

Winter Warmer:

Staying Cozy, Healthy & Happy...

You
matter

As the chilly winds of winter start blowing, it's essential for us all to stay warm and healthy. Cold weather can bring its challenges, but with a few simple steps you can enjoy a cozy and comfortable cooler season ahead! We've put together a few helpful tips to help you feel snug.



Layer up:

Dress in layers. By wearing multiple thin layers of clothing, you can trap warmer air and help to regulate your body temperature. A good layering combination could be a thermal underlayer, a cozy jumper, and a warm jacket.



Keep your home warm:

Make sure your home is comfortably warm. If you have a reverse cycle air conditioner, set it to a warmer temperature during the day and night. Alternatively, consider using a safe heater in the room where you spend most of your time. Proper insulation and sealing any drafts also help keep the cold air out.



Nourish with warm drinks and soups:

Hot beverages like tea, coffee, and hot chocolate are not only comforting but also help to warm the body from within. Serving hot soups and stews packed with nutritious ingredients can provide warmth and essential nutrients too.



Stay active:

Staying physically active, even indoors, with gentle exercises like stretching, yoga, or walking around the house can improve circulation and generate body heat. Engaging in hobbies or playing board games with family and friends can also keep the mind active and uplift your spirits.



Remember your safety:

Be cautious when using heating devices. Keep flammable items away from heaters, and never leave them unattended. Electric blankets and heating pads should be used with care, always following the manufacturer's instructions.



Be social:

Loneliness can affect both your mental and physical health. Stay connected with family, friends, and community groups where you can. Regular phone calls, video chats, or even inviting loved ones over for a warm cuppa can bring warmth to the heart.

Following these simple tips can help us to stay warm, healthy, and happy during the next few winter months, making the season more enjoyable for everyone!



Director's message....

Welcome to the June issue of Chat Monthly.

I hope this message finds you all well and in good spirits as we enter the month of June. In this edition of Chat, you will see that we have some great news to share with you.

I want to take a moment to celebrate and express our gratitude for some incredible individuals who have dedicated themselves to the mission and values of CatholicCare.

21 years of service is a marvellous achievement, and it is an honour to recognise Shari Jackson and Jenny Tree for their remarkable contributions.

In other news, I am also happy to see that the Home Care Package statements are back in place following our cyber incident recovery. I want to personally express my appreciation to our Home Care Package clients for their patience and to our CatholicCare teams for their tireless work to get these re-established.

With the winter season now upon us it is very important to recognise the need for us to stay warm, healthy, and happy. To help you prepare for the chillier months ahead, we have put together some simple tips to put into practice. From layering up with warm clothing to enjoying nourishing soups and staying active, these suggestions can make a significant difference in keeping you comfortable during the cooler weather.

As always, we are here for you, and your well-being is our top priority.

Until next time,

Robert Sims
CatholicCare Director



Home Care Package Statements Now Available

We are pleased to announce that Home Care Package (HCP) statements for November 2022 to April 2023 are complete and are now in distribution.

To our HCP clients, thank you for the patience you have shown us throughout the last few months while we worked to recover from the cyber incident we suffered in early November 2022. Our entire CatholicCare team has worked tirelessly to minimise the impact of this incident on our service delivery. However, we acknowledge that as a result, there have been delays in other administrative tasks including the generation of HCP statements.

While our team continues to work diligently to ensure that all information within our management systems is as up to date as possible, minor adjustments may be necessary as we reconcile accounts with government payments. If adjustments are required for your account, we will contact you directly to discuss them.

Once again, we sincerely appreciate your patience as we have worked through this difficult time. Thank you for choosing CatholicCare as your HCP provider.

Please contact your HCP case manager if you would like to discuss further.



Call 1300 523 985
or visit: www.catholiccarecq.com/hcp



Two Decades of Dedication: CatholicCare Celebrates Shari & Jenny's 21 years of Service!

At CatholicCare we pride ourselves on our people. We know that amazing individuals make up our wonderful team and we are grateful when amazing people choose to be a part of the CatholicCare family.

And our CatholicCare family is quite a big one at that. With 351 staff across our diocese at the time of publication, we are proud to boast a wide range of team members; some who have been with us for a short time and some who have been with us for slightly longer...

This year, CatholicCare's Shari Jackson and Jenny Tree are celebrating an incredible 21 years of service EACH, showing that living the CatholicCare mission and values really is possible.

Starting her CatholicCare career as a counsellor in Bundaberg, Shari is now responsible for our entire southern region team and service delivery program as the southern region's General Manager. Many of you across the diocese would also know Shari from her various roles throughout the years looking after programs in Mackay, Rockhampton, Yeppoon and Emerald as well.

Jenny started her CatholicCare career in Rockhampton. A registered nurse, Jenny re-entered the workforce after maternity leave as a support worker and has since earned herself a wealth of experience across a range of clinical and non-clinical home care areas.

Shari and Jenny's inspiring dedication of service to CatholicCare and our clients is something to be admired. Please join us in extending our sincerest thank you to both Shari and Jenny, and for wishing Jenny well in her next chapter of retirement.



If you would like to send a personal message of thanks or well wishes, please email communications@catholiccarecq.com

Left to Right: Robert Sims, Shari Jackson, Jenny Tree & Bishop Michael McCarthy



Winter Warmer Recipe: Split Pea Soup

Ingredients:

500g dried yellow split peas
2tbsp olive oil
1 onion, peeled & chopped
1 leek, peeled & sliced
2 cloves garlic, peeled & chopped
2 celery ribs, washed & chopped
2 carrots, peeled & chopped
1 bay leaf
1tsp dried oregano
8 cups vegetable stock

4 Simple Steps

This split pea soup recipe made with yellow split peas is flavourful, yet requires little ingredients. Enjoy!

Step 1 - Soak the split peas overnight in plenty of water. Drain and rinse them the next day and set aside the next day.

Step 2 - Gently fry the onion, leek and garlic until the vegetables have softened, which would take around 5 minutes. Add the celery and carrots, then continue frying for another 5 minutes.

Step 3 - Pour in the split peas, bay leaf, oregano and stock, then give the mixture a stir. Bring the soup to a slow simmer and continue to cook for an hour or until the lentils are tender.

Step 4 - You can choose to eat a chunky soup and serve this as is or blend everything until it's completely smooth. Season to taste and serve with vegan milk or cream, and chopped parsley.

Source: greedygourmet.com



WONDERWORD

One word Movie Titles

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| SEVEN | JAWS | JUMANJI |
| JUNO | TWILIGHT | TOOTSIE |
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Need a hint or looking for the solution? Scan the QR code or visit: www.catholiccarecq.com/wonderword