



Caramel Tarts

Ingredients

- 18 butternut snap biscuits
- 395gm canned sweetened condensed milk
- 60gm unsalted butter, chopped
- 1/3 cup (75g) firmly packed light brown sugar
- 1 tablespoon lemon juice

Method

1. Preheat oven to 160°C (140°C fan forced). Grease 18 holes from two 12-hole (1½-tablespoon/30ml) shallow round-based patty pans.
2. Place one biscuit each over top of 18 pan holes. Bake about 4 minutes or until biscuits soften. Using the back of a teaspoon, gently press softened biscuits into pan holes, cool.
3. Stir condensed milk, butter and sugar in small heavy-based saucepan over heat until smooth. Bring to the boil, stirring, about 10 minutes or until mixture is thick and dark caramel in colour. Remove from heat, stir in juice.
4. Divide caramel mixture among biscuit cases. Refrigerate 30 minutes or until set.

Sourced: <https://www.womensweeklyfood.com.au/recipes>



R U OK? was born in 1995 when, much-loved Barry Larkin committed suicide and left family and friends in deep grief and with endless questions. In 2009, his son Gavin chose to champion just one question to honour his father and to try and protect other families from the pain his family endured. “Are you OK?”

This year, R U OK Awareness Day in September was recognised by so many more Australian and we felt it was important to acknowledge our aged care teams. It was great to see how supportive our teams are of each other.



Onward&Outward

Practices for Improving Emotional and Physical Well-Being

Mindfulness is being intentionally present in the moment - acceptance and non-judgement

We have all experienced mindfulness when we have been fully present in the moment. Events like weddings or the birth of a child are beautiful examples of this.

We have all also experienced mindlessness on automatic pilot. This is where our body is present but our awareness is elsewhere. You could reflect on responding ‘good’ to a question about how your day was when it was awful, is a great example of mindlessness.

It is so easy to pass through life on automatic pilot, but the reality is that this will make us partially absent from the events that make up our lives.

When we are on automatic pilot we cannot experience pleasant events and connections with others or even joy if we are not present to them. And we cannot tune out unpleasant sensations or experiences without also shutting out the wonderful moments that may arise simultaneously.

So, what are the benefits of mindfulness?

Mindfulness improves well-being
Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success

and self-esteem, and are better able to form deep connections with others.

Mindfulness improves physical health and can help relieving stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep and alleviate gastrointestinal difficulties.

Mindfulness improves mental health meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples conflicts, anxiety disorders and obsessive-compulsive disorder.

Learning to stay in the present

You can choose any task or moment to practice informal mindfulness, whether you are eating, showering, walking, touching a partner, or playing with a child or grandchild.

Start by bringing your attention to the sensations in your body - ‘Cont page 2



CWA House 21 Cherry Street Oakley QLD 4401 T: 07 4691 1130 E. cwaadmin@mcleancare.org.au	McLean Care Yallambee 34-40 Margaret Street Millmerran QLD 4357 T: 07 4695 1580 E. Yallambeeadmin@mcleancare.org.au	Kolora Residential Care 8 Prisk Street Guyra NSW 2365 T: 02 6779 1922 E. koloraadmin@mcleancare.org.au	Mackellar Residential Care 2 Apex Rd, Gunnedah NSW 2380 Alkira: 35 Marquis St, Gunnedah NSW 2380 T: 02 6741 5400 E. mackellaradmin@mcleancare.org.au
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Killeen Residential Care 67 Killeen Street Inverell NSW 2360 T: 02 6721 7300 E. admin@mcleancare.org.au

THIS ISSUE:

p.2 10 Scientific Ways To Help you Feel Happy!

p.3 Understanding how you can use your Home Care Package

p.4 RUOK - A Special Recognition of Our Care Teams

‘Cont from page 1

- Breathe in through your nose, allowing the air downward into your lower belly
- Let your abdomen expand fully
- Now breathe out through your mouth

Notice the sensations of each inhalation and exhalation. Proceed with the task at hand slowly and with full deliberation. Engage your senses fully being aware of each sight, touch and sound so that you savor every sensation.

If at any time you notice that your mind has wandered from the task at hand, gently bring your attention back to the sensations of the moment.



Mindfulness exercises

If mindfulness meditation appeals to you, going to a class or listening to a meditation tape can be a good way to start. In the meantime, here is a mindfulness exercise you can try on your own.

Basic mindfulness meditation

This exercise teaches basic mindfulness meditation.

- Sit on a straight-backed chair or cross-legged on the floor.
- Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
- Once you’ve narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
- Embrace and consider each thought or sensation without judging it good or bad.
- If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

Remember like any skill, mindfulness takes practice. Try it again! Sometimes the only thing standing between your goals, is a little bit of practice. Enjoy.

 Sue Thomson
Chief Executive Officer

10 Scientific Ways Towards Feeling HAPPY!



1. Practice smiling

A smile is a good way to reduce some of the pain we feel in troubling circumstances. Smiling is one way to reduce the distress caused by an upsetting situation. Psychologists call this the facial feedback hypothesis. Even forcing a smile when we don’t feel like it is enough to lift our mood slightly.

2. Sleep more

We know that sleep helps our body recover from the day and repair itself and that it helps us focus and be more productive. It turns out sleep is also important for happiness. Sleep affects our sensitivity to negative emotions. More sleep blocks and even reverses negative emotional reactivity to anger and fear while conversely enhancing ratings of positive (happy) expressions. Of course, how well (and how long) we sleep will probably affect how we feel when we wake up, which can make a difference to our whole day.

3. Practice gratitude

This seemingly simple strategy can make a huge difference to our outlook. There are lots of ways to practice gratitude, from keeping a journal of things we’re grateful for, sharing three good things that happen each day with a friend or our partner, and going out of our way to show gratitude when others help us.

4. Help others – 2 hours each week

Scientists have found that doing a kindness produces the single most reliable momentary increase in well-being of any exercise tested.

5. Exercise

Exercise has such a profound effect on our happiness and well-being that it is an effective strategy for overcoming depression. We don’t have to be depressed to benefit from exercise, though. Exercise can help us relax, increase our brain power, and improve our body image, even if you don’t lose any weight.

6. Go outside

Making time to go outside on a nice day also delivers a huge advantage; one study found that spending 20 minutes outside in good weather not only boosted positive mood, but broadened thinking and improved working memory.

7. Move closer to work

Our commute to work can have a surprisingly powerful impact on our happiness. The fact that we tend to commute twice a day at least five days a week makes it unsurprising that the effect would build up over time and make us less and less happy.

8. Spend time with family and friends

Social time is highly valuable when it comes to improving our happiness, even for introverts. Several studies have found that time spent with friends and family makes a big difference to how happy we feel.

9. Plan a Trip

It helps even if we don’t actually take one As opposed to actually taking a holiday, simply planning a holiday or break away can improve our happiness. A study

published in the journal Applied Research in Quality of Life showed that the highest spike in happiness came during the planning stage of a vacation as people enjoy the sense of anticipation.

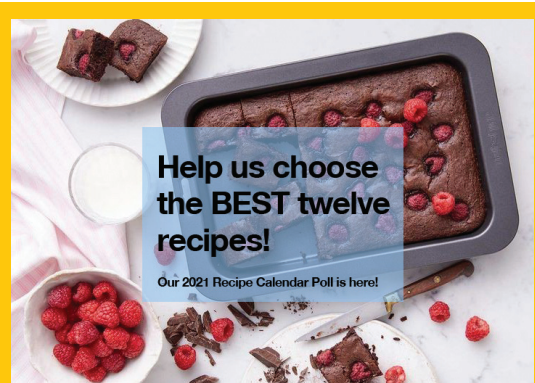
10. Meditate

Meditation literally clears our mind and calms us down, it’s been often proven to be the single most effective way to live a happier life.

Quick Final Fact:

Getting older will actually make us happier. As we get older, particularly past middle age, we tend to naturally grow happier. There’s still some debate over why this happens, but scientists have a few ideas.

Older people tend to focus on and remember the happier things - As people age, they seek out situations that will lift their moods for instance, pruning social circles of friends or acquaintances who might bring them down. Older adults learn to let go of loss and disappointment over unachieved goals, and focus their goals on greater well being.



Loving your later life with our Home Care Packages.

Our regions have so many beautiful things to see and places to visit.

Did you know if you have a home care package with us we will help you get the most out of it and co-design the support that best suits your life – our trained and qualified staff will provide you with opportunities to explore all of your options.

Your Home Care Package is there to support you to live a meaningful life and maintain your independence. Together we can discuss your support needs and co-design your services according to your Home Care Package Budget allocation.

Our support takes into consideration your whole life, your assessment by the Aged Care Assessment Team (ACAT), relationships, daily pleasures, and what brings joy, meaning and security to your life. Once we have discussed your needs and what you want, your co-designed Home Care Package can include anything from ordinary jobs such as shopping, cleaning and transport to health appointments to extraordinary experiences such as a day trip to a National Park in your region or to visit a local dam to see the positive impact our rain is having, go fishing or visit or participate in a local art class. The options are almost endless and the choice is yours.

Our team is full of local people living and sharing the same communities that you know and love. Give us a call to see that you are getting the most out of your Home Care Package.

Live your life to the fullest! Loving your later life at home with us!



2021 Calendar winners

Thank you to all of our amazing recipe entries we had this year from our Home and Community Care clients.

The final recipes were chosen based on our Facebook poll we held in September and we can’t wait to have your 2021 calendar ready in time for some Christmas baking.



“Enriching experiences beyond all boundaries”