

“Neglecting our home can not only mean that it becomes costly to repair over time, but ultimately it could become unsafe for us to live in as well”

# Spring Cleaning Checklist



## HOME MAINTENANCE

**A**s the days get longer and temperatures begin to rise, now is the perfect time to give our homes some tender loving care.

“We spend a lot of time in and around our home, so it pays to look after it,” CatholicCare Home & Yard Maintenance Team Leader, Mick Swan explained.

“For our homes to be safe and habitable, we need to maintain the upkeep.

“Neglecting our home can not only mean that it becomes costly to repair over time, but ultimately it could become unsafe for us to live in as well”

Mick said that a great way to get started with giving our homes a little springtime TLC, was to follow some simple cleaning and maintenance checklists.

### Cleaning:

- ✓ Check for signs of mold or mildew
- ✓ Clean air conditioner filters
- ✓ Clean smoke alarms every six months
- ✓ Clean ceiling fans and have fan socks installed
- ✓ Have your gutters checked and cleared of any debris

### General Maintenance:

- ✓ Check and service locks to doors and windows
- ✓ Check screens doors and windows for holes and tears
- ✓ Check rollers on windows
- ✓ Replace smoke alarm batteries
- ✓ Check for leaks
- ✓ Check undersink flexi hoses for signs of deterioration
- ✓ Check lights are working to their full capacity
- ✓ Install a lock box





# A clean slate home & mind

**A**s we head into Spring I find myself considering the old adage; *clean your space, clear your mind.*

In the same way that it is beneficial to occasionally have a good clear out of the old, damaged or broken things from our home, the same can also be said for our mind.

A change of season can signal a good time to decide to start with a clean slate. By choosing not to focus as much on feelings of negativity, not to dwell in the past too much, and to look forward to a new and positive future, we can finish off the year with a fresh outlook and clear mind.

So, in September as we start to open back up our windows and doors, why not take this opportunity to open up your mind and let those spring breezes blow out the cobwebs. Remember that self improvement can be just as important as home improvement!

I hope that you enjoy reading this month's issue of Chat Monthly and I wish you all the joys of spring. Make the most of the warmer weather and stay safe out there!

**Flavia Prospero**  
General Manager Health & Wellbeing Services  
CatholicCare Northern Region

## COMMUNITY



# Research Partnership

**CQ**University will soon be conducting a research project based on the services that support older people to live at home for as long as possible.

At CatholicCare we are always looking for ways to further support our community and as such we are excited to be partnering with CQUniversity to help facilitate this important research.

In the coming months, you may receive an invitation to participate in an online or paper-based survey if you receive aged care services from us.

The CQUniversity research team will also be offering the opportunity to participate in a focus group (an in-person feedback session) at your local CatholicCare Central Queensland office.

If you have any questions about this upcoming research project, please email:

**rachael.belot@cqumail.com**  
Rachael Belot | Primary Researcher | CQUniversity

## OUR TEAM



# Bringing out... THE BEST in others



**Kim** is a strong believer that supporting others can bring out the very best in people.

With more than 14 years of experience working in the health industry, and helping clients in high care nursing homes and in palliative care, Kim has always been passionate about helping others and their families in their most vulnerable of times.

As CatholicCare's newest NDIS Support Coordinator, Kim said she was looking forward to meeting participants and getting to know their needs and goals.

*"I have always been interested in working with the National Disability Insurance Scheme (NDIS) in some capacity, and in a way, I feel that I have fallen into this role from my own personal experience."*

*"As a mother with a son who has special needs, I have experienced firsthand the struggles of trying to do things on my own – feeling judged by others and not getting the help I needed at the time."*

*"I don't wish for anyone to have the same experience as I did. I want to be that extra piece to their puzzle to make their life easier."*

Kim said she was eager to help her participants understand their individual plans and entitlements, from specialised appointments to community connections.

*"It can be daunting for many people to unpack everything that is in their plan. I am here to help them through that,"* she said.

*"I thrive on the challenge of supporting people to become their very best."*

### What is Support Coordination?

Support coordination helps NDIS participants to manage and coordinate the supports available within an NDIS plan.

### Our Support Coordinators can help you to:

- Understand and optimise your NDIS plan in line with your goals
- Connect you with NDIS providers, community, and other government services.
- Build your confidence and skills to use and coordinate your supports.

Find out more at: [www.catholiccarecq.com/ndis](http://www.catholiccarecq.com/ndis)



## SOCIAL GROUPS



# Crafty Clients

**O**ur social group got crafty during a recent visit to Bunnings Warehouse.

The Mackay Friends Group participated in a craft workshop which included painting their very own plant pot.

CatholicCare support worker Courtney Vanderpool said everyone enjoyed putting their own creative flair into designing their pots before planting a flower in the finished product.



To find out more or to join our groups call: **1300 523 985**  
or visit: [www.catholiccarecq.com/socialgroups](http://www.catholiccarecq.com/socialgroups)

# Home Care your way!



Tailor-made home care packages from

**CatholicCare**  
CENTRAL QUEENSLAND

Find out more at [www.catholiccarecq.com/hcp](http://www.catholiccarecq.com/hcp)



# Peace of mind this... **STORM SEASON**

Another winter has come and gone, and we are all now looking forward to the warmer months of spring and summer.

But it is the late spring and summer months that I really want you to start thinking about.

This time of year always brings the threat of heavy rain and damaging winds that come with the Queensland cyclone season.

While we cannot control the weather, there are things that we can do to help reduce the potential damage to our property and to keep our family safe.

Here is a short list of the things that I am working through to prepare my home this storm season:

### Ready an emergency kit, including:

- ✓ Torches and spare batteries
- ✓ Battery powered radio
- ✓ First aid kit
- ✓ Prescription medication
- ✓ Masking tape and scissors
- ✓ Bottled water
- ✓ Non-perishable food
- ✓ A camp stove or BBQ with spare gas bottle.

### Clean up the yard:

- ✓ Pick up and remove any unnecessary 'things' from around the house.
- ✓ Trim any dead branches from trees, especially those that overhang the house

### List emergency contact numbers:

- ✓ Prepare a list of people you may need to call in case of an emergency. *For example: local emergency services, ambulance, relatives and neighbours.*
- ✓ Keep the Bureau of Meteorology phone number handy to call for up-to-date pre-recorded messages.

### Tune your radio:

- ✓ Make sure you have your radio tuned to the local radio station frequency for emergency updates and to hear the latest messages from the Bureau of Meteorology.

By performing a handful of these tasks each week, in no time at all you will have peace of mind knowing that your home and your family are safer and better prepared should the worst scenario eventuate!



## WONDERWORD

### Homophone's

AIRLESS	FISHER	KNEADING	ROOT
HEIRLESS	FISSURE	NEEDING	ROUTE
ALLOWED	FRAYS	MARQUEE	ROUGH
ALOUD	PHRASE	MARQUIS	RUFF
BALD	GILLED	MUSTARD	SCENE
BAWLED	GUILD	MUSTERED	SEEN
BERRIES	GRAFT	OVERDO	SUITE
BURIES	GRAPHED	OVERDUE	SWEET
CLICK	HANDMADE	PACED	THRONE
CLIQUE	HANDMAID	PASTE	THROWN
CUED	INVADE	PRAISE	WASTE
QUEUED	INVEIGHED	PRAYS	WASTE
FARROW	JEWEL	REEK	
PHARAOH	JOULE	WREAK	

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