

MURRAY MALLEE AGED CARE GROUP INC

Winter Newsletter

From the CEO's.....Desk

Special points of interest:

- Featuring the Newly Completed Building
- Change of Address
- Historical of MMACG
- Community Business SA Grant
- Client & Contracted Care Worker Evaluation 2010



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Winter is really and truly with us! Haven't the nights and mornings have been particularly bitter this Winter? I have been told that we have been experiencing the coldest Winter for over 60 years. So rug up everyone!

These past few weeks have been an exciting time for us here at MMACG.

*On the 19th July after experiencing several delays, we finally moved into our amazing new premises here at **2a Myall Avenue Murray Bridge**. The main reason for the delays was due to weather. Whilst we normally would welcome the rain, on the days when the concrete was due to be poured—we didn't! As a consequence our concrete car-park was delayed and so were we! Eventually however, it all came together and I am pleased to say we have now settled into our new 'home'. Our new offices are so much more spacious and comfortable and will hopefully meet our needs for many years to come.*

The new buildings comprise of new, purpose built, administration offices and a free standing Training Centre. The Centre is now operational and being utilized by groups for meetings etc. The Training Centre provides an excellent venue in Murray Bridge for businesses and community organizations to conduct seminars, meetings, forums etc. in modern, comfortable surroundings. The centre can seat up to 50 people and has been equipped with the latest Smart Board and IT technology. There is also a fully equipped kitchen for catering purposes and along with it's disabled friendly facilities we believe our Centre will be a very sought after venue in the region.

*In the meantime, everyone is most welcome to drop-in and visit our new buildings. We are proud to show off what has been achieved but.....**no-one more than our founder -Murray Schache who has seen a long held ambition finally become a reality. Well done Murray!***

MMACG is planning an official opening of the buildings within the next few months but at this point with the Commonwealth Government in care-taker mode we are unable to invite Government Ministers until after the election. Therefore, setting a date at this time is still 'up in the air'. As soon we are able to confirm a date then invitations will be sent off to everyone associated with MMACG.

*I would like to express my sincere appreciation to all those wonderful people who have helped to bring our building project to fruition. There are so many trades-people, businesses, consultants and staff who have worked in a cooperative and efficient manner to provide their expert advice throughout the duration of the building project. In particular, **MMACG Finance Officer -Wendy Bartlett and our Building Supervisor - Martin O'Connor** need to be singled out and commended for their fantastic back-up support and diligence over these past months. I certainly could not have managed without their skills. I thank them both so much.*

I look forward to sharing our big day with you at the Official Opening of the building in the next few months.....in the meantime.....keep warm and healthy!

Kay

New Clients and Contractors



We extend our warm
welcome to ALL our NEW
CLIENTS and Families

and also
NEW CONTRACTORS

Susan Baxter
Katie Mangos
Karinna Johnstone
Glenys Patterson

And
Leah Zadow

We hope you will enjoy the
experience of working with
MMACG Staff and Clients.

If you have any queries
please do not hesitate to
contact your Coordinator on
ph 8532 2255.

Congratulations

On Your
Achievement !!!!

Rosie Cameron

Pam Beelitz

Colleen Bird

Jenny Boughen

Michelle Perry

Well done to our
successful Carers who have just
completed Certificate III Aged
Care our warmest
congratulations and best wishes
to you all.

*Those who believe they are
exclusively in the right are
generally those who achieve something.*

~~~Aldous Huxley~~~

## Happy Birthday



*Life is a great big canvas; throw all the  
paint on it you can...*

*.....Danny Kaye.....*

Happy Birthday to all our Clients and  
Contractors who are celebrating their  
Birthdays in July!!!!

*The more you praise and celebrate your  
life, the more there is in life to celebrate.*

*.....Oprah Winfrey.....*

## Beat the winter health blues

### How to ..... enjoys the chill thrills!

Winter can be just as fun as summer if you know how to stay on top of your health and fend off any annoying illnesses or energy slumps. The main thing to remember is to **stay hydrated, eat well, and steer clear of germs.** That way you can enjoy your winter season complete with cosy fire, bottle of red, and possibly blanket to its full advantage!

We've all suffered from colds, flu and other bugs. So, don't let winter get you down this year.

To stay in super shape this chilly season start taking precautions:

- Avoid people who are sick, and stay home if you're unwell yourself.
- Wash your hands with soap regularly and use sanitiser wipes to clean surfaces or objects you touch daily.

- Avoid sharing dishes, towels, cups or silverware with other people.
- Try taking a multivitamin every morning to boost your immune system. Vitamin C, Echinacea, and zinc are also good at warding off colds.
- Let fresh air into your house.

### Winter sicknesses



## Winter gastroenteritis—Winter Sickness

Gastroenteritis is very easily spread; an infected person can pass the bacteria to other people, or surfaces, by not washing their hands properly. Good hygiene, including thorough washing of hands, is essential to protect yourself and other family members. Generally, gastroenteritis is over within a few days.

- generally feeling unwell, including lethargy and body aches.



Typical symptoms include tummy cramps, diarrhoea and vomiting but can also include:

- loss of appetite
- bloating
- nausea
- abdominal pain
- Changes in bowel function

***Reminder - So, don't let winter get you down this year, read our tips to staying in super shape this chilly season!!!!!!.***

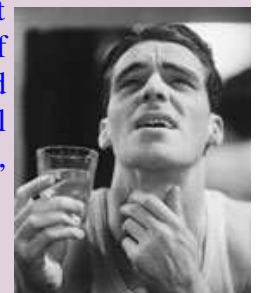
**During the winter eat long fishes, during the summer eat short fishes.**

**~~~~~By Sicilian Proverb~~~~~**



## Banish Bugs Faster

- \* Drinking plenty of water, juice, tea, clear soup or warm lemon water with honey to loosen congestion and prevent dehydration.
- \* Eating a good amount of healthy, nutritious foods to boost your immune system
- \* Staying warm and resting.
- \* Gargling salty water. Add a half a teaspoon of salt to a glass of warm water and gargle. It will relieve a sore, dry throat.



**hacc** - Program News

home and community care

**Client Profile**

**NANCY VAN DE MEULENGRAAF**



**Born:** Nancy Edwards—at Menindie Hospital Adelaide

**Siblings:** Nancy is 10th of 13 Siblings, 7 boys and 6 girls.

**Education:** Mannum and Birdwood High School

**Married:** Bert Van De Meulengraaf in 1960.

**Children:** David born in 1964 and Alison born in 1966.

**Work History:** Prior to getting married Nancy worked in various positions within the Mannum township.

- 1) Mrs. Marnie Shearer as a housekeeper.
- 2) Vivians Shop.
- 3) Mannum Hospital as a Housekeeper.
- 4) Shop Assistant for Eudunda Farmers.
- 5) After Marriage—Underwood’s Bakery  
Mannum Hospital—Nurse Attendant  
then being an Enrolled Nurse and also did volunteer work at the Hospital.

**Retirement:** 1997

**Hobbies:** Quilting, knitting, gardening and holidaying.

**Favourites:** Food—Good old humble Roast Lamb, drinks - water and movies—any musical.

Nancy and Bert have spent many a long day holidaying in their caravan touring all parts of Australia. Since selling their caravan now travel by plane and train. Nancy’s favourite holiday destination is Kangaroo Island and many parts of Victoria. Current day, Nancy is retired and enjoying every minute by doing the things she loves including the Kaleidescape Program.

**Day Trip & Excursion**  
**DOLPHIN CRUISE**



**Trip to Cheese Factory**

Winding your way through **Barossa Valley** into **Angaston**



**Trip to HAIGH'S Chocolate**



# KALEIDESCAPE

This year is swiftly moving on and lots of activities have been organised. We have had a few bus adventures, and I trust you have enjoyed them. More to come in the second half of the year. We have had some varied and interesting activities days so far this year, and don't forget to let me know if there is something special you wish to learn about, and I will endeavour to arrange it.

It is with great pleasure that we can announce Murray Mallee Aged Care Group have successfully been approved for a



**C o m m u n i t y Benefits SA** grant to part fund a 12 seater Mini Bus. The bus will provide transport options and alternatives for our Kaleidescape

Activities Days and will also be available for use by some community organisations.

The Bilby sponsorship program has now been in operation for 12 months and has been a very successful part of the Kaleidescape

Program. The program is now up for renewal, and due to the success of the raffle which was held last year, we are now able to extend our sponsorship program to the second level.

Thank you to the Rural City of Murray Bridge, Helen, Kylie and Michelle for their ongoing support with transport for the Kaleidescape Activities Days. Also thanks to MMACG staff who assist with the presentation of these days.

**SHARRON COCKER**

**HACC Coordinator**

*Murray Mallee Aged Care Group*

*2a Myall Avenue*

*Murray Bridge SA 5253*

*Ph 8532 2255*

## Palmer Card Group



The Palmer Card Group is a steadily growing group of ladies who come together every third Tuesday of the month for fun and games, a joke or two and afternoon tea. These ladies have a lot of laughs and share community information, and always have a smile on their face.....Keep smiling and keep warm.



# Our Proud History



**R**ecognising there was a desperate need for specialized in-home services for ageing people in the rural and remote regions of Murray Mallee area, representatives from 9 councils came together to address the districts needs. With agreement of each council, an autonomous, not for profit organisation known as “The Group” become incorporated in 1994. The first application to the Federal Government for Community Aged Care Packages (CACP’s) was successful in securing 20 packages. In addition each council agreed to commit to the “Group” on-going financial support and hence, Murray Mallee Aged Care Group Inc. was born.

Since then, amalgamation has seen the nine councils reduce to five. They are: Coorong District Council, Karoonda East Murray Council, Mid Murray Council, Rural City of Murray Bridge and Southern Mallee Council. Representative from five Councils and the Community comprise Murray Mallee Aged Care Group’s Board of Management. The dedication and support from local councils, board members and staff remains strong with several founding Board Members continuing to actively serve on the Board of Management. Board Members diverse knowledge and history of aged care in the region, combined with their relevant skills has facilitated and contributed to Murray Mallee Aged Care Group’s growth and reputation of quality care over the past 15 years.

## TODAY

Murray Mallee Aged Care Group Inc. operates 75 funded aged care packages with 10 unfunded Packages. The “Group” appoints the services of approximately 50 contracted care-workers and employs 15 staff.



Our new purpose built Administration and on-site Training Centre provides a modern, accessible “open door” environment. The Training Centre is available for community use.

MMACG is also conducting an exciting new research project funded by the Government, Dept of Health and Ageing—**Linking Rural Older People to Community Through Technology**. The research is looking into technology and its use in delivering a better service to ageing people and how technology can play a role in linking the rural older person to transport and their community.

## THE FUTURE

From small beginnings, there is little doubt that our success today, is due to the commitment of a skilled team consisting of board members staff, consultants and care-workers. Our vision is towards a bright future expanding our quality services to include increased CACP/EACH packages, HACC services and research projects for ageing clients in the rural and remote areas of the Murray Mallee Districts.

# MID WINTER CACP's SOCIAL DAY



*CACP's Social Day was held on June the 2nd, at Wallis Cinema, Mount Barker, we had a great outcome on that day, attended by 48 Clients, Carers and Staff of MMACG. The day began with a bus ride to Mt Barker, followed by a hot meal at Auchendorrach Tavern then entertainment by the Movie - "LETTERS to JULIET". We finished the day with coffee and cake. the Clients, Carers and staff really had a fabulous time. We look forward to doing it again .....next year!!! Once again thank you to all the Carers, Clients and staff of MMACG who made the success of the Social Day.*

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**Reminder—to get your postal votes in ASAP to avoid having to make the trip out on voting day.**

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**Thank you to Carers and Clients for their patience while we were moving, now we are in our New Exciting Building, feel free to visit and have guided tour!!!!!!!**

## Client And Contracted Care Worker Evaluation 2010

In April 2010 Murray Mallee Aged Care Group Inc (MMACG) commissioned Robert Griffen to conduct a Client and Contracted Care Worker Evaluation. The aim was to interview as many current community aged care package Clients as possible and where available their family members, during May and June of 2010. In addition, interviews were conducted with a random selection of contracted care workers with a view to ensuring that the views of workers from all regions of service provision were represented.

All Clients were contacted by telephone initially and asked if they and/or their families wished to participate in the evaluation. The purpose of the interview and the confidential nature of the evaluation processes were described and convenient appointment times for interviews were established.

Fifteen (15) Clients not interviewed for various reasons. Ninety three (93) people took part in the Client interview process. Sixty nine (69) Clients were interviewed in all, and a further fourteen (14) family members contributed to the interviews. In addition a random sample of twelve (12) Contractors was interviewed separately in order to further develop the evaluation process.

Anyone who wishes to obtain a copy of the report it will be available upon request after completion and presentation to the Board of Management in late August 2010.

CEO, Kay Cox wishes to express her sincere appreciation to Robert Griffen for his excellent work and all participants for their cooperation. Kay highlighted that the evaluation forms part of MMACG's strategy in meeting its quality assurance standard.



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Aged Care Group Inc*

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**MMACG**



Individually tailored services for elderly people who wish to stay at home.

**CHANGE OF STREET ADDRESS  
2a MYALL AVENUE, MURRAY BRIDGE.**

*We are on the web  
[www.murraymallee.org.au](http://www.murraymallee.org.au)*

A: How do you stop a pig?  
B: What do you call a pig in an earthquake

Answers:  
A: Use a ham brake.  
B: A ham shake.