

Mary Blackford in Queen's Birthday Honours



Mary Blackford at her retirement lunch
in April 2018

At Mercy Services, we were all very pleased to read that the wonderful Mary Blackford was recognised in the Queen's Birthday Honours, earlier in June.

Mary received a Medal of the Order of Australia in recognition of her contribution to the wellbeing of our community.

When Mary retired in April 2018 we shared her story with our readers and outlined the many contributions and a long commitment to the welfare of people in our community, including the very successful 'home visits' program. Mary and her volunteers brought comfort, kindness and joy to the many people they visited each week.

Mary oversaw many changes during her involvement with Mercy Services and its associated organisations, but Mary was always quick to point out that "there will always be change, but the trick is to meet it head on and keep the heart of the organisation in mind".

We congratulate Mary on receiving this much deserved recognition.



Congratulations

What's Inside

Mary Blackford in Queen's Birthday Honours	1
Bronte House Garden Update	2
The Dance of Many Veils	2
Tips on Saving Money	3
Spot-the-Difference puzzle	3
Recycling ... every little bit helps	4
Scott's fundraising efforts	4
Glasses tricks everyone should know	5
Simmered Duck with Cabbage & Potato	5

Bronte House Garden Update

The May working bee for Bronte House was a great success, as reported in the last edition of Mercy Matters.

The completed garden beds are now ready for warmer weather!

This great achievement was accomplished with the help of volunteers, Mercy staff, and the Bronte House residents.

We are very grateful for the financial support received from the Mercy Action Support Fund (MASF).

Many thanks to all involved in continuing to foster a genuine 'home' environment at Bronte House.



The Dance of Many Veils

On a quiet Thursday morning in June, the Newcastle Elderly Citizens Centre was taken over by veiled ladies all showing off their skills and techniques in a demonstration of Middle Eastern dancing.



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

Part of Mercy Services Mission Statement

Tips on Saving Money

We all like to save money where we can. Did you know that if you have a Pensioner Concession Card, or a Health Care Card issued by the Department of Human Services there are many opportunities for you to save money?

Ranging from a Seniors Card where discounts on services and products can be found, to programs to save on your license, spectacles, appliances and even your gas or electricity.

Did you know that if you hold a Pensioner Concession Card or a Health Care Card or a Veterans' Affairs Gold Card you could be eligible for a 40% discount on the cost of a new fridge or 50% off the cost of a new television?

You can also find savings on public transport and even concession car parking at NSW public hospitals.

All the information is on the 'Service NSW' website at www.service.nsw.gov.au/services/concessions-rebates-and-assistance.



Spot-the-Difference

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Tuft of grass by backpack is colored in. 2. Rock behind skateboard is missing. 3. Label on skateboard is colored in. 4. Bush on right is colored in. 5. Crest on backpack has moved. 6. Light on bus has moved. 7. Exhaust from bus has moved. 8. Rear window on bus is taller. 9. Pattern on skateboard nose is wider. 10. Folder under girl's arm is wider. 11. Lunch bag is wider. 12. "BUS" sign is taller.

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

Catherine McAuley, Foundress, Sisters of Mercy

Recycling ... every little bit helps

We all know that recycling is essential, but what do you do with the items that aren't collected in our kerbside recycling collection?

For people living in the Newcastle/Lake Macquarie area you can recycle the following items:

x-rays
fluorescent globes (not tubes)
batteries (not car batteries)
printer ink cartridges
Reading glasses
Mobile phones, phone batteries and chargers



Just drop these 'special' recycling items to one of the Community Recycling Stations which are located at:

- Council's Customer Enquiry Centre - Ground Floor, 282 King Street, Newcastle
- Newcastle Museum - 6 Workshop Way, Newcastle
- Newcastle Region Library- War Memorial Cultural Centre, Laman Street, Newcastle
- Wallsend Library- Bunn Street, Wallsend
- Summerhill Waste Management Centre- 141 Minmi Road, Wallsend
- Awaba Waste Management Facility – 367 Wilton Road, Awaba

X-rays can also be dropped into PRP Imaging Centres

Printer Cartridges and mobile phones can be dropped into Officeworks stores to be part of the 'Cartidges for Planel Ark' and 'Mobile Muster' initiatives.

Scott's fundraising efforts

Mercy Services Community Care Assistant, Scott Melmeth not only cares about those he works with in Mercy Services, but Scott also cares for our community's most vulnerable - the homeless.

Scott and his daughter participated in the 'sleeping rough' for charity event on Friday, 14 June 2019 to raise money for The Soul Food Cafe in Newcastle. Last year they helped raise over \$30,000 which allowed the charity to purchase a washing machine for the homeless. This year they hope to raise more money for essential items and this sleep out is one step towards that goal.

We always said that Mercy Services has wonderful, caring staff and Scott has found an additional way to demonstrate this. We congratulate Scott and his daughter for their achievements.



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

Glasses tricks everyone should know

Wearing glasses can sometimes pose a problem. From struggling to find them in the dark to trying to read the bottles in the shower without them. Here are few tricks to make your life a little easier.

Find glasses in the dark - dab a little 'glow in the dark' paint on the frames, so that when the lights go out, you can find your glasses.

In the shower - if you struggle to find the shampoo rather than condition in the shower without your glasses, then place a hair band around one bottle to distinguish between the other.

Keeping the lenses clean - stock up on microfibre cloths and store them in places you frequent, such as the car glovebox, your bedside table, the kitchen drawer and perhaps even with your TV remote.



Simmered Duck with Cabbage & Potato

When was the last time you cooked duck for dinner? Try this one pan meal for one. Of course if you would like more, just double, or triple the recipe.

Ingredients

1 duck breast, about 200g
2 rashers bacon, chopped into 6 pieces
1 med potato, peeled and cut into about 8 chunks
1/4 Savoy cabbage, roughly shredded, core removed.
150ml chicken stock
Pinch chopped parsley
Pinch of garlic if desired

Method

Heat a small saucepan (one with a lid) on a medium heat. Season the breast, lay it skin side down in the pan and reduce the heat to the lowest it will go. Leave to sizzle for about 15 minutes, uncovered, until the skin is golden and crisp and has rendered most of its fat. Don't shake the pan or move the duck.

Remove the duck (the meat side will be raw). Pour out just over half the fat (save it for frying vegetables another time) and turn up the heat slightly. Add the bacon and fry for 2-3 minutes until starting to crisp. Add the potato, cover and cook for 10 minutes, stirring occasionally, until the potato looks sticky and has just started to brown at the edges.

Tip in the cabbage and stir until glossy, then pour in the stock. Nestle the duck, skin side up, among the cabbage and potato and cover the pan. Simmer gently for 10 minutes until the veg is tender and the duck cooked. Remove the duck from the pan and stir in the parsley and garlic. To serve, spoon the veg, bacon and juice on to a plate and sit the duck on top. Pour a glass of wine and enjoy the flavours of autumn



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

Catherine McAuley, Foundress, Sisters of Mercy