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74

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THE KALEIDESCAPE TEAM,

EDITOR: REX LAU

# Murray Mallee

Magazine

Winter 2024 Edition



# 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.

# Publisher

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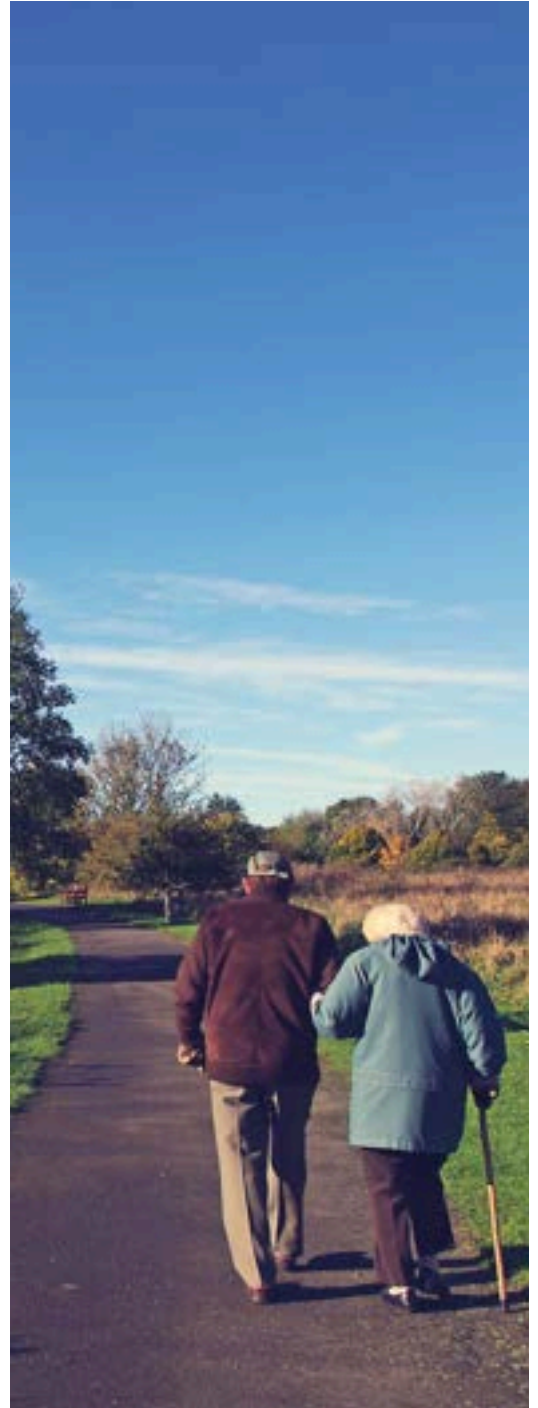
# Feedback

We appreciate your feedback. Please email us at [rlau@murraymallee.org.au](mailto:rlau@murraymallee.org.au) to share your thoughts. Alternatively, you can mail your feedback to 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 that you are enjoying the glorious autumn weather that is lingering. The autumn leaves in Stirling, where I live, are providing a stunning show and are attracting keen photographers hoping to capture the burnt orange, yellow, and red hues of color.

I hope that you are all up to date with your vaccinations in preparation for the winter. I am hearing of a growing number of COVID and RSV cases causing distress not only to younger people but also to older people, so please take care. The other vaccination which I have had

recently, prompted by a good friend who was very unwell when she experienced a bout, is the shingles vaccine. The government recently made it free for anyone over the age of 65.

Our programs both in Adelaide and in Murray Bridge and surrounding regions are growing steadily. We could grow faster, but we are very conscious of the importance of maintaining a high standard of quality. Our amazing team works hard to ensure that we treat each of our clients as individuals with specific and varied needs.

The quality and safety of our services are guided by the Aged Care Act of 1997 along with principles, standards, and regulations. Since the Royal Commission, the Act has been revised and was due to be enacted in July 2024. However, on April 3, 2024, Minister for Aged Care Anika Wells announced a significant update regarding the upcoming legislation. She stated,

continued next page...





Photography by Rex Lau Editing by Rex Lau  
Text Written by Anna Howard

"The Government is currently reviewing the wealth of feedback received to enhance and finalise the draft legislation before its submission to Parliament. We are committed to revising the commencement date of the legislation in accordance with these refinements, ensuring transparency and effectiveness prior to its parliamentary introduction."

Anika Wells

Minister for Aged Care

At this stage, the standards which guide our practice and underpin the independent audit process conducted on our services have already been the subject of extensive consultation within the sector. They should subsequently remain as they are without significant changes. The Department of Health and Aged Care is due to release an official statement with the commencement dates. Nonetheless, I will keep you updated as information comes to hand. Rest assured, it is 'business as usual' for us as we have always kept a close eye on the Program guidelines,

Act, and Principles, referring to them often.

To further enhance the quality and safety of our services, a Consumer Advisory Body has been meeting over the past few years. Membership changes occasionally due to individual members' circumstances, and I urge you to consider joining the group and take the opportunity to provide input, share suggestions, and participate in future planning. Please be in touch with me at (08) 8532 2255 to express your interest.

In closing, I would like to congratulate Rex Lau, who has now been with us for 6 months, for his outstanding improvements to the newsletter (magazine). Please feel free to send in any ideas you have for items of interest either via email at [rlau@murraymallee.org.au](mailto:rlau@murraymallee.org.au) or call in on 8365 0151.

I hope you enjoy the magazine.

**Warmest wishes,  
Anna Howard**



# From the CEO (Italian)

## Anna Howard

### Saluti a tutti,

Spero vi stiate godendo il glorioso clima autunnale che ci sta accompagnando. Le foglie autunnali di Stirling, dove vivo, offrono uno show spettacolare che attrae fotografi che sperano di catturare l'arancio bruciato, il giallo, e le tonalità di rosso.

Spero siate tutti correnti con le vaccinazioni in preparazione dell'arrivo dell'inverno. Sento dell'aumento dei casi di COVID e di infezione polmonare che stannon causando stress non solo nei giovani ma nache nei piu' anziani, quindi per favore prestate attenzione. Un altro vaccino che ho fatto di recente, consigliato da una buona amica che è stata molto male quando ha avuto un episodio, è il vaccino contro l'herpes zoster (Fuoco di Sant'Antonio). Il Governo lo ha di recente reso gratuito per chiunque oltre i 65 anni.

I nostri programmi, in Murray Briidge e Adelaide stanno crescendo in maniera costante.

Potremmo crescere piu' velocemente, ma siamo consapevoli dell'importanza del mantenere alti standard di qualita'. Il nostro fantastico team lavora duramente per assicurarsi che trattiamo ogni cliente come individui con diversi e specifici bisogni.

La qualita' e sicurezza dei nostri servizi sono guidate dall' Aged Care Act del 1997 insieme ad altri principi, standard e regolamenti. Sin dall'introduzione della Royal Commission, l'Atto e' stato rivisitato e sarebbe dovuto essere ufficiale da Luglio 2024. Ad ogni modo, il 3 Aprile del 2024, il Ministro per l'Aged Care, Anika Wells ha annunciato un aggiornamento significativo riguardo la legislazione in arrivo. Ha dichiarato,

"Il Governo sta rivisitando l'enorme quantita' di

continua a pagina successiva...





Photography by Rex Lau Editing by Rex Lau  
Translation by Cristian Buccione

feedback ricevuto per migliorare e finalizzare la bozza prima della presentazione in Parlamento. Siamo impegnati a rivedere la data di inizio della legislazione in accordo con le migliori, assicurando trasparenza ed efficacia prima dell'introduzione in palamento"

Anika Wells

Minister for Aged Care

Al momento, gli standard che guidano la nostra pratica e sostengono il processo di controllo indipendente sul nostro servizio sono stati il soggetto di estensive consultazioni nel settore. Gli standard dovrebbero rimanere così come sono senza cambiamenti significativi. Il Dipartimento della Salute ed Aged Care dovrebbe rilasciare presto una dichiarazione con le date di inizio. Vi terro' informati appena ci saranno maggiori informazioni. Non vi preoccupate, tutto invariato per noi che abbiamo sempre avuto un occhio sul programma, l'Atto, e i Principi, prendendoli a riferimento molto spesso.

Per aumentare ulteriormente la qualità e sicurezza dei nostri servizi, un Consumer Advisory Body si è incontrato spesso negli ultimi anni. Gli appartenenti cambiano occasionalmente a causa delle circostanze degli individui partecipanti, e vi consiglio di far parte del gruppo per provvedere idee, condividere suggerimenti, e partecipare in piani futuri. Vi prego di contattarmi al (08) 8532 2255 per esprimere il vostro interesse.

In chiusura, vorrei congratularmi con Rex Lau, che è con noi da 6 mesi, per aver migliorato la newsletter (magazine). Sentitevi liberi di inviare idee per temi che vi interessano via email a [rlau@murraymallee.org.au](mailto:rlau@murraymallee.org.au) o chiamate al 8365 0151.

Spero la newsletter vi piaccia.

**I piu' calorosi saluti,  
Anna Howard**

## #New Board Member



# Lesley Zadow



Community Member

Representative since 2024

Lesley began her career as a dental nurse before transitioning to general nursing. After raising four children as a stay-at-home mom, she became involved in community activities and led the Girl Guides as the District Commissioner for Murray Mallee. Later, she opened a Craft and Gift Shop, teaching crafts for 25 years, and traveled extensively across Australia.

A dedicated volunteer, Lesley spent ten years with the Heart Foundation, led crafting sessions for U3A, and volunteered in palliative care at Resthaven. An avid sportsperson, she played multiple sports and served as the president of her croquet club for a decade.

Today, Lesley contributes to the Murray Mallee Aged Care Group and knits for charity. Her commitment to service and community makes her a treasured member of Murray Mallee, continuously striving to make a difference.



# Medication Support



## Do you receive medication support services from us?

Keeping us informed about any changes in your prescriptions, such as new medications for your eyes, ears, or any topical creams, is crucial. Timely updates allow us to review and adjust your medication plan accordingly, ensuring that our care is precise and supportive. Accurate medication management is key to your health and wellness.

Should there be any changes in your prescriptions, please contact us immediately at (08) 8532 2255 or email [reception@murraymallee.org.au](mailto:reception@murraymallee.org.au). Your well-being is our priority, and through diligent medication management, we strive to support your health needs effectively.



# Clinical Update

As winter approaches, it's important to stay informed and prepared. In this section, we'll cover flu injections to keep you healthy, diet tips to nourish your body, exercise advice to keep you active, and ways to stay warm and safe. Let's make this winter cozy and healthy together!

## Stay Safe: Don't Forget Your Flu Injection!

The colder months have arrived, bringing an increase in respiratory illnesses. It's essential to get your flu injection to protect yourself. With COVID-19 still present, it's wise to wear a mask when people are coughing around you. Additionally, carry hand sanitizer when shopping and touching potentially contaminated surfaces. By taking these precautions, you can help protect yourself and others from getting sick. Stay safe and healthy this winter!



## Essential Winter Diet Tips for Good Health

Keeping up a good diet during winter is crucial for your health. Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your meals. A balanced diet boosts your immune system, helps you stay energized, and can combat winter blues. Eating well ensures your body gets the nutrients it needs to stay strong and healthy during the colder months. Stay nourished and thrive this winter!





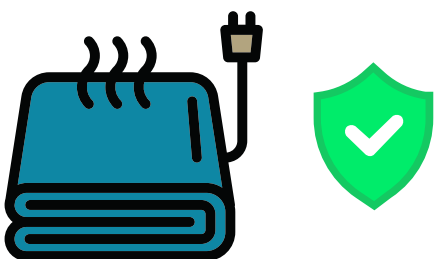
## Winter Exercise for Better Health

Staying active during winter is essential for your health and well-being. Light exercise, like walking around your home, helps maintain good muscle tone, reducing the risk of falls. It also boosts your mood and combats the winter blues. Staying connected with family and friends can make exercising more enjoyable and keep you motivated. Keep moving to stay strong, healthy, and happy this winter!



## Tips to Stay Warm and Safe

Staying warm during winter is crucial for your health and comfort. Dress appropriately and consider using an electric throw blanket; they keep you warm and are cheap to run. Keeping warm helps prevent colds, flu, and other illnesses. Remember to turn off any heating devices after use or before leaving home to ensure safety. Staying warm and safe during winter will help you stay healthy and comfortable throughout the season.



## Heide Callery (Clinical Manager)

Heide started her journey with MMACG in 2000, as a Support Worker in Coonalpyn and Meningie. After moving to Murray Bridge, she transferred to a Registered Nurse position and is now the Clinical Manager. Heide is one of our most treasured team members.

Heide holds a Certificate IV in Emergency Care, a nursing degree, and a post-graduate certificate in nursing. Heide dedicated the early years of her nursing career to the Keith Hospital and spent 10 years as an Ambulance Volunteer.



*Murray Mallee*  
AGED CARE GROUP INC

# Home Care Package

## What expenses are covered by Home Care Package funds?

- Personal Care
- Home modifications and aids
- Assistance with daily living tasks
- Purchase of mobility aids
- Nutrition & hydration
- Nursing services
- Household chores
- General wellbeing
- Clinical services

## What expenses are not covered by Home Care Package funds?

- Purchasing groceries and general items unrelated to care.
- Covering rent or mortgage payments.
- Settling fees and charges linked to other government-funded care.
- Making home modifications not directly related to care.
- Funding holiday travel or accommodations.
- Engaging in entertainment, club memberships, or event tickets.
- Gambling activities.
- Paying for services/items already covered by the Medicare Benefits Schedule or Pharmaceutical Benefits Scheme.

## What if my needs change?

As your needs evolve, you may require increased assistance to maintain a comfortable living at home. If you find yourself needing a higher-level Home Care Package, feel free to reach out to the Murray Mallee Aged Care Group Office at (08) 8532 2255 to explore the available options.







# Care with a Country Heart

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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



**Question?**

**Call us at (08) 8352 2255**

# Healthy Bites

"Healthy Bites" is your go-to section for discovering delicious, nutritious recipes tailored for our clients. Each edition brings you carefully selected dishes that blend taste with health benefits, ensuring every meal is an opportunity to nourish your body and delight your taste buds.

## Roasted Sweet Potato & Carrot Soup



Indulge in our Roasted Sweet Potato & Carrot Soup, a comforting blend that's perfect for any meal and rich in essential nutrients.

**Time: 50 mins**

**Servings: 4**

### INGREDIENTS

- 500g sweet potatoes, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1l vegetable stock
- 100ml crème fraîche, plus extra to serve

- 1** Preheat the oven to 220°C/200°C fan/gas 7. Place 500g sweet potatoes and 300g carrots, both chunked, on a roasting tin. Drizzle with 2 tbsp olive oil and season well. Roast for 25-30 minutes until caramelized and tender.
- 2** While vegetables roast, heat 1 tbsp olive oil in a large saucepan. Add 2 finely chopped onions and cook on medium-low heat for 10 minutes until soft. Add 2 crushed garlic cloves and cook for 1 minute.
- 3** Pour in 1 liter of vegetable stock to the onion mixture. Simmer for 5-10 minutes until onions are very soft. Remove from heat.
- 4** Add the roasted vegetables to the saucepan. Blend with a hand blender until smooth. Stir in 100ml crème fraîche and season to taste. Reheat briefly. Serve hot, garnished with a swirl of crème fraîche and a sprinkle of black pepper.





# Garlic Parmesan Mashed Potatoes



Upgrade your mashed potatoes with this Garlic Parmesan version, richly flavored with minced garlic and grated Parmesan for a deliciously creamy and savory dish.

**Time: 35 mins**

**Servings: 8**

## INGREDIENTS

- 3 lbs. peeled Yukon Gold potatoes, cut into quarters
- 1 Tbsp + ½ tsp salt, divided
- 4 Tbsp unsalted butter,
- 2 Tbsp minced garlic
- ¾ cup whole milk
- ⅓ cup heavy cream
- 1 tsp garlic powder
- ½ tsp pepper
- ¾ cup grated parmesan cheese
- Fresh chives or scallions, for garnish

- 1 Place potatoes in a large pot, cover with cold water, and add 1 Tbsp of salt. Bring to a boil, then reduce to a simmer and cook until tender, about 15-20 minutes.
- 2 While potatoes cook, melt butter in a saucepan over medium heat. Add garlic and sauté until aromatic and slightly browned, about 1-2 minutes.
- 3 Reduce heat to low and add milk and cream to the garlic, heating until hot but not boiling.
- 4 Drain the boiled potatoes and return to the pot. Mash them to your preferred consistency, either smooth or with some chunks remaining.
- 5 Add the hot garlic, milk, and cream mixture to the mashed potatoes, along with garlic powder, additional salt, and pepper. Fold in the Parmesan cheese. Serve the mashed potatoes topped with chopped chives or scallions and additional butter if desired.



# Office Staff Update

## Welcome to the Team



I'm thrilled to join the Murray Mallee team! Originally from Iran with a Kurdish background, I immigrated to Australia 13 years ago. I speak Kurdish, Farsi, and English, enjoy watching movies, and am currently studying for a Social Work Degree at UniSA.

**Somayeh Ghafari**  
Home Care Team Leader (Adelaide)

I have worked in aged care for 20 years, holding various roles in aged care homes, and for the last seven years in the rostering department. I am very excited to have joined Murray Mallee and to be part of the team; everyone has been very welcoming.



**Mandy Fletcher**  
Rostering Officer



Becoming an Enrolled Nurse with Murray Mallee has been the best decision I've made. Supported by coworkers, I transitioned from acute to community care, which broadened my perspective on providing excellent nursing care at home.

**Melinda Dunning**  
Enrolled Nurse (Murray Bridge & Adelaide)

My name is Wheny, and I recently joined the Finance Team. Previously, I spent 5 ½ years with Murray Bridge Toyota in Accounts. I love being part of a great team and look forward to many more years to come.



**Whenylyn Brauer**  
Finance and Administration Officer





I have been in coordination and rostering for nearly four years and am excited to be part of the Murray Mallee team. I've enjoyed meeting so many lovely people.

**Breeann Hausler**  
Rostering Officer/Service Consultant

I am very excited to work for Murray Mallee Aged Care Group, as the aged care sector is a passion of mine. I look forward to learning and embracing new skills in my role as a Receptionist here.



**Sarah Jaensch**  
Receptionist

## **Ebony Leaving**

We bid farewell to Ebony, who leaves MMACG after making her mark as a standout business trainee. Since joining in January 2022, Ebony has won both the First Year and Overall Trainee of the Year awards, repeating her success in her second year. We thank her for her exceptional contributions and wish her great success in her future endeavors.



## **Sheenagh Retirement**

We bid a fond farewell to Sheenagh, who is retiring after eight years of dedicated rostering at MMACG. Her journey began in the early 2000s at Murraylands Retirement Village, where she excelled in matching clients with the perfect support workers. We thank Sheenagh for her compassionate service and wish her a joyous retirement filled with new adventures.





## FUN FACT ABOUT US

Did you know that each of our Service Consultants is responsible for around 50 clients? They are always doing their best to help and support everyone! If you need to plan ahead or change your personal schedule, we would greatly appreciate it if you could notify us as early as possible. This gives us enough time to rearrange your plans according to your needs.

Also, if you ever need an extra shift or service, please communicate with your Service Consultant. We'll try our best to assist you. We apologise if we sometimes can't respond immediately, but please be patient—we will get back to you as soon as we can.

**THANKS FOR YOUR UNDERSTANDING!**



# Seniors Bus Trip

# Seasonal Highlight



Photography by Seniors Bus Trip Team  
Text Written by Rex Lau

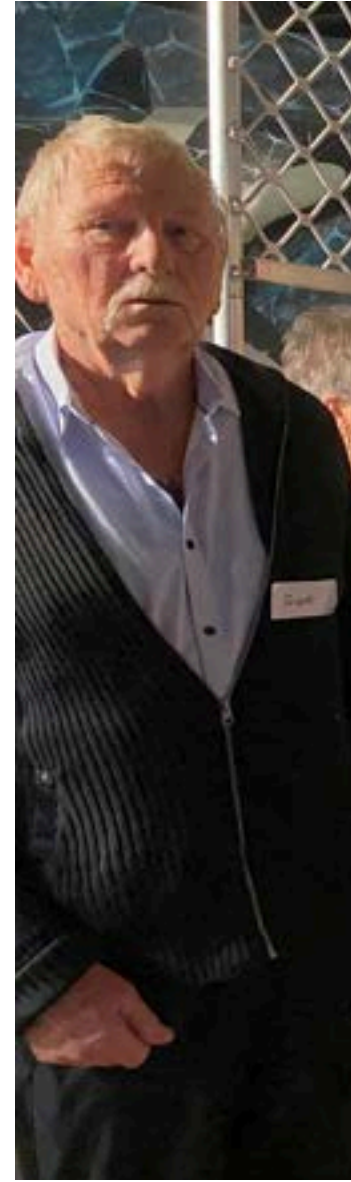


# Seniors Bus Trip



In March, our seniors had a delightful excursion to Maggie Beer Farm and enjoyed a tasty lunch at Tanunda Pub. The trip was filled with laughter, good food, and camaraderie, offering a perfect mix of scenic beauty and warm hospitality.





In April, our spirited seniors ventured out to the Victor Harbor Whale Centre for an educational and engaging experience. Following the visit, everyone enjoyed a lovely luncheon at the Crown Hotel.



## Seniors Bus Trip



The day was filled with beautiful sights, interesting marine insights, and delicious food, all shared in good company. This trip not only provided a wonderful opportunity for socializing but also added a memorable chapter to our community's adventures.





## Seniors Bus Trip



# Join Us for Our Monthly Seniors Bus Trip!

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

**Secure Your Spot Today**

**(08) 8532 2255**

\*Please note: The Senior Bus Trip is exclusively available for those with the Commonwealth Home Support Package. Regrettably, individuals holding a Home Care Package cannot participate.



# vAboutMe

Murray Mallee Client App

Get



147 RATINGS

5



AGE

18+

Years Old

CATEGORY



Home Care

LANGUAGE

EN

English

We are excited to be offer all of our clients a new app available on your phone/tablet, vAboutMe. vAboutMe will allow you to communicate easier with the office as well as view your documents and 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.
- Informed family members about funding status.
- Confident service requests knowing the funding situation.

# Only \$2/Month

extra out of your Home Care Package

Give us a call at (08) 8532 2255. We can guide you on how to install and use the vAboutMe app to make everything easier and smoother.



# Warner Close Seasonal Update



Photography by Rex Lau & Warner Close Team  
Text Written by Rex Lau





Every Friday, Warner Close Retirement Living hosts a cherished Happy Hour for our residents. These weekly gatherings are a time for laughter, conversation, and enjoying snacks together. More than just a relaxing break, they help foster strong connections between neighbors, enhancing our community's warm and welcoming atmosphere.



Over the past few months, we had some fantastic outings with the residents of Warner Close Retirement Living. One highlight was our trip to the Wellington Hotel for a delightful lunch. It was a wonderful day filled with delicious food, refreshing drinks, and great conversations. Everyone enjoyed the chance to relax, chat, and savor the lovely atmosphere.





Meet Phil, a Warner Close resident whose green thumb has transformed a simple garden space into a vibrant veggie patch. With his dedication to organic gardening, Phil has created a picturesque and productive area that all of us admire. Let's give a big round of applause to Phil for his fantastic work that inspires us all!

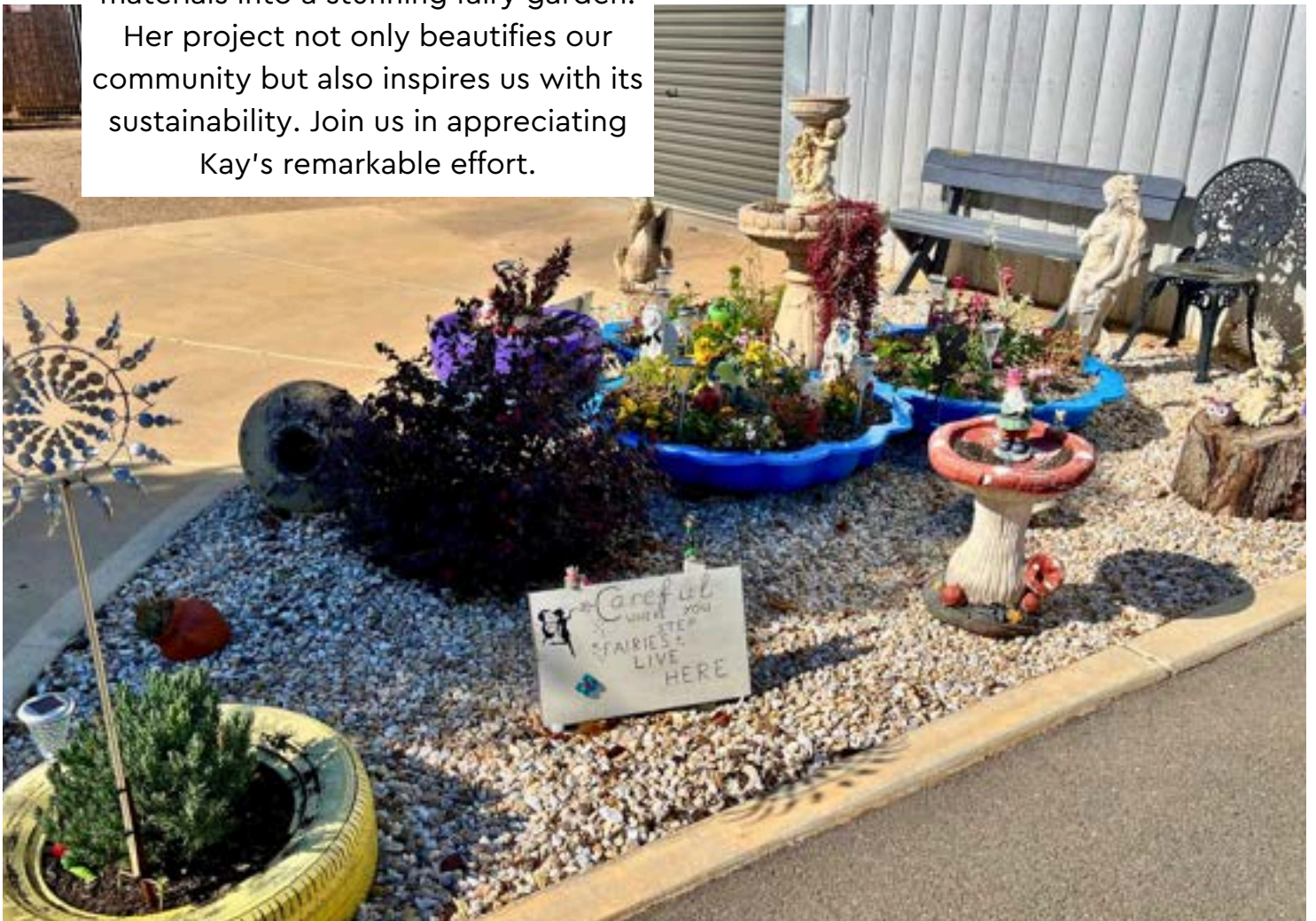




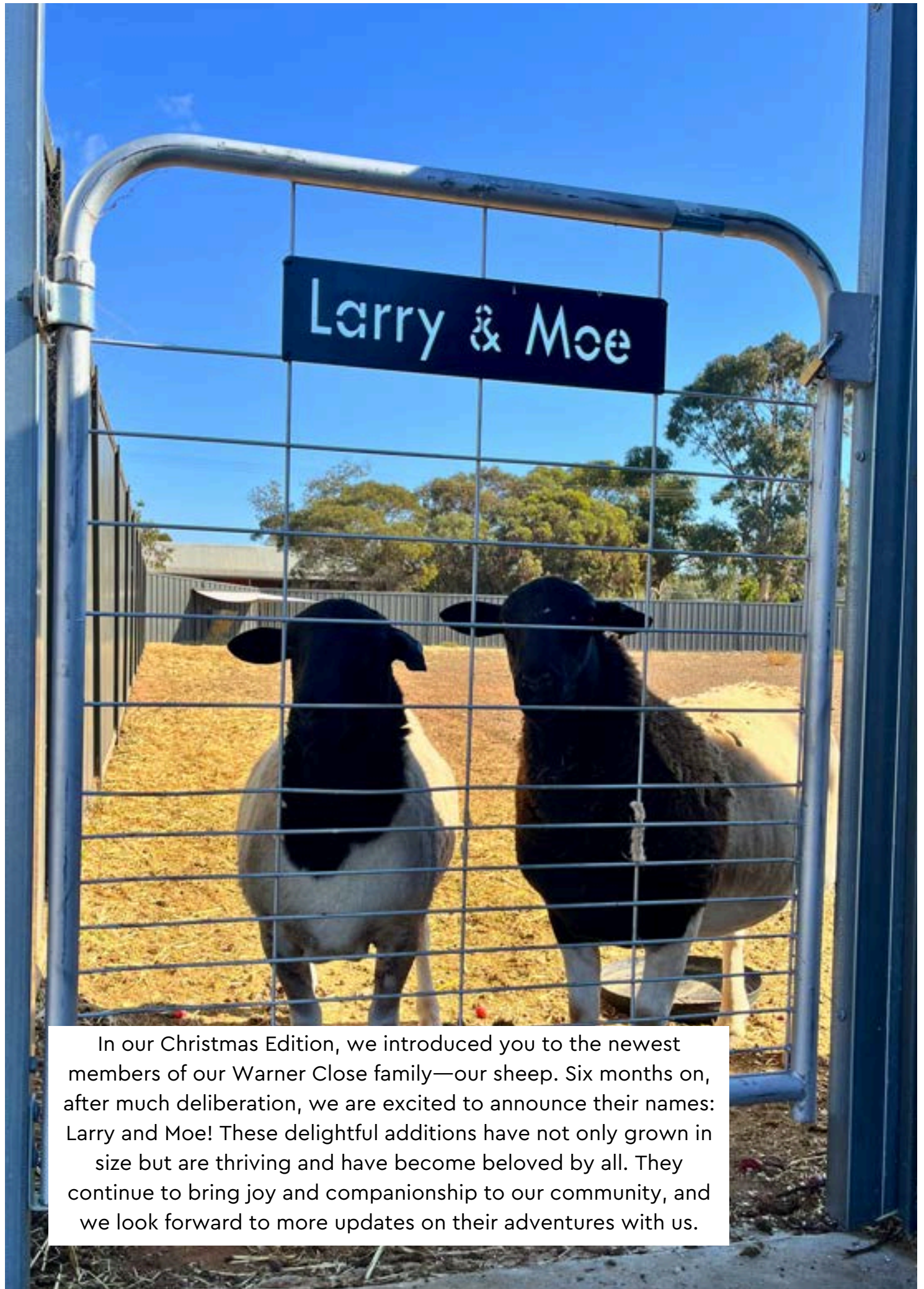


Kay, a resident at Warner Close, has creatively transformed recycled materials into a stunning fairy garden.

Her project not only beautifies our community but also inspires us with its sustainability. Join us in appreciating Kay's remarkable effort.







In our Christmas Edition, we introduced you to the newest members of our Warner Close family—our sheep. Six months on, after much deliberation, we are excited to announce their names: Larry and Moe! These delightful additions have not only grown in size but are thriving and have become beloved by all. They continue to bring joy and companionship to our community, and we look forward to more updates on their adventures with us.



# Warner Close Sharing Corner

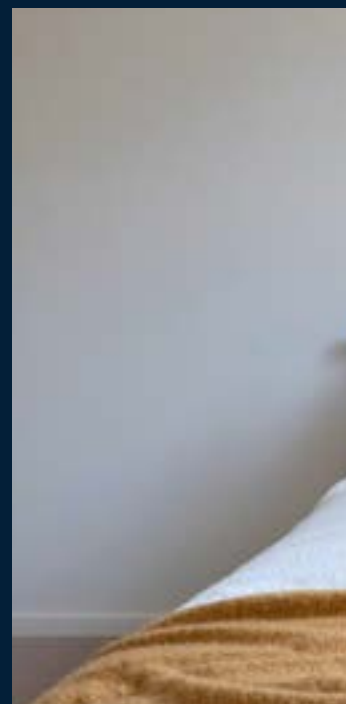


## Growing Old

In this edition of the Murray Mallee Magazine, we are thrilled to feature the creative work of our Warner Close resident, Paul Spencer. Paul has shared a poignant piece titled "Growing Old," which reflects on the experience of aging through a mix of humor and wisdom. Below, we present some highlights from his work, capturing the essence of his reflections:

1. "If you want to know how old a woman is, ask her sister-in-law." (Eva Gabor)
2. "Old age comes at a bad time." (Ed Sullivan)
3. "Inside every older person is a younger person wondering what happened." (Stevie Wonder)
4. "Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do about it." (Golda Meir)
5. "The older I get, the more clearly I remember things that never happened." (Mark Twain)
6. "I'm at that age where my back goes out more than I do." (Phyllis Diller)
7. "Nice to be here? At my age, it's nice to be anywhere." (George Burns)
8. "First you forget names, then you forget faces, then you forget to pull your zipper up; then you forget to pull your zipper down." (Rob Reiner)

Paul's work not only brings smiles but also fosters a deeper appreciation for the quirks of growing older. We extend our heartfelt thanks to Paul for his inspiring contribution and for enriching our community with his artistic talents .







**Interested?**  
**(08) 8532 2255**  
**[warnerclose.com.au](http://warnerclose.com.au)**



**WARNER CLOSE**  
RETIREMENT LIVING

# Win a \$50 **coles** Gift Card!



We're giving away four \$50 Coles Gift Cards! To enter, leave us a Google review for: Murray Mallee Aged Care Group, My Choice Care, or Warner Close Retirement Living.

## How to Enter:

1. Leave a Review: Use your real-name Google account to leave a review.
2. Campaign Dates: 1 June 2024 to 30 June 2024.
3. Automatic Entry: Your review automatically enters you into the draw.

## Key Details:

- Announcement: Winners announced on 5 July 2024 on our social media. Follow us for updates!
- Contact: Winners will be contacted and sent their gift card.
- One Entry per Person: Only one entry per person. Duplicate reviews won't count.

Share your feedback and get a chance to win!

Thank you for your continued trust in us.  
Your input helps us continually improve  
and serve you better.

# Thank you

\*Only clients, clients' advocates, or support workers of Murray Mallee Aged Care Group are eligible to enter the draw.

Simply search

Murray Mallee Aged Care Group

or

My Choice Care

or

Warner Close Retirement Living

on Google to leave your review  
and share your experience.

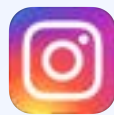


# Thank you

for reading the Murray  
Mallee Magazine.



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**Join Our Community  
Online for the Latest News.**

Issue 74 | Winter 2024 Edition

# Murray Mallee

Magazine

