



# Staying Young at heart

## They say you're only as old as you feel.

None of us can control every aspect of aging, but by adopting or maintaining some simple lifestyle choices, we can significantly influence how well we age.

We've found five helpful tips to share with you. By integrating these practices into your daily routine, you might find that aging 'gracefully' is not only achievable but also enjoyable.

**Never forget:** growing old is inevitable – growing up is entirely **optional!**

### Five tips for 'Healthy Aging'...



#### Eat Well:

A balanced diet is key to both physical and mental wellness. Focus on eating fruits, vegetables, lean proteins, and whole grains, which are all rich in the nutrients and antioxidants that combat aging. Try to limit your intake of sugars and processed foods and ensure you stay hydrated with plenty of water.



#### Stay Positive:

Keeping an optimistic outlook is important. Surrounding yourself with cheerful, energetic people can boost your health and even potentially extend your life. Engage in activities that bring you joy and that help to release negative emotions like anger and guilt.



#### Stay Active:

Engaging in regular physical activity reduces the risk of numerous health issues, including heart disease and dementia. Activities like brisk walking can help maintain both physical mobility and mental acuity. Enjoyable low-impact exercises such as yoga or stretching can also be hugely beneficial too.



#### Stay Connected:

Social connection can extend life expectancy. Maintaining old friendships and forging new ones, especially through community groups either in person or online, can help keep you mentally stimulated and emotionally fulfilled.



#### Try New Things:

Our brains thrive on novelty and learning. Engage in new hobbies like folk dancing, painting, or photography. Embrace technology by learning new computer skills, or travel and explore new destinations. These activities keep the mind sharp and enrich your life experience.

CatholicCare has services and programs specially tailored to help you connect, make friends, and experience new things. Let us help you to get the most out of life, regardless of your age or mobility.

Find out more by calling **1300 523 985** or visit: [www.catholiccarecq.com](http://www.catholiccarecq.com)

Article adapted from: [providence.org](http://providence.org)





## Transition to Incorporation

**CatholicCare Central Queensland is transitioning to a new company structure of incorporation which will be in place and in full effect from 1 July 2024.**

CatholicCare will remain a proud member of the Rockhampton Diocese family and will maintain our strong ties to our Bishop and parish communities.

As your trusted local service provider with over 50 years of experience, our transition to incorporation will not affect your services or dealings with CatholicCare.

We are transitioning to incorporation to enhance the sustainability and quality of services we provide by ensuring the strongest and most robust governance structures are in place.

If you are actively receiving services from us, you will receive a letter with more information about the transition to incorporation. No action is required on your part and you will not see any change or disruption to any of your services.

This is an exciting new step for our organisation, and will allow us to be more responsive to the needs of our communities and the challenges they face.



# Whoa... we're halfway there!

## Welcome to the June issue of Chat.

With the year flying by, this month's cover story reminds us that none of us can stop the passing of time.

Another thing that stood out to me from our cover story was just how important positive thinking can be.

Positive thinking can be a powerful tool to help avoid unnecessary stress and to even extend our life expectancy.

It would be foolish to suggest that avoiding stress entirely in life was possible, or that we should blindly live by the old saying: don't worry, be happy. However, perhaps a good medium that we can all strive to achieve is to commit to being more mindful and looking to find the joy in the little things of life.

Feel the sun on your face, enjoy that smile from a stranger, appreciate the birds singing, phone a friend, cook a meal, or take some time out to do a puzzle.

*We've even included a recipe and puzzle on the back page to help you make a start!*

**Remember that even the smallest of changes can help to yield BIG results.**

I hope you find some joy today.

*Until next time,*



**Flavia Prospero**  
General Manager Health  
& Wellbeing Services  
CatholicCare Northern Region

# CatholicCare

for every stage & every age, we're here



**For over 50 years we've been providing quality services to our community.  
We've grown since 1974, and so has our range of services!**

Did you know that CatholicCare Mackay may be able to provide you with:



## Family & Relationship Support

- Family Relationship Centre
- Family & Relationship Education
- Mediation



## Wellness & Education

- Counselling
- *Dementia Together* Education Retreats
- *WorkingWell* – Employee Assistance Program
- *School Savvy* – Back-to-school

**You**  
*matter*



## Aged Care

- Home Care Packages
- Personal Care & Domestic Assistance
- Medication Assistance
- Meal Preparation
- Social Support
- Advocacy
- Case Management



## Disability Care

- NDIS Support Coordination
- NDIS Plan Management
- Personal Care & Domestic Assistance
- Nursing
- Medication Assistance
- Meal Preparation
- Social Support
- Social Group Activities
- Transportation Services
- Home Safety & Security Upgrades
- Allied Health Services
- Advocacy
- Case Management



To find out more visit: [www.catholiccarecq.com](http://www.catholiccarecq.com)

Call 1300 523 985 or Find us on 

Please note: Service availability may vary by region



RECIPE



# Rachael's Chicken Fried Rice

All the taste of your favourite Chinese takeaway, only way healthier (and no need to use UberEats!)

### Ingredients...

- 2 small chicken breasts, thinly sliced
- 4 to 5 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame seeds
- Olive oil
- 2 eggs, whisked
- 1 ½ cups cooked & cooled basmati rice
- 3 bacon rashers, diced
- 1 onion
- 1 cup frozen peas
- 1 red capsicum
- 1 medium carrot, grated
- 1 zucchini thinly sliced

### Just seven simple steps...

- 1. MARINATE** chicken, 2 tablespoons soy sauce, honey, and sesame seeds in a bowl for 30 minutes.
- 2. HEAT** a wok or large frying pan with ½ tablespoon oil over medium heat.
- 3. POUR** egg into pan (like a pancake) and cook a few minutes each side. Transfer to a plate and slice into strips.
- 4. COOK** chicken in the pan with a little extra oil until cooked through. Transfer to a bowl.
- 5. HEAT** 2 tablespoons oil in the pan, add onion and bacon and fry for 4-5 minutes.
- 6. ADD** carrot, peas, capsicum, zucchini and stir fry until just cooked through. Add cooked rice and 2-3 tablespoons soy sauce. Stir fry for 3-4 minutes.
- 7. SERVE** with sliced chicken on top. **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

## One Word Movies

These movie titles get straight to the point!  
Grab some popcorn and see how many you can find...

- |            |              |           |
|------------|--------------|-----------|
| HANCOCK    | WATCHMEN     | HALLOWEEN |
| TITANIC    | GREASE       | SAW       |
| SEVEN      | EVITA        | ALIEN     |
| ERAGON     | JAWS         | ROCKY     |
| JUNO       | TWILIGHT     | JUMANJI   |
| ARMAGEDDON | TRANSFORMERS | TOOTSIE   |

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

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