

Guyra Show Success

Getting amongst our communities is one of our favourite activities and the local shows are always a feature on our calenders during the first part of the year.

In February some of our Kolora residents and staff entered into the Guyra Show with some pleasing results. Congratulations to Janice for securing third prize for her delectable cupcakes, to Graham for receiving a highly commended award for his mouthwatering chocolate cake and to Faye for receiving a highly commended award for her fluffy scones.

We would also like to congratulate our receptionist Sonya, who received a highly commended for her roses and first prize and grand champion for her blackberries! Their talents truly shone, and we couldn't be prouder.



Meatloaf with Barbecue Glaze

Ingredients

- 16 slices prosciutto

500g beef mince

350g veal mince

1 small piece brown onion (80g), chopped finely

4 slices bottled roasted capsicum, chopped finely

2 clove garlic, crushed

1 egg
- 2 tbs barbecue sauce

1/3 cup stale breadcrumbs

1 tbs fresh oregano, finely chopped
- Barbecue glaze**

1/4 cup barbecue sauce

2 tbs tomato sauce

1 tbs lemon juice

1 tbs brown sugar

Method

- STEP 1.**

Preheat oven to 200°C (180°C fan-forced).
- STEP 2.**

Grease loaf pan. Line the pan with criss-crossed slices of prosciutto, extending above edges.
- STEP 3.**

Make barbecue glaze by combining ingredients in small saucepan, stir over low heat until sugar dissolves.
- STEP 4.**

Combine minces, onion, capsicum, garlic, egg, sauce, breadcrumbs and oregano in large bowl. Press meatloaf mixture into pan holes, fold prosciutto over to enclose meat mixture.
- STEP 5.**

Bake 15 minutes, turn, top-side down, onto baking paper-lined oven tray. Brush meatloaf with glaze, bake, uncovered, 10 minutes or until browned lightly and cooked through. Serve top-side down.

Source: <https://www.womensweeklyfood.com.au/>



Onward&Outward

As Autumn approaches, I want to extend my heartfelt appreciation for the trust and partnership you've extended to us amidst the dynamic pace of 2024. Your support is fundamental, and I thank each one of you.

Exciting developments are happening in the progress of McLean Care's subsidiary business, our innovative iAgeHealth platform. iAgeHealth, a virtual clinical hub, places health professionals directly at the bedside of older individuals, offering on-demand access to diagnostics and personalised treatment plans, regardless of location. I am thrilled to share that we have recently confirmed the on boarding of the Roper Gulf Regional Council in the Northern Territory through our iAgeHealth initiative.

This marks a significant step forward in our commitment to improving healthcare accessibility and delivery across Australia, with a specific focus on enhancing services for First Nations communities.

The Roper Gulf Region, with its 14 communities and townships covering 210,000 square kilometres and home to 6,486 residents, 70% of whom

identify as First Nations people, presents both a unique opportunity and a profound responsibility. Historically, the vast distances have posed challenges in providing timely clinical assessments and treatments, with some community members waiting upwards of 18 months for necessary healthcare services. Our mission with iAgeHealth is to bridge these gaps, offering comprehensive, culturally sensitive, and respectful clinical support services.

In March 2024, we began introducing additional services iAgeHealth such as OT assessment and planning, physiotherapy, dietetics, group exercise classes, and speech pathology. These services will be complemented by robust research and tracking to monitor and report on the health outcomes for the communities within the Roper Region.

Please join me in welcoming the Roper Regional Council to our McLean Care family. I am excited about the journey ahead and the positive outcomes we will achieve together.

Looking ahead, changes in our industry, including a new Aged Care Act, strengthened Aged Care Quality

Standards, and a new Regulatory Model set to take effect on 1 July 2024, underscore the evolving landscape of Aged Care services in Australia. Rest assured, our commitment to you remains steadfast – not just to meet but to exceed these new standards in service quality and care.

International Women's Day was recognised on March 8th. It was great to recognise and celebrate with so many amazing women we serve at McLean Care and those who are a part of our team. We feel privileged to care for so many women with incredible life journeys, providing ongoing inspiration for the work that we do, and those women behind the scenes, ensuring we provide exceptional standards of service delivery.

These outstanding women on the McLean Care team who care for you, their strength, dedication, and leadership are invaluable to our success and the wellbeing. Our journey ahead is exciting and we are glad you are with us along the way.

Thank you for your continued trust and partnership.

 Sue Thomson
Chief Executive Officer

Home and Community Services 1300 791 660 **Independent Living** Inverell: Goodwood Villas & Killean Units. Oakey: Casuarina & Grevillea Units. Millmerran: Turallin, Domville, Clontarf, Kokoda. Gunnedah: Mackellar Retirement Village.

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Guyra Show Success



Age is just a number

Ageing doesn't mean bidding farewell to your cognitive abilities. There's a range of strategies to keep your mind sharp. Let's delve a bit deeper.

Ways to Keep Your Brain Healthy

Physical Activity: Regular exercise supports overall brain function. Aim for a combination of cardiovascular and strength exercises to keep your body and mind agile.

Healthy Eating: A well-balanced diet is foundational for a healthy mind. Avoid extreme low-carbohydrate diets, as glucose is the brain's primary energy source. Prioritise vegetables and fruits while minimising processed foods high in saturated fats, salts, and sugars. Don't forget to stay hydrated.

Mental Fitness: Engaging in mental exercises is akin to a workout for the brain. Socialising, reading newspapers and books, playing 'thinking' games, learning new skills, and solving puzzles contribute to mental agility. Games like Sudoku, Crossword puzzles, and Solitaire are great ways to keep your mind active. The brain is a muscle that thrives on regular workouts. Look for some brain boosting puzzles in this issue.

Boost Your Memory: Enhancing memory skills involves intentional efforts. Pay close attention to what you want to remember. Use memory triggers, such as association or visualisation techniques, to link information. Regularly practice recalling information, such as short lists, to keep your memory sharp.

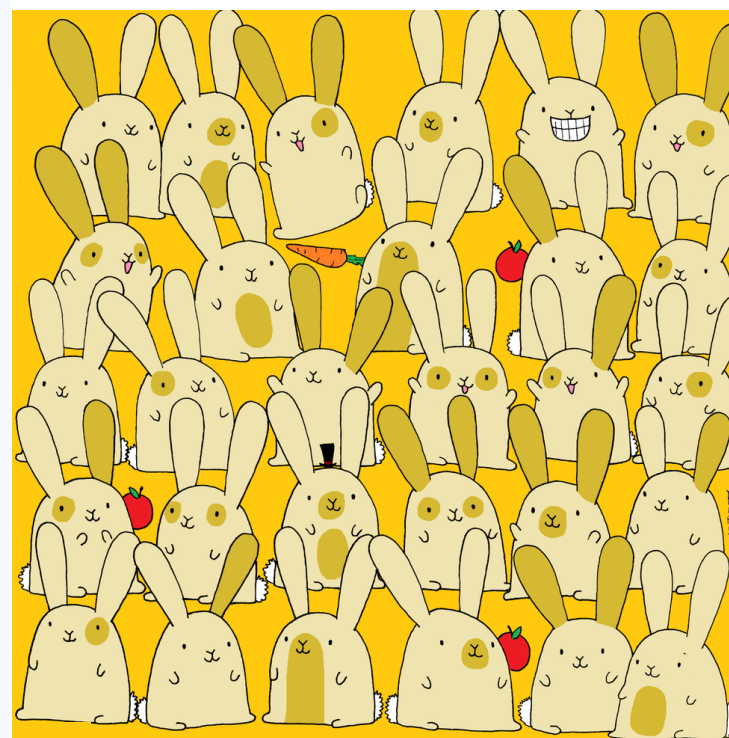
Monitor Health: Regularly check and manage health conditions like hypertension, cholesterol, and diabetes. These factors can impact overall brain health, and proactive management is key to preventing cognitive decline.

Medication Management: Review prescribed medications regularly. Some drugs may impact mental abilities, and it's crucial to work with your healthcare provider to find the right balance.

Age is just a number, and with the right lifestyle choices, your brain can continue to thrive, ensuring a vibrant and fulfilling life. Including physical activity, a nutritious diet and brain boosting exercises significantly contributes to maintaining a healthy mind in our later life.

Brain boosting puzzle

Each of the bunnies has a pair, except for one. Can you find it?



Dorothy Turns 100!

In January we celebrated 100 years of Dorothy! Dorothy and all of her friends from Alkira in Gunnedah enjoyed a special cake and a day filled with celebrating this wonderful milestone. Donning her proud birthday queen sash, Dorothy looked just amazing!



2024 Loving your later expo.

It's back again in Tamworth
Friday, 31st May and Saturday, 1st June 2024.
at the Tamworth Regional Entertainment Centre (TRECC)
Free Entry 9am – 3pm

Are you ready to embrace your later years with zest, joy, and a sprinkle of fun?

Why You Shouldn't Miss Out

Ideal for those over 60, caregivers, and support people, this two-day lifestyle expo is not just an event; it's a celebration of life beyond 60, offering opportunities to mix, mingle, and meet new people, and listen to some great entertainment and presentations. Refreshments will be available for purchase.

Learn and Discover

Under one roof, you'll find an array of exhibitors ready to introduce you to products and services to add more shine to your later years. It's a full program designed to entertain and inform you about aged care services, travel, exercise, community clubs, nutrition, health, and so much more.

Meet Our Celebrity Guests

Julie Goodwin: Julie became a household name overnight when she was crowned Australia's first MasterChef. On the Friday, Julie will be cooking up some simple dishes that are cost effective and absolutely delicious, plus she'll be available for book signing afterwards.



Australia's Original MasterChef
Julie Goodwin



Commando Steve Fitness Expert

Steve 'Commando' Willis: Meet the man who has inspired Australians to get moving and embrace a healthier, more mindful lifestyle. Commando Steve will share his journey of self-discovery and how a holistic approach to fitness can transform lives.

Life doesn't stop at 60 – in many ways, it's just getting started! Whether you're keen to pick up new hobbies, explore avenues for an active lifestyle, or simply gather information along the ageing journey, the Loving Your Later Life Expo is more than an event; it's a community gathering that celebrates the vibrancy and diversity of life after 60.

Everyone is welcome. See you there!

2024 Loving your later life expo.

Join us for the 60's+ lifestyle expo.
Friday 31 May Saturday 1 June
9am - 3pm, TRECC.

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