

A quick start guide to today's gadgets & gizmos

In a world that is rapidly transforming, technology has become an integral part of our daily lives.

Internet technology in particular has opened up so many possibilities. Talking to people in far away places, sharing photos, paying our bills, booking our appointments, playing games...

There isn't much that you can't do on the internet these days. You may even be reading this issue of Chat on the internet!

Computers, mobile phones, and tablet devices all provide fantastic ways to access and use the internet, but it can be a little overwhelming if you don't know where to start.

Whether you are an absolute beginner or consider yourself a little more advanced, we've put together a short guide to help you know what's what and where to get started when it comes to technology and the internet.

The Mobile Phone – Your Pocket Pal

Mobile phones are tiny telephones that you can carry anywhere, but they are *MUCH* more than just devices to make phone calls. Mobile phones are great for sending text messages, taking photos, and video chatting with family and friends.

If you have a mobile phone, try sending a text message to a trusted friend, or if you're feeling more adventurous, use the camera to take a photo and share it with your loved ones.

The Tablet – Your Window to the World

Whether it's an Apple iPad, a Google Pixel, or a lesser known generic tech brand, tablets are like a bigger version of the mobile phone. Given their bigger screen, tablets are great for reading newspapers, playing games or browsing the internet for things you might find interesting. Tablets are also great for video calling. There's nothing quite like having a face-to-face conversation with someone, even if it does happen to be through a digital screen!

The Computer – Your Powerful Companion

From desktops to laptops, computers offer the power to perform complex tasks. They are the workhorses of technology, helping us with everything from personal hobbies to entertainment. If you're new to computers, you might like to start out by learning how to use a word processor, like Microsoft Word or Google Docs. You can use these word processors to write letters or maybe even a book if you fancy!

While technology may seem a little intimidating at first, remember – you have control over how and when you use these tools. By embracing tech devices where you can, you may open up an entirely new world of convenience, connection, and creativity.



Regional Managers Message...

Welcome to the October issue of Chat Monthly.

This month we continue our staff in focus feature with Tracey, who started with CatholicCare earlier this year as our Community Care Manager.

We hope you are enjoying getting to know our team just that little bit better.

We are also happy to share some simple information to help you get started with **technology**, especially for any of you who may feel a bit anxious about the variety of gadgets and gizmos available.

Technology can play a great part in **making our lives more enjoyable**, keeping us connected to our loved ones, our passions, and the wider world.

And finally, I invite you all to tap into your culinary side by having a go at this month's recipe activity, which is a spin on a carrot cake using pumpkin instead. It looks delicious!

Until next time,



Flavia Prospero
General Manager Health
& Wellbeing Services
CatholicCare Northern Region

Staff in focus...

Tracey

Mackay
Community Care
Manager



This month we're starting to introduce you to members of our team from different areas of CatholicCare... Some of you may have already been lucky enough to meet Tracey in person!

Q. What does your job at CatholicCare look like?

My role as the Community Care Manager is to oversee my amazing team. We may be small, but we are mighty!

Q. How long have you been working at CatholicCare?

I have been with CatholicCare since April 2023. I often talk about what inspired me to join CatholicCare, as I was not looking to move roles. However, there was just something so intriguing about the [Community Care Manager] position description that I decided to apply. I met Flavia, our General Manager, and the rest is history!

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

As we are a small team I am lucky enough to be able to directly assist our clients, which is always so very fulfilling; in the short time I have been here, there are already so many. Our team really are a big part of our clients lives.

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

I am a Mum to 3 teenage girls, so they keep me pretty busy! We are all very involved in Netball, and I still manage to play and coach among my other volunteer activities.

Q. What are some of your favourite ways to relax and unwind?

At the end of a long day I love just relaxing with my girls, watching movies, playing board games or cheering on our favourite AFL side.

Q. Are there any special places you like to visit or travel to?

My favourite places to travel to are Victoria and Tasmania as that is where my family live. Though, they are way too cold for me!

Q. Are you currently reading, watching, or listening to anything that you would recommend to others?

I do love to read, however, I find myself not very productive when I have a good book so I try and keep what I am reading very short and sweet. My favourite book is *The Bronzed Horseman* by Paullina Simons. And, I guess I am the same with shows, so I am open to any suggestions!

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

My motivation to achieve my goals is to show my girls that they can do or be anything they wish to be, as long as they are willing to work at it.

Q. What are some interesting facts about you?

I am not sure this is interesting, but two of my girls are twins. While not identical, they are so very alike in looks, height and weight.

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

I am so very lucky and witness this daily. Our entire team can make an impact on a life on any given day. For us, this starts with our General Manager, Flavia, for creating such a positive place to work.

Are you enjoying our new staff in focus series?

We'd love to hear your feedback!

Email us at:

communications@catholiccarecq.com



NDIS Support Services

CatholicCare is a registered NDIS provider and can assist you with advice and support to help you:

- ✓ Personalise your care plan
- ✓ Access support & therapeutic services
- ✓ Engage with the community
- ✓ Maximise your plan's inclusions & benefits
- ✓ Navigate the NDIS system

Maximise your NDIS plan...
spend time on the things that matter!



Call **1300 523 985**
or visit: www.catholiccarecq.com/ndis





RECIPE

Frosted Pumpkin Cakes

Ingredients...

For the cake

- 300g self-raising flour
- 300g light muscovado sugar
- 3 tsp mixed spice
- 2 tsp bicarbonate of soda
- 175g sultanas
- ½ tsp salt
- 4 eggs, beaten
- 200g butter, melted
- Zest 1 orange
- 1 tbs orange juice
- 500g (peeled weight) pumpkin or butternut squash flesh, grated

For drenching and frosting

- 200g pack soft cheese
- 85g butter, softened
- 100g icing sugar, sifted
- Zest 1 orange and juice of half

Source: www.bbcgoodfood.com

Just four simple steps...

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine.
2. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 minutes, or until golden and springy to the touch.
3. **To make the frosting**, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.
4. If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.

Enjoy!



WONDERWORD

Skeleton Words

Rest your bones for a while and find all the words

- | | | | |
|---------|-----------|----------|---------|
| SPINE | SCAPULA | CLAVICLE | SKULL |
| TIBIA | FEMUR | HIP | RIBCAGE |
| ILIUM | TARSALS | SKELETON | STERNUM |
| PATELLA | VERTEBRAE | CRANIUM | |
| PELVIS | ULNA | CARPALS | |

T	V	N	O	F	R	U	M	E	F	C	U	S	A
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L	I	L	S	L	E	L	S	E	P	F	S	A	L
M	U	U	R	C	L	A	V	I	C	L	E	P	U



Need a hint or looking for the solution?

Scan the QR code or visit: www.catholiccarecq.com/wonderword

Source: thewordsearch.com