



Le Cordon Bleu Coronation Chicken Recipe

Ingredients

- 1 hot-smoked chicken breast
 - 2 spring onions, finely sliced
 - 2g mild curry powder
 - 2g ground turmeric
 - 60g mayonnaise
 - 15g crème fraîche
 - 5g tomato ketchup
 - 15g apricot nappage (sieved jam)
 - Juice of 1 lime
- Small bunch coriander leaves
 - 2 brioche buns
 - Salt and pepper

Method

- STEP 1.**
Finely dice the chicken breast and finely slice the spring onions, then place in a large bowl.

STEP 2.
Sprinkle over the curry powder and ground turmeric. Add the mayonnaise, crème fraîche, tomato ketchup, curry powder, apricot jam and lime juice and stir to combine. Season with salt and pepper.

STEP 3.
Roughly chop the coriander leaves. Add to the chicken mixture and stir to coat in the sauce.
- GARNISH: STEP 4.**
Remove the tops and tails from the sugar peas and thinly slice on an angle.

STEP 5.
Slice the brioche buns lengthwise and set the tops aside. Scoop out the inside, being careful not to break the bun crust. Fill the scooped hole with the chicken mixture and top with a little sugar pea, coconut chips and coriander leaves.

Put the top bun on top and serve immediately.

Young Animal Word Finder

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

A T E R E V E L T E L W O G
N G N I W M A L S F A Y R N
E R O T E H S U O C E H A I
T H A S L G E A R O C E E L
T A A L L U L L J B Y L E K
I T F R L I O I P E G N D C
K C S T T I N P H E N Y A U
S H B K N N P G O K E Q U D
E L A S A T C R I I T O N S
T I U H F E U T E P Y P A S
S N Q N N O B T U T E Y A S
C G S R I I I P T I A C I S
M S F A W N S R N H H C J L
R T C A L F T N F G M W T Y

- | | | |
|-------------|------------|---------|
| Calf | Foal | Leveret |
| Caterpillar | Gosling | Nit |
| Cub | Hatchlings | Owlet |
| Cygnets | Infant | Poult |
| Duckling | Joey | Pup |
| Eyas | Kit | Squab |
| Fawn | Kitten | Whelp |

Meet Barb

Recently, McLean Care at CWA House welcomed our new Facility Manager Barb Adams. Barb was introduced to the residents during our recent Resident's meeting. Barb gave a brief outline of her time working in the aged care sector and has spent time chatting with and getting to know the residents during 1:1 time.



McLean Care®

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Onward&Outward



Revolutionary clinical service that provides 24/7 access to experienced clinicians.

Having operated in rural Australia for over 70 years, McLean Care has first hand experience of the challenges of aged care and healthcare services in regional, rural, and remote areas, as well as the impact of such challenges on the health results of older individuals.

In 2021, in response to critical workforce shortages across the aged care sector nationally, the challenges of access to healthcare in rural locations and the current requirement of mandated Registered Nursing hours in residential care, McLean Care

initiated the design and development of a clinical and allied health workforce solution which has been trademarked as "iAgeHealth."

iAgeHealth is a revolutionary clinical service that provides 24/7 access to experienced clinicians and cutting-edge diagnostics, connecting clients with care in any location.

We have recruited registered nurses, physiotherapists, occupational therapists and dieticians who are working virtually from various locations across Australia with our trial sites to provide residents with timely access to high quality, safe care.

We are already seeing significantly improved health outcomes for residents who are accessing the system with real-time access to the health professionals they need, without waiting weeks or months for diagnosis and treatment planning.

We have recently commenced the second round of iAgeHealth trials at Kolora in Guyra as well as 4 additional

external sites of which Sunhaven Ashford is participating and we've had terrific feedback from residents, families and staff.

Once the initial 12-week trials in residential facilities have been completed, we plan to expand the trials to our Home and Community Care Clients.

We are excited to share this journey with you – keep an eye out in upcoming newsletters for our official national launch of the revolutionary iAgeHealth service in June/July this year!

Until then stay warm and well.

 Sue Thomson
Chief Executive Officer

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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 | Killeean Residential Care
67 Killeean Street
Inverell NSW 2360
T: 02 6721 7300 |
|--|---|---|--|--|

Independent Living Inverell: Goodwood Villas & Killeean 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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Navigating Rising Costs: Essential Money-Saving Tips for Seniors

Currently, a significant number of older Australians who rely on a pension are facing challenges in meeting their expenses due to the cost-of-living crisis, which disproportionately affects vulnerable individuals.

As fixed-income recipients, seniors on pensions may feel disadvantaged in comparison to younger Australians who can adapt to economic trends.

For approximately 1.5 million older Australians, the pension is their primary source of income, but the payments are typically only a third of their rent. Given this situation, it is crucial to explore ways to maintain financial stability during unstable times, carefully budgeting and finding ways to reduce expenses. This article will provide guidance on prioritising your budget, identifying areas where costs can be cut, and accessing resources to maximise your potential savings.

For example, taking advantage of the benefits offered by your Seniors Card or other concession cards can help you reduce your essential expenses. Ensure that you are aware of the eligibility criteria in your state or territory, as you may be entitled to additional benefits that you are not currently receiving.

To effectively manage your budget, it's important to recognise that your needs will change over time, and you need to adjust your budget accordingly. Start by understanding where your money is coming from, including savings, income, superannuation, and pension. Then, take a closer look at your recent bank statements to get a clearer picture of where your money is going.

One useful principle to help you budget your money is the 50-30-20 rule.

This simple approach involves dividing your income into different categories, allowing you to cover your essentials while still having money to spend and save. Allocate 50% of your income to necessities and financial obligations, 30% to debt repayment and saving, and 20% to things you want, including entertainment expenses.

Once you have a good sense of how much money you are spending and receiving, consider options for cutting back on unnecessary expenses. Take note of what is essential or at least serviceable to determine what you can do without compromising your wellbeing.

Examples of essential expenses include:

- Utilities (such as water, electricity, internet and phone plans, gas, and council rates)
- Food and grocery shopping
- Medications
- Rent or home maintenance
- Public transport and/or petrol, car servicing, and registration
- Care expenses
- Outstanding debt payments
- Cost of pet ownership (including food and veterinary expenses)

Seniors on a pension may find budgeting apps like ASIC's TrackMySPEND and the Moneysmart Government guide helpful in keeping track of their finances. Additionally, you can take advantage of any available discounts or concessions with your Seniors Card - it's ok to ask if a business offers discounts for seniors, you may just be pleasantly surprised by the response

Cost Cutting Measures

To cut costs, it's important to know your options and make adjustments that fit your lifestyle.

- Non-essential expenses, such as entertainment and costly habits, can be reduced or eliminated. For seniors and pensioners, it's important to review your private health insurance annually to ensure it fits your needs and budget.



- Negotiate discounts for subscription services that you still value but don't use as often.
- Consider your assets, such as a car you no longer use, collectibles, jewellery, or your home. Downsizing to a smaller property or renting can be a way to capitalize on your long term investments and simplify your life.

However, cutting costs doesn't always mean making drastic changes. There are many resources available to help seniors maintain financial independence and thrive in their community.

Know what you are eligible for

As a senior, you have access to various concessions, including discounts on healthcare, utilities, and transport, which can help reduce essential costs in your budget. However, knowing which cards are available and the eligibility criteria is important to help reduce your outgoings.

If you're a pensioner, you're eligible for health care concessions that cover prescription medication under the Pharmaceutical Benefits Scheme (PBS), bulkbilling for visits to the doctor, and tax-deductible dental, optical, and other medical services.

Although the amount of discount varies by state and territory, Seniors Card holders can also benefit from discounted rates on essential utilities such as:

- Water
- Electricity
- Gas
- Council rates

Enjoy the Perks

The National Seniors Concessions Calculator is a helpful tool that can assist you in determining what is available to you based on your card holder status, state or territory, and other relevant details, such as your homeowner-occupier status.

Seniors Card holders may also receive discounts and perks on entertainment and groceries, particularly on specific days of the week or during certain events.

It is essential to find out which shops and outlets offer low-cost solutions to everyday living and plan accordingly.

Although lifestyle costs and expenses can be an overwhelming topic, by spending some time reviewing and optimising your daily living expenses, taking control of your budget and making small adjustments to your spending habits, you can help ensure a more secure financial future while still enjoying your later life.

ANZAC day memories



ANZAC Day is a very special day for many Australian's and each year our McLean Care sites dedicate many hours planning their memorial services for our residents and our clients. One of our talented staff member Kathryn Maloney from our Toowoomba office created a piece of art work to pay tribute to the brave men and women who sacrificed their lives for our country.



Allied Health at 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 may 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 McLean Care coordinator for a referral

Supporting local events



Over the years, McLean Care has provided support for numerous community and sporting events. The success of these events often relies on support from local businesses, and we were proud to support Inverell Veteran Golfers event held in March this year.