

2024

HAPPY NEW YEAR

Hello everyone and welcome to 2024!

As we begin another new year filled with hope and anticipation, it's a great time for us to look ahead.

2024 promises to be another year of innovation and growth for CatholicCare, as part of our core focus will be on expanding our reach and deepening our impact.

We are **excited to be introducing new programs and initiatives** that have been in development these past few months, with each designed to further enrich the lives of those we serve.

These new programs and ventures, inspired by your feedback and the evolving needs of our communities, will be detailed in future issues of Chat Monthly as we progress through the year.

Another key focus for us in 2024 is to **hear and share more of your voices.**

We believe that true signs of individual and community strength are highlighted best through your stories and experiences, so our teams are eager to hear more from you.

I would encourage anyone who has a CatholicCare success story to reach out to our communications team at communications@catholiccarecq.com. By doing so, you're not just sharing a story; you're sharing inspiration and strength with others who may be facing similar circumstances.

2024 also sees us beginning our celebrations for CatholicCare's 50th Anniversary. We will look back on our journey so far with immense gratitude and look ahead with excitement for the new chapters that we are yet to write.

This incredible milestone will be marked with special initiatives and events that each reflect on our continued commitment to compassion, community, and excellent.

In closing, **I want to express my deepest appreciation for you continued support into this new year.**

Together, let us make 2024 a year of remarkable achievements, heartwarming celebrations, and inspirational storytelling.

Wishing you a prosperous and joyful New Year!

Best wishes



Robert Sims

CatholicCare Executive Director

CatholicCare
chat MONTHLY
January 2024

5 Simple tips to help make... 2024 your year

1

Set Clear Goals...

Setting specific goals for yourself, whether they are related to your personal development, health, or relationships, can provide direction and motivation. If you find yourself with large goals, try breaking them down into smaller, more actionable steps to make them feel more manageable.

2

Create a Plan...

Once you have your goals in mind, develop a realistic plan to achieve them. Identify the steps you need to take, any potential obstacles, and some ways that you can overcome any challenges. A well-thought-out plan increases your chances of success and helps you stay focused and organised throughout the year.

3

Prioritise Self-Care...

Take care of your physical and mental well-being. Make self-care a priority by establishing healthy habits such as regular exercise, balanced nutrition, and sufficient sleep. Try practising mindfulness and stress-management techniques to help maintain a positive mindset.

4

Embrace Learning and Growth...

Cultivate a mindset of continuous learning and growth. Seek opportunities to acquire new skills, expand your knowledge, and step out of your comfort zone. Embrace challenges as opportunities for personal development.

5

Build a Supportive Network...

Surround yourself with positive and supportive individuals who encourage your aspirations. Share your goals with friends, or family who can provide you with guidance and motivation.

Remember that progress is often incremental, and setbacks are a natural part of any journey. Stay resilient, adapt to changes, and celebrate your achievements along the way.

Here's to a successful and fulfilling 2024!

Staff in focus... Rachael Nutritionist

Q. What does your job at CatholicCare look like?

I am a member of the Allied Health team. I work with clients who are over 65 years of age and receiving in-home care services to help improve their health and wellbeing.

I use a client-centered approach to screen and assess nutritional status and identify risk for malnutrition and other related issues, as I work with clients to establish clear food and nutrient goals.

Q. How long have you been working at CatholicCare?

Almost six months. I had been working externally with the CatholicCare for 2 years on a research study and when the opportunity was presented to me, I thought it would be amazing to make a difference in the lives of older people.

I was also impressed with the work culture, flexible hours and support for staff working here.

Q. What aspects of your job bring you the most fulfillment?

Making a difference in the lives of older people (*even a small one*) is fulfilling. Spending face-to-face time with people to get to know what their particular needs are is a part of my job that I love!

In my previous role, I worked for the Queensland CWA and travelled all over Central Region (*from Longreach to Yeppoon and Mackay to Bundaberg*) working with members of the CWA (*mostly older country folk*). They were always excited to have a professional visit their town and run nutrition/cooking workshops with their communities.



Q. How do you like to spend your time outside of work?

I enjoy cooking and developing new recipes, going to the beach, spending time with our grandchildren, catching up with close friends, reading, gardening and researching current studies regarding nutrition.

Q. What are some of your favourite ways to relax and unwind?

I like to go for a walk on Cooee Bay beach with our 'overweight' kelpie; maybe a swim in the pool; and sitting on the deck watching the sunset with a yummy meal I have cooked.

Q. Are there any special places you like to visit or travel to?

As a family, we like to visit Agnes Water a couple of times a year as this is where my husband and I started dating back in Year 12!

My family love to surf and spend time at the beach and Agnes Water is a very relaxing place which is not too far from home.

Q. Do you have any favourite quotes or sayings that provide you with inspiration and motivation?

'For God has not given us a spirit of fear, but of power, love and a sound mind' (2 Timothy 1:7).

'There are only 3 decisions in life: the best decision is the right decision, the second-best decision is the wrong decision and the worst decision is no decision at all.'



Q. Are you currently reading, watching, or listening to anything that you would recommend to others?

I have just finished reading *'Kisses From Katie'* – a true story of a young lady who moved to Uganda, adopted 13 children, and started a large organisation to help hundreds of children.

I have been listening to music by John Mayer – very easy listening, and I have been watching *'Live to 100: Secrets of the Blue Zones'* on Netflix – very interesting and inspiring.

Q. What are some interesting facts about you?

I am an only child and I grew up in Melbourne.

I participated in the 'Shave for a Cure' 10 years ago where I cut off all of my curls and was totally bald.

I went back to university after having 4 children, to do my medical science degree at 40 years of age.

I was a contestant on Masterchef in 2011 where I competed against 9,500 people and got to the stage of cooking for the top 100!

Q. Describe a time when you witnessed the positive influence of CatholicCare services on someone's life?

I have often seen a client's face 'light up' with a smile when they see a CatholicCare staff member has come for a visit. I believe our clients really crave social interaction and enjoy spending time with staff.

Our Staff in Focus series has been so popular and we love hearing your feedback!

To share your thoughts with us,

Email us at:

communications@catholiccarecq.com



CRAFTS



Yarn Wrapped Decorative Letters

You will need...

- Cardboard
- Scissors / Craft Knife
- Yarn / wool in different colours
- Tape
- Optional: Fabric, buttons, ribbons

Source: artbarblog.com

Just five simple steps...

1. Using your cardboard, draw and cut out a large letter or shape.
2. Cut a long length of yarn or wool and tape it to the back of your cardboard shape.
3. Start wrapping the yarn around the letter, keeping it as tight as possible.
4. Keep switching and overlaying your yarn... you can use as many colours as you like
5. You can add little snippets of fabric or even buttons and ribbons, there is no rules and no limit to your imagination!

Why not make one for your grandchildren using the first letter of their name?!



WONDERWORD

Personality Traits

Prove yourself to be both knowledgeable & a problem solver by finding all these personality traits...

PROTECTIVE
COMMUNICATIVE
ROMANTIC
INTUITIVE
INTOLERANT
ENTHUSIASTIC

POSSESSIVE
PRACTICAL
INQUISITIVE
LOVING
GENEROUS
MOODY

PATIENT
CALM
IMPULSIVE
IRRITABLE
SELFISH
CREATIVE



Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

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

Source: thewordsearch.com