

Open Door

Magazine

AUTUMN 2022

INTRODUCING
OUR NEW CEO

HOPPING
INTO EASTER
AT MCKENZIE

LEST WE
FORGET:
ANZAC DAY

CELEBRATING
OUR SPECIAL
MOTHERS


McKenzie
AGED CARE GROUP

Introducing our new Chief Executive Officer, Simon Keating



McKenzie Aged Care Group is delighted to announce that Adjunct Associate Professor Simon Keating has been appointed the new Chief Executive Officer of the organisation.

A highly experienced leader with 25 years of healthcare experience in the public and private sectors, Simon succeeds Andrew Newton who recently retired. Simon will commence his new responsibilities on 1 June 2022.

Simon has held executive roles at Northern Health, Healthscope and Cabrini Australia, demonstrating expertise in strategic operations, corporate governance, leadership and management, risk and auditing, and finance – fundamentally shaping the innovation and direction of these organisations.

When asked about his appointment as CEO, Simon replied, "I am delighted to be joining McKenzie as they have a long and proud history of delivering outstanding care and going above and beyond in caring for both residents and staff. Its strong reputation in the industry attracted me to seek out this opportunity and I look forward to assisting in enhancing this reputation along with the growth of the business."

Beginning his professional career as a Nurse at the Royal Children's Hospital in Melbourne, Simon quickly worked his way into senior executive roles in the Healthcare Professional Services industry and Private Hospitals.

"I have worked in healthcare for over 25 years and I am continually proud of the work that we do as an industry in providing what is needed to ensure optimal outcomes for residents and their families."

Simon's proven success in executing transformational change, reinventing business strategy, and mentoring executive teams will be critical to the future success of McKenzie Aged Care Group.

"My philosophy in leading an organisation is very simple. I adhere to the organisational values, and live by 'the standard you walk past is the standard you set'. I will ensure that above all, our residents and staff are at the centre of our decision making. I will be visiting every site within my first 60 days, and I look forward to meeting many residents, families and staff on my travels."

We welcome Simon to the McKenzie family. His depth of experience will strengthen the Group's position as we navigate the expected industry changes through the Aged Care Reforms, and ensure we maintain an unwavering commitment to high quality care for consumers.

Going green for St. Patrick's Day!

The first half of the year is always an exciting time with many activities and seasons to celebrate. St. Patrick's day is a much loved day by our staff and residents as its always fun creating crafts and dressing up.



Isobel at Rosebrook is looking lovely at the St. Patrick's Party



Green muffins and scones at The Ashley



As green as can be at Glasshouse Views



Dora is getting into the spirit at Charlesbrook



A special St. Partick's treat for the residents at Lynbrook Park

Deb Gunn, 20 years making a difference to resident's lives.



Recently we asked our Lifestyle Teams to tell us a little about their journey into McKenzie Aged Care, and why they do what they do. Debb Gunn, Lifestyle Coordinator at Sutton Park, reflects on where she started and the difference she is making in her role.

Gee where do I start?

20 years ago, I walked into Sutton Park as a student to be a PCA and I haven't looked back.

I have had a number of different roles in my time here and really have loved every bit of it and had such great support over this time. Although plenty of challenges along the way, I feel that has helped me do what I do and do it with confidence. I spent time in our Memory Support Unit in the beginning and this was my passion, I wanted to be a friend to residents and have them feel safe with me and I still say to this day, "If you tell a resident that you are going to do something, make sure you do it as this is how you build trust with them."

Things have changed over the years and resident needs are becoming more complex as they are staying home longer with loved ones and this is great for families. I see this as a challenge to get them involved and interacting with others when they come into care with us. I have always thought that I would like to make a resident happy and enjoy as much as they can in their later years and feel I have made a difference. I have always been a bit of a silly bugger joining in with singing (I've slowed down on the dancing) not scared to be noisy and put myself out there, and have done that throughout my time here.

I became a Lifestyle Coordinator about four years ago. I was so excited to have my dream job, making people laugh, sitting and chatting to people, hearing their life stories and providing support when times become tough for them.



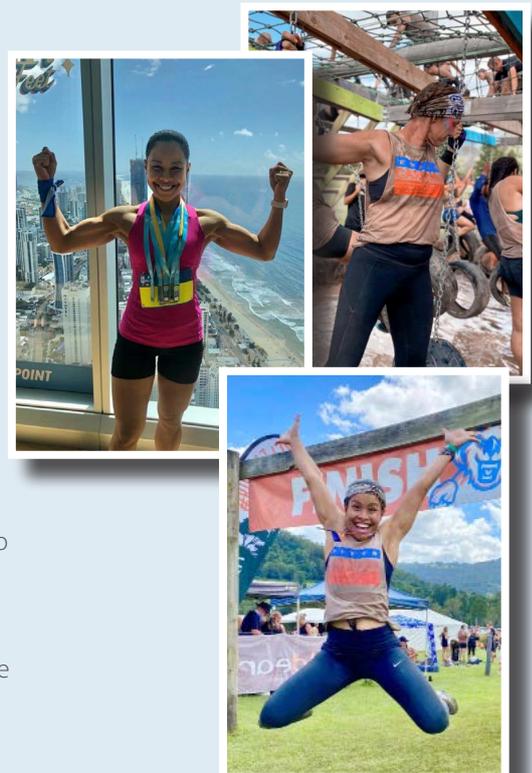
Tina, SandBrook's Toughest AIN.

SandBrook residents couldn't believe their eyes when they spotted their own AIN, Tina on the news recently.

Imagine running through mud, jumping through hoops and climbing almost 12,000 stairs in a single weekend... sounds exhausting, right? Well not for Tina.

"I did the Military Mud Raw Challenge 60 Obstacle Course, I climbed, swam, crawled, hiked, ran and in the mud. The next day, Sunday morning, I had fun running up 77 floors of the Q1 Skypoint building, the tallest building in Australia! I managed to run up and down 9 times in 2 hrs 51 mins within the cut off time. I ran a total of 11,979 stairs, 693 floors to raise funds for mental health awareness charity, LIVIN. I raised a massive amount of money and it all goes towards their mental health program. I received ten medals from the weekend events, one medal for finishing the Mud Challenge and nine medals from running up and down the Q1 building nine times."

We are very proud of Tina for her efforts in raising funds for a very important cause.



Easter Celebrations



Glasshouse Views resident Millie helped make beautiful Easter baskets and Val wishes everyone a Happy Easter.



Jeanne was the proud winner of one of many raffle prizes at The Terraces and all the residents were happy to see the Easter Bunny



On Holy Thursday our residents at Newmans on the Park enjoyed the tradition of dying eggs red. In Greek, the red eggs are called *kokkina avga* pronounced (KOH-kee-nah ahv-GHAH). They are considered the brightest symbol of the orthodox Easter season.



SandBrook resident Fay dressed up to deliver eggs and share the Easter spirit with all the residents.



Buderim Views resident's Pat Lund and Pat Kleise enjoyed making these beautiful Easter



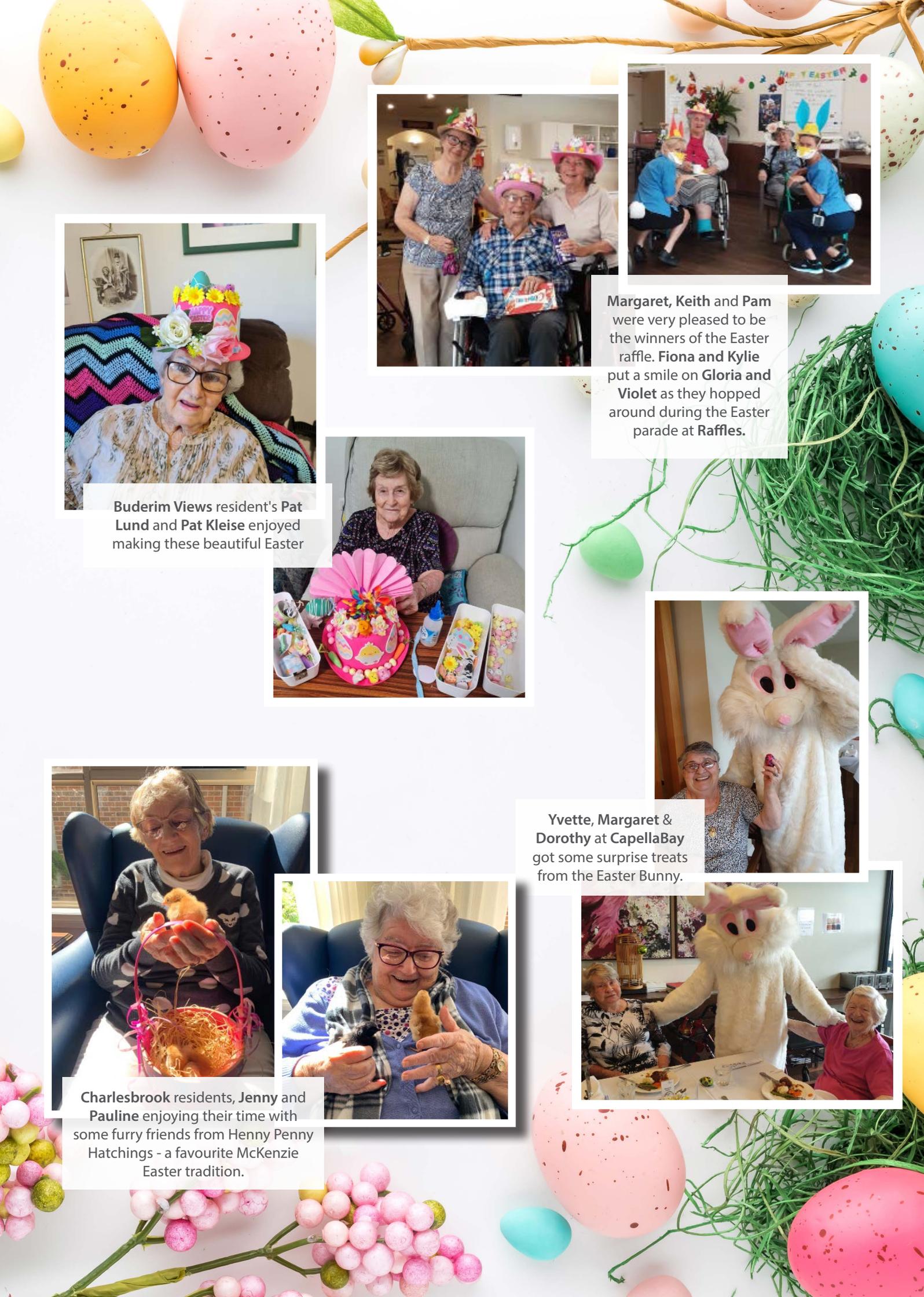
Margaret, Keith and Pam were very pleased to be the winners of the Easter raffle. Fiona and Kylie put a smile on Gloria and Violet as they hopped around during the Easter parade at Raffles.



Charlesbrook residents, Jenny and Pauline enjoying their time with some furry friends from Henry Penny Hatchings - a favourite McKenzie Easter tradition.



Yvette, Margaret & Dorothy at CapellaBay got some surprise treats from the Easter Bunny.



Let We Forget: ANZAC Services

Throughout all McKenzie Aged Care homes, residents attended commemorative services and programs as a show of respect and gratitude to all Anzacs past and present. Lest we forget.



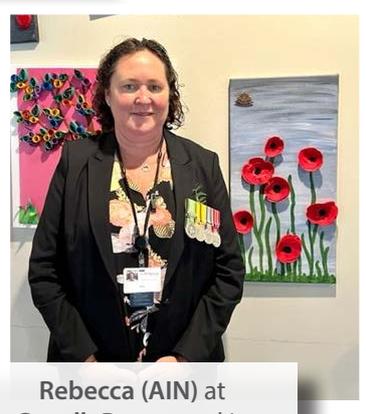
Basil and Alastair paying their respects at the shrine of remembrance at The Ormsby.



Rosebrook residents read out the ode and told stories of loved ones who fought in the war. Pictured: Sandra and Adele.



Mr Tony Hornby from Palm Beach / Currumbin RSL club (pictured with Bruce) joined residents at SandBrook for their ANZAC service. After the service, they held a friendly game of two-up while taking a trip down memory lane.



Rebecca (AIN) at CapellaBay served in the Australian Army. She visited residents following the dawn Service.



Aunty Kath and Margaret at Raffles proudly laid the wreath following their service led by the



Following the service at The Terraces, residents enjoyed an Anzac biscuit together while they remembered our Anzacs.



The service at Lynbrook Park was held by the Dandenong RSL club.



Mother's Day



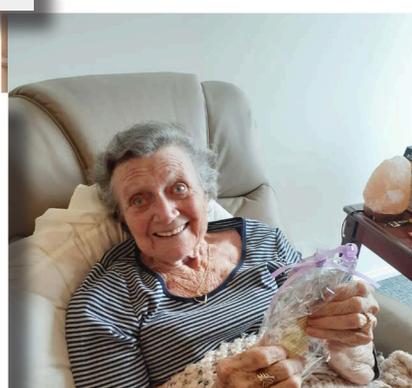
Smiles and sunshine during the **CapellaBay** Mother's Day High Tea



High tea and champagne was served at **CapellaBay** for all of our lovely mothers. Our Lifestyle Coordinator **Shelly** pictured here with **Erika**



Our wonderful mothers at **Charlesbrook** opening their presents. Pictured here from left to right: **Christina, Bev and Nadia**



Lots of happy faces at **The Terraces** on Mother's Day. We had a lovely day with a special lunch and treats for all of our mothers.

McKenzie Locations

Queensland

Bribie Cove

199-213 Goodwin Drive
Bongaree QLD

Buderim Views

383 Mooloolaba Road
Buderim QLD

CapellaBay

260 Old Cleveland Road East
Capalaba QLD

GlasshouseViews

96 Peachester Road
Beerwah QLD

SandBrook

10 Executive Drive
Burleigh Waters QLD

Seabrook

15-29 Bonton Avenue
Deception Bay QLD

Seaton Place

111 Smith Street
Cleveland QLD

The Ormsby

112 Burnett Street
Buderim QLD

The Terraces

74 University Drive
Varsity Lakes QLD

Victoria

Charlesbrook

1 Innisfallen Avenue
Templestowe VIC

Lynbrook Park

42 Olive Road
Lynbrook VIC

Newmans on the Park

33 Newmans Road
Templestowe VIC

Rosebrook

441 Waterfall Gully Road
Rosebud VIC

Sutton Park

126-134 Exford Road
Melton South VIC

The Ashley

17-21 Ashley Street
Reservoir VIC

New South Wales

Heritage Lodge

194 Byangum Road
Murwillumbah NSW

Raffles

Peregrine Drive
Tweed Heads South NSW

Enjoy this recipe from our
Hospitality Team

Winter Warming Beef Bourguignon

INGREDIENTS

- 400 gram diced chuck steak, trimmed of fat and sinew
- 4 eye fillet rashers Bacon, sliced 1cm thick
- 12 pickled white cocktail onions, drained
- 1 medium carrot finely diced
- 2 sticks celery finely diced
- 1 small red onion finely diced
- 2 cloves of garlic finely chopped
- 1 cup, (250 mls) red wine
- 5 sprigs fresh thyme picked or 2 teaspoons dried thyme.
- 2 tblsp gravox gravy powder mixed in a paste with water, plus 1 cup of water
- 1 tblsp vegetable oil
- 100 gm plain flour
- Salt and pepper to taste
- Chopped fresh parsley to garnish

METHOD

1. Preheat oven to 140 C
2. In a bowl, coat diced chuck with flour and salt and pepper. Toss to coat
3. In heavy based saucepan, (with lid) add oil and bring to a high heat, in batches, brown diced steak on all sides until browned. Remove from pan.
4. Fry bacon lardons, diced vegetables and cocktail onions until soft, add garlic and thyme, cook for 1 minute.
5. Deglaze pan with red wine, stir, reduce wine by half.
6. Add gravy paste, and 1 cup of water, bring to simmer, stirring and add beef.
7. Cover and place in oven for 90 minutes.
8. Top with fresh chopped parsley to serve

Find us on Social Media

At McKenzie we love sharing what we do with you. The best way to keep in touch, connect and engage with us is through social media. All our residences have their own Facebook page and we are also now on Instagram sharing some terrific photos and videos.

Make sure you follow us and join our online community.

Facebook: Search 'Facility name - McKenzie Aged Care Group'

Instagram: @mckenzieagedcaregroup

LinkedIn: Search 'McKenzie Aged Care Group Pty Ltd'

YouTube: Search 'McKenzie Aged Care Group'



Cover Image: Resident Name, Facility

Visit our site:
mckenzieacg.com

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