

Autumn 2023



MAREEBA
AGED CARE

Newsletter

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It's hard to believe we are already in Autumn and the change of the weather has finally arrived!

The change of seasons, particularly from Summer to Autumn, can have a significant impact on the health and overall wellbeing of our loved ones. The cooler weather can impact on physical activity as the colder, wetter months leads to a reduction in time spent exercising and getting out and about, which can then lead to reduced mobility. The cooler weather can also impact mental health as social isolation may occur when it's more difficult to get out and about. It can also increase the risk of falls with higher chance of rain and autumn leaves on the ground. Making sure you have the right footwear is so important during these months.

Vitamin D is crucial to maintain strong healthy bones and immune systems. It's important to be aware that Vitamin D levels may reduce during winter months with less natural light, so try and find the sunshine wherever you can.

Upcoming Events

April

Maclean High School students visiting every Thursday and second Friday

7th April Easter Friday

10th April Easter Monday

25th April Anzac Day

Service to be held on the 24th April

20th April Mothers Day Stall

Handmade items and cakes

May

14th May Mother Day

Mothers day stall is being held on 20th April

June

12th June Queens Birthday



For all the latest news and photos, follow us on

Facebook



Find us on Facebook



A very Happy Birthday to all our residents that have birthdays in April, May & June.

Notice Board

Library Service

We have a mobile library service that delivers & picks up books to resident's rooms. Please talk to a staff member in Leisure & Lifestyle for more info!

Hairdresser

We have two hairdressors available, Jane Jesser & Christine Pollock. If you would like an appointment, please ask a staff member in Leisure & Lifestyle.

New Clothing

Please ensure that any clothing items being brought in to the facility for your loved ones are firstly handed into reception so that our administrative staff can arrange for the items to be labelled by the laundry. When next visiting, please look through the lost property that can be found hanging on racks in parts of the facility. These are clothing that have not been labelled. so therefore can not find their way back to their owner. We can not be responsible for unlabelled clothing.



For all the latest news and photos, follow us on Facebook



Industry News

You may be following the media on the Fair Work Commission who has recently awarded a 15% pay raise for aged care workers from June 30, 2023, which is great news for direct care workers including Head Cooks, Recreational and Lifestyle Officers.

While we certainly welcome the move to increase wages, there are still other aged care workers including support and administration staff and other food services workers, maintenance, laundry and cleaning staff, who are not included in the wage increase.

You would know from firsthand experience, all of our support workers are central to the provision of safe, person-centred care and their work should be properly valued.

The Directors of Mareeba Aged Care are strongly advocating for wage increases across the board to ensure that all of our workers are valued for their hard work and contributions to providing safe, person-centred care. It's a complex issue to manage and one we will continue to monitor and share industry updates as they happen.

Leisure & Lifestyle Report

It has been another busy month for our residents in activities, lots of new things we have been enjoying with the lovely OT girls (Jess and Georgia).

Unfortunately, we have to say goodbye to them on Friday the 31st as their training has come's to an end.

On behalf of our residents and staff we want to say a big thank you for their kindness and fun they have helped us to deliver across Mareeba.

We would like to wish them all the very best in the future.

We also have some other ideas that we will be putting together for the residents for the coming months.

Men's group will be trying their luck with Ten Pin bowling in Yamba, fishing trip and for the ladies a shopping trip down to Coffs Harbour.

L&L have also put together some lovely mother's day gifts that they have made themselves, great work ladies.

We are restarting our visit to Cubby House for Kids and Walla Walla Bing Bang visits to have our resident's interacting with the newer generation.

These are just a few things that are coming up over the next couple of weeks.

Kay Bruchert

Leisure & Lifestyle Team Leader



Shopping trip to Grafton



Activity Review

Men's Club Outing to Harwood Hotel



1st Ferry Cruise on the Clarence River



Activity Review



Australia Day



Activity Review



2nd Ferry Cruise on the Clarence River



Fun with our Occupational Therapy students

Activity Review

Article in the
Clarence Valley
Independent

Cruising the mighty Clarence a mighty fine day out

Residents at Mareeba Aged Care in Maclean were recently treated to a spectacular cruise down the mighty Clarence, taking in the local sights and sublime weather.

“After a long period of government restrictions due to COVID, it’s so wonderful for our residents to be out-and-about enjoying life in the Maclean community

again”, said Mareeba Facility Manager, Leanne Hancock.

“We want our residents to feel connected to their community and to enrich their day-to-day by exploring everything our beautiful region has to offer.

“Our residents enjoyed a beautiful onboard lunch and afternoon tea and the smiles on their faces said it all.”

A full history commentary was



All aboard: Local Mareeba Aged Care residents aboard the Clarence River Ferry last week for a history tour of the local region. Image: Mareeba

provided for residents aboard the ferry including the history of the Clarence River and Maclean. Mareeba Aged Care, located in Maclean regu-

larly organises social outings for residents to explore the local region and connect with the community beyond the village.



Men's outing to Lawrence Pub

Chaplains Report

To my many friends at Mareeba Aged Care,

The time has come for me to say farewell to you all as the Chaplain at Mareeba. What a privilege it has been to journey with you through the highs and lows of our lives. To be embraced as the 'Christian Carer' of the community and to be received into many of your lives as a confidant and friend has been an indescribable blessing to me personally.

I have always been of the belief that the love of God transcends any differences of opinion we may hold if we are prepared to respect those differences and that has been true for me in this role. While I'm sure many of you have found my Christian beliefs quite different, as I, of your beliefs on occasion, I can honestly say that I can not remember having one disagreement that we were unable to resolve when such love, and forgiveness was extended. Thank you so much for that special gift.

Whether residents and their families, staff and theirs, or friends from the community, many of the friendships I have made will follow me out of Mareeba and on into the future. There are too many people over the years to thank individually in this brief note, but you all know who you are, and let me say, you have each blessed my life in different ways. Thank you for your willingness to embrace me into the community, for your patience and most of all your trust. I cherish the journey we have had, the conversations we shared, the tears shed, and laughter released together. I leave full of joy and with memories I hold close.

**God Bless you all,
Pastor Brett Rowe (Chappy)
"We love because God first love us." (1 John 4:19)**



Hospitality Report

We have been diligently advertising for new staff for our kitchen, laundry and cleaning area. This has resulted in four new staff commencing in our hospitality team. Welcome to Jacob, Tess, Brittany & Liv.

We are still looking to employ more hospitality staff, so if you know of anyone who may be interested, please request they get in touch or download an application form from our website: www.mareebaagedcare.com.au

Unfortunatley our Maintenance Supervisor, Matt, has left us to start up his own business. The maintenance supervisor position has now been filled by Ren. Congratulations Ren on your promotion.

Amanda Maitland
Hospitality Team Leader

Hot Cross Bun Pudding

Topped with berries and a dollop of cream, this hot cross bun pudding is an easy, indulgent dessert that is best served warm.

Serves 6

Cook time: 40 mins

Prep time: 10 mins, + 10 mins soaking & 10 mins standing time



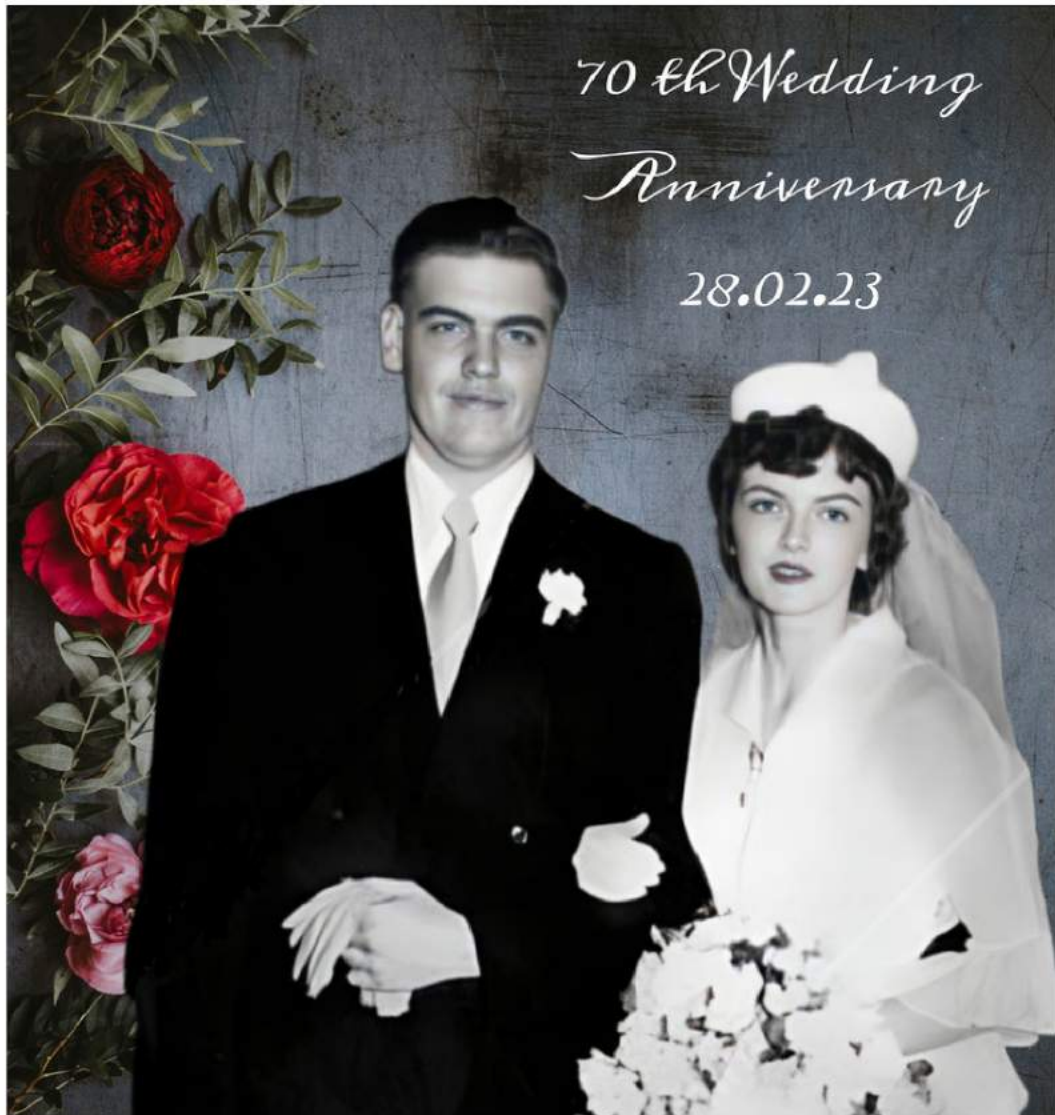
Ingredients

- 6 Fruit Hot Cross Buns, split
- 40g butter, softened
- 1/2 cup (160g) blueberry or raspberry jam
- 6 Eggs
- 1 1/2 cups (375ml) milk
- 3/4 cup (185ml) thickened cream
- 1/3 cup (70g) caster sugar
- 1 tsp vanilla
- 125g fresh or frozen raspberries
- 125g fresh or frozen blueberries

Method

1. Preheat oven to 160°C. Grease an 8-cup (2L) ovenproof dish.
2. Spread the cut side of each bun half with butter. Spread the bun bases with the jam. Arrange the bun bases, jam-side up, and the bun tops, cross-side up, in the prepared pan.
3. Whisk the eggs, milk, cream, sugar and vanilla in a medium bowl. Pour evenly over the buns. Set aside for 10 mins to soak.
4. Sprinkle with the raspberries and blueberries. Bake for 30-40 mins or until just set. Set aside for 10 mins to stand before serving.

Resident Spotlight



Bill Hampshire and his wife, Fran, celebrated their 70th Wedding Anniversary. What a wonderful milestone.

Can you Contribute?

Contributions to our newsletter are encouraged and appreciated!

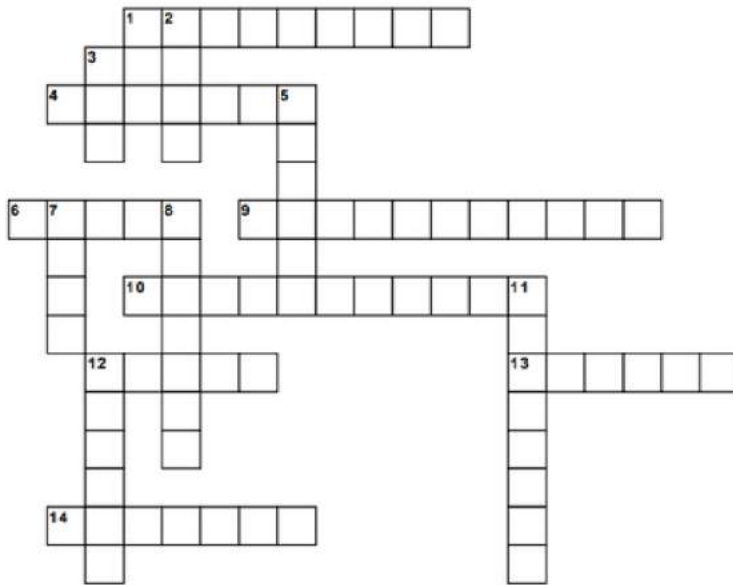
Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Read Rest Relax

Easter



Across

- 1 - Most popular Easter present (9)
- 4 - Traditional Easter hats usually tied with ribbons (7)
- 6 - In 'Alice in Wonderland' what colour is the rabbit with the pocket watch? (5)
- 9 - In the song 'Easter Parade' what street do they walk down? (11)
- 10 - Female star of the film 'Easter Parade'? (11)
- 12 - Another word for 'rabbit' (5)
- 13 - These hatch out of real eggs (5)
- 14 - What do eggs represent at Easter? (3,4)

Down

- 2 - The search for Easter Eggs: Easter Egg (4)
- 3 - A female rabbit (3)
- 5 - What season is Easter associated with? (6)
- 7 - An animal that looks like a rabbit with long ears (4)
- 8 - The date for Easter changes every year because of this (7)
- 11 - Make eggs look pretty (8)
- 12 - Something used to collect Easter eggs (6)

The Hunters

Two hunters are out in the woods when one of them collapses.

He doesn't seem to be breathing and his eyes are glazed.

The other guy whips out his phone and calls the emergency services.

He gasps, "My friend is dead! What can I do?"

The operator says "Calm down. I can help.

First, let's make sure he's dead."

There is a silence, then a gunshot is heard.

Back on the phone, the guy says "OK, now what?"

Word Search

ALICE IN WONDERLAND



I M S S P A D E R P S N C N
C M V W Q B L W C Q N G A J
G A Q P M F E I S B X E T H
O D W D H T R V C I U U E E
Q Y D O I H Q U E E N R R A
Y X M H H A T T E R I D P R
Z W W A Y A M J T H I W I T
D B U O R N C O S T T B L S
X W F I B C Z E N I O E L M
W M S Q P X H O B D T X A H
U B W A T C H B O D S J R X
P D I N A H A D J C L U B S

WONDERLAND WORD SEARCH

Quote of the Day

In the end, it's not the years in your life that count. It's the life in your years.

– Abraham Lincoln

The English Professor

An English professor asked his students to add punctuate the following words:

"woman without her man is nothing"

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."