



## Milton's Story

91-year-old author Milton Milligan and his wife, lead a busy life at home, which they would not be able to do without the support of Suncare.

Milton still writes and spends a great deal of time on his computer. Milton's latest book 'Bondi Pioneer' chronicles the inspiring story of his great-great-grandfather from a young boy working in an English workhouse to a man who influenced the formation of Sydney's Eastern suburbs.

Milton says connection to family and home is important to him and the support he receives from Suncare enables him to pursue his interests.

*"I couldn't see myself going into a retirement village... When you grow older, your*

*whole life changes. You depend on people like Suncare for a lot of things. They are more like our family, the connection is so important, and they do so much for us. Nothing's a trouble,"* said Milton.

Milton and his wife have received Suncare help at home for more than four years. *"I like everything about Suncare – we couldn't have had more support if we'd tried."*



## Leading the way for our customers

Suncare is a leading provider offering Home Care Packages, Commonwealth Home Support Programme services, Short Term Restorative Care and NDIS Support Coordination Services.

At Suncare it is important for us to understand what's important to you. We will work together and design a support plan that will assist you to live life your way.

For more details of services that will assist you to live life your way, please contact us on **1800 786 227** or email [info@suncare.org.au](mailto:info@suncare.org.au)



## Welcome

Happy New Year and welcome to the first 2021 edition of 'The Suncare Times.'

In this newsletter we meet Suncare customer and author Milton Milligan. We thank our wonderful and adaptable volunteers who continued to stay connected and available to support our customers during the challenging times of the COVID-19 pandemic.

We also recognise Suncare customer Raymond Fuller's significant contribution to Australia's Armed Forces, provide insight into the vital role that our Care Coordinators play in *making people's lives better*, and as always share a recipe.

Russell Mason - CEO

## Together We Can

Suncare celebrated International Volunteer Day in December 2020 by recognising the significant impact our 200 volunteers make for our customers. The theme for the 2020 International Volunteer Day was 'Together We Can Through Volunteering', which was very appropriate in the challenging times associated with the COVID-19 pandemic. Suncare CEO, Russell Mason, says the strong relationships and friendships experienced by our volunteers and

customers is evident every day. For example, Bernice Axsentieff worked with Suncare as a Support Worker for Pam Taylor for over three years, and while she has now finished work, she maintains her friendship with Pam through volunteering.

*"Pam says her weekly visits with Bernice remind her of the coffee dates she used to share with her sister, and she looks forward to the visits each week," said Russell.*

*"We can't thank our volunteers enough."*



## Did you know?

**Volunteering at Suncare** provides opportunities for volunteers of all ages - those starting out in the workforce through to those who are transitioning to retirement. We support our volunteers through learning and development programs that can lead to

paid employment. Suncare volunteer roles are varied: accompanying customers on social outings and excursions, providing community transport services, assisting the Meals on Wheels team or visiting customers in their home to provide companionship.

If you, or someone you know would enjoy **making people's lives better** please contact Debbie Orman, Suncare Volunteer Coordinator on 1800 786 227 to learn more about the very rewarding role of a Suncare Volunteer.

# Health & Wellbeing

Staying cool and hydrated is especially important during Queensland's sweltering Summer months.

Here we share five tips for keeping cool.

1. If you have an air conditioner, set it to 24°C and close your doors and windows when it is running.

2. If you don't have air conditioning, turn on ceiling fans, use a pedestal fan or open your doors or windows to create airflow.

3. Use a cool damp cloth on your wrists, neck and behind your knees to help cool you down.

4. Keep a jug of water in the fridge and drink plenty of water to help cool you down and stay hydrated.

5. Close your curtains to shield out the hot Summer sun.

Ask your Suncare team for tips to help you stay cool in your home.

## Celebrating Our Customers

World War II veteran Raymond Fuller's significant contribution to Australia's Armed Forces was recognised at the Kingaroy Remembrance Day ceremony on 11 November 2020.

Raymond was presented with a Commemorative Medallion and Certificate at the ceremony.

The Department of Veterans' Affairs produced the Commemorative Medallion and Certificate of Commemoration. This was to acknowledge the significance of the 75th anniversary of the end of World War II and to thank every living veteran who served in the Second World War.

Raymond, 98 years of age, served in the Australian Imperial Force in New Guinea and Bougainville. Thank you for your sacrifice and service.



# The sky is the limit for Suncare customers

Living independently at home in familiar surroundings, close to your neighbours and local community is a goal for many older Queenslanders.

Growing older will have different implications for all of us, so it's important that your Home Care Package is tailored for you – so you can get the help you need to continue living life your way.

One of the key advantages of Suncare support is the time taken for our team to understand your lifestyle and interests. Ian Mitchell is a **Suncare Home Care Package** customer, and when his wife Neridah mentioned Ian's love of planes, Care Coordinator Tamara Williams organised a

trip to the local air museum.

*"I am so happy that Ian has support to access the community and the things he enjoys. Ian's beaming smile is so heart-warming,"* said Neridah.

A Suncare Home Care Package puts you in the driving seat (or cockpit). Call **1800 786 227** if you would like to discuss your options with your Suncare Care Coordinator.



## Suncare's caring Care Coordinators

To be a Suncare Care Coordinator, you need a broad range of skills, but the most important skill is an ability to **REALLY** listen to our customers and understand their needs.

As a Suncare Care Coordinator, Tamara Williams knows that her role is not just about coordinating care, it's about building and supporting family and community networks.

*"I love being a part of my customer's lives and when I discovered Ian Mitchell's interest in planes, I knew a trip the air museum would mean a great deal to him."*

*"Suncare allows me the freedom to do more than just help my customers achieve their in-home health goals."*

*"Making a genuine difference to my customers is what it's all about."*



## Two Tasty Dips

We are so blessed to be living in a time that values all that multiculturalism brings to us, including food. These tasty traditional Greek and Indian dips use plain, thick Greek style yoghurt and cucumber as main ingredients.

### **Raita (Indian)**

- 1 cup Greek style plain yoghurt
- 1 large Lebanese cucumber, seeds removed, finely grated
- 2 tablespoons finely chopped fresh mint
- 1 teaspoon ground cumin
- 2 teaspoons lemon juice (optional)

### **Tzatziki (Greek)**

- 3/4 cup Greek style plain yoghurt
- 1 large Lebanese cucumber, seeds removed, finely grated
- 1 teaspoon white wine vinegar
- 2 teaspoons lemon juice
- 1 garlic clove, crushed

### **Method (for both recipes)**

1. Draining the liquid from the cucumber is key. Leave the pulp in a strainer or squeeze-dry with a clean tea towel or paper towel.
2. Combine drained cucumber with all ingredients in a bowl, stirring until thoroughly mixed.
3. Place in a small bowl and refrigerate overnight or for a minimum of one hour.
4. Serve with your preferred type of bread – pita (Greek), naan or roti (Indian), dry biscuit (Aussie) or fresh veggie sticks - carrot, celery, capsicum, broccoli or cauliflower.