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# RangeCare®

BLACKALL RANGE CARE GROUP LTD



## Welcome to RangeCare's Client Newsletter

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### My Mind Aerobics

#### Exercise your mind while you pass the time

Looking for ways to pass the time? Do you need a mental challenge?

Join our My Mind Aerobics program and start your puzzle pack today (stationery included)

- Improve your memory
- Decrease stress levels
- Boost your mood
- Improve your attention to detail
- Improve your problem solving skills

Contact our Lifestyle Coordinator, Hayley on 07 5445 7044 to find out more.

Our Healthy Lifestyle Program Survey on how RangeCare can expand and improve our services to you is also available here:

[Healthy Lifestyle Program Survey](#)

## A Message from our Board Chair & COO



Lenore Simpson - Board Chair

Gary Holland - COO

### Welcome to the inaugural client electronic newsletter.

Thank you to the people that have assisted in collating information and bringing it all of this together. We look forward to watching it develop into a source of information that you find engaging and insightful.

We encourage anyone with any ideas or contributions to let your local office staff know. You can also click [Feedback Form](#) to provide a suggestion electronically.

You may be asking why electronic version of the newsletter, and not in the mail? There are a number of reasons. Some include:

- We feel that making the newsletter electronic contributes to a reduction in paper waste and contributes to reducing environmental and financial costs.
- We would like to be able to provide where required, important information quickly and efficiently to our clients.
- We are looking at the changes coming to home care (The "Support at Home" model), scheduled to occur in July 2024, and understand that it will rely on clients (or their representatives) having the necessary tools and digital capability. We would like to think this is a simple entry point to supporting clients who are challenged by technology, to start to gain access to equipment and learn to use them.

Through this platform, we can also provide updates on relevant things happening with the board such as the following:

- Currently the board is reviewing and revising the Strategic Plan to take us to and beyond 2026.
- Blackall Range Care Group has partnered with Mapleton Library and Community Centre, to bring "RangeTalk", a community Mental Health initiative to fruition. For more information on the program [click here](#)
- Recently Board members joined with directors of the Eastern Star Foundation, and clients from Nambour, Gympie and Flaxton, to celebrate and recognise Eastern Stars' \$100,000 grant for the refurbishment of the Nambour day centre and Office. [Click here for the full story.](#)

## Pavel's I.T. Tips



As modern technology develops new features become available for us, the users. Tasks that could have only been done by professionals using fancy equipment now can be accomplished by regular users within seconds.

One example is colorization of black and white photos. With help of AI (Artificial Intelligence) you can give a second life to your old family photos. Imagine what effect it will have on your family members when you show them familiar old black and white photos in colour.

There are a lot of apps and websites that can help you with this task. [Palette.fm](#) is the most simple and user friendly that I could find and it's free. Just follow the prompts on the screen and you'll get amazing results.

### Need some help with technology?

If you need help setting up an email account, internet or any technology needs please give us a call on **07 5445 7044**.

## Client Feedback

### Client Feedback

*"A big thank you for the morning tea and driver who got me there with a smile. The importance of communication. Gathering with a lot of people is so important for our mental health."* - Anne

*"To all the staff at RangeCare, thanks for all the efforts you have made this year to get me to numerous medical appointments and to bring me my groceries etc. The ladies who answer the phone are always unfailingly polite and pleasant too."* - Heather

*"I would like to say how grateful I am for the services I receive from RangeCare. I couldn't stay in my home without you."* - June

## Recipe - Hawaiian Huli Huli Chicken



### INGREDIENTS

2 large boneless, skinless chicken breasts, cut into 2cm cubes (24 cubes)

1 cup fresh pineapple, diced (24 pieces)

6 wooden or metal skewers

### FOR SAUCE

2 tablespoons ketchup

2 tablespoons lite soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic, minced

1 teaspoon ginger, minced

### METHOD

1. Preheat griddle pan on medium-high heat
2. Thread three chicken cubes and three pineapple chunks alternatively on each skewer
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later
4. Grill skewers for 3-5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step
5. To prevent chicken from drying out, finish cooking skewers in a 180c oven immediately after grilling. Using a clean brush or spoon, coat with the sauce from the set aside bowl before serving.

*Note: If you are using wooden skewers, soak them in water for 30 minutes before using.*

## Our Day Centres

There is never a dull moment at our Day Respite Centres. Filled with fun and laughter, you can enjoy a multitude of activities from indoor lawn bowls and mahjong to outings for fish and chips on the beach.

If you haven't visited them already, our centres are the perfect place to meet new people and gain some social interaction. We have centres located at Flaxton, Maleny, Nambour and Gympie.

To learn more about our centres or to view our social calendars please visit:

[www.rangecare.com.au/social-support](http://www.rangecare.com.au/social-support)

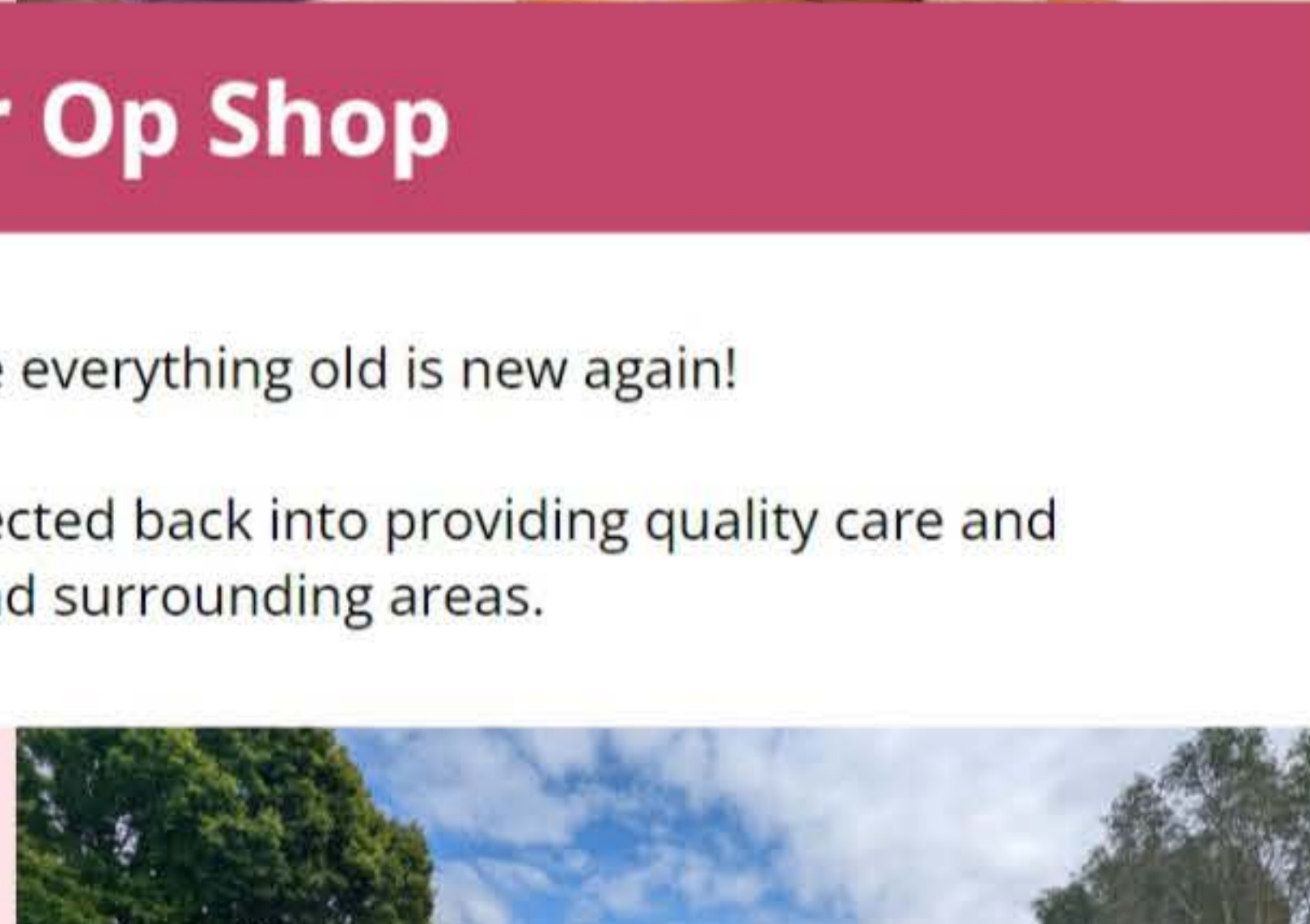


## Visit Our Op Shop

Come and visit the RangeCare Op Shop, where everything old is new again!

All funds raised through op shop sales are directed back into providing quality care and support to our clients on the Blackall Range and surrounding areas.

Call on **07 5478 6894**  
The Old School House  
17 Obi Obi Road, Mapleton  
**Operating Hours**  
Mon - Sat: 10:00am to 2:00pm  
Sun: Closed



## Support through Donations

All donations to RangeCare will support of clients experiencing financial hardship and to support the delivery of RangeCare's full range of services.

All donations to RangeCare are gratefully accepted and donations over \$2 are fully tax deductible.

If you would like to make a donation please visit: [www.rangecare.com.au/donate](http://www.rangecare.com.au/donate)

## Follow us on Social Media



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