



Jingle Juice

8 Servings

Ingredients

- 2 cups cranberry and pomegranate juice
- 1 tablespoon caster sugar
- 1/3 cup orange liqueur
- 750ml bottle sparkling white wine, chilled
- 8 cups ice cubes
- 1 small orange, cut into 8 thin slices
- 2/3 cup frozen pomegranate seeds
- Fresh mint leaves, to serve

Method

1. Place juice and sugar in a small saucepan over medium heat. Cook, stirring, for 2 to 3 minutes or until sugar has dissolved. Set aside to cool completely.
2. Combine juice mixture, liqueur and sparkling wine in a large jug. Divide ice cubes and orange slices among 8 x 470ml-capacity glasses. Pour juice mixture into glasses. Top with pomegranate seeds and mint. Serve.

Sourced: <https://www.taste.com.au/recipes/jingle-juice-recipe/47rfqno4?r=recipes/6rynmbp2>



2021 recipe calendar in time for Christmas

We have been busy collating all the recipes from our home and community clients and very soon your 2021 calendar will be ready for its debut. We can't wait to share with you some of McLean Care's finest client recipes and coincidentally in time for your Christmas baking inspirations. Enjoy!!!



“Our Christmas poem

Twass the night before Christmas
And all through McLean Care
Nurses were flitting here
And fluttering over there.

Armed with a smile
And their medication charts
They set off their day
With love in their hearts.

As Dasher and Dancer
Begin their decent
We wanted to reflect
On how much this year has meant.

It has tested and twisted
And brought us to a teather
But most importantly
It has brought us together

The season is upon us
Tis the end of a year
And now is the time
To be with the ones you hold most dear.

From everyone at McLean Care we wish you a Merry Christmas and a Happy New Year.

Onward&Outward

Don't let the COVID Grinch steal your Christmas

2020 has proven to be a year that will shape the way we will live and work forever, bringing fundamental changes to our own personal customs and traditions that looking back on, we have probably taken for granted.

Balancing the “double duty” of home schooling and work, overcoming social isolation and facing job and financial uncertainty, has placed enormous pressure on our communities and people that live within those communities.

For some, Christmas has been a glimmer of hope, nurturing the thought of reuniting with family, friends and colleagues.

The Christmas season has now arrived and our hopes are a wonderful reality. We perhaps cannot embrace the spirit of Christmas as we have in the past, but if your Christmas spirit-o-meter is running low, I encourage you to start letting into your hearts the sights, sounds, tastes and your own personal traditions of Christmas.

1. Turn on the Christmas Carols

Nothing gets you in the festive spirit faster than music. Once you hear those familiar songs, the warm and fuzzy Christmas feelings come rushing back. “White Christmas” by Bing Crosby “The Christmas Song” by Nat King Cole “Holly Jolly Christmas” by Burl Ives “It’s Beginning to Look a Lot Like Christmas” by Bing Crosby.

2. Watch your Favourite Christmas Classics

You have seen them a million times, but they will guarantee to bring you joy.

3. Read your Favourite Christmas Classics

Like ‘The Polar Express’ and ‘A Night Before Christmas’.

4. Decorate your Christmas Tree and Add Some Beautiful Lights

Nothing quite puts the Christmas magic back in your heart like Christmas lights. Houses in our neighbourhoods are transformed into extraordinary beauty, bringing joy to us all. Why not take a drive and take in these wonderful displays that are both exquisite and magical.

Instead of saying to our neighbours, our friends & our families, how great it will be when 2020 is over, I encourage you to have a Christmas like you have never had before, whatever your beliefs, your customs or your traditions. If we all try and make up for everything we have missed, it will be a chaotically wonderful day of happiness and celebration.

Happy Christmas to you all.

 Sue Thomson
Chief Executive Officer

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Let's CELEBRATE!

WOW 104!
Neville was delighted to receive his birthday greetings and to celebrate his 104th Birthday so we took the opportunity to spoil him with a lovely gift from us all.



What an inspiration Ruth is to us all. When you're over 100 years young and still enjoy a trip to the hairdresser for a perm. Loving your later life!



May celebrated her 93rd birthday at Kolora with a wonder afternoon tea and lots of family members visiting afterwards. From Grand-children, Great-Grand children, nieces and nephews, all enjoyed a cupcake while social distancing



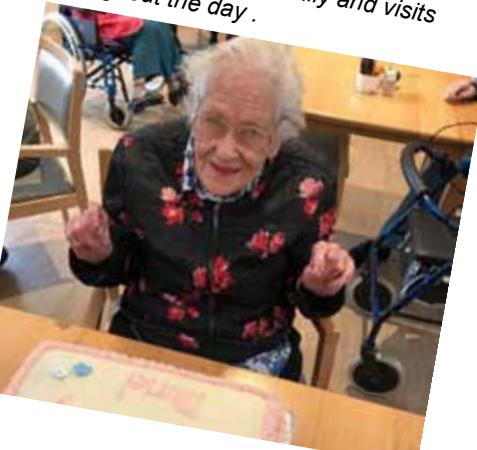
Joan turned 100 this year and was surprised by the butchers in Woolworths East Point Tamworth when they presented her with flowers and chocolates during her regular outing that we accompany her on.



What a milestone - Esme's (Granny) celebrated her 105th birthday. Granny had visitors popping in and staff members wishing her well all day long. PLUS the day wouldn't be complete without a beautifully decorated cake by our kitchen staff.



Our lovely resident Muriel celebrated her 94th Birthday at Kolora this year. Muriel enjoyed a delicious cake and many birthday wishes at morning tea as well as a skype call from family and visits throughout the day.



Our Judy turned 90 and even admits that she doesn't feel ninety with a little grin on her face. Her daughter arrived to celebrate, laden with gifts, cake and balloons giving Judy a real surprise. Judy was equally surprised when we arrived with a tea trolley which included a gypsy tea set, flowers, cake, everything needed for a perfect 90th tea party.



Loving birthdays with our new family at Alkira in Gunnedah!
Happy birthday Hazel. It was great to celebrate your 86th birthday with you.



Bigger and brighter.

In July our Tamworth Home and Community care office relocated to Peel Street with lots of bright new signage and recently we included the same theme at our Inverell office window signage to coincide with the launch of our new campaign "Loving your later life"



There is nothing the matter with me! *Author unknown*

There is nothing the matter with me,
I'm as healthy as can be,
I have Arthritis in both my knees,
And when I talk, I talk with a wheeze,
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in,
Arch supports I have for my feet,
Or I wouldn't be able to be on the street.

Sleep is denied me night after night,
But every morning I find I'm alright,
My memory is failing, my heads in a spin,
But I'm awfully well for the shape I'm in.
That for you and me who are growing old,
The moral is this as my take I unfold -
It's better to say 'I'm fine' with a grin,
Then to let folks know the shape we are in.

How do I know my youth is all spent,
Well, my 'Get Up and go' has got up and went.
But I really don't mind when I think with a grin,
Of all the grand places my 'Get Up' has been.
Old age is gold I've heard it said,
But, sometimes I wonder as I get into bed.

With my ears in a draw, my teeth in a cup,
My eyes on the table until I wake up.
Ere sleep overtakes me, I say to myself,
Is there anything else I could lay on the shelf?

When I was young my slippers were red,
I could kick my heels over my head.
When I was older my slippers were blue,
But still I could dance the whole night through.
Now I am old my slippers are black,
I walk to the store and puff my way back.

I get up each morning and dust off my wits,
And pick up the paper and read the 'Obits'
If my name is still missing, I know I am not dead,
So I have a good breakfast and go back to bed

Thanks for choosing us!

On behalf of our McLean Care family we would like to take this opportunity to thank our communities for your support, trust and the confidence you have placed in us over this unprecedented year. May the Christmas season be a cheerful end to 2020.

We wish you and those you love most, a season of peace and happiness.

