

## West Wallsend Day Centre has re-opened

Our West Wallsend Day Centre has finally reopened this week amidst much excitement and anticipation from the staff.

It has been a long four months but the time has finally arrived and no-one could be more pleased than Grace, our Activities Officer.

Grace and her team have been bustling around ensuring everything is ready, the Bingo buttons are glistening and the smell of Carlie's cupcakes is wafting out of the kitchen.

All we need now is the bus to arrive .....



The West Wallsend Day Centre offers a range of regular activities and services to meet the needs of our elderly and disabled community members.

Grace would love nothing more than to meet you, chat with you and make your day a little brighter.

If you would like to know more, please contact us on 4961 2686.

Please  
Join Us



# Making Tracks with our Exercise Outings

We all know that staying safe is key during this pandemic, and so is staying healthy. Sometimes looking after yourself can be as simple as enjoying the fresh air and lovely locations – and we have found a way to help our clients do just that!

To benefit the minds and bodies of keen clients, our Community Transport Team started a service for 'Exercise Outings' and the feedback shows it has been a wild success.

Each outing is to a different location, and our drivers take great pride in planning a route to remember.

Currently these outings are run a few days a week, and attendees are socially distanced on the buses for added safety.

If you are looking for a safe way to get out of the house and see somewhere new, this might be an ideal option for you.

For more information, or to find out about booking your own seat on upcoming tours, please speak to your Care Manager, or call our Community Transport team on 4961 3113.



## A thoughtful donation



A great big thank you to the members of U3A Eastlakes and their sewing teachers at Quirky Quilters Belmont and Zonta Newcastle. They donated some beautiful hand-made quilts to us to offer to clients in need.

Wrap with love is a charity that deliver to needy countries, that are experiencing extreme poverty or other natural disasters. They have enriched over 414,000 people's lives by giving them a warm and beautiful rug. If you know of anybody that we can assist in passing on a beautiful Nanna rug please contact our office on 4961 2686.

## We love our Aged Care Employees



August 7 marks the International Day of Aged Care Employees.

At Mercy Services we send out a big shout out to all our staff working in Aged Care.

We thank them for their professionalism, the care they deliver on a daily basis to our residents and for being the wonderful, human face of Mercy.

We are proud to have such a wonderful team and we just want to say, 'Thanks for caring!'

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

*Part of Mercy Services Mission Statement*



## Community Transport is poetry in motion

**We were delighted to receive this wonderful poem from our clients: Judy, Anthea, Margaret, Iris, Nola and Joy. They each enjoy their outings on the bus so much, they put together this poem for our Community Transport Team.**

Here comes the bus!  
These lovely drivers are going to pick up us  
Six ladies, we are all looking for a break  
In our weekly pattern so the bus we will take.  
Our lives had begun to turn out so dry  
We can't go here and we can't go there  
Our lives had become boring and bare  
this COVID virus seems everywhere!

Then along came MERCY with an offer so good  
Six ladies only allowed on the bus  
We thought that would really suit us  
To Mt Sugarloaf we decided to go.

The countryside was looking so green  
And making good progress where the bad had been.  
We toured around and took in the sights  
And then decided that we might, go back to Morpeth  
Where once before some of us had dined on Pies to  
die for!

Unanimous, it was decided the pies were the go  
Lovely country sights then Morpeth!

There was a bit of a rush, and orders were flying out  
the door  
You'd think there was a pie like these never before!!

We meandered home taking in more of the sights  
Like the airport deserted like never before since the  
virus kept so many indoors (not us!)

Then it was the ships at sea and more of the beauty  
that surrounds us.  
It had been a day so very different from those before  
And we were no longer bound to being indoors.

The company was great, so too our drivers, what a  
great day!

Thanks Mercy!

*Thank you Judy, Anthea, Margaret, Iris, Nola and Joy!*

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

# A trip down memory lane

I don't know about you, but looking at old photos can bring back some wonderful memories. Even if I don't know the people, they can make me think of my own experiences and happy times. Hopefully these photos will bring back some memories for you ...



This is Heather and Alex. They recently celebrated their 70th wedding anniversary. What a wonderful achievement and I'm sure you'll agree with me that they haven't changed a bit! Heather and Alex are both clients of Mercy Services and we wish them many more years of happiness.



**Who remembers the Greek cafes?** There seemed to be one in every town and they were always something to enjoy. This is a photo of Peter Comino, Matina Comino (nee Moulos) and her brother Jack Moulos in Singleton in the 1950s.

Matina Comino's (née Moulos) family operated the Astoria and then the Niagara cafés in Singleton. She well remembers that when the film 'Eureka Stockade' [Australian release 1949] was being shot nearby [during 1947 and 1948], we had all the actors stopping at our place [the café] – Peter Finch, Chips Rafferty, Gordon Jackson, Al Thomas... [and] there was excitement in the town... a sense that Hollywood was here'. During the 1950s and 60s Greek cafés were engaged as official food caterers for motion picture companies shooting on location or became popular haunts for actors taking breaks after long hours of filming.

Matina married Peter Comino in 1953 and together with her brother Jack, they continued to operate the Niagara café. For Peter, 'the café was not only a place where everyone gathered... They were places that gave a certain character to their towns and communities... They were paragons of service. They were beacons of wonder and delight... They offered the comfort of what was familiar with the dazzle and sparkle of something new.'



**Do you have your own memories of a local Greek cafe?**

*"Recognising and fostering the dignity of every person ..."*  
Catherine McAuley, Foundress, Sisters of Mercy



# A One-pot Wonder

## Braised Sausages with Pear and Potatoes

### Ingredients

- 2 tbs olive oil
- 500g Italian Style Pork Sausages
- 1 large red onion, cut into wedges
- 1 parsnip, peeled, cut into batons
- 6 baby potatoes, quartered
- 2 small firm pears, cut into wedges
- 1/2 cup (125ml) chicken stock
- 1/3 cup (80ml) sweet chilli sauce
- 2 tbs apple cider vinegar
- 1 garlic clove, crushed
- 1/2 cup flat-leaf parsley sprigs

### Step 1

Heat half the oil in a large, deep frying pan over medium-high heat. Cook sausages, turning occasionally, for 5 mins or until brown all over. Transfer to a plate.

### Step 2

Heat the remaining oil in the pan. Add onion, parsnip and potato. Cook, stirring occasionally, for 5 mins or until onion begins to brown. Add the pear and cook for 3-4 mins or until golden.

### Step 3

Combine the stock, sweet chilli sauce, vinegar and garlic in a jug. Add the stock mixture to the pan. Bring to the boil. Reduce heat to low. Cover and cook for 5 mins.

### Step 4

Add the sausages to the pan and cook, uncovered, for 5-7 mins or until the sausages are cooked through and the sauce thickens slightly. Sprinkle with the parsley to serve.

## A Puzzle to keep the mind active

**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

Solution: 1. Part of flower is missing. 2. Giraffe's horn is hidden. 3. Spot on giraffe's neck is missing. 4. Inside of giraffe's ear is hidden. 5. Curtain tie is colored in. 6. Flower is colored in. 7. Heart pattern on flower box is colored in. 8. Spot on giraffe's neck has moved. 9. Cloud has moved. 10. Pull on blind has moved. 11. Opening in tree leaves has moved. 12. Giraffe's ear is different.

www.comparrotzoo.com © 2006 Bonnie J. Malcolm



# How to stay safe from COVID-19

COVID-19 is a new infection that's more serious in some older people. You've probably seen a lot about it on the news and noticed things changing around you because of it. No matter where you live, you want to see your family and friends as often as you can. You might be worried about COVID-19 but there are ways you can connect with your loved ones while protecting yourself and others from the virus.



## GOOD HYGIENE STOPS GERMS ENTERING YOUR BODY

- Wash your hands often and thoroughly with soap and water or alcohol gel.
- Use your elbow or a tissue to cover your cough or sneeze.
- Disinfect things you touch often like handles, rails, keys, remote controls and your phone.
- Stop touching your face to prevent germs on your hands getting into your body.



## PHYSICAL DISTANCING STOPS THE VIRUS TRAVELLING TO YOU

- Keep at least 1.5m away from other people
- See fewer people, less often and for a shorter time. Reducing the frequency of visits and the number of visitors helps reduce the risk of getting COVID-19.
- When you do have visitors, you shouldn't hug, kiss or shake hands with them, no matter how much you want to. You need to stay 1.5m away, even though it's very hard.



## THE FLU SHOT HELPS YOU STAY HEALTHY

It doesn't stop you getting COVID-19 but it helps you avoid the flu, which is also a serious illness. Staying as healthy as you can puts you in a better position with COVID-19.



## REPORTING ANY SYMPTOMS IMMEDIATELY PROTECTS OTHERS

Tell your doctor or carer if you have a fever, cough, sore throat, difficulty breathing or any other symptoms. A test will be conducted and you will need to isolate to help stop the virus spreading to other people.

Some of these changes are hard. You may miss people you love or you may feel worried about the virus. This isn't how we'd choose to live, but it's how we will have to live for a time to stay safe. Let's support each other as we adjust to a new way of life.

**Making some changes now can help you stay safe and healthy** so that, together, we can slow the spread of COVID-19.

For more information, visit [agedcarequality.gov.au/consumers](https://agedcarequality.gov.au/consumers)

Code: FS-0001

*"We must strive to do ordinary things extraordinarily well."*  
Catherine McAuley, Foundress, Sisters of Mercy