

## McMercy Ice Creamery open for business!



Left: Jenny Yates and Leesa Bigham with June Kill and Dawn Eslick cutting the ribbon for the McMercy Ice Creamery; Middle: June Kill enjoying her ice cream; Top Right: Many of the residents have enjoyed their first 'McMercy' ice cream; Bottom Right: Dawn Eslick with Jenny Yates.

On Monday, 20 May something new and wonderful took place at Mercy Aged Care in Singleton. After many visits to the local McDonalds to treat themselves to the classic '50c soft serve cone', staff at Mercy Aged Care decided that they needed a soft serve machine of their own.

After discussing the idea with the residents, the idea took off. The stall was constructed, decorated and put in place for all to see.

'The looks on the residents' faces as the front of the shop was being painted and decorated were just priceless' said the facility service manager, Leesa Bigham. "They haven't stopped smiling," added Leesa.

Residents June Kill and Dawn Eslick were on hand to cut the ribbon and declare the McMercy Ice Creamer officially open.

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# We love our volunteers!

As part of Volunteer Week we hosted a morning tea on Thursday, 23 May at our West Wallsend Site and were pleased to welcome volunteers, neighbours, members of the Sugarloaf Valley Croquet Club and staff to this event.

A big thank you to everyone who contributed to our Biggest Morning Tea whether it be by food, raffle donation or some spare change. We have managed to raise \$631 that will go directly towards cancer research.



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

*Part of Mercy Services Mission Statement*

# More than just a meal delivery

Every Wednesday morning our kitchen at West Wallsend is taken over by this amazing trio. They are Tony, Russell and Ken.

The kitchen is a familiar surroundings for Tony, Russell and Ken as they have been volunteering collectively for over 25 years.

After carefully packing their portable fridges with frozen meals they are ready to start their delivery to homes across Lake Macquarie. For our clients, these volunteers are much more than a delivery service. They are someone to talk to about their garden, the latest great grandchild or simply the weather. They are reliable, punctual and always ready for a joke and a chat. If needed, they will even pack the meals away in the freezer. Always happy to have a chat, these men really enjoy their time with each client.

Mercy Services cannot thank this dynamic trio enough, they are a shining example of how a few hours of your time can make a big difference.

If you or someone you know may benefit from receiving this service, and you live in the Lake Macquarie area give us a ring at Mercy Services.



## Can you help Brighton House?

Brighton House is our residence for young men recovering from addiction. After 25 years at the one address - and numerous residents calling Brighton House 'home' during that time - some of the furniture items are a little worse for wear. If any readers or friends of Mercy Services, can spare the following in good condition:

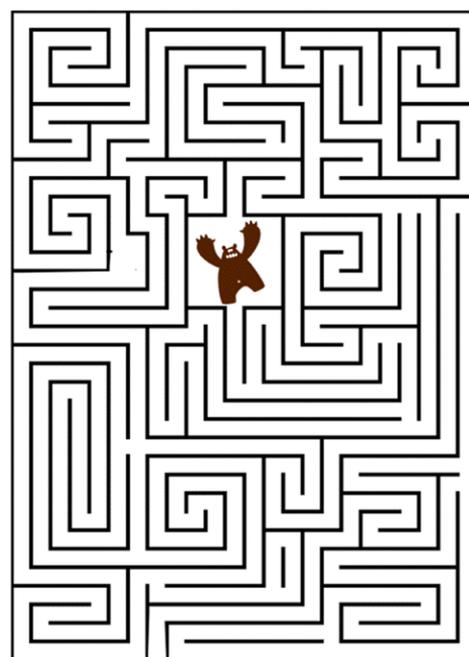
- Lounge suites
- Coffee tables
- Book cases
- Vacuum cleaner

Please leave a message for Stuart with reception on 4962 6680 to arrange your donation.



## A quick puzzle

Eddie has been in the house too long and turned into a monster. Help him find his way to his friends.



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

*Catherine McAuley, Foundress, Sisters of Mercy*



# Meet ... Isabella Thompson

This is the lovely Isabella Thompson. Izzy is a client of Mercy Services and also a regular Patron of The Newcastle Elderly Citizens Centre. Izzy thinks she is just a normal, run-of-the-mill lady and doesn't really deserve a fuss made of her. However, she is far from run-of-the-mill.

Izzy has spent countless years volunteering and has received many awards and certificates. One of them was from Ms Sharon Claydon our federal Member for Newcastle (see attached photo). Izzy also regularly goes to Bali and donates toys and clothes to orphanages; bringing smiles, hugs and joy to many children.

Izzy is also the proud grandmother of Miss Teen Australia. The thing many people appreciate about Izzy is her kind, honest and non-judgmental nature. Izzy is always out and about and likes to keep busy but always has time to sit and have a chat.



## Bronte House working bee

On Saturday, 11 May a group of volunteers got together at Bronte House - our recovery house for women. They created some raised garden beds to grow vegetables for the Bronte residents.

We are very grateful to Sr Faith, Kerrie, Elyce and Olivia who, along with the Bronte House residents, generously volunteered their time for the project.



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

# Save the Date ...

Planning is underway for the Mercy Aged Care Twilight Markets and Carols by Candlelight in December. Whilst it's not for a little while, it's never too early to save the date.

Also, if you or anyone else you know would like to have a stall at this wonderful event, please contact Jenny Yates on 6572 2499.



# A Note from the Editor ...

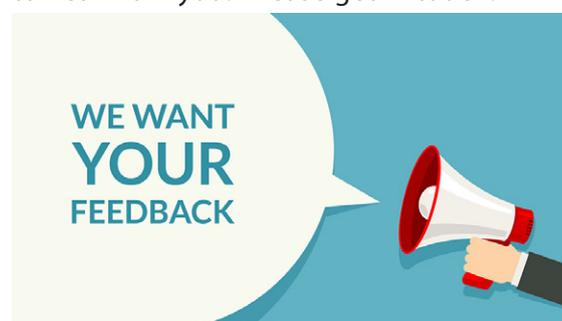
Each month we strive to bring you a newsletter that you will enjoy reading and perhaps even learn about the wonderful programs and activities that are organised by Mercy Services.

This newsletter is for you.

To ensure that the information is appropriate, relevant and of interest to you, we need your feedback.

If you would like to see something in this newsletter, then please let us know. You can phone us on 4962 6680 or perhaps send us an email at [mercymatters@mercyservices.org.au](mailto:mercymatters@mercyservices.org.au).

Of course, if you have any feedback on a service you have received from Mercy Services, we would also love to hear from you. Please get in touch.



# A warming soup for one

As the weather turns cooler, it's time for a warming soup. Try this 'Broccoli Cheddar Soup' for one. Of course if you would like more, just double, or triple the recipe.

## Ingredients

- 1 cup broccoli florets, steamed
- 1/2 tblsp olive oil
- 1/2 cup chopped onions
- 1 clove garlic, minced
- 2 tsp plain flour
- 1 1/2 cups chicken stock
- 1/2 cup thickened cream
- 1 1/2 cup grated cheddar cheese
- 1/4 tsp cumin
- 1/8 tsp chilli powder

## Method

- Heat the oil in a medium-sized pot.
- Add the onions and cook for 3 minutes. Add the garlic and cook for a minute longer.
- Stir in the flour and cook and stir for 1 minute.
- Whisk in the broth and then stir in the cream.
- Bring soup to a gentle boil, stirring constantly, then reduce the heat to low and simmer.
- Stir in the cheese, cumin and chilli powder.
- Simmer the soup for 10 minutes, stirring occasionally.
- Stir in the cooked broccoli



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

*Catherine McAuley, Foundress, Sisters of Mercy*