Reaccreditation at CWA House

The Australian Aged Care Quality Agency arrived in Oakey in November to undertake CWA House's FIRST reaccreditation site review. We are humbled by the community support and would like to share with you some of the feedback so far:

- 100% of care recipients feel safe, enjoy the food, feel the home is well run and feel our staff know how to care for them.
- Our staff are very helpful, knowledgeable and caring individuals.
- The CWA House documentation system is overwhelmingly comprehensive and is a demonstration of how the aged care future needs to look.

Words do not do justice of how proud we are of our Oakey team. A big thank you to our Facility Manager, Wendy Bryce, who has worked tirelessly. A very big shout out to Downs Rural Medical for your endless professional services for our residents.

And to all of our Oakey community, your feedback has been tremendous and a testament to the friendships we strive for in all of our communities.

Thank you for choosing us.

Upcoming DATES

Gyu Ya Lamb and Potato Festival
17th-28th January 2019
T: 02 6779 1922
Oakey QLD 4401
8 Prisk Street
Kolora
koloraadmin@mcleancare.org.au

Onward&Outward

The Perfect Pavlova!

Recipe courtesy of taste.com.au

Ingredients
- 6 egg whites, at room temperature
- 1 1/2 cups (330g) caster sugar
- 2 teaspoons white vinegar
- 1 tablespoon cornflour
- 300ml thickened cream
- 1 tablespoon icing sugar
- 1 teaspoon vanilla essence
- 1 mango, thinly sliced
- 1/4 cup pineapple, thinly sliced
- 1/2 x 170g passionfruit pulp
- 1 tablespoon baby mint leaves

Method
1. Preheat oven to 120°C. Line a baking tray with baking paper and draw a 20cm disc onto the paper. Turn the paper over so the drawn disc is underneath. Use an electric mixer to whisk the egg whites in a clean, dry bowl until soft peaks form. Ensure bowl is clean, as any fat or spot of egg yolk can prevent egg whites from fluffing up.

2. Gradually add the sugar, 1tbs at a time, beating well after each addition, until the meringue is thick and glossy and the sugar is completely dissolved. Rub a little between your fingers – if the mixture is still grainy, continue whisking until sugar dissolves. Add the vinegar and cornflour and gently fold to combine.

3. Spoon meringue onto tray. Use a spatula to shape into a disc, using the circle as a guide. Bake for 1.5 hours or until dry to touch. Turn off oven, leave door ajar and allow to cool completely – this stops the pavlova cracking. Use an electric mixer to whisk the cream, icing sugar and vanilla until soft peaks form. Spoon onto pav. Top with fruit and mint.
Celebrating our grandparents

At the end of last year, our Residential Care facilities hosted their very own Grandparents days! These events are proving to be bigger than Christmas and certainly loved by all residents and staff.

Our Killean residents, grandchildren and family enjoyed Christmas crafts, cookie making, ball games, and the photo booth which is always a massive hit with all age groups. We finished the day off with a sausage sizzle.

There was lots of chatter and laughter and many enquiries into what exciting things will be on offer for next year’s event.

Celebrating 10 years of service

Congratulations to our Care Coordinator / EEN Julie who has recently celebrated 10 years of service at McLean Care®.

Julie was presented with a certificate of service and gift voucher in recognition of this achievement. Julie commenced working with McLean Care® as a Home Care Employee and in 2012 commenced her studies to become an Endorsed Enrolled Nurse. These studies were successfully completed in 2014 and then Julie commenced her role as Care Coordinator / EEN.

Julie also completed a Diploma of Community Services Coordination in 2016. Julie enjoys spending time with her grandchildren and renovating houses during her spare time. Congratulations Julie. Julie is pictured with Community Care Manager Gail receiving her award.

My Health Record opt-out period has been extended

My Health Record was designed so you can keep track of your important health information all in one place. A My Health Record will be created for every Australian who wants one after 31 January 2019. It’s your choice. If you don’t want a record created for you, you still have time to opt-out.

The Minister for Health has announced that the opt-out period will be extended until 31 January 2019. The opt-out website www.myhealthrecord.gov.au and the Help line will be available until 31 January 2019.

You can also choose to register for a My Health Record or cancel at any time. For people who do not opt out, their My Health Record will be automatically created after 31 January 2019.

8 reasons to improve your sleeping habits.

• The number of people who can sleep 6 hours a night or less and show no signs of significantly reduced mental, physical and emotional impairment: zero!
• Great sleep is perhaps the quickest way to feel happier, sharper, energised and more focused and maybe even that little bit sexier!
• Our understanding of the importance of sleep is similar to where our understanding of the harmful effects of tobacco were 50 years ago.
• Just one night of 6 hours sleep or less has been shown to reduce the time you become exhausted by 30%.
• Sleep can improve your ability to learn physical movement associated with music and sport.
• Research shows when you under sleep you are likely to eat more calories and show a preference for processed food over fresh food. Poor sleep reduces the body’s ability to shed fat cells.
• Sleep improves your ability to tackle and solve complex problems and reduces tendency for procrastination.
• Peak muscle strength, top speed and standing jump height are all affected with just one night of poor sleep.