



SUNDALE

Because we care

Spotlight

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The Voice of the Sundale Community



News & Events

Five-Star Sundale

Sundale's Bowder Lodge Care Centre has reclaimed its title as the Sunshine Coast's only Five-Star residential aged care home as adjudged by the Australian Government.

In December, the Department of Health and Aged Care released the Star Ratings which considered four categories, compliance, residents' experience, staffing minutes and quality measures.

Sundale Board Chairperson, Terence Seymour said only 12 aged care homes in Queensland achieved the prestigious Five-Star rating.

"It's an extraordinary achievement for the entire Bowder Lodge Care Centre team to be recognised once again as the best aged care home on the Sunshine Coast according to the Australian Government," Mr Seymour said.

"The Star Ratings allow older Australians and their family and friends to easily compare services and make informed choices about aged care.

"Out of a possible 20 points, Bowder Lodge Care Centre achieved 19, with five-out-of-five scores for compliance, staffing minutes and quality measures.

"Bowder Lodge surpassed the Australian Government's Registered Nurse time targets by 29 per cent and nursing and personal care targets by 26 per cent.

"We're extremely proud of the exceptional care we provide our residents, not just at Bowder Lodge, but at six other Care Centres throughout the Sunshine Coast, Kilcoy and Gladstone.

"Earlier this year Sundale celebrated 60 years of caring for the Nambour community birthday. Bowder's Five-Star rating is the perfect birthday present."

Sundale's other aged care homes, Aloaka Care Centre, Bindaree Care Centre, Coolum Waters Care Centre, James Grimes Care Centre, Palmwoods Garden Village Care Centre and Rotary Garden Village Care Centre all received Four-Star ratings by the Australian Government.

The amazing achievement also caught the attention of local media.

'Extraordinary achievement': centre amid 12 aged care homes in state to get five stars



Bowder Lodge Care Centre was essentially recognised as the best aged care home on the Sunshine Coast.

BY SUNSHINE COAST NEWS / 26 DECEMBER 2023

A Sunshine Coast residential aged care home has received a top rating by the Australian Government.

Sundale's Bowder Lodge Care Centre last week reclaimed its title as the region's only five-star residential aged care home, after the Department of Health and Aged Care released the Star Ratings.

The ratings considered four categories: compliance, residents' experience, staffing minutes and quality measures.

Twelve aged care homes in Queensland achieved the prestigious five-star rating.

Sundale Board Chairperson Terence Seymour was delighted to see Bowder Lodge, which is Nambour, among those to receive top billing.



**ROTARY GARDEN
VILLAGE**
BY SUNDALE

2 BEDROOM UNIT ON 'LAVENDER HILL'

UNIT 11 ~~\$395,000~~ NOW ONLY \$375,000

Refurbishment is now complete for this spacious 2 bedroom duplex unit with its beautiful flowering gardens that you can just sit back and enjoy from your rear patio.

This brick unit features an open plan living and dining room with modern vinyl plank floorings throughout; making the level unit super easy to keep clean.

Unit 11 boasts an enviable position at the top of the village, ideal for capturing the summer breezes and enjoying the elevated view from this quiet cul- de -sac within our connected retirement community.

Call Bronya 0439 862 940 to view this beautiful home

Images from similar Unit after refurbishment




**PALMWOODS
GARDEN VILLAGE**
BY SUNDALE

RETIREMENT LIVING AT ITS BEST

UNIT 6 \$519,000

Located close to the village clubhouse, you'll find this stylish 2 bedroom unit that is ready for you to call it your new home.

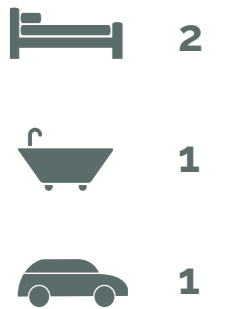
North/south orientation allowing an abundance of natural light through the air conditioned unit.

Modern, easy access kitchen with Stone benchtop and high quality appliances.

Easy to clean vinyl plank in the open plan dining and lounge and soft new carpet in the bedrooms.

A rear undercover patio also provides an additional outdoor living space for you to sit and relax with a cuppa.

Call Shorelle - 0407 132 302 to view this beautiful home

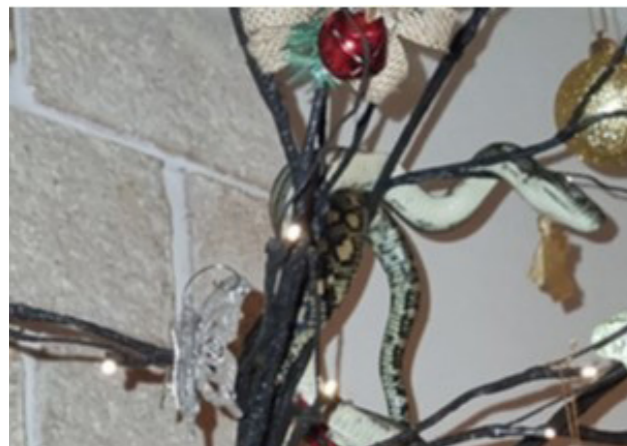


Coolum

The meaning of Christmas was on full display at Coolum Waters Retirement Community, with residents celebrating the festive season with a Christmas get-together at the Hub.

Resident, Julie Little also prepared 15 magnificent Christmas hampers, which were raffled throughout the evening.

Santa and Rudolph weren't the only the visitors to Coolum Waters at Christmas, with a local python inspecting ornaments in a patio Christmas tree.



Doubles table tennis at Coolum Waters is proving very popular amongst the residents.



Coolum Waters Neighbourhood Support

The Resident's Committee has undertaken the initiative to formally re-establish a Neighbourhood Support program for all Coolum Waters residents.

Neighbour support is currently practiced on a wide scale amongst friends but the Committee would like to expand this support to include all residents who are happy to participate.

The objective of the Neighbourhood Support initiative is to:

- Support residents who are having difficulties with health, wellbeing or any issue that makes their life problematic.
- Recognise and be sensitive to the residents right to privacy.
- Foster social inclusion and a sense of belonging within the village.

All requests for assistance must be made via the elected Neighbour Support Coordinator.

- Telephone
- Text
- Email

The current elected Neighbour Support Coordinator is John Newson, who can be contacted on rossjohn4553@gmail.com / 0427 177 747.

Rotary Garden Village

The Rotary Garden Village Christmas luncheon was a spectacular affair, with Sundale Board Director, Marty Hunt tickling the ivories and leading the clubhouse in song.

Just a couple of nonagenarians, Rotary residents and great friends, Yvonne and Ardella enjoying a cuppa at Nambour Plaza.



RETIREMENT COMMUNITIES

Palmwoods Garden Village

The Choir of Sound Intent, which features Sundale resident Peter Stidolph was in full-voice at Palmwoods Garden Village in early December.

The choir is part of Restoring Hope Parkinson's Therapy. To be a member of the choir, you either have Parkinson's or are caring for someone with Parkinson's.

The Christmas spirit was on full display at Palmwoods Garden Village, with residents celebrating the festive season with a wonderful street party.

Nothing gets in the way of indoor bowls at Palmwoods Garden Village, not even the pending arrival of Santa!

No, it's not the Y.M.C.A, it's Palmwoods residents enjoying an early morning exercise class.

A huge thank you to BBQ chefs, David, Geoff and Kevin and kitchen wizzes Sheila and Wendy, who ensured a memorable (and delicious) Australia Day was had by all at Palmwoods Garden Village.

Thank you to the Sunshine Coast Antiques Car Club, who drove through Palmwoods Garden Village on Australia Day morning, much to the delight and cheers of residents.



Site Manager, Deb Morrison and Lifestyle Coordinator, Angela Barton paused to celebrate Christmas and thank the brilliant volunteers who support Aloaka's residents.

Thank you for everything you do.

The Christmas party spread at Aloaka was an absolute feast and included prawn and chorizo skewers, chicken and mushroom vol au vents and sliders. Residents were entertained by local musician, Myles, as they enjoyed a few beers and a glass or two of bubbles.

A big thank you to the students at Kilcoy State School, class 1/2B, who gifted Aloaka's residents some amazing colouring-in to open on Christmas morning.

A belated happy Australia Day from the residents and team at Aloaka, who celebrated with a thong-throwing competition.

Merry Christmas from everyone at Bowder Lodge, with team members and residents celebrating a brilliant Five-Star Christmas together.

Bowder residents waved goodbye to 2023 and welcomed 2024 in style with lots of laughter and fun.

Happy New Year!

Bowder's residents recently enjoyed a delightful bus trip and lovely picnic at Baroon Pocket Dam near Maleny.

Bowder's residents gathered at a memorial high tea to pause, reflect and remember residents who have recently passed away.



CARE CENTRES

Bindaree

It was an O Holy Afternoon, when the Anglican Church Choir sang Christmas carols at Bindaree.

Tis the season of giving, and that's exactly what the Gladstone Cake Decorating Association did, when they gifted these beautiful cakes to the residents at Bindaree.

Bindaree's residents prepared for Christmas by making delicious cakes, rum balls and sugar cookies.

How thoughtful and special.

Bindaree's residents were spoilt with gifts and a beautiful and entertaining lunch made by Holly and Angel from DESIRE2INSPIRE, which is part of a local NDIS participants program called Cook Create Chillax.

It looks like everyone made Santa's 'nice' list at the Bindaree Christmas party.

Inspired by the Australian Open, residents at Bindaree made these amazing tennis ball creatures.

Australia Day at Bindaree Lodge was a fair dinkum, rip snorter celebration and included cooking, music and a barbeque.



Hip, hip hooray and happy birthday to Coolum Waters' resident John Noonan who celebrated a birthday in early January. We hope you had a fantastic day, John.

The young, and the young at heart at Coolum Waters Care Centre made sure to get a picture with Santa before enjoying a fabulous Christmas feast with friends and family.

Thank you, Little Village Choir for your wonderful Christmas concert at Coolum which saw family and friends join the festivities and a special visit from the big guy in red!

Hip, hip, hooray to Coolum resident Colin Sweet who celebrated his 93rd birthday late last year.

Happy birthday, Colin!

Rain, rain, go away and come again another day.

But in the meantime, Coolum's residents will enjoy playing indoor bowls.

Happy birthday to Hamish Brunkers who celebrated his 77th lap around the sun. We hope you had a spectacular birthday Hamish.

Songs, music, dancing and word games are all mainstays of Happy Hour at Coolum.

Picasso's protégés, otherwise known as the Coolum Waters Painting Group, recently held their first session for 2024.

The class was also an opportunity to welcome new resident, Joan, to the Coolum community.

Happy 87th birthday to one of Coolum's finest, Evelyn Proctor, who celebrated her birthday with a delicious cake surrounded by family, friends and Sundale staff.

Coolum's residents celebrated Australia Day with fish and chips for lunch and ice-cream for dessert.



The wheels on the (Coolum Waters) bus go round and round...

Round and round...

Round and round...

The wheels on the (Coolum Waters) bus go round and round...

All the way to Picnic Point overlooking Maroochydore.

Happy birthday Coolum's Gladys Patterson who turned 94 years of age on 7 February.

Aquarians (like Gladys) are clever, analytical, technical, truthful, confident, progressive and innovative.

Happy birthday Gladys.

Shrove Tuesday saw Coolum's residents make their own delicious pancakes, which were topped with strawberry jam and cream or maple syrup and served alongside a lovely cuppa-tea.

Will you be my Valentine?

There was no shortage of suitors at Coolum Waters as residents celebrated Valentine's Day with a delightful morning tea.



CARE CENTRES

James Grimes

James Grimes was overflowing with Christmas cheer when local entertainers, Eliza and Zoe performed some of their favourite carols.

Thank you to the Sidekicks for their fabulous Christmas concert at James Grimes.

You can take the JGCC lifestyle coordinator out of the groove, but you can't take the groove out of the JGCC lifestyle coordinator.

The Christmas spirit is alive and well at James Grimes Care Centre.

Residents, their families and Sundale team members were in full voice when SingSpire Choir came to town to perform some Christmas favourites.

There's no need for Santa to check his list at James Grimes. All the residents are nice and delightful and lovely.

Santa joined residents and their family and friends for a Christmas spectacular, which included entertainment by Tania.

Hip, hip hooray and happy birthday to the lovely Peggy Morse, who celebrated her 104th birthday with family and friends in mid-December.

Happy Birthday Peggy!

Merry Christmas from everyone at James Grimes Care Centre.

Santa dropped by on Christmas morning to gift the residents presents before Ken O'Shea entertained everyone with some wonderful carols.

Let's get physical (with seated exercises)... at James Grimes Care Centre.

After warming up, residents played balloon tennis with a pool noodle and soccer with a large gym ball.

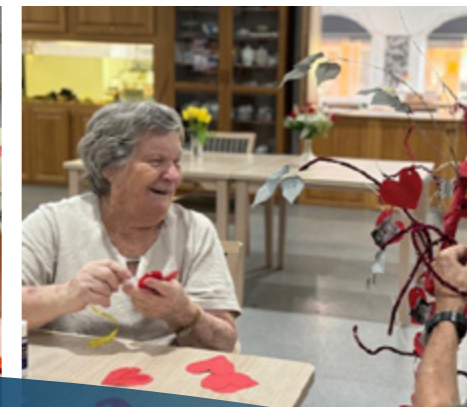
The residents and team at James Grimes celebrated Australia Day with a green and gold inspired dress-up, classic Aussie classics courtesy of musician Ken Beck and a delicious barbeque lunch.

James Grimes residents have been lapping up the Sunshine recently.

Shrove Tuesday at James Grimes can mean only one thing... pancakes with mixed berries, maple syrup and cream for morning tea!

Love was in the air at James Grimes throughout February, with a jam-packed calendar inspired by Valentine's Day.

Residents created a Sweetheart Tree and a Sweetheart Wall, shared a scrumptious high tea, wore pink or red on Valentine's Day and played Valentine Bingo.



CARE CENTRES

Palmwoods Garden Village

The Hunchy and Woombye communities at Palmwoods Garden Village Care Centre celebrated Christmas with family and friends and a spectacular feast cooked by the wonderful kitchen team.

A big thank you to Greg Baldock for the entertainment.

The Landershute, Eudlo and Chevallum communities at Palmwoods were joined by family, friends, Interim CEO Peter Campbell, Board Director Jodie Ashworth and Santa to celebrate Christmas.

A huge thank you to John Buckley for the wonderful entertainment.

Happy New Year from everyone at Palmwoods Garden Village Care Centre.

A big thank you to Joel Archer who recently visited residents at Palmwoods Garden Village Care Centre and presented an interactive movie day of classic musicals.

Team members and residents dressed up before enjoying a delicious morning tea and reminiscing about their favourite films of yesteryear.

Palmwoods' residents proudly celebrated Australia Day with an Aussie themed sing-along with local entertainer Greg Baldock.

The kitchen served lamingtons and party pies and tables were decorated with items made by the residents in craft group.

A big Australia Day thank you to volunteers Christina, Tahlia and Sheila who helped to make the celebration extra special.



CARE CENTRES

Rod Voller

It looks like everyone at Rod Voller made Santa's 'nice' list this year!

Santa joined residents and their family to celebrate the festive season with a three-course lunch and entertainment by the wonderful Rex Eggmolesse.

Hip, hip, hooray and happy 104th birthday to Rod Voller favourite, Phyllis Butt.

Phyllis celebrated her birthday surrounded by family and friends.

Rod Voller residents spent time in the garden searching for that elusive pot of gold at the end of a rainbow, which always seems to reappear after a rain storm.

A belated Happy Australia Day from Rod Voller's patriotic residents.

Two amazing Rod Voller residents have been giving back to the local community.

Heather has been busy knitting dolls for sick children, while Betty has been knitting sleeping bags for injured wildlife.

Thank you Kuluin State School for including Rod Voller's residents in your vacation care program. Everyone had a brilliant time.

Putting practice at Rod Voller was brilliant fun, with not a single resident two-putting. Maybe there should be a Sundale Open?

