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TALK
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Mareeba Aged Care Newsletter

Welcome to Our Spring Edition!

As the days grow longer and the flowers begin to bloom, we are delighted to bring you the latest edition of our aged care newsletter. Spring is a time of renewal and growth and we are excited to share with you the vibrant activities, heartwarming stories, and important updates happening in our community.

In this issue, you'll find inspiring tales of resilience and joy from our residents, tips for staying healthy and active and a sneak peek at the exciting events we have planned for the coming months. We hope this newsletter brings a touch of sunshine to your day and keeps you connected with all the wonderful things happening here.

Thank you for being a valued member of our community. We look forward to celebrating the beauty of spring with you!



A very
*Happy
Birthday!*

to all our
residents that
have birthdays
in September,
October and
November.



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

Pattie Iredale

Executive Manager



Mareeba is buzzing with excitement as we busily prepare to open the new Brigadoon wing on November 13th 2024.

The most recent Information evening, hosted at Mareeba Aged Care Home, provided opportunity to bring together families, friends, staff, management and Directors, to discuss The Advisory Committee forming at Mareeba. Pattie spoke about the advisory Committees role and invited interested people to contact and register their interest in the committee. The first meeting will be scheduled in November, all interested persons will be contacted re the date. The Meeting will be via Teams, or you can choose to join us at Mareeba.

Colleen Davis, Director, spoke about the Governance Body and the future of Aged Care under the new reforms.

Tasting the summer Menu was another highlight of the evening, thanks to our Cooks, Karina & Jason and Catering team. Kelly Gillet baked delicious pastries and treats for all to enjoy.

We have welcomed many new staff at Mareeba over the past few weeks. AIN staff, Registered Nurse and Maintenance.

You don't stop laughing as you grow old, you grow when you stop laughing.

Ref: George Bernard Shaw

As team Mareeba continues to grow, we continue to provide exceptional care & support to resident and their families.

Remember the coffee shop is opened every day, so please come by have a coffee, a chat or just relax.

Covid continues to sneak around the community, however at the moment, we are not testing visitors. If you have been unwell or have symptoms, we ask that you speak to the staff in admin before entering.

If you have any questions or would like to speak with Peta or myself, please call admin and the staff will organise a time.

Pattie Iredale
Executive Manager

Peta Bowring Clinical Care Manager



It has been a very busy start to the new management appointments. While we continue to find our feet, I encourage residents, staff and families to call past my office if I can be of any assistance.

Currently, clinically, we have been provided an opportunity to have two doctors from Geriatric Care Australia, come to Mareeba to consult with 18 of our residents. The families will know who these residents are as they have been asked to consent to these appointments. We have been given an appointment list so if you would like to be part of this consult, please contact our admin team who will advise of your loved one's time slot.

I will soon be looking at the Covid -19 booster vaccines. Long standing residents are now due for the next round and for the more recent admissions we will be in contact with the POA/NOK to determine (if we don't already have that information) when you are due.

Regards

Peta Bowring
Clinical Care Manager



Important Date or Events

What: Christmas Stall

When: Nov 14-16 9am - 3.30pm

Where: Mareeba Aged Care Foyer

Kay Bruchert Leisure & Lifestyle

L & L

Over the cooler periods we have achieved many new adventures with activities.

In early September we ventured out on the Yamba Ferry then to Yamba Tavern for lunch, what a fun day that was.

New entertainers have come in to sing for our residents which brings back great memories, Campell James, Tic Tac, Brendon Rose just to name some of them. We're still receiving regular visits from Maclean High, Christian Valley and Cubby House as our intergeneration program.

Over the long weekend the residents received a visit from the Ukelele Jam group which the residents are still talking about today.

Early in October we held an information night and food tasting evening which was a great night. Well done to our kitchen staff.

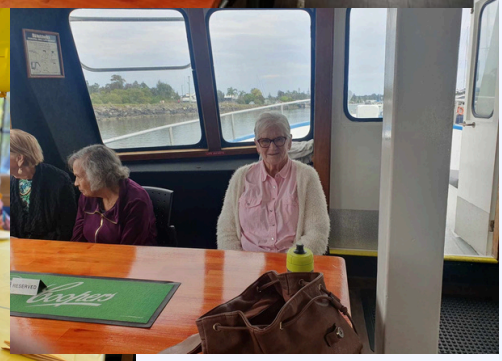
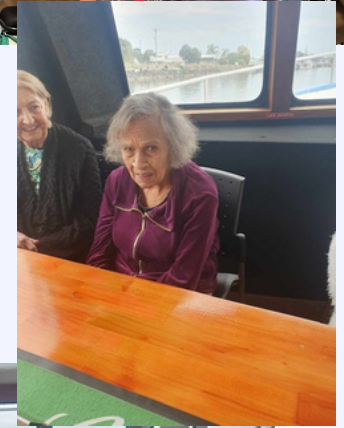
On 16th October we held Pink Ribbon Day to support the McGrath Foundation with a staff b.b.q and morning tea.

With the warmer weather coming we will be starting up weekly walks along the Yamba rock wall and morning tea out in sunshine.

Weekly church services, shopping and a monthly Catholic Church service on Saturday mornings.

In the months ahead the residents will be going Christmas shopping in Coffs harbour. Tickets in the Christmas raffle are now available to purchase and our Christmas stall will be held in November 14th, 15th, 16th, 9-3.30pm.





Amanda Maitland Hospitality

Hospitality

Kitchen News

Our Summer Menu was presented to residents and their families at our Information evening on the 8th of October where residents and their family members were able to sample some of the food on the summer menu. We would like to say thank you to everyone who attended and gave such wonderful feedback on the evening. The summer menu will be starting at the end of October.

Laundry News

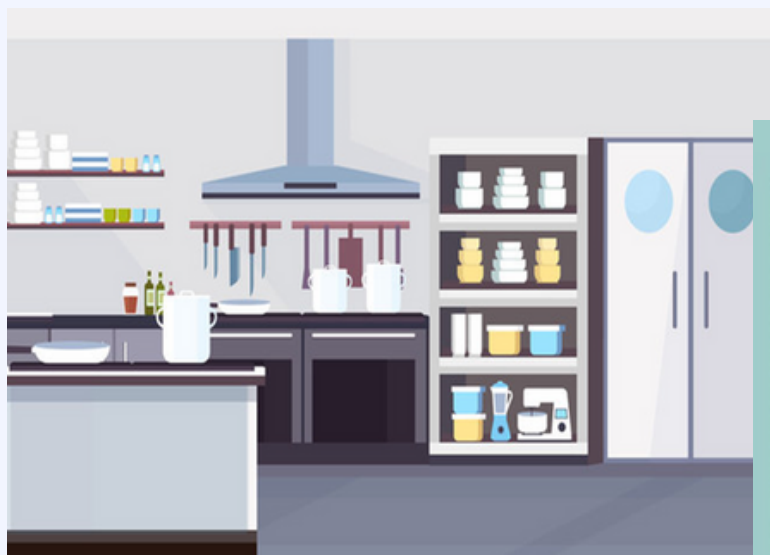
We currently have a lot of lost property on the lost property rack. When visiting family members can you please check the lost property for any items that belong to your family member?

Please remember to drop off all new clothing items at the front office so they can be taken down to the laundry to be labelled.

Cleaning News

The cleaners have been busy making sure the facility is cleaned for all our residents and visitors.

The cleaning staff are only too happy to assist the resident with any cleaning needs.



Sharon Corbett
Admissions

Admissions



You Are Invited to

Grand Opening

Brigadoon Wing

10am Wednesday 13th November 2024
Morning Tea and Tour

Join us for the grand unveiling of a new model
of aged care for the region.
Experience the unique 'house-model', a sanctuary of
relaxation and luxury in the heart of Maclean.

Please RSVP for catering purposes by
8th November - call 02 6645 2966

Mareeba Aged Care
6 Rannoch Avenue, Maclean NSW 2463



Fee Increase

As you may have noticed the Basic daily fee has increased.

Everyone pays a basic daily fee. This fee helps pay for your day-to-day services such as meals, cleaning, facilities management, and laundry.

You pay this fee directly to your aged care home, generally on a fortnightly or monthly basis. The fee applies for every day you are a resident, including days when you might be away overnight—for example, on holiday or in hospital.

The basic daily fee is set at 85% of the single person rate of the basic age pension. The government updates it on 20 March and 20 September each year in line with increases to the age pension. Prices are published on the Department of Health and Aged Care website.

Based on current rates, the maximum basic daily fee is \$63.57 per day, or \$23,203.05 per year.



Australian Government

Department of Health and Aged Care

Dear residential aged care providers,

We are aware of scammers who are targeting older people, their carers, and their families by impersonating aged care providers. Some scammers have been stealing Refundable Accommodation Deposit (RAD) payments from them.

Please ask your residents and their families to be cautious of unfamiliar emails, texts, or phone calls. They may contact you to confirm bank details before making payments or to verify that a request was legitimate.

The following information will also help them protect themselves from scams:

- They should always stop and check the person contacting them is legitimate before clicking on links, sharing personal details, or sending money.
- If they're unsure, they should call you using contact details from your official website.
- If something feels wrong, they should stop the transaction or conversation immediately.
- If they think they've been scammed, they should act quickly. Report the scam to local police and their bank immediately.

If you become aware that a resident or their family have been scammed, you should encourage them to report the scam to local police, ScamWatch, and ReportCyber. Reporting scams will help increase awareness and prevent future scams.

You can also direct residents and their families to the My Aged Care website for further information about spotting, avoiding and reporting scams.

Kind regards

Department of Health and Aged Care

Dedication for Rae

In memoriam of our colleague Rae, her family have generously donated this beautiful seat for staff and residents to relax in the tranquil Fairweather garden.

Presented to our Mareeba Family by Executive Manager Pattie Iredale on behalf of Rae's family, we are sure that there will be plenty of memories of our loved Rae as we relax in such a peaceful setting.

The ceremony was catered by Tasty Bites and Sweet Delights and the delicious food was enjoyed by all.



Is Crochet Good For Your Brain

By Tom Kellot Posted on February 20, 2024 Updated on February 9, 2024

Did you know that crochet, the art of creating fabric using a hook and yarn, offers more than just a creative outlet? It turns out that crocheting can have significant benefits for your brain. From reducing stress and anxiety to enhancing focus and concentration, crochet has shown potential in improving cognitive, mental, and emotional well-being. Let's explore the fascinating world of crochet and its impact on brain health and wellness.

Key Takeaways:

- Crochet can reduce stress and anxiety levels.
- Engaging in crochet can alleviate symptoms of depression.
- Regular crochet practice can improve focus and concentration.
- Crocheting stimulates memory function and fosters creativity.
- Crochet may help prevent or slow cognitive decline.

Reducing Stress and Anxiety Through Crochet

When it comes to finding relaxation and calm in a busy world, crochet can be a soothing activity that helps reduce stress and anxiety. The repetitive motions of crochet can induce a meditative state, allowing the mind to temporarily let go of worries and concerns. As the hook and yarn work together, the body and mind synchronize, creating a sense of peace and tranquility.

Crochet can be seen as a form of meditation, providing an opportunity to focus on the present moment and calm the mind. Just like in traditional meditation practices, the rhythmic movements of crochet can help slow down racing thoughts and bring a sense of mindfulness. By immersing oneself in the flow of the yarn and the steady hook, the mind becomes centered and more present.

Engaging in crochet as a relaxing activity has been shown to have significant stress-relieving effects. It offers a break from the constant noise and stimulation of everyday life, providing a sanctuary of quiet contemplation. Crocheting allows individuals to slow down, breathe deeply, and find solace in the simplicity and rhythm of the craft.

For those experiencing stress and anxiety, crochet can provide a moment of respite and a chance to recharge. By focusing on the gentle movements of the hook and the softness of the yarn, worries can momentarily fade into the background. Crochet becomes a pathway to a calmer state of being, offering comfort and relief from the pressures of daily life.

So the next time you feel overwhelmed or in need of relaxation, consider picking up a crochet hook and indulging in this therapeutic craft. Let the gentle rhythm of crochet guide you to a place of tranquility, free from stress and anxiety.

Benefits of Crochet for Stress Relief	How Crochet Helps Reduce Anxiety
1. Induces a meditative state	1. Brings mindfulness and present moment awareness
2. Provides a break from everyday noise	2. Offers solace and quiet contemplation
3. Allows for relaxation and recharging	3. Fades worries into the background

Benefits of Crochet for Focus and Concentration	Explanation
Improved attention span	Regular crochet practice can enhance your ability to stay focused for longer periods.
Enhanced cognitive abilities	The act of counting stitches and following patterns stimulates the mind, boosting concentration skills.
Resisting distractions	Engaging in crochet helps train your brain to remain attentive and resist outside distractions.
Mental exercise	Crocheting is an effective way to exercise your brain and improve cognitive functions related to focus and concentration.



HEAD + BODY Use light grey yarn. Rd.1 - magic ring with 6 SC [6] Rd.2 - INC in each stitch [12] Rd. 3 - SC in the first stitch, INC,, repeat around [18] Rd. 4 - SC in the first 2 stitches, INC,, repeat around [24] Change to light grey Rd. 5 - SC in the first 3 stitches, INC,, repeat around [30] Rd.6 - SC around [30] Rd.7- SC in the first 4 stitches, INC,, repeat around [36] Rd.8 - SC around [36] Rd.9- SC in the first 5 stitches, INC,, repeat around [42] Rd.10-14 - SC around [42] Rd. 15 - SC in the first 5 stitches, DEC, repeat around [36] Rd.16 - SC in the first 4 stitches, DEC, repeat around [30] Rd. 17 - SC in the first 3 stitches, DEC, repeat around [24] Insert eyes between 10-11 row, 9 stitches apart Rd.18 - SC in the first 2 stitches, DEC, repeat around [18] Rd.19 - SC in the first stitch, DEC, repeat around [12]

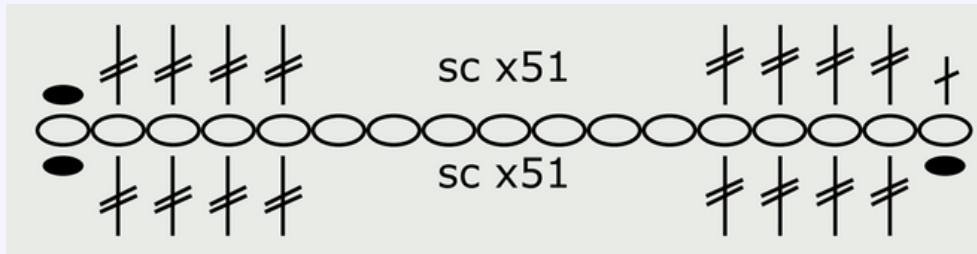
Change to pink Rd.21 - SC, INC, repeat around [18] Rd.22 - SC x2, INC, repeat around [24] Rd.23 - SC x7, INC, repeat around [27] Rd.24 - SC x8, INC, repeat around [30] Rd.25 - SC x9, INC, repeat around [33] Rd.26 - SC x10, INC, repeat around [36] Rd.27-32 - SC around [36] Rd.33 - SC x4, DEC, repeat around [30] Rd.34 - SC x3, DEC, repeat around [24] Rd.35 - SC x2, DEC, repeat around [18] Rd.36 - SC, DEC, repeat around [12] Rd.37 - DEC around [6] fasten off and hide the tail Now You're working on a skirt. Attach pink yarn to a third pink row counting from the bottom, as shown in the picture below

SKIRT Rd.1 - SC around [36] Rd.2 - SC, INC , repeat around [53] Rd.3 - INC around [106] Rd.4-5 - SC around [106] **LEGS** Start with white yarn Chain 3, start in the second chain from the hook. You'll be working in spirals around the chain Rd.1 - INC in the first stitch, 4 SC in the next stitch, INC [8] Rd.2 - INC in each stitch [16] Rd.3-4 - SC around [16] Rd.5 - SC x6, DEC x 2, SC x6 [14] Rd.6 - SC x5, DEC, SC x5 [12] Rd.7 - SC x4, DEC x2, SC x4 [10] Rd.8 - SC around [10] Change to light beige Rd.9-18- SC around [10]

EARS Use light grey yarn. Rd.1 - magic ring with 6 SC [6] Rd.2 - INC in each stitch [12] Rd. 3 - SC in the first stitch, INC,, repeat around [18] Rd. 4-10 - SC around [18] Rd.11 - SC x7, DEC, repeat around [16] Rd.12-13 - SC around [16] Rd.14 - SC x6, DEC, repeat around [14] Rd.15-16 - SC around [14] Rd.17 - SC x5, DEC, repeat around [12] Rd.18-22 - SC around [12] end with a slip stitch **ARMS** Rd.1 - magic ring with 6 SC [6] Rd.2 - SC x2, INC, repeat around [8] Rd.3 - SC x3, INC, repeat around [10] Rd.4 - SC around [10] Rd.5 - SC x3, DEC, repeat around [8] Rd.6-8 - SC around [8] Change to light grey Rd.9-14 - SC around [8]



HEADBAND Use light yellow Chain 62, start in the second chain from the hook, You'll be working in spiral around the chain Rd.1 - SC, DC x4, SC x51, DC x4, slip stitch, now You're working at the other side of the chain DC x4, SC x51, DC x4, slip stitch



FACE FEATURES Create a little blush on the cheeks with 2 stitches wide pink line. Crochet snout Use white yarn. Rd.1 - magic ring with 6 SC [6] Rd.2 - INC in each stitch [12] Sew it between the eyes, one row below them Sew the face features in the snout with 1 stitch wide black vertical and horizontal line Add brows and lashes as shown at the picture Make sure the brows are a little diagonally placed Add a little white lines under the eyes for a more realistic look

ASSEMBLING BODY Sew legs to the body - right under the last pink row 12 stitches apart Sew the arms right above the legs, under the first pink row, 3 stitches apart from the eye Sew ears to the head - two rows above the eye, 7 stitches apart Place headband around the head, under the ears.



Sponsorship

Sponsorship

Mareeba Aged Care are proud Sponsors of the Maclean Ladies Golf Open Day. It was a fantastic tournament with over 100 keen golfers on the Monday and Tuesday.



October is Breast Cancer Awareness Month

Mareeba Aged Care held a morning tea on Wednesday 16 October, for residents and staff, to raise funds for the McGrath Foundation. We are proud to have raised over \$250 for breast cancer nurses.

We are also running a 100 club for Breast Cancer. \$2 per ticket. Please see reception to purchase.

Thank you for supporting this great cause.

All money raised will be donated on behalf of
Mareeba Aged Care

Ukelele Jam



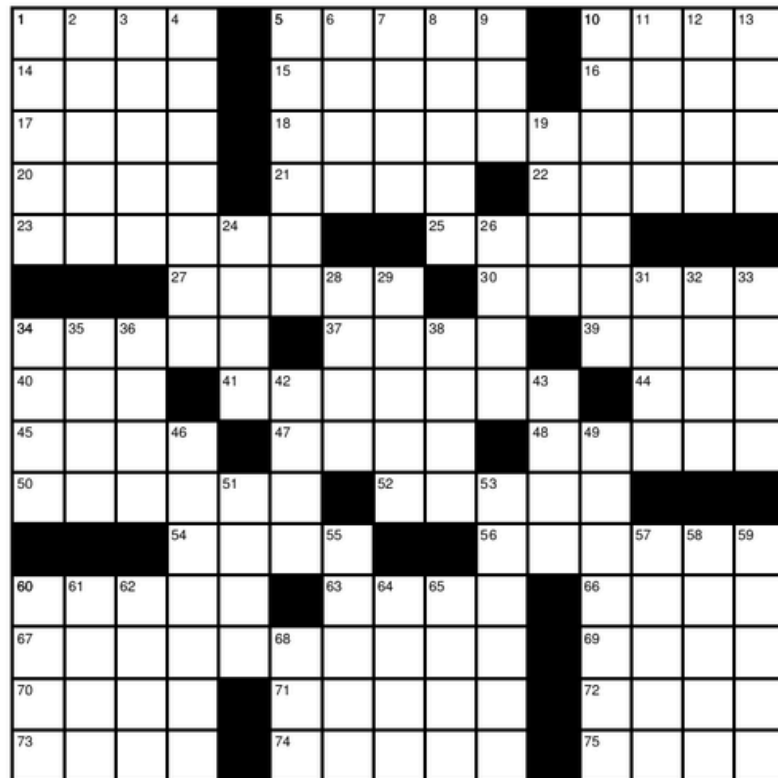
Puzzle Page

Round the World

Robert Stockton

ACROSS

1. It's green in your garden?
5. Fit
10. Part of a Hawaiian feast?
14. "___ Plata," Montana motto
15. Swung like a sail
16. Spanish nuts?
17. Kitty Litter tycoon Edward
18. Karmic Sitcom set in Camden County
20. Put on a throne
21. Poses
22. Trouble
23. Famous musical trio
25. Part of a Hawaiian feast
27. Greens from the garden
30. Says without sound
34. 1986 Janet Jackson gold record
37. Gold records, e.g.
39. Spree
40. Word with blond or wood
41. "The Honeymooners" duration as a TV series
44. Deli selection
45. The fellow in front of the keyboard
47. Trans-Siberian Railroad stop
48. Award earned by 50 across for "Milk"
50. See 48 across
52. Follower of Kafka?
54. Matches or catches
56. Reveal
60. Zulu or Xhosa
63. Opening for Romeo
66. Wells' Weena, for one
67. Nurture the next generation



© 2009

69. Google heading
 70. Fleming and Thorpe
 71. Amber alternative
 72. "Under Siege" star
 73. He and she
 74. Fashion
 75. The last word of the year, perhaps
- DOWN**
1. Pierced
 2. Maine college town
 3. Pitiful source for a silk purse
 4. It checks whether you look right
 5. Deliveries protected by the Federal Gov.
 6. Some mattresses
 7. Place for a mattress
 8. Superlatively slight
 9. Home of N. Amer.'s largest mall
 10. Begin an elopement
 11. Sit for a fake photo?
 12. Part of a plot
 13. Shed
 19. Prefix with vision or pop
 24. Deli choice
 26. Childish retort
 28. Lecturer's sound
 29. Malady
 31. Iron age adornment
 32. Georgetown player
 33. Pun follower
 34. Result of rocking and rolling
 35. AARP part
 36. George's great big peanut-loving poochie
 38. Lecturer's sounds?
 42. Bar ___
 43. Part of speech for 43 down
 46. Has a great mattress?
 49. Famous waterways hidden within this puzzle
 51. 62 down, in Dijon
 53. Veep famous slipping on a potatoe?
 55. Neighbor of Fiji
 57. Poem of lament
 58. James T. Kirk, for one
 59. Two-ply cotton thread
 60. Lad from Liverpool
 61. How you might spell relief
 62. Yellow-striped billiards ball
 64. "Rocky Horror Picture Show" icon
 65. Digs for 60 down
 68. A fifth of "Hamlet"

		1				2		
	3						4	
5				3				6
			1		7			
	4						8	
			9		2			
3								8
	6			5			3	
		2				7		

		2	7	8				3
					9	8		1
4					3		7	
9		5			8			
				7				
			5			4		8
	6		4					7
3		9	8					
8				3	1	6		

15-minute pan-fried gnocchi boscaiola



Ingredients (11)

- 1 tbsp extra virgin olive oil
- 3 middle bacon rashers, chopped
- 250g cup mushrooms, sliced
- 3 green onions, chopped
- 2 garlic cloves, crushed
- 500g fresh potato **gnocchi**
- 1 cup frozen baby peas
- 1 bunch asparagus, trimmed, cut into 5cm lengths
- 1/3 cup light thickened cream for cooking
- 1/3 cup finely grated parmesan, plus extra to serve
- 120g baby spinach leaves, plus extra to serve

i Allergens

Recipe may contain gluten, wheat, milk and lactose.

Method

Step 1

Bring a large saucepan of water to the boil over high heat.

Step 2

Meanwhile, heat oil in a large frying pan over medium-high heat. Cook bacon, stirring, for 2 minutes. Add mushroom. Cook, stirring for 3 minutes or until golden. Add onion and garlic. Cook, stirring for 2 minutes. Transfer to a large bowl. Return pan to heat.

Step 3

Cook gnocchi in boiling water for 2 minutes or until gnocchi float to the surface of water. Using a slotted spoon, carefully transfer gnocchi to frying pan. Cook, shaking pan occasionally, for 3 to 4 minutes or until

Step 4

Return bacon mixture to pan with peas and asparagus. Toss to combine. Add cream, parmesan and spinach. Season with salt and pepper. Cook, tossing, for 2 minutes or until spinach is wilted and sauce is heated through. Serve topped with extra spinach and parmesan.