

THE LIGHT OF THE WORLD  
**HE IS RISEN**  
the true meaning of **Easter**

**Easter is the oldest and one of the most important holidays on the Christian calendar.**

There is a great and rich spiritual meaning behind this holy holiday.

It is the celebration of Jesus Christ's resurrection from the dead.

Easter is celebrated on Sunday and marks the end of Holy Week, the end of Lent and the last day of the Easter Triduum (Holy Thursday, Good Friday and Easter Sunday).

Easter is a time to remember that we are all saved.

By sacrificing himself,  
**Jesus Christ saved humanity**  
from the shackles of sin.

His eventual resurrection is a promise of a new life.

It shows us that our faith in him is  
**alive & powerful.**

Also  
**IN THIS ISSUE**

**A new lease  
on life for Jo**

**Anzac Day  
Reflection**

**Latest News  
& Information**

**Recipe &  
Wonderword**



## A Time For Reflection & Connection...

Welcome to Easter's Chat Monthly.

We have some wonderful reads in this month's issue that really **embrace the ideas of reflection and connection**. I hope that they leave you feeling inspired to reflect on the connections that you have within your own life.

You will also notice in this issue that we have some **BIG news** to start sharing with you! **We're changing our name here at CentacareCQ** and as valued clients we want you to be the first to know.

While we aren't quite ready to share all the details with the world just yet (*you won't want to miss the next edition of Chat!*), all clients should soon expect to receive a letter with more information about this exciting change.

I wish everyone a happy Easter.

**Jason Reid**  
General Manager Health & Wellbeing Services  
Central Region

## Upcoming name change!

**Exciting news, CentacareCQ has a new name and identity on the way!**

We'll have the same great team, the same services and supports, and the same care and compassion that everyone has grown used to, just a fresh new name and logo that clearly reflects who we are.

Clients can expect to receive a detailed letter in April outlining the change, and we'll be introducing everyone to our fresh new look in next month's Chat Monthly.

We can't wait to share more with you, so...  
**Watch this space!**

## REFLECTION

# LEST WE FORGET

— ANZAC DAY —

Scan to watch music video



Or please visit: [centacarecq.com/sga](http://centacarecq.com/sga)

This year April marks two extremely important events, Easter and Anzac Day.

Easter of course is a time when we celebrate the resurrection of Jesus Christ, on the third day after his crucifixion. On Anzac day, we pause to commemorate the men and women who have served our nation in all wars, conflicts and peacekeeping operations.

Many songs have been penned about soldiers and sacrifice, but to me the one that speaks directly to the heart is a little known track by American singer songwriter, Billy Ray Cyrus (*yes, the same Billy Ray who shot to fame with the song, Achy Breaky Heart – in fact, both songs are from his 1992 debut album*).

The song speaks of an American soldier, Sandy Cane, and whilst not an Anzac song by any stretch, the message is beautiful. I have included the lyrics to this song below, and I hope you will reflect with me while reading along...

### Some Gave All – Billy Ray Cyrus...

I knew a man, called him  
Sandy Cane  
Few folks even knew his name  
But a hero, yes was he  
Left a boy, came back a man  
Still many just don't understand  
About the reasons we are free  
I can't forget the look in his eyes  
Or the tears he cried  
As he said these words to me

Now Sandy Cane is no longer here  
But his words are oh so clear  
As they echo throughout our land  
For all his friends who gave us all  
Who stood their ground and took the fall  
To help their fellow man  
Love your country and live with pride  
And don't forget those who died  
America can't you see?

### [Chorus]

All Gave Some, Some Gave All  
Some stood through for the red,  
white and blue  
And some had to fall  
And if you ever think of me  
Think of all your liberties and recall  
Some Gave All

### [Chorus]

And if you ever think of me  
Think of all your liberties and recall  
Yes recall  
Some Gave All  
Some Gave All

I hope this song speaks directly to your heart as well, as you pause this Anzac Day to: **"think of all your liberties and recall, yes recall... Some gave all!"**

**Lest we forget.**



**Don Butler**  
General Manager Human Resources



## CLIENT STORIES

# Jo's new lease On Life.



Life, in recent years, has been tough for Jo Temperley, but Jo has proven she is tougher.

Jo's cancer battle began in 2004. For the following 12 months, she underwent chemotherapy, radiation therapy, and an operation, which eventually led to her successfully beating her illness.

But the battle to return to a normal life was far from over.

"While I was recovering from all the therapy, I became a full-time grandparent to my two grandkids after their mother (my daughter) died," Jo explained.

"They were seven and 11 years of age - still only in primary school.

Determined to help her grief-stricken grandkids and give them the best life possible, Jo raised them on her own.

"One foot in front of the other," she said describing the circumstances she had been dealt.

Years later, after her grandchildren had graduated school and moved out, Jo said she started to struggle with some of the simplest tasks around the home.

"I was with another service provider originally, but I wasn't getting the service that I needed," Jo said.

"They were only coming around once every three or four weeks and I was really, really sick.

"I couldn't change my bed sheets. I didn't want to go to bed. It was depressing.

"It got to the point where I wasn't even showering before going to bed because I thought 'What's the point?'; since I was getting back into dirty sheets at night.

### "Something had to change."

Frustrated and desperate, Jo called CentacareCQ in the hopes of getting more in-home help. She said that call was the pivotal moment that "turned her whole life around."

### "I am so much happier."

Jo said CentacareCQ helped her to get her life back on track, and has given her new motivation to do things that she has been putting off for years.

"The difference these past six months have made on my life has been incredible," Jo said.

"The CentacareCQ staff who visit me are lovely, caring, and happy to help with any of my requests - it makes my day.

"I love talking to them. They're only here for an hour, but it's lovely to have them around.

Jo's case manager, Michelle Swannell, said she was pleased to see the difference in Jo's demeanour since CentacareCQ stepped in to help.

Michelle said she remembered the heartache in Jo's voice well during their initial phone call, as Jo shared her struggles.

"Jo came across as someone who had been let down," Michelle said.

"After discussing her needs, we implemented weekly support services to help build her life back up.

"About three months later, I received a phone call from Jo out of the blue, thanking me for the difference CentacareCQ had made in her life - she sounded like a completely different person.

Michelle said that she was taken aback by Jo's kind words.

"She is just so much happier now.

"It's a wonderful feeling to know that you can make a difference to a person's life, not only physically, but mentally too."

"CentacareCQ organised weekly visits for a carer to come over and help with my mopping, vacuuming and changing of my bed sheets - all the things I had been struggling to do for so long."



Social Groups making a

# SPLASH



## Margaret and Delroy never miss out on their Friday morning social group sessions.

The active duo is always eager to attend their weekly fitness-focused activities together.

The morning kicks off with a workout at the CentacareCQ Gym, working up a sweat on the cycling and rowing machines, and the exercise balls.

The gym session is then followed by a visit to the Second World War Memorial Aquatic Centre (Southside Pool) for some pool exercise.

*"We love the pool exercise," Margaret said, sitting beside Delroy on the pool's edge, gently wading her feet in the water.*

Margaret added: *"We've been going ever since it started, which is a few years now. Our Friday mornings are not only a great way for us to keep active, but are also our chance to catch up with one another. Company is just as important as keeping fit."*

Gym sessions and pool exercise are just some of the activities Rockhampton's Social Groups host each month.

Taking clients on a range of adventures is what Social Groups does best, including musical events, picnics and mystery tours, shopping and game days.

**If you would like to book your attendance at one of the 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](http://centacarecq.com/rsg)



# Easter Wonderword

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

- |               |            |               |              |
|---------------|------------|---------------|--------------|
| ASH WEDNESDAY | DISCIPLES  | LAST SUPPER   | PRAYER       |
| BREAD         | EGG HUNT   | LENT          | RESURRECTION |
| BUNNY         | EGGS       | MARY          | ROAST        |
| CALVARY       | EUCCHARIST | MASS          | SACRAMENT    |
| CELEBRATION   | FAMILY     | MEAL          | SATURDAY     |
| CHOCOLATE     | FASTING    | NEW TESTAMENT | SUNDAY       |
| CHRIST        | FESTIVAL   | PALMS         | THURSDAY     |
| CHURCH        | FRIDAY     | PARADE        | TOMB         |
| CROSS         | HOLIDAY    | PASSOVER      | TRADITION    |
| CRUCIFIXION   | HOLY WEEK  | PENANCE       | VIGIL        |
| CUSTOM        | JESUS      | PENITENCE     |              |

# Hot Cross Buns



### Ingredients

- 2 tsp dried yeast
- 2 tbsp caster sugar
- 3/4 cup warm milk
- 2 1/2 cups plain flour
- 1 tsp mixed spice
- 40g spreadable butter

- 2/3 cup sultanas
- 1 tsp finely grated orange rind
- 1 egg, lightly whisked
- 1/3 cup plain flour, extra
- 1 1/2 tbsp boiling water
- 1 tsp gelatin powder
- Extra butter, to serve

### Method

Combine yeast, sugar and milk into a small bowl. Set aside in a warm place for 10 mins or until frothy.

Combine flour and mixed spice into a bowl. Rub in the butter. Stir in the sultanas and orange rind. Make a well in the centre and stir in the yeast mixture and egg. Cover and set aside in a warm place for 40 mins or until the dough doubles in size.

Grease an 18cm x 28cm slice pan. Knead the dough on a floured surface for 5 mins. Divide dough into 12 portions. Roll each portion into a ball and place in the prepared slice pan.

Cover and set aside in a warm place for 10 mins. Preheat the oven to 220°C. Combine extra flour and 2 tsp of extra sugar in a bowl. Stir in 2 tsp of cold water to form a thick, smooth paste. Place mixture into a sealable plastic bag and cut off one corner. Pipe over the buns to make crosses. Bake for 20 mins or until buns sound hollow when tapped on top.

Turn onto a wire rack to cool. Stir boiling water, gelatin and remaining 1 tsp of extra sugar in a heatproof jug until gelatin dissolves. Brush over hot buns. Serve warm with butter.