



Chicken parmigiana

Ingredients

- 400g pkt frozen Coles brand chicken breast tenders
- 1/4 cup Coles brand Italian tomato passata
- 50g Coles champagne ham slices, from the deli
- 6 Jarlsberg cheese slices, from the deli
- 1 tablespoon olive oil
- 120g baby spinach leaves
- Lemon wedges, to serve
- Coles brand mashed potato, heated, to serve

Method

1. Preheat oven to 180°C or 160°C fan. Arrange the chicken in a single layer on a tray lined with baking paper and bake for 20 mins. Top each piece of chicken with a little tomato passata, a ham slice and a cheese slice. Bake for a further 5-7 mins or until the cheese melts.
2. Meanwhile, heat the oil in a frying pan over high heat. Add the spinach. Season and squeeze over a wedge of lemon. Cook, stirring, for 1-2 mins or until the spinach wilts.
3. Serve the chicken with the spinach, mash and lemon wedges.

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

We love sharing stories with you

Did you know everyday we share so many amazing stories about our residents, clients and communities we serve on Facebook and Instagram? To learn about our beautiful stories join us on social media.

You might even see someone you know!



Loving your later life at home is what we're all about!

We're excited to announce our new location for our Tamworth Home and Community Care office is now in Peel Street. Hopefully with all of our beautiful bright signage you won't be able to miss us. Like all moving projects we seemed to have collected quiet a few things over the years and moving to a new location, like moving house, is a great way to tidy up the cupboards and get rid of all the unwanted items.

Our team is really looking forward to all the sunlight that streams into our new office. Come and visit us and see for yourself, change is like a holiday!



Onward&Outward

Providing quality, engaging services to our regional and rural communities that is our heartland

These past several months have posed challenges from one extreme to the next. But at this busy time of year nothing is more pertinent than keeping our residents and our extended family safe through these unprecedented times.

On a lighter note we announced our custodianship of Mackellar Care Services in Gunnedah as of the 1st July, 2020 and have commenced our journey into the lives of our new residents, clients and staff who have joined our McLean Care family.

From the re-evaluation of aged care policies and practices, we have published our 'Strategic Plan' that draws attention to

the redesign of provision of aged care services. Our dedicated focus remains the same and with the collaboration of McLean Care's leadership team will keep our core values in the forefront. I am confident that we will be at our most innovative.

Our Strategic Plan operates from five foundational elements delivering dynamic, progressive and sustainable growth to any ageing journey through our values of integrity, compassion, resilience, respect, reliability and courage.

Our Sapphire Model demonstrates our approach to person centred care. The sapphire is the centre image of our logo and is also the centre of what we do best.

Our obligation to care doesn't stop there. Under these relentless and persistent times COVID-19 has presented certain challenges. Our residents and their extended families, clients and staff safety and wellbeing are paramount. We have a wonderful team of Executives whose

focus on our COVID-19 Pandemic Planning has kept us all safe along with our community support and awareness all co-ordinate to combat the pandemic.

We know that there is still a long way to go and we will continue to remain vigilant, making decisions that are exclusively focused on the safety and lives of everyone in our care. We understand that this is a stressful and confusing time.

Everyone manages anxieties differently. It's ok to say "right now this is really hard, and I am struggling". We are all struggling in our various ways and what's important is that we support each other and know that you are not alone.

Today presents 'new standards' of normal, to flexibly adapt to COVID-19 constraints but our stance to adversity remains ever so empowering to who we are as Australians.

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THIS ISSUE:

p.2 Simple home renovations can be liberating for older people

p.3 More than 100,000 older Australians still waiting for home care

p.4 Tamworth Office relocates to new bright premises.

Getting back into the community safely.

There have been a lot of restrictions on our lives over the past few months and we are all watching closely to what is going on in our state and community as this newsletter goes out. This can seem daunting and at times information overload. While we need to be listening to all of the advice and guidelines, we can become very anxious about what we should be doing.

So how do we get back into our community safely?

We need to consider our own circumstances and balance the risk and the safety of any activities you are considering. The guidelines for older people returning to activities are based on the Aged Care Charter of Rights – it is about being aware of any risks and making a choice based on the information we have. It will be important to return to some of your activities, but in a safe way.

Things to consider:

- How many cases are in your own community?
- Have we been or will we be in contact with anyone from a known hotspot?
- What are our personal risk factors? Age, health, smoking.
- What is the activity you are seeking? Is it indoor or outdoor? How many people will be there? Are they known to you? How much physical contact is required in this activity?

The main things we must do to keep us safe when we are leaving the house are:

- Maintain our SOCIAL DISTANCING
- Practice good HAND HYGIENE – with hand sanitiser and hand washing
- Have good COUGH ETIQUETTE

If we are unwell, you must take all symptoms seriously – you should get tested and isolate until you are cleared of illness and no longer have symptoms.

If you have conditions that put you at an increased risk or having serious consequences of having COVID-19, it would be a good idea to have a COVID-19 action plan.

You can talk to your doctor about developing one. It will give you a plan for what to do when there are no cases of COVID-19 in your community, when there are a few cases and when we are located in a hotspot. Hopefully we will never need to act on these plans, but they are there to help with our decision making if these situations arise.

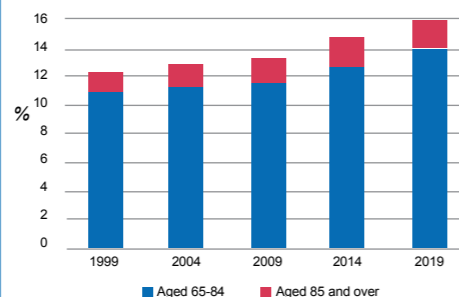
Simple home renovations can be liberating for older people



Did you know home improvements could do much more than just add capital value and a spare room. They can also restore or maintain a person's ability to live independently - whether you're older, have a disability, are unwell or have been injured.

They greatly improve people's well-being and reduce dependence on carers. This affects a great many people – including nearly a million who receive some form of aged care in their own home.

Proportion of population aged 65 years & over



Australian Bureau of Statistics

What do home modifications involve?

Home modifications specifically help residents to live safely and independently in their own homes.

The range of possible renovations is diverse, so costs vary widely. Minor modifications might be installing a grab rail in a bathroom to aid stability, or

levelling a step at a front door. A major modification could install a ramp or a lift, widen door frames or provide a new bathroom.

Modifications must be tailored to individual needs, as no "one size fits all" – just like every home renovation.

Enabling greater independence for longer

Home modifications can reduce or eliminated the need for help, restore confidence in caring for yourself and reduce carer stress.

As people's confidence grew, they were happier to venture out into the broader community. Importantly, relationships improved.

People regain choice about where they live

The design of a house can be one reason that people will enter into residential care. A bathroom, kitchen, entrance and exit, as well as how rooms connect, can all dictate whether a person lives independently in their later life.

Research shows how home modifications reduce fall risks. Think about an older bathroom where the shower has a hob or is over a bath. Such features commonly lead to falls, which can dramatically

shorten lives or send us straight from hospital into residential aged care.

Of all the home modifications bathroom were most central to reducing dependence on others. They provided the freedom to shower and use the toilet without help.

Bathroom modifications that allow people to shower while seated greatly reduce the risk of slipping and falling.

Modifications can protect lives in a pandemic

The ability to take care of our own bathroom needs during a pandemic is particularly critical. The close proximity required to receive and provide care has been well documented. Who knows how much home modifications have helped to curb the spread of COVID-19 to people most vulnerable to it?

Australia is managing a pandemic while rolling out the National Disability Insurance Scheme (NDIS) and reforming aged care in the context of a diverse and ageing population.

Research into home modifications highlights why renovations could be so much more than a new pool, kitchen or media room. Perhaps the government has a golden opportunity to reform HomeBuilder and encourage take-up of grants for home modifications. It would be a win for both tradies and the many Australians who may need help to stay at home.

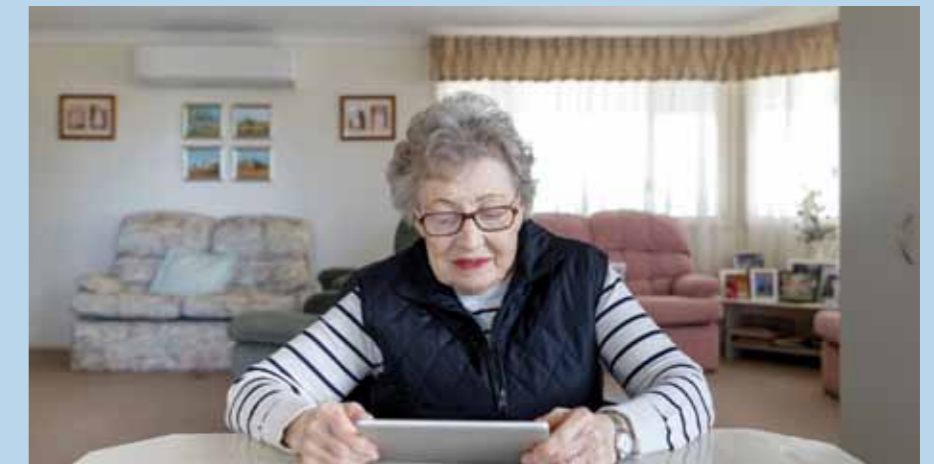


Loving your later life!

Meet Ruth from CWA House in Oakey. What an inspiration Ruth is to us all here at McLean Care. When you're over 100 years young and still enjoy a trip to the hairdresser for a perm.

She tells us her secret to living a long is to work hard and eat well - keeping it simple!

More than 100,000 older Australians still waiting for home care



New Government figures quietly released in July revealed more than 103,000 older Australians are still waiting for the home care package they have been approved for, says Shadow Minister for Ageing, Julie Collins MP.

These shocking figures follow the Aged Care Royal Commission's interim report which called the long waiting times older Australians faced for home care 'neglect'.

The Government's announcement of just 6,000 more home care packages earlier in July will not put a dent in this lengthy waiting list.

While Australians are understandably concerned and focused on the risks of COVID-19 to older people, we must not

forget the failings of our country's broken aged care system. The shocking figures that reveal the crisis in Australia's aged care system just keep growing.

Almost 30,000 older Australians sadly passed away in just two years while waiting for home care.

Older Australians waiting for high level home care packages are waiting almost three years to get the care they have been approved for.

The Government must do better to ensure older Australians get the quality aged care services you deserve now.

<https://hellocaremail.com.au/100000-older-australians-still-waiting-home-care/>



Our Kolora residents enjoyed an Armchair Travel to India Day.

It's amazing the fun you can have when you use your imagination, so we decided to board our arm chair plane and visit India via YouTube and guest speakers. Residents enjoyed music, food, talks, movies and fashion parades and our lovely staff from India brought in their suits and sari. What a fun and educational day they all had.

"Enriching experiences beyond all boundaries"