



## Macaroni Cheese

### Ingredients

- 150gm macaroni
- 1 small cauliflower, cut into small florets
- 2 cups (500ml) Devondale Full Cream Long Life Milk
- 2 tablespoons Devondale Dairy Soft Spread
- 1/4 cup (35g) plain flour
- 1/4 teaspoon ground nutmeg
- 1 cup (120g) shredded Devondale Tasty Cheese
- 1 cup (100g) shredded Devondale Mozzarella Cheese
- 1/4 cup chives, chopped
- 150g ciabatta or Turkish bread, torn into small pieces
- 60g Devondale Dairy Soft Spread, extra, melted
- 1 garlic clove, crushed

### Method

1. Preheat oven to 200C. Grease a 10-cup (2.5L) ovenproof dish. Cook the pasta in a large saucepan of boiling water for 3 mins. Add the cauliflower and cook for a further 8-10 mins or until pasta is al dente and cauliflower is tender. Drain. Return to pan.
2. Meanwhile, combine the milk, spread, flour and nutmeg in a medium saucepan over medium heat. Cook, whisking constantly, for 4-5 mins or until the mixture boils and thickens. Season. Combine the tasty cheese and mozzarella in a large bowl.
3. Add the sauce, half the chives and half the cheese mixture to the pasta mixture. Stir gently to combine. Pour into prepared dish. Toss the bread, extra spread, garlic, and remaining chives and cheese mixture in a medium bowl. Sprinkle over the pasta. Bake for 15-20 mins or until golden.

## Feeling like the meat in the proverbial sandwich



My, how the family dynamic has changed over the last half century. Being part of the Sandwich generation means that you're caring for ageing parents as well as having continued responsibilities for your own offspring. As more people are living well into their 80s and 90s, our parents require care for a longer period of time. Their retirement funds need to last longer as well. Additionally, with house prices rising beyond the reach of many millennials, and rents being astronomical, kids are living at home for longer.

Complicating the issue, there is also another layer called the "club sandwich" generation, who in their 50s and 60s, are also required to provide assistance for the care of their kids' kids... their grandchildren.

Juggling the needs of both your parents and your kids (and their kids) at the same time, as well as holding down a job can put an enormous strain on the sandwich generation, both financially and emotionally.

So, who cares for the 'sandwich generation'? In many cases, no one, and self-care is typically neglected. Knowing when it's time to ask for and get help is critically important; the healthy caregiver provides a higher level of physical and emotional care.

**“Picture this... in the past couple of years, it's the caregiver who spends about 35 hours a week with him. She not only takes care of a lot of day-to-day needs, she also provides companionship - not a small thing when you've reached the point in life, as my father has, where you've outlived your spouse and most of your friends. But finding good care is no easy task.”**

McLean Care® offers flexible and responsive solutions that suit your lifestyle and needs like:

- own-home respite
- flexible mixed service respite - residential and emergency respite.

From a few hours to a few days, you'd be amazed at what a difference a break makes.

**Let's start the conversation.  
Call 1300 791 660**



## McLean Care® wins Innovation of the Year.

**“What's next?” When we dare to ask this simple question, we plant the seeds for innovation. It is this curiosity, coupled with the desire to add value to the lives of others, that has the potential to connect people, professions, industries and even cultures, to translate ideas into something tangible and of real value.**

McLean Care® has long practiced a culture of innovation; the process of making lives better. Innovation is about generating ideas and being able to translate those ideas. Whether it is a small improvement for one person or a breakthrough for society, persistently asking “what's next?” pushes us to strive to support a better quality of life for older Australians, and every now and then that drive and determination results in a ‘game-changer’.

McLean Care® was shortlisted in three award categories at the 7th Asia Pacific Eldercare Innovation Awards held recently in Singapore, for the development and implementation of the ground-breaking mixed reality driving simulator for older drivers, officially known as ‘Hector VR’.

92 organisations from 17 countries were represented at the Ageing Asia Innovation Forum, which focuses on harnessing innovation to improve the quality of life for older people across the Asia Pacific region. Qualifying entries were reviewed by a panel of global industry experts from Australia, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, Singapore and Thailand.

McLean Care's® world-first technology innovation took out two of the three award categories; Best Solution to Support Ageing in Place – Wellness, for a solution that demonstrates ease-of-use, elderly friendly, affordability and improves quality of life for older adults, and the prestigious Innovation

of the Year – Technology, for the best technological implementation that demonstrates improvement in quality of life for older adults.

‘Hector VR’ was born out of McLean Care's® recognition of the significant challenges faced by ageing drivers, particularly in rural communities with no transport alternatives. Loss of a drivers licence can signify a loss of independence for many older people, and has been shown to negatively impact mental health, physical wellbeing, sense of control, community connection, and social participation.

Utilising grant funding from the Department of Health, McLean Care® partnered with the team from the CADET Virtual Reality Laboratory at Deakin University to develop the mixed reality driving simulator.

Over 12 months in the making, the simulator pairs the shell of a real vehicle with Virtual Reality simulation that enables older drivers to practice

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Love what you do!

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It moves the body and feeds the soul.

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a range of essential driving skills in a completely safe environment. The simulator monitors and records data on driver competencies, such as reaction speed and observance of common road rules. This information is then provided to the user to support self-determination and dignified decision-making about ongoing driving competence. The simulator is also suitable for supporting older people to practice driving and retain their skills for as long as possible.

"It was an honour to receive both awards amongst a field of outstanding international candidates, all of whom are working towards making the lives of older people the best they can be. Most significantly, these awards are the result of a wonderful group of more than 60 older people - ranging in age from 64 - 92 years of age, who so generously gave their time, feedback and suggestions for improvement.

This project, the first of its kind in the world, would not have been possible without them".

McLean Care® would like to extend special recognition and thanks to those who were instrumental in making the project possible:

- Australian Government Department of Health for the seed funding
- All trial participants
- John Baker and Mal Regan from Hot Rod Lane Inverell for the vehicle modifications
- Alicia Eugene – Project Manager, from Harvest Community Consultants
- The team at McLean Care®
- The Deakin University team
- Inverell Police and Ambulance for providing feedback
- Local community for their ongoing support.

*Sue Thomson*

Sue Thomson  
Chief Executive Officer



PEACE OF MIND

**BOOK YOUR TEST DRIVE ONLINE**

[Go here to register www.mcleancare.org.au/vr-simulator](http://www.mcleancare.org.au/vr-simulator)

## Let's celebrate businesses in our region!

Inverell Business Awards 2019 Celebrating Rural Resilience McLean Care® is excited to be once again supporting our Inverell Chamber of Commerce and Industry Business Awards for 2019. These awards look at local Inverell businesses, and reward them for best practice, hard work and service excellences.

To nominate your McLean Care® for the 2019 Business Awards, please complete this digital form <https://www.inverellchamber.com.au/2019businessawards>

Most importantly, join us on Saturday the 10th August at the Inverell RSM for the awards presentation dinner. What a great way to celebrate the resilience of businesses in our region!



## New Charter of Aged Care Rights

The Australian Government has introduced a new and simpler Charter of Aged Care Rights (the Charter). This has replaced the current charters of aged care rights and responsibilities. Now it's easier for aged care consumers (older people receiving aged care services), their families and carers to understand what they can expect from an aged care service provider, regardless of whether they are in residential care or receiving care in the home.

The Charter places you, our consumers at the centre of care by ensuring that you have choice and recognising your right to be treated with dignity and respect. It acknowledges that identity, culture and diversity are to be valued and supported. Consumer responsibilities have also been revised. These changes will support us in delivering care to our consumers and provide protection for our aged care workforce.

So what did you think of our shirts?



## It moves the body and feeds the soul; music – simply a pleasure

Music - it creates ambience, and can fit our moods or change them. It speaks to us like no other language, and pulls at our hearts in the most unusual ways; it is the 'universal language'.

Music also feeds our imagination and creativity, enhances brain functioning, and enables us to focus better. Listening to music is great for memory, and helps us remember things and people from our past. Above all things, though, music is simply a pleasure.

At Killean, we recently installed the Sonos Sound System in Hector Wing and Arrawatta Lodge. Residents living in these areas now have their very own customised sound system that creates an immersive sound experience.



"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." - Dr Seuss

**"YOU'RE INVITED!"**

In June we completed our community forum in Oakey we're we looked at the aged care and disability services their community needs today and for the future.

Our next forum is in Tamworth 30th July. More information to come on facebook. **STAY TUNED**