

# Dove Tales



**RESIDENTIAL AGED CARE**  
REOPENING OUR HOMES  
AFTER COVID-19

**HOME CARE**  
PROGRAMS TO  
EMBRACE TECHNOLOGY

**BEHIND THE SCENES**  
LIVING AND  
AGEING WELL

# Dove Tales Summer 2021

WELCOME	03	FAREWELLING A 'TRUE GEM'	09
REOPENING OUR HOMES AFTER COVID-19	04	HONOURING OUR ORIGINS	10
MEET DEBORAH KARAM	05	LIVING AND AGEING WELL	11
PROGRAMS TO EMBRACE TECHNOLOGY	06	OUR COMMUNITY	12
BURIED IN TREASURES	08	OUR LOCATIONS	14

## At a glance



**43**

RESIDENTIAL AGED  
CARE HOMES



**13**

RETIREMENT  
COMMUNITIES



**2**

HEALTHCARE  
SERVICES



**6,200**

HOME CARE  
CLIENTS



**4,200**

EMPLOYEES



**1,050**

VOLUNTEERS



## About us

Catholic Healthcare is a trusted, leading not-for-profit provider of residential aged care, home care, retirement living and healthcare reaching across the east coast of Australia.

We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 27 years.

We are passionate about enriching our client's lives and offer services to nurture the body, mind and spirit. Our person-centred holistic approach focuses on client wellbeing with a continuum of care that is tailored, flexible and covers every stage of life's journey.

Today, Catholic Healthcare operates 43 residential aged care homes, 13 retirement living communities, two healthcare services and provides services to around 4000 persons in the community.

## Welcome from Karen Borg, CEO and Stephen Teulan, Chairman of the Board



Welcome to the Summer Edition of *Dove Tales*. There is no doubt that with the pandemic we have experienced one of the toughest times in our generation.

COVID-19 undeniably presented challenges across our services. We are thankful for the incredible and innovative way our employees and volunteers responded, going above and beyond in supporting our residents, clients and patients and their carers.

### Stephen:

This has been a year of change, challenge and resilience for Catholic Healthcare.

I would like to express the Board's thanks to the staff and volunteers of Catholic Healthcare for their commitment and care during such a challenging time in aged care; a year dominated by the COVID-19 pandemic, on top of a Royal Commission, which highlighted needed change.

Thank you to the people of Catholic Healthcare who persevered and demonstrated resilience in these extremely challenging circumstances to support our clients, residents and patients to enjoy life in all its fullness. Thank you also to residents, patients, clients and their loved ones who have endured the impact of COVID-19 lockdowns and restrictions to visits during the pandemic.

In line with the Australian Government's response to the Aged Care Royal Commission, Catholic Healthcare will strive to:

- Enhance our ability to inform, empower and protect the people we serve
- Create greater opportunities for people to receive care and support at home
- Provide truly person-centred residential aged care
- Invest in our people; and
- Foster opportunities for their growth.

I look forward to the year ahead, embracing the challenges and opportunities of the aged care sector. We will continue to build on the wonderful legacy of our founding Congregations and the Members who have entrusted the continuation and development of their aged care ministries to Catholic Healthcare.

It is a privilege to serve Catholic Healthcare residents, clients, patients and their families, supported by a great team of people who have a deep commitment to care.

### Karen:

This year has been a year characterised by many challenges and changes, yet there have been new opportunities in all areas of our work.

It is great to see many of our Residential Homes reopen to families and friends. Anne Maree Hodgson, Acting General

Manager for Residential Care, and I paid a special visit to the Bodington Aged Care Home in the idyllic Blue Mountains in late October. Seeing so many of the residents looking forward to spending time with family and friends again was wonderful to see.

We opened McQuoin Park Retirement Living Village in Wahroonga earlier this year, welcoming residents to this new state-of-the-art development. Our new Home, Holy Spirit, in Casula, was officially blessed and is already making a positive impact in the community. Most recently, we welcomed new residents and families to MacKillop House Norwest, which officially opened in November.

This year, we were also fortunate to re-ignite MyWish experiences which saw residents enjoy visits to art galleries, exhibitions, zoos, restaurants and scenic sites.

For Home and Community Services, we launched a new campaign, *Care Runs Deep*, reflecting our deep commitment to care, for our clients and each other.

Using technology can be challenging, so it was great to see so many of our elderly clients embracing online programs to continue their health and wellness activities. The Allied Health team moved many of their health sessions online so clients didn't miss out on their regular exercise and activities during lockdown.

For aged care, 2021 has been a pivotal time with the release of the recommendations of the *Royal Commission into Aged Care Quality and Safety Report*, earlier in the year. We welcome the Government's commitment to older citizens, including allocating 40,000 new Home Care Packages for this financial year, and 40,000 next year.

In this issue of *Dove Tales*, we explore our Buried Treasures program from behind the scenes. We also welcome Deborah Karam, our new Manager of Operational Support, Residential Care. There's an excellent article by our Chair of Trustees, Dr Peter Steane, acknowledging our humble origins and the insight that the majority of our founding congregations were religious women. It helps to explain why Catholic Healthcare extols the values of compassion, respect, honesty, hospitality and excellence.

We hope you enjoy reading these inspiring stories from our team.

### KAREN BORG AND STEPHEN TEULAN

# Reopening OUR HOMES AFTER COVID-19



JILL PAULL, RESIDENTIAL MANAGER AT BODINGTON, AND CATHOLIC HEALTHCARE CEO KAREN BORG (LEFT TO RIGHT)

## *Families, residents and staff in our Homes can, once again, catch up in person.*

There is no doubt that with COVID-19 we have experienced an unprecedented time in our generation.

The effects of the global pandemic have been felt not only in our Residential Aged Homes, but in our personal lives, too. It has been wonderful to witness Australia reaching important COVID-19 vaccination milestones for the broader community, and to see many of our Homes reopen, too.

Karen Borg, Catholic Healthcare CEO, and Anne Maree Hodgson, Acting General Manager for Residential Care, paid a special visit to the Bodington Aged Care Home in the idyllic Blue Mountains. It was a chance to meet, once again, in person with residents, staff members and families.

"It was so encouraging to witness the joy on the faces of residents as they embraced loved ones in person. Magical to see," says Karen.

*"It was so encouraging to witness the joy on the faces of residents as they embraced loved ones in person."*

*- Karen Borg*

COVID-19 saw many residents and families embrace technology to connect with each other (WhatsApp, FaceTime and other virtual communications), in place of in-person visits. Many, in fact, experienced unexpected leaps and bounds in their knowledge and use of technology!

We also had a number of residents celebrate their 100th birthdays.

It has been magnificent to witness the strength and resilience of our older generation – their positive attitude and enduring work ethic. They are the generation who paved the way for the success of our country as it is today; those who embodied a deep sense of community, mateship and experienced incredible hardships including two World Wars and the Spanish flu epidemic.

We strive to give every resident who chooses Catholic Healthcare as their Home a sense of community, connection, friendship and meaningful purpose.

"I would like to express my heart-felt thanks to all our Catholic Healthcare team for their wonderful support for our residents during COVID-19," says Anne Maree.

"All of our teams have worked tirelessly to keep residents safe, and we will continue to remain vigilant as we look forward to the future."

### For more information

[catholichealthcare.com.au/residential-aged-care](https://catholichealthcare.com.au/residential-aged-care)

# Meet Deborah Karam

## MANAGER, OPERATIONAL SUPPORT, RESIDENTIAL CARE

*Deborah was inspired to move into aged care when her mother was diagnosed with dementia.*

A personal family experience, when her mother was diagnosed with dementia at 64, was the inspiration and the reason for Deborah Karam's career move from health into aged care.

"My mother's dementia diagnosis led me to be more personally interested and invested in working in aged care," she says.

Deborah has worked in many roles within Hospital Management. As a Registered Nurse, she managed an Intensive Care Unit at Fairfield Hospital. She was also the Nurse Unit Manager in the Brain Injury Unit at Liverpool Hospital.

Deborah now joins the Operations team at Catholic Healthcare, as Manager, Operational Support which will see her working with Regional Managers, Customer Relations and the Commercial Manager, reporting to Anne Maree Hodgson, Acting General Manager for Residential Care.

"Starting out in Hospital Management and now transitioning to Operational Support has been an interesting and very personal journey for me," says Deborah.

"I was given the opportunity to commission a 96-resident home at Uniting early in my career, which was a great lead-in to working directly in aged care."

Deborah brings a wealth of knowledge and expertise to her new role.

"With my experience, I hope to bring some insight into how we can enhance the 'resident journey' across all of our Homes. I am passionate about operations, and my goal over the next few months is to help improve our residents' experiences.



*"My goal is to help improve our residents' experiences"*

"I started this role in October, and I am thoroughly enjoying working with the Catholic Healthcare team," says Deborah.

"While I've met staff and residents in some Homes, my plan is to visit all the Homes as soon as I can."

Deborah is passionate about Hospitality, one of Catholic Healthcare's core Values.

"I'm particularly keen on how we can improve the dining experience for our residents," she says.

Deborah has a post-graduate degree in Health Management, a graduate diploma in Clinical Practice, a Masters in Health Management and is currently completing her MBA.

Outside of work, Deborah is a sports aficionado including tennis, soccer and dancing. She is also a trained professional dancer and has formerly auditioned for *Cats*.

**For more information**

[catholichealthcare.com.au/residential-aged-care](https://catholichealthcare.com.au/residential-aged-care)

# Programs

## TO HELP EMBRACE TECHNOLOGY

*Our Home & Community Services team offer a range of new online programs to help seniors improve their confidence with technology.*

It's not unusual to be a little stumped when it comes to technology. Especially recently with COVID-19 and the use of QR Codes everywhere you go.

Catholic Healthcare's new online *Smart Technology* program for Commonwealth Home Support Programme (CHSP) clients helps seniors improve their digital confidence and use of technology in small, safe online groups.

The *Smart Technology* program is run in partnership with *Your Link*, an organisation that runs educational courses for seniors.

In the eight-week program, seniors will learn how to download apps, use QR codes to register at venues, and how to connect with family and friends using video calls, messaging and emails. There are four courses that cover both Apple and Android devices. Not to be missed.



**To find out more, please speak to your Care Advisor or call 1800 225 474**



## HEALTH AND WELLNESS PROGRAMS

***Meditation classes and brain-busting trivia games help clients stay active, safe and healthy.***

The Northern Sydney Allied Health team recently moved many of their health sessions online so that clients could attend their regular exercise and activities.

Weekly online exercise classes are available to clients to help them maintain their mobility. Client feedback has been positive with some saying the activities are the highlight of their day.

The team also introduced a 30-minute meditation class, and a 'brain-busting' trivia games session'. These will be supported by information sessions to help clients with tips and ideas to stay active, safe and healthy.

"It's been really pleasing to see our clients' level of confidence increase in using technology and how they socially connect during the sessions. It is wonderful that we can make such a difference to their lives," says Erin Stubbs, Business Manager, Home & Community Services in the Northern Sydney region.

**For more information**

[catholichealthcare.com.au/homecare](https://catholichealthcare.com.au/homecare)



## HOLISTIC APPROACH TO THERAPY



### ERIN STUBBS

Business Manager for Home & Community services

### **Occupational Therapy improves our clients' lives with new, safe activities.**

Erin Stubbs manages a busy team of Occupational Therapists who service the Northern and Western Sydney regions. She worked as an Occupational Therapist for nine years with Catholic Healthcare, before taking up the role as Business Manager.

“We have a dedicated team of four Occupational Therapists. We adopt an ‘enabling’ approach — looking holistically at how we can help our clients to fulfil their lives and maintain healthy lifestyles as they age,” says Erin.

### **What is Occupational Therapy?**

Occupational Therapy (OT) is an allied health profession. Occupational Therapists (OTs) play an important role in helping people set up their lifestyle and environments to manage changes in their health and wellbeing.

OTs can help you in the following areas:

- Personal care.
- Building independence with household chores, meal preparation, education and volunteering.
- Leisure, including social activities, community and friendship groups, and hobbies.

### **How do Occupational Therapists help in everyday lives?**

OTs can help you by:

- Building knowledge and skills through education.
- Finding new ways of doing everyday activities.
- Changing the environment to suit your needs.
- Recommending equipment or strategies to improve safety.

### **What Occupational Therapy Services does Catholic Healthcare Provide?**

- In-home OT Assessments for clients on *Home Care Packages* (HCP).
- Health and Wellness programs focusing on exercise and lifestyle.
- Falls Prevention education such as “Walking with Confidence”.
- “Feel Fit” — an exercise and education program to build strength, balance and endurance.
- Day Centres and outings to assist in increasing social and community participation.

You can access these services at Catholic Healthcare if you are on a *Home Care Package*.

Speak to your Care Advisor or Coordinator about any of our Health and Wellness programs.

### **For more information**

[catholichealthcare.com.au/homecare](https://catholichealthcare.com.au/homecare)

## BOOK NOW FOR A CHRISTMAS CONCERT

Earlier in the year, our Home & Community Services’ team hosted a series of entertaining online music concerts.

Clients took a trip down memory lane as they revelled in classics such as *The Road to Gundagai* performed by Registered Music Therapist and musician Mark Fleming. There were many song requests, even ‘dancing’ in chairs to the catchy tunes.

The team is excited to announce an upcoming **Christmas online music concert on Friday 17 December, 3.00pm – 4.30pm.**

Free for all Catholic Healthcare clients, the highly interactive concerts will feature some of our all-time favourite Christmas songs from star performers and accomplished musicians Mark Fleming and Martin Hadders.

Be quick to book your spot via Eventbrite [webchcs.com/christmasconcert](https://webchcs.com/christmasconcert)

Please note, you will receive an email message containing the Zoom link one day prior to the concert.

### **For more information**

**1800 225 474**



# BURIED *in treasures*

*Managing our home and possessions as we age can be overwhelming.*

That was the case for Trish, who found her living conditions had deteriorated.

“The big issue was my bedroom. It was full of clutter. I had piles of bed linen, towels, clothing, cushions and pillows. I couldn’t use the room.”

Trish’s situation turned around after completing Catholic Healthcare’s *Buried in Treasures* program in 2020.

“The course really helped me. I was feeling very insecure and had collected items and clutter in my home. During the course, I realised I was barricading myself in my own home.”

New participants can join our future *Buried in Treasures* programs.

The 15-week online course supports people who accumulate excessive items. It is aimed at people aged over 65, and over 50, who are at risk of homelessness. It’s open to those who are eligible for the NSW Government’s Commonwealth Home Support Programme (CHSP).



The course is based on the successful self-help book *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* written by Dr Randy Frost, Dr David Tolin and Dr Gail Steketee, world-leading experts in the study and treatment of hoarding disorder.

*Buried in Treasures* topics include:

- Understanding hoarding and why people collect.
- Motivation and confidence to start organising clutter.
- Practical skills and strategies to decide which items to save, and resisting the temptation to collect more.
- Overcoming feelings of anxiety and/or depression.

Participants engage in online learning sessions with a Catholic Healthcare facilitator in small groups of 12, meeting for two hours, one day a week. Run by Catholic Healthcare’s Hoarding and Squalor team, the program is free and occurs every six months.

**For more information**

[catholichealthcare.com.au/homecare](https://catholichealthcare.com.au/homecare)

## WELCOME RECOGNITION - FINALISTS IN HESTA AWARDS

Congratulations to the **Hoarding and Squalor team** named finalists in **HESTA’s Compassion in Action – Social Justice Awards 2021**.

Catholic Health Australia (CHA) hosted a special webinar in late October where each of the four finalists in **HESTA’s Compassion in Action – Social Justice Awards 2021** presented their submissions.

The online presentation was judged live with the panel of judges including Board Director CHA Julien O’Connell AO, and CHA Board Director Virginia Bourke. The finalists each presented a short five-minute thesis outlining their programs. Before the winner was announced, St John of God Murdoch Hospital and their partnership with DJaalinj Waakinj Aboriginal Ear program.

“We were truly honoured to have made the top four. This was a great achievement among some talented contenders,” says Mercy Splitt, Hoarding and Squalor Manager at Home & Community Services.

“Our *Buried in Treasures* program aims to achieve equity for the most marginalised people in our community. It was an honour to be recognised for our commitment to positive social change.”

Congratulations to the Hoarding and Squalor team for this great achievement. This is testament to your creativity, compassion and commitment!





# Thank you

## TO A 'TRUE GEM'

Kath has always been passionate about her work. She believes in best practice care and quality of life for clients. This fuelled her daily motivation and is the reason for her long career in the industry.

"Advocating best practice care and the best quality of life possible for clients and their carers helps clients retain their dignity and self-esteem. This is my aim, and it's what drives me," she says.

"I also just love working with all kinds of people – listening to their experiences, life stories and wisdom, and what they have contributed to society."

Kath has handed over the baton to Anne and Jeanie, who will job-share the role of dementia counsellor. Both are experienced former community nurses.

"New faces, new people, new ideas. I wanted to make sure whoever took over had a heart and passion for the role. I can see that Anne and Jeanie will be perfect."

Kath is looking forward to spending more time with her family. A proud mother of three and grandmother of two, her children and their families are spread across different states in Australia, and in Germany.

From all of us at Catholic Healthcare, we wish you well, Kath, in your future endeavours, and thank you for your inspiring work over many years!

### *Kath Readford retired from Catholic Healthcare after 28 years working in dementia care and support in regional NSW.*

Kath Readford OAM is a humble woman of many talents who is leaving behind an impressive and lasting legacy.

She worked tirelessly to support the Orana region providing dementia counselling, advice, support and advocacy services. Among her many achievements is the establishment of the Home Club for people living with dementia.

Kath grew up in Sydney. She worked as a nurse at the Royal North Shore Hospital in St Leonards before a 'tree change' saw her move to Coonamble in the 1970s. She settled, married and worked as a community nurse at the Coonamble Hospital for many years.

In 1993, Kath and her family relocated to Dubbo. She worked at Lourdes Hospital in the Aged Care Assessment Team (ACAT) and it was here where her journey in the field of dementia and dementia counselling began, as a dementia counsellor with Dementia Counselling Services. She was one of five counsellors working for Alzheimer's Australia for their National Dementia Action Plan.

"As a counsellor you work for both clients and their carers. You need to be able to assist both in navigating the assessment, diagnosis and care," she says.



KATH PICTURED WITH NEW DEMENTIA COUNSELLORS  
JEANIE (LEFT) AND ANNE (RIGHT)

# HONOURING OUR ORIGINS

**DR PETER STEANE**

Chair of Trustees, Catholic Healthcare

*We honour the role of women who continue to shape Catholic Healthcare today.*

It's not a coincidence or a happy stroke of luck that today our CEO is a woman and that half the members of our Leadership Team are women, or that women are valued across our workforce.

In fact, it's only because of the hard work and compassion of women, that Catholic Healthcare came into being at all, and it's a role that is often not sufficiently recognised.

The story has its origins at the very beginning of nursing. In the 1850s, four Sisters of Mercy, founded by Catherine McAuley, travelled from Dublin to help Florence Nightingale treat the wounded in the Crimean War. It was an event that marked the beginning of caring as a recognised occupation, as well as the leading role of women in providing health and healing in the burgeoning professional healthcare system.

Similarly, it was the Sisters of Charity that first brought pastoral care to the new colony in Sydney. In 1839, Mary Aikenhead founded the Sisters of Charity. They were innovators in every sense, helping female convicts in Parramatta, visiting hospitals and orphanages and setting up a school.

In modern times the Sisters established ministries for the marginalised and vulnerable in inner Sydney; helping those living with HIV, mental illness, drug addiction and poverty.

Perhaps most famously, they also supported the establishment of Australia's first medically supervised injecting room in Kings Cross in 2001. It was highly controversial but also very much needed by the community and to save lives.



LADIES COMMUNITY AGED CARE

In 1994, Catholic Healthcare was founded to respond to the changing needs in aged and community services. Our founding congregations witnessed and served at the veritable front line, always open to new ways, new methods and innovative responses to real pastoral needs.

Five of those founding congregations were religious women.

It is pastoral innovation that is both pragmatic and gospel-based, that still influences us in Catholic Healthcare today. It has become part of our story and part of who we are.

Like a parent instilling values into the next generation, we have been stamped with DNA that defines who we are and what we do. What it gives to us is the ability to face the future with clear confidence and purpose.

It was the consistent actions of our founders that bestow the clear, unequivocal theme captured in our mission to promote life in all its fullness. These are the words of Jesus spoken in the Gospel of John (10:10). They remain our 'true north' in our metaphorical compass for our future.

It is a wonderful foundation to be reminded of, and it explains so much about why Catholic Healthcare still extols the values of compassion, respect, honesty, hospitality and excellence.

The men and women – but mainly women – who gifted us with the continuation of their ministries, were clearly focused on the gospel. But their mission is now our mission. The Catholic Healthcare story exhibits the values framed by our foundation and the gospel.

## SISTERS UNITE TO BRING PASTORAL CARE

**1850s** .....

Sisters of Mercy helped Florence Nightingale treat the wounded in the Crimean War. This marked the beginning of caring as a recognised occupation and the leading role of women.

**1839** .....

Sisters of Charity founded by Mary Aikenhead bring pastoral care to the new colony in Sydney.

**1994** .....

Sisters of Charity was one of six religious groups to form Catholic Healthcare in response to the changing needs in aged and community services

**2001** .....

Sisters of Charity support Australia's first medically supervised injecting room in Kings Cross meeting the needs of the community and saving lives.

# Living & ageing well

## AGEING WELL ONLINE MASTERCLASS FOR SENIORS

Issues around ageing can be overwhelming for clients and their families. Aged care experts delivered some practical tips on ageing, and the available services and support in the Ageing Well masterclass.

Thank you to Mission Manager Margaret Woods, Business Manager Erin Stubbs and Sales Manager Mary-Jane Rudd who helped deliver these classes.

The masterclasses were developed in partnership with Catholic Care, Grief Care, Australian Catholic Super and NSW Trustee & Guardian.

Ageing Well will be back in early 2022 in person, and virtually. Clients, families and referrers will be notified once all dates and venues are finalised.

**For more information visit**  
[catholiccare.org/senior-services/ageing-well/](https://catholiccare.org/senior-services/ageing-well/)



## LIVING WELL, DYING WELL



**NISHI RANI**  
featured in the *Living Well, Dying Well* Webinar

In 2019, the Archbishop of Sydney, His Grace Anthony Fisher OP, expressed concern about providing the most appropriate support for those people with life-limiting illnesses.

His Grace requested an investigation into how the Catholic Church could address this issue, and the rising need for community palliative care. The result is *Living Well, Dying Well*, a collaboration of Catholic agencies including Catholic Healthcare.

A webinar was held in October to raise awareness of *Living Well, Dying Well*. It featured Regional Manager of Residential Care Nishi Rana, who shared her expertise in palliative care and in supporting people in end of life (EOL).

She also discussed the vital role of volunteers (support workers, pastoral carers, recreational activities workers and grief support) assisting staff in creating a team-based approach to care.

**For further information visit [livingwelldyingwell.org](https://livingwelldyingwell.org)**

## COMPASSION IN AGED CARE CULTURE



**DR JACQUELINE O'TOOLE**

Compassion goes a long way in helping leaders in challenging times in aged care. It also improves an organisation's culture and compliance, according to new research by Monash University.

Dr Jacqueline O'Toole presented her research findings in the webinar, 'A compassionate approach to leadership in aged care,' providing invaluable insights into aged care leadership, management, ethics and governance.

Dr O'Toole's research included in-depth interviews undertaken with participants in senior leadership roles in residential aged care.

### KEY TOPICS



**Social Connection  
and Psychological  
Wellbeing**



**Physical Wellbeing**



**Navigating Aged Care**



**Financial Planning  
for Retirement and  
Beyond**



**Ageing Gracefully  
and Living Fruitfully**



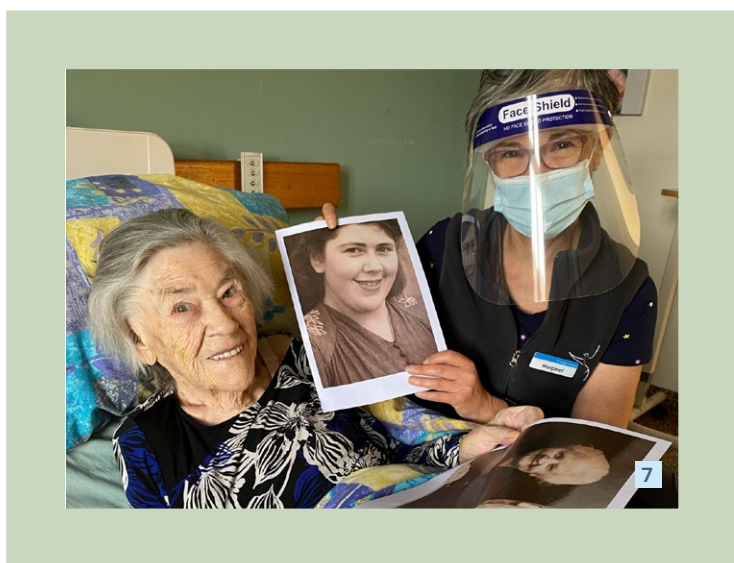
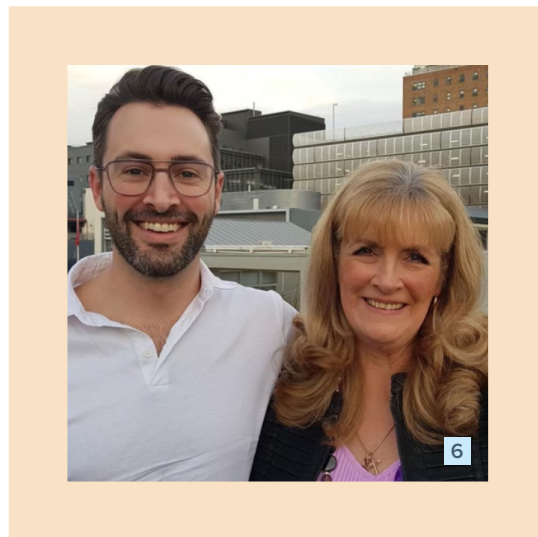
# Our Community



- 1 Edith Rogers, Personal Care Assistant at St Joseph Residential Aged Care Hunters Hill, celebrates 30 years of service with Catholic Healthcare on Foundation Day 2021.
- 2 Frank and Jill, McQuoin Park's first residents, at the retirement village's first anniversary celebrations in September.

- 3 Regina, resident at St Mary's Retirement Village Berkeley, celebrates her 100th birthday!
- 4 Audrey, resident at Blakeney Lodge Tumut with her hand sculpture.

Some photos taken prior to the current lockdown

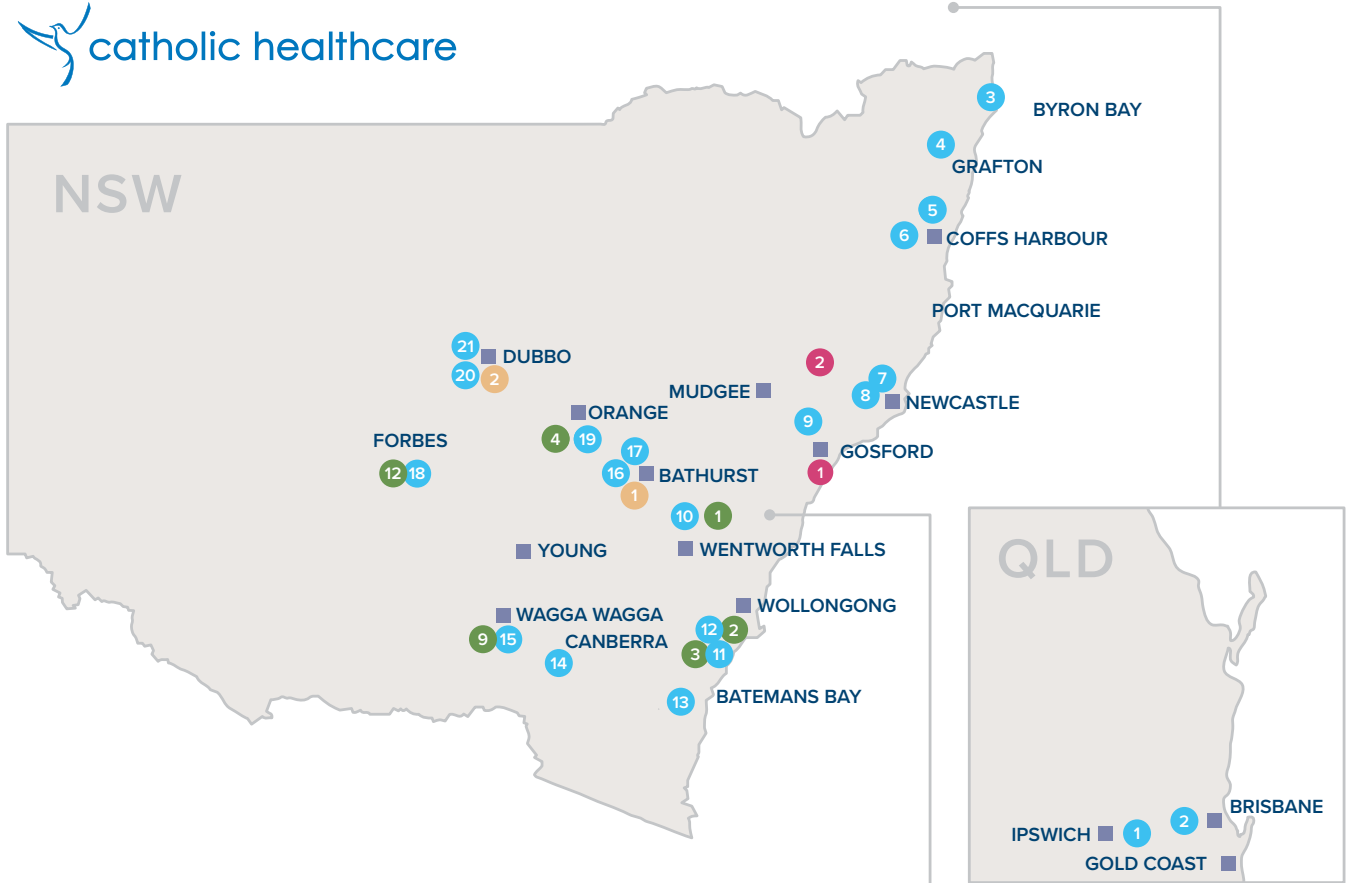


- 5 We were proud to be named Finalists in the 2021 AMI Awards for Marketing Excellence.
- 6 Robyn, a Personal Care Assistant at Emmaus Village Kemps Creek, is voted a 'Honey Hero'. Pictured with her son, Chris.
- 7 Waltraud, resident at St Hedwig Village Blacktown, with her photo memory book.

- 8 Sister Theresa enjoys the cultural festivals at Villa Maria Fortitude Valley.
- 9 Margaret and Joyce, new residents at Holy Spirit Casula.
- 10 Anne, one of the new dementia counsellors at Lourdes Hospital and Community Health Service in Dubbo.

Some photos taken prior to the current lockdown

# Our locations



## GREATER SYDNEY



## RESIDENTIAL AGED CARE

- VILLA MARIA CENTRE**  
Eastern Heights
- VILLA MARIA**  
Fortitude Valley
- COOLAMON VILLA**  
Mullumbimby
- ST FRANCIS AGED CARE**  
Grafton
- ST AUGUSTINE'S AGED CARE**  
Coffs Harbour
- ST JOSEPH'S AGED CARE**  
Coffs Harbour
- CHARLES O'NEILL HOSTEL**  
Mayfield West
- ST JOHN'S VILLA**  
New Lambton
- OUR LADY OF LORETO GARDENS**  
Hamlyn Terrace
- BODINGTON**  
Wentworth Falls
- ST MARY'S RETIREMENT VILLAGE**  
Berkeley
- VILLA MARIA CENTRE**  
Unanderra
- MARANATHA LODGE**  
Batehaven
- BLAKENEY LODGE**  
Tumut
- THE HAVEN**  
Wagga Wagga
- MACQUARIE CARE CENTRE**  
Bathurst
- ST CATHERINE'S AGED CARE**  
Bathurst
- JEMALONG RESIDENTIAL VILLAGE**  
Forbes
- ST FRANCIS AGED CARE**  
Orange
- ST MARY'S VILLA**  
Dubbo
- HOLY SPIRIT**  
Dubbo
- BETHLEHEM HOUSE**  
Kogarah
- BRIGIDINE HOUSE**  
Randwick
- EMMAUS VILLAGE**  
Kemps Creek
- GEORGE MOCKLER HOUSE**  
Mona Vale
- GERTRUDE ABBOTT AGED CARE**  
Surry Hills
- HOLY SPIRIT AGED CARE**  
Revesby
- HOLY SPIRIT**  
Croydon
- LEWISHAM NURSING HOME**  
Lewisham
- LEWISHAM RETIREMENT HOSTEL**  
Lewisham
- MCQUOIN PARK**  
Wahroonga
- PERCY MILES VILLA**  
Kirrawee
- THE SISTER ANNE COURT**  
Surry Hills
- ST ANNE'S AGED CARE**  
Hunters Hill
- ST BEDE'S HOME**  
South Hurstville
- ST JAMES VILLA**  
Matraville
- ST JOSEPH AGED CARE**  
Hunters Hill
- ST PAUL'S**  
Northbridge
- ST PETER'S**  
Lane Cove North
- VINCENTIAN AGED CARE SERVICE**  
East Sydney
- ST HEDWIG VILLAGE**  
Blacktown
- HOLY SPIRIT**  
Casula
- MACKILLOP HOUSE**  
Norwest

## RETIREMENT LIVING

- AQUINAS COURT**  
Springwood
- BISHOP McCABE RETIREMENT VILLAGE**  
Towradgi
- ST MARY'S RETIREMENT LIVING**  
Berkeley
- THE BAILLY**  
Orange
- EMMAUS RETIREMENT VILLAGE**  
Kemps Creek
- THE BRIGHTON**  
Croydon
- ST PETER'S GREEN**  
Lane Cove North
- CHARLES O'NEILL**  
Mona Vale
- THE HAVEN**  
Wagga Wagga
- ST HEDWIG VILLAGE**  
Blacktown
- MCQUOIN PARK RETIREMENT LIVING**  
Wahroonga
- JEMALONG RESIDENTIAL VILLAGE**  
Forbes
- STRATHALLEN**  
Randwick

## HEALTHCARE

- ST VINCENT'S HEALTH & COMMUNITY SERVICES**  
Bathurst
- LOURDES HOSPITAL & COMMUNITY HEALTH SERVICE**  
Dubbo

## NEW DEVELOPMENTS

- KINCUMBER**
- MORPETH**
- MAROUBRA**
- BELROSE**
- JORDAN SPRINGS**

## HOME CARE

You will find us in regional and metro areas across NSW and South East QLD. Only key locations are shown here, please enquire to find a service near you.

# MAKE A DIFFERENCE

*At Catholic Healthcare, we seek to nurture each individual, promoting life to its full.*

We are constantly seeking to improve our models of care to ensure residents receive the highest quality of service possible.

As the ageing population continues to grow significantly with increasingly complex conditions requiring higher levels of care, we need to invest in innovative aged care research, designed to enhance the quality of life for our residents.

With the support of our generous donors, we have supported valuable research into residential aged care with Charles Sturt University to improve models of care for seniors, advance research, boost staff education, and enhance clinical practice, but we continue to need your help.

Your donation will help us to continue this research and support a sustainable future for your loved one.

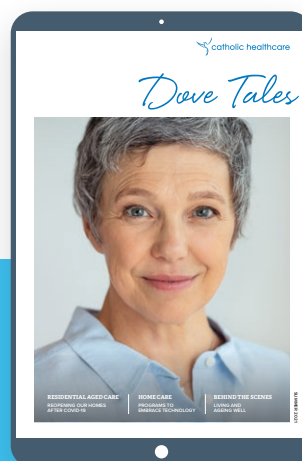
[catholichealthcare.com.au](http://catholichealthcare.com.au)

Catholic Healthcare is a leading, not-for-profit provider of residential aged care, home care, retirement living villages and healthcare reaching across NSW and QLD.



Suite 1, Level 5, 15 Talavera Road  
Macquarie Park NSW 2113

[catholichealthcare.com.au](http://catholichealthcare.com.au)



DOVE TALES IS ALSO  
AVAILABLE ONLINE

[catholichealthcare.com.au](http://catholichealthcare.com.au)