CatholicCare chat MONTHLY
November 2026

hot stuff

As we get older, our bodies become less effective at adjusting to changes in temperature, making it especially important to stay cool and hydrated.

The good news? A few small changes to your daily routine can make a big difference.

Water you waiting for?

Staying hydrated is one of the best ways to protect yourself during hot weather.

Don't wait until you're thirsty to reach for a drink. Keep a water bottle nearby and take regular sips throughout the day.

Not a big water drinker? Try adding slices of lemon, cucumber or mint for a refreshing twist.

Water-rich foods, such as watermelon, cucumber and oranges, can also contribute to your daily fluid intake.

TOP TIP: If your doctor has advised you to limit how much fluid you drink, ask them how to manage your intake during hot weather.

Home is where the cool is

You don't need to run the air conditioner all day to help keep your home comfortable.

Try these handy tips:

1. **Shut out the sun:** Close curtains and blinds during the hottest parts of the day.
2. **Get the air moving:** Use fans or air conditioning to help keep rooms comfortable.
3. **Dress for the weather:** Choose lightweight, loose-fitting clothing.
4. **Cool yourself down:** Try a cool shower, damp face washer or spray bottle filled with water.
5. **Give the oven a break:** Choose meals that don't require lots of cooking.

TOP TIP: If your home becomes too hot, consider spending some time in an air-conditioned shopping centre, library or community space.

Timing is everything

Love your morning walk or spending time in the garden?

You don't have to give up the activities you enjoy. Just think about when you do them.

Plan outdoor activities for the cooler parts of the day, avoid strenuous activity during extreme heat and take regular breaks in the shade.

Remember, there's no prize for pushing through the heat!

Look out for each other

A quick phone call or friendly visit to check on a neighbour, friend or family member can make a real difference.

And don't forget to keep an eye on yourself!

Signs of heat-related illness can include:

- Headaches or dizziness
- Feeling unusually weak or tired
- Muscle cramps
- Nausea or feeling faint
- Excessive thirst

If you begin feeling unwell, move somewhere cool and seek medical advice. Confusion, collapse or suspected heatstroke are medical emergencies. Call Triple Zero (000).

A little preparation goes a long way

Queensland summers aren't getting any cooler, but with a little planning, you can continue enjoying the things you love while looking after your health.

So grab a cool drink, find yourself a shady spot and remember… The best way to enjoy summer is to keep your cool!

Sources: Healthdirect Australia, Hot Weather Risks and Staying Cool; Better Health Channel, How to Cope and Stay Safe in Extreme Heat.



I Remember When...

Sometimes, all it takes is an old photograph, a familiar tune or even a particular smell to transport us back to another time.

And while we can't turn back the clock, taking a little trip down memory lane can be a wonderful way to reconnect with the people, places and moments that have shaped our lives.

The magic of memories

There's something special about sharing a favourite memory.

Whether it's laughing about a childhood adventure, remembering a family celebration or telling someone how you met your first love, our stories help us celebrate who we are and where we've come from.

According to Dementia Australia, reminiscing can bring enjoyment, encourage conversation and help people feel connected.

And you don't need a special occasion to get started!

Thanks for the memories!

Ever heard a song on the radio and suddenly remembered every word, even though you haven't heard it in decades?

Music has a remarkable ability to bring back memories and emotions.

A favourite song might remind you of school dances, family celebrations or someone special.

Dementia Australia explains that familiar music can encourage positive feelings, relaxation and connection, including for people living with dementia.

So why not put on some old favourites and see where the memories take you?

You might even find yourself singing along!

Picture this!

Those old photo albums gathering dust in the cupboard might be hiding some wonderful conversations.

Looking through photographs together can help bring back treasured memories and encourage people to share their stories.

Try asking questions such as:

"What's your favourite childhood memory?"
"What was your first job?"
"What did you enjoy doing on weekends?"
"What was the best holiday you ever had?"
"What's something about your younger years that might surprise people today?"

You might be amazed by the stories that come out!

Sharing stories, building connections

Our memories aren't just important to us. They can also help younger generations understand their family history.

Sharing stories with children, grandchildren, friends or neighbours can create opportunities for laughter, learning and connection.

And you don't have to remember every detail.

Sometimes, the enjoyment comes simply from spending time together.

For people living with dementia, familiar photographs, music and treasured objects can also provide comfort and opportunities to connect.

It's important to remember that not every memory is a happy one. If reminiscing brings up difficult feelings, it's perfectly fine to change the subject or focus on something else.

Make a little memory magic

Want to take a trip down memory lane? Here are a few ideas to get you started.

- **Create a memory box:** Collect photographs, postcards, letters or keepsakes that remind you of special moments.
- **Make a playlist:** Gather songs from your younger years and share them with someone.
- **Write it down:** Record a favourite family story for future generations.
- **Share a recipe:** Cook a dish that reminds you of childhood or family celebrations.
- **Pick up the phone:** Reconnect with an old friend and enjoy a good catch-up.

Every story matters

Our lives are made up of thousands of moments. Some are big, some are small, and others might seem ordinary until we look back on them years later.

Taking time to remember and share those moments can bring joy, spark conversations and strengthen the connections we share.

So next time someone says, "I remember when..."

Pull up a chair, put the kettle on and enjoy the story.

After all, some memories are even better when they're shared.

Sources: Dementia Australia, Talking to Someone with Dementia and Activities for People with Dementia; Healthdirect Australia, Dementia Overview.

The CEO's Corner

Making Memories Together

We've always understood the importance of connection, familiar experiences and spending meaningful time together.

From our Social Groups & Activities that bring people together, to Aged and Disability Care services that support independence and community participation, we're here to help people enjoy the moments that matter.

We also help strengthen connections, support loved ones and create opportunities for meaningful experiences through our range of family, relationship, and wellness services.

Whatever stage of life you're in, CatholicCare is here to help you stay connected and keep making wonderful memories.

Until next time,

Robert Sims
CatholicCare Chief Executive Officer



RECIPE

Lemon & yoghurt chicken flatbreads

So you wanna be a wrap superstar! Move over, sandwiches, this fresh and zesty chicken flatbread is ready to steal the show.

Ingredients...

2 skinless chicken breast strips
1 lemon
1 tsp dried oregano
1 garlic clove crushed
1 pinch of cinnamon
1 tbsp olive oil
4 flatbreads
4 tbsp Greek yoghurt
¼ red pepper finely chopped
1 Little Gem lettuce finely chopped

Source: bbcgoodfood.com

Just three steps:

1. Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.
2. Heat the barbecue or griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.
3. Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with ½ tbsp yoghurt. Divide the chicken strips between them, then dot on the remaining yoghurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

WONDERWORD

Aquatic Creatures

Plumb the ocean depths and find all the aquatic life...

PENGUINS	SEA RATTLESNAKE	SCALLOPS	CRAB
PRAWN	GROPER	CROCODILE	URCHIN
ANGLERFISH	SEA LION	LOBSTER	WHALE
SHARK	PIRANHA	SQUID	CARP
GREAT WHITE	OYSTER	HAMMER HEAD	CLAM
EEL	TURTLE	WALRUS	

A	S	O	E	L	T	R	U	T	D	A	S	A	C
W	H	A	L	E	P	S	B	A	N	R	H	A	R
M	A	C	S	U	E	A	E	G	S	N	T	M	O
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