

Winter 2023



MAREEBA
AGED CARE

Newsletter

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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home". - Edith Sitwell

Welcome to our Winter Newsletter!

The above quote confirms the importance of these things – comfort, food, warmth, friendliness and home; and how privileged we are at Mareeba Aged Care to assist in providing these for our residents.

It is especially important over Winter when we are faced with the increased risk of colds and influenza, to ensure our residents are safe, healthy, and well. I am happy to report that most of our residents have received their flu shots and are up to date with their booster COVID-19 vaccine. We appreciate staff and family support in ensuring that their own vaccinations are also up to date so we can get through the colder months with minimal impact.

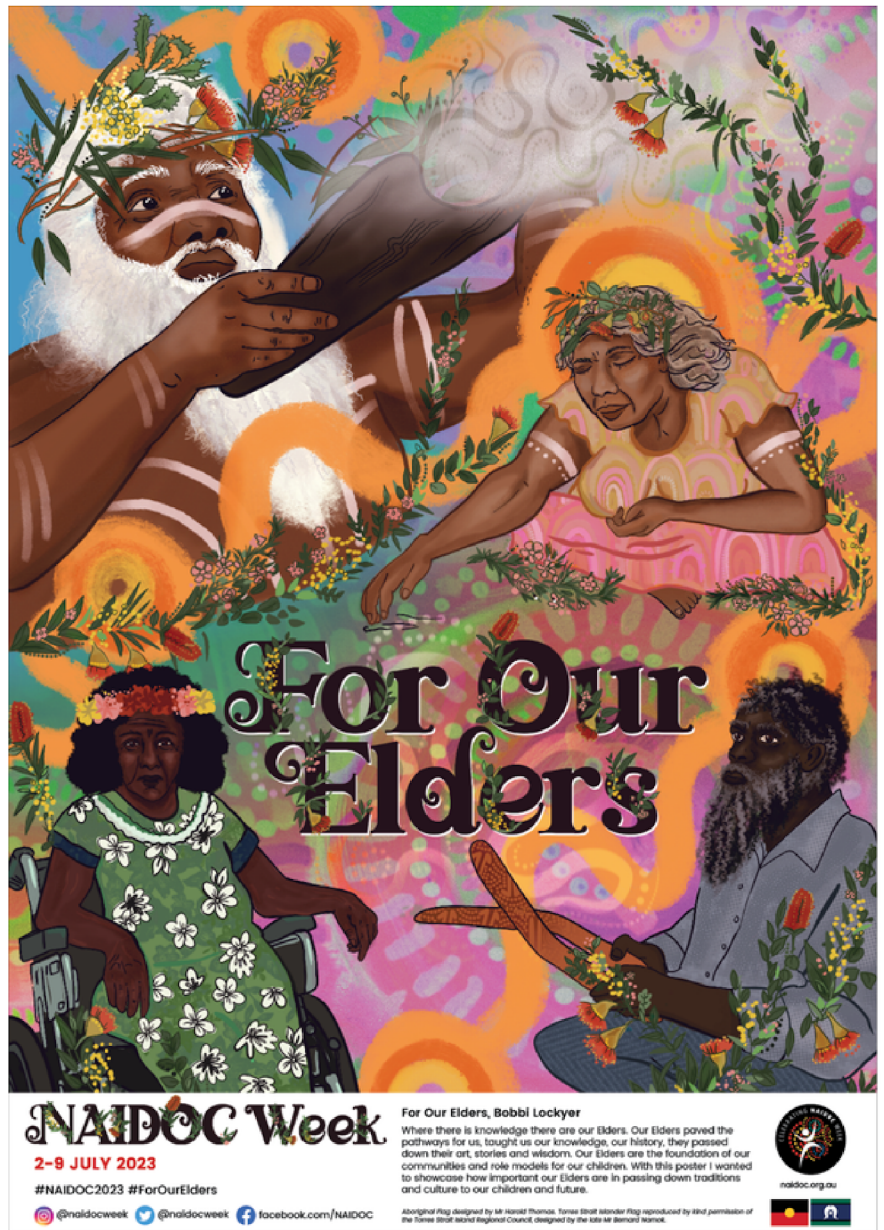
There are many activities coming up this quarter for our residents, our staff, and our volunteers. We would like to thank our residents, families and relatives, volunteers and visitors for their continuous support to help make Mareeba Aged Care a positive place.

Upcoming Events

2nd - 9th July NAIDOC Week

7th July Staff Award Night

7th August Bank Holiday



A very Happy
Birthday to all our
residents that have
birthdays in July,
August & September



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Facebook

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



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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.

Slow-cooked beef ragu with pappardelle

A hearty pasta dish that elevates an economical cut of meat like gravy beef (shin) through slow cooking. Best of all, this recipe includes instructions for the slow cooker AND the oven.

APR 21, 2023 12:00AM

20 mins preparation | 8 hrs 20 mins cooking | Serves 4 | Print



Pappardelle with slow-cooked beef ragu

- 2 tablespoon extra virgin olive oil
- 1 large (200g) brown onion, chopped finely
- 6 drained anchovy fillets, chopped
- 3 clove garlic, chopped finely
- 1 tablespoon tomato paste
- 1/2 cup (125ml) dry red wine
- 400 gram can chopped tomatoes
- 1 tablespoon fresh thyme leaves
- 1 fresh bay leaf
- 1 kilogram gravy (shin) beef, cut into 5cm pieces
- 500 gram pappardelle pasta
- fresh thyme or basil, to serve

Pappardelle with slow-cooked beef ragu

- Heat oil in a large frying pan over high heat. Cook onion, stirring, until softened. Add anchovy and garlic; cook about 1 minute or until fragrant. Stir in tomato paste then wine; bring to the boil. Boil, uncovered, for about 3 minutes or until reduced. Stir in undrained tomatoes and herbs.
- Transfer mixture to a 4.5-litre (18-cup) slow cooker with beef; mix well. Cook, covered, on low for 6-8 hours, or until beef is very tender.
- Discard bay leaf. Remove beef from cooker; shred meat coarsely. Return beef to cooker and stir through sauce. Season to taste with salt and freshly ground black pepper.
- Cook pasta in a large saucepan of well-salted boiling water until just tender. Reserve 1/2 cup (125ml) of the cooking water. Drain pasta. Return pasta to pan, toss through the beef ragu and the reserved cooking water if needed.
- Serve pasta with fresh thyme or basil, if desired.

Leisure & Lifestyle Report

This quarter will be packed with lots of fun activities for our residents. Some of our planned outings are NAIDOC week celebrations in Grafton, a shopping trip and lunch in Ballina, Men's Group fish & chips by the sea, Mens Group lunch at Grafton GDSC, Maclean Ladies Golfers Luncheon, Mystery Drive Lunch with Denise & Kay and Morning Tea at Whiddon Aged Care in Maclean.

Various singers will be coming to Mareeba to entertain us each week. The little children from Cubby House will be coming to visit which is always a popular activity with our residents. We will also be receiving a visit from students from the Christian Valley School.

Every Thursday afternoon is "Happy Hour" at Mareeba with drinks and card games on the Level 2 verandah. This is becoming a very popular social event within the facility.

Kay Bruchert

Leisure & Lifestyle Team Leader



Close The Gap

Activity Review



Close The Gap



Maclean High School Visit



Activity Review



Cubby House childrens visit



Teeing off in Hong Kong

Maclean based Mareeba Aged Care residents have 'teed off' at some of the world's premier golf courses, just travelling down the road from home.

Playing on a brand-new golf simulator, the aged care residents drove international fairways and puttied pristine greens, using the TrackMan golf simulator at Yamba's Golf and Country Club.

"Our residents were pretty excited to play on the new simulator, which took them virtually around the world to some very famous courses," said Mareeba Aged Care Facility Manager, Leanne Hancock.

"The Hong Kong course was a crowd favourite for staff and residents who are pretty keen to improve their handicap with another round. It's lovely for our residents to experience this technology so close to home."



Mareeba resident, Viva Mason, practices her putting skills at the Yamba Golf & Country Club simulator. Image: supplied

Article in the Clarence Valley Independent - 21 June

Hospitality Report

We have purchased a trolley bath with help from funds raised by "Friends of Mareeba". The trolley bath will be utilised by residents that find it difficult to sit in shower chairs.

We have opened up all the kitchenettes for serving all the meals so residents can approach the kitchen at anytime for refreshments.

We have a new Winter menu that we are sure our residents will enjoy. We have also purchased some beautiful trays on which to serve our residents morning & afternoon teas.

Welcome to our new hospitality staff that have recently joined us.

Amanda Maitland
Hospitality Team Leader



Resident Spotlight

Roy Bowling



Roy was born at Ulmarra Hospital on the 11-1-1934. Spent most of his life on the banks of Coldstream River. Started school at the age of six and attended the Tucabia State Primary in 1940.

Roy completed School at the age of 15yrs and started to play cricket, tennis and football. Roy excelled at athletics. At P.S.A.A at Casino 1948 was the North Coast champion for the 70,100, 200 and 400 metre races. At the age of 15 years he worked on the farm milking cows where he would get up every morning at 3.30am. Roy did this for many years. Roy also broke in horses to earn extra money, a pound for three weeks work, which was good money then.

Roy enjoyed going to the dances and balls in Ulmarra, Tucabia and Swan creek area and would go to other places. Roy met his future wife at the dance at the barn in Grafton. He took her home from the dance. That was in December 1951. Roy did his National Service training when he was 18 in the Army for three months in 1953. Came home to work on the farm and in the bush. Married Jean on the 12th May 1956 and they had three daughters and one son. Floods were so bad Roy had to take a job with Sheeky Bros concrete manufactures, worked in the bush on the weekend cutting timber for the railway.

Roy was on the Council for Ulmarra and a Fire control officer and President of Tucabica P.C for 18years. He was also President for Jacaranda Committee. Roy and Jean were also on the Ulmarra Bi- centennial committee. Roy received the Ulmarra Citizen of the year award in 1988. The best thing Roy and Jean did as President of the Bi-centennial Committee was to have morning tea with Queen Elizabeth II in 1986 at the Art Gallery in Sydney. They also attended the Opera House to see Charles and Dianna where their was a reenactment of the first fleet landing.

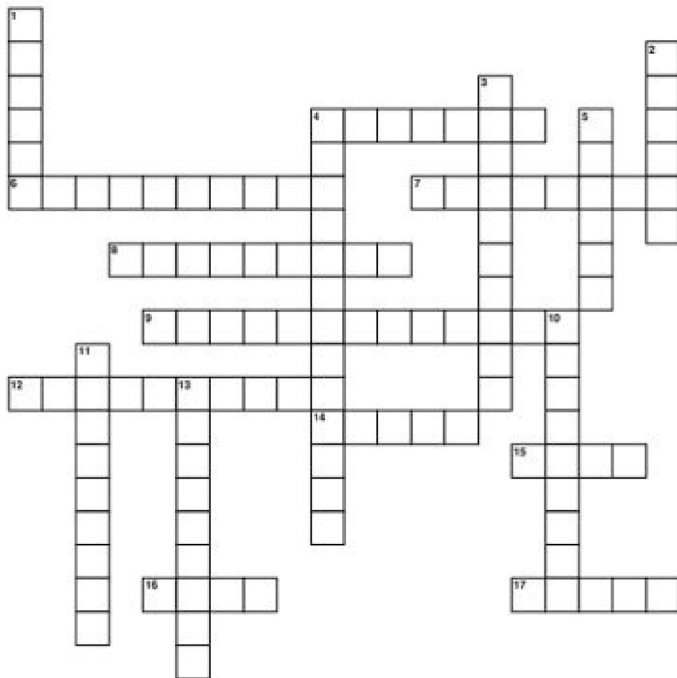
Roy has six grand children and two great grand children. Jean has since passed away. Roy has so much more tell about his life that he says he would have to write a book.

Roy gave a history talk of the area to Tucabia Public School.



Read Rest Relax

Signs of Winter



Across

- [4] Used to generate heat.
- [6] A vehicle for winter travel.
- [7] Invisible matter on the road which can cause accidents.
- [8] A common problem after long cold exposure.
- [9] A beloved winter Olympic sport.
- [12] A measure of temperature.
- [14] Warms the neck area.
- [15] The white stuff that falls from the sky.
- [16] Winter weather attire.
- [17] Eskimo dwelling.

Down

- [1] A first sign on spring.
- [2] The skin's reaction to cold.
- [3] A cold continent.
- [4] A winter holiday.
- [5] A popular winter sport.
- [10] The animal that predicts winter's future.
- [11] A celebration involving the exchange of gifts.
- [13] Where the elves make toys.

Word Search

RECYCLE REUSE REDUCE



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

**Solar Water Emissions Plastic
Trash Clothes Ozone Organic
Compost Chemicals Sustainable
Petrol Greenhouse Repair Landfill
Recycle**

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!