



Suncare
COMMUNITY SERVICES

The Suncare Times

NOVEMBER/DECEMBER 2022

Suncare Community Centre Officially Open

After 18 months of being closed due to COVID restrictions and then renovations, the need for our Suncare Community Centre is greater than ever.

Officially re-opened by Premier Anastacia Palaszczuk MP, along with the Minister for Aged Care and Sport Hon Anika Wells MP and local Federal Member of Parliament, Fiona Simpson MP in attendance to show their support.

Our Board Chair, Mario Pennisi with CEO, Melanie Wilson and Suncare's Patron, June Conolly with Members, Customers, Gubbi Gubbi dancers, a local chorus and school orchestra all contributed to making it a



great success and memorable occasion.

Indeed, the Suncare Community Centre holds a special place in the hearts of many locals as it has been the home of Meals on Wheels since 1970. With continued support from volunteers,

it has grown into a trusted community services hub.

We are extremely excited to re-open the centre for the enjoyment of the whole community and the Suncare program of activities planned for this year means there is something for everyone.

New Stepping On Programs Starting Soon

Our 8-week Stepping On program is designed to improve overall health, wellbeing and physical strength whilst creating new social connections.

Our first Stepping On programs for 2023 are starting soon.

Our Stepping On program covers exercise for strength and balance, safe mobility at home and in the community, home hazard reduction, vision, footwear, nutrition and medication.

Book now by calling Suncare on 1800 786 227.

25 January - 8 March 2023

Palmwoods Memorial Hall

2 Feb – 16 March 2023

Suncare Community Centre,
Maroochydore

Making people's lives better

Welcome

Merry Christmas everyone!

In just a few short weeks we'll all enjoy some Christmas fare and before we know it, we'll be ringing in the new year.

In this edition we bring news of our beloved Suncare Community Centre re-opening in Maroochydore and locations for new Stepping On programs.

We also share customer stories which include milestone birthdays, precious pets and Barry's determination to 'push the envelope' and enjoy life despite his recent ill health.

As the end of the year approaches, please be aware that non-essential Suncare services that fall on public holidays will be re-scheduled, and we'll be in contact with you soon to provide more details.

"Wrinkles will only go where the smiles have been."

Jimmy Buffett

A Treasured Gift for June



Suncare's Leanne Cook provides more than amazing

support for her customers, she's a talented artist who draws lifelike images of their pets.

Customer June enjoys this treasured gift of her cat Sassy.



100+ Club

It was a day of celebration for Yvette Hervo who recently joined the 100+ Club.

Yvette celebrated 100 years-young at her local Tavern among friends and enjoyed a constant flow of well-wishers.



Suncare customer, Mary Haddon also celebrated a birthday. Now 102, Mary enjoyed her birthday festivities before, on and after her birthday with her family and many friends.



Christmas Care Services

We will continue to provide in-home services over Christmas and the New Year.

However, non-essential services including domestic and support services may be cancelled or rescheduled, based on need if they fall on a public holiday.

Transport Services and our Community Centres will close for all public holidays.

Boronia Cottage will be closed for Christmas public holidays only.



Celebrating Our Customers

Barry Pittard - Pushing the envelope



Customer Barry Pittard with Suncare's Support Worker, Amber.

According to the Cambridge English Dictionary, by definition the phrase 'pushing the envelope' is to behave in a more extreme way or to try new things that have not been acceptable or tried before.

These words regularly sum up the actions of Suncare's customer, Barry Pittard.

The retired schoolteacher decided to take matters into his own hands after falling ill and receiving a not-so-good future health prognosis.

As Barry says, "many times, little equals big. You need to take small steps, but regularly in order to achieve results. Like starting with one word, adding more words and making a song. And it always needs to be fun."

As you may have guessed, Barry has recently rediscovered his singing voice and hopes to share his love of music and his poetry

at Retirement facilities in Mapleton and surrounds.

Barry loves writing poetry, and with some success as his poem, "Ukraine 2022" was recently published.

When it comes to exercise, Barry suggests you need to be gentle on yourself.

"Start with moving a finger. Run like a snail, but run. And use your common sense – your body will tell you what you can do next. The secret is in doing it, not overdoing it."

Barry now attends the local gym four times a week and his health has improved substantially.

He loves being independent, and while he likes to walk or catch the bus, he also enjoys the social support and taxi vouchers as part of his Suncare Home Care Package. Thank you Barry for encouraging us all to keep pushing the envelope!

Suncare Remembers



At 11am on November 11, 1918 the guns fell silent on the Western Front following four years of war.

Suncare remembers and honours the fallen and their families.

Scam Alert



Data breaches and scams are becoming a common occurrence. Unfortunately, they often affect older and vulnerable people.

Scammers can be very convincing as they are skilled at impersonating representatives from organisations including the Tax office, Centrelink and your bank. If you receive a telephone call of this nature, hang up immediately. Never click on an unfamiliar link in an email and if you feel unsure about your telephone or email safety, always ask someone you trust to help you.

Rotary Christmas Party

Once again our end of year Rotary Christmas Party held at Kawana State School was a wonderful success.

Christmas lunch was prepared by Kawana Waters State College

senior hospitality students while the entertainment was provided by primary and secondary students.

As you can see by these photographs, everyone enjoyed a wonderfully festive time!



Meals on Wheels Summer Menu

With each new season comes a new menu from our Meals on Wheels Maroochydore team.

Commencing December, we invite you to enjoy the Summer Menu.

As always, there are three courses including choices of hearty soups, a delicious selection of main courses,

and something for those with a sweet tooth. Gluten and dairy-free meal options are available upon request.

Don't forget we have added breakfast packs to our menu and they are available in 3, 5 or 7 day packs.

For more information, please contact 1800 786 227



Fruity Chocolate Slice (No bake)

Ingredients

250g pkt Arnott's milk arrowroot biscuits
200g dried apricots
170g pkt Ocean Spray raisins (dried cranberries)
85g pitted prunes (optional)
400g dark chocolate, broken up
½ cup (125ml) thickened cream

Method

1. Line a 20cm x 30cm slice pan with baking paper.
2. Place biscuits into a large sealable plastic bag and close. Wrap in a tea towel and use a rolling pin to roughly crush biscuits.
3. Using scissors, cut up apricots into small pieces.
4. Melt chocolate and cream in a heatproof bowl in the microwave on medium or 50% power, stirring every 30 seconds
5. Add the crushed biscuits, apricots, and raisins to the melted chocolate mixture and stir until well combined.
6. Spoon into the pan and use the back of the spoon to press the mix and smooth the surface.
7. Place in the fridge for 3-4 hours or until set.
Cut into squares to serve.



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