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WE ALSO
TALK
ABOUT:**

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Mareeba Aged Care Newsletter

Welcome to Our Summer Edition!

As the summer sun shines brightly, we are delighted to bring you the latest edition of our newsletter. This season is all about enjoying the warmth, embracing new activities, and creating wonderful memories together. In this issue, you'll find exciting updates on our upcoming events, health tips to stay cool and hydrated, and heartwarming stories from our community.

We hope you enjoy reading about the vibrant life here at Mareeba Aged Care. Let's make this summer a season to remember!



A very

*Happy
Birthday!*

**to all our
residents that
have birthdays
in December,
January and
February.**



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

Carolyn Hale
Interim
Executive
Manager



“Pattie Iredale ceased work with us on Tuesday 28th January 2025 and we wish her well with her future endeavours. The Executive Manager position will be filled in due course but in the interim we have appointed Carolyn Hale to provide us with locum services from Wednesday 5th February. Carolyn brings a wealth of experience to the role and will be on site usually three days per week or otherwise remotely. Carolyn will be ably assisted by Peta Bowring our Clinical Care Manager

Peta Bowring Clinical Care Manager



Hi all and welcome to 2025.

I hope everyone has had a wonderful Christmas and new year period and for those who were lucky enough to have some time off, I hope you have returned refreshed and ready for another big one.

I'd like to take this opportunity to thank the wonderful and dedicated staff at Mareeba for the hard work they do. I am personally thankful for you all. Your attention to detail and your compassion and empathy toward our residents are the reason for our good name and reputation in the valley and without you all there would be no Mareeba.

I know this is going to be another big year, for me there is an endless number of tasks to attend. One of my main focuses for the beginning of this year will be looking at vaccinations. Covid-19 boosters continue to be important and are still recommended currently. We will be working toward an in-house clinic for those who want to participate early in the first quarter. We will also be looking at those residents who qualify for the Shingles (Herpes Zoster) vaccination which is now a course consisting of two vaccinations of Shingrix 2-6 months apart. This will be offered to all residents

- 65 years of age and over
- Aboriginal and Torres Strait Islanders who are over 50 years of age

Who have not previously had these vaccinations or have not received a free Zostavax under the National Immunization Program (NIP) in the last 5 years. I will continue to encourage people to reach out if they have any concerns in the new year. My advice would be to tackle things head on so please don't hesitate to pop by my office if you have a concern. Often a solution can be found by just talking your concerns through.



Important Date or Events

What: Australia Day Activities
St Valentine's Day Activities
St Patrick's Day Activities

Kay Bruchert Leisure & Lifestyle



Well, the residents have had a great warm up to Christmas with their family and friends with our in-house Christmas Party which had wonderful food from our kitchen and entertainment from Brendon Rose.

A big thank you to L& L staff and Karina in the kitchen for the great decorations and the amazing food.

Many of the residents got to spend time away with family and friends on Christmas day and the feedback from the residents was great.

Now the New Year is here we will be continuing to keep the residents busy through the year.

We have new entertainers coming in this year and the day care school coming, Walla Walla Bing Bang, will visit throughout the holidays.

Up and coming theme days - Australia Day Celebration, Valentine's Day, plus before you know it St' Patrick's Day.

In February we will start up our monthly shopping trips and other outings.

This just the start of what's coming up.





Binoj Kocheri Sasi Head Chef



We are thrilled to welcome Binoj to our aged care community as our new chef. With a passion for creating delicious and nutritious meals, Binoj brings a wealth of experience and a commitment to enhancing the dining experience for all our residents. Binoj has worked internationally with many different cuisines. We are confident he will make a positive impact on our community and contribute to the well-being and happiness of our residents. Please join us in giving him a warm welcome.

Madonna Hodge Team Leader of Laundry/Cleaning



We are delighted to announce the promotion of Madonna Hodge to the position of Team Leader of Laundry/Cleaning. Madonna has been an invaluable member of our team for eight years, consistently demonstrating dedication, hard work, and a positive attitude. Please join us in congratulating Madonna on this well-deserved promotion. We look forward to seeing her thrive in this new role and continue to make a significant impact on our organization.

Sharon Corbett

Admissions

Admissions

We are delighted to welcome our new Residents to our community. Our team is here to support you and ensure you feel at home. We look forward to getting to know you and making your stay with us as comfortable and enjoyable as possible. If you have any questions or need assistance, please don't hesitate to reach out to any of our staff members. We're here to help!

As part of our ongoing efforts to ensure the best care for our residents, we kindly request that you provide us with updated copies of medicare and pension cards. Having the most current information on file helps us to manage medical appointments and any other necessary services efficiently. Please feel free to email the updated copies to office@mareebaagedcare.com.au or bring them to the front desk at your earliest convenience. Thank you for your cooperation and support.

Have you checked if your loved one is enrolled to vote in the upcoming federal election? It's important to make sure everything is up to date so you can have your say! Please see the Leisure and Lifestyle team if you think your family member needs to lodge an exemption and they will give you an exemption form.

We are thrilled to have Steph and Louise join our team in Admin. Your skills and experience will be a valuable addition to our organization, and we look forward to working with you. Please feel free to reach out to any of us if you have questions or need assistance as you settle in. We're here to support you and ensure you have a smooth transition into your new role. Welcome aboard!



Brigadoon Renovations



Letters of Love:

The Positive Impact of Sending and Receiving Cards for Seniors

As we age, we often experience limitations that prevent us from enjoying the activities we once did. For seniors aged 55 and over who have limited mobility, it can be difficult to get out and socialize with others. However, there is one simple solution that can have a positive impact on their mental and emotional well-being: sending and receiving letters and cards.

For seniors who are not able to leave their homes due to mobility issues, receiving letters and cards can provide a much-needed connection to the outside world. It gives them a way to stay in touch with family members and friends, and it can also be a source of entertainment and stimulation.

One of the benefits of sending and receiving letters and cards is that it can help combat loneliness and social isolation. Seniors who are unable to attend social events and gatherings may feel isolated and alone, but receiving a card or letter from a loved one can provide a sense of connection and belonging. It reminds them that they are not forgotten and that they are still loved and valued.

Another benefit of sending and receiving letters and cards is that it can provide a sense of purpose and meaning. Seniors who have limited mobility may feel like they have lost their sense of purpose, especially if they were once very active and involved in their community. However, writing letters and cards gives them a sense of accomplishment and can help them feel like they are still contributing to society.

In addition, receiving letters and cards can also provide a source of entertainment and intellectual stimulation. Reading and writing letters exercises the brain and can help keep seniors mentally sharp. It can also be a fun and enjoyable activity, especially if they receive letters and cards from different people with different perspectives and stories to share.



Side-Hustles to Improve Retirement Income

No matter how financially ready you may be for your retirement there is always a small part of you that wants to strengthen your financial security, or things may have changed and you need to supplement the income you are getting in retirement.

However, even if it was possible you may not want to go back into full-time work, so what do you do? Here are some ideas that do not require a full-time commitment and can still provide a significant addition to your income.

Freelance Writing and Editing

Freelance writing jobs are extremely popular among all age groups today– all thanks to the technology that allows it. Whether you wish to write a novel, e-books, blog posts, articles or copywriting, there are plenty of companies that are looking for freelance writers.

An interesting development is that companies are now looking for people who can write from real-life experiences and tell a ‘story’, rather than provide researched pieces. This gives an edge to older writers who have a lot of life experience under their belts.

You can also choose to pick editing projects online if you are comfortable with grammar and accuracy and adding the “wow” factor where it is missing.

Ghostwriting is another popular form of freelance writing that allows you to make some extra money for your monthly expenditures and allows you the flexibility you wish to have in your retirement phase, especially if you have deep expertise in a particular area.

Translation

If you are fluent in any language apart from English, translation jobs are a lucrative side-hustle for you. These jobs are in high demand across the world and many organisations and companies are looking out for translators and interpreters who can work as freelancers. These gigs are flexible and offer good pay while keeping you busy in your free time post-retirement.

Rideshare

Rideshare is a very popular side hustle. It allows flexible timings, offers good pay and lets you work with different kinds of people. If you are looking for a job with these benefits, check up on various rideshare companies in your city.

Source: Australian Over 50s Living & Lifestyle Guide

Pet Sitting

Love animals? Well, this side-hustle is for you! Pet-sitting is becoming increasingly popular and in high demand. Pet-sitting involves you to take care of the pet either at your home or the owner's home. This side-hustle allows you the flexibility you seek in your retirement phase. If you wish to earn more money, you can also choose to dog-walk along with pet sitting. Pick the service based on your lifestyle and energy levels. You should note that the demand for pet sitting is seasonal and also virtually disappears if your city is in lockdown and owners are at home, looking after their own pets.

Tutoring, Coaching, and Mentoring

One does not need to have a teaching background to become a coach or tutor. The field of tutoring and coaching has been buzzing with people wanting to learn different things— from routine academics to life coaching, the world is your oyster here. All you need is to be well-versed in a field or subject and have the ability to break it down into easier parts to allow others to learn.

Apart from coaching, you can also choose to mentor students and professionals on certain subjects that you are an expert on. For example, if you are a fitness enthusiast, you can become a fitness and wellness coach for corporates in your city. Alternatively, if you have a corporate background, then you can mentor your younger counterparts to excel in their careers.

Coaches, tutors and mentors may appear to be similar but are different. To become a coach or tutor, you need to have the required skill or education. However, to become a mentor, you need to work with your experience and help your mentees find their solutions.

Consulting

Most new-age retirees the world over prefer to take up flexible consulting jobs post their retirement. This side-hustle allows them to have flexible times and use their knowledge and expertise in specific domains to make some extra money. This is extremely fulfilling and also very popular in the 50+ age group.

As a matter of interest, the hourly rate for consulting is likely to be much higher than the rate for a full-time employee.

Baking, Cooking, and Selling

If you have always found baking or cooking as your go-to comfort, it may be a good time to turn it into a side-hustle business venture.

Baking or cooking and selling your baked goods and delicious recipes is a very lucrative side-hustle. You could take party orders, home deliver, set up your own stall at local fairs or supply to local retailers such as patisseries or delicatessens.

For this venture, however, always be aware that there will be food preparation health and safety regulations you must comply with.

Local Tour Guide

If you live in a city popular for its tourist attraction or considered to be a holiday destination, you could use your time and knowledge about your city to become a tour guide in your free time. There are multiple websites and apps where you can sign up or set up your own social media page and begin offering your services independently. Portals like Airbnb allow individuals to offer fun experiences for tourists too.

Freelance Photographer

If you love photography or have been good at it for some time, freelance photography is your kind of side-hustle. All you need to do is put your skill to use with children's or pet photography at parties or events like weddings. You can choose pay per hour gigs or charge per event.

You can also upload photographs clicked by you on stock image websites where people can buy your photographs for a certain rate. This side-hustle is great for retirees who are looking for flexible jobs to make some extra money for their expenses.

Mystery Shopper

Does getting paid to shop sound exciting to you? Well, that's a legit side-hustle that you can sign up for! Mystery shoppers get paid to shop and give feedback on their shopping experience. Their feedback helps companies improve their sales teams. Although in the beginning, mystery shoppers don't get high pay, the longer you are in it, the more you can make from this flexible job. Also, isn't shopping a fun enough reason to head out and make some money?!

When you are looking up the right side-hustle for you, always remember to take all important factors like your physical health, time availability and prior commitments into account. Happy Side-Hustling!

Source: Australian Over 50s Living & Lifestyle Guide

Sponsorship

Sponsorship

Mareeba Aged Care is a proud sponsor of the Yamba Nippers. Our residents were invited to attend morning tea and observe the children participating. Afterwards the residents had a lovely lunch and the Yamba Sports and Leisure Club.





Now that the summer months are here, it's time to remember to protect our skin from the sun by remembering to follow the Cancer Council guidelines.

If your loved one is part of our Mareeba Family and they like to go for walks or bus trips, could you please ensure they have a hat, sunglasses and some sunscreen.

For the best protection, use all five SunSmart steps:

1. Slip on covering clothing

Choose clothing that covers as much skin as possible, for example, collared shirts with long sleeves. Some clothing may carry an ultraviolet protection factor (UPF), which is a guarantee of how much UV protection a fabric provides.

2. Slop on SPF 50 or SPF50+, broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen to clean, dry skin at least 20 minutes before you go outside. The average-sized adult will need a teaspoon of sunscreen for their head and neck, each limb and the front and back of the body. That's about seven teaspoons (35mL) for a full body application. Reapply sunscreen every two hours or after swimming or excessive sweating.

Remember, sunscreen is not a suit of armour and should be used with other sun protection measures.

3. Slap on a hat

Choose, a broad-brimmed, legionnaire or bucket style hat which shades your face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide enough protection.

4. Seek shade

Use trees, built shade structures, or bring your own (such as a sunshade tent)! Shade reduces UV radiation, but it can still reach you via reflection, so make sure you use shade in combination with other sun protection measures.

5. Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours. Choose close-fitting wraparound sunglasses that meet the Australian Standard AS/NSZ 1067.

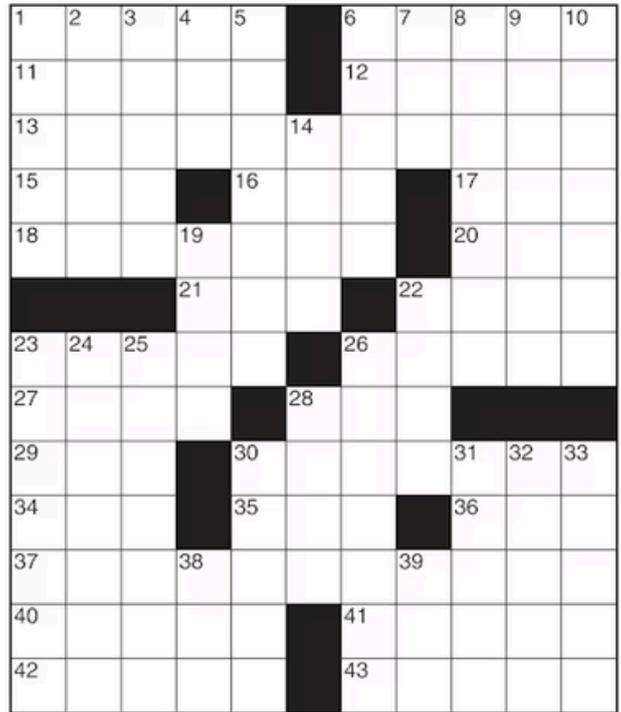
Puzzle Page

- ACROSS
- 1 Cass and Michelle
 - 6 Vegas action
 - 11 Washington neighbor
 - 12 "What's in ___?"
 - 13 Pluto's place
 - 15 Before, to bards
 - 16 Cargo unit
 - 17 Historic time
 - 18 Fix a masterpiece
 - 20 Impair
 - 21 Tint
 - 22 Columbo
 - 23 "The Fifer" painter
 - 26 Looks after
 - 27 Black
 - 28 Cherry center
 - 29 Whale school
 - 30 Regan's sister
 - 34 Boxing great

- 35 Fitting
 - 36 Fury
 - 37 West Point procedure
 - 40 Clumsy
 - 41 Harpsichord's kin
 - 42 Saw things?
 - 43 German industrial city
- DOWN
- 1 Scrooge, for one
 - 2 Idolize
 - 3 Bulls and bucks
 - 4 "That's it!"
 - 5 Make sense of
 - 6 "The Duke"
 - 7 Solution: Abbr.
 - 8 St. Peter, for one
 - 9 May stone
 - 10 Comments

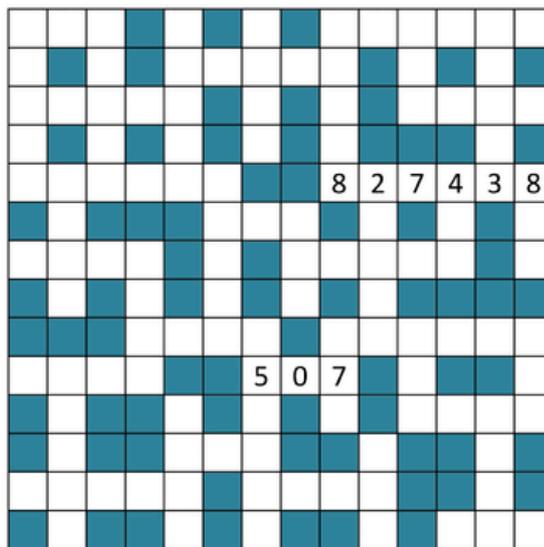
- 14 Ticked off
- 19 Subsequently
- 22 Fancy party
- 23 #1 record, e.g.
- 24 Marine snail
- 25 Oscar hopeful
- 26 Old photo
- 28 Boston players
- 30 Singer Brooks
- 31 Moreno and Hayworth
- 32 Singer Cara
- 33 Tea additive
- 38 Choose
- 39 Bro's kin

18



ANSWER PAGE 250

Work out which of the numbers goes in each space in the puzzle below. One of the numbers has been done for you.



3 DIGITS		4 DIGITS		5 DIGITS		6 DIGITS
182	620	2598	7481	23471	46128	152694
308	621	2965	7615	24963	52733	160952
374	729	3299	8945	25974	53875	347316
455	766	5071	9278	27048	84130	827438
482	824	5479	9420	32471	87526	914752
493	906	6391		34623	93428	
507						

Card Games

E	P	I	Q	U	E	T	Z	B	R	I	D	G	E
M	R	W	H	I	S	T	I	P	S	F	B	B	L
H	A	H	E	A	R	T	S	G	O	F	I	S	H
R	K	C	C	E	S	K	A	T	S	A	N	A	C
W	P	N	N	U	E	P	O	K	E	R	D	R	O
A	Y	A	F	R	E	E	C	E	L	L	I	S	N
T	R	T	T	A	R	A	C	C	A	B	A	E	I
T	A	N	K	I	J	U	A	Y	B	L	M	D	P
E	M	A	W	P	E	S	M	A	L	I	D	A	K
N	I	F	A	A	I	N	G	M	A	T	L	P	O
L	D	L	B	N	Q	E	C	S	Y	Z	O	S	O
V	S	F	O	S	O	H	H	E	L	L	O	P	R

BACCARAT
BLITZ
BRIDGE
CANASTA
CASINO
CRIBBAGE
EUCHRE
FAN TAN
FREE CELL
GO FISH

HEARTS
MAO
NERTZ
OH HELL
OLD MAID
PATIENCE
PINOCHLE
PIQUET
POKER
PYRAMID

ROOK
RUMMY
SKAT
SLAP JACK
SNAP
SPADES
SPIT
WAR
WATTEN
WHIST

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

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

Desert Lime and Sea Rosemary Macadamia Cake

Serves 8 - 10

Prep Time: 10 minutes

Cooking Time: 1 hour

Ingredients:

4 free-range eggs
165g caster sugar
180ml macadamia oil
2 tablespoons finely chopped sea rosemary
100g desert limes, finely chopped
255g self-raising flour
1/2 teaspoon Murray River pink salt

For the icing:

120g icing sugar, sifted
60g butter, chilled and grated
60ml lemon myrtle infused olive oil (or macadamia oil)
Desert limes and sea rosemary, to garnish

Note: If you want a thicker layer of icing over the cake, double the icing recipe.

Method:

Preheat the oven to 160°C. Brush a 23cm cake tin lightly with oil.

In a large bowl, beat the eggs for 30 seconds with an electric mixer. Add the sugar and beat until the mix is foamy, pale and increased in volume. While the mixer is still running, slowly drizzle in the macadamia oil until mixed in. Stir in the rosemary and lime.

In a separate bowl, sift the flour and stir in the salt. Using a low speed, mix the dry ingredients into the egg mix. Mix until combined.

Pour the batter into the tin and bake for 50 minutes, or until golden brown and a skewer inserted into the middle comes out clean. Allow to cool for 10 minutes in the tin, then turn out onto a wire rack to cool completely.

To make the icing:

Mix the icing sugar with the butter and oil to form a soft icing. Spread evenly over the cake. Decorate with sprigs of sea rosemary and limes.



Recipe courteously from:
<https://warndu.com/blogs/recipes>
By: Samantha Vercoe