



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.**

Continued on page 2 >

“

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

Mackay Region

Also in this issue...

Shingles: Fact vs Fiction

Garden advice

Wonderword

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

REFLECTION

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

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



ADVICE

Shingles... Fact vs. Fiction

Despite how common shingles is, there is a lot of misinformation out there.

Shingles is a viral infection that can cause a painful band of blisters, or a rash and burning pain or tingling sensation, that can last for a few weeks or longer.

Here are a few common myths about shingles that have been busted, to help you understand the virus and how to protect yourself:

- 1 Myth: Shingles is just adult chickenpox.**
Fact: It's true that shingles and chickenpox are caused by the same virus - varicella zoster - but the two are not the same.
- 2 Myth: Only older people get shingles.**
Fact: While the infection is more common in people over 50 years of age, anyone who has had chickenpox can get shingles.
- 3 Myth: You can only get shingles once.**
Fact: Developing shingles does not result in immunity. In other words, you can still become infected in the future.
- 4 Myth: The biggest problem is the rash.**
Fact: Though the rash is a defining sign of shingles, many sufferers report the accompanying pain to be the worst symptom.
- 5 Myth: You just have to wait it out.**
Fact: While there is no cure for shingles, antiviral medication can relieve the symptoms and help prevent complications.
- 6 Myth: Shingles goes away after a few days.**
Fact: The rash frequently resolves within a few weeks.

The shingles vaccine reduces the likelihood of shingles. Shingles can still occur in vaccinated people, but the severity of symptoms is likely to be milder and symptoms will have a shorter duration.



Read more about shingles by scanning the QR or visit: centacarecq.com/shingles



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 | |

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