

# Dove Tales

AUTUMN 2022



**RESIDENTIAL AGED CARE**  
THANKING OUR FRONTLINE  
HEROES DURING COVID-19

**HOME CARE**  
WELLNESS TAKES  
CENTRE STAGE

**RETIREMENT LIVING**  
COMMUNITY SPIRIT  
AT WORK IN THE SHED

# Dove Tales Autumn 2022

WELCOME	03	WELLNESS TAKES CENTRE STAGE	08
THANK YOU TO OUR TEAMS DURING COVID-19	04	HOARDING HELP AT HOME	09
LAUGHTER AND LEARNING	05	TOOLS OF THE TRADE	10
HEART AND HOME	06	ACTIVITIES PAGE	11
OVERNIGHT SUCCESS	07	OUR COMMUNITY	12
		OUR LOCATIONS	14

## At a glance



**43**

RESIDENTIAL AGED CARE HOMES



**13**

RETIREMENT COMMUNITIES



**2**

HEALTHCARE SERVICES



**6,249**

HOME CARE CLIENTS



**4,270**

EMPLOYEES



**850**

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 more than 6000 persons in the community.

# Welcome to the Autumn issue

CEO Karen Borg and Chair of the Board Stephen Teulan reflect on the challenges of Omicron and highlight stories of care, innovation and resilience.



As we emerge from the peak of the latest COVID-19 Omicron surge and acknowledge its significant impact across Catholic Healthcare services, I am struck by how fortunate we are as an organisation to have the strong support of our community.

We are grateful to each of you – our residents, clients, patients and their loved ones – for your patience and understanding through these most recent periods of lockdown. And I know you will all join with me in thanking our wonderful, dedicated staff who have gone above and beyond to support the physical and emotional wellbeing of those we care for, as well as supporting each other through such challenging circumstances. On page 4 you'll see the faces of some of our heroes, and read some of the words of support we have received.

As you read this issue of *Dove Tales*, I hope you'll agree there is much to look forward to together, as we continue our Mission to promote life in all its fullness.

As we do so, we will continue to innovate and adapt – such as connecting primary students with people living in Residential Aged Care through regular video catch-ups (page 5), and offering our Wellness Programs online as well as in person to Home Care clients (page 8).

We also celebrate milestones together, from the 30th anniversary of Maranatha Lodge on the NSW South Coast (page 12) to the opening of our newest Home, MacKillop House Norwest in Sydney's Hills District. Our Leadership Team was fortunate to experience the beautiful accommodation and a delicious home-cooked meal there late last year (see page 7).

I hope you enjoy reading our inspiring stories in this Autumn issue of the magazine.

**KAREN BORG**



As I write this, Russia has invaded Ukraine and areas of NSW and Queensland are heavily affected by floods. In times of conflict and uncertainty, fear increases and the search for peace in our lives, families and communities becomes even more important. Our CEO, Karen Borg, speaks of the importance of eliminating the fear often experienced by older people, including the fear of aged care. The Bible advises us repeatedly of God's message: "Do not be afraid". The reason for that reassurance is that we are loved more than we can imagine. Our aim at Catholic Healthcare is to share God's love with the people we serve of all faiths and backgrounds, in communities where they can find peace.

We have seen extraordinary evidence of that love over summer as the Omicron strain of COVID-19 spread across our services and the broader community. In those most difficult times, our people showed courage and commitment to continue to serve our clients, residents and patients. On behalf of the Board and Trustees, I would like to thank every member of our team, from frontline to support staff as well as Karen and the Leadership Team, for steering a course through this challenging period. I would also like to acknowledge the disruptions and hardship experienced by the people we serve and their loved ones affected by staffing availability and restrictions, and thank you for your patience.

While being caring is such an important part of good aged care, it is not enough. Over the past 12 months, the Board has focused on strengthening the clinical governance of Catholic Healthcare. That means improving monitoring and systems, establishing a Board Committee focused on quality and safety, appointing to the Board two clinical practice experts, and recruiting a senior executive responsible for the oversight of quality and safe care. Our aim is to ensure that the services of Catholic Healthcare are both caring and meet the standards expected by the people we serve.

**STEPHEN TEULAN**



# Thank you TO OUR TEAMS DURING COVID-19

The Omicron surge has been one of the greatest challenges we've faced together. Over the past few months, our team has greatly appreciated all the words of support and gratitude we've received from our residents, clients, patients and their loved ones. Equally, we're proud to share some of the many good news stories of staff members who have gone above and beyond, working tirelessly to support colleagues, provide care, and innovate to keep people safely connected to their families, friends and community.



*I was able to face-time with my mother, Bridget, when I couldn't visit in person and it was really special. The Gertrude Abbott team have been so accommodating to allow us to continue to contact our loved ones during COVID-19. You guys are rock stars!"*

*- Marion, Daughter of resident Bridget*

## THE SHOW MUST GO ON

At Villa Maria Eastern Heights the lifestyle team created a 'Lifestyle Channel' using the home's multimedia platform. This helped residents like Brian (pictured) stay entertained while remaining in their rooms due to restrictions. The channel streams trivia shows, cooking demonstrations, meetings, chair exercises and gardening chats. "We're also planning to introduce other activities like fashion parades, game shows and Zumba classes," says Shannon, Residential Manager.



## For more information

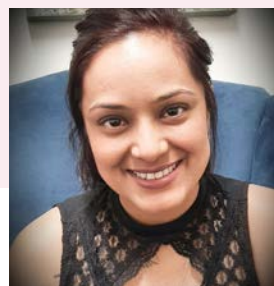
Call 1800 225 474 or  
visit [catholichealthcare.com.au/residential-aged-care/](https://catholichealthcare.com.au/residential-aged-care/)

## STAFF SUPPORTING EACH OTHER

Frontline staff have gone above and beyond to cover shifts and provide care, while office support staff and management also stepped in to cover gaps.

At Villa Maria Eastern Heights, Registered Nurse Giesela thanks colleague Archie, "Archie has worked endless hours and double shifts to keep our home going, always with a great, professional attitude. She's sweet and funny too – we all need some of that in our day," Villa Maria Eastern Heights manager also had praise for maintenance team member Peter (below right): "I applaud Peter for his outstanding effort to make sure all our residents are looked after."

Bethlehem House Residential Manager Princi valued the support of Regional Manager Nishi (below left), who also stepped in onsite at St Anne's, St Joseph's and Percy Miles: "Every day we face a different challenge and we are grateful to have such wonderful leadership and support".





## Laughter & LEARNING

### *An innovative program is connecting St Hedwig Blacktown residents with local primary students*

“Why was six afraid of seven?” Daniel, student from Hilltop Road Public School asks Simon, resident at St Hedwig Village. “Because seven ate nine!” he replies.

Peals of laughter followed during a video call session run by Intergenerational Learning Australia (ILA) Researcher and Program Director Greg Cronan, connecting Year Five students from Hilltop Road Public School and residents of St Hedwig Village in Blacktown NSW.

The virtual session is part of an innovative program by ILA that is designed to foster reciprocal learning and behavioural outcomes for both young and old. Run on a weekly and fortnightly basis across Sydney, the program is a collaboration between primary schools and aged care homes.

The intergenerational learning program’s foundations are based on evidence-based research led by Emeritus Professor Anneke Fitzgerald of Griffith University, who was one of the consultants for the popular ABC series *Old People’s Home for 4 Year Olds*.

“The ILA program helps students develop interpersonal, social and emotional skills through discussions with a much older age group, while also deepening their understanding about language and communication,” Greg explains.

“The children are from a highly digital generation, and our sessions help them with their vocabulary, empathy, attentiveness and general behaviour in the classroom. It also helps to improve their practical enquiry-based learning skills.”

Greg says by connecting both generations, the program helps students foster respect, care, admiration and gratitude while also diminishing any prejudices they may have in terms of ageism.

*“The residents really look forward to their sessions with the children – it’s the highlight of their week!”*

Residential Manager Helen Roberts says the program is proving just as rewarding for the residents at St Hedwig Village, where the response has been positive since it began in October 2021.

Currently the ILA program is also being run at Villa Maria Eastern Heights, and there are plans to expand into other Catholic Healthcare homes.

CLOCKWISE FROM TOP: ST HEDWIG RESIDENTS & HILLTOP ROAD STUDENTS CATCH UP ONLINE; INTERGENERATIONAL LEARNING AUSTRALIA PROGRAM DIRECTOR GREG CRONAN.

#### For more information

Call 1800 225 474 or visit [catholichealthcare.com.au/residential-aged-care/](https://catholichealthcare.com.au/residential-aged-care/) and [intergenerational-learning.com.au/](https://intergenerational-learning.com.au/)





These days, Professor Steinemann still mentors PhD and post-doctoral students and assists with academic research programs. She works remotely from her home at Villa Maria, and regularly liaises with students via phone, video, and email.

Professor Steinemann is actively involved in daily life at the Home, where her positivity and wealth of experience is valued by fellow residents and staff alike. She is a regular reader at the weekly Mass services, attends 'holy hour' each Thursday, and helps out to edit the Home's weekly newsletter.

Though the recent Omicron surge has been challenging, it has only increased Professor Steinemann's admiration for the team: "As a resident, I have witnessed how so many staff have gone above and beyond to help keep us safe and healthy, with such dedication. It's highlighted even more what a truly special place and special people we have here. There's so much heart here and it feels like home!"

# HEART & HOME

*We meet Engineering Professor Anne Steinemann, who is living life to the full as a resident at Villa Maria Fortitude Valley.*

Almost a year after making the move to Villa Maria Fortitude Valley in Queensland due to a rare bone disorder, Professor Anne Steinemann couldn't be happier.

"Before moving here, I suffered 13 fractures in two years including a broken hand, foot, hip, and spine," says Professor Steinemann, explaining why she was unable to live on her own any longer and moved into residential care.

"When choosing a home, it was important for me to feel that I could remain independent. Villa Maria has it all. It's a beautiful little community and the team has been wonderful. They're caring, compassionate and altruistic – I literally owe my life to their care," she says.

Professor Steinemann first came to Australia in 2011 from the United States, where she had carved out a career as an internationally acclaimed academic in the fields of engineering and sustainability. In 2015, she was invited to Melbourne University as Professor in Civil Engineering and the Environment as well as Chair of Sustainable Cities.



CLOCKWISE FROM TOP: PROFESSOR ANNE STEINEMANN; LOUNGE AND OUTDOOR SPACES AT VILLA MARIA FORTITUDE VALLEY.

### For more information

1800 225 474 or visit [catholichealthcare.com.au/residential-aged-care/](https://catholichealthcare.com.au/residential-aged-care/)



# OVERNIGHT SUCCESS

*For a taste of the outstanding design, lifestyle and dining at Sydney's new MacKillop House Norwest, the Leadership Team enjoyed a recent sleepover.*

Catholic Healthcare's newest Residential Aged Care Home, MacKillop House Norwest in Sydney's Hills District, has been carefully planned and architecturally designed to enhance residents' comfort and wellbeing. What better way for our Leadership Team to ensure these goals are achieved than by experiencing the Home for themselves with an overnight stay?

Prior to the Omicron surge, Chief Executive Officer Karen Borg and the executive leadership team stayed in ensuite rooms overlooking the jacarandas in full bloom at neighbouring St Joseph's Baulkham Hills.

"The rooms are so spacious and quiet, and there's a lot of open space and light," says General Manager of Home & Community Services Therese Adami, who attended the sleepover. "It was such a special opportunity, and gave us all a real insight into the 'lived experiences' of our new and future residents".

Many of the rooms at MacKillop House enjoy leafy outlooks to peaceful gardens and courtyards, which offer ample space to mingle with other residents and spend time with loved ones.

The real test, however, is the food, which Karen names as one of the key deciding factors when people choose a home for themselves or a loved one. "Food is often people's greatest fear when moving into a home," she says. The focus on delicious, nutritious home-cooked meals at MacKillop House Norwest is an example of Catholic Healthcare's values of hospitality and excellence in action. "We really want to celebrate and highlight the wonderful work of our Homes' chefs, catering teams and dieticians," adds Karen.



THE LEADERSHIP TEAM VISIT MACKILLOP HOUSE NORWEST (PHOTO TAKEN PRE COVID-19)

All food at MacKillop House is prepared daily onsite and the menus updated regularly, so for dinner during their stay, the Leadership Team enjoyed a selection of favourites.

"Chef Shiran and catering assistant Pradip treated us to a beautiful meal including cauliflower soup, roast chicken, baked potatoes and vegies, followed by sticky date pudding with ice-cream. It was a real treat," said Brett Reedman, Chief Information Officer. (If you'd like to try the pudding recipe for yourself, see page 11).

Food isn't just about flavour of course – sharing meals with fellow residents helps create a sense of belonging, and MacKillop House also features a cafe and kitchenettes for residents and visitors to enjoy and spend time together. As the Omicron surge eases in Sydney, the team at Norwest looks forward to welcoming more new residents and their loved ones, to make themselves at home in this welcoming new space.

## For more information

1800 225 474 or visit [catholichealthcare.com.au/residential-aged-care/](https://catholichealthcare.com.au/residential-aged-care/)



# Wellness TAKES CENTRE STAGE



WELLNESS CENTRE CLIENTS ENJOY AN OUTING TO TERRIGAL

*Looking to stay happy and healthy at home? Start with the exciting programs available at our new Wahroonga Wellness Centre and around NSW.*

Our Health and Wellness teams are supporting clients to live happier, healthier lives with tailor-made exercise and leisure programs. At the new Wellness Centre located in Wahroonga's McQuoin Park Retirement Village, coordinator Niall Heaney is excited about the array of new offerings on the schedule for 2022. Online as well as in-person activities are available, however face-to-face classes and social outings are the highlight.

Valentines Day at Terrigal Beach was a great start for our social outings," Niall says. "Everyone enjoyed ice cream by the beach together, took in their surroundings, and made social connections throughout the excursion."

The program aims to expand clients' knowledge, enhance their wellbeing and allow them to pursue their interests – options at the Centre include a range of exercise classes, art classes, book club, meditation, pilates, yoga, tai chi, trivia, smart technology lessons and walking groups.

"All the activities have been well-received, and clients have been really happy to connect with others they haven't seen in a while due to COVID-19," says Niall.

## For more information

[webchcs.com/health-wellness](http://webchcs.com/health-wellness)  
or call 1800 225 474

The McQuoin Park Centre is open to the wider community as well as existing Home Care clients. The cost of casual classes or a monthly membership can be included as part of the Commonwealth Home Support Program (CHSP), Home Care package, or privately funded.

## FIND A PROGRAM NEAR YOU

A range of health and wellness programs including Feel Fit, Walking with Confidence and other exercise classes are available to clients at multiple Catholic Healthcare locations across Sydney, as well as the Central Coast, Hunter and Southwest NSW. "Staying active and building friendships supports our clients to stay healthy at home for longer," says Rebecca Waterhouse, who manages the Central Coast program.

### Contact us to find your nearest location

[catholichealthcare.com.au/homecare](http://catholichealthcare.com.au/homecare)  
or call 1800 225 474





# Hoarding HELP AT HOME

*Are you or a loved one facing issues with hoarding? Our team of experts can help with individual support and innovative group programs.*

Reality television shows like Channel Nine's *Space Invaders* or the American version *Hoarders* attract a wide audience – it can be cathartic and fascinating to watch people go through the process of clearing and organising their clutter. But for people struggling with hoarding tendencies and their loved ones, there's a much more serious side to the issue. The team of hoarding experts at Catholic Healthcare help older people address these challenges with a successful online support program, one-on-one client assistance and face-to-face declutter groups.

## BURIED IN TREASURES ONLINE SUPPORT GROUP

The 15-week Buried in Treasures program is free to older people eligible for the government's Commonwealth Home Support Program (CHSP). Originally designed as an in-person support group, the move to an online format means that the twice-yearly program is now open to people across NSW.

"Buried in Treasures offers social connection and acceptance for people with hoarding tendencies in a supportive environment," says Mercy Splitt, Catholic Healthcare Hoarding & Squalor Manager. "It's about addressing the root causes of the problem, not just the resulting physical clutter." Participants learn why they struggle with excessive acquiring and develop skills and strategies to begin decluttering and manage their hoarding behaviour.

## DECLUTTER GROUPS

Declutter groups are run twice a week online via Zoom and offer people with hoarding tendencies who have started to implement some strategies to let go, an opportunity to keep sharing their experiences and insights and to learn from each other in a non-judgemental environment.

Currently the groups are funded by the Department of Health as part of the Commonwealth Home Support Program (CHSP) Social Support Group. "These smaller support groups have been really successful for our past Buried in Treasures participants, giving them an



opportunity to continue the discussion and expand on learned strategies," says Mercy, who hopes to be able to offer the groups more widely to other clients soon. Referrals for this program can be made through the My Aged Care portal, followed by an assessment.

## ONE-ON-ONE SUPPORT

The Assistance with Care and Housing program also assists older people with managing excessive clutter. "While group settings give people an opportunity to learn strategies and to meet others, some people require and need individual support in the home – whether it is to put learned strategies in place or to provide motivation and reassurance," explains Mercy. Weekly sessions with a trained care worker may include assistance with decluttering, life skills, arranging cleaning if required and help with advocacy and additional services. Referrals for this program can be made through the My Aged Care portal, followed by an assessment.



*"The others in the group helped me realise that I'm not alone. I also understand now that this is a psychological problem – it's not just about keeping lots of things"*

*- Debbie, 2021 Buried in Treasures program participant*

**For more information**

[catholichealthcare.com.au/services/hoarding-squalor/](https://catholichealthcare.com.au/services/hoarding-squalor/) or call 1800 225 474



“A lot of the items we make are sentimental and the design templates have been handed down from family members,” says Richard. “It’s wonderful that we can give back to the local community.”

The Shed recently donated unique items including the pussycat chair, a swan rocking chair and a multicoloured, hand-painted picnic table to the Waitara preschool, which is run by Catholic Care, Broken Bay. They also have plans to work with other preschools and community groups.

Village Manager, Vanessa McKenzie says the work is a credit to residents. “I am so proud of The Shed members and their talent, passion and initiative. Their contributions to the community make a great difference in the lives of others,” she says.

The Shed has become a vital part of the McQuoin Park community, along with other resident-led groups such as The Resident Committee, The Social Club and the Bar Committee. There’s also a dedicated craft group, life-drawing group, walking group and gardening club, not to mention members who are passionate movie goers who attend the Village’s onsite movie cinema regularly. “I love village life and just enjoy being part of the community,” says Richard.

**For more information**

Call 1800 225 474 or visit [catholichealthcare.com.au/retirement-living](https://catholichealthcare.com.au/retirement-living)

# TOOLS OF THE *trade*

*'The Shed' at McQuoin Park Retirement Village is a hub of creativity and connection.*

When children at Waitara Early Learning & Care Centre enjoy the 'pussycat chair', they probably won't be aware they're keeping a family tradition alive.

“My father designed the original,” says Richard, who is a resident and member of The Shed at McQuoin Park Retirement Village in Wahroonga NSW. “Since then, I have continued to make the chair using his design for my children and grandchildren, so the design has survived for more than four generations!”

The Shed has become a special part of McQuoin Park Retirement Village since it opened more than a year ago. Open to all residents, The Shed has over 20 members who use the fully equipped workspace stocked with saws, drill presses and tools. Many of the members have backgrounds in woodworking, joinery or engineering. The Shed's 'Fix It' program operates like a well-oiled machine, conducting repairs of residents' personal items and odd jobs.

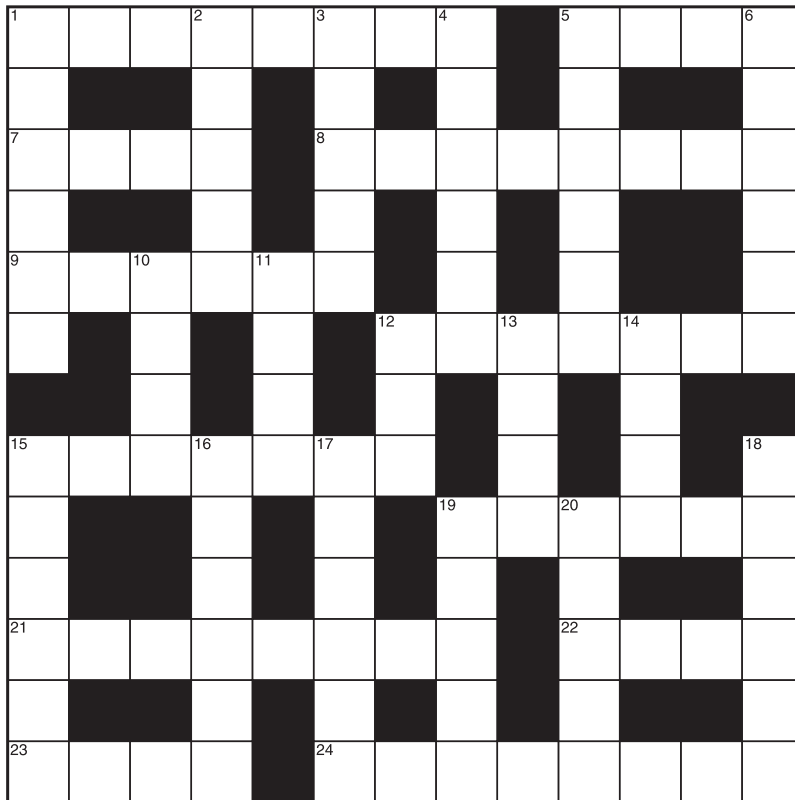


CLOCKWISE FROM THE TOP: THE SHED MEMBERS WITH THE HAPPY RECIPIENTS OF THEIR WOODWORK CREATIONS; RICHARD'S PUSSYCAT CHAIR; RAYMOND HARD AT WORK CRAFTING A VIOLIN.



# CROSSWORD

SEE SOLUTIONS ON PAGE 15



## Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

4								2
			1	9				3
	1		5		9			4
		2	4		1	6	8	
6		9		7		3		1
	5	4	3		8	2		
3		6			7		5	
9			8	2				
5								9

### ACROSS

- Sang in unison
- Tiny amount
- Small island
- Faintest
- Camera glasses
- Jury finding
- Most pious
- Annul
- Kept steady
- Freezes, ... over
- Ore seam
- Esteems

### DOWN

- Cools
- Smells strongly
- Open wounds
- Injure
- Mean
- Painter
- Not binding
- Otherwise, or ...
- Critically examine
- Talk excitedly
- Novel thought
- Of medicinal plants
- Inherited
- UFO, flying ...
- Tightens (muscles)
- Plant stem lumps
- False appearance

## RECIPE

### STICKY DATE PUDDING

The catering team at MacKillop House Norwest (see page 7) share their recipe for the classic dessert, based on a version by Donna Hay.\*

MAKES 12

#### INGREDIENTS

- 1 ¼ cups (225g) chopped dates
- ¾ cup (185ml) boiling water
- 1 tsp bicarbonate of soda
- 75g butter, chopped
- ½ cup (90g) brown sugar
- 2 eggs
- ¾ cup (100g) self-raising flour
- 1 tsp cinnamon
- ¼ tsp each ground ginger & nutmeg
- Ice cream and berries to serve (optional)

#### TOFFEE SAUCE

- 150g butter, chopped
- 1 cup (250ml) pouring cream
- 1 ½ cups (260g) brown sugar

#### METHOD

- Preheat oven to 160°C. Place dates, water and bicarbonate of soda in a bowl and set aside for 5 minutes.
- Place the date mixture, butter, sugar and spices in a food processor and process until combined. Scrape down the sides of the bowl, add the eggs and flour and process until just combined.



- Divide the mixture between 12 x ½ cup capacity (125ml) lightly greased cupcake tins and cook for 18-22 minutes or until cooked when tested with a skewer.
- To make the toffee sauce, place the butter, cream and sugar in a saucepan over medium heat and stir until the sugar is dissolved. Bring to the boil and cook for 8-10 minutes or until thickened slightly. Allow to cool slightly and pour over the puddings to serve.

\* [donnahay.com.au/recipes/desserts-and-baking/mini-sticky-date-puddings-with-toffee-sauce](http://donnahay.com.au/recipes/desserts-and-baking/mini-sticky-date-puddings-with-toffee-sauce)



# Our Community

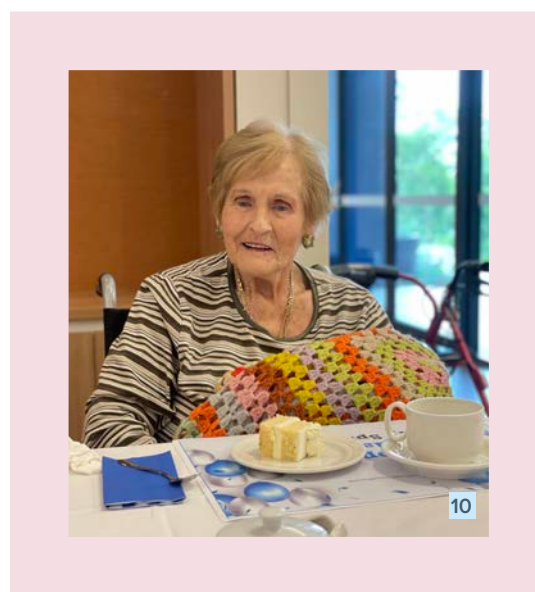
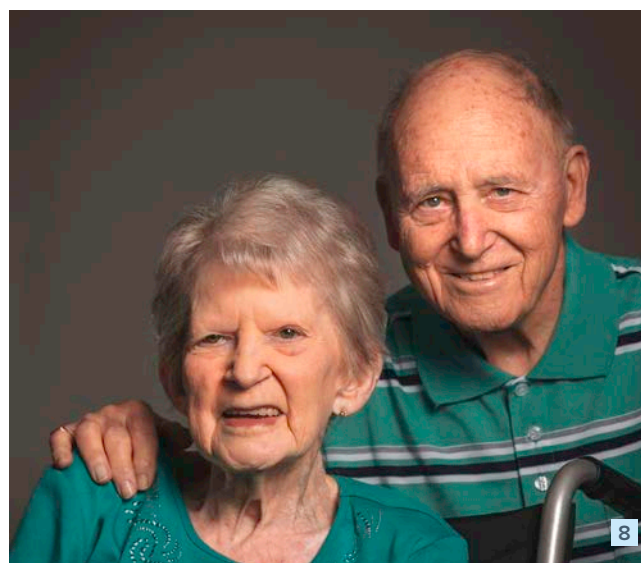
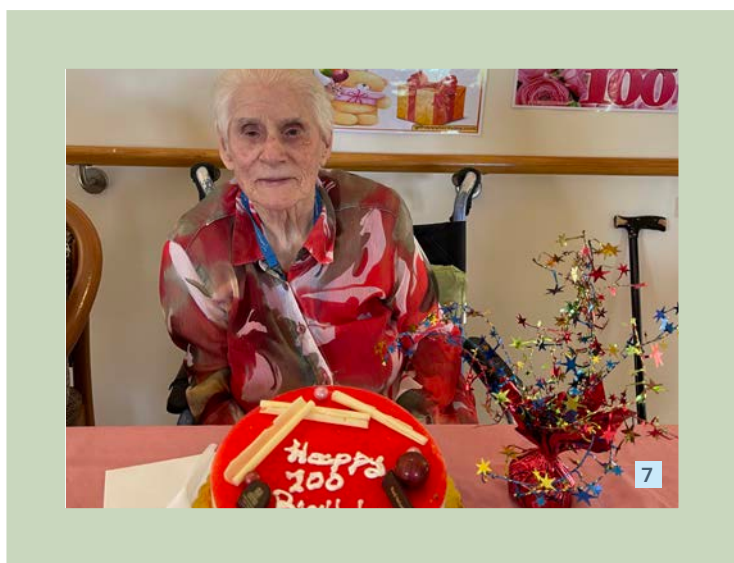
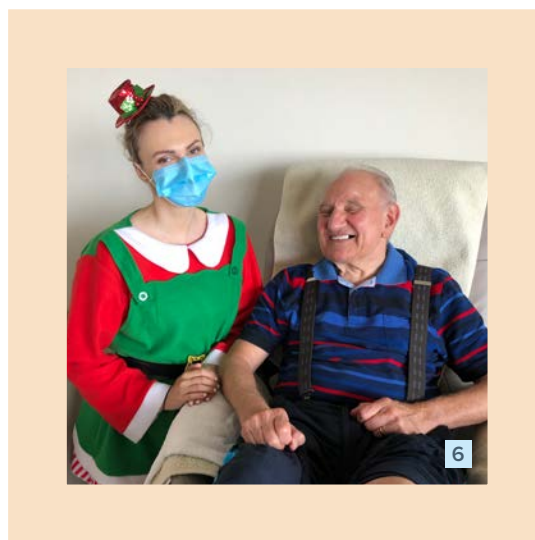


- 1 MacKillop House Norwest welcomes Eileen, the very first resident in November 2021.
- 2 Villa Maria Fortitude Valley in Queensland welcomed a team from the Australian Defence Force to help cover staff shortages and provide support due to flooding.

- 3 Residents of St Joseph Aged Care enjoy a My Wish experience at The Dolphin Marine Conservation Park in Coffs Harbour.
- 4 Maranatha Lodge Maintenance Coordinator Bernard receives a long-service award for 23 years from Residential Manager Tracey.

*\*Some photos were taken prior to COVID-19*

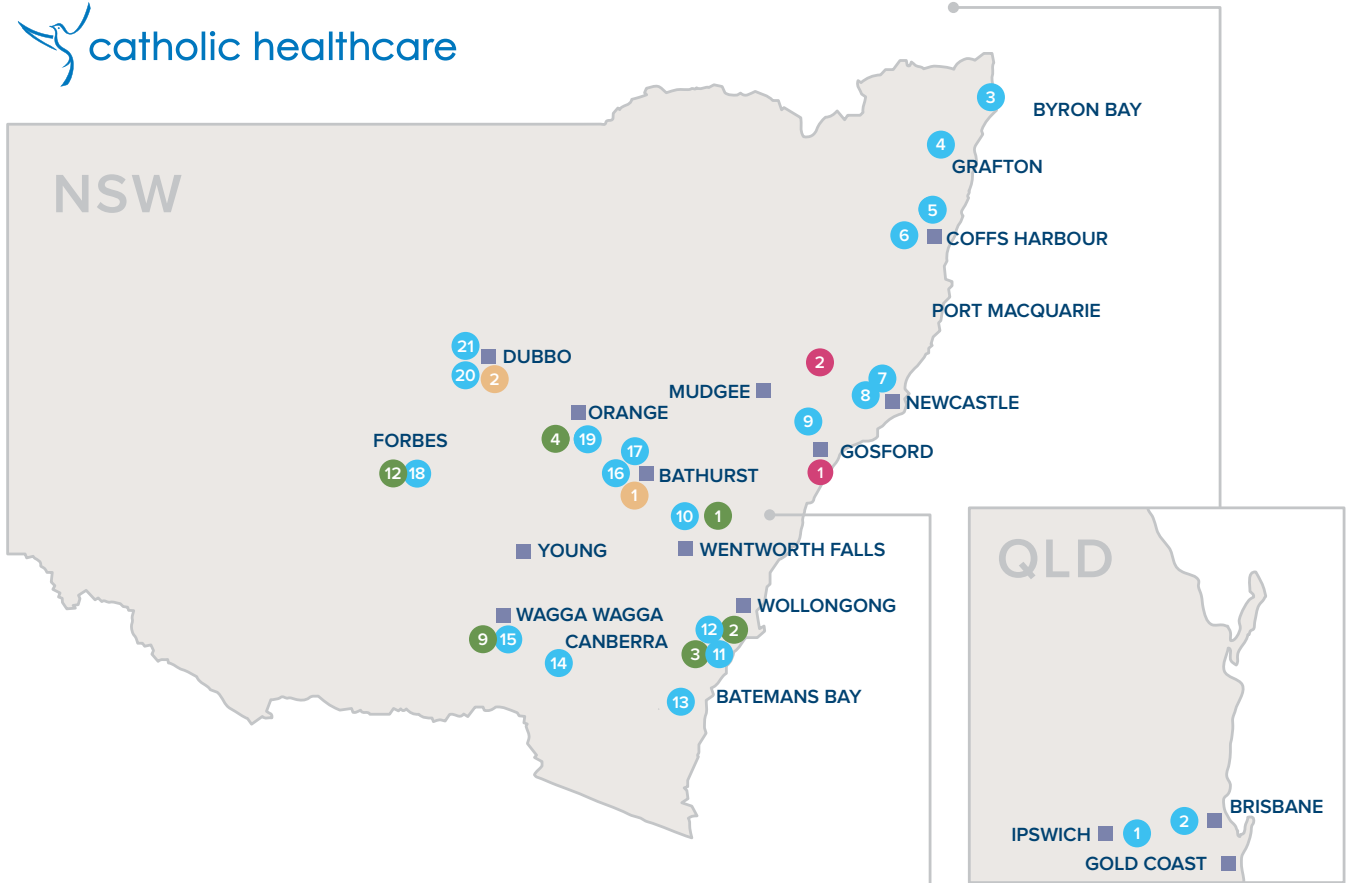




- 5 A commissioning ceremony was held for CEO Karen Borg at the MacKillop House Norwest Chapel.
- 6 Registered Nurse Djulijana pays a Christmas visit to Home Care client Richard.
- 7 Sister Catharine celebrates her 100<sup>th</sup> birthday at Gertrude Abbott Aged Care.

- 8 Emmaus Village residents, including Arthur and Pat, were treated to a professional photo shoot so they could give pictures as gifts to their loved ones.
- 9 Recreational Activities Officer Walter celebrating Maranatha Lodge's 30<sup>th</sup> Anniversary.
- 10 Resident Shirley celebrates Holy Spirit Casula's first anniversary in February.

# Our locations



## GREATER SYDNEY





## RESIDENTIAL AGED CARE

- 1 **VILLA MARIA CENTRE**  
Eastern Heights
- 2 **VILLA MARIA**  
Fortitude Valley
- 3 **COOLAMON VILLA**  
Mullumbimby
- 4 **ST FRANCIS AGED CARE**  
Grafton
- 5 **ST AUGUSTINE'S AGED CARE**  
Coffs Harbour
- 6 **ST JOSEPH'S AGED CARE**  
Coffs Harbour
- 7 **CHARLES O'NEILL HOSTEL**  
Mayfield West
- 8 **ST JOHN'S VILLA**  
New Lambton
- 9 **OUR LADY OF LORETO GARDENS**  
Hamlyn Terrace
- 10 **BODINGTON**  
Wentworth Falls
- 11 **ST MARY'S RETIREMENT VILLAGE**  
Berkeley
- 12 **VILLA MARIA CENTRE**  
Unanderra
- 13 **MARANATHA LODGE**  
Batehaven
- 14 **BLAKENEY LODGE**  
Tumut
- 15 **THE HAVEN**  
Wagga Wagga
- 16 **MACQUARIE CARE CENTRE**  
Bathurst
- 17 **ST CATHERINE'S AGED CARE**  
Bathurst
- 18 **JEMALONG RESIDENTIAL VILLAGE**  
Forbes
- 19 **ST FRANCIS AGED CARE**  
Orange
- 20 **ST MARY'S VILLA**  
Dubbo
- 21 **HOLY SPIRIT**  
Dubbo
- 22 **BETHLEHEM HOUSE**  
Kogarah

- 23 **BRIGIDINE HOUSE**  
Randwick
- 24 **EMMAUS VILLAGE**  
Kemps Creek
- 25 **GEORGE MOCKLER HOUSE**  
Mona Vale
- 26 **GERTRUDE ABBOTT AGED CARE**  
Surry Hills
- 27 **HOLY SPIRIT AGED CARE**  
Revesby
- 28 **HOLY SPIRIT**  
Croydon
- 29 **LEWISHAM NURSING HOME**  
Lewisham
- 30 **LEWISHAM RETIREMENT HOSTEL**  
Lewisham
- 31 **MCQUOIN PARK**  
Wahroonga
- 32 **PERCY MILES VILLA**  
Kirrawee
- 33 **THE SISTER ANNE COURT**  
Surry Hills
- 34 **ST ANNE'S AGED CARE**  
Hunters Hill
- 35 **ST BEDE'S HOME**  
South Hurstville
- 36 **ST JAMES VILLA**  
Matraville
- 37 **ST JOSEPH AGED CARE**  
Hunters Hill
- 38 **ST PAUL'S**  
Northbridge
- 39 **ST PETER'S**  
Lane Cove North
- 40 **VINCENTIAN AGED CARE SERVICE**  
East Sydney
- 41 **ST HEDWIG VILLAGE**  
Blacktown
- 42 **HOLY SPIRIT**  
Casula
- 43 **MACKILLOP HOUSE**  
Norwest

## RETIREMENT LIVING

- 1 **AQUINAS COURT**  
Springwood
- 2 **BISHOP McCABE RETIREMENT VILLAGE**  
Towradgi
- 3 **ST MARY'S RETIREMENT LIVING**  
Berkeley
- 4 **THE BAILLY**  
Orange
- 5 **EMMAUS RETIREMENT VILLAGE**  
Kemps Creek
- 6 **THE BRIGHTON**  
Croydon
- 7 **ST PETER'S GREEN**  
Lane Cove North
- 8 **CHARLES O'NEILL**  
Mona Vale
- 9 **THE HAVEN**  
Wagga Wagga
- 10 **ST HEDWIG VILLAGE**  
Blacktown
- 11 **MCQUOIN PARK RETIREMENT LIVING**  
Wahroonga
- 12 **JEMALONG RESIDENTIAL VILLAGE**  
Forbes
- 13 **STRATHALLEN**  
Randwick

## HEALTHCARE

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

## NEW DEVELOPMENTS

- |                    |                         |
|--------------------|-------------------------|
| 1 <b>KINCUMBER</b> | 4 <b>BELROSE</b>        |
| 2 <b>MORPETH</b>   | 5 <b>JORDAN SPRINGS</b> |
| 3 <b>MAROUBRA</b>  |                         |

## HOME CARE

Key locations shown in metro and regional areas across NSW and South East QLD. Contact us to find a service near you.

## SOLUTIONS:

### Crossword

C	H	O	R	U	S	E	D		I	O	T	A	
H			E		O		A		N			R	
I	S	L	E		R	E	M	O	T	E	S	T	
L			K		E		A		E			I	
L	E	N	S	E	S		G		N			S	
S		U		L		V	E	R	D	I	C	T	
		L		S		E		A		D			
H	O	L	I	E	S	T		V		E		T	
E			N		A		N	E	G	A	T	E	
R			N		U		O		U			N	
B	A	L	A	N	C	E	D		I	C	E	S	
A			T		E		E		S			E	
L	O	D	E		R	E	S		P	E	C	T	S

### Sudoku

4	9	3	7	8	6	5	1	2
2	6	5	1	4	9	8	7	3
8	1	7	5	2	3	9	6	4
7	3	2	4	9	1	6	8	5
6	8	9	2	7	5	3	4	1
1	5	4	3	6	8	2	9	7
3	2	6	9	1	7	4	5	8
9	4	1	8	5	2	7	3	6
5	7	8	6	3	4	1	2	9

## MAKE A DIFFERENCE

At Catholic Healthcare, we are constantly seeking to improve models of care to ensure residents, clients and patients receive the highest quality services. Our generous donors help to support valuable research with Charles Sturt University that enhances clinical practice and innovation, boosts staff education and improves outcomes. Your donation will help to continue this research and support a sustainable future for older Australians.

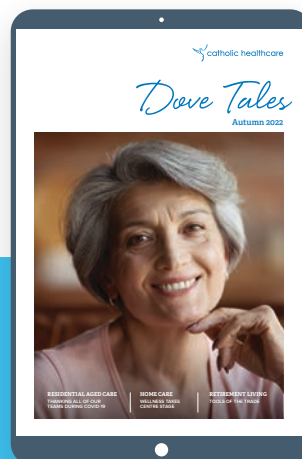
[catholichealthcare.com.au](http://catholichealthcare.com.au)

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)