

Mercy Matters



September /
October 2020

Thank you to our wonderful clients

September 24th is 'Mercy Day' - it's the anniversary of the foundation of the Sisters of Mercy in Dublin, Ireland. It's also a day when everyone in Mercy takes time out to reflect on being part of an organisation that not only gives Mercy, but receives it in the heartwarming interaction we have with our clients.

We are all very thankful for the wonderful messages of thanks and best wishes that a number of clients shared with staff and volunteers in the Mercy network for a Mercy Day video.

Your kindness and best wishes certainly brightened the day of everyone at Mercy.



www.mercyservices.org.au

Westy gets loud

It has been particularly noisy the last few weeks at Westy with our clients enjoying the return of our "Drumming" exercises. COVID has made us all think outside the square and Carlie and Grace have honed their skills in leading the group through the bucket drumming and scarf activities. There is lots of laughter coming out of the Centre and so far we've had no complaints from the neighbours!

If you would like to join in the fun or are interested in finding out more about our Day Centre activities contact Grace on 49441916.

Did you know?

*We also do social distance shopping trips and more.
Contact Grace to find out more.*



Welcome back Volunteers

Welcome back to a small contingency of volunteers supporting our clients with shopping and medical appointments. As COVID restrictions ease and with strict guidelines in place volunteers are back doing what they love and they couldn't be happier. For many of our clients whom have not left their home during COVID and have had to rely on online shopping they are thoroughly enjoying getting out of the house with someone they feel safe and comfortable with. We still have many of our volunteers that are waiting patiently to be able to return to our Day Centers and bus outings. Thank you for your understanding and patience and hopefully we will see you all in the near future.

Gone fishin'

It is with great sadness that we say goodbye to two of our longest serving volunteers with over 30 years of volunteer experience between them. Ken and Sandra have assisted in various roles at Mercy over the years and many of our clients will miss seeing their smiling faces. We wish both of them many years of happiness in their retirement and hope the fish are biting.



'Ken in the Kitchen! We'll miss Ken and Sandra, but wish them both the very best.

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

Part of Mercy Services Mission Statement

Reliving the 70s

It's hard to tell who loves theme days more - the singleton residents or staff!

In September the staff at the Singleton Mercy Aged Care donned their grooviest outfits, and encouraged residents to do the same. There were brilliant outfits all round, and the theme didn't stop there. Throughout the day 70's tunes were played and lunch showcased classic 70s dishes including cheese balls, and quiche Lorraine.



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

Time flies, but memories remain

One of our long term employees retired this month after 18 years with Mercy. Gary has mastered many roles in his time with us spending the last six years as a Community Transport driver. Many of you would recognise Gary and have had the pleasure of his company on our buses. He had a reputation of knowing all the shortcuts and backstreets around town and for his calm, reassuring manner. We wish Gary well on his next adventure and that he has many happy years of retirement.

best
WISHES



Meet our newest team member

Our West Wallsend clients had a wonderful surprise when our newest team member, baby Mason popped in for a visit last month. He was on his best behavior and enjoyed lots of cuddles from everyone. Congratulations to Corrina and family, we hope to see more of Mason as he grows.



A cake with just two ingredients ... magic!



Melted chocolate ice cream doesn't need to be a tragedy. Just mix 2 cups of melted ice cream (chocolate was used here) and 1 cup of self-raising flour. Mix to combine, but don't overwork the batter.

Pour into a lined 20cm cake pan, and bake at 175 deg C for 30 minutes.

Cool in the tin, then turn out onto a rack to cool completely. Yum!

If you would like a fluffier cake, just add 1/4 tsp of baking powder.

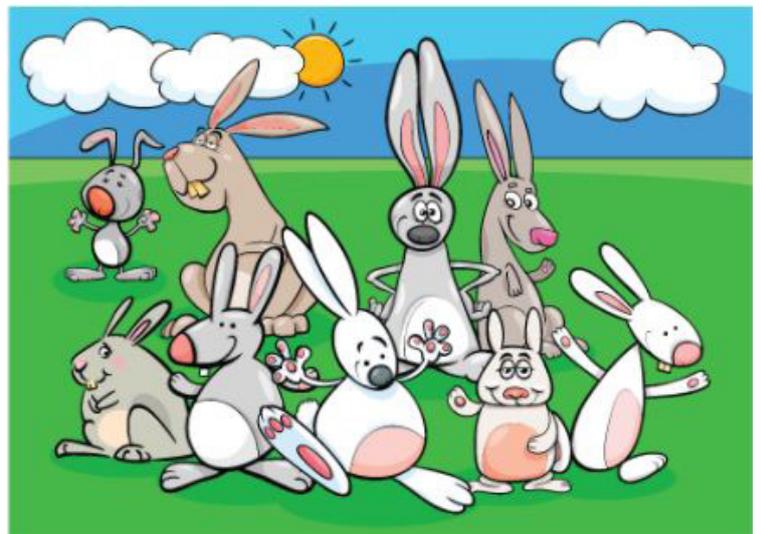
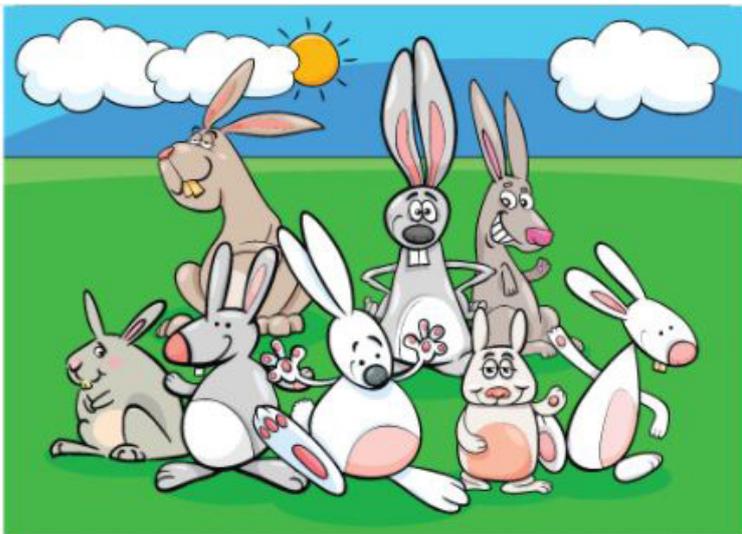
A big thank you to our volunteers

We are so grateful to our Mercy volunteers that put their hands up to help boost our supply of cloth masks. Over 100 masks were proudly handed over by the Volunteer Coordinator, Karen to our CEO, Tony to add to our PPE supplies at Cameron Park. These masks will be used by staff and volunteers in their daily duties supporting our clients.



Spot the six differences

Spring is here and the rabbits are out and about. But they won't stay still. Can you spot the six differences between these images. For an extra challenge, you might like to time yourself.



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

Gathering safely

Coronavirus Disease (COVID-19) guidelines for seniors

There are no specific restrictions for people over 70 about self-isolating or staying home. You can choose when you go out, where you visit, and when to have visitors.

However, people over 70 are at greater risk of more severe symptoms if they are infected with COVID-19.

Top tips for COVID safe gatherings

Here are some top tips to help make your next gathering COVID-safe:

- Take a cautious approach about where you go and who you see.
- Keep gathering virtually or via telephone where you can.
- Don't attend any gatherings if you are unwell.
- As the weather warms up, it's best to meet outside, away from crowded areas. Currently, no more than 20 people are allowed to gather outside in a public place.
- If you are arranging to meet at an external venue, such as a community hall, club or restaurant, ensure you comply with the capacity limit of venue and one visitor per 4-square metres of space (excluding staff).
- Keep a record (if the venue hasn't already) of the names and a mobile number or email address of those attending gatherings, where practical, for a period of at least 28 days. These records are only for the purposes of tracing COVID-19 infections, should the need arise, and are to be stored confidentially and securely.
- Avoid large gatherings in general, and especially at home. Try to limit the number of people in your home to less than 10 people. Currently, you are only permitted 20 visitors to a place of residence.
- Stay 1.5 metres away from others at all times, unless you live in the same household.
- The use of face masks is strongly recommended if you're unable to physically distance or when you are on public transport. Carry one in a zip lock bag at all times.
- Although it's not easy, avoid hugging, kissing or shaking hands with your family, friends and other members. A wave is safer.
- Think about how you share food. Rather than having common platters, give each person an individual portion.
- Wash your hands often. Use hand sanitiser when out and about.
- Avoid unnecessary travel. Limit the number of places you visit and stay close to home as much as possible.
- Get [tested](#) immediately if you have any COVID-19 symptoms and self-isolate until you get your result.

Taking these extra steps can make a difference. Staying active, and participating in social activities, is important for our physical and mental wellbeing. Especially this year! Plan to do things you enjoy, in COVID-safe ways.

For information specific to seniors, visit the NSW Governments COVID-19 advice for [seniors](#) page or call the **National COVID-19 older persons information line** on 1800 171 866.