

Issue
82

Expanding Our Care at Warner Health

New Services and Interviews

- + Aged Care Employee Day
- + Enjoy a Day at the Pictures!

Murray Mallee

Magazine

Spring 2026 Edition | FREE



About Us

Murray Mallee Aged Care Group was founded in 1994. Our vision is a brighter future for older South Australians through our quality services. This includes home based care, social support, retirement living, and allied healthcare across regional areas of the Murray Mallee and Riverland, along with metropolitan Adelaide.

Publisher

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Feedback

We appreciate your feedback. Please email us at marketing@murraymallee.org.au to share your thoughts. Alternatively, you can mail us at PO Box 1315, Murray Bridge SA 5253.

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EVERYONE'S WELCOME



We respectfully acknowledge the Aboriginal and Torres Strait Islander people as the traditional owners of this land on which we meet, work, and learn. We respect and acknowledge their spiritual connection as the custodians of this land and that their cultural heritage beliefs are still important to the living people today. We support you whatever your gender, age, sex, ethnicity, cultural heritage, sexual orientation, or social status.

From the CEO

Anna Howard

Written by Anna Howard

Edited by Rex Lau, McKenna Paull, & Isabelle Labonte



Greetings everyone,

This magazine is one that I will start by sharing the sad news of the passing of our dear friend and long-standing Board member, Robert Sexton, on the 20th of July.

Vale Robert Sexton

Robert's connection with Murray Mallee Aged Care Group began in 2002 when he was nominated to the Board as the Council Representative for the Southern Mallee Council. Over an incredible 24 years of service, Robert made an outstanding contribution to our organisation and the communities we support. He served as Chair of the Board for two years and continued to provide valued guidance, knowledge and thoughtful leadership throughout his time with us.

Robert was deeply committed to ensuring older people in our region could access quality services that supported them to live the lives they chose. He understood the importance of community, connection and ensuring that regional Australians received the same opportunities for respectful and compassionate care as those living in larger communities.

For those of us who had the privilege of working alongside Robert, he will be remembered not only for his commitment and wisdom but also for his warmth, humility and genuine interest in people. Robert brought a calm and considered presence to Board discussions, always taking the time to listen and reflect before making decisions that would benefit our clients, our staff and our organisation.

His contribution has helped shape Murray Mallee Aged Care Group into the organisation we are today, and his legacy will continue through the values and principles he championed.

Robert was devoted to Jenny and his family, and it was always evident how much they meant to him. He often spoke with great warmth and affection about his late daughter Mandy, who he and Jenny cherished deeply. The love and pride Robert held for his family was something that shone through in the stories he shared and the conversations he had with those around him.

Our deepest condolences go to Jenny, Robert's beloved wife, and to his grandchildren Jordan, Tonya, Anthony, Brodie and Rickie, along with his great-grandchildren Dwayne and Robbie.

On behalf of the Board, Executive Team and all staff, I extend our deepest sympathies to Robert's family and loved ones. We are incredibly grateful for the many years Robert dedicated to our organisation and our community. Robert was a valued member of our Murray Mallee family. His kindness, dedication and service will not be forgotten.

Exciting Recent Developments

I am pleased to report that the challenges we have experienced with the introduction of the Support at Home Program in November last year are beginning to reduce significantly. I sincerely thank you for the patience, understanding and loyalty you have shown during what has been a period of significant change. We greatly

appreciate your continued support while we have worked through these challenges together.

The Warner Health and Wellness Centre officially opened in June, and we are delighted to see the practitioners' schedules filling quickly. We are hopeful that by providing these services through the Centre, we can help reduce some of the pressure on your allied health budgets while making access to care more convenient.

For those of you who have been receiving clinical care from Heide and Tracey, you will notice that your Care Partner is supporting you to access their services at the Centre, located at 15a Warner Road, Murray Bridge. We have worked hard to create a warm, welcoming and comfortable environment, with beautiful soft furnishings and thoughtful touches to make your visits enjoyable.

Our Social Support Group programs in Murray Bridge and Adelaide continue to be very well attended. I hear wonderful stories about the friendships being formed, the laughter shared and, in particular, the fun had during bus outings. I encourage you to speak with your Care Partner to learn more about the activities available, you may discover something new that you would enjoy being part of.

Warner Close Update

Our Warner Close Lifestyle Village has recently farewelled Scott and Stella Coppin after five years of dedicated service. We thank them for their commitment and contribution to the village community. We are fortunate that Stella's daughter Rebecca and her husband Andrew have taken over the running of Warner Close and are already making their mark. If you live in Murray Bridge, I encourage you to visit the village and have a look around. It is located at 18 Warner Road, Murray Bridge, and is a wonderful example of what can be achieved when we create communities that support people to live independently.

I am also very excited to share that we are planning 10 additional units for Warner Close, expanding the existing 50-unit village and making use of the vacant land adjacent to the current development.

I would love to replicate this model in Adelaide; however, the cost of land in the metropolitan area makes it challenging for a rental model like

this to be financially sustainable. For now, we are proud of what we have created at Warner Close and excited about the opportunities ahead.

Happy Aged Care Employee Day!

In closing, I would like to acknowledge that we recently celebrated Aged Care Employee Day on 7 August. This national event is a wonderful opportunity to recognise and celebrate the incredible people who make such a positive difference in the lives of older Australians every day.

I would like to extend my heartfelt thanks to our Board of Directors and every member of the Murray Mallee Aged Care Group family. Your dedication, compassion, and unwavering commitment to our clients are at the very heart of everything we do. Whether you are providing care and support in our clients' homes, welcoming people into our offices, coordinating services behind the scenes, or helping to guide the organisation's future, every role is important and every contribution is valued.

It is because of your kindness, professionalism, and genuine care that we continue to fulfil our purpose of enabling people to live the life they choose. Thank you for your loyalty, your hard work, and the difference you make every single day. It is a privilege to work alongside such an exceptional team.

**Warm regards,
Anna Howard**

From the CEO

Anna Howard



Translation by Cristian Buccione



Saluti a tutti,

Desidero iniziare questo numero condividendo la triste notizia della scomparsa del nostro caro amico e membro di lunga data del Consiglio di amministrazione, Robert Sexton, avvenuta il 20 luglio.

Il legame di Robert con il Murray Mallee Aged Care Group è iniziato nel 2002, quando è stato nominato membro del Consiglio di amministrazione in qualità di rappresentante del Southern Mallee Council. Nel corso di 24 straordinari anni di servizio, Robert ha dato un contributo eccezionale alla nostra organizzazione e alle comunità che sosteniamo. Ha ricoperto la carica di Presidente del Consiglio di amministrazione per due anni e, durante tutto il periodo trascorso con noi, ha continuato a offrire una guida preziosa, competenza e una leadership ponderata.

Robert era profondamente impegnato affinché le persone anziane della nostra regione potessero accedere a servizi di qualità, capaci di sostenerle nel vivere la vita che avevano scelto. Comprendeva l'importanza della comunità e dei legami, nonché la necessità di garantire agli australiani delle aree regionali le stesse opportunità di ricevere un'assistenza rispettosa e compassionevole di quelle disponibili a chi vive nelle comunità più grandi.

Per coloro che hanno avuto il privilegio di lavorare al fianco di Robert, egli sarà ricordato non solo per il suo impegno e la sua saggezza, ma anche per il suo calore umano, la sua umiltà e il sincero interesse per le persone. Robert portava

nelle discussioni del Consiglio di amministrazione una presenza calma e riflessiva, dedicando sempre il tempo necessario ad ascoltare e a ponderare le questioni prima di prendere decisioni a beneficio dei nostri clienti, del nostro personale e della nostra organizzazione.

Il suo contributo ha contribuito a plasmare il Murray Mallee Aged Care Group, trasformandolo nell'organizzazione che siamo oggi, e la sua eredità continuerà a vivere attraverso i valori e i principi che ha sostenuto.

Robert era devoto a Jenny e alla sua famiglia, e quanto essi significassero per lui era sempre evidente. Parlava spesso con grande calore e affetto della sua defunta figlia Mandy, che lui e Jenny amavano profondamente. L'amore e l'orgoglio che Robert nutriva per la sua famiglia trasparivano nei racconti che condivideva e nelle conversazioni che intratteneva con le persone intorno a lui.

Le nostre più sentite condoglianze vanno a Jenny, l'amata moglie di Robert, e ai suoi nipoti Jordan, Tonya, Anthony, Brodie e Rickie, nonché ai suoi pronipoti Dwayne e Robbie.

A nome del Consiglio di amministrazione, del Team esecutivo e di tutto il personale, esprimo le nostre più profonde condoglianze alla famiglia e alle persone care di Robert. Siamo immensamente grati per i tanti anni che Robert ha dedicato alla nostra organizzazione e alla nostra comunità. Robert era un membro prezioso della nostra famiglia Murray Mallee. La sua

gentilezza, la sua dedizione e il suo servizio non saranno dimenticati. Riposa in pace, Robert Sexton. Desidero cogliere questa opportunità per aggiornarvi su alcuni dei cambiamenti e degli entusiasmanti sviluppi avvenuti dall'uscita del nostro ultimo numero.

Sono lieta di comunicare che le difficoltà incontrate con l'introduzione del programma Support at Home nel novembre dello scorso anno stanno iniziando a ridursi in modo significativo. Desidero ringraziarvi sinceramente per la pazienza, la comprensione e la lealtà che avete dimostrato durante questo periodo di importanti cambiamenti. Apprezziamo enormemente il vostro continuo sostegno mentre affrontiamo insieme queste difficoltà.

Il Warner Health and Wellness Centre è stato ufficialmente inaugurato a giugno e siamo lieti di vedere che gli appuntamenti dei professionisti si stanno rapidamente riempiendo. Confidiamo che, offrendo questi servizi attraverso il Centro, potremo contribuire a ridurre parte della pressione sui vostri budget destinati ai servizi sanitari integrativi e, al contempo, rendere più comodo l'accesso alle cure.

Per coloro che hanno ricevuto assistenza clinica da Heide e Tracey, noterete che il vostro Care Partner vi sta aiutando ad accedere ai loro servizi presso il Centro, situato al 15a Warner Road, Murray Bridge. Abbiamo lavorato duramente per creare un ambiente caldo, accogliente e confortevole, con splendidi arredi tessili e premurose attenzioni per rendere piacevoli le vostre visite.

I nostri programmi dei Gruppi di sostegno sociale a Murray Bridge e presso il Croydon Bowling Club continuano a riscuotere un'ottima partecipazione. Mi giungono racconti meravigliosi sulle amicizie che si stanno formando, sulle risate condivise e, in particolare, sul divertimento durante le uscite in autobus. Vi invito a parlare con il vostro Care Partner per saperne di più sulle attività e sulle opportunità disponibili: potreste scoprire qualcosa di nuovo a cui vi piacerebbe partecipare.

Il nostro Warner Close Lifestyle Village ha recentemente salutato Scott e Stella Coppin, dopo cinque anni di dedicato servizio. Li ringraziamo per il loro impegno e per il contributo dato alla comunità del villaggio. Siamo fortunati perché la figlia di Stella, Rebecca, e suo

marito Andrew hanno assunto la gestione di Warner Close e stanno già lasciando il loro segno. Se vivete a Murray Bridge, vi invito a visitare il villaggio e a dare un'occhiata. Si trova al 18 Warner Road, Murray Bridge, ed è un meraviglioso esempio di ciò che si può realizzare quando creiamo comunità capaci di sostenere le persone nel vivere in modo indipendente.

Sono inoltre molto lieta di condividere con voi che stiamo progettando di aggiungere altre 10 unità abitative a Warner Close, ampliando il villaggio esistente di 50 unità e utilizzando il terreno libero adiacente all'attuale complesso.

Mi piacerebbe molto replicare questo modello ad Adelaide; tuttavia, il costo dei terreni nell'area metropolitana di Adelaide rende difficile garantire la sostenibilità finanziaria di un modello di locazione come questo. Per il momento, siamo orgogliosi di ciò che abbiamo realizzato a Warner Close e impazienti per le opportunità che ci attendono.

In conclusione, desidero ricordare che il 7 agosto abbiamo recentemente celebrato l'Aged Care Employee Day. Questo evento nazionale rappresenta una splendida opportunità per riconoscere e celebrare le persone straordinarie che ogni giorno fanno una differenza così positiva nella vita degli australiani più anziani.

Desidero esprimere il mio più sentito ringraziamento al nostro Consiglio di amministrazione e a ogni membro della famiglia del Murray Mallee Aged Care Group. La vostra dedizione, compassione e incrollabile impegno nei confronti dei nostri clienti sono il cuore di tutto ciò che facciamo. Che si tratti di fornire assistenza e sostegno nelle case dei nostri clienti, accogliere le persone nei nostri uffici, coordinare i servizi dietro le quinte o contribuire a orientare il futuro dell'organizzazione, ogni ruolo è importante e ogni contributo è apprezzato.

È grazie alla vostra gentilezza, professionalità e sincera attenzione che continuiamo a realizzare il nostro obiettivo: consentire alle persone di vivere la vita che scelgono. Grazie per la vostra lealtà, per il vostro duro lavoro e per la differenza che fate ogni singolo giorno. È un privilegio lavorare al fianco di una squadra così eccezionale.

**Cordiali saluti,
Anna Howard**

In Memory of Robert Sexton

Board Member, 2002–2026



"Robert was a valued member of our Murray Mallee family. His kindness, dedication and service will not be forgotten."

Anna Howard, CEO





Consumer Advisory Body



We're looking for clients based in Adelaide to join our group of representatives to help guide the quality of services MMACG and My Choice Care provide.

Volunteering in the Consumer Advisory Body involves:



Joining quarterly meetings to discuss with clients and management about improving services



Identifying the needs and issues clients are experiencing



Making a significant positive impact in the care people receive

Have your say.
Improve our care.

For more details:
Call (08) 8365 0151

Home Care Update

Amy Joinbee

Home Care Manager



Written by Amy Joinbee

Edited by Rex Lau, McKenna Paull, & Isabelle Labonte



Hi everyone,

I hope you are all keeping well. It has certainly been another busy few months for In-Home Care, and as we move through another quarter, I wanted to share a few updates and changes we have been working on to continue improving the support we provide to you.

One positive change coming from 1 October 2026 is the removal of personal contributions for approved Support at Home personal care services. From this date, the Australian Government will fully fund approved personal care services from your allocated budget. Contributions for other services may still apply, so if you are ever unsure about your budget or what you may need to contribute, please have a chat with your Care Partner.

We have also been listening to your feedback about making it easier to navigate our services. As part of this, we are introducing a new Client Intake Officer role, providing one consistent point of contact for new clients and families joining us. They will guide clients through those first steps before introducing them to their allocated Care Partner for ongoing support.

For our existing clients, your Care Partner continues to be your primary contact and is there to assist with your services, budget, referrals, equipment and any changes you require.

We have also recently changed the way calls to Care Partners are managed. When you call us, Reception can now transfer you directly to your Care Partner. If they are assisting another client or unavailable, we ask that you leave a voicemail

and they will return your call within one business day. This allows our Care Partners to give their full attention to the client they are assisting at the time. If your matter is urgent and requires assistance that day, please let Reception know.

I would also love to encourage you to share the good things with us. We receive many wonderful compliments about our Support Workers, which are always appreciated, but we don't hear as often about our Care Partners. A lot of their work happens behind the scenes – coordinating services, managing budgets, organising referrals, solving problems and advocating for their clients. If your Care Partner has made a difference to you or your family, we would love to hear about it and make sure that feedback is passed on to them. You can give us a call or complete the feedback form at mmacg.org.au/contact.

Finally, a quick reminder to please speak with your Care Partner before arranging additional services, equipment, home modifications or engaging an external provider. There are government requirements and approval processes we must follow to ensure these can be funded through your Support at Home budget.

Thank you, as always, for your continued trust in our team. We appreciate the opportunity to work alongside you and your families and look forward to continuing to support you to remain safe, independent and connected in your own home.

Warm regards,
Amy Joinbee



Personal Care Update Reminder

From 1 October 2026, the Australian Government will fully fund personal care services for people receiving support through the Support at Home program, including clients with Murray Mallee Aged Care and My Choice Care.

Under this change, personal care funding will move from the 'Independence' category to the 'Clinical Supports' category.

Personal care includes support with everyday tasks such as showering, dressing and non-clinical continence care.

To access personal care at no out-of-pocket cost, you must have:

- approval for the personal care service type in your support plan and,
- available Support at Home funding.

The changes do not apply to services delivered before 1 October 2026.

If you have any questions about these changes, please call our team at 8532 2255 (Regional) or 8365 0151 (Metro).



Aged Care Employee Day 2026



Celebrating Our Everyday Heroes

Every year, Aged Care Employee Day is a chance to say thank you to the people who show up everyday to support older Australians. In August, we celebrated in a way we never had before.

Behind every service we provide is a team of everyday heroes: support workers, nurses, practitioners, village managers, and the office team working behind the scenes to keep everything running smoothly. Whether they are visiting you at home, welcoming you at Warner Close, supporting your care at Warner Health, or answering the phone when you call, these are the people who make Murray Mallee Aged Care Group what it is.

Every day, you make someone's day.

Something New for 2026

For the first time, we put together a gift box for every single staff member across the organisation, around 150 in total, as a small thank you for the difference they make in the lives of our clients and residents. Each box was thoughtfully curated with our "Everyday Heroes" theme in mind, and delivered throughout August.

We wanted every person behind your care to feel seen and appreciated, because when our team feels valued, it shows in the care they provide.



Everyday Heroes, Unwrapped



We loved capturing the reactions as boxes were opened across the organisation, from surprised smiles to genuine appreciation.

“What You Said

“The umbrella literally saved my day! It rained heavily all day and night, and it turned out to be such a wonderful, small, portable gift.”

“Thank you so much for the box. Everything inside is so useful, and I truly appreciate the thoughtful gesture.”

Thank You, Everyday Heroes

To every person who cares for, supports, and guides our clients and residents, thank you. You are the reason we are able to provide the quality of care our community deserves.

Inside the Box



Curious about the goodies within? Each box was thoughtfully put together to say thank you to our team, here's what was inside:

Water bottle



Umbrella



Shopping bag



Chocolates



Tea bags



and more...

You May Be Contacted As Part of the Quality Audit



MMACG recently submitted an application to renew our registration as an aged care provider with the Aged Care Quality and Safety Commission. As part of this, the Commission will conduct a quality audit in the coming weeks by reviewing MMACG's policies, systems and records, and meet with our leadership team. This is a standard part of the renewal process.



You may be contacted by the Commission as part of this audit.

Assessors may contact a sample of clients by phone or letter to ask about your experience with MMACG or My Choice Care. Participation is entirely voluntary, and your choice will have no effect on your services.



Your Rights

As a client receiving aged care funded by the Australian Government, you have rights protected under the law. These include:



The right to safe, respectful and high-quality care that meets your needs, goals and preferences.



The right to be treated with dignity and respect at all times.



The right to have your privacy and personal information protected.



The right to ask questions about your services and receive clear, honest answers.



The right to access independent advocacy support from the Older Persons Advocacy Network (OPAN) for free on 1800 700 600.



Your services will continue as normal throughout this period.

Your Care Partner remains your primary contact for all day-to-day matters. If you have any questions, please contact your Care Partner.



vAboutMe

Murray Mallee Client App

Get



147 RATINGS

5



AGE

4+

Years Old

CATEGORY



Home Care

LANGUAGE

EN

English

Make your aged care experience better with vAboutMe, available on most phones and tablets. The app allows you to communicate easier with our team about your care, view your documents, and check for upcoming services.

Why you should use the app:

- Convenient remote access to care schedules.
- Information on Support Workers, including photos and backgrounds.
- Provide feedback and rate your worker's performance.
- Access service plans and other relevant documents.
- Direct communication with Murray Mallee office for service adjustments.

Benefits of using the app:

- Easy tracking and management of funding.
- Alerts for low funding levels.
- Submission of expenses and receipts for processing.
- Understand funding status and optionally inform family members.
- Be aware of your service requests.

Now FREE for All Clients!

Give us a call at (08) 8532 2255 and we can guide you on how to install and use the vAboutMe app to make it easy for you. Available to download on most phones and tablets.

Office Staff Update

Welcome to the Team



I'm an Accountant with over 17 years of experience in the tourism industry, before moving into the not-for-profit and NDIS sectors a couple of years ago. I'm now very excited to take the next step in my career and begin working in aged care. I look forward to bringing my professional experience and passion for helping others to the Murray Mallee Aged Care Group family.

Amy Li
Financial Accountant



Hi everyone! I've recently joined the Care Partner team at Murray Mallee Aged Care, bringing with me a genuine passion for supporting older Australians. I've already felt so welcomed by the warm and caring staff and clients, and I'm really looking forward to meeting you all!

Eloise Schrader
Care Partner



I'm absolutely loving my role at Murray Mallee Aged Care Group! I've been welcomed so warmly, and there's something really special about helping bring a vision to life for an organisation that makes a real difference in people's lives. Very grateful for the journey so far, and excited for what's ahead!

Isabelle Labonte
Marketing & Communications Intern

Flanno for a Farmer Day

On 14 August, the team wore flannos to support farmers doing it tough. The day was also an opportunity to remember Robert Sexton, a farmer and cherished member of the board who loved, worked, and lived on the land he called home.





TEAM UPDATE

A New Structure to Serve You Better

We've made some changes behind the scenes to ensure the community get the best possible experience with us. Rostering, new client intake, support worker growth, CHSP, and our Social Support Groups now sit together under the new Business Development team, led by Muhammad Bilal. This means a more consistent experience from the very first enquiry through to the ongoing care and social programs.



Muhammad Bilal

Business Development
Manager

MMACG is growing to serve you better. I'm Muhammad Bilal, and I now lead our Business Development team, bringing rostering, new client intake, support worker growth and retention, CHSP, and social support groups together into one connected team.

I'm pleased to introduce some new faces to the team. Rebecca Webb joins us as Client Intake Officer, helping guide new clients through their journey with us. Chloe Burnard becomes our Community Program Officer, focused on your social groups, bus trips, and CHSP programs. Jo-Anne Bretag joins the team in her continued role as Support Worker Liaison Officer.

Together, we aim to significantly improve the quality of care we provide to our clients.



Rebecca Webb

Client Intake Officer

I'm excited about starting a new role as an Intake officer with Murray Mallee Aged Care/My Choice Care. This role will allow me to assist prospective new clients and families with clear and useful information about Support at Home and aged care services.



Chloe Burnard

Community Program Officer

I'm excited to step into my new role as Community Program Officer. I feel grateful for the opportunity to create and grow our social program. I look forward to helping our members build meaningful connections and friendships, while enjoying fun activities and interesting bus trips together.

Healthy Bites

Nourish your body
Delight your taste buds

Thin Breakfast Crepes

FRA

CAN



Best served with a generous drizzle of maple syrup!

Time: 35 mins

Serves: 4

INGREDIENTS

- 1 cup (150g) plain flour
- 2 tbsp sugar
- Pinch of salt
- 2 eggs
- 1 ½ cups (375ml) milk
- ½ tsp vanilla extract
- 1 tbsp unsalted butter, melted
- Extra butter for cooking

Author's Recommendation

Nature's Delight Organic
Canadian Maple Syrup



Available at Drakes

PREPARATION

- 1 Batter Up:** In a bowl, combine the flour, sugar and salt. Add the eggs, ½ cup of the milk and the vanilla, then whisk until smooth. Gradually add the remaining milk while whisking. Stir in the melted butter.
- 2 Heat Things Up:** Heat a non-stick frying pan over medium heat and lightly grease with butter.
- 3 Ready, Set, Pour!:** Pour a small amount of batter into the center, then tilt the pan to spread it into a thin, even layer.
- 4 Give It a Flip:** Cook until the edges begin to brown slightly and small bubbles begin to form on the surface. Then, flip the crepe and cook the other side for about 1 minute.
- 5 Maple It Up!:** Serve warm with your favorite toppings. Fresh fruits, maple syrup, or just a little butter with brown sugar. Bon Appétit!

Original Recipe by Ricardo; Adapted by Isabelle Labonte



Stuffed Zapallo (Pumpkin)

ARG



A warm and comforting dish from Argentina.

Time: 60 mins

Serves: 2

INGREDIENTS

- 1 teaspoon dried oregano
- 1 cup corn kernels
- 1 zucchini, diced
- 1 butternut pumpkin
- 1 small red capsicum, finely diced
- 1 small brown onion, finely diced
- 1 tablespoon extra virgin olive oil
- A pinch of nutmeg
- Salt and pepper, to taste
- 100g ricotta or light mozzarella cheese

PREPARATION

- 1 Get Things Cooking:** Preheat oven to 200°C (180°C fan-forced). Line a tray with baking paper.
- 2 Prep Your Pumpkin:** Cut the pumpkin in half lengthways and scoop out the seeds. Brush lightly with olive oil and season with salt and pepper. Place skin-side down on the tray and roast for 30–35 minutes, until tender.
- 3 Veggie Time!:** While the pumpkin cooks, heat olive oil in a pan. Sauté the onion and capsicum for 5 minutes. Add the zucchini and corn and cook for another 5 minutes. Season with oregano, nutmeg, salt and pepper.
- 4 Scoop, Mash & Mix:** Scoop out some of the cooked pumpkin, leaving about a 1.5 cm border around the edges. Mash the pumpkin and mix it into the sautéed vegetables.
- 5 Stuff It & Get Cheesy:** Spoon the mixture back into the pumpkin shells. Top with mozzarella or dollops of ricotta. Return to the oven for 10 minutes, or grill until the cheese is melted and golden. Enjoy!





Love What We Do?
Bring a Friend and Get a Gift!

Client Referral Program



Encourage a friend or family member to receive our award-winning care



When they join, we will ask them if a current client referred them



You'll receive a \$100 gift basket as a thank you for the successful referral!*

*Final referral decisions, including receiving a gift basket, are determined by MMACG Management.



Social Support Program

Seasonal Highlights

Photography by Social Support Team
Written by Rex Lau, McKenna Paull, & Isabelle Labonte



We've been keeping busy with plenty of fun outings and activities! We visited Monarto Safari Park, enjoyed a lovely classical music performance, and had a few friendly rounds of bingo. We also got creative with some crafting and took a trip to the National Railway Museum. And, of course, there was plenty of good food and even better company along the way!



There's never a dull moment at La Dolce Vita! We've had plenty of fun getting creative with colouring, testing our luck at bingo, and seeing who could score the highest at bowling. We also headed to the Capri Theatre for a movie as a change of scenery. It's been a great mix of activities, outings, and lots of great moments to look back on!

Seniors Bus Trip



Our Senior Bus Trips have been great adventures! We headed to Monarto Safari Park for a day of wildlife and adventure, then travelled into Adelaide for a visit to the Planetarium followed by lunch at Coopers Alehouse Gepps Cross. We also took a step back in time with a trip to historic Strathalbyn and finished the day with lunch at the Finnis General Store. Lots of good outings, good food and plenty to chat about on the way home!

What's On for the Rest of 2026?

Select bus trips shown and are subject to change.



For regional Support at Home clients.



Barossa Valley Chocolate Company with Lunch



Cockle Train with Crown Hotel Lunch



Revolution Motor Museum with Mannum Club Lunch



Christmas Lunch & End-of-Year Celebration



For metro Support at Home clients.



Central Market & Lucia's Pizza & Spaghetti Bar Lunch



Adelaide Botanic Gardens with Botanic Lodge Lunch



Wallis Cinemas Movie with Dolci Cafe Lunch



Christmas Lunch & End-of-Year Celebration

Seniors Bus Trip

For regional CHSP clients.



Maggie Beer's Farm Tour with Morning Tea & Lunch



Explore Victor Harbour with Crown Hotel Lunch



Christmas Celebration on Proud Mary Cruise

View the full calendar enclosed with your magazine for more details or

Call (08) 8532 2255



Warner Health Update

Edited by Rex Lau,
McKenna Paull, &
Isabelle Labonte

Warner Health & Wellness Centre continues to grow, and we're excited to share everything that's been happening. From online bookings to new services and new faces, this update is packed with everything you need to know. Read on for the latest from Warner Health.

Book Your Appointment Online

We're excited to announce that you can now book your appointment online! Simply visit our website, choose the service you're looking for, and select a time that suits you. Our new online booking feature makes it easier and more convenient to access the care and support you need, whenever it suits you.



Ready to Book?

Scan the QR code to
visit our booking page

Or visit our website
warnerhealth.org.au/booking



Out and About in Our Community

Warner Health & Wellness Centre has recently had the opportunity to connect with the local community through our pop-up stall at Murray Bridge Marketplace and our attendance at the local Aged & Carers Expo.



The Pop-Up Stall at Murray Bridge Marketplace was a success! Our practitioners were on-site throughout the day, offering a range of complimentary services, including massages with physiotherapist Stephan, consultations with hypnotherapist Linda, free bread rolls with dietitian Bianca, and health check-ups with Heide, our lymph therapist. It was a wonderful opportunity to meet community members, share our expertise, and showcase the services available through Warner Health & Wellness Centre.

We also enjoyed connecting with the community at the Aged & Carers Expo, where we shared information about Warner Health & Wellness Centre and Murray Mallee Aged Care Group. Visitors had the chance to meet our team, learn more about the support and services we provide, and have some fun with our spinning wheel and range of prizes.

Both events provided valuable opportunities to engage with the community, build connections and raise awareness of the health, wellbeing, and aged care services available locally. We look forward to continuing to get out into the community and connect with the people we support.



New Services Since Our Last Update

Since opening our doors, Warner Health & Wellness Centre has continued to grow, and we are so excited to share what's new. The vision for this centre has always been shaped by the people it was created to serve, and your feedback continues to guide us every step of the way. We have listened, and we have worked hard to keep expanding our services to meet the needs of our community.

To bring these new services to life, we have had the privilege of welcoming more talented practitioners to our team, each sharing our passion for improving the health and wellbeing of the Murray Bridge community. Together, we are proud to keep filling the gaps in allied health services for our region, ensuring that quality care remains accessible to everyone who needs it, regardless of where they call home.

Our Latest Services



Nutrition

Fuel your body right. Our expert dietitian provides personalised support to help you manage health conditions, build healthy habits, and feel your best by enhancing your mealtime experience.



Hypnotherapy & Psychotherapy

Understand yourself deeper to heal your mind. Experience a relaxed and safe space to work through challenges, change patterns, and learn about your subconscious.



Remedial Massage

Ease tension and restore movement. Remedial massage helps relieve muscle pain, improve circulation, and support your overall wellbeing.



Bowen Therapy

A gentle, hands-on technique to help the body reset. Bowen Therapy is known for easing pain, reducing tension, and supporting natural healing.

What is Shockwave Therapy?

Stephan, our physiotherapist, is now offering radical shockwave therapy as part of his services at Warner Health & Wellness Centre.

Used to help minimise the pain of ongoing problems (longer than three months), this therapy involves a handheld device that applies pressure against the skin several times a second; causing pressure waves (shockwaves) to pass through the tissue below the skin.

What should shockwave be used on?

The evidence of shockwave usage is constantly growing, but is generally best used on long term niggling muscle and tendon injuries.

Currently, it is best used for:

- Plantar fasciitis (pain on the bottom of foot)
- Achilles tendinopathy (pain near heel)
- Tibial stress syndrome (shin pain)
- Patella tendinopathy (pain just below the kneecap)
- Trochanteric pain syndrome (pain on side of hip)
- Tennis / Golfers elbow

What effects can shockwave therapy have on the body?

- Causing the formation of new blood vessels



*Stephan Trinkle,
Physiotherapist*

and leading to better blood flow.

- Impact the nervous system to lower pain.
- Stimulate local inflammation. While this sounds bad, inflammation is a part of the body healing itself. If an injury is chronic and not healing, then stirring it up in a way that gives your body another chance to heal it properly is a good thing.

When should shockwave not be used?

While shockwave does not cause damage to cells or any known complications, sometimes it does cause bruising and a temporary increase in pain. This means it is best saved as a last resort for chronic pain after other therapies have failed. Shockwave should also not be applied over malignant cancers, a foetus, a joint replacement, or a pacemaker/defibrillator.

For more information

Speak to Stephan by calling us at (08) 8532 2299 or visit the International Society for Medical Shockwave Treatment website at shockwavetherapy.org.



Getting To Know You

Healthcare is not just a service, but a personal experience to support your wellbeing. So, we asked Bianca and Linda to answer a few questions so that you can know the faces behind the care before you walk through our doors!



Meet
Bianca Gazzola
Dietitian

Why did you become a dietitian?

I became a dietitian to work with people and to help support their nutrition choices for every stage of life. My love for food and nutrition started at an early age. Growing up on a farm, I helped prepare meals and lunchboxes for my younger siblings. My family has a strong culture of growing food, cooking family favourite recipes, and enjoying meal times together. This has shaped my passion for nutrition and supporting clients with their nutrition goals for over 20 years.

When people come in for an appointment, what experience can they expect from you?

During an initial dietitian appointment, we discuss the individual's nutrition concerns and the reasons for their referral. This initial session may take up to an hour, during which we review

food access and preparation, the mealtime environment, eating patterns, and preferred food and drink choices. I then use this information, combined with relevant medical history, to form a comprehensive, personalised nutrition assessment that includes tailored strategies to support nutrition outcomes. My appointments can happen either at the Warner Health & Wellness Centre, as a home visit, or via telehealth.

What are you most excited about with the Warner Health & Wellness Centre?

The Warner Health & Wellness Centre offers a welcoming team of health professionals dedicated to providing a holistic health service that I am excited to contribute towards. I am enjoying being part of this team and offering nutrition support to our community.



Meet Linda Hayman *Hypnotherapist & Psychotherapist*

Why did you become a hypnotherapist and psychotherapist?

For over two decades, I worked as a Registered Nurse in rural and remote hospitals. During my time, I saw how medical conditions and mental health intertwine, impacting stress, anxiety, PTSD, and even habitual patterns. Through my nursing and now therapeutic career, I've learned wellbeing isn't simply the absence of illness, but the nurturing of mind, body, and emotions. I became a Clinical Hypnotherapist and Psychotherapist to focus on prevention by offering tools to gently address anxiety, untangle trauma, and break free from unwanted habits.

When people come in for an appointment, what experience can they expect from you?

Hypnotherapy uses a relaxed, focused state to access the subconscious mind, helping you uncover and change underlying patterns. Psychotherapy instead involves guided conversations to explore thoughts, emotions, and behaviours, creating deeper

understanding and healing. As we move through life, it is natural to face change, uncertainty, grief, stress, or loneliness. Yet, there are also opportunities to deepen our sense of purpose, and my goal is to empower individuals to embrace each phase of life with calm, resilience, and self-empowerment. In an appointment with me, you'll experience a safe, supportive space where we use these modalities to explore what's holding you back. I'll provide you with practical tools to manage stress, anxiety, or trauma, guiding you toward your most authentic, empowered self.

What are you most excited about with the Warner Health & Wellness Centre?

I am excited about bringing my experience, including as a Meditation Instructor and Breathwork Facilitator, to Warner Health. It allows me to not only expand my practice, but to be part of a collaborative community of health professionals, all focused on holistic wellbeing. I also offer Tuesday evening meditation sessions with breathwork introductions in a warm, welcoming space.

Visit Us Today



Visit our website
and book today

Follow us for the latest news:

@WarnerHealth
 @warner.health

15a Warner Road, Murray Bridge
 (08) 8532 2299
 warnerhealth.org.au

Protecting Your Personal & Financial Information



At Murray Mallee Aged Care Group (MMACG), your safety, privacy, and peace of mind are our highest priorities. This is a gentle reminder about our company policies designed to protect your personal and financial security.



To prevent any misunderstandings and to ensure the utmost safety of your finances, we kindly ask that you do not share your personal bank cards, credit cards, PINs, or sensitive banking details with your Support Workers.



We understand that you may occasionally require assistance with purchasing goods, paying bills, or withdrawing cash. If you need help with these tasks, MMACG has secure, approved processes in place to support you. We can arrange authorised assistance that fully protects your financial information.



If you require financial support services, please contact our office directly at (08) 8532 2255. Our team will be more than happy to organise a safe and secure solution tailored to your needs.



Thank you for your cooperation and for being a valued part of the MMACG community.

Any Concerns? Speak Up!



At MMACG, your care, dignity, and respect come first. If you have concerns, requests, or suggestions, we're here to listen and support you.

Under the new Aged Care Act, if you're not happy with the quality of your services, you have the right to give honest, upfront feedback to us without fear of being punished or treated unfairly.

Our Whistleblower Policy and Procedure reflects this. So, whether it's a concern about your care, a breach of your rights or something that just doesn't feel right, you will be protected.

To learn more:

- ✓ Call us at (08) 8532 2255
- ✓ Visit the 'Contact Us' page on our website
- ✓ View the Whistleblower Policy using the QR code



Meet Your
Village Managers

Rebecca & Andrew Thompson

Photography by Rex Lau

Edited by Rex Lau, McKenna Paull. & Isabelle Labonte

Warner Close has welcomed new Village Managers this year. We sat down with Rebecca and Andrew Thompson to hear about their background, their first month in the village, and what they are looking forward to as Warner Close continues to grow. Read on to hear from Rebecca and Andrew in their own words!





In Their Own Words

Meet Rebecca and Andrew Thompson, our new Village Managers at Warner Close.



"We are Rebecca and Andrew Thompson, and we are very pleased to meet you all and excited to be here.

Rebecca is the Village Manager and brings experience across both management and hospitality, having previously worked alongside Stella and Scott for more than four years as their assistant and relief manager at Riverbank Village. Andrew is the Village Chef Manager and draws on extensive hospitality and culinary experience to provide delicious, well-balanced meals throughout the week.

In 2019, we became village managers at Riverbank Village, where we spent more than seven years building a strong sense of belonging among residents. We encouraged new friendships, supported community groups, and celebrated the connections residents built. After a well-earned rest in a warmer climate, we are refreshed and ready to begin our time at Warner Close.

We have now been in the village for about a month, and it has certainly been busy. It has been lovely getting to know the residents, their support networks and social groups; while learning the village layout, exploring the local area, and appreciating the qualities that make this place special. Andrew has been keeping everyone fed and happy, with compliments coming thick and fast, and Rebecca has been out with the gardening team, spreading mulch and shaping the ornamental pear trees along the driveway.

Anna and the team at MMACG have been wonderfully supportive and understanding as we have found our feet here.

Both of us are also excited about the recently announced expansion at Warner Close. Seeing new homes added means welcoming more people into this community, and we are grateful for the support in helping it grow.



Setting high standards for ourselves is important, so our residents can enjoy their best experience of village living, and we intend to uphold those standards over time. The support we have felt already encourages us to build new relationships and strengthen existing ones, so our residents can have every benefit that comes from a happy, welcoming community.

We are excited for the future and what it will bring."

Welcome, Rebecca & Andrew

We are so pleased to have you both as part of the Warner Close and Murray Mallee Aged Care Group family.



18 Warner Road,
Murray Bridge, SA 5253

Warner Close Retirement Living

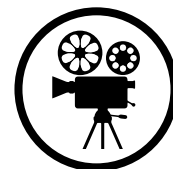
New homes are coming!

Register your interest today.
(08) 8532 2255 | warnerclose.com.au



Cinema Picks

Enjoy a day out at the pictures by seeing these upcoming films at your local cinema!



Tony

In cinemas 20 August

Starring Dominic Sessa,
Emilia Jones, Antonio
Banderas

Directed by Matt Johnson

This biopic follows a young Anthony Bourdain as he experiences an eventful summer learning about cooking and life under the mentorship of a restaurateur. Revealing how Bourdain would go on to be a famous chef and travel documentarian, this is an entertaining and touching watch.



Shaun the Sheep: The Beast of Mossy Bottom

In cinemas 17 September

Starring Justin Fletcher

Directed by Steve Cox &
Matthew Walker

In this monstrously fun adventure, things spiral out of control when everyone's favourite sheep becomes a mad scientist to fix the flock's beloved pumpkin batch for Halloween. The humorous chaos that follows makes this a great film to take the grandkids to during the school holidays!



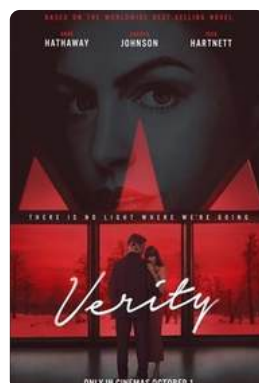
Heart of the Beast

In cinemas 24 September

Starring Brad Pitt, J.K.
Simmons, Anna Lambe

Directed by David Ayer

The strong bond between man and his best friend is present in this survival picture where a Special Forces officer and his retired combat dog must survive the Alaskan wilderness after a plane crash. Filmed in the mountainous Queenstown, New Zealand, this thrilling tale has a lot of... well, heart!



Verity

In cinemas 1 October

Starring Anne Hathaway,
Dakota Johnson, Josh
Hartnett

Directed by Michael
Showalter

When bestselling author Verity Crawford has a mysterious accident, writer Lowen Ashleigh is asked to finish the titular author's book series. Based on Colleen Hoover's novel, this psychological thriller contains plenty of twists and turns to keep you wondering what secrets Verity is hiding.

Where will you go to see your next movie?



Cameo Cinema Murray Bridge



Wallis Cinemas Mount Barker



Palace Nova Prospect



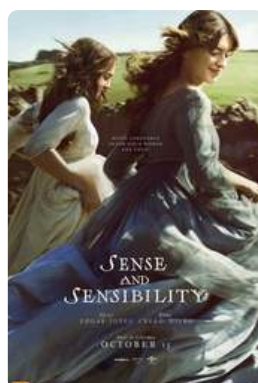
Digger

In cinemas 1 October

Starring Tom Cruise, Riz Ahmed, John Goodman, Sandra Hüller

Directed by Alejandro G. Iñárritu

Playing his first original character in almost a decade, Cruise is Digger Rockwell – a powerful man who has caused a world-ending problem in this biting, satirical comedy that explores truth and power. From the same director as "The Revenant", this is a stunning film that has high aspirations.



Sense and Sensibility

In cinemas 15 October

Starring Daisy Edgar-Jones, Esmé Creed-Miles, George MacKay, Fiona Shaw

Directed by Georgia Oakley

Based on Jane Austen's debut novel, this adaption follows sisters Elinor and Marianne Dashwood as they experience romance and hardship after leaving their Sussex estate. The grounded, naturalistic portrayal of the 18th-century makes this an inviting watch to those familiar and new to Austen's story.



Pressure

In cinemas 29 October

Starring Andrew Scott, Brendan Fraser, Kerry Condon, Damian Lewis

Directed by Anthony Maras

Taking place during the tense 72 hours before D-Day, this war drama follows meteorologist Captain James Stagg and General Dwight D. Eisenhower as they struggle to decide if they should launch the most dangerous seaborne invasion in history. This is certainly one for the history buffs to watch.



Wild Horse Nine

In cinemas 5 November

Starring John Malkovich, Sam Rockwell, Steve Buscemi

Directed by Martin McDonagh

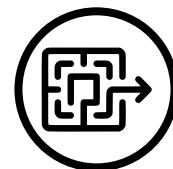
Set during the impending Chilean coup in 1973, this absurdist film takes a comedic look at Cold War paranoia between two CIA officers. Containing writer/director McDonagh's same dark wit as in "The Banshees of Inisherin", expect this to be a humorous and thoughtful trip to Easter Island.

Don't forget your discount!

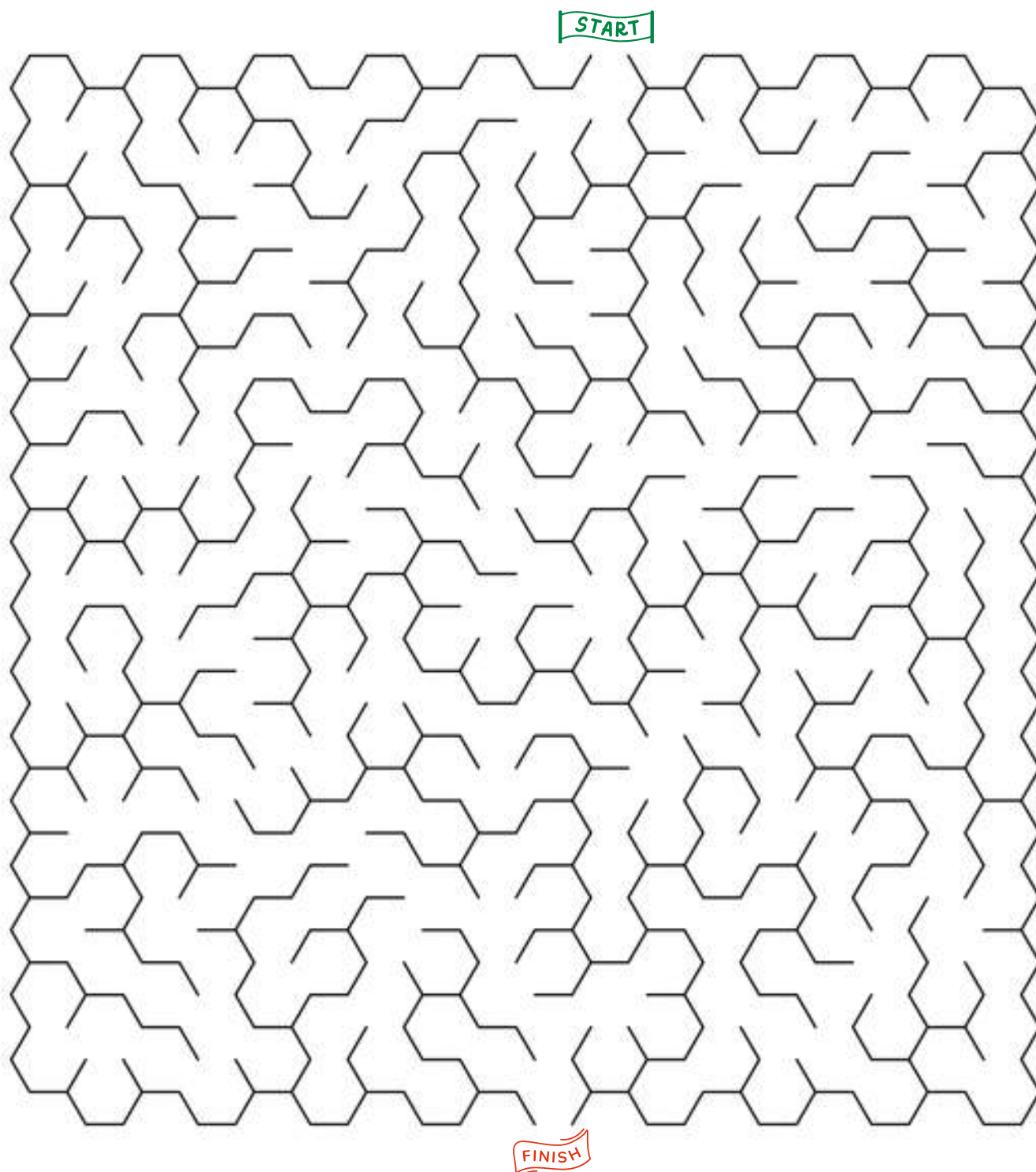
Be sure not to leave your Seniors Card at home to likely receive a discount when you go to the cinema, along with other experiences across the state! Visit www.seniorscard.sa.gov.au for more information, including eligibility.



Maze



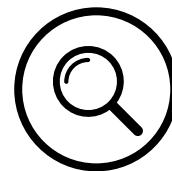
Grab a pen and enter the labyrinth below! Start at the top and make your way to the bottom. Can you make it out?



Solution on page 42.

Word Search

Motorsport



SA is home to two weekends of fast-paced Supercars racing this year with The Bend 500 and Adelaide Grand Final. Buckle up and race to find all the words below! They can be found in any straight direction, be that upwards, downwards, or diagonal.

Once completed, look at the remaining letters to find a secret sentence!

N	O	I	P	M	A	H	C	M	S	Y
C	A	S	R	S	A	R	E	U	S	U
C	P	L	E	R	F	T	P	A	S	T
O	D	E	E	P	S	E	A	N	D	A
N	R	E	D	L	R	L	L	F	Y	G
C	I	H	I	C	T	O	Y	O	T	A
E	V	W	A	A	O	R	U	R	W	L
R	E	R	L	M	P	V	I	D	L	F
T	S	L	E	P	S	E	E	E	I	S
B	E	N	D	S	M	H	X	O	K	E
B	Y	E	A	E	H	C	S	R	O	P

Supercars
Ford
Chevrolet
Toyota
Porsche

Bend
Apex
Flag
Wheels
Speed

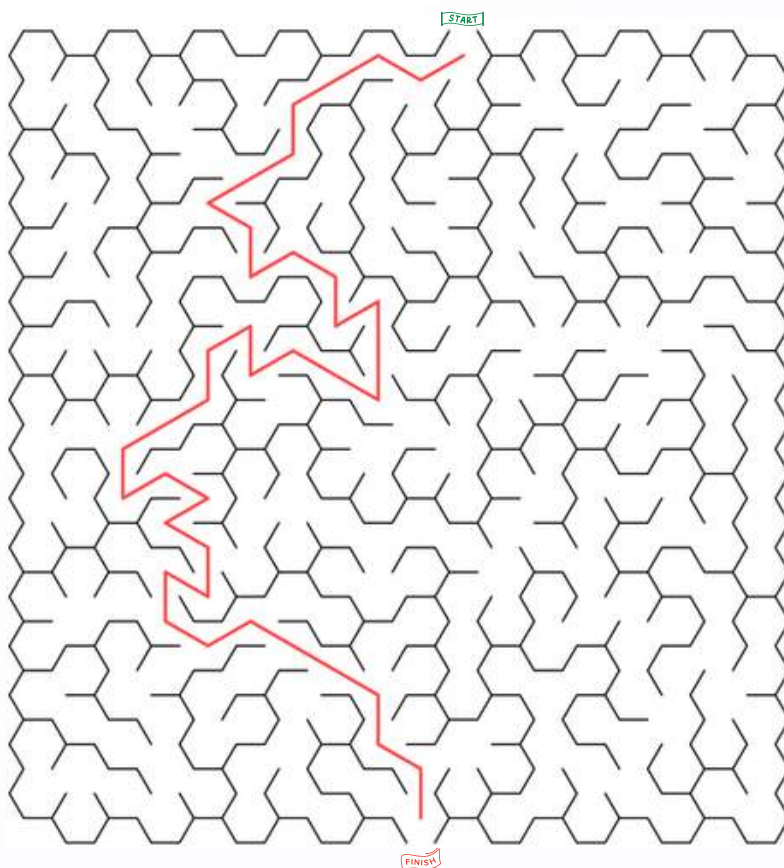
Drive
Camp
Concert
Adelaide
Champion

Answers on page 42.

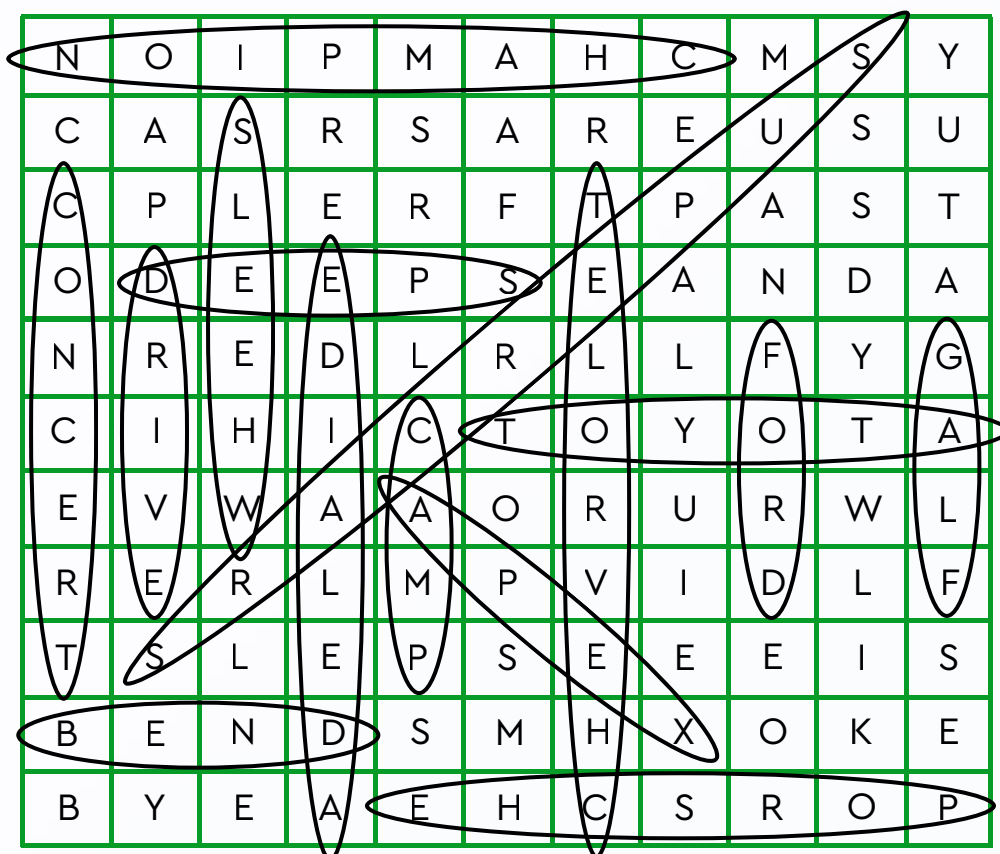
Answers



Maze



Word Search



Thank you

for reading
Murray Mallee Magazine

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Online for the Latest News



Enquire today about how we can support you at home!

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