

OCTOBER 2022 EDITION

# ROSEWOOD NEWS



## AWARD WINNING CAT COMPANIONS

This year on World Animal Day (October 4th) our West Perth Companion Cats, Max and Gypsy, received an RSPCA WA Animal Welfare Award in recognition of their positive impact in the community.

These feline siblings were adopted through Cat Haven's Companion Cat program and have both had a significant impact to our residents, despite only being with us for a short time. The smiles these cats bring from residents are absolutely invaluable and we are so pleased to have this recognised.



## ROSEWOOD LEEDERVILLE

### FROM THE LEEDERVILLE CHEFS

What a month - September was a lovely month full of compliments, & we also received some constructive feedback which we have acted upon. One of the most reoccurring feedback comments we received in August was about slow cooked beef dishes being dry. We realised this was due to the beef ordered being very lean, and as they say, "fat is flavour". We are now ordering large sides of beef chuck and cutting the meat ourselves, so that we can keep nice juicy fatty bits of beef for slow cooked dishes such as beef goulash, which has been well received for the month of September.

We are also now starting to look at constructing the new menu for Summer/Autumn, which we welcome any suggestions from resident's and family members to please be placed in the suggestion boxes over this next month. We would like to advise that not everyone's requests may be possible due to dietary requirements of other residents and dietician approval.

### CHEF'S CHOICE

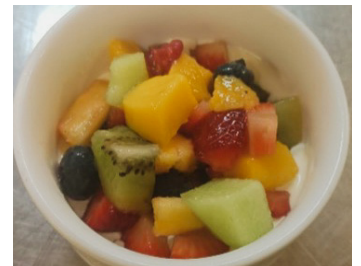
#### BIG AUSSIE BBQ

- Slow cooked BBQ pork
- Thick beef sausages
- Beef rissoles
- Pasta Salad
- Garden Salad



#### DESSERT

Condensed milk fruit salad, with honey and lime



Chef will now be attending resident meetings to seek more feedback and work together on how we can better improve offering.

### CONGRATULATIONS DAPHNE

On Friday September 16th Daphne Wood received a Life Time Membership from the Art Gallery of Western Australia.

Daphne started volunteering at the Art Gallery as a Gallery Guide in 1979.



### OCTOBER BIRTHDAYS

This month we're celebrating the birthdays of:

- Maria Naoum
- Keith Robinson
- Natalina Bordessa
- Carmine Ferraro
- Judy Servaas
- Giuseppe Terriaca

### NEW ADMISSIONS

We would like to extend a very warm welcome to our newest residents:

- Bevan Treloar
- Eileen Healy
- John Warner





## ROSEWOOD WEST PERTH

### NEW ADMISSIONS

We would like to extend a very warm welcome to our newest residents:

- Heather Sobkowiak
- Kitty Rowden
- Dorothy Stone
- Ian Mclean
- Adriana Marchessi
- Elva Charter
- Glenys Marsh
- Palma Martellotta
- Eufemia Vallini
- Diana Ho
- Kim Ho
- Patricia Russell
- Phyllis Florance

### OCTOBER BIRTHDAYS

This month we're celebrating the birthdays of:

- Beryl Lynch
- Heather Sobkowiak
- Claire Grose
- Loi Cheuk
- Judy Bridgeman
- Robert Merrey
- Sheila Appleyard
- Maureen Pirie
- Mary Melot
- Daniel Stillo
- Joan Exeter

### DRY CLEANING NOTICE

Dry Cleaning is now available for residents using AdAstra, see reception for fees and schedule.



## ART THERAPY WITH KAT

Hello! My name is Kat and I am an Art Therapist who facilitates art and craft workshops, open art studio sessions and Art Therapy groups. In recent years, I have worked in the community with people who live with physical and intellectual disability, mental health concerns and adults who live in residential care. I am passionate about art and all forms of creative expression. Through my work I hope to help individuals to develop their own creativity and self-expression while exploring various art materials and creative processes. I am looking forward to running monthly sessions again at Rosewood and hope to have the opportunity to meet you within a session soon!



is required. Just like the saying “It is about the journey not the destination”, Art Therapy invites the participant to focus on what thoughts, memories and emotions are provoked while engaging in the creative process. Options are always available for participants who require more of a challenging or simplified process.

Each Art Therapy session incorporates a theme to explore along with a range of guiding questions. By asking and answering the guiding questions, participants will feel inspired to visually explore the insights they gain throughout the session.

Some participants may initially feel they have inadequate artistic skills to participate in an Art Therapy session, however the focus is not on artistic ability but about encouraging them to have a go, experience the creative process and see what they can create. On most occasions, participants will surprise themselves with their ability to visually explore their thoughts and feelings and create something that reflects this.

Art Therapy for older adults is beneficial in that it provides an opportunity to learn more about oneself, exercise the mind, share feelings, connect with others, relax and have fun.

### WHAT IS ART THERAPY?

In Art Therapy, various art materials and creative processes are used to explore and express themes, emotions and lived experiences in a way that sometimes words alone cannot achieve.

Art therapy is for anyone of any age or background and no previous art experience



### Join Kat on Monday 19th for ‘Expression Through Art’.

In this session, we will be exploring how colour, shape and pattern can be used symbolically and as a form of self-expression. We will be using a range of art mediums and techniques that Kat will happily demonstrate for you.

**Date:** Monday 19th November

**West Perth:** 10:30am-12:00pm

**Leederville:** 1:30pm-3:00pm