



What makes for a Healthy Life?

A healthy life goes far beyond just diet and exercise...

According to CatholicCare Family Relationship Counsellor **Prabha Srinivasan**, maintaining a healthy life involves knowing what your personal values are and living a life that aligns with them.

"A healthy life also incorporates six basic elements: Physical, Safety, Belonging, Challenge, Self-Worth and Growth," Prabha said.

"Each healthy life element is important to our sense of wellness and values, and they often overlap each other."

According to Prabha, acknowledging and practicing as many of the six elements listed is a great way to work towards maintaining a healthy life.

"Maintaining a healthy life is an ongoing journey," Prabha said.

"One of the best ways to work towards a healthier life is to focus on three or four elements instead of just one."

If you feel that you need some help and support in working towards maintaining a healthy life, our professional team of counselling staff are here to help.



Looking for more healthy lifestyle advice or need to talk to someone?

Counselling appointments can be booked online at www.catholiccarecq.com/counselling or by phone on 1300 523 985

Healthy life elements:



Physical: Developing and maintaining healthy habits such as getting regular exercise, proper nutrition, regular check-ups, and quality sleep is important.



Safety: Our personal sense of security can be attributed to things such as shelter, financial income and a reduced threat of external danger.



Self-Worth: Confidence, independence, personal success and the gratitude of oneself all contribute to achieving optimum self-worth.



Challenge: Try new things. Participating in new activities, engaging in new situations or forming new relationships are all important for stimulating creativity and improving overall mood.



Belonging: Forming meaningful connections can help with our greater sense of belonging. There are a few types of connections that can help to establish a healthy sense of belonging:

- Connections with friends, family and the wider community.
- Connections with nature.
- Spiritual connections.



Growth: Growing intellectually and maintaining curiosity helps us to continue learning, growing and responding positively to intellectual challenges.



COMMUNITY CARE

Stephanie's support... Takes the Cake

CatholicCare clients Roslyn and Len Jones have a true appreciation for the weekly help they receive from their support worker, **Stephanie**.

For the past two years, the couple have shown their gratitude by preparing a delicious spread of baked goods every Wednesday morning when Stephanie arrives to clean their home.

It's become a bit of a tradition for the trio to sit down for a coffee and some cake and sandwiches, once the cleaning has been completed.

Roslyn explains: "We love having Stephanie around, we enjoy her company."

"It takes the pressure off us."

"Stephanie knows where everything is and what needs to be done each week. She will even go out of her way to do any extra jobs that she notices need doing."

Roslyn says that Len enjoys heading into the kitchen to prepare morning tea, and that cooking has been a part of his life since childhood.

"He's been cooking since he was 12-years-old. He learned by working on properties with his mother and cooking for the men who worked there," she said.

"He's really good at what he does and will often cook cakes, slices, scones, sandwiches – he's only too happy to get in the kitchen."



"I'm truly blessed to be able to do what I do and make a difference in my community."

Support Worker, Stephanie

Stephanie said she was happy to be able to make a positive difference in her clients' lives, whether it was in the work that she did, or the company she is able to provide.

"It's important, especially for those people who live alone," she said.

"Being able to talk to someone, to have a conversation, or to even express themselves and put across their views can really make a difference to how valued people feel."

"I love what I do. Being able to help someone and make their day a little easier gives me the incentive to keep doing it."

If you would like to discuss the support services you receive, or enquire about getting some started, call 1300 523 985 to speak to our friendly team.



Time on my MIND

The second half of the year is officially upon us and if you are anything like myself, you might find yourself wondering where the time has gone.

2022 has certainly been a big year for us already here at **CatholicCare** and I'd like to take a moment to **thank all of you** for your valued support, and for continuing to choose us as **your local service provider**.

It always brings a smile to my face to read through the wonderful stories that are shared with us, and **Roslyn and Len's kind words** about their support worker, **Stephanie**, remind me of how privileged we are to be able to provide you with the help, support and company that can genuinely make such a difference to your life.

We take this privilege very seriously and we thank you for trusting us.

Please enjoy reading through this July issue of Chat. As the weather gets cooler, **we encourage you** to pull up a warm blanket, grab a mug of your favourite hot drink and take some time to yourself with the WonderWord.

Until next time,

Flavia Prospero
General Manager Health & Wellbeing Services
CatholicCare Mackay Region



Service & Localised Scheduling Changes

In mid-June we wrote to all clients who were currently receiving in-home support services to explain some significant changes to the way that we deliver in-home services from 1 July.



To read more about those changes and to access additional resources, please visit: www.catholiccarecq.com/scheduling/

SOCIAL GROUPS



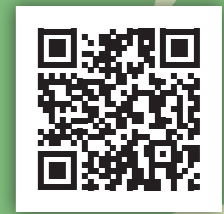
Blooming Great Fun!

It was a sea of green as far as the eye could see.

Mackay Friends Group recently took a trip to the Orchid House at Queens Park to gaze upon the beauty of the gorgeous flowers and plants.

Attendees including **Shirley, Kevin, Enid, Betty and Nigel** surrounded themselves among the eye-catching orchids before relaxing in the park to enjoy some biscuits and sandwiches.

If you would like to find out more about our Social Group Activities, call our team on **1300 523 985** or find us on Facebook.



Scan to download this month's **Social Groups Calendar**
Or visit: catholiccarecq.com/nsg





What's in a Name?



Don Butler
General Manager Human Resources
CatholicCare Central Queensland

When I learned that we were changing our name to CatholicCare I barely batted an eye.

After all, we are still the same people delivering the same services to the same clients. To me, nothing had changed at all, just the name.

And then I reflected on numerous examples of where names had been changed, yet they were the same people, the same places or the same companies that they were the day before.

Here are few examples you may be aware of, and some that may surprise you!

The internet search engine **Google** started out as **Backrub**. How *bizarre!*

Blue Ribbon Sport would later become known as **Nike**.

Brad's Drinks would become **Pepsi** and **Marathon** is what we know today as the **Snickers** chocolate bar.

Of course the older folk out there would all remember **Datsun** before it became **Nissan**, but did you know that the **Sound Around** became the **Walkman**? Our younger staff and clients might even be too young to know what a Walkman was!

Even places changed their names. Peking became **Beijing** in 1958 and in 1930 **Constantinople** changed its name to **Istanbul**. I bet you didn't know though that **St Petersburg** actually changed its name to **Petrograd** in 1914, then in 1924 changed its name again to **Leningrad**, before changing back to **St Petersburg** in 1991. Confused?

Elton John was born **Reginald Kenneth Wright**. **Margaret Mary Emily Anne Hyra** changed her name to the easier-to-remember **Meg Ryan**. Even powerful world leaders changed their names, with **William Jefferson Blythe III** becoming the 42nd President of the United States, **Bill Clinton**.

For the younger audience, believe it or not **P!nk** isn't the famous singer's real name, **Snoop Dog** isn't his real name either, and nor is **Gaga**, **Bruno Mars**, **Katy Perry**, **John Legend** or **Jay-Z**, but they do all have one thing in common. *Everyone loves what they do, regardless of what name they go by.*

Here at CatholicCare, we are the same people delivering the same services to the same clients. **Nothing** has changed, just the name.



WONDERWORD

Winter Words

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES
HAIL
HEADBAND
HIBERNATION
HOCKEY

HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
PARKA
SCARF
SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE

SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL
SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

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