

## Reaccreditation at CWA House



The Australian Aged Care Quality Agency arrived in Oakey in November to undertake CWA House's FIRST reaccreditation site review. We are humbled by the community support and would like to share with you some of the feedback so far:

- 100% of care recipients feel safe, enjoy the food, feel the home is well run and feel our staff know how to care for them.
- Our staff are very helpful, knowledgeable and caring individuals.
- The CWA House documentation system is overwhelmingly comprehensive and is a demonstration of how the aged care future needs to look.

Words do not do justice of how proud we are of our Oakey team. A big thank you to our Facility Manager, Wendy Bryce, who has worked tirelessly. A very big shout out to Downs Rural Medical for your endless professional services for our residents.

And to all of our Oakey community, your feedback has been tremendous and a testament to the friendships we strive for in all of our communities.

Thank you for choosing us.

### Upcoming DATES

**Guyra Lamb and Potato Festival**  
17th-28th January 2019  
**Toyota Country Music Festival**  
Tamworth 18th-27th January 2019  
**Quirindi Military Tattoo**  
Quirindi 2nd February 2019  
**Inverell Show Annual Show**  
Inverell 22nd-24th February



 **McLean Care®**  
[www.mcleancare.org.au](http://www.mcleancare.org.au)

Onward&Outward

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Recipe courtesy of taste.com.au



## The Perfect Pavlova!

### Ingredients

- 6 egg whites, at room temperature
- 1 1/2 cups (330g) caster sugar
- 2 teaspoons white vinegar
- 1 tablespoon cornflour
- 300ml thickened cream
- 1 tablespoon icing sugar
- 1 teaspoon vanilla essence
- 1 mango, thinly sliced
- 1/4 cup pineapple, thinly sliced
- 1/2 x 170g passionfruit pulp
- 1 tablespoon baby mint leaves

### Method

1. Preheat oven to 120°C. Line a baking tray with baking paper and draw a 20cm disc onto the paper. Turn the paper over so the drawn disc is underneath. Use an electric mixer to whisk the egg whites in a clean, dry bowl until soft peaks form. Ensure bowl is clean, as any fat or spot of egg yolk can prevent egg whites from fluffing up.

2. Gradually add the sugar, 1tbs at a time, beating well after each addition, until the meringue is thick and glossy and the sugar is completely dissolved. Rub a little between your fingers – if the mixture is still gritty, continue whisking until sugar dissolves. Add the vinegar and cornflour and gently fold to combine.

3. Spoon meringue onto tray. Use a spatula to shape into a disc, using the circle as a guide. Bake for 1.5 hours or until dry to touch. Turn off oven, leave door ajar and allow to cool completely – this stops the pavlova cracking. Use an electric mixer to whisk the cream, icing sugar and vanilla until soft peaks form. Spoon onto pav. Top with fruit and mint

# Onward&Outward



McLean Care®



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## The Official Launch of HectorVR

As a rural service delivery specialist, McLean Care® knows first-hand the challenges older people face in rural townships, properties and communities across Australia.

Imagine this scenario – you or your parents live in a small rural township – 45 minutes away from the nearest major town. There's, no taxi, uber or public transport. A person's licence is their key to independence, as well as their quality of life. Having a driver's licence enables a person to go to the shops, attend medical appointments, go to the post office and visit family and friends. A driving license is

so important as it enables a person, to be part of a community.

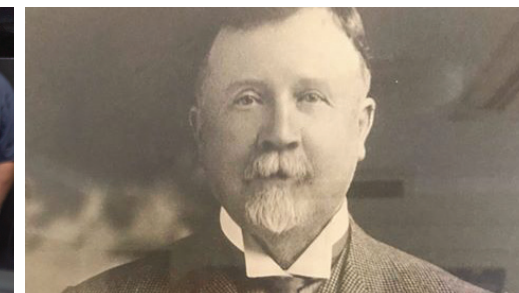
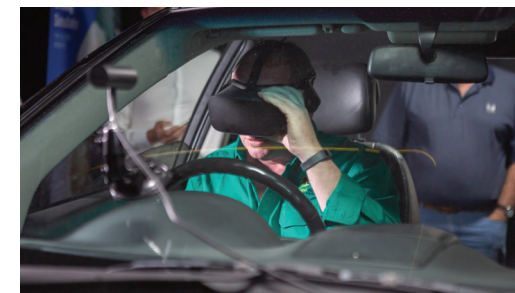
We all know that as we grow older, people are capable of driving safely, but we also know that our driving capacity can begin to decline. The question we face is how do we provide people with the objective information they need to make an informed decision about ongoing driving competence as they age?

We trialled virtual reality technology here at Killean and we were blown away by the amount of residents who enjoyed it and were fully immersed in it. When a funding round came up from the Department of Health for technology-based innovation projects for older Australians, we were quick to submit an application for a bold new idea about how we could harness

emerging technology to help solve the question of supporting older drivers to make an informed decision about driving competence.

Against a competitive field of applicants from across the country, we were one of only 6 projects that got the go-ahead, marking the beginning of the HectorVR Journey.

The HectorVR Driving Simulator gives objective information about how well people are observing common road rules such as giving way or indicating at a roundabout. HectorVR can give accurate information about reaction speeds and monitoring the driver's heart rate, showing people which driving scenarios are the most anxiety-inducing for them.



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Re-accreditation for CWA House

**Inverell Residential Care**  
67 Killean Street  
Inverell NSW 2360  
T. 02 6721 7300  
E. admin@mcleancare.org.au

**CWA House Residential Care**  
21 Cherry Street  
Oakey QLD 4401  
T: 07 4691 1130  
E. cwaadmin@mcleancare.org.au

**Kolora Residential Care**  
8 Prisk Street  
Guyra NSW 2365  
T: 02 6779 1922  
E. koloraadmin@mcleancare.org.au

**Independent Living**  
Inverell: Goodwood Villas & Killean Units  
Oakey: Casuarina & Grevillea Units

**Community Care 1300 791 660**  
Inverell: 94-100 Byron St  
Tamworth: Suite 1, 11-15 Dowe St  
Gunnedah: 111 Marquis St



The Official Launch of HectorVR cont'd.

But the HectorVR journey doesn't end after the Official Launch... it's just the beginning!

- As I ponder broader road safety issues, it is clear, HectorVR has a potential range of much broader applications...
- young people learning to drive
  - people learning to drive again after an accident
  - people impacted by a disability learning to drive for the first time within the safety of a virtual environment.

As an organisation we are very excited as there has already been interest nationally and internationally about this home-grown product, from right here in Inverell in rural Australia.

Our technology development partners at Deakin University have become valued colleagues and it is a relationship I am sure will endure in to the future. I am hugely grateful to our local community for supporting and embracing this project the way they have. More than 50 older people from across the community have put their hands up to trial the new technology and be part of the research and development process. Every single one of them has challenged the stereotype that older people are not interested in new technology or are unable to learn how to use it.

The HectorVR Driving Simulator now lives in Inverell at the McLean Care® Technology and Innovation Centre and is available for all senior members of our communities.

 Sue Thomson  
Chief Executive Officer

Celebrating our grandparents

At the end of last year, our Residential Care facilities hosted their very own Grandparents days! These events are proving to be bigger than Christmas and certainly loved by all residents and staff.

Our Killean residents, grandchildren and family enjoyed Christmas crafts, cookie making, ball games, and the photo booth which is always a massive hit with all age groups. We finished the day off with a sausage sizzle.

There was lots of chatter and laughter and many enquiries into what exciting things will be on offer for next year's event.



Celebrating 10 years of service



Congratulations to our Care Coordinator / EEN Julie who has recently celebrated 10 years of service at McLean Care®.

Julie was presented with a certificate of service and gift voucher in recognition of this achievement. Julie commenced working with McLean Care® as a Home Care Employee and in 2012 commenced her studies to become an Endorsed Enrolled Nurse. These studies were successfully completed in 2014 and then Julie commenced her role as Care Coordinator / EEN.

Julie also completed a Diploma of Community Services Coordination in 2016. Julie enjoys spending time with her grandchildren and renovating houses during her spare time. Congratulations Julie. Julie is pictured with Community Care Manager Gail receiving her award.

My Health Record opt-out period has been extended



My Health Record was designed so you can keep track of your important health information all in one place. A My Health Record will be created for every Australian who wants one after 31 January 2019. It's your choice. If you don't want a record created for you, you still have time to opt-out.

The Minister for Health has announced that the opt-out period will be extended until 31 January 2019. The opt-out website [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) and the Help line will be available until 31 January 2019.

You can also choose to register for a My Health Record or cancel at any time. For people who do not opt out, their My Health Record will be automatically created after 31 January 2019.

**8 reasons to improve your sleeping habits.**

**The truth about sleeping**

- The number of people who can sleep 6 hours a night or less and show no signs of significantly reduced mental, physical and emotional impairment: zero!!
- Great sleep is perhaps the quickest way to feel happier, sharper, energised and more focused and maybe even that little bit sexier!
- Our understanding of the importance of sleep is similar to where our understanding of the harmful effects of tobacco were 50 years ago.
- Just one night of 6 hours sleep or less has been shown to reduce the time you become exhausted by 30%.
- Sleep can improve your ability to learn physical movement associated with music and sport.
- Research shows when you under sleep you are likely to eat more calories and show a preference for processed food over fresh food. Poor sleep reduces the body's ability to shed fat cells.
- Sleep improves your ability to tackle and solve complex problems and reduces tendency for procrastination.
- Peak muscle strength, top speed and standing jump height are all affected with just one night of poor sleep.

2019 Seniors Festival



McLean Care® is very excited to be holding another Seniors Week Festival on February 14th 2019.

The day will consist of various presentations, expos and entertainment from local business, organisations and community groups. This one-day event is a great opportunity to get out and meet new people as well as have fun with your friends. See session times below.

10:00am	Assisting you in keeping your independence
10:30am	Food after fifty
11:00am	Traveling in your retirement
11:30am	Yoga class
12:15pm	Gardening with Bunnings
1:15pm	Entertainment, raffle, lunch, expo giveaways
2:00pm	Fitness Fun and Physiotherapy
3-3:30pm	Local Clubs and groups presentation
3:30-4pm	On demand service - new travel service

**This is a FREE event - Lucky Door Prizes**  
**Location** Tamworth Community Centre  
**Date** Thursday 14th February, 2019  
**Time** 10am-4pm

Celebrating major milestones with our residents



Mrs Esme Dorries celebrates her 103rd birthday      Mrs Ruth Mason celebrates her 100th birthday

YES, CWA House has plenty of reasons to celebrate. In November we celebrated another 100th Birthday for our resident Mrs Ruth Mason as well as Mrs Esme Dorries (known as Granny) who turned 103.

Both of our ladies are part of our Centenary club and enjoyed lots of birthday celebrations with family, friends, residents and staff here at CWA House.

“Enriching experiences beyond all boundaries”