



Murray Mallee

A G E D C A R E G R O U P I N C .

Spring 2020 Edition

Newsletter



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From the CEO's Desk

Greetings everyone,

I look out my window as I am writing this piece and can see rain falling softly. Let's hope that enough falls to satisfy the farmers who I know desperately need a good crop this year. And, that enough rain falls to grow the pasture farmers need to feed their animals.

It is with much sadness that I inform you that Morris Terrell our esteemed Chairman has resigned his role both as Chairman and as a director of the board. Morris has worked tirelessly in his role as director over the past 5 years and as Chairman over the past 2 years. Morris has been a great support to me as CEO and more broadly, has guided the board of

directors in the best interests of our organisation. Morris' passion for all matters pertaining to good governance

was respected by all his colleagues. On behalf of the staff and directors, I'd like to extend my most warm thanks to Morris. I wish Morris and Judy all the very best for the future and hope that they enjoy the next phase of their lives immensely.

I am very pleased to announce that Trevor Kerley was elected to fill the role of Chairman. Trevor has held the role previously and with his experience is well placed to fill the role expertly.





Happy Birthday To You!

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



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From the CEO's Desk (cont.)

The COVID-19 virus continues to challenge us in the safe delivery of services and in society generally. I am thankful, that so far, not one of our clients, nor any staff member, has become infected with the virus. On a practical note, I am relieved that we are slowly seeing stocks of personal protective equipment becoming available and that we are learning more about how to protect you, as our client, and ourselves from the virus itself. You may have heard in the media that as of 27 August support workers working in the residential care setting will only be permitted to work in one residential facility. Whilst this is still not a requirement in the home care setting, we have conducted an audit which has identified any of our staff who work for another organisation. This information will enable us to quickly respond to any government directive should it be made.

The month of July saw a significant rise in our client numbers both in the regional areas and in metropolitan Adelaide. Under Patrizia's great leadership, the team in Adelaide has done an excellent job of bringing on new clients, as has the regional team under Heide's leadership. While at the same time, managing the extra workload that the COVID-19 risk management process has required. It is pleasing to see this growth in our client numbers, we are working hard to ensure that the high quality of our services is maintained at all times.

Enclosed with this newsletter, you will find information outlining the definitions of the charges that we apply to your service. These charges are guided by the Australian Government Aged Care legislation. Our Service Agreement outlines this information in greater detail. However, we think that this document is easier to understand than the legal wording contained in the agreement. Please do not hesitate to call me or Heide Callery on 8532 2255 in Murray Bridge, or Patrizia in the Adelaide office on 8365 0151.

Foster Davis, who I know many of you have come to know over the past 7 years that he has been employed with the organisation, became engaged on 25 July. Foster and Roslyn celebrated their special event with a group of close friends at a lovely venue in Adelaide. We hope that the wedding plans organised for November will go ahead as planned without being affected by a second wave of the virus, such as Victoria is experiencing.

Our social groups are slowly being reactivated after having closed down when the virus first hit, and we are hoping that the Al Mio club in Adelaide can restart later this month unless restrictive measures are reinstated.

Stay safe and stay well,
Anna

Home Care Packages

Thank you to all of our wonderful clients who continue to be patient with us and all the precautions we are taking to keep you safe and in your own home. An especially big welcome to the many new clients who have joined us over the past few months.

Change in weather brings lots of sniffles and colds. Support Workers, please ensure to keep your distance from clients when unwell.

Due to the risk of a second wave of Covid-19, if unwell please get tested, (especially if you have a temperature higher than 37.5 degrees), a cough, sore throat, runny nose, fatigue, shortness of breath, loss of taste and loss of smell.

Please keep up the good work, results from the COVID-19 surveys are impressive, just make sure you take the time to answer the questions correctly.

Thank you to all that have responded to the recent email sent out regarding interest in a mental health first aid course. We are hoping to structure this around shifts and have a self-directed e-learning component with 2 live virtual classes of approximately 2.5 hours. We should be able to schedule the courses over a variety of days and times to allow all staff to be up-skilled without the need to cancel shifts.

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

All The Best,

Heide Callery
Clinical Manager

What's Happening at Kaleidescape?

Welcome Back! It was lovely to see all your smiling faces again.

Thankfully we have recommenced our Kaleidescape group after coming through some unprecedented times. Well done SA! Although we still need to be mindful of hygiene and social distancing.

We started off in July with Mega Bingo with some mega prizes to choose from and took some time to chat and catch up as we hadn't seen each other for 3 months and wasn't it wonderful to catch up?

Things are a little different this year as we had to split the Murray Bridge group into 2 due to COVID-19. Our Murray Bridge Group is also in a new venue at the MMACG Training Centre which has been going very well.

In August we were entertained by a wonderful music duo called Sway. Everyone thoroughly enjoyed singing along to the songs and listening to a variety of music.

We look forward to seeing you all again in the coming months and "experiencing a different world" with our Virtual Reality Sessions in September!

Just a little reminder to please call the office on 8532 2255 if you are unable to attend.

- Rosie and Tanya



Adelaide Metro Update

Hello everyone, I truly hope that you are all well and managing the best you can during these times of uncertainty. We are all learning new ways of working, especially in ensuring we are maintaining ongoing services, keeping contact with you, our staff, and your families.

Despite all these uncertainties and challenges that COVID-19 brings us, it has been "Business as usual" at the Metro office. Our team continues to grow to meet the ongoing need to provide culturally specific Home Care Packages within the Adelaide Metro region.

We continue to strive to provide you with the best possible care, confirming your safety and that of our team. Our team continues to be trained and kept informed on any government updates, in addition to regular communication from our CEO Anna Howard.

Congratulations to Amanda and family on the arrival of their beautiful baby girl. Please meet Amanda's little princess, Tipani Amanda Poutokomanawa Strickland. Born 03.08.20, both mother and daughter doing well.

Below is yet another yummy recipe, give it a go and enjoy with your family and friends - Our Support Worker Anne and Carmela are appreciating a lovely coffee break after making these delicious biscuits.

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

Patrizia

Cantuccini: the original "biscotti" from Tuscany

Ingredients

- 130 g Whole unpeeled almonds 1 cup
- 300 g Flour 2 1/2 cups
- 1 tsp Baking powder
- 1 pinch Salt
- 150 g Sugar 3/4 cup
- 2 Eggs
- 1 Tbsp Honey
- Lemon zest from 1 lemon
- 1 Tbsp Butter at room temperature

Instructions

1. Put the almonds on a cookie tray in a single layer and bake in the oven at 180°C (350°F) for 5 minutes.
2. Leave to cool on the bench.
3. Beat the eggs and sugar together with an electric mixer (or whisk) until foamy.
4. Add the honey and softened butter and mix.
5. Add the flour, baking powder, lemon zest, and salt. Mix in gently.
6. Stir in the almonds by hand.
7. Form the mixture into two long thin "loaves" no more than 6cm (2 1/2 inches) high and place them on a cookie sheet lined with baking paper.
8. Bake at 200°C (400°F) for 20 minutes until golden-brown.
9. Leave to cool for a few minutes until you can touch it.
10. With a SHARP serrated knife, cut slices approximately 1cm (1/2 inch) thick and lay them on a cookie sheet.
11. Bake at 200°C (400°F) for 7-10 minutes until slightly browned.

