

## Rosemary's Story

Suncare customer Rosemary Hill is an avid artist and her home is filled with her work. She credits her father for her artistic skills.

Rosemary, and her two cats, have lived with her son Eden for more than 16 years.

She loves being in her own home and especially enjoys time in her beautiful garden. She enjoys reflecting on the connections she has with her children and grandchildren, community and home environment.

Suncare provides house-keeping assistance and home and garden maintenance services for Rosemary, so she can spend her time doing what she loves.

*"It is wonderful to be able to have the garden, and I regularly take my easel out and paint."*

*"My eleven-year-old granddaughter has also taken*

*a keen interest in art over the years and I like to think that there is a creative legacy that is being passed on through the generations."*



## Home and Garden Maintenance

If you need occasional help in the garden or maintenance around the house, we can help you tailor your Home Care Package to fund it.

We have helped many customers to use their funding to make the most of what's important to them including keeping their home and gardens safe and easy to manage. Our services include

garden tidying, lawn mowing, pruning, raising garden beds (to save bending down), cleaning gutters and windows, replacing lightbulbs, smoke alarms and batteries and minor repairs.

Discuss your options with your Care Coordinator or contact the Customer Service Team on **1800 786 227** for more information.



# Welcome

Welcome to the new look edition of 'The Suncare Times.'

In this edition we meet Suncare customer and talented artist, Rosemary, and learn about the joy she experiences from her home and garden.

We introduce you to some of Suncare's volunteers and find out about the positive difference they make in our communities every day. Learn more about the traditional custom of 'Welcome to Country' and Gubbi Gubbi Elder Lyndon Davis.

We outline some proactive tips you can take to reduce the risk of falls at home, and in this edition we also share Suncare Support Worker, Graeme Smith's, delicious Boiled Tropical Fruitcake recipe.

**"Anyone who keeps the ability to see beauty never grows old"**

**Frank Kafka**

# Recognition for service to the community

Five Suncare volunteers were recognised for their service to their community when they were nominated in awards as part of National Volunteer Week 2021 celebrated in May.

Congratulations and thanks to our 2021 nominated volunteers:

**Bernice Axsentieff** -

Nominated in the Sunshine Coast and Queensland Volunteering Awards.

**Barbara Barnard** - Nominated in the Sunshine Coast and Queensland Volunteering Awards.

**Bev Wilson** - Nominated in the Sunshine Coast Volunteer Awards.

**Allan Watson** - Nominated in the Sunshine Coast Volunteer Awards.

**Jude Ashman** - Nominated in the Wide Bay Volunteer Awards.

We greatly appreciate the commitment and dedication of our volunteers - our programs could not run effectively without our volunteers who generously give their time to support our vital services.



# Did you know?

Suncare has a history of more than 50 years of *making people's lives better*.

Since 1970, Suncare has remained dedicated to the needs of older people and the most vulnerable in our local communities.

We provide innovative care services, advocate for change and constantly trial new and better solutions that support our customers to remain living independently at home.

The heart and soul of Suncare's business model is providing

innovative and personalised in-home care, clinical and allied health services.

Our goal is to enable you to live life on your terms.



## Celebrating Connection

To commemorate NAIDOC Week held annually in July, we spotlight the wonderful work of Gubbi Gubbi Elder, Lyndon Davis.

At Suncare we are very fortunate to have enjoyed many 'Welcome to Country' ceremonies conducted by

respected Elder, Lyndon Davis. Focussing on cultural awareness, Lyndon builds cultural connection with Aboriginal people, while helping us to understand our local wildlife and to appreciate nature.

Part of Indigenous cultures

in Australia for thousands of years, Welcome to Country or Acknowledgement of Country ceremonies are significant for many indigenous people. Learn more about this traditional custom by searching 'Welcome to Country by Lyndon Davis' on the internet.

## Health & Wellbeing

Ageing well is about being proactive, and there are positive steps you can take to reduce your risk of falls.

### 1. Stay active

Staying active, both physically and socially, can help slow the ageing process, build physical strength and personal confidence.

There are many programs and activities available to help.

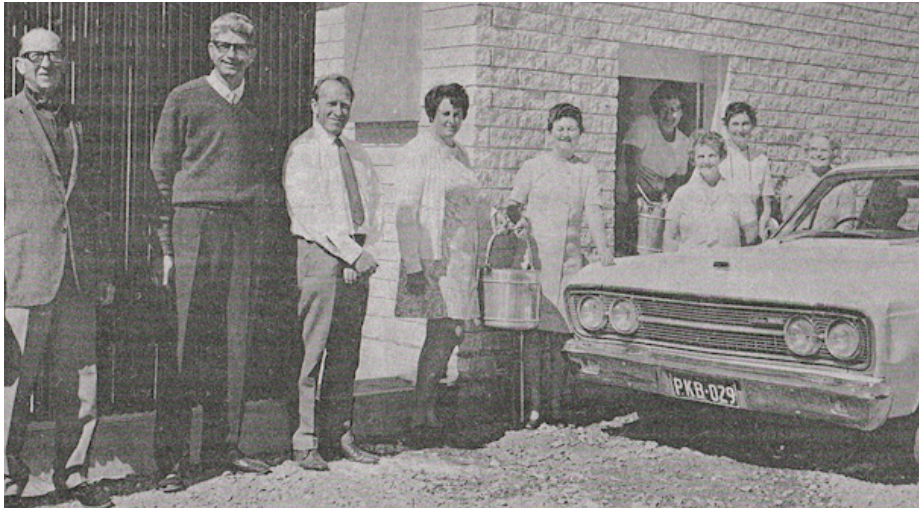
### 2. Know your ability

It's important to know your own ability and recognise when it's time to seek some help. It might be time to organise help around your home or garden rather than risk an injury.

### 3. Modify your home

Making small changes at home can make a big difference to your safety. It's important to be proactive and adapt your living environment to match your physical capabilities. Contact the Suncare Customer Service Team on **1800 786 227** to discuss support to make living at home easier.

# Suncare History



As we celebrate National Meals on Wheels Day in August, we reflect on Suncare's beginnings which started the Meals on Wheels service on the Sunshine Coast in 1970.

Since then, Suncare has grown to provide in-home care, allied health and clinical services that are delivered across Queensland. Our professional reputation stems from more than 50 years of community care and personal connections.

## Suncare Events



Suncare runs a number of events and activities in your local community including outings, social events and classes such as hydrotherapy and group exercise and balance classes.

Events and activities are a great opportunity to meet other people and improve your health and wellbeing. Contact our Customer Service Team on 1800 786 227 to find out more.

## Boiled Tropical Fruitcake



### Ingredients

550g mixed dried fruit comprised of:

- 1 cup (160g) raisins
  - 1/2 cup (75g) dates, quartered
  - 1/2 cup (75g) sultanas
  - 1/2 cup (80g) currants
  - 1/2 cup (80g) glace cherries, cut in half
  - 1/2 cup (80g) mixed peel
  - Optional 50g dried cranberries
  - Optional 80g dried mango, chopped
  - 440g tin crushed pineapple (including juice or syrup)
  - 80g sugar
  - 140g butter, chopped
  - 1 tsp mixed spice
  - 1/2 tsp ground cinnamon
  - 1/4 cup (90g) plain or Greek yoghurt
  - 1 tsp bicarbonate of soda
  - 2 eggs, beaten
  - 1 1/4 cups (160g) self-raising flour
- Note: Don't drain the pineapple.

### Method

1. Place fruit, crushed pineapple including juice, butter, sugar and spices in a saucepan. Boil for 5 minutes.
2. Add bicarbonate of soda and stir well. Turn off heat and allow to cool.
3. Add yoghurt, eggs and flour.
4. Preheat oven to 160°C (fan-forced). Pour into two loaf cake tins lined with foil and bake for 40 minutes or until the top is golden.
5. Remove from oven, cover with foil and then return to the oven for a further 60 minutes.



**Suncare**  
COMMUNITY SERVICES

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