



Suncare
COMMUNITY SERVICES

The Suncare Times

JANUARY/FEBRUARY 2022

Building a friendship together

Volunteer John Ogino visits Suncare customer Ernest Tebby every fortnight and the pair work on building model boats together.

Ernest was a master builder before he retired, and he enjoys the diversity of challenges associated with building model boats, sharing his skills and the companionship that comes

with working alongside John. Ernest acts as a project manager, directing John as to what needs to be worked on each visit.

John appreciates the opportunity to work with Ernest and the chance to learn skills which will aid him in the future. Studying Veterinary Science at University, John says interacting with

people towards a common understanding is really important.

Volunteers are indispensable to Suncare, and if you or someone you know, is looking to do something meaningful and personally rewarding, please contact Debbie Orman, Suncare Volunteer Team Leader on 1800 786 227 to find out more.



Making a difference, every day

Our volunteers are an integral part of Suncare's community connections and play an important role in the wider community.

Suncare's volunteering roles are diverse and our volunteers are actively involved in empowering our customers through the following Suncare programs:

Community Transport: Helping customers to visit the shops and attend medical and personal appointments.

Community Visitor Scheme: Providing companionship and social connection.

Meals on Wheels: Assisting in our kitchen and/or delivering meals to customers.

Suncare Activity Centres: Assisting with social activities, outings and events at Suncare's Community Centres.

If you or someone you know has a few hours to dedicate to others in your community, please help us make a difference by calling Debbie Orman, Suncare Volunteer Team Leader on 1800 786 227.

Making people's lives better

Welcome

Welcome to The Suncare Times.

In our first edition for 2022 we are delighted to bring stories about our Suncare customers, Ernest Tebbi and Spyros Destounis, along with the wonderful support our volunteers provide.

We also celebrate a 100th birthday, learn about our Pet Therapy Teas and we introduce our very special sponsor dog, Biggie.

Here we also outline our collaborative approach to improving our customers health and wellbeing, reminisce about last year's Christmas fun as always, we share a delicious recipe.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Mark Twain

Meet Kim and Jura

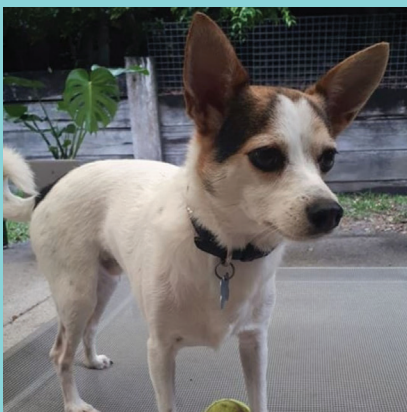
We are delighted to introduce you to volunteers Kim Murdoch and Jura from the Delta Society Australia Dog Therapy team.

Kim and Jura visit Suncare customers at the Buddina Community Centre every fortnight as part of our Pet Therapy Teas program. The program is an opportunity for dog lovers who may have lost a pet or can no longer have dogs in their home to tell pet

stories and share treats with Jura. The joy that animals bring is evident from the smiles when Jura does the rounds showering everyone with love.

Jura has many talents and regularly takes part in scent-detection competitions with Kim who is a certified Nosework instructor.

Please contact our Customer Service Team on 1800 786 227 if you would like to meet Kim and Jura.



Did you know: 4 Paws Sponsorship

Did you know Suncare sponsors Biggie as part of the 4 Paws Permanent Resident Program. Biggie, a Fox Terrier cross, may be small in size but he lives up to his name in personality.

He is not available for adoption, but will remain with his permanent carer, supported by Suncare, so that he has the security that he needs to live a happy and healthy life.

Health and Wellbeing

Stepping On Program

Suncare is collaborating with the University of the Sunshine Coast to help achieve improved health outcomes for our customers. We recently piloted an occupational therapy program delivered by third year Occupational Therapy Honours students from the University of the

Sunshine Coast - Shar Bond and Brianna Lowe assisted customers to stay safe living independently at home.

How does Occupational Therapy help?

An 'occupation' may be any task, including those relating to personal hygiene, social skills or housekeeping.

Occupational therapy helps customers to maintain their ability to manage these tasks and other everyday activities. A key element of our program is to implement strategies at home that aim to reduce the risk of falls. The program is part of Suncare's coordinated approach to meeting our customer's needs.

Celebrating Connection: Miles and Spyros

When Suncare volunteer Miles Tollan first started visiting Spyros Destounis at home, they discovered they have much in common.

Spyros is fluent in several languages including Romanian, Russian, Greek, German and French. Miles lived in Russia for a year, and Miles and Spyros regularly reminisce in Russian while listening to Greek musician Demis Roussos.

They are well-known at the local coffee shops and Spyros taught Miles everything there is to know about backgammon – except how to beat him!

Born in Romania in 1930, Spyros' rich life history includes fleeing from the German

invasion in a horse-drawn cart, working as Manager for New Zealand Fisheries and running a thriving Fish and Chips shop. Spyros has seven sons, five daughters, 31 grandchildren and 22 great grandchildren!



100 years of kindness

Congratulations to Suncare customer, Grace Alexander who celebrated her 100th birthday late last year with a lunch and tree planting ceremony in Maryborough.

A dressmaker by trade and still living independently,

Grace says she attributes her longevity to good genes and looking after herself.

Grace reminds us we should always look after each other and tell those close to us that we love them.



A Christmas celebration enjoyed by all

The sun was shining as Suncare customers enjoyed a delicious Christmas lunch at the Buddina Community Centre last December.

The festive fare was prepared by the Meals on Wheels team and guests enjoyed Christmas carols performed by the Ladies in Red. The Christmas spirit was in abundance and the event was enjoyed by all.



Baba Ganoush

Ingredients

- 1 large eggplant (600g)
- 1 medium garlic clove, minced
- 1 tbsp (20ml) juice from 1 lemon, plus extra for serving
- 1 heaped tbsp (30ml) tahini
- 1/3 cup (80ml) extra-virgin olive oil, plus extra for serving
- 1 tbsp chopped fresh parsley leaves
- Pinch of salt

Method

1. Use a sharp knife to remove stalk and make 5 or 6 slits lengthwise in the skin 1cm deep so it is "scored" on each side.
2. Grill under medium heat; turning every 10 – 15 minutes, until eggplant is tender and well charred on all sides, 40 - 60 minutes. Wrap with foil and rest 15 minutes.

3. Open foil and drain. Carefully separate soft flesh from skin and transfer to a strainer over a large bowl. Place flesh in medium bowl.
4. Add garlic and lemon juice and stir vigorously with a fork until the eggplant breaks down. (approx. 30 seconds).
5. Stir vigorously, adding tahini and olive oil in a thin, steady stream - until pale and creamy.

6. Stir in parsley and season with salt and lemon juice if desired.

7. Transfer to a serving bowl, drizzle with olive oil and serve with warm pita bread or fresh vegetables for dipping.

Baba ganoush can be stored in an airtight container in the refrigerator for 4 or 5 days. Bring to room temperature before serving.



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