



Betty's Story

Betty Graham-Higgs has dedicated her life to helping others, with a career advocating for the most vulnerable members of our community.

Born in Jamaica, Betty has travelled the globe and lived in Guyana and the United Kingdom. She met her husband Graham on the voyage from Jamaica to Australia.

Betty championed many firsts during her career. She started the first social work departments for Queensland Health in Melbourne and Brisbane, established the inaugural paraplegic support network and the first child protective service in Melbourne. She created history as the first married woman to work

for Queensland Health – legislation was changed so they could employ her.

Betty is also an author, penning Autobiography 'The Colonial Girl' and was an active member of the Beerwah Writers Group.

Care Coordinator Kristy Jones said it is an honour to be able to support Betty at home.

"Betty's legacy of positive change and care for those most in need, is truly inspirational. I feel privileged to know her."

Betty and her husband Graham have received in-home support services from Suncare for more than five years.



Understanding your options

Living at home doesn't need to be difficult, but sometimes understanding what programs and services are available to support you is. Most of us will need a little

bit of help at home at some point, and as your needs change your support services should as well. Services available through Suncare include transportation, meal preparation or delivery,

shopping, housekeeping and domestic assistance, gardening and home maintenance services.

Let us help you navigate your options to get the care you need.



Meet Ron

Volunteer Ron Hewitt has transported and accompanied Suncare customers to personal appointments, family visits and recreational activities for more than three years.

As well as enjoying time as a volunteer with Suncare, Ron has a great enthusiasm for aviation, taking every opportunity to research and talk about, collect models and travel on aircraft.

Ron became a pilot as a 25-year-old. Since then he has piloted joy flights in Queensland and travelled

to air shows and museums in Moscow, Berlin, Istanbul, Gallipoli and the UK.

He has even flown to Las Vegas to be part of 75th anniversary celebrations for the US Airforce.

Ron believes that having a hobby is important. It creates time for yourself and helps declutter your mind.



Welcome

Welcome to our latest edition of 'The Suncare Times.'

In this edition we showcase the inspirational career and achievements of Suncare customer Betty Graham-Higgs. We highlight the importance of hobbies and learn about Volunteer Ron Hewitt's creative outlet.

We also discover some Suncare history, and thank and bid a fond farewell to our wonderful volunteer Bev Wilson as she heads into her retirement years.

As Australia's COVID-19 vaccination rollout continues, we have included some information and resources for your reference. We hope you try our delicious Lemon Myrtle Shortbread recipe.

Russell Mason - CEO

Did you know?

Suncare's Transportation Services can be accessed as part of your Home Care Package, through the Commonwealth Home Support Programme or it can be privately self-funded.

Our team can schedule a one-off trip or more regular ongoing outings to help you manage personal appointments, family visits and recreational activities.

Find out more about our genuine door-to-door service with dedicated Suncare drivers by contacting our Customer Service Team on 1800 786 227 or email info@suncare.org.au

Health & Wellbeing

Creative activities and hobbies keep your mind active, help to improve problem solving, and can reduce stress and anxiety.

Creative activities include:

Music: Listening to music is a great way to relax and reflect.

Arts and Crafts: Creative projects such as painting, drawing, collages or

scrapbooking can improve your cognitive abilities and concentration.

Dancing: As well as maintaining strength and flexibility, dancing can help improve balance which can help prevent falls. It's a fun way to improve fitness and meet other people.

Cooking: Cooking is a creative and necessary skill that we

should all continue as we get older. Aside from the nutritional benefits, sharing a meal is a great way to stay connected with friends and family.

Contact our Customer Service Team on 1800 786 227 for further resources and available programs for staying creative and engaged in your local community.

Suncare History

Suncare has more than fifty years of dedicated service to the community. We are proud of our history and providing genuine solutions for *making people's lives better*. Here we celebrate Dr Dorney OAM.

Did you know? In 1983, Dr Dorney OAM was an Australian surgeon who became President of the Sunshine Coast Committee on the Ageing which later became known as Suncare Community Services.

Dr Dorney worked tirelessly to bring accessible healthcare to older Australians living independently and respite for their carers. In honour of Dr Dorney, Suncare's respite facility in Sugar Road, Maroochydore was named after him, Dorney House. Dr Dorney passed away in 2007 after a life of serving others.



Thank you & farewell

We say farewell to volunteer Bev Wilson as she retires and thank her for more than 15 years of service at Meals on Wheels.

Bev, who is in her 80's, is well known for her kindness, friendship and for always turning up with a smile. It is estimated Bev has spent hundreds, if not thousands, of hours helping the team at Meals on Wheels and acting

as a buddy to new volunteers.

Bev's enthusiasm and happy approach was recognised when she was nominated for the Volunteer Impact Award in 2020.

Thank you from all the team at Suncare for making such a positive difference to the lives of our customers. We will miss you and wish you all the best for the future.



COVID-19 Vaccination rollout

In February, the Australian Government began a phased roll-out of COVID-19 vaccines to Australians. Adults aged over 70 years are among the first people who can choose to receive the vaccine.

Determining if the COVID-19 vaccination is the right choice for you needs consideration and it's important you have facts and information to support your decision making.

The Older Persons Advocacy Network hosted a panel of medical professionals in a webinar earlier in the year

to discuss the COVID-19 vaccination rollout program. It provided information about the vaccines and highlighted your individual rights regarding medications and vaccinations. Further information is available on their website www.opan.com.au or via the Australian Government Department of Health COVID Vaccines website www.health.gov.au/initiatives-and-programs/covid-19-vaccines. It is also recommended that you discuss your options with your GP.



Lemon Myrtle Shortbread

Ingredients

- 1/2 cup plain flour
- 1/2 cup rice flour
- 1/4 cup white sugar
- 1/4 cup caster sugar
- 1 1/2 tsp ground lemon myrtle
- 1/2 cup cold butter

Method

1. Preheat oven to 170°C. Line a 20cm square x 3.5cm deep tray with baking paper with 3cm overhang.
2. In a large bowl blend the flours, lemon myrtle and sugars. Add the cold butter; blitz for several minutes until evenly mixed.
3. Press mixture firmly into tray. Decorate with fork marks.
4. Bake for 35 - 40 minutes or until set, but not browning at edges.
5. Remove from oven (**leave oven on); let stand for 10 minutes. Carefully cut into 16 or 20 pieces.
6. Transfer shortbread onto baking paper on a larger baking tray. Gently slide pieces apart to create space between each piece. (*Press back together if they break).
7. Place tray in oven. Switch off oven. Sit in the warm oven with door closed, for 30-45 minutes.
8. Remove from oven and cool completely on a cooling rack. Store in airtight container at room temperature.



Suncare
COMMUNITY SERVICES

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