

Showcasing...

Dementia Together:

a Staying at Home Program

Last year, CatholicCare introduced *Dementia Together*, a retreat experience offering education, support and a soft introduction to respite for people with dementia and carers.

At a recent Dementia Together showcase event, healthcare professionals, dementia advocates, and community care providers joined us for an inside look at how our Dementia Together program **supports carers and individuals in the early stages of their dementia journey.**

Attendees also had a chance to tour The Haven in Emu Park, just one of the tranquil retreat spots used by the program, to try some fun hands-on activities designed to reflect the retreat experience.

“It’s been wonderful. They’ve been so supportive... they had carers there that took our carers off on activities and outings and workshops. They were so informative.”

Joy, carer to her husband Norm and recent retreat attendee

Have you or someone you know recently been diagnosed with dementia?

Our retreats are available to eligible participants across the Central Queensland region.

Visit: www.catholiccarecq.com/dementiatogether or call 1300 523 985 to learn more.



Staff in focus...

Alice

Domestic & Family Violence Practitioner

Longreach



Q. Tell us about your role at CatholicCare.

I'm a Domestic and Family Violence (DFV) Practitioner. I look after Longreach and the surrounding community. I started with CatholicCare in October 2018 as a Youth Support Worker. Then later I applied for a role as a DFV Practitioner.

Q. Do you have a particular achievement or story that stands out to you?

As a Youth Support Worker, I've supported five young men through school and got them into a position as a Station Hand and enrolled in a Rural Operation Management certificate. I've also helped relocate a teenage girl to a safe location due to an immediate family member exploiting her to support a drug habit. In my DFV Practitioner position I've supported multiple families to escape domestic and family violence.

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

I had a client in Blackall who needed to quickly relocate to Brisbane. A co-worker, who was based in Rockhampton, went out of her way to support me with food and fuel vouchers for the client, and had the items sent out the very next day. I was very impressed and thought wow, I'm working for an amazing organisation who will do whatever it takes to support their workers but most of all their clients.

Q. Are there any special places you like to visit or travel to? If so, what makes them special to you?

I've always wanted to go to Fiji or New Zealand. As a Torres Strait Islander, our culture is very similar and I have family there as well.

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

I just spend as much time with my children and my grandchildren as I can, whether it's going out fishing or just for a drive. I enjoy cooking and teaching my two younger daughters how to prepare traditional food, as well as staying active and involved in community events.

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

My mother and grandmother always said to me as I was growing up: "If you can't make a difference today, try again tomorrow."



Australian Government
Department of Health and Aged Care



Let's talk about aged home care!

Join the Queensland team from the Department of Health and Aged Care for a discussion on Commonwealth funded aged care services that are designed to help older people live independently at home.

On the day, the team will talk you through the range of aged care services available and the assessment process for accessing services.

The new Aged Care Act commences in July 2025, so come along and learn more about the changes in aged care. We look forward to sharing what quality aged care looks like now and into the future.



Reserve your place

Call:
(07) 2114 0316

Email:
engagement.qld@health.gov.au

Online:
www.bit.ly/41t2ZHj



Rockhampton
11th March – 9.30am ~ 10.30am
Empire Apartment Hotel, 5 East Street

Longreach
18th March – 11.00am ~ 12.00pm
Longreach Civic Centre, 96 Eagle Street

Bundaberg
26th March – 9.30am ~ 10.30am
The Waves Sport Club, 1 Miller Street

Mackay
26th March – 9.30am ~ 10.30am
Harrup Park, 89 Juliet Street



Offering support and services to all those affected by domestic and family violence, be they victim survivors, children, or perpetrators.

Dedicated Support Line:
(07) 4977 4107

Call: 1300 523 985 | Visit: www.catholiccarecq.com/dfv

Providing services to:

- ✓ Rockhampton
- ✓ Yeppoon
- ✓ Blackwater
- ✓ Emerald
- ✓ Longreach



The **CEO's** Corner

Robert Sims
CatholicCare Chief Executive Officer

I am always incredibly proud to share the valuable work carried out by the CatholicCare team across our communities, including communities in our more regional and remote areas like Longreach.

Delivering critical services like domestic and family violence response and youth support can be challenging. Add to that the extra complexities that can come with service delivery in a regional and remote setting, and it becomes very evident that we are blessed to have a special team doing extraordinary things. Here at CatholicCare, we pride ourselves on helping as many people across the Central Queensland community as possible.

At CatholicCare, it's important to us that everyone matters.



Terrarium Mini Garden

Create your own mini-world and bring some of the beautiful Aussie outside into the comfort of your own home!

You will need...

- Clear glass container
- Rocks (around marble sized, depending on the size of container)
- Activated charcoal to filter the water and help prevent growth of fungi
- Potting Soil (sterilised)
- Small plants of different colours, shapes, and textures. Try to get miniature plants that aren't going to grow too big for the container

Optional:

- Moss
- Decorative rocks or pebbles
- Fun décor, like tiny pine cones, shells, ceramic animals

Source: www.nasa.gov

The world was created in seven days, but you can make a mini version in just seven easy steps...

1. Start with a layer of rocks, about one inch or so, at the bottom of your container. These will help the soil drain, so the roots of your plants won't get water-logged.
2. Add a ½ inch-thick layer of charcoal.
3. Fill the container up to half-full with potting soil.
4. Plant your plants. When you remove them from their little pots, carefully tease the roots apart and remove some of the old soil so they will fit nicely in the terrarium. Arrange them to look nice. Leave some space for them to breathe and grow. Pat down the soil so they don't get uprooted easily.
5. Add decorative pebbles, rocks, pine cones, or whatever you like to make your terrarium into a mini garden world.
6. Water the plants, but not too much.
7. Place in indirect light.



 WONDERWORD

Famous Bands

Make some noise for this month's wonderword battle of the bands! Can you discover them all?

- | | | | |
|-----------|---------------|-------------|---------|
| QUEEN | PINK | ELBOW | THE WHO |
| TAKE THAT | FLEETWOOD MAC | LITTLE MIX | BLUR |
| COLDPLAY | MCFLY | THE KILLERS | BUSTED |
| WESTLIFE | PSY | GREEN DAY | MUSE |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | T | L | I | T | T | L | E | M | I | X | N | C | S |
| E | H | O | P | N | T | N | E | E | U | Q | F | N | T |
| T | E | O | E | S | U | M | N | B | I | W | L | E | A |
| N | K | C | Y | C | Y | T | O | L | S | C | E | E | K |
| A | I | U | K | H | Y | E | L | B | E | E | E | T | E |
| W | L | E | E | T | A | M | C | F | L | Y | T | H | T |
| E | L | B | O | W | L | B | E | W | B | Y | W | E | H |
| K | E | H | U | A | P | S | X | E | U | L | O | W | A |
| G | R | E | E | N | D | A | Y | S | S | M | O | H | T |
| N | S | B | L | R | L | G | R | T | T | I | D | O | T |
| N | O | C | I | L | O | K | E | L | E | T | M | H | A |
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| N | E | A | N | E | E | I | R | F | I | L | C | E | P |
| J | N | O | I | N | U | P | U | E | K | R | U | L | B |



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

Wonderword Source: thewordsearch.com