



## Baked Salmon With Truffle Mustard

**Ingredients** Serves = 6

- 2 lemons
- 800g fresh Atlantic salmon side, skin-on
- 1/3 bunch continental parsley, leaves picked, finely chopped
- 3 cloves garlic, crushed
- 1tbs truffle mustard
- 1/3 cup extra virgin olive oil
- 120g Woolworths leafy salad mix

**STEP 1.** Preheat oven to 220°C/200°C fan-forced. Grease a baking dish and line with baking paper. Thinly slice one lemon. Place salmon, skin-side down, in the baking dish.

**STEP 2.** Juice remaining lemon into a bowl. Add parsley, garlic, mustard and oil. Mix well.

**STEP 3.** Spoon parsley mixture evenly over the top of salmon. Season.

**STEP 4.** Arrange lemon slices over the parsley mixture. Bake for 15 minutes for medium, or until cooked to your liking. Remove from oven. Stand for 5 minutes, then serve with salad leaves.

Source: <https://www.woolworths.com.au/shop/recipes/baked-salmon-with-truffle-mustard>

## Remembrance Day reflections

Our McLean Care residents across our locations held special services to remember those who have served and sacrificed in all wars and conflicts. This year we commemorated the 75th Anniversary of the Australian Peacekeepers and Peacemakers operations.

Members of the Oakey RAEME personnel joined our McLean Care CWA House residents, family members and staff at their service to lay wreaths and pay a special tribute to our past residents and their loved ones.



## Onward&Outward

## Budget takes the first step to deliver the reforms we so badly need.

In October the new government delivered its first Federal budget and we were very interested to see what they would deliver for the Aged Care Sector. The 2022–23 October Budget states the government’s commitment to improve safety, dignity, quality, and humanity in the aged care sector. Federal Minister Mark Butler states “Older Australians deserve respect and dignity in aged care and this Budget takes the first steps to deliver the reforms that they so badly need.”

The Government’s aged care reforms in this Budget respond directly to twenty-three recommendations of the Royal Commission into Aged Care Quality and Safety and claims that a \$3.9 billion will help implement reforms that meet the needs of aged care recipients.

There is a lot to unpack from the budget and we are still working through how it will impact us on a grass roots level. Overall, we welcome the budget investments, however there is still much to do.

**Highlights include (but not limited to):**

- investing \$2.5 billion in new legislated requirements for residential aged care homes to have a Registered Nurse onsite 24 hours a day, seven days a week and more care minutes.
- \$3.6m to establish a new national registration scheme for personal care workers
- \$312.6m towards improved information and communication technology Aged Care platforms, enabling better connectivity and up to date aged care service information through My Aged Care.
- \$38.7 million will establish an Inspector-General of Aged Care to target systemic issues, provide independent oversight of the aged care system and make recommendations directly to Government.

- Disability Support for Older Australians (DSOA) Program – \$53.5 million until December 2023.

- For people who wish to be independent and remain living in their own home, reforms to in-home aged care will start from 1 July 2024.

Existing in-home aged care programs will continue until this time. This includes a twelve-month extension to the Commonwealth Home Support Programme. The Budget includes \$23.1 million for research and consultation to deliver an equitable program. Capping administration and management prices for Home Care Packages program will deliver higher value for money.

- Improving services and access to culturally safe care for older First Nations peoples, and older people from diverse communities, regional areas and older people living with dementia.

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Remembrance Day Reflections

Now it's time to focus on the importance of Families, Fun and the Festive Season.

This year, at McLean Care we are so excited for the Christmas season. Over the past few years, the global pandemic kept us away from our loved ones, families, and friends. This year, more than ever we are reminded of what is important.

Celebrating with gratitude, spending time with the people we love, and making lasting memories during these special family moments.

For the first time since 2019, we hope that our Christmas celebrations can return to some normal activities. I know that our McLean Care teams are embracing the opportunity to celebrate with a bit of friendly rivalry among the McLean Care divisions as they compete for the Best Decorated Christmas Tree in 2022!

Staff and residents alike will be creating Christmas decorations and dressing the Tree. The Christmas spirit is certainly alive and well at our community centres and for those we care for in their own homes, so make sure you contact us for our Christmas visiting details.

In all McLean Care locations, we have wonderful outdoor Christmas concerts planned, Christmas carols to sing along to, festive food treats, decorations everywhere, visits from Santa, and a delicious Christmas meal. Whilst COVID is still part of our lives and we need to remain vigilant we welcome families and friends to visit their loved one this year to lift the spirits of everyone!

This year, more than ever, it's a time to celebrate and spend time with those we love. We also acknowledge that for some, they don't have family nearby or who can visit. But we want you to know, that we are here for you as your McLean Care Family. Our team will support you with the only way they know how, with their cheerful attitude and unwavering commitment to your care and wellbeing.

I would like to take this time to personally acknowledge our wonderful clients and your families. The trust you place in us matters more that you will know and I wish you and those your love a warm and heartfelt Festive Season.

 Sue Thomson  
Chief Executive Officer

## McLean Care AGM Election Results.

Our McLean Care AGM Election was held on Monday October 24 and we are please to report that Mr Manuel Meszaros has been re-elected as the Chair for the next twelve months, with Mr Mark Fenton as the Vice Chair. The McLean Care Ltd Board is comprised of:

Mr Manuel Meszaros	Chair
Mr Mark Fenton	Vice Chair
Rev Jean Bell	Director
Mr Bruce Peasley	Director
Mr Colin Swanbrough	Director
Dr Sue Craig	Director
Ms Lia Mahony	Director

The Board remains enthusiastic about our future and how we, as an evolving organisation, are responding proactively to the challenges presented to us. McLean Care's innovation and growth strategies continue to be endorsed by the Board.

The Board continues to concentrate on the challenges ahead giving laser focus to the continued provision of quality care at every touchpoint to ensure that older people live their best lives they chose.



## Breast cancer awareness fundraiser.

Our McLean Care CWA House facility raised \$454 from our recent Breast Cancer awareness high tea. Facility Manager Di, presented the cheque to Blush Cancer Care Inc representative Dee, to contribute and support others in their time of need.



## Yallambee's Spring Fair Success.

After a great first Spring Fair held at Yallambee in November the local Millmerran Lions Shed have made a wonderful donation to the sum of one thousand - five hundred dollars (\$1500).

We were absolutely thrilled to receive this which will now go towards the construction of the three hole mini golf course outside Yandilla.

Thank you Millmerran Lions Shed, you'll have to visit us again for a game of competitive golf.



# Make it a Christmas to remember.

After the challenges of the past 2 years with the pandemic, we all hope that this one will be a wonderful Christmas for all. The festive season is a time for family, friends and gatherings.

Here are some great tips from Dementia Care Australia in case you may be celebrating with a loved one who has dementia.

Here are five ways you can make your celebrations more dementia friendly.

### 1. Simple is best

People with dementia can become disorientated and unsettled in unfamiliar environments so keep it simple. Plan the day ahead, stick to routines as much as possible, and be aware of the emotional triggers that may cause confusion or agitation.

### 2. Keep it calm

Having lots of people in your home and too many activities underway can become overwhelming to someone living with dementia. Excited guests, loud music and multiple conversations can be confusing and may cause anxiety. Aim for a mix of active and quiet activities throughout the day and have a 'quiet room' where someone with dementia can retreat if things become a bit much.

### 3. Share the caring

Create opportunities for family members and friends to share the caring role. They may assist by hosting an event in their home or go out as a group for a specific activity such as carols by candlelight.

### 4. Everyone needs to feel valued

Everyone needs to feel valued and this doesn't change when someone has dementia. Think about how someone with dementia used to contribute at Christmas time and find a way to help them do this. Hanging a bauble on a tree, writing Christmas cards together, setting the table or helping to prepare food are all small actions that can help a person with dementia feel included and give a sense of independence.

### 5. Seek support

The festive season is a time when both the person with dementia and family members may feel a sense of loss. This may impact more strongly upon those people without family members or those who may be away from their family.

However dementia impacts you, you can call the National Dementia Helpline on 1800 100 500, or for more information you can visit [www.dementia.org.au](http://www.dementia.org.au).



### Home Community Care Clients - Christmas holiday arrangements

As we approach the festive season we would like to take this opportunity to advise of the Christmas holiday period arrangements for Home and Community Services.

Domestic Assistance and Home Maintenance services will conclude on the afternoon of Friday the 23rd December 2022 and recommence Tuesday 3rd January 2023. For clients that receive other service types, your care coordinator will be in touch with you discuss your Christmas holiday period requirements. Given many clients have family or friends around which may assist with care needs or perhaps clients spend some time away during the Christmas/New Year period adjustment to regular support services may be required during this period. If you have any questions or concerns, please do not hesitate in contacting us on 1300 791 660 so we can connect you with your care coordinator.

## Planning for emergencies significantly reduces losses associated with disasters.

As we continue to experience extreme weather events across most states, it is important we are prepared for any emergency we may be presented with.

### Did you know?

Households that plan for emergencies significantly reduce losses associated with disasters.

Planning is important so that you know your risks and what to do if there is a flood, storm and other adverse weather events. This can save your life, the life of your family members and the lives of others including your pets. It can also minimise damage to your property and possessions.

**For NSW clients you can develop your home emergency plan using NSW SES planning tool**  
<https://www.seshomeemergencyplan.com.au/>

**For QLD clients you can prepare your home emergency plan using QLD Government Household Emergency Plan**  
<https://www.getready.qld.gov.au/plan>



To make sure appropriate support is provided as quickly as possible please follow the below pathways

Dial Triple Zero (000) for Police, Fire and Ambulance in an emergency. Call State Emergency Services via 132 500 for help relating to floods and storms including damaged roofs, rising flood water, trees fallen on buildings, or storm damage.

If you are in a life-threatening situation, you should always call Triple Zero (000) for police, fire or ambulance.

**Prepare now. Be alert. Act early.**