



## Creamy coconut beef and pumpkin curry

### Ingredients

1tbsp peanut oil  
1tbsp finely chopped fresh ginger  
80g (1/3 cup) rogan josh curry paste  
1.5kg beef chuck steak, cut into 4cm pieces

Mutti Polpa finely chopped  
Tomatoes 400g  
250ml (1 cup) Massel vegetable liquid stock

### Method

#### STEP 1.

Heat the oil in a large saucepan over high heat. Add the ginger and cook, stirring for 1 minute or until softened. Add the curry paste and cook, stirring for 1 minute or until aromatic. Add the beef and cook, stirring for 5 minutes or until well coated.

#### Step 2

Transfer the beef mixture to the bowl of a slow cooker. Add the tomato and stock. Stir to combine. Add the curry leaf. Cover and cook on high for 5 hours or until the beef is tender. Add the pumpkin. Cover and cook for a further hour or until pumpkin and beef is tender.

#### Step 3

Place the cornflour and 80ml (1/3 cup) coconut cream in a small bowl and stir to combine. Add to the slow cooker and cook, with the lid removed, for 10 minutes or until thickened.

#### Step 4

Divide the curry among serving plates. Drizzle with some of the remaining coconut cream. Serve with rice and topped with extra curry leaves.

Source: [www.taste.com.au](http://www.taste.com.au)

## More amazing milestones to celebrate



One of our special residents, Mary from Alkira in Gunnedah, NSW celebrated her 102nd birthday in January.

Mary celebrated with fellow residents on at a wonderful Garden Party on the grounds of Alkira.

Garney from McLean Care CWA House, in Oakey QLD also turned 102 in February and was absolutely thrilled to find that his photo and story made the front page of our local paper, The Oakey Champion this week.

When we asked him...“how does it feel to be 102?” His reply...“Wonderful! Can’t wait for the next one!”

What a fantastic acknowledgement of a life well lived!

Congratulations to both Mary and Garney on reaching this impressive milestone.



McLean Care®

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# Onward&Outward

## Loving your later life events

It's hard to believe we are already in Autumn and the change of the weather has arrived!

There's alot to talk about this month as we commence our 70th Anniversary celebrations, important changes that impact aged care workers and how to keep healthy and well during the colder months of the year.

### Industry News

You may be following the media on the Fair Work Commission who has recently awarded a 15% pay raise for aged care workers from June 30, 2023, which is great news for direct care workers including Head Chefs, Recreational and Lifestyle Officers.

While I certainly welcome the move to increase wages, there are still other aged care workers including support and administration staff, and other food services workers, who are not included in the wage increase.

You know from firsthand experience, all of our support workers are central

to the provision of safe, person-centred care and their work should be properly valued.

As the CEO of McLean Care I will continue to strongly advocate for wage increases across the board and ensure that all of our workers are valued for their hard work and contributions to providing safe, person-centred care. It's a complex issue to manage and one we will continue to monitor and share industry updates as they happen.

### Change of Seasons.

The change of seasons, particularly from Summer to Autumn, can have a significant impact on the health and overall wellbeing of our loved ones.

The cooler weather can impact on physical activity as the colder, wetter months leads to a reduction in time spent exercising and getting out and about, which can then lead to reduced mobility. The cooler weather can also impact mental health as social isolation may occur when its more difficult to get out and about.

It can also increase the risk of falls with higher chance of rain and autumn leaves on the ground. Making sure you

have the right footwear is so important during these months.

Vitamin D is a crucial to maintain strong healthy bones and immune systems. It's important to be aware that Vitamin D levels may reduce during winter months with less natural light, so try and find the sunshine wherever you can.

### 70th Anniversary Celebrations

As mentioned in our previous newsletter, this year, McLean Care celebrates 70 years of service.

We have developed some beautiful 70 Year commemorative pins which will be available for purchase at each of our offices in a location near you.

We will also be holding various celebratory events throughout the year, including our Loving Your Later Life Expo on 18th & 19th May at the Tamworth Town Hall in regional NSW.

This two-day event will showcase a range of lifestyle exhibitors from travel, food, financial planning, home improvements to fashion and wellbeing.

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**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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Special guest Julie Goodwin, MasterChef's very first winner, will provide an entertaining Q&A session and cooking presentation of the Thursday, sharing her love affair with food, her career, and tips on cooking as we age. This will be a free event and we welcome everyone.

On Saturday October 21st we will be hosting a Spring Fair with the Millmerran community just outside of Toowoomba. This event is planned to be held annually taking us back to the traditional local Spring fairs our smaller regional communities use to hold.

For a gold coin donation you'll enjoy a fun filled day of entertainment, food, local stalls and produce to raise money for the Millmerran community.

We hope to see you there and at our other community events throughout the year.

 Sue Thomson  
Chief Executive Officer



Julie Goodwin, Tamworth's 2023 Loving Your Later Life Expo special Guest

## Cookbook entries - send us your favourite family recipes



As part of our 70 years celebration we are putting together a fabulous cookbook filled with recipes from our clients, residents and their families and our McLean Care staff.

Food made with love can bring people together and warm the heart and we want to capture that feeling in a cookbook of family recipes that have been cherished for years.

This is your chance to be famous! Share your family favourite recipe with us and the story behind it, and let's celebrate the traditions and memories that make every dish so special.

Please submit your recipe via email to [70years@mcleancare.org.au](mailto:70years@mcleancare.org.au) by April 7th to be considered for the cookbook.

## Jade crowned Oakey's 2023 Young Rural Ambassador

For the past 5 years McLean Care has sponsored the Oakey Showgirl Ball. In March our Director of Residential Services, Melissa Scott, was on hand to present the Oakey Showgirl winning sash and sapphire earrings. What is more exciting is that the winner of 2023 Young Rural Ambassador was one of our very own, Miss Jade Kennedy.

Jade joined the McLean Care team as a school based trainee in 2021 studying her Cert III Individual Support, which she has almost completed and has a long term goal of becoming a Doctor.

Jade was crowned Oakey's Junior showgirl back in 2020.

When the 2022 showgirl launch was advertised, we discussed with Jade on returning the crown from 2020 and possibly entering another category. Due to her age the 'Young Rural Ambassador' was the only category she was eligible for. Sadly the 2022 showgirl ball was cancelled due to COVID.

When the 2023 showgirl launch commenced, Jade was still eligible for the 'Young Rural Ambassador' category, but due to her work and study commitments, Jade was hesitant on continuing with her entry, as she didn't want to let anybody down. Luckily she chose to continue with her commitment to the Oakey Show Society.

As fate would have it, on Friday 3rd March, Jade was crowned Oakey's 2023 Young Rural Ambassador and we couldn't be more proud of Jade and her well deserved success.



## Welcome to our team



Cath Bubb

Samantha Bandle

McLean Care Home and Community has welcomed two new staff to the team within the recent months. It's wonderful to see our team growing!

Cath Bubb joins us in a new role as Clinical Care Manager for QLD with over 30 years experience as a Registered Nurse.

Samantha Bandle is the new Wellness and Enablement Case Manager for Logan and Far North Coast.

## March #EmbraceEquity



## Physiotherapists and Dietitian now in house with McLean Care



Did you know that McLean Care has in house Physiotherapists and a Dietitian? In house Allied Health services can be accessed under your McLean Care Home Care Package and can be delivered face to face or remotely via telehealth depending on your location.

### How can a physio help me?

Physiotherapy can be particularly important as we get older as it can help to maintain our strength, endurance, and independence. A Physiotherapist certainly isn't limited to but may be able to assist in one or more of the following:

- Mobility assessment and walking aid prescriptions
- Injury prevention and treatment
- Pain management interventions
- Falls prevention strategies and education
- Customised home exercise and rehabilitation programs.

### How can a dietitian help me?

Nutrition plays an important role in ageing as appetites and lifestyles can often change as we get older. It is important to maintain healthy eating habits to support your healthy ageing journey. A dietitian referral may be beneficial if a person is experiencing one or more of the following:

- Poor appetite.
- Unintentional weight loss.
- A chronic wound or delayed healing wound.
- Digestive concerns such as constipation, diarrhoea, reflux, nausea etc.
- Deficiencies such as iron deficiency.
- Food intolerances or allergies.
- Assistance with planning and preparing easy meals.
- Reduced mobility because of unintentional weight gain.

For more information, speak with your coordinator for a referral.

Loving your later life expo.

FREE ENTRY



Meet special guest Australia's original MasterChef, Julie Goodwin

Cooking presentation and book signing on day one.

Showcasing products and services to inform, educate and entertain.

Tamworth Town Hall 18-19 May, 9am - 3pm

2-day lifestyle event for people over 60 including:

- Exhibitors • Guest Speakers
- Workshops • Demonstrations
- Entertainment

