

Winter 2024



MAREEBA
AGED CARE

Newsletter

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

As the cool breeze of winter gently ushers in a season of warmth and togetherness, we are delighted to present to you the Winter Edition of our Newsletter.

Inside these pages, you'll find a tapestry of stories, updates, and plans that mirror the vibrant lives within our facility. From hearty recipes that promise to warm you from the inside out to the tales of triumphs and joy shared by our residents and staff.

So, grab a hot cuppa, settle into your favourite chair, and join us on a journey through the heartwarming tales and updates from our home to yours. Happy reading!

Upcoming Events

5th August - Bank Holiday



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



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news and photos,
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Facebook



Find us on
Facebook

SERVICE AWARDS

Five Years

Deborah Cartwright
Anne Langley
Chris Phee
Christine Pollock

Ten Years

Teagan Bowring
Peter Webster
Lynette Wood

Fifteen Years

Kylie Hayward
Daniel Mueller
Courtney Thompson
Tina Walsh

Notice

This bank holiday,
Monday, 5th August,
we will be open
for visitors
9am - 1pm

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 a copy to reception.



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



Chicken, Bacon & Corn Chowder

Use your slow cooker to its full potential when you crank out a pot of this chowder. It's rich with chicken, bacon, corn, sour cream, potatoes and celery for a winter winner.

Ingredients

- 1 tbs extra virgin olive oil
- 6 skinless chicken thigh cutlets
- 2 rindless bacon rashers, chopped
- 1 leek, white part only, halved, sliced
- 2 stalks celery, washed
- 500g white washed potatoes, cut into 2cm pieces
- 6 sprigs thyme
- 420g condensed cream of chicken & corn soup
- 3 cups salt-reduced chicken stock
- 1 tbs cornflour
- 300g can kernels, rinsed, drained
- 1/3 cup sour cream
- 1/2 punnet chives, chopped

Method

Step 1

Heat oil in a large frying pan over medium-high heat. Add chicken. Cook for 3 minutes each side or until browned. Transfer to a 5.5L slow cooker. Add bacon to pan. Cook for 5 minutes. Transfer to slow cooker. Add leek, celery, potato, thyme, soup and stock to slow cooker. Stir to combine. Cover with lid. Cook on high for 3 hours (or low for 6 hours) or until chicken is tender.

Step 2

Using tongs, carefully remove chicken from slow cooker and place on a board. Remove and discard bones from chicken. Shred meat. Mix cornflour and 2 tbs mixture from the slow cooker in a small bowl until smooth. Add cornflour mixture and corn to the slow cooker to create chowder. Season. Stir to combine. Cover with lid.

Step 3

Return chicken to slow cooker. Cook on high for a further 5 minutes or until chowder has slightly thickened. Divide among bowls. Dollop with sour cream. Sprinkle with chives and freshly ground black pepper. Serve.

In Memory of Raewyn Pocock

Amidst the colors bright she graced our
days, Immaculate in style, with a heart
ablaze.

She walked with love, her steps so light,
Caring for souls, bringing warmth to
night.

In the home where aged ones reside,
Her gentle touch, a trusted guide.
She nurtured lives with tender care,
A guardian angel, always there.

Her love for creatures, great and small, In
her embrace, they felt her call.
With kindness pure, she soothed their
fears, A friend to all, through joyous
years.

At sixty-eight, too soon she left,
Her absence felt, our hearts bereft.
But in the hues of life's embrace,
We see her smile, her timeless grace.

So, here's to you, dear loving soul,
Your legacy, a shining goal.
In every color, in every deed,
Your spirit lives, your love, our creed.



New Phones for Mareeba

In the Aged Care sector, effective communication is crucial for providing quality care to older adults.

Aged care businesses need communication technologies tailored to their specific needs. These systems should be practical and user-friendly and especially durable to withstand the day to day use within an aged care facility

Age care facilities require 24-hour coverage. The phone system should provide around-the-clock accessibility for both staff, visitors and patients. The old cordless DECT handsets have been replaced with mobile phones which are scalable for the future.

We are fully aware that effective communication directly impacts patient and visitor satisfaction and overall care quality. Accordingly, Mareeba has had a completely new phone system installed as the current system was coming to the end of its life. Please bear with us as we all learn to familiarise ourselves with the new phones.



Annual Staff Awards Night

Honouring the exceptional dedication of long-serving employees was the theme of the Annual Mareeba Aged Care Awards evening at the Maclean Bowling Club.

The event celebrated the invaluable contributions of team members who have gone above and beyond providing quality care to residents at Mareeba Aged Care over the years.

Mareeba Aged Care Director, Steve Gordon, said "Our team is the backbone of Mareeba. Their compassion and commitment make a profound difference to the lives of our residents, and we are deeply appreciative of their efforts. We have a strong cohort of long-serving employees which is testament to the supportive culture we have at Mareeba Aged Care."

Long-serving employees celebrated for their sustained contributions over the years included:.

5 Year Service Awards: Deborah Cartwright, Anne Langley, Chris Phee, Christene Pollock

10 Year Service Awards: Tegan Bowring, Peter Webster, Lynette Wood

15 Year Service Awards: Kylie Hayward, Daniel Mueller, Courtney Thompson, Tina Walsh

20 Year Service Awards: Raewyn Pocock, who, though no longer with us, has been posthumously honoured for her dedicated service to Mareeba Aged Care.

A testament to the hard work of the entire team, reinforcing Mareeba Aged Care's commitment to excellence in aged care services.



Activity Review



Activity Review



The Vital Role of Activities in Aged Care Facilities

Aged care facilities play a crucial role in supporting the well-being and quality of life for older adults. Beyond medical care, engaging activities contribute significantly to residents' physical, mental, and emotional health. Let's explore why activities matter and how they enhance the lives of seniors.

1. Social Connection

Activities provide opportunities for residents to connect with their peers, staff, and volunteers. Social interaction reduces feelings of loneliness and isolation, fostering a sense of community. Whether it's group exercises, games, or art classes, these shared experiences create bonds and combat social withdrawal.

2. Physical Health

Regular physical activities improve mobility, strength, and balance. Exercise programs tailored to seniors help prevent falls, maintain muscle mass, and enhance cardiovascular health. Walking groups, gentle yoga, and chair exercises are popular choices.

3. Cognitive Stimulation

Mental engagement is essential for cognitive health. Activities like puzzles, trivia, and memory games stimulate the brain, keeping it sharp. Creative pursuits such as painting, writing, or music also enhance cognitive function.

4. Emotional Well-Being

Participating in enjoyable activities boosts mood and reduces stress. Music therapy, pet visits, and reminiscence sessions evoke positive emotions. Residents feel a sense of purpose and accomplishment when they contribute to group projects or events.

5. Sense of Routine

Structured activities provide a predictable daily routine. This stability is comforting for seniors, especially those with memory issues. Regularly scheduled events create a sense of normalcy and reduce anxiety.

Activities are not just pastimes; they are lifelines for seniors in aged care facilities. By promoting social connections, physical health, cognitive stimulation, emotional well-being, and routine, these activities enrich lives and create a vibrant community. Let's continue to prioritise and celebrate the importance of meaningful engagement for our elders!

Infection Control

We have recently had a few visitors to Mareeba returning a positive RAT test when testing before entering, so Covid is certainly circulating in the community again. Our local doctors have also confirmed that Influenza and RSV (respiratory syncytial virus) is also on the rise.

We have boxes of COVID-19 Rapid Antigen Tests available for free for you to take home and test before you arrive at Mareeba. Please bring your negative RAT test with you to show our staff on entry.

Visitor Restrictions: Visitors who test positive for COVID-19 **must not enter** Mareeba Aged Care for at **least seven days** after their positive test, unless there are compassionate reasons. **After the 7 seven day period, you must test negative before you can enter Mareeba Aged Care.**

Good Hygiene: Practice good hygiene. Wash your hands regularly and avoid interacting with others if you're unwell.

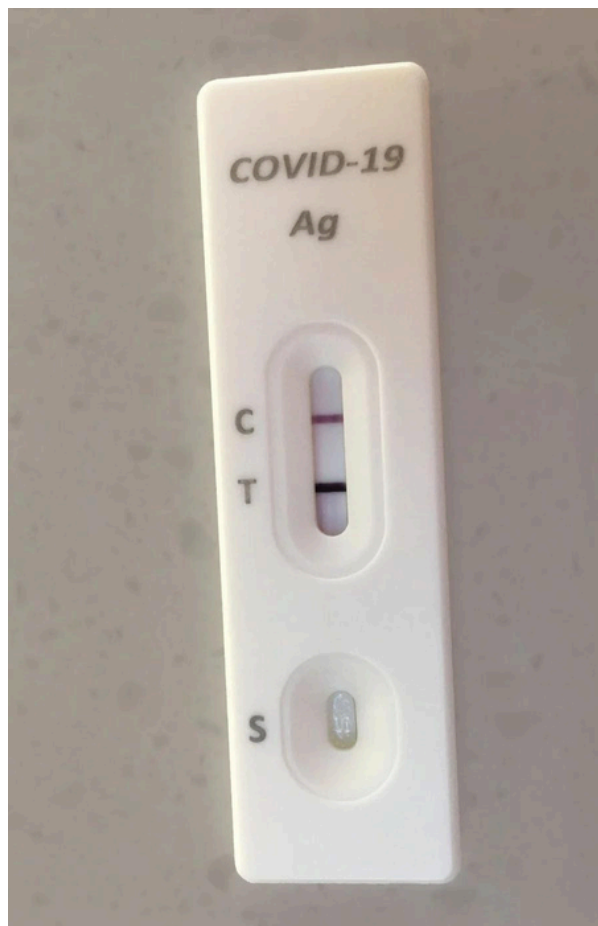


Photo of a positive RAT Test

Careers at Mareeba

As the population ages, the demand for skilled healthcare professionals continues to grow. One rewarding career path to explore is that of an Assistant in Nursing (AIN). AINs play a crucial role in providing compassionate care and support to elderly residents in aged care facilities.

What Does an AIN Do?

- **Personal Care:** AINs assist residents with daily activities such as bathing, dressing, and grooming. They ensure residents' comfort and dignity while promoting independence.
- **Observation and Reporting:** AINs monitor residents' health, noting any changes in condition. They report observations to the nursing team promptly.
- **Mobility Assistance:** AINs help residents move safely, whether it's transferring from bed to chair or assisting with walking.
- **Emotional Support:** AINs provide emotional support to residents and their families. Compassion and empathy are essential qualities in this role.

Qualifications and Training

- **Certificate III in Individual Support (Aged Care):** AINs typically complete this nationally recognized qualification. It covers essential topics like infection control, communication, and dementia care.
- **Clinical Placement:** AINs gain practical experience through supervised clinical placements in aged care facilities.
- **Mareeba can offer a paid Trainee Position** if you are currently enrolled in studies/working towards your certification.

Becoming an AIN is a fulfilling choice for those who value compassion, teamwork, and making a difference. If you're considering a career in aged care, explore the path of an Assistant in Nursing—it might be the perfect fit for you or someone that you know!



Visitation Plan

Visiting Hours

Monday to Friday: 9am - 4pm

Saturday: 9am - 1pm

Sunday 9am - 1pm

Public Holidays 9am - 1pm

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.

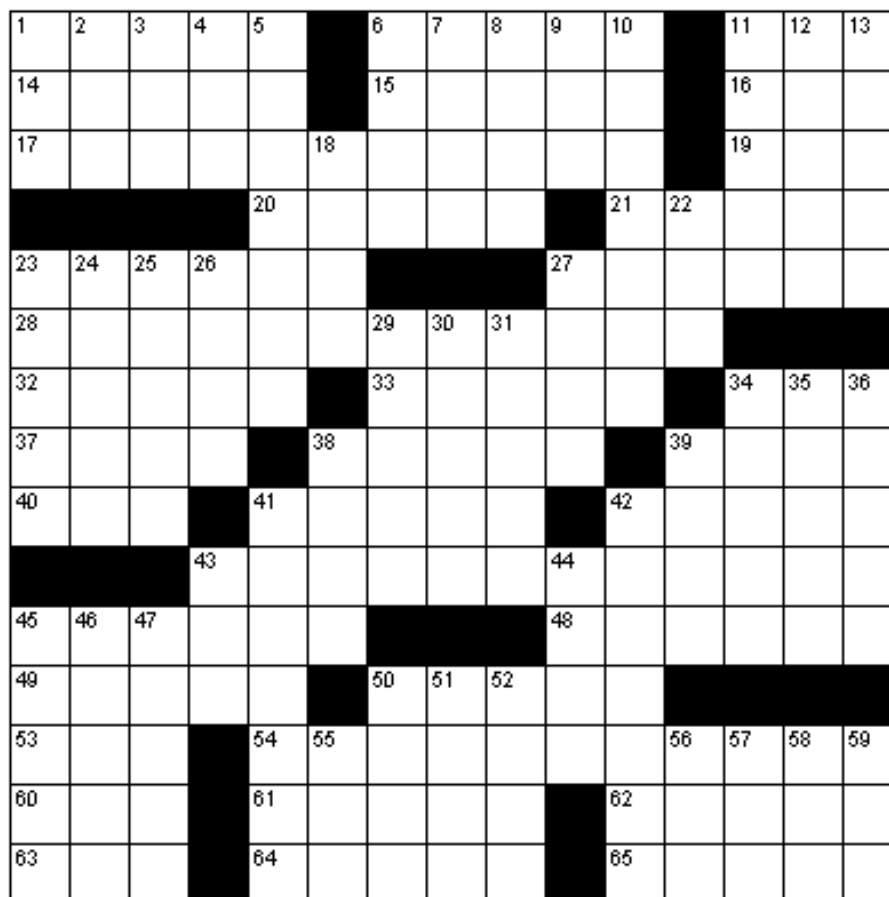
Phone ahead before you visit to confirm information if you are unsure.

Changes can come into effect at short notice.

Thank you

Mareeba Management

Read Rest Relax



ACROSS

1. A sweetener
6. A piece of paper
11. Church bench
14. A tributary of the Missouri River
15. Big
16. Garland
17. Sacrilege
19. Before
20. Roof overhang
21. Fragile or weak
23. Anagram of "Denial"
27. Spurred
28. One by one
32. Love intensely
33. Plant
34. Annual General Meeting
37. Bumpkin
38. Small house built of wood
39. 13 in Roman numerals
40. Perceive visually
41. Distributed sparingly
42. A style of car
43. Abuse
45. A member of an ascetic Jewish sect
48. Cooks in an oven
49. Relating to audible sound
50. Diminish gradually

DOWN

53. Crab-eating macaque
54. Resembling a pointed saying
60. Go astray
61. Cowboy sport
62. Afterpiece in ancient Roman theater
63. Whiskey
64. Sows
65. Compact

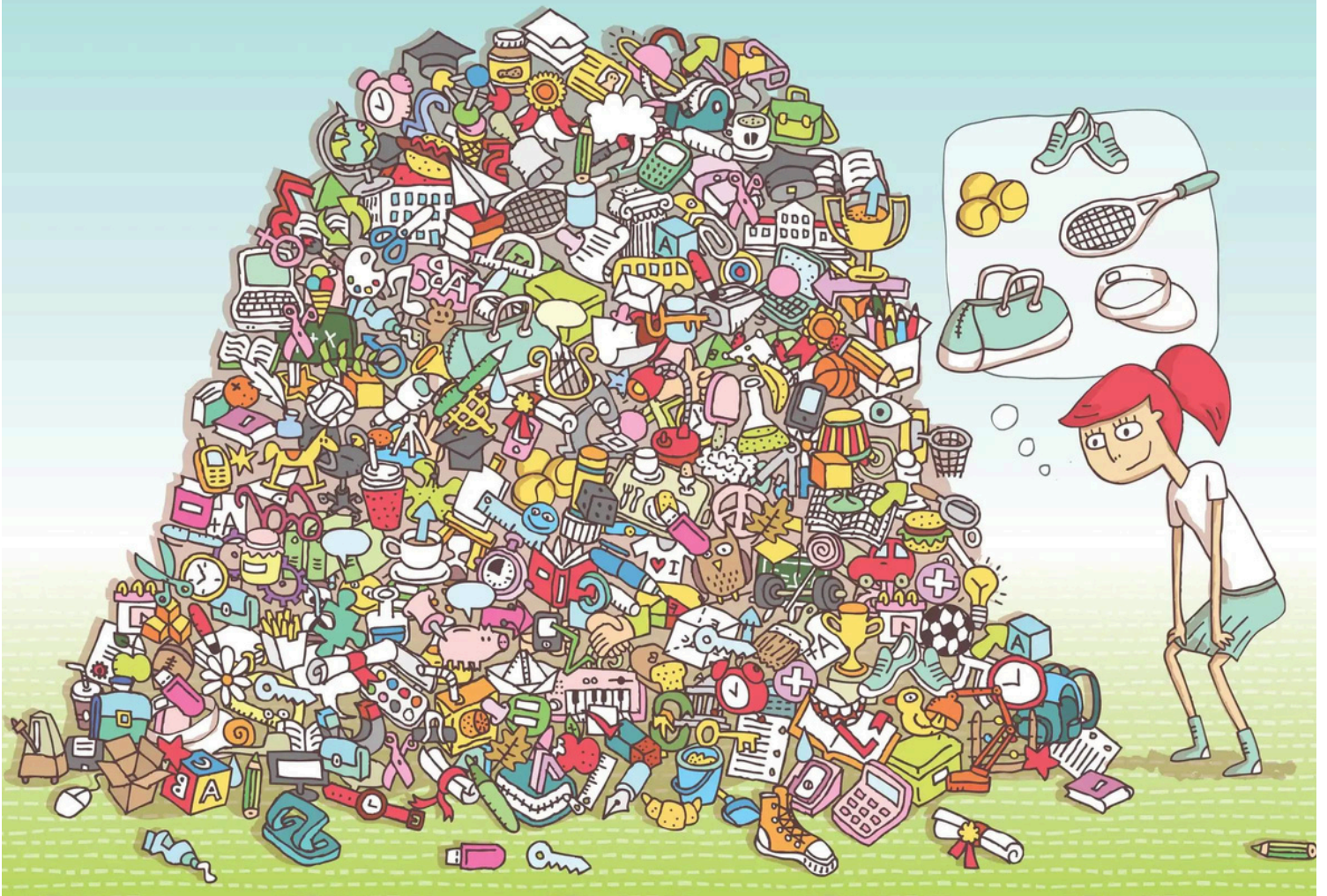
DOWN

1. Mat of grass and soil
2. Utilize
3. Petrol
4. How long something has existed
5. Obtain
6. An Eastern European people
7. Despise
8. Goddess of discord (Greek mythology)
9. Self-importance
10. 10 times as much
11. Appeal
12. Strange or weird
13. Handle effectively
18. Hindu princess
22. Beam of light
23. Prevaricators
24. Give qualities to
25. Sun-dried brick
26. Dreadful
27. A narrow valley
29. Distributed
30. An earth pigment
31. Put up with something
34. Assistants
35. Goliath
36. Makes coins
38. A hardy cabbage
39. Arctic gull
41. "Hoofers"
42. Attacked suddenly
43. Japanese apricot
44. Region

45. Mound
46. Regretful
47. Trap
50. The rise and fall of sea level
51. Older
52. Not amateurs
55. Writer/poet Edgar Allan ____ (1809-1849)
56. Wood chopping tool
57. 2,000 pounds
58. Identity cards
59. C

BRAIN TEASER

There are five lost sports items. 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!