



SUNDALE

Because we care

Spotlight

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The Voice of the Sundale Community



News & Events

Sundale celebrates 60 years of caring for the community

Sundale, the Sunshine Coast's original aged care provider has celebrated 60 years of caring for the community with the first of a series of celebrations – an unforgettable birthday party.

In 1963, then Sundale President, J.D. Grimes presided over the official opening of Sundale. The main building was named Nicklin Lodge and officially opened by namesake and then Queensland Premier, Frank Nicklin.

CEO, Helen Sharpley said Sundale has been a place of great purpose and joy for thousands of residents and care recipients over the past six decades.

"From humble beginnings, Sundale now provides extraordinary care, friendship and support to more than 1,000 residents and care recipients throughout Nambour, Kilcoy and Gladstone," Ms Sharpley said.

"Underpinning this care is our extraordinary workforce of nurses, lifestyle coordinators, cooks, cleaners, gardeners and volunteers who foster deep and meaningful connections with our residents.

"Sundale's 60th birthday is an opportunity to pause and reflect on the remarkable impact the organisation has had on the community

and to celebrate Sundale's bright future."

Jennie Hastie is Sundale's longest serving employee. The Laundry Manager has spent the past 41 years working at Sundale.

"I really like my job and I love the residents," Ms Hastie said.

"Sundale is my second home, and has been since I left school as a 16-year-old.

"I feel safe when I'm at Sundale and I get to work with my extended family while contributing to the local community."

Maintenance Manager, Paul Robinson is Sundale's second longest serving team member and will celebrate 35 years with the organisation later this year.

"I just love working here. It's been a great place to work," Mr Robinson said.

"Sundale is my family, and it has been an honour to care for and help the residents over the past three decades.

"I still get a kick out of the helping residents, especially the look of thanks on a resident's face when you help them in the garden or inside their home."

60 years of care

To commemorate six decades of caring for the community, we will be sharing the stories of 12 remarkable individuals and revealing their amazing contribution to Sundale.

It's an honour to share the Sundale stories of Roy (R.D.) Charlton and Noel Parry M.B.E.

SUNDALE
60 YEARS OF CARE

This year Sundale celebrates its 60th birthday. To commemorate six decades of caring for the community, we will be sharing the stories of 12 remarkable individuals and revealing their amazing contribution to Sundale.

Noel Parry M.B.E.
Foundation Board Member (1963 – 1973), Sundale Vice President (1960 – 1973)

Noel Parry was front and centre during the creation of Sundale.

An active member of the Apex Club of Nambour, Noel and his fellow members, including Ian Hayne, Peter Richardson, Ray Wilson and Robert 'Bob' Sharkey, with the support of J.D. Grimes, R.D. Charlton and Sir Clem Renouf of Enterprise Estates, purchased an 18-acre site by Doonan and Carter Roads in 1960, with a vision to build Nambour's first aged care home.

A foundation Sundale Committee and Board Member, Noel, is a draftsman by profession overseeing the design and construction on Sundale for 15 years, including the creation of the iconic Nicklin Lodge.

According to Noel:

"Possibly no other project had ever touched Nambour's conscience as closely as did the Sundale project. For months the town seemed to revolve around fundraising to get the project started. At the height of the fundraising drive, 30 Apexians went collecting manure from the streets and loading it into railway trucks. I had to head a Caterpillar track from one of the Council's bulldozers onto a railway track. It took some doing but by sheer determination we did it and we still laugh about it."

The official opening of Nicklin Lodge occurred well ahead of schedule, in part to the generosity of Noel, who donated his fees as a draftsman and building consultant back to Sundale to expedite construction.

In 1965, the same year the Beatles were awarded an Order of the British Empire, Noel received the prestigious MBE. Member of the Most Excellent Order of the British Empire for services to Apex and the community.

In addition to his support of Sundale, Noel was also a foundation member, Treasurer

(1956-57) and Secretary (1957-58) of the Apex Club of Nambour and served on the National Board of Apex when it was assisting the immigration of people from the United Kingdom. He was heavily involved in Scouting (District Commissioner), was the first Queensland Secretary for Nippers (part of the Queenslanders' and did an enormous amount of volunteer work for the Endeavour Foundation.

Noel was also responsible for the design and construction of MacCowan Lodge and James Green's Care Centre and a number of other aged care homes in Warwick, Chinchilla, Mt Isa, Gympie and Mackay. Noel also designed Alouka Lodge, which Sundale would later purchase in 2003.

Noel's son, Don, has vivid memories of his father's involvement in the early days of Sundale.

"I remember working bees with Dad's Apexians on site before Nicklin Lodge was built," Don said.

"Dad had a gentle personality and was a kind man. Back then, Apex was a very vibrant organisation. Together, they were a great match."

"The Apex Club and Sundale were very important to Dad. I was picked up late from lots of events because Dad was regularly stuck in meetings."

"I think he'd be very pleased with what Sundale has become. It's created growth and provided stability and employment opportunities for hundreds of families throughout the region."

"Sugar cane has disappeared from Nambour. Dad has disappeared from Palmwoods, but Sundale remains."

*Sundale Creating Communities 1963 – 2013 (Elaine and Inga Green)

ROY (R.D.) CHARLTON
Foundation Board Member (1963 – 1965)

It's impossible to tell the story of Sundale without mentioning the vision of Roy Charlton.

Born in Rockhampton, Roy or R.D., moved to Nambour in 1935 and set up a successful legal practice which he would continue to operate for the next 18 years.

A sharp legal mind and astute businessman, R.D. built a reputation as a hard-working, generous solicitor, who supported charitable and community organisations and members of the local community who needed a helping hand.

In the late 1950s, the trio considered donating a parcel of land to a Nambour church group who wanted to build an age care home, however, before they could act, they heard on the local grapevine the Nambour Apex Club had a similar idea and was investigating locations and fundraising initiatives.

In 1961, R.D. and his Enterprise Estates business partners, J.D. and Sir Clem Renouf, supported the Nambour Apex Club by helping to fund the £3,025 purchase of an almost 18-acre site by Doonan and Carter Roads, which would become home to Nambour Garden Village. The Enterprise Estates trio each donated £1,000, with the remaining £225 raised via a local appeal.

A foundation Sundale Committee and Board Member, R.D. was of local origin on the Board for only two years (1963-1965), however, his influence and generosity would continue to shape Sundale throughout the latter part of the twentieth century, most notably in 1979 when R.D. and Enterprise Estates donated 15 acres of land along Windsor Road in Nambour, which would later become Rotary Garden Village.

R.D. continued to provide Sundale with honorary legal advice and enthusiastic support until his death in 1985. He was 81 years of age. R.D.'s generosity to Sundale continued after his death with a bequest from his estate to help fund the construction of the swimming pool and shelter area at Rotary Garden Village.

Charlton Court in Nambour is also named after R.D. to commemorate his remarkable contribution to the region.

R.D.'s eldest son, Ian, fondly remembers the creation of Sundale in the early 1960s.

"Dad, Clem and Jimmy Grimes were the matriarchs of Nambour, you know, the 'good type,'" Ian laughed.

"I remember Nambour Garden Village before construction began."

"If Dad could see what Sundale has become, he would be very impressed. It's gone from strength to strength over the decades."

"He had no aged care experience, but along with Clem and J.D., they understood the aging Nambour community needed care and support."

"I needed all three of them to succeed, Dad, Clem and J.D."

"Each was a specialist. Dad knew the law, J.D. knew how to get things done, while Clem had an eye for vacant blocks of land."

"It's wonderful Sundale is acknowledging and celebrating Dad's legacy."

News & Events

Sundale's Centenarians

Four Sundale centenarians have gathered to share more than 400 years of combined wisdom at a special morning tea.

104-year-old Marie Rose Clarke, 103-year-old Peg Morse, 103-year-old Phyllis Butt and 103-year-old Lois Mayers are all members of Sundale's exclusive 100 Club and all have different opinions on the secret to living a long and happy life.

Marie "Rose" Clarke

- Hard work. I started work at the age of 14 scrubbing floors on my hands and knees and doing ironing with a flat iron that was heated on the stove.
- Eating bread and dripping as a child.

Peg Morse

- Not sticking your nose into other people's business. I have no right to do so! I don't tell people what to do.

Phyllis Butt

- Don't have any worries, be happy, take one day at a time.

Lois Mayers

- Living a clean life and giving credit to the Lord.

Sundale CEO, Helen Sharpley said Sundale's centenarians are loved and respected members of the community.

"It's an honour to care for and be-friend these five amazing women," Ms Sharpley said.

"They have each led amazing, deep and meaningful lives and have left a lasting legacy on their friends and family and the Sundale community.

"Sundale is a richer organisation because of Rose, Peg, Phyllis, and Lois and their warmth and wisdom."

Naturally, the inaugural meeting of Sundale's 100 Club was of interest to the media.



Peg Morse, Lois Mayers, Marie 'Rose' Clarke and Phyllis Butt are among the 100 Club at Sundale.

Four aged care centre residents have gathered to share more than 400 years of combined wisdom at a special morning tea.

Centenarians Marie 'Rose' Clarke (104 years old), Peg Morse (103), Phyllis Butt (103) and Lois Mayers (103) are members of Sundale's exclusive 100 Club.

Sundale CEO Helen Sharpley said the centenarians were loved and respected members of the community.

"It's an honour to care for and befriend these amazing women," she said.

News & Events



Four centenarians from Sundale aged care facilities in Queensland have recently come together to share their longevity secrets.

Marie Rose Clarke, 104, from Coolum Waters Care Centre; Peg Morse, 103, from James Grimes Care Centre; and Phyllis Butt and Lois Mayers both 103 and both from the Rod Voller Care Centre are members of the not-for-profit provider's exclusive 100 Club.

They all have different opinions on the secret to living a long and happy life.

For Ms Clarke, it's hard work. "I started work at 14 scrubbing floors on my hands and knees and doing ironing with a flat iron that was heated on the stove."

FREE
Locally
owned and
produced



THE 100 CLUB CENTENARIANS CELEBRATED

FOUR Sundale residents gathered recently to share more than 400 years of combined wisdom at a special morning tea at Sundale in Nambour in recognition of their birthdays. Coolum Waters resident Marie Rose Clarke (pictured third, L-R) who is 104 said that the secret to her long life was hard work! "I started work at the age of 14 scrubbing floors on my hands and knees and doing ironing with a flat iron

that was heated on the stove." The other ladies Peg Morse, Lois Mayers and Phyllis Butt who are all 103 stated that being thankful, eating well and not being a gossip were great attributes for a long and healthy life. Sundale is a community based, not for profit organisation that has been supporting the needs of the community via Retirement Communities, Care Centres, and In-Home Care support services since

1963.

If you happen to take a stunning pic or have a pic of something you think the community should know about – on either your smart phone or DSLR from anywhere in the region, we would love to see it. Please send in your 'pic of the week' to, editor@coolumadvertiser.com.au and don't forget to include your name, where the pic was taken and what it is of.

News & Events

Aged Care Employee Day

7 August was Aged Care Employee Day and an opportunity to say thank you for the amazing job Sundale's team do each and every day.

The resilience, passion and kindness Sundale's nurses, personal care workers, allied health professionals, lifestyle coordinators, hospitality teams, drivers, cooks, cleaners and so many more have displayed over the past year has been extraordinary – thank you.

This year's Aged Care Employee Day theme is #ThanksforCaring, which celebrates Australia's aged care superheroes, and that's exactly what you are – super heroes.

Aged Care Employee Day celebrates the more than 370,000 residential care, home care and retirement living staff who care for over 1.5 million older Australians.



Sundale's hairdresser – A Cut Above

After six decades of service, Sundale hairdresser, Eunice Krome, has officially opened her own dedicated space, Cut Above Salon at James Grimes Care Centre in Nambour.

Eunice was just a teenager when she started doing residents' hair at Sundale in 1963.

"I was an apprentice hairdresser at Dorothy's Beauty Salon in Wilson's Arcade in Nambour," Eunice said.

"I didn't have a driver's licence, so J.D. Grimes (Sundale Board President 1960 - 1978) used to collect me from Dorothy's and drive me to Sundale.

"Sixty years later, I'm still cutting residents' hair, and I have no intention of giving it away."

Throughout the 1970s, Eunice regularly pushed a hairdressing trolley room-to-room to visit each of her clients. Her two young children, David and Kylie would often be in tow, and the trio quickly became an integral and much-loved part of the Sundale community.

"The kids grew-up at Sundale," Eunice said.

"They had grandparents in nearly every room.

Eunice said her long chats with residents have always been her favourite part of the job.

"They're delightful, their stories, their lives. You go home and the smile is still on your face," Eunice said.

"It's a wonderful job because I get to help people.

"When you love what you do, it's not work.

"Everyone needs a little bit of TLC from time-to-time and I'm honoured I can listen to and care for the residents.

"Sundale has given me so much. I love the residents and the opportunity to spend time with them – they make my life better."

Sundale CEO, Helen Sharpley said a recent multi-million-dollar refurbishment of James Grimes Care Centre was the perfect opportunity to dedicate a stand-alone salon space to Eunice.

"Cut Above Salon is one small way we can thank Eunice for the vital role she has played at Sundale," Ms Sharpley said.

"Eunice's influence at Sundale cannot be understated. She has become a dear friend to hundreds of residents over the past 60 years and conducted more than 40,000 haircuts.

"Eunice does so much more than cut hair. She provides comfort, kindness and compassion to our residents.

"She is a mentor, a fantastic friend, a wonderful mother and exceptional role model to her five grandchildren and the broader Sunshine Coast community. We're very lucky to have her at Sundale."

RETIREMENT COMMUNITIES

Rotary Garden Village



Welcome to Rotary Garden Village!

A recent get-together in the clubhouse included a morning tea to welcome new residents and cake to celebrate ten 90th Village birthdays and a 99th birthday.

RETIREMENT COMMUNITIES

Palmwoods Garden Village

The extension to Palmwoods Garden Village is certainly taking shape, thanks to the team at Hall Contracting.



The recent weather has been challenging with the constant showers and rain continuing to frustrate progress on the new villas. Throughout August the civil contractor has well and truly been 'making hay while the sun shines'. The new roads and the large retaining walls are taking shape and nearing completion. Handover to Ausmar Homes is forecast for mid-September and we'll see the first homes commence construction.





ROTARY GARDEN VILLAGE BY SUNDALE

RELAXING NORTH FACING FRONT PATIO

UNIT 46 \$425,000

Unit 46's full renovation is now complete and ready for new residents to call home. This spacious 2 bedroom duplex unit offers a generous front patio perfect for relaxing in the sun.

Your brand new kitchen will overlook the air conditioned open plan living and dining room; and the modern vinyl plank flooring and new carpet in bedrooms will delight.

Unit 46 boasts a central position with level access, garage with internal access and an additional storage room.

Call Bronya 0439 862 940 to view this beautiful home
Images from similar Unit after refurbishment



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PALMWOODS GARDEN VILLAGE BY SUNDALE

CENTRAL LOCATION

UNIT 45 \$505,000

Modern 2 bedroom air conditioned home ready to move in. New vinyl plank flooring in the living areas, new carpet in bedrooms and fresh coat of paint has freshened the unit to make it as good as new.

Modern kitchen with 40mm stone benchtop opening out to a large undercover outdoor area..

Central location and close to the Village Clubhouse and amenities via safe walking paths.

Call Shorelle - 0407 132 302 to view this beautiful home



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The residents at Aloaka celebrated NAIDOC Week by sampling kangaroo sausages and making delicious cinnamon myrtle biscuits.

Most residents had never tasted cinnamon myrtle, but agreed it had a beautiful aroma and taste.

Did you know it was World Chocolate Day on Friday 7 July?

The residents at Aloaka did, and celebrated with a platter full of assorted chocolate biscuits, cupcakes and chocolates as well as some homemade cakes baked by resident Dottie.

Morning tea also included a 'guess the number of chocolates' game, 'know your chocolates' game and a chocolate quiz. The winners received, you guessed it, chocolate.

Looks like it was divided loyalties at Aloaka ahead of Game 3 of the State of Origin series.

Nelly, a Turquoise Fronted Parrot (and a very handsome boy) was a very special guest at Aloaka recently.

The normally talkative Nelly, was a little tongue-tied with so many onlookers, however, was very happy to be held by residents and team members.

Residents at Aloaka joined students from Harlin State School for a very special performance by the Queensland Police Pipes & Drums.

Morning tea was 'bring a plate', so two of our resident-chefs got busy in the kitchen and whipped up some delicious jam drops and ginger cake on behalf of Aloaka.

Tenpin bowling is fun in your spare time, just ask the residents at Aloaka. It's also right up their alley. A few even managed to strike a pose!

Some of Aloaka's residents enjoyed a wonderful bus trip to Esk for the Morning Melodies Country Music Concert and morning tea.

Graeme Jensen was the star of the show, much to the delight of the crowd.

Kilcoy local and historian, John Macauley, has been sharing short stories and poems about the region's rich history with Aloaka's residents.

John's father was also an original committee member who helped build the first aged care centre in Kilcoy.



Karaoke with Jan at Bindaree is always a big hit (get it?!).

Bessie, the wonder dog and her owner Kay are weekly and welcome visitors to Bindaree.

It turns out man's best friend barracks for the Maroons!

2-nil up in the State of Origin series and it's fair to say Bowder's Queensland supporters are pretty happy.

A snapshot of Bowder's recent 'bad taste dress-up' event, with residents and team members wearing outfits they would never wear in public.

Can anyone guess who the Sundale team member is?

Did you know 17 July was World Emoji Day?



Residents at Bowder Lodge celebrated World Emoji Day with a little bit of fun which generated a lot of laughter.

If you go down to the woods today, chances are you'll stumble upon Bowder residents having a Teddy Bears' Picnic, complete with bone China and chocolate cake!

This is certainly one way to let your hair down!

Bowder's residents and team members celebrated Crazy Hair Day by donning wigs and creating some zany designs and creations.



CARE CENTRES

Coolum

Turns out a few cockroaches infiltrated the cane toad heartland of Coolum Waters Care Centre ahead of State of Origin game 2.

Artist alert!

Have a look at these masterpieces recently painted by the residents at Coolum Waters (with some help from our amazing volunteers).

Every Friday morning, the residents at Coolum enjoy a game of Skittles.

The smell of home-made Honey Joys at Coolum sparked wonderful memories for many of the residents. The taste was even better!

Recent day trips from Coolum on the Sundale bus have included Noosa, Picnic Point and Tewantin.

Aged Care Employee Day saw the team at Coolum receive certificates of appreciate for the extraordinary job they do each and every day.

Man's best friend (Baxter) from Delta Therapy Dogs is a regular visitor at Coolum.

The smiles say it all.

Once a week, the men at Coolum get together for lunch to connect, unwind and relax.

Happy birthday to Coolum resident Dawn, who celebrated another lap around the sun. We hope you had a spectacular birthday, Dawn.

A huge thank you to the amazing students at North Arm State School for your messages and drawings of love and support which are shared amongst the residents at Coolum.

Coolum's Dawn thought pink was the most appropriate colour to wear to the movies to watch the Barbie movie.

Christmas in July celebrations were a spectacular success at Coolum!

Happy 77th birthday to one of Coolum's favourites, Bob Oakley. We hope you had a brilliant birthday Bob.

Home-made pikelets with lashings of maple syrup were a big hit at Coolum!

The chef was inundated with orders as the smell of freshly cooked pikelets drifted through the centre.



CARE CENTRES

Palmwoods Garden Village

Residents at Palmwoods celebrated some of the great State of Origin players of yesteryear with a blue and maroon inspired theme day, which included scones, trivia, and tenpin before a few classic games from the 1980s and 1990s.

NAIDOC Week was a celebration of all things First Nations at Palmwoods.

NAIDOC

On Monday 31, July 2023, Palmwoods Garden Village celebrated its 30th birthday.

In the late 1980s, Sundale was looking to expand, so the Sundale Management Committee signed a contract with the Briggs family to purchase a seven-hectare parcel of land, which you and I now know as Palmwoods Garden Village.

Back then the surrounding area was best known for pineapples, strawberries and dairy farms.

Within 12 months of construction, the Hostel was completely full. At the same time the Ladies Auxiliary, a small band of community-minded Palmwoods citizens had mobilised and were running a canteen and volunteering their time to support the residents.

Over the past 30 years, Palmwoods has been a place of great purpose and joy. From somewhat humble beginnings, Palmwoods now provides extraordinary care, friendship and support to hundreds of care recipients and residents.

Underpinning this care is Sundale's amazing workforce of nurses, lifestyle coordinators, cooks, cleaners, gardeners and volunteers who foster deep and meaningful connections with our residents.

Happy 30th birthday Palmwoods!

Hawaiian Theme Day at Palmwoods included a lū'au, complete with pineapple upside down cake and tropical ice cream sodas.

Residents from the Craft group also made the fabulous table decorations.

Congratulations to the Palmwoods Pineapples team who took part in the Walk to d'Feet MND.

The Pineapples raised \$395, with the event raising more than \$21,000 which will help provide vital support services to Queenslanders and their families who are impacted by Motor Neurone Disease.



CARE CENTRES

Rod Voller

What an amazing way to start NAIDOC Week. The very talented Rex Eggmoss serenaded residents with hits of yesteryear, before Betty Bampton gifted Rex a small present of appreciation.

Our namesake snake, 2yo "Sunny" and his parent pythons visited residents at Rod Voller on World Snake Day.

A few brave residents held 17yo Simon and 14yo Grace and were surprised at how cold and heavy the pair were.

It was one, two, three o'clock, four o'clock, rock, when resident favourite Bob Grant visited Rod Voller.

Happy hour at Rod Voller is quite the experience, complete with Margarita's and Charcuterie cups to share with friends.

Did you know 21 July was National Pyjama Day?

At Rod Voller, everyone was very happy to stay in their pyjama's all day. Many thanks to volunteer extraordinaire Val Carter for calling Bingo.

A huge toe-tapping thank you to Lakeside Line Dancers who put on a fabulous show at Rod Voller.

The Marty Robins classic, A White Sport Coat (and a Pink Carnation) was easily the residents' favourite!

Rod Voller residents were very much at home amongst the gum trees at Maroochy Regional Bushland Botanic Gardens.

It was a Mexican fiesta at Rod Voller happy-hour, complete with guacamole, maracas and sombreros.



CARE CENTRES

James Grimes

Life is better with chocolate.

Just ask the residents at James Grimes who enjoyed a delectable range of samples at the Maleny Chocolate Factory.

The wonderful outing concluded with a picnic lunch at Mary Cairncross Park.

It was difficult to find a Blues supporter ahead of game 2 of the State of Origin series at James Grimes.

Show Day at James Grimes included a theme – dress like a farmer.

Residents enjoyed a variety of sideshow alley games, ice cream and were even gifted showbags!

Congratulations and thank you Glyn on 30 years of amazing care and service at Sundale.

Happy retirement and happy traveling!

The very talented Little Village Choir put on a wonderful performance for James Grimes and Rod Voller residents recently.

The morning of song was followed by a delicious lunch.

There was plenty of clowning about when our friends from Coastal Caring Clowns visited James Grimes.

Resident, Aub Wallace stole the show, by dancing with volunteer Chris.

It was also a challenge differentiating between the clowns and the Lifestyle team, with both Donna and Rheamae dressing up!

It was chocolate overload at James Grimes on World Chocolate Day.

Which lucky resident got to lick the bowl?

James Grimes 🧑🏻‍🤝‍🧑🏻 🎉 🌐 Emoji Day with 🍷 🍰 and plenty of 😊 😄 😁 😂 😃

Have you noticed how relaxed and content the residents at James Grimes are?

It must be the chair yoga, meditation and the seated tai chi which have been added to the lifestyle programme.

Some of James Grimes' residents enjoyed a lovely bus trip and delightful afternoon at Shelly Beach for afternoon tea.

The sun and sea are great for the soul.



In-Home Care



Good luck beating this amazing record set by In-Home Care client, Neville.

Neville has eaten six Weet-Bix a day for the past 25 years. In total, that's 54,750 Weet-Bix!

Neville's carer, Charmaine called Sanitarium and told them about Neville's amazing appetite for Weet-Bix. Their response, a wonderful gift pack and a personalised letter.



There's no need to visit the hair salon when you have friends like Fay.

Ahead of a large family gathering at James Grimes, Peg Morse had her hair set by fellow resident and friend, Fay Claudette.

On Aged Care Employee Day, we asked some of the team at James Grimes, why they are proud to be an aged care worker.