



Beef Bourguignon

Ingredients

- 1.6kg braising steak, cut into large chunks
- 3 bay leaves
- small bunch thyme
- 2 bottles cheap red wine
- 2 tbsp oil
- 3 large or 6 normal carrots, cut into large chunks
- 2 onions, roughly chopped
- 3 tbsp plain flour
- 1 tbsp tomato purée

STEP 1. Tip 1.6kg braising steak, cut into large chunks, into a large bowl with bay leaves, thyme, 2 bottles of red wine and some pepper, cover and leave in the fridge overnight.

STEP 2
Heat the oven to 200C/180C fan/gas

STEP 3
Place a colander over another large bowl and strain the marinated meat, keeping the wine.

STEP 4

Heat 1 tbsp oil in a large frying pan, brown the meat in batches, transferring to a plate once browned. When all the meat is browned, pour a little wine into the now-empty frying pan and bubble to release any caramelised bits from the pan.

STEP 5

Heat 1 tbsp oil in a large casserole and fry 3 large carrots, cut into large chunks, and 2 roughly chopped onions until they start to colour. Stir in 3 tbsp plain flour for 1 min, then add 1 tbsp tomato purée.

STEP 6

Add the beef and any juices from the frying pan along with the rest of the wine and herbs. Season and bring to a simmer. Give everything a good stir, then cover.

STEP 7

Transfer to the oven and bake for 2 hrs until the meat is really tender. Then it is ready to serve. This is also a great meal to freeze for up to 3 months.

Kolora passes with flying colours



Meet the amazing Kolora Hotel Services Team - who passed their mandatory auditing with flying colours in May. This would not have been achievable if it wasn't for the great team Kolora has within the hotel services department. Always providing quality meals and service to our wonderful residents. We would like to thank and congratulate Pradip, Sisir, Niraj, Michelle, Sophie, Ashlee, Rhonda and Dianne for their consistent dedication.



Thank you for supporting this campaign - in this election

Without immediate changes, the aged care sector won't be able to recover from the current crisis. Quality of care for older Australians will suffer further.

It's time to make sure that older Australians get the care they deserve, once and for all.

We need your help to get our local candidates to commit to the urgent reform of aged care. This includes the recognition, implementation and funding of the Aged Care Royal Commission's recommendations.

We need to care about aged care this election. Thank you for your support.



It's easy to forget how far you've come!

Perhaps it's just human nature, but when you are so focused on the doing, it's easy to forget how far you've come. I've been reflecting recently on the work we do at McLean Care, and the overall progress made in the Aged Care sector over the past 8 years. Emerging from an industry wide depleted workforce, ongoing crisis management and the pandemic, Aged Care is now experiencing a very positive and a once in a generation industry change.

Australians over the aged of 90 are now the fastest growing part of our population. The number of Australian centenarians rose by more than 30% in the period 2013-2018. Even for those with poor



health, people are living longer. It is estimated that by the year 2050 over 50,000 centenarians will require care.

Whilst there is still much work to do, deregulation and continuous improvement has meant that older Australians are now firmly in control to determine the choices that affect the quality and direction of their later life.

“ I often hear from our clients “I don't know what I would do without you”

The Aged Care service model focus has shifted from a medical structured aged care model to a holistic wellness focused model.

This change in focus is central to the success of Aged Care services in general and is perfectly aligned with McLean Care's model of care delivery that provides families peace of mind their loved one is well-cared for in a respectful and dignified manner, and one befitting a life well lived and loved.

Every industry has their struggles, and the Aged Care sector has been the subject of much focus and attention. The systemic issues raised in the Royal Commission, highlighted the need for increased government funding and better qualification and higher wages and career certainty for Aged Care workers. We too want this for all McLean Care Aged Care workers to support the best outcomes for our clients and residents.

At McLean Care, we have a lot to be proud of. I am constantly encouraged and inspired by our carers who deliver the valuable care and services to so many older Australians.

I'm proud of the unconditional care and service our staff deliver providing valuable engagement and forging deep human connections to our clients and residents. The work they do affects so many and we often hear from our clients and residents, “I don't know what I would do without you”.

Thank you to all of our clients for trusting in us and being a part of the McLean Care family.

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THIS ISSUE:

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In-house Dietetics now available

Did you know there are many ways in which a dietitian can assist, and it stems far beyond the waistline.

If you would like to see the McLean Care Dietitian, head to My Aged Care, and request a referral or contact our customer service team to learn more about our services 1300 791 660.

If you have a Home Care Package, get in touch with your Home Care Coordinator to discuss. Face to face visits are available in the Darling Downs region and Telehealth visits are available in all McLean Care service regions.



News reports have claimed Australia is on track for a particularly bad flu season this year. For almost two years, the flu has been all but eradicated in Australia, but experts say the nation's influenza hiatus is set to end in the coming months.

Infectious diseases experts now say it's a matter of when, not if, influenza will return to Australia with international borders now open, and they are worried that people may have forgotten how severe the disease can be and forgo their annual flu jab.

Last year's influenza season was fairly mild however vaccination against flu is especially important this year, given COVID-19 is also circulating in the community and seniors are urged to prepare for the flu season.

The flu vaccine is free through the National Immunisation Program for children aged six months to five years, pregnant women, people

65 years and over, Aboriginal and Torres Strait Islander people and those with medical conditions that put them at higher risk.

People aged 65 and over can book in a free flu shot at pharmacies and GPs.

Getting the flu vaccine reduces your risk of getting the flu by up to 60 per cent and most importantly it provides vital protection against severe illness and death.

This is especially important for those who are immunocompromised or living in close proximity to someone who is susceptible to serious illness from influenza.

People aged 65 and over are recommended to have the enhanced quadrivalent vaccine (Fluad® Quad), which stimulates a greater immune response in this age group, known to have a weaker response to vaccination.

Source: www.nsw.gov.au/media-releases/seniors-urged-to-prepare-for-flu-season

Are you an older person who wants to stay independent, out of long-term ongoing care but:

- needs help with everyday tasks
- your walking speed has slowed greatly
- you have trouble holding or gripping objects
- you are doing 'less', either physically or mentally
- you have increased levels of exhaustion
- you have experienced unintended weight loss.

Our Short Term Restorative 8 week Program is designed to help reverse or slow the difficulties you might be having with everyday tasks, so that you can retain your independence. To find out if you're eligible, please contact our customer service team on 1300 791 660. They will help you to connect with My Aged Care for an assessment by the Aged Care Assessment Team.



Swallowing difficulties are very common

Swallowing requires very little thought for most people, but swallowing difficulties are common amongst older people, and can create a range of difficulties for the elderly and those who care for them.

The medical term for the difficulty of swallowing food and/or drinking fluids is dysphagia – which can occur for a number of reasons – including stroke, Parkinson's disease, motor neurone disease and dementia.

Although the prevalence of this condition in the general population is unclear, conservative estimates suggest that 20% of the elderly population is affected.

The medical effects of dysphagia can include things like dehydration and malnutrition, while choking looms as the second-highest cause of preventable death in aged care and an ever-present worry for family carers.

Texture modified diets are designed to make chewing and swallowing safer for people living with dysphagia, but accommodating these needs can place a significant amount of pressure on family carers when preparing meals for a loved one.

Making clear distinctions between levels of food consistency can be difficult as each individual's definition of 'soft', 'pureed' and 'minced' can vary, and failing to modify food and drink textures appropriately can have severe ramifications.

There are products available at the supermarket which have been specifically developed using guidelines established by Arthritis Australia. If you need guidance around this we now have our in-house dietetics who can help you with this. Contact your care co-ordinator for more information.

Seniors beware: scammers stole \$11 million from older Aussies last year



Older Aussies are being warned to watch out for scammers, with more than \$11 million being swindled from seniors last year.

The Australian Competition and Consumer Commission (ACCC) received 16,915 reports from older people who were scammed in 2021, with \$6.7 million being lost through false billing scams – which involve victims being sent fake invoices with demands for payment – and \$1.8 million through online shopping scams, including fake websites selling motorhomes.

One especially sinister tactic is money recovery scams – where perpetrators will contact scam victims and offer to recover the money they had lost for a fee. ACCC Deputy Chair Delia Rickard says Australians have lost over \$270,000 to these scams so far this year.

NSW Fair Trading has prepared a guide for seniors on consumer rights and how to deal with bad actors – and if you think you may have been scammed, report it to Scamwatch immediately.

www.fairtrading.nsw.gov.au/help-centre/youth-and-seniors/seniors

Have you noticed things have changed?