

Bill's Story

98-year-old Arthur (Bill) White commemorated ANZAC Day 2021 by laying wreaths for both the Naval Association and on behalf of World War II veterans at Cotton Tree.

Bill is a World War II Navy veteran who served over seven years as a wireless operator responsible for coding throughout the Coral Sea, Burma, Japan and Europe.

Bill says the significance of ANZAC Day has changed over the years. He now believes it's about teaching the younger generation about the history and respecting the sacrifices that were made, and continue to be made, for our country and the freedom we enjoy.

Bill has lived on the Sunshine Coast for 45 years. In fact, his business, AKA Building,

built the first shopping centre in Maroochydore, where Sunshine Plaza now stands.

He continues to be an active member of the Sunshine Coast community, and attributes his being '98 years young' to

keeping busy, playing golf and going to the gym every week. Bill cooks most of his meals and mows his own lawn, however he does rely on Suncare to assist with some pruning in his garden.



A caring community of Suncarers

Our staff, or as we like to call them, our Suncarers, live in the communities where they work. We pride ourselves on supporting our customers' unique needs through a comprehensive range of in-home and community services.

Our in-home programs and services are available throughout Central and Southeast Queensland, from the Gold Coast to Rockhampton and beyond. Whether you need every day services or just occasional

assistance, we can help you with: Personal Care | Housekeeping/Domestic Assistance | Transport | Home & Garden Maintenance | Meals & Meal preparation | Respite Care | Clinical & Allied Health services.

Welcome

Welcome to the May/June edition of 'The Suncare Times.'

Please take a moment to meet Bill White, one of our remarkable Suncare customers as he reflects on what ANZAC Day means to him.

It is also our pleasure to highlight some of the many activities available in your community and offer our tips for brightening up your home with easy-care indoor plants.

Here we also honour the memory of Historical Elder Aunty Betty McMahon and invite you to join in the upcoming Aunty Betty Memorial Reconciliation Walk on Wednesday 2 June.

As we celebrate National Volunteer Week, we pay tribute to our wonderful Volunteer Team Leader, Debbie Orman, and last but not least, we share a tasty recipe for you to enjoy.

Spotlight on Debbie

As part of National Volunteer Week, 17 – 23 May, we shine the spotlight on the achievements, both personal and professional, of Suncare Volunteer Team Leader, Debbie Orman.

Debbie's hard work and professionalism is evident every day as she supports and celebrates the achievements of Suncare volunteers as they help our customers connect with their communities.

In her personal life, Debbie also has notable academic achievements too. She has completed a healthcare

degree, recently graduated from the University of Sunshine Coast (USC) with an Associate Degree in Business, and she is already planning to commence her Graduate Certificate in Aged Care.

Being a high achiever appears genetic, as Debbie and three other members of her family all recently graduated from USC.

We pass on our appreciation and congratulations to Debbie for her outstanding achievements and for making a difference every day.



Did you know?

Suncare has more than 200 volunteers who make a positive difference in our community every day.

Our volunteers empower customers to live life their way by accompanying them on social outings and excursions, providing transport services,

building social connections and assisting the Meals on Wheels team.

At Suncare we also support the career aspirations of our volunteers through learning and development opportunities, that can also lead to paid employment.

If you or someone you know is looking to do something meaningful and personally rewarding, please contact Debbie Orman, Suncare Volunteer Team Leader on 1800 786 227, to find out more.

Health & Wellbeing

Brighten up your home and improve the air quality with these FIVE easy-care indoor plants.

1. Peace Lily: The Peace Lily has a beautiful white flower and is very easy to care for - if the leaves are droopy, it needs water.

2. Mother-in-laws Tongue: This striking yellow and green

succulent thrives in low light and can even handle being a little thirsty.

3. Monstera: With beautiful large glossy green leaves, this plant flourishes in a light and warm climate.

4. Happy Plant: These plants grow best in full sun but are usually 'happy' anywhere in your home.

5. Devil's Ivy: A pretty trailing plant with hanging green vines that thrives indoors.

We can help organise a return trip to your local nursery or plant market.

Please call the Suncare Customer Service Team on 1800 786 227 for more information.

Honouring a devoted Elder

Join the Suncare Community Services team to honour the memory and work of Historical Elder Aunty Betty McMahon at the Aunty Betty Memorial Reconciliation Walk. Wednesday 2 June 2021 10.00am – 12 noon.

Devoted Elder Aunty Betty was heavily involved with Suncare Community Services until her retirement in July 2015. She was an active member of the Suncare Committee, a member of the Strategic Marketing Committee as well as lead Cultural Advisor on both the First Peoples Advisory Committee and our Reconciliation Action Plan Council.

As Aunty for the Nandjimidji Art and Yarning Group, Murri Connections Art Group and as Lead Advisor/Organiser for Reconciliation Week Walks, she nurtured Murri customers and staff.

Join us for morning tea, cultural activities and a conducted walk with Traditional Custodians of

Buderim Forest Park, Lindsay Road, Buderim. Come along on the day or register at: www.trybooking.com/bpynt



Aunty Vicki Dale and Aunty Betty McMahon

Improve your strength, gently

Hydrotherapy is a great way to exercise for those experiencing pain or weakness.

Gentle exercise in water reduces the effects of gravity on your body, enabling weight bearing joints including your lower back, hips, knees, and ankles to move freely. This means you can often perform exercises that you may not be able to do on dry land due to pain or weakness.

Hydrotherapy classes incorporate flotation devices and specific movements through water to provide resistance and to work muscles in a different way, which can improve strength.

Suncare offers Hydrotherapy classes at the Palmwoods and Cotton Tree Public Pools. Contact our Customer Service Team on 1800 786 227 to find out more.



Help to support our remote customers

Suncare was recently awarded grant funding from the Eastern Star Foundation for the purchase of a vehicle and 12 months running costs.

The vehicle will be used by the Suncare team to visit older community members, especially those located remotely, and for transporting customers to community-based activities.

Suncare's approach to building community connection and our vision of *making people's lives better* aligned with the

Eastern Star Foundation's focus and support for initiatives that help older people remain independent, participate in the community and have a support network.

Other 2021 Eastern Star Foundation recipients include Australian War Widows Queensland, Guide Dogs Queensland, Hear and Say and Samford Support Network Inc.

On behalf of Suncare we thank the Eastern Star Foundation for their generous support.



Betty's Fried Rice

Suncare Support Worker, Graeme Smith, shares his beloved Mum's Fried Rice recipe, which was a "go to" recipe for his family.

Ingredients

230g bacon (or ham), diced
3 tbsp butter
1 white onion, diced
1 cup (220g) uncooked rice
1 pkt chicken noodle soup (or 2 chicken stock cubes)
1-2 cups water
3-4 eggs
1 225g tin water chestnuts
1 410g tin baby corn spears
1 400g tin champignons
1 cup peas and/or diced capsicum
1 cup diced carrot
Salt & pepper to season

Method

1. Sauté bacon in frypan until browned then add 1 tbsp butter with onion and cook. Remove from pan.
 2. Brown the rice in remaining butter in a large, non-stick pan then add soup and water. Cover and cook on low heat until water is absorbed and rice is tender - add more water if necessary.
 3. Beat the eggs then pour into frypan. Season with salt & pepper and cook both sides. Dice when cool.
 4. Add bacon, onion, eggs, water chestnuts, baby corn, champignons, carrot and peas to the cooked rice. Cook on medium heat for 10 minutes or until heated through.
- Serves 4
- Note: Cooked chicken or chopped prawns can be used instead of bacon. Left over fried rice can be frozen in meal-sized lots.*



Suncare
COMMUNITY SERVICES

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