

Summer 2023



MAREEBA
AGED CARE

Newsletter

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Happy New Year! How quickly the years fly by.

Firstly, we would like to thank the residents, families, relatives and visitors for their support, understanding, patience and cooperation during the current and past COVID19 outbreaks that we have experienced through the past year. Even though the COVID19 virus has been around us for three years, the impact of the virus continues. We also appreciate the amazing hard work of our staff who face many challenges and difficulties every day.

Over the festive season we held a variety of Christmas activities to cheer up our residents. Unfortunately, we couldn't invite families and relatives to participate in the Christmas luncheon with their loved ones on site, due to COVID safety precautions.

As you may have noticed by now, our 2023 newsletter has undergone a makeover. Going forward our newsletter will now be published quarterly but our edition will be bigger with lots of photos and interesting articles.

Management and staff wish everyone a safe, happy and healthy 2023.

Upcoming Events

January

Subject to Covid restrictions

26th Australia Day Activities
outside. Games and Aussie
food

February

14th Valentine's Day Walking,
balance and exercise groups

Singing

Tai Chi

Bingo

Scenic bus drives

Games

BBQ Lunch

Craft activities

Word Quizzes

Shuffleboard

Drumming

Happy hour

And much more...

For all the latest news
and photos, follow us on
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A very Happy
Birthday to all our
residents that have
birthdays this month

Leisure & Lifestyle Report

Welcome to 2023. Another year full of laughter and fun for the residents at Mareeba Aged Care.

The residents enjoyed the wonderful Christmas celebration that was held on the 14th of December. Our L & L team decorated the facility and made it lovely for them to enjoy the Christmas spirit, The wonderful kitchen staff did a great job with the food as well. Staff dressed up on the day to help add to the Christmas feel.

Up and coming activities have been put on hold for a short period due to covid lockdown again. Australia day celebrations will be outside weather permitting with thong tossing, lamington eating and few more fun activities, outing will commence again soon.

The Christmas raffle was won by Hazel Mason taking out 1st prize, a big thank you to all who purchased tickets. The Christmas Market stall was also held for the residents and visitors to do their shopping from the comfort of their home.

Next raffle that will up and running will be the Easter one so please watch out for that.

I would like to say a big thank you to all residents and their family plus staff for their support throughout the year with our raffles.

A very big THANK YOU to all business in the local area for their donations to the raffle.

Kay

Leisure & Lifestyle Team Leader



Activity Review

Our Christmas Market held over two days was a resounding success.



The Maclean Pipe band came and played for our residents



The Christmas Raffle was won by one of our residents, Hazel Mason. Congratulations Hazel.



Activity Review



Mareeba looking very festive for the Christmas Luncheon



The Maclean Pipe band came and played for our residents



Staff went to a lot of trouble to dress for the occasion.



Amanda - Hospitality Team Leader.
Denise & Kay from the L & L Team

Activity Review



Wendy, GSO in her Christmas finery with our lovely foyer decorations



Directors & Management enjoying Christmas Lunch with our residents



Neville and Clare with staff member, Denise



John showing off his Christmas beard with one of our AIN's, Sharon

Activity Review



Hospitality Report



We finally moved back into our brand-new kitchen in December.

For the past three months we have been operating out of the Bonnydoon kitchenette with support from our Level 1 & 2 kitchenettes whilst our kitchen was being completely renovated. We now have new flooring, a lovely new cool room, new benches, and a sparkling new dishwasher. The area has been slightly redesigned to make the kitchen more productive and ergonomic.

Our kitchen staff worked exceptionally hard on the 14th December to prepare the Christmas meal for our annual Christmas party. The meals were delicious and enjoyed by all. A big thank you goes to our kitchen staff for a job well done.

We hope our residents are enjoying our new summer menu that has recently been implemented. Any feedback on our menu is greatly appreciated.

Our laundry staff work hard behind the scenes to make sure that our residents have clean clothes and linen.

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.



A new cleaning schedule has been introduced into the facility. The old clothed, string mops and buckets have been replaced with the new science of microfibre cleaning. The benefits of using microfibre cloths are that they can absorb over seven times its weight in water and the tiny fibres pick up more dirt and food residue making it a powerful cleaning product. It is also environmentally friendly as it requires less chemicals.

Thank you to our cleaning staff who work diligently behind the scenes keeping our facility spic and span, especially during COVID outbreaks.

Amanda- Hospitality Team Leader

Aged Care Quality Standards

Organisations providing Commonwealth subsidised aged care services are required to comply with the Aged Care Quality Standards (“Quality Standards”).

Organisations will be assessed and must be able to provide evidence of their compliance with and performance against the Quality Standards from 1 July 2019.

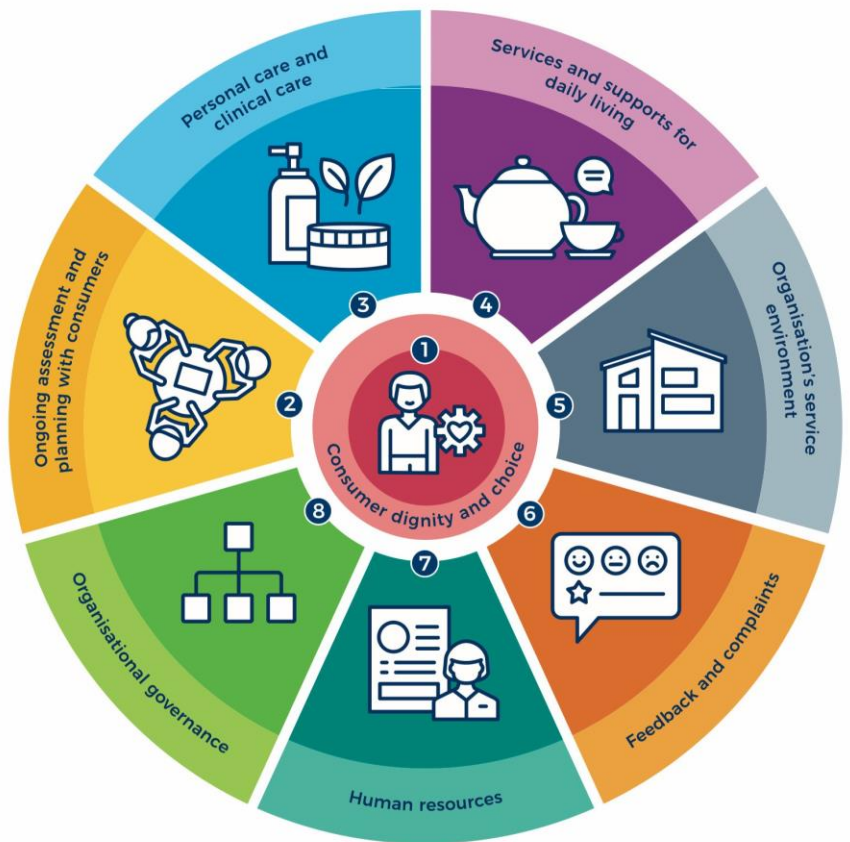
The Quality Standards focus on outcomes for consumers and reflect the level of care and services the community can expect from organisations that provide Commonwealth subsidised aged care services.

The Quality Standards are made up of eight individual standards:

- | | |
|--|---------------------------------------|
| 1. Consumer dignity and choice | 5. Organisation’s service environment |
| 2. Ongoing assessment and planning with consumers. | 6. Feedback and complaints |
| 3. Personal care and clinical care | 7. Human resources |
| 4. Services and supports for daily living | 8. Organisational governance. |

Source: Aged Care Quality and Safety Commission

You can learn more about the Quality Standards on the Aged Care Quality and Safety Commission’s website www.agedcarequality.gov.au











Dog Breeds Word Search 🐾

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

BEAGLE	CORGI	MALTESE
BOSTON TERRIER	DACHSHUND	MASTIFF
BOXER	DOBERMAN	POMERANIAN
BULLDOG	GERMAN SHEPHERD	POODLE
CHIHUAHUA	GOLDEN RETRIEVER	PUG
COCKER SPANIEL	GREAT DANE	ROTTWEILER
COLLIE	LABRADOR	SHEPDOG

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Emoji Quiz

	x		=	81
	-		=	5
	-		=	6
	+		=	—

	+		=	8
	x		=	56
	x		=	14
	+		=	—

📖 The Rules of Sudoku

- Fill a number in to every cell in the grid, using the numbers 1 to 9
- You can only use each number once in each row, each column, and in each of the 3x3 boxes

Beginner Puzzle 1

6	8		4		3		5	
4		2		5		3	6	8
5	9	3	6	7	8			4
	1	7	2	8	6	9	4	5
8		9	5		4	2		7
2	5	4	3	9	7	8	1	
7			8	3	1	5	9	2
9	3	5		6		4		1
	2		9		5		7	3

Iced vovo ice-cream sandwiches



Method Steps

Step 1

Line a 20cm x 30cm lamington pan with baking paper, allowing the sides to overhang. Use an electric mixer to beat the ice-cream and coconut cream in a bowl until smooth. Add the jam and gently swirl to marble. Pour into the prepared pan. Place in the freezer for 4 hours or until firm.

Step 2

Turn ice-cream onto a clean work surface. Using a biscuit as a guide, cut ice-cream into 12 rectangles. Place 1 biscuit, icing-side down, on a serving plate. Top with 1 ice-cream rectangle. Top with 1 of the remaining biscuits, icing-side up. Repeat with remaining biscuits and ice-cream.

Step 3

Return to the freezer until ready to serve.

4 Ingredients

- ⊕ 2L strawberries and cream ice-cream, softened
- ⊕ 200ml coconut cream
- ⊕ 1/2 cup (160g) strawberry jam
- ⊕ 24 Arnott's Iced Vovo biscuits