



NEWSLETTER

INTERNET KIOSK

Special points of interest:

- *Internet Kiosk*
- *Eating Well
Take the
Challenge*
- *Italian Club
Birthday*
- *Footy Results*

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St Carthage's Community Care is excited to announce our new Internet Kiosk is set up and ready for people to use. The Internet Kiosk is funded by the Australian Government through the Broadband for Seniors initiative. Broadband for Seniors is part of the wider Australian Government initiative "Making Ends Meet - Plan for Older Australians, People with Disabilities and Carers".

The kiosk allows people to get relevant information from government, commercial and personal websites, send and receive emails, share photos and to meet with other people who are venturing on to the information superhighway for the first time.

The Broadband for Seniors concept is to provide a friendly environment where people can come and learn basic computer and Internet skills. The Internet Kiosk aims to:

Provide older people and people with disabilities access to computers and the Internet

Support older people and people with disabilities to gain confidence and build skills in using new technology

Address the issue of older people and people with disabilities feeling isolated and 'left behind' in a technological age

Build community participation and social inclusion amongst older people and people with disabilities

If you would like to come and have a look at the Internet Kiosk or make an appointment for a tutorial, please call the office on 6620 0000.





Eating well: take the challenge!

Why should I eat well?

By eating well, maintaining a healthy weight and keeping active, you can reduce your risk of developing Type 2 diabetes, heart and blood vessel disease (eg stroke), and some forms of cancer. This nine week challenge will help you make gradual changes to your diet that you can maintain.

In this guide, you will be given at least two options for changes to make each week.

If you find you have already made all the changes suggested for one week, progress to the next week.

As well as losing excess body fat, your energy levels should increase. Good luck and enjoy!

Week 1

Goal: make the change to reduced fat dairy foods

Start simply and make an easy change.....

- Option 1** Try a lower fat variety of milk such as Lite White, Pura Light Start, Farmers Best or Shape.
- Option 2** Use low fat or light yoghurt, for example Nestle Diet or Danone Diet Lite.
- Option 3** Try low fat ice-cream, for example Norco Light, Peters Light & Creamy, Oak Classic Light or Weiss Frutia.
- Option 4** Look for reduced fat cheeses such as cottage, reduced fat ricotta, Bega Superslim, Kraft Free slices, Shape or Devondale 7.

My name is Roland and I commenced work with St Carthage's Community Care in 1993 in the Disabilities program, and I have been the program officer for Disabilities for the last fourteen years.

My wife and I moved to the Northern Rivers in 1986 and have enjoyed a full and rewarding life since then. My work has also proved to be full and rewarding and I have met many wonderful people connected with the Disabilities program, clients, their parents and other service providers.

It has been my privilege to be part of this expanding organisation and be witness to the growth of a community care organisation.





4 SEPTEMBER 09

Congratulations to the Italian Seniors' Day Club who celebrated its 22nd Birthday this year with festivities, food and fun. Special guests, Don and Lucia De-Bortoli from Texas Qld. entertained us all with great music and songs!

Parmesan Egg Bread

- 6 plum tomatoes
- 4 tablespoons olive tapenade
- Virgin Olive Oil for drizzling
- 150 ml milk
- 3 Eggs
- 3 tablespoons grated Parmesan cheese.
- 50g butter
- 6 slices white bread
- Handful baby spinach leaves
- Basil, black pepper & salt to serve.



Cut the tomatoes in half and scoop out seeds. Spoon a little tapenade on each tomato and drizzle with oil. Cook under hot grill (3 minutes) until soft.

Beat milk, eggs, Parmesan, salt and pepper together. Melt half the butter in a large frying pan. Dip 3 bread slices into the egg mixture, add to pan and fry over medium heat for 3-4 minutes, turning once until golden on both sides. Repeat with remaining bread slices and egg mixture.

Serve the egg bread topped with the grilled tomatoes, baby spinach leaves and a few basil leaves.

For sweet egg bread, dip 4 slices of brioche into a mixture of 2 beaten eggs, 25 g caster sugar and 1/2 teaspoon ground cinnamon. Melt 25 g butter in frying pan, add bread slices and fry 2-3 minutes on each side until golden. Serve with icing sugar, fresh berries and dollop of whipped cream.

FOOTY RESULTS

1st	Norah Carroll	127
2nd	David Atkins	124
3rd	Joan Raison	121
4th	Carol Welsh	117
5th	Jess Daley	115
5th	Gladys Creighton	115
6th	Harlene Trenerry	114
7th	Peg McInerney	110
8th	Val Sawtell	108
9th	Roger Brown	107

***Congratulations Norah!
Footy Party After Grand Final!!***

Happiness
is knowing
what
happiness is.



ST CARTHAGE'S COMMUNITY CARE

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Our Website:
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Services Include:
Community Aged Care Packages
Extended Aged Care at Home Packages
Seniors Day Club
Respite Program
Seniors Respite Service
Breakaway Respite
Private/Brokerage Services
Self Care Units

IMPORTANT DATES

- 1 October: RSPCA Awareness Week
- 2 October: Walk to Work Day
- 2 October: World Habitat Day
- 5 October: Labour Day
- 16 October: National Babies Day
- 18 October: National Water Week
- 19 October: National Carers Week
- 19 October: Sock It To Suicide
- 30 October: National Bandanna Day
- 31 October: Halloween
- 3 November: Melbourne Cup Day
- 11 November: Remembrance Day

"Old Age is not for Sissies"
Old people like to give good advice, since they can no longer set bad examples.

TEN TIPS TO STRESS LESS

1. Have the courage to be imperfect
2. Take time for yourself
3. Sign up for that course
4. Join that Club
5. Be active every day in as many ways as you can
6. Spend time with the people who make you feel good
7. Laugh out loud each day
8. Invite your neighbor over for a cup of tea
9. Do one thing now that you have been putting off
10. Remember that the stress shall pass

WORDS OF WISDOM

- I don't want to achieve immortality through my work. I want to achieve it through not dying.
- If a tree falls in the forest and there's nobody there to hear it, it means my secret logging operation is working.
- Always try to be modest—and be proud of it.
- Conversations rarely end on "Whatever".
- Looking for a helping hand. There's one on your arm.

