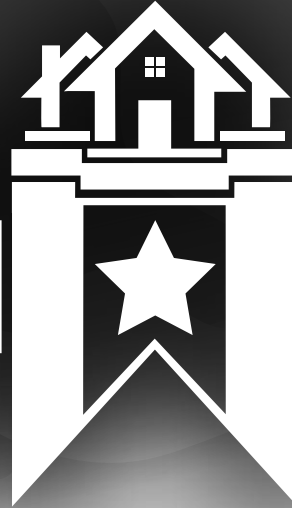


Introducing...

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.



Shari Jackson
General Manager Health
& Wellbeing Services
CatholicCare Southern 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

Staff in focus...

Over 75 years experience

The first quarter of the year has seen a number of our team in Bundaberg hit some incredible employment milestones.

They say "There's no such thing as a job for life anymore", but we are thrilled that these three team members are bucking the trend, racking up 78 years between them.

It should be reassuring for clients needing support in our Southern region to know they are in safe hands with

not only the wealth of experience and compassion the team members below show, but also as they impart their knowledge to new members joining the team.

There's a reason we can say that CatholicCare really is Central Queensland's MOST experienced team!



Shari Jackson
22 years with CatholicCare

Shari joined the CatholicCare team in 2002 as a Family Relationship/School Counsellor and is now the General Manager of Health & Wellbeing Services in the Southern Region.



Kerrie Martell
30 years with CatholicCare

Kerrie joined the CatholicCare team in 1994 and is currently working as a Home Maintenance Support Officer.



Neil Crossland
26 years with CatholicCare

Neil's career at CatholicCare began in 1998 and he is currently working as part of the counselling team as a Registered Psychologist.



Bundaberg 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 to the beach 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
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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