AT HOME

WITH HELPING HAND

WINTER 2026

FREE



Community and Connection

Focus on Residential Care

PEOPLE | PASTIMES | PUZZLES

Helping Hand

Editor's note



Every Helping Hand Residential Care Home shares the same commitment to quality care, but no two are exactly alike.

Shaped by the people who live and work there, and connected to their local neighbourhoods, each has its own unique personality and sense of community.

This issue of *At Home* celebrates our residential communities through the stories of the people who call them home, and the activities, programs and everyday moments that foster authentic connections, enrich lives and create a true sense of belonging.

Sonia

Sonia De Nicola
Philanthropy and Communications Specialist

Everyone has a story to tell and we'd love to hear yours. Please email ***home@helpinghand.org.au***

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Front cover: Photographer, Meg Higginbottom at the launch of Arthur's Café at Port Pirie on 3 June 2026. You'll see more of Meg's wonderful photography on pages 12 and 13.



We've moved!

Our corporate teams have moved into one centralised location: 180 Port Road, Hindmarsh.

Bringing these teams together under one roof supports our frontline teams, strengthening communication and collaboration across our residential communities.

Welcome

Helping Hand provides services across many lands traditionally owned by the Kaurna, Narungga, Peramangk, Ngadjuri, Nukunu and Barngarla people.

Helping Hand acknowledges the traditional owners of the land on which we work and provide services. We pay respect to their culture and heritage, and to Elders past, present and emerging.



L-R: Senior Kaurna man Uncle Mickey O'Brien, Kaurna Elder Uncle Lewis O'Brien (seated), Melinda Richardson, Executive Manager, Residential Services and Chris Stewart, Chief Executive Officer.

From the Chief Executive Officer

From the fringes of the Adelaide CBD through to regional South Australia, our residential living communities reflect the breadth of Helping Hand's services and the diversity of the people who call them home.

As this issue of *At Home* focuses on our residential living communities, I would like to share some updates from Rotary House in North Adelaide and Copperhouse Court and Yeltana in Whyalla. What has been happening in these locations demonstrates our ongoing commitment to creating welcoming, inclusive homes that provide quality, person-centred care.

Helping Hand remains the only residential care provider in Whyalla, as well as a significant local employer.

Across all Helping Hand residential care homes, we continually invest in upgrading our amenities and environments to meet changing expectations and, most importantly, to support older people as their needs become more complex over time.

As this edition goes to print, work on the Rotary House refurbishment of Level 3 is nearing completion.

Rotary House was built in 1972 and, except for a small upgrade in 2007, has remained largely unchanged.

The newly upgraded care suites, together with the addition of a theatrette, music room, reading room, and refreshed dining areas,



L-R: Phill Stone,Mayor of Whyalla City Council, Chris Stewart, Chief Executive Officer, Samantha Giorgatzis. Executive Manager People, Strategy & Engagement, James Kennett, Director Kennett Builders, Eddie Hughes MP State Member for Giles

have significantly enhanced the residential care experience at North Adelaide.

Refurbishment of the Rotary House began two years ago and we are very grateful for the continued goodwill and patience of residents and families throughout the process. What makes the effort so worthwhile is the positive feedback we have received from residents who have moved into their new homes, and from their families and friends.

We continually invest in upgrading our amenities and environments to meet changing expectations.

Meanwhile, significant progress continues in Whyalla. Earlier this year, respected Barngarla Elder Yvonne Abdullah led a Welcome to Country ceremony to officially mark the redevelopment of the Yeltana and Copperhouse Court Residential Care Homes. The occasion represented the culmination of years of planning, partnership and community engagement.

Helping Hand remains the only residential care provider in Whyalla, as well as a significant local employer. From the outset, we recognised both the responsibility and the opportunity to do more for the people who live, work and visit Yeltana and Copperhouse Court.

Thanks to a $22 million investment from the Australian Government, we are expanding and enhancing these homes to ensure more older people can age well in the communities they know and love, close to family and friends. The redevelopment includes thoughtfully designed indoor and outdoor multi-purpose spaces, creating greater opportunities for social connection – something we know is essential to wellbeing and quality of life.

It also provides an opportunity to modernise accommodation to reflect contemporary expectations of residential care. While Yeltana was designed to meet the needs of its time, shared bathrooms are now being replaced with private ensuites, giving residents greater comfort, privacy and dignity.

The redevelopment of Copperhouse Court is expected to be completed by August 2026, while work at Yeltana will continue for approximately two years.

In closing, I would like to share a small but significant milestone. On Wednesday 27 May 2026, during National Reconciliation Week, the Frome Wing at North Adelaide Residential Care Home was renamed the Gladys Elphick MBE Wing.

Gladys Elphick MBE (1904–1988) was a distinguished Kaurna, Narungga and Ngadjuri woman whose lifelong advocacy advanced the health, wellbeing and rights of Aboriginal people across South Australia.

The renaming reflects Helping Hand's ongoing commitment to creating culturally safe spaces for everyone who lives, visits and works in our residential communities.

Chris Stewart
Chief Executive Officer

REGISTERED SUPPORTERS

Trusted relationships to support your rights, dignity and independence.



At every stage of your experience with Helping Hand, you have the right to make your own decisions about your life and your care.

Sometimes, you may want to formally nominate someone you trust to help you understand information or communicate your choices. When that person is officially registered with My Aged Care, they are called a Registered Supporter.

A Registered Supporter is usually a family member or a trusted friend. This role was introduced under the new Aged Care Act and is intended to protect your rights, support your independence, and help you stay in control.

There are three types of Registered Supporters.

Supporter:
A *Supporter* is someone you choose to help you with your aged care needs. They do not have legal decision-making powers and can only see your private aged care information if they have your consent.

Supporter Lite:
A *Supporter Lite* is someone you choose to help you with your aged care needs. However, they cannot see your private aged care information and have no legal decision-making authority.

Supporter Guardian:
A *Supporter Guardian* is someone who already has legal authority and, where legally required, receives all your aged care information. They have legal decision-making powers regarding your aged care.

Who you choose to register, and the type of supporter you choose, will affect whether they can:

- Help you understand or manage your My Aged Care account.
- Have access to the information you receive, including private aged care information.

How to update these details

If you would like to add, change, or remove a Registered Supporter, you can update your information anytime by contacting My Aged Care on **1800 200 422** or by visiting **myagedcare.gov.au**

Let us know

If you have contacted My Aged Care to register a supporter, or make any changes, please let Helping Hand know so we can update our records.

This step is really important. Keeping these details up to date ensures we are communicating with the people you have nominated and are respecting your wishes and intentions.

It's your choice

Having a Registered Supporter is optional.

If you feel well-supported by your carers, or other important people in your life, you may choose not to register anyone through My Aged Care.

One who hesitates, is lost (Chi si ferma è perduto)



Liliana and her beloved husband, Tulio

Liliana's journey has taken her from the cosmopolitan world of Trieste, where she worked for Missoni, the iconic Italian fashion house, then to the industrial heart of the Whyalla shipyards, the bustle of Sydney, and ultimately, back to Whyalla.

Her story reflects the courage and determination of a generation of young women who left Italy in the 1950s and 1960s to begin a new chapter in South Australia.

> *"I was going to the other side of the world and I did not know what I would find."*
> **Liliana**

Liliana was 20 years old when she left Italy. Her husband, Tulio, had arrived in South Australia first, and she followed him to Whyalla in August 1956, a few months later she had her 21st birthday.

"Whyalla was a very different place," she recalls. "To me, it looked like a desert. There was nothing for miles. I remember the dust storms. I didn't speak English and the food was so different. If you wanted olive oil, you had to buy it from the chemist in a little medicinal bottle."

Liliana encouraged their return to Whyalla, drawn to its slower and more peaceful way of life.

Like many of her generation, Liliana adapted with resilience and resourcefulness.

"What else could you do? We just kept going" she says, quoting a favourite proverb *"chi si ferma, e perduta – one who hesitates is lost."*

A close-knit Italian community also helped ease the transition. Once a week, a friend would drive to Adelaide on unsealed roads, returning with a car filled with pasta, coffee, Italian bread, olive oil, and other staples of the traditional Italian cucina.

After a year in Whyalla, Liliana and Tulio moved to Sydney, where they spent six years raising their family. Liliana encouraged their return to Whyalla, drawn to its slower and more peaceful way of life.



'Iron Whyalla' at the Whyalla shipyards,1956. Image courtesy State Library of South Australia [B 76513/8]

Although Whyalla became home, Trieste remained close to her heart. Over the years there were family visits back to Italy to reconnect with family and these memories are all preserved in a treasured collection of albums and scrapbooks.

"In my heart I still feel Italian," she says. "But my loyalty is to Australia. This is my home."

Life has had its share of joy and sadness. After Tulio's passing, she had a stroke and had to be airlifted to Adelaide by the Royal Flying Doctor Service. Again, she faced this turning point with the same pragmatism that has guided her life.

Moving from the family home in Whyalla, to Copperhouse Court, required a period of adjustment.

It was also Liliana who suggested supporting the Royal Flying Doctor Service.

As well as daily visits from her daughter, lifestyle Coordinator, Robert Golding, supported her through those first tentative steps. "I remember when Liliana first moved here. I understood what she was feeling and made a point of spending time with her. I remember we repotted some plants from her garden. Our shared love of food sparked a connection and became a way of sharing her culture with others."

Today the two of them still exchange recipes and cooking techniques.

Two years ago, Robert organised a "gnocchi and sugo making day", under Liliana's close supervision – a reminder of how food and stories can bring people together.

And happily, Liliana has shared her recipes on page 31 of this issue of *At Home magazine*.

It was also Liliana who suggested supporting the Royal Flying Doctor Service, after experiencing their life-saving care following her stroke. Residents at Copperhouse and Yeltana can choose to donate their Bingo winnings to the RDNS. This has been another way she has made her mark on the day-to-day life of the community.

"My daughter visits and calls me every day. I am so lucky to have her and so lucky I was able to find a home at Copperhouse Court," she says.

Across decades and continents, Liliana's life tells a story of resilience and a simple, but powerful message:

Just keep going.

"

"In my heart I still feel Italian, but my loyalty is to Australia. This is my home."
Liliana

Whether you grew up in a city or in the country, in Australia or overseas, we'd love to hear your recollections for 'As time goes by', please email ***home@helpinghand.org.au***

104 good reasons

When we learned that Keith had recently celebrated his 104th birthday, we wanted to find out more about this remarkable man, who has literally stood the test of time.

Keith lives at Golden Grove Residential Care Home, where his days are full and reflect many of the interests he has cultivated over a lifetime.

He enjoys regular catchups with his daughters, Juliann and Diane, who both live nearby and takes part in a range of lifestyle activities, especially those involving music. At 104 years of age, we assume he must be one of the most senior supporters of the Crows, following the team with the passion and devotion of a true believer.

Born and raised in Balaklava, Keith remembers daily life on a family property supporting his mother and siblings, while his father worked in Whyalla as a builder.

It was a typical upbringing for a regional community of that time – waking up at dawn to tend to cows and chickens before heading off to school.



Keith proudly holds his commemorative 100th birthday gift

At 17, Keith moved to Whyalla, where he learned the trade of brick making. He later moved on to making ammunition for the Army. Many years later, he would build the family home himself, brick by brick – a story he shares with quiet pride.

He married, raised a family, and spent 32 years working for the Postmaster-General's Department, laying phone lines, before retiring at 60. These are just the broad outlines of a full and active life.

While others might wonder at reaching such a grand age, Keith takes a more relaxed view.

"I just take things as they come," says Keith.

"It doesn't worry me one iota," he says. "I just take things as they come."

A man of many seasons and passions, Keith has enjoyed everything from bike racing, ballroom dancing (he loves a good waltz) and playing the trumpet in a Brass Band. Of course, following the Crow's progress is all consuming. Loyal to his team, he reckons, "They'll come out on top this year, I'm sure of it!"

Editor's note: Keith passed away shortly after this interview. His daughters asked that his story be published as originally planned and it is our privilege to honour their wishes.

Sharing, listening and learning

When you choose Helping Hand, it marks the beginning of a partnership built on trust, mutual respect, and open communication. Understanding your perspective has always been important to us. After all, no one understands your experience of care better than you do.

There are many ways that you, or a family member or registered supporter, can share feedback with us:

- ✔ Talk with the staff and make it clear you are providing feedback and expect a response.
- 
  ✔ Use the Tell Touch kiosks located in all homes.
- ✔ Ask staff for a Feedback Form or complete a feedback form from our website.
- 
  ✔ Write to us by email or letter.

We will always listen with respect and respond to your feedback with care and compassion and we will work with you to resolve the issue. You can also provide feedback anonymously, if you prefer.

Your feedback helps us tailor the personalised care and support that's right for you. It can also help improve the experience for others. Positive feedback is just as important. *When you tell us something works well, it may be adopted more widely.*

Should you prefer not to speak directly with Helping Hand, there are options. Free, independent, and confidential support is available through:

- ***The Older Persons Advocacy Network (OPAN):*** *Provides advocacy and support to older people and those who support them. Visit* ***opan.org.au*** *or call* ***1800 700 600.***
- ***Aged Care Quality and Safety Commission (ACQSC):*** *Provides free, independent support and can investigate concerns about aged care services. Visit* ***agedcarequality.gov.au*** *or call* ***1800 951 822.***

The Learning Tree

Something magical happens when young and old come together with warmth, humour and a willingness to learn and play. Barriers become bridges, generations connect, and laughter fills the room.

Our intergenerational playgroup, *The Learning Tree*, brings together residents from some of our residential care homes and children aged 0–5 years from the local community for mornings filled with stories, songs, activities and shared experiences. While the children enjoy exploring, creating and playing, residents have the opportunity to connect with a younger generation and enjoy the energy and curiosity that the little one's bring.

What begins as a simple playgroup often grows into something much deeper. Familiar faces become friends, confidence grows, and meaningful relationships develop across generations. The program creates opportunities for connection, and joy for everyone involved.

"*The Learning Tree* was introduced at North Adelaide after the pandemic, when people were really wanting to reconnect in person," says Katrina, Wellness Program Manager. "It's been wonderful to see this program blossom across many of our other homes as well. That connection between young and old is universal."

The activities may vary, but the outcome is always the same: smiles, giggles and genuine connections between generations.

The Learning Tree has been thriving at North Adelaide, Ingle Farm, Lightsview and Yeltana for several years and Mawson Lakes joined the program in May 2026.



Ingle Farm volunteer, Lynn, joins in the fun

Across each home, the activities may vary, but the outcome is always the same: smiles, giggles and genuine connections.

These photos capture some of those special moments as residents and children enjoy *The Learning Tree*.



North Adelaide launched The Learning Tree after the pandemic



Mawson Lakes held their first Learning Tree playgroup in May 2026



Students from Gleeson College visiting Lightsview

From Golden Grove to Lightsview: creating connections

In May 2026, an intergenerational program that began in 2023, between Golden Grove Residential Care Home and Gleeson College received an award in the *Excellence in Aged Care Category at the 2026 South Australian Nursing and Midwifery Excellence Awards*.

The program is now in its third year at Golden Grove Residential Care Home.

Enriching lives and bringing generations together, one conversation at a time.

One of the more heartwarming outcomes have been the students who have chosen to continue visiting in their own time to maintain the connections and friendships they made.

For residents, the program provides a chance to share stories, wisdom and life experiences with a younger generation. For students, it builds confidence, challenges perceptions of ageing and creates genuine connections that span generations.

Following the program's success at Golden Grove, those connections are now flourishing at Lightsview Residential Care Home, where Gleeson College students have begun visiting residents as part of their school curriculum.

The program is an inspiring example of how a simple idea can have a profound impact, enriching lives, building friendships and bringing generations together, one conversation at a time.

"It's a great place to welcome friends."

Jennie, resident

Creating community,



Helping Hand's Lealholme Residential Care Home in Port Pirie now has a new onsite café thanks to a generous bequest from the late Mr Arthur Horner.

Mr Horner, who lived at Lealholme, left a gift in his Will, resulting in the creation of a café that has been named in his honour. Arthur's café was shaped by meaningful engagement with residents, families and staff.

Helping Hand Chief Executive Officer, Chris Stewart said Lealholme would benefit from the addition of a welcoming café space, designed to encourage connection and conversation, where people can relax over a cup of tea or coffee and enjoy light refreshments together.

"Most of our homes have fully operational cafés onsite, and until now we haven't been able to upgrade the existing café area at Lealholme," says Chris Stewart.

Helping Hand engaged McMahon Services to build the café with local contractors and labour employed wherever possible throughout the project.



Chris Stewart, Chief Executive Officer and Kerin Colgan, Residential Services Manager

"It means everything to us. Having this café is like going on an outing. The café has helped me meet more people. Athur Horner has done a wonderful thing."

Betty, resident

one cup at a time



Mayor Leon Stephens (standing) attenting the official opening on Wednesday 3 June, 2026

"When I heard, he had left money for a café, it really got to me. What he has done is a great thing. I am so happy it's named after him."

Des, resident

"Residents come for a coffee and it's like they are going out. They meet new people, have a chat."

Alisa, onsite hairdresser



Arthur's legacy will live on in the daily life of this home – in every conversation shared over a cuppa. A portrait in pride of place.

Golden days at Belalie Lodge

Here at Belalie Lodge, the last few months have been full of connection, laughter and memorable moments shared together.

One of the highlights for residents has been getting out and about, exploring nearby towns including Hallett and Whyte Yarcowie. We also enjoyed two separate outings to the Old Bakery Stone Hut, where everyone had the chance to relax and enjoy a bite to eat with a warm cup of tea or coffee.

We were delighted to once again welcome the kindy children from the Jamestown Community Children's Centre. Residents loved drawing, singing and spending time with them, as their visits always bring a wonderful buzz of energy and meaningful moments shared across generations.

We're also looking forward to visiting them soon for a pizza morning at their centre.

Another highlight was a visit from some very special furry (and feathered!) friends from the Rainbow Animal Farm. Residents enjoyed getting up close with miniature sheep, doves, rabbits, guinea pigs, ducks, chickens and llamas. With so many animals joining us, they really put the zoo in petting zoo!

It was a lovely way to say thank you and spend time together.

Entertainment has been a real standout. Residents were treated to an incredible Elvis impersonator, with many tapping their feet and singing along to rock and roll classics.

We also stepped back in time thanks to the Fellowship Group from the Uniting Church, who presented a beautiful and engaging 1940s fashion parade.

To celebrate our wonderful volunteers and everything they do to support our community, we hosted a special Volunteer Day afternoon tea. This included entertainment from singer Bronwyn, who travelled from Gawler to join us. It was a lovely way to say thank you and spend time together, celebrating the generosity and kindness our volunteers provide, which never goes unnoticed.

Creativity has been in full swing this month, with residents busy bringing our garden gnomes back to life with a fresh coat of paint. They have also been creating charming fairy houses and decorating terracotta pots in preparation for our upcoming Show Day in September.

Birgit
Lifestyle Coordinator



A day out at the Old Bakery Stone Hut

Bringing oral health care closer to Home



Improved oral health care has our communities saying ahhh

For people living in regional communities, access to dental and oral health services can be limited. For residents living in in regional aged care homes, the challenge can be amplified, with transport barriers and clinics that may not always be accessible for people with complex mobility and health needs.

Oral health clinics have been offered in Helping Hand's metropolitan homes for many years. In late 2025, the program was expanded to regional sites through a partnership between Helping Hand's Student Placement Program and TAFE SA's Advanced Diploma of Oral Health team.

The clinics play an important role in raising awareness of oral hygiene and its connection to overall health and wellbeing.

The first regional clinic was held at Carinya in Clare, where students undertaking an Advanced Diploma of Oral Health travelled from Adelaide with their lecturer, Dr Harry Perkins. Residents welcomed the opportunity to receive oral health assessments, education and advice in the comfort and familiarity of their own home.

In true Carinya style, the visiting students and staff were treated to warm country hospitality, including a shared lunch before making the journey back to Adelaide.

What began in Carinya, continues to grow. Clinics are scheduled to return to Carinya in October 2026 and will travel on to Lealholme in Port Pirie.

Looking ahead, there are plans underway to see if the service can also be extended to support Belalie Lodge in Jamestown, as well as Yeltana and Copperhouse Court in Whyalla.

Since its introduction, the initiative has helped improve access to oral health services for older people living in regional communities while also providing valuable practical experience for the next generation of oral health professionals.

The clinics also play an important role in raising awareness of oral hygiene and its connection to overall health and wellbeing. Good oral health can support nutrition, communication, comfort and quality of life.



Carinya Clinics

Speaking the same language

Now in her third year as a member of the Consumer Advisory Body, Peggy Grypma brings to the role both her professional expertise and lived experiences as a carer. A psychologist with a PhD and more than 30 years' experience in the field, her father Antonie receives services from Helping Hand.



Antonie at home cutting homegrown watermelon

"My father Antonie migrated to Australia from Greece in 1963. He was among a wave of migrants from the post-World War Two period between the 1950s and 1960s. Like many, when he arrived in Australia, he was unable to speak English. Not long after his arrival, my father met my mother, Katina.

"Together they scrimped and saved to buy their own home and build a life for their growing family. As their life in Australia began to form the foundation for a new future together, their hopes of returning to their native homeland became more and more distant. Subsequent return visits to Greece often resulted in increasing disillusionment, a fragmentation of identity and belonging, and a feeling of being torn between their native motherland and their new homeland, Australia.

"My parents had been married for 60 years, before my mother was diagnosed with a neurodegenerative illness.

"My father was her main care-giver and we were able to care for her at home until she passed away. For my father, who didn't speak English fluently, the role of carer, became especially challenging and fraught with difficulties, as my mother's condition continued to deteriorate.

I am passionate about improving services that address loneliness.

"I don't know what would have happened if he did not have someone else, to navigate the aged care system and coordinate all the aspects of her care, including dressing, cooking and transportation to appointments.

"Now aged 94, my father, is still living in his own home. He remains largely independent, and still drives his own car, continues to do his shopping, banking and meets with his social group every day at his local shopping centre. As the main care giver, I'm here to coordinate Home Care services, provide interpretation, advocacy and the support he needs to stay in the family home.

"The obstacles faced by older people from culturally and linguistically diverse backgrounds are a real concern for me. In 2026, this represents 22.5 percent of the older Australian population – that's a significant cohort. I am passionate about improving services that address loneliness in home care and promoting more inclusive, culturally responsive care."



Peggy and her mother, Katina



Antonie and Katina

Fostering gratitude



At various stages of our lives, we will all walk through seasons of grief and pain.

Paul Hodgson, Helping Hand's Coordinating Chaplain reminds us that practicing gratitude is a vital tool, not only during the good times, but when navigating setbacks as well.

"Unfortunately, we are naturally more likely to latch onto negative thoughts in our daily lives. However, fostering gratitude is powerful because it shifts our perspective; it allows us to acknowledge that while something terrible is happening, it isn't the only thing happening. That wider view is what builds our resilience," he says.

"Beyond giving perspective, gratitude becomes a resource and reserve of resilience to help us adapt in difficult times. It doesn't fix or resolve our problems, but if we can take the time to be grateful, it creates a flow on effect to live hopefully for good things to come."

The best part? It's never too late, or too early to start.

It can be as small as finding three things that you are grateful for in your day, from enjoying a hot cup of coffee, spending time with your pet or in nature, or keeping a gratitude journal.

Beyond giving perspective, gratitude becomes a resource and reserve of resilience to help us adapt in difficult times.

"People who have the disposition of being grateful have better sleep, better wellbeing, and are more likely to be emotionally on top of things," Paul says.

"And so, when the difficult times hit, you've got a resource of resilience. It becomes more of a practice routine, and you reap the benefits when a setback occurs.

"Fostering that experience of gratitude becomes a habit, wired in your brain, and then that habit becomes a disposition which ultimately becomes a personality trait."

While it is easier said than done, acknowledging the struggle is the first step toward moving through it.

"When I sit and speak with people, I encourage them to acknowledge their grief, or their pain and anxiety and to stay in that space of those feelings.

> *"The worst thing to say is 'get over it'. We need to acknowledge that people's feelings (as well as our own) are valid and real, but that they also don't need to be the whole story."*
> **Paul**

*Chaplaincy services, spiritual wellbeing and pastoral care support is available to everyone living in Helping Hand residential care homes. To find out more about these services – or becoming a Pastoral volunteer with Helping Hand – contact Jules Citti, Chaplaincy Administrator on **8224 7842** or **chaplaincy@helpinghand.org.au***

Family favourite: beef stew

Do you have a tried-and-true recipe that's become a much-loved favourite with family and friends? **That's the question we asked Khama, who spends her working days as Second Cook at Parafield Gardens Residential Care Home.**

By the time she gets home, Khama loves diving into a family favourite that she has created and perfected over time. "It's our good old family stew. This is the dish that always brings our son home and asking for leftovers!" Khama says the best thing about this recipe is its simplicity and flexibility – and any leftovers freeze beautifully for a simple, satisfying meal later.

This recipe makes four generous servings.



Khama in the kitchen, with her Cert 111 in Commercial Cookery

Ingredients

- 500gm of beef, rump steak, or topside
- 6 potatoes
- Half cup diced onion
- 2 cloves garlic
- 2 carrots
- 1 cup frozen peas
- 1 cup green beans
- 3 sticks celery
- 3 – 4 florets of cauliflower
- Seasonings
- 4 – 6 tablespoons beef gravy mix
- 1 generous tablespoon Olive oil
- 2 pinches of salt (to taste)
- Garlic and parsley salt
- A pinch of All Purpose Seasoning
- Handful of parsley, either fresh or dried
- 1 teaspoon of Vegemite

Method

1. Have all your vegetables chopped and ready to go.
2. In a jug, combine gravy mix, stock cubes, Vegemite and 800ml of water. You can add more water during the cooking process if you wish.
3. Heat olive oil and fry with onion, carrots and celery.
4. Add beef.
5. Keep on a moderate heat, until all the ingredients are browned and the oil has been absorbed and the bottom of the pan is dry (but not burned!).
6. Pour contents of the jug into pot, keep stirring, adding all your vegetables.
7. Add all the seasonings. Salt to taste.
8. Cook on a moderate heat, with the lid half off.

Serving suggestion: Khama likes to serve it with a side of finely sliced cooked cabbage, some green veg and a hot buttered dinner roll.

Sugo and gnocchi



Liliana from Copperhouse Court shares her recipes for the timeless Italian classic combination.

Sugo Ingredients

- Olive oil
- 3 brown onions, diced (you can use a processor)
- Fresh rosemary
- Fresh basil
- 500g gravy beef cut into equal pieces
- 2 tins of chopped tomatoes, drained
- 1 glass of red wine
- Cayenne pepper to taste
- Salt to taste
- 1 teaspoon sweet paprika
- 1 tablespoon tomato paste
- 1 tablespoon cornflour

Method

1. Cook chopped onions in olive oil, adding basil and rosemary until softened.
2. Add half the wine. Add the gravy beef pieces. Add the rest of the wine.
3. Stir in the tablespoon of tomato paste. Add tinned tomatoes.
4. Add salt, pepper and sweet paprika to taste.
5. Simmer in a covered pot for about 2 hours (until beef is tender enough to shred)
6. Add 1 tablespoon cornflour to thicken if the sugo is too watery.



Gnocchi Ingredients

- 1kg potatoes
- Approx 375g plain flour
- 1 egg
- Salt
- Olive oil (approx. two tablespoons)

Method

1. Boil potatoes with skin on.
2. When cooked, remove skin and set aside to cool.
3. Mash the potatoes and make a well in the centre, add the egg, olive oil and salt and a handful of flour.
4. Mix ingredients and continue to add flour, kneading until a smooth dough is formed. Do not overwork the dough.
5. Sprinkle the work surface with flour. Divide the dough into equal sections. Shape each section into a long sausage shape and cut into 2cm pieces.
6. To make the distinctive gnocchi ridged edges, roll the cube of pasta along the back of a fork.
7. You can also use a mixer to make the dough.

Cooking

1. Add gnocchi, to a boiling pan of salted water, remove when they float to the surface.
2. Serve with sugo and Parmesan cheese.

Cheerful crossword



Across

2. What can't buy happiness? (5)

5. Jump for ..... (3)

6. Song: These are a few of my ..... things (9)

8. To be in ..... heaven = ecstatic (7)

9. If you're ..... and you know it (song) (5)

10. From the cocoa bean (9)

12. National flower of Holland (5)

13. The number of muscles used to smile (9)

14. Spike? Poet and comic (8)

Down

1. No two of these cold beauties are ever alike (10)

3. Three ..... Hip Hip Hurrah (6)

4. To be over the ..... (4)

7. To have a ..... of a time (5)

10. Sharing is ..... (6)

11. The happiest season (9)





How well do you know South Australia?

A big thank you to Bill, a Helping Hand Home Care client, for putting together a quiz designed to text your local knowledge.

1. Who was the first Surveyor-General of South Australia?
   - ☐ Matthew Flinders
   - ☐ William Light
   - ☐ Charles Goyder

2. Where do Eyre Peninsula communities get fresh water?
   - ☐ River Murray
   - ☐ Tod River
   - ☐ Polda Basin

3. What is a quandong?
   - ☐ A wild peach
   - ☐ A marsupial mouse
   - ☐ A water course

4. Which Australian author wrote 'Sun on the Stubble'?
   - ☐ Nancy Cato
   - ☐ Max Fatchen
   - ☐ Colin Theile

5. Where was the The Great Eastern Steeplechase held?
   - ☐ Victoria Park
   - ☐ Oakbank
   - ☐ Cheltenham

6. Where does the River Murray turn left to flow south?
   - ☐ Boundary Bend
   - ☐ Renmark
   - ☐ Morgan

7. Apart from Coober Pedy, where else are opals mined in South Australia?
   - ☐ Wallaroo
   - ☐ Oodnadatta
   - ☐ Andamooka

8. Where would you find the Big Lobster in South Australia?

   _____

9. Where would you find the Big Galah in South Australia?

   _____



Word scramble

Unscramble the letters to find a word that relates to happiness

1. DFRNEI ➡ _____
2. HRAES ➡ _____
3. HGUAL ➡ _____

Smiley jokes and one-liners

1. I know a bunch of good jokes about umbrellas, but they usually go over people's heads.
2. What do you call a lazy kangaroo? Pouch Potato.
3. What's orange and sounds like a parrot? A carrot.
4. Did you hear about the cat that ate a lemon? Now it's a sour puss.
5. I'm so good at sleeping, I can do it with my eyes closed.
6. How does a penguin build its house? Igloos it together.
7. What did the llama say when he got kicked out of the zoo? "Alpaca my bags!"

Complete each saying

1. Happiness is meant to be _____.
2. Many hands make light _____.
3. A smile costs _____.
4. Together we are _____.

Answers

How well do you know South Australia?

1. William Light
2. Polda Basin
3. A wild peach
4. Colin Theile
5. Oakbank
6. Morgan
7. Andamooka
8. Kingston
9. Kimba

Complete each saying

1. Shared
2. Work
3. Nothing
4. Stronger

Cheerful crossword

Across

3. Money
5. Joy
6. Favourite
8. Seventh
9. Happy
10. Chocolate
12. Tulip
13. Seventeen
14. Milligan

Down

1. Snowflakes
3. Cheers
4. Moon
7. Whale
10. Caring
11. Christmas

T	A	D	V	E	N	T	U	R	E	M	X	T	U
R	E	L	A	X	A	T	I	O	N	F	A	W	B
H	B	I	V	B	F	N	F	S	C	R	I	G	T
S	O	K	E	M	O	G	A	Q	H	I	P	Z	R
L	R	B	D	F	O	I	M	N	I	E	V	V	A
B	Q	N	B	H	D	T	I	M	L	N	A	X	V
K	R	L	A	I	U	H	L	H	D	D	P	S	E
I	X	A	G	T	E	G	Y	H	R	S	S	U	L
N	P	U	V	C	U	S	S	O	E	B	M	N	U
D	E	G	B	A	M	R	H	M	N	W	I	S	P
N	T	H	O	V	U	I	E	E	V	L	L	H	L
E	S	T	O	F	S	S	M	S	O	O	E	I	H
S	X	E	K	W	I	U	Y	V	F	V	S	N	U
S	M	R	S	Z	C	A	R	T	U	E	R	E	J

Family	**Love**	**Kindness**	**Nature**
Children	**Adventure**	**Friends**	**Hugs**
Home	**Laughter**	**Sunshine**	**Pets**
Books	**Food**	**Art**	**Smiles**
Relaxation	**Music**	**Travel**	**Hobbies**

Spot the difference



1. *No flowers on the cactus plant*
2. *Missing letter box on blue door*
3. *Missing bike rack*
4. *Missing window*
5. *Missing brick work underneath the hanging plant*
6. *No pedals on the bike*

Word scramble

1. *Friend*
2. *Share*
3. *Laugh*



Aged Care **Employee Day**

On 7 August 2026, Helping Hand, together with organisations across Australia, will celebrate Aged Care Employee Day – a special day to recognise and thank our teams for being there to care.

At Helping Hand, our residential care staff are at the heart our homes. From nurses and carers to cooks, cleaners, lifestyle coordinators, allied health professionals, administration teams, gardeners, and maintenance crews, everyone plays an important role. People like JM, (pictured here) who works at our Parafield Gardens Residential Care Home.

Together, they bring our values of Respect, Excellence, Community, and Compassion to life, creating homes and services where residents and families are supported with dignity, kindness, and care.

Thank you cards are available at reception for Aged Care Employee Day. Residents and families are welcome to write a personal message of thanks to a staff member who has made a difference.

We hope you enjoyed this residential issue of *At Home*, please share it with family and friends.