

# May Newsletter

Issue 8 | May 2019



# CURA

Individual In-home Care

Dear Clients, Volunteers, Support Workers and Friends of CURA

In this edition, as part of National Volunteer Week, we share a lovely poem with you and we would like to thank our wonderful volunteers.

We continue to provide you with information on the New Aged Care Standards, this time introducing the fourth standard.

The soup recipe this month has been tried and tested by our very own Annegret, and it is a winner.

*Happy Reading!*

## Launch of the CURA Client Advisory Group:

### **We need your advice!**

Our first Client Advisory Group will be held on the **19<sup>th</sup> of June at 3pm** here at the Cura Office.

We want to make CURA truly “your” service provider and we need your help to provide a service that meets your expectations.

Please phone Annegret on 9382 1983 for more information.





## New Aged Care Standard 4 – Services and supports for daily living:



### Standard 4:

#### Client outcome:

1. I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

#### Organisation statement:

2. The organisation provides safe and effective services and supports for daily living that optimise the consumer's independence, health, well-being and quality of life.

### Aged Care Quality Standards

Be ready for July 2019

1800 951 822  
agedcarequality.gov.au

## Australian Wildlife/ Fun Facts

- There are three times as many sheep than people living in Australia
- The Australian Emu – a large, flightless bird – can run as fast as 45km/h (28mph)
- Platypus are highly poisonous, and have enough poison to kill a dog or make a human seriously ill
- Wombat poo is shaped like a cube!
- The Box Jellyfish – which is found in the waters of the Great Barrier Reef – is responsible for more deaths than snakes, sharks and saltwater crocodiles combined
- The record jump recorded by a kangaroo is a whopping 9 metres (30 feet) in a single leap!
- Two native Australian animals, Platypus and Echidnas, are the only two mammals in the world that lay eggs to give birth
- Koalas sleep for about 20 hours per day
- Tasmanian Devils have the strongest bite per body size of any mammal
- There are 4 different species of kangaroo in Australia, with the Red Kangaroo being the largest. The largest Big Red ever seen was 2.1m tall (6ft 9in) and weighed 91kgs (200lbs)!
- The Australian Thorny Devil is one of the longest-lived lizards of its size in the world, with a lifespan of up to 20 years
- The Kangaroo and Emu were chosen to be the two animals on the Australian Coat of Arms because they can't walk backwards, reflecting a forward-thinking culture
- 17 of the world's most poisonous snakes can be found in Australia
- Australia is home to around 1,500 types of spiders, 4,000 types of ants and 350 types of termites
- While Kangaroos are considered a national icon, with over 40 million estimated throughout the country, they can also be considered a pest in some locations and are sometimes culled
- Australia has a larger population of camels than Egypt



## SAVE THE DATE!

Our next client outing is planned for the 4<sup>th</sup> of July.

This time we will be visiting Fremantle and have lunch there.

If you are interested please phone Claudia on 9382 1983 for more information.

Places on the bus are limited and are filling up fast!

First come, first served!

## Mexican Black Bean Soup

### Ingredients

- 1 tablespoon extra virgin olive oil
- 1 red capsicum, diced
- 1 brown onion, finely chopped
- 1 garlic clove, finely chopped
- 1 teaspoon ground cumin
- Pinch of dried chilli flakes
- 1 litre Massel vegetable liquid stock
- 400g can diced tomatoes
- 1 cup frozen corn kernels
- 425g can black beans, drained, rinsed
- 1 tablespoon fresh lime juice
- 1/2 x 175g packet corn chips
- 1/4 cup fresh coriander leaves, chopped
- 1/2 avocado, diced
- 80g fetta, crumbled (vegetarian fetta, optional)

### Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add capsicum and onion. Cook, stirring often, for 5 minutes or until softened. Add garlic, cumin and chilli. Stir to combine.
2. Add stock, tomatoes, corn and beans. Bring to a simmer. Reduce heat to medium. Simmer for 10 minutes or until liquid has reduced slightly. Stir in lime juice. Season with salt and pepper.
3. Sprinkle with coriander, avocado and fetta.



We look forward to hearing from you,

*Your CURA Team*