



Lasagne Bolognese

Ingredients

- 1 jar of Bechamel Sauce
 - 1 jar of bolognese sauce
 - 500 grams Beef Mince
 - 500 grams Veal Mince
 - Box of lasagne sheets
- If you wanted to add Peas, Corn, Carrot, Brown Onion it's totally optional. Remember to add ingredients in small amounts (1/2 cup) and have them finely diced.

Method

1. Preheat oven to 180°C. Grease a 12-cup capacity, 7cm-deep, 18cm x 25cm (base) rectangular baking dish.
2. Thinly spread 3/4 cup bechamel sauce over base of dish (this prevents dried pasta sticking to base). Cover with 1 layer pasta sheets, breaking to fit if necessary. Top with one-third of bolognese sauce and one-third of remaining bechamel sauce. Repeat pasta and sauce layers twice, finishing with bechamel sauce. Sprinkle with mozzarella.
3. Bake, uncovered, for 50 to 55 minutes or until golden and bubbling around the edges. Stand lasagne for 5 minutes. Slice and serve.

Sourced: <https://www.taste.com.au/recipes/lasagne-bolognese>

Staying connected with your loved ones

We understand how important it is to stay connected with your loved ones through these challenging times. Please see below some instructions to guide you through alternative ways you can communicate with friends and family.

FaceTime



In the FaceTime app, you can make video or audio calls to friends and family, whether they're using an iPhone, iPad, iPod touch, or a Mac. With the front-facing camera, you can talk face-to-face; switch to the rear camera to share what you see around you.

To turn on FaceTime

1. Go to Settings > FaceTime, then turn on FaceTime
2. If you want to be able to take Live Photos during FaceTime calls, turn on FaceTime Live Photos
3. Enter your phone number, Apple ID, or email address to use with FaceTime.

Make a FaceTime call

To make a FaceTime call, you need the person's phone number or registered email address. There are a few ways to make a FaceTime call:

- In the FaceTime app, tap the plus button and type the person's phone number or email address. Tap the number or address, then tap Audio or Video
- If you have the person's phone number or email address saved in your Contacts, you can start typing their name and tap the name when it appears. Then tap Audio or Video
- You can also start a FaceTime video call from your iPhone during a phone call. Tap the FaceTime icon in the Phone app to switch to FaceTime.

Answer a FaceTime call

Press the green accept button on the screen to answer the call.

Skype

Skype is a free download from the Apple App Store or Google Play Store. You can sign in to Skype with a Skype name, email or phone.

Setting up Skype

If you already have a Skype or Microsoft account:



Open Skype and click or tap Skype name, email or phone.

- Enter your Skype name, email or phone and select Sign in
- Enter your password and select the arrow to continue. You're now signed in to Skype.

If you don't have a Skype or Microsoft account:

On the sign in page click the Create One button to create your new Skype account, following the onscreen prompts to establish your account details.

Making a Skype Call

- Open the Skype app
- Click on the search box and search for the person you want to call using their Skype name
- Click on the contact you want to call and then select the audio or video button in the top right hand corner
- At the end of the call, select the end call button to hang up.

Answering a call through Skype

Press the Blue accept button on the screen when the call is received.

Having fun trying something new!

"Please do not visit our residential aged care facilities or home and community care clients unless it is absolutely necessary."



McLean Care[®]

Onward&Outward

McLean Care Response to Coronavirus (COVID-19)

These are difficult and unprecedented times and McLean Care is working meticulously to be as prepared as we possibly can be in the event that an outbreak of COVID-19 occurs in any of our regional communities.

We know that older adults and those with chronic medical conditions including heart disease are at heightened risk from this illness. We are therefore taking this situation very seriously and stand firm in our commitment to the provision of high quality services to vulnerable older Australians.

Outbreak Protection Plans in place

Our team are highly knowledgeable and experienced and our priority is to ensure the safety, the health and well-being of our residents, clients, staff and our communities. We have adopted the approach set out by the World Health Organisation:

1. Prepare and be ready
2. Detect, protect and treat
3. Reduce transmission
4. Innovate and learn

We have developed and will continue to amend, our COVID-19 outbreak protection plans and in the unfortunate event of an outbreak, our COVID-19 management plans. These comprehensive plans allocate clear roles and responsibilities, resources, specific actions and timeframes.

At time of printing we have had no confirmed cases of COVID-19 for our residents, staff or clients, and as this crisis unfolds, we will continue to

monitor and act on official advice from both Federal and State Government authorities on an ongoing basis. Aged Care Minister Richard Colbeck said the advice from the Communicable Disease Network of Australia issued to aged care facilities around Australia outlines the precautionary measures for residents, staff and their families as the Federal Government continues to implement strategies to contain the virus. It includes the recommendation that family and friends limit visits to residential care centres, particularly for residents already suffering from chronic illness. Given the risks to older Australians from COVID 19, particularly those with chronic disease and other frailties, our residential aged care facilities all have restricted visitor access.

We are now appealing to you to help us protect our vulnerable loved ones by following our interim guidelines while ever this crisis confronts us:

Killeen Residential Care

67 Killeen 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

McLean Care Yallambee

34-40 Margaret Street
Millmerran QLD 4357
T: 07 4695 1580
E. Yallambee.Admin@mcleancare.org.au

Community Care 1300 791 660 Inverell, Gunnedah, Walcha, Tamworth

Independent Living Inverell: Goodwood Villas & Killeen Units. Oakey: Casuarina & Grevillea Units. Millmerran: Turallin, Domville, Clontarf, Kokoda

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- Please do not visit our residential aged care facilities or home and community care clients unless it is absolutely necessary.

- If you need to visit, we ask that you only visit during the times indicated on our website. Our reception staff will ask specific screening questions of you prior to you finalising your entry.

Restrictions on entry into our residential facilities will now be;

The following visitors and staff (including visiting workers) should not be permitted to enter the facility:

- Those who have returned from overseas in the last 14 days;
- Those who have been in contact with a confirmed case of COVID-19 in the last 14 days;
- Those with fever or symptoms of acute respiratory infection (e.g. cough, sore throat, runny nose, shortness of breath); and
- Those who have not been vaccinated against influenza (after 1 May)

- Residents can only have one visit per day with a maximum of two people.

We also ask that you stay for a shorter time where possible and avoid close interactions with people other than your loved one.

For our Home and Community Care clients it is important to understand that unless you have been positively diagnosed with the COVID-19 virus it is important that you remain connected with your McLean Care staff who are highly knowledgeable and experienced with hygiene and safety, but we are appealing to the communities to help us protect our vulnerable loved ones by not visiting them at home if you are unwell.

Our Supplies are prepared

Please also be assured that McLean Care has enough supplies of necessary personal protective equipment and medical supplies along with access to further supplies in the event that they are

required. Our staff are highly educated in infection control measures inclusive of hand hygiene and receive daily updates and advice.

We can help you stay connected

Alternatively, we can assist you to remain connected to your loved one/s by using other options such as phone calls and FaceTime link ups. Please contact us for Residential Services and Home and Community Care. You can also visit our website www.mcleancare.org.au to learn how we can arrange this for you.

We thank you in advance for your cooperation and understanding as we work together to protect our local communities, particularly those that are most vulnerable.

Together, we can make a difference.

 **Sue Thomson**
Chief Executive Officer

Celebrating Australia Day Recipients



Congratulations to Dot Vickery OAM, who was this year's Guyra citizen of the year. Her phenomenal community work and contribution to the public and local government has caught the attention at the Australia Day honours ceremony receiving the Medal of the Order of Australia.

"You don't do things for accolades; you do them because you want the community to progress." Dot went on to say.

Inverell's citizen of the year was Trish Keightley on the Sunday's Australia Day awards ceremony at the Inverell Town Hall.

It is astounding that she holds the volunteer role at Inverell Breast Cancer Support Group (for two years running) and has been important to several fundraising activities with McLean Care.

Oakey Showgirl Ball Winner

For the past 3 years McLean Care has had the privileged of being the major sponsor of Oakey Showgirl Ball which is a very important community event and what a night it was!

Congratulations to all of the lovely young ladies who participated. The commitment you demonstrate to your community is something we highly value and appreciate so dearly.

This year the winner of the McLean Care Fundraising award was Jolie Williamson who also won the Oakey Showgirl 2020. Jolie was also sponsored by the QCWA Oakey Branch.

What a great community and a great event.



L-R: Di Bullen, Di Jolly, Jolie Williamson, Sarah Wade, Melissa Scott

Show Success

Our Inverell residents are at it again this year with our show success. Each year we enter some of our handicrafts and knitting items into the local agricultural show here in Inverell. Mainly for enjoyment and wanting to show off the wonderful work our very clever residents do BUT it's always a little added surprise to come away with a win.

It's lovely to see the sense of pride glowing from each and everyone when they are awarded with ribbons and place cards. Everyone was especially chuffed with our 'Mystical Mermaid' taking out first place and Champion no less.



Seniors Extravaganza in Guyra!

Our Kolora residents attended the Seniors Extravaganza in March at The Guyra Community Hall. They were delighted with the event, wonderful entertainment, food and hospitality.

What a great morning out and about and meeting lots of new people.



"Hey Google"

Vacuum the kitchen can be now heard inside some of the CHSP homes across Inverell, Tamworth and Gunnedah. Late last year McLean Care was awarded an innovation grant funding from the Department of Health to undertake a trial of smart home technology with Commonwealth Home Support Program recipients along with Deakin University and Monash University.

In January the initial interviews and meetings were held with the clients to explain the program, the technology options and work out what would work specifically for each person and their homes. The most popular technology inclusion has been to introduce a small wireless button that could be placed beside the bed that could turn on and

One device causing the biggest stir is the Autonomous Robot vacuums. It can be seen in several of the homes whirring away vacuuming desired rooms all by simply issuing a voice command like "Hey Google Vacuum the Lounge Room".

One male resident caught on early and was planning to announce to his wife when she arrived home that he had vacuumed the entire house – and most likely he would not have moved from the lounge chair in front of the TV for the whole time, but simply issued voice commands to Google and the Vacuum.

Another big hit has been "Hey Google, start the Smart Kettle" and this command can be issued from the bedroom and when arriving in the kitchen the water is boiled and ready to pour from the smart kettle we have installed.



off a smart light down the hall in the bathroom.

Another scenario implemented in some homes has been a smart light that turns red at the appropriate time for a client reminding them to take their medication. When they open and then shut the cupboard or draw they store their medication in, the light turns off until it is the time for them to take medication again.

Google Homes were also installed into each house so the clients can control their smart devices and get daily updates on the weather, the news or ask for a recipe to make a banana cake.

Over 20 homes have been fitted out with the smart technology and the trial is well underway in Inverell, Tamworth and Gunnedah. Deakin University and Monash University have now also completed their first round visits and interviews with the clients. Feedback so far has been very encouraging with the majority really enjoying the opportunity of having the new technology in their homes.

Monash University will revisit our clients again in May to see how they have going with the technology. The project will be completed by the end of June 2020.