

## Driven by love

Suncare customer Frances Lawrence maintains a strong connection with her family and community with a little help from Suncare.

Suncare's Transport Service has played an important role in her life for a number of years. Twice a week since 2019, Suncare volunteers drive Frances to visit her husband

who lives in permanent residential care, as well as taking her to the Caloundra library where she has worked as a volunteer.

Prior to receiving Suncare's help, 89-year-old Frances was using taxis to get around at great personal expense. Suncare's Transport Service is included in her Home Care

Package, which has been tailored to suit her needs.

Frances describes Suncare's Transport Service as a blessing.

"I love visiting my husband, I have loved my volunteer position at the library, and I love Suncare for helping me make it all possible."



## Suncare's Transport Service

Suncare's Transport Service makes it possible for older people to continue living at home by helping them to manage their personal appointments, enjoy family visits and participate in recreational activities.

Our dedicated Suncare drivers are here to help.

We can help you schedule a one-off trip or organise regular outings.

Our service is door-to-door which means we can provide in-home assistance to help organise your appointments, take you to them, then on your return home help you to get settled in.

Suncare's Transport Service can be included in your Home Care Package, through the Commonwealth Home Support Programme or privately-funded.

Contact our Customer Service Team on **1800 786 227** to find out more.

# Welcome

Welcome to The Suncare Times.

In this edition we profile Suncare's Chair, Mario Pennisi and congratulate Suncare Support Worker, Dennis Jones, for 25 years of dedicated service.

We share the delightful stories of Suncare customers, Frances Lawrence and Yvette Hervo, as well as highlight the benefits of walking.

As part of International Volunteers Day, we pay tribute to our husband and wife volunteer heroes, Stu and Dian, and as always share a recipe.

*"Getting older is like climbing a mountain; you get a little out of breath, but the view is much better!"*

Ingrid Bergman

# Dennis celebrates 25 years

Congratulations to Support Worker, Dennis Jones, who celebrates 25 years of dedicated service to Suncare and our customers.

Dennis says his favourite part of the job is meeting customers and hearing their stories about times during the war and their life experiences.

"It's great getting to meet so many different characters," he said.

Dennis started his career with Suncare, working from our Sunshine Coast offices

but providing services in the Brisbane North region. During his time, Dennis has seen Suncare grow, open offices in Toombul and Caboolture, then merge them to form the North Lakes office. When he started, everything was paper-based. He acknowledges Suncare's digital transformation has been among the biggest changes.

Dennis is well known for his dedication and considered a valued team member by his colleagues.



# Meet Mario

Suncare Chair, Mario Pennisi, has many strings to his bow.

He is an experienced life science professional and industry advocate, as well as non-executive director and strategic advisor with

a number of entities.

In 2020, Mario was awarded the prestigious Order of Australia (AM) for his significant contribution to the biomedical sector.





# Health and Wellbeing

Walking is a great way to improve your health, and just 30 minutes a day can help to improve your overall wellbeing.

Walking doesn't have to be strenuous and you can make it enjoyable and social by walking with others or chatting with people along the way.

When you walk regularly you will gradually build your strength and endurance. Walking can also assist weight management. It is a great activity for any age, it doesn't require any equipment and it is an enjoyable way to spend time outdoors in the fresh air and warm sunshine.

Start scheduling regular walks into your weekly routine.

Alternatively, if you would like assistance developing a walking routine, please discuss your options with your Care Coordinator or contact the Customer Service Team on **1800 786 227**.



## Celebrating our customers

98-year-old Yvette Hervo actively approaches every day with her gymnastics routine.

The first thing Yvette does each day is touch her toes and jog on the spot. She believes every little bit of activity helps and regularly recommends gymnastics to her friends.

Suncare Care Coordinator, Madeleine Gardiner, says "keeping active in your community has proven to keep older people healthier and mentally happier and it is really nice to see Yvette so happy and healthy, which Yvette attributes to her exercise

routine."

Suncare has supported Yvette for more than seven years, providing help around the house and transport services to help her remain socially connected with her community.

## Did you know?

Suncare's community events, activities and outings are about building friendships and connection to the community. Suncare operates community

centres in Maroochydore, Kawana, Buddina and Nambour and connects with other community centres and activities throughout Queensland.

We can connect you with a range of activities and events in your community from belly dancing, mystery lunches, morning swims to playing cards.

# Volunteering Inspiration

As we celebrate International Volunteers Day in December, we pay tribute to dynamo husband and wife team, Stu and Dian, who have a lifetime of volunteering experience.

Stu was a volunteer with the State Emergency Service for 33 years before joining forces with Dian to volunteer with the Meals on Wheels team more than five years ago.

At 87- and 85-years young, Stu and Dian are well known for their energetic personalities and dedication.



# Gourmet Pizza



## Ingredients

- 1 large pizza base
- 3 - 4 tbsp tomato paste
- ½ tsp dried oregano
- 300g grated Tasty or Mozzarella cheese
- 150g shredded ham or cooked chicken
- 1 large carrot, coarsely grated
- ½ medium green capsicum, sliced
- ½ medium red capsicum, sliced
- 200g pineapple pieces, drained
- 100g salami slices, cut into strips
- 150g mushrooms, sliced
- 250g feta or haloumi cheese, sliced
- 2 tbsp grated tasty cheese, extra

## Method

1. Prepare all ingredients.
2. Position rack in middle of oven and set oven to 200°C.
3. Place pizza base on flat, ovenproof tray.
4. Spread paste over base, right to edges.
5. Sprinkle oregano evenly over paste, followed by grated cheese, ham (or cooked chicken), grated carrot, sliced capsicum and pineapple.
6. Add salami and mushrooms.
7. Decorate pizza with feta or haloumi and sprinkle remainder of cheese on top.
8. Bake for 20 – 30 mins.

# Protecting yourself from scams

It pays to be suspicious when it comes to avoiding scams, and if you are in doubt, always ask someone to help you.

These tips can help you avoid being scammed:

- Always do your own research before you invest money and check the company or scheme is licensed on ASIC's MoneySmart website.
- Be wary of people you meet on social media or online dating sites. Never hand out personal details even after a few conversations.

Be cautious of those who try to move you away from the site and communicate via chat or email.

- Be suspicious of unexpected emails or letters advising you how to claim an inheritance or competition prize.

Scamwatch is run by the Australian Competition and Consumer Commission and provides information to consumers about how to recognise, avoid and report scams.

Material courtesy of the ACCC as: © Commonwealth of Australia.



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