



ANZAC and Golden Syrup Biscuit Sandwiches

Ingredients

Ingredients:

- 110g rolled oats
- 150g plain flour
- 225g white sugar
- 50g shredded coconut
- 125g salted butter
- 45g golden syrup*
- 1/2 teaspoon bicarbonate of soda
- 20ml boiling water
- 250g cream cheese, cubed and softened
- 45g golden syrup, extra
- 20ml milk

Method

1. Combine oats, sifted flour, sugar and coconut in a large bowl. Combine butter and golden syrup in a saucepan and stir over medium heat until melted and combined. Mix bicarbonate of soda with boiling water in a small bowl, then stir into butter mixture. Pour into dry ingredients and mix until combined

2. Place half tablespoonfuls of mixture on baking paper lined trays, allow room for spreading, and press to flatten. Cook at 150°C for 15-20 minutes or until golden brown. Transfer to a wire rack to cool completely

3. To make the filling, beat cream cheese, extra golden syrup and milk together in a bowl until smooth. To serve, pipe or spread Golden Syrup Cream onto Anzac Biscuits and Sandwich together.

 **McLean Care**[®]
www.mcleancare.org.au

In the Festive Spirit

When the jingle bells ring our residents begin to sing! Or at least these were the stories the hallways would tell us if only they could speak.

With the Christmas period rolling in over the holiday period we were blessed to share the Christmas Spirit with our energetic family in both residential and home and community care.

The staff happily delivered hampers to many of our home and community care clients. Staff were keen to prove that all the McLean Care Family were to enjoy this Christmas period and the joy of getting a surprise present.

They did not stop there, either. All residential care facilities in McLean Care were filled with different Christmas parties with some enjoying the biggest party of the year! With many residents joining our Christmas parties the joy of food, friends, and family was a sight to be seen, and an experience shared by many.

With dresses ups and decorations something taken very seriously, the staff were sure to put on a show and help create some new memories for our wonderful residents.



PEACE OF MIND

**BOOK
YOUR
FREE
TRIAL
DRIVE**

Go here to register www.mcleancare.org.au/vr-simulator

WHAT'S YOUR STORY



McLean Care[®]

Onward&Outward

The New Year Brings New Challenges and Opportunities

The New Year brings new challenges and opportunities. McLean Care embraces this with open arms as it gives us an unique opportunity to reflect on the years past and improve on the care we provide in the years to come.

When reflecting on the year past I remember the harrowing stories from the Aged Care Royal Commission where many residents were neglected by those they trusted most in the aged care industry. This gave us a unique opportunity to challenge the procedures we ourselves use and allowed us to hold community forums where the community could offer suggestions and voice concerns in regard to the aged care

industry. From holding these forums, we were blessed with rare community feedback that offered a unique perspective on what it is we do and how we may improve.

One of our most challenging days in 2019 was when we were faced with evacuating our Kolora Facility in Guyra from a fast-moving bushfire. Luckily in the wake of the fire the facility escaped untouched with many of our staff gaining valuable experience in a real bushfire evacuation. I am proud to say the response from staff was nothing short of exceptional and allowed us to test our response to bushfires.

In the wake of all the challenges we faced in 2019 we were also blessed with many joyful times. Our Seniors Week Festival proved a big hit providing our patrons and the general community with an enjoyable and informative day out.

Grandparents Day in all our facilities were lined with big happy faces from both residents and the kids attending, along with joyous Christmas parties at all of our facilities sharing the spirit of Christmas.

After a testing year, we are excited to continue the work we do well. We are also proud to welcome the beautiful Yallambee facility at Millmerran to the McLean Care Family. We are excited to extend our care to picturesque Millmerran and I look forward to meeting both the residents and employees at the facility.

With such an exciting year ahead of us and the McLean Care Family growing I look forward to visiting all the facilities and hearing the stories everyone has to tell.

Sue Thomson
Chief Executive Officer

THIS ISSUE:

p.2 Preparing for bushfires as you get older

p.3 Tamworth Seniors Week Festival
Thursday 13th February - All
welcome 10am-4pm

p.4 Anzac and Golden Syrup Biscuit
Sandwiches

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
Oakley 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
Oakley: Casuarina & Grevillea Units
Community Care 1300 791 660
Inverell: 94-100 Byron St
Tamworth: Suite 1, 11-15 Dowe St

Preparing For Bushfires As You Get Older.

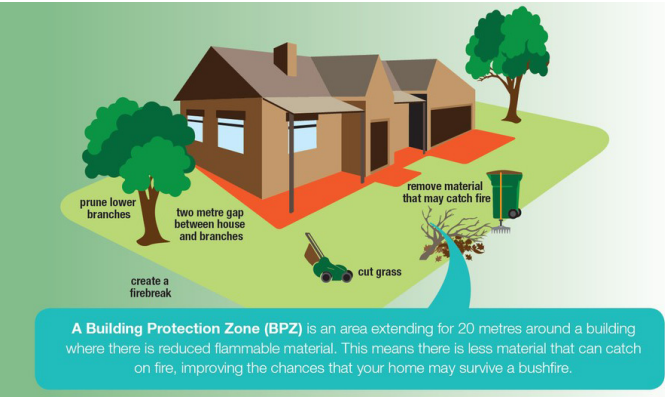
Bushfires are something that has ravaged Australia for centuries. In recent months we have seen large increases in these threats and are expected to see these conditions continue in the times to come. So what should you do to ensure you remain safe in the event of a bushfire?

Before a bushfire you should:

- Consider areas most likely to be affected
- Ensure you are aware of emergency management arrangements such as evacuation points and ways to alert response services to the location of yourself and those you may know who are increasingly vulnerable to these disasters
- Consider your daily needs such as medications and create contingencies to provide this in the event of an emergency
- Undertake tests of key parts of your emergency plans to ensure effectiveness and to identify weak points
- Educate yourself, friends, and family, on what YOUR plan is in the event of a bushfire
- Consider the possibility of leaving BEFORE the fire approaches.

- Regularly monitor emergency broadcasts and the media for local warning and advice during periods of high risk
- Speak with local emergency agencies to gauge the seriousness of the emergency situation and the level of risk to yourself
- Remain well informed of the current emergency situation.

These precautions and steps have been provided to us by the Australian Government Department of Health. We advise that anyone who is facing a bushfire emergency should follow the provided steps as well as react to their current situation on a case by case basis.



During a bushfire you should:

Yallambee, Millmerran Joins The McLean Care Family.

McLean Care is pleased to announce that the Millmerran Centenary Retirement Village “Yallambee” will be joining McLean Care.



Since 1984 Yallambee has had a long history of serving the Millmerran Community with state-of-the-art facilities that were only recently refurbished and extended in July 2019. However, faced with ongoing challenges including sector reforms, The Board recognised the need

to transfer custodianship to another like-minded provider with the capacity to offer service excellence and ongoing sustainability for residents and for staff. With the approval of The Board, McLean Care has accepted this role.

Millmerran can be assured that they will continue to have access to quality aged care within their own community with the opportunity to access expanded services tailored to the community’s unique needs. Having a facility in Oakey QLD, as well as Inverell, and Guyra in NSW, we are invested in providing quality regional aged care. “As a community - operated organisation in regional Australia, McLean Care is continually looking for the best way to deliver quality aged care services within the unique and challenging environment of operating in rural and remote communities. We prioritise keeping seniors in their own communities, close to family and friends” said Sue Thomson, McLean Care CEO.

McLean Care welcomes Yallambee residents and staff into the McLean Care Family and looks forward to providing them with quality, innovative and enriching aged care experiences.

Love Your Later Life With The 2020 Tamworth NSW Seniors Festival.

Tamworth’s NSW Seniors Week Festival is back in 2020 and is being held at the Tamworth Community Centre, on Thursday 13th February between 10am-4pm and hosted by McLean Care.

This free event is a great opportunity to get out, meet new people, and learn about all the wonderful things you can do in your retirement. See session times below.

- 10:00am:** University Of The Third Age - The Joy Of Learning
- 10:30am:** Kaluder Dance - Learn How To Dance
- 11:00am:** Morning Tea
- 11:15am:** Bunnings Warehouse - How To Keep Your Garden During a Drought

- 12noon:** Salvation Army - The Joy Of Being Community Involved
- 12:15pm:** Rural Fit - Keeping Healthy And Fit In Your Retirement
- 12:30pm:** Live Entertainment - Johnny Grills
- 1:30pm:** Lunch - Charity BBQ From The Salvation Army
- 2:00pm:** Hello World Travel - Travelling In Your Retirement
- 2:30pm:** Tamworth Regional Library - The Joy Of Community Reading
- 2:45pm:** Country Women’s Association - The Joy Of Being Community Involved
- 3:00pm:** Afternoon Tea
- 3:15pm:** Musical Performance From The Tamworth Seniors Choir



Clever Creative Residents

Some of our lovely Kolora ladies showed off their creative side using silk flowers and vases to make floral arrangements for our dining tables recently. These arrangements are absolutely beautiful and show off the amazing talent of many of the residents we care for.

The ladies also looked like they were having a world of fun while making them and loved showing us their talents.



Avoid Isolation At All Costs!

The feeling of loneliness is something that everyone has felt at least once throughout their lives. It’s a pain that can cut deep into your emotional wellbeing and is commonly associated with depression. Unfortunately, researchers have also found that social isolation “is significantly associated with mortality and a physical decline”.

Luckily it is also very easy to eradicate social isolation and loneliness. Here is how can you avoid loneliness:

- Volunteer – becoming a volunteer exposes you to lots of different people and gives you a sense of belonging in that group. It also exposes you to lots of different people who could possibly become your friend
- Join a community group – whether it be a book club, religious group, yoga, or tennis club being apart of a group exposes you to lots of different

people. This both gives you a sense of belonging in that group as well as increases your chances of finding a friend among those people

- Adopt a pet – man’s best friend wasn’t a name given to a pet that wasn’t precisely that. Loyal to a fault and always there when you need them. Pets are a wonderful way to give you someone to talk to along with lots of love.
- Join a gym – Gives you a routine that gives your mind time to rest, exposes you to lots of people to meet, and gives you a place where you are always welcomed and greeted with a friendly smile.

The ways to avoid loneliness is vast and plentiful. If you begin to feel lonely or alone try these mentioned strategies and take control of your social isolation.