



SUNDALE  
CREATING COMMUNITIES SINCE 1963

# Spotlight

NO 26 | AUGUST 2021

The Voice of the Sundale Community





## From the CEO's desk

As you'll discover, there has been all manner of activities at Sundale over the past couple of months

What a busy two months it has been at Sundale, however, it is comforting to pause and reflect on some of the highlights which are detailed in the latest edition of Sundale Spotlight.

The entire Sundale team has done an extraordinary job throughout the latest COVID-19 lockdown period, especially the lifestyle coordinators and assistants in our Care Centres who ensured residents remained connected with their loved ones and entertained every single day.

As you'll discover, there has been all manner of activities at Sundale over the past couple of months, including:

- Show days
- High teas
- Olympic events
- Tennis matches
- NAIDOC Week celebrations
- Flower arranging classes
- Delta Dog Therapy visits
- Craft sessions
- International travel
- Birthday parties

This edition of Sundale Spotlight also celebrates Sundale's Values & Behaviours Champions – team members within the business who consistently go above and beyond.

I'd like to congratulate:

- Fiona Amos
- Amanda Flugge
- Annie Quartermaine
- Rhiarn Mills
- Alexia Guest
- Sush Pathak
- Sharon Patrick
- Hayley Austin
- Syama Athul
- Kathy Hebbard

Thanks, and appreciation,

**Danielle Mackenzie**  
*Sundale CEO*

# Palmwoods Garden Village

On behalf of the entire Palmwoods Garden Village community, welcome Clare Jeremy.

Congratulations to Peter and Christine Stidolph who are now calling Palmwoods Garden Village home.

Likewise, Neil and Del Bachmann, who also moved into Palmwoods Gardens Village in August.



# Bindaree

The residents at Bindaree Lodge Care Centre celebrated NAIDOC Week and the culture and achievements of Aboriginal and Torres Strait Islander peoples recently.

They indulged in lemon myrtle biscuits, macadamia short bread and bush honey on pikelets.

In addition to morning tea, the residents learned about the history of NAIDOC Week and famous Indigenous Australians.

Show Day, which included games, balloon making, guessing activities and a clown was also celebrated at Bindaree recently.

Residents enjoyed pikelets with cream and jam for morning tea and were treated to a Show Day lunch of dagwood dogs, pizza, hot chips and strawberry mousse.

Nothing beats a nature walk... just ask the residents at Bindaree.

Art and craft time looks pretty good too...

Actually, so does the bocce.





CARE CENTRES

# Coolum

Queensland Health restrictions meant Sundale's residents were unable to leave their Care Centres.

Many of the residents at Coolum Waters missed going shopping, so with the help of family, friends and staff, The Quirky Corner Shop came to the residents.

You know you are loved by the community when extraordinary people like this reach out and help.

A huge thank you to Tracy Elizabeth who owns Scottys Pizza in Tewantin for making and donating 40 clothing protectors to the residents at Coolum Waters Care Centre.

It's fair to say the residents (and Sundale team members) love them.

The residents at Coolum Waters started a PenPal club with family and friends to remain connected through COVID.

The residents at Coolum Waters Care Centre celebrated NAIDOC Week by learning about the history, culture and achievements of Aboriginal and Torres Strait Islander peoples, the meanings of different symbols and some traditional words.

Local Indigenous artist R.W. Tippe also shared this amazing artwork.

The residents at Coolum Waters Care Centre are an amazing bunch – just like their flower arrangements.



CARE CENTRES

# James Grimes

Many may have missed it, but the sweet tooth at James Grimes Care Centre certainly didn't forget World Chocolate Day.

The residents celebrated with a chocolate fountain, complete with sliced banana, strawberries and marshmallows for dipping.

There was also hot chocolate, chocolate cookies, chocolate cupcakes and chocolate slice!

Did you watch Wimbledon?

The residents at James Grimes Care Centre certainly did.

Inspired by the action they saw, the residents held their own tennis tournament, complete with homemade sweatbands.

Hip, hip, hooray to all the June babies who celebrated birthdays at James Grimes Care Centre, including June Glanville, Cristina Eager, Arnold Rogers, June Blann, Pippa Collins and Rheamae Brown.

Happy birthday everyone.

The residents at James Grimes Care Centre hosted their own Olympic Games.

Neville had the honour of lighting the cauldron, whilst everyone sang Advance Australia Fair.

Representing a country of their choice, the residents competed in javelin, discus, shotput and weightlifting, which was won by Christina from the Philippines.



CARE CENTRES

# McGowan

A big congratulations to McGowan's Bill Elliot who celebrated his 100th birthday in August.

Bill received a message from the Queen, the Prime Minister, flowers from the RSL and a beautiful gift from the Esk Caravan Park.

As part of Bill's birthday celebrations, the amazing team members at McGowan created a spectacular photo wall.

Man's best friend (Abby) and her owner, Bob, from Delta Therapy Dogs paid the residents at McGowan Care Centre a special visit.

The smiles say it all.

Three very talented and creative McGowan residents, Betty Bampton, Eunice White and Alice Parkes took craft sessions to another level.

The trio created dogs using nothing more than coat hangers and wool.

Despite COVID induced restrictions, flight ML1970 safely departed McGowan Care Centre enroute to the United States.

Passengers were issued with passports and tickets, and listened to a safety briefing prior to take off, before enjoying sweet treats from the USA while in the air.

Once in New York, passengers got a glimpse of the Statue of Liberty.

Much loved McGowan resident, Hazel Green celebrated an extraordinary milestone – her 105th birthday in July.

Residents and team members gifted Hazel a beautiful birthday cake and a book containing photos and well wishes from family and friends.

It looks like the start of a very delicious soup.

The residents at McGowan celebrated the first harvest of winter, with silverbeet, spinach and carrots plucked straight from the garden.

Betty Bampton was a very invested on-looker at McGowan's gold medal beach volleyball game between Australia and the United States at the Tokyo Olympics.

Betty watched the Australian team of Taliqua Clancy and Mariafe Artacho del Solar play in Nambour and came away with a signed match-ball.

Olympic spirit took over McGowan Care Centre during the Tokyo games.

Events included discus, javelin, fishing, coin tossing, tin can knockdown and table clowns, with a couple of residents giving Emma McKeon's Tokyo medal haul a nudge!



CARE CENTRES

# McGowan

There sure are some talented residents at Sundale, including McGowan's Rita Lyell.

Rita was gifted offcuts of material, which she has transformed into two amazing bedspreads.

There are some budding green-thumbs at McGowan judging by last week's succulent session.

Hip, hip hooray and happy birthday to Eunice White who celebrated her 91st birthday on the 4th of July.

Many happy returns to Ron Parton who celebrated 85 laps around the sun on the 29th of July.

Happy birthday also to Sue Kropp and Chris Sewpersad who shared a birthday on the 20th of August.

Happy birthday ladies.



CARE CENTRES

# Bowder

The official opening ceremony of the Bowder Care Centre Olympic Games was an event not to be missed.

In addition to the official touch relay, residents competed in fencing, weightlifting, discus and javelin events.

The hairdressing team at Sundale might be out of a job given the results of 'Punk the Do' Day at Bowder recently, with the Lifestyle team taking design to another level!



CARE CENTRES

# Palmwoods Garden Village

CARE CENTRES

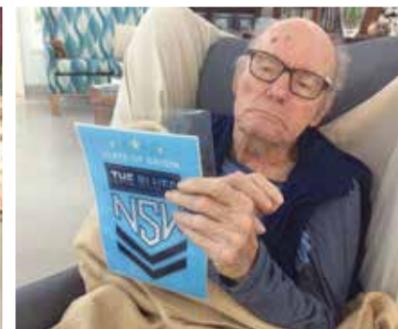
# Rod Voller

Happy birthday to one of Palmwoods Garden Village's favourite residents, Des Richie, who recently celebrated 90 laps around the sun.

Des and the residents had a wonderful morning listening to and singing Irish songs before enjoying a piece of birthday cake.

New South Wales may have won the series, but Queensland won game three of the Origin Series, much to the delight of the residents at Palmwoods.

Origin



The residents at Rod Voller Care Centre celebrated Show Day with a variety of side-show alley games including fishing, knockdown and bullseye.

The residents also received wonderful show bags.

The residents and team at Rod Voller Care Centre celebrated the 50th anniversary of the Willy Wonka and the Chocolate Factory movie with lollipops, hot popcorn chicken and fruit sticks.

Everyone was 'All Shook Up' at Rotary after celebrating the life of Elvis.



# Sundale's Mental Health Champions

Sundale's Mental Health Champions are passionate about health and wellbeing and have undergone significant training  
If you need support, a sounding board or help, please reach out.

NAME	LOCATION	PHONE	EMAIL
Melissa Hatch-Green	Aloaka	5422 4500	melissa.hatch-green@sundale.org.au
Jocelyn (Joce) Cummings	Bowder	5441 0750	jocelyn.cummings@sundale.org.au
Fiona Amos	Bindaree	0448 098 459	fiona.amos@sundale.org.au
Lisa Wilkins	Bindaree	4975 2999	lisa.wilkins@sundale.org.au
Ross Drummond	Coolum Waters	5455 1111	ross.drummond@sundale.org.au
Trish Dominiak	Coolum Waters	5455 1111	trish.dominiak@sundale.org.au
Justine Baker	HQ	0436 807 363	justine.baker@sundale.org.au
Kim McGowan	In-Home Care	0436 832 861	kim.mcgowan@sundale.org.au
Tanika Dymock	In-Home Care	5450 4444	tanika.dymock@sundale.org.au
Alexis McLennan	JGCC	5441 0723	alexis.mclennan@sundale.org.au
Christine Sewpersad	JGCC	5441 0729	christine.sewpersad@sundale.org.au
John Mugliett	Nambour	0403 502 160	john.mugliett@sundale.org.au
Jodi Gillis	Palmwoods	5457 4444	jodi.gillis@sundale.org.au
Jan Van Loggerenberg	Rod Voller	5453 8333	jan.vanloggerenberg@sundale.org.au
Julie Irving	Rod Voller	5453 8333	julie.irving@sundale.org.au

## In-Home Care

Happy birthday to much loved In-Home Care client, Eva Pocuca who celebrated her 96th birthday in July.



We wanted to shine a spotlight (get it) on In-Home Care client Neville Young.

Neville lives alone in an upstairs unit and has no interest in moving to the ground floor. He struggles to carry his milk up the stairs, so he came up with the idea of installing a 'milk hoist'. Neville's motto is 'where there is a will there is a way'.



# Values & Behaviours Champions

Congratulations to Sundale's Values & Behaviours Champions.

At Bindaree, Fiona Amos, Amanda Flugge, Annie Quartermaine and Rhiarn Mills have all been recognised for their leadership and encouraging others to strive for greatness.

Alexia Guest was also recognised in August.

Lex won this award for her assistance when one of our residents unexpectedly and quickly deteriorated. She showed compassion, kindness empathy and respect.

At Coolum Sush Pathak (Registered Nurse) was presented with his Values and Behaviours badge/ certificate by Ian Corney, Operations Clinician.

Sush is a kind, patient, hardworking, caring and passionate young man.

Shows kindness and compassion at all times to both the residents and his colleagues.

Always puts residents first.

Great team player.

We've also heard he can sing like John Farnham!

Sharon Patrick was Bowder's first Values & Behaviours Champion.

It's difficult for you to see the elation on Sharon's face, but she was thrilled to receive the recognition she deserves.

Hayley Austin, Syama Athul and Kathy Heberd have all been recognised for the care they provide to the residents at McGowan and for the happiness they bring to their team members.

*Do you know someone who champions Sundale's Values & Behaviours?*

*Would you like to nominate them for an award?*

**Well, now you can!**

*Simply email [values@sundale.org.au](mailto:values@sundale.org.au) and detail their name, location and how they embody Sundale's Values & Behaviours.*



# News & Events

## Sconetime

Sunshine Coast Foodie, Martin Duncan was inspired to start Sconetime to help create meaningful community connections. It allows seniors to come together with family and business owners over fresh hot scones loaded with home-made jam and freshly whipped cream.

In late June, Reimagine Nambour hosted the first Sconetime in Nambour, at the new Tram Co Terminus.

Sundale, along with other local businesses, was delighted to support the event, with volunteers serving tea and coffee, scones and most importantly sparking meaningful conversation.



## Delta Therapy Dogs

Care recipients are being encouraged to keep an eye out for the team at Delta Therapy Dogs.

Sue and Jessie will be visiting Palmwoods Garden Village Care Centre, Sharyl and Indya will be visiting Coolum Water Care Centre, while Bob and Abby will be visiting Rod Voller Care Centre and McGowan Care Centre.

The visits are being funded by Nambour Christian College.



## Aged Care Employee Day

This month Sundale celebrated Aged Care Employee Day – an opportunity to say thank you to our extraordinary team members for the amazing job they do each and every day.

The kindness, empathy and resilience they have displayed over the past year, particularly through the challenges of COVID-19, has been something to behold.

This year's Aged Care Employee Day theme was #ThanksforCaring, which celebrates Australia's aged care superheroes. That's exactly what our team members are – superheroes.

The national day is an opportunity to say thank you to the more than 365,000 dedicated people who care for and support around 1.3 million older Australians who receive care and services each year.

On behalf of everyone at Sundale, thank you.



# We're here for you

We appreciate some of you may be feeling overwhelmed or uncertain due to the ongoing COVID-19 situation, particularly those with family and friends in New South Wales, Victoria, and the Australian Capital Territory.

If you, or a member of your family is stressed, anxious or needs support, Sundale is here for you.

Our Employee Assistance Program is available to every team member, and members of their family.

**The free, confidential team member assistance counselling service is provided by Access EAP, who can be contacted on 1800 818 728.**

Team members can also speak to a Sundale Mental Health Champion. Sundale's Mental Health Champions have undergone significant training and are passionate about the health and wellbeing of team members.

Alternatively, you can reach out to one of the below organisations if you, a member of your family or someone you care about needs support.

## **Lifeline Australia – 13 11 14**

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

## **Beyond Blue – 1300 224 636**

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health.

## **Kids Helpline – 1800 551 800**

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

## **DVConnect – 1800 811 811**

DVConnect exists to help Queenslanders escape domestic, family and sexual violence by providing crisis helplines, as well as emergency transport and accommodation away from violence. DVConnect is a not-for-profit organisation that has provided state-wide specialist domestic, family and sexual violence crisis counselling, intervention, information, safety planning and pathways to safety for almost 20 years.