



Driven to make a difference



Adeline and Joan are grateful for the transport service.



Transport driver Bonnie assists Adeline onto the bus.



Adeline, Daphne, Carol and Joan love the convenience of the transport service.

Behind the wheel of every CentacareCQ Community Transport bus is a friendly and professional driver eager to take their passengers to their destination.

Drivers just like Bonnie Moring, who has been transporting clients of all ages around the region for the past six months.

"I've always wanted to get into this type of work - helping others to make their life a little easier. I find it's a purpose for me," Bonnie said.

Over the past few months, Bonnie has proudly built strong relationships with her regular passengers.

"I love talking to them," she said.

"We talk about what's going on in their lives and where they're heading to for the day. The clients that use this service are lovely."

Available in the Gladstone Region, the community transport service gives its clients a safe and reliable form of transportation to keep them connected with the community and to maintain their independence.

Regular passengers Carol and Joan, who have both been using the community transport service for more than two-and-a-half years, said it was helpful as it allowed them to continue to pursue their active and social lifestyles.

When the bus arrives on Carol's doorstep, she explains that she can't help but grin from ear-to-ear.

"I'm thankful for any help I can get when it comes to making my weekly commitments," Carol said.

"I don't know how I'd get along without it."

"My daughter helps me from time to time driving me around, but she can't always take me, so the transport service comes in handy."

Joan pointed out that the service was not only helpful for getting around town but was also a great way to meet new people and make new friends.

"If we're travelling a long distance, we will break out into a sing-along," Joan said.

"I've seen more of the region in the past few years than I could have imagined, just by using this service."

CentacareCQ's Community Transport is available to eligible clients of all ages.

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

A new year brings new opportunities



Welcome back and Happy New Year to you!

We have so many exciting things in the pipeline and the team and I are gearing up for a great 2022 ahead.

Speaking of 'gearing up', in this issue we catch up with one of our wonderful Community Transport drivers and some of our equally wonderful transport clients. I always enjoy reading about the impact that our services can have on our client's lives, and I hope that you enjoy reading about it too.

Recently one of our Family Dispute Resolution Practitioners, **Justine Sturgiss**, attended a seminar about making and updating wills. Justine has been kind enough to share some of her knowledge on the topic with us, so if you haven't thought about your will recently, now could be a perfect time to do so.

And what would a Chat Monthly be without an update on what our Social Groups have recently been up to. Enjoying a trip to Byfield, our Yeppoon Social Groups certainly look to have been enjoying themselves and making the most of life.

Don't forget that our Social Group coordinators have a lot of exciting adventures planned for the year. Be sure to check out our Social Group calendars, and if you would like to attend one of our activities, call our friendly team on **1300 523 985**, chat to us via our website, or message us on Facebook.

Finally, from all of us here at CentacareCQ, we wish you a wonderful and rewarding year.

Monica Laws
General Manager
Health and Wellbeing Central Region

Festive adventure to Byfield

Yeppoon Social Group clients dressed in their festive best while out on an adventure to the Byfield General Store recently. The group enjoyed a delicious lunch while taking in the beautiful forest scenery.



Scan the **QR code** for **January's calendar**

<https://bit.ly/3295zGo>



The importance of making and updating your will

For many of us, it's something we've just never gotten around to doing

In fact, according to a recent study by finder.com.au, only 50% of Queenslanders have a will.

There can be many reasons why someone hasn't made or updated their will. It may have simply slipped their minds, or perhaps they feel like they don't have anything of value worth passing on.

CentacareCQ Family Dispute Resolution Practitioner Justine Sturgiss explains that a person's will is the most important document that they will ever make in their life.

"The most important reason to make a will is to make sure that your property is distributed in the way that you would have wished for it to be, after you have passed away," Justine said.



"Your will is the most important document you will ever make in your life."

~ Justine Sturgiss, Family Dispute Resolution Practitioner.

What is a will?

A will is a legal document that directs what happens to your assets after you pass away. Wills offer great flexibility and allow you the opportunity to have your wishes carried out regarding your estate (*property and assets*), money, children and even pets.

Wills can also provide great peace of mind to your loved ones, and reduce conflict at the time of your death.

Why should I make a will?

One of the most common reasons many people don't have a will is because they believe they don't have or earn anything valuable, which Justine said simply isn't true.

"You actually do have something of value. It might be in the form of superannuation, a car, furniture, special ornaments, jewellery or priceless family heirlooms," Justine said.

"If you pass away without a will, the law determines who gets these assets from your estate."

How do I get started?

While the prospect of making a will can be a little daunting at first, Justine said help is available.

"Getting started is as simple as making an appointment with your lawyer, solicitor, or speaking to your local Public Trustee," she said.

"These people are experts in the field and can provide you with information and the knowledge you need to compile a valid, legally binding will.

"They can also help you to identify all of your assets and how you would like them to be distributed."

Justine said bringing a trusted friend, or advocate, to your appointment can also help to make you feel more comfortable about discussing your matters.

Updating your will.

It's important to regularly update your will so that it always correctly reflects your wishes. Your will is a living, breathing document and events that occur in life can easily nullify it.

Justine suggests reviewing your will every 3 to 5 years, or after a particular life event, such as marriage, divorce, the birth of a child or grandchild, or moving homes.

Additional Information

About Wills Public Trustee https://bit.ly/3295zGo	Estate Planning Queensland Gov. https://bit.ly/3ss4lRg	Making a Will Queensland Gov. https://bit.ly/3p9Lpos
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Scan the **QR codes** above to **learn more**

A year of wholesomeness

Welcome to 2022! This time of the year always lends itself to starting things fresh and new.



A chance for each and every one of us to open our minds and our hearts to new opportunities.

Whatever your resolutions might be for the year ahead, I do wish for them to be rich in good memories and for them to help you to grow into a better version of you.

For me personally, if there's one thing the last couple of years has taught me, it's that flexibility is a crucial skill necessary for any form of goal setting, resolution making, and planning.

Not everything we set out to do from the start of the year goes according to plan - circumstances change, things beyond our control happen, and that's just a natural part of life. That is why this year, I'm choosing to add some 'resolutions of wholesomeness' for myself.

I'm going to spend 2022 nourishing myself physically, mentally and spiritually.

My resolutions include:

- **Getting outside more**
- **Complimenting someone and meaning it**
- **Hand writing a letter, even just to myself to read later**
- **Trying something new each month**
- **Printing and hanging some pictures**

It's important to keep in mind that sometimes it's the little things that can have a big impact on our wellbeing and happiness. Let's start the year right, with a strong dose of wholesomeness.

Don Butler

Human Resources General Manager



Puzzle: Number Search

Find and circle the **6 digit numbers** hidden in this puzzle. They may be hidden in any direction.

106248
154259
162261
225479
236462
479158
489238
494114
496963
496974

532137
546183
563824
564237
605271
653921
662735
751951
908469

1	6	2	2	6	1	2	5	6	2	2	1	7
6	6	5	4	7	6	6	5	8	2	8	7	8
3	6	5	0	7	4	5	6	4	0	9	2	4
4	2	1	3	2	8	4	3	7	4	4	5	2
9	7	4	3	8	4	3	8	9	3	6	0	6
6	3	7	9	7	1	4	2	1	2	8	6	0
9	5	9	9	4	9	6	4	9	1	1	2	1
6	7	1	4	5	1	4	4	5	8	8	9	3
3	5	4	2	7	9	1	9	5	1	4	1	6
8	2	4	5	6	7	1	4	7	7	3	6	8
3	5	7	9	2	5	9	0	8	4	6	9	0
1	9	7	2	7	2	5	2	3	6	4	6	2
9	4	9	7	6	7	3	1	2	3	5	1	9

Short on time?

Did you know that when you call our team, you can **leave us a message** and that message will 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.**

