



Chicken Casserole

Ingredients

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| 2 tbsp vegetable oil | ½ tsp celery salt |
| 8 boneless chicken thighs - trimmed of fat | 2 cups (480ml) chicken stock |
| 2 tbsp unsalted butter | 1 tbsp freshly squeezed lemon juice |
| 2 brown onions - peeled and diced | 16-20 baby chestnut mushrooms |
| 3 cloves garlic - peeled/minced | 16-20 chantenay carrots |
| 3 tbsp plain/all purpose flour | 3 sticks celery - roughly chopped |
| 1 tsp salt | ¼ cup (60ml) double (heavy) cream |
| 1 tsp black pepper | Small bunch parsley – chopped |
| 1 tsp dried thyme | |

Method

- STEP 1.** Heat the oil in a large frying pan over a medium-high heat.
- STEP 2.** Add the chicken thighs and lightly brown on both sides – this should take about 5 minutes.
- STEP 3.** Once lightly browned remove from the pan and place in the slow cooker.
- STEP 4.** Add the butter to the pan and heat until melted.
- STEP 5.** Add the onion and cook for 5 minutes, stirring occasionally, until softened.
- STEP 6.** Add in the garlic, stir, and cook for a further minute.
- STEP 7.** Stir in the flour, salt, pepper, thyme and celery salt. Cook for 2 minutes.
- STEP 8.** Add the stock and lemon juice. Stir and bring to the boil, then pour into the slow cooker over the top of the chicken.
- STEP 9.** Add the mushrooms, carrots and celery to the slow cooker and stir.
- STEP 10.** Place the lid on and cook on a low heat for 5-6 hours or a high heat for 3-4 hours.
- STEP 11.** Once cooked shred the chicken a little with two forks then stir in the cream.
- STEP 12.** Top with fresh parsley and serve with mashed potato and green beans.

Tips to stay warm and healthy throughout the cooler months.



Winter can be a beautiful time of year in many ways, but colder weather also brings a greater risk of a range of health issues – especially for the elderly. Older people have a reduced ability to control and regulate their body temperature, which means they are at greater risk of hypothermia.

Here are some simple things to help stay warm this winter:

1. Make sure your home is warm enough. Close blinds and curtains of a night and doors to rooms that are not in use.
2. Wear several layers of thin clothes to retain heat better instead of one thick layer, so layer-up in winter, especially when going outside.
3. Have regular medical check-ups and get your flu vaccination. Influenza and many rhinoviruses replicate quicker and more effectively in colder weather.

Loss of nerve endings to the skin increases as we get older, which means an older person's body has a decreased ability to register changes in temperature. Additionally, the elderly have a lower metabolic rate and less body fat, so generate and retain less heat.

Blood pressure is generally higher in the winter, as cold temperatures cause blood vessels to narrow.
4. Eat nutritious food and have regular hot drinks. Make sure you eat at least one hot meal per day and maintain lots of hot drinks throughout the day.

Finally, make sure you stay in touch with your loved ones more over the cooler months. We tend to stay at home more which means we see less of people. A phone call to a loved one can always brighten a cold day.



Creating a sustainable future together!

It's hard to believe we are well and truly moving through the second half of another year and somehow each year moves faster than the previous as we ride the roller coaster of life.

In August we celebrate National Aged Care Employee Day. Throughout my 25 plus year career in the Health and Aged Care Sectors, I am honoured to watch our teams unwavering commitment, professionalism, and genuine care which has touched the lives of our residents and our clients ensuring they receive the love and support, they deserve. I'm sure you will join me in celebrating everyone who works in the aged care industry across Australia.

I also wanted to take this opportunity to update you on some important developments and initiatives that will shape the future of McLean Care. As we continue to grow and adapt to the changing landscape of aged and

community care services, it is vital that we remain focused on key areas that are essential to our success.

Sustainability

Sustainability is at the heart of our strategic vision for the future. We recognise the need to extend beyond our existing services and geographical reach to meet the evolving needs of our communities. By leveraging innovation and nurturing new relationships with the communities we serve, we will position ourselves for long-term sustainability. Our commitment to providing solutions to the challenges of the ageing journey remains unwavering, and we are dedicated to finding innovative ways to fulfill this mission.

Our Key Performance Indicators include

- Provide new services based on robust business research modelling and planning
- Provide new service offerings that are delivered in a simple and seamless way for clients, individuals, and local circumstances
- Financially sustainability
- Remain fully compliant with regulatory requirements across all services

Workforce Retention

Our staff are the backbone of our organisation, and we value their dedication and contributions. To ensure our continued success, we must focus on retaining our talented workforce. We will continue to invest in our people, services, systems, and processes to provide them with the support and resources necessary to excel in their roles. By building a strong operational platform that delivers service excellence, we create an environment where both our residents and clients achieve the best possible outcomes including:

- Utilise the PALM (Prevention, Attraction, Longevity and Maintenance) scheme to supplement and strengthen our workforce
- Continue developing the McLean Care worker training model
- Foster strong engagement with staff
- Continue to develop emerging leaders program.

Inclusive Working Environment

At McLean Care, we embrace diversity and believe in fostering an inclusive working environment.

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We are committed to listening to feedback and taking your opinions into account. By actively engaging with our teams, residents, clients, and their families, we can better understand their needs and create enhanced experiences for everyone involved. Together, we will work towards our shared vision of providing exceptional care and support to our communities.

Our strategic initiatives, endorsed by the Board, will guide our journey towards achieving our vision for 2026:

- **Enduring Platform for Service Excellence:** We will continue to invest in our people, services, systems, and processes to deliver the best possible outcomes for our residents and clients.
- **Organisational Growth and Success:** We will pursue a targeted growth and expansion strategy, aiming to become a national provider of aged and community services.
- **Enhanced Experiences Through Innovation:** We will prioritise investment in innovative solutions that support service excellence, ensuring that our residents and clients receive the best possible care.

As we move forward, dedication, expertise, and commitment will be invaluable in achieving our goals. I am confident that McLean Care will overcome any challenges and will continue to provide high-quality care to those who depend on us.

Thank you for your support and I look forward to embarking on this exciting phase of the McLean Care journey with you.

Warm regards,

 Sue Thomson
Chief Executive Officer

Alkira creates memorabilia to recognise McLean Care's 70 years.

Across the decades we have been celebrating many residents' birthdays at McLean Care, and so our Alkira residents from Gunnedah decided we should create some memorabilia to recognise McLean Care's 70 years.

It's a wonderful opportunity to see how much has changed over 70 years. We'd love to hear your favourite memory from the past 70 years.



Warm, kind gestures



Big shout out to Warm Touch in Grafton who kindly donated some lovely handmade blankets, gloves, beanies, socks, headbands, scarves, bags and teddy bears to our residents at Kolara in Guyra.

What a very kind gesture. Guyra gets VERY cold over winter, and our residents have put these to good use. Thank you Warm Touch for thinking of us!



Are you interested in meeting new people?



You may have heard of the saying by Winton Churchill - "We make a living by what we get, but we make a life by what we give."

McLean Care Volunteers are an exceptional group of individuals who play a crucial role in the well-being of our residents and clients. They fearlessly ask questions, connect with new people, share knowledge, lend a helping hand, and inspire others to explore new horizons.

Volunteering is more than just a nice gesture; it has the power to make a real impact on the lives of others and bring a sense of purpose and fulfillment to yourself.

McLean Care Volunteers get things done, bring a positive attitude, and significantly improve the health and happiness of their communities.

Is volunteering for me?

As a McLean Care Volunteer, you have the freedom to share your passions, skills, and experiences with our residents and clients. Whether it's teaching a unique skill or simply brightening someone's day, your contributions will enrich lives and create lasting memories.

How can you become a McLean Care Volunteer?

Joining us as a McLean Care Volunteer is easy. Contact us via our email human.resources@mcleancare.org.au or call 1300 791 600 to express your interest and find out how you can make a difference. Embrace the opportunity to meet new people, have fun, and add value to the lives of others.

If you are interested in meeting new people and providing valuable community support, our McLean Care residential homes have some extremely rewarding volunteering opportunities available.

We would love for you to join us.
Contact 1300 791 660 for more information.



70 Years Celebration reminiscing activity for our residents



As part of our 70 Years Celebration this year we held a reminiscing activity for our residents from McLean Care. We asked them what was happening in their lives, 70 years ago. They were asked about their ages, working and school lives, depending on how old they were. They all found it interesting, learning about each other's lives.

Enjoying our work experience friends

McLean Care CWA House had the pleasure of hosting Oakey State High School work experience student, Kaue.

Kaue was kept busy with assisting residents with activities like planting seedlings in one of our raised garden bed with Maria and also working on a crossword puzzle together.

Kaue hopes to join the aged care sector after he completes his schooling.

