



My name is Brendan and I'm new to the McLean Care family. I joined McLean Care on 30th November, 2020 and am the Manager of Clinical Governance, Quality and Risk.

I am no stranger to this industry with my background in health care and since joining McLean Care I have spent time at each residential facility enjoying the wonderful opportunities in meeting several of our clients and residents that we serve.

After an eventful 2020, like everyone, McLean Care welcomes 2021 and the opportunities that this year brings and one of those is hearing the voice of you our consumers. Throughout 2021 we will be designing new systems and processes to ensure we are listening and responding to your voice, your needs, and your suggestions regularly.

I personally look forward to working with you and continue to place McLean Care at the forefront of the Aged Care industry.

Brendan Hartfield
Manager Clinical Governance; Quality and Risk



Lamb Rissoles with Herb and Pine Nut Salad

Ingredients

Lamb Rissoles
125ml olive oil
1 onion, finely chopped
1 clove garlic, crushed
2 teaspoons ground cumin
2 teaspoons sweet paprika
600gm minced lamb
2 tablespoons finely chopped flat-leaf parsley
2 tablespoons finely chopped basil leaves
50gm dried breadcrumbs
1 lemon, zested
1 egg
Grilled pita bread (optional), to serve

Method

1. Preheat oven to 200C. To make rissoles, heat 2 tablespoons oil in a small frying pan over high heat. Add onion, garlic, cumin and paprika, and cook, stirring, for 5 minutes or until soft. Cool slightly.

2. Place onion mixture in a large bowl with mince, herbs, breadcrumbs, zest and egg. Season with salt and pepper. Using your hands, combine well, then shape lamb mixture into 8 x 7cm patties.

3. Line a large oven tray with baking paper. Heat 2 tablespoons oil in a large frying pan over medium-high heat. Cook half the rissoles

Herb & pine nut salad
1 lemon, juiced
60ml olive oil
1 teaspoon sweet paprika
40gm baby spinach
1 cup loosely packed basil leaves
1/2 cup loosely packed flat-leaf parsley
1 red onion, thinly sliced into rings
80gm pine nuts, roasted

for 30 seconds each side or until browned, then transfer to oven tray. Repeat with remaining 2 tablespoons oil and rissoles. Transfer tray to oven and cook for 12 minutes or until rissoles are cooked through.

4. Meanwhile, to make salad, whisk lemon juice, oil and paprika in a small bowl. Place spinach, basil, parsley, onion, pine nuts and three-quarters of the dressing in a large bowl. Gently toss to combine.

5. Divide salad and rissoles among plates. Drizzle with remaining dressing. Serve with pita bread, if using.

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



2021 and beyond



Onward&Outward

We need a total aged care system rethink that meets the needs of older people

Going into 2021 we will face unprecedented challenges and tremendous change, but we must also remember that change always brings great opportunities.

We have also learnt that we have taken huge parts of our lives for granted. Walking freely in the park, going where we want, when we want and the value of human connection – these are the things we are now most grateful for.

Compared to other countries, Australia has been doing incredibly well with our first COVID-19 vaccine due to roll out between the second half of February and early April 2021. The National roll-out strategy has five phases with the first two phases known as Phase 1a and 1b. During these phases the vaccine will be made available to those that we care for across residential care and

home and community care services and to our staff. As further details are made available we will communicate these to you all.

Reforms to the Australian Aged Care System

Immediate investment in the aged care workforce is urgently needed to help attract and retain a skilled aged care workforce, to ensure our workforce can meet the aged care needs now and into the future. McLean Care is strongly committed to the necessary reform to enact real change.

The calls for much needed reforms in the aged care system has also highlighted the importance of the Royal Commission and its contribution to developing a long-term and consumer-centred plan for reform that will ensure older Australians receive the quality of care they need and deserve along with easier access to Government-funded aged care services and support.

The Federal Government has announced 10,000 extra home care packages worth \$851 million over four years in its mid-year economic outlook released late last year, to reflect the need to provide older Australians with appropriate care.

The Royal Commission

We look forward to the release of the Royal Commission's final recommendations to better set up Australia for our ageing population and for the decades to come. It has also been announced that the Royal Commission will examine the impact of the Coronavirus on residential aged care and home care, including responses from the sector and governments.

The final report of the Royal Commission will provide a significant opportunity for a reset of aged care so that it will meet current expectations and as a strong regional and rural aged care provider, McLean Care is equipped and ready for this new world. So all eyes will be on this year's Federal budget, which will be handed down after the Royal Commission's final report.

We look forward to 2021 and we will continue to work day in and day out to ensure that our residents, clients, staff and communities are safe and cared for.

 Sue Thomson
Chief Executive Officer

Yallambee gets the tick of approval

At the end of 2020 our Yallambee facility in Millmerran, QLD underwent our re-accreditation audit and received a tick of approval in their final report from the Aged Care Quality and Safety Commission.

Yallambee meet all outcomes of the eight 'Aged Care Quality' standards. This is wonderful news as we will strive to continually improve on the care we provide at Yallambee, especially with the new ideas planned for 2021. Stay tuned on Facebook with us.



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Putt putt golf championships, Gunnedah

2020 Christmas Eve Happy Hour and New Year's Eve Happy Hour were two very special occasions for everyone at Mackellar in Gunnedah, to farewell the old and welcome the new year.

Many residents had a chance to go out with families during the festivities, others shared in the sumptuous feast to celebrate the occasion with a wide selection of nibbles, fruit, punch, soft drinks, and a variety of alcoholic beverages.

Residents chatted, staff listened and sang carols to live piano accordion music. Reminiscing over 2020 events with many residents sharing how many great grandchildren were born in their families or milestones in their lives and the lives of their family and friends.

Putt Putt Golf championships are on the agenda on a weekly basis each month in Gunnedah. Our scores are tallied up each week, a trophy is awarded to the winner, a small gift and a photo of the winner as well as the score chart for everyone are on display for everyone to see. Our December Putt Putt Golf Champion was Chris Hartman.

Our trivia competitions are another popular pastime for Mackellar residents. Weekly quiz sheets are given out each Friday and answers are provided during the Tuesday mornings word games activities. A score chart is displayed for everyone to see and a monthly Queen or King of Quiz celebrated and presented with a small gift. Our Alkira December Queen of Quiz was Joan Eyeington.



A year to remember

2020 was a year to remember, for all its challenges and unrelenting dilemmas, but that has not stopped our Kolora residents having a wonderful Christmas for 2020, filled with plenty of traditional and festive spirit and enjoyment in waking to presents under the tree from Santa.

At the end of 2020 we were saddened by our beloved 'Tigger' the cat, going to the Rainbow Bridge. All residents, staff and visitors still remember Tigger fondly. Our newest family edition to Kolora, are the beautiful goldfish who have settle in and are providing a wonderful area for reflection during the day or night.

2021 is now in full swing and we are hopeful of a more joyous year. Our residents have embraced new ways to communicate with their loved ones and due to all the glorious rain we have received in December and January, our flower arrangements and displays are abundant at Kolora. Our gardens in Guyra have been flourishing with new blooms each day, making our social outings very enjoyable.

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!



Treat Thursday at Inverell

We are always looking for new activities and experiences we can share with our residents and throughout 2020 our team members put their heads together and came up with some amazing initiatives.

Our Leisure and Lifestyle team in Inverell decided we needed a treat day for our residents and our first event was pancakes with the lot, of course!

Our residents loved the idea and helped us with suggestions of toppings. Our kitchen made enough for all residents and staff to enjoy, and, as you would imagine, the feedback was very positive!



CWA House - loving their later life.

Residents at CWA House, have been kept busy with many activities over the past couple of months. One of these activities was the nation stopping Melbourne Cup! Our celebrations included a fashion parade, with lots of cheering and clapping & prizes for the best hats & outfits. We also had horse race games, where the number on the dice that each resident threw, gave their horse the chance to race up the track. Our two lucky Sweepstake winners were both named Shirley. The atmosphere was electric even with social distancing!



Residents also paused to remember the fallen on Remembrance Day – a day to reflect and remember all those who have served and sacrificed in all wars and conflicts. We commemorated the 75th anniversary of the end of the Second World War, a war that changed Australia as we knew it.

Residents and staff of McLean Care CWA House reflected and remembered at 11am on the 11th of November. Our Facility Manager Di, gave a welcome address and residents joined in singing "Abide with me" & "Advance Australia Fair". Keith Dowding led us in a prayer of Remembrance & Laura Wolski recited the poem "In Flanders Fields". We would also like to thank Garney Dillon & Henry McClear for laying wreaths on behalf of the residents at CWA House.

Our residents are looking forward to a year filled with plenty of excitement, new activities, and of course the continuation of our Armchair travels around the world. You can follow all of our adventures on Facebook as we travel the world together.

