

## Welcome

How time flies – we hope your year is travelling well.

We would like to acknowledge all our amazing Suncare ladies as we celebrated International Women's Day on 8 March.

This is a global day celebrated annually as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

We share the gift of giving as dedicated sewists help make lives in remote communities easier and introduce the new Suncare Nursing Clinic in Maroochydore.



## A Stitch in Time

From drawstring bags for patients to take home their medical supplies from rural clinics to Christmas t-shirts for an urban school concert, the list of assistance the Sunshine Coast Charity Sewing Group has provided is endless.

Group President, Jean Kozak explains, "Through sales at our street stalls and stands at local shopping centres, we raise money to help where we can."

"A regular recipient is Purple House in Alice Springs. Purple House provides dialysis in the most remote parts of Australia, running 19 remote clinics and two mobile dialysis units called the Purple Trucks.

We knit socks and blankets as patients get cold undergoing treatment." says Lis Sawyer, group Secretary.

The group operates from the Suncare Community Centre in Buddina and, for the sewists, the group also has its benefits. They love to sew and the social interaction within the team is a bonus.

If you love a chat and are an experienced sewist, the group is always looking for extra hands to help make a difference.

To join the Sunshine Charity Sewing Group or donate materials, contact Lis on 0419 346 201 or Jean on 0418 506 546.



# Saint Patricks Day

A jig, delicious Irish Stew and a pint of Guinness - St Patrick's Day was celebrated in style at Suncare. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish.



## Marie Celebrates in Style

It was a family gathering filled with love and laughter when Suncare Customer, Marie Tabulo recently celebrated her 100th birthday.

The birthday lunch saw her four children, six grandchildren and five great-grandchildren as well as extended family and friends share in this joyful milestone.



Marie is surrounded by beautiful flowers and Suncare Support Worker Madi

## Have your needs changed?

At Suncare, we offer everyday services that may include personal care and nursing services or occasional help such as cleaning and home and garden maintenance.

And whether it is a trip to the doctor or taking you to do your weekly groceries, we have services that can assist you.

If staying in your home is important to you, we can help. Contact us on 1800 786 227 to find out whether there are any additional services available to you and how we can tailor your service package to best meet your needs



## Just Keep Tapping

What started out as a dance group, led to a performing cast and eventually to costumes that were spoken about well after the curtain came down.

The aim of the Tap Katz is to bring enjoyment, colour and music to their audiences and the dancers certainly do a tapping good job of bringing down the house.

For Suncare customer Aileen, who has been a member of the group for 15 years, the benefits of Tap Katz are endless. "Movement, bone strength, making others happy, being happy in myself, socialisation."

The Tap Katz are a tight-knit group and always there for one another. Most of the dancers are in their 70's and 80's, with the eldest of the group a sprightly 87 years old!

Many of the beautifully sequined costumes are designed and created by a couple of members of the team.

If you can tap dance and would like to join the Tap Katz or would like to book the Tap Katz performance, please contact Aileen on 0410 405 334.



## Anzac Day: 25 April

At Suncare we remember the Anzac spirit and the service men and women who have served our country in all conflicts, wars and peacekeeping operations.

We remember all who paid the ultimate price for our freedom and 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.



# Suncare Nursing Clinic in Maroochydore

The Suncare Nursing Clinic in George Street, Maroochydore is now open! A safe and professional environment where the team of qualified nurses are committed to helping those over 65 create a model of health care that fosters independence, safety, health and wellbeing.

The Clinic can assist with Navigation of Care, Chronic Disease and Continence Management and Wound

Care amongst other services and will work closely with your GP and Home Care Provider to ensure you get the best possible care.

Operating hours are Tuesdays 9am-1pm and Fridays 9am-4.30pm. Bookings are essential.

Contact 1800 786 227 for bookings or further information.

## Don't turn a deaf ear to early signs of hearing loss

Some early warning signs of hearing loss in adults may include having a ringing sensation in your ears (tinnitus), finding it hard to hear conversations, needing to turn the television volume up louder than other people or having trouble hearing the phone ring.

There are 3 types of hearing loss:

- Conductive hearing loss—caused by a blockage in, or damage to, the outer or middle ear.
- Sensorineural hearing loss—caused by damage to the hair cells or structural problems in the inner ear.
- Mixed hearing loss—a problem in both the outer/middle ear and the inner ear.

Ensure you visit your doctor if you have any concerns about your hearing or read more about hearing loss at <https://www.health.gov.au/topics/ear-health>



## Cream of Zucchini Soup

### Ingredients

1kg zucchini, roughly chopped  
1 large potato, peeled & chopped  
1 leek or a large onion  
3 cups of good chicken stock  
1 tbs butter or margarine  
¼ tsp nutmeg  
Salt & pepper to taste  
1 cup of thickened cream (or long-life cream, or milk if weight-watching), grated or shaved parmesan cheese, chopped parsley to garnish.

### Method

Put vegetables in a pot with stock, nutmeg, salt, pepper and butter.

Bring to boil and simmer for 20 minutes or until the potato is tender.

Whizz in pot with a stick mixer. Adjust seasoning and consistency. A little water can be added, then chill for several hours or overnight.

To serve hot, gently reheat then add the cream.

Serve with grated or shaved parmesan and/or chopped parsley

Source: Taste.com.au