

February Newsletter

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CURA

Individual In-home Care

Dear Clients, Volunteers, Support Workers and Friends of CURA

In this edition we would like to introduce you to our newest Board Member. We interviewed Mrs de Vries, client of CURA, who kindly shares her story with us. For a bit of fun, we are including a recipe for you in each newsletter. Happy cooking!

Members of our Board:

Today you will meet the newest Member of our Board, Bob de Grauw:

Bob was born in the Netherlands and migrated with his parents and siblings to Perth in 1960.

He continued his education in Australia and graduated with a BA from UWA and a Postgraduate Diploma in Social Welfare from Curtin University and holds a BMin qualification in church ministry.

Apart from working in his church Bob was a member of the Australian Community Workers Association, and the Marriage and Relationship Education Association of WA in the past. He took a particular interest in counseling couples contemplating marriage.



Bob de Grauw
CURA Board Member



Mrs de Vries

A very big Thank You to our client, Mrs de Vries, for sharing her story with us:

Today we would like to introduce you to Mrs Tineke de Vries.

Mrs de Vries has been living in Manoah Village for 20 years and has been a Client with Cura In-home Care for 6 years. She has agreed to share her experiences using both services with us.

I arrived in Australia in 1951, following my husband who was here already. The first years were very busy with building a new life and having five children.

When my youngest daughter was at Primary school I started studying at the then called Kindergarten Teacher's College and became a pre-primary teacher.

I worked in this profession for 15 years and really enjoyed it.

Today I have my children and their partners, 12 grandchildren and 11 great grandchildren and they all live in W.A.

After living in Victoria Park for 30 years, my husband and I decided to move and we bought a house in Thornlie. And we also bought a car and caravan and went travelling around Australia, once for a whole year.

Not long after, my husband becoming very unwell and his health rapidly declined. That is when we moved to Manoah.

I will never forget all the extra help and support we received during that time from the Head of Staff at Manoah house. IRENE

Years later I was looking for support for myself tried some advertised Service Providers, which did not really suit.

One day I went to visit one of my friends here in Manoah. She used Cura.

Soon I had a very interesting and meaningful Interview with José, one of their special ladies and I am very happy with their service and kindness.

What I value most about living in Manoah Village and getting support from Cura is that both organisations are very people /client centred and they really care for us.

The community spirit here at the village is valued by all of us and we feel very well supported and know that when we need help, it is available. Personally I am part of the weekly sewing group and also take part in special evenings, maybe stampot night [Dutch winter dinner], games afternoon, Happy hour or Christmas dinner in the Village Hall.

Once or twice a week my Support Worker comes to me to help me with my domestic tasks, shopping and social support. I love those mornings!

I know that some people are hesitant to seek support at home and I would advise them to find a Service Provider that they feel comfortable with. For me it is really important to be able to phone Cura and get the support I need quickly and without complications. I love that they phone me to just hear how I am!

Looking back, I would choose again to move to Manoah Village and to have my home support through Cura.

Both are not "extravagant" organisations and they sure make me feel blessed.

Our first Information Session was a success:

Last week Manoah Homes and Cura In-home Care had their first combined Information Session at Manoah Village. CURA and Manoah have a long standing relationship as many people who live in Manoah Village also have a Home Care Package with Cura In-home Care.

We had people and their family members attending who are living in Manoah Village and receive a HCP from CURA; people who are still waiting to have their package allocated; and some who have only now started to look into accessing a Home Care Package and were interested in having a look at the Manoah Village and the villas.

After the welcome given by Gerard Goiran, CEO of Manoah Village and Heidi Verweij, Business Development Manager from CURA, we gave a short introduction about who Manoah Village and Cura In-home Care are.



Then it was onto information on Home Care Packages and after a brief introduction on the different services available and how to access them, it was time for questions.

Some of the current clients of Cura In-home Care were happy to share their experience.

After this it was time to have a look around the village and into some of the villas.

Our hope that this information session would become an interactive and positive experience for all participants came true. The atmosphere reflected the vision of both Manoah and CURA, which is to provide a truly caring and supportive service.





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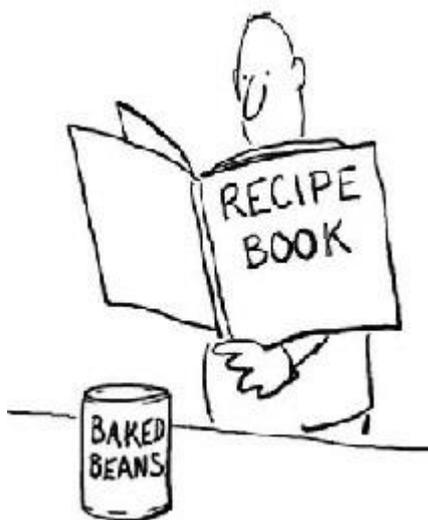
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Salmon noodle soup

Ingredients

- 1L low-salt chicken stock
- 2 tsp Thai red curry paste
- 100g flat rice noodle
- 150g pack shiitake mushroom, sliced
- 125g pack baby corn, sliced
- 2 skinless salmon fillets, sliced
- soy sauce to taste
- juice of two limes
- pinch brown sugar
- small bunch coriander, chopped

Method

1. Pour the stock into a large pan, bring to the boil, and then stir in the curry paste. Add the noodles and cook for 8 mins. Tip in the mushrooms and corn and cook for 2 mins more.
2. Add the salmon to the pan and cook for 3 mins or until cooked through. Remove from the heat and stir in the lime juice, soy sauce and a pinch of brown sugar.
Ladle into 4 bowls and sprinkle over the coriander just before you serve.

(Notes by Annegret: Instead of shiitake mushrooms, I used broccoli and spring onions)

We look forward to hearing from you,

Your CURA Team