

June 01, 2017

MACS NEWS



Mobile Attendant Care Service Newsletter

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From the Management Committee:

NDIS Update: You never appreciate your health until you no longer have it...

When the MACS NDIS subcommittee first formed we had planned to provide monthly progress reports with hopefully substantial news to share. However, there was a spanner thrown in the works. Or to be more accurate, an appendix.

In early April I was bedridden with what I thought was just food poisoning. However several hospital trips, an operation and a pile of IV antibiotics later, it turned out to be a burst appendix, twisted small bowel, peritonitis and a pile of other things I'd strongly advise you to avoid. The rest of the NDIS subcommittee postponed further planning sessions until I was back on the mend, so I'm to blame for the delays with our progress reports.

On a more serious note, if (like me) you do not have proper sensation around your abdomen and are nauseated and/or bloated to the point you cannot eat or drink for more than 24 hours, do not rule out appendicitis! It can literally be a life or death diagnosis, and for people with spinal injury and similar disabilities, it's a diagnosis frequently missed (see attached *New Mobility* article link):

From the Coordination Team

- **Just a reminder to all our Service Users who would like to call in for additional assistance:**
 - ⇒ **For call ins between 6pm—10pm please phone the Early shift on 0412 187 087**
 - ⇒ **For call ins between 10pm—6am please phone the Late shift on 0411 141 904**
 - ⇒ **For daytime call ins between 7.30am—3.30pm please phone the Morning shift on 0416 644 817**
- You may like to store these numbers in your mobile to make it easier to access the right person at the right time

Service News:

- ⇒ MACS team are very excited about our new logo and have enjoyed the refreshing bright colours to add to this Newsletter, we hope you enjoy it too.
- ⇒ The Morning Shift and the Polly shift now have their own phone numbers.—please find them on the back of the June monthly roster

Our New MACS Logo

In the meanwhile however, there have been some updates, such as our new MACS logo. There will no doubt be some who like it, some who don't, and some who will ask what's wrong with the old one. Glad you asked!

Historically MACS has not been a big marketer or self promoter of its services. Because our service users were quite happy (and therefore so were our funding bodies) for quite a while we were happy to almost be Brisbane's "best kept secret" and not actively seek out new service users. The NDIS changes all that. We will need to actively seek out new service users and to do that we need good marketing and promotional material. Our existing promotional materials are, to put it politely, a bit "spartan."

We have a basic Facebook page and a functional but rudimentary website. However we currently have no up-to-date brochures or any business cards. That will all change soon, starting with the logo. The logo was quite passable 20 years ago but the two shades of grey-ish blue now seem a bit drab - hence the refresh.

We have welcomed 5 new staff in the last couple of months; Laura, Purna, Samantha, Maddi and Hugo. These new staff are training across a range of day and night shifts.

Policy Update:

Human Services Quality Standard 3: Responding to individual need

Mobile Attendant Care Service provides appropriate services that are identified/assessed, planned, monitored, reviewed and delivered in collaboration with its Service Users, their representatives and/or other stakeholders. The organisation uses referral pathways and partnerships to promote integrated service provision. MACS has annual Individual Service Plan (ISP) reviews. MACS monitors its Service Users changing needs daily and also adapts its schedules to its Service Users social engagements.

Recipe of the month:

MATT MORAN'S Green Pea and Ham Hock Soup



Ingredients:

- 1 tbs olive oil, plus extra to drizzle
- 1 onion and 1 carrot chopped
- 2 garlic cloves, crushed
- 1 celery stalk, chopped
- 1 fresh bay leaf
- 1/4 bunch thyme
- 800g smoked ham hock
- 1L chicken stock
- 1kg frozen peas
- 1/2 bunch mint, leaves picked
- Baby mint and pea tendrils, to serve

Method

1. Heat the oil in a large saucepan with a lid over medium heat. Add onion, carrot, garlic, celery, baby leaf and thyme, and cook, stirring occasionally for 8 minutes or until soft. Add the ham hock, tock and enough water to just cover ham (about 1.5L). Bring to a simmer, then reduce the heat to low.
2. Cover and cook, skimming impurities from the surface for 90 minutes or until the meat is tender and falling off the bone. Remove from heat and cool slightly, then strain through a fine sieve, reserving ham and discarding vegetables.
3. Return 2L stock to pan (remaining stock will keep, refrigerated for up to 5 days or frozen for up to 6 months) and place over medium heat. Bring to a simmer, then add peas and cook, stirring, for 6 minutes or until tender. Remove from heat.
4. Add mint and set aside for 10 minutes to infuse and cool slightly. In batches, whiz in a blender until smooth. Return to pan and stir over medium heat to warm through.
5. Divide among bowls and shred ham over soup. Drizzle with olive oil and serve with baby mint and pea tendrils.

Did you Know?

1. **1000** World population 300 million.
2. **1107** Chinese money printed in 3 colours to stop counterfeit.
3. **1211** Genghis Khan invades China.
4. **1328** The sawmill is invented.
5. **1430** Joan of Arc captured by Burgundians and turned over to the English.
6. **1509** Michelangelo paints the ceiling of the Sistine Chapel.
7. **1605** Guy Fawkes caught while trying to blow up the English Parliament.
8. **1707** Act of Union between Scotland and England, creating Great Britain.
9. **1800** The population of the world is about one billion.
10. **1907** Frenchman Paul Cornu designs first helicopter, flying it for a few seconds.