



CatholicCare
chat
MONTHLY
August 2026

STAY curious

Curiosity doesn't have an age limit. In fact, research suggests that trying new things and keeping the mind engaged can support wellbeing, build confidence and help us feel more connected to the world around us.

The good news is you don't need to travel far or spend a lot of money to stay curious. Small moments of discovery can happen every day, right from the comfort of home.

You might try growing a few plants or flowers, tackling a jigsaw puzzle, reading about a place you've never visited, learning a new recipe or exploring a virtual museum online. Listening to a podcast, watching a documentary, trying a craft project or even asking a family member to teach you something new are all great ways to keep your mind active.

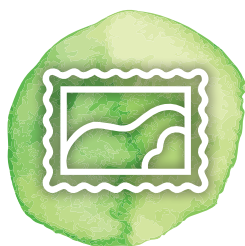
If you receive help at home, why not ask your support worker to assist you to explore a new hobby, visit a local library or gallery, or simply spend time doing something you've always wanted to try?

Curiosity isn't about having all the answers. It's about staying open to new experiences, one small step at a time. Sometimes, the simplest discoveries can bring the greatest joy.

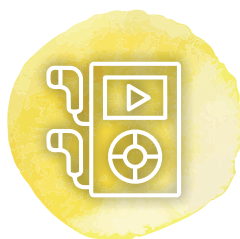
Why not try...



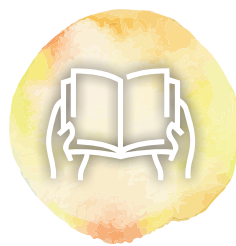
Planting a flower
in a pot



Finishing a
jigsaw puzzle



Listening to a
new podcast



Borrowing a book
from the library



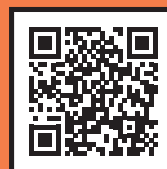
Trying out a
new recipe

Aged Care Employee Day

On Aged Care Employee Day (ACED),
we pause to say a big and heartfelt
#ThanksforCaring to the extraordinary
people working in aged care across Australia.



Census Night
Learn more at: info.census.abs.gov.au



CatholicCare LIFE Happens Here...

Life is richer when it's shared, and every day CatholicCare is helping people live independently, stay connected and enjoy the moments that matter most.

For many people, that begins at home. Whether it's support with everyday tasks, building confidence or working towards personal goals, our dedicated team is there to provide care that's tailored to each person's needs. From there, that support can grow into new experiences, meaningful connections and opportunities to enjoy life in the community.

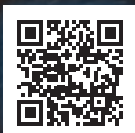
Over the past month, our participants have enjoyed everything from classic car shows, beach trips and gallery visits, to creative art classes, virtual reality adventures through Italy and practical activities like pot painting. As well as these experiences, our Dementia Education Programs have also continued to support families, carers and the wider community with valuable knowledge and understanding.

While services and activities vary across our regions, our commitment is always the same: helping people live well, maintain their independence and feel connected to the people and communities around them.

Great care isn't only about the support you receive at home. It's also about the experiences you enjoy, the people you meet and the moments you share along the way.

Ready to discover what else is possible?

Whether you're already receiving support or just getting started, speak with your Care Partner or our friendly team to learn how you can make the most of your CatholicCare experience. Call us or visit our website to find out what's available in your area.



Call **1300 523 985**
www.catholiccarecq.com/services



The CEO's Corner

On 7 August, we celebrate Aged Care Employee Day and recognise the many people who dedicate their time, skill and compassion to supporting older Australians.

Whether providing care in the home, coordinating services or working behind the scenes, every role helps make a positive difference.

Thank you to everyone working across the aged care sector for the care, kindness and commitment you show each day.

Until next time,

Robert Sims
CatholicCare Chief Executive Officer



RECIPE

Tomato, Pepper & Bean One Pot

- ✓ **One pot cooking.** ✓ **Makes six portions.** ✓ **Suitable for home freezing.**
 ✓ **Low in fat.** ✓ **High in protein.** ✓ **WINNING!**

Ingredients...

1 tbsp olive oil
 1 large onion finely chopped
 2 celery sticks finely chopped
 3 carrots finely chopped
 3 red peppers sliced
 2 garlic cloves crushed
 2 tbsp tomato purée
 400g can cannellini beans
 400g pinto beans
 400g borlotti beans
 2 x 400g cans chopped tomatoes
 1 vegetable stock cube
 2 bay leaves
 1 tbsp brown sugar
 ½ tbsp red wine vinegar

Just two easy steps:

1. Heat the oil in a large pan or casserole on a medium heat. Fry the onion, celery and carrots for 10 mins until soft and golden, then add the peppers and fry for another 5 mins.
2. Stir in the garlic for a minute, then add the tomato purée, all the beans and chopped tomatoes, then swirl out the tomato cans with a splash of water and add to the pan with the stock cube, bay leaves, sugar and vinegar. Season and simmer, uncovered, for 25 mins until the sauce reduces to coat the beans and the peppers are soft. Leave to cool before storing in transportable containers. Will keep in the fridge for 3–4 days or freeze in portions and defrost in the fridge overnight.

Source: bbcgoodfood.com



WONDERWORD

90's Movies

Solve this blockbuster wonderword & claim your Oscar!

BRAVEHEART
 BACKDRAFT
 WATERWORLD
 THE WATERBOY
 THE MUMMY
 HOME ALONE

TITANIC
 BATMAN RETURNS
 UNFORGIVEN
 SISTERACT
 CONTACT
 DRAGONHEART

HOOK
 MEN IN BLACK
 REALITY BITES
 AIR BUD
 TWISTER



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

Wonderword Source: thewordsearch.com

R	H	C	N	E	V	I	G	R	O	F	N	U	T
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CatholicCare **Compliments, Complaints**
 CENTRAL QUEENSLAND **& Suggestions** *We hear you...*

Visit: www.catholiccarecq.com/feedback

Email: admin@catholiccarecq.com

Call: 1300 523 985

Need to make a disclosure?

We have robust whistleblower protections in place.

Email: wbpo@catholiccarecq.com

You
matter

Find us on

