

Celebrating our Seniors

October 2022 is Queensland Seniors Month, and we are celebrating our seniors in true Suncare style!

This year, our Seniors Month celebrations tie in with the official opening of our recently renovated Suncare Community Centre at Maroochydore.

Suncare Activities Coordinators have provided a full program of events and activities designed to encourage our customers to get involved and give new experiences a go.

Celebrating social connections continues across all our Suncare locations throughout Central and South east Queensland, well beyond Seniors Month.

Our community centres and program of events and activities are an important aspect of our legacy of building community connections since 1970.

On behalf of Suncare, we thank you for your contributions to the Queensland community, and for being part of our Suncare community.



Suncare Home Care

Suncare's Home Care services help you to live life your way.

They are flexible and can be adapted as your needs or circumstances change.

While you may currently receive regular services

such as housekeeping or assistance in the garden, you can add other options as well for making life at home easier. They may include daily personal care services, respite care, assistance with meals or a meal service or health care

services such as physiotherapy, podiatry and nursing support.

We can help connect you with activities and events at our community centres too. For more information contact us today on 1800 786 227.

Welcome

Welcome to our latest edition of **The Suncare Times**.

In this edition we celebrate Queensland Seniors Month and learn about the health and wellbeing benefits of creative hobbies.

We introduce you to our Suncare NDIS team and how their approach to delivering NDIS services is making life easier for those living with a disability.

You'll also read about Suncare customer Michael, and his adventurous life that so often supported others, and we provide an update on Biggie, our little sponsor dog with a personality that lives up to his name. As always, we share a delicious recipe.

"I don't believe in ageing. I believe in forever altering one's aspect to the sun."

Virginia Woolf

Suncare's NDIS Care

Suncare Support Coordinator and NDIS Team Leader, Lani and our entire NDIS team are committed to helping their NDIS customers live a life of choice.

Lani knows that life is messy, and the NDIS team's job is to find solutions that overcome the hurdles people face.

"It is our privilege to assist each individual to find the

support that is right for them," she says.

"Our team is dedicated to helping people navigate and understand the NDIS, so they can achieve the best possible outcomes."

Suncare helps make life better for those living with a disability by providing choice and control.



Together we can: Suncare NDIS Services

Did you know Suncare has a qualified NDIS team, and we provide NDIS services including Support Coordination and Psychosocial Recovery Coaching for NDIS participants?

Our NDIS team makes life easier... We help our NDIS customers take control of their plan, make the most of funding, connect customers with available NDIS services and providers, and build skills

for independent living.

If you know someone who may benefit from Suncare's NDIS care, please refer them to our Customer Service Team on 1800 786 227 or via email ndis@suncare.org.au

Health and Wellbeing

Creative activities and hobbies can contribute to improved problem-solving skills and can reduce stress and anxiety.

At Suncare, we're committed to *making people's lives better* by providing plenty of opportunity for trying new things and learning new

skills through our growing community activities.

Our community activity programs include luncheons and outings, art and craft workshops, exercise and dance groups and plenty of opportunity for socialising.

Let us help you to meet new people and build new friendships and interests in your community.

Contact our Customer Service Team on 1800 786 227 to find out more about activities and events in your area.

Celebrating our Customers: Michael



"When we have a concern, Suncare comes up with a solution," says Michael, a loyal Suncare customer, who enjoys Suncare's domestic assistance and gardening support so he can spend more time at his potter's wheel.

Michael knows all about solutions as his adventurous life has always focused on finding ways to support others.

His early career pioneered educational change through creation of the Skulanka program in Papua New Guinea, which empowered secondary students to stay in their communities and benefit from learned skills such as budgeting, costing crop sales and other practical competencies.

Returning to Australia when PNG gained independence,



Michael worked for the Kelvin Grove Teachers College, leading the way for teaching in remote areas by using satellite television. He has also served in the SES, Queensland Ambulance Service and worked as a mediator. He still serves as a Justice of the Peace.

Michael says his achievements and good life are all due to the love and care of Jude, his partner of more than 35 years.

Creating Exciting Events

Activities Coordinators

Michaela and Nikki are known for creating some of Suncare's most enjoyable events and activities.

Michaela coordinates events at the Suncare Buddina Activities Centre and the Suncare Community Centre in Maroochydore.

Nikki is responsible for the activities that make Suncare's Boronia Cottage on Bribie Island a true home away from home.

Contact our Customer Service Team on 1800 786 227 if you would like to know more about upcoming events and activities in your area.

SAVE THE DATE:
Rotary Christmas Lunch

Kawana State School
Tuesday 22 November 2022

Bookings from
mid-October

Suncaring in Action



Our Suncarers continue to make a difference every day.

We celebrated National Meals on Wheels Day with a morning tea to thank our dedicated Meals on Wheels staff and volunteers, and our chefs provided tasty treats and fun for customers with a cook-off.



The importance of making a difference every day and looking out for our customers, work colleagues, friends and families was highlighted on R U OK Day? on 8 September.

Our collective wellbeing is paramount for the delivery of outstanding services for our customers.



Quinoa Tabouli (Vegan & Gluten-free)

Ingredients

½ cup (100g) tricolour quinoa (then cook as per instructions on pack)

1 small red onion, finely chopped

1 small Lebanese cucumber, finely chopped or grated

200g punnet cherry tomatoes, quartered

½ bunch parsley leaves (discard stalks), finely chopped

2 tbs extra virgin olive

1 lemon, zested and then juiced.

Method

Combine all the ingredients in a large bowl. Season with pepper. Serve on a sorrel, spinach or lettuce leaf, as a meal in itself or as a side salad.

What is Quinoa?

Quinoa is a nutritious gluten-free health food with a nutty flavour. Pronounced "keen-wah", it is a seed from the Chenopodium quinoa plant and it originated in the Andes in South America.

Suncare Community Sponsorship



A little update on Biggie

Here we find out about our beloved sponsor dog, Biggie in his latest 'Tail'.

As part of our community involvement, we sponsor Biggie, a 4 Paws Animal Rescue dog. In a recent update from 4 Paws, eight year old Biggie is doing well.

Sadly, his carer passed away after a long illness but Biggie is settling in well with his temporary carer and loves his walks and going for car trips.

Suncare is proud to support this loyal little dog. Find out more about 4 Paws by visiting 4pawsanimalrescue.org.au



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COMMUNITY SERVICES

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