



SUNDALE

Because we care

# Spotlight

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The Voice of the Sundale Community



# News & Events

## 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.

It's an honour to share the Sundale stories of Eunice Krome and Sir Clem Renouf.



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### Eunice Krome Sundale hairdresser

Eunice Krome was just a teenage girl when she started doing residents' hair at Sundale's Nicklin Lodge 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 Nicklin Lodge on DeLisle Street.

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

Before Sundale's first hair salon opened at Nicklin Lodge in 1961, Eunice would push a 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."

"The residents taught them how to play cards and Chinese Checkers."

"Sundale became an integral and much-loved part of the Sundale community. I'm still very close with a number of team members. I worked alongside in the 1960s and 70s, including Kathy Himstedt, who used to work in the kitchen, but is now an amazing volunteer at Sundale."

Eunice was born in Nambour and raised at Palmwoods and has been married to Allen, a former Sundale bus driver for the past 54 years.

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 assist 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."

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 is kind and compassionate and has provided great comfort to residents over the past six decades. She is a mentor, a fantastic friend, a wonderful mother and exceptional role model to her five grandchildren and the broader Sunshine Coast community.

Eunice has also attended countless resident birthday celebrations and been introduced to residents' children, grand-children and great-grandchildren.

Fortunately for Sundale, retirement is the furthest thing on Eunice's mind.

"People occasionally ask me when I'm going to retire, and I tell them I have no plans to stop," Eunice said.

"I'm still fit and healthy, and I'll continue to cut hair at Sundale for as long as possible."



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### Sir Clem Renouf

Treasurer (1964 - 1987), Patron (2000 - 2013)

Sir Clem was a truly remarkable man whose list of extraordinary achievements reveal a life of generosity, compassion and vision.

Born in Ingham, Sir Clem enlisted for service in the Royal Australian Air Force shortly after the outbreak of WW2 and served for more than five years as a bomber pilot and flying instructor.

After WW2, Sir Clem set up his accounting business in Nambour and practiced for 27 years.

Sir Clem's contribution to Sundale cannot be understated.

In 1961, Enterprise Estates (a joint venture with J.D. Grimes, Roy Charlton and Sir Clem), supported the Nambour Apex Club by helping to fund the purchase of an almost 18 acre site by Doolan and Carter Roads, which would become home to Nambour Garden Village.

Sir Clem's daughter, Judy said Sundale's founding fathers, which included members of the Nambour Apex Club were ahead of their time.

"They all realised there was no aged care home in Nambour, despite the elderly population," Judy said.

"Back then the elderly had to move to Brisbane if they needed care, which was really disruptive for local families, so the Nambour Apex Club, Dad, J.D. and Roy joined forces to build Nicklin Lodge."

When the Doolan Street site reached capacity, history repeated itself, with Sir Clem and some of his friends playing a pivotal role securing 15 acres of land neighbouring Windsor Road.

The group discussed the possibility of donating the land to two local Rotary Clubs, which had already fundraised \$80,000 towards establishing a second aged care home in Nambour.

A new not-for-profit company was incorporated, but before construction began the question was raised: "Why create a competitor for Sundale? Why not join them?", which is exactly what happened.

Judy said her father was a modest man, who wore his honours lightly.

"Dad would always say he was 'fortunate'," Judy said.

"He believed when you're given opportunities, you should do something about them. He'd had Opportunities, so he felt he had an obligation to pay it forward."

Perhaps the most striking example of Sir Clem's humility was his response to Sundale's request to name a clubhouse in his honour.

"He wouldn't have it," Judy said.

"He eventually compromised and allowed Sundale to name a rotunda after him. He found that more acceptable."

While Sir Clem did not spend his final years in Nambour, he would often reminisce about his life there.

"He would talk about Sundale, the construction of Rotary Garden Village and his close relationship with J.D. Grimes," Judy said.

"It's wonderful to think Dad and others have left such a legacy."

"I don't think any of them could have imagined what Sundale would become and the care and services it provides to the community."

"I think Dad would be immensely proud." A lifelong Rotarian, Sir Clem was the President of Rotary International (1978-79) and played an instrumental role in the Global Polio Eradication Initiative, which has reduced polio cases by 99.9 per cent since 1979.

In 1979 Sir Clem was made a Member of the Order of Australia (AM) and knighted in 1988 for services to the community.

Judy said the Sir Clem Renouf Scholarship, which is awarded to Sundale team members so they can pursue further education is the most fitting way to honour her father's contribution to Sundale.

"Dad was passionate about education, and that's exactly the sort of thing he would've loved to know about. He would've been thrilled," Judy said.



## ACCPA

Sundale's Catherine Scott and Emily McLennan attended the Aged & Community Care Providers Association State Conference on the Gold Coast.

Titled 'Driving Quality Care', the conference is designed to equip leaders with the skills and insight they need to navigate new regulations and new expectations, to embrace the new normal and not just survive but thrive.

The highlights of the conference from Sundale were:

- Tane Hunter [Co-founder of Future Crunch] on using the Adaptability Quotient to Drive Quality Care;
- What Does Excellent Care Look Like a panel discussion moderated by the ACCPA CEO Tom Symondson; and
- Meeting Regulatory Requirement of the Reform Agenda shared by Julie McStay of Thomson Geer Lawyers.



## Sunny

In late April, Sundale partnered with the amazing team at Sunny Street to provide flu vaccination to team members and volunteers.

Over three days, more than 185 employees and volunteers received a flu jab, which protects team members from influenza and provides an additional layer of protection for Sundale's residents.



# News & Events



Sundale team members were honoured to attend the End-of-Life Framework – Dinner Education Session with Professor Liz Reymond [Director of QVAD Support and Pharmacy Service].

Topics included advanced care planning in the context of the Queensland Voluntary Assisted Dying Support and Pharmacy Service, anticipatory prescribing, PallConsult and the State-wide Office of Advance Care Planning followed by a panel discussion.

Sundale's Ammu Chandran attended the insightful and powerful Australian Women's Leadership Symposium in Brisbane on Friday, 12 May.

Ammu, a Clinical Nurse at Palmwoods Gardens Care Centre heard from a variety of business leaders about the value of pushing boundaries and shifting mindsets, the importance of diversity and inclusion and the power of innovation.



## Old people's home for 4-year-olds, in Kilcoy

The delights of the small screen are a reality at Sundale's Aloaka Care Centre in Kilcoy.

Since the easing of COVID-19 restrictions, Aloaka's little friends from the neighbouring NCC Early Learners have been regular visitors to Sundale.

In scenes reminiscent of the award-winning ABC television program, Old people's home for 4 year-olds, each week a group of pre-schoolers visit and spend time with Sundale's residents.

CEO Helen Sharpley said the pre-schoolers' visits have a transformative effect on the residents.

"You can see the delight on the residents faces the moment our little friends walk through the door," Ms Sharpley said.

"The visits are definitely mood boosters for our residents, particularly for those who don't see family regularly, including their grandchildren and great-grandchildren.

"The weekly visits last about 30 minutes and include games, fun activities and colouring in. It's an environment where they can interact, exchange knowledge and skills.

"The visits are a brilliant way to increase the health and happiness of our residents and the children.

"Despite the age-gap, strong friendships have been formed between the pre-schoolers and the residents.

"The partnership with NCC Early Learners is also instilling positive attitudes towards older people in future generations.

"Together, Sundale and NCC Early Learners are creating a wonderful community."

## National Volunteer Week

During National Volunteer Week (15 – 21 May), Sundale paused to celebrate its amazing volunteers and the remarkable contribution they make to our residents.

A host of volunteers were presented with milestone awards, including:

### 30-year service awards

- Evelyn Philo
- Patricia Hoskins
- Margaret Hallet

### 25-year service awards

- Muriel Peters

### 10-year service awards

- Cheryl White

### 1-year service awards

- Ann Crampton
- Carmen Bishop
- Rebecca Craig
- Kellie Armstrong
- Lyn Scott
- Lynn Maggio
- Maureen Cantarella
- Pat Dunn
- Trevor Dunn
- Rosemary Scwabe
- Tom Schwabe



# News & Events

Volunteers are the backbone of the community and play a vital role at Sundale, providing friendship, companionship and joy to our residents.

The theme for this year's week-long event was 'The Change Makers' in the hope volunteering will be at the heart of Australian communities, just like it is at Sundale.



## Bella Noosa Retirement Community and Care Centre

Sundale remains focused on the opportunity to design and deliver a unique Retirement and Care community for the Tewantin and Noosa communities.

The current focus is on the design of a revised masterplan which will provide:

- Retirement living housing opportunities that meet customer expectations;
- Residential aged care which aligns with best practice design guidelines.

We will keep everyone informed as we progress.

# Rotary Garden Village



There was standing room only in the Rotary Clubhouse in mid-May to watch local Indie Theatrical Company perform Op Shop Ladies.

Resident reviewers gave the production (and the morning tea) 5 stars!

Rotary Hall was transformed into a concert venue with local musos playing all the hits from yesteryear!

## A NEW LIFESTYLE AWAITS

UNIT 44 \$720,000

Enjoy coming home to this generous, well-appointed, newly renovated, steel and brick home. Exhibiting a white modern kitchen, dining, laundry & living areas all finished in a neutral colour palette. Unit 44 with its sunny north facing front patio, will be a pleasure to live in.



2



1.5



1

This beautiful 2 bedroom, 1.5 bathroom home with its generous rear patio is in a lovely position within our friendly seaside community. Ready to move in now.

Call Bronya - 0439 862 940 to view this beautiful home

\*\*Images from similar unit \*\*







# PALMWOODS GARDEN VILLAGE

BY SUNDALE

THIS IS YOUR NEW HOME!

UNIT 99 \$645,000

A rare opportunity has become available for you to secure a 3-bedroom, 2-bathroom, 1 car, stand-alone home.

A full refurbishment is planned, with a new Kitchen and bathrooms, vinyl plank flooring and carpet in bedrooms.

9 ft ceilings throughout give you a real sense of space.

Air-conditioned open plan dining and living area giving you easy access out to your north facing expansive rear patio, overlooking your spacious lawn and garden.



3



2



1

Shorelle - 0407 132 302 to view your next home



Woodfordia or bust!

Aloaka's residents enjoyed a wonderful trip to Woodfordia, home of the Woodford Folk Festival.

Residents enjoyed lounging by Lake Gkula (Indigenous for koala), sipping coffee from the café, munching on delicious donuts and taking in the spectacular views.

What can you see?

Two residents at Aloaka created these amazing sensory paintings.

Residents have reported seeing a fish and a horse head.

The view was postcard perfect when Aloaka's residents visited Somerset Dam in late April.

Aloaka's residents had their eye-on-the prize at the recent Kilcoy Show, before catching up with friends from Anglicare.

Talk about picture perfect!

Aloaka's residents enjoyed the wonderful views from Mary Cairncross Scenic Reserve at the Sunshine Coast.

The day-trip also included a delicious lunch in the Mountain View Café.

In late June, the creative residents at Aloaka got messy making playdough ahead of a playdate with their little neighbours from NCC Early Learners.

The visit coincided with Iris's 95th birthday. Naturally the four-year-olds led the rendition of 'Happy Birthday'.

It's hard to beat a pub lunch and a few cold drinks at The Exchange Hotel in Kilcoy, as Aloaka's residents discovered.

Sugar rush?

Aloaka's little friends at the neighbouring NCC Early Learners Kilcoy helped residents decorate biscuits with icing, smarties and hundreds and thousands.

The Kilcoy Krafters were welcome guests at Aloaka in mid-June. A number of residents knit, crochet and cross stitch, so it was fabulous to be joined by a like-minded, supportive group from the local community.

Boot Scootin' Boogie with a difference.

Aloaka's friends at NCC Early Learners Kilcoy joined the residents on the dance floor at their monthly line-dance class.



CARE CENTRES

# Bindaree

Friends of Bindaree has a special relationship with Sundale. For years the amazing volunteers have been raising funds for Bindaree Lodge via their garage sales.

As part of National Volunteer Week (15 – 21 May), Sundale's Community Development Coordinator, Rochelle Coombs, hosted a special afternoon tea for Bindaree's incredible volunteers.

Mother's Day at Bindaree was spent reminiscing about the joys of motherhood.



Did someone say mancave?

Snooker, scrabble, chess, sport and live music are all on the agenda for the men at Bowder and James Grimes thanks to the amazing Lifestyle team.

In the coming weeks an invitation will be extended to the gents at Sundale's nearby Retirement Communities to come and join in the fun.

Hidden talent alert.

Executive Manager – People Safety Learning and Culture, Sharon Seymour joined Bowder residents for a sing-a-long.

Favourites included Do-Re-Mi, Show Me The Way To Go Home and Somewhere Over The Rainbow.

We're reliably informed Sharon's singing was 5-star, just like Bowder Care Centre!

Lest We Forget.

The residents at Bowder commemorated ANZAC Day with a moving service which included poems, prayers, songs and the ode.

Queenslander!

Bowder residents celebrated the mighty Maroons Game 1 State of Origin win with gusto.

Screams, cheers, fist pumping and streamers created a jubilant atmosphere.

Bowder Lodge Show Day included duck shooting, bean bag toss, hoops, clowning around and fishing.

Side show alley games in each corner of the activity room saw residents throwing balls, tossing hoops and dodging bullets ricocheting from plastic ducks!



CARE CENTRES

# Coolum

Coolum's residents' have been hard at work creating amazing hand-made gift cards using a variety of colours, shapes and textures.

A huge thank you to volunteer Julia for helping the residents too.

Irene showed carer Janice a thing or two on the dance floor during an impromptu dance party at Coolum.

Thank you to U3A for your toe-tapping performance at Coolum in early May.



# James Grimes



An impromptu fashion parade proved a big hit for the residents and team at James Grimes Care Centre.

Sepoima won best dressed for her creative ensemble.

Ahead of ANZAC Day commemorations, the residents at James Grimes took a moment to create their own poppy wreaths.

ANZAC Day was a solemn occasion for the residents at James Grimes Care Centre who were joined by Pastor Scott from the nearby Wesleyan Methodist Church and volunteer John who played the piano.

Residents led the moving service, which included readings, poems and the laying of wreaths.

Lest We Forget.

Who did you tip in the first two State or Origin games? The Maroons or the Blues?

It's fair to say the majority of residents at James Grimes backed Queensland.

# Palmwoods Garden Village

It's never too late to celebrate Easter.

Palmwoods' Easter celebration include pancakes, trivia, Easter ten-pin bowling, pass-the parcel, the exchanging of gifts, singing and of course chocolate.

In April, Palmwoods paused to commemorate the lives of the residents who have passed away this year.

The moving memorial was led by Father Odinaka from nearby St Joseph's Parish and included family and friends and resident Lucille, who spoke on behalf of the Palmwoods community.

Residents enjoyed a double celebration in late April, with Totally Charlie's performance coinciding with the monthly resident birthday party.

A huge thank you to Sundale volunteer, Kathy Himstedt, who helped residents at Palmwoods commemorate ANZAC Day.

In addition to the decorations, Kathy also made morning tea, which included ANZAC biscuits.

The Palmwoods ANZAC Day service included a pianist, a bugler and a singer.

Palmwoods celebrated International Nurses Day in mid-May with an amazing brunch. It was a small, but important way the residents could thank Sundale's amazing nurses for the care and support they receive every single day.

All the mothers were picture perfect, when Palmwoods celebrated Mother's Day.

An invitation was extended to family and friends to enjoy the delicious High Tea, which included poetry, a sing-a-long, freshly cut roses and gift bags.

Residents at Palmwoods raised awareness of Palliative Care Week in late May by creating artwork, stories and poetry.

Using the theme, 'comfort and loss' residents shared their experiences over a lovely morning tea prepared by the wonderful Kitchen team.

The bush came to the hinterland earlier this month, with residents at Palmwoods celebrating show month with a country themed extravaganza which included live music, scones, popcorn and ice cream spiders.





# Rod Voller

The residents at Rod Voller created amazing hand-made wreaths to honour the Australian and New Zealand men and women who have served and died in wars and conflict, before participating in a moving ANZAC Day ceremony.

Rod Voller's residents were picture perfect during a day of fishing at Cotton Tree.

Who's a good girl?

Turns out Delta Therapy Dog, Abby is.

Abby almost stole the show from the amazing Yandina State School Choir who performed for the residents at Rod Voller.

Rod Voller residents made pikelets with fresh cream and jam using a well-worn and loved recipe book.

Is this the secret to a long and happy life?

103-year-old Phyllis Butt having a sword fight with her son Ray, while playing balloon tennis with the other residents at Rod Voller.

Some of the ladies from Rod Voller, proudly wearing the knitwear which was donated by the Eumundi Knitting Group.

The beautiful blankets definitely came in handy during a recent trip to Currimundi Lake.

On behalf of everyone at Sundale, Happy Mother's Day to our amazing mums, including the wonderful mothers and grandmothers at Rod Voller, who celebrated Mother's Day with a delicious morning tea.

Some of the real-life superheroes at Rod Voller!

Each month, Sundale team members can nominate a colleague for a Values & Behaviours award. It could be for:

- Caring passionately for our residents;
- Showing kindness and compassion;
- Sharing the workload; or
- Performing above and beyond.

This past month, a remarkable 17 team members at Rod Voller were nominated for a Values & Behaviours award.

It's always perfect weather for a BBQ at Rod Voller!





Forget about kids in a lolly show... it's all about residents in a nut factory!

Some of Rod Voller's residents enjoyed a wonderful morning at Yandina's Ginger Factory, which included a walk in the gardens, a train ride and a visit to Nutworks.

A big thank you to the Vintage Car Club of Nambour for showcasing their beautiful vehicles to residents at Rod Voller and James Grimes.