



One-Pan Salmon & Vegetables

Serves: 1

Ingredients

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favourite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

Method

STEP 1. reheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.

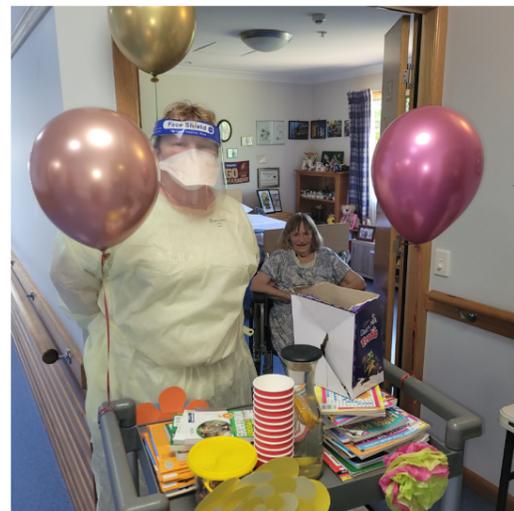
STEP 2. In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.

STEP 3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.

STEP 4. Roast for 12-15 minutes, until salmon is flaky and mostly opaque.

STEP 5. Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!

The bar cart a popular hit within our residential care



Do you remember the Bar Cart? One of the more low-key decor trends to have quietly regained favor over the last few years is the bar cart, whose squeaky wheels alerted the arrival of happy hour during the "Mad Men" era, when drinking at work was not just condoned, but encouraged.

This is Allyson on her rounds to all of the residents at CWA House. Only her trolley is loaded with goodies and other interesting things to do. From puzzle books to chocolates, you know Allyson is coming when she announces her arrival with music.

It's been one of the highlights of the day.



What does getting 'older' really mean?

Does getting older mean that we are wiser and have more opportunity to reassess what's important in our lives?

When we asked our clients and residents what is important to them, most said they wanted to be happy, healthy, to be able to travel, spend more time with family and experience more of what life has to offer.

For many, the prospect of living to 100 and beyond is seen as a positive, filled with possibilities and opportunities.

At McLean Care, when we celebrate our centenarians, we always want to know their top secrets to living longer.

Whilst many comment on working hard and less stress we also hear 'being happy and content', eating right and exercising'.

They have also shared some advice that they would give to their younger selves, and perhaps, to other younger Australians:

- Take care of yourself
- Be financially smart
- Work hard and
- Make each day count

In 1990 there were 150,000 Centenarians in the world – today – 32 years later there are almost 600,000 Centenarians. In just 28 years time projections suggest that there will be 3.7 million centenarians across the globe. Just like 40 is the new 30 – 100 is the new 80. The next measurement is supercentenarians - people that have reached the age of 110 and typically live life free of many aged related diseases.

What's Age Got to Do with it. 70% of people over the aged of 65 feel that ageism is perpetuated by society at large and is becoming a big problem for retired people.

Currently, 1 in 1,000 centenarians are super centenarians. With this marked growth in centenarians and supercentenarians, and indeed all of the ageing population, Ageism is still a key barrier around the world for older people.

The Australian Human Rights Commission released a report in September 2021, "What's Age Got to Do with It" that confirmed Ageism as being the most accepted form of prejudice in Australia and that it is more pervasive and socially accepted than sexism or racism.

Did you know that Ageism affects all age groups not just older people - it cuts both ways. "What's Age Got to Do with it" also found that young adults experience ageism as being condescended to or ignored at work, middle aged people experience ageism as being turned down for a job on the basis of age and people 62 and over experienced ageism as being helped without being asked. Ageism among this age group is however more prevalent.

70% of people over the age of 65 feel that ageism is perpetuated by society at large and is becoming a big problem for retired people.

Many in this age group feel they are misrepresented in the media and by the general public with regards to not being tech savvy, less productive, less tolerant, being grumpy and greedy.

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However, this cohort most commonly perceive themselves as actually being more open to new things, being more capable and more interesting. Our Smart Homes Project showed us that older people want to engage with technology, wanting to learn about new things and certainly found themselves to be competent and capable.

One very simple way to combat Ageism is if we all pause and reflect on our language, behaviours and assumptions. Let's not, say "you look good for your age", let's not say "sweetie, honey, dear, or darling".

Let's not assume that younger people are computer geniuses and older people are inept. Possibly one of the most global examples of Ageist behaviour has been the emphasis on the looming health and aged care crisis as the baby boomer generation age.

So let's not focus on wording around older people supposedly causing a crisis in our health and aged care services.

Instead, take concrete steps towards equity for all ages, respecting everyone for what they contribute to our workplaces, our communities, our society, our country and our world.

Let's focus on experiences that shape every individual's life – be they negative or positive and move away from age defining who we are. Ageism places limitations on ourselves, on those around us, creating missed opportunities.

You never know what lies ahead so let's celebrate ourselves and others for the lives we build, the humanity and empathy we show each other and our willingness to always try to do better at any age.



 Sue Thomson
Chief Executive Officer



It's great to put a face to a name

Perhaps you might have spoken to one of our two wonderful admin ladies that take all our 1300 calls for community services. It's always lovely to put a face to a name.

Meet Heather Myler.

Heather joined the Home and Community Services Admin team in October 2021 and brings a wealth of experience to our organisation after a long career in the banking and communications industries. Heather is involved in her local community of Inverell and has a variety of interests, hobbies and pets that keep her very occupied outside of her work commitments.

Our admin team play a pivotal role in supporting the Home and Community Services teams, clients and enquiries across NSW and QLD.

Meet Chantell Priest.

Chantell joined McLean Care in June 2021. With a diverse background in the human services sector from supporting allied health professionals, working in roles within pathology and Imaging. Chantell has a certificate in Understanding Dementia and would also like to study more about Motor Neurone Disease.

When Chantell is at home she loves cooking, growing her own veggies/ herbs and line dancing. She has even choreographed a couple of her own dances. Both her husband and their two fur babies, Wesley & Buddy also enjoy exploring the country when they can.



Pat turns 100!!

Celebrating a very special birthday with one of our CWA House residents in January 2022.

Pat's son and his wife came along to our "window of love" and spoke to Pat via facetime on the ipad. Pat enjoyed waving and smiling at them during this time.

Pat's day was full of lovely flowers, phone calls from her daughter and sister and lots of cards. She also received well wishes from the Queen and Australian government officials.

When we asked Pat how she felt about reaching this special milestone, she replied..."Am I really?" and when we said yes, she said " well isn't that lovely, I'm 100!"



Good health in focus for 2022

The arrival of the new year provides an opportunity to rethink, refresh and restart the new year with good habits that promote healthy living. Did you know we now have our very own inhouse dietitians at McLean Care.

How can a dietitian help me?

Our team of McLean Care Dietitians provide comprehensive Medical Nutrition Therapy to a wide diversity of clients. With our extensive knowledge and consideration for evidence based health and nutrition information, we provide practical and person centred advice in your own home via face to face or Telehealth services.

What is a Dietitian?

Accredited practising Dietitians are university qualified professionals that undertake ongoing training and education to stay up-to-date with credible, evidenced based nutrition information.

Dietitians practice in line with Dietitians Australia Professional Standards and Code of Conduct for Dietitians & Nutritionists.

What do they do?

Our Dietitians will complete a comprehensive assessment that reviews your medical history, medication, pathology, social influences and cultural background alongside your nutritional problems and goals with scientific health and nutritional information to provide practical and person centred advice.

Who is it for?

Do you suffer from any health/medical issues such as, but not limited to:

- Gastrointestinal Concerns (IBS, Constipation, Diarrhoea, Reflux, Diverticular Disease)
- Concerns around weight loss or weight gain
- Cancer and Radiation treatment
- Concerns around managing chronic diseases; diabetes, high cholesterol, high blood pressure.
- Nutrition support for people requiring feeding tubes or PEGs
- Renal or Liver Failure
- Osteoporosis
- Dementia
- Food allergies and intolerances

Eligibility

McLean Care has the capacity to accept referrals for the following clients:

- Patients aged over 65 years who are eligible for Commonwealth Home Support Program Services via My Aged Care
- Home Care Package Clients where clients aren't already receiving dietetics service
- DVA Gold Card Holders
- Private Fee-Paying Patients - Health Fund Rebates are available.

Clients who are over the age of 65 years, can contact My Aged Care to discuss eligibility and referral. Referrals can be emailed to dietitian@mcleancare.org.au or faxed to 02 6722 2025.



Jordan Ryan - Yallabee Facility Manager

Jordan, originally from the UK joins our team with a wealth of knowledge and experience in Aged Care. Jordan is passionate about providing the best possible service to residents and their families and is excited to lead his team in delivering this service. Having been raised in a remote, rural location Jordan understands the importance of care provision in rural Australia and will always advocate for older Australians living rurally.

Jordan is passionate about aged care and believes his leadership style empowers his workforce to 'think outside of the box' to bring exciting, new ideas in his service provision.

Join us in welcoming Jordan to our McLean Care family.