

Across

- 1. Disciplined (approach)
- 6. Deliberately ignore
- 10. Queued
- 11. Persecuted
- 12. Acker Bilk's instrument
- 14. Elegance
- 16. Pull a face
- 18. Comedian, ...comic (5-2)
- 20. Misplaced
- 22. Interfering person
- 23. Plant stem lumps
- 25. Lack of generosity
- 28. Estranged
- 29. Having an adventure (3-2)
- 31. Whisky &...
- 32. Letter recipients

Down

- 1. Bargain sell-off
- 2. Our star
- 3. Tribal senior
- 4. Progress
- 5. Stirs
- 7. Ear-splitting
- 8. Hive owners
- 9. Medical help (5,3)
- 13. Animal dens
- 15. Self-centred people
- 17. Hoarding
- 19. Distributes, ...out
- 21. Lowered in rank
- 22. Wind (of river)
- 24. Evaporated, ...up
- 26. ... & Crannies
- 27. Mineral springs
- 30. 24 December, Xmas



Enriching experiences beyond all boundaries
www.mcleancare.org.au



Intergenerational Play Time

McLean Care in Tamworth is privileged to be involved in a wonderful new community engagement program. Some of our clients have been visiting our local preschools, where they read stories to the children, join them in colouring-in, share morning tea, and get involved with the kids during play time outside.

The children are so loving and receptive. It has been amazing to watch the positive effects of these visits on our elderly clients. This intergenerational interaction has bought about a new lease on life for them, smiles on the faces of some clients like we haven't seen before.

Sometimes us younger folk may take it for granted that we get hugs and kisses from our families and friends on a daily basis. But some of us, especially when we are old, are not so lucky, with our families living away and not able to visit as often as they would like, and it can get lonely.

This new program has been just what some of our seniors have needed. They talk about their preschool visits with the staff for days, and are eagerly awaiting the next visit. And it goes both ways... another added bonus from the program is that there are littlies out there who don't have grandparents, or their grandparents live too far away to visit, so they get to have a Grandma or Grandpa for a little while too.



All you will need to know on what's happening within our McLean Care Group every second month.

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Onward&Outward



Changes to Home Care Packages in 2017

In 2017 the government will be making changes to Home Care Packages, and replacing the current system where home care packages are allocated to providers.

McLean Care takes pride in delivering Home Care Packages designed to support older people to lead longer, healthier lives in the comfort of their own home. Home Care Packages are a government subsidised home care service.

From 27th February 2017, funding for Home Care Packages will follow the consumer. This means that the consumer will be able to choose a home care provider that suits their needs and direct their package funding to that provider.

The Department of Health will be contacting people who are receiving Home Care Package services to inform them of the changes to Home Care Packages, and what these changes will mean.

If you are currently receiving Home Care Package services from McLean Care, your current services will remain unaffected by the changes and you can expect to continue receiving the same level of high quality care from McLean Care. However, if you would like to know more information about these changes, please ask one of our team members or contact us on 1300 791 660.

THIS ISSUE:

- p.2 The Tunstall 'Find Me' watch - the next generation of personal emergency response system
- p.3 A new Chairman of the board to lead a dynamic team of community-minded individuals.
- p.4 Intergenerational play time - the magic that happens when the old and new come together.

The next generation of personal emergency response systems

McLean Care has enjoyed a long-standing partnership with Tunstall Healthcare to offer personal medical alarm solutions, including a range of assistive technology care and activity sensors to support the independent lifestyles of our clients and Independent Living residents.



Tunstall's latest emergency response system is the 'Find-Me' watch, a cellular personal emergency response system, panic alert, GPS tracker and fall detector all in one, and offers an unobtrusive duress alert device providing additional security at home and in the community. Ideal for older people, people living with dementia, those with disabilities or those wanting immediate access to help, the Find-me Tunstall carers watch can be tailored to meet individual needs to offer a personalised duress solution.

Who is it for?

Tunstall's Find-me carers watch can provide peace of mind to a range of people, and is ideal for:

- Older people
- People living with dementia
- Those who want extra reassurance while at home, work and out in the community
- People living with a disability
- Those who need to send a silent duress alert
- People living with chronic disease
- People who require immediate emergency assistance in a duress situation.

Key Features

- Fall sensor
- Location finder
- Medication reminders
- Easy web setup
- Magnetic charging
- 24/7 assistance
- Geo fence
- Removal sensor
- Water resistant



As 2016 draws to a close I would like to extend best wishes to you for Christmas and the New Year.

We celebrate this time of year in many different ways depending on our cultures, traditions and beliefs. It is a time of celebration, joy and togetherness and I certainly hope that these sentiments will be enjoyed by all residents, clients and families connected with McLean Care.

As 2017 comes into focus, I want to take a moment to sincerely say thanks. Thank you for choosing McLean Care – we know you have a choice and are grateful you have chosen us.

Best wishes to you for a very happy and safe Christmas and I hope the New Year brings renewed hope, energy and success

Sue Thomson
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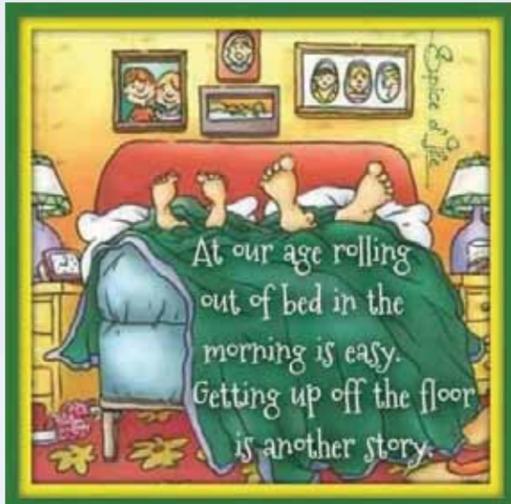
Upcoming DATES

The Xmas Door Decorating Competition has begun!

- (Watch Facebook to catch the photos of our creations)
- | | |
|--------------------|-------------------------------|
| 14th November 2016 | Decoration commenced |
| 25th November 2016 | Outdoor Christmas decorations |
| 9th December 2016 | Resident door judging |
| 18th December 2016 | Staff office door judging |

Christmas Party Calendar

- | | |
|--------------------|---------------------------------|
| 29th November 2016 | Arrawatta Lodge Residents |
| 30th November 2016 | Hector Residents |
| 1st December 2016 | Legacy |
| 6th December 2016 | James Gibson Glenmore Residents |
| 7th December 2016 | Independent Living Residents |
| 8th December 2016 | Chisholm Residents |
| 13th December 2016 | BCH East Residents |
| 14th December 2016 | Ladies Auxiliary |
| 15th December 2016 | BCH West Residents |



Onward and upward... the next exciting chapter

The McLean Care Board of Directors met on the 31st of October, where Board elections were held. After six successful years as Chairman, Phil Girdle decided to step aside and make way for some 'fresh blood' at the helm.

"It has been an absolute honour and privilege to have served as Chairman of the Board, and I am looking forward to continuing in the role of Vice Chair to incoming Chairman Manuel Meszaros; he brings with him a wealth of knowledge in business and business advice, as well as fresh ideas." said Phil.

Sue Thomson, who has led McLean Care as CEO since 2013, said "It is a real privilege to work in aged care; we are all very passionate about ensuring that older people in regional Australia continue to receive quality service. Having a Board and Chair who share that commitment is crucial. It has been, and continues to be, an honour to work alongside such a passionate and knowledgeable person like Phil."

"We welcome Manuel Meszaros to the position of Chairman of the Board. Manuel, as we all do, lives and breathes our vision of "Enriching experiences beyond all boundaries". He encourages everyone to become involved, learn about what we do, and how we can help. McLean Care's services have grown, and

our services expand well beyond any boundary, including towns and regions."

Manuel had this to say about his election "I bring with me over 20 years in the accounting and finance industry, with a very strong background in governance and risk management, and managing and achieving change, but most of all I believe that I have great listening skills, to be able to listen and take counsel and advice from those around me; I see the chair role as one of a facilitator. I am honoured that I have been chosen to lead the McLean Care Board, and see myself as bringing new and fresh ideas to the table, which will help and facilitate us as a board, also to grow and adapt from strength to strength."

The new McLean Board line-up includes some younger members, who bring fresh insight and vitality, modern business acumen, and in depth understanding of the rapidly evolving aged care sector.



Phil Girdle now Vice Chair



Incoming Chairman Manuel Meszaros.

Reflections on Retirement

After nearly 14 years at McLean Care, Robyn Dixon has walked through the door to retirement. During her time with us, Robyn has seen many changes both at McLean Care and in Aged Care in general, and she tells us that her only regret is that she leaves McLean at a time, which she describes as "a stage of its development that I have not seen before."



"A strong governance Board, a proactive, interactive and creative Executive and Senior Leadership team. To say nothing of the staff throughout the New England who drive their care of residents beyond all boundaries."

"I take pleasure in introducing my successor, Sally Walters, who has lived on and off in Inverell since 2000. Sally has a wide and varied background in education and local government, and brings with her an enthusiasm which I have no doubt will enhance and support McLean Care's strategic plan. Her compassion and insight can only be an asset for the residents of McLean Care. I wish you all the success in the world Sally!"

"My deepest thanks and thoughts go out to all McLean staff, to the many organisations and individuals within the Inverell community who have been a part of my life for the last 14 years." Robyn Dixon has left the building 'Gone fishin' at Tingha'

Here's a few more fun quiz questions for you!

1. What occurs twice in a week, once in a year, but never in a day?
2. Which alcoholic beverage literally translates to 'water of life'?
3. If you take away my first letter, I'll sound the same. If you take away my last letter, I'll sound the same. If you take away the letter in my middle, I'll still sound the same. I am a 5 letter word. What am I?
4. A phlebotomist extracts what from the human body?
5. What type of animal was inside Sputnik 2 when launched into orbit in 1957?
6. Who was the eldest of the Marx Brothers?
7. A couple celebrating their crystal wedding anniversary have been married for how many years?
8. In the human body what is the hallux?
9. What is the name of Moe's pet cat in the cartoon show The Simpsons?
10. Granadilla is another name for which fruit?

Answers: 1. The Letter 'E', 2. Whiskey, 3. Empty, 4. Blood, 5. A dog, called Laika, 6. Chico, 7. Fifteen years (15), 8. Big toe, 9. Mr. Snookums, 10. Passionfruit