

## Singleton Hair and Beauty Volunteers

**W**hen living in Singleton Aged Care there are many things that make you feel like you're at home with friends. The staff, the surrounds and the company of others all provide a caring environment for residents.

However, each Tuesday there is something extra special to look forward to.

Because each Tuesday, for more than 18 years, a group of volunteers take it in turn to visit the centre and provide the services of a hair and nail salon.

There is nothing more enjoyable than catching up with friends each week, being pampered and then walking away looking and feeling like a film star!

During last year, the band of volunteers had to take a break due to COVID, but they have since returned much to the delight of residents.

We cannot thank these volunteers enough for their bringing joy, companionship and laughter to the centre for many years.

Of course, there are other volunteer roles available at Singleton Aged Care. It is these wonderful people that also contribute to making the residents comfortable and feel like they are at home.

If you, or someone you know, is interested, then please contact Karen Maloney, the Volunteer Coordinator, on 4944 1918 or at [karen.maloney@mercyservices.org.au](mailto:karen.maloney@mercyservices.org.au).



Karen Maloney (far left) with the incredibly generous Singleton Hair and Beauty Volunteers.

# We say farewell to Jim

Jim McIntyre started with Mercy Services in 2006 and quickly became an integral part of the Mercy family. Jim has carried out a number of roles within Mercy, but he is fondly remembered as a wonderful bus driver for the Community Transport team.

This month we bid Jim a very fond farewell on his retirement and wish him many years of health and happiness.

Jim will be remembered as a very caring man who brought a smile to client's faces as well as being a very loyal Rabbitohs supporter!

best  
WISHES



# Introducing ... Grace



Grace is our Health and Leisure Activities Officer and has been with Mercy Services for over 14 years.

Grace was born in Newcastle with strong Scottish roots; she grew up in Williamstown in her early years then later moved to Cardiff. Grace is a mother of four children and grandmother of seven that keep her busy on the weekends. She lives with her very spoiled 13 year old Chihuahua Charlie.

**Favourite Movie:** 50 First Dates

**Favourite Food:** Seafood or anything someone else cooks!

**Favourite Band:** Bee Gees (particularly Barry)

**Hobbies:** Gardening, spending time with her family

**Best thing about working at Mercy Services:** Our clients! They make me smile every day and we love having a laugh together. I work with a great team of people that make my job so much more enjoyable.

Grace has a great sense of humour and always looks on the bright side of life.

*"In all our work we strive to provide compassionate, respectful, high quality and environmentally sustainable practices."*

*Part of Mercy Services Mission Statement*

# Concerts return

After 16 months, live music performances have returned to Singleton Aged Care.

To celebrate, families of residents were invited to come along and enjoy the music with their loved ones.

A big thank you to the Generation Singers!



*"We believe in offering services that recognise and honour the whole person: body, mind, heart and spirit."  
Part of the Mercy Services Philosophy Statement*

# A musical exercise

The residents of Singleton Aged Care were treated to a fun and engaging exercise this month. To keep the body moving and the mind active, they participated in a morning of drumming.

This fun activity was enthusiastically undertaken with residents being heard to say they can't wait for the next time.



*"We can never say 'it is enough'".  
Catherine McAuley, Foundress, Sisters of Mercy*

# A bumper pumpkin crop

Thanks to the favourable weather conditions, we have had a bumper pumpkin crop at West Wallsend.

This year's harvest is up to nine big Greys and there are still Jap pumpkins on the vine.

Rachelle has been cutting up the pumpkins and sharing it out among the staff. This has led to some interesting discussions on the best recipes for the pumpkins, including who has the best recipe for pumpkin soup.

If you have a recipe to share, please let us know at [mercymatters@mercyservices.org.au](mailto:mercymatters@mercyservices.org.au)



## Pumpkin risotto

### Ingredients

- 3 cups (750 ml) vegetable stock
- 700 g butternut pumpkin, peeled, seeded and cut into 2 cm cubes
- 3/4 cup Arborio rice
- 1/2 cup Parmesan, grated

### Method

1. In a saucepan, bring the vegetable stock and pumpkin pieces to the boil.
2. Reduce heat, cover and simmer for 10 min.
3. Add the rice and continue to simmer for 20 min, stirring regularly, or until the rice is soft and most of the liquid has been absorbed.
4. Stir through half the Parmesan and season with sea salt and pepper.
5. Serve sprinkled with remaining Parmesan.

*"We must strive to do ordinary things extraordinarily well."*

*Catherine McAuley, Foundress, Sisters of Mercy*

# My favourite hobby word search

## My Favorite Hobby Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words in  
the grid. Look for  
them in all directions  
including backwards  
and diagonally.

- BICYCLING
- BOATING
- BOWLING
- CAMPING
- COOKING
- CRAFTS
- DANCING
- ENTERTAINING
- FISHING
- GARDENING
- GOLF
- HIKING
- HORSEBACK RIDING
- HUNTING
- MOVIES
- MUSIC
- PAINTING
- PLAYING CARDS
- READING
- RUNNING
- SEWING

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

- SHOPPING
- SKIING
- SPORTS
- SWIMMING
- TENNIS
- THEATER
- TRAVELING
- WALKING
- WRITING



*"Keep patience ever at your side, you'll want it for a constant guide."*

*Catherine McAuley, Foundress, Sisters of Mercy*