

The title "Easter Blessings" is written in a large, bold, black, sans-serif font. The background of the page is a collage of watercolor-style flowers and green leaves on the left, and a pattern of gold-outlined icons (crosses, a lamb, a chalice, and eggs) on the right.

# Easter Blessings

**Easter is the oldest and one of the most important holidays on the Christian calendar.**

There is a great and rich spiritual meaning behind this holy holiday.

It is the celebration of Jesus Christ's resurrection from the dead.

Easter is celebrated on Sunday and marks the end of Holy Week, the end of Lent and the last day of the Easter Triduum (Holy Thursday, Good Friday and Easter Sunday).

Easter is a time to remember that we are all saved.

By sacrificing himself,  
**Jesus Christ saved humanity**  
from the shackles of sin.

His eventual resurrection is a promise of a new life.

It shows us that our faith in him is **alive & powerful.**

Introducing

# Dementia Together

Personalised & Flexible Respite

## Lightening the load of carer burnout & fatigue

Caring for someone you love can be deeply meaningful and rewarding, but it can also be exhausting. Carer burnout and fatigue is more than 'just being tired'. It is a type of physical, mental, and emotional exhaustion that can build over time when you are constantly putting someone else first.

CatholicCare's Dementia Together program now offers **Personalised and Flexible Respite**, a fully funded service that supports people living with dementia through meaningful, tailored experiences, while giving carers time away from caring responsibilities.

While this respite program is designed specifically for dementia care, the information and tips in this article are relevant to anyone in a carers role.

No matter who you care for, you deserve support, rest, and time to recharge your energy.

### What can burnout look like?

Burnout does not always show up in obvious ways.

*You might notice:*

**Physical signs:** Constant fatigue, sleep problems, headaches, appetite changes, aches and pains.

**Behaviour changes:** Withdrawing, feeling snappy, restlessness, losing motivation.

**Emotional signs:** Anxiety, low mood, overwhelm, poor concentration, feeling 'stuck'.

If any of these signs sound familiar, rest assured that you are not alone. **Experiencing burnout or carer fatigue does not mean you are failing.** Instead, it can be a simple sign that you have been pushing yourself too long, without adequate rest.

### Small steps that can help

*Sticking to simple routines can make a real difference:*

-  **Keep food and hydration simple:** Aim for nourishing meals most of the time, and drink water regularly.
-  **Move in ways that suit you:** A walk, stretching, swimming, or gentle activity supports mood, sleep, and strength.
-  **Protect your sleep where you can:** Keep a steady wind-down routine, and speak with your GP if sleep is a constant struggle.
-  **Create small 'pressure release' moments:** Even 5 to 10 minutes helps, such as music time, a shower, sitting outside, or a taking short walk.
-  **Stay connected:** Have a quick chat with someone you trust.
-  **Return to the question:** "What helps me feel like myself, not just a carer?"

### When you need more than small steps

Sometimes self-care is not enough, and reaching out for help is okay and necessary.

**Dementia Together Personalised and Flexible Respite is designed to feel familiar and comfortable, not clinical.** It can be shaped around routines, interests, and what helps someone feel safe and settled.

Options can change over time, and extended respite is also available if you need an extended rest break.

**Personalised and flexible respite care is what we specialise in.**



Find out more at:  
[www.catholiccarecq.com/dmt](http://www.catholiccarecq.com/dmt)

## CatholicCare Consumer Advisory Body Session Dates

CatholicCare's Consumer Advisory Body is an opportunity for our aged care consumers, along with their carers and families, to provide direct feedback and ideas.

### Mackay

Thursday 5<sup>th</sup> March ~ 9am – 10:30am  
58 Sydney Street

### Bundaberg

Monday 9<sup>th</sup> March ~ 2pm – 4pm  
79 Woongarra Street

### Gladstone

Wednesday 18<sup>th</sup> March ~ 11am – 12pm  
38 Herbert Street

### Blackwater

Monday 23<sup>rd</sup> March ~ 11am – 12pm  
Kurrajong Street

### Emerald

Tuesday 24<sup>th</sup> March ~ 9am – 10am  
141 Egerton Street

### Rockhampton

Wednesday 25<sup>th</sup> March ~ 10am – 12pm  
16 Bolsover Street

### RSVP...

Call **1300 523 985** or  
email: [advisorybody@catholiccarecq.com](mailto:advisorybody@catholiccarecq.com)



The **CEO's** Corner

## Listening, Learning & Improving...

**I highly value the conversations we are able to have with the people we support. These conversations are some of the most rewarding aspects of our work.**

The feedback you share, whether it is a compliment, a concern, or a practical suggestion, helps us to keep improving the way we deliver our services.

When people speak up, we listen. When we can make a service adjustment, or improve an administrative process, to further enhance the experience of the people we are here to serve, we do. Our ability to listen and act is something I am incredibly proud of.

Thank you to everyone who takes the time to share feedback with us. Your feedback is a key part of what helps us to deliver care that is not only professional and reliable, but also responsive and up to date. Please continue to share your thoughts and experiences with us.

And finally, with Easter falling earlier this year in the first few days of April, I would like to wish you and your loved ones a safe, peaceful, and happy Easter.

*Until next time,*

**Robert Sims**

CatholicCare Chief Executive Officer



## RECIPE

# Easter Tray Bake

**A classic easy tray bake cake, with an Easter twist. Eggcellent for sharing!**

### Ingredients...

- 155ml sunflower oil
- 165g golden caster sugar
- 2 eggs
- 150ml milk
- 165g self-raising flour
- 3 tbsp cocoa powder
- 1 tsp bicarbonate of soda
- For the chocolate fudge icing
- 100g milk or dark chocolate chopped
- 100g butter softened
- 100g icing sugar
- 100g Easter treats

Source: [bbcgoodfood.com](http://bbcgoodfood.com)

### Just three easy steps:

1. Heat the oven to 180 °c / 160 °c fan. Oil and line a traybake tin, about 20x30cm, and 5cm deep. Put the oil, sugar, eggs and milk in a bowl and whisk until well combined. Sieve over the flour, cocoa and bicarb, and stir briefly until combined. Pour the mixture into the tin, and bake for 20-25 mins until the cake is well risen and springs back when pressed. Transfer to a wire rack and leave to cool completely.
2. Melt the chocolate in a bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water, or in short blasts in the microwave until melted. Leave to cool for a few minutes.
3. Beat the butter and icing sugar together until pale and fluffy, then drizzle in the chocolate and beat again until smooth and uniform in colour. Swirl the icing over the top of the cake, with a few peaks and swirls to decorate. Scatter with the Easter treats to serve.



## WONDERWORD

# Easter Words

HOP  
CELEBRATION  
CANDY  
PASSOVER  
RESURRECTION  
FIND  
COLORED EGGS

CROSS  
DECORATE  
PALM SUNDAY  
HOLIDAY  
BASKET  
GOOD FRIDAY  
JESUS CHRIST

RABBIT  
CHOCOLATE  
FAMILY  
EASTER  
HUNT  
LENT  
BUNNY

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



**Need a hint or looking for the solution?**

Scan the QR code or visit:  
[www.catholiccarecq.com/wonderword](http://www.catholiccarecq.com/wonderword)

Wonderword Source: [thewordsearch.com](http://thewordsearch.com)

## CatholicCare Central Queensland Compliments, Complaints & Suggestions We hear you...

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Email: [admin@catholiccarecq.com](mailto:admin@catholiccarecq.com)

Call: 1300 523 985

Need to make a disclosure?

We have robust whistleblower protections in place.

Email: [wbpo@catholiccarecq.com](mailto:wbpo@catholiccarecq.com)



You matter