

Autumn 2024



MAREEBA
AGED CARE

Newsletter

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Welcome to the Autumn Edition of the Mareeba Aged Care Newsletter!

As the leaves change colour and the air turns crisper, we find ourselves embracing the beauty of autumn. It's a season of transition, and here at Mareeba Aged Care, we're committed to ensuring that our residents experience this change with comfort, warmth, and care.

With the weather changing, our residents will be assisted to dress warmly as we plan lots of outdoor activities during this season. The Leisure & Lifestyle Team will keep you updated with the activity calendars.

At Mareeba Aged Care we strive to work together to help every client's individual needs. We appreciate your support and feedback on our nursing care and services. This is important for us to continue to maintain our commitment to our residents.

Remember, autumn is a season of reflection, gratitude, and warmth. Let's embrace it together!

Upcoming Events

17th April - Maclean Show Day Public Holiday 1pm - 5pm

25th April - Anzac Day

27th April - Mothers Day Stall

12th May - Mothers Day

10th June - King's Birthday Public Holiday



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



For all the latest news and photos, follow us on

Facebook



Anzac Day is a significant occasion in Australia, and various symbols and emblems hold special meaning during commemoration. Let's explore some of these:

1. The Australian War Memorial: A place of remembrance and reflection, honouring those who served in wars and conflicts.
2. City Memorials: Local monuments and memorials that serve as reminders of sacrifice and valour.
3. The Eternal Flame: A symbol of eternal remembrance for fallen soldiers.
4. Red Poppies: These vibrant flowers symbolize remembrance and are often worn on Anzac Day.
5. Rosemary: A fragrant herb associated with remembrance and used to honour the fallen.
6. The Slouch Hat: A distinctive hat worn by Australian soldiers, representing their service.
7. Anzac Biscuits: These traditional oat-based cookies have historical ties to World War I.
8. National Flags of New Zealand and Australia: Representing the unity and shared sacrifice of both nations.

These symbols evoke emotions and help us recognize the military service history, paying tribute to those who served in wars, conflicts, and peacekeeping operations.



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!

Important Request

Could all relatives please provide updated Medicare Card details and Pension Card details for their loved ones as we are finding that the cards recorded on our database have expired. Please send or hand in to reception.

We are Hiring

We are looking for Assistants in Nursing who are enthusiastic and passionate about providing a caring, compassionate, respectful and high quality service in Aged Care

We offer casual with view to permanent part-time positions with great conditions and flexible hours. Application forms are available on our website or can be obtained from reception



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



Chewy Anzac Biscuit Slice

Enjoy the delicious butterscotch flavours of the Anzac biscuit in chewy slice form.

MAKES 30

COOK

35 Minutes

Enjoy the flavours of Anzac biscuits recipes in the form of this chewy oat-based slice recipe, the perfect easy snack for Anzac Day (or any other day).

Ingredients

- 1 cup (90g) rolled oats
- 1 cup (150g) plain flour
- 1 cup (220g) firmly packed brown sugar
- 1/2 cup (40g) desiccated coconut
- 125 gram butter, chopped coarsely
- 2 tablespoon golden syrup
- 1 tablespoon water
- 1/2 teaspoon bicarbonate of soda (baking soda)

Method

- 1.Preheat oven to 170°C (150°C fan-forced). Grease 26cm x 32cm Swiss roll pan; line base and two long sides with baking paper.
- 2.Combine oats, flour, sugar and coconut in large bowl.
- 3.Combine butter, golden syrup and the water in medium saucepan; stir mixture with a wooden spoon until butter is melted.
- 4.Remove pan from heat. Add soda to the butter mixture (it will froth and bubble).
- 5.Pour butter mixture into oat mixture and stir with a wooden spoon until all the ingredients are mixed together. Spoon mixture evenly into pan, then press down on the slice with your hands until it is flat.
- 6.Bake, uncovered, about 30 minutes (it should feel firm when you touch it).
- 7.Stand slice in pan about 15 minutes. Turn slice out of pan, remove baking paper, then cut slice into pieces while still warm.

To make a slightly different variation of this slice, try adding ¾ cup dark chocolate chips, ¾ cup sultanas, or ¾ cup finely chopped dried apricots in with the oats (step 2).

Local Sponsorship

Well, our annual Mareeba Aged Care Day was played on Australia Day under blue skies, however the temperature was extreme to say the least. The bowlers that played still enjoyed the day and the green was full. I have attached a photo of the winners who were Ross Murphy, Pauline Youlton and Gary Montgomery. I take this opportunity to thank Mareeba for the continued support of this tournament which is usually played in October/November but had to be rescheduled due to the calendar of events set by Bowls NSW clashing with Mareeba Day. I think for the next Mareeba Day we will try and revert back to the original date to avoid the heat. I have also attached an invoice for settlement and again thank you for your contribution.

Kind regards

Mark Williams

Secretary Manager

Maclean & District Bowling Club Co-op Limited

1a McLachlan Street, Maclean NSW 2463



Resident Feature

Jean was born in Grafton on the 2nd April 1919 to Jane and James Cowan. Jean was the second youngest in the family of eleven children. (nine brothers and two sisters).

Jean was born at the end of the war and remembers ration times and coupons. They would grow their own vegies and flowers to sell. Jean's father was a delivery person and would deliver groceries. Her father would also salt down animal hides for other people.

Jean attended the South Grafton Primary School. Jean and her siblings would travel to school on a horse and sulky. She then attended South Grafton High. Jean enjoyed playing hopscotch and skipping when she was growing up with her sisters and friends.

At the age of 16 years when Jean left school, Jean would do babysitting work. Her large family all attended Sunday school and church each week. Jean's grandparents living in South Grafton and she would stay with them and attend the dances with her father. He was the MC at all the Old time dances and School of Arts. Jean remembers two of her brothers helping to build the Harwood Bridge.

Family holiday's involved them all catching a bus or train to Woolgoolga or Yamba.

Jean met Franklin (Frank) at one of the dances and they married and had two boys. Jean enjoys her life here in Mareeba which she fondly calls home.



Jean with her son, Gary and daughter in law, Patricia Freeman

70th Wedding Anniversary

Martin & Shirley Munro celebrated their 70th Wedding Anniversary



Activity Review



Activity Review



Activity Review



Activity Program

April 2024

<p>Monday 1st Public Holiday Easter Monday</p>	<p>Tuesday 2nd 9.00 – Jane Hairdresser 9.30- Bingo 2pm-Craft or Happy Hour  Jean Freeman 105 b day</p>	<p>Wednesday 3rd 9.00 – Exercise 9.30- Cubby House Visiting 10.30- B.B.Q all area 2pm- Craft </p>	<p>Thursday 4th 9.00 – Jane Hairdresser 10am -Men's Lunch Outing Lawrence Museum/ Tavern lunch 10.30- Balance Group 2pm- Happy Hour</p>	<p>Friday 5th 9.30- Tai-Chi 10.30- Resident's Choice 2pm- Pacific Valley Visiting </p>	<p>Saturday 6th 9.00-11.30 Bingo with Chris MOVIE & MUNCHIE</p>	<p>Sunday 7th 10.30 Song of Praise MOVIE & MUNCHIE</p>
<p>Monday 8th 9.00 – Exercise 10.30- Cooking in Fairweather 10.30- Cards 2pm- Singing with Debbie & Friends </p>	<p>Tuesday 9th 9.00 – Jane Hairdresser 9.30- Bingo/Brush Tartan Club 2pm- Craft or Happy Hour </p>	<p>Wednesday 10th 9.00 – Exercise 9.30- Shopping in Grafton 10.30- B.B.Q all area 2pm- Craft/ Gardening </p>	<p>Thursday 11th 9.00 – Jane Hairdresser 9.30- Catholic Church 10.30- Balance Group 10.30- Men's Gardening Group 2pm- Happy Hour </p>	<p>Friday 12th 9.30- Tai-Chi 10.30- Balloon Tennis 2pm- Pacific Valley Visiting </p>	<p>Saturday 13th 9.00-11.30 Bingo with Denise MOVIE & MUNCHIE h Denise</p>	<p>Sunday 14th 10.30 Song of Praise MOVIE & MUNCHIE</p>
<p>Monday 15th 9.00 – Exercise 10.30- Cooking in Fairweather 10.30- Parachute Activity 2pm- Singing with Debbie & Friends</p>	<p>Tuesday 16th 9.00 – Jane Hairdresser 10.30- Bingo 2pm-Craft or Happy Hour </p>	<p>Wednesday 17th 9.00 – Exercise 10.30- B.B.Q all area 10.30- Residents choice 2pm- Craft/Knitting </p>	<p>Thursday 18th 9.00 – Jane Hairdresser 10am -Ladies Lunch Outing- Lawrence Museum/ Tavern Lunch 10.30- Balance Group 2pm- Happy Hour </p>	<p>Friday 19th 9.30- Tai-Chi 10.30- Indoor Bowls 2pm- Resident's Choice </p>	<p>Saturday 20th 9.00-11.30 Bingo with Kay MOVIE & MUNCHIE</p>	<p>Sunday 21st 10.30 Song of Praise MOVIE & MUNCHIE</p>
<p>Monday 22nd 9.00 – Exercise 10.30- Cooking in Fairweather 10.30- Word Quiz 2pm- Singing with Debbie & Friends </p>	<p>Tuesday 23rd 9.00 – Jane Hairdresser 9.30- Bingo 2pm-Craft or Happy Hour </p>	<p>Wednesday 24th 9.00 – Exercise 10am- Anzac Service 10.30- B.B.Q all area 2pm- Anzac Two Up/ Craft </p>	<p>Thursday 25th 10am Anzac Day </p>	<p>Friday 26th 9.30- Tai-Chi 10.30- "Hoi" 2pm- Resident's Choice </p>	<p>Saturday 27th 9.00-11.30 Bingo with Chris MOVIE & MUNCHIE</p>	<p>Sunday 28th 10.30 Song of Praise MOVIE & MUNCHIE</p>
<p>Monday 29th 9.00 – Exercise 9.30- Visiting Cubby House 10.30- Cooking in Fairweather 10.30- Trivia/Hangman 2pm- Singing with Debbie & Friends</p>	<p>Tuesday 30th 9.00 – Jane Hairdresser 9.30- Bingo 2pm- Craft/Happy Hour </p>	<p>Happy Hour </p>	<p>ANZAC DAY WE WILL REMEMBER THEM </p>	<p>Bingo </p>	<p>BBQ </p>	<p>BBQ </p>

Pet Friendly Aged Care

We know animals can brighten the lives of those living in Aged Care homes but research shows pets can also improve residents' health and wellbeing.

With the wag of a tail or a soft purr on your lap animals of all shapes and sizes are helping older Australian's live healthier and happier lives. Studies show pets in aged care can help reduce blood pressure, fatigue and confusion whilst boosting enthusiasm, physical activity and social wellbeing.

The benefits of pets

Research shows that simply having pets or animals around can help to boost health and wellbeing. The benefits can also be seen socially, emotionally and even cognitively.

Pets in Aged Care

Nursing homes and retirement villages used to be pet-free zones. But with research showing there may be health benefits in having pets around, more and more aged care homes are welcoming pets of all kinds to become regular visitors.

The love and companionship offered by pets is particularly important in residential care, where a much-loved pet can help ease the transition from home to an aged care facility.

“Even if language is a problem, everyone can pat a dog,” says Leanne Hancock, Facility Manager - Mareeba Aged Care. “Their faces light up. There's nothing better than giving an animal a cuddle.”

As many people will have had a pet at some point in their life, animals can also be a great conversation starter.

The benefits of pets in aged care homes

Pet therapy

Mareeba aged care welcomes regular visits from animals of all shapes and sizes from birds, cats to large dogs. Research shows regular interaction with pets can help to reduce blood pressure, manage pain, stimulate the memory and boosts morale of residents living in care facilities.

Leisure & Lifestyle Team Leader, Kay Bruchert says pets instantly lift the mood, sparking new conversations and bringing back old memories.

“I believe what makes these visits so special is the freedom that residents have in being able to generously give as many pats and hugs as they like,” says Kay. “Some people rarely get visitors and the love given by the pets is unconditional.”

Sally, owned by Mick Hosking is a regular visitor to Mareeba Aged Care when Mick visits his dad, Stuart, who resides at Mareeba. Sally loves her visits to Mareeba just as much as the residents love to see Sally. Sally is a large, friendly Bull Arab that gently greets our residents and staff who looks forward to receiving a biscuit from our reception staff. Sally recently had nine puppies so Mick brought Sally and her pups in for a visit.



Aged Care Quality Standards

In December 2023, the final draft of the strengthened Aged Care Quality Standards were released.

The draft incorporates feedback from wide consultation and the results of the pilot program and brings the Standards into line with the proposed new Aged Care Act. It is proposed that the new Standards will commence from 1 July 2024.

The older person is at the centre of the strengthened Standards, with the required actions and themes of Standard 1 flowing through to all other Standards. This results in a more detailed focus on delivering service that is structured around the needs, preferences and choices of each person.

Language throughout the Standards includes changed terminology from 'consumer' to 'older person,' demonstrating that people in aged care should be considered active partners in their own care rather than being a recipient of a service.

Further information about how these strengthened Quality Standards have been developed can be found through the Department of Health and Aged Care's website.



Visitation Plan

Visiting Hours

Monday to Friday: 9am - 4pm

Saturday: 9am - 1pm

Sunday 9am - 1pm

Public Holidays 9am - 1pm (Closed Labour Day Public Holiday)

Out of hours visits must be pre-approved by Management

Social Outings available anytime Monday to Sunday

Social Outings

Please complete the sign out book located at Nurses Station with your details so we have a record of who is in and out of the facility in the event of an emergency.

Rapid Antigen Test Requirements

All visitors will be required to complete and present a negative Rapid Antigen Test (RAT Test) before entry.

A negative RAT Test is required every 24 hours/ a new test each day you visit.

Visitors bringing their own RAT Test are to show the RAT test to reception staff.

Tests must be discarded into bins provided after sighted by reception staff prior to entry.

Vaccination Requirements

Visitors are strongly encouraged to keep their vaccinations up to date.

Outdoor visits

If you are unable to complete a test / enter the facility, outdoor visits are always available.

Helpful Tips

If unable to visit, you can drop off items at reception during office hours and they will be delivered to your loved one.

Continue to monitor our website www.mareebaagedcare.com.au and Facebook page for updates.

Code of Conduct

Staff will not tolerate abuse or rude behaviour. Please be respectful to staff and the processes currently in place that aim to keep your loved one safe.

Phone ahead before you visit to confirm information if you are unsure.

Changes can come into effect at short notice.

Thank you

Mareeba Management

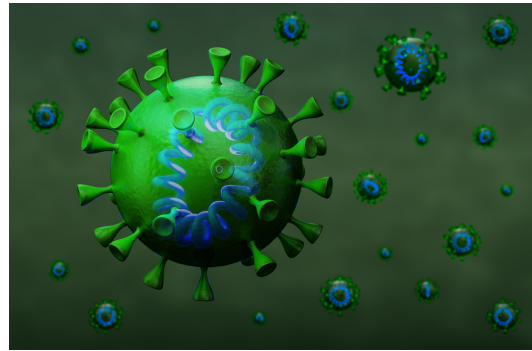
Infection Control

Covid-19 Outbreak

We are pleased to announce that the recent COVID-19 outbreak on Level 2 has been successfully contained. We do not have any residents with Covid within the facility and we have now resumed normal visiting procedures.

Thank you for your continued vigilance and support. Let's stay safe and look out for one another.

Peta Bowring (Registered Nurse)
Education Officer



Raffles

First prize in our Easter raffle was won by Johnno Johnson. Congratulations Johnno



MOTHER'S DAY RAFFLE



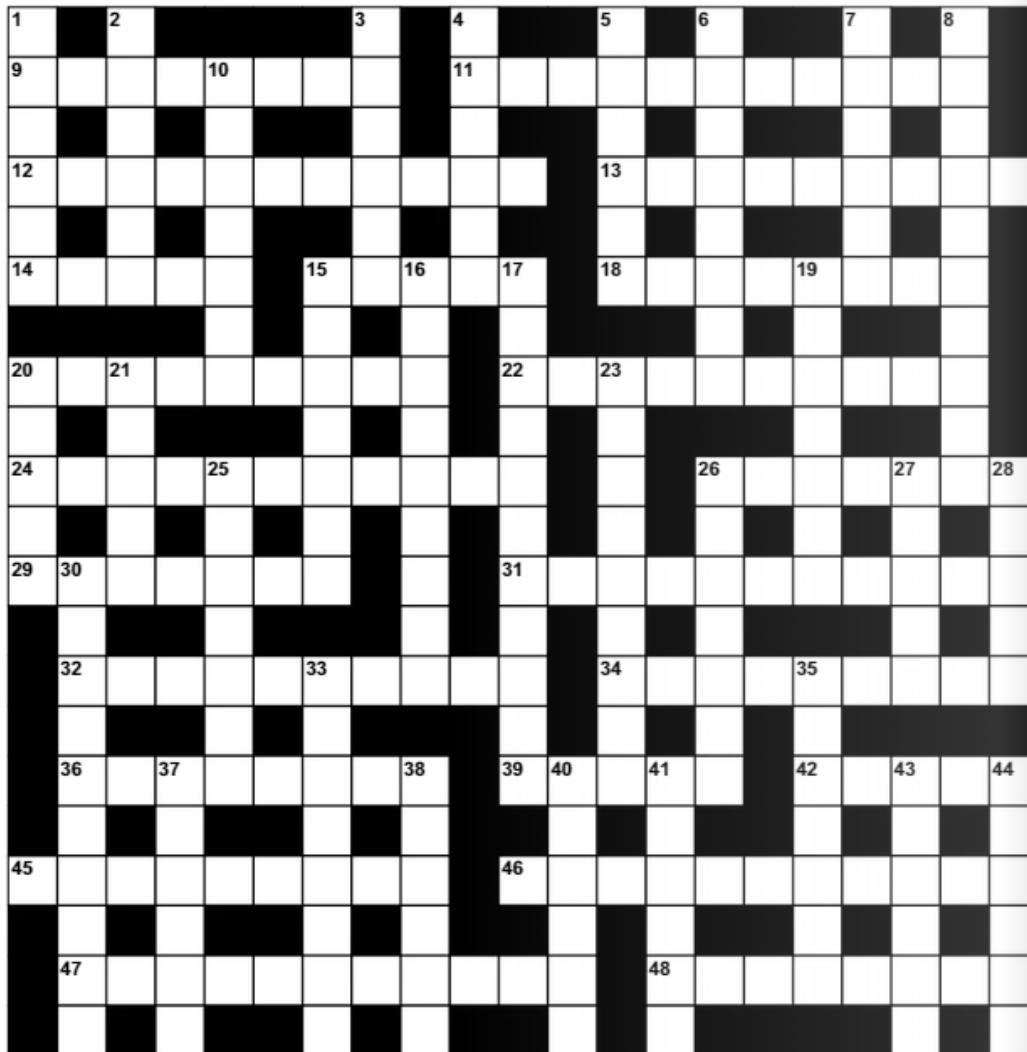
I love you, Mum! 



TICKETS: \$2 EACH OR
3 FOR \$5
DRAWN: THURSDAY 2 MAY

JUMBO CROSSWORD

Complete the crossword clues to fill the grid.



ACROSS

- 9 Device that sends a rocket into space (8)
- 11 Act of going before in time (11)
- 12 Unintelligible (11)
- 13 Refund (9)
- 14 Consent to (5)
- 15 Clean thoroughly (5)
- 18 Kitchen sideboards (8)
- 20 Ordered (9)
- 22 Conceivable (10)
- 24 Style of painting (8,3)
- 26 Does the same thing again (7)
- 29 Not spiritual or sacred (7)
- 31 Extend by inference (11)
- 32 Help (10)
- 34 Received by genetic transmission (9)
- 36 Urgent (8)
- 39 Road information boards (5)

- 42 Climb onto (5)
- 45 Get rid of completely (9)
- 46 Shade of blue (11)
- 47 Instance of buying or selling (11)
- 48 Versions of a book (8)

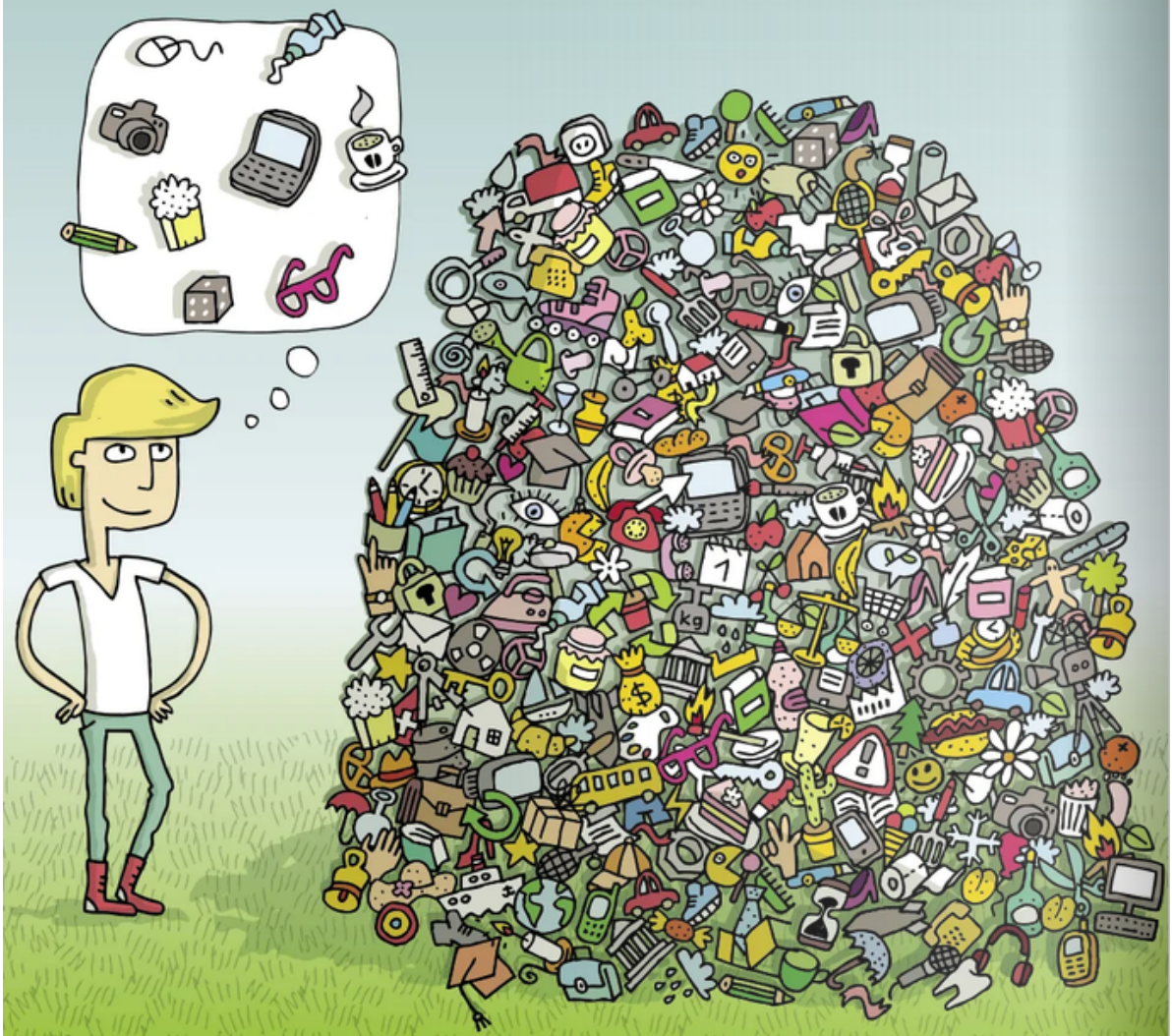
DOWN

- 1 Former female pupil (6)
- 2 Domestic assistant (2,4)
- 3 Gambol (6)
- 4 Capital of the Bahamas (6)
- 5 Was scared of (6)
- 6 Disease caused by a lack of thiamine (8)
- 7 Bring about (6)
- 8 Continuing obstinately (10)
- 10 Grotesque monster (7)
- 15 Motorcycle attachment (7)
- 16 Divergence out from a central point (9)
- 17 Fragility (11)

- 19 Hair-cleansing product (7)
- 20 Mayhem (5)
- 21 Agreeable sound or tune (5)
- 23 Apportioning (9)
- 25 Exchanges of several strokes in tennis (7)
- 26 Attains (7)
- 27 Expect to happen (5)
- 28 Spirited horse (5)
- 30 Irritate greatly (10)
- 33 Three-hulled sailing boat (8)
- 35 Fortification (7)
- 37 Make beloved (6)
- 38 Welcomes (6)
- 40 Land surrounded by water (6)
- 41 Cared for (6)
- 43 Agreement or concord (6)
- 44 African fly that transmits sleeping sickness (6)

Brain teaser

There are nine lost
objects in this image -
how quickly can you
find them?



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!