



MAJOR ANNOUNCEMENT

We are



The new name for Centacare CQ

The time has finally come. Please, allow us to formally reintroduce ourselves to you as **CatholicCare Central Queensland**.

As mentioned in last month's edition of Chat, our team have been working hard on this fresh new name and look for a while now.

As your trusted, local community service agency providing good works as an extension of the Church for nearing 50 years, **CatholicCare has always been at the heart of everything that we do.** CatholicCare is behind our compassion. CatholicCare is behind our outreach. CatholicCare is behind the many mission-based values that we hold dear as the social service arm of the Catholic Church, and **we are proud to now bear a name that more accurately reflects our organisation's true identity.**

Aside from enjoying our new logo, colours and brand, our name change to CatholicCare does not affect you, **our valued clients, at all.**

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It is very important to highlight that **our name change does not change who we are.** It is simply about better reflecting who we are.

Robert Sims – Director



Concept image only, actual branding may vary

CHAT

MONTHLY

MAY 2022

Rockhampton Region

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CatholicCare CENTRAL QUEENSLAND



The new name for Centacare CQ



Robert Sims
Director - CatholicCare Central Queensland

We are still the same organisation that we have always been, only with a new name.

We are the same dedicated team of local people, with the same passion for delivering the essential services and supports that so many of you enjoy and rely on.

We have always, and will continue to always, serve you and the fellow members of our communities from all walks of life, regardless of age, religion, race, orientation, or social background.

As we did as CentacareCQ, as CatholicCare we still believe that everyone matters.

We are proud that our new name can celebrate and embrace our rich Catholic history, including that of our humble begins from the local church vision of our founding figures, Father Frank Gilbert and Sister Anne Marie Kinnane.

Fr. Frank and Sr. Anne Marie first began their Centacare work out of a small demountable building in Rockhampton, and it is from that point that we have grown into the vibrant and flourishing organisation that we are today.

It is very important to highlight that our name change does not change who we are. It is simply about better reflecting who we are.

We are CatholicCare. We are people sharing in the healing ministry of Jesus to enhance your life and well-being.

We are CatholicCare Central Queensland, and we look forward to bringing you on the journey of this next chapter with us.



Central Queensland's most experienced community services team

- ✓ Aged Care
- ✓ NDIS Services
- ✓ Family Support
- ✓ Counselling



Call 1300 523 985

www.catholiccarecq.com



Concept image only, actual branding may vary

Changing Times

To me nothing signals change here in Central Queensland more than the month of May.

By May, the sting has gone from the tail of our oppressive summer, and we are just starting to get a glimpse of those chilly evenings; a signal that winter is just around the corner.

It is also around this time that the landscape around us begins to change too. The lawn that we have painstakingly watered throughout the hot summer now begins to slow its growth, and the trees too begin to shed their leaves as they adapt to the now cooler weather.

As I sit and reflect on this change, I am reminded that I too am constantly changing. I notice a few more grey hairs and a few more wrinkles on my ever-changing face, and as I age I continue to adapt to a new stage of my life.

Only yesterday, I was reminded that mowing the lawn now takes me longer than it used to when I was a younger man. Indeed, my evening walk around the block now also takes me longer too!

I worry of course that those around me, my family and my friends, may be noticing these changes too and looking at me differently. Of course, they are not, as they too are changing and adapting themselves and I am certainly not looking at them any differently.

Change is always occurring but sometimes it is hard to notice when you are looking at something or someone every day.

My goal this May is to look back through all of my old photographs and reflect on how I, my family, friends, pets, and gardens, have all changed under the gaze of my camera lens.

There are a lot of things that influence change, but we must always be reminded that change can be good. Change is what makes us all who we are today.



Don Butler
General Manager Human Resources
CatholicCare Central Queensland



Social groups Celebration!

What's better than celebrating a birthday? How about two birthdays?

Social Group clients Elaine and Mervyn celebrated their birthdays together with their friends at the weekly Hoy session at St Theresa's Community Hall.

Elaine, who celebrated her 80th birthday, and Mervyn, who celebrated his 90th, were serenaded by their friends with the Happy Birthday song and gifted with their own personalised birthday cakes, both baked and designed by Elaine's daughter, Fe.

Both Elaine and Mervyn share the same date for their birthday.

We wish both Elaine and Mervyn a wonderful year of joy and happiness ahead, as they celebrate their momentous milestones.

If you would like to book your attendance at one of our upcoming group activities, give us a call on 1300 523 985.



Scan to download this month's Social Groups Calendar
Or visit: centacarecq.com/rsg



Let your gardening imagination bloom...

As we enter the cooler months of the year, now is the perfect time to get into the garden.

Autumn and winter in Central Queensland are ideal for planting and repotting your plants, flowers, fruit and vegetables.

According to Fitzroy Nurseries manager **Bill Dargel**, gardeners are spoiled for choice this time of year when it comes to choosing what to plant.

"We are fortunate enough to have a climate that doesn't cool off too much, which means we can plant virtually anything at this time of the year," Bill said.

"Not only is it a good time to get into the garden, but it's also a safe time to plant in containers as well.

"When doing so, I recommend that you give your plants plenty

of water to start with and slowly back it off over time.

"Watering your plants this way will give them a stronger resilience throughout the months."

With more than 400 plant varieties to choose from at his nursery, Bill said it was simply too hard to choose his favourites to plant at this time of year.

He did have one piece of advice for green thumbs.

"Make sure you plan your garden and take into consideration layers, textures and colours," he said.

"And don't forget to have fun with it. Enjoy your moments with the flora. Gardening can be a truly wholesome and enriching experience."

Popular flowers & vegetables for this time of year...

- ✓ Ageratum
- ✓ Carnation
- ✓ Geranium
- ✓ Impatiens
- ✓ Nasturtium
- ✓ Wallflower
- ✓ Zinnia
- ✓ Broccoli
- ✓ Lettuce
- ✓ Peas
- ✓ Spinach
- ✓ Onion
- ✓ Spring onion
- ✓ Tomato
- ✓ Capsicum
- ✓ Eggplant

“Choosing the right plants for your garden is a personal choice. Everybody has their favourites that they like to stick with.” - **Bill Bargel**



WONDERWORD

Delicious Desserts

- | | | |
|----------------|---------------|-----------------------|
| AMBROSIA | EMPANADAS | PAVLOVA |
| APPLE CRISP | FLAN | PEACH COBBLER |
| APPLE PIE | FRUIT CRUMBLE | PINEAPPLE DELIGHT |
| BAKED ALASKA | FUDGE | PLUM SQUARES |
| BAKLAVA | GELATO | RAISIN PUDDING |
| BANANA SPLIT | GINGERBREAD | RUM BALLS |
| BREAD PUDDING | ICE CREAM | SORBET |
| BROWNIES | JELLY ROLLS | STRAWBERRY SHORT CAKE |
| BUTTER TARTS | LEMON BARS | STRUDEL |
| CARROT CAKE | MACAROONS | SUNDAE |
| CHEESE CAKE | MERINGUES | TIRAMISU |
| CHOCOLATE CAKE | MONKEY BREAD | TORTES |
| CINNAMON ROLLS | MOUSSE | TRIFLE |
| CREME BRULEE | NUT BRITTLE | |
| CREPES | PARFAIT | |
| ECLAIRS | PASTRIES | |

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