



Suncare
COMMUNITY SERVICES

The Suncare Times

MARCH/APRIL 2022

John Hunter: "Still giving back"

For veteran John Hunter, the importance of ANZAC Day and remembering fallen mates and honouring the values of sacrifice and courage never diminishes.

Every year, John attends the Dawn Service and marches in the parade.

John was conscripted into the 6th Battalion, Royal Australian Regiment as a signaller from

1967 to 1969.

"ANZAC Day is about love, friendship and the attitude of getting the job done" says John. It also reminds him of his father's bravery when he served in New Guinea in WWII.

John is still giving back to his community as a volunteer at Maroochydore Meals on Wheels. He really enjoys his involvement.

"It feels good to be helping local elderly residents stay in their own homes by supplying them with wholesome and nutritious meals".

At Suncare we honour and thank all those past and present who serve(d) in the Australian Armed Forces, thus providing a better, safer future for generations to come.



Giving back to our communities

Making a positive difference and giving back to our communities is integral to Suncare's operations.

Our community connections include:

A purpose-built facility on Bribie Island enabling respite care, as well as other personalised respite options

including emergency respite and community based support.

Companionship for older Queenslanders through the **Community Visitors Scheme**.

A range of nutritious meals ready to heat and serve through our **Meals on Wheels** service.

Social connectivity through regular activities at our **Community Centres**.

Keeping seniors connected with iPads and digital skills through the **Suncare Digital Program**.

For more information please contact the Customer Service Team on **1800 786 227**.

Making people's lives better

Welcome

Welcome to The Suncare Times.

As we approach ANZAC Day we feature veteran and Suncare volunteer, John Hunter, and find out how he continues to give back to his community.

In this edition, we also pass on our congratulations to our customers who have joined Suncare's 100+ Club, meet Training Officer Deb Knight and learn some tips for getting in and out of a vehicle safely.

We also share some love stories from Valentine's Day, and highlight the great activities happening through our Community Centres. Finally, as always we feature a delicious recipe.

"You are never too old to set another goal or to dream a new dream."

C.S. Lewis

Suncare's 100+ Club

Congratulations to our customers who have joined Suncare's 100+ Club.

The 100+ Club celebrates the rich and full lives of our centenarian customers.

Here we recognise three Suncare customers who joined our 100+ Club in the first quarter of 2022.

Joyce

Joyce turned 102 on 20 January, celebrating with family and friends including her two daughters, granddaughter and great-granddaughter.

Joyce was one of the first graduates from the University of Queensland, graduating with a Bachelor of Pharmacy.

Joyce dedicates her longevity to moderation and faith.

Bernard

Suncare team members joined the celebrations at North Lakes for Bernard's 100th birthday on 30 January, as Bernard shared his special birthday with family and friends.

Mabel

Mabel's 100th birthday was celebrated on 6 February in her home in Bundaberg.

Mabel attributes her healthy age to being active, surrounded by special people and her happy Bundaberg lifestyle.

Mabel played golf until she was 95 and continues her active lifestyle enjoying water aerobics and Mahjong every week.



Mabel



Bernard



Joyce

Did you know: Teens Take Control

Suncare is helping support vulnerable young people in the community by donating decommissioned laptops to the Sunshine Coast Teens Take Control initiative.

Teens Take Control aims to improve the lives of teens

aged 15 to 19 by giving them control, motivation and skills to develop into positive and productive adults.

The program gives young people access to the resources and support they need to ensure they have every

opportunity for long-term employment, good physical and mental health and the confidence to succeed.

Teens and young adults are able to complete accredited programs and gain practical experience.

Celebrating our customers: Enduring love

We hope you enjoy these Valentine's Day love stories

Elsie and Neville's vows of 'together in sickness and in health' prove their true love. After a bad fall, Elsie was moved to a nursing home, where she and Neville lived for four years.

After extensive rehabilitation, great determination and a little help from Suncare, they

now live together in their own home.

Bob and Margaret have been married for 63 years. Their recipe for happiness includes being best friends, a strong faith and loyalty to each other. Their love story includes four children and eleven grandchildren.

Len and Phyllis have celebrated 70 years of wedded bliss and believe the foundations of a good marriage include strong principles and listening to each other.

They also enjoy the sprawling gardens of their Godwin Beach home.



Elsie and Neville



Len and Phyllis



Bob and Margaret

Meet Training Officer Deb Knight

Deb Knight is focused on maintaining the safety of Suncare staff and customers.

Joining Suncare from the Royal College of Healthcare in May 2021, Debbie trains staff to do their work without compromising themselves or the safety of customers.

Debbie is passionate about sharing her experience

and knowledge and her key message for all of us is to 'stop, think and assess' before doing any activity. She also reminds us to look after ourselves mentally and physically and to get enough sleep and eat well.



Health and Wellbeing

Accessing transport is an important aspect of staying mobile and independent, and here Deb Knight, shares her tips for getting in and out of vehicles safely.

1: Sit on the car seat with both legs on the pavement, then swivel both legs in together. This places less strain on your

body and allows even pressure if you use a mobility aid. When exiting the car, swing both legs out together and stand up, resting on the open window frame, your carer's hands or mobility aid, with your balance evenly spread.

2: Ask your driver to park on a flat area, half a metre out from

the kerb. This enables you to regain your balance or use your mobility aid before you step up on the kerb.

3: The front passenger seat should be as far back as possible. This enables you to straighten your legs when you swing them in and out.

A hive of activity



Suncare runs a number of activities through our Community Centres... from nature walks, belly dancing and morning swims to playing cards, sewing and creative art.

Community activities are a

great opportunity to meet and enjoy the company of others, improving both physical and mental wellbeing.

Contact our Customer Service Team on **1800 786 227** if you would like to know more.

Host with the most



Team Leader Norm, is the 'host with the most' when it comes to planning fun activities for our community centres.

Norm, married for 35 years, has two children, four

grandchildren and a dog called Spencer.

He loves surfing and playing golf and of course, welcoming customers to our community centres.

Yoghurt Cake



Ingredients

400g vanilla Greek style yoghurt
2 tsp honey
1 tsp vanilla
4 eggs
50g coconut flour

Method

1. Preheat oven to 180°C. Line a 21cm round cake pan with baking paper.
2. In a large bowl add yoghurt, honey and vanilla. Add eggs, one at a time, whisking after each addition until the egg is completely blended into the yoghurt.
3. Add coconut flour and whisk until no lumps remain.
4. Pour batter into prepared baking pan. Bake for about 60 mins or until cake is puffed up, no longer wet on top and the surface has a caramelised appearance. When the cake comes out of the oven it will begin to deflate and wrinkle. Let cake cool at room temperature for about 30 minutes and then place into fridge for at least 2 hours before serving. Refrigeration helps develop the flavours.
5. Remove cake from the fridge about 15 minutes before serving so that the cake can come back to room temperature, which will make it less firm and creamier.



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