


# The Quarterly **CONNECTION**

WINTER 2023



**Ciao Patrizia!**

**Volunteering:**  
Making a Difference  
in the Community

**Nurturing the  
Caregiver:**  
Essential Tips for  
Caregiver Wellness



Murray Mallee  
AGED CARE GROUP





## Publisher

**Murray Mallee Aged Care Group Inc**

Editor: Sarah Mugford

Contributors: Anna Howard,  
Amy Joinbee, Allecia and the  
Kaleidescape Team, Sarah Mugford.

## Feedback

We appreciate your  
feedback. Please email us at  
[marketing@murraymallee.org.au](mailto: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](http://www.murraymallee.org.au/regional)  
[reception@murraymallee.org.au](mailto:reception@murraymallee.org.au)  
Ph. (08) 8532 2255

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



# Contents

From the CEO	3
Home Care Update	8
Staff News	9
Kaleidescape Corner	16
Puzzle Page	17
Recipes	18
Warner Close	22



**Biggest Morning Tea p20**



**Farewell Patrizia p5**

*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

We farewelled Patrizia, who had served our organisation for nearly six years with great dedication. The event was a delightful opportunity to share a glass of wine and pizza, reminisce, and exchange amusing anecdotes.



**ANNA HOWARD**  
CHIEF EXECUTIVE OFFICER

## ***Greetings everyone,***

I hope this newsletter finds you in good health and spirits. Fortunately, we have managed to steer clear of any bushfire incidents this year, and the recent flood situation was not as catastrophic as initially projected. As we transition into winter, it is worth noting that the winter solstice has already taken place, and we can now look forward to the arrival of spring.

It seems that COVID has resurfaced, but with the high number of people who have been vaccinated, we hope that it won't be as troublesome as it was during the past two winters. Nevertheless, we will keep a close eye on the situation and provide updates as necessary, should there be another outbreak that requires immediate action.

In the previous newsletter, I announced the departure of Patrizia, who had served our organization for nearly six years with great dedication. In recognition of her valuable contributions, we organised a farewell party at the Alta Villa club on May 26th, which was attended by nearly forty individuals. The event was a delightful opportunity to share a glass of wine and pizza, reminisce, and exchange amusing anecdotes. While there were some tears shed, the overall mood was cheerful, and everyone had a good time.

There are a few issues that have caused concern and required a significant amount of

work behind the scenes. This is to establish and implement proper systems, to ensure that we meet all of our regulatory requirements.

One important topic to address is the continued effects of the amendments made to the Social, Community, Home Care and Disability Services Industry Award in July 2022. These revisions mandated a minimum of two hours for our home care staff and compensation for both their travel time and distance covered.

Another matter is that our team have been working hard to prioritise the scheduling of Personal Care, Medication, Transport (especially to medical appointments), and Meal Assistance. All cleaning and general domestic assistance will mostly be scheduled in the afternoon when there is less demand for critical services. I encourage you to speak with your Service Consultant to reach a mutually convenient solution to your service needs.

The other matter is that of the increase to Support Worker wages of 15% and the Fair Work Commission's 5.75% increase to the minimum wage recently announced, which is also paid to Support Workers. The increases will become effective from the first full pay period, on, or after, the 30th of June 2023.

## From the CEO cont.

In closing, you should have received a letter from me in the week beginning the 12th of June with more information about how the increases in wages will impact the pricing of services. Please note that it is important that we receive back from you the signed form in the supplied self-addressed stamped envelope.

If you have any questions, please call me directly on 8532 2255 or 0450399184.

Please remember that we are always looking for clients and their representatives to join our Client Reference Groups. Please contact either Amy or Heide if you wish to participate.

Stay warm and keep well.

**Anna**

## From the CEO (Italian)



Cordiali saluti!

Spero che questa circolare vi trovi in buona salute e di buon umore e che vi siate goduti il piacevole clima autunnale. Fortunatamente, quest'anno siamo riusciti a evitare gli incendi nel bosco e la recente alluvione, per fortuna non è stata così catastrofica come inizialmente previsto. Mentre ci avviamo verso l'inverno, vale la pena di notare che il passaggio al solstizio d'inverno è già avvenuto e che ora dobbiamo attendere con ansia l'arrivo della primavera.

Sembra che il COVID sia ricomparso, ma con un maggior numero di persone vaccinate, speriamo che non sia così preoccupante come negli ultimi due inverni. Tuttavia, terremo sotto controllo la situazione e forniremo aggiornamenti se necessario, qualora si verificasse un altro caso di epidemia che richieda un intervento immediato.

Nella precedente bollettino ho annunciato la partenza di Patrizia, che ha servito la nostra organizzazione per quasi sei anni con grande dedizione. In riconoscimento del suo prezioso contributo, il 26 maggio abbiamo organizzato una festa di addio al club Alta Villa, alla quale hanno partecipato quasi quaranta persone. L'evento è stato una piacevole occasione per condividere un bicchiere di vino e pizza, ricordare e scambiare aneddoti divertenti.

Anche se sono state versate alcune lacrime, l'atmosfera generale era allegra e tutti si sono divertiti.

Ci sono alcuni problemi che hanno suscitato preoccupazione e che hanno richiesto una notevole quantità di lavoro dietro le quinte. Si tratta di stabilire e implementare sistemi adeguati, per garantire il rispetto di tutti i requisiti normativi.

Un argomento importante da affrontare è il perdurare degli effetti delle modifiche apportate al premio per l'industria dei servizi sociali, comunitari, di assistenza domiciliare e di disabilità nel luglio 2022. Queste revisioni hanno imposto un minimo di due ore di lavoro per il personale. per il nostro personale di assistenza domiciliare e un compenso per il tempo di viaggio e la distanza percorsa.

Un'altra questione è che il nostro team ha lavorato duramente per dare priorità alla programmazione dell'assistenza personale, dei farmaci, del trasporto (soprattutto per gli appuntamenti medici) e dell'assistenza ai pasti. Tutte le pulizie e l'assistenza domestica generale saranno programmate principalmente nel pomeriggio, quando la richiesta di servizi critici è minore. Vi invito a parlare con il vostro Consulente di assistenza per trovare una soluzione reciprocamente conveniente alle vostre esigenze di assistenza.



L'altra questione riguarda l'aumento del 15% dei salari degli operatori di supporto e l'aumento del 5,75% del salario minimo recentemente annunciato dalla Fair Work Commission, che viene corrisposto anche agli operatori di supporto. Gli aumenti entreranno in vigore a partire dal primo periodo di paga completo, il 30 giugno 2023 o successivamente.

Per concludere, nella settimana che è iniziata il 12 giugno avreste dovuto ricevere una lettera da parte mia con maggiori informazioni su come gli aumenti salariali influiranno sui prezzi dei servizi. È importante che riceviamo il modulo firmato nella busta affrancata acclusa.

Se avete domande da fare, chiamatemi direttamente al numero 8532 2255 o allo 0450399184.

Ricordate che siamo sempre alla ricerca di persone da assistere, e i loro mandatarî, che si uniscano ai nostri Gruppi di riferimento per i nostri assistiti. Se desiderate parteciparvi, contattate Amy o Heide.

Restate al caldo e mantenetevi in forma.

**Anna**



# Stop the Flu Before it Stops You



## What is flu?

Influenza or 'flu' is a highly contagious infection caused by the influenza virus. The virus is spread when an infected person talks, coughs or sneezes small droplets into the air, where they may be breathed in by people nearby. Infection may also be spread by contact with contaminated hands, tissues and other infected articles. Flu infection can cause serious illness and complications, especially in young children, pregnant women and older people. Infection can be more severe when people have other existing medical conditions, such as diabetes, breathing or heart problems. Flu

infection causes hospital stays and deaths every year. After the vaccination, it is still possible to get flu but it will usually be much milder.

## Why have the flu vaccine?

The flu vaccine helps your body to develop immunity without you getting the flu. The flu vaccine contains several inactivated strains to protect against the most commonly circulating flu viruses each year.

*You cannot get the flu from the flu vaccine because it does not contain any live flu virus.*

# COVER YOUR COUGH

**STOP THE SPREAD OF GERMS  
THAT MAKE YOU AND OTHERS SICK**  
[sahealth.sa.gov.au/washwipecover](http://sahealth.sa.gov.au/washwipecover)



1

Cover your mouth and nose with a tissue when you cough or sneeze. Or cough or sneeze into your sleeve or elbow, not in your hands.

2

Place your used tissues in the rubbish bin.



3

You may be asked to put on a surgical mask to protect others.



## CLEAN YOUR HANDS

AFTER COUGHING OR SNEEZING



WASH YOUR HANDS WITH SOAP AND WATER



OR SANITISE YOUR HANDS WITH ALCOHOL BASED HAND GEL



# How Dementia Support Australia can help

The Australian Government-funded Dementia Behaviour Management Advisory Service (DBMAS) and Severe Behaviour Response Teams (SBRT) provide both telehealth and in-person support in caring for people experiencing behavioural and psychological symptoms of dementia.

Aged care providers, family members, primary care and acute care services can request support from Dementia Support Australia online at [www.dementia.com.au](http://www.dementia.com.au) or via the 24/7 phonenumber on **1800 699 799**.

Experienced dementia behaviour consultants will conduct tailored assessments to understand the person living with dementia's situation. An individualised program of support that takes into account the frequency, intensity and risk of behaviours will be developed and may also be supported by medical specialist input in partnership with local general practitioners.

Services are free and available from anywhere in Australia.



## How to access the National Dementia Helpline

**Free call: 1800 100 500**

Webchat: [dementia.org.au/helpline/webchat](http://dementia.org.au/helpline/webchat)

Email: [helpline@dementia.org.au](mailto:helpline@dementia.org.au)

The National Dementia Helpline operates 24 hours a day, seven days a week, 365 days a year.

If you require the assistance of an interpreter, please call the Translating and Interpreting Service on **131 450**.

If you are deaf or have a hearing or speech impairment, please call the National Relay Service on **133 677**.



# Home Care Update

I'm now excited to further develop my career as the Home Care Manager for both Regional and Metro offices.



**AMY JOINBEE**  
Home Care Manager

Greetings everyone, I hope you're all staying safe and warm this winter season.

Allow me to introduce myself to those whom I haven't had the pleasure of speaking with yet. I'm Amy, the newly appointed In-Home Care Manager.

My journey in aged care began over 15 years ago, working as a Support Worker in various facilities across Australia before transitioning into in-home care in 2011. Seeking growth opportunities, I moved into an office-based position in the community sector and continued to advance my career. Since March 2020, I've been employed with MMACG, starting as the CHSP/Service Consultant in the regional office and eventually being promoted to Team Leader in early 2022.

I'm now excited to further develop my career as the Home Care Manager for both Regional and Metro offices.

We're thrilled to welcome new members to our growing team. Our regional team now

includes two new Service Consultants, Cindy and Lisa, as well as Jo, our Senior Rostering Officer. Jo will work alongside our current Rostering staff, Sheenagh, and Ebony, and rotate between both offices.

We wish our fantastic Metro Service Consultant, Melezia, safe travels as she goes on holiday back home to Italy for the next three months and we look forward to hearing her stories upon her return in October 2023. We also farewelled Service Consultant Jaz as she embarks on new professional endeavours.

Our staff has been actively attending training over the past few months to keep up to date with processes and improve their skill sets. Our office staff recently participated in training sessions covering a wide range of topics such as LGBTI, Elder Abuse, and Infection Control, among others, while our Support Workers continue to engage in various training programs.

**Amy**





# Office Staff Update



Welcome to the team, Jo Osborn who is our new Senior Rostering Coordinator. Jo has come to us from the Disability sector and enjoys doing gardening, reading and antiques in her spare time.



Welcome to the team, Lisa Johns who is our new Service Consultant in the Regional Office. Lisa has come to us from the Health sector after 24 years and enjoys doing various arts and crafts, in particular miniature work in her spare time.



Welcome to the team, Cindy Parker who is our new Service Consultant in the Regional Office. Cindy has come to us from the Country Health Connect and enjoys playing netball in her spare time.

## CONGRATULATIONS



Congratulations to Service Consultant, Connie and her newly wedded husband, Nigel on their wedding day!

The couple celebrated their day at Paracombe Premium Perry – Pear cider shed. It was a small intimate wedding with close friends and family overlooking the vineyard at sunset.

They set off overseas to honeymoon in the beautiful Kuala Lumpur and Phuket.

# Volunteering: Making a Difference in the Community

**Participating in volunteer work is a rewarding experience that not only benefits the community but also provides personal fulfillment and a sense of purpose.**

To find the right volunteer opportunities, it's essential to recognise your unique skills, interests, and preferences. This helps in identifying roles that accommodate your physical abilities and availability. Creating intergenerational partnerships can also promote mutual learning and understanding. By tailoring volunteer opportunities to suit your needs, you can contribute effectively and have fun while doing so.

Volunteering offers numerous benefits, including providing a sense of purpose and fulfillment, enhancing mental and emotional well-being, promoting physical activity and cognitive stimulation, developing new friendships, and expanding social networks. Research also shows that volunteering can improve overall health outcomes and lead to greater life satisfaction.

## **CHARITY OP SHOPS**

You can help on the front counter serving the customers or help to sort and display the donated goods.

## **VISITOR CENTRES**

Do you have a wealth of knowledge, stories and interesting facts about your local area? Why not share with tourists or people visiting the area? You can assist people with the best activities to try out or be a tour guide!

## **FOOD CHARITIES/CAFES**

Are you great at preparing food or cooking? You could help out when you can at a shelter where people come for meals.

## **BUS DRIVING**

Are you a great driver and like to be out on the road? You could be a community bus driver that helps transport passengers to the local library, local shopping centres, or on social outings.

## **LIFESTYLE ACTIVITIES**

Do you have a special skill that you can share? Are you handy with tools? You could help out at a local Men's shed and create toys, garden beds, and other woodworking treasures. Or do you love knitting? You could start a community class and teach people how to knit scarves.

## **WALKING GROUP LEADER**

Do you love to walk? You could help out by leading a local walking group around residential centres or out and about.

## **MUSICIAN**

Are you great at the piano, or a gun on the guitar? You could use your talent to entertain people in your community. You might also find other keen musicians to start a volunteer band!





## ORGANISATIONS TO CONTACT

A range of organisations can help you find a volunteer opportunity.

### **VOLUNTEERING SA&NT**

Volunteering SA&NT has a volunteer referral service and a large database of available positions to choose from across South Australia and the Northern Territory.  
[www.volunteeringsa-nt.org.au](http://www.volunteeringsa-nt.org.au)

### **LOCAL GOVERNMENT**

Most councils in South Australia have their volunteer programs to provide services to local people. There are over 11,000 volunteers across the state.  
[www.lga.sa.gov.au/councils](http://www.lga.sa.gov.au/councils)

### **GOVOLUNTEER**

A national database of Australia-wide opportunities  
[govolunteer.com.au](http://govolunteer.com.au)

### **EMERGENCY SERVICES**

You can find out more about becoming a Country Fire Service or State Emergency Service volunteer.  
[www.safecom.sa.gov.au/site/join\\_us/volunteers.jsp](http://www.safecom.sa.gov.au/site/join_us/volunteers.jsp)

### **SA AMBULANCE SERVICE**

Become an ambulance volunteer. If you'd like to volunteer to help the community in post-emergency recovery operations, visit the Volunteering SA&NT website.  
[www.saambulance.com.au/Volunteering.aspx](http://www.saambulance.com.au/Volunteering.aspx)

### **DO SOMETHING NEAR YOU**

A national website inviting individuals to get involved with community groups and initiatives in their local area – organisations looking for volunteers can also list themselves.  
[www.dosomethingnearyou.com.au](http://www.dosomethingnearyou.com.au)

### **SEEK VOLUNTEER**

A non-profit initiative designed to make volunteering easier, bringing volunteers and volunteer organisations together.  
[volunteer.com.au](http://volunteer.com.au)



# Nurturing the Caregiver: Essential Tips for Caregiver Wellness

Being a caregiver is a noble and rewarding role, but it can also be emotionally and physically demanding. You often devote so much of your time and energy to providing care for others that you may neglect your own well-being.

However, it's important for you to prioritise your own wellness in order to provide the best care possible. Let's explore some valuable self-care tips, effective stress management techniques, and the importance of building support networks.

## **PRIORITISE SELF-CARE**

Caregivers often put the needs of others before their own, but self-care is essential for maintaining physical and mental well-being. Try to set aside time each day for activities you enjoy, such as reading, taking walks, practicing mindfulness, or engaging in hobbies. By taking care of your own needs, you will have more energy and resilience to provide quality care.

## **PRACTICE STRESS MANAGEMENT**

Caring for others can be stressful, and chronic stress can take a toll on your health. You can adopt stress management techniques, such as deep breathing exercises, meditation, or journaling. Regular physical activity, like yoga or gentle exercise, can also help reduce stress levels and promote relaxation.



## SEEK EMOTIONAL SUPPORT

Caregiving can be emotionally challenging, and you may experience feelings of sadness, frustration, or burnout. It's important for you to seek emotional support from trusted friends, family members, or support groups. Asking for help is not a sign of weakness but a sign of strength and self-awareness.

## TAKE CARE OF PHYSICAL HEALTH

Physical health plays a vital role in caregiver well-being. Maintain regular medical check-ups, get sufficient sleep, and eat a balanced diet. Remind yourself to schedule breaks throughout the day for rest and nourishment.

## UTILISE RESPITE CARE

Respite care can provide temporary relief for you by allowing yourself to take a break from your caregiving responsibilities. Take the time to research respite care options available, whether it's arranging for a trusted family member or friend to take over temporarily or seeking assistance from professional respite care providers.

As you dedicate yourself to the well-being of your loved ones, it's crucial that they prioritise your own wellness too. By practicing self-care, managing stress effectively, seeking emotional support, and establishing boundaries, you can better navigate the challenges of caregiving and maintain your own well-being. Remember, caring for oneself is not selfish but rather essential for providing the best care possible.

## STAY INFORMED

Knowledge is power when it comes to caregiving. Stay informed about the health condition you are caring for, attend educational workshops, and seek guidance from healthcare professionals. Empowering yourself with knowledge enables you to provide more effective care and make informed decisions.

## ESTABLISH BOUNDARIES

You may often find it difficult to set boundaries between your caregiving responsibilities and personal life. It's crucial to establish clear boundaries to prevent burnout. Communicate your needs to family members or other support systems, delegate tasks, and learn to say "no" when necessary. By setting boundaries, you can protect your own well-being and maintain a healthy work-life balance.



# Leaving a Lasting Legacy: Sharing Memories, Wisdom, and Love for Future Generations

**As the pages of life turn, you can carry a wealth of experiences, memories, and wisdom accumulated over the years. You possess a unique perspective shaped by a lifetime of joys, challenges, and meaningful connections.**

It is a precious gift for people to share their legacy with their families, leaving behind a treasure trove of memories and wisdom that will be cherished for generations to come. It's important to celebrate the significance of preserving and passing on the legacies of loved ones, creating a bridge that connects the past, present, and future.

## THE POWER OF STORYTELLING

Stories have the remarkable ability to transcend time and connect generations. You can share your life stories, anecdotes, and cherished memories with your family. Write down your memories in a journal or a notebook. If you are good at typing, you can also write your stories on the computer.

## RECORDING MEMORIES

Advancements in technology have made it easier than ever to capture and preserve memories. You can record audio or video messages, or create online photo albums. These tangible reminders become cherished keepsakes that provide a glimpse into the past, fostering a sense of connection and continuity.

## FAMILY TRADITIONS AND RECIPES

Family traditions and recipes are an integral part of a family's legacy. Share their treasured family recipes, along with the stories and memories associated with them. These culinary traditions become a tangible way to celebrate the heritage and create lasting connections between generations through shared meals and special occasions.

## CREATING LEGACY PROJECTS

Embark on legacy projects that reflect your passions and values. This could include writing memoirs, compiling family trees, creating scrapbooks, or even starting charitable initiatives. These projects not only leave a lasting impact on their families but also allow you to contribute to your communities, leaving behind a legacy of positive change.

Preserving the legacy, memories, and wisdom of our lives has the power to transcend time. By embracing your stories, traditions, and experiences, you can ensure that your valuable guidance and wisdom continue to resonate through the generations. Cherish these precious legacies, weave them into the fabric of your lives, and pass them on to future generations, creating an unbreakable bond that honours the past while embracing the present and future.





# 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](https://open.org.au/toolkit)

# Kaleidescape Corner

What an incredible three months it has been! The variety of activities has been truly remarkable. It's been a joy to witness everyone stepping outside their comfort zones and wholeheartedly embracing new experiences, supported by our staff who have been there to lend a helping hand whenever needed. The results have been nothing short of amazing, bringing everything to life.

We were fortunate to have had the team from Koala Rescue join us in our Murray Bridge group. Koala Rescue is a not-for-profit charity that directs 100% of its profits toward the rescue, care, and conservation of these wonderful tree-dwelling marsupials. They shared fascinating insights with us, enlightening us about aspects of koalas that we were previously unaware of.

Our ears were treated to the delightful melodies of the local U3A Choir, taking us on a nostalgic journey through songs that many of us grew up with, inviting us to sing along and revel in the experience.

Mypolonga group enjoyed a delightful day at the dog races, where we enjoyed some relaxation and fun under the beautiful June sunshine. The company was excellent, and the food was superb, providing the perfect ingredients for a memorable outing. Meanwhile, Tailem Bend and Mannum were graced with a first-of-its-kind experience: soap making. We had the opportunity to create our

own unique soap masterpieces by utilizing a soap base, and adding our preferred colours and fragrances. Additionally, we indulged our creativity by making personalized keyrings using beads. It was truly a day dedicated to crafting our own little treasures.

Looking ahead, there are even more exciting events on the horizon. We can anticipate visits to the Lyndoch Lavender Farm and the Hill & Son Organ, where we will immerse ourselves in the beauty of the lavender fields and revel in the melodious notes of the magnificent organ. The Fleurieu Male Choir will also grace us with its enchanting performances, further enriching our Kaleidescape experience. And let's not forget the upcoming trip to the Birdwood Motor Museum, where we will delve into the fascinating world of automobiles.

We eagerly await the pleasure of seeing each and every one of you at our next Kaleidescape event.

Allecia, Rosie, and Sherilyn





# Puzzle Page

## Find-a-word

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

Find the following words in the puzzle.

BLIZZARD  
CHILLY  
COZY  
CRISP  
EARMUFFS

EVERGREEN  
FIREPLACE  
FROST  
FROZEN  
HIBERNATION

ICICLES  
MARSHMALLOWS  
MITTENS  
RAIN  
SCARVES

SNOWBALL  
SNOWFLAKE  
SNOWMAN  
SOLSTICE  
STORMS

Words are hidden in these directions:



## Riddles

1. I can be cracked, made, told, and played.

What am I?

2. What has keys but can't open locks?

3. I can fly without wings. I can cry without eyes.

Wherever I go, darkness follows me. What am I?

4. The more you take, the more you leave behind.

What am I?



1. Answer: A joke.  
2. Answer: A piano.  
3. Answer: A cloud.  
4. Answer: Footsteps.

# Recipes

This winter try a delicious chicken marsala or vege lasagne. It's perfect for a cold night. Both go well with fresh baked bread.

## INGREDIENTS

### *For the chicken*

- 2 large chicken breasts
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup all purpose flour
- 2 tbsp extra virgin olive oil
- 30g unsalted butter

### *For the sauce*

- 2 eschalots peeled and cut into 1cm squares
- 1 garlic, finely minced
- 2 cups sliced white mushrooms
- 1 cup dry marsala wine
- 1/2 cup chicken stock
- 1/2 cup thickened cream
- 1/4 tsp cooking salt
- 1/8 tsp black pepper
- 1 tbsp finely chopped parsley
- Parsley or other greens to garnish

## METHOD

1. Slice chicken breasts in half, cover with a freezer bag, and tenderise them with a meat mallet or rolling pin so they are flat.
2. Season the chicken with salt and pepper and then lightly coat with flour.
3. In a large pan over medium heat melt the butter and heat the oil.
4. When the butter is foamy, cook the chicken for 4 minutes until golden and crispy. Turn the chicken and cook for a further 2 minutes or until the chicken is cooked through.
5. Place the cooked chicken on a plate to cool down.
6. Using the same pan, melt the remaining butter and oil. Sauté the eschalots and garlic for 1 minute. Cook the mushrooms for 4 to 5 minutes until they soften.
7. Rapidly simmer the Marsala until it reduces by half then pour in the cream, salt, and pepper. Simmer for 3 to 5 minutes or until the sauce thickens to a cream consistency.
8. Put the chicken back into the pan with the sauce and let it simmer for 1 minute to reheat.
9. Serve on a plate and garnish.



**CHICKEN MARSALA**



# VEGETARIAN LASAGNA



## INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 2 celery stalks, finely chopped
- 200g mushrooms, roughly chopped
- 4 garlic cloves, crushed
- 1 tbsp dried Italian herbs
- 1/2 cup dry red wine
- 2 × 400g cans lentils, drained, rinsed
- 2 tbsp tomato paste
- 700g btl Mutti Tomato Passata
- 1 cup vegetable liquid stock
- 400ml sour cream
- 2 eggs, lightly beaten
- 1 cup grated cheese
- 5 fresh lasagne sheets
- 800g butternut pumpkin, peeled, thinly sliced
- 2 zucchini, peeled into ribbons
- Fresh oregano leaves, to serve
- Chopped fresh basil leaves, to serve
- Salad leaves, to serve

## METHOD

1. Heat oil in a large frying pan over medium-high heat. Cook onion, carrot, celery and mushroom, stirring, for 10 minutes or until onion has softened. Add garlic and dried herbs. Cook for 1 minute or until fragrant.

2. Add wine and bring to the boil for 2 minutes or until reduced by half. Add lentils, tomato paste, passata, and stock, and bring to the boil. Reduce heat to medium. Simmer for 20 minutes or until thickened. Season and then stand for 10 minutes to cool.

3. Place sour cream, eggs, and half the cheese in a bowl. Stir to combine and season.

4. Cut 4 × 50cm pieces of baking paper. Place one piece on a flat surface and spray with oil. Top with a second piece. Repeat to make a second stack. Place stacks on top of each other to form a cross. Carefully place in a greased 5.5-litre slow cooker bowl and press against the base and side-to-line bowl.

Trim paper if necessary so it sits about 5cm below the rim of the bowl.

5. Reserve 1/3 cup sour cream mixture. Place 1 lasagna sheet in the base of the prepared bowl, trimming to fit. Spoon 1/4 of the lentil mixture over the lasagna sheet. Arrange 1/4 of the butternut pumpkin and zucchini, slightly overlapping over top. Drizzle with 1/4 of the remaining sour cream mixture. Repeat layers 3 more times. Top with remaining lasagna sheet, trimming to fit. Drizzle with reserved sour cream mixture, spreading to cover top. Sprinkle with the remaining cheese.

6. Cover with lid and then cook on low for 4 hours or until lasagna sheets and pumpkin are tender.

7. Once cooked, stand for 10 minutes then sprinkle with oregano and basil. Serve with salad.



# Biggest Morning Tea

Our Murray Bridge and Adelaide offices had a bite to eat (or three) for a good cause. There are many staff members and clients who have been or are currently affected by cancer, so we wanted to show our support

for Cancer Council Australia's Biggest Morning Tea. Everyone got to work baking and reaching deep into their pockets to help the cause.





# Game n! Staff Showcase Their Netball Skills



The Lemon Shots are a spirited bunch who are enthusiastic and never give up! The netball team made up of MMACG staff and friends are improving each game. With each Monday night game in the fresh outdoor courts, the Lemon Shots strive to improve their skills, support one another, and have fun! Whether they win or lose, their passion for netball shines through.

The Lemon Shots have played all games despite challenges such as missing players due to illness or injury. The team's partners and friends help out by scoring and office staff Amy and Chloe give their best at cheer-leading! Even when faced with unfavorable weather conditions, the Lemon Shots bring their enthusiasm to the court and show how resilient they are!





# What's on in **Warner Close**



WARNER CLOSE

RETIREMENT LIVING

Warner Close residents have been enjoying days out with the social club. The residents went to see 'The Fast and the Furriest'! Everyone had a pawsome day placing bets and enjoying the atmosphere at the Murray Bridge Greyhound Races.

Warner Close Social Club is always having a great time. From excursions to celebrating holidays, there's always something to look forward to. They also run a library in the community centre, where residents can borrow a book or two. Perfect for these wintery days.

*Congrats!*

Congratulations to our Warner Close residents, Jimmy and Sally on their recent engagement! We look forward to hearing the wedding plans.





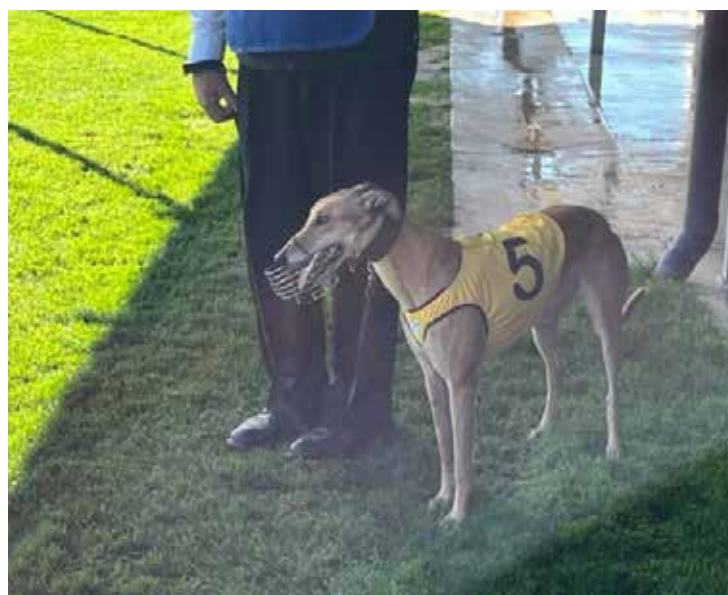
# Cluckingham Palace

There are new residents at Warner Close that have ruffled feathers. Warner Close is now home to some cheeky chickens! The chickens have taken their regal roles by reenacting a historic event – The Coronation! The coop has been renamed "Cluckingham Palace".

The fun doesn't stop there, they also get eggercise by playing cricket! One of the chickens 'Henrietta' kept hitting 'fowl' balls and Chicken 'Heidi' got confused because she was out for a duck. Chicken 'Bossy Briches' accidentally thought her egg was the ball and smashed it out of the coop!!



These chickens get up to all sorts of activities and mischief. From cricket to having their own coronation, these chickens are eggcellent!. Be sure to follow our Facebook page for their clucking good adventures.







# 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.

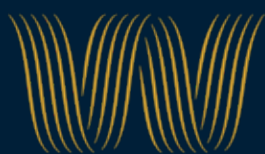
- ✓ Home Care Packages
- ✓ Social Support
- ✓ iPad Classes



**Murray Mallee**  
AGED CARE GROUP INC.

 **(08) 8352 2255**

 **2a Myall Ave, Murray Bridge SA**



**WARNER CLOSE**  
RETIREMENT LIVING

**UNITS NOW  
AVAILABLE**

**Enquire Now**  
[warnerclose.com.au](http://warnerclose.com.au)