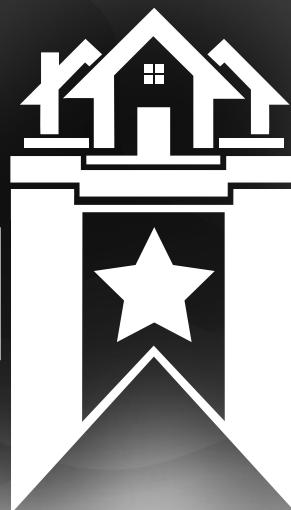


Introducing...

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



We are CatholicCare

CENTRAL QUEENSLAND



CatholicCare has been serving our local communities for 50 years, and for more than two decades we have been part of the Mackay community landscape.

From humble beginnings, CatholicCare now has a custom designed office in the heart of the Mackay CBD featuring tailored meeting spaces for our counselling and Family Relationship Centre services. CatholicCare's counselling and family support services provide a haven where individuals and families navigate the complexities of life. Trained professionals listen with empathy, offering guidance through the myriad of wellness concerns and intricate family dynamics.

The office is a community focused space with a large courtyard often used for meetings, activities and events.

Out in the community our compassionate and diligent team of support workers and care

coordinators provide care and assistance to both our senior citizens and those with a disability, be it in the comfort of their homes or out and about on social activities, shopping trips or appointments.

The CatholicCare team are all local people working and living within the communities they serve and truly care about.

If you are looking for care and compassion in Mackay, look no further than CatholicCare!



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

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.



Flavia Prospero

General Manager Health
& Wellbeing Services
CatholicCare Northern Region



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	



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

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
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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
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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

Source: thewordsearch.com