



# June Newsletter

Issue 9 | June 2019



# CURA

Individual In-home Care

## Dear Clients, Volunteers, Support Workers and Friends of CURA

In this edition, we introduce you to our new Assistant Scheduler in the office.

We provide you with information on the fifth standard of the New Aged Care Standards.

We share a little story from one of our lovely clients and also on our Volunteer luncheon held at Miss Maud to thank our wonderful volunteers.

The curry recipe this month comes all the way from the Gili Islands in Indonesia.

*Happy Reading!*

## Welcome to our new Assistant Scheduler, Cheryl:

We would like to welcome Cheryl to the office in the newly created position of Assistant Scheduler. Some of you may have had the pleasure of meeting Cheryl as a Support Worker, and don't worry, she will continue to wear that hat as well:

I am a second generation Australian; married with one daughter, a dog and a cat. I've lived in Sydney, Melbourne, Singapore and London.

I have been a Support Worker at CURA since 2015.

My work history entails 30+ years as a hairdresser - ran my own home business in Singapore. I have also worked as a Property Manager in Real Estate.

I have a love of keeping fit and healthy, so you will usually find me in the gym early mornings and cycling around the river on the weekends.

In my spare time I love cooking, gardening, reading, spending time with friends and family.



Cheryl Sima  
Assistant Scheduler

## New Aged Care Standard 5 – Organisation's service environment:

Standard 5 is mainly applicable for residential care:

### Client outcome:

1. I feel I belong and I am safe and comfortable in the organisation's service environment.

### Organisation statement:

2. The organisation provides a safe and comfortable service environment that promotes the client's independence, function and enjoyment.

## Aged Care Quality Standards

Be ready for July 2019

1800 951 822  
agedcarequality.gov.au

## Our client, Mrs Ria Plate, shares her 'Tidying Up!' story:

Dear Cura Friends,

It is almost time for me, to look for something else to do.

But I must recover first from the last 2 weeks of a frenzy that I will tell you about.

For a long time I was waging war with my cupboards, that were overfull. They just couldn't and shouldn't hold any more filling.

And yes, I had the courage to dive into the cluster of files.

Over the years I gathered so many papers containing articles by every John Dick and Harry on an illness I endured but which doctors did not have the answer for.

I also read each book or magazine, that only hinted at the possible symptoms.

And of course the many lovely things that happen in life too.

But to go back to the work I have been doing lately. I felt so brave. Or was it despair?

I got stuck into a cupboard and pulled out all files and stuff that shouldn't be there.

And I can tell you...it felt so good! I threw out so much, unbelievable.

But I couldn't help read something here and there and put it aside for next time again. (!)(?)

Yes there will be a next time I wrote some poems in the past and I must rescue them.

Also some stories, about our lives in Amsterdam, where we were born and grew up.

It simply did not cross my mind that there could be a problem.

Our daughters cannot read or even speak Dutch. They do not even call me Mam or Mamma.

Pages full of entertaining them with my memoirs, down the drain. They were written in Dutch!

What a pity. Yes I can say that about my own work.

There was a time I wrote letters in rhyme. Full with jokes too...

when Rudolf was in Indonesia in the Army.

They were well received so I have been told. They also are memories now.

But I have to go on to that other cupboard....yes you guessed it right. More stuff to weed out.

You know what they say : Cluttered cupboards...Cluttered minds.

So I say Goodbye for now...All the Best to You.

Friendly greetings,

Ria Plate.



## Celebrating our Volunteers:

Cura is one of the lucky recipients of a Lotterywest / Volunteering WA grant for the celebration of the 30<sup>th</sup> National Volunteer Week, which took place from 20 to 26 May. The funds were used to say a big 'Thank You' to our wonderful volunteers, during a lunch on the 29<sup>th</sup> of May at the Miss Maud Hotel in Perth.



The Chairman of our Board, Henri Koldenhoven, and our Community Services Manager, Annegret Renk-Kotzee, expressed their gratitude to the volunteers and provided them with a Certificate of Appreciation.

Our more than 30 volunteers visit older people living at home or in an aged care facility, to provide companionship to individuals or in a group setting. Speaking to the volunteers during the lunch, some of them shared their experiences. Claudia, who has been a volunteer with Cura for 2 years, joined the program to meet interesting people and have an opportunity to speak German, her native language. She visits a lady who she reads and sings German with and they go for walks together. We also spoke to Toni, who has been a volunteer for 10 years and has developed a strong bond with the lady she has been visiting. During her visits Toni helps with computer tasks, they drink coffee together or watch a movie.

Listening to our volunteers, it is clear that they enjoy their time volunteering. Special relationships are formed and the visits are a positive experience for both the people visited and the volunteers.



We would like to thank Lotterywest and Volunteering WA for the opportunity to organise this event for our volunteers. We would also like to thank Miss Maud for generously donating two buffet vouchers which were raffled off at this event.

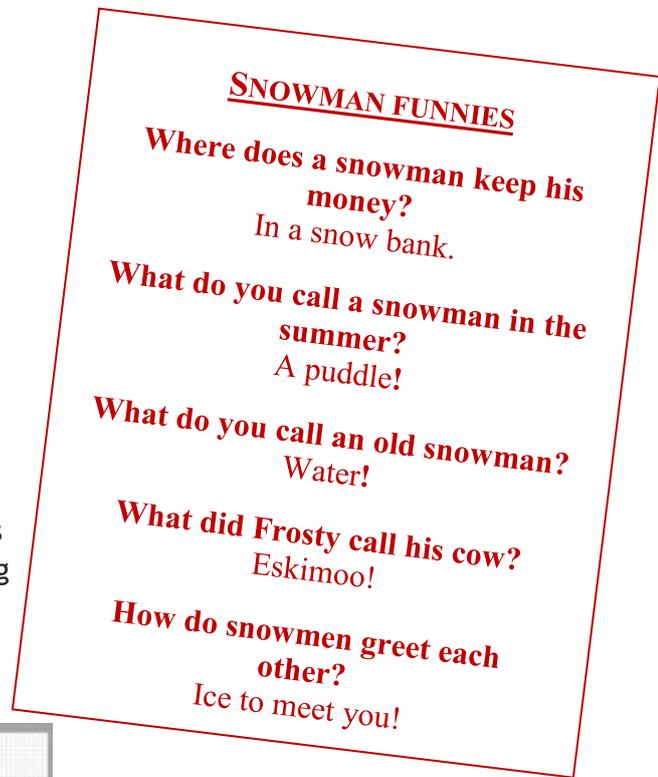
There still are many seniors in our community who would benefit from a volunteer visit. If you would like to join our volunteer team or know of someone who would be interested to do so, please contact our CVS Coordinator on 9382 1983 or email [cvs@cura-inhomecare.org.au](mailto:cvs@cura-inhomecare.org.au)





Our Support Coordinator, Claudia, recently went on holidays to the Gili Islands in Indonesia, where she attended a cooking class.

Here she shares one of the yummy recipes.





## Indonesian Curry

Serve 2 persons    ⌚ Preparation time: 25mn

### Ingredients

<ul style="list-style-type: none"> <li>✓ Chicken</li> <li>✓ 2 cloves garlic</li> <li>✓ 2 small cloves shallots</li> <li>✓ ½ or 1 small chili</li> <li>✓ 15g of palm sugar</li> <li>✓ Turmeric or curcuma</li> <li>✓ Galangal</li> <li>✓ Ginger</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 tsp. coriander seeds</li> <li>✓ 1 Macadamia nut or candle nut</li> <li>✓ Salt</li> <li>✓ 150ml coconut milk</li> <li>✓ 150ml water</li> <li>✓ Vegetables: Carrot, long bean, cabbage, Chinese spinach</li> </ul>
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### Cooking method

1. Clean all the ingredients expect seeds and remove the seeds from the red small chili
2. Put the shallots, garlic, galangal, ginger, turmeric, candle nuts, red chili, palm sugar, and salt in a blender. Add the water and blend until you obtain a paste.
3. In a pan, add oil. When the oil is hot, add the chicken and lemon grass. When the chicken obtain a white color add the vegetables.
4. Once cooked, add the paste first, and few minutes later and the coconut milk.

 #gilicookingclasses #giliair



We look forward to hearing from you,

*Your CURA Team*

## Your rights in aged care – Consumer Event

By Older Persons Advocacy Network (OPAN)

### Understanding the new Charter of Aged Care Rights and how it will empower and protect you

**Date and Time : Thursday, 27<sup>th</sup> of June 2019, 9.30am to 11.30am**

**Location : The Perron Centre, 61 Kitchener Avenue, Victoria Park WA**

**Please phone 1800 237 981 8am - 8pm (AEST) Monday to Friday to register.**

A complimentary light morning tea and refreshments will be provided.

Street parking is available near the venue.

From the 1 July 2019, the Australian Government is introducing a new and simpler Charter of Aged Care Rights (the Charter). The Charter will make it easier for you, as an aged care consumer (an older person receiving aged care services), your families and carers to understand what you can expect from an aged care provider, regardless of the type of aged care you receive.

The purpose of this event is to educate attendees about the new Charter of Aged Care Rights. By attending this event attendees will learn:

- Why having rights is important
- What the new Charter means for you
- What signing the Charter means
- How to claim your rights in a confident manner
- The importance of consumer responsibilities
- Where to go for help and assistance



#### Event format

Content will be delivered in 1.5 hours, however, please allow 2 hours in total for questions, discussion, and a light morning tea.

#### Who should attend this event?

'Your rights in aged care – Understanding the new Charter of Aged Care Rights and how it will empower and protect you' is for older people receiving or about to receive Australian Government funded aged care services and their families and or carers. This includes those in residential care and those receiving care in the home.

#### Who is OPAN?

The Older Persons Advocacy Network (OPAN) provides free, confidential and independent advocacy support, information and education to older people, their families and carers across Australia.

If you need to contact OPAN about this event, please email: [enquiries@opan.com.au](mailto:enquiries@opan.com.au)