Raising funds for the care & enrichment of animals’ lives

Over the Easter period, our Tamworth Home and Community Care Office held a raffle to raise much-needed funds for the Tamworth RSPCA.

Mouths were watering apetly as we raffled off chocolates to raise a very tidy total of $126.60 for our local RSPCA. Here is one of our clients, Judy, presenting Brian from the RSPCA with the cheque, and of course we couldn’t go past some loving cuddles with Bruyn the German Shepherd and Harry the Rescue Cat.

Chickpea and Leek Soup

**Ingredients (Serves 4)**
- 1x medium potato, chopped
- 1x tablespoon olive oil
- 1x garlic clove, finely sliced
- 2x medium leeks
- 1x can (420g) canned chickpeas
- 2x cups vegetable or chicken stock
- 100 grams Ham, chopped
- ¼ cup parmesan cheese, grated

**Method**
1. Boil potato in a sauce pan until tender (5 – 10 minutes).
2. Remove the outer skin from the leeks, slice lengthways, carefully wash under the tap and finely slice.
3. Warm the olive oil in a thick-bottomed sauce pan. Add the garlic and leek, cook gently until the leek is tender and sweet.
4. Drain and rinse the canned chickpeas and drain the potato. Add both to the pan with the leeks and cook for one minute.
5. Add 1 ½ cups of the stock and simmer for 15 minutes.
6. If you enjoy a smooth soup, you can puree it now with a hand blender or you can leave it chunky and brothy.
7. Now add the chopped ham and the remaining ¼ cup of stock and return to a simmer.
8. Serve with the grated parmesan cheese to garnish and add salt and pepper if needed.

**Upcoming**

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<td>Campbell Park, Inverell</td>
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<td>12-15th July</td>
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<td>14-15th July</td>
<td>Hats off to Country Music</td>
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<td>Nundle, Barraba, Tamworth</td>
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<td>4th August</td>
<td>Met Opera “Cendrillon”</td>
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<td>Madame Butterfly – Puccini</td>
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<td>Armidale Art Gallery</td>
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<td>Inverell Pioneer Village</td>
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**VR Driving Simulator - one step closer to reality**

In June, Deakin University and McLean Care® hosted two Virtual Reality (VR) Recruitment days in Tamworth and Inverell. The two events showcased the latest ground-breaking VR technology, including car painting, pregnancy and deep-sea diving simulators.

The new partnership between McLean Care® and Deakin University’s School of Engineering is enabling the latest VR technology to be harnessed to create a driving simulator that will rapidly change the way older drivers maintain road skills, giving them the opportunity to assess their driving skills in a low-risk environment.

The simulator will not only measure reaction time and driving ability, but also monitor the participant’s heart rate. This information will help older people identify their suitability for continued driving on the road, all from within a relatively stress-free setting. The data they receive from the simulator is for the participants purpose only, and will only be used by Deakin University during the testing phases in order to further develop the technology. Once the simulator is complete, all participant information will be given to each participant at the conclusion of their use.

At the VR Recruitment day, older people were scouted to test out the latest technology. Currently there are 30 senior recruits, both male and female, aged between 65 and 84, ready to test out the new technology.

The first trial phrase will take place in the week of the 16th of July. At that point, the technology will only be 30% complete, and at the second trial the technology will be 60% complete. The trials enable Deakin University to complete product refinement.

Once the complete VR simulator technology is installed, the simulator will return to Inverell, to take its permanent home at the McLean Care® Residential Aged Care Facility.

**This Issue:**

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p.4 - Raising funds for the care & enrichment of animals’ lives
How to keep safe this Winter

Due to age-related disability, older people may be slower to identify a fire in their home, and almost 1 in 3 fire fatalities are of people aged over 65.

Fires can occur if people forget to turn off their stoves, leave heating or electrical appliances on, or fall asleep whilst smoking.

Being a high-risk group, it is important to look out for our senior community and keep them safe this winter.

To assist seniors, Fire NSW has compiled a checklist of fire safety tips, available on their website www.fire.nsw.gov.au

Some fire safety actions include: ensuring you have adequate smoke alarms, making an emergency escape plan, highlighting clear pathways and minimising trip hazards, ensuring locks on doors and windows have keys in an accessible place, never leaving cooking unattended, keeping heaters away from curtains, blankets, table cloths and bedding, and always handling open flames such as candles with care. Fire NSW recommends that seniors keep a fire extinguisher or fire blanket in their kitchen, in the case of an emergency.

Call your local fire service if you need assistance with any of these tasks, especially the installation and maintenance of fire alarms. They offer free services to older people within their community. Let’s Keep everyone safe this winter!

Fun and joy from a Home Care Package

Fun and joy are vital to our wellbeing at any age. Did you know that you can use your Home Care Package funding for more than just your basic needs?

Your HCP funds can be used for so many different activities and experiences. How about getting involved in activities that you used to love, or new ones that you’d love to try. Have a cuppa at your favourite café, catch the latest funnies at the flicks, or get in some retail therapy. What about a pet? Now there’s a truly joyful experience. Like to Skype your grandchildren? We can help you with all of these and more.

Call your McLean Care® Coordinator today to discuss what we can do to ensure you are getting the maximum benefit from your Home Care Package funding, and the greatest joy out of life.

What a perfect day for a garden party!

Over 600 community guests and residents were treated to glorious weather and spectacular views overlooking Gowrie Mountain, when they attended the annual Speed Family Garden Party at “Dalmeny” Oakey in May.

A highlight of this year’s event was the live performance by Hot Potato Band, whose infectious energy and classic New Orleans brass delighted the audience, capturing the atmosphere of the garden on Saturday afternoon. Patrons sang along, thoroughly enjoying the group’s renowned theatrical antics.

The Speed family have a multi-generational association with McLean Care® CWA House, which has been honoured to be the chosen community organisation to receive the proceeds from the Garden Party.

It’s great to see these strong historical community connections continuing into the future. What a great weekend, well done to everyone involved!