



Suncare
COMMUNITY SERVICES

The Suncare Times

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Peter and his Life of Bees

At the age of 92, Peter Nowland still lives happily in his home of 31 years, where he builds bee-hives and encourages the healthy continuation of these busy insects.

A builder by trade, he certainly has the knowledge and equipment to create the boxes needed by the bees, while his enthusiasm for his hobby has taught him all there is to know about these amazing little creatures.

Peter opened one of his hives to proudly show over 40,000 bees hard at work raising the young and making delicious honey.

"Every hive has one queen bee, a number of drones for procreation and thousands of female worker bees who spend their lives gathering pollen to feed the young and make honey," he said.

"The breeding cells for the queen bees are larger than the normal cells and dome-shaped as the queen is twice the size of worker bees. The queen bee eggs are fed royal jelly which ensures quicker development of the egg and produces a larger-size bee."

A queen bee emerges after 17 days and proceeds to destroy all the other queen bee eggs to ensure she has no competition in the hive.

Peter spends much of his time in his workshop making hives.

"I use wood to make a new hive body, which makes up the "living quarters" of the hive, and I make frames for the racks. I have about 60 frames ready for future use as my bee population grows. When the



bees start sitting outside the box, I know I need to put out a new box for a new hive or else swarms will leave my hive to find other premises."

Peter says being able to stay in his own home has allowed for him to continue his hobby. With a little help from the Suncare team who assist with services that includes domestic assistance, Peter manages well. "I wouldn't be without Suncare. I cannot speak of them highly enough."

Because staying at home is important

If staying at home is important to you, we can tailor your Home Care Package which may include:

Personal Care; Housekeeping & Domestic Assistance;

Transport, Home & Garden Maintenance; Meal Service & Preparation; Social Support & Respite as well as Allied Health & Clinical Services.

We are also able to provide NDIS Support Coordination and Psychosocial recovery Coach Services. Call **1800 786 227** to learn more.

Making people's lives better

Welcome to the first edition of The Suncare News for 2023.

In our cover story we introduce Peter Nowland who provides some interesting facts about bees and how they live, and two very special gentlemen who recently turned 100 years.

We also share news about activities in Kawana, Bribie Island and Caboolture, and for those of you in the Wide Bay region we're letting you know there are now more Suncare services available to help you remain living happily in your home.

As always, we provide a tasty recipe, and because its Summer and the temperature is rising we remind you to drink plenty of water to stay healthy and hydrated.

"It matters not how long we live, but how."

Philip James Bailey

Busy Fingers help Boronia Cottage



Pauline Hindle, Busy Fingers President.

Bribie Island charity shop, Busy Fingers Fundraising Inc. recently approved another grant that has provided new furniture for Boronia Cottage further enhancing it's 'home away from home' reputation.

The charity began over 30 years ago as a knitting and crochet stall outside the local Bribie Island IGA. Today it has grown into a bustling shed in Folley Street.

Busy Fingers President, Pauline Hindle says "we have become so much more than an Op Shop. We know our regulars by name and we share their family news.

Nikki, Activities Co-ordinator at Boronia Cottage, says "While we always appreciate the grant approvals, we also love taking our customers to the Op Shop for an outing.

The friendly, welcoming feeling is just so special," she said.

Wide Bay Home Care Services

If you are living in the Wide Bay area, there may be new or other services that will allow you to continue living independently in your own home.

At Suncare, we always welcome the opportunity to discuss your complete package of home care services and any adjustments you may need as your circumstances change. Please contact us on 1800 786 27 for more information.



New Activities



Suncare now offers additional Social Support groups in Caboolture, Bribie Island and Meridan Plains.

Join us for a variety of outings in Bribie Island including a visit to the Seaside Museum and enjoy a waterfront lunch at Scoopys Café or a shopping trip to Busy Fingers, Bribie's iconic

Second Hand Store.

At the Suncare Kawana Forest Activity Centre in Meridan Plains, you'll enjoy Ageless Grace which is a gentle, seated exercise program set to music. We also have an Art & Craft group where you can try your hand at being creative while making new friends over a cup of tea.

Happy 100 Years!

Two Suncare customers recently celebrated a milestone birthday.

Geoff Garratt and Ray Fuller



Geoff Garratt

recently enjoyed their 100th birthdays with balloons, cake and great company. Congratulations!



Ray Fuller

Volunteering to help others



Peter left and Rosanna right (new Suncare recruit Natalie, centre)

Peter is a Meals on Wheels volunteer driver and he's done it since 2020. His lovely wife Rosanna, decided to get in on the action (and fun) around a year ago and began volunteering in the Meals on Wheels kitchen.

We asked them why they love volunteering and this is what they said.

"I love helping others and really enjoy what I do," Peter said and Rosanna says her Meals on Wheels co-volunteers are "such a good team and we are all committed to giving back to the community."

If you know someone who would like to become a Suncare volunteer, please contact us on 1800 786 227.

Puppy Love

A visit to Suncare's Boronia Cottage on Bribie Island always delivers a 'home away from home' feeling and what better way to enjoy an afternoon than with some puppy love.

Customers recently enjoyed plenty of licks and cuddles from some furry friends who came to visit.

For more information on the purpose-built respite facility, enabling professional care options for carers or family

members requiring extra support, please contact Suncare on 1800 786 227.



Beware Dehydration

It's important to be aware of dehydration symptoms. And not just in Summer!

Symptoms can range from having a dry mouth, feeling thirsty and lethargic, having cracked lips, a headache and dark colour urine to creating

very serious health conditions including confusion, hallucination, a racing heart and even kidney failure.

The key is to drink plain water regularly even in Winter, but especially when it's hot and when you exercise.



Carry water with you when you leave the house and keep your home a comfortable temperature by opening the windows and turning on the fan or air conditioner on hot days.

Source:
health.qld.gov.au



Mango, avocado and lettuce salad

Ingredients

- 1 lettuce, torn into small pieces
- 1 large avocado, diced
- 1 large mango, diced
- 2 tbsp slivered almonds, toasted
- 2 tbsp dried cranberries (optional)
- 1 tbsp olive oil
- 1 tbsp white wine vinegar

Method

Combine lettuce, avocado, mango, almonds and cranberries in a bowl.

Whisk oil and vinegar together in a jug.

Season with salt and pepper and pour over lettuce mixture

Toss to combine.

Serves 4

Source: Taste.com.au



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