

Celebrating...



Aged Care Employee Day

7th August *Thanks for caring*

Aged Care Employee Day (ACED) is a national day of significance celebrating the more than 370,000 aged and community care staff who provide support to over 1.5 million older and ageing Australians.

Although ACED is officially celebrated on August 7, we believe our outstanding team deserve this special recognition for the entire month!

Our dedicated community care workers are truly unsung heroes. They come to work each day not seeking gratitude but aiming to make a meaningful difference in the lives of those we serve.

Throughout August, we invite you to join us in honouring the people who support you and other ageing members of our community. We welcome your compliments, your stories, and your feedback!

Call, email, message us or scan the QR code below – we would love to share your ‘Thanks for Caring’ message!



Compliments you've shared...

“Ronnie does an excellent job and intuitively understands my needs and preferences.”

“Tayla and Rebekah go out of their way to help. There's no two ways about it – they are remarkable!”

“Emma's proactive care without needing instructions significantly eases the stress for the rest of my family!”

“Mathews is very kind, caring and easy to get along with.”



Scan the QR Code or visit www.catholiccarecq.com/aced24 to share your #ThanksforCaring note!

Counselling

from CatholicCare

Wherever you are, whatever your situation, there's a CatholicCare counsellor to help with your wellbeing.

CatholicCare counsellors are highly trained and well equipped to listen, support, and help you address the often complex issues associated with life.

Our counsellors can assist with issues including:

- Loneliness and social isolation
- Personal development
- Grief and loss
- Stress management
- Conflict resolution
- Separation or divorce
- Stepfamily adjustments
- Parenting
- Other concerns negatively affecting your life or relationships

Counselling offers a **safe space** to express thoughts, be heard, and explore new perspectives in a positive way.

For many, counselling is a way of simply sharing their story with someone who can really listen.

Get started

For more information or to access CatholicCare's Counselling services:



Phone:
1300 523 985



Book standard counselling online:
counselling.catholiccarecq.com

NEW
SERVICE



Introducing Care to You Counselling

AVAILABLE IN
ROCKHAMPTON & LIVINGSTONE

Care to You Counselling is an extension of our existing counselling services.

Bringing specialised support directly to those unable to leave their home, Care to You Counselling ensures everyone has access to professional wellbeing care and support without the need to travel.

At a glance

- Counselling that can come to you in the Rockhampton and Livingstone regions.
- Specially designed for the **elderly, people in palliative care**, those with a **life-altering illness or condition**, or **carers and families**.
- Subsidies available under many government-funded packages such as **Aged Care**, **Home Care** or **NDIS**. Eligibility criteria apply.

For enquiries call **1300 523 985**



The CEO's Corner

Welcome to the August issue of Chat.

I am so pleased to see the phenomenal response to our call for expressions of interest in establishing our aged care consumer advisory body. Thank you to everyone who has registered, our team will be in contact with you soon.

In keeping with the good news, I am also happy to share that we are in the process of purchasing a brand new range of CatholicCare motor vehicles to add to our existing fleet. We have been hard at work over the last few months testing different car makes and models, and reviewing feedback about what you and our workers need to comfortably get you from A to B. I look forward to sharing more about this exciting development with you soon.

It is great that we are continuing to see excellent growth in our workforce and a strong trend of workers choosing to stay in the community care sector. We make it a priority to be a top-tier employer here at CatholicCare as we know that our incredible workers are the backbone of everything we do. We now have more than 400 staff members across our entire service region, and we look forward to providing you with enhanced care and consistency in the future.

Speaking of care and consistency, it would be remiss of me not to acknowledge Aged Care Employee Day. Please join me in thanking our amazing aged care teams for all of the wonderful work they do. I encourage you to consider taking some time to submit a special #ThanksforCaring message as part of the celebrations.

Until next time,

Robert Sims

CatholicCare
Chief Executive Officer



RECIPE



Rachael's Chopped Guacamole

Why not 'avo' go at making this simple but delicious chopped guacamole recipe!

Ingredients...

- 2 ripe avocados
- 8 cherry tomatoes, quartered
- 1/2 bunch fresh coriander (leaves)
- 1/2 red onion, roughly chopped
- 1 red chilli, (deseeded and roughly chopped)
- Sea salt
- Pepper
- Juice of one lime

Just FIVE simple steps...

1. Place avocados, tomatoes, coriander, onion, chilli on a large chopping board.
2. Chop ingredients with a sharp cook's knife.
3. Add lime juice, salt and pepper and combine well.
4. Serve in a bowl. It's delicious with carrot, celery sticks, crackers or pita bread!
5. **Note:** For something special, sprinkle some crumbled feta over the top of the guacamole.

CatholicCare offers individual consultations with our qualified nutritionist, Rachael, to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

Picnic Time

Lay down your blanket and find all the goodies you need for the perfect picnic in this month's wonderword!

SALAMI
CHEESE
GHERKINS
PEPPER
LETTUCE
CUSHION

BUNS
DRINK
PLATES
CLOTH
TEA
BASKET

NAPKINS
SNACKS
SWEETS
SALT
SUGAR
HAM

S	N	A	C	K	S	T	T	A	S	M	E	C	E
P	L	A	T	E	S	K	H	A	L	H	U	U	L
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S	N	I	K	R	E	H	G	S	U	G	A	R	G



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

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