

Spring 2023



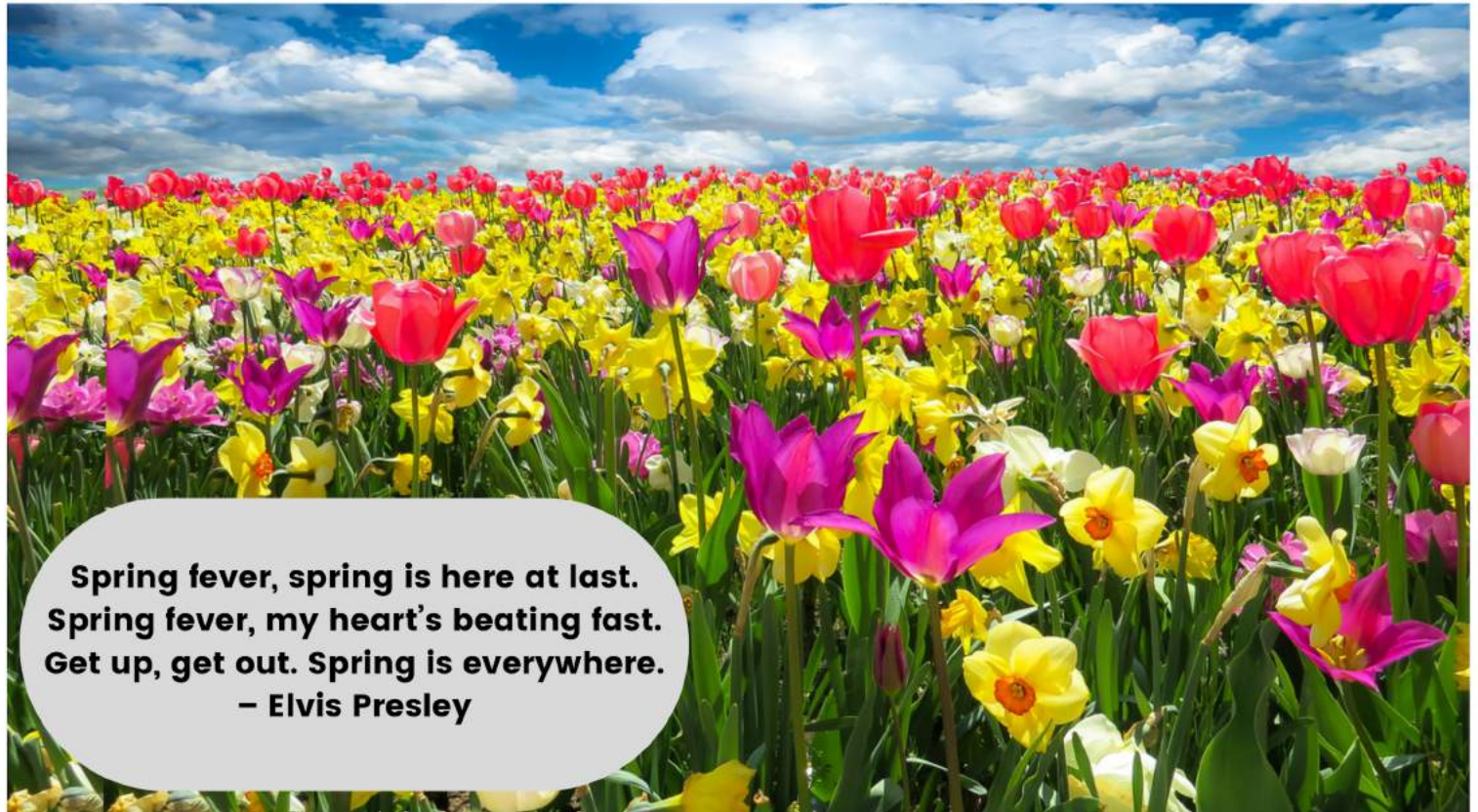
MAREEBA  
AGED CARE

# Newsletter

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**Spring fever, spring is here at last.  
Spring fever, my heart's beating fast.  
Get up, get out. Spring is everywhere.  
– Elvis Presley**

Welcome to our Spring Newsletter!

It is that time of year, where we can truly enjoy the warmer days and find that special spot in the sun to have those moments. Thank you for everyone's cooperation as we continue to ask that all staff, families, visitors, and friends of Mareeba continue to RAT test prior to entering the facility.

For many years we have partnered with a number of universities and registered training organisations to host students. Hosting students is a wonderful way to introduce students to Mareeba and the many facets and opportunities for their careers in aged care. We love to hear about their learning and the ideas they bring with them to their placement with us. The students come for a range of placements seeking experience in a number of disciplines. Some are school-based work experience students, some are trainee assistants in nursing and registered nurses, whilst others are completing their degrees in allied health.

We hope you enjoy this Spring Newsletter with so many exciting things planned for all to enjoy.



# Upcoming Events

**Pink Day for Breast  
Cancer Awareness**

**7th November Melbourne  
Cup Day Events**

**Residents Christmas  
Celebrations - dates to be  
announced.**

**Staff Christmas Party  
16th December**



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news and photos,  
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Breast Cancer Awareness Month (BCAM) takes place every October. The aim of the BCAM is to shine a light on the devastating impact breast cancer has on thousands of Australians each day.

Over 20,000 Australians will be diagnosed with the disease this year alone.

That equates to 57 Australians every day.



**A very Happy  
Birthday to all our  
residents that have  
birthdays in October,  
November &  
December**



# 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!

## 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.

## 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.



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



## Fresh Pasta Salad

### Ingredients

2 cups penne uncooked  
125 g pitted olives halved marinated 150g sun-dried tomatoes cut in half 150 g feta cubed  
2 cups baby spinach washed 1 carrot thinly sliced  
1/2 red onion small thinly sliced 1/2 red capsicum sliced  
1/2 cucumber sliced  
1/4 cup pine nuts toasted

### DRESSING

1/3 cup olive oil  
1 tsp mustard  
3 tsp lemon juice  
1 pinch salt and pepper to taste

### Method

#### STEP 1.

Cook pasta in salted boiling water. Once cooked, strain in cold water until pasta has cooled through.

#### STEP 2.

Add all ingredients into a large salad bowl and toss together.

#### STEP 3.

Add all ingredients for the dressing in a screw-top jar, shake well until combined..

#### STEP 4.

Add salt and pepper to taste.

#### STEP 5

Dress salad just before serving, or leave aside for people to add to their own if desired.



# Activity Review



Cubby House childrens visit





# Activity Review

## Fathers Day Lunch





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# Activity Review

The play Moussaka Meeting was performed on Friday 11th August by residents Roy Bowling and Lorraine Mitchell.

The play is the product of 8 months of weekly Friday practice where residents interacted with each other and played their characters. The objective of Dramatherapy sessions was:

1. Observation of resident's cognition/memory/physical movements
2. Acknowledging different suggestions in playing a character
3. Building of friendships
4. Building each resident's resilience and confidence
5. Having fun

We have tirelessly worked on Moussaka Meeting and the residents are continually supporting each other with their words and actions. Both residents sometimes have shown moments of sadness and challenges, but have relied on their grit and self worth to finally perform the play. I am so proud of the residents and we hope that more residents can continue to join us in future plays.

**Jennifer Homewood**

## 'The Moussaka Meeting' Mesmerises Mareeba

It was lights, camera and action at Mareeba Aged Care in Maclean recently as two residents took to the stage to dazzle a local audience with their self-written stage play. 'The Moussaka Meeting' was written and presented by Mareeba Aged Care residents Lorraine Mitchell and Roy Bowling. A theatrical delight telling the story of a mother and daughter's annual birthday celebration at a Greek restaurant. "What a brilliant job

they did," said Mareeba Aged Care Director of Nursing Leanne Hancock, "They had us captivated, they had us laughing, and best of all they brought us together for a wonderful afternoon."

The play was attended by Mareeba Aged Care residents, staff, family and friends and organised by Mareeba volunteer Jenny Homewood.

Mareeba Aged Care residents and friends are already looking forward to the next production.



Resident actress Lorraine Mitchell (left) and actor Roy Bowling (right) delighted residents and relatives with 'The Moussaka Meeting', organized by volunteer Jenny Homewood (middle).

# Hospitality Report

## Kitchen

The kitchen just had its annual Food Safety Audit in September and once again we received an A rating in all areas. I would like to thank all the staff for their ongoing support and a job well done.

We have purchased a new upright freezer for the main kitchen to replace the tucker box freezer. This is making it much easier for staff to get food in and out of the freezer with less bending.

The kitchen is using more fresh local vegetables instead of frozen. Our residents have noticed the difference and are really enjoying the freshness of the vegetables being served. We are using local vegetable suppliers to help support our community.

## Laundry

The laundry has a lot of lost property on the loss property rack. We ask all family members to check the rack next time they are visiting family members. Please remember to take items found on the rack to the laundry or front office so items can be labeled correctly.

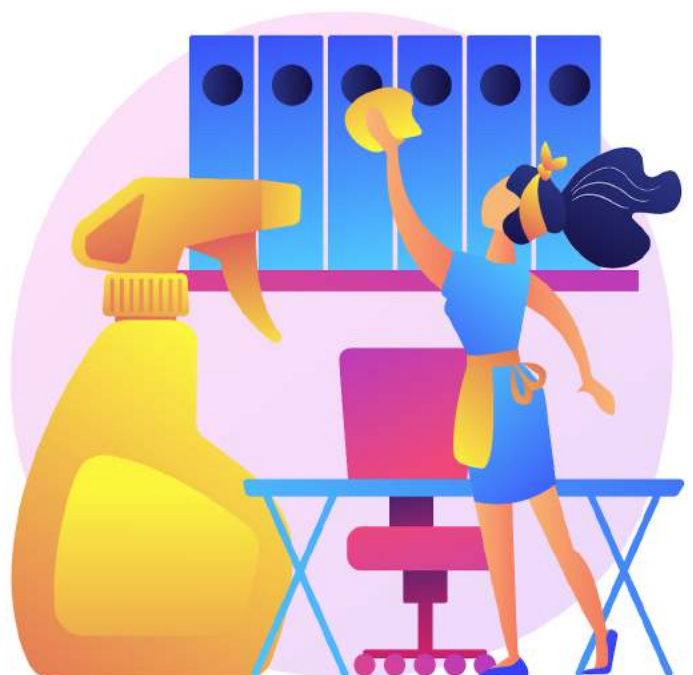
Please remember if you buy your family member any new items, ask the front office to send the items to the laundry so they can be labeled first to avoid clothing getting lost.

We have implemented new boards in the laundry with room numbers and residents names so we can make sure resident items are returned to the correct room.

## Cleaning

The cleaning department has been busy with their regular room cleaning. We have been busy doing audits on areas of the facility to make sure all areas are kept in good repair and making necessary repairs as soon as possible.

Amanda Maitland  
Hospitality Team Leader





# Navigating the impact of a cashless society on older Australians

In the dynamic landscape of financial evolution, the shift towards a cashless society stands as a hallmark of progress. This transition promises unparalleled convenience, but it also sparks pertinent questions about its impact, especially on vulnerable segments of society. Today, we delve into the implications of this shift for our elderly population, considering both the conveniences and concerns that arise.

## Understanding the Changing Landscape:

Australia, like many nations, has witnessed a shift in payment methods. While businesses are legally required to accept legal tender, the discretion of the business owner regarding the method of payment has led to instances where cash is declined. Even government-run services are embracing this change.

Surprisingly, a 2020 statement from the eSafety Commissioner highlighted that 75 percent of older Australians voiced concerns about the safety and security of online banking. Furthermore, a national research study revealed that 45 percent of respondents over 50 had encountered issues such as viruses, scams, credit card fraud, or personal information theft.



## Rise of Digital Transactions:

The journey towards a cashless society began decades ago, with the introduction of the Bankcard system in 1974 and the EFTPOS system in 1983-1984. These innovations marked the dawn of digital payments in Australia. Since the mid- to late-2010s, smartphones have become vessels for digital wallets and touch-and-go payments.

For the tech-savvy and digitally connected, the transition to a cashless society can be seamless and even enjoyable. Online banking, mobile payment apps, and contactless transactions have undoubtedly simplified our lives. However, the convenience that these innovations offer might not be equally accessible to everyone, especially seniors who may not be familiar with technology.

## Challenges Faced by the Elderly:

**1. Digital Literacy Gap:** Many elderly individuals grew up in a time when digital devices were nonexistent. Navigating smartphones, computers, and apps can be intimidating for them. Without proper support, understanding how to use these tools for financial transactions can be a significant barrier.



**2. Dependency on Physical Money:** The older generation has often relied on physical currency for decades. The tangible nature of cash provides a sense of security and familiarity that digital transactions may not replicate. The loss of this tactile connection can lead to feelings of uncertainty and vulnerability.

**3. Isolation and Dependence:** For many seniors, a trip to the bank or local store was not just about transactions but also an opportunity for social interaction. The shift to online banking and cashless transactions might inadvertently increase their isolation, as these routine outings diminish.

## The Pros of Digital Payments for the Elderly:

Interestingly, the shift towards digital payments can potentially bring some benefits to older individuals who are at risk of certain challenges:

**1. Financial Elder Abuse:** The transition away from physical cash can potentially reduce instances of financial elder abuse, where individuals are coerced into giving away their money.

**2. Scams and Exploitation:** Older Australians often face scams and deceptive marketing in the realm of online shopping. The shift to digital payments could introduce safeguards against such exploitative practices.

**3. Unauthorised Access:** The risk of unlawful bank account access by unscrupulous third parties might decrease in a digital environment due to enhanced security measures.

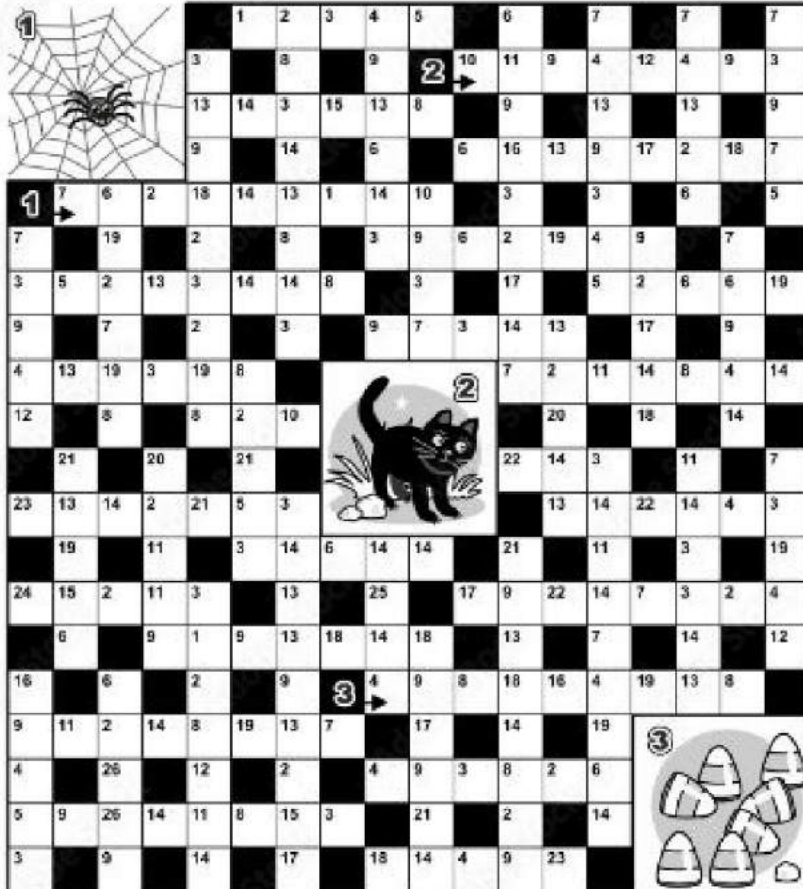
## Addressing Concerns and Ensuring Inclusivity:

While the benefits are noteworthy, it is crucial to address the concerns of our elderly population. As experts predict that only two percent of point-of-sale transactions will involve physical cash by 2025, we must ensure that no one is left behind. Initiatives such as providing digital literacy programs, enhancing customer service for seniors, and maintaining the availability of physical payment options can help bridge the gap.



# Read Rest Relax

The same number represents the same letter. Crack the code and fill the grid. To help you get started some word entries have picture clues.



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## Spring Word Search

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



APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA



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### 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!