

SPRING 2022

Open Door

Magazine

INTERNATIONAL
NURSES DAY

CELEBRATING
ALL THE DADS

EKKA WEEK

R U OK? DAY


McKenzie
AGED CARE GROUP

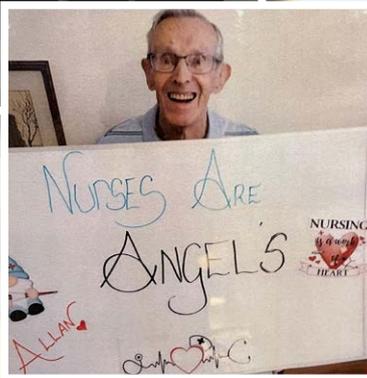
International Nurses Day

At McKenzie Aged Care, we pride ourselves on the quality of care our dedicated nurses and carers provide to our residents 24 hours a day. On International Nurses Day, we celebrated our heroes who make McKenzie Aged Care the special place it is.

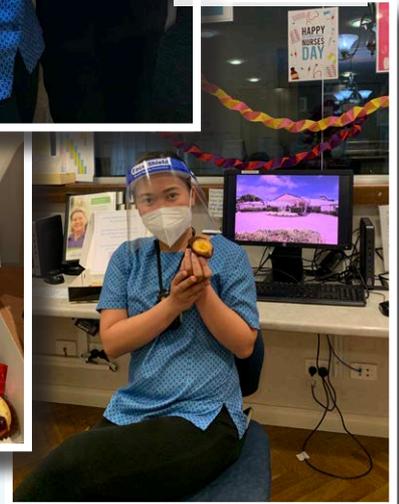
International Nurses Day is celebrated each year on 12 May, on the birthday of Florence Nightingale, the founder of modern nursing. It was heart-warming to see residents and families showing their appreciation and giving thanks to our Assistants in Nursing (AIN), Enrolled Nurses (EN) and Registered Nurses (RN) for the care, support, and devotion they show to every resident, every day.



A big thank you from **Allan and Kay** to all the care staff at **Bribie Cove**



Lollies and treats for all the staff at **Charlesbrook**



Michael and Lisa pictured here with their gift baskets from the residents and team at **The Terraces**





Doreen, Violet and Ron (right) showing their appreciation of all the staff at Raffles



Margaret and Marie cutting the cake



SandBrook thanked their wonderful nursing team with goody bags and cupcakes



Glasshouse Views putting on a morning tea with cakes and treats!

Celebrating all our Dads

The second Sunday of September we all love to celebrate our dads at McKenzie. What dad doesn't love a day in the sun with a BBQ and a cold beer?

Our homes always love to treat our dads with presents and of course a cold one. BBQs are a common request, and of course, it isn't a Father's Day without a funny mug or some socks and jocks.



Bob, Eric, Trevor & Blair at CapellaBay opening their Father's Day gifts



Bob, Tony & Ron at The Terraces with their Father's Day gifts



Bribie Cove know how to put on a BBQ! With Brian & Tony on the grill, our fathers sat back and enjoyed it with a cold one.



Bob & Ted are all smiles at Seaton Place with their gifts



Alpacas visit SandBrook

Joan, Lesley, & John patting and feeding Noodle and Ernie

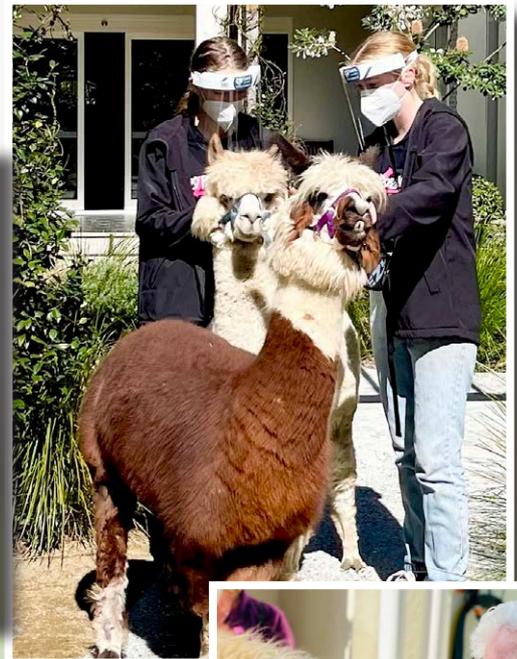


It's not everyday we get Alpacas visiting a McKenzie home. In August, Noodle and Ernie from a local Alpaca farm in Canungra visited SandBrook .

Residents and staff enjoyed hand feeding Noodle and Ernie, and learning more about Alpacas. The faces of residents, staff and visitors shone as a great time was had by all. We can't wait till they can come back again.



Jane & Shirley captivated by the beauty of these animals.



Margo & Fay are all smiles



Brita & Lorraine meeting our woolly visitors



Ekka Week

Did you know that "Ekka" is short for "exhibition" because the event was originally called the Brisbane Exhibition.

Ekka week is one of the busiest weeks for our Queensland homes. Residents love to participate in all the activities our homes organise, which include cake decorating, flower arranging, a classic car show, side show games with prizes, and some very cute visitors including goats, guinea pigs and lambs. Don't forget that we post many more photos on Facebook. Search for your nearest McKenzie home on Facebook.



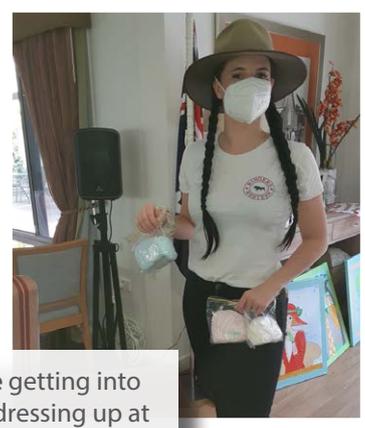
Hilary's smile lights up at CapellaBay



What a talented bunch at Glasshouse Views!



Heather & Kaylee getting into the Ekka spirit by dressing up at Buderim Views



Flower arranging and fun with balloons at Glasshouse Views



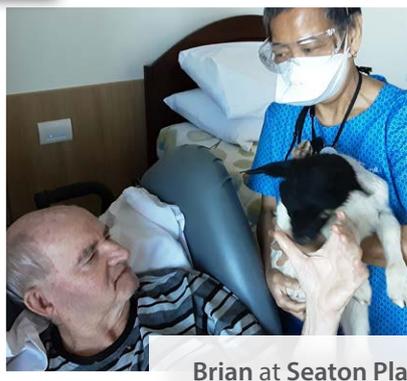
Elaine, Dorrie & Pat are excited for all the fun and games at Buderim Views



Ann enjoying the cuddles from a friendly goat, and Tommy feeling like a kid again with some fairy floss at Seabrook



Yvette, Norma, Auntie Rita & Margaret keeping busy with all of the activities CapellaBay organised



Brian at Seaton Place enjoys a personal visit

Win and other residents at The Ormsby are getting creative in a jam making class



Lesa & Pat just kidding around with the baby goats at Seaton Place



More than a Volunteer

Volunteers are a vital resource in the aged care sector as they offer a vast array of skills, experience, and abilities to support our staff in helping to enhance the quality of life for residents.

The pandemic has unfortunately caused a drop in volunteer numbers over the past two years. The lockdowns, restrictions on entry into aged care, and the risk of spreading COVID-19 within the community made it difficult for volunteers to continue their visits. However, as restrictions have started to ease, volunteers are now able to be involved once again and we look forward to welcoming them into our homes.

As part of re-igniting the McKenzie Volunteer Program we have started a pilot program at four McKenzie homes, two on the Gold Coast and two in Northern NSW, with **Linda Chapman, Volunteer Coordinator** managing the delivery of a robust program within each home. This exciting new program comes with the launch of a new name that embodies the importance we place on our volunteer community – ‘**Caremunity**’.

Volunteering is a selfless act done from the **HEART**. It is about **CARING** for others in need, the want to give back to the **COMMUNITY**, and it is a **UNIFYING** act, bringing people together. When we combine these four powerful words into one, we create a Caremunity.



Linda Chapman, Volunteer Coordinator

Caremunity

The new logo, with the heart-shaped “M” reflects the selflessness and love provided by volunteers. Because volunteers are an integral and highly valued part of the McKenzie family, we have given them a unique name that signifies the important role they play. At McKenzie, our volunteers will be called **Caremuniters**.

We have an abundance of opportunities for volunteers to become involved in all of our homes. Some of the positions available include, but are not limited to: Story Collector; Botanical Explorer; Outing Assistant (travel guide); Pamper Parlour; Trivia Host; Bingo Assistant; Concierge; and Social Visitor. We will ensure that our Caremuniters skills and interests are matched with the needs of residents. This symbiotic relationship works extremely well, especially when both parties are fulfilling their end goals.

Volunteers come from all walks of life and can offer as little as one hour per week, to a full day, or more regularly. If you have the time and interest in becoming a McKenzie Caremunity we’d love you to contact your closest McKenzie home and become a proud Caremunity Member! To find the location of your nearest McKenzie home, visit www.mckenzieacg.com/locations

All smiles at Buderim Views

At Buderim Views the smiles are all around. Nothing feels better than giving a smile and spreading some happiness. Sometimes it's nice to make each other laugh, and remind ourselves about what makes us smile. Go on, give it a go!



Evelyn, Hildegard & Graham sharing what makes them smile at Buderim Views



Elaine, Dotty & Peggy



Aged Care Employee Day

On 7 August, McKenzie Aged Care recognised our dedicated and caring staff on National Aged Care Employee Day.

Some homes decided to dress up in pyjamas and some decided to treat themselves with morning tea and treats. From everyone at McKenzie, residents and families, thank you for all your hard work and for making a difference to the lives of so many residents.



Tina & Tara from Seabrook handing out all the baked treats for their staff

The team at Newmans on the Park decided a Pyjama Party would be the way they celebrated



RU OK? DAY™

Every year, McKenzie staff and residents participate in R U OK? Day. On 8 September we all acknowledged the day by wearing yellow, getting creative with costume, enjoying morning tea together and talking about the importance of checking in with each other.

R U OK? Day is such an important day to connect with people around us and start a meaningful conversation with those that may be struggling with life. Listening and giving someone your time might be just what they need to help them through.



The creative crew from CapellaBay



SandBrook only serving yellow foods for morning tea! Pancakes and bananas anyone?

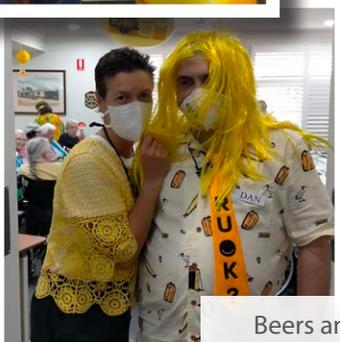


Residents helping with the decorations at Charlesbrook



The Buderim Views team in very bright yellow!

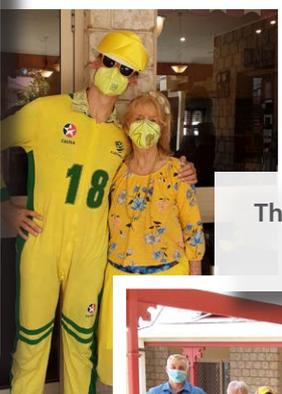




Seaton Place went bananas with their costumes!



Beers and smiles (under masks) at Glasshouse Views



The Raffles team enjoying their fun morning together



Seabrook getting into the spirit of the day



Pat and the staff at The Terraces in their yellow. It's great to see the residents participate too!



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

Murwillumbah Pineapple Fruit Cake

INGREDIENTS

- 440 gm can crushed pineapple
- 500 gm mixed fruit
- 1 tblsp vanilla extract (or essence)
- 1 tblsp sherry
- 1 cup brown sugar
- 125 gms unsalted butter (melted)
- 2 eggs
- 1 cup plain flour
- 1 cup self raising flour
- 1 tsp mixed spice
- 1 tsp bi-carb soda

METHOD

1. Preheat oven to 160 C
2. Combine and gently melt the first six ingredients together, then leave aside to cool
3. Add eggs to cooled ingredients in the bowl and add rest of sifted dry ingredients
4. Once combined, add to a 22cm round pan lined with baking paper
5. Cook at 160C for 45 to 50 mins. Test with a toothpick, if comes out clean it's done
6. Allow to cool before removing from cake pan
7. Cut when cold. This cake is best served with some brandy custard
8. Enjoy!

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: Liz Witherington, SandBrook

Visit our site:
mckenzieacg.com

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