



Apple Tea Cake

Serves 8

Ingredients

- 3 Large Green Apples peeled and sliced thinly
- 80ml Verjuice
- 170gm Caster Sugar
- 185g unsalted butter
- 1tspn Vanilla Bean Paste
- 2 free range eggs
- 1 1/4 Cup of Self-Raising Flour
- 1 tspn Ground Cinnamon
- 3/4 Cup Milk
- 1 tbspn Icing Sugar to Dust
- 500g Rich Vanilla Bean Ice Cream to Serve

Method

1. Grease a 20cm (8 inch) spring form pan, preheat oven to 180C.

2. Peel apples, remove cores and slice thinly. Place into a medium sized saucepan with Verjuice and 1 tablespoon of caster sugar and cook over medium low heat until soft (about 20 minutes) but not mushy, set aside to cool.

3. Cream butter, remaining sugar and vanilla in a bowl with electric mixer until light and fluffy. Beat in eggs, one at a time, making sure to beat well after each addition.

4. Transfer mixture to large bowl, stir in sifted flour, cinnamon and milk. Spread half the mixture into a prepared pan. Place half the apples on top of the mixture. Add the remaining cake mix on top of the apples. Finish with the remaining apples layed in a circular motion on top.

5. Place into the preheated oven and bake for approximately on hour until golden and cooked through. Remove from the oven and set aside to cool.

6. Dust with icing sugar and serve with rich vanilla bean ice cream.

Source: Maggie Beer
https://www.everyagecounts.org.au/aad_resources_maggie_beer

COVID-19 presents us with ongoing challenges



COVID-19 continues to impact the Aged Care Sector but now with increased vaccination rates, we can see a light at the end of the tunnel for us all.

The Queensland and NSW Governments continue to provide Legal Directives that McLean Care must comply with and that has direct impact on both visitors and contractors. These Directives are often released with short notice.

McLean Care will endeavour to notify you of pending Directives and the impact. We ask you to continue to check on our website or ring the facility if you have any questions.

The Federal Government have increased the Quality Indicator reporting requirements for Aged Care Providers. McLean Care has previously reported on pressure injuries, physical restraint and unplanned weight loss. Medication management and falls and major injuries have been added to the reportable Quality Indicators, along with updated requirements for previous Indicators.

This is a valuable method to ensure the quality of care provided to your loved one is demonstrated.

McLean Care values your feedback and suggestions. Any suggestions or feedback please email risk@mcleancare.org.au.

Brendan Hartfiel
 Director of Clinical Governance;
 Quality and Risk



Onward&Outward

COVID-19 the great reset

It's hard to believe we are heading toward the end of our second year of the COVID Pandemic and still experiencing snap lockdowns with the recent Delta strain outbreak.

As a result of COVID-19 the way we live our lives has changed dramatically. We are spending more time at home, paying attention to our home and our gardens and appreciating a simpler life.

Throughout history all of the big disruptions have reset the way we live. The Black Plague, a medieval European pandemic, killed approximately 200 million people, but it paved the way for our modern sanitation systems. The Spanish flu pandemic 1918 revolutionised the way we manage immunisation and set new standards of infection control precautions. Closer to home, Australia's Black Saturday fires in 2009 changed our building codes forever.

The COVID-19 pandemic will have a lasting impact on all of us. We are already seeing this in our workplaces and in our shopping habits. Real estate is booming in rural and regional areas, technology has kept us connected in our workplace and with our families.

All generations are using, for example, Google Home/Siri to voice control the temperature of our homes and home lighting.

New apartment developments targeting people who are 65-75 years 'young' are providing more 'community' plus support offerings like concierge services and active lifestyle programs.

Electric vehicles will eventually become the norm for us and right now we are seeing all generations using e-bikes particularly the 65-75 year generations who want to make the most of these bikes for both transport and staying active.

COVID-19 has forced us to assess not only our work/life business practices but also how we want to live. The great reset has allowed us to focus on what really matters and building genuine connections.

Digital technologies have given many of us a lifeline during lockdown, but also provide an illusion of connection.

Our new challenge will be to find ways for technology to make deeper, more meaningful connections with each other.

People don't see age as a number

October is Ageism Awareness month. The Every AGE Counts campaign looks at how changing the way we talk about being older can change our attitudes, and help us address ageism.

Most of us in Australia will live longer, healthier lives than any generation before us. This presents enormous opportunities for us as individuals, for our communities and for our nation. Yet as a society we are not taking the opportunity to realise this potential. We need to remove the barriers that prevent full participation of people over 65. At the heart of these barriers are ageist norms and negative attitudes towards our senior community.

Short Term Restorative Care program (STRC)

McLean Care has been successful as an approved STRC provider in July 2021.

The STRC Program provides early intervention services to older people to reverse or slow 'functional decline' in older people. 'Functional decline' is when a person is having difficulty performing their day-to-day activities.

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Living in your own home with services that will improve wellbeing and independence.

We know that Australians want to live in their own home as they age and now with access to the Short Term Restorative Program McLean Care aims to improve wellbeing and independence for help older people so they can continue living in their own home for longer.

This 8 week program is designed to help reverse or slow the difficulties older people may have with everyday tasks, so that people can retain their independence.

With a team of health professionals, including a doctor to treat any medical conditions, and with the support of family and friends, this program will be highly effective.

Who is it for?

Eligibility for short term restorative care is based on an older person who wants to remain independent at home but needs a little extra help like:

- They may need some help with everyday tasks
- Mentally and physically, feel like they are slowing down
- Their walking speed has also decreased
- They have trouble holding or gripping objects
- They are generally doing less, feel exhausted and have experienced unintended weight loss.

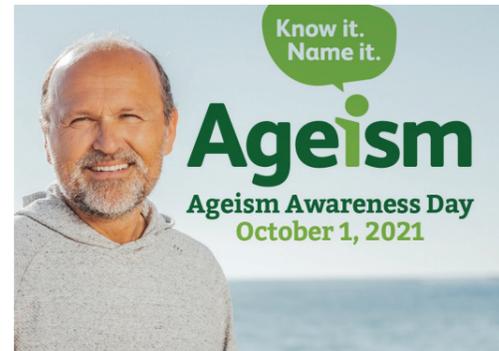
Where are the services provided?

McLean Care provides Short Term Restorative Care (STRC) services in the following regions in **Queensland**: Darling Downs and Logan area including Beenleigh, Kingston, Woodridge, Jimboomba, Beaudesert, Tamborine and Greenbank.

New South Wales: Hunter, New England and Tweed / Northern Rivers areas.

If you would like to learn more about this program please contact our care team on 1300 791 660.

People don't see age as a number



Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health and control over life decisions.

It is pervasive but often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older. The impacts of ageism can prevent or limit us from contributing and participating in our communities – socially, economically and as full citizens – and even impact our physical health and longevity.

As well as its individual impacts, ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.



Support Line available

Are you struggling during these recent lockdowns, perhaps feeling lonely or need some extra support. Our friendly team at McLean Care are here to help you.

This might be regarding your current home care services you are receiving or perhaps you know an older person who needs some support at home.

You can reach us on 1300 791 660. There is also an Older Persons COVID-19 Support Line which is available Monday to Friday between 8:30am to 6pm if you need to talk to someone. 1800 171 866.

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These services are tailored for each person and can involve a number of different health professionals. The STRC 8 week program aims to improve wellbeing and independence and to help older people continue living in their own home. If you're over 65 and want to find out about eligibility, our services and costs, please contact one of our intake team members on 1300 791 660.

With the end of 2021 in sight, being flexible and adaptable will be a big part of our future, but to build a better future, we must all work together so that we all can look back at this RESET with a sense of accomplishment and pride.



Sue Thomson
Chief Executive Officer



The Oscars of the Aged Care industry

In 2019 McLean Care was a Finalist in the 7th APAC Eldercare Innovation Award in the following categories

- Best Smart Care Technology Product
- Best Solution to Support Ageing in Place, Wellness
- Innovation of the Year – Technology.

This year we are pleased to announce that McLean Care is again one of the finalists in the 9th Asia Pacific Eldercare Innovation Awards, 2021.

With over 200 submissions received across Asia Pacific McLean Care entered the BEST AGEING RESEARCH category with our Smart Homes for Seniors Project: Intelligent home design for independent living.

This category recognises the contributions and impact of the best applied research that will improve quality of life for older adults.

The virtual judging will take place from 5 - 7 Oct 2021 in conjunction with the World Ageing Festival (Hybrid Edition) 1 - 20 October this year. The winners will be announced early October.

A wonderful gesture of kindness

Our residents in Beresford Coward Hostel in Inverell, were thrilled to receive these gifts from Denise and Peg which brightened their day and put a smile on their faces.

Denise and Peg purchased and wrapped all these beautiful gifts for our residents. Words can not express how very grateful we are to these lovely ladies for their special and thoughtful gifts for our residents.



COVID-19 Check-In Cards

The NSW Government has rolled out COVID-19 check-in cards for seniors and those without smart phones to provide an easier way to check into venues using their COVID-19 check-in card.

Your COVID-19 check-in card is a hard-copy (printed) card with a unique QR code that contains your registered contact details.

Your physical COVID-19 check-in card can be created online via Service NSW's website at www.service.nsw.gov.au/



A rise in online scammers

Australians have become victim to more online scammers during the prolonged COVID-19 lockdown.

Experts believe that stay-at-home orders have forced more Australians online than ever before. Those who have little experience are at greater risk when it comes to identifying fake or misleading emails and messages.

It is important to be highly vigilant in these times as scammers are tapping into feelings of anxiety and uncertainty to successfully steal money from hard working Australians and retirees. It is always best to delete anything you are not sure of.