

November 2022



Welcome to the November edition of the RC Staff Newsletter. Please enjoy this edition and remember to contact Admin if you would like to share a little bit of your life to encourage us to find out a little bit about the people we work with each day.



Hello I'm **Gary**,

At the start of October, I was given the privilege to lead RangeCare as Chief Operating Officer. I have worked in Aged Care since commencing training as a registered nurse almost 35 years ago, and during this time I have always enjoyed meeting and supporting people.

I am originally from Shepparton in Victoria, and moved to the Sunshine Coast 12 years ago with my partner Miranda. I have 2 children, 2 step children and 2 character-filled and happy grandchildren. I enjoy watching and participating in sports. I still play AFL in an "old boys" competition, and it would be fair to say I am fairly passionate about AFL football. Yes, I am a one-eyed Collingwood supporter too! I also have an occasional hit of golf, play a bit of lawn bowls, enjoy swimming especially at the beach and fishing. I volunteer as an Event Director for Brightwater parkrun and spend my Saturday mornings running or walking and talking.

My recent sporting highlight was to participate and complete a 50Km trail run in the Blackall Trail Running Festival across the Blackall Range at Mapleton. It was 11 hours of my life that I will never get back, but I was proud of myself that I was able to finish it.

I look forward to working further with you all.



My 2 grandies: Eden and Bonnie.



Me happy to be finished my 50km ultra trail run

During the month of October we ran a Wellness Wednesday initiative which involved clues being sent out to the field staff on a Wednesday morning of local landmarks and points of interest. The first person to send in their answer and a photo won a prize. Special mention goes to Linda Woodward and Donna Taafe who really embraced the challenge each week! Donna has said she will continue to make up clues as it improved the interaction and connection she has with her Wednesday morning client. They solve the clues together and then go for a drive to snap a pic to send in. This is an excellent way to engage our clients too, so well done Donna!



Hi I'm **Mandy**, I am the new Service Manager. I have been living on the beautiful Sunshine Coast at Coolum Beach for 8 years in a spin of a constantly growing renovation (home project). Recently my oldest son (Kyle) and his partner (Chantelle) were married in Glasshouse Mountains, what a beautiful and extremely exciting day for both families. Family and friends are very important to both my husband Brett and myself and we travel when we can, to catch up with them all.

I hope to meet some of you at the RangeCare Christmas Party on the 3 December



Welcome to the world Stella Rosemarie, born 18th October 2022 weighing 6lbs 13 ozs. This gorgeous bub is the first grandchild for **Tania Collier** our Contract and Compliance Manager. Mum and bub doing exceptionally well and Nana is very proud!



No idea what to cook tonight? Have people over and you are all out of ideas what to eat? Sick of cooking after a long day at work? Well don't forget that RangeCare provide delicious freeze and heat meals that are available for everyone to purchase. Also some of our clients might not be aware that this service is available so please mention this when you are talking to them. It could be something they are keen to try. Delivery and pick up is on a Friday afternoon. Our menu and how to order are on our website or click on the link [here](#).



Does anyone else see the resemblance to our Technical Services Manager Frank and the Coles Collectable Dumbldore???





Have you seen the raised beds in Nambour?

Our volunteers create our veggie gardens for both Nambour & Flaxton. The produce goes into our kitchens to be made into delicious meals for our clients.

Pictured are our Nambour Day Centre clients who enjoy watching the gardens grow!



Here is **Linda**, one of our wonderful drivers, modeling our new "Driver" Vests.

The new vests are so that our drivers are clearly visible to our clients when they are out and about in the community.

If you spot them give them a wave!



Welcome

Hi I'm **Chris Farrall**, I'm joining RangeCare as a CSW.

A short paragraph about myself?! I could be here for hours!

I was about to resume my male modeling career, until my gorgeous wife Pia saw this job on Jora and Pia said "this has your name written all over it!" She was right (she is never wrong!) I have done a bit, worked on the trains in Maryborough Queensland for 6 years, then when it downsized I went into aged care from 2014.....moved to Victoria as my father was cancer ridden and he has passed away...our sons are in Buderim and Arana Hills so the move back was inevitable!

I studied and completed my cert 4 in Lifestyle and Leisure during lockdown.....terrible time for us!

Anyway I'm very excited to be working for RangeCare and will do my best to make sure our clients are happy and entertained every day! Cheers





Let's Get Social

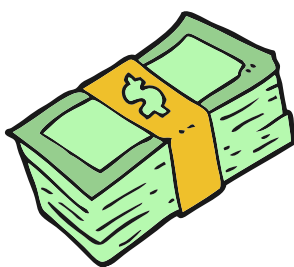


Social Media plays a huge role in bringing awareness to a business online. RangeCare is no exception, the voice and reach of social media goes along way to promoting us as an organisation and bringing awareness to all the amazing things we do for our community.

This is where you come in! We need your help to grow our social media community and presence. Don't worry we are not asking a lot.

We would like to call on you all to like or follow our social media pages and when you see a post pop up to engage by liking, commenting or even sharing the post. Who knows you may see a few familiar faces pop up!

Click on the icons below to like and follow our Facebook and LinkedIn pages!

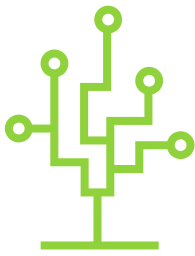


Our recruitment radar is on and we are now offering our current employees a \$500 bonus if they refer a person who is then onboarded to RangeCare Field Team staff as a CSW or DA. The referral bonus would be paid to the current employee after the person was offered a role, accepted and upon successful completion of their six month probationary period.

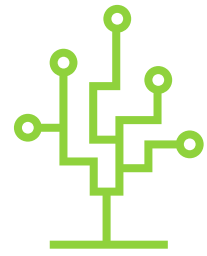
The new employee will also receive a \$500 bonus at the successful completion of their Probationary period.

So if you know of a very Trusted, Reliable, Community First, Resilient, Supportive (hint...they're our values) person that would like to work in the Aged Care Industry, urge them to apply!!! This offer does have an expiry date, as we may be inundated with offers...cross fingers!





Parvels Fun IT Tips



Edit PDF files in Microsoft Word

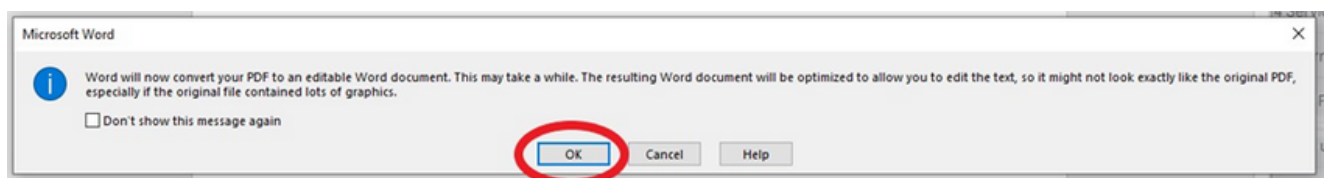
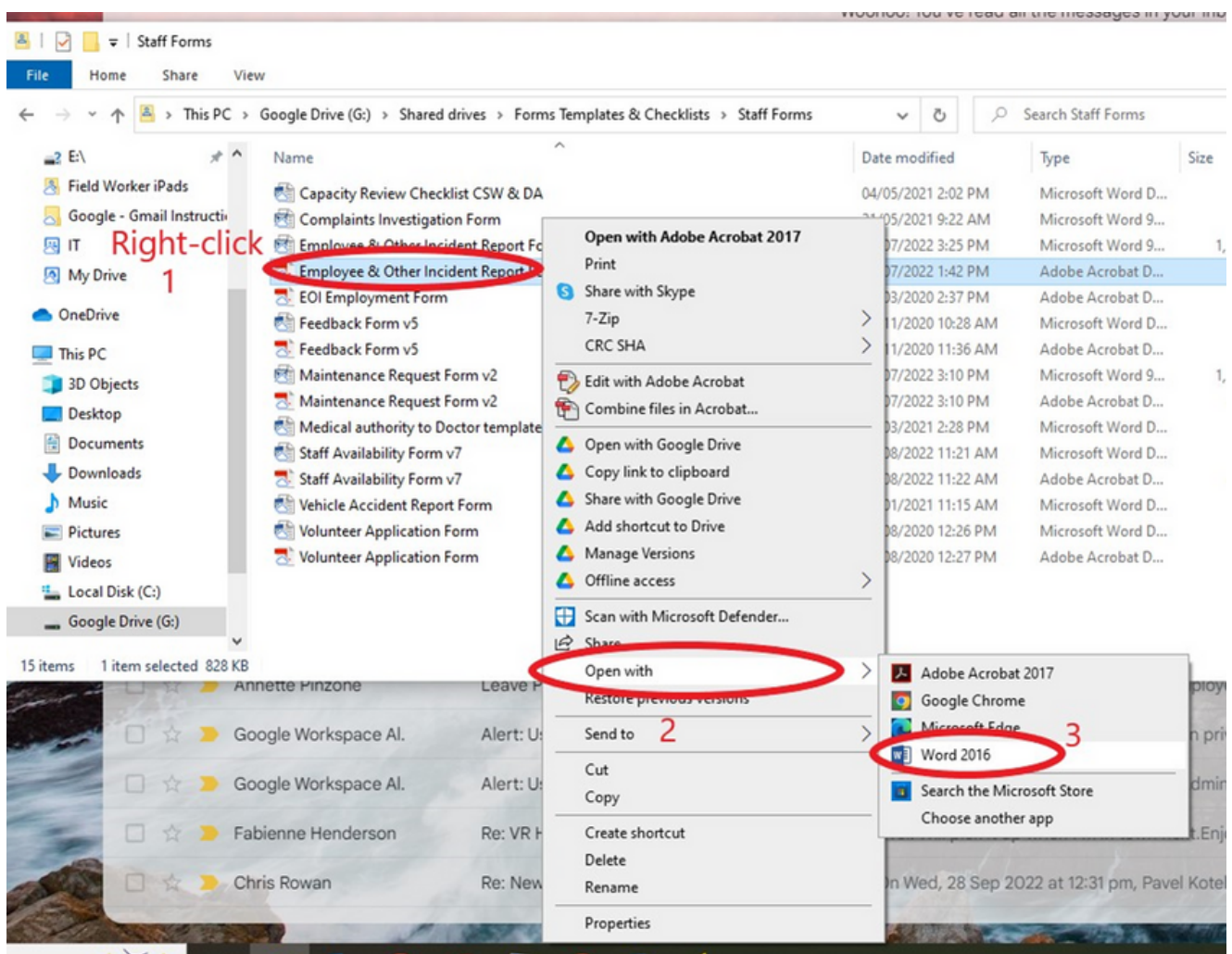
Did you know that you can edit PDF files using Microsoft Word?

All you need to do is right-click on a PDF file and choose "Open With" and then click "Word". Click "OK" in the pop-up window.

This will create a new Word document containing all the information from the source PDF file.

When finished editing you'll have a choice of saving the new file as a Word document or as a PDF file.

Keep in mind that this method will ALWAYS create a copy of your source PDF file so all the changes you make will be applied to the copy and not to the original file.



Yotam Ottolenghi's Jerusalem Lamb Shawarma



INGREDIENTS

Serves 8

- 2 teaspoons black peppercorns
- 5 cloves garlic
- ½ teaspoon cardamom pods
- ¼ teaspoon fenugreek seeds
- 1 teaspoon fennel seeds
- 1 tablespoon cumin seeds
- 1 star anise
- ½ cinnamon stick
- 1 tablespoon grated nutmeg, about half a pod
- ¼ teaspoon ground ginger
- 1 tablespoon sweet paprika
- 1 tablespoon dried sumac
- ¾ tablespoon kosher salt
- 7cm piece of fresh ginger, peeled and grated
- 3 garlic cloves, peeled and crushed
- ¾ cup chopped coriander, stems and leaves included
- 4 tablespoons fresh-squeezed lemon juice
- ½ cup peanut or other neutral oil
- 1 leg of lamb, on the bone, about 2.5 – 3 kilos



PREPARATION

Step 1

Put the peppercorns, cloves, cardamom, fenugreek, fennel, cumin, star anise and cinnamon in a cast-iron pan set over medium-high heat and dry-roast them for a minute or two, until the spices begin to pop and release their aromas. Take care not to burn them. Add the nutmeg, ground ginger and paprika, and toss for a few more seconds, just to heat them, then transfer to a spice grinder. Process the spices into powder. Transfer to a medium bowl, and stir in the sumac, salt, fresh ginger, garlic, coriander, lemon juice and oil, and stir to combine.

Step 2

Use a small sharp knife to score the leg of lamb in a few places, making half-inch-deep slits through the fat and meat. Put the lamb in a large roasting pan and rub the marinade all over it, using your hands to massage the meat. Turn the lamb fat-side up, cover the pan with aluminum foil and place it aside on a countertop for at least a couple of hours, or preferably, rest it overnight in the refrigerator.

Step 3

Heat oven to 175. Remove the aluminum foil, and place the lamb in the oven. Roast for approximately 4½ hours, or until the meat is completely tender. After 30 minutes of roasting, add about a cup of boiling water to the pan, and use this liquid to baste the meat every hour or so. (Add more water, as needed, making sure there is always a little in the bottom of the pan.) After 90 minutes or so, cover the lamb with aluminum foil to prevent the spices from burning. Once the lamb is done, remove it from the oven, and leave to rest for 10 to 15 minutes before carving and serving.

This we why we do what we do! Some of the feedback received from clients and staff...

HCP client and their family could not speak highly enough of their CSWs. This particular client is quite "fussy" with his staff and absolutely raves about these 2 CSWs. Both these staff also work with many NDIS participants and are very highly regarded in their roles with these clients also and have made massive progress with some complex clients.

Wonderful feedback from clients daughter- in regards to her mother. She mentioned that the support worker "K" was excellent with the domestic clean service and the support/building rapport which is easing the daughter's carer's strain

Client who has "C" for his DA support. "He is amazing and whips around and has everything done in 1hr". Client is very happy with his DA support.

Emily phoned to confirm service for 24/10 and requested Admin pass on her love of RC Staff and how in 5 years they have all been lovely and friendly & make her laugh. She also acknowledges it is a very hard time for people and our Staff are wonderful & she loves us all.

Client TB called to advise that her replacement DA "S" was excellent today and she really enjoyed having her. She is also looking forward to "T" coming back next fortnight as he is great as well.

Client called to say thank you to RangeCare for her birthday card she just received. She was reluctant to call as she knows how busy we are. I encouraged her, saying we love hearing feedback from our clients who love receiving the birthday cards!

"T" is very very pleased with Range Care services. The transport drivers are so friendly and helpful

