

The Quarterly **CONNECTION**

AUTUMN 2023

**International
Women's Day**

**Tech-savvy
in Murray Bridge**

**How to
choose the
right pet
for you**

**Keeping
Memories
Alive**

**Fear of losing
independence**



Murray Mallee
AGED CARE GROUP INC.



Publisher

Murray Mallee Aged Care Group Inc

Editor: Sarah Mugford

Contributors: Anna Howard, Patrizia Kadis, Foster Davis, Allecia and the Kaleidescape Team, Sarah Mugford.

Feedback

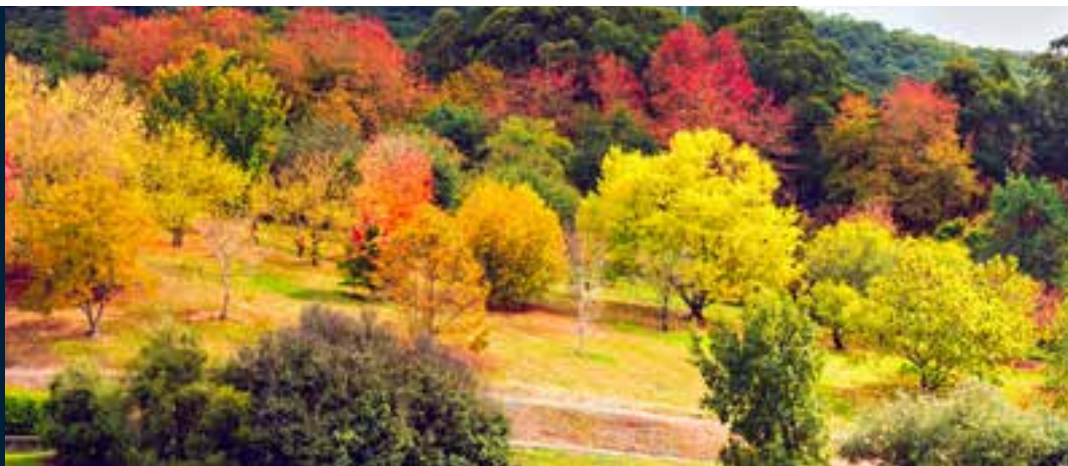
We appreciate your feedback. Please email us at marketing@murraymallee.org.au to let us know what you think. Alternatively post to PO Box 1315, Murray Bridge SA 5253

About Us

Murray Mallee Aged Care Group was founded in 1994. Our vision is towards a bright future expanding our quality services to include increased Home Care Packages, Social Day Activity Programs and Seniors Educational Programs for older people in metropolitan Adelaide, rural and remote areas of the Murray Mallee and Riverland districts.

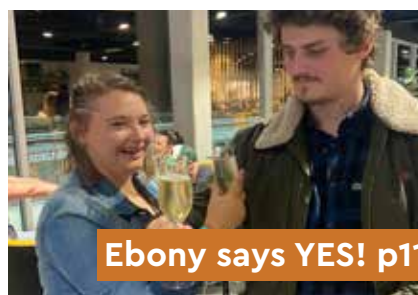
2a Myall Avenue, Murray Bridge
www.murraymallee.org.au/regional
reception@murraymallee.org.au
Ph. (08) 8532 2255

290 Glen Osmond Road, Fullarton
www.murraymallee.org.au/metro
mychoice@murraymallee.org.au
Ph. (08) 8365 0151



Contents

From the CEO	3
My Choice Care Update	8
Staff News	10
Kaleidescape Corner	18
Recipes	20
Puzzle Page	21
Warner Close	26



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.

EVERYONE'S WELCOME

We support you whatever your gender, age, sex, ethnicity, cultural heritage, sexual orientation, or social status.



From the CEO

With the board of directors and the team at MMACG, I sincerely wish Patrizia all the very best in the next stage of her career. We will miss her greatly.



Greetings everyone,

I hope that you have all enjoyed a lovely Easter celebration with your family and loved ones.

With a heavy heart, I announce that our delightful and much-loved Adelaide Services Manager, Patrizia is leaving us after almost six years of amazing service to the Murray Mallee Aged Care Group family.

Thanks to Patrizia's leadership, the Adelaide program has achieved remarkable success in reaching and assisting many people over the past six years. Patrizia's lifelong dedication to serving the Italian community and her strong connections within it have resulted in a predominantly Italian clientele and team in Adelaide, which is a source of great pride for us. Without Patrizia's instrumental contributions, we would not have been able to make such a significant impact.

When she first joined us in 2017, the program had only a few employees. Under her leadership, the program has grown exponentially, with nearly fifty employees today. In 2017, the program was in a small office shared with the Carers Respite CenterCentre. Patrizia oversaw the move to a small, independent office in North Adelaide, which we quickly outgrew. To accommodate our expanding team, we relocated once again in June 2022 to better-equipped offices in

Fullarton. Patrizia's vision and leadership have been significant to the program's growth and success.

Like many of us, Patrizia plays a major role in caring for her ageing mother and mother-in-law and she is looking to regain a better work-life balance.

As they say, 'someone's loss is someone else's gain', and luckily for them, Patrizia is moving to St Hilarion. Patrizia is taking up a part-time public relations role that enables her to continue to live her passion for working for the Italian community.

With the board of directors and the team at MMACG, I sincerely wish Patrizia all the very best in the next stage of her career. We will miss her greatly.

I will turn now to the important matter that has been affecting many of you that I wish to apologize for. That is a matter of the significant changes that we have made to the scheduling of services. Some of you may be aware, that the Award under which we pay our support workers was changed in July 2022. The changes require that we roster each employee for at least two hours and with scheduled breaks per the Award conditions.

From the CEO cont.

Added to this, the client management system has not been able to manage the complexity of the scheduling requirements which in turn has meant that there is more human effort put into rostering the services. Unfortunately, human error does occur, particularly when under pressure. For example, when we have short notice that employees need to take personal leave or when clients go to hospital or respite care. I would encourage you to please call the office or on-call numbers if you have any matters that concern you because that is the way we can improve our service to you. Sometimes clients can pick up that something isn't running to plan, and we trust that you will alert us to the problem.

For some time now we have been running a Continuous Quality Improvement Committee

which is comprised of employees from across the organisation. I would like to invite any of our clients who would like to be a client representative to get in touch with me on 8532 2255. The commitment would require you to attend bi-monthly meetings and you would be assisted with transport if you cannot make your way independently.

In closing, I would like to encourage you to send through requests for any specific information that you would like my team and I to provide to you via our regular newsletters.

Warmest wishes,

Anna

From the CEO (Italian)

Saluti a tutti

Spero che tutti voi abbiate trascorso una bella Pasqua in famiglia con i vostri cari. Con il cuore affranto, vi annuncio che la nostra simpatica e affezionata dirigente dei servizi di Adelaide, Patrizia, ci lascia dopo quasi sei anni di eccezionale servizio prestato nella famiglia del Murray Mallee Aged Care Group.

Grazie alla gestione di Patrizia, il programma di Adelaide ha ottenuto un notevole successo nel coinvolgere e assistere molte persone negli ultimi sei anni. La dedizione di Patrizia al servizio della comunità italiana e i suoi forti legami al suo interno hanno fatto sì che la clientela e il team di Adelaide siano in prevalenza italiani, il che è per noi motivo di grande orgoglio. Senza il contributo indispensabile di Patrizia, non saremmo stati in grado di avere un impatto così significativo.

Quando si è aggiunta a noi nel 2017, il programma contava solo pochi dipendenti. Sotto la sua guida, il programma è cresciuto

in modo impressionante e oggi conta quasi cinquanta dipendenti. Nel 2017, il programma si trovava in un piccolo ufficio condiviso con il Carers Respite CenterCentre. Patrizia ha sorvegliato il trasferimento in un piccolo ufficio indipendente a North Adelaide, che è diventato rapidamente troppo piccolo. Per accogliere il nostro team in costante incremento, nel giugno 2022 ci siamo trasferiti nuovamente in uffici più attrezzati a Fullarton. La visione e la leadership di Patrizia sono state determinanti per la crescita e il successo del programma.

Come molti di noi, Patrizia svolge un ruolo importante nel curare la madre e la suocera anziane e si è impegnata a trovare un migliore equilibrio tra lavoro e vita privata. Come si suol dire, "la perdita di qualcuno è il guadagno di qualcun altro" e, fortunatamente per loro, Patrizia si trasferisce a St Hilarion. Assume un ruolo parziale nelle pubbliche relazioni che le consente di continuare a dedicarsi alla sua missione di assistenza alla comunità italiana.

Insieme al Consiglio di direzione e al team della MMACG, auguriamo sinceramente a Patrizia tutto il meglio per la prossima attività professionale. Ci mancherà moltissimo.

Veniamo ora all'importante questione che ha interessato molti di voi e per la quale desidero scusarmi. Si tratta dei cambiamenti significativi che abbiamo applicato alla gestione dei servizi. Alcuni di voi sapranno che il sistema di pagamento dei nostri operatori di supporto è stato modificato nel luglio 2022. Le modifiche richiedono che ogni dipendente venga assunto per almeno due ore e con pause prestabilite, come previsto dalle condizioni del contratto. A ciò si aggiunge il fatto che il sistema di gestione degli assistiti non ha

è stato in grado di risolvere la difficoltà dei requisiti di gestione dei programmi, il che a sua volta ha comportato un maggiore sforzo umano per la programmazione dei servizi. Purtroppo l'errore umano si verifica, soprattutto quando si è sotto pressione. Ad esempio, quando i dipendenti devono prendere un permesso per motivi personali con un breve preavviso o quando gli

assistiti vanno in ospedale o in un centro di assistenza. Vi invito a chiamare l'ufficio o i numeri di reperibilità se avete problemi che vi preoccupano, perché in questo modo possiamo migliorare il nostro servizio. A volte gli assistiti si accorgono che qualcosa non funziona come previsto e speriamo che ci avvertiate del problema.

Da qualche tempo abbiamo istituito un Comitato per il miglioramento continuo della sicurezza che comprende dipendenti di tutta l'organizzazione. Vorrei invitare tutti i nostri assistiti che desiderano diventare referenti dei clienti a mettersi in contatto con me al numero 8532 2255. L'impegno prevede la partecipazione a riunioni bimestrali e l'assistenza per il trasporto se non si è in grado di spostarsi autonomamente.

Per concludere, vorrei incoraggiarvi a inviare richieste di informazioni specifiche che vorreste che io e il mio team vi recapitassimo tramite le nostre newsletter periodiche.

Cordiali saluti
Anna



Home Care Packages Program Manual for Care Recipients

This manual is for the Home Care Packages Program, which enables coordinated support at home. The manual is a part of a suite of information resources including:

- 'Your pathway to accessing a home care package' brochure
- 'Your guide to Home Care Package services' booklet and
- Fact sheets and other information that may be of interest.

You can find all of these resources by going to www.myagedcare.gov.au, scrolling to the bottom of the homepage and selecting "Resources" under "Further Information".

Scan the QR code to access the online PDF





Support for you 1800 700 600

8am – 8pm Monday to Friday. 10am – 4pm Saturday.



We help you stay in control,
exercise your rights and work
through your aged care issues.

**For more information scan the
QR code or visit: opan.pub/04**



Support

Free, independent and
confidential advocacy support
to address aged care issues



Information

Information about aged care
services, referrals and how you
can exercise your rights



Education

Free education sessions for
you or your community group
in person or online

OPAN member organisations by state or territory:

ACT



TAS



VIC



NSW



SA



QLD



NT – Top End



WA



NT – Central



Funded by:



Australian Government
Department of Health



Please be aware that Support Workers may arrive within 15 minutes of your acknowledged shift times i.e., if your shift is scheduled for 9:00am a Support Worker may arrive between 8:45am and 9:15am. This time window allows for changes in traffic and travel times for workers and changes with other client services so

please be patient with Support Workers and direct any feedback to our offices rather than the Support Worker.

If your Support Worker is going to be more than 15 minutes late, you should receive a call from the office to inform you.



CLEANING PRODUCTS FOR STAFF

A reminder to clients to please make sure appropriate cleaning materials/equipment are available to Support Workers so that they can complete domestic shifts

to the required standards. Support Workers do not provide their own cleaning materials, so they rely on clients to have the appropriate products and equipment available to complete their work thoroughly.



SUPPORT WORKER MASK WEARING

Support Workers are required to wear masks when:

- A client returns from hospital or respite, mask must be worn for the next three days.
- A client is COVID-19 positive and has made MMACG staff aware.

- - A client requests a support worker to wear a mask when in their home.

Support Workers might not be wearing masks all the time but you can request them to.



MY CHOICE CARE

A DIVISION OF MURRAY
MALLEE AGED CARE GROUP

Metro Update



We are excited to announce some new faces in our Adelaide office. We recently welcomed three new Service Consultants, Calia, Megan, and Melezia to our team, and we are thrilled to have them on board. In addition, we are excited to welcome back Anna M, who recently returned from parental leave. Melizia has embraced the opportunity to take on the new role, previously working as a Support Worker.

Megan brings a wealth of experience to her new role, having previously worked in a variety of support roles in the healthcare sector. Her passion for helping others is evident in her work, and she has already made a positive impact in our office. Calia has a background in education, and her expertise in working with people from diverse backgrounds has been invaluable in her new role. We are confident that Calia and Megan will be great assets to our team, and we look forward to seeing the contributions they will make in the coming months.

We are also delighted to welcome back Anna, who has been an integral part of our team for several years. Anna recently took some time off to care for her new baby, and we are thrilled to have her back with us. Her experience and knowledge have been sorely missed, and we are looking forward to her continued contributions to our team.

We believe that the addition of Calia, Megan, and Melezia along with the return of Anna, will help us to continue to provide the highest level of service to our clients. Their skills and expertise will complement the existing strengths of our team, and we are excited to see what we can achieve together.

Recently we participated in the celebrations for International Women's Day and Harmony Day, and we had a wonderful time coming together to show our support for these important causes.

To mark International Women's Day, we all wore a touch of purple to show our support for gender equality and women's rights. We also took the time to reflect on the contributions that women have made to our office, our community, and the world as a whole.

We also celebrated Harmony Day, which is an important day that promotes cultural diversity and inclusivity. To mark the occasion, we all wore a touch of orange, which is the official colour of Harmony Day. We discussed the importance of embracing diversity and respecting all cultures, and we reflected on the ways in which our differences make us stronger as a team and as a community.

The celebrations for both International Women's Day and Harmony Day were a great success, and we all had a great time coming together to support these important causes. It was wonderful to see everyone wearing their touches of purple and orange, and to feel the sense of unity and support that came with it.

We believe that it is important to celebrate and support all members of our community, regardless of their gender, race, or cultural background. We will continue to work towards creating a workplace that is inclusive and welcoming for all, and we look forward to participating in more events and initiatives that promote diversity and equality in the future.

The Adelaide office recently experienced a power outage due to extreme weather, and we hope that everyone else in the area was not impacted too severely. The sudden loss of power was a reminder of how vulnerable we can be to the forces of nature, and we are grateful that we could still operate with our staff able to work from home for the day.

During the power outage, we worked together to ensure that everyone was safe and comfortable. Despite the inconvenience of the outage, we were proud to see how everyone in our office pulled together to support each other. As the weather continues to be unpredictable and extreme, we are reminded of the importance of being prepared for emergencies.

With Easter fast approaching we recognise that it is a time that is celebrated in many different ways by different cultures and traditions around the world. While the holiday has its roots in Christian theology, it has evolved over time to encompass a wide range of cultural practices and celebrations.

One community that has a strong connection to Easter is the Italian community. In Italy, Easter is celebrated as a time of renewal and rebirth, with many customs and traditions that are unique to the country.

Italian Easter tradition is the preparation of Easter bread, or Colomba di Pasqua. This sweet bread is shaped like a dove, and is often decorated with almonds or sugar glaze. It is a popular treat during the holiday season, and is often given as a gift to friends and family.

In addition to these traditions, Italian Easter celebrations often include special church services, parades, and family gatherings. Many families will prepare a special Easter meal, with dishes like lamb, artichokes, and other favourites.

While Easter is celebrated differently in every culture, the Italian community has its own unique traditions that make the holiday a special time for families and communities. Whether it's through the Colomba di Pasqua, or other customs, Easter is a time for renewal and celebration for all.



Left to Right: Leonie, Anna M, Connie, Patrizia, Anna Howard (CEO), Vansha, Calia, Danielly, Megan.

Staff News

WELCOME TO NEW STAFF



Anna Manzari – *Service Consultant*
Anna returns to our Metro Team from her parental leave. Anna has a Dip of Community Services (Italy) and a Dip in Community Services - Coordination. Anna has almost 15 years experience in the Aged Care.



Samantha Driver-Greening – *Service Consultant*
We welcomed Samantha to our Regional Team. Samantha has a rich history in the aged care sector having previously worked with RDNS for several years.



Calia Sandona – *Service Consultant*
Welcome Calia to our Metro Team. Calia has a degree in Social Science (Human Services) and has come from the education sector.



Megan Beaumont – *Service Consultant*
We welcomed Megan to our Metro Team. Megan is an Enrolled Nurse and has been working in aged care for over 20 years.



Rachel Crawford – *Quality and Training Officer*
Rachel returns from her parental leave. Previously, Rachel was a Service Consultant, she also holds a Cert IV in Training and Assessment.



Melizia – *Service Consultant*
We welcomed Melizia to our Metro team. Melizia has worked 13 years in the disability sector previously and in July last year, started working as a Support Worker for metro before starting as a Service Consultant this March.



FAREWELL AND GOOD LUCK TO CHELSEA

Staff in the Murray Bridge office celebrated Chelsea and farewelled her as she embarks on her next professional journey. Chelsea, our Administration Trainee has accepted a position at University to study to be a pharmacist. So, Chelsea has now moved to

Hobart, and sadly had to leave us. Chelsea was such a valuable member of the team and helped out on the Reception desk, as well as assisting the Service Constants and other staff. We wish Chelsea well on her new adventure and her studies.

Congratulations

Ebony was heading to the Fringe in Adelaide with her boyfriend Harry to see comedy act, Rheban Solo, or so she thought...little did Ebony know, there were other plans.

They headed to the closest service station at Taillem Bend to get much-needed snacks and supplies for the journey to the city. However, as they left the station, instead of turning right towards the freeway bound for Adelaide, her boyfriend turned the wheel left. A confused Ebony was wondering what was happening when they entered the Bend Motor Sport Park. 'This isn't the Fringe', Ebony thought.

They went inside and received their wristbands and Ebony learned that they were going to be racing on the track! Ebony said that her boyfriend Harry '...was game enough to let me thrash his ute around on the track'. Ebony drifted and burned rubber for about five laps until it was time to turn the ignition off and have a break.

They proceeded inside to have a debrief and discuss Ebony's immaculate driving skills when to her surprise they checked in! Harry had booked a pit-lane getaway in the hotel! Very smooth Harry. Ebony was so excited that she couldn't contain herself as she pressed every button in the elevator. After stopping at every floor due to Ebony's pure excitement at modern internal transportation systems, they arrived at the Sky Deck on top of the building, overlooking the entire track and Ebony's burnouts.

There was not a soul to be seen on the deck, so Ebony was just chilling and replaying her epic driving as she made race car sounds. The view was amazing and Ebony was in awe of the place. She turned around and her boyfriend Harry was on one knee! He proposed!

Their entire family was in on the whole plan. They were all there to celebrate later for celebratory drinks. Ebony had no idea what was going on. Well done to Harry on his epic and romantic proposal to his now fiancé Ebony! We can't wait to hear about the wedding plans!



MELISSA'S ENGAGED!

Metro Support Worker Melissa has some exciting news to share! After 10 years with her partner Adam, they recently got engaged in December.

Congratulations Melissa and we look forward to hearing about your wedding!

Fear of losing independence

A common fear of ageing Australians is the fear of losing their independence. It is understandable for ageing Australians to feel anxious about losing their independence. However, there are many ways to maintain independence as we age.

Staying physically active, participating in social activities, and connecting with family and friends can help to keep us independent and engaged in life. There are also resources available to help those who need extra assistance, such as home care services, assisted living facilities, and support groups. With the right support and guidance, ageing Australians can continue to remain independent and have a fulfilling life.

STAY ACTIVE AND EXERCISE REGULARLY

Regular physical activity can help reduce the risks of age-related illnesses and help maintain independence.

EAT A HEALTHY DIET

Eating a balanced diet with plenty of fresh fruits, vegetables, and whole grains can help keep you feeling energetic and independent.

CONNECT WITH YOUR COMMUNITY

Taking part in social activities and developing meaningful relationships with friends and family can help combat feelings of loneliness and isolation.

MAKE SURE YOU ARE UP-TO-DATE ON MEDICAL TREATMENTS

Staying informed about the latest treatments and medications can help you feel in control and proactive in your own health care.

CONSIDER ALTERNATIVE THERAPIES

For many, alternative therapies such as yoga, meditation, and massage can help reduce stress and anxiety.

DEVELOP A POSITIVE ATTITUDE

A positive attitude and outlook can help you stay motivated and maintain a sense of purpose.

PURSUE LIFELONG LEARNING

Learning new skills, taking classes, and engaging in lifelong learning can help keep your mind sharp and help you feel more independent.

MAKE TIME FOR LEISURE ACTIVITIES

Taking time to relax, have fun, and do the things you enjoy can help reduce stress and anxiety.

STAY MENTALLY AND EMOTIONALLY ENGAGED

Pursuing hobbies, learning new skills, and staying connected to the world through books, movies, and other media can help keep you sharp and engaged.

STAY ORGANISED

Planning ahead, setting goals, and staying organised can help you stay in control and maintain a sense of independence.





Keeping memories alive

Looking through old photo albums and reminiscing about the 'good old days' is a wonderful activity to keep memories alive. Often, we have so many memories stored in our minds that aren't always easy to remember.

Keeping memories alive is a wonderful way to honour the past and bring joy to the present. Here are a few fun and easy ideas to help you do just that...

CREATE A SCRAPBOOK

You may have a stash of old photographs or newspaper articles stored away in the back of an old cupboard. Why not create a scrapbook

or photo album of all your special moments? Looking back at these pictures and stories can reignite fond memories and help you remember good times. You can 'dress up' the pages in your scrapbook with colourful stamps or drawings, or even some handwritten notes.

WRITE IN A JOURNAL

Write down your favourite memories in a journal. This can be a great way to document special moments that you don't want to forget. You can choose a special book that is only just for your memories. Make a time each week to sit down and write about memories from your school days, friendships, and anything that comes to mind. This will become a great keepsake for yourself and even your friends or family.

RELIVE MOMENTS USING FOOD

Prepare a meal or treat to commemorate a special event. Doing this will help you relive the moment and make it memorable. If there is an anniversary or a loved one's birthday and you can't be with them, celebrate regardless and keep the memory alive.

STORY TELLING TRADITION

Make a tradition of telling stories about your past experiences. Organise a time when the family is gathered around at a dinner or other regular event. This can be a fun activity to do with family and friends, and it helps keep those memories alive in our hearts. Why not have each person share a memory of their favourite childhood toy, or a holiday? This is a great conversation starter and will unlock even more memories that can be shared.

SHARE YOUR STORIES WITH OTHERS

Talk to others about your memories. Sharing stories with others is an excellent way to preserve your memories. You could join or start a community group with people your age that can share memories and stories.

What do you do to keep your fond memories alive? Do you scrapbook or make photo albums? We'd love to hear about what you create or do. **Email us and we can showcase your creations in our next newsletter.**

"Memories are timeless treasures of the heart."

– Unknown



SHARE YOUR MEMORIES WITH US!

We would love to see your old photographs. They could be an old wedding photo, a photo of where you used to live, or a photo of a beloved pet from when you were a child.

Please email us a copy of your favourite photos to:
smugford@murraymallee.org.au

Please don't post us your originals, you keep them safe and sound.

How to choose the right pet for you

Pets are beloved members of millions of households around the world, providing companionship, entertainment, and endless love to their owners. Pets come in all shapes and sizes, making it easy to find the perfect animal to suit your lifestyle. There are many proven benefits to having a pet, both for your physical and mental health.

One of the most obvious benefits of having a pet is the companionship they provide. For many people, pets are their constant companions, providing a sense of comfort and security that can be difficult to find elsewhere. Whether you live alone or with a large family, pets can fill a void and provide a sense of purpose and meaning to your daily routine. They can also help alleviate feelings of loneliness, particularly for those who are isolated or have limited social interactions.

Pets have also been shown to have a positive impact on mental health. Studies have found that pet owners tend to have lower levels of stress, anxiety, and depression than non-pet owners. The simple act of petting an animal can release endorphins and promote feelings of calm and relaxation. In addition, pets can provide a sense of routine and structure to your day, which can be helpful in managing mental health conditions.

Despite the many benefits of having a pet, it's important to consider several factors before making the decision to bring one into your home. Here are some key things to consider:

TIME

Different pets require different levels of care and attention. For example, dogs require daily walks and socialisation, while cats are typically more independent. Before getting a pet, consider how much time and energy you can realistically devote to caring for them.

SPACE

Consider the size of your living space and the needs of the pet you're considering. For example, a large dog may not be a good fit for a small apartment, while a bird may require a larger cage than you have room for.

COST

Owning a pet can be expensive, with costs including food, veterinary care, and supplies. Make sure that you check your budget and allow for these extra costs.

ALLERGIES

If you or someone in your household has allergies, it's important to consider how a pet may impact them.



Self-advocacy toolkit

The Self-advocacy toolkit equips you with the skills, information and resources you need to speak up for better aged care.



Scan the QR code to go to the online toolkit.



YOUR AGED CARE RIGHTS

What to expect from your aged care.



YOUR AGED CARE OPTIONS

The type of aged care available to you.



SOLVING COMMON AGED CARE PROBLEMS

What to do when your aged care isn't up to scratch.



PROTECTING YOURSELF FROM HARM

Recognising abuse and keeping yourself safe.



HELP WITH DECISION MAKING

What happens when you need help making decisions?



AGED CARE COSTS

Understanding the costs related to your aged care.

Need more support?

Call 1800 700 600

open.org.au/toolkit

Kaleidescape Corner

Welcome back to Kaleidescape 2023

We are lucky enough to have had Dr. Christine Robert-Yates come out to our Murray Bridge group & tell us about the Murray Bridge High School Inclusive Education Centre and what makes it one of the best in the state. What an amazing opportunity for students in years 7-12, people living with disabilities and people living in the local area have, right at their fingertips.

We also enjoyed making crafts from string art to making our own bird baths/feeders and bringing out our creative side by painting the terracotta or leaving them all-natural.

We also welcomed back Justine from Grazing for Dayz to catering for the Mannum group and we can't wait for her culinary creations.

What to look forward to:

- Royal Society for the Blind
 - U3A choir
 - Trivia
 - Murray Bridge CEO – Michael Sedgman
- ...just to name a few activities to look forward to.

See you all at the new Kaleidescape

Allecia, Rosie, Sherilyn



Tech-savvy in Murray Bridge

BE MORE CONNECTED AND INDEPENDENT WITH YOUR SMART DEVICE

It can sometimes feel that technology advances at a breakneck pace. It can be hard to keep up! An app for this and a new website for that. If you feel like you sometimes get a bit lost using your smart device there's good news for you. There's no need to keep the iPad in the cupboard because it's just too hard. The Murray Mallee Aged Care Group Technology drop-in group is the perfect way to get help with understanding how to navigate your device. This group offers a helping hand as well as useful tips and tricks to make the most out of your device. You may even learn something that you could teach your grandkids!

A lack of confidence may make it difficult to use a smart device, but the drop-in groups take that anxiety away by being a helpful and informative setting. The Murray Mallee group

is designed to provide you with the skills and confidence you need to use technology effectively. Just think of all the things you can confidently do online, such as post photos on social media or buy something special online from the comfort of your own couch. With technology becoming an increasingly important part of everyday life, you can use technology effectively to manage your finances, stay connected with friends and family, and access essential services online.

So why not call the office and find out more about the technology drop-in classes? They operate every Thursday at the training centre at Murray Mallee Aged Care, 2a Myall Avenue, Murray Bridge, from **10:00am – 12:00pm**. Donations are welcomed but not expected. **Call (08) 8532 2255** for more information.



TECHNOLOGY DROP-IN CLASSES

Thursdays
10:00am – 12:00pm



MMACG Training Centre
MURRAY BRIDGE

Call (08) 8532 2255

Recipes

As the temperature begins to cool down and the leaves begin to fall from the trees, the perfect meal on an Autumn day is a nice warm quiche. This easy recipe will be sure to please and have everyone coming back for seconds.

INGREDIENTS

- 1 unbaked 9 inch pie crust
- 6 slices bacon
- 1 onion, chopped
- 1 ½ cups milk
- 3 large eggs, beaten
- ¼ teaspoon salt
- 1 ½ cups shredded Swiss cheese
- 1 tablespoon all-purpose flour

METHOD

1. Preheat the oven to 230 degrees.
2. Line pie crust with a double layer of aluminum foil. Bake in the preheated oven for 8 minutes. Remove foil and continue baking until crust is just set, 4 to 5 minutes. Reduce oven temperature to 165 degrees C.
3. Cook the bacon in a large skillet over medium-high heat. Turn occasionally for about 10 minutes until evenly browned. Once cooked, place onto paper towel to drain. Set aside 2 tablespoons of bacon grease in the skillet.
4. In the same skillet, cook the onion over medium heat until tender; drain and set aside.
5. Mix together milk, eggs, and salt in a large bowl. Stir in bacon and onion. Toss together Swiss cheese and flour in a medium bowl; add to egg mixture and stir well. Pour into par-baked crust.
6. Place into the preheated oven. Bake for 35 to 40 minutes until a knife inserted into the centre comes out clean. Cover edges of crust with foil if they begin to get too brown. Let quiche cool for 10 minutes before serving.



Puzzle Page

Find-a-word

To celebrate the festival season in South Australia, we thought choosing words that relate to the Adelaide Fringe Festival. Can you find them all?



Find and circle all of the words are listed below that are hidden in the grid. The words may be hidden in any direction.

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

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ADELAIDE
ATMOSPHERE
CABARET
CIRCUS
COMEDIAN
CULTURE
DANCE
DELIGHTS

EXPERIENCE
FAMILY
FESTIVAL
FRINGE
GARDEN
GLUTTONY
LAUGHING
MUSIC

RESTAURANTS
SHOWS
THEATRE
TICKETS
UNEARTHLY
VENUE

International Women's Day

International Women's Day is an annual global celebration that takes place on March 8th. It is a day to celebrate the social, economic, cultural, and political achievements of women, and to raise awareness about the ongoing struggle for gender equality. Staff celebrated the day by wearing purple. International Women's Day is not just a day for women – it's a day for everyone.

Gender equality is a human rights issue that affects us all, and everyone has a role to play in creating a more equal and just world.

By celebrating International Women's Day and wearing purple, staff are showing that they are committed to this goal and that they are ready to work together to make it a reality.



Harmony Day

Murray Mallee Aged Care Group joined in the national celebration of Harmony Week. During the week-long festivities, Australians are encouraged to embrace cultural diversity and inclusiveness by wearing something orange.

The Murray Mallee Aged Care Group staff took this opportunity to show their support by sporting a touch of orange to work.

Harmony Week is a time for all Australians to celebrate our cultural diversity and come together to promote inclusiveness and belonging. It's an opportunity to recognise the importance of cultural diversity, which is at the core of our nation's identity. Over half of Australians were either born overseas or have at least one parent who was born overseas. This means that we are a nation of diverse

cultures and backgrounds, and we need to celebrate this diversity.

As Australians, we are united by our shared values of freedom, respect, fairness, democracy, and equal opportunity. These values form the foundation of our society and are at the heart of our nation's identity. Harmony Week provides an opportunity for all Australians to celebrate and embrace these values and to come together to promote inclusiveness and belonging.





South Australian Multicultural Charter

The *South Australian Multicultural Act 2021* sets out to advance multiculturalism and interculturalism and provides for the South Australian Multicultural Charter (the Charter). This Charter will provide vision and guidance to South Australian agencies, organisations, institutions, business and communities as a foundation for all South Australian policy development and the design and delivery of their services.

The South Australian Multicultural Charter acknowledges:

- Aboriginal peoples as the Traditional Owners and occupants of the land and waters in South Australia who continue to maintain and develop their cultural and heritage beliefs as the longest living diverse culture, with a significant historical and ongoing role as the First Nations people in South Australia.
- The achievements and challenges of the generations who came before us and who, together with new and emerging communities, help shape South Australia's identity.

This Charter is for all South Australians and seeks to:

- connect our community through recognition of cultural, linguistic, racial and religious diversity.
- create an environment in which to actively express, exchange knowledge, ideas and perspectives so all South Australians develop a deeper understanding and respect for the richness and value of our diversity.
- provide a foundation for the development of multicultural policies and the delivery of services that will benefit our communities and lead to the advancement of our State.
- encourage inclusive and accountable workplaces and communities for all South Australians.

Honourable Peter Malinauskas MP
Premier of South Australia

Honourable Zoe Bettison MP
Minister for Multicultural Affairs

Damien Walker
Chief Executive
Department of the Premier and Cabinet

Charter Principles

The South Australian Multicultural Charter sets out the principles by which all South Australians:

1. Recognise, respect and value cultural, linguistic, racial and religious diversity and the contribution this has made, and continues to make, to our State.
2. Are encouraged to engage in the reciprocal exchange of knowledge and understanding of our cultural, linguistic, racial and religious diversity.
3. Are able to live, work and study to thrive in all aspects of life in a cohesive society.
4. Have the right to mutual respect, understanding, fairness, safety and freedom from discrimination based on their cultural, linguistic, racial and religious background.
5. Should lawfully be able to preserve, express, practice and celebrate their cultural, linguistic and religious diversity.
6. Have equitable access to opportunities and services that support participation in the educational, social, cultural, economic and political life of our State.

Multicultural Health Connect

WHAT IS MULTICULTURAL HEALTH CONNECT?

Multicultural Health Connect is the first national helpline to help people in multicultural communities get health information and advice.

The helpline is free and confidential, and run by workers from multicultural backgrounds.

When you call Multicultural Health Connect, you will speak with a trained worker who understands and respects your culture, needs and concerns. They can help you in your language or with the help of an interpreter.

WHO CAN USE MULTICULTURAL HEALTH CONNECT?

This service is for anyone from a multicultural background, whether they're an Australian citizen or here on a visa of any kind.

You do not need to speak English to call the helpline. When you call, ask for an interpreter in your language.

WHAT SUPPORT DOES THE HELPLINE PROVIDE?

Multicultural Health Connect provides health information and advice in your language.

WHEN CAN I CALL MULTICULTURAL HEALTH CONNECT?

You can call 1800 186 815 from Monday to Friday, 11am to 7pm Australian Eastern Daylight Time (AEDT).

WHO RUNS MULTICULTURAL HEALTH CONNECT?

Multicultural Health Connect is run by the Australian Government via Healthdirect Australia. It is delivered by the World Wellness Group, a specialist multicultural health service.

Get health
information and advice
in your language

Call Multicultural Health Connect

- ✓ Get free health advice from a nurse
- ✓ Find doctors, hospitals, support, and community health centres near you
- ✓ Learn more about Medicare and how it can support you
- ✓ Learn about COVID-19, including how to get a vaccination, protect yourself and your family and manage your symptoms if you get COVID-19

1800 186 815

Scan here for more
information about
this service



Hours of operation

Monday to Friday
(excluding public holidays)

New South Wales 9am to 7pm
Victoria 11am to 7pm
Australian Capital Territory 11am to 7pm
South Australia 10:30am to 6:30pm
Northern Territory 9:30am to 5:30pm
Western Australia 9am to 4pm



healthdirect

This service is provided by Healthdirect Australia on behalf of the Australian Government

Call **1800 186 815** for
health information in
your language

Multicultural Health Connect

- ✓ Get free health advice from a nurse
- ✓ Find doctors, hospitals and community health centres near you
- ✓ Learn more about Medicare and how it can support you
- ✓ Learn about COVID-19, including vaccinations

healthdirect



Warner Close



WARNER CLOSE

RETIREMENT LIVING

WARNER CLOSE GREYHOUND DAY

The Warner Close Social Club members gathered at the Murray Bridge Greyhounds for a day of fun, laughter, and socialising. Scott was particularly thrilled to get a selfie with one of dogs. The day out at the Greyhounds provided an opportunity to bond with their fellow club members and to relax and unwind in a beautiful setting.

Overall, the Warner Close Social Club's day at the Murray Bridge Greyhounds was a memorable experience filled with excitement, fun, and lots of greyhound racing action.



WARNER CLOSE OPEN DAY

We recently held an open day at Warner Close Retirement Living, and what a fantastic day it was! With sunny weather and a free sausage sizzle, the event drew in many visitors who were eager to explore the village and learn more about what it has to offer.

Our managers were on hand to answer any questions and take visitors on tours of the village. It was wonderful to see so many people enjoying the beautiful surroundings and amenities that Warner Close has to offer.

We understand that choosing a retirement village is a big decision, which is why we were delighted to provide this opportunity for visitors to get a real feel for life at Warner Close.

We would like to extend a big thank you to everyone who came along to the open day. If you missed out on the open day, contact us to arrange a personal tour or to find out more about life at Warner Close Retirement Living.



www.warnerclose.com.au

WARNER CLOSE FLOOD TOUR

The Warner Close Social Club had an enlightening and exciting time on their Murray River Flood bus tour.

They were able to view flood-impacted areas safely, and it was also a great way to spend time together and appreciate the beauty of nature. They also enjoyed the river with a delicious lunch stop.



Care with a Country Heart

We create individually tailored Home Care Packages that help you stay at home, happily independent, for as long as possible.

- ✓ Home Care Packages
- ✓ Social Support
- ✓ iPad Classes



Murray Mallee
AGED CARE GROUP INC.

 (08) 8352 2255

 2a Myall Ave, Murray Bridge SA

ANZAC Biscuits Recipe

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup sugar
- 1 cup plain flour
- 1/2 cup melted butter
- 1 tbs golden syrup
- 2 tbs boiling water
- 1 tsp bicarbonate soda

METHOD

1. Combine dry ingredients.
2. Mix golden syrup, boiling water and bicarbonate of soda until they froth. Add melted butter.
3. Combine butter mixture and dry ingredients.
4. Drop teaspoons of mixture onto floured tray
5. Bake in a slow oven.

ANZAC DAY
25th April 2023
LEST WE FORGET