

## Our Call for Help was Answered



*The Mercy Community have once again shown their generosity.*

In our September edition, we ran a story about the Singleton Mercy Aged Care collecting non-perishable items to take to drought affected residents in Murrurundi, just one and a half hours north of Singleton.

Murrurundi has been without water since March 2019 and they may not get a permanent source of water until well into next year.

Since the story appeared, our call for help was answered. People from across our Mercy network have assisted and dropped off items for the Murrurundi residents.

Two people who did donate are Katrina and Anita, they said, "we were pleased to help. We just can't imagine running out of water. Thank you so much for putting it [the call for donations] in the newsletter."

It's not too late to help. If you would still like to donate, please drop off the items to the Singleton Mercy Aged Care before 26 November 2019. If you have any queries, please contact the Singleton Mercy Aged Care on 6572 2499.



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# Have you noticed the changes to our Community Transport?



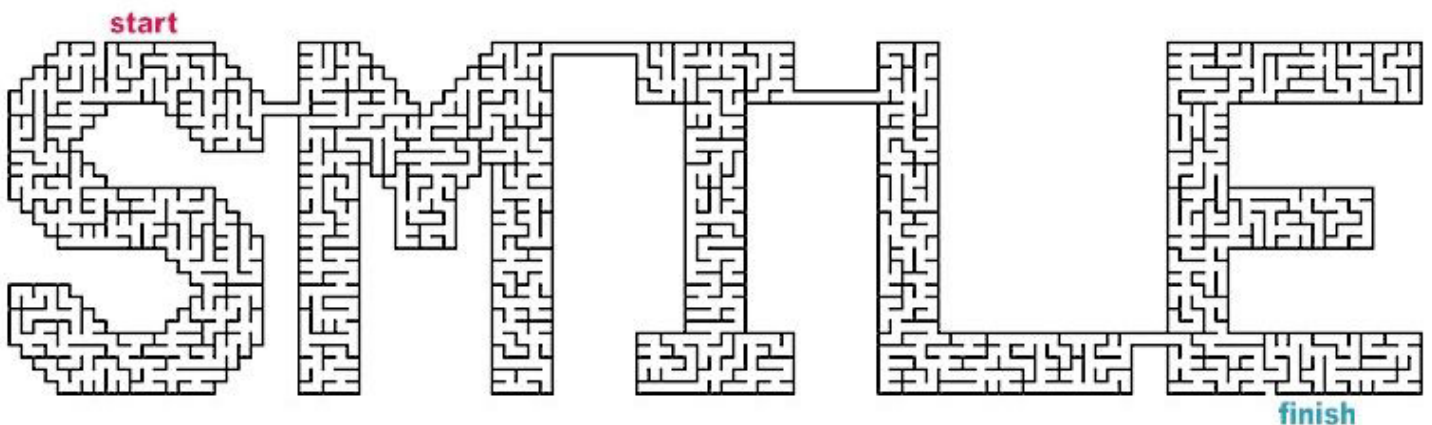
logo. We are gradually rolling out signage on our passenger vehicles as well as the buses, to ensure that whether you are on a bus to a social outing, or getting a lift in one of our smaller vehicles, you will know exactly which car is there to pick you up.

While we continue to provide our regular services, work has been going on behind the scenes to improve on the experiences of our community transport clients. We sent out a questionnaire to all of our Social Outing clients, to get valuable feedback about the trips we currently do, and what ideas they have for new destinations. We have been absolutely thrilled with the responses and are pleased to report that the new Social Outing calendar, full of the journeys requested by our clients, has been a great success.

For our fleet, some of our existing clients might have noticed that it's not just our buses with a Mercy Services

In an effort to seek further efficiencies, we will be rolling out two hybrid Mitsubishi Outlander PHEV vehicles as part of our fleet. With a complete charge providing a range of up to 54 kilometres on pure electricity, before moving to hybrid driving (combination of electric and petrol power), the Outlander PHEV can run on its EV battery for a fraction of the cost of conventional petrol or diesel. Efficiencies like this will be ideal to minimise the environmental impact of our services, while not compromising the number of trips we do to serve our community.

## Solve the Maze



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

*Part of Mercy Services Mission Statement*



# Annual Report arriving soon



talented people to bring together the great stories that make Mercy Services the organisation that it is, and wonderfully gifted volunteer photographers who have captured so well the 'community' of Mercy Services over the 2018 to 2019 period.

Limited printed copies will be available in the coming weeks, but those looking to access a digital version will be able to do so from the News section of our website ([www.mercyservices.org.au](http://www.mercyservices.org.au)) by the end of November.

Mercy Services will soon be rolling out the finalised Annual Report for 2018-2019, to give a full and realistic account of what has been happening in each area of or organisation, and what the plans are for the future. We hope that our clients and volunteers enjoy reading a little more detail about the happenings at Mercy Services, and might spot some familiar faces in our staff, clients, residents and volunteers who have kindly agreed to be photographed for this publication.

Many thanks to everyone involved in the bringing together of the Annual Report – it takes many



## Diary Dates

Mercy Services clients will be treated to a wonderful variety of events in the coming months. Below are a list of events planned at our Day Centres. To book your place at these events, please call 4962 6680 and your call will be directed to the fantastic staff at each of our Day Centres.

### November 2019

- 07 Wayne Metcalf at Newcastle Elderly Citizens Centre
- 14 Peter Stefenson at Newcastle Elderly Citizens Centre
- 21 Sonia Erskine at Newcastle Elderly Citizens Centre
- 28 Daniel Arvidson at Newcastle Elderly Citizens Centre

### December 2019

- 03 Children from the Sugar Valley Early Learning Centre will be visiting our West Wallsend Day Centre to enjoy morning tea with our clients and entertain us with Christmas Carols
- 05 Christmas Shopping Trip to Tuggerah - contact West Wallsend Day Centre
- 12 Wayne Metcalf at West Wallsend Day Centre
- 16 Clients Christmas Party at Wallsend Diggers Club

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

*Catherine McAuley, Foundress, Sisters of Mercy*

# Blueberry and Lemon Parfait



## Ingredients

300g fresh blueberries  
200ml thickened cream, whipped  
8 tablespoons lemon curd  
10 Ginger nut biscuits, crushed  
1 bunch fresh mint leaves, to garnish

## Directions

In four glasses layer first with a small bit of cream, then lemon curd, then the crushed ginger nuts, then blueberries. Repeat, ending with a layer of blueberries.

Garnish with fresh mint leaves. It is best to let the dessert chill in the fridge for at least an hour before serving.

# What to do with your old medications

You don't need to toss old medications down the toilet or in the rubbish bin as there is a much better alternative to dealing with them.

Pharmacist Kerry Teed says you should take them to your local pharmacy. There the staff will strip them of their identity and ready them for collection and safe disposal by the Return Unwanted Medicines program.

It's a small thing to do, but it's safe, free and will help the environment.

If a widower finds medicines belonging to someone else in their home, Mrs Teed advises: "you should never use someone else's medications unless the doctor has specifically prescribed that same medication and that same dose".

So, when cleaning up the house, any medications left behind should be taken to your local pharmacy.

## Expiry dates

The expiry date will be on a box or bottle or embossed on the blisters. "Always check the expiry dates," Mrs Teed says. "Don't use them beyond the expiry dates."

If it's out of date, take it to your local pharmacy for disposal. "Beyond the expiry date you can't be sure of the efficacy," Mrs Teed says.

## Storage

Keep your medications stored as recommended by the manufacturer.

Read the details of use and storage on the box and on the information inside or ask your pharmacist.

Store them below 25 degrees except those that need refrigeration between two and eight degrees.

Storing your medications in the bathroom may not be a good choice as they may be affected by the humidity in there. "A cool, dry place is best," Mrs Teed recommends.

If a medication has sat in the cupboard for a while and is still in date, it can be used. But, if the condition you are treating doesn't respond to the medication then you need to talk to your GP or pharmacist.

You also need to consider that if you have started other medications during that time, then there may be interactions between the new and old medications. This is where it is important to consult your GP or pharmacist before taking any medications.

## Last word

"Don't just stop taking a medication because you heard something on the TV or a neighbour told you something," Mrs Teed says. "It can have a bad effect. Some medications shouldn't be stopped suddenly."

*Story courtesy of Seniors News, 9 October 2019.*

*"A good beginning is of great importance. You must waste some time with visitors."*

*Catherine McAuley, Foundress, Sisters of Mercy*