

Understanding Power of Attorney

Power of Attorney. You may have heard the term mentioned in conversation at one time or another, and you may even have one already appointed and in place.

But are your power of attorney arrangements up to date?

Power of attorney documentation allows you to appoint a person to make certain decisions on your behalf, either for a specific time in your life, or, in the event that you are no longer able to make decisions yourself.

Choosing to appoint a power of attorney can be a very important step towards giving you the peace of mind that someone you know and trust is looking after your affairs, even in situations where you yourself cannot.

One of the most common misconceptions that we find our clients have about completing power of attorney arrangements is that they are set and forget.

This is certainly not the case.

Reviewing, updating, and changing your power of attorney documentation as your life progresses is possibly one of the most important aspects of the process that you need to keep in mind.

Whether it's a simple update to your attorney's contact details, or a large scale decision to cancel or change your chosen attorney entirely, all changes that impact upon your life should always be reflected in any power of attorney arrangement that you have in place.

You can appoint a power of attorney at any time provided that you are 18 years of age or older, and are deemed to have legal capacity to understand the document that you sign.

At CentacareCQ, we often request copies of your power of attorney documentation so as we can ensure that we have the correct information on file to reflect your wishes.

Your wishes are important, and we take your preferences extremely seriously and want to make sure that you feel supported in having the correct arrangements in place to make those wishes known.

The best place to get advice about any legal documentation, including that related to appointing a power of attorney, is from a fully qualified lawyer.

It is important for you to know that your best interests are being looked after, and that your wishes are recorded in a way that is legally valid and correct.



If you're not sure where to start, or if your power of attorney documentation is up to date, we've included some helpful links below.

If you would like any further guidance, please don't hesitate to contact our friendly team by phone, via email, or through Facebook messenger.

Helpful Links



Queensland Government

www.qld.gov.au

Search: "Power of Attorney"



Office of Public Guardian (OPG)

www.publicguardian.qld.gov.au

Search: "Planning Ahead"



The Older Persons Advocacy Network (OPAN)

www.opan.com.au

Introducing
**CentacareCQ
 Gym**

ROCKHAMPTON



In this month's edition of Chat Monthly, we're happy to ring in the new season with some exciting news for clients who are interested in improving their overall health and wellbeing.

Our CentacareCQ Gym has officially launched in Rockhampton.

Kitted out with a range of exercise equipment including treadmills, a rowing machine, cycling machines, dumbbells, yoga mats, resistance bands and electronic games, the gym is now available to eligible clients.

Made possible through funding received from the Federal Government, we started work on building our gym back in March, 2020. Like most things in 2020 though, the project was heavily impacted by the COVID-19 pandemic.

We're pleased to be able to finally open the gym, giving our clients the opportunity to maintain their physical health and wellbeing in a safe and welcoming space.

If you're interested in accessing the CentacareCQ Gym, please contact our friendly team by phone, via email, or through Facebook messenger.

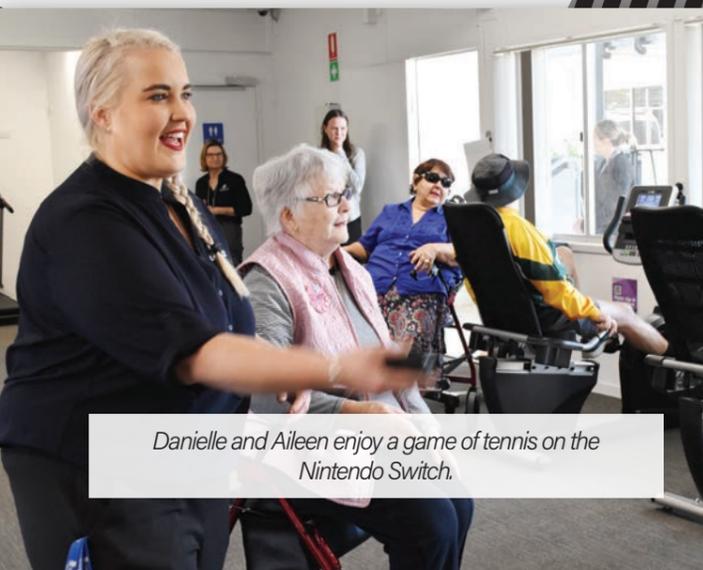
Monica Laws
 General Manager
 Health and Wellbeing Central Region.



Patricia and Aileen trying out the dumbbells.



Clients Pam and Carol test out the new cycling machines.



Danielle and Aileen enjoy a game of tennis on the Nintendo Switch.



Ray takes the new rowing machine for a spin.

Spring is in full bloom!

Have you noticed the change in the air recently?
 Spring has well and truly sprung.

Flowers are bursting with colour and choirs of birds are singing from the treetops. It's the time of year that every green thumb eagerly awaits, the perfect time to get out into the garden.

We caught up with local gardening guru 'Picko' from Picko's Plants recently, to find out what you should be focusing on to get the most out of your garden over the coming months.

Picko points out that we are all lucky enough to live in a part of the world where the climate allows us to plant almost anything year round, regardless of whether our interests lie in building a veggie garden or just adding some colour with a few pretty flowers.

"What the warmer months are really great for," Picko says, "is adding fertiliser and nourishment to your plants."

"It's also time to start thinking about mulching, as your plants will really be thriving during our warmer nights and that's when they will be soaking up the things that you are adding to your garden beds."

"It's also important to remember that different plants do require different fertiliser."

Picko says that asking for advice from your local garden centre is the best way to ensure that you are getting the right fertiliser to suit your needs.

"When it comes to choosing the right mulch, that's a bit more straight forward," Picko says.

"Whether you choose to use hay, sugarcane, or tea tree as mulch, they all essentially keep your plants moist and cool during the warmer weather, which is exactly what you want."

“Really though, the most important advice I can give people, is to just have fun with your gardening.”

Picko's Plants Gardening Guru Picko.

"You also get the added benefits of saving on your water bill and reducing the appearance of unsightly weeds."

If you have missed the opportunity to get your yearly pruning done, something that Picko says is best done over the winter months, then be sure not to prune anymore than one third of your plant during spring.

"Really though, the most important piece of advice I can give people, is to just have fun with your gardening," Picko says.

"Remember to enjoy being in the moment and make the most of the beautiful weather that we are afforded at this time of year."

Spring is the perfect time for planting

Beautiful Flowers

Petunias	Roses	Lobelia
Begonias	Zinnias	Dianthus
Phlox	Salvias	Portulaca

Fruit & Vegetables

Capsicum	Potato	Watermelon
Tomatoes	Beetroot	Zucchini
Lettuce	Spring Onions	Sweet Corn
Sweet		Pumpkin



Spring - a time for new beginnings



It's now Spring 2021. Like me, you might be wondering what the next twelve months have in store for us?

Yes, it will be a time when flowers bloom and we start to prepare for the warmer months ahead, but since the arrival of the COVID-19 pandemic, we also need to be mindful of the ongoing emotional, physical, and mental health challenges that this virus continues to cause us. So, let's make Spring 2021 the time to take control of our wellbeing.

Wellbeing isn't just the absence of illness. It's about considering the many aspects of your physical and emotional health, including:

-  **Social connectedness** – Maintaining and developing healthy relationships and caring about other people (both at home and at work).
-  **Physical being** – Caring for your body, inside and out.
-  **Spiritual awareness** – Finding purpose, meaning, and value with or without organised religion.
-  **Intellectual state** – Expanding your knowledge and skills and maintaining your curiosity.

With Spring also being the perfect time to give every nook and cranny in the house a deep clean, perhaps consider a deep clean of your emotional and mental clutter as well.

-  Check your emotions and stresses and determine what needs adjusting.
-  Allow time each week for the things that give you joy, like reading a book, listening to music, or exercising.
-  Maintain and bring harmony to your family and friends.
-  Decrease the number of distractions that you have no control over.

Most of all, let's make Spring 2021 the time to have FUN!

-  Find time to interact with your family and pets
-  Enjoy a weekly games night or dinner party with family and or friends.
-  Give yourself permission to be 'silly.' Laugh a lot!
-  Be spontaneous and let fun happen.

Please, take the time to invest in your own physical and emotional well-being. It's important, and you deserve it!

Don Butler
Human Resources General Manager

Wonderword

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

We're sorry! Our September Edition didn't make it out the door on time. We hope you enjoyed our **October edition.**



Short on time?

Did you know that when calling our team, you can leave a message and maintain your place in the queue? We will call you back, leaving you more time to get on with your day.

Call our friendly team on **1300 523 985**
between **7am to 5pm, Monday to Friday.**