



Source: <https://nomoneynotime.com.au/healthy-easy-recipes/slow-cooker-chicken-and-chickpea-curry>

Slow-cooker chicken, chickpea and vegetable curry

Ingredients Serves = 6

- 1 tbsn extra virgin olive oil
- 1kg chicken thigh or breast, trim off fat and cut into quarters
- 1 brown onion, remove ends and papery skin then finely chopped
- 1/4 cup korma curry paste
- 2 tsp tomato paste (salt reduced)
- 400g can diced tomatoes
- 1/2 cup chicken stock (salt reduced)
- 1 cup frozen peas
- 1 cup frozen green beans
- 1/2 cup plain yoghurt
- 400g can chickpeas, drain off liquid

STEP 1. Heat the oil in a frypan over a medium-high heat. Add the chicken in small batches and cook until brown on all sides

STEP 2. Add the onion and cook for about 4 minutes until it becomes soft and translucent

STEP 3. Add the curry paste and cook for 1 minute then add the tomatoes, tomato paste and stock

STEP 4. Transfer it into a 5 litre slow cooker. Set it to low and cook, covered for 6 hours. If you don't have a slow cooker, you could place all ingredients in an oven proof dish, cover and cook in a 110°C oven.

STEP 5. Add the yoghurt, chickpeas, peas and beans and cook for 15 minutes until heated through

Celebrating NAIDOC Week in July



Diversity and Culture is something we are extremely proud of across our McLean Care services, and it was great to see our residents and staff celebrate NAIDOC week across all sites in July.

During the planned activities, we enjoyed Dreamtime music, traditional Aboriginal dancing, and tasted First Nation foods. We enjoyed participating in Indigenous painting, designing some lovely canvas prints using dot painting methods.

Some of our residential homes played NAIDOC week bingo, where residents won lovely Indigenous art, printed coffee mugs and socks donated by McLean Care. Diversity and Culture is important to us and some of our staff attended a "Building Aboriginal cultural competency" seminar.



Onward&Outward

Proud to be part of your life

This month, I would like to focus on our marvellous team at McLean Care.

They are the skilled and wonderful faces you see every day. Our staff are so important in providing our residents and clients with the care they need and most importantly deserve.

Workforce Education and Training is of fundamental importance in ensuring our staff are well equipped to provide the level of service on which we pride ourselves. The dedication, passion and professionalism of our residential care and home and community care workers is so valued, we encourage them to carve out long-term careers with McLean Care.

We are proud to be an inclusive workplace that offers stability, industry benefits, traineeships, apprenticeships, and work experiences across our service footprint.

There are many career pathways to choose at McLean Care, because no matter where you start, it does not mean that is where you stay. Some begin their career with us as a care worker and become a diversional therapist, or begin as a hotel service worker and progress

to being a team leader. A hotel service worker can change lanes and move into care services and even undertake university study to become a registered nurse.

Whatever career goals our people have, we commit to helping everyone to reach those goals.

Each year we offer an Education Scholarship to a permanent employee of McLean Care who has been with us for a minimum of six months and willing to meet the requirements of the scholarship. We have committed to sponsor one person's university degree up to \$20,000 dollars and an additional person for professional development up to \$5,000.

The number of applications this year has been fantastic, and we look forward to announcing this year's University and Professional Development scholarship recipients later this month.

Please join me in honouring McLean Care workers invaluable contribution to our residents and clients as we celebrate Aged Care Employee Day on August 7th, 2022.

Sue Thomson
Chief Executive Officer



Happy 104th Birthday to a very special resident Joy from Killean Residential Care in Inverell. It was our pleasure to share this day with Joy. From our entire McLean Care family.

CARE EXPO

CARE EXPO BRISBANE

15 - 16 September 2022
Brisbane Convention and Exhibition Centre

Join us at the Brisbane Care Expo
You'll find our stand at P110 near the stage.

Thursday 15 Sept 2022 9am - 4pm
Friday 16 Sept 2022 9am - 4pm
at Brisbane Convention & Exhibition Centre, Hall 2
Cnr Merivale and Glenelg Streets, South Bank, Brisbane.
It's free entry. Follow this link to secure your registration early
<https://tickets.lup.com.au/careexpobne-2022?&cat=CAT->

- McLean Care at CWA House**
21 Cherry Street
Oakey QLD 4401
T: 07 4691 1130
- McLean Care Yallambee**
34-40 Margaret Street
Millmerran QLD 4357
T: 07 4695 1580
- Kolora Residential Care**
8 Prisk Street
Guyra NSW 2365
T: 02 6779 1922
- Mackellar Residential Care**
2 Apex Rd, Gunnedah NSW 2380
T: 02 6741 5400
Alkira: 35 Marquis St,
Gunnedah NSW 2380
T: 02 6742 9100
- Killean Residential Care**
67 Killean Street
Inverell NSW 2360
T: 02 6721 7300

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Find the right energy plan for you.



Given what is happening in the energy market right now, we know that many households are worried about rising energy prices.

Influencing factors driving prices and supply in 2022 include the increased wholesale cost of electricity due to:

- > Increased coal and gas prices driven by international demand and the war in Ukraine
- > Planned and unplanned generator outages
- > Onset of colder weather driving up energy usage
- > Extreme weather events affecting supply.

As energy bills increase for many Australians in the second half of 2022, it is important to know what you can do to avoid paying more than necessary. Here are some simple steps you can take to minimise your energy bills.

Know your energy plan

Carefully read any letters or emails from your energy retailer, as they must notify you if they raise your prices.

Make sure you understand your energy plan. The best way to do this is to really have a close look at your bill. You will find basic information about your energy retailer and your plan. You can then contact your energy retailer directly to discuss your plan in detail.



Ask your energy retailer these questions

Asking your retailer these questions will help you gather the information you need to make an informed decision:

1. What kind of contract am I on and when does it expire? It is important to ask this as your current contract may protect you from rising prices.
2. Are my prices going up? And if so, when and by how much?
3. Do you have a better deal for me? Do not be afraid to ask this as you may be pleasantly surprised by the response.

Need help paying your energy bill?

If you are having trouble paying your bill, contact your energy retailer and let them know. They are required to have a financial hardship policy in place.

Find the right energy plan for you

Visit the website link below to compare all the energy retailers. www.energymadeeasy.gov.au

If you are experiencing any issues with your current provider and are unable to resolve these yourself, contact the Energy & Water Ombudsman in your state <https://www.ewon.com.au/page/making-a-complaint/what-can-i-complain-about>



Home & Community Services

Do you have a special person you care about and want to see them enjoying their later life at home? Or is this you?

Doing things like

- meeting up with friends and family?
- being more active and enjoy new interests?
- or perhaps have some extra help to feel safe and comfortable at home?

Did you know McLean Care has over 50 years' experience as a Lifestyle Partner supporting Australians to love their later life. If you would like to learn more about the services we provide, give one of our team members, who love what they do, a call on 1300 791 660.

Have you noticed things have changed?

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.



Identifying nutrition issues amongst our older generation.



Declan and Zoe - 4th year Bachelor of Nutrition and Dietetics Students from the University of Newcastle

Recently, McLean Care was fortunate to have the focus of two university students as part of their community nutrition placement, facilitate a small nutrition survey among a handful of our community clients

Declan and Zoe are fourth year Bachelor of Nutrition and Dietetics Students from the University of Newcastle who conducted a survey to screen common nutrition issues for our Home and Community Clients.

Declan and Zoe developed a broad survey aimed to identify the common and often unrecognised nutrition issues amongst our older generation. The nutritional status of older clients is often overlooked due to the perception that it is 'normal' for older people to eat less or lose weight. Comprising of twenty-one questions, the survey revealed that apart from the impact of food costs, 70% of the clients were living alone and this was a major contributing factor to their eating patterns.

The survey found that only 1 in 5 clients were eating adequate amounts of meat or meat alternatives and dairy foods. Both dairy (milk, yoghurt, cheese, custard) and meat/meat alternative (beef, chicken, fish, eggs, nuts, baked beans, lentils, legumes, tofu) contain considerable amounts of protein. This is particularly important during the ageing process as proteins are crucial to maintaining a persons' strength, energy, and muscle mass.

Dairy is a high source of calcium important for maintaining bone strength. Recommended daily intakes for dairy and meat/meat alternatives increase with age and it was concerning to learn that a sizeable portion of our clients are not consuming enough proteins and dairy in their diet.

The survey observed and confirmed in day-to-day practice; poor intakes of meat, meat alternatives and dairy were attributed to:

- Rising food costs
- Difficulties chewing
- Reduced ability to cook
- Reduced mobility
- Loss of a spouse

Additionally, the survey revealed that only 1 in 5 clients were consuming adequate serves of breads and cereals (grains) and vegetables, compared to 3 in 5 consuming adequate intakes of fruit.

Poor intake of fruit, vegetables, and grain-based foods results in reduced intake of fibre and essential vitamins leading to bowel issues and weakened immunity.

As with the meat/meat alternative group, it is common to see a reduced intake of vegetables with reduced meal preparation and the increasing reliance on convenient meal options.

The survey identified almost 70% of the participants would like information on how to ensure they are receiving adequate nutrition for their age. We have included helpful websites below but if you or someone you care for could benefit from seeing a dietitian, please contact your Home Care Coordinator, Doctor, or My Aged Care.

Check out our recipe of choice in this newsletter edition - Slow cooked Chicken, Chickpea and Vegetable Curry is a nice winter warmer and only \$2.15 per serve!

HELPFUL WEBSITES

- No Money No Time – Healthy Eating Tips and Recipes: <https://nomoneynotime.com.au>
- Eat for Health: www.eatforhealth.gov.au
- Healthy Eating to Protect your Heart
- www.heartfoundation.org.au/heart-health-education/healthy-eating
- Healthy Eating – Arthritis Australia
- www.arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/healthy-eating
- Eating Well – Diabetes Australia
- www.diabetesaustralia.com.au/food-activity/eating-well
- Cost Saving Meal Tips
- www.health.qld.gov.au/_data/assets/pdf_file/0026/151919/hphe-supermarket.pdf