



Newsletter

Rural Care For Rural People

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From the CEO's Desk

Greetings everyone

Welcome to the first newsletter for 2019. I hope that you've all enjoyed a wonderful festive season with your loved ones and that the summer weather has helped boost your vitamin D stores in preparation for the winter months.

This year has kicked off for us with the momentous commencement of the construction of our village at Warner Road, Murray Bridge. This achievement is the result of an enormous amount of work that the Board of Management and the team here at Murray Mallee Aged Care have put in over more than a two-years. I'd like to send a huge thank you to those people for their support for what sometimes seemed to be a pipe dream that may

never come true. The interest we have received so far has been very strong with sixty-two people formally registering their interest in the village as possibly being their new home. I will keep you updated with the progress in the next newsletter and will be happy to distribute any promotional materials upon request. Please contact either Foster Davis or myself on 8532 2255 if you'd like to hear more about the village. If you're a Murray Bridge local, I encourage you to take a drive past and see for yourself the rapid progress of the construction.



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Want to keep up to date with our latest project, Warner Close Retirement Living?

Sign up to our expression of interest list by calling the office on 8532 2255 and you'll receive regular updates!



Happy Birthday To You!

Murray Mallee Aged Care Group Inc. would like to wish everyone celebrating a birthday during the Autumn season a very special Happy Birthday!

Do you need help securing your Home Care Package with Murray Mallee Aged Care Group?

Our Service Consultants will assist you in the My Aged Care Referral Process.

Book a free appointment now on (08) 8532 2255



Find us on: **facebook.**

From the CEO's Desk (cont.)

On a personal note, I took my first ever cruise in early February to recharge my batteries after a busy 2018 and hectic festive season hosting our two young grand children from Victoria for four weeks. I'd forgotten how active little ones can be! For anyone who has not yet experienced a cruise, I highly recommend it as an indulgent and extremely relaxing way to pass the time. I was particularly impressed with the amount of support that anyone on board received if they were frail or had a disability.

We have a lot planned this year in terms of the suite of services that we can offer our clients. One service that I hope appeals to you as much as it does us, is the health and wellbeing sessions we are planning for. We have been approached by a young local Murray Bridge lad, Ben Hansen, who along with, Jake Sutcliffe, have formed J&B Performance and Conditioning. In conjunction with Ben and Jake we will provide two exercise, health

and wellbeing sessions a week to the clients of Murray Mallee Aged Care Group. Each session will be one hour in duration and specifically designed for older people and tailored to the individual's starting fitness level. The sessions will be open to a maximum of 10 clients and will be held here at our training centre at 2A Myall Avenue Murray Bridge. One of our Registered Nurses will be on site during the sessions and available if you'd like any assistance with the taking of your pulse and other vital observations as requested or required. We will also provide access to a passenger vehicle to transport clients to and from the sessions. Please contact Wendy Wybrow on 8532 2255 to register your interest.

Let's hope that the weather continues to remain relatively mild as far as Aussie summers go, and I wish everyone good health and good times.

Best Wishes,
Anna Howard

Our Newest Employee!

Hi everyone, I'm Yole Gentili and I am very excited to be a part of the Murray Mallee Aged Care team! I am an enrolled nurse with a strong administrative and nursing background and, prior to my position here, I worked in a general practice for 18 years.

I have a strong interest and commitment to healthy lifestyles and run a walking group called "The Adventure Walkers" encouraging activities that will keep us strong and active into our older years.

I look forward to this new venture with the Murray Mallee Aged Care Group and hope to be a positive contributor.



Metro Office Update

Our Adelaide Metro Department is excited to welcome Yole Gentili to the team! Yole accepted the position of Service Consultant/ Enrolled Nurse beginning her role earlier this year on the 21st of January. Her skills and extensive clinical experience within a multicultural medical centre will assist us to continue to provide the best possible choices for our clients and their families. We also say goodbye to Natalie Watson who is moving into a position in the disability sector, we wish Natalie all the very best in her new venture.

Our social club, Al Mio Club at Murray Mallee, recommenced on Wednesday 16th January 2019 and is off to a great start having reached full capacity. The Italian Carers Support Group at Glandore is eager to recommence and will be meeting on the last Tuesday of every month, this year promises to be exciting and interesting with guest speakers from a number of health care organisations and departmental updates. The year will also include a Carers Retreat to allow carers to recharge their batteries and reconnect with friends.

This year we look forward to exploring more face to face training opportunities for our Care Support Workers in addition to our required online training. We are currently looking at Mental Health First Aid, Dementia Awareness, and Fire Safety in the home training.

We look forward to keeping you up to date and welcome you to drop in for a coffee any time. In the meantime I leave you with an Italian proverb:

"A tavola non si invecchia" which translates to, "at the table, you don't get old".

Ciao for now,
Patrizia Kadis



What's Happening at Kaleidescape?

Hello Everyone,

Welcome back to Kaleidescape, our very first one for the year!

We have been off to a flying start with a loved-up Valentines Day theme to start the year off.

It has been lovely to see you all there enjoying the wonderful entertainment from Noel and Karen Kneebone as well as John Harvey.

Tanya and I have been busy planning the Kaleidescape calendar for the year and hope you have received one for the first half

of the year. If you haven't received yours yet, please contact us at the office.

We would like to welcome our new clients to Kaleidescape, it has been wonderful to have you with us and we look forward to seeing you at our next meeting.

Take care and remember, if you are not attending the next group, please let the office know by the Tuesday before Kaleidescape.

Keep smiling and we'll see you soon!

- Rosie & Tanya

Warner Close Retirement Living

Our latest project, Warner Close Retirement Living is moving full-steam ahead. Take a look at these aerial shots from January and February 2019. If you want more information on Warner Close, or would like to sign up to our expression of interest list, please call the office on 8532 2255.



January 2019



February 2019