



MURRAY DARLING TIMES

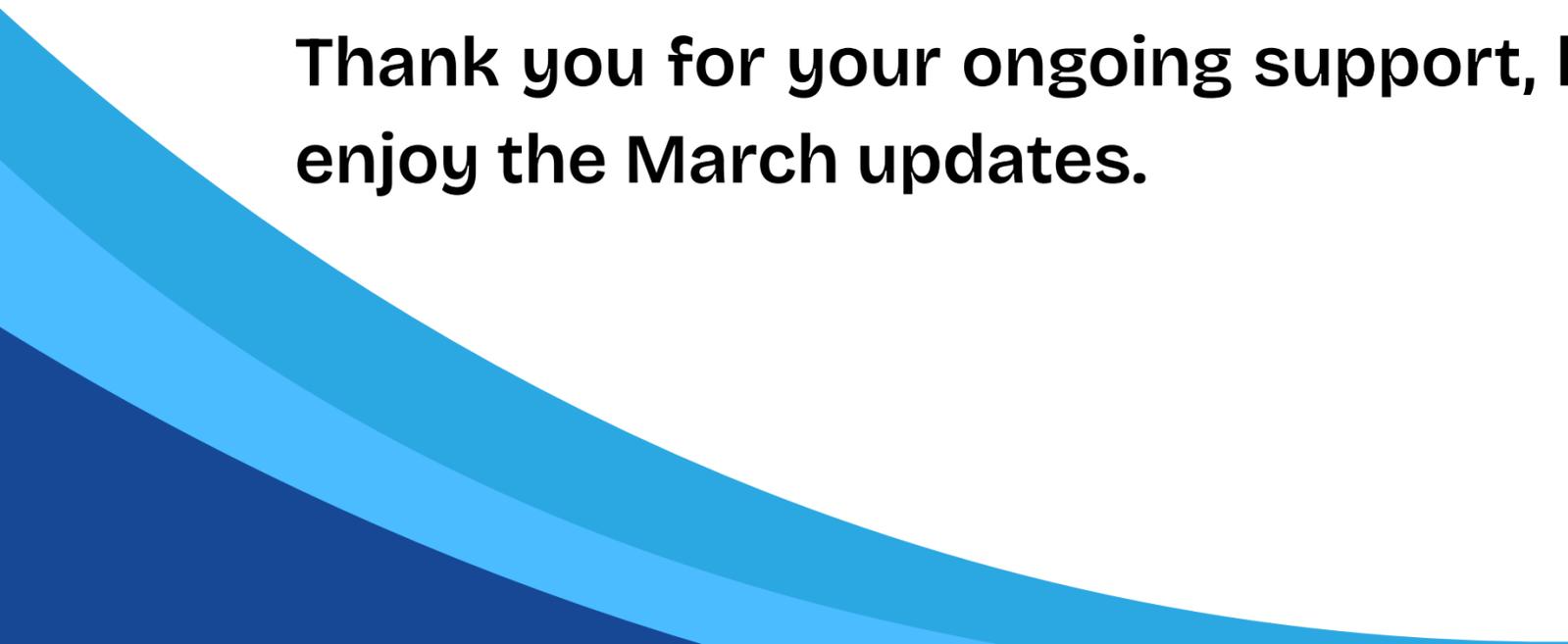
More than just care, it's home



Hello everyone,

Welcome to our second bi-monthly edition of our Murray Darling Times for 2026. Each issue is a chance for us to share important updates, celebrate achievements, and highlight the wonderful things happening across our home. Inside, you'll find news from around the facility, upcoming events, reminders for residents and staff, and a few stories that showcase the amazing people who make our community so special.

Thank you for your ongoing support, kindness, and contributions. We hope you enjoy the March updates.



FROM THE CEO

CEO Update – January to March

Power Outage and Emergency Preparedness

Many residents, families and staff experienced the recent regional power outage that affected our area. Our team worked hard to ensure residents remained safe and comfortable throughout the outage, with staff providing additional support and monitoring. While the situation was managed well, it highlighted the importance of continuing to strengthen our emergency preparedness.

Currently, Murray House does not have the infrastructure capacity to connect a large temporary generator directly to the facility. However, as part of the upcoming Memory Support Unit development, our main electrical switchboard will be upgraded. This upgrade will allow us to connect a hired generator in the future if required, significantly improving our ability to respond to extended power outages.

Memory Support Unit Expansion

Planning continues to progress for the new 15-bed Memory Support Unit, which will expand our capacity to support residents living with dementia in a purpose-designed environment.

The project is moving through the final planning and procurement stages and will provide modern, dementia-friendly spaces designed to support safety, comfort and quality of life. This development will allow Murray House to continue meeting the growing care needs of our community and ensure more local residents can access specialized care close to home. We should have a builder appointed later this month which is very exciting.

Early Childhood Strategic Project

We are also continuing work on a strategic project with Wentworth Preschool and Long Day Care, exploring opportunities to bring the services together under a sustainable governance and operational structure.

The aim of this work is to support the long-term sustainability of early childhood education in Wentworth while also creating opportunities for shared resources and stronger community services. We look forward to continuing conversations with the Preschool Committee and stakeholders as this project progresses.

Wishing Kate Amos Well!

In April we will be saying goodbye (for now) to Kate Amos, who will be commencing maternity leave. Kate has worked tirelessly over recent years to support the Murray House team and our residents, and her dedication has made a significant contribution to the organisation.

Kate has played an important role in strengthening governance, risk management and operational systems at Murray House. She will certainly be missed by the team, and we look forward to welcoming her back in the future. We wish Kate and her family all the very best for this exciting next chapter.

Melissa Wade





FROM THE CEO

Transport Update – Taxi Card Program

We encourage all residents, or their loved ones, who regularly travel into Mildura to consider applying for a Taxi Card.

Several Murray House residents are already registered and are receiving up to 50% off taxi fares, making this a very affordable and practical transport option for appointments and personal outings.

I continue to advocate with Transport for NSW for funding support to help offset transport costs for residents in aged care. This remains a significant gap nationally, as residents who enter aged care are often no longer eligible for discounted community transport options under existing aged-care funding arrangements.

If you or your loved one would like assistance with finding or completing the Taxi Card paperwork, please see Reception, who will be happy to help.

FROM THE CLINICAL TEAM

National Advance Care Planning Week 16th March – 22nd March

Every story is unique, and so are your choices. This Advance Care Planning Week, take the time to reflect and talk to your loved ones so they understand your story and can honour your choices when it matters most.

https://www.advancecareplanning.org.au/__data/assets/pdf_file/0025/460636/ACPA_Plan-your-future-health-care_digital.pdf



Advance Care Planning Australia
An Australian Government initiative



Plan your future health care

None of us know what is ahead. Plan your future health care and medical treatment while you're healthy and can make decisions yourself.

What is advance care planning?

Advance care planning is when you:

- Think about the health care you want in the future.
- Talk about what you want with people you trust.

This is helpful if you are ever sick or injured and cannot speak for yourself.

Advance care planning helps doctors, nurses, other care workers and those closest to you to know what matters most.

You can also write down your wishes, so they are clear.

Why is advance care planning important?

Advance care planning:

- Gives you peace of mind that no one has to guess what you want.
- Helps those closest to you feel confident about what health care you want.
- Guides doctors, nurses and other care workers to give care that matches your values, preferences and wishes.



Need help or want to know more?

Visit www.advancecareplanning.org.au

Contact the free National Advance Care Planning Advisory Service
acpa@advancecareplanning.org.au
1300 208 582 (8am to 4pm AEST Monday to Friday).



How do I get started?

Think

- What is important in your life?
- Are there treatments you would want or not want, like CPR (Cardiopulmonary Resuscitation)?
- Who would you trust to make decisions for you?

Talk

Share your values, preferences and wishes with people you trust.

Record

You can write down your wishes, appoint someone to make decisions for you, or do both. Each state and territory in Australia has rules about how to do this.

Store and share

Give copies of any written documents to people you trust including:

- Family
- Friends
- Hospitals
- Doctors, nurses, other care workers.

You can also share documents to your My Health Record.

Review

Tell the people you trust about any changes and update your advance care planning documents to make sure everyone knows what you want.



Advance Care Planning Australia
An Australian Government initiative

FROM THE FINANCE & ADMIN TEAM

Hi everyone!

The Finance team has been focusing on strengthening the financial sustainability of our organisation as we move through the year.

Over the past month, we have been conducting **targeted audits of higher-spend areas** across the organization. These reviews help ensure that our spending aligns with approved budgets and that resources are being used effectively. By taking a closer look at where funds are allocated, we can identify opportunities to reduce expenditure in areas that may no longer be necessary.

This work is an important step in **strengthening our long-term financial viability**, ensuring we remain stable and well positioned to continue providing high-quality care and services. Our goal is not simply to reduce spending, but to redirect resources toward areas that provide the greatest benefit for residents and the organisation as a whole.

This review process will continue over the coming months as part of our ongoing commitment to responsible financial management.

We are also continuing work on our **HELF agreement project**, reviewing opportunities for additional services that may be offered to residents in the future. This project is focused on identifying services that could enhance resident experience while ensuring they are delivered in a financially sustainable way.

We look forward to sharing further updates as this work progresses.

Rachel Hill
Finance + Administration Manager



Rachel Hill
(on Aged Care Employee Day)



FROM THE ACTIVITIES TEAM

Residents and Lifestyle staff have been creative in trying to keep occupied while contending with the gastro virus outbreak that managed to spread through Murray House.

Lifestyle continued to host a wide range of activities in the wings and we carried on with our exercises alongside the physiotherapist in the corridors. We make the most of our time together and sharing many laughs along the way.

Earlier this year the residents celebrated Australia Day with a BBQ cooked by the catering team. Our luncheon was cancelled but the resident really enjoyed the Aussie cooked BBQ menu on the day. Sausages, Burgers, chicken, grilled pineapple, potato and pasta salad with bread roll and ice cream.



HILDA



HEATHER

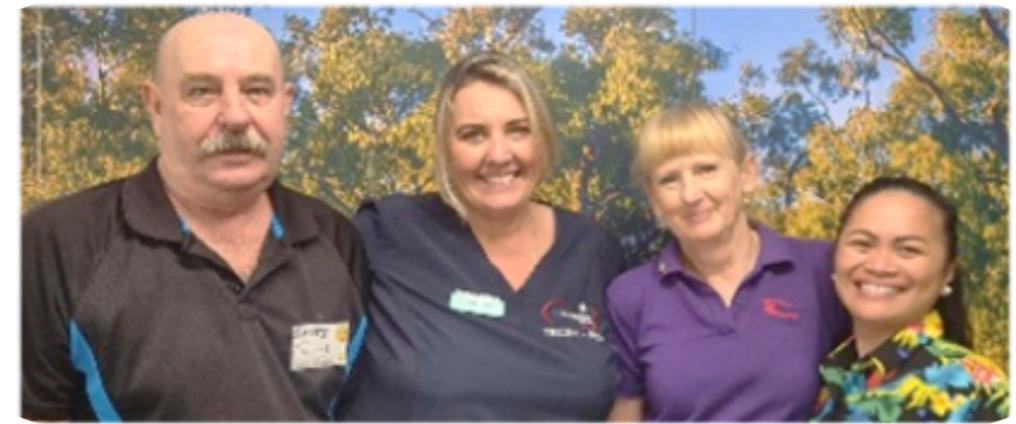


SHIRLEY



KERRY & LEONIE

We have celebrated special moments like a 93rd Birthday with family and friends in the board room, as well as hosting a celebration of life hosted by McGlynn Hunt funerals. Special memories were shared with loved ones.



KERRY

TRACEY

LEONIE

MARY

Lifestyle have recently introduced Birthday Banners for residents to get a nice surprise on waking the morning of their birthday. This creates a togetherness and appreciation for each other.



**HAPPY
BIRTHDAY!**



Please see images below of some spaces around Murray House for all to enjoy.



**PERGOLA HERB
GARDEN**



**PERGOLA
SEATING AREA**



Many residents have been heading out for walks and enjoying the fresh air and avoiding the rain.

In the coming months we look forward to celebrating St Patricks Day luncheon, Anzac Day Service and Mother's Day high tea with families.

Please contact lifestyle@murrayhouse.com.au or phone Tracey if we can help assist you or your family member through your journey at Murray House.

Lifestyle team.



ST. PATRICK'S DAY LUNCHEON



KERRY TRACEY LEONIE



KERRY PAULINE BONNY JOHNNY



DONALD



BRIAN



RONALD



HEATHER



CHRISTOPHER



MANDY & MAISIE



DAVID



BENNY



RUSSELL



RAYMOND



LYNETTE P



HILDA



LYNETTE B



FROM THE MAINTENANCE TEAM

Environmental Services Update:

This last month has been very busy for our department. From room moves, to the maintenance team donning aprons to help the cleaners who have been working so hard.

We said goodbye to our lovely Cleaner Susan Adriaans in the middle of the month with a morning tea in the Activities Courtyard.

Our Maintenance team have been slowly but surely catching up, and have been busy working on the carpet cleaning as you will have heard and seen. As we are now in Autumn, we prepare for increased bud growth in our roses and look forward to seeing all the colour that comes with this time of year.

Projects will start to become apparent as we look to patch and repaint small and large areas of the facility with fresh colour, as well as our preventative maintenance jobs.

Thank you,
Josh Swarbrick
Manager Environmental Services

FROM THE CATERING TEAM

Hello everyone,

Warm greetings from the kitchen!

What's Been Happening in the Kitchen?

It has been a busy and exciting time for our team.

We are currently working on a brand-new menu, focusing on fresh seasonal ingredients, resident favourites, and nutritious meal options.

- The last Burlodge food delivery trolley has arrived, completing our upgrade and helping us deliver meals more efficiently while keeping food at the correct temperature.



- We had our **ST. PATRICK'S DAY** Luncheon on 17/03, with a special themed menu for the residents. Even with the rain, it was a fantastic day for everyone.



With **EASTER** just around the corner, we are looking forward to celebrating with some delicious meals, sweet treats, and special gatherings for all residents.

Sweet Chocolate Facts:

- Chocolate was once so valuable it was used as money by ancient civilisations.
- The first chocolate bar was made in the 1800s – and it quickly became a favourite treat.
- Dark chocolate contains antioxidants and can be enjoyed as part of a balanced diet.
- Around 90 million chocolate Easter bunnies are made each year worldwide. Cocoa beans grow on trees in warm climates near the equator.

Thank you to residents and staff for your ongoing feedback and support. We wish everyone a happy and enjoyable Easter.

Warm regards,
Ash Allford - Catering Manager
The Murray House Catering Team

WHS UPDATE



Hello everyone,

We're putting extra focus on staying safe by spotting hazards early, keeping work areas tidy, and using good manual-handling habits to avoid strains and injuries. Before lifting anything, take a moment to check the weight, clear your path, and grab a trolley or ask for help if you need it. Our manual-handling training sessions are on the way, and they'll cover simple, practical techniques to make everyday tasks safer for everyone.

Finley





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THANK YOU



(03) 5027 3384

www.murrayhouse.com.au

