*Because they
always drop their
needles.*

Villas

FOR OVER 55s
AVAILABLE

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.

Being part of a larger aged care community, residents can share the many facilities on offer, including formal lounges, dining areas, library and activity rooms, and the benefits of a fully equipped commercial kitchen preparing meals daily.

Our villages are located alongside a Catholic Homes aged care residence, giving you access to a wide range of additional services and support.

All independent living residents can maintain or take up Home Care support from us in any of our villages.

Please note, access to aged care services depends on an aged care assessment, please contact us to discuss your needs and how we can help.

To find out more about independent living call Carmel on 1300 244 333 or email retirementliving@catholichomes.com



Colour Day FOR HOME CARE

Each Friday head office home care staff wear a colour or theme to inspire some fun and laughter.

Each team member takes a turn in choosing a new theme for the following week.

Can you guess the theme for this photo?

Contact us

To find out how to be a part of our community please contact us today on 1300 244 000.

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