

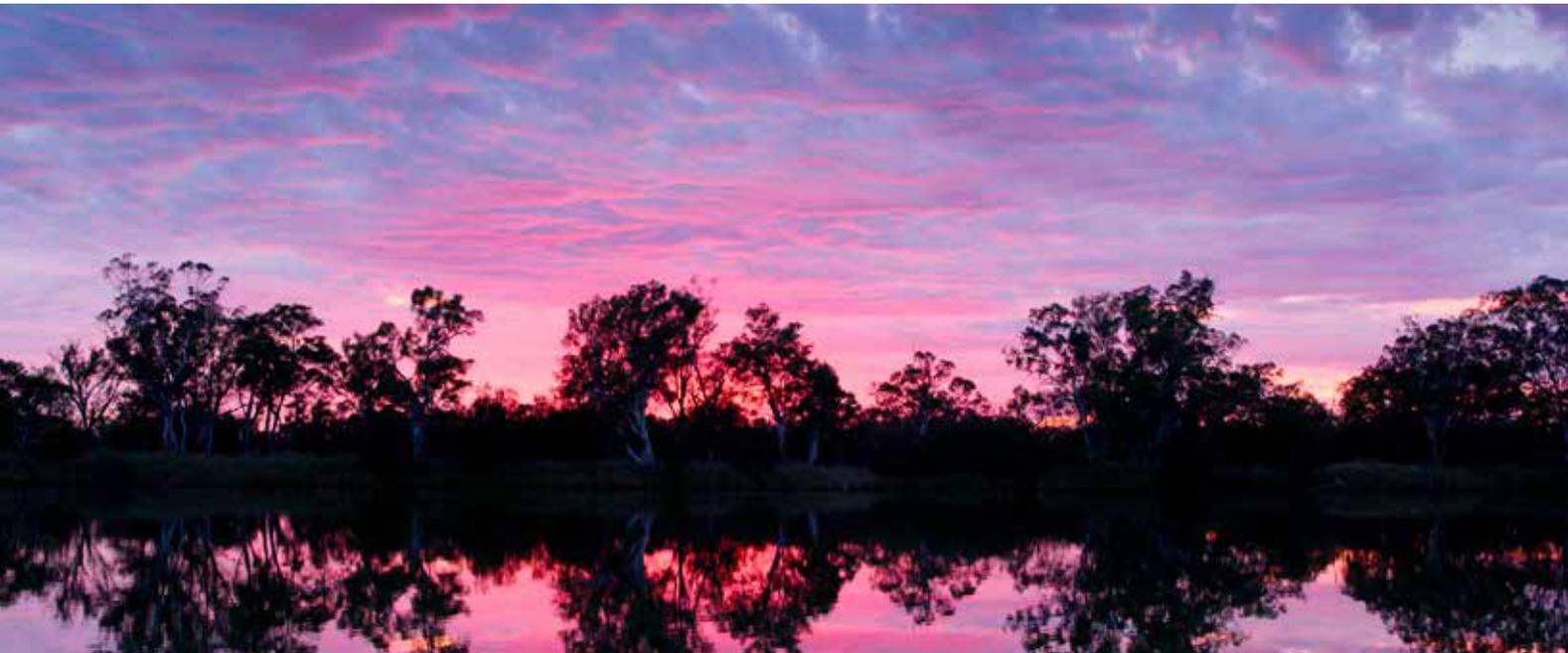


Murray Mallee
AGED CARE GROUP INC.

Winter 2020 Edition

Newsletter

Aged Care That's Easy



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From the CEO's Desk

Greetings everyone,

What a year it is shaping up to be. My last newsletter opened with me sending my heartfelt sympathy to anyone who had suffered as a result of the bushfires. This newsletter I open with the hope that you and your loved ones have not been affected by this awful COVID-19 pandemic.

The team and I have done our best to keep you informed of the changes we have had to make to the way services are provided under the COVID-19 pandemic situation. The board of directors, the staff and I have been working hard to keep abreast of both State and Federal governments

recommendations and I hope that you have not been overwhelmed by the inflow of this important information.



Thankfully, it appears that SA has overcome the toughest part of the journey that is not yet over. We hope and pray that a commercial vaccine is discovered soon and that we can breathe easily again.

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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.)

Like me, I am sure many of you have close family interstate and have missed not being able to see them. We make do with technology the likes of Facetime, or Skype to maintain contact with our family but it is never the same as being able to give them a kiss and hug to show how much we love them.

In order to meet the restrictions that the Prime Minister put in place at the height of the pandemic the office staff formed two teams. Each team took it in turn to work from home in case someone was to become COVID positive and thus force the entire team to self-isolate for the standard two weeks. I am pleased to report that the working from home arrangement worked well, finding ourselves efficiently supported by our technology. I was pleased not to have had to close the office completely as this gave us the ability to continue to support the Support Workers and receive supplies. Due to the easing of restrictions, both teams returned to the office on the 11th of May and fingers crossed we can continue to safely work as a whole team, all the time observing the social distancing and other controls.

Our residents at Warner Close have been terrific in observing all the recommendations of not congregating in the communal dining room and graciously accepting meals delivered to their unit by Alma and John.

Sadly, all the Kaleidescape social groups have been cancelled but we are hoping that we will be able to resume them by August. Rosie and Tanya have done a great job of delivering activity packs to our Kaleidescape clients and telephoning them to let them know that we are here to work with them individually if needed.

On a positive note, it is wonderful to see the rain which I hope brings with it a bumper crop for our farmers who have been doing it tough, be it caused by drought conditions, or the bushfires of the summer. My daily drive to Murray Bridge from Stirling is certainly much more pleasant given the lush green landscape.

I would like to send a huge thank you to our volunteers for their wonderful contribution to our organisation and hope that it won't be too long before we can all gather for a post National Volunteers Week which was celebrated 18-27 May. I think that this spring will see a flurry of catch up celebratory events that were delayed due to COVID-19.

Last newsletter I sent an open invitation to anyone interested in joining our Advisory Committee. The invitation is extended to all clients along with any friend or relative of a client who has an interest in contributing their ideas on how we can improve the way we deliver our services. I would like to thank those of you who have expressed an interest so far. Transport arrangements will be made to ensure that you can join without inconvenience. Alternatively, now that we have become so accomplished using Facetime/Skype or Teams online we could dial you into the meeting.

In closing, I would like to send a special thanks to the Support Workers for their continued dedication to the delivery of services to our clients under these very difficult circumstances.

Best Wishes,
Anna Howard



Happy Birthday To You!

Murray Mallee Aged
Care Group Inc.
would like to wish
everyone celebrating
a birthday during the
Winter 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

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 Amy on 8532 2255



Metro Adelaide Update

Our winter newsletter brings us together again sharing a time that has been truly difficult and challenging in many ways for us all. We have faced and shared concerns for our immediate families nearby, back in Italy and across other parts of the world.

For many of us we experienced and found new ways to celebrate weddings and birthdays while keeping social distancing practices. My personal experience this Easter was a virtual lunch with my family and friends both near and afar, but like never before has this sense of connection been so necessary and together has supported us during these uncertain times.

Despite all the challenges that COVID-19 brings, our staff have continued to provide you and your family with the best possible care ensuring your wellbeing and safety at all times. This was achieved by ongoing monitoring, practicing good hygiene and social distancing.

Otherwise it's been "Business as usual" apart from a few variations like the administration team working from home, I am pleased to say that this did not affect our productivity. The demand for culturally specific Home Care Packages continues to grow hence, so is the need to increase our team. During the last couple of months, we have welcomed to the Metro Team 5 new Support Workers all with their own unique skills and life experiences.

We are only a phone call away should you require some assistance, so please do not hesitate to call us on 8365 0151.

Stay well and stay safe - Stai bene e stai al sicuro – Meine kala'kai meine asfalis

Best Wishes,
Patrizia Kadis
Business Development Manager



Support Worker, Angela Clapp, demonstrates how to use PPE at our Infection Prevention Training in April.

Home Care Packages

With winter before us, I hope everyone is all rugged up and keeping warm. It is very important during this time that everyone does their best to stay well and avoid the dreaded flu.

I wanted to take this opportunity to thank all of our incredible staff for their continuous good work and persistence during the challenges that COVID-19 has presented so far. It has been wonderful to see how willing everyone has been to adapt to changes and to persevere so that we can continue to bring quality services to all of our clients. A big welcome to some of our new staff members, Cristina, Mark and Melinda. We look forward to working with you as well.

Our Support Workers meetings are now going ahead via 'face to face' meetings adhering to all COVID-19 standards and we will rotate the Service Consultants running the meetings so everyone gets to meet our new staff.

Thank you to our incredible clients for remaining patient and understanding with us during this time.

Please continue to stay in communication with the office and remember there are no silly questions.

All The Best,
Heide Callery
Clinical Manager

Sri Lankan Coconut Roti (Flat Bread)

Our very own Rostering Coordinator Varuni Goonetilleke shares with you a family recipe that can best be described as yummy and is known to be a traditional Sri Lankan comfort food.

Ingredients:

- | | |
|------------------|--------------------|
| • 3 cups | All Purpose Flour |
| • 1 cup | Cold Water |
| • 1 cup | Desiccated Coconut |
| • 1 Tbsp | Canola Oil |
| • ¼ Cup | Chilli Pepper |
| • ¼ | Onion |
| • To taste | Salt |

- **Chop the Onion (1/4) and Chili Pepper (1/4 cup). I am going to make chili and onion roti, but you could just have onion or just chili if you want.**
- **Sift the All-Purpose Flour (3 cup). Add Salt (to taste), Desiccated Coconut (1 cup) and Canola Oil (1 tablespoon) to the bowl and mix well.**
- **Add Water (1 cup) a little at a time until it forms a dough. The dough should be like play-dough consistency, not sticky.**
- **Add the chopped ingredients to the dough. I added onion and chili.**
- **Shape the dough into balls.**
- **Flatten the dough ball with your hands into a thick disc. To cook the roti, heat a heavy-duty skillet or a cast iron skillet on medium high heat. Cook on both sides until you get them well browned.**
- **Cook the rest of the roti.**
- **Serve and enjoy with a curry or meat dish.**



Meet Our New Staff Members!



Hi, I'm Melissa Taylor!

I've come to Murray Mallee Aged Care Group with over 15 years' operational experience working in the community services sector, in both direct care and operational management roles, and I am very passionate about the delivery of quality services.

More recently, I have worked as an National Disability Insurance Scheme (NDIS) auditor, for an independent certification body, which has given me a sound understanding of certification requirements and best practice.

On a more personal note, I enjoy gardening and spending time with my four legged family.



Hi, I'm Tegan Arbon!

Personal experiences helped me develop a passion for healthcare and I decided early on that I wanted to work with people within the healthcare sector. After years working in management, I started my career within the Disability Sector. In early 2019, I graduated from the University of South Australia with a Bachelor of Nursing and developed an interest in supporting individuals to maintain quality of life whilst continuing to live in-home.

In Early 2020, I was excited to be given the opportunity to start my post-graduate Diploma of Dementia and started a Registered Nursing role working in the Aged Care sector for Murray Mallee Aged Care. I am looking forward to getting to know everyone involved in the Murray Mallee Aged Care community.

Hi, I'm Amy Joinbee!

I have been in the aged care sector for 9 years. I started out as a Personal Care worker in Nursing homes in Perth before moving in to the Community Sector in Queensland. This is where I built up a skill base as an office employee managing community work.

In January 2020 I moved to the Adelaide Hills and found myself working with Murray Mallee Aged Care.

In my spare time I love camping and live on property with many chooks, horses, and dogs.

I am very excited to put names to faces and meet you all.



Flu Vaccinations

Flu Vaccinations are now available from Clinics and Pharmacies. Medical experts advise that during the COVID-19 Pandemic, receiving the Flu Vaccination is more important than ever.

While the flu jab won't protect anyone from coronavirus, The Royal Australian College of General Practitioners said it was more important than ever people get immunized as it will help ease the strain on the health system.

Influenza can have a substantial negative impact on adults 65 years and older with higher hospitalization and death rates compared to younger, healthier adults.

HCP Guidelines

For the first time, the Commonwealth Government has provided a Home Care Packages Manual for Consumers. This manual is designed to provide information about:

- The Home Care Packages Program and how it operates
- What's included and excluded from Home Care Packages, to help you work with your provider to decide if a type of care or service is appropriate to meet your aged care needs
- How fees and charges are calculated.

The manual can be found on myagedcare.gov.au or if you would like a copy posted to you please contact our office on 8532 2255

Warner Close Retirement Living

Discover the ultimate Murray Mallee lifestyle with spectacular and comfortable units, beautifully landscaped grounds, and an excellent location. Warner Close Retirement Living is a place to call home. Dive into the vibrant Murraylands experience in one of South Australia's most popular townships.

Immerse yourself in the growing pulse of daily activity and lively community. Take in the peaceful views of the riverfront only 4km from the village. Relax and enjoy a coffee at one of the many local cafes. Warner Close Retirement Living invites you to taste the serenity of the Murraylands in the heart of a booming rural City with charismatic neighbourhoods, iconic attractions, and layers of cultural life.

At the heart of our village is the crowning jewel, our Community Centre. At Warner Close Retirement Living life is as busy or as

quiet as you want it to be. The community centre is a hub of social activity and events offering a variety of organized activities and special interest groups for you to join.

In addition to our Community Centre, the village also features a full sized shed for wood or metal work, in addition to on-site gopher storage.

With meals included as a part of your weekly rental, cooking now becomes simply for fun! Our weekly linen service means that you no longer have to worry about heavy laundry and have more time for the things you enjoy.

Receiving in-home care services? Not to worry! You can still have these services in your new unit at Warner Close, no matter the provider!

To receive a copy of our information booklet or to arrange a tour of the village, contact us on 8532 2255.



In June 2019, Warner Close looked very different to what it does now!

Advocacy Services List

NDIS Clients	Aged Care Clients	Multicultural Clients
<p>Advocacy for Disability Access and Inclusion Inc</p> <p>www.advocacyfordisability.org.au Ph: (08) 8340 4450 Address: 149 Currie St, Adelaide Email: admin@dras.com.au</p>	<p>Aged Rights Advocacy Service ARAS</p> <p>www.sa.agedrights.asn.au Ph: 82325377 Address: 16 Hutt Street Adelaide Email: aras@agedrights.asn.au</p>	<p>Multicultural Aged Care</p> <p>www.mac.org.au/ Ph: 08 8241 9900 Address: 94 Henley Beach Road Mile End SA 5031</p>
<p>Disability Rights Advocacy Service Inc</p> <p>www.dras.com.au/ Ph: (08) 8351 9500 – Angela Duigan Address: Shop 4/80 Henley Beach Road, Mile End SA 5031 Email: admin@dras.com.au</p>	<p>OPAN</p> <p>Ph: 1800 237 981 Address: c/o Seniors Rights Service L4, 418A Elizabeth St. Surry Hills NSW 2010 Email: enquiries@opan.com.au</p>	<p>Multicultural Communities Council of SA</p> <p>Ph: 08 8345 5266 Address: 113 Gilbert Street Adelaide SA 5000 Email: mccsa@mccsa.org.au</p>
<p>Disability Advocacy and Complaints Service of SA</p> <p>www.dacssa.org.au/ Ph: (08) 7122 6030 – Maggie Rutjens Address: 33 Franklin Street, Adelaide SA 5000 Email: admin@dacssa.org.au</p>		<p>Multicultural Advocacy Liaison Services of SA</p> <p>Ph: 08 8345 5266 Address: 113 Gilbert Street Adelaide SA 5000 Email: mccsa@mccsa.org.au</p>
<p>Brain Injury SA</p> <p>braininjurysa.org.au/support-and-services/ Ph: 08 8217 7600 Address: 70 Light Square Adelaide SA 5000 Email: gregd@braininjurysa.org.au</p>		
<p>Independent Advocacy</p> <p>www.independentadvocacysa.org.au/ Ph: 8232 6200 – Fiona Campbell Address: 99 Frome St, Adelaide Email: indepadv@internode.on.net</p>		