



Newsletter

Rural Care For Rural People

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Things Are Heating Up!

As the weather begins to warm up over the Summer season remember to stay cool, drink plenty of water, and avoid long periods in the sun.

From the CEO's Desk

Greetings everyone,

It's hard to believe that Christmas is just around the corner. I hope you've prepared your Christmas list and are ready to enjoy some fun activities over the festive season. Our first fun activity was to participate in the Murray Bridge Pageant for the first time in many years. The team decided after much deliberation to enter a float that consisted of a boat decorated with Christmas tinsel and wrapped present boxes along with the team

dressed in colourful beach themed Christmas shirts and hats.

We distributed goodies of sweet treats and other 'bits n pieces' to the spectators along the way. I was thrilled to see so many people line the streets and the feeling of excitement and fun in anticipation of the festive season was palpable.

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If you'd like more information about any of the topics covered in this newsletter, please contact us on 8532 2255



MURRAY MALLEE AGED CARE GROUP INC. IS AN IN-HOME CARE PROVIDER OFFERING THE FOLLOWING SERVICES



HOME CARE PACKAGES



SOCIAL DAY ACTIVITY PROGRAMS



SENIORS EDUCATIONAL PROGRAMS



HOME MAINTENANCE & MODIFICATIONS

From the CEO's Desk (cont.)

In our previous newsletter I wrote about the 'turning of the first sod' ceremony of the Warner Close Retirement Living development. Since then, a logo has been developed (please see below) by Mango Chutney, a well-respected and experienced team of designers. The logo signifies a connection with the land and the people and the tranquillity of the Murraylands. Next step is to develop marketing materials that will provide detailed information and a broad reaching marketing campaign. We are pleased with the interest the rental model has been met with so far and are confident that it will offer a good alternative to people wishing to make a change to a community living lifestyle. The fifty units will be situated around a community centre that will provide an upstairs apartment to accommodate the on-site managers, all nestled in beautifully landscaped gardens. Construction is anticipated to be completed by October 2019. I'll keep you posted with progress as 2019 unfolds.

The Aged Care Sector continues to generate public interest across many areas. One area being the call for a Royal Commission into the sector by Prime Minister Scott Morrison. At this stage, we know that the Commission will operate from a base in Adelaide and that the top 100 Service Providers will be called on initially to answer a pre-set range of questions. The Commissioners will also take submissions from consumers, family members or other stakeholders with an interest in the operations of Aged Care Services. There is solid support for the work that the Commissioners are undertaking by Service Providers. Like myself, my colleagues hold a positive open manner towards hearing the views of the broader public and to hearing the recommendations proposed moving forward. All efforts should be made to ensure that older people in this wonderful country are treated with the utmost respect which they richly deserve.

Each year I attend at least one Support Worker meeting across the vast region we provide services within in order to be available to take feedback from the people who work face to face with the most important people-our clients. This year there have been many changes made to the way we administer our services from head office here in Murray Bridge, mostly new technology that requires our staff to learn new systems. We don't like to implement change for the sake of it, as our goal is always to save costs to ensure resources are prudently allocated and client costs are minimised. I am pleased to report that the feedback I have received has been overwhelmingly positive to the changes and that the Support Workers have embraced the changes with both an open and constructive approach.

So, I'd like to send out a huge thank you to all our Support Workers for their continued loyalty and support of our organisation and to our clients whom we value greatly.

Another big thank you needs to go out to the team here in Murray Bridge and Adelaide. They do a great job providing seamless 'back of house' support that enables the organisation to run smoothly.

The other vital team to thank is the Board of Directors. This team is made up of dedicated individuals who volunteer their time to provide strategic direction to the organisation and practical guidance to me personally, to ensure that good governance practices are in place to meet the high standards expected of a Government funded, Not for Profit, organisation.

I wish you all a safe and joyous festive season followed by a wonderful 2019 full of good health, love and happiness.

Best wishes,
Anna



WARNER CLOSE

RETIREMENT LIVING

Does your garden need a touch up?

Perhaps you'd like rails or ramps installed in your home?

Murray Mallee Aged Care Group can provide home maintenance and modifications under the Commonwealth Home Support Program.

To enquire about these services call Linda on 8532 2255



Metro Services Update

With the festive season fast approaching, the Metro Adelaide Department maintains its momentum. We are pleased to say that our staffing and contractors levels continue to grow to ensure we meet your needs. As the program continues to grow, we are working closely, and in partnership, with other agencies such as Carers Support, Activot, City of Charles Sturt, Inspire Therapy, AvantiCare, and Alzheimers Australia to ensure that the best possible services and choices are provided to you. Most recently staff have received one on one training to support several of our client's individual needs, these included basic exercise programs to support strengthening and balance, manual handling to assist with transfers in and out of cars, and dementia understanding. In addition, all staff have completed required online training and have participated in practical group training sessions.

Our Christmas program closure for the Al Mio Club at Murray Mallee and the Italian Carers Support group (a joint partnership with Carers Support) was a very enjoyable lunch at the D'Abruzzo Club on Wednesday 12th December. We take this opportunity to thank our partners, Carers Support and the City of Charles Sturt, for their ongoing support and commitment to the delivery of culturally and linguistically appropriate services.

Dates to remember – The Al Mio Club at Murray Mallee program recommences on Wednesday 16th January 2019. The Italian Carers Support Group at Glandore will recommence its monthly program on the last Tuesday of every month, with the first session scheduled for Tuesday 26th February.

On behalf of the Adelaide Metro Team warm wishes to you all for a very Merry Christmas and a safe and happy festive season.

Buon Natale to all.

Patrizia

Cleaning Tip

Clean your windows by adding 1/4 cup of vinegar to 2 or 3 cups of water.

Some recipes call for a few drops of liquid detergent, and still others suggest you use only lemon juice added to water. You can use a newspaper to wipe, if newspaper inks don't bother you, or use a clean old cotton rag.



Cucidati Christmas Sicilian Fig Cookies

The Sicilian Fig cookies are made with a buttery dough filled with a mixture of figs, raisins, nuts, honey, zests, and scented with cinnamon.

Dough

- 4 ½ cups all-purpose flour
- 3 teaspoons baking powder
- 2/3 cup sugar
- ¾ teaspoon salt
- 1 tablespoon freshly grated orange zest or lemon zest
- 1 ¼ cups butter (room temperature)
- 1 1/3 cups cold water
- 1 egg beaten with 1 tsp water for egg wash.

Instructions

- 1 In bowl of food processor fitted with metal blade, combine 4 cups flour, baking powder, sugar, salt and orange zest. Pulse to mix.
- 2 Cut butter in cubes; add to flour mixture and pulse to blend until butter resembles the size of peas.
- 3 Add water gradually and mix until ingredients hold together. If sticky, add remaining ¼ flour.
- 4 Remove dough from food processor bowl and place on a lightly floured board.
- 5 Knead dough for a few minutes until dough is smooth. Divide equally in 4 and shape each piece into a disc.
- 6 Wrap each disc in plastic wrap and refrigerate while preparing the spiced fig filling.

Fig Filling

- 1 Combine figs, raisins and nuts in bowl of food processor fitted with a steel blade.
- 2 Pulse until coarsely chopped.
- 3 Add the honey, orange juice, zest, fig jam, and cinnamon to the fig mixture.
- 4 Pulse until well combined. Mixture will be sticky.
- 5 Remove fig mixture from food processor bowl and place in medium sized bowl.
- 6 Cover bowl with plastic wrap and refrigerate until ready to use.

Filling

- 3 cups dried figs, stems removed
- 3 cups seedless raisins
- 2 cups almonds, toasted
- 2 cups walnuts, toasted
- ¾ cup honey
- 4 tablespoons orange juice
- 4 tablespoons freshly grated orange zest
- ½ cup fig jam
- 1 tablespoon cinnamon
- multi-coloured sprinkles

Shape the cucidati cookies

- 1 Preheat oven to 400° F.
- 2 Line 4 cookie sheets with parchment paper.
- 3 Bring dough to room temperature and cut each disc into 2 pieces. You will have 8 pieces of dough.
- 4 *On a lightly floured board, roll out one piece of dough to form a rectangle
- 5 Divide filling into eight pieces.
- 6 *With floured hands, roll 1 piece of filling into a 12 inch log.
- 7 Place the fig log in the centre length of each rectangle. Fold one side over filling and fold the other side to overlap.*
- 8 Repeat from * to * 7 more times.
- 9 Place 2 fig logs seam side down on prepared cookie sheet.
- 10 Brush top of logs with egg wash and top with multi-coloured sprinkles.
- 11 Bake for 20 minutes or until logs are lightly browned.
- 12 Cool on cookie sheets for 10 minutes.
- 13 Remove logs and place on cutting board.
- 14 Cut each log into 12 slices.

Murray Mallee Aged Care Group Inc. is proud to be an organisation which celebrates diversity. As such, we are committed to creating services which best support your cultural needs.

As an organisation we acknowledge and respect the traditional custodians whose ancestral lands we service today. We acknowledge the deep feelings of attachment and relationship of Aboriginal peoples to Country. We are proud to provide a Tumpinyeri program which provides Indigenous specific Consumer Directed Home Care Packages.

If you find that you have any cultural requirements for your Home Care Package please contact one of our Service Consultants on 8532 2255.



Community Achievement Award

Murray Mallee Aged Care Group Inc. was lucky enough to have placed as a semi-finalist in the South Australian Community Achievement Awards this year for the Prime Super Employer Excellence in Aged Care award. We are very grateful for the recognition of the level of excellence that our organisation works hard to achieve. The South Australian Community Achievement Awards are designed to encourage, acknowledge and reward the valuable contributions individuals, communities and businesses are making throughout South Australia.



Kaleidescape Christmas

Our Kaleidescape program has had an excellent year in 2018 with a huge variety of activities taking place throughout Murray Bridge, Mannum, Tailem Bend, and Mypolonga. Throughout December they've been finishing off the year with their annual Christmas Lunches. Check out the pictures to the right!

Linda, Tanya, Rosie, Julie & all the Kaleidescape team would love to wish everyone a very Merry Christmas and a safe New Year.

Holiday Office Hours

Our office will be closed on Tuesday 25th December, Wednesday 26th December, and Tuesday January 1st. In case of an emergency call 000, or for urgent matters you can still contact us on our after-hours number - 0427 325 493

Happy Holidays!

Christmas Donation

Over the past few weeks we have been collecting donations for the Salvation Army's Christmas Hamper appeal. We are very grateful for all of the wonderful gifts and food items that were donated, and this will help to ensure that more people in our local community receive some Christmas joy this year.

Pictured left is our CEO, Anna Howard, with some of the Christmas donations.





Christmas greetings to all MMACG Clients, family and friends!

Another year is nearing to an end and we would like to send our best wishes for a safe and happy Christmas to you all.

We hope that 2019 brings health and happiness and you enjoy the holiday season.