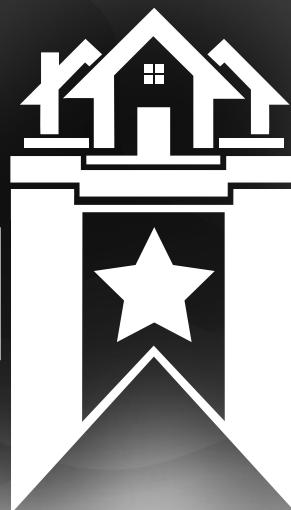


Introducing...

Veterans HOME CARE

Program from CatholicCare



They've done their service, now let us do ours!

CatholicCare is proud to support the Veteran's Home Care (VHC) program which provides basic in-home care support.

Veterans holding a Gold or White DVA card who struggle with daily living activities may be eligible*.

The Veterans Home Care program also extends to carers, widows, or dependent children of eligible veterans for selected services.

Our services for veterans include:

- Domestic assistance with household chores and meal preparation
- Personal care
- Respite services
- Home & yard maintenance†

For more details and to get started please call 1300 523 985

Please note: A small co-payment applies to most services. * Service eligibility is assessed through the VHC assessment agency, with a referral and service plan then provided to CatholicCare. † Home & yard maintenance is not currently available in Mackay



LEST WE FORGET

25
APRIL



Veterans & Seniors We Salute You

Welcome to the April issue of Chat.

It seems incredible to me that we are already four months into 2024, and as it has been a while since I have had the chance to 'Chat' directly to you all, I'm glad I get to do it with such a significant event this month.

I am of course talking about Anzac Day.

Anzac Day serves as a poignant reminder not only of the historical sacrifices made on the battlefield but also of the ongoing duty we have to care for those who have given so much for our country.

This Anzac Day, let's come together as a community to celebrate the strength and resilience embodied by our veterans and seniors alike.

By recognising the common thread of service that runs through these two groups, we can foster a sense of unity and appreciation for the contributions made across generations.

As we honor the Anzac legacy this April 25th, let us also extend our gratitude to the elderly members of our community, some of whom will have served in our armed forces, ensuring that they receive the exceptional care and respect they deserve.

Until next time.



Joshua McNally-Mannes
General Manager Community Care
Central & Rockhampton Region



So many ways to show
We care...



In-home Support



Social Groups



Community Transport



Allied Health Care



Home Care Packages



NDIS Delivery



NDIS Support Coordination



NDIS Plan Management



Family Support



Family Mediation



**Domestic & Family
Violence Response**



Counselling



Employee Assistance

Find out more online at:

www.catholiccarecq.com

Find us on

Disaster READINESS Workshops



CatholicCare has been holding a number of disaster readiness workshops across the Central Queensland region.

The workshops are designed to assist older community members and people with disabilities to confidently navigate times of disaster. During the workshop attendees develop a personalised disaster plan based on a number of considerations.

Each attendee leaves the workshop with a **disaster readiness starter kit** containing some of the recommended items to help be prepared should a disaster occur. The **FREE** kit contains go to items such as a radio, torch, USB battery pack and some tinned food to give the owner options during and after a disaster event.

The workshops have been attended by dozens of people so far, meaning there's now a number of people in our community better prepared for whatever our unpredictable Queensland climate wants to throw at us!



Central Region Social Groups

Get onboard & have an adventure!

It's not just bingo (although we have that too), our social group activities reach far and wide! From arts and crafts for those looking to exercise their creativity, to walking groups and trips out for those that want to stretch their legs a bit further afield.

With a range of transport options, and all activities being supervised by the fun loving (but always safety first) CatholicCare team, you are guaranteed a memorable experience for all the right reasons!

Find out what's happening this month by scanning the QR code, or visit: www.catholiccarecq.com/socialgroups





RECIPE



Rachael's

Blueberry & Banana Muffins

Our in-house nutritionist shares her recipe for a timeless classic with a *gluten free* twist...

Ingredients...

- ½ cup coconut flour
- 2 cups gluten free self-raising flour
- ¼ cup brown sugar
- 1 teaspoon ground cinnamon
- 1 cup mashed banana
- 1 teaspoon vanilla
- 1 egg, lightly beaten
- 1 ½ cups plain yoghurt
(or for a dairy free alternative use coconut yoghurt)
- 1/3 cup olive oil
- ½ cup frozen or fresh blueberries

Just five simple steps...

1. Preheat oven to 180°C (170°C fan-forced). Line a 12-hole muffin pan with baking paper/paper cases.
2. Combine flours, cinnamon, and sugar in large bowl. Make a well in the mixture.
3. Add banana, vanilla, egg, yoghurt, oil, and blueberries. Stir until just combined.
4. Spoon into paper cases.
5. Bake for 20-25 minutes. Leave to cool for a few minutes and then transfer on to a wire rack to fully cool. *(Be careful as the blueberries and banana will retain heat for some time!)*

Share and enjoy!

CatholicCare now offers consultations with a nutritionist to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

Spices & Herbs

That's a spicy puzzle this month! Take some 'thyme' for yourself and don't be too 'salty' if you can't find them all!

SALT	BASIL	TURMERIC	NUTMEG
GINGER	CAYENNE	CLOVES	CINNAMON
SAGE	PEPPER	FENNEL	THYME
PAPRIKA	DILL	ALLSPICE	
OREGANO	CUMIN	STARANISE	
ROSEMARY	BAY LEAF	TARRAGON	

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



Need a hint or looking for the solution?
Scan the QR code or visit:
www.catholiccarecq.com/wonderword

Source: thewordsearch.com