Female friendship has never been more powerful

#girlsnightin

Creamy Chicken and Asparagus Bake

Ingredients (Serves 4)
- 350g Penne Rigate Pasta
- 1 tablespoon olive oil
- 2 single chicken breast fillets, sliced
- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 2 bunches asparagus, trimmed, cut into 5cm pieces
- 300g sour cream
- 1/2 cup (125ml) chicken liquid stock
- 1/2 cups grated tasty cheese
- 1/4 cup finely grated parmesan cheese

Method
1. Preheat oven to 180°C.
2. Cook pasta in a large pan of boiling salted water until tender but firm.
3. Heat oil in a large frying pan. Cook chicken, in 3 batches, until browned, and remove to a plate.
4. Add onion and garlic to same pan and cook, stirring for 3 minutes until onion is soft.
5. Return chicken to pan with asparagus, sour cream and stock, season with salt and pepper to taste, and mix well.
6. Add pasta, combine well.
7. Transfer to a 8-cup capacity oven-proof dish, and sprinkle with combined cheeses.
8. Bake in moderate oven for about 20 minutes or until heated through and golden brown.
9. Serve with a green salad if desired.

You are as worthy as the people you serve

As our esteemed Chief Executive Officer takes a long well-deserved break, I find myself reflecting on the importance of taking time for ourselves in this constantly connected and busy world. Too often we put ourselves and our own wellbeing towards the bottom of the priority list when we are constantly juggling our day-to-day responsibilities.

We all instinctively know that when we take time for ourselves to pursue our passions, do the things that we enjoy, relax or even do nothing at all, we end up happier, healthier and feeling better. "Me" time allows us to de-stress, unwind and rejuvenate. Taking time for yourself allows you to renew, heal, and create reserves of energy and peace.

So, why do we continue to put ourselves at the bottom of the list? Some say there is a sense of guilt when they put their own needs before those of others, or they feel being labelled as selfish and self-centred. Others simply feel they don’t have enough time to do so.

In reality, we have to build in self-care strategies to sustain the level of productivity today’s world demands. Remember, the more you give of yourself, the more you need to give to yourself.

Upcoming Dates
1-30 November 2017
NOVEMBER
3 November 2017
Capers 2017 Tamworth TRCCE
4 November 2017
Deepwater Scarcecrow and Wool Festival, Glen Innes
4 November 2017
Welcha Aero Club Fly-In and Open Day
4 November 2017
Warrumbungle Crooked Mountain Concert
7 November 2017
Melbourne Cup
10 November 2017
Nundle CWA Art Exhibition & Sale
11 November 2017
Eat Drink Live New England, Inverell
11 November 2017
PBR Tamworth Invitational
11-12 November 2017
New England Antique Machinery and Heavy Horse Field Days
14 November 2017
McLean Care Home and Community Girls Night In
How long might you need to wait for a Home Care Package?

If you have been assessed as eligible for a Home Care Package, you will receive a letter from My Aged Care that sets out the level of package you are approved to receive, and be placed in a national priority queue for Home Care Packages.

You will be contacted when a suitable package becomes available for you, but there is likely to be a wait between the time you are approved for care and the time you are assigned your package. The length of time you will need to wait will depend on the date you were approved for home care, as well as your needs and circumstances based on your assessment.

Currently you may expect the maximum wait to be more than 12 months for most people because of the demand for home care packages, however, depending on your individual situation, you may receive a home care package sooner than this.

If you have been approved for a home care package, you can find out how long your wait is likely to be by logging in to your client record using MyGov.

OR Call the My Aged Care contact centre on 1800 200 422

OR Call McLean Care® on 1300 791 660 for assistance.

Restricted access - for the good of all concerned

By August this year there was more influenza and gastroenteritis notifications recorded across Australia than in the last five years. We were not left unscathed at McLean Care®.

Throughout September, both of our facilities experienced very difficult outbreak situations. CWA house in Oakey was affected by Influenza A. Six residents became unwell, and the facility had to initiate a restricted access status for 11 days.

In Inverell, McLean Care® experienced its most significant gastroenteritis outbreak on record, with restricted access spanning over 3 weeks. During this time, 53 residents became acutely unwell, with confirmed Norovirus, and 28 members of our dedicated staff were also affected.

Thank you all so much for your understanding during these very challenging periods. We know it is such a difficult and isolating time for our residents and loved ones alike.

Restricted access processes are implemented because McLean Care® has obligations under legislation to notify local and state-based Public Health Units of two or more cases of gastroenteritis. Following this notification, specific processes are implemented to reduce the risk associated with an infectious disease outbreak to our residents, our staff, and our community.

Our priority is, and always will be, a holistic approach to resident health and wellbeing. Please be assured that every resource is provided to our residents during these difficult times to ensure they are comfortable and receiving the very highest levels of care in both of our facilities.

I’m not getting old, I’m just becoming a classic

1. A 1990 ad for jeans helped put which early 70s Steve Miller Band song to the top of the charts?
2. A car with the international registration letter E comes from where?
3. A caravan is a group of which animals?
4. A centaur was a mythical creature half way between a man and what?
5. According to the song, to where in Ireland is it a long way?
6. A corvus is what sort of animal?
7. A David Lean film was about a passage to which country?
8. About whom did Otto Preminger say, ‘Directing her was like directing Lassie. You need 14 takes to get one of them right’?
9. According to Napoleon, what does an army march on?
10. According to the Germans, who were the ‘Ladies from Hell’?

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Enriching experiences beyond all boundaries

Australian Legends of League come to Oakey

Almost 4000 spectators filled the Trevor Mickleborough Oval in Oakey on Saturday the 7th of October to witness the Legends of League spectacle, with an exhibition game between the Australians Legends of League and the Oakey Bears All Stars.

A few of our CWA House residents braved inclement weather, with the assistance of Madonna and a couple of trusty volunteers, to watch some of the football matches played on the day. Teams that played before the big match included Oakey Primary & St Monica’s, Oakey High & Goondiwindi High, the Ipswich Rock Wallabies & St George Beer/Bellys Masters, Natives Brisbane & The Dos Women, The Dos V Oakey Red Belly Blacks Mens, and Goondi/DHHS & Pacific Nation in Mens & Women. There was also some terrific footy by all the Under 8 Teams.

In the end, though, the weather was the main winner, with cold weather sending the residents back for a warm afternoon tea, but not before they got to enjoy the atmosphere and amazing support of the event by the Oakey community.

How did you spend your weekend to a month ago, my friend?

Vera enjoyed watching some of the younger players with their bell on the sidelines, and had a great time for a non-football fan, but the main ladies-match was enjoyed greatly by Lorna and Keith before their cold feet sent them home.

Other staff volunteering on the day included Cassandra and Alan, who both participate in Oakey Bears functions regularly, and Emily who made an appearance to check on the residents before heading out to party.

Stay IN TOUCH

Another great way to keep up with all of our McLean Care® happenings is to follow our social pages.

Each week we share with you lots of stories and photos on our wonderful clients, residents and staff and a general snapshot of what has been happening that week. Stay in touch with all the latest news and follow our McLean Care® social pages.

FACEBOOK
www.facebook.com/mcleancarehealthyrageeng/

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LINKEDIN
www.linkedin.com/company/mclean-care-ltd

#happydays (no entry or exit fees)