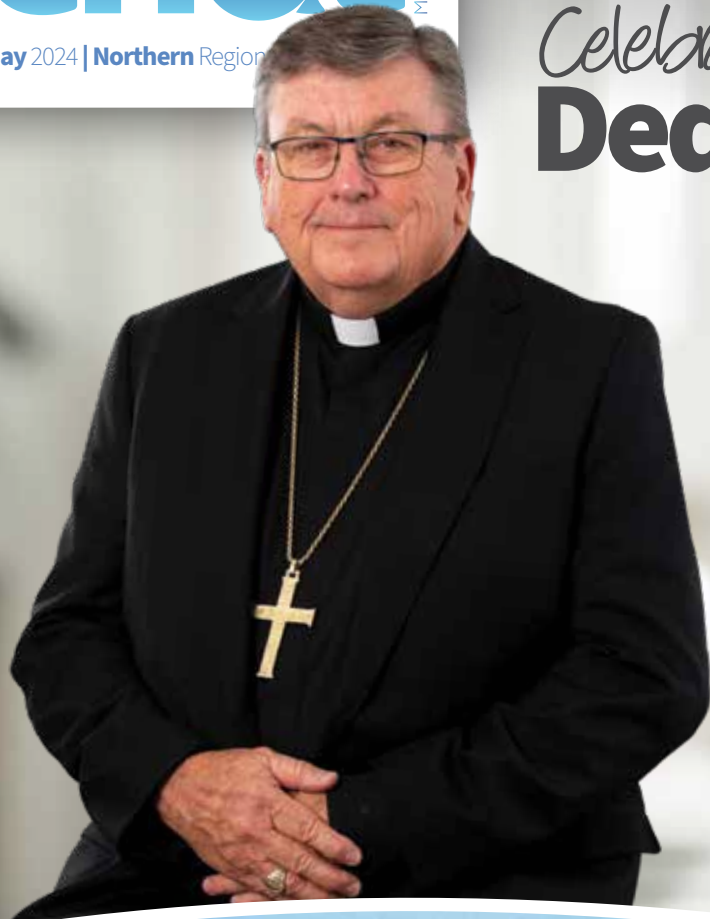


Celebrating a Decade of Dedicated Service



2024 marks the 10 year anniversary of Bishop Michael McCarthy being ordained as the Bishop of the Catholic Diocese of Rockhampton.

His appointment to the Episcopacy as 10th Bishop of Rockhampton by Pope Francis was announced in March 2014, with his Ordination celebrated at St Joseph's Cathedral in May of the same year.

We congratulate Bishop Michael on this momentous milestone, and offer a heartfelt thank you for the guidance, leadership, and extraordinary service that he continues to provide to our community.

**Congratulations & thank you to
Bishop Michael**

Preparing for Winter Wellness

As our weather starts to cool we looked into some top tips to help stay happy, healthy and warm.

People often joke that in Queensland we don't really have a Winter. Our Sunshine State is blessed with so much warmth that even days starting out as cold normally hit double digits by lunch time. That said, Queensland Winter does bring a noticeable change in temperature and shorter hours of daylight.

These changes can impact our wellness if we don't adjust appropriately. With a little effort, we can still make the most of the colder days and keep ourselves in great shape mentally, as well as physically.

Eat well

During the colder months, our cravings for comforting food may increase. However, it's crucial to maintain a healthy diet throughout the season to bolster your immune system and prevent infections.

Keep moving

Participating in consistent exercise regardless of weather conditions can enhance mood, boost energy levels, and promote better physical health. However, it's essential to properly warm up before starting, especially in cold weather as it can have adverse effects on your muscles and joints.

Prioritise vitamin D

Sunlight is our primary source of vitamin D. During the colder months, reduced sunlight exposure may lead to decreased vitamin D production in the body. Surprisingly common in Australia, vitamin D deficiency affects over one in three adults.

Prioritising foods that are rich in vitamin D can help. Include things like mushrooms, fatty fish (*salmon, mackerel*), fortified dairy products, and eggs in your diet.



Continued over >

Preparing for
Winter Wellness Continued...

Hibernate (OK 'hibernate' is a bit dramatic, but sleep is important!)

Settle into a consistent sleep routine, aiming for 7-9 hours of sleep per night, adjusting according to age and personal needs. Foster a sleep-conducive environment by disconnecting from electronic devices before winding down, and engage in mindful relaxation practices like reading or taking a warm bath. Most importantly, keep yourself warm and cosy. No one likes shivering all night long.

Adequate rest enhances decision-making for healthier eating habits and increases motivation for physical activity. Prioritising a balanced sleep schedule contributes to overall well-being throughout the year.

Don't ignore SADness

Seasonal Affective Disorder, or SAD, is linked to seasonal changes and can often peak in the cooler months. Symptoms include persistent low mood, alterations in sleep patterns, diminished energy levels, and mood fluctuations.

To counter the effects of the 'winter blues', prioritise activities that boost your spirits and bring you happiness and fulfillment. Perhaps you could incorporate relaxation techniques into your day, and make a conscious effort to nurture social bonds with friends and family.

If you find that sad feelings become overwhelming or unmanageable, there is always someone to talk to. CatholicCare has a team of counsellors available across the region. **To make an appointment call 1300 523 985 or visit www.catholiccarecq.com/counselling**

Article adapted from: bupa.com.au

Staff in focus...
Kerry
Support Worker



Q. Tell us about your job at CatholicCare.

I'm a Support Worker and I help people by assisting with general household tasks, providing social support, and providing personal care. I'm a relative newcomer to CatholicCare, having worked here for just over a year.

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

Making people feel comfortable and happy. Doing your service and that little bit extra!

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

Having the opportunity to become a member of our staff 'Fun Committee' and arranging a special morning tea for R U OK Day for my work colleagues.

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

I love cars having grown up in a family of mechanics, so I really like drag racing. I also like 80's, Country, and Rock 'n' Roll music. I enjoy line dancing, swimming, gardening and power walking.

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

"You're braver than you believe, stronger than you seem, and smarter than you think!"

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

I have been overseas to China, New Zealand, Hawaii and on ten P&O Cruises. I've seen most of our own backyard here in Australia. On my bucket list still is the USA, especially Disneyland and Graceland – Elvis Presley's home. I'd also like to visit Canada.

Q. What are some interesting facts about you?

I had the honour and privilege to receive a Queensland SES Meritorious 10 Year Service Medal. I really enjoy giving back to the community. I was also a member of security for Natalie Cook – Australian Beach Volleyball – during Brisbane's welcome Olympians home parade.

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

When people appreciate the little bit extra we do for them, where we can.

Self care is not selfish

Welcome to the May issue of Chat.

Reading this month's issue, I found myself reflecting on the importance of care; especially, care for ourselves.

From fostering our incredible team of compassionate staff to engaging in meaningful partnerships like ours with the Fitzroy Community Hospice, providing compassionate care to others is very much always at the fore-front of my mind.

Sometimes though, in caring for everyone around us, it can be very easy to forget to properly care for ourselves.

It's so important that we are aware of and prioritise our needs for self care.

We need to remember that we are someone's family member. We are someone's friend. We may be someone's caregiver. We may be someone's colleague.

Often, we play various roles and manage multiple responsibilities. Sometimes, it's easy for our individual identities and own self needs to get lost in the mix.

At the end of the day, we are **ALL** human, and our ability to care for each other often hinges very much on how well we care for ourselves.

So today, I encourage you to take a little time for yourself. Today's the day to pick up that book, take that walk, do that painting, or even take that nap.

Self care is not selfish, it's really very important.

Until next time.



Flavia Prospero

General Manager Health & Wellbeing Services
CatholicCare Northern Region

CatholicCare
CENTRAL QUEENSLAND

proud partner of the



From the left: Fitzroy Hospice Board Member Ian Mills and CEO Beth Thomas, with CatholicCare's Robert Sims

Scheduled to open in the middle of this year, the Fitzroy Community Hospice will provide access to holistic and compassionate symptom management, and end-of-life care and support, to all members of our community living with a terminal illness.

As a very proud founding partner of the hospice, our team recently received a guided tour and sneak peek of the new facilities, and to say we left impressed would be an understatement.

Located in Rockhampton on Agnes Street, the hospice will be the largest facility of its kind in Queensland. Started by 11 Rockhampton & Capricorn residents who saw a need, the story behind the Fitzroy Community Hospice becoming what it is today is simply remarkable.

CatholicCare is proud to extend our support and association to this extremely worthwhile project, and we look forward to seeing the facilities open and available very soon.

For more information about the Fitzroy Community Hospice visit: www.fitzroyhospice.org.au





Beauty of nature Display Jars

You will need...

- A glass jar
- Leaves (real, plastic, textile)
~ ideally, the leaves should be flat, flexible, and easy to mold. Leaves that are too dry might be too stiff or crumble apart. If you use faux leaves, remove plastic veins.
- Glue
- Decorative ribbon, strings, tags, beads, dry flowers (for decoration)

Source: craftsyhacks.com

Just Five simple steps...

1. Let's start by preparing the leaves. You can use whole leaves or cut them into a jumble of pieces. Just make sure to cut off the hard stems first. Try to use a heap of different colors for some additional interest.
2. Ensure the outside of your jar is clean, dry, and not greasy before you start gluing. You can use any glue that holds well and dries transparent.
3. Apply a thin layer of your chosen glue to a leaf's back (you can even use a brush to spread it more delicately). Press the leaf to the jar and mold it to the curve, holding it in place until the glue has partially dried. Overlap the leaves to create a more textured effect.
4. The glass thread around the jar's top can be easily hidden with some colored twine.
5. Here's where the additional decorations come in. From decorative ribbons to brown paper tags, beads, or even dried flowers, this is where you can make these jars your own!



WONDERWORD

Board Games

Sorry but there's no collecting \$200 for passing 'Go' here!
Can you find all these legendary board games?

- | | | | |
|-----------------|------------|-----------|-----------|
| TRIVIAL PURSUIT | MOUSETRAP | CHECKERS | MONOPOLY |
| LIFE | BALDERDASH | BOGGLE | OPERATION |
| OTHELLO | KERPLUNK | SCRABBLE | CLUE |
| BATTLESHIP | CHESS | CANDYLAND | RISK |
| SORRY | JENGA | MAHJONG | DOOM |

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



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

Source: thewordsearch.com