



Mercy Matters

December 2023

A Christmas Message

In late November the team at Mercy Services got together to have our Christmas party; bus drivers, registered nurses, CCA's, accounting and administration staff and counsellors – the first since 2019. What struck me the most about getting together after four years is the value of being with other people to just enjoy each other's company.

Holding our Christmas party in late November also gives our team the opportunity to get ready for the busy month of December as we help celebrate Christmas with you throughout December – something we all really enjoy.

This Christmas we do hope that you get time to share with people who are special in your life.

Of course, this time of the year can be lonely too for some so if you or someone you care about find this time of the year difficult, please don't hesitate in reaching out so we can provide you with some support. That sentiment and reality is summed up by something Catherine McAuley wrote '*There are things the poor prize more highly than gold, tho' they cost the donor nothing; among these are the kind word, the gentle, compassionate look, and the patient hearing of their sorrows.*' Something we all should remember at this time of the year.

But the angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger."
Luke 2:10-12

May you be blessed with, joy and peace this Christmas.

Tony Bidstrup, CEO



ESTEEM First Anniversary

On Monday, 20 November, we celebrated the first anniversary of running the ESTEEM After Stroke program with Mercy Services.

It was a fantastic celebration, providing an opportunity to reflect on the many valuable contributions that have led to this wonderful program, which provides stroke survivors the opportunity to enhance their recovery through engaging in environmental enrichment activities. It was heartwarming to hear from past participants of the program and learn how it has benefited their lives, and to have the opportunity to witness some of the program's activities in action.

A huge thank you to ALL who have been involved in the ESTEEM journey, those who were able to attend the First Year Anniversary and those who were missed!

Everyone has played an integral part in creating this big community, and it's about to get bigger!!!



Christmas Closures

Community Transport

Phone / Office: Closed from 5pm Friday, 22 December and re-opens 9am Tuesday, 2 January

Main Transport Services: Closed from 5pm Friday, 22 December and re-opens 9am Friday, 5 January

Day Centres

West Wallsend: Closed from 5pm Thursday, 21 December and re-opens 9am Tuesday, 9 January

Tighes Hill: Closed 5pm Thursday, 21 December and re-opens 9am Monday, 8 January

Mayfield: Closed 5pm Friday, 22 December and re-opens 9am Tuesday, 9 January



Melbourne Cup at Tighes Hill

Melbourne Cup was celebrated at Tighes Hill this year with many wonderful hats on display.



Lots to do at West Wallsend

Since the last edition of Mercy Matters, the staff and clients have been busy celebrating Halloween and Pirate Day as well as visits from Stephanie's ponies and Dougie the Dog!



Celebrating Christmas at Mayfield Seniors

Over two days Mayfield Seniors Centre held two Christmas celebrations.

Both were well attended and enjoyed by those present.

There was even a visit from Santa!



The Christmas Spirit is alive and well



The residents at the Singleton Mercy Aged Care received a wonderful visit from students at St Catherine's Catholic College in the weeks before Christmas.

The students presented residents with individual gifts and then the choir entertained the residents with Christmas Carols.

Our heartfelt thanks and gratitude go to the staff, students and their families for a wonderful visit.



A Christmas Poem

Christmas round the world is different everywhere
and in Australia, heat is in the air.

There is no sign of snow.
It's summer don't you know?

We've got our hats and swimsuits on,
it's to the beach we go.

Oh Christmas in Australia is Christmas in the sun.
Christmas in Australia is hot for everyone!



Cranberry Turkey Meatloaf

If you are searching for a budget-friendly alternative to the traditional Christmas lunch, then look no further than this meatloaf (serves 8).

Ingredients

- 1kg turkey mince
- 1 egg, lightly beaten
- 1 small brown onion, grated
- 1 granny smith apple, grated
- 2 garlic cloves, crushed
- 1/4 cup shredded fresh sage leaves
- 2 tbsp chopped fresh flat-leaf parsley leaves
- 3/4 cup dried breadcrumbs
- 1/2 cup cranberry jelly, melted

Method

Step 1

Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 14cm x 21cm loaf pan. Line with baking paper, leaving a 5cm overhang at both long sides.

Step 2

Using hands, combine turkey, egg, onion, apple, garlic, sage, parsley and breadcrumbs in a bowl. Press mixture into prepared pan.

Step 3

Brush top with 2 tablespoons cranberry jelly. Bake for 1 hour or until cooked through. Stand in pan for 5 minutes. Using paper lining, remove from pan. Transfer to a platter. Brush with remaining jelly. Serve.

Christmas Vanilla Slice



Step 1

Using a tree cookie cutter, cut shapes into two or three sheets of Puff Pastry. Place shapes on baking sheet and bake in moderate oven until golden brown. Remove from oven and let cool.

Step 2

Meanwhile, prepare the a box of Aeroplane or Cottees Vanilla dessert box as per the instructions.

Step 3

Place a few spoonfuls of the vanilla dessert on top of a tree pastry and smooth out. Add another tree pastry on top. Decorate with icing sugar.

Christmas Treats

Word Search

- BUCHE DE NOEL
- CANDY CANE
- CHOCOLATE
- CLOVES
- COOKIES
- CRANBERRIES
- EGGNOG
- FRUITCAKE
- FUDGE
- GINGERBREAD
- GOOSE
- GRAVY
- HAM
- MINCEMEAT
- NUTS
- ORANGES
- PUMPKIN PIE
- STUFFING
- SUGARPLUMS
- SWEET POTATOES
- TURKEY

