Do you need a break?
The importance of respite

McLean Care® celebrated National Carer’s Week from the 14th-20th October. The event was an excellent opportunity to celebrate carers whilst raising awareness of the important role they have within our communities.

Caring for someone can be a valuable and rewarding experience, but it also can be stressful and can leave many people feeling emotionally and physically tired. Carers should try to take regular breaks from their caring role. These breaks are known as respite and have shown to help relieve stress for the carer and the person receiving care.

Respite allows a carer time to do everyday activities, allowing them to recharge and really look after themselves. McLean Care® understands the demanding role of being a carer therefore provides in-home respite services and residential respite care to support people and their families. To find the best care for you or your loved one, call McLean Care on 1300 791 660.

Upcoming

Inverell Markets
Every 1st and 3rd Sunday
Nundle CWA Art Expo
9th - 11th November
Black Gully Festival, Armidale
17th November
Ian Moss, Capitol Theatre, Tamworth
24th November
John Denver Concert, Tamworth
16th December

Blueberry Cobbler

Ingredients
- 5 cups of fresh or frozen blueberries
- 2 tablespoons of fresh lemon juice
- 2 cups of flour
- 3 cups of sugar, split
- 1 cup of whole milk
- 5 tablespoons of butter, softened
- 2 teaspoons of baking soda
- 1 teaspoon of salt, split
- ½ teaspoon of vanilla extract
- ¼ of a teaspoon of ground nutmeg
- ¼ of a teaspoon of ground mace
- 2 tablespoons of cornstarch
- 1½ cups of boiling water

Method
1. Preheat oven to 350°F.
2. Spread blueberries in a baking dish. Drizzle with lemon juice. Set aside.
3. In a medium bowl, combine flour, 1½ cups sugar, sugar, milk, butter, baking soda, ½ teaspoon salt, vanilla, nutmeg and mace. Spoon over berries in an even layer.
4. Combine remaining 1½ cups sugar, ½ teaspoon salt and cornstarch. Sprinkle mixture over the batter.
5. Pour boiling water evenly over top of cobbler. Poke a few holes down in the batter with the handle of a wooden spoon.
6. Bake cobbler at 350°F for 1 hour or until berries are bubbling and top is golden brown.
7. Remove from the oven and serve warm or at room temperature.

Recipe courtesy of sunandseniorliving.com

It’s time for a national discussion

It is important to recognise the contribution older Australians have had upon our communities and highlight how important it is that high quality aged care services are available. Our care for older Australians should be person centred with their wellbeing and dignity the primary focus.

To ensure all Australians receive aged care services and high quality care, PM Scott Morrison has announced a Royal Commission into Aged Care to ensure its future is heading in the right direction.

This decision provides us an opportunity to engage in a much-needed, constructive national discussion about the future of aged care in Australia. Ideas to be considered are how, as a society, aged care providers will deliver the quality services to our growing ageing population and how those services will be sustainably funded. The Royal Commission will also help further develop and build a national culture of respect for our older and aging Australians.

We acknowledge that in recent times there has been increasing community concern about the quality of aged care that is being delivered. There have been shocking individual instances of poor care and abuse by some providers and these examples are totally unacceptable to us, as a provider, and as members of your communities. You should expect high quality care and a high level of safety in the aged care sector and this forthcoming national discussion will ensure this can be delivered in all areas of regional, remote and rural Australia.

Every day, people across Australia working in aged care are responsible for the care of more than one million older Australians. We take this responsibility seriously and believe the care provided by McLean Care® is the highest quality.

With over 1 Million people accessing or currently using aged care services, an assessment for improvement is necessary and we as an organisation consider the Royal Commission an important step in improving the future of aged care for older Australians, the workforce and all other stakeholders.

We will do what is necessary for us to support the Royal Commission as it is an opportunity to advocate for change and an opportunity to showcase the wonderful work that we do, for willing and committed listeners.

There are thousands of extraordinary operators, facilities, care providers, nursing and other clinical staff, that enrich and improve the lives of senior Australians every day. These people have a deep professional commitment and will always want to improve their services. We want to be transparent about the performance of the sector, especially when it comes to caring and protecting our most vulnerable - no measure should be withheld.

And to the McLean Care® workforce - my heartfelt thank you for the work that they do. Because of them, I am proud to say I work in aged care.

Sue Thomson
Chief Executive Officer

CWA House Residential Care
8 Pirk Street
Graeme NSW 3306
T: 02 6779 1922
E: koltkaadmin@mcleancares.org.au

Kolora Residential Care
21 Cherry Street
Darling QLD 4401
T: 07 4691 1120
E: cwaadmin@mcleancares.org.au

Independent Living
Inverell: Goodwood Villas & Killean Units
Dakley: Casuarina & Granville Units
Community Care 1300 791 660
Inverell: 94-100 Byron St
Tamworth: Sults St, 11-15 Dowe St
Gunnedah: 111 Marquis St

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Congratulations Rebecca and Michelle

McLean Care® CWA House is very proud to have two of our care staff complete their Bachelor of Nursing studies though University of Southern QLD.

Rebecca Laird and Michelle Cabaguing have been carers at McLean Care® CWA House throughout their studies and have grown personally and professionally during their studies to be confident and very competent in their chosen career.

The guidance and support of McLean Care® staff and management has been second to none allowing them to work and study close to home and complete the many hours of residential school, clinical placement and the dreaded exam blocks. Congratulations to Rebecca and Michelle on their achievement and we wish them well in whatever they may choose in their future.

Age is just a number

Meet 88 year old Margaret Fisher

88-year-old, Margaret Fisher is from Byron Bay and is getting ready for the World Tennis Championships. The Tennis enthusiast and current world ranked No.1 in the 85+ age category is travelling to Croatia to compete.

Margaret competed in Wimbledon in 1953 but after her success on the court, put her tennis career on hold to raise a family. Upon returning she trains up to 5 days a week and says she feels stronger and fitter than ever.

Margaret says, “It’s not only kept me active but given me a sense of confidence that has opened up a whole new world of interests.”

Don’t let your age stop you. If there is something you want to try or explore, there’s no better time than now.

Keep your skin safe this summer

Australia has one of the highest rates of skin cancer in the world. In 2013, more than 2,200 Australians died from this almost entirely preventable disease*

(Cancer Council, 2018)

As an older adult we need to be more careful of overheating and heat stroke as much to our dismay, our bodies aren’t as resilient and as responsive as they use to be. It can be difficult for our bodies to adjust to high temperatures especially if we have a chronic medical condition or are on prescription medicines, hindering our ability to detect heat. Some medications can actually prevent you from sweating!

Here are some helpful tips to keep you cool this summer:

- Drink plenty of cool water throughout the day
- Eat cold snacks including ice blocks or slightly frozen grapes
- Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
- Sit with your feet in a pan of cool (but not too cold water)

A moment’s forethought can prevent harm

While a safety incident can happen in a moment and in any workplace, a moment’s forethought can prevent harm.

This could be as simple as spending five minutes every morning talking with your workmates about the hazards and risks in your workplace, and how to prevent harm.

Creating a healthy and safe workplace is a key goal for McLean Care®, and we aim to ensure workers are safe all year round, but it’s always good to be reminded about the importance of work health and safety.

Have you seen my keys?

Technology can help! If you’re an expert at misplacing your keys, your wallet, your handbag, your remote control.

...or anything else that is important to you, it’s possible to attach a tracker to the items to make them easier to locate – and avoid the stress. There are different products on the market, tile is one of the most popular.

All you have to do is stick, hook or attach the tile to anything you care about, join it to your phone or tablet through Bluetooth (you can even share this with a friend in case you misplace your phone or tablet) and from the app you can see the last place you had your item on a map and make it ring when you get close.

If you lose your phone, simply press any of your tiles to make your phone ring – even when it’s on silent!

HOME OF
HECTOR VR
Virtual Reality Driving Simulator
FOR OLDER DRIVERS

Official launch
21st November
Inverell

"Enriching experiences beyond all boundaries"