



Suncare
COMMUNITY SERVICES

The Suncare Times

MAY/JUNE 2022

Nev's Story

Suncare customer Nev Paull is a keen artist and has regularly attended the weekly Suncare Art Group for more than three years.

When Nev was diagnosed with several chronic arthritic conditions, his occupational therapist recommended art therapy to help manage his pain. Since then, art has

become an important part of Nev's life as he doesn't experience any pain while he is painting.

Nev is also quick to point out, Suncare's Art Group is about so much more than pain management. He enjoys getting out of the house and socialising with the other members of the group.

"Being here to paint and being here for other people is great for de-stressing... it's better than any medication," he says.

Nev enjoys the process of choosing what to paint by using his iPad, provided through Suncare's Digital Program. He also makes beautiful wooden frames for his artwork.



Suncare's Art Group

Suncare's Art Group meet every Wednesday 10.00am until noon at the Buddina Community Centre.

The Art Group is free of charge for Suncare customers, with tea and coffee provided.

Tables, chairs and a small variety of paints are supplied so just bring along your

canvas (and any specialised paints you may prefer).

There are spaces available. You don't have to be Picasso! Come and see for yourself how therapeutic and fun art can be.

To find out more about Suncare's Art Group, contact our Customer Service Team on 1800 786 227.



Making people's lives better

Welcome

Welcome to the May/June edition of The Suncare Times.

In this edition we meet Suncare customer and talented artist Nev Paull and find out why Suncare's Art Group is so important to him.

We celebrate 30 years of the Community Visitors Scheme and introduce you to some of our dedicated volunteers to find out about the wonderful work they do every day.

We also reflect on the rich history of the Maroochydore Day Respite Centre, meet Suncare customer Bob and learn about Suncare's 'Stepping On' Program. Finally, we showcase the fun from Suncare's Garden Party. As always, we also share a delicious recipe.

"We don't stop playing because we grow old. We grow old because we stop playing."

George Bernard Shaw

Recognition for our Volunteers

Four Suncare volunteers have been nominated for both the 2022 Queensland Volunteering Awards and the Sunshine Coast Volunteer of the Year Award in recognition of their dedication and commitment.

Congratulations to our 2022 nominees:

Jan Potter

Jan looks after her elderly mother and visits many other older people in the community offering a cuppa, chat, help in the garden or working on a hobby.

Stu and Di Wools-Cobb

Husband and wife, Stu and Di have volunteered with Suncare Meals on Wheels for over 5 years serving their community and generously giving back to others.

Peter Zwoerner

Peter, a retired General Practitioner, supports the Suncare Meals on Wheels chef with preparing desserts.

Peter is known for his workmanship and for being professional, positive and precise.

Thank you to Suncare's more than 150 volunteers who accompany customers on social outings, provide community transport services, assist the Meals on Wheels team and visit customers in their homes.



Did you know?

For 30 years the Community Visitors Scheme has helped improve the quality of life for older Australians.

The scheme is free to eligible recipients who are receiving government-subsidised residential aged care or Home

Care Packages.

Suncare's volunteers are integral to the program's success. They are matched to customers with similar interests making shared time enjoyable and interesting. Popular pastimes include going for

a drive or a walk, reminiscing over photos or simply having a coffee catch up.

If you would like to know more about the Community Visitors Scheme, please contact our Customer Service Team on **1800 786 227**.

Health and Wellbeing

Reducing your risk of falls is important for living independently and safely at home.

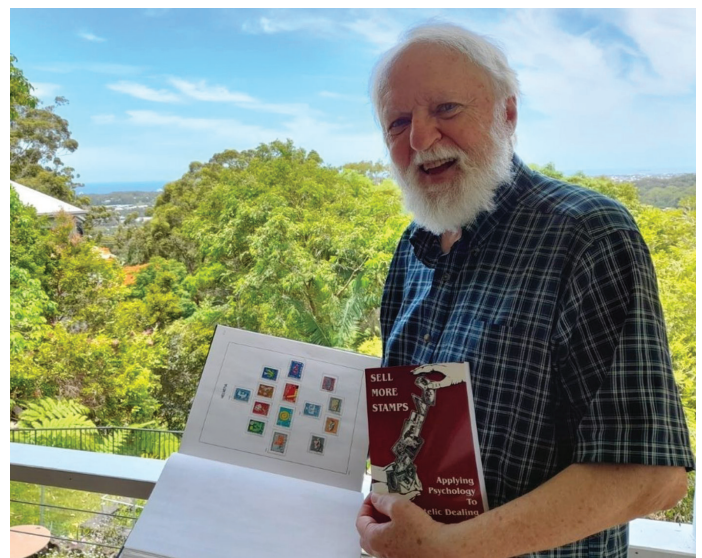
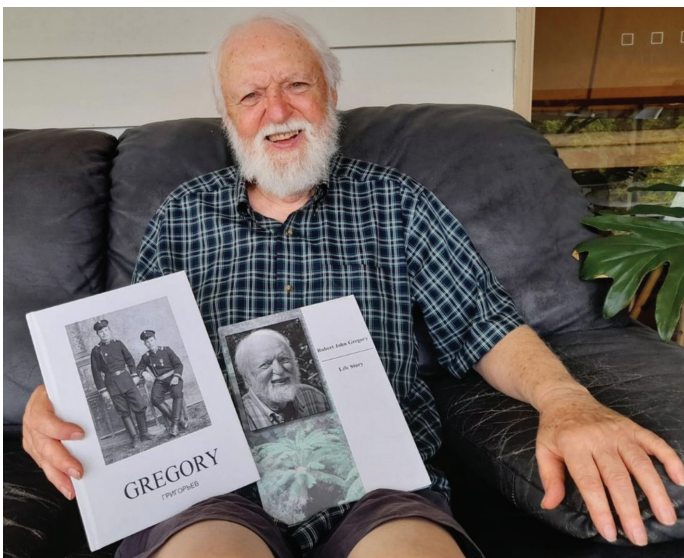
To help, Suncare offers the **'Stepping On'** program which provides participants with proactive skills and knowledge for preventing falls and promoting active ageing.

The program offers safety tips for at home and when out in the community, introduces strength and balance exercises, provides information about safe footwear and assistance with other health and wellbeing matters.

Suncare's **'Stepping On'** health and wellbeing program

is delivered in collaboration with Occupational Therapy students from the University of the Sunshine Coast, and it has proven effective in reducing the risk of falls.

To learn more about this program, please contact our Customer Service Team on **1800 786 227**.



Celebrating our Customers: Bob Gregory

Robert 'Bob' Gregory is an avid stamp collector who has enjoyed this pastime since he was seven years old.

With the help of Suncare's transport services, Bob stays involved and engaged by regularly attending his stamp collecting group in Caloundra.

Born in the USA, he lived in New Zealand for 28 years before moving to the Sunshine Coast to be closer to his daughter.

Living independently and safely at home is important to Bob and learning skills as one of Suncare's inaugural

'Stepping On' Program attendees has helped him to achieve that goal.

For Bob, who has a Ph. D in vocational rehabilitation, the **'Stepping On'** Program is a great success, providing valuable skills and information for reducing the risk of falls.

We can drive you

If you are no longer driving, we can arrange transport so you can get out and about for appointments, to go shopping or attend social events and

outings. We have dedicated drivers and importantly, our service is door-to-door. That is, we'll greet you at your front door, help you in and out of

the vehicle, then on returning, safely settle you back into your home. Contact our Customer Service Team on 1800 786 227 for bookings.

Suncare History: A family affair

Did you know establishing the Maroochydore Day Respite Centre 35 years ago was a family affair? And, that very special family connection continues today.

Since the beginning, the Stinton Family has played an important role in Suncare's history and worked diligently to create strong connections with our wider community. Bill and Gwen Stinton were members of the Maroochydore Rotary Club and integral to establishing Meals on Wheels in 1970.

As President of the Ladies Auxiliary, Gwen focused on raising much needed funds for construction of what is now known as the Maroochydore Day Respite

Centre, while Bill an architect, volunteered his services as Director of Works.

When we changed our name to Suncare, their son Rick, led our original branding and our first website. In 2010, Rick was invited to become a Life Member in recognition of his outstanding service, dedication and tireless commitment to Suncare Community Services.



Rick Stinton



Fresh Basil Pesto

Ingredients

2 cups fresh basil leaves, packed (Sweet or Sacred Basil)
1/2 cup grated Parmesan cheese
1/2 cup extra virgin olive oil
1/3 cup (75g) pine nuts
3 garlic cloves, minced
1/4 tsp salt
1/8 tsp freshly ground black pepper

Method

1. Place basil leaves and pine nuts into food processor and pulse several times.
2. Add garlic and Parmesan cheese and pulse several times more. Scrape down sides of food processor with spatula.
3. While food processor is running, add olive oil slowly to prevent separating and scrape down sides of food processor.
4. Stir in salt and pepper.

Notes

Toss with pasta for a quick sauce, dollop over baked potatoes or spread onto crackers or toasted slices of bread. This recipe makes approximately 1 cup of pesto. Basil pesto darkens when exposed to air, so to store, cover tightly with plastic wrap but avoid plastic touching top of pesto.

Tip

If you plan to freeze your pesto, omit the cheese as it doesn't freeze well. To use, defrost and add grated Parmesan cheese.

Suncare's Garden Party



From a rainy start, even the sun came out to play when Suncare recently hosted a Garden Party at the Buddina Activity Centre.

Laughter, lawn games, delicious tea-treats supplied by Suncare's Meals on Wheels Maroochydore, good companionship and just a little bit of competitiveness made for a great day.

The Garden Party is one of many events organised by Suncare's Activities Coordinators to support social interaction and fun for all ages and abilities.

For more information on how you can join future planned activities and events, please contact our Customer Service Team on 1800 786 227.



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