

The Suncare Times

MARCH | APRIL 2024



Welcome

Welcome to the latest edition of the Suncare newsletter!

As we embrace the changing seasons, we're thrilled to bring you another exciting issue packed with heartwarming stories from across our community.

From honouring our own Suncare ANZACs to extending a warm welcome to a new Australian citizen in our community, this edition is brimming with stories of resilience, courage, and belonging.

This edition highlights the positive impact of cognitive stimulation on mental well-being and social connection and includes instructions for joining this outstanding program.

We've also been busy exploring the world of indulgent cooking, with another mouth-watering recipe designed to tantalize your taste buds while nourishing your body.

And that's not all – don't miss our expert advice on the benefits of maintaining a thriving garden.

So grab a cuppa, settle in, and let the latest issue of the Suncare newsletter brighten your day!

Snuggles with Zeata

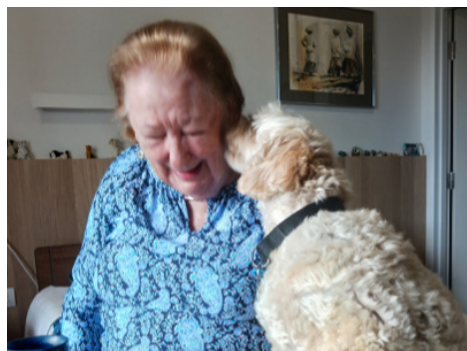
For the past two years, Ormsby Aged Care in Buderim has been graced with the presence of a beloved furry ambassador, Zeata. Every Sunday morning, accompanied by her devoted owner - a Suncare volunteer - this adorable miniature labradoodle spreads warmth and happiness among residents.

Zeata's arrival marked the beginning of beautiful friendships. Within the home, Zeata visits seven cherished residents. Each encounter with Zeata is a reminder of the unconditional love and companionship our residents

once shared with their own furry friends. This pampered yet impeccably behaved pup thrives on the attention she receives, turning Sunday mornings into a cherished tradition of shared joy and heartwarming connections for all involved.

Zeata's presence at Ormsby Aged Care embodies the spirit of companionship and brings immeasurable happiness to her favourite residents.

We are endlessly grateful for her and her owner's dedication in brightening our Sundays with their furry charm.



From Military Service to Community Superhero



This Anzac Day, we would like to acknowledge one of our Suncare customers, Frank.

When Frank was 18, he enlisted as a mechanical and electrical engineer in Wagga Wagga. His preparation for Vietnam involved rigorous training and ongoing specialised instruction in mine diffusion and combat tactics.

Frank and the other combat engineers were pushed hard with daily training, running drills and simulated missions. Then suddenly, as Frank neared his deployment date, the war drew to an unexpected end. Despite seemingly endless days of preparation, Frank was thankful for the unexpected turn of events.

He remained in the Army after the war and he, and his team, were moved to Townsville. There, his primary focus was working in natural disasters such as cyclones, flooding and bushfires. Franks' team helped build bridges, home those affected by natural disasters, and even rescued people from floods. The team earning themselves the nickname 'superheroes.'

Frank also worked as a parachute safety inspector, designing and inspecting the safety of parachutes by testing them himself!

Blooming Benefits : *The Joyful Impact of Gardening on Mind and Body*



Gardening isn't just about the flowers and the vegetable garden, it's about joy and well-being.

Engaging in gardening activities provides a fulfilling sense of purpose and achievement. It's not solely about nurturing plants; it's about fostering physical activity and contributing to improved long-term health.

Furthermore, gardening serves as a shared activity that encourages social interaction within communities. Exposure to natural sunlight during gardening promotes the production of Vitamin D, crucial for both bone health and immune function.

So, whether you're blessed with a green thumb in a sprawling backyard or are nurturing a small balcony oasis, gardening positively influences both mental and physical health, creating a nurturing environment for your mind and body.

Unlocking Minds through Cognitive Stimulation Therapy

Have you heard of Cognitive Stimulation Therapy? It's a groundbreaking program offered by SunCare specifically designed for individuals grappling with mild to moderate dementia. This innovative form of "mental exercise" has been crafted by our qualified Occupational Therapists to provide tailored support and stimulation for those navigating cognitive decline.

Studies have found that Cognitive Stimulation Therapy leads to small, but beneficial cognitive benefits (the general ability to think and remember) visible through improvements in communication, social interaction, well-being, mood and day-to-day abilities. Through a diverse array of activities, including group discussions, games, puzzles, music, and practical tasks, participants enjoy on a journey of cognitive enrichment and connection.

Delivered over seven weeks, with two hour sessions each week, SunCare's program offers a structured yet environment. Participants also have the opportunity to join a maintenance group post-program, ensuring sustained progress and support.

Feedback from program participants has been overwhelmingly positive, with many expressing genuine enjoyment and anticipation for each session. However, it's

essential to undergo an assessment by one of SunCare's Occupational Therapists to ensure suitability for the program (unless recently assessed).

If you or a loved one could benefit from SunCare's Cognitive Stimulation Therapy Program, don't hesitate to reach out. Simply dial 1800 786 227 to sign up.



Aussie Aussie Aussie: *Freda's Journey to Citizenship*

Earlier this year, our valued Gympie Support Worker, Freda Paison, became an Australian Citizen. Back in 2018, Freda and her partner moved Down Under from Papua New Guinea. They got married when they arrived, the occasion becoming even more memorable with torrential rain making them move the celebrations indoors!

Adjusting to life in a new country presented its fair share of challenges, with Freda frequently traveling between Australia and Papua New Guinea for work. However, as the global pandemic unfolded, travel restrictions thwarted her return home, prompting a gradual acceptance of Australia as her new home.

Finding a job during the pandemic was tough, but Freda found her calling as a support worker at SunCare.

She decided to become an Australian citizen, and after lots of studying, she aced the citizenship test. 'I was so worried about not passing the citizenship test but I came out with a 100% score, so I knew I was meant to be an Australian,' says Freda.

Despite the rain (again!) on her citizenship day, Freda feels incredibly lucky and proud to call Australia home.



A Royal 70 Years

Len and Phyllis, members of our Suncare community, recently celebrated their 70th wedding anniversary. What makes their milestone remarkable is the outpouring of recognition they received from VIPs around the realm. The couple were surprised and honoured to receive letters from Her Majesty the Queen, the Governor General, the Prime Minister and several Members of Parliament, all expressing their admiration and best wishes for the couple's enduring partnership.


The couple, whose journey together began with a simple act of kindness on the way home from church, have touched countless lives with their love and generosity.

The couple had just settled near Bribie Island when they learned of a young boy from their church needed a stable home. Len and Phyllis opened their home and hearts without

hesitation. They later welcomed a young girl from the orphanage into their family also.

One Christmas, when their daughter was young, she surprised them by saying that the only thing she wanted for Christmas was for her brother to get out of the orphanage too. Without hesitation, they returned to the orphanage and adopted her brother for Christmas. Their decision to open their hearts and home to those less fortunate resulted in the transformation of young lives and the creation of a loving family.

Still in the Bribie Island area, they receive support from Suncare and adore the company they get from our support workers. Phyllis prefers a quiet catch up with her support whilst Len loves to tell stories of his childhood.

Len and Phyllis's love story inspires us all to giving back. 



RECIPE OF
THE MONTH

Toblerone Mousse

Ingredients

- 200g Toblerone, broken into pieces or chopped coarsely
- 2 eggs separated
- 1/2 cup (125ml) thickened cream

Method

1. Melt the chocolate in the microwave in short bursts on low power.
2. Cool slightly, then fold in egg yolks.
3. Beat the cream then fold into chocolate mixture.
4. Beat the egg whites until peaks form then fold into mixture.
5. Spoon into 4 small bowls or parfait glasses adding favourite fruit garnish or grated Toblerone on top - if you haven't already eaten it!
6. Refrigerate for at least 3 hours, if possible.

This recipe serves 4.

