



## Lemon & Oregano Chicken Traybake

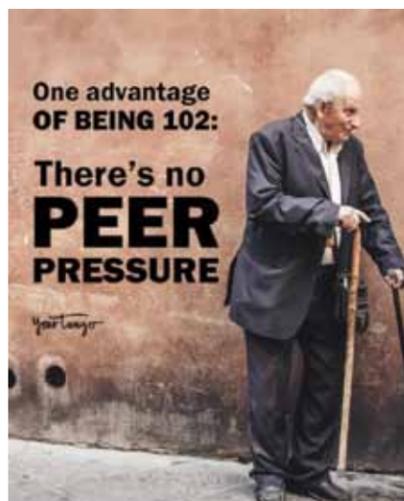
### Ingredients

- 500g washed potatoes, thinly sliced
- 2 tsp olive oil
- 6-8 chicken thighs, skin on
- 8 shallots
- 100g bacon
- 1 lemon
- 5 oregano sprigs
- 100ml white wine
- 200ml chicken stock

### Method

**STEP 1.** Heat oven to 220C/200C fan/gas 7. Tip the potatoes into a large shallow roasting tin, drizzle with 1 tbsp of the oil, season well and toss to coat. Roast for 20mins until starting to crisp.

**STEP 2.** Season the chicken thighs and add to the roasting tin along with the shallots, chopped bacon, lemon wedges and oregano. Drizzle with the remaining oil, then return to the oven for 20 mins. Pour over the wine and stock, and roast for a final 20 mins until the chicken is golden and cooked through.



## Jan celebrates 20 years of Service



Our Laundry Services attendant, Jan Sharp, celebrated her 20 year anniversary supporting the people of Millmerran, at our Yallambee Residential Care facility in QLD.

Jan has lead an exemplary service at Yallambee and is respected by residents and staff alike. Jan started in a carer role, and later moved into the Laundry Service.

## CWA House, safe from the recent floods



Home Sweet Home for CWA House in Oakey, now that everything is back in its place after our close call with the recent QLD floods.

Thanks to all the amazing volunteers that offered their time to help and support our staff and residents of CWA House.

Volunteers from the SES, rural fire brigade, Toowoomba Regional Council, Queensland Ambulance, members of the community, councillor Rebecca Vonhoff, staff and families and the Oakey RSL who generously offered us a safe place for the night.



## Onward&Outward

**“Alone we can do so little; together we can do so much.” - Helen Keller**

It was great to celebrate International Women’s Day in March and to be able to reflect on the wonderful achievements of women in every aspect of our community lives. Importantly late last year, the topic of older Australian Women and the challenges they face was addressed at the National Summit on Women’s Safety and Security for Older Women, where Age Discrimination Commissioner, Dr Kay Patterson, addressed the summit on how gender, ageism and other factors can affect ageing and work life experience.

I was so heartened to hear these topics discussed at such a high profile level. For our McLean Care family workers, this is of great relevance as many of our employees are women and have been with us for a considerable time.

Discussing these topics is important for older women in the workforce and bringing these challenges into greater awareness leads to reform and meaningful change.

We have all seen the devastation caused by the recent floods in NSW and QLD. I am also aware that many older Australians and their families have been impacted by these events and like most Australians we want to do what we can to help, so McLean Care have created a My Cause fundraising page <https://bit.ly/3JnUfqj>

We understand a critical ongoing need will be unrestricted cash donations to support affected older Australian. Direct cash assistance can allow these people to secure emergency housing, purchase items and contract services locally that address their multiple needs. This will give older Australians flexibility and choice, ensuring that support is relevant, cost-effective and timely. Cash assistance can also help move these people faster towards rebuilding their lives.

We have reached out to our wonderful workforce of over 570+ workers to generously donate to the flood relief efforts. We aim to raise funds that will assist older Australians affected by this natural disaster.

If you would like to help in some other way, The Australian Red Cross, and St Vincent De Paul are accepting donations to provide urgent relief and goods for those affected by the floods.

The Salvation Army is aiming to raise over \$10 million to directly support the flood victims and communities along the east coast of Australia.

With everything that has been happening at home and abroad, the uncertainty in Europe and rising living costs due to supply chain issues, it’s easy to feel overwhelmed by what seems like an endless stream of bad news. I urge you to reach out, to talk to your friends or family or your support worker about how you are feeling and if you need additional support. It’s also helpful to limit your exposure to the reports of the world events from time to time.

I want you to know that you are not alone, and there are practical moves we can all make to adjust, but importantly, find ways to fill up your own cup by spending time doing things you like, with the people you love.

Thank you for being a part of the McLean Care family.

Sue Thomson  
Chief Executive Officer

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## What a rainbow brings

We LOVE witnessing the magic of a rainbow, but imagine scoring a whole boxful of those wonderful arcs of colour!

Thanks to the Biddeston State School for brightening our residents day at CWA House with the delivery of creative cards and posters bestowed upon them. It really does make you thankful for true community spirit that prevails in 'Bernborough Country'!



## Happy 85th Birthday Kate

We celebrate lots of birthdays each week and I'm sure you would agree - the bigger the number the bigger the cake.

Kate Horneman celebrated her 85th birthday with all of our Yallabee residents. Lucky for us we have plenty of people to share some cake with.



## Senior Expo events back on our 2022 calendar

It was great to finally see our QLD team back in the community in the first quarter of the year with Twin Towns Seniors Expo and Tweed Seniors Festival.

Although the weather, COVID and staffing shortages saw event numbers lower than previous years, it was great to be out and about again meeting new people. Our Lolly Jar Guessing Competition was certainly popular with everyone convinced their guess would be the winner.



## A message from the Queen

Elva and her husband John, based in Tamworth NSW, celebrated their Diamond Wedding Anniversary last year with friends and family.

To their surprise a message from the Queen arrived last week. 60 years of marriage. What an amazing milestone to reach as a couple and we wish you many more wedding anniversaries to come. Congratulations Elva and John!



## There is an artist in us all

You don't have to be an expert in drawing, painting or sculpturing to reap the benefits of art therapy. Unleashing your inner Picasso can have many health benefits, so why not embrace your creative side, pick up a new skill and enjoy time with friends. Some of our residents have been decorating ornaments and are extremely proud of the finished products. What do you think?



## Short Term Restorative Care Program

This 8 week program is designed to help reverse or slow the difficulties you are having with everyday tasks, so that you can retain your independence.

### Who is it for?

You may be eligible for short term restorative care if you are an older person who wants to remain independent and out of long-term residential care but needs a little extra help.

You may have noticed your capability levels have changed to the extent that:

- You need some help with everyday tasks
- Mentally and physically, you feel you're slowing down
- Your walking speed has also decreased
- You have trouble holding or gripping objects
- You are generally doing less, yet feel exhausted and have experienced unintended weight loss.

### How does it work?

We will work with you to identify your goals and to help reverse or reduce the difficulties you're experiencing with everyday tasks.

We then put together a team of health professionals, including a doctor, to treat any medical conditions and work together to help you work towards your goals.

This program is highly effective when you have the support of family, friends and health professionals.

At the conclusion of the Short Term Restorative Program, we can assist you with ongoing support and services.

### What help is available?

The types of services provided will be guided by an assessment from the multi-disciplinary team. This will ensure your medical needs are met. Services will be selected with your input and chosen to meet your needs. Services may include, but are not limited to:

- lifestyle, mobility aids and equipment
- audiology
- chiropractic services
- continence management
- cooking assistance
- home maintenance
- innovative assistive technologies to help you

keep safe and secure, monitor your health or keep you socially connected

- installation of minor modifications around the house such as bathroom rails
- nursing
- nutrition, meal preparation and diet advice (dietetics)
- personal care and assistance
- physiotherapy and occupational therapy
- podiatry (foot care)
- psychologist or counsellor support
- social work
- speech therapy
- support services including cleaning or laundry, medication management, emotional support
- therapy groups
- transport



### Getting started

Each package is designed specifically for and with you. This allows you to work with a team of health professionals to set your goals on what you want to achieve.

You do not need an income assessment to access the Short Term Restorative Care program.

The Australian government subsidises a range of aged care services to keep fees affordable. Any fees or fee arrangement will be discussed during the planning process and agreed to before the program begins.

To find out if you are eligible, please contact our customer service team on 1300 791 660. We'll help you to connect with My Aged Care for an assessment by the Aged Care Assessment Team.