

It's the little things

Sometimes it's the little things that can make the biggest difference. Suncare supports Sunshine Coast customer Robert 'Bruce' Orchard with twice weekly walks which help improve his functional mobility.

Shay Burgess, Suncare Senior Care Coordinator says, "our regular walks with Bruce not only help him with his mobility, they are an opportunity to chat and enjoy the great outdoors together. They are a highlight for everyone involved."

One of the advantages of a tailored Home Care Package with Suncare is that you can choose how you use your funding. That includes having the services that suit your lifestyle and are of most importance for you.



Allied Health and Clinical Services

Improve your confidence and general physical ability with Suncare health and wellbeing support services.

Tailored to your individual requirements, we offer a variety of services including physiotherapy, exercise therapy, podiatry, dietetics, continence management and personal care. Many of these services can be delivered in

the comfort of your home while others are available and easy to access in your local community.

Importantly, we can help you to tailor your Home Care Package so that it funds the services you need. To discuss your options, contact your Care Coordinator or our Customer Service Team on **1800 786 227**.



Welcome

Welcome to the September/October edition of The Suncare Times.

In this edition we meet 'Bruce' and find out how Suncare's allied health and clinical services are helping him improve his functional mobility and confidence. We also provide some important information about identifying scams, and find out how Suncare is reconnecting people with their community.

As we enter Dementia Action Week, we raise awareness of resources and support that is available.

We also learn about the wonderful achievements of Care Coordinator Peter Hansen. As always, we've shared a delicious recipe.



COVID-19 Scams

Scamwatch has received more than 6,415 scam reports with more than \$9.8million in reported losses associated with COVID-19 scams since the outbreak began.

Scammers often pretend to have a connection with you, so it's important to stop and check, even when you are approached by what you think is a trusted organisation. Common COVID-19 scams include:

Vaccination scams – such as requesting payment for vaccines or fake surveys offering prizes.

Phishing or Government impersonation scams – scammers pretend to

be government agencies and send emails or text messages with links or attachments designed to steal your personal or financial information.

Online shopping scams – scammers create fake stores claiming to sell products that don't exist such as face masks.

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

Visit the Scamwatch website: www.scamwatch.gov.au for information about getting help or reporting scams.

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Did you know?

Scams target people of all ages, however some scams are more likely to target older people.

Often older Australians have more money and accumulated wealth than younger people,

making them an attractive target for scammers.

There's no need to be overly concerned about scams, it's about being aware. A good rule of thumb is if you are ever in doubt, ask someone you

trust to help.

Over the coming months we will share information about scams, tips for identifying them and the techniques scammers use so you can protect yourself.

Reconnecting people with their community

Suncare is helping connect more people in remote areas thanks to the generosity of the Eastern Star Foundation.

We are very pleased to announce that Eastern Star Foundation has very generously donated a vehicle and funding to cover running costs for one year. The vehicle will enable our Community Visitors Scheme volunteers

to reach more customers so they may remain independent and connect with their communities and lessen feelings of isolation.

The Community Visitors Scheme is about providing friendship and companionship to older people, to help develop social connections and networks and increase connection in the community.

Suncare currently supports more than 40 participants across the Sunshine Coast and Brisbane, with plans to increase to 250 participants from the Gold Coast to Rockhampton.

For information about the Community Visitors Scheme, please contact our Customer Service Team on **1800 786 227**.



From left to right: Jonathan Nantes, Eastern Star Foundation Chairman, Mario Pennisi, Suncare Chairman and Francis Lawrence, Suncare customer.



From left to right: Volunteer Dave White, Volunteer Coordinator Debbie Orman, Volunteer Arthur Luthy, Volunteer Liz McDermott, Volunteer Chris Parry, Volunteer Julie Van Meerendonk

Health & Wellbeing

Staying active and involved in the community can be more difficult once you are no longer driving.

CarFreeMe is a six-week program designed to help people stay active once they have stopped driving.

The workshop style program is offered in various locations throughout Queensland. The program helps to educate

members of the community, people with dementia and those who are no longer driving, about how to maintain freedom and stay engaged in the community.

Visit www.carfreeme.com.au to find out more.

Suncare Transport Services can also assist you with transport for family visits,

personal appointments or recreational activities.

Our team can help to arrange more than a door-to-door trip, we can help you get organised for your appointment and make sure you settle back in once you arrive home.

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

Dementia

A little support makes a lot of difference



A diagnosis of dementia is not something to be ashamed of... it's a part of life and ageing for many people. In fact, almost half a million Australians are living with dementia.

There are often many misconceptions associated with dementia, but a diagnosis does not mean you should expect the worst-case scenario. Many people live full and active lives following

a diagnosis including living independently at home, driving and remaining socially involved in their community.

There is a great deal of help available for people with dementia including medications and in-home support, especially if you take action early.

Find out more about in-home support by contacting our Customer Service Team on **1800 786 227**.

Versatile Miso Soup



Ingredients

- 1 tsp vegetable oil
- 1 or 2 frozen dim sims or gyoza
- 250ml cold water
- 1 sachet (18g) Wakame Instant Miso soup
- ¼ tsp vegetable stock powder
- Small portions of fresh broccoli, cauliflower, carrot, cabbage – whatever you have on hand (cut into small flowerets or slices)
- 30g Soba, Ramen or Udon noodles
- 1 tsp chopped chives or spring onions

Method

1. Heat oil in small saucepan (non-stick if you have one).
2. Sauté the frozen dim sims or gyoza for a few minutes each side to brown them.
3. Add the water and then squeeze the Miso soup paste into the saucepan. Add the stock powder then gently stir to combine.
4. Add any "hard" vegetables and bring to boil. Simmer with lid on for 10 minutes.
5. Add soft vegetables and chives or spring onion and simmer for a further 5 to 10 minutes.
6. Enjoy! Be daring and change the vegetables or add shredded cooked chicken instead of the dim sims/dumplings.

Serves 1.

Peter's gold medal wins!

Suncare Care Coordinator, Peter Hansen, took home three gold medals – the 500m, the 100m and the one minute at the Queensland Indoor Rowing Championships on the Sunshine Coast earlier in the year.

Peter will be competing at the Australian Indoor Rowing Championships held in October and we wish him luck.



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