



Maple Glazed Ham

Serves: a lot of people

Ingredients

- 100g (1/2 cup, firmly packed) Brown Sugar
- 80ml (1/3 cup) Maple Syrup
- 80ml (1/3 cup) Honey
- 1tbsp Dijon Mustard
- 1 (about 8kg) Whole Leg Ham, on the bone
- Whole Cloves, to stud

Method

STEP 1. Stir the sugar maple syrup, honey and mustard in a bowl until the sugar dissolves.

STEP 2. Preheat oven to 170C. Line a large baking dish with 2 layers of non-stick baking paper. Place on oven shelf in the lowest position.

Remove all other shelves. Use a sharp knife to cut around the shank of the ham, about 10cm from the end.

Run a knife under the rind around edge of ham. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat.

Score the fat in a diamond pattern, about 5mm deep.

Stud the centres of the diamonds with cloves. Transfer to prepared dish.

STEP 3. Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes.

Source: <https://www.taste.com.au/recipes/maple-honey-mustard-glazed-ham>

COVID Booster has commenced for our residents



COVID-19 continues to impact on the community and Aged Care. With the latest cluster reducing and states having commenced their pathway to opening, this still presents challenges for McLean Care to ensure we keep our staff, visitors and residents safe and as protected as they can be from COVID-19.

On that note McLean Care residential facilities have commenced offering COVID booster doses to residents. There may still be times where restricted access to facilities may occur and we can provide different ways to visit your loved one whilst this is occurring. Please contact the facility to discuss these options.

The last few months have seen McLean Care implement enhanced reporting requirements based upon the Royal Commission into Aged Care. This will be an ongoing commitment for McLean Care and does go to highlight the quality of the care that is provided by our staff in Residential Services and Home and Community Care settings. These are all valuable methods to ensure the quality of care provided to your loved one is demonstrated by us.

I would like to take this time to wish you all a happy festive season and a great new year and look forward to what 2022 will bring.

At McLean Care, we value your feedback and suggestions. Any suggestions or feedback please email risk@mcleancare.org.au

Thank you

Brendan Hartfiel
Director of Clinical Governance;
Quality and Risk



Onward&Outward

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

Martin Luther King Jr

Whilst the year of 2021 draws to an end, I think we can all agree we did expect something different, an improvement this year compared to the previous one. It certainly started out with that intention.

The COVID-19 pandemic is one of those things we’ll tell our grandchildren about - on par with the way life changed during world wars or the Great Depression.

It’s been bigger than a lot of previous social shifts, not only because of its tragic outcomes, but also because it’s affecting so many of us at once and changing every aspect of life from the most significant to the mundane.

Anything this big creates the opportunity for new thinking. If the size of the crisis

is associated with the amount of new learning it can generate, surely our brilliance will be magnified manyfold as we emerge in the new normal.

As an organisation we have learnt lessons in resilience and response. Lessons in adaptability where we are constantly having to reset and re-orient and forcing us out of our typical routines has enhanced our creativity. We have embraced new ideas, systems and processes and leveraged our expanded perspectives for the new days ahead.

We have learnt lessons about our communities where nothing is automatic anymore. We’ve learnt just how important friends, family and co-workers are. Being grateful for everyday things and people has become critical to our daily happiness.

The good news is, these hard times can be the catalyst for new habits, behaviours and lessons.

At times it amazes me when I reflect on 2021, just how far we have come even through all the adversity. Our organisation continues to grow and I am grateful to have an experienced and passionate team to help implement the services we are able to bring to our clients and residents next year.

Our leadership team have held strong in the decisions we have had to make to protect the lives of our residents and clients. Keeping our residents physically apart from their loved ones was one of the toughest decisions of all.

Across the organisation our people have not wavered and to their credit, we have stood together to ensure we all came out on the other side to face whatever was to come next.

Through all of that and just when you thought we had given it all, we were still recognised as an award winning organisation that I am extremely proud to be part of.

I for one am looking forward to less turbulent times across our world in 2022 and to keep moving forward, embracing all the new norms and whatever comes our way.

May the happiness of this festive season fill you with new inspiration, new smiles and new dreams. Wishing you good times with your loved ones over the holiday period!

Sue Thomson
Chief Executive Officer



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Independent Living Inverell: Goodwood Villas & Killean Units. Oakey: Casuarina & Grevillea Units. Millmerran: Turallin, Domville, Clontarf, Kokoda. Gunnedah: Mackellar Retirement Village. **Community Care 1300 791 660** Inverell, Gunnedah, Walcha, Tamworth.

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COVID Booster has commenced for our residents

Plenty of new faces to welcome to McLean Care



Ricki Bradbery
Director of Home and Community Services NSW

Ricki is a dedicated leader who advocates for excellence in client-focused service. With over 40 years of experience in nursing, health management and the disability sector, Ricki brings a wealth of knowledge and expertise to her position with McLean Care. During her career, Ricki has developed essential management skills to successfully lead teams to align with organisational goals, values resulting in excellence in customer service.

Having previously worked through unprecedented change, Ricki understands the differing cultures and needs of service providers and other organisations during both turbulent and stable times.



Gary Cadwallender
Director of Residential and Home and Community Services QLD

Originally from the UK, Gary has worked in Healthcare since 2000 and has degrees in Nursing, Contemporary Health practice, management and business. Having served as in the military for a number of years as a nurse, he has a vast clinical background from Intensive care, cosmetic surgery to aged care and infection control.

Over the last 10 years Gary has overseen large hospitals in the private sector as CEO and Director of Nursing, and as Operations Manager in a large Aged Care organisation. Gary is passionate in providing the best care possible for the community.



Paul Maher
Director of Finance

Paul is a business management professional with more than 20 years of experience in commercial and financial management roles across a wide range of industry sectors including Oil & Gas Services, Mining Services, Commercial Maritime Operations, Retail and Transport & Logistics Services.

Paul is passionate about helping businesses grow – especially businesses supporting communities with essential services – through effective business partnering to provide strategic commercial insights.

McLean Care selected as a finalist in the 9th Asia Pacific Eldercare Innovation Award



We are very excited to announce our Smart Homes For Seniors research project has been selected as a finalist in 9th Asia Pacific Eldercare Innovations Award.

Our category 'Best Ageing-in-place Research recognises the contributions and impact of the best applied ageing-in-place research that improves quality of care, life and support for seniors and/or caregivers.

Our Smart Homes for Seniors research was designed to give "voice" to participants by publishing on a website their ratings and user reviews relating to ease-of-use and functionality of a range of affordable off-the-shelf technology devices trialled by older people living in regional and rural communities.

These insights may help guide decision making by seniors and care-givers anywhere around the world considering using these devices to support ageing-in-place.

Participant acknowledgement
We appreciate the time and contribution of all the householders who participated in this research, who welcomed us into their homes and shared their valuable insights and data.

Acknowledgement of Country
We wish to acknowledge the people of the Kulin Nations, on whose land the Monash and Deakin university teams work; and the people of the Jukumbal, Kamilaroi/Gomeroi Nations, on whose land the McLean Care team work and on whose land this project was undertaken. We pay our respects to their Elders, past, present, and emerging.

Our virtual video presentation was held on Thursday 18th November in front of the judging panel. The winners will be announced Friday 3rd December, 2021.

Smart Homes for Seniors project wins the Diversity, Equity & Inclusion in Action Award category in the 2021 IoT Awards

We were thrilled to receive the announcement on Tuesday 9th November that our Smart Homes for Seniors project for the Diversity, Equity & Inclusion in Action Award category in the 2021 IoT Awards has WON!

The Smart Homes for Seniors project was among a diverse range of projects, initiatives, research and people nominated across the 2021 IoT Awards program. Entries ranged from work to manufacture connected COVID antigen testing systems and improve the safety of paramedics and patients, to attempts to unlock more household use of solar energy and advance digital twin technology.

You can watch the awards presentation here:
<https://www.iothub.com.au/awards/winners>



Appreciating our staff

The hard work our staff do, especially in these difficult times often goes beyond all expectations so we put together an "Appreciation Trolley". Below is a picture of our amazing L&L staff from Killean in Inverell who took the trolley around to all of our Inverell staff so that they could grab some snacks and a cold drink to say thanks for their hard work and to let them know how much we care.



Thanks for choosing us!

On behalf of our entire McLean Care organisation we would like to take this opportunity to thank our communities for your support, trust and the confidence you have placed in us over another unprecedented year.

May the happiness of this festive season fill you with new inspiration, new smiles and new dreams. Wishing you good times with your loved ones over the holiday period!

