

Issue
79

Learn About
Support At Home
+ Warner Health Update
+ 3 New Activities!

Murray Mallee

Magazine

Christmas 2025 Edition



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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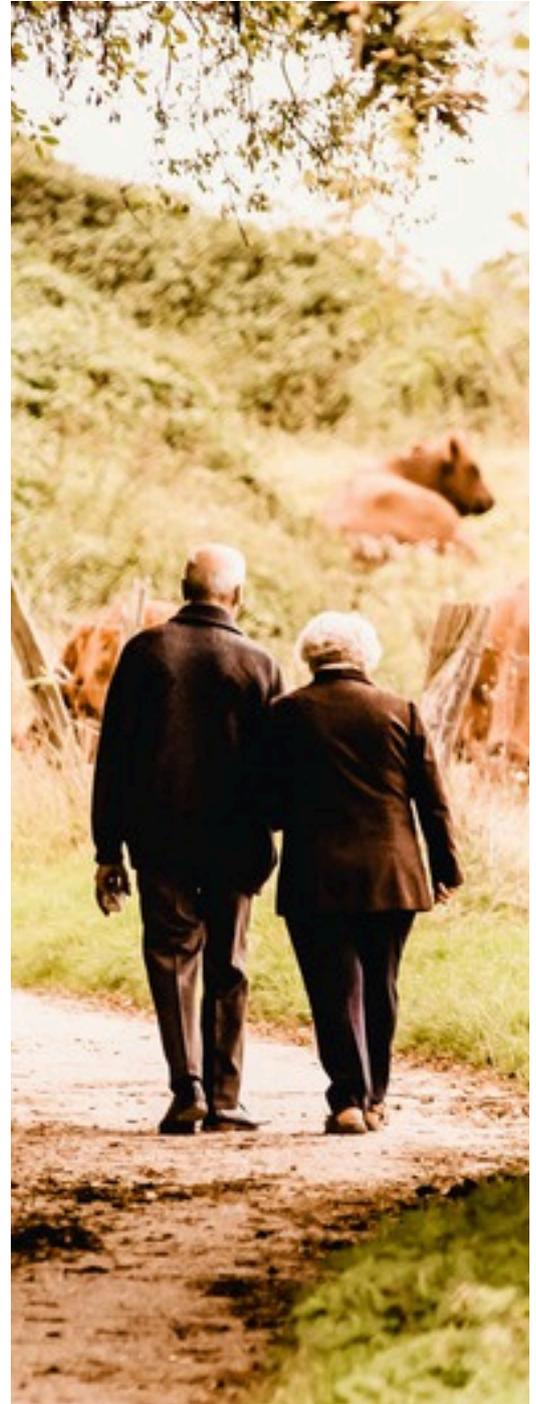
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Feedback

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 can hardly believe that as I write this, I am making plans to go to the Christmas Pageant with my granddaughters this Saturday. It feels like just yesterday we were there, eagerly awaiting Santa Claus' arrival after joyfully waving to the clowns and admiring all the beautiful floats. And here we are again, closing in on another year.

I recently returned from a wonderful trip to Europe with my husband to celebrate his 70th birthday and to catch up with family in Italy. It had been ten years since my last visit, and this time we made a point of exploring places we hadn't seen before, particularly in Northern Europe. The landscapes were breathtaking and so very different from those here in Australia.

Among the many highlights, Ypres in Belgium was an unexpected treasure. We took a guided tour of World

War I memorial sites, which was an emotionally powerful experience. It was deeply moving to see how the impact of the war still resonates with the local community today. The city centre, once destroyed, has been rebuilt exactly as it was before the bombings. My husband's grandfather fought there, as did many Australians, so the experience was particularly meaningful for him.

Another memorable experience was visiting the Földiklinik in Freiburg, Germany, where I met with an Australian woman, Susan Wit, who works there and is undertaking PhD research in lymphoedema. The clinic specialises in lymphology, providing both inpatient and outpatient treatment for lymphatic system diseases and oncological rehabilitation care.

This visit was particularly inspiring, as we are in the process of establishing an allied health centre in Murray Bridge, with a strong focus on lymphoedema care. Heide Callery, our Clinical Manager, is highly trained and deeply passionate about developing this service and offering more intensive treatments than are possible in the home setting.

[continues on next page...](#)



Written by Anna Howard

Photography & Editing by Rex Lau & McKenna Paull

As you would all be aware, the new Support at Home program, which replaces the Home Care Packages program, officially commenced on 1 November after being delayed from July. The team has been working tirelessly to put systems in place that will support a smooth implementation and minimise any day-to-day impact on our clients. In recent months, we have held many information sessions to keep employees, clients, and carers as informed as possible. Although we don't claim to have embedded a perfect system, we are confident that the services our clients receive will continue to be delivered as they were prior to November 1. Whilst the changes are significant, they are intended to forge a new aged care system capable of reaching more people than the previous structure allowed.

If you have any concerns or questions that haven't yet been addressed, I encourage you to reach out to your Care Partner for support.

As we approach the end of another year, I want to sincerely thank each of our Murray Mallee Aged Care Regional and My Choice Care Adelaide clients for their continued patronage. I also want to acknowledge and deeply value the commitment, flexibility, and care that our Board of Directors and broader team have shown

throughout periods of change. Your dedication has not gone unnoticed, and I'm very proud of what we have achieved together.

I would also like to recognise that the Christmas season can be a time when we particularly feel the absence of loved ones who are no longer with us. While it is a season of joy and celebration, it can also bring moments of reflection and sorrow. I extend my heartfelt empathy to anyone experiencing loss at this time and encourage you to reach out to someone you trust for support and comfort.

On a brighter note, I hope that those of you who have the pleasure of being near children during this special season enjoy the joy and wonder they bring, and the vicarious delight that comes with sharing in their festive excitement.

**Warm regards,
Anna Howard**



From the CEO (Italian)

Anna Howard

Saluti a tutti,

Fatico a credere che, mentre scrivo queste righe, sto già facendo i preparativi per andare alla sfilata di Natale con le mie nipotine questo sabato. Mi sembra ieri che eravamo lì, ad aspettare con entusiasmo l'arrivo di Babbo Natale dopo aver salutato con gioia i clown e ammirato tutti i bellissimi carri allegorici. Ed eccoci di nuovo, a chiudere un altro anno.

Sono appena rientrata da un meraviglioso viaggio in Europa con mio marito, organizzato per festeggiare il suo settantesimo compleanno e per rivedere la famiglia in Italia. Erano passati dieci anni dalla mia ultima visita, e questa volta abbiamo deciso di esplorare anche luoghi che non avevamo mai visto prima, in particolare nel Nord Europa. I paesaggi erano mozzafiato e così diversi da quelli australiani.

Tra i tanti momenti indimenticabili, Ypres, in Belgio, è stata una scoperta inaspettata. Abbiamo partecipato a un tour guidato dei siti commemorativi della Prima Guerra Mondiale, un'esperienza profondamente toccante. È stato molto commovente vedere come l'impatto della guerra risuoni ancora oggi nella comunità locale. Il centro città, un tempo

completamente distrutto, è stato ricostruito esattamente com'era prima dei bombardamenti. Il nonno di mio marito combatté lì, come molti altri australiani, per cui l'esperienza ha avuto per lui un significato particolarmente profondo.

Un'altra esperienza memorabile è stata la visita alla Földiklinik di Friburgo, in Germania, dove ho incontrato una donna australiana, Susan Wit, che lavora lì e sta portando avanti un dottorato di ricerca sul linfedema. La clinica è specializzata in linfologia e offre trattamenti sia ambulatoriali che residenziali per le malattie del sistema linfatico e per la riabilitazione oncologica.

Questa visita è stata particolarmente stimolante, poiché siamo attualmente impegnati nella creazione di un centro di salute alleata a Murray Bridge, con un forte focus sull'assistenza per il linfedema. Heide Callery, la nostra Responsabile Clinica, possiede un'elevata formazione e una grande passione per lo sviluppo di questo servizio, che consentirà di offrire trattamenti più intensivi rispetto a quelli erogabili a domicilio.

[continua a pagina successiva...](#)



Translation by Cristian Buccione

Come saprete, il nuovo programma Support at Home, che sostituisce quello dei Home Care Packages, è ufficialmente entrato in vigore il 1° novembre, dopo il rinvio di luglio. Il nostro team ha lavorato instancabilmente per implementare sistemi che garantiscano una transizione fluida e riducano al minimo qualsiasi impatto sulle attività quotidiane dei nostri clienti. Negli ultimi mesi abbiamo organizzato numerose sessioni informative per mantenere informati dipendenti, clienti e caregiver. Pur non potendo affermare di aver già costruito un sistema perfetto, siamo fiduciosi che i servizi forniti ai nostri clienti continueranno a essere erogati come prima del 1° novembre. Sebbene i cambiamenti siano significativi, il loro scopo è creare un nuovo sistema di assistenza agli anziani capace di raggiungere un numero maggiore di persone rispetto al precedente modello.

Se avete domande o dubbi che non sono ancora stati affrontati, vi invito a contattare il vostro Care Partner per ricevere supporto.

Avvicinandoci alla fine di un altro anno, desidero ringraziare sinceramente tutti i nostri clienti di Murray Mallee Aged Care Regional e My Choice Care Adelaide per la loro continua fiducia. Desidero inoltre riconoscere e apprezzare profondamente l'impegno, la

flessibilità e la dedizione dimostrati dal nostro Consiglio di Amministrazione e da tutto il team durante questo periodo di cambiamento. La vostra dedizione non è passata inosservata, e sono molto orgogliosa di ciò che abbiamo raggiunto insieme.

Vorrei anche riconoscere che il periodo natalizio può essere un momento in cui sentiamo particolarmente la mancanza delle persone care che non sono più con noi. Pur essendo una stagione di gioia e celebrazione, può anche suscitare momenti di riflessione e malinconia. Desidero esprimere la mia più sincera vicinanza a chiunque stia vivendo una perdita in questo periodo, e incoraggio tutti a rivolgersi a qualcuno di fiducia per trovare conforto e sostegno.

Con una nota più luminosa, auguro a coloro che hanno la fortuna di trascorrere questo periodo vicino ai bambini di godere della loro gioia e meraviglia, e di lasciarsi contagiare dall'entusiasmo festivo che sanno trasmettere.

**Con affetto,
Anna Howard**

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.

Our Whistleblower Policy means you have the right to speak up about your services and our staff, including Care Partners and Support Workers, without fear. Every piece of feedback makes a difference and helps us continue to provide high-quality care services.

Your voice matters.

You can share your thoughts by:

- ✔ Speaking with Your Care Partner
- ✔ Using Our Official Feedback Channels
- ✔ Having A Trusted Person Speak on Your Behalf





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.

Only \$2 Per Month

Out of your Support at Home package

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.

OVERVIEW

Support at Home (SAH) is the Australian Government's in-home aged care program that allows us, your aged care provider, to deliver compassionate services to you.

Having started in November 2025, the new program replaces the Home Care Packages and Short-Term Restorative Care programs. Commonwealth Home Support Program recipients will join SAH at a later date.

Wherever you are in your aged care journey, this overview explains the key points to help you be informed about your care.

TERMINOLOGY

You may notice we use some unique terms in aged care, here are the most common ones to know:



PARTICIPANT

This is you! You might also be referred to as a client.



REPRESENTATIVE

A person who can communicate your care decisions to us on your behalf. This is usually a close family member who is a registered supporter through My Aged Care.



CARE PARTNER

Your first point of contact for all your care needs and manages your services to ensure their delivered to you.



SUPPORT WORKER

The primary people who come to your home and deliver your services. From domestic work to meal preparation, to transport and more, our compassionate team give you the care you deserve.

BUDGETS

Your aged care is primarily funded by the Government. Your classification level determines the budget you receive. The higher the level, the more money you have to use for aged care services.

Budgets are replenished quarterly. If you have any unspent funds, then only \$1,000 or 10% of that quarter (whichever is greater) can be carried over into the next quarter. The remaining money returns to the Government.

Your Care Partner will work with you to ensure your budget is providing the care you need. If more services are required, we can help you apply for a review to receive a higher budget.



QUESTIONS?

We understand that aged care can sometimes be complex and overwhelming. Rest assured that our team are compassionate experts who are ready to support you through this journey.

If you ever have any questions or concerns about your care, then please call us so you can discuss them with a Care Partner:

- Murray Mallee Aged Care: (08) 8532 2255
- My Choice Care: (08) 8365 0151

SERVICES

Services provide you care with the purpose of supporting age-related function decline that impacts your health and safety. The three service categories provide an overview of the care we can provide you.



CLINICAL SUPPORTS

Includes nursing care, occupational therapy, exercise physiology, physiotherapy and other allied health.



INDEPENDENCE

Includes personal care, continence management, social support, transport, respite care and more.



EVERYDAY LIVING

Includes general house cleaning, laundry, shopping assistance, gardening, meal preparation and more.

CONTRIBUTIONS

Alongside Government funding, you may be required to partially pay out-of-pocket for some services. This is determined by the service category and your pensioner status.

If you were assessed for aged care on or before 12 September, 2024, then you will not pay contributions unless you were before SAH began.

Client Contributions	Full Pensioner	Part Pensioner	Self-Funded Retiree
 CLINICAL SUPPORTS	0%	0%	0%
 INDEPENDENCE	5%	5-50%	50%
 EVERYDAY LIVING	17.5%	17.5-80%	80%

AT HOME?

A GUIDE TO AGED CARE

ASSISTIVE TECHNOLOGY & HOME MODIFICATIONS

Your aged care can also provide you equipment to further support your health and wellbeing. This can be funded separately from your budget under the Assistive Technology & Home Modifications (AT-HM) Scheme.

Assistive technology includes mobility items and some self-care, while home modifications includes handrails and ramps.

Funding from the scheme is provided based on your assessment and the amount you receive is based on the cost of your desired equipment. Your funded amount expires after 12 months if unused and you will need to work with your Care Partner to apply for more funding if needed.

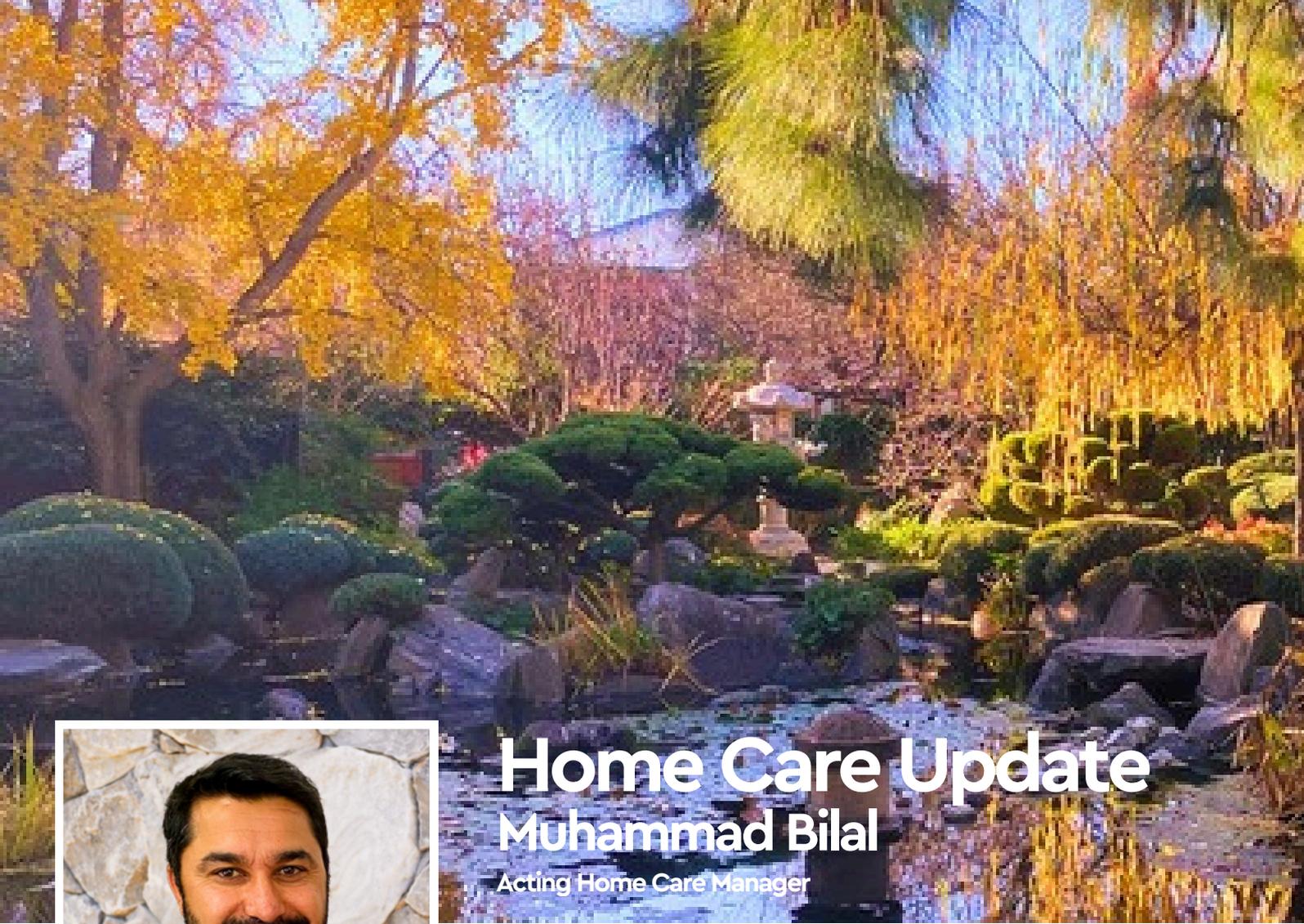
If you prefer, a representative can call and speak on your behalf.

You have a right to be treated with respect and dignity. If you have any feedback for us, you can:

- Visit the Contact Us page on our website: murraymallee.org.au
- Report to the Aged Care Quality and Safety Commission: www.agedcarequality.gov.au

Learn more about the program by visiting the Support at Home page on our website, including a detailed FAQ.





Home Care Update

Muhammad Bilal

Acting Home Care Manager



For those who may not know me, my name is Muhammad Bilal, and I have been part of the Murray Mallee Aged Care Group team as Quality and Compliance Team Leader. In that role, I worked closely with our home care teams to strengthen quality, safety, and service standards across all areas of care. I am now pleased to carry that focus forward more directly in my acting role.

Dear Clients,

Many of you may know Amy Joinbee, our Home Care Manager, is currently on leave. During this time, I've stepped into the role of Acting Home Care Manager to continue supporting our clients, staff, and partners.

Over the past few weeks, our home care team has been focused on finalising our readiness for the Support at Home program. The main tasks included signing new client agreements and consolidating our list of associated providers, as the Government has introduced increased regulatory requirements under the new system. We sincerely appreciate our clients' understanding and cooperation throughout this transition and look forward to your continued support as we move toward full implementation of the Support at Home program.



With Support at Home now in place, the aged care system has become rights-based, giving older Australians greater choice, independence, and control

[continues on next page...](#)

Written by Muhammad Bilal

Photography & Editing by Rex Lau & McKenna Paul

over their care and supports. At Murray Mallee Aged Care Group, we are committed to delivering high-quality, person-centred care that reflects your goals and preferences, while ensuring your services continue smoothly through this new system.

In the coming weeks, your Care Partner will contact you to confirm any Assistive Technology or Home Modification needs. This will allow us to request bulk funding from the Government if your unspent funds are insufficient to cover these supports. Your Care Partner will also confirm your preferred schedule for services delivered by our associated providers, so that these can be included in your regular roster — just like your direct MMACG services.

As part of our ongoing commitment to supporting you and in compliance with the new Aged Care Act, your Care Partner will now provide direct care management at least once every month. This regular check-in ensures your care plan stays up to date and continues to meet your needs, preferences, and goals. We greatly appreciate your cooperation in this process, which helps us keep your care coordinated and responsive.

I would also like to take this opportunity to introduce three new care partners — Evie Longstaffe and Sarah Grenfell will provide care management to regional clients, while Karen Wuttke is working to provide care in Adelaide.

Your feedback and partnership are essential as we move forward under Support at Home. Please continue to share your thoughts and experiences with us — together, we can ensure our services remain responsive, high-quality, and truly centred around you.

**Warm regards,
Muhammad Bilal**

Clinical Update

Hello from the Clinical Team,

We would like to bring to your attention that **skin tears** are a significant concern among the elderly.

If addressed promptly and appropriately when the injury occurs, the healing time can often be reduced to just a few days.

To care for a skin tear, please follow the steps on the next two pages.



It is important for your wounds to be looked after. You can contact our clinical team for help, or an individual can refer to the instructions to help with your care.

Identifying The Wound

A skin tear can look different, often based on the amount of flap (loose skin) there is. Regardless of appearance, it is important for it to be addressed as soon as possible.



Preparing The Wound

- 1. Control bleeding:** Apply gentle pressure to the wound and, if possible, elevate the affected limb.
- 2. Cleanse the wound:** Carefully cleanse the tear with water, taking care to avoid any harsh rubbing. Use a non-woven clean cloth to gently pat the surrounding skin dry.
- 3. Reposition the skin flap:** If the flap is viable (not necrotic or damaged), carefully guide it back into its original position without stretching it.

Dressing The Wound

4. **Choose the appropriate dressing:** Use a non-adherent dressing, such as one made with petrolatum or soft silicone, to cover the wound. This will protect the skin and facilitate healing without causing further trauma.

5. **Change the dressing:** Adhere to the instructions provided for the chosen dressing. Generally, a non-adherent dressing can remain in place for several days, while the secondary dressing may be changed as needed.

Ongoing Care & Prevention

6. **Moisturise the skin:** Regularly apply a gentle moisturiser or emollient to the surrounding skin to prevent dryness and protect it from future damage.

Additionally, please be aware that a **bruise** is a skin discolouration caused by blood leaking from broken capillaries into the surrounding tissue. Bruises are quite fragile and should be protected, as they can easily turn into skin tears if bumped.

It may be helpful to have some **basic dressings**, which can be purchased at a pharmacy, in case of accidents.

We're Here to Help!

Thank you for your attention to this important matter to prevent skin damage. If you have any concerns, **please don't hesitate to contact your Care Partner**, who can arrange a visit from the 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

Creamy Miso Mushroom Pasta



Enjoy a tsunami (or umami) of flavour with this simple pasta meal. Perfect for a dinner with the family!

Time: 30 mins

Serves: 6

INGREDIENTS

- 450g spaghetti, or pasta of choice
- Salt, for the pasta water
- 1 tbsp olive oil
- 170g Swiss brown mushrooms, sliced
- 4 tbsp unsalted butter
- 2 garlic cloves, minced
- 1/3 cup grated Parmesan cheese
- 2 tablespoons white miso paste

- 1 Boil Water:** Fill water in a large pot and add a good amount of salt. On a high heat, boil the water.
- 2 Cook The Pasta:** Once boiled, add the pasta and follow the instructions on the package. Once cooked, reserve a cup of pasta water and drain the pasta in a colander. Make sure the pasta stays warm.
- 3 Work The Mushrooms:** Using a large fry pan, heat up the olive oil at medium and then add the mushrooms. Sauté until golden (approx. 6 mins) and once done, add to a bowl.
- 4 Time For The Sauce:** Wash your pan and put it back on the stove with medium heat so that you can melt the butter. Once the yellow goodness is a puddle, add the garlic and sauté for about 2-3 mins.
- 5 Final Saucy Touches:** Your pan should now be ready for the Parmesan, miso and 1/2 cup pasta water. Stir until the Parmesan is melted and the ingredients are nicely blended and combined. This should take 4 mins at most.
- 6 Serve:** Finally, add the sauce to your pasta and mushrooms — they should be coated! Pasta water can be added if you want to thin the sauce. Add any optional herbs and serve fresh. Delizioso!

Adapted from a recipe by Hannah Zimmerman on "Simply Recipes"



Mexican Scrambled Eggs



Time: 10 mins

Serves: 2

Partake in the healthier version of a breakfast classic, combined with the richness and flair of Mexico.

INGREDIENTS

- 4 eggs
- 2 tbsp milk
- 2 tsp butter
- ¼ tsp Mexican spice mix
- ⅓ cup tasty cheese, grated
- 2 toasted flour tortillas
- Sliced avocado
- 1 large tomato, finely diced
- ½ small onion, finely diced
- 1 tbsp chopped coriander
- ½ seedless jalapeno, finely chopped
- 1 tbsp lime juice
- ½ tsp sea salt, optional

- 1 The Pico de Gallo:** In a bowl, combine tomato, onion, coriander, jalapeno and lime juice. Season with salt if you would like, then set the bowl aside.
- 2 Work Your Eggs:** In another bowl, whisk all the eggs with the milk together until combined.
- 3 Bring The Heat:** In a non-stick fry pan, heat the butter at medium. Once melted enough, add the spice mix and cook with the butter for 5 seconds.
- 4 Come Together:** Add the egg mixture to the fry pan and cook for 10 seconds. Then, use a spatula to gently drag the delicious mixture from the outside to the centre of the pan. Continually do this and cook for 2 minutes or until the eggs are almost set.
- 5 Final Additions:** Turn off the stove — don't worry, the eggs will continue to cook! Sprinkle over half the cheese and let it melt into the mixture.
- 6 Serve:** Add your avocado slices on each tortilla, then add the scrambled eggs evenly. Top up the plate with the remaining cheese and Pico de Gallo. Enjoy!
- ! To Make The Meal Heart Healthy:** Leave out the salt, use olive oil instead of butter, and use wholemeal tortillas instead.

Adapted from a recipe on "Australian Eggs"



Office Staff Update

Welcome to the Team



My name is Maddy, I am new to aged care but really looking forward to learning the aspects of this sector and being a part of this organisation. Outside of work, I have a son who is 9 and a half and my best friend, and we enjoy going to AFL footy games, getting dessert, and having movies nights together.

Madeleine Gallen
Quality & Compliance Officer

Hi, I'm Evie. I'm excited to join Murray Mallee Aged Care and contribute to meaningful work that supports our clients' wellbeing. Outside of work, I enjoy spending time with my friends and family and getting outdoors whenever I can.

Evie Longstaffe
Care Partner



Hello, I'm Karen and I'm excited to join the MMACG team! My interests include trying new restaurants and cafes, spending time with my family, traveling, and collecting Pokémon cards. I value a good laugh and aim to brighten everyone's day.

Karen Wuttke
Care Partner

I'm truly grateful to be part of the team at MMACG and have really enjoyed my journey so far. I'm excited to continue growing in my role and contributing wherever I can. Outside of work, I find joy in spending time with my family, reading, and cooking meals for the people I love.

Sarah Grenfell
Care Partner



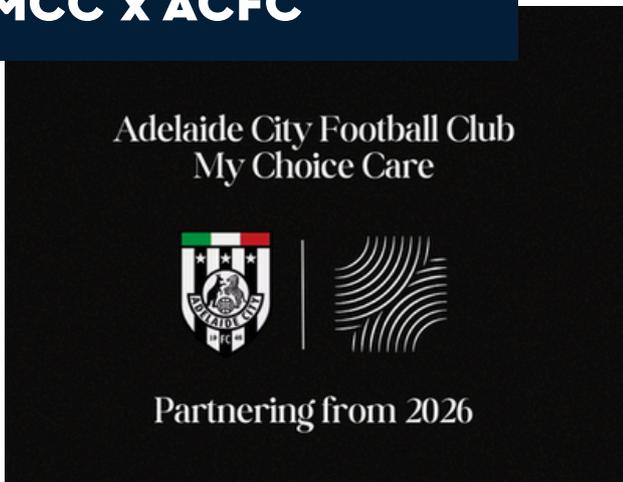
Farewell, Anna M!



We recently said goodbye to Anna Manzari, one of our Care Partners. Her dedication to serving our clients was admirable, especially for Italian seniors to ensure their culture and language was celebrated.

**All the best
on your next journey, Anna!**

MCC x ACFC



We're pleased to announce that, as My Choice Care, we are partnering with Adelaide City Football Club next year!

As a partner for the juniors, we are excited to support the local club's mission of nurturing young talent and engaging with the community. It is a new way we are helping people to live well.

Staff Christmas Lunch



Our Office Staff and Support Workers came together to celebrate and reflect on 2025 with some delicious food! It was a great time as a team.

Thank you to everyone who helps provide quality and compassionate care, and thank you to everyone who puts their trust into our services.



BREAKING NEWS

ISSUE 79



CHRISTMAS 2025 EDITION

LIKE WHAT YOU'RE READ?

CONNECT WITH THE CARING COMMUNITY MORE BY FOLLOWING OUR SOCIAL MEDIA!

Want to stay in the loop with the latest news, service updates, and inspiring stories like People Behind the Care?

Follow our service-specific pages on Facebook and Instagram to:

- Get tailored updates and important information that matters to you.
- Discover exclusive content and meet the amazing people supporting our community.
- Easily contact us or visit our website.

Follow the new pages that you get your services from now to stay connected.



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My Choice Care
f /MyChoiceCareAdelaide
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Warner Close Retirement Living
f /WarnerCloseRetirement
@ /@warner.close



Warner Health & Wellness Centre
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@ /@warner.health

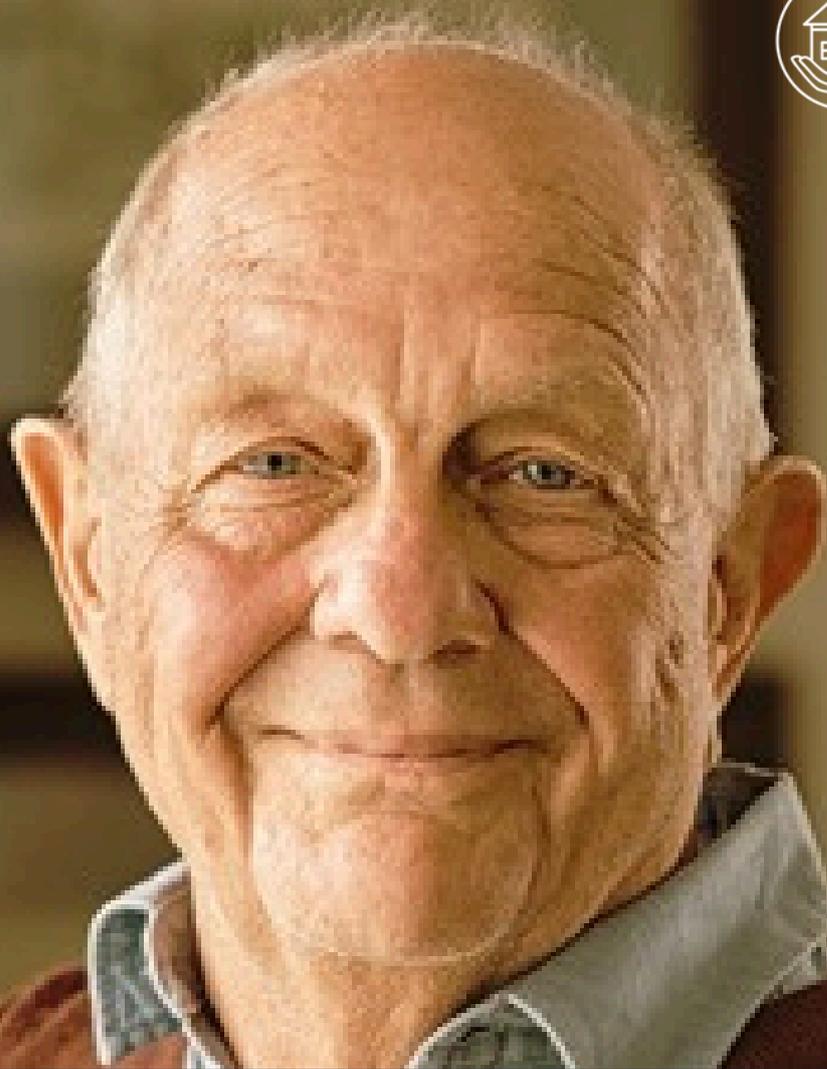
Simply search for any of our services on Facebook or Instagram to follow.

New Websites Coming Soon!

In addition to our new social media accounts, we have new websites coming soon.

This is especially important if you are a My Choice Care client as there will be a new website address.

To stay informed, we encourage you to follow the pages above.



As we reach the end of 2025, the MMACG & My Choice Care Teams would like to thank every client and their families for trusting us with your care.

The feedback we received from our recent Annual Survey continues to encourage us as we strive to provide the best value care available.

Thank you to everyone who participated in the Annual Survey, and please remember that we are always open to hearing your feedback.

Thank You!

Services Help Maintain Independence

4.53

average score out of 5

Dignity & Respect

4.76

average score out of 5

Client Safety

4.78

average score out of 5



WARNER HEALTH
& WELLNESS CENTRE



Community Update

We're getting close! Behind the scenes, our team is hard at work preparing the Warner Health & Wellness Centre for its official opening. While we're not ready to share all the details just yet, we're in the final stages — and we can't wait to welcome you in early 2026.

In the meantime, we'd love for you to be part of this journey.

 Visit our website at warnerhealth.org.au



 There, you can fill out an Expression of Interest form to:

- Share what services or programs you'd like to see at the Centre
- Leave your contact details so we can keep you in the loop
- Help shape the future of local health and wellness in Murray Bridge

Expression of Interest Form
Your input matters. Express your interest in the new Centre and share your ideas for the services and programs that would best support our community.

Personal Details
First Name * Last Name *

Address
Street Address *
City * Postcode *
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- Facebook: [@WarnerHealth](https://www.facebook.com/WarnerHealth)
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 Have questions? You can always email us at reception@murraymallee.org.au or call (08) 8532 2299.

 Find us at: [15a Warner Road, Murray Bridge SA 5253](https://www.google.com/maps/place/15a+Warner+Road,+Murray+Bridge+SA+5253)

Opening Early 2026



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

Seniors Bus Trip

Seasonal Highlights



Photography by Seniors Bus Trip Team
Text Written by Rex Lau & McKenna Paull

Seniors Bus Trip



📍 Adelaide

September 2025

As Spring begun, our adventurers returned to the city! We toured Adelaide Oval as we learned about the history of the ground and saw the behind the scenes magic of the scoreboard. For lunch, we enjoyed a delicious range of Aussie pub fare at The Hotel Metropolitan. But some were hungry for more, so we explored the Adelaide Central Markets; taking in the smell of fresh bread and fruit, looking at classic books and enjoying time together as we walked around the sprawling place. So much fun with friends in the CBD!



 Goolwa October 2025

Our adventurers sailed south to Goolwa to cruise on the P.S. Oscar 'W'! It was an exciting time as sea as we had laughs and took turns with the wheel! A delicious lunch at the local hotel was the cherry on top for this memorable day.

 Arkaba Hotel November 2025

We saddled up and travelled to Adelaide to enjoy food, wine, and laughs during the Melbourne Cup! With a best dressed competition, trivia, prizes and a three-course meal, it was a fun time for all. What a great day at the races with friends!



Seniors Bus Trip



Join Our Seniors Bus Trips in 2026!

- Tailored for Individuals Aged 65+
- Exciting Monthly Excursions
- Affordable Fun

Register Your Interest Today!

(08) 8532 2255

Please note: Seniors Bus Trips are exclusively available for those with the Commonwealth Home Support Package. Unfortunately, Support at Home participants are ineligible.



Merry Christmas!



On behalf of everyone here at Warner Close, we wish all of the MMACG & My Choice Care family a very Merry Christmas and a Happy New Year.

Scott & Stella Coppin
Warner Close Village Managers



Highlights from Halloween & Melbourne Cup Lunches





Affordable retirement living with a simple rental agreement

Warner Close Retirement Living
18 Warner Road, Murray Bridge, 5253 SA



Enquire Today
(08) 8532 2255

	5	9			1			
6	8							
3		1	6	8	4			2
	1	3	7	6			8	
		6		2				
	2			3	9	4	7	
9			2	1	3	8		4
							2	7
			8			1	6	

Sudoku

Can you make all the numbers add up?



How To Play

Sudoku is played on a 9x9 grid, with each grid divided into their own 3x3 area.

To complete this brainteaser, you simply need to fill in every box with a number and following three rules:

- Every row must include the numbers 1 to 9, without repeating.
- Every column must include the numbers 1 to 9, without repeating.
- Within each 3x3 area, the numbers 1 to 9 must be included, without repeating.

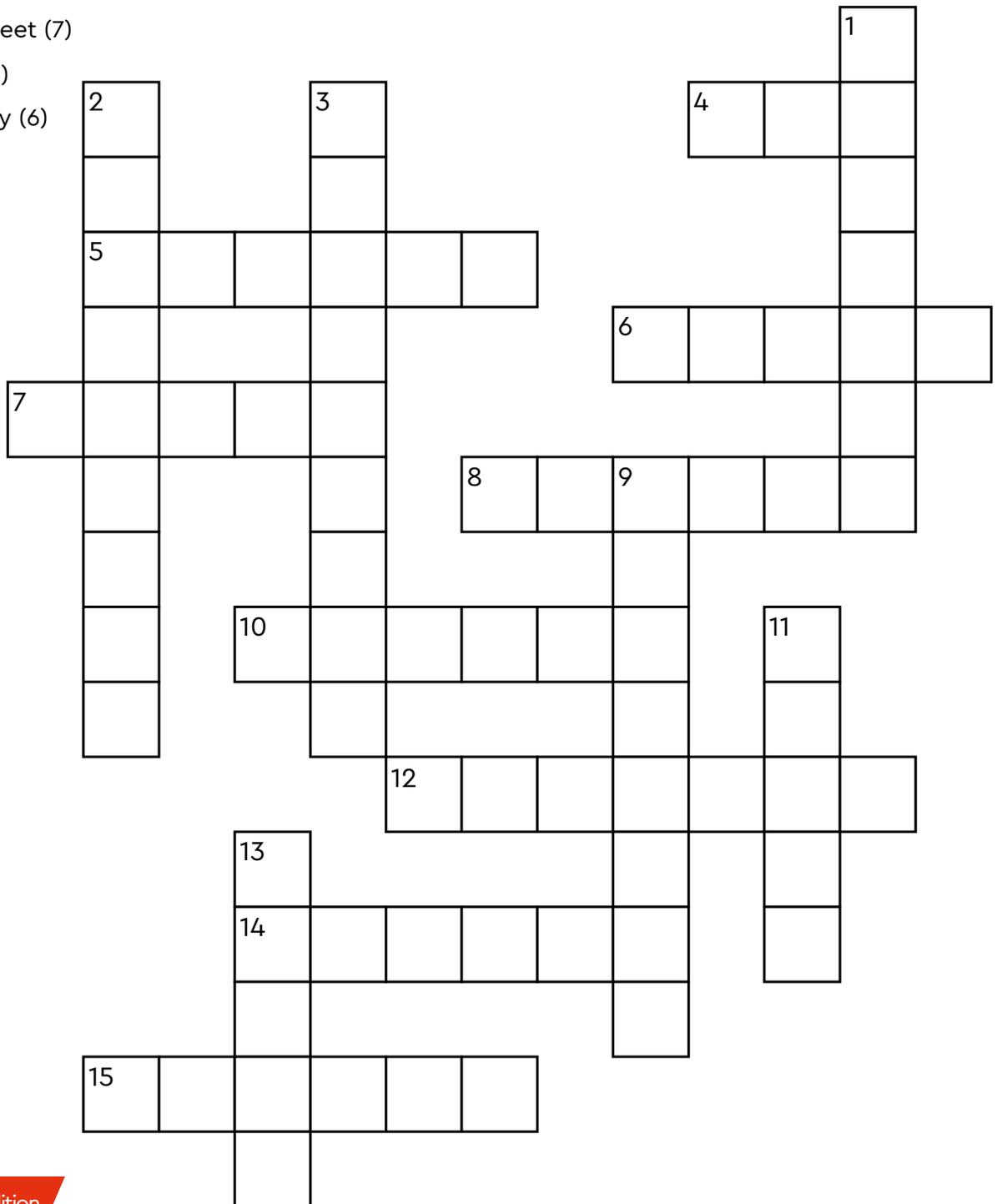
Some of the numbers are already filled in, these are your clues. Good luck!

Across

4. ___ Hard (3 words length)
5. How The ___ Stole Christmas (6)
6. A Christmas ___ (5)
7. The Family ___ (5)
8. Christmas with the ___ (6)
10. The ___ Christmas Carol (6)
12. ___ on 34th Street (7)
14. ___ Weapon (6)
15. ___ All The Way (6)

Down

1. Batman ___ (7 words length)
2. The ___ Before Christmas (9)
3. It's A ___ Life (9)
9. Love ___ (8)
11. The ___ Express (5)
13. Home ___ (5)



Christmas Movies Edition

Crossword

Test your festive film knowledge! Each movie title is missing a word that you put into the crossword. Can you name them all?



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

Christmas

Season

Travel

Thongs

Cricket

Ice Cream

Warm

Lemonade

Sunscreen

Beach

Sandcastle

Swim

Fan

BBQ

Walk

Pool

Summer Edition

Word Search

Grab a pen and relax with this sunny word search. The words can be found in any straight direction, be that upwards, downwards, or diagonal. Can you find them all?



Answers



Crossword

Answers for the crossword puzzle:

- 1. R
- 2. N
- 3. W
- 4. DIE
- 5. GRINCH
- 6. STORY
- 7. STONE
- 8. KRANKS
- 9. ANKS
- 10. MUPPET
- 11. P
- 12. L
- 13. A
- 14. LEHTAL
- 15. JINGLE

Sudoku

2	5	9	3	7	1	6	4	8
6	8	4	9	5	2	7	3	1
3	7	1	6	8	4	5	9	2
4	1	3	7	6	5	2	8	9
7	9	6	4	2	8	3	1	5
8	2	5	1	3	9	4	7	6
9	6	7	2	1	3	8	5	4
1	3	8	5	4	6	9	2	7
5	4	2	8	9	7	1	6	3

Word Search

Answers for the word search:

- MAERCCECIW
- TOTMISVAE
- CORPBNUULM
- HCAEBMNTKI
- RLVAQRSHPC
- IOEYDACSOR
- SOLKCWRENIE
- TPUDEAEGLC
- M RNGJXE SDK
- AAL E M O N A D E
- SEASON NAF T

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for reading
Murray Mallee Magazine



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