

The Suncare Times

JANUARY | FEBRUARY 2024

Welcome

Happy New Year and welcome to 2024! We are in for a very exciting year and cannot wait to share more with you.

In this edition of the Suncare Times, we share some of our favourite highlights from the start of the new year.

We will introduce two extraordinarily talented women who would like to share their passions with Suncare and inspire others to do the same.

We explore the Suncare Stepping on Program, a historical love story for Valentine's Day and the importance of bringing awareness to Ovarian Cancer.

We would also like to acknowledge the dedication and compassion shown by our Suncare Support Workers through a heartwarming and joyous story of a father getting to walk his daughter down the aisle with the help of his Support Worker.

And as always, we share a tasty summer recipe.

A life worth celebrating

For an outstanding 77 years, Lynette demonstrated her musical prowess by playing both the regal pipe organ and the modern piano. Now 92 years old, Lynette began her musical journey at the age of 16, initially gaining her skills through classical piano lessons.

For 5 decades, Lyn served as the pianist at her local Lutheran Church, contributing to not only regular services but also providing a musical touch to significant events such as weddings and funerals.

Recently her church underwent some renovations, including the removal of

the pipe organ, leaving Lynette with nowhere to play. With the help of Suncare, Lynette has now joined the Anglican church, which thankfully, has a pipe organ that they have welcomed her to play during services.

Lyn loves to talk about her passion and her love of the organ because she doesn't get to talk about it much to new people. She is hoping that by sharing her story and success with the rest of Suncare, she can encourage and inspire others to follow their passion and their dreams.

It's never too late!



Brush Strokes

Meet Barbara, an exceptional artist here at Suncare. Barbara began her painting journey at 28, inheriting the creative mantle from her great-grandfather. In 2022, Barbara achieved acclaim by winning the Judge's Choice Award for a painting of fishing boats moored to a jetty in a regional competition. This highly regarded painting has been published in an artistry book and also a calendar. Although Barbara did not grow up in the outback, her preferred painting subjects include horses, western

farmhouses, and the expansive outback landscape. Now enjoying retirement in a village, Barbara dedicates most days to practising her art in a studio within her home.

Tuesdays find her at the local hall, engaged in painting classes with fellow enthusiasts. She actively participates in a monthly art gallery hosted by the hall, providing a platform for artists to showcase and sell their works, creating a vibrant community for art lovers.



A Father's Joy

Late last year, Edward (Ted) was given the opportunity to attend his daughter's wedding thanks to our very own Support Worker, Daniel. Ted, who was navigating hospital and respite care, faced the challenge of making it to the Sunshine Coast for the joyous occasion.

As luck would have it, one of Suncare's dedicated Support Workers, Daniel, a well-known carer in Ted's life, had just moved to the Sunshine Coast and offered to help out! Daniel's commitment to our customers is nothing short of extraordinary, dedicating hours to ensure that not only could Ted make it to his daughter's wedding but enjoy his time without any worries.

On the wedding day, Daniel ensured Ted was showered, shaved and impeccably dressed. He integrated himself

into the different dynamics, becoming more than just a support worker but a cherished companion throughout the whole celebration.

'It was important to me because I had promised Ted and Paula I would do it and I wanted to help out. I wanted to make the family's day more enjoyable by getting Ted ready and helping him walk his daughter down the aisle. The day was fantastic. It was very relaxing, and everyone had a great time. Ted has really bad dementia, but I could tell in his eyes that he knew everything that was going on around him. The best part of the day was when Ted walked his daughter down the aisle. Everyone cried. It was amazing,' says Daniel.



Celebrating 70 years

70 years of marriage is an extraordinary milestone and deserves to be celebrated!

We would like to celebrate Jan and Rita, a beautiful couple who have shared life experiences and loved one another deeply for over 70 years. Jan and Rita first met when Jan was 19 and Rita was 16 in their home country of Holland. They instantly hit it off and married one another 6 years later.

In 1957, Rita and Jan packed their bags and purchased a one-way ticket to Brisbane, Australia.

A few weeks after arriving in the land down under, Jan was offered a government job in Sydney where he would be working in area mapping. Together they moved further down south and after 11 years of marriage, they welcomed their first son.

Now living in Dicky Beach, Jan and Rita are extremely grateful for their life together and wouldn't change a thing.



Ovarian Cancer Awareness

February is Ovarian Cancer Awareness Month. A time dedicated to raising awareness of the signs and symptoms of ovarian cancer with the aim of enabling earlier detection of the disease. Currently, more than two-thirds of the 1,500 women diagnosed with ovarian cancer each year in Australia are diagnosed at a late stage.

This month, take the time to listen to your body and learn about the signs, symptoms, stages, risk factors, and prevention methods for ovarian cancer. By doing so, you can help to reduce your risk of developing ovarian cancer or detect it early when chances of successful treatment are higher.

To speak with an ovarian cancer nurse please call 1300 660 334 or email support@ovariancancer.net.au

Suncare's Stepping On Program

Step into a healthier and more confident life with Suncare's Stepping On Program. This program is designed to improve your overall health, physical strength and well-being.

The program spans **8 weeks**, and runs several times each year.

This initiative covers important topics such as reducing fall risks, and providing the tools to stay both safe and independent. The Stepping On Program will also cover exercise for strength and balance, safe mobility in the home and in the

community, home hazard reduction, vision, footwear, nutrition and medication.

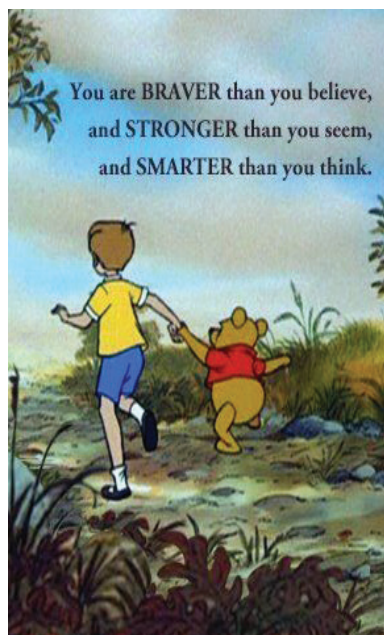
Guest speakers include experts in occupational therapy, physiotherapy, dietetics, pharmacy, podiatry, transport and safety.

Suncare is delivering the program through a collaboration with occupational therapy students from the University of the Sunshine Coast to help achieve improved health outcomes for our customers.



Timeless Taj

Emperor Shah Jahan, a wise ruler, found his greatest treasure in Empress Mumtaz Mahal's extraordinary beauty. Tragically, Mumtaz passed away after giving birth to their 14th child. Overwhelmed by grief, the Emperor vowed to honour her memory and he set out to build the majestic building we know today as the Taj Mahal. This ivory-marble building stands as a testament to their love, preserving her beauty in the Taj's intricate carvings and domes. On this Valentine's Day, let their story inspire you to spread love to others.



RECIPE OF THE MONTH

Roasted Sweet Potato Sticks

Ingredients

- 1 large sweet potato, peeled, cut into 1cm-thick sticks
- 1 ½ tsp olive oil
- ½ tsp sea salt flakes
- 1 tbs rosemary, coarsely chopped

Method

1. Preheat oven to 220C. Line 2 baking trays with baking paper.
2. Combine the sweet potato, oil, salt and rosemary in a large bowl. Season with pepper and toss well to combine. Scatter over the baking trays in a single layer.
3. Roast, turning occasionally and swapping the trays halfway through cooking, for 20 minutes or until golden brown and tender. Eat as is, or dip in sour cream, tzatziki or hummus.

This recipe serves 2 people.

Recipe provided by Graeme Smith, Support Worker, Suncare Community Services Ltd.



Suncare
COMMUNITY SERVICES

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