



Clare's Rainbow Rice

Ingredients Serves = 8

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| 1 tsp crushed ginger | 200g cauliflower, finely chopped to about breadcrumb consistency |
| 1 tsp crushed garlic | 2 medium eggs (65g each) (lightly beat with milk, using a fork) |
| 2 tsp red curry paste | 2 Tbsp reduced fat milk |
| 1 medium brown onion, finely chopped | 1 cup of cooked rice (1/3 cup dry rice boiled for 12 minutes in 1.5 cups water, drained) |
| 1 small piece of pumpkin (about 1/8 of a whole pumpkin), finely diced | 2 Tablespoon coriander or parsley (optional), finely chopped |
| 1 large carrot, finely diced | Extra virgin olive oil spray. |
| 1 medium zucchini, finely diced | |
| 2 sticks celery, finely diced | |
| 1/2 capsicum, finely chopped | |

STEP 1. Heat a large fry pan to medium and spray with oil

STEP 2. Add the onion to the fry pan and stir fry for 3 minutes until the onion starts to soften

STEP 3. Add the crushed garlic, ginger and curry paste to the fry pan and cook for another 2 minutes until the onion is soft

STEP 4. Add the chopped pumpkin and carrot, stirring occasionally for 4-5 minutes

STEP 5. Add the chopped celery and zucchini, cooking for a further 3-4 minutes.

STEP 6. Make a large well in the centre and add the beaten egg mixture and allow it to spread into the surrounding vegetables. Once it starts to set, after about 3 minutes, flip the eggs.

STEP 7. Add the cooked rice, processed cauliflower, celery and red capsicum and stir through the egg and vegetable mix, breaking the egg into pieces, and mix through until it is evenly distributed.

STEP 8. Toss through the chopped coriander and serve.

Source: <https://nomoneynotime.com.au/healthy-easy-recipes/clares-rainbow-rice>

Did we see you at the CareExpo in Brisbane?



On the 15th and 16th September we participated in the CareExpo in Brisbane for the first time.

The expo was a chance to discover and connect with providers from aged care, disability and in-home support through to education, mobility, mental health, social and recreational services.

It also featured a range of inspirational and educational speakers including our very own Christopher Scott presenting 'Turn around functional decline in just 8 weeks! On the previous page we have demonstrated the results of short-term restorative care programs has had on people lives.



A big shout out to everyone who we met over the 2 days and for those who participated in our competition 'Win a iRobot Roomba J7'. The lucky winner was Yasmin Jennings.

QUEEN ELIZABETH II

1926 - 2022



The Legacy of Leadership

The passing of Queen Elizabeth II is a moment in time that we will remember for many years to come. Her passing is not only significant for its historical importance, but a reminder of her incredible legacy and unparalleled leadership.

It has certainly been a time of reflection when one considers the vast societal changes that have occurred over the past 70 years and shapes the world in which we now live.

Queen Elizabeth II remained true to her ongoing commitment to the service of others. Her steady hand and constancy have, for most people, always been there and her passing has touched so many.

Queen Elizabeth II was in fact a trailblazer for women across the world. She was the ultimate model of a working mother who relied upon the support and care of her husband, family, and team of dedicated workers within the Royal households. They all worked together to help her perform her duties.

As we adjust to this historic change, it has made me reflect on the importance of

women in leadership roles within our own organisation. Seventy years ago, when Queen Elizabeth II became the Sovereign, it was far from normal to have women in everyday leadership roles.

The world has changed so much over the past seventy years, and our business and community Leaders have had to adjust to ever-increasing diverse and complex issues, advances to technology, and keep pace in the ways we live and work.

Recently, I was incredibly honoured to be shortlisted in the Third Sector Awards for CEO of the Year. An annual award celebrating, innovative and progressive leaders and organisations, nominees from a range of not-for-profit organisations, based on areas of social impact, outcomes, social innovation, collaboration, leadership, and systems thinking. Nominees recognised for their impact in diverse areas including advocacy for women and children, refugee support programs, sustainable healthcare, and cancer research.

Lance Kawaguchi was the successful recipient of the 2022 Sector Award for his work as CEO of the Cure Brain Cancer Foundation. Lance is dedicated to defeating brain cancer and under his leadership, the Foundation has launched world-first clinical programs to advance ground-breaking oncology therapies. He continues to innovate by establishing the Foundation's first all-women leadership team. My heartfelt congratulations go out to him for his remarkable achievements.

For me personally, as CEO of McLean Care, I am so proud of what we do. I stand beside other great women advancing in management and leadership roles within our organisation.

One thing is for certain, just like the Queen Elizabeth II, we too have had the support, love, and encouragement from our families, and a talented team around us, to pursue our careers and to make a meaningful difference to the wonderful people we care for each day.

 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** NSW and QLD

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Sharing our STRC program success stories



Meet Elizabeth and Keith Christensen
Elizabeth has just finished the program with us and she loves her new tipper jug and the new support worker Sam from Gypsy Support Services.



Meet Georgette Everingham who is now on round 2 with us for STRC as she liked it so much she came back for more but seriously she had missed sessions whilst the floods were on and she is hoping to get this all sorted now.



Meet Ronald and Judith McLennan – Ronald was very hesitant to join this program but now loves what he has achieved from it. New orthotics, shoes to fit them, OT assessments and physio for the change in gait.



Meet Catherine Brown another happy client who is enjoying her new treadmill to keep her fit in her own home.



TV celebrities join our McLean Care team!

You may recognise this face from the television program GOLD COAST COPS.

McLean Care would like to introduce our newest Home and Garden Maintenance contractor Sean Swain from Lighthouse Garden Maintenance.

A local born and bred Tweed Heads man, Sean was a professional lifeguard for 16 years with the Gold Coast City Council and involved with hundreds of rescues.

He then went on to join the force, becoming a Senior Constable with Queensland Police for 13 years. Sean was one of the main stars of the television series Gold Coast Cops, taking thousands of Aussie viewers behind the scenes of our police force and what they endure to keep the streets of Australia's number one holiday destination safe.

Sean is a real people person and all about community, dedicating most of his life to helping others.

A change of lifestyle is what motivated Sean to open up his business, Lighthouse Garden Maintenance.

His love for the great outdoors and passion for community has enabled him to follow his green thumb dreams and provide outstanding service to our clients of the Far North Coast.

Sean is a perfectionist from manicuring lawns to garden clean ups.

Since joining the McLean Care team in June 2022, Sean says it is much more than garden maintenance in his day to day duties.

Sean loves having conversations with the clients, making many friendships along the way.

He is proud he is able to provide a service whilst doing what he loves and feels very privileged to be apart of our clients being able to love their later life at home with the support of McLean Care.

We are so happy to have Lighthouse Garden Maintenance on board with us. If you happen to see Sean out in the community, say G'day, he'd love to have a chat!

A great night to shine bright!



This September, the annual Allawah Cottage Ball was held in Gunnedah. For the past two years, McLean Care has been a proud major sponsor of this event and is another wonderful example of how we love to support the communities we serve.

The ball was an opulent evening that raised \$35000 for the Allawah Cottage, a safehouse for women, children and their pets escaping domestic violence.

Lighting up, what was a magical evening, the Gunnedah Town Hall was transformed into a colourful, glittering landscape, with fairy lights, exquisite floral arrangements, and guests in sequin ball gowns.

Cath Anderson was the proud new owner of our SAPHIRE PENDANT that were also donated by McLean Care which were auctioned on the night.

Thank you to all who attended, contributed and made it a night to remember.



Naidoc Celebrations across the nation

Naidoc Week is an opportunity for all Australian's to learn about First Nations cultures and histories, and participate in celebrations of the oldest, continuous cultures on earth. This year's theme, GET UP! STAND UP! SHOW UP!

encourages communities to come together and champion meaningful and positive change for First Nations people in our beautiful country. We enjoyed participating in these events across and across all our locations.

Our Far North Coast Home and Community Care Coordinator, Allison Cornish was invited to march in the 2022 Naidoc Week Celebrations in Tweed Heads. The march began in the main street of Tweed Heads and continued all the way up to Queensland and NSW border join, coming together to make their way to Jack Even's Boat Harbour.

Celebrations continued with speeches, cultural singing, and dancing – recognising the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. We had a fabulous week and were privileged to represent McLean Care in the many festivities.



Gardening is good for the soul

Finally Spring has arrived and our McLean Care residents throughout Australia are making the most of the lovely weather by getting out in the garden and tending to the plants.

Our residents love being outside and tending to our beautiful gardens that help make our homes such a wonderful places to live.

We are looking forward to all that spring promises to offer

