



NEWSLETTER



SUBEENEWLAKE NEWS AND PASSWORDS FOR DECEMBER 2022

EMPLOYEE OF THE MONTH



NEWCASTLE

Rachel

Our Employee of the month for November is awarded to Rachel.

Congratulations Rachel, you are always so reliable and happy to help out when needed.

Thank you



COFFS HARBOUR

Thang

Thang is a caring soul who diligently follows through with utmost care and pride for her client's. We would call Thang 'Subee's Superwoman', as nothing is ever a problem. We can't thank Thang enough for the hard work and strength she shows every day at work. Congratulations!

Farewell



Service Coordinator Nancy Kirkwood has left Subee after 18 months.

She is moving inland to start a new adventure spending more time doing the things she loves.

We thank Nancy for all the support she provided and wish her all the best in the future.



Introducing Our New Employees

Ainsley



Ainsley is our new Service Coordinator and RN. Ainsley has previously worked at the cofts hospital for 20years. She is looking forward to the change and becoming part of the Subee team & providing nursing care and coordination support for clients.



SUBEE CHRISTMAS PARTY



COME JOIN US TO CELEBRATE
THE END OF THE YEAR



The last 2 years have been a challenging time as we worked through the covid-19 pandemic. We would like to thank you all, for the care and dedication you provide subee clients.

SATURDAY 17TH DECEMBER 2022

King Tide Brewery

1 Studio Lane, Coffs Harbour

5:00PM



PLEASE RSVP BY 1ST DEC
EMAIL OR CALL RACHEL 6651 3153
rphillips@subeenewlake.com.au

 **subeenewlake**

In-Home Care • NDIS Disability Support • Aged Care • Packages



We hope you can join us for the 2022 Staff Christmas party

Date: Friday 16th December 2022

Where: The George Tavern, 3 Molly Morgan Dr, East Maitland

We have a private function room booked with platters of finger food to enjoy

Time: 5.30pm

RSVP: Email or call Kirin before 1st December 2022

We are happy for partners to attend, however this will be at their own cost of \$30 per head, payable to the office by 7th December

Alcoholic beverages are not included and can be purchased at the bar.

Seasonal Recipes

Christmas Punch (Alcoholic or Not)



Ingredients

- 1 orange sliced
- 1 cup cranberries
- 1/2 cup pomegranate seeds
- 2 cup **cranberry juice**
- 2 cups orange juice
- 1 cup pomegranate juice
- 2 cups **Sierra Mist or Sprite**
- 1 cup white rum optional
- Rosemary for garnish
- Ice

Prep Time

5 mins

Total Time

5 mins



Course
Drinks

Cuisine
American

Servings
8 cups

Calories
189

Instructions

1. Combine all ingredients in a large pitcher or punch bowl over ice. If using a really large punch bowl, you can double the recipe.
- This punch can be made ahead of time, but don't add the ice or soda until just before serving so as not to dilute or lose its fizz.
 - You can sub the lemon-lime soda for ginger ale.
 - You can add lemon and limes slices as well.
 - Keep alcohol on the side for guests to add their own and keep the punch itself kid-friendly.
 - I like white rum, spiced rum, whiskey, and vodka with this recipe.



Christmas Pudding

20 Ingredients

6 Method Steps

- 375g dried mixed peel
- 150g sultanas
- 125g glacé ginger, chopped
- 75g dried apricots or pineapple, chopped
- 2 tbsp finely grated orange rind
- 250ml (1 cup) orange juice
- 80ml (1/3 cup) brandy
- 150g (1 cup) plain flour
- 150g (1 cup) self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 1 tsp ground nutmeg
- 75g macadamias, chopped
- 250g unsalted butter, melted, cooled
- 220g (1 cup) caster sugar
- 3 eggs, lightly beaten
- Pauls Vanilla **Custard**, to serve
- Mixed berries of choice, to serve
- Icing sugar, to dust

Step 1

Grease a 2L (8 cup) metal pudding steamer (with lid) with butter. Double-line the base with rounds of baking paper.

Step 2

Place mixed peel, sultanas, ginger, dried apricots or pineapple, orange rind and juice in a saucepan. Cook over medium heat for 10 minutes or until the fruit is softened. Set aside for about 30 minutes to cool. Add the brandy and stir to combine.

Step 3

Sift the flours, bicarb, cinnamon, mixed spice and nutmeg into a large bowl. Stir in the macadamias, butter, sugar, eggs and fruit mixture until well combined. Gently spoon the mixture into prepared pudding steamer. Smooth surface and secure the lid.

Step 4

Place steamer in a large saucepan and add enough boiling water to the pan to reach halfway up the side of the steamer. Cover the pan and bring to the boil over medium heat. Boil gently for 3 1/2-4 hours, topping up with more boiling water as needed. The pudding is cooked when a skewer inserted into the centre comes out clean.

Step 5

Remove the steamer from the pan. Stand the pudding for 10 minutes to cool slightly before turning out to serve.

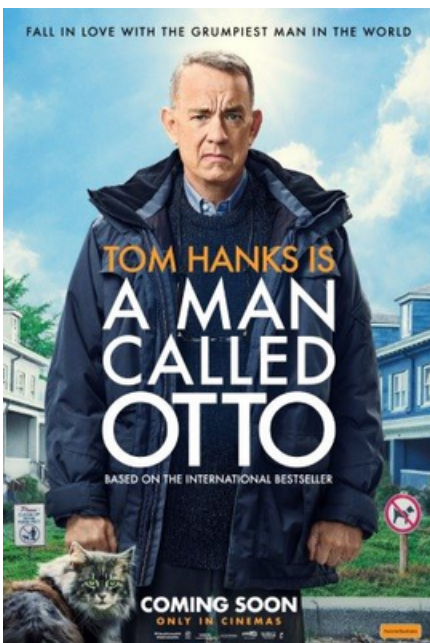
Step 6

Serve pudding with Pauls Vanilla Custard, berries and a dusting of icing sugar.



Movie Recommendation

A Man Called Otto



Based on the comical and moving # 1 New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heartwarming story about how some families come from the most unexpected places.

Upcoming Events - Coffs Harbour

Woopi Christmas Markets

7 December 2022

Shop and discover the perfect Christmas presents from local producers and small business at our Christmas Twilight Market!

We will be hosting loads of your favourite local small businesses on the lawn at the brewery, come down and enjoy live music and your favourite beverage while you get your

Christmas shopping done!
7 Willis Rd, Woolgoolga



Abba & The Bee Gees Tribute Show

18 December 2022



Featuring two internationally acclaimed shows; Abba Re-Bjorn and The Ultimate Bee Gees have joined forces together for a one-off “disco night” in a showcase spectacular. Collating 5 decades of super hits from ABBA & the BEE GEES in one 2-and-a-half-hour high octane show, the ABBA & THE BEE GEES SHOW has been hailed as the Ultimate night of entertainment. Hear all the hits that will be forever etched in our memories such as Dancing Queen, Stayin’ Alive, Knowing me Knowing you, Massachusetts and many more.

Jetty Memorial Theatre 8pm

Adult: \$58.50, Under 21: \$53.50

Family (2 Adult, 2 Children): \$214

Concession: \$53.50

[Book Here](#)



Crazy Confetti's Creative Christmas at The Golden Dog Glenreagh



Get your cameras ready!
The GRINCH will be
making a guest
appearance

Creative Christmas Workshop
18th December 2022
from 11am



1x FREE Kids
Drink included



Paint a Christmas Themed Plaster
Follow our step by step tutorial, painting on
canvas and acrylic to create magical Christmas
masterpiece



FREE workshop using your Creative Kids Vouchers
Bookings Essential. Limited Spots.
Book Now with Bec at Crazy Confetti on 0472738773

Christmas Lunch

Plantation Hotel

Menu
CHRISTMAS WONDERLAND ON ICE

- * juicy sydney rock oysters
- * succulent fresh local king prawns
- * mouth-watering moreton bay bugs w/- lemon & cocktail sauce
- * festive salad

FESTIVE FEAST

- * delicious honey glazed bungalow leg ham w/- bourbon honey glaze
- * tender herb crusted turkey breast w/- sweet cranberry jam
- * roasted pork shoulder + crackle w/- apple & sage puree
- * crispy duck fat potatoes
- * tender honey glazed carrots w/- sesame seeds
- * steamed fresh medley of greens w/- garlic herb butter & almond flakes
- * fresh bread rolls & condiments

JOLLY SANTA DESSERTS

- * nan's plum puddings w/- cream anglaise, brandy custard, ice cream & strawberries
- * pop's mini pav w/- fresh cream, banana strawberry & kiwi passionfruit sauce

childrens meals includes bowl of chips, bottomless soft drink & christmas ice cream
vegetarian option is available on request
please let us know of any dietary requirements at the time of booking

adults \$125 | 65+ \$110 | 12-17yrs \$60 | <12yrs \$40
optional drinks package + \$50pp

Christmas DAY

COLD PLATTERS

Toasted breads and assorted dips (VG)

Natural oysters on ice with lemon (GF)
Chilled ocean prawns with cocktail sauce

Tasmanian smoked salmon, capers, red onion, cream cheese, lemon wedges (GF)
Antipasto platter of marinated vegetables, charcuterie and house pickles

The chef's selection of three seasonal salads (VG)

HOT CARVERY

Traditional roast turkey with stuffing, chipolatas and cranberry sauce
Mustard and herb crusted beef sirloin with Yorkshire puddings
Bourbon glazed and pineapple baked Leg Ham (GF)

Grilled salmon fillets, wilted spinach, hollandaise sauce (GF)

Roasted potatoes, zucchini and pumpkin (VG)
Seasonal vegetables with olive oil and herbs (VG)
Rich brown gravy (VG)

DESSERT

Pavlova with whipped cream, vanilla sauce, mixed berries, mint
Platters of fruit mince pies; assorted tartlets and individual desserts
Wrapped chocolates and Christmas candy

Traditional Steamed Christmas pudding, brandy custard and ice-cream

Coffee, tea and Christmas cookies

VG - VEGETARIAN | GF - GLUTEN FREE

We reserve the right to alter menu & prices without notice. All our advertising and promotion are not eligible or replace based on terms, market prices, or availability or subsequent group.

Greenhouse Tavern

Upcoming Events - Newcastle

Lake Mac Carols 11 December 2022



The free event will feature kids activities along with food trucks, roving entertainment and a jam-packed main stage program from 5pm-8.30pm including a special visit from Santa!

Newcastle Christmas Pooch Market



Alice in Wonderland 10 December 2022



[Book Here](#)

For one day only, the streets of Newcastle will be transforming into a giant, escape-room-style experience on Saturday the 10th December, 2022. Don't be late! Solve clues which just get curiouser and curiouser, take on mad and mischievous challenges, and uncover a dark conspiracy at the heart of Wonderland.

Notices

From HR:

Support Worker/Cleaner meeting times will be placed on your roster shortly for next year. They will be occurring every 2 months in January, March, May, July, September and November 2023 at the Subee office.

Thank you everyone for all your work over the past year. Warm wishes to you and your family during this festive season 😊

Thank You

and

Merry Christmas.

Online Training

Thank you to everyone who has completed their online training so far. Please let HR know if you are having any troubles with your online learning.

**This months topic is
'Dignity of Risk'**



Ausmed

[Click Here to start Learning](#)

Your New Password

The monthly password to access the Staff Portal for December is

USERNAME: Staff
PASSWORD: Festive

[Our Staff Portal](#)

[Our Website](#)

A big happy birthday to everyone with a birthday this December.

Wishing you a day full of laughter and happiness and a year that brings you much success. May all life's blessings be yours, on your birthday and always. Wishing you a happy birthday, a wonderful year and success in all you do.

New Puppy



Meet Lucy the Mini Dachshund who is a combined Birthday and Christmas present for Laurelle from her daughter and family in Tamworth. Ray is quite besotted with her and keeps her company and occupied while Laurelle is at work. Lucy is just over 3 months old, she loves her lamb's ears and liver treats.



Serious Incident Response Scheme (SIRS)

From 1st December 2022 Subee Newlake has extended their Incident Reporting System to include SIRS which is now required in In-Home-Care. This is an initiative that helps prevent and reduce incidents of abuse and neglect in aged care services. Reportable incidents must always be reported immediately to the office and a written incident report to follow.

Please complete the SIRS Training Module in Ausmed

<https://www.agedcarequality.gov.au/resources/reportable-incidents-under-sirs-video>



Australian Government

Aged Care Quality and Safety Commission

Understanding Dementia


February 2023

Participants in the free Understanding Dementia MOOC will gain an increased knowledge of dementia, including its causes, symptoms and ways of responding to the needs of people living with the condition.

 Wicking Dementia Centre

 **Starts: 7th Feb 2023**

 **Duration: 7 Weeks**

 **Location: Online Course**

 **Completion Certificate: Yes**

 **Cost: FREE**

[Click here for more info](#)

The 12 Days of Christmas Safety

Keep lit candles away from real trees, wreaths, boughs and garlands



1

Keep poisonous sweets and chocolates away from your pets



2

Keep your tree away from fireplaces, radiators and other heat sources



3

Make sure your tree has a stable platform so it doesn't tip over



4

Choose an artificial tree that is labelled flame resistant



5

If you have a real tree, make sure you water it regularly



6

Check your lights for fraying, bare spots and kinks in the wire



7

Turn off all tree lights and decorations when not in use



8

Use an appropriate ladder or stepladder when putting up decorations



9

No matter how tempting it may be NEVER drink and drive!



10

When preparing the food, make sure you avoid cross contamination and clean your surfaces and utensils



11

Make sure you reheat your leftovers to at least 74 degrees to avoid food poisoning



12

Merry Christmas





*Merry
Christmas**

*Conditions apply. Let's take care of each other this festive season.

COVID reminder -

Increase cases and people moving around with holiday period on us.

Stay vigilant, screen clients for symptoms when arriving to service and do not attend work if unwell. RAT test if you have any COVID symptoms or have been a close contact.

Before starting a service with your client, please check the care plan before every shift, in case of any changes to service.

Moving forward, Newsletters will now be issued every second month. If you have any news to add, please email Rachel -

rphillips@subeenewlake.com.au

It could be a new family member arrival, some artwork you would like to share, an accomplishment you have achieved, an upcoming event you have heard about, or anything else you would like to add :)

Workplace Elf & Safety

Remember your reasons to stay safe this holiday season. Work safe. Home safe.



**THE FLU VACCINE
YOUR BEST SHOT AT
STOPPING THE FLU**



FOLLOW US ON FACEBOOK

Coffs Harbour
Newcastle

News for next month?

Email: rphillips@subeenewlake.com.au

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