

Issue
80

Important Update on Support At Home

+ New Social Support Groups
+ Book Recommendations!

Murray Mallee

Magazine

Autumn 2026 Edition | FREE



About Us

Murray Mallee Aged Care Group was founded in 1994. Our vision is a brighter future for older South Australians through our quality services. This includes Home Care Packages, the Support at Home program and social activity programs across remote areas of the Murray Mallee and Riverland districts, as well as metropolitan Adelaide.

Publisher

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Feedback

We appreciate your feedback. Please email us at marketing@murraymallee.org.au to share your thoughts. Alternatively, you can mail PO Box 1315, Murray Bridge SA 5253.

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EVERYONE'S WELCOME 

We respectfully acknowledge the Aboriginal and Torres Strait Islander people as the traditional owners of this land on which we meet, work, and learn. We respect and acknowledge their spiritual connection as the custodians of this land and that their cultural heritage beliefs are still important to the living people today. We support you whatever your gender, age, sex, ethnicity, cultural heritage, sexual orientation, or social status.



From the CEO Anna Howard



Greetings everyone,

I hope you all enjoyed a lovely festive season and that 2026 has begun well for you and your loved ones.

In opening, I would like to thank you for the patience you have shown during the transition from the Home Care Packages Program to the new Support at Home Program, which commenced on 1 November 2025. This significant reform, underpinned by the new Aged Care Act 2024, has presented considerable challenges in how the program is administered.

Of particular concern has been the difficulty in providing account statements in a timely manner. Unfortunately, the company that supplies our client management system has experienced ongoing challenges in developing software capable of accommodating the substantial and complex changes introduced under the new program.

Please feel free to reach out if you have any questions or concerns. Rest assured, we are investing significant

time and human resources to develop clear, sensible, and easy-to-understand information so that you remain informed and up to date.

On a positive note, I am pleased to share that we have introduced new Social Support Groups for all Support at Home clients in both Adelaide and Murray Bridge. This follows the ongoing popularity of our bus outings for CHSP clients. The Adelaide group is called 'La Dolce Vita' (Sweet/Good Life), and the Murray Bridge group is called 'Kaleidescape'. Each group will have a bus outing on the second Thursday of each month.

Additionally, centre-based activities for the Adelaide social group are held on the first and third Thursday of each month at the Croydon Bowling Club in Ridleyton. At this stage, the Murray Bridge groups will be held at the RSL, Warner Close Community Centre, or our training centre on Myall Avenue. It will follow the same schedule as the Adelaide group.

If you would like to attend or require further information, please contact the Adelaide office on 8365 0151 or the Murray Bridge office on 8532 2255.

I am also thrilled to announce that we are hoping to move into our new allied health service, the Warner Health and Wellness Centre, located at 15A Warner Road, directly opposite our Warner Close Retirement Living complex, by the end of this month.



Written by Anna Howard
Photography & Editing by Rex Lau & McKenna Paull

A large house has been converted from residential to commercial use and beautifully upgraded into a modern facility that I am confident will impress even the most discerning clients. The centre will offer services including podiatry, physiotherapy, nursing, and hairdressing. We are also actively seeking to engage the services of a general practitioner and an occupational therapist, although these roles have proven particularly difficult to recruit.

I'm delighted to share the news that our In-Home Care Manager, Amy Joinbee, has decided to return from maternity leave sooner than originally planned. By all accounts, Lyra is a dream baby, sleeping well, very much in sync with Amy and Shay, and happily going with the flow.

Amy will return to her role on Monday, 30 March. Following a handover period, Muhammad, who has acted in Amy's role during her absence, will remain part of the management team and work closely with me on a number of special projects.

Another significant change currently underway relates to the provision of gardening and home maintenance services. After careful consideration, we have decided to bring these services in-house. This decision has been driven primarily by the increased administrative requirements introduced under the Support at Home reforms for Associated Providers. Unfortunately, these

additional obligations have created challenges that some external providers are unable to accommodate within their current business structures.

We have been very fortunate to recruit two Gardeners/Handymen in Adelaide and two in regional South Australia, all of whom will commence on 2 March. This change will give us greater control over service quality and ensure we are fully compliant with all regulations under the new Support at Home Program. Your Care Partner will contact you if your services are affected.

As always, we are very keen to hear your feedback on the quality of the services you receive. Please do not hesitate to contact me personally on 0450 399 184 if you would like to discuss anything at all.

**Warmest regards,
Anna**



From the CEO (Italian)

Anna Howard

Saluti a tutti,

Spero abbiate trascorso un piacevole periodo festivo e che il 2026 sia iniziato nel migliore dei modi per voi e per i vostri cari.

In apertura, desidero ringraziarvi per la pazienza dimostrata durante la transizione dal Programma Home Care Packages al nuovo Programma Support at Home, entrato in vigore il 1° novembre 2025. Questa nuova riforma, sostenuta dal nuovo Aged Care Act 2024, ha comportato notevoli difficoltà nel modo in cui il programma viene offerto.

Una delle principali criticità ha riguardato la difficoltà nel fornire gli estratti conto in tempi adeguati. Purtroppo, l'azienda che fornisce il nostro sistema di gestione dei clienti ha riscontrato problematiche continue nello sviluppo di un software in grado di gestire i cambiamenti sostanziali e complessi introdotti dal nuovo programma.

Vi invitiamo a contattarci qualora abbiate domande o dubbi. Vi assicuriamo che stiamo investendo una quantità significativa di tempo e risorse umane per sviluppare informazioni chiare, sensate e di facile comprensione, affinché possiate rimanere informati e costantemente aggiornati.

Con piacere, desidero condividere una notizia positiva: abbiamo introdotto nuovi Gruppi di Supporto Sociale per tutti i clienti del programma Support at Home sia ad Adelaide sia a Murray Bridge. Questa iniziativa segue il continuo successo delle nostre uscite mensili in autobus destinate ai clienti CHSP. Il gruppo di Adelaide si chiama 'La Dolce Vita', mentre il gruppo di Murray Bridge si chiama 'Kaleidescape'. Ciascun gruppo parteciperà a un'uscita in autobus il secondo giovedì di ogni mese.

Inoltre, le attività presso il centro per il gruppo sociale di Adelaide si svolgono il primo e il terzo giovedì di ogni mese presso il Croydon Bowling Club, situato in Blight Street, Ridleyton. Al momento, i gruppi di Murray Bridge si terranno presso la RSL, il Warner Close Community Centre o il nostro centro di formazione in Myall Avenue. Anche questi seguiranno lo stesso calendario del gruppo di Adelaide.

Se desiderate partecipare o richiedere ulteriori informazioni, vi invitiamo a contattare l'ufficio di Adelaide al 8365 0151 o l'ufficio di Murray Bridge al 8532 2255.

Sono inoltre entusiasta di annunciare che speriamo di trasferirci nel nostro nuovo servizio di assistenza sanitaria integrata, il Warner Health and Wellness Centre, situato al 15A Warner Road, direttamente di fronte al nostro complesso residenziale Warner Close Retirement Living, entro la fine di questo mese.



Translation by Cristian Buccione

Una grande abitazione è stata convertita da uso residenziale a uso commerciale ed è stata splendidamente ristrutturata, trasformandosi in una struttura moderna che sono certa saprà impressionare anche i clienti più esigenti. Il centro offrirà servizi tra cui podologia, fisioterapia, assistenza infermieristica e parrucchiere. Stiamo inoltre attivamente cercando di coinvolgere i servizi di un medico di base e di un terapeuta occupazionale, sebbene queste figure professionali si siano rivelate particolarmente difficili da reclutare.

Sono lieta di condividere la notizia che la nostra In-Home Care Manager, Amy Joinbee, ha deciso di rientrare dal congedo di maternità prima di quanto inizialmente previsto. A quanto ci risulta, Lyra è una bambina meravigliosa: dorme bene, è perfettamente in sintonia con Amy e Shay e si adatta con serenità a ogni situazione.

Amy riprenderà il suo ruolo lunedì 30 marzo. Dopo un periodo di passaggio di consegne, Muhammad, che ha ricoperto il ruolo di Amy durante la sua assenza, rimarrà parte del team di gestione e collaborerà strettamente con me su una serie di progetti speciali. Vi invito a unirvi a me nel dare il bentornato ad Amy.

Un altro cambiamento significativo attualmente in corso riguarda l'erogazione dei servizi di giardinaggio e manutenzione domestica. Dopo un'attenta valutazione, abbiamo deciso di internalizzare questi

servizi. Questa decisione è stata guidata principalmente dall'aumento dei requisiti amministrativi introdotti dalle riforme del Support at Home per i Fornitori Associati. Purtroppo, tali obblighi aggiuntivi hanno creato difficoltà che alcuni fornitori esterni non sono in grado di sostenere nell'ambito delle loro attuali strutture operative.

Siamo stati molto fortunati a reclutare due giardinieri/manutentori ad Adelaide e due nel Sud Australia regionale, tutti con inizio previsto per il 2 marzo. Questo cambiamento ci consentirà di avere un maggiore controllo sulla qualità dei servizi e di garantire la piena conformità a tutte le normative previste dal nuovo Programma Support at Home. Il vostro Care Partner vi contatterà qualora i vostri servizi risultassero interessati da questa modifica.

Come sempre, siamo molto interessati a ricevere il vostro riscontro sulla qualità dei servizi che ricevete. Non esitate a contattarmi personalmente al 0450 399 184 qualora desideriate discutere qualsiasi aspetto.

**Cordiali saluti,
Anna**

Introducing Our Handymen Gardeners



From March, MMACG and My Choice Care will have in-house handymen/gardeners ready to come and provide high-quality services for your homes!

While we still offer some of these services through our Associated Providers, this change allows for greater control over service quality and ensure we are fully compliant with all regulations under the new Support at Home program.

With two in regional SA and two in Adelaide, you might see one of them soon! If your services are impacted by this change, we apologise for the inconvenience and your Care Partner will contact you if your services are affected by this change.



Any Concerns? Speak Up!



At MMACG, your care, dignity, and respect come first. If you have concerns, requests, or suggestions, we're here to listen and support you.

Under the new Aged Care Act, if you're not happy with the quality of your services, you have the right to give honest, upfront feedback to us without fear of being punished or treated unfairly.

Our Whistleblower Policy and Procedure reflects this. So, whether it's a concern about your care, a breach of your rights or something that just doesn't feel right, you will be protected.

To learn more:

- ✔ Call us at (08) 8532 2255
- ✔ Visit the 'Contact Us' page on our website
- ✔ View the Whistleblower Policy using the QR code



Support at Home

An Update for Our Clients

The Support at Home Program, launched on 1 November 2025, has introduced significant changes to how aged care services are delivered across Australia.

We want to be open with you about what these changes mean, the challenges they have created, and what Murray Mallee Aged Care Group is doing to support you through the transition.

Change can sometimes feel confusing or unsettling, but please be reassured, your care and wellbeing remain our highest priority.



Working With Service Providers

The Challenge

The new program has introduced additional compliance requirements for subcontractors who provide some services on our behalf. Some providers have been unable to meet these requirements, while others have increased their prices.

As a result, you may notice a change in the person or company delivering a particular service.

We understand this can be difficult, especially when you have built a relationship with a regular worker.

What We're Doing

We are carefully reviewing all subcontractors and strengthening relationships with those who meet both compliance standards and fair pricing.

Where possible, we are also bringing more services in-house, allowing us greater control over quality, reliability, and cost. Our goal is to minimise disruption and maintain continuity of care for you.



Changes to Funded Services

The Challenge

The new Support at Home program includes a revised list of funded services. Some services may now be categorised differently, and others may no longer be covered in the same way as before. This can understandably be confusing.

What We're Doing

In December we wrote to clients explaining what is and is not included under the new service list, including common areas such as general house cleaning.

Your Care Partner is also available to discuss your individual care plan and funding. If anything is unclear, please contact us - we are always happy to walk you through it.

Account Statements & Budgets

The Challenge

Many clients have experienced delays receiving account statements. This is due to technical issues between Services Australia and the software systems used by providers like us.

We sincerely apologise for the inconvenience this has caused.

What We're Doing

We are actively working with Services Australia and our software provider to resolve these issues. In the meantime, we are:

- Manually processing claims to keep services running
- Preparing individual budgets and quotes for higher-risk clients
- Providing funding updates on request
- Reviewing pricing and reducing fees where possible to ease financial pressure.

Equipment & Home Modifications

The Challenge

The new program requires additional approvals for certain equipment and home modifications. While these processes improve oversight, they can lead to delays in receiving items.

What We're Doing

To reduce delays we have:

- Applied for bulk funding approvals where available
- Created a simple flowchart explaining the process
- Set communication targets to keep you informed.

If you need equipment urgently, please speak with your Care Partner so we can assist as quickly as possible.

We Are Here to Help

We understand these reforms are complex and ongoing. Our team is committed to supporting you every step of the way and making sure you continue to receive the services you need.

If you have any questions about how the changes affect you personally, please contact us.

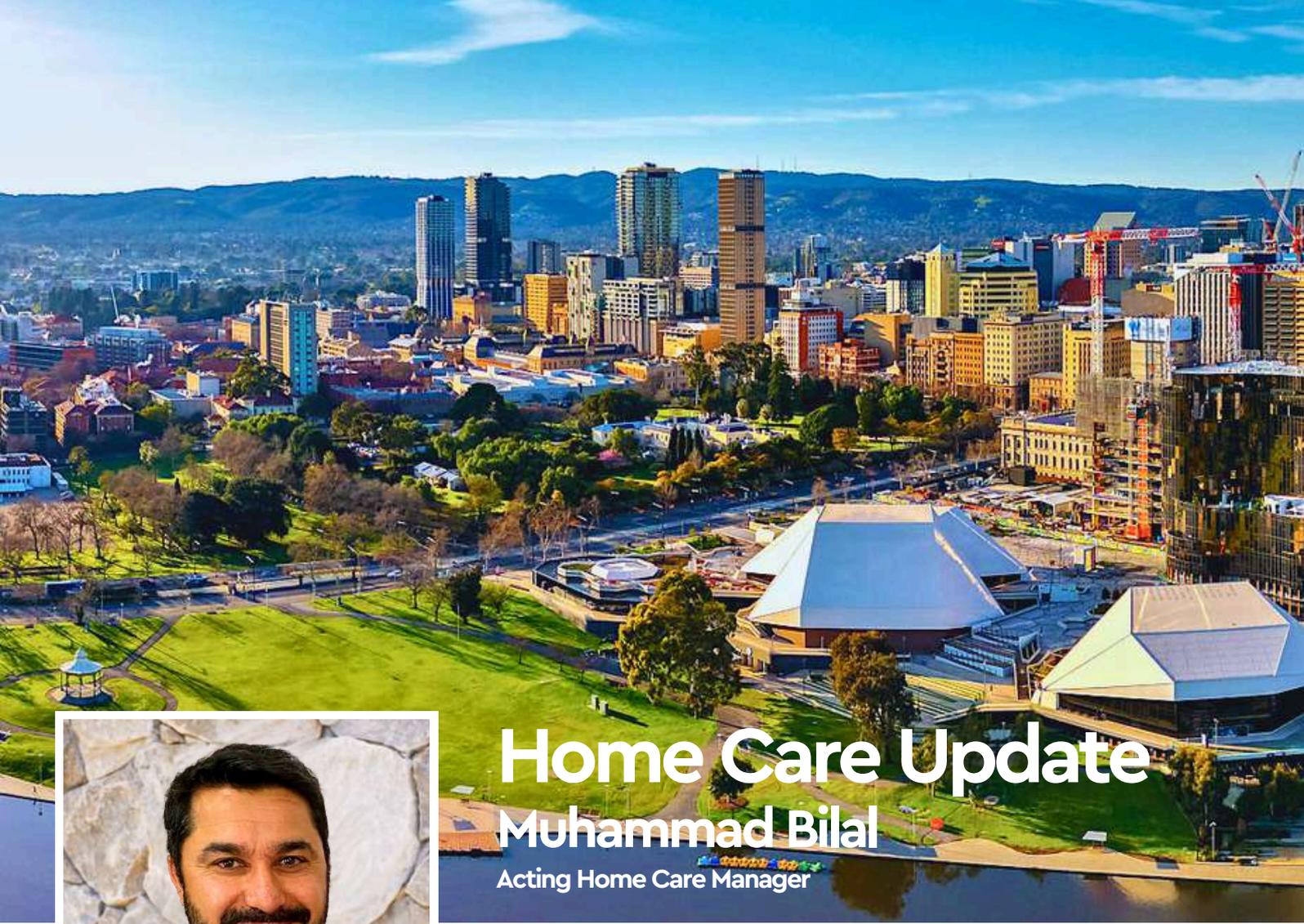
Murray Mallee Aged Care Group: (08) 8532 2255
My Choice Care: (08) 8365 0151
Or visit our website: murraymallee.org.au

We value your feedback and welcome your comments at any time.

Thank you for your patience and for your continued trust in us.







Home Care Update

Muhammad Bilal

Acting Home Care Manager



in good company, these gatherings are quickly becoming a valued part of many clients' routines.

Dear Clients,

Our social support program has officially commenced, and the response has been very positive. Many of you have already joined our monthly bus trips and fortnightly centre-based activities, and we are receiving great feedback about the friendships, laughter, and connections being formed.

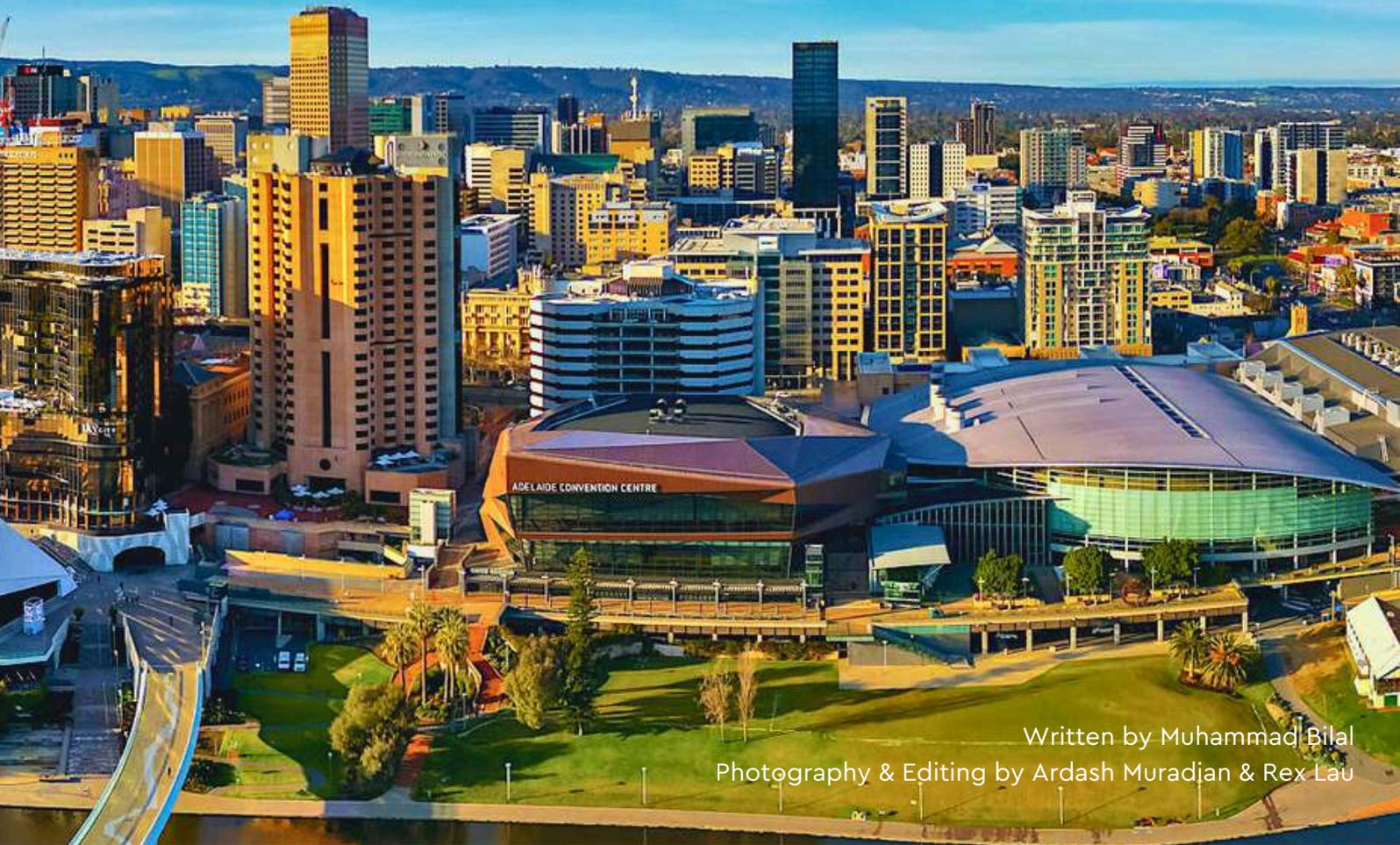


We are continuing to develop the program and are planning additional experiences and activities to provide even more variety. If you would like to be part of our upcoming outings or centre-based sessions, please call the office, speak with your Care Partner, and register your interest so we can include you in future events.



These activities are designed to support wellbeing, reduce isolation, and create opportunities to enjoy meaningful experiences together. Whether it is a scenic outing, a shared meal, or simply spending time

There have also been some funding changes that we would like to explain clearly. From 1 February, the CAPS funding program has concluded, which means incontinence aids will now be purchased using your quarterly ongoing support funds.



Written by Muhammad Bilal
Photography & Editing by Ardash Muradian & Rex Lau

We understand that changes like this can raise questions, and our team is here to help you navigate what this means for you. If you would like guidance or support in understanding how this affects your care plan or budgeting, please speak with your Care Partner, who will work with you to ensure your needs continue to be met smoothly.

Another important update relates to funding for Assistive Technology and Home Modifications. Until 13 February 2026, providers were able to submit bulk funding requests for equipment and modifications, which made it simpler to access funding quickly. After this date, funding requests will now be submitted through your Support Plan Review if funding is required.

Your Care Partner will guide you through this process and ensure requests are lodged appropriately.

It is also helpful to understand how funding is applied once equipment or modifications are purchased. The government will first draw from any unspent funds in your package and then from your Assistive Technology and Home Modifications allocation. This funding is prioritised nationally, which means approval timeframes can vary.

While this may sometimes require patience, please be assured that our team will support you every step of the way and advocate for the best possible outcomes.

We know that changes and new opportunities can feel overwhelming at times, but our commitment remains the same: to work alongside you to provide safe, reliable, and personalised care.

**Warm regards,
Muhammad Bilal**



A Reminder About Cancellations & Changing Workers

All aged care providers, including MMACG and My Choice Care, require a minimum of two business days' notice for a cancellation of a booked service. If it is cancelled after this time, or you are not present for the booked service, then the full cost of the service will be charged.

A change of worker is not a reason to cancel a scheduled service without charge with less than two business days' notice. Fee-free cancellations with a short notice only apply in emergencies, hospital admission, or significant health-related circumstances.

We know how important it is to have friendly, familiar faces come into your home, so we make all efforts to roster your preferred workers. If they are unavailable, only then will a non-preferred (but still friendly!) worker be scheduled. While changes like this can be difficult, we are committed to providing your important services in a timely and professional manner.

If you have any questions about our cancellation policy, you can always give us a call and speak to your compassionate Care Partner.





Consumer Advisory Body

A resource for aged care participants.

Join MMACG's CAB
Call (08) 8532 2255



All aged care providers are required to offer participants and their representatives the opportunity to be part of a consumer advisory body.



If you are interested in becoming involved, please contact the office at (08) 8532 2255.

What is a consumer advisory body?

Consumer advisory bodies (CAB for short) can help fix problems and improve your care. They give you a way to talk about care and service quality with others and share this with your provider's governing board.

Consumer advisory bodies are important because they:

- ✓ Look at the quality of care and services you and others receive
- ✓ Find and communicate participant needs and issues
- ✓ Provide opportunities for improvement

Hello from the Clinical Team,

As summer draws to a close and we transition into autumn, it's important to remember that we can still experience high temperatures that may lead to overheating. Please take care of yourself by being mindful of your [nutrition and hydration](#).

During warmer weather, it is vital to be proactive, especially for older adults, who may not feel as thirsty. Essential practices include drinking fluids regularly, ideally on an hourly basis, prioritising small, cold, nutrient-rich meals, and being alert to signs of dehydration, such as dark urine or confusion, to [prevent heat-related illnesses](#).

Key Hydration Strategies in Heat

Proactive Fluid Consumption: Ensure water is consistently available and encourage regular intake, even if you are not thirsty.

Encourage Variety: Promote a range of fluids, including water, milk, juice, jelly, ice cream, and icy poles, to keep hydration interesting.

Limit Dehydrating Beverages: Avoid or minimise the intake of alcohol and caffeinated drinks, as they can exacerbate dehydration.

Monitor Fluid Intake: Utilise fluid balance charts to track consumption and be vigilant for signs of dehydration, such as a dry mouth, dizziness, or decreased urine output. Please speak to the nursing team for forms to assist with this.

Nutritional Care for Hot Weather

Smaller Meals: Have smaller, more frequent meals, as high temperatures can diminish appetite.

Cool Foods: Emphasise refreshing choices such as salads, fruits, and yogurt.

Kitchen Safety: Minimise the use of ovens and stoves to keep ambient temperatures down, and ensure food safety by maintaining refrigerated items below 5°C.



Being proactive in your fluid consumption is key to preventing heat-related illnesses. In addition to having plenty of water, enjoying a range of fluids keeps hydration interesting.

Environmental & Support Measures

Cooling Techniques: Have lukewarm showers, wet cloths, or foot baths to help cool down.

Accessible Water: Ensure that water jugs are filled and consider using cups with straws for individuals with limited dexterity.

Medication Risk: Be mindful if you are taking diuretics, as they put you at a higher risk for dehydration.

Early Recognition

Recognising nutrition and hydration issues early on enables us to tailor care and treatment to meet the specific needs, abilities, lifestyle, and cultural preferences of each individual.

To effectively identify people who may have or be at risk of developing such challenges, [please reach out to your Care Partners or physician if you have any concerns](#). We can then refer you to a dietitian for further assistance.



Using a wet cloth on your face and neck is a quick and easy way to cool down.

We're Here to Help!

As always, if you have any medical questions or concerns, [please don't hesitate to contact your Care Partner](#), who can arrange you a visit from our nursing staff.



Heide Callery
Clinical Manager

Experiencing changes in your health?
Not sure about your care?
Want to see a nurse?

Give us a call and your Care Partner can discuss with you about what we can do.

Call Regional (08) 8532 2255
Call Metro (08) 8365 0151

Experiencing a medical emergency?

Call Emergency 000

Afterwards, please inform us of your situation, if possible.



Murray Mallee
AGED CARE GROUP

Healthy Bites

Nourish your body
Delight your taste buds

Mushroom, Feta & Thyme Omelette



Enjoy this breakfast classic with a touch of freshness and plenty of nutrition.

Time: 20 mins

Serves: 1

INGREDIENTS

- 2 large eggs
- 100 g mushrooms, sliced
- 15 g reduced fat feta cheese, crumbled
- 2 tsp fresh thyme leaves, sliced
- Cracked black pepper
- 30 g baby spinach leaves
- 2 tsp fresh thyme leaves, chopped
- 1 tbsp semi-dried tomatoes, finely chopped
- 2 tsp olive oil
- 1 tbsp water

- 1 A Sauté To Start:** In a small non-stick frying pan, heat 1 teaspoon of oil and add the mushrooms. Sauté until tender, then stir while adding the tomatoes and thyme. Once completed, transfer your creation to a bowl.
- 2 Resetting The Table:** In another bowl, whisk the eggs and water together. Meanwhile, use the frying pan from step 1 to heat the remaining oil.
- 3 An Omelette Is Born:** With the pan on medium heat, pour and cook the egg mixture. Be sure to bring the edges of the mixture towards the centre, allowing anything unset to flow to the edges of the pan.
- 4 Up & Over:** Once the omelette is almost set, sprinkle the sautéed mushroom mixture, feta, and a seasoning of pepper over half of it. Then, fold the other half you did not season onto the filled half.
- 5 Serve:** Allow the filling to heat through for another minute with the stove on low. Then, serve with spinach to enjoy.

Adapted from a recipe on 'Heart Foundation'



Butterless Butter Chicken

IND



Does this classic dish work without the butter? Grab the ingredients and turn on your stove to find out!

Time: 40 mins

Serves: 4

INGREDIENTS

- 2 skinless chicken breast fillets, trimmed of visible fat (about 250 g each)
- 400 g can of no added salt diced tomatoes
- ¾ cup reduced fat thick natural yoghurt
- 300 g steamed green beans
- 2 cups cooked basmati rice
- 1 tbsp canola oil
- 2 onions, finely diced
- 4 garlic cloves, crushed
- 1 tbsp grated fresh ginger
- 2 tbsp no added salt tomato paste
- 1 tbsp cumin
- 1 tbsp garam masala
- 1 tbsp brown sugar
- ½ tsp dried chilli flakes
- ½ tsp turmeric
- ¼ cup of water
- 1 tbsp toasted flaked almonds, to garnish
- Coriander sprigs, to garnish

- 1 Bring The Heat:** Using a deep non-stick frying pan, heat the oil at medium. Then, throw in the onion and cook for 10 minutes, followed by cooking garlic and ginger for 2 minutes. Lastly, add the tomato paste and cook for a minute.
- 2 Spice It Up:** Lower the heat to low. As you stir, add the flavours of cumin, garam masala, brown sugar, chilli flakes, and turmeric.
- 3 Work The Chicken:** Cut the chicken fillets into smaller pieces and add to the pan. Cook and stir for about 3 minutes.
- 4 Thickening The Plot:** Stir the pan as you add tomatoes, yogurt, and water to combine.
- 5 The Boiling Pot:** Put the lid on the pan and bring it to a boil. Once done, reduce the heat back to low and cook without the lid for around 20 minutes or until the chicken is cooked and the sauce has thickened.
- 6 Serve:** Once your meal has finished its time on the stove, serve it with cooked rice and steamed beans. Finally, garnish with the coriander sprigs and toasted flaked almonds.

Adapted from a recipe on 'Heart Foundation'



Office Staff Update

Welcome to the Team



Hello, my name is Sarah and I am so excited to join this wonderful organisation! Outside of work, I am usually doing some type of dance, spending time with my husband and two children, and getting outside whenever I can.

Sarah O'Connor
Finance & Administration Officer

I'm Delia. I've been involved in aged care for 25 years, with a passion for palliative care and Indigenous health. I come from a family heavily involved in drag racing, so I love extremely loud and fast cars. I also enjoy escaping into a great book while listening to rock music.

Delia Greenwood
Enrolled Nurse



Congratulations, Amy!

Amy, our In-Home Care Manager, and her husband Shay are now parents with their dream baby girl, Lyra!

Congratulations to them and their beautiful child!



Who's Got Bingo!?



One of our Receptionists, Kim, helps host the Murray Bridge Golf Club's Bingo Night! Come and join her and other likeminded people for a friendly and exciting game where prizes can be won!

Every Thursday night at the MB Golf Club
Ticket Sales: 5:30 pm - 7:00 pm
Eyes Down: 7:15 pm

Happy Pizza Day!



February 9 was International Pizza Day!

We couldn't miss celebrating this cornerstone of Italian culture. Our teams observed this special occasion by sharing the classic meal together over lunch.

If it's been a moment since you grabbed a slice, then this is your sign to eat one!

Wedding Bells Ringing!



Our Marketing & Communications Assistant, McKenna, married the love of his life, Lydia, earlier this year!

With a beautiful ceremony and perfect summer weather, it was a special day with their family and friends.

Congratulations to the newly weds!



Age Well

Home based care personalised for you



Enquire today about how
we can support you at home!

(08) 8532 2255
murraymallee.org.au





vAboutMe

Murray Mallee Client App

Get



147 RATINGS

5



AGE

4+

Years Old

CATEGORY



Home Care

LANGUAGE

EN

English

Make your aged care experience better with vAboutMe, available on most phones and tablets. The app allows you to communicate easier with our team about your care, view your documents, and check for upcoming services.

Why you should use the app:

- Convenient remote access to care schedules.
- Information on Support Workers, including photos and backgrounds.
- Provide feedback and rate your worker's performance.
- Access service plans and other relevant documents.
- Direct communication with Murray Mallee office for service adjustments.

Benefits of using the app:

- Easy tracking and management of funding.
- Alerts for low funding levels.
- Submission of expenses and receipts for processing.
- Inform family members about funding status.
- Confident service requests and knowing the funding situation.

Now FREE For All Clients!

Give us a call at (08) 8532 2255 and we can guide you on how to install and use the vAboutMe app to make it easy for you. Available to download on most phones and tablets.

Community Update

Caring for Our Community

For more than 30 years, Murray Mallee Aged Care Group has supported older people to live well at home. As our community has grown, we have recognised the need for a local place where individuals and families can access important health services without needing to travel far from their homes.

The idea for Warner Health & Wellness Centre first began in October 2022, and since then we have been working to bring this vision to life — a welcoming space where people can ask questions, seek guidance, and feel confident about their care options.

Our CEO, Anna Howard, has shared that the centre is intended to be more than a service location. It is a place the community can turn to for reassurance and direction, particularly when navigating aged care or health services for the first time.

The centre will provide services including podiatry, physiotherapy, nursing, and hairdressing, with plans to also engage a general practitioner and an occupational therapist. By bringing these services together in one location, Warner Health will make accessing support simpler and more convenient for people across Murray Bridge and surrounding areas.

Concept and Planning Begins



Project
Timeline

October 2022

Community
Announcement

Ongoing
Upgrades

Progress Update



The project is now approaching its final stage before opening.

While we are not yet able to announce an official opening date, we can confirm the centre is expected to open within the next two months. Recently, the building has undergone significant renovation to transform it into a comfortable and accessible environment for visitors.

We are also pleased to share that a number of experienced and passionate professionals have now been confirmed to join Warner Health & Wellness Centre. Their knowledge and commitment will help deliver a new level of health and wellness support to the local and regional community.

From the moment someone walks through the front doors, the entire experience has been carefully considered. Reception, waiting spaces, and service rooms have been designed to feel welcoming and easy to navigate, helping visitors feel at ease.

Every detail has been planned so people can receive the services they need in a comfortable and supportive environment.



Be Part of the Journey

Help shape Warner Health & Wellness Centre by completing the Expression of Interest form on our website and leaving your details for updates.

Follow us for the latest news and previews:
Facebook: @WarnerHealth
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Questions?
(08) 8532 2299
reception@murraymallee.org.au
📍 15a Warner Road, Murray Bridge
warnerhealth.org.au



Renovations Commence



January 2026



Final Preparations



Social Support Program

Seasonal Highlights



What an amazing return for Kaleidescape! The recent bus trips have been great days full of joy and connecting with others - with outings including a day at the movies and going on the Kokomo Boat Cruise! In addition, the new centre-based activities have given seniors the opportunity to enjoy time indoors with friends old and new. Opportunities to make new memories arose with the centre-based activities. From bingo to line dancing, it was a great time; with all of the smiles and laughs being complemented by a delicious lunch!



It's been an exciting start for seniors in Adelaide with the new La Dolce Vita group! The bus trip had us travelling to the famous Barossa Valley Chocolate Company to make a create our own sweet treats. It was not only a tasty outing, but a great time to chat with friends over a coffee (or hot chocolate)! More fun and connection were found with the morning teas at Croydon Bowling Club. We enjoyed playing games and creating art while listening to some of our favourite tunes!

Seniors Bus Trip



Turning the clock back to 2025, our adventurers finished the year on a high by going to The Christmas Spectacular! We enjoyed grooving in our chairs as we listened to festive tunes. If that wasn't spectacular enough, we also went to the Mile End Hotel where CEO Anna Howard joined us for a tasty lunch as we celebrated another wonderful year of outings together!



Social Support Programs

Now available for all clients!



Fortnightly centre-based activities & monthly excursions
For regional SAH clients



Fortnightly centre-based activities & monthly excursions
For metro SAH clients

Seniors Bus Trip



Monthly excursions
For regional CHSP clients

- Make Memories with New Friends
- Tailored for Individuals Aged 65+
- Affordable Fun for All Clients

Call Today to Learn More!
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Warner Close Seasonal Update

Discover what our residents have been up to!

Australia Day Lunch

For January 26, our residents enjoyed a delicious BBQ lunch! With beautiful themed table decorations, it was a great way to celebrate (and avoid the 45 degree weather outside!).



Home Grown Tomatoes

Our Warner Close veggie patch is always growing some exciting treats for residents to feast on! One of our mangers, Stella, recently grew two big tomatoes, with one weighing 7.66kg, and other 8.15kg. They're sure to enjoy them!





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Warner Close Retirement Living
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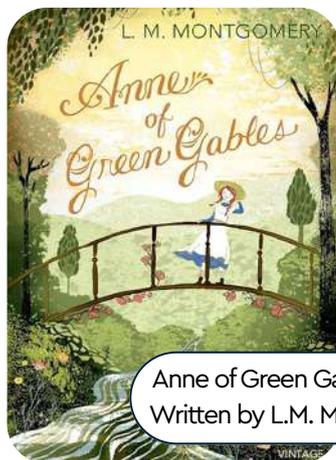
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Recommendations



Looking for your next read or watch?

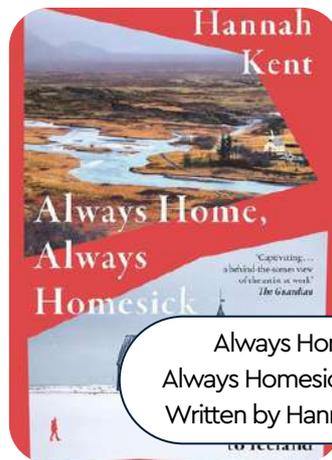
Discover old and new stories by finding these picks at your local library!



Anne of Green Gables (1908)
Written by L.M. Montgomery

A Classic to Experience...

Despite being well over a century old, the first book in this popular series continues to be a timeless coming-of-age story. The humour and warmth in Montgomery's writing as we follow Anne's childhood continues to cement the novel as a classic that should be (re)read by all.



Always Home,
Always Homesick (2025)
Written by Hannah Kent

Something New to Try...

This memoir follows Kent's journey from Australia to Iceland for an unforgettable winter. The gruelling conditions, beautiful landscapes, and memorable people would later inspired her to write bestseller "Burial Rites". Kent's evocative descriptions will absorb you into the European country.



Picnic at Hanging Rock (1975)
Directed by Peter Weir

A Classic to Watch...

Based on an Australian novel that is a classic in its own right, the 70s film adaptation similarly follows the mystery of several schoolgirls and their teacher disappearing. Filmed in South Australia, its gorgeous imagery and unique ending have made it an enduring movie.



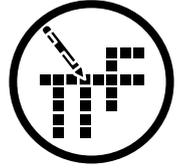
One Battle After Another (2025)
Directed by Paul Thomas Anderson

Something New to View...

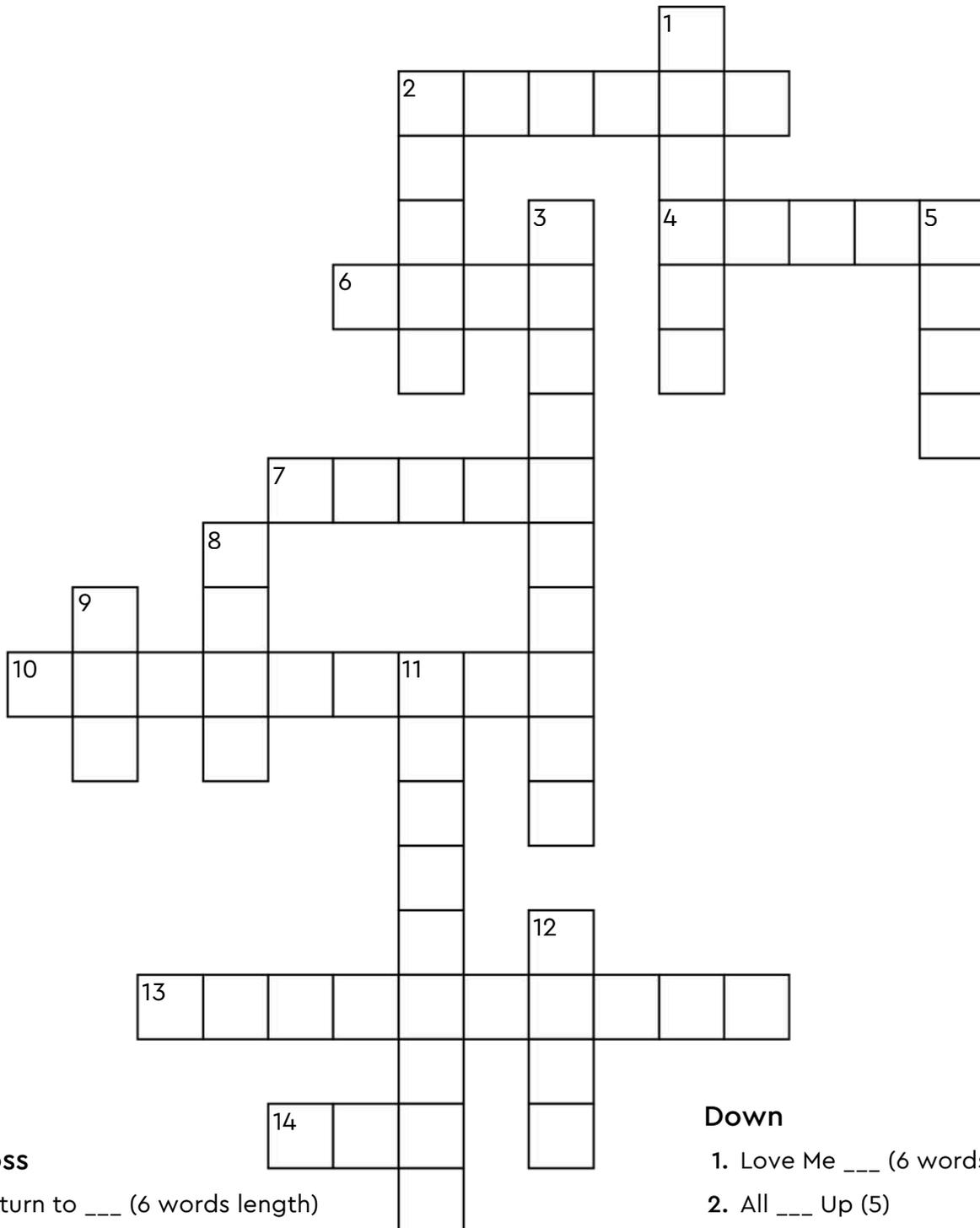
Considered one of 2025's best films, it follows an ex-revolutionary (played by Leonardo DiCaprio) forced on the run when a corrupt military officer comes looking for him and his daughter. With it's unexpected concoction of humorous writing, action filmmaking, and poignant American setting; it's a memorable film.

Crossword

Elvis Presley Songs



How well do you know the King of Rock and Roll? Each song title is missing a word you put into the crossword. Can you name them all?



Across

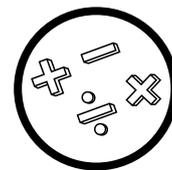
2. Return to ___ (6 words length)
4. If I Can ___ (5)
6. Burning ___ (4)
7. That's All ___ (5)
10. ___ Rock (9)
13. ___ Minds (10)
14. ___ You Lonesome Tonight (3)

Down

1. Love Me ___ (6 words length)
2. All ___ Up (5)
3. ___ Hotel (10)
5. Always on My ___ (4)
8. Can't ___ Falling in Love (4)
9. My ___ (3)
11. ___ Melody (9)
12. ___ Las Vegas (4)

Answers on page 38.

Quick Maths



How fast can you complete it? Grab a stopwatch and see how much of a mathematician you are!

$2 \times 2 =$ _____

$12 - 14 =$ _____

$5 + 4 =$ _____

$24 - 73 + 18 =$ _____

$-4 + 17 =$ _____

$336 \div 112 =$ _____

$28 \div 4 =$ _____

$13 \times 9 =$ _____

$47 - 24 =$ _____

$66 + 6 =$ _____

$5 \times 5 =$ _____

$3 \times 3 \times 3 =$ _____

$(24 \times 2) - 11 =$ _____

$120 - 119 =$ _____

$283 \times 1 =$ _____

$(6 \div 3) + 17 =$ _____

$96 + 5 + 14 =$ _____

$4 \times 4 =$ _____

$144 \div 12 =$ _____

$(45 \div 3) - 15 =$ _____

My Time Was:

Answers on page 38.

Answers



Crossword



Quick Maths

$$\begin{aligned}2 \times 2 &= 4 \\5 + 4 &= 9 \\-4 + 17 &= 13 \\28 \div 4 &= 7 \\47 - 24 &= 23 \\5 \times 5 &= 25 \\(24 \times 2) - 11 &= 37 \\283 \times 1 &= 283 \\96 + 5 + 14 &= 115 \\144 \div 12 &= 12\end{aligned}$$

$$\begin{aligned}12 - 14 &= -2 \\24 - 73 + 18 &= -31 \\336 \div 112 &= 3 \\13 \times 9 &= 117 \\66 + 6 &= 72 \\3 \times 3 \times 3 &= 27 \\120 - 119 &= 1 \\(6 \div 3) + 17 &= 19 \\4 \times 4 &= 16 \\(45 \div 3) - 15 &= 0\end{aligned}$$

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