



AUGUST 2022



COMMUNITY

More than just a transport service

Giving up driving two years ago hasn't put the brakes on Jean's desire to continue to do the things that matter to her.

In fact, Jean has discovered the benefits of CatholicCare's Transport Service to help her maintain her independence and keep connected with her community.

"I may have lost the ability to drive, but I have gained so much more: new friendships, a social life and a reliable community transport service on which I can depend," Jean said.

Using CatholicCare's Transport Service for attending social group activities and appointments, Jean was excited to explain how the transport service also allowed her to restart regular visits to see her friend.

"I used to drive over and see her regularly as she struggled with leaving the house. We are both in our 90's and we miss each other dearly between visits.

"It is so lovely to still see her when I can."

Jean is not the only CatholicCare client enjoying the benefits of the Community Transport Service.

Joice, Judy and Ian, have also experienced the convenience and are happy to add to the praise.

"We find it really helpful because Ian can't drive at the moment, so therefore it's good to have someone who can take us to our appointments," Judy said.

"This service has given me the motivation to get out of the four walls [of home] and socialise..."

Joice, Transport Client

"We have become good friends with others like Jean and Joice. In fact, sometimes we break out into song on the bus ride home."

For Joice, having a reliable transport service has helped her to get out of the house and explore the region.

"I've only been living in Bundaberg for just over 12 months, and this service has given me the motivation to get out of the four walls [of home] and socialise with people," she said.

"I've been able to see so much of the countryside that I've never been to before. It's wonderful!"

CatholicCare's Community Transport Service is available to eligible clients throughout the Bundaberg Region.

To find out if you are eligible for this service or to book your next trip, please call our team on 1300 523 985.





Important Connections

This month I am reminded about the importance of social connection and the positive influence it has on our wellbeing.

Every month we see the effects of quality social connection in the faces of our social group clients, but attending social groups is not the only way to enjoy that connection.

Our CatholicCare support workers not only provide essential services like domestic assistance and personal care, but also provide excellent social company by simply lending a friendly ear to listen with and being someone to talk to. That social connection is so important to make the most of.

I hope that you enjoy this August issue of Chat. If you happen to make the delicious looking banana bread recipe that you find on the back page of this issue, please be sure to send us a photo!

Shari Jackson
General Manager Health & Wellbeing Services
CatholicCare Southern Region

CHSP Client Surveys

If you are currently receiving your services under the Commonwealth Home Support Programme (CHSP) then you will soon be asked to complete a short, in-person survey.

Throughout August and September, CatholicCare Support Workers will be asking you to respond to nine simple questions at the end of one of your services.

This survey will be used to ensure that you are receiving the full support and services that you need.

We appreciate your honest feedback and participation in this process.



REFLECTION

Nature's Blessings



Well, wasn't it fantastic to receive that much-needed July rain?

I wasn't so thrilled about the cold snap that followed though, but it did remind us of just how diverse nature can be. Still, it wasn't as cold as the southern Australian states, so we can feel blessed that we live in a Queensland climate that doesn't really experience those same bone-chilling temperatures.

In fact, it got me thinking about just how good our climate really is here in our beautiful Diocese. From the stunning islands off the Mackay coast, through the vast grazing country of Central Queensland, to the tranquil waters of the Capricorn Coast and of course the protected beaches of Bargara near Bundaberg, where the turtles come to lay their eggs.

For me, the ever-changing mulga and sandy ridge country of the outback is what really makes me appreciate just how beautiful and vast this region of ours is.

I wonder if when this beautiful part of the world was created, the creator realised just how good it was and how envious the rest of the country, indeed the world, would be of our little patch of paradise?

I think it's important that we take the time to recognise, stop, and appreciate these little blessings that nature has bestowed upon us, and find the joy that can sometimes be hidden within our everyday surroundings.

There is always a little joy and wonder to find in life, you just need to remember to look.



Don Butler
General Manager Human Resources
CatholicCare Central Queensland



CARE ADVICE

“Everyone grieves in different ways – there is no right way to grieve”

Coping with loss

Losing a loved one *is never easy.*

The pain of losing a loved one can be overwhelming, affecting our emotional, physical and mental health.

The way in which we respond to the grief that a loss causes is a very personal and individual experience.

Everyone grieves in different ways – there is no right way to grieve.

Grief is a natural response to something that has happened and unfortunately there is no instant fix.

For some, grief is less likely to be at the forefront of the mind as time passes.

For others, however, there may be indicators that would suggest the need to reach out for further help, to support our health and ability to move forward.

Some noticeable effects of grief include

- Feeling exhausted
- Lacking in energy
- Difficulty concentrating
- Sleeping too much or too little
- Becoming forgetful
- Having a low mood
- Feeling anxious
- Feeling agitated and irritable

How to start the healing process

Healing from your loss and personal grief is just as personal as how we respond to grief itself.

What some people may find a helpful coping strategy, may not work for others.

One thing that research on coping through the grieving process has found is the importance of having good social supports in place.

Spending time with supportive people, accepting offers of help, talking about your loved one, or simply spending time with others can all be very helpful.

Having someone there for you to talk to, or even just to be around, can make an enormous difference towards improving personal wellbeing.

How to help someone who is grieving

A good way to help someone through the grieving process is to focus on using a good listening technique when they want to talk. Maintaining eye contact and open body language, as well as limiting all distractions can help people to feel heard.

If someone does not wish to talk, simply being present and providing company to them can still be comforting.

Alternatively, offering to help with tasks such as assisting with funeral arrangements or running errands could help to give them the extra support that they need to get through this tough time.

CatholicCare can help

If you or someone you know has recently experienced a loss and is struggling to cope, our counsellors are available and ready to help.

Make a counselling appointment today by visiting:

www.counselling.catholiccarecq.com
or calling 1300 523 985





Strawberry Banana Bread

Ingredients

- 2 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons unsalted butter melted and cooled
- 3/4 cup sugar
- 3/4 cup vanilla yogurt
- 2 eggs beaten
- 3 very ripe bananas mashed well
- 2 teaspoon vanilla extract
- 1 cup diced strawberries



Method

1. Preheat your oven to 350 degrees and spray a bread pan (22cm x 12cm) with cooking spray.
2. In a medium bowl, whisk the flour, baking soda and salt together.
3. In a large bowl whisk the butter and sugar together. Then whisk in the yogurt, eggs, bananas and vanilla.
4. Gently add the flour mixture to the liquid ingredients, folding them together until just combined. Be careful not to over mix.
5. Gently stir in the strawberries. The batter will be very thick.
6. Pour the batter into the bread pan and bake for an hour or until a toothpick inserted in the middle of the bread comes out clean.
7. Let the bread cool for 10 minutes in the pan.
8. Remove and transfer to a cooling rack for an hour before slicing.
9. Store this in an air-tight container and eat within two to three days.



WONDERWORD

Aussie Words



- | | | |
|--------------|------------------|----------------|
| ADELAIDE | EMUS | PARLIAMENT |
| AUSSIE | EUCALYPTUS TREES | PERTH |
| BEACHES | HUGH JACKMAN | PLATYPUS |
| BOOMERANG | KANGAROO | PRIME MINISTER |
| BRISBANE | KEITH URBAN | QUEENSLAND |
| CANBERRA | KOALA | RAINFORESTS |
| COMMONWEALTH | KOOKABURRA | RUSSELL CROWE |
| CONTINENT | KYLIE MINOGUE | SEAFOOD |
| CORAL SEA | MARSUPIALS | SURFING |
| CROCODILES | MELBOURNE | SYDNEY |
| DESERTS | NEW SOUTH WALES | TASMANIA |
| DIDGERIDOO | NICOLE KIDMAN | VEGEMITE |
| DINGO | OCEANS | VICTORIA |
| DOWN UNDER | OUTBACK | WOMBAT |

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