

Summer 2024



MAREEBA
AGED CARE

Newsletter

Address: 6 Rannoch Ave, Maclean NSW 2463

Phone: (02) 6645 2966

Email: office@mareebaagedcare.com.au



Welcome to our Summer Newsletter and Happy New Year.!

We hope everyone had a wonderful Christmas with family and friends. Our residents certainly did. Our newsletter is full of photos of everyone's loved ones joining in the numerous Christmas activities that were held in Mareeba .

This month we also feature an illuminating article about Blue Zones around the world – the reasons why more people than average live beyond 100 years in certain places. What's common across global Blue Zones is that centenarians eat quality food, have a purpose in life, stay active and are part of a vibrant community I believe we do well at Mareeba “Blue Zone wise” with one of our residents being 104!

We are so grateful for our staff, volunteers, residents and their representatives, families and local community for their neverending support in making 2023 such a memorable and successful year.

Upcoming Events

11th January - Happy Hour with Entertainer Brendan Rose

17th January Mystery Drive

25th January Australia Day Activities - lamington eating, thong tossing, BBQ lunch

26th January Australia Day Public Holiday



A very Happy Birthday to all our residents that have birthdays in January, February & March



For all the latest news and photos, follow us on

Facebook



It's that time of year again when Australians gather to celebrate this wonderful country we live in, on which many citizenship ceremonies are held, and on which we acknowledge the achievements of Australians through various awards and event across the country. It's also a reminder of there being some controversy around the 26 January date and the different views that surround it.

The Change the Date campaign says "we should be able to come together and celebrate the things about our nation that we're proud of and grateful for. However, celebrating these things on the 26th January can divide us as Australians by marginalising and offending many Aboriginal and Torres Strait Islander people who see this date as commencing a chain of events that had disastrous consequences" for their communities.

The division about this date is also not new. On 26 January 1938 when Australia was celebrating the 150th anniversary of the arrival of the British tall ships, Aboriginal peoples held the first Day of Mourning in Sydney at the Australian Hall in the Cyprus Hellene Club in Elizabeth Street. Attended by prominent Aboriginal leaders of the day, the Day of Mourning highlighted the exclusion of Aboriginal people from the Australian nation. While some Aboriginal community members today take part in mainstream celebrations in an effort to try heal the deep wound, many Aboriginal groups hold their own ceremonies to mourn their ancestors and/or to celebrate their survival despite the events that have happened as a result of the invasion of their lands by the British.

Mareeba embraces the diversity of Mareeba staff, residents and partners and we celebrate the rich contribution individuals and groups bring to the Australian community.

While we recognise that a range of perspectives are held on Australia Day, 26 January, we acknowledge and pay our respects to Australia's First Peoples and those who mourn their ancestors and/or celebrate survival as a result of the first wave of European arrival.

We are all privileged to live in a beautiful country with an ancient history and culture going back to the dawn of time. We hope that on this day, you may join in celebrating our deep and rich history and committing to the inclusion of and healing for all Australians.

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



Lamington Slice

Ingredients

125g unsalted butter softened
3/4 cup caster sugar
1 tsp vanilla essence
2 eggs
1 1/4 cups plain flour
1 1/4 tsp baking powder
1 cup milk
1 cup shredded coconut

CHOCOLATE ICING

3/4 cup icing sugar
2 tbs cocoa powder
1/3 cup boiling water
20g unsalted butter melted

Method

1. Preheat oven to 160C.
2. To make the chocolate icing, place the icing sugar, cocoa, water and butter in a bowl and whisk to combine. Set aside.
3. To make the base, place the butter, sugar and vanilla into a bowl and mix with an electric mixer. Beat until light and creamy.
4. Gradually add the eggs and beat well.
5. Sift the flour and baking powder together over the butter mixture and mix until well combined. Stir in the milk.
6. Spoon the mixture into a lightly greased and lined 20 x 30cm slice tin.
7. Bake for 20 minutes or until cooked when tested with skewer.
8. While still warm, cut the slice into squares and carefully pour over chocolate icing. Top with coconut.

Activity Review



Activity Review



Activity Review



Activity Review



Activity Program

January Activity Program- Subject to change due to Health Regulations or other Circumstances.

Monday 1st Public Holiday New Year Day	Tuesday 2nd 9am- Exercise Group 9.30- Bingo 2pm-Happy Hour/Australia Day Craft	Wednesday 3rd 9.00- Exercise Group 10.30- Nail and Hand Care with Denise or Board Games 2pm- Craft/ Knitting Group	Thursday 4th 9am- Exercise Group 9.00- Jane Hairdresser 10.30- Word Quiz 2pm- Men's Group	Friday 5th 9.30-Exercise Group 10.30- "HOY" 2pm- Ice Cream Cart	Saturday 6th Movie and Munchie Afternoon	Sunday 7th 10.30 Songs Of Praise Movie and Munchie
Monday 8th 8.30- Christine Hairdresser 9.30- Exercise Group 10.30- Beer Pong 2pm- Singing with Debbie and Friends	Tuesday 9th 8.30- Exercise Program 9.00- Jane Hairdresser 9.30- Bingo 2pm -Happy Hour/Craft	Wednesday 10th 9.00- Exercise Group 10.30- Mini Golf 10.30- Fairweather cooking 2pm-Craft or Cards	Thursday 11th 9.00 -Jane Hairdresser 9.00- Exercise 10.30- Table Games/ Men's Group 2pm - Happy Hour with Brendan Rose	Friday 12th 9.30- Tai- Chi 10.00- Bingo with Christine 2pm-Craft Afternoon	Saturday 13th Movie and Munchie Afternoon	Sunday 14th 10.30 Songs Of Praise Movie and Munchie
Monday 15th 8.30- Walk 9.30- Exercise Group 10.30- Table Games 2pm- Singing with Debbie and Friends	Tuesday 16th 8.30- Walks 9.00-Jane Hairdresser 9.30- Bingo 2pm- Happy Hour / Craft	Wednesday 17th 8.30- Walks 9.30- Exercise Group 10.30-Cooking Fairweather 10.30- "Cards" 2pm- Mystery Drive	Thursday 18th 9am- Jane Hairdresser 9am-Exercise 10.30- Balance Group 2pm- Happy Hour	Friday 19th 9.30- Tai- Chi 10.30-Table Games 2pm- Ice Cream Cart	Saturday 20th 9.30-11.30 Bingo with Denise Movie and Munchie Afternoon	Sunday 21st 10.30 Songs Of Praise Movie and Munchie
Monday 22nd 8.30- Walk 9.30- Exercise Group 10.30- Balloon Tennis 2pm- Singing with Debbie and Friends.	Tuesday 23rd 9.00- Jane Hairdresser 9.30- Bingo 2pm- Craft or Happy Hour	Wednesday 24th 9.30- Exercise Group 10.30-Cooking Fairweather 10.30- Card Game 2pm- Australia Day Set up.	Thursday 25th 9.00- Jane Hairdresser 9.30- Australia Day Activities- Lamington eating, thong tossing, B.B.Q. lunch 2pm- Happy Hour	Friday 26th AUSTRALIA DAY Public Holiday	Saturday 27th 9.30- 11.30 Bingo with Christine Movie and Munchie Afternoon	Sunday 28th 10.30 Songs Of Praise Movie and Munchie
Monday 29th 8.30- Walk 9.30- Exercise Group 10.30- Balloon Tennis 2pm- Singing with Debbie and friends.	Tuesday 30th 9.00- Jane Hairdresser 9.30- Bingo 2pm- Craft or Happy Hour	Wednesday 31st 9.00- Exercises 10.30- Reminiscing 2pm- 90th Birthday Celebration for the month	Thursday 1st 9.00- Jane Hairdresser 9.30- Australia Day Activities- Lamington eating, thong tossing, B.B.Q. lunch 2pm- Happy Hour	Friday 2nd 9.30- Exercise Group 10.30- Nail and Hand Care with Denise or Board Games 2pm- Craft/ Knitting Group	Saturday 3rd 9.00- Jane Hairdresser 9.00- Exercise 10.30- Table Games/ Men's Group 2pm - Happy Hour with Brendan Rose	Sunday 4th 9.30-Exercise Group 10.30- "HOY" 2pm- Ice Cream Cart

Ageing and Health

Key facts

- **All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.**
- **In 2050, 80% of older people will be living in low- and middle-income countries.**
- **The pace of population ageing is much faster than in the past.**
- **In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.**
- **Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.**

Overview

People worldwide are living longer. Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population.

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

While this shift in distribution of a country's population towards older ages – known as population ageing – started in high-income countries (for example in Japan 30% of the population is already over 60 years old), it is now low- and middle-income countries that are experiencing the greatest change. By 2050, two-thirds of the world's population over 60 years will live in low- and middle-income countries.

Ageing explained

At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease and ultimately death. These changes are neither linear nor consistent, and they are only loosely associated with a person's age in years. The diversity seen in older age is not random. Beyond biological changes, ageing is often associated with other life transitions such as retirement, relocation to more appropriate housing and the death of friends and partners. Common health conditions associated with ageing
Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time.

Older age is also characterized by the emergence of several complex health states commonly called geriatric syndromes. They are often the consequence of multiple underlying factors and include frailty, urinary incontinence, falls, delirium and pressure ulcers.

Factors influencing healthy ageing

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion. Older people also contribute in many ways to their families and communities. Yet the extent of these opportunities and contributions depends heavily on one factor: health.

Evidence suggests that the proportion of life in good health has remained broadly constant, implying that the additional years are in poor health. If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person. If these added years are dominated by declines in physical and mental capacity, the implications for older people and for society are more negative.

Although some of the variations in older people's health are genetic, most is due to people's physical and social environments – including their homes, neighbourhoods, and communities, as well as their personal characteristics – such as their sex, ethnicity, or socioeconomic status. The environments that people live in as children – or even as developing fetuses – combined with their personal characteristics, have long-term effects on how they age. Physical and social environments can affect health directly or through barriers or incentives that affect opportunities, decisions and health behaviour. Maintaining healthy behaviours throughout life, particularly eating a balanced diet, engaging in regular physical activity and refraining from tobacco use, all contribute to reducing the risk of non-communicable diseases, improving physical and mental capacity and delaying care dependency.

Supportive physical and social environments also enable people to do what is important to them, despite losses in capacity. The availability of safe and accessible public buildings and transport, and places that are easy to walk around, are examples of supportive environments. In developing a public-health response to ageing, it is important not just to consider individual and environmental approaches that ameliorate the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth

Challenges in responding to population ageing

There is no typical older person. Some 80-year-olds have physical and mental capacities similar to many 30-year-olds. Other people experience significant declines in capacities at much younger ages. A comprehensive public health response must address this wide range of older people's experiences and needs.

The diversity seen in older age is not random. A large part arises from people's physical and social environments and the impact of these environments on their opportunities and health behaviour. The relationship we have with our environments is skewed by personal characteristics such as the family we were born into, our sex and our ethnicity, leading to inequalities in health.

Older people are often assumed to be frail or dependent and a burden to society. Public health professionals, and society as a whole, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging. Globalization, technological developments (e.g., in transport and communication), urbanization, migration and changing gender norms are influencing the lives of older people in direct and indirect ways. A public health response must take stock of these current and projected trends and frame policies accordingly.

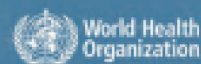
WHO response

The United Nations (UN) General Assembly declared 2021–2030 the UN Decade of Healthy Ageing and asked WHO to lead the implementation. The UN Decade of Healthy Ageing is a global collaboration bringing together governments, civil society, international agencies, professionals, academia, the media and the private sector for 10 years of concerted, catalytic and collaborative action to foster longer and healthier lives.

The Decade builds on the WHO Global Strategy and Action Plan and the United Nations Madrid International Plan of Action on Ageing and supports the realization of the United Nations Agenda 2030 on Sustainable Development and the Sustainable Development Goals.

The UN Decade of Healthy Ageing (2021–2030) seeks to reduce health inequities and improve the lives of older people, their families and communities through collective action in four areas: changing how we think, feel and act towards age and ageism; developing communities in ways that foster the abilities of older people; delivering person-centred integrated care and primary health services responsive to older people; and providing older people who need it with access to quality long-term care.

AGEING and HEALTH



Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



By 2050, 80% of older people will be living in low- and middle-income countries.

► EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.



Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

► WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



ENVIRONMENT THEY LIVE IN



► WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people



Creation of age-friendly environments



Alignment of health systems to the needs of older people



Development of systems for long-term care



Healthy Ageing...being able to do the things we value for as long as possible
#yearsahead

Hospitality Report

Companion Dining

Did you know that we offer Companion dining? Family and friends can come and have a meal with a resident in the resident's dining room or the resident's room for the cost of \$10.00 per person.



Kitchen

A new Signature Service Menu is being introduced to all residents within the facility.

The Signature Service includes the following:

- Daily hot breakfast choice.
- Two hot, chef inspired meal choices at lunch including a glass of wine , beer or soft drink.
- Weekly barista coffee voucher to be redeemed at the coffee shop.
- Weekly BBQ.
- Happy hour every Thursday afternoon with alcoholic and non-alcoholic options.

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

Mareeba boosts team with new Registered Nurses



Picture: Registered Nurses Jayceal Cayan and Jermai De Vera join the Mareeba Aged Care team in Maclean.

Mareeba Aged Care and the Maclean community recently welcomed two Registered Nurses from the Philippines to join their local team.

Mareeba has always had Registered Nurses on site 24 hours, 7 days-a-week and the addition of the new nurses will enable them to continue meeting this exceptional level of resident care.

“Our community is benefitting immensely from their professional and diverse approach to the resident’s care needs,” said Leanne Hancock, Mareeba’s Director of Nursing, “and we are excited to have these two international nurses as part of our team who’ve worked both in Singapore and the Philippines.”

Both nurses, Jayceal Cayan and Jermai De Vera bring a high level of clinical skills and experience as registered nurses within Mareeba Aged Care.

“With the warmth and support of our staff and Maclean community we’ve welcomed our new nurses with open arms” said Leanne Hancock, Mareeba’s Facility Manager, “we look forward to working with these two lovely nurses, and supporting them to integrate into Mareeba and our local community.”

“We are very grateful they’ve chose Maclean as their new home.” said Leanne Hancock, Mareeba’s Director of Nursing.

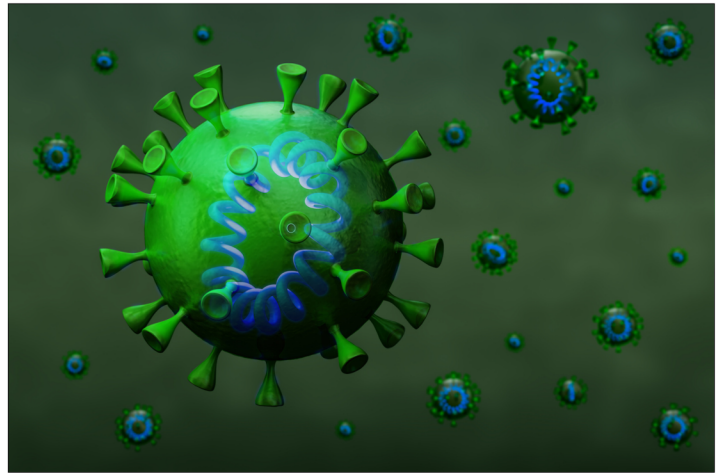
Infection Control

We have managed to get through the Christmas period with no incidence of residents contracting Covid-19.

Updated information for staff can be found in the Covid-19 Outbreak Management Plan. Essentially for staff that test positive, the day they test positive is considered day zero. Staff are required to test again at day five and if negative, can return to work day six. Staff returning to work will be required to wear a mask until day ten to mitigate any risk.

Thank you to all our visitors and staff for their understanding regarding Mareeba's decision to continue daily RAT testing. Good job everyone for doing your bit to keep our "big house" safe.

Peta Bowring (Registered Nurse)
Education Officer



Staff Education

I am currently working on the 2024 Calendar for staff education. I am networking in hope of growing partnerships with the wider community to engage professionals and Allied Health workers to come and talk with the staff about topics/areas they specialise in.

Please keep an eye out in your work area for the Month by Month Calendar highlighting what we have scheduled for your ongoing professional development.

If there is something in particular that interests you or something you feel might benefit our staff, please let us know and we will see what we can do.

Peta Bowring (Registered Nurse)
Education Officer

Capitals of the World Word Search

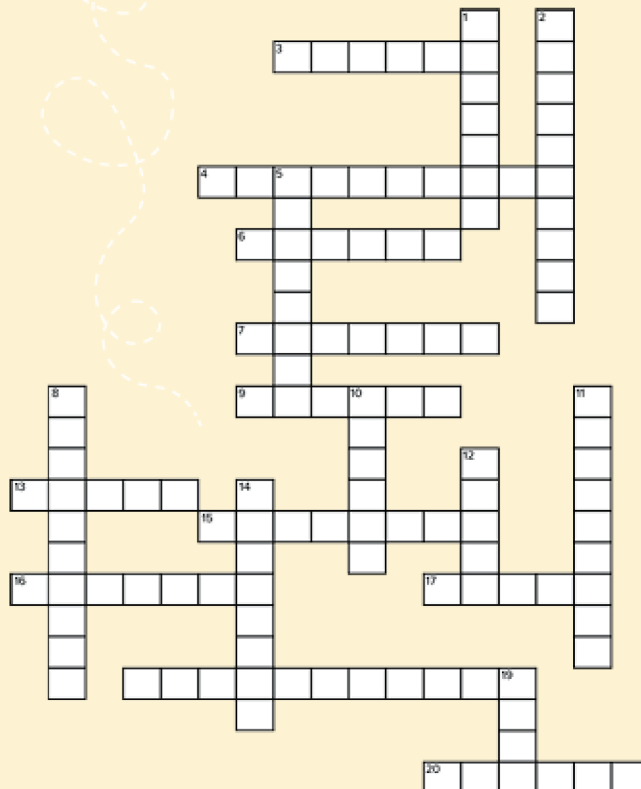
Do you know your way around the globe?

Across

- 3. Canada (6)
- 4. United States (10)
- 6. Turkey (6)
- 7. Thailand (7)
- 9. England (6)
- 13. Korea (5)
- 15. Brazil (8)
- 16. Venezuela (7)
- 17. Senegal (5)
- 18. Malaysia (11)
- 20. Austria (6)

Down

- 1. Indonesia (7)
- 2. New Zealand (10)
- 5. Chile (8)
- 8. Denmark (10)
- 10. Republic of Ireland (6)
- 11. Scotland (9)
- 12. Bangladesh (5)
- 14. Belgium (8)
- 19. Italy (4)



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!