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Lifestyle

THE SUNSHINE COAST'S PREMIUM ANNUAL 55+ MAGAZINE & DIRECTORY

55+

2022/23

***Celebrating our
Creative Talent
and Goodwill
Ambassadors***



RETIREMENT LIVING

*Find the ideal lifestyle
with our comprehensive
Living Options Directory*

10 SCAMS YOU NEED TO BE AWARE OF

Don't become prey to fraud

GREY DIVORCE

*Learn about the reasons
and implications*

SOCIAL DIRECTORY

*From painting, dancing,
singing, arts, and craft,
we have it covered.*

RHEUMATOID ARTHRITIS

*The latest treatments to
relieve symptoms*

AGED CARE GUIDE

*All you need to know
to access care
and support*

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

SOPHIA LOREN

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Jodie McDonell
60+ LIFESTYLE AGENT

CENTURY 21^{On Duporth}

CENTURY 21.

On Duporth

Create & Connect



Tanya Dave
Editor

Acknowledgements

I would like to thank the talented Ian Putzier from Bee Inspired & Tricia Welsh for helping the team put this publication together. Lorrae O'Rouke for assisting with the Dementia Guide & Vicki Creber for her valuable input into the Parkinson's disease guide. I would also like to thank my parents, Yvonne and Theo Lopez, my grand aunt Veronica Correya for being a constant source of inspiration, my husband, Sanjay, my daughters, Samaira, Tanisha and Shahira for their love and support.

Cover image and main feature articles shot on location at Flaxton Gardens.

Welcome to the third annual edition of the Lifestyle 55+ Magazine.

One thing I love about creating this publication, is getting to know the amazing people we put the spotlight on. Each one has a unique journey and there is always something to learn or a new perspective to consider.

Living longer lives enables us to develop a greater understanding of ourselves, others and the world we live in. Under life's stewardship, through circumstance and fate, we find our inner gifts and learn through experience loss, love, pain, joy, sorrow, anger and so much more.

Talking to some of our goodwill ambassadors, it was plain to see how these lived experiences and our encounters with people through our life course, develops our ability to empathize and leads us on a path to help others and be the voice of reason in an ever-changing world.

It is this lived experience we celebrate every year, when we open Queensland Seniors' month on the Sunshine Coast, with the Senior Leadership awards. We don't just celebrate what our award winners have achieved but also their journey, everything they have learnt and experienced – the good and the bad, that has led them to be the remarkable individuals that they are.

We are so lucky to live in such a caring and sharing community on the coast where so many of our older residents have lived and still are living such enriched lives.

In this edition, we showcase some of them. Some we are honouring as Goodwill Ambassadors for their enormous contribution to various charitable organisations over the years – putting others ahead of themselves. We also introduce you to the Creative Talent we have on the coast. These remarkable people continue to inspire and delight us with their imaginative gifts and artistic flair.

We hope you enjoy our third annual edition, and we would love to hear from you, our readers, of inspirational people, interesting activities and novel enriching ideas, so we can further celebrate them too.

Tanya Dave

Gerontologist
Director, I Age Well
Advocate for positive ageing on the
Sunshine Coast



Connect with me online:

www.facebook.com/iagewell/

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The coast lifestyle

The Sunshine Coast is renowned for its laid-back lifestyle, natural assets and diverse communities. Our over-55 residents play a vital role in our region as we strive towards our goal of being Australia's most sustainable region. Healthy. Smart. Creative.

In partnership with UniSC, in 2021 Council hosted the inaugural Healthy Ageing Forum – Getting old is not a Disease! In 2022, this partnership continues with the second Healthy Ageing Forum – Rethinking Ageing – Moving and Grooving into Healthy Ageing. We look forward to bringing together more talented speakers and sharing resources to educate, inspire and inform the future.

Our over-55 residents are some of our greatest assets. They bring with them a wealth of experience from all walks of life, invaluable skills and knowledge gleaned and shared over career lifetimes, plus ideas and concepts gathered to enhance their own life and the lives of those in our communities. To ensure our region continues to flourish and our community continues to benefit, we need to draw on these exceptional resources and maximise opportunities available within the community.

The over-55 community on the Sunshine Coast is working in collaboration on a range of partnerships with government agencies, organisations and communities across the region. The Healthy Sunshine Coast Program, IAgeWell Festival, Carers Assist Program, Healthy Ageing Partnership, U3A and the Playground of the 60-plus are just a few of the many collaborative initiatives aimed at creating a resilient, resourceful, active and socially engaged community.

Let's work together to build an even healthier, smarter and more creative Sunshine Coast for all our residents.

SUNSHINE COAST MAYOR
MARK JAMIESON



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INTRODUCING

Sunshine Coast's Creative Talent and Goodwill Ambassadors

We have a chat with some of our talented residents who have a global presence, and with inspiring people who are making a difference in our community and the world.

Left to right: Jodie McDonell, Babette Bensoussan, Charmaine Wheatley and Amanda Gore



Amanda Gore

The Joy Project - From fear to love

Words Tricia Welsh

Amanda Gore is one of Australia's and the USA's best keynote speakers, a coach, Huffington Post columnist, author and founder of the Joy Project – helping people be the best versions of themselves. She is one of only four Australians inducted into the USA Speaker Hall of Fame.

Born and bred in Brisbane, she lived in Brisbane and India for the first five years of her life. She was educated at St Margaret's Anglican School in Brisbane and graduated with a Bachelor of Physiotherapy with a Major in Psychology, and is a Master Practitioner of Neurolinguistics. She now lives in Buderim from where she continues to give regular talks to audiences around the world from her home studio.

Combining her experience and talents, Amanda began a full-time professional speaking career in 1985, and has spoken on average 80 times a year for nearly 40 years, both in Australia and internationally. Her accreditations and awards are indeed impressive. Sharing the speaker's platform with people like Brian Tracey, Les Brown Robert Schuller, Tony Robbins, Jim Rohn and Wayne Dyer, her areas of expertise are stress and wellness, mental health and joy, resilience, communication, leadership, relationships, emotional intelligence and change.

Along with many others, Amanda's world as a speaker was transformed overnight with the pandemic. Her journey of pivoting and re-evaluating everything she was doing has deepened her level of empathy and experience. She says: "It has given me many new stories and concepts that are so relevant for adapting to ongoing change, new ways of working, and disconnection, as well as strategies for staying mentally, emotionally and physically well, being more resilient, stopping burnout, embracing change and helping people engage with work again."

Her basic philosophy is based on Carl Buchener's quote:

"People will forget what you say; they will forget what you do— but they will never forget how you made them feel."

She believes everything in life and business is about feelings! The way we feel about ourselves, a product, organization or person, influences how we behave and has an impact on our decisions about how we spend our time and money, or with whom we conduct business. The way we feel during a meeting or conference impacts our ability and desire to learn and change.

"I was told some years ago, my mission in life is to eradicate fear," she confides. "No small task! But it has dawned on me over the last few years of disruption, that all these experiences are giving us is an opportunity to move from fear to love; To learning that we truly ARE the embodiment of pure love, and learning to break and stop old patterns of fear, find joy and learn to live - truly live - from love! Which brings Joy. JOY stands for Just One You - and how you feel about yourself determines your life! If you know you are pure love everything changes! And no, I am not a hippie, space cadet, woo woo person!"

Amanda works with small and large organisations in every industry such as McDonalds, Westpac, KPMG, CISCO, Flight Centre, Google, Disney, Hilton, hospitals and schools to help them create cultures of joy and engagement, and to bring the humanity and joy back into their organisations. Her largest audience has been 15,000 people; the smallest just 12 people. She estimates she has addressed some two million people over her 40 years and has registered more than two million visits on YouTube.

Her presentations are very personal and funny experiences - often bringing audiences to their knees while she still gets powerful and relevant messages across that connect with people's hearts.

Mark Victor Hansen, co-author of the *Chicken Soup for the Soul* series is effusive in his praise for her: "Amanda is a wow of wows of speakers. She's enchanting, captivating, brilliantly funny, tenderly charming, heartfelt, genuine, sincere and poignantly authentic and yet she delivers a powerful message that we each want and need to hear. She's unforgettable with her innovative audience involvement techniques...that will give you skills to take home, tell others and start using immediately to better your life, your relationships, your future and finances."

“the last few years of disruption, that all these experiences are giving us is an opportunity to move from fear to love.”

The savvy businesswoman says we all tell ourselves stories about ourselves and other things that are not true. “Everything in life is about feelings. Beliefs rule everything – but our beliefs are just stories we have told ourselves.

“There are three core fears that drive most people’s lives: I am not good enough or I am not worth loving; I am unsafe in some way; and I am separate - I don’t fit in or belong. And they are not real or true!”

Amanda has written five books, one of them, *Joy is an Inside Job*, was used to pilot a Joy in School program at Kidman Park Primary School in Adelaide. “The principal and I would have continued with this,” she says, “but the education department did not consider it was part of the curriculum. I am passionate about this idea of teaching our children about joy and eradicating fear.”

In recent years, she says she has learnt to breathe a lot more often and stay centred and calm. “Stress does nothing for your life or capacity to think and make decisions let alone be joyful,” she says. “I love gardening – it grounds me and centres me! I never valued stillness before COVID – now I love it,” she adds.



Babette Bensoussan

Gratitude is a key word

Babette Bensoussan, known as the *Decision-Making Maverick*, is a *Strategy and Competitive Intelligence Specialist, Business, Leadership and Life Coach, Author, Speaker and Adjunct Professor*.

Born in Casablanca, Morocco, she came to Australia as a small child. She has two younger brothers. Her father was a University Professor in French Literature and her mother, “a wonderful stay at home mum.” She was brought up on the North Shore of Sydney where she went to school. When she finished high school, she did a secretarial course and started working with multinational companies which only increased her urge to travel.



Babette Bensoussan - Reflections on life

What did you want to be as a child?

For a while, I wanted to become an Ambassador for Australia.

Where do you draw inspiration from?

I draw my inspiration from women in all walks of life. I find the courage, resilience and strength of women awesome and the more I learn of women's lives the more I am encouraged to achieve more in my own life.

What led you to this life?

Like most immigrant Australians, I love to travel, so I started my global jaunt only to stop and live in Los Angeles for two years. The respect that American women received in business blew me away and I wanted to be very much like them. They all had one thing in common – an MBA (Master in Business Administration). So I said I had to get one of those.



—
*“No material object
should give you grief.
You can’t take it with
you, so all material
objects are irrelevant
to the deeper
meaning of life!”*
—

Significant person, event or thing that had a great impact on your life?

I returned to Australia to study for a Masters in Business, and found out you had to have an undergraduate degree. That meant it would take me about 10 years of part-time study to get my MBA. I was so disheartened. A wonderful friend of mine, Lila, pointed out that whether I did my studies or not, I would still be 10 years older in 10 years, so what did I have to lose. My goodness what amazing advice that was.

I applied to undertake a Bachelor of Business as a part-time adult student at the University of Technology Sydney. I was accepted and started my six-year journey of part-time studies. I ended up with a Bachelor of Business with double majors in Marketing and Economics and then went on to do my MBA at Macquarie University Graduate School of Management. I graduated exactly 10 years after!

During my final year of my MBA, I started my own consulting firm, specialising in strategy, competitive intelligence and strategic marketing. My goal was to create a boutique consulting firm that was renowned in the Australian market for its expertise. I gave myself 10 years to achieve this.

Was it hard work, good luck or fate that got you to this point?

With hard work, and clear strategic focus, my business – The MindShifts Group Pty. Ltd. - became well known not only in Australia but overseas as well. I was made a Fellow of the Strategic and Competitive Intelligence Professionals within five years of starting out. I was running workshops, speaking and teaching all over the US, Asia and Europe. I co-authored six books which became best sellers used predominantly in university programs across the world, translated into more than seven languages.

Ten years later, I was awarded the Meritorious Award for outstanding contributions to the field by the Strategic and Competitive Intelligence Professionals – the first women outside the USA to receive this acknowledgement. Then I received the Alumni Award from Macquarie University Graduate School of Management, and a little while later I was appointed an Adjunct Professor at the University of Technology Sydney.

Wow.....I had more than surpassed everything I had wanted to achieve. All because of hard work and a clear strategic focus.

If you could tell your younger self something, what would it be?

If you really want it, and are willing to work for it, you can achieve anything you set your mind to. Learn, learn, learn.

How has life changed you – a few perspectives on life:

All my experiences have moulded me to be the person I am today....and I like who I am! It has taken time to get to this stage. I believe it comes with age and a great deal of inner reflection and soul searching. When I reflect on all my past experiences good and bad, they have shaped me into who I am today. And I say to myself how lucky am I.

What would you say is the greatest lesson you've learnt in life to date.

When I was living in Switzerland, I asked a top jeweller to repair a watch-ring that my parents had given me on my 17th birthday. My first piece of jewellery from my family. To cut a long story short, these top jewellers claim the ring was lost in the post. I cannot tell you how devastated I was. I grieved deeply for the loss. I was inconsolable at the time. The lesson – no material object should give you this much grief. You can't take it with you, so all material objects are irrelevant to the deeper meaning of life! I still hold this view. It is our relationships that define the quality of our lives.

If you had your time over, what, if anything, would you change?

Nothing, I like who I am!

If you could name just one thing, what would be the highlight of your life/career?

The highlight of my career is the global recognition I have in my field. The highlight in my life was finding a good and kind man to share my life with.

And the future?

To keep learning and growing in my coaching practice. Explore more deeply psychology and neuroplasticity of the brain. Volunteer as a coach somewhere. There are so many books I would like to read. I want to explore a little more spirituality, philosophy, my creativity especially my collage work. I want to learn new skills such as Ikebana, flower arranging, playing bridge or mahjong. Travel a little visiting family overseas, more time with friends. Such a busy future – where can I fit it all in???

Three words to live by?

Gratitude, gratitude, gratitude!

David Williamson

All the world's a stage

Words Tricia Welsh

David Williamson is the most produced playwright in the history of Australian theatre and in 1983, became an Officer of the Order of Australia (AO) for his remarkable contribution to theatre.

Born in Melbourne in 1942, David was brought up there, where his father worked in a bank, his mother in sales, in department stores; and, in Gippsland, where he went to Bairnsdale High School and later to University High in Melbourne. He has a Degree in Mechanical Engineering and an MA (prelim) in Psychology.

His initiation into the theatre in the 1960s was as an actor and writer of skits for the Engineers' Revue at lunchtime performances in Melbourne University's Union Theatre, and as a satirical sketch writer of student reviews for Monash University and the Emerald Hill Theatre Company.

His first full-time play, *The Coming of Stork*, premiered in 1970 at La Mama Theatre, Carlton, later becoming the film *Stork*, directed by Tim Burstall. Over the next 50 years, he went on to write some 56 plays, has written or co-written 26 films and television screenplays that became household names such as *Don's Party*, *The Club*, *Travelling North*, *The Perfectionist*, *Emerald City* and *Brilliant Lies*. His five mini series include *The Four Minute Mile* for the BBC, and *The Last Bastion* about General McArthur's arrival in Australia in WWII, which was sold all over the world.

As Australia's most successful playwright, his plays have been performed throughout Australia and produced in Britain, the United States, Canada and many European and Asian countries.

It has been suggested that his work is so popular because he reads Australia's social circumstances so accurately and timely - the connecting thread through most of his work being the need for tolerance in our society, his flawed characters struggling to lead a better and more tolerant life.

Awarded four honorary doctorates from various Australian universities, he has also been named a National Living Treasure by the National Trust in 1997, and was awarded the JC Williamson lifetime achievement award at the annual Helpmann awards in 2005. He was also nominated Senior Australian of the year in 2012.

But the most recent event that has delighted him is that his highly acclaimed memoir, *Home Truths*, published by Harper Collins in 2021, has been short listed for the National Biography Awards.

Closer to home, David was instrumental in establishing the Noosa Long Weekend Festival which has evolved into Noosa alive! Festival! held annually in Noosa where he now lives with his writer wife, Kristin.

What did you want to be as a child?

A trumpet player or a writer.

Who inspired you?

Some very good teachers. One at Bairnsdale High called Alan McLeod, he was a brilliant English teacher who brought Shakespeare to life.

What led you to this life?

A desire to tell stories was there from a very early age.

Significant person, event or thing that had a great impact on your life?

Betty Burstall opened a tiny theatre in Carlton and started searching for new Australian plays, which at that time in the late sixties were very seldom being staged by our larger theatre companies. She read my early scripts and felt I had some talent and got some good actors to do them.

Was it hard work, good luck or fate that got you to this point?

Good luck certainly played a big role. To have Betty searching for new work at the time when I started writing plays was lucky indeed.

If you could tell your younger self something, what would it be?

Don't be so sensitive to criticism. Not everyone is going to love what you write.

“Career success is a great plus, but family and friends are the greatest determinate of happiness.”

How life has changed you – a few perspectives on life:

The biggest changes were a result of my marriage to a wonderful partner, my having five children and 14 grandchildren has certainly made me realise how central family is to a sense of well-being. That made me realise life was not just about me.

What is the greatest lesson you’ve learnt in life to date?

Career success is a great plus, but family and friends are the greatest determinate of happiness.

If you had your time over, what, if anything, would you change?

Nothing much. I was born into one of the luckiest and stress-free generations that’s ever lived in a country that itself was very lucky.

If you could name just one thing, what would be the highlight of your life/career?

The birth of my children.

And what now?

I’m 80 now and maybe have written my last play but with a writer sometimes a story thrusts itself on you either from a situation you’ve been part of or observed or even occasionally from a vivid dream. So, who knows. Although I’m happy to rest, read, socialise and enjoy the company of my wife, five children and fourteen grandchildren at the moment, a writer never really ever ceases to be a writer.

Three words to live by:

Life is short



*When I was 16,
I gave up music. Six months
later, I asked my Mum why
I felt so sad all the time.
She said maybe it was
because I didn't have music
in my life anymore.*

Kim Kirkman

A life filled with music

Words Tricia Welsh

Kim Kirkman is a multi-talented entrepreneur. He is a professional singer, violinist, harpist, conductor for five choirs on the Sunshine Coast, music educator, arranger and instrument dealer.

Born an only child in Brisbane, he was brought up in Cairns where he went to an all-boys' school until he was 10, and then grabbed the opportunity of going to a co-ed in Malanda for his senior years. He has a Bachelor of Music in viola, post-graduate Diploma in Voice Studies and a Masters Degree in Education.

What did you want to be as a child?

I'm a Pisces and I love fish. I wanted to be a fish farmer and breed Siamese fighting fish. I think I'm going to breed goldfish now in my spare time.

Who inspired you?

I had lots of wonderful music teachers where I was growing up. One man, in particular, was very emotional about feeling music, his name was Colin Fox, and he was a conductor. He would get so animated with his conducting sometimes he would knock the cello player's music right off the stand during the performance. I always wanted to feel music as passionately as he did.

Where do you draw inspiration from?

I say to people I don't like music. The truth is I love it. But it is a harsh mistress. Always asking for our truth and for us to be in the moment. There is no automatic pilot in making music.

What led you to this life?

When I was 16, I gave up music. Six months later, I asked my Mum why I felt so sad all the time. She said maybe it was because I didn't have music in my life anymore. So, I took it back up and, of course, she was right. Mothers are always right. I have to engage in creativity otherwise I feel very depressed.

Was it hard work, good luck or fate that got you to this point?

I would say it is a combination of those things which got me to this place. Some things work out. I remember a gig we did with *The Ten Tenors*. We only had nine guys turn up, as one of them had slept in. We were freaking out. We weren't called a 'bunch of tenors', we were *The Ten Tenors* - it was very specific. Everyone in the audience always counts them. So, at this particular corporate gig there were two pods of audience connected by a corridor. We sang in the corridor and neither side could see the complete group. So, no one knew there were only nine

guys in suits that day. Talk about dodging a bullet. Another time I heard that the heads of all the east coast theatres were going to be having dinner in a certain restaurant. I organised the boys to get dressed and we crashed their party and sang our hearts out and received an invitation to the circuit. That was what set up our first tour and turned us professional.

If you could tell your younger self something, what would it be?

It's going to work out. Stop pushing.

How life has changed you – a few perspectives on life:

I find it really difficult to understand that I'm 49 years old. My brain and body feel like they are 24. I look in the mirror and see grey hair and a bit of a belly, but I don't feel that way on the inside.

What would you say is the greatest lesson you've learnt in life to date?

I am still trying to get the balance right. Just the right combination of confidence and reflectiveness, listening and acting, work and play.

If you had your time over, what would you change?

Nothing.

If you could name just one thing, what would be the highlight of your life/career?

I trained at the Mackay Choral Society for eight years and then, finally after being beaten every year by the seemingly invincible Cairns Choral Society at the North Queensland Eisteddfod, we won. That was a good feeling. A culmination of eight years' hard work.

Best life lesson?

Confidence is found inside the belly. I teach belly-breathing to singers. Low breathing will change your life!

Three words to live by?

Do it now! Catch the energy way, act.

The local voice of South African orphans

Words Tricia Welsh

When South African-born **Charmaine Wheatley** moved with her Australian husband from Durban to live on the Sunshine Coast 11 years ago, after a short stint in Kiama, she quickly realised that she was the voice of the orphans in South Africa and had the ability to tell their story here in Australia.



“I have directly seen the impact of the charity dollar in the communities I have worked with overseas and locally. So even though it’s hard work, I always try and put the FUN in fundraising – so it’s really twofold.”

I was personally involved in the heart-wrenching rescue of some very snotty-nosed and starving children from the rubbish dumps in my home town,” recalls this energetic volunteer, who is now Mentor of the Sunshine Coast Rotary Community Corps.

An active event member of Rotary International for 16 years, Charmaine has held many different roles while fundraising for Rotary in various clubs in both South Africa and Australia. As an event organiser, she has been instrumental in organising the highly successful masquerade balls, and Rocky Horror, ABBA and Dancing with the Stars among other fun events. She estimates she spends at least 20 hours a week either selling raffle tickets or organising the prizes, volunteering in various roles around the Sunshine Coast, organising the next fundraiser and attending networking meetings.

“If you do something that you love – it most certainly is not time consuming,” she adds.

She believes she had the “spirit of volunteerism” from childhood, starting with Bob-a-Job as a little Brownie and learning about children less fortunate.

“In South Africa, I was very involved with a Lifeline project teaching young street children various skills to try and give them the opportunity to become employable or perhaps create a job opportunity through crafts,” she explains. “Once a month we would ‘magically receive’ \$1000 from a Rotary Club somewhere in Australia which very generously supported our skills empowerment programme in Durban. We gratefully used this money to purchase craft materials and pay for a small lunch to feed the hungry children while we taught them and gave them very often their only hot meal for the week.”

Over the past 12 years, she has escorted 52 self-funded Australians on overseas humanitarian trips to Africa.

“One of the highlights of my Rotary career was delivering 25 water carriers called Hippo Rollers to a small village in Lesotho – the smallest country in Africa, on International Women’s Day in 2020 just before COVID,” she says. “It still gives me a tingle when I proudly reflect on the awesome Australians who accompanied me on that trip before we were very dramatically evacuated back to Australia.”

Charmaine has also worked closely with Riding for the Disabled, Lions International, Volunteering Australia and Beautiful You among other charities and has worked at two BlazeAid camps repairing fences after devastating floods and fires.

“The pure joy and satisfaction of helping someone else after the kindness of strangers made a HUGE impact in my own life when I had a personal struggle”, she acknowledges. “It’s the basic love of fellowmen and I would like to continue while I still have my good health and energy.



“I have directly seen the impact of the charity dollar in the communities I have worked with overseas and locally. So even though it’s hard work, I always try and put the FUN in fundraising – so it’s really twofold.”

In 2018, she was nominated for Volunteer of the Year and has received many charity awards through Rotary and the local community.

She extends an invitation to interested persons to the Alexandra Headland Rotary Club, for a Friday morning breakfast meeting at the Alex Surf Club, to learn more about Rotary and the exciting projects planned for next year.

“Come and share the next exciting Rotary year with us, under the leadership of President Skye Miller and her team, and you too can have as much fun as I am having here on the beautiful Sunshine Coast, by helping both the local and international community,” she adds.

Hattitude on Parade!

Words Tricia Welsh

*If you bumped into **Carol 'Caz' Berry** in the supermarket, you'd think she was just a typical resident of the Sunshine Coast.*

But meet her on the first Saturday morning of each month and she could be any number of characters.

Perhaps Wendy de Worry – a hypochondriac who continually talks about her ailments and pending doom of hospitalisation and disability; Olga Overit – who lives in the past and hates changes, struggling with relationships because of her negative attitude to life; or positive-thinking Bettina Whoppahouser who actually builds relationships, or Yvette Springfield who doesn't let ageing get in the way of making the best of her situation, welcomes new ideas and concepts others are quick to dismiss.

As the founder of a unique Outreach Ministry for women, attached to the Uniting Church in Buderim, this innovative lay pastor uses theatre to help women improve their well-being. There are some 10 characters she draws on to 'act out' different attitudes we, as people, display to others.

From a 'dress-up' treasure trove of about 12 wigs, a fabulous collection of hats, colourful shoes, handbags and mad accessories, each month Caz transforms into Ruby de Boze who thinks she's a fashion icon, to show how easy it is to take on these attitudes – both positive and negative, in what she terms "Hattitude on Parade."

Ruby's Room Ministry for Women was established in May 2013 by a small group of Christian women led by Caz. She explains: "We all shared a common passion to encourage women and to produce a ministry which would provide our monthly meetings with an atmosphere of unity and fun with complimentary morning tea, singing, dancing and comedy. We also share the gospel of Jesus Christ which brings hope to the hopeless and courage to the feeble in an atmosphere of unity, fun, love, kindness and empathy."

With a team of 12 helpers, the ministry now attracts more than 100 regular attendees aged from 45 to 90 each month from as far away as Brisbane – "for its fun and fellowship."



Born and raised in Parramatta, NSW, Caz recalls suffering from low self-esteem as a child, entertaining her primary school classes with comical mime performances to mask the fact that she stuttered. As a teenager and into her early 20s, she played character roles in the Musical Comedy Parramatta Musical Society where she loved singing, dancing and acting – setting the groundwork for her current role with the ministry.

Following marriage and a successful career in the insurance industry in Sydney and Cairns, Caz came to live on the Sunshine Coast, in 1993.

So why does she do this work? "I want to encourage women to live a full life, in spite of ageing, to step out and do what they would love to do. Even if they think they can't do it, do it anyway! In my younger years, my low self-esteem caused me to make poor choices involving relationships, career and motherhood. I made up my mind that ageing wasn't going to hold me back! Sharing my Christian faith with the gifts God has given me has enhanced my life with a real purpose to encourage and inspire others."

Ruby's Room Ministry for Women is held on the first Saturday of each month from 9.30am-12noon at Connections on King, Buderim.

"I want to encourage women to live a full life, in spite of ageing, to step out and do what they would love to do. Even if they think they can't do it, do it anyway!"

A life of Giving

Words Tricia Welsh

*Buderim resident **John Clemones** knows the value of a man having a shed to retreat to. He went to the inaugural meeting of the Buderim Men's Shed 13 years ago and emerged as a committee member and team leader in metal work!*

As a qualified engineer, toolmaker and welder, he still delights in passing on his general tradesman skills to others on a regular basis in Buderim's Kuluin 'shed'. And although he has stepped down from the committee he still inducts and supervises new volunteers, making sure they are welcome and comfortable.

John recalls: "Back then there were only about 200 Men's Sheds in Australia – now there are currently 1,200 to 1,300 sheds nationally. Initiated in Australia, there are now Men's Sheds in other countries too. Men's health is promoted through Men's Sheds too, which is good," he adds.

It seems John has always put his hand up for community work, volunteering whenever he can. "But I need to like the challenge," he suggests. "I like the achievement of a job well done and helping others as part of the outcome." Multi-skilled, he admits he's the nuts-n-bolts guy on his Body Corporate Committee – "the go-to person when stuff needs doing!"

When he was living in Sydney, he became involved with local community groups such as the Clareville Plateau Citizens Association where he soon became president, and also Ian Kieran's well-known and well-orchestrated Clean Up Australia Day, where John became a regular volunteer and soon the local co-ordinator in the Pittwater area for the national clean-up day.

Soon after moving to the Sunshine Coast with his wife, Linda, 15 years ago, he became a patrol co-ordinator for ECOllaboration, a not-for-profit local community group based in Nambour that looks after the Maroochy River. "We pick up rubbish from the Maroochy River and its estuaries," explains John. As a volunteer, he collects data, writes reports and organises weekly outings to clear riverbanks of litter.



"I like the achievement of a job well done and helping others as part of the outcome."

He remembers fondly when he was 71, crossing the Nullabor on a 50cc Piaggio motor scooter, with a team of 20 riders helping raise \$74,000 for Beyond Blue. "I was a late acceptance but somehow became a member of the organising committee," he recalls. "I was chief technician too – a huge success and a great privilege to participate in such a good cause – 2,400kms in 12 days!"

When his two boys were youngsters, his seven-year-old became World BMX Champion for his age group. The following year, he went to France to defend his title but came second. "I was the bicycle technician for all 56 Aussie riders in France," John remembers. "They were wonderful years. Good fun!"

After nearly 40 years of volunteering, John recently received a state-wide award through the Queensland Volunteering Awards. The commendation read: John Clemones is known for his giving nature and care for others, always willing to lend personal support to those who are going through a difficult time..... John always goes the extra mile, putting his hand up to coordinate events, organise maintenance and take on a high level of responsibility. His contribution is valuable, relied upon, and extraordinary."

"I just need more spare time to go fishing!" he adds.

You're never too old for life-saving

Words Tricia Welsh

*When British couple **Patricia and Tony Barry** arrived from the UK in 1982 to make their home in Caloundra, one of the first things they did was to join the Ithaca - Caloundra City Royal Life Saving Club – patrolling Bulcock Beach. And 40 years later, they are still doing it - but have taken traditional life-saving a step further.*



While still volunteering their beach-patrolling skills at weekends, they run special two-day weekend courses each year on how to respond in an emergency at home, perhaps in a family pool – but especially when looking after children.

The Grey Medallion course, offered through the Royal Life Saving Society Queensland, is a water safety and lifesaving skills initiative for older adults covering water safety knowledge, resuscitation and defibrillator, aquatic exercise and personal survival skills. It used to run for two hours a week over eight weeks, but the Barry's adapted the program to be run on a weekend. They are the only people offering the course on the coast.

Patricia explains: "I would say that the Grey Medallion grew out of realising what we perceived was needed locally. We adapted the course for our local audience.

"We cover familiarising children and pools for grandparents, the importance of teaching kids how to get out of a pool and how to float, before teaching them how to jump in and swim.

"We teach how to rescue people from a pool without putting yourself in danger, simple first aid, how to deal with our local marine stings and a lot of 'water wise' information as well," she adds.

Patricia says Tony was always a "fantastic swimmer", while she was an "aquaphobe". She recalls: "I would sit on the side and watch others having fun but was too scared to go in. He gave me the confidence to learn how to swim and, through patience and encouragement, got me in the water.

"I was determined my kids wouldn't be like me. At three months old, we took them to the pool in the UK to learn how to swim. They became really good swimmers."

Patricia went on to teach swimming. The primary school where she taught had the proud record of every child being able to swim at least 10 yards by the time they went to secondary school. "Pretty unusual for the UK," she suggests. "I felt that every child should be able to save themselves, even if they weren't a great swimmer."

The Barry's children were involved in lifesaving in England – which is how they became involved themselves.

She says the Caloundra club has a very active and involved group of over 55s who drive the 'rubber duckie', perform rescues, always working as a team. Tony is the oldest member at 80.

The community-minded duo also run courses for bodies corporate and feels every shopping centre and entertainment venue should have a defibrillator – and for people to know where it is and how to use it. "We carry one in our boot. It's not hard to use. However, it isn't the magic bullet. You have to be able to do CPR together with using a defibrillator."

The Grey Medallion courses are sponsored by BreakFree Grand Pacific Resort. They cost \$5 per person and are usually held over two weekends in August.



WEBSITE

www.caloundracity.org.au

Giving young mothers a chance

Words Tricia Welsh

*Although **Vicki Maynard's** three grandchildren are now grown up, her grandmotherly wiles and love come to the fore each Tuesday when she volunteers in a creche looking after babies while their mothers attend 'school' next door.*

Vicki is one of a small team of volunteers at Burnside High School's STEMM program -- Supporting Teenagers with Education, Mothering and Mentoring. The first of its kind in Queensland, this unique stand-alone curriculum offers pregnant girls and young mothers the opportunity to further their education while their babies are being looked after – all on the same premises.

The innovative holistic concept is the brainchild of high school teacher Jackie Dean who, since its inception in 2007, has seen many hundreds of young women achieve their educational goals while still caring for their babies.

Vicki finds the experience most enjoyable as well as rewarding and has been doing it for eight years. In 2019, she received a Nicklin Community Award for her efforts. "I find it an incredible experience when the mothers put the time in to improving themselves and finally graduate," she says. "I get great pleasure in doing something so these mothers can continue an education."

With anywhere from four to nine babies at a time, the creche is often a hive of quiet action, especially among the toddlers who not only need love and attention but entertainment through activities and passive games.

The student mothers are aged from 13 to 24 years and come from all over the coast – as far away as Beerwah and Tewantin. Depending on their age, they might attend STEMM classes for two or up to four years if they are younger.

Some of the young mothers go on to become nurses, teachers, beauty therapists, hairdressers, and social workers. One 'graduate' from 2009 went on to become a teacher and is doing her masters in trauma while working in the acute mental health ward in Darwin Hospital assisting with the education of long-stay patients. The mother of four children, her eldest is now in Year 12 – and will be the first in her family to complete high school.

While there is not a lot of interaction with the mothers, Vicki says it is still rewarding to see the changes in them through education. "We're just a small group of volunteers but STEMM is always looking for back-up support. It's a win-win experience – so rewarding on both sides," she adds.

As STEMM's motto says: By educating a mother, you educate a family.

STEMM has been inducted to the DFV Prevention Honour Roll in recognition of the organisation's action to prevent domestic and family violence, raise awareness and support people impacted by domestic and family violence in Queensland.



Doing it tough, but thinking about others

Words Tricia Welsh

*Septuagenarian **Graham Ladd** knows what it's like to do it tough. Growing up in a housing commission area in Melbourne, he was brought up by his mother, a single parent, when his father left them when he was only 18-months-old. They moved in with his Irish grandmother in working class Sunshine, where both his mother and grandmother worked in the ammunition factory in Maribyrnong during the war years.*

It was his own tough childhood that taught young Graham to think of others.

He remembers when he was about six-years-old making homemade lemonade with fruit from his grandmother's trees to raise funds for the Royal Melbourne Children's Hospital Good Friday Appeal.

"Every year, a few months before Good Friday, the girl next door and a few of our playmates in the street, we'd set up a stall outside our house selling cakes and lemonade. We might make about six pounds. I think the most we ever made was 10 or 15 pounds. And we'd take it in to 3AW (the appeal radio station). We continued to do this until we started tech or high school."

As the first grandchild, he used to follow his grandmother around the yard that had flowers, vegetables and fruit trees, with chook pens. "Nanna always had beautiful roses, buffalo lawn and would win the local garden competition. She'd come home from working in the ammunition factory and work in the garden till dark. Mum would have to call her in for dinner. I learnt how to grow things from her," he says. "I still have a bit of a garden."

Graham received his first pushbike when he was eight-years-old, and did a paper round in the morning before school, and one in the afternoon. "This was so I could help Mum with my education," he recalls. "I bought my own schoolbooks and uniform."

His mother remarried and the family moved to a new war service home in Reservoir. He left school at 14 ½ and worked on his uncle's war service farm in the Western District and also worked part-time in a bakery.

"When I was 15, I asked Mum if I could join the Navy cadets – but she wouldn't sign the papers. Then I started to go to a Methodist church youth group at the age of 16. When I turned 18, I joined the Army Reserves. I asked the minister there if I could start a Boy's Club as our area had grown and there were a lot of boys aged between eight to 13 years of age. I ran the club for two years and then left.

"After a few years, I still wanted to help others, as I had had it hard. There were others out there struggling too. I asked the boys if they'd like to form a football team. I started coaching them and we had a few games before I got more serious about the Army."

He debated going to Vietnam, but didn't -- and acknowledges losing many friends there.

At 21, he got married, started a family, worked three jobs to make ends meet and buy a house. A chance visit to the Sunshine Coast in 1975 following a friend's funeral in Brisbane, opened up a new world to Graham who ended up moving here.

"It was hard to get a steady job then so I did whatever came along. I finally got a full-time job as groundsman at a local primary school" a job he held for 14 years.

He continues: "I then started doing things to help people who weren't as lucky as I was. The principal and I joined Apex. The first meeting we went to, the speaker was a psychologist talking about the number of single parents living on the coast. It was a staggering 80 percent, in 1979."

Ever on the lookout for an opportunity to help others, Graham remembers: "At the end of each school year, I would gather up all the things that had not been used, such as rulers, pencils, exercise books, art paper, as all this would go into a skip and go to the dump. I would take these to my garden shed.

"Over the years, I got to know the kids who came from a struggling single mum family, so I would have packages made up and would give them to these children. They were very grateful. I'd see them come to school with nothing and ask them what they needed. Nobody knew I had this stash to give away."



“I have been blessed to help others, and although my health is not so good, I hope to be able to go a few more years yet.”

Twenty-two years ago, Graham joined the St Vincent de Paul Society. “I still felt there was more help needed.”

With his wife, Sue, he is part of the Good Shepherd Kawana Conference whose aim it is to assist local victims of domestic violence. “We might put them in a motel for a couple of nights and help have the children educated.”

Graham pots up plants for sale at a monthly book and plants sale – painting terracotta pots especially at Christmas time. “Our numbers are dwindling and desperately need more members,” he laments. “I have been blessed to help others, and although my health is not so good, I hope to be able to go a few more years yet.”



Carers with heart

Carolyn Roberts knows all too well what it's like to be a carer. She cared for her husband who had a rare type of Parkinson's disease for more than six years.

“It takes a lot of adjustment and commitment to be a carer and many who are faced with that journey are not prepared for it,” she says.

“The journey is often a lonely one filled with a roller coaster of emotions like guilt for not being able to do enough, or sadness just watching your loved one in a state of decline. There is regret, anger, frustration, worry, anxiety, grief, and loss. Having a good support network made my journey a lot easier.”

After her husband passed away, Carolyn stepped in to help some of her friends who were unwell. She took them to medical appointments, ran errands, and, every now and then helped give a friend a break from their caring role, so that they could have some time out for themselves.

In her role as President of the Glasshouse Mountains Neighbourhood Centre, she began to notice more and more people falling through the already overstretched care system and in need of support.

Carolyn says “The common complaint was: ‘I have been assessed by My Aged Care and I have been approved for support, but no one is able to assist me because they have no more funding to take on any more clients.’ Accessing private support for many is an expensive option.”

This was the catalyst that prompted Carolyn to take action. With the support of friends, she set up the Carer Assist Program. The program is about getting the community to work together to help each other.

“Like we did in the past, just a little more coordinated,” she says. “People who want to help register their name with us.

Then we match them to someone who needs assistance. Our helpers provide support with transport to attend medical appointments, provide shopping support, run errands, help prepare meals and give carers a break”.

“Those taking up the support are happy to give a little gift in return to cover the cost of petrol just like you would do if a friend helped you. Some even gift a cake or a meal!”.

Carolyn's program has picked up momentum and her team has seen some wonderful results. Recently they had a gentleman who was undergoing radiation treatment. He was losing weight, quite down about his health, and was very lonely.

Her ladies rallied around him. They spent time with him, made him soup, and even whipped up a special dessert to help him put on weight!

He would look forward to their visits. And Carolyn said “When the nurses at the treatment centre informed us he had put on weight we were all delighted - practically high-fiving each other. And at the end of his treatment, we were all treated to a wonderful morning tea!”

As Eunice Kennedy Shiver said: “In a caring community, the quality of care we give to our parents, brothers and sisters, families, friends, neighbours, and to the poor and powerless, endows peoples' lives in a community with respect, hope, and happiness.”

CONNECT

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<p>Adult: \$2348 pp Pensioner: \$2338 pp Past Passenger: \$2333 pp Single Supplement: \$491 pp</p>	<p>Highlights: Cubbie Station Tour; Down to Earth Opals; Bevan's Cactus Garden; Chambers of the Black Hands; Easter in the Vines Festival; Lightning Ridge Festival.</p>	<p>Highlights: Charleville Bilby Experience; Birdsville Hotel; Big Red Sand Dune; Min Min Encounter; Waltzing Matilda Centre; Cobb & Co Stagecoach Experience.</p>
<p>13 DAY NORTH QLD TROPICAL INTERLUDE Departs: Thursday, 11th May 2023</p>	<p>19 DAY CORNER COUNTRY, LAKE EYRE, KANGAROO IS & GREAT OCEAN ROAD Departs: Thursday 8th June 2023</p>	<p>9 DAY BLUE MOUNTAINS & JENOLAN CAVES Departs: Saturday, 22nd July 2023</p>
<p>Highlights: Port Douglas; Mossman Gorge; Daintree River Cruise; Kuranda Scenic Railway; Atherton Tablelands; Undara Lava Tubes; Carnarvon Gorge.</p>	<p>Highlights: Tibooburra; Arckaringa Station & Painted Desert; Coober Pedy; Barossa Valley; Hahndorf; Kangaroo Island; Victor Harbor; Great Ocean Road.</p>	<p>Highlights: Port Stephens Koala Sanctuary; Jenolan Caves; Katoomba; Hunter Valley Sightseeing; Fighter World; Fort Scratchley; Lady Kendal II Cruise.</p>
<p>8 DAY LONGREACH & WINTON OUTBACK GETAWAY Departs: Thursday, 10th August 2023</p>	<p>13 DAY PROUD MARY & SPRING-TIME IN THE FLINDERS RANGES Departs: Tuesday, 29th August 2023</p>	<p>5 DAY TOOWOOMBA CARNIVAL OF FLOWERS & LOCKYER VALLEY MEANDERINGS Departs: Friday, 15th September 2023</p>
<p>Highlights: Outback Sculpture Trail; Stockman's Hall of Fame; Qantas Founders Museum; Cobb & Co Stagecoach Experience; Age of Dinosaurs.</p>	<p>Highlights: Two Nights Proud Mary; Shear Outback Centre; Banrock Station; Clare Valley Sightseeing; Jeff Morgan Gallery; Wilpena Pound; Silverton.</p>	<p>Highlights: Cobb & Co Museum; Grand Floral Parade; Danish Flower Art Complex; Spring Bluff Railway Station; Awassi Cheesery; 9Dorf Farm; Summerland Camels.</p>
<p>8 DAY FLORIADE & CANBERRA HIGHLIGHTS Departs: Thursday, 28th September 2023</p>	<p>5 DAY YAMBA & GRAFTON JACARANDA FESTIVAL Departs: Thursday, 2nd November</p>	<p>9 DAY TINSEL TIME IN THE SOUTHERN HIGHLANDS Departs: Wednesday, 20th December 2023</p>
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Volunteering matches skills with passions

Volunteering Sunshine Coast has been operating since 2004 and has found it is not merely volunteers' skills needed by organisations.

When Paul from Volunteering Sunshine Coast meets a potential volunteer, his top questions are to find out their skills, as well as what they are passionate about in their community. Then the process commences to match the volunteer with an organisation, because it is not just about skills, it is also about matching passions and values.

Chris Scott, Executive Director, Volunteering Sunshine Coast said feedback from volunteers indicated the ability to meet face-to-face and chat was a big plus for those starting their volunteer journey. The volunteering organisations' feedback too indicated it is the ability to get a volunteer who matches not only the skills they need, but passion for the work and the organisation's values that matter.



“We know there is a push in some volunteering areas in capital cities to get rid of face-to-face interviews and rely on algorithms from central state data bases to match people to placements. But volunteering is more than algorithms, people are more than data in a database, local is not the same as state or national. Volunteering is driven by a person's passions and values, as well as their skills. It's about them wanting to be involved in their community, to meet people, to help. It's about local organisations engaging local people, to make change, to be involved. The databases are a valuable tool to serve people, but its people who make volunteering work,” said Chris Scott.

Chris explained that this year's flood called upon volunteers to support the Sunshine Coast Council, the SES, and other emergency services to help clean up people's homes and yards. Volunteers were helping people from Gympie down to Beerwah with rubbish removal and general cleaning up after the flood. Trained team leaders supervised people aged 25 to 65 to assist in this project.



Things you should consider when looking for a retirement village to call home

Words Turner Freeman Lawyers

The Sunshine Coast region boasts access to sand, sea and hinterland landscapes, along with plenty of local attractions, business, healthcare and tourism. Why wouldn't you want to retire to the area! There are many retirement villages to choose from in the region and people are understandably attracted to the lifestyle and community benefits of living in these villages.

That said, if things don't work out, extremely high exit fees could leave you without enough money to seek alternative or more suitable accommodation. Retirement village contracts are complex and often differ with each village operator. These agreements have significant financial implications for individuals. Accordingly, it is imperative that you seek appropriate legal advice prior to signing any such agreement. Some key issues to be aware of when you are looking to enter any type of retirement living include:

- Type of contract – strata title, loan and licence or leasehold.
- Entry costs - is there a settling in period/cooling off period and if so, what are the terms?

- Ongoing costs – commonly a monthly fee. What does it cover? Services, maintenance, management fees? Are these ongoing if you move out or pass away?
- Exit fees - also known as deferred management fees. These are often very complex and can include one-off or annual charges over a period of time. What does the contract say about your capital gain/loss entitlements?
- Future care - what services will be available to you (if needed) in terms of serviced apartments, community care packages, residential nursing and home care.

Other general considerations might include the level of parking available, nearby facilities, whether you are able to make changes to the property, do they allow guests to stay, can you have a pet, the level of security provided, and whether the grounds are well maintained.

Speaking to an experienced lawyer will ensure you are fully informed prior to entering into any agreements with a retirement village, and can enjoy all the benefits they provide without concern and worry for your future.

Retirement living options

Retirement villages are designed to support you as you age while offering a sense of community. Village homes are usually leased, meaning you don't own them. You pay what is known as an 'ingoing contribution', a lump sum paid when entering the facility. Upon departure your deferred management fee or departure fees are deducted from this payment. Under the tenure a monthly fee will apply. This is your contribution towards the maintenance costs of the village, such as mowing lawns, painting and cleaning carpets.

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Little Mountain, 4551
Phone: 07 5492 6866
www.sccqld.com.au
1800 899 300

MALENY 4552

BLUE CARE BEN BRYCE
BRAND: BLUE CARE
AGED CARE FACILITY ONSITE
1274 Landsborough Maleny Rd
Maleny, Qld, 4552
www.bluecare.org.au
Phone: 1800 990 446

LIVE LIFE VILLAGE MALENY GROVE
BRAND: LIVE LIFE COMMUNITIES
9 Palm Street
Maleny, QLD 4552
Phone: 07 5499 9299
www.livelifecommunities.com.au
Phone: 1300 556 575

MAROOCHYDORE 4558

ALLORA GARDENS
BRAND: LENDLEASE
22 Allora Drive
Maroochydore, QLD 4558
Phone: 07 5373 4200
www.retirementbylendlease.com.au
Phone: 1800 550 550

THE AVENUE MAROOCHYDORE
BRAND: AURA HOLDINGS
32 Baden Powell Street
Maroochydore, QLD 4558
Phone 07 5404 9347
www.auraholdings.com.au
Phone: 07 3397 2930

MERIDAN PLAINS 4551

IRT WOODLANDS
BRAND: IRT
AGED CARE FACILITY ONSITE
22 Lacebark Street
Meridan Plains, QLD 4551
www.irt.com.au
Phone: 13 44 78

MOOLOOLAH VALLEY 4553

**MOOLOOLAH GARDENS
RETIREMENT RESORT**
11 King Road
Mooloolah Valley, QLD 4553
Phone: 07 5436 7913
www.mooloolahgardens.com.au

NAMBOUR 4560

HIBISCUS NAMBOUR
BRAND: LENDLEASE
55 Carter Road
Nambour, QLD 4560
Phone: 07 5345 8100
www.retirementbylendlease.com.au
Phone: 1800 550 550

LAUREL SPRINGS
18 Doolan St
Nambour, Qld, 4560
www.laurelsprings.com.au
Phone: 5441 4711

**NAMBOUR GARDEN VILLAGE – BY
SUNDALE**
BRAND: SUNDALE
AGED CARE FACILITY ONSITE
35 Doolan Street
Nambour, QLD 4560
Phone: 07 5441 0700
www.sundale.org.au
Phone: 1800 786 325

SANCTUARY PARK RETIREMENT COMMUNITY

BRAND: CHURCHES OF CHRIST
44 Zealey Road
Nambour, QLD 4560
Phone: 07 5476 4657
www.cofc.com.au
Phone: 1800 199 740

NOOSAVILLE 4566

NOOSA DOMAIN COUNTRY CLUB
BRAND: COUNTRY CLUB LIVING
35 Walter Hay Drive
Noosaville, QLD 4566
Phone: 07 5341 6000
www.noosadomain.com.au

**NOOSA WATERS RETIREMENT
ESTATE**
BRAND: SOUTHERN CROSS CARE
QLD
39 Lake Weyba Road
Noosaville, QLD 4566
Phone: 07 5474 4480
www.sccqld.com.au
Phone: 1800 899 300

**LAGUNA ESTATE RETIREMENT
VILLAGE**
BRAND: LAGUNA ESTATE NOOSA
13-21 Lake Weyba Road
Noosaville, QLD 4566
Phone: 07 5449 7770
www.lagunaretirementestate.com.au
Phone: 1800 012 049

PALMVIEW 4553

PALMVIEW RETIREMENT VILLAGE
BRAND: AVEO
58 Harmony Boulevard
Palmview, QLD 4553
Phone: 07 5408 8224
www.aveo.com.au
Phone: 13 28 36

PALMWOODS 4555

**PALMWOODS GARDEN VILLAGE
– BY SUNDALE**
BRAND: SUNDALE
AGED CARE FACILITY ONSITE
61 Jubilee Drive
Palmwoods, QLD 4555
Phone: 07 5457 4444
www.sundale.org.au
Phone: 1800 786 325

PARREARRA 4575**KAWANA ISLAND RETIREMENT VILLAGE****BRAND:** LIVING CHOICE

10 Marco Way

Parrearra, QLD 4575

Phone: 07 5437 7399www.livingchoice.com.au**Phone:** 1800 004 388**PERIGIAN SPRINGS 4573****PEREGIAN SPRINGS COUNTRY CLUB****BRAND:** AVEO

21 Gracemere Boulevard

Peregian Springs, QLD 4573

www.aveo.com.au**Phone:** 13 28 36**SIPPY DOWNS 4556****BELLFLOWER RETIREMENT RESORT****BRAND:** LENDLEASE

118 Bellflower Road

Sippy Downs, QLD 4556

www.retirementbylendlease.com.au**Phone:** 1800 550 550**HIBISCUS CHANCELLOR PARK****BRAND:** LENDLEASE

52 University Way

Sippy Downs, QLD 4556

www.retirementbylendlease.com.au**Phone:** 1800 550 550**TEWANTIN 4565****BELLA NOOSA – BY SUNDALE****BRAND:** SUNDALE

AGED CARE FACILITY ONSITE

82/100 Mckinnon St

Tewantin, 4565

www.sundale.org.au**1800 786 325****HIBISCUS NOOSA OUTLOOK****BRAND:** LENDLEASE

71 St. Andrews Drive

Tewantin, QLD 4565

www.retirementbylendlease.com.au**Phone:** 1800 550 550**TWIN WATERS 4564****TWIN WATERS RETIREMENT VILLAGE****BRAND:** LIVING CHOICE

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Twin Waters, QLD 4564

Phone: 07 5450 7833www.livingchoice.com.au**Phone:** 1800 004 388**WARANA 4575****ELANDRA RETIREMENT VILLAGE****BRAND:** BLUE CARE

AGED CARE FACILITY ONSITE

124 Nicklin Way

Warana, QLD 4575

www.bluecare.org.au**Phone:** 1800 990 446

Care to talk

retirement living care options?

A conversation about care with loved ones can be hard to have, but it can bring you closer.

We can help by taking you through the care and support available – from assisted living options to suit different care needs to guidance on home care packages that make life a little easier.

Together we can help you find the right fit.



SCAN HERE TO
LEARN MORE

Call our friendly team on **13 28 36**
or visit aveo.com.au/caretotalk

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LAND LEASE COMMUNITIES/RESORT COMMUNITIES ON THE SUNSHINE COAST & NOOSA

This option is targeted at younger retirees, and it offers a great lifestyle with upmarket housing options. In this instance you own your own home but lease the land it sits on. If you want to sell you keep 100% of the sale.

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TWIN CEDARS
466 Steve Irwin Way
Beerburrum, QLD 4517
www.lifebeginsathalcyon.com.au
Phone: 07 3184 8432

BLI BLI 4560

HALCYON LAKESIDE
1 Halcyon Way
Bli Bli, QLD 4560
www.lifebeginsathalcyon.com.au
Phone: 1800 626 488

HALCYON LANDING
27 Waigani Street
Bli Bli, QLD 4560
www.lifebeginsathalcyon.com.au
Phone: 1800 626 488

EDGEWATER
171-203 David Low Way
Bli Bli, QLD 4560
www.hometownaustralia.com.au
Phone: 07 5448 4950

CALOUNDRA 4551

HALCYON PARKS
42 Meridan Way
Caloundra, QLD 4551
www.lifebeginsathalcyon.com.au
Phone: 1800 626 488

COOROY 4563

PALM LAKE RESORT - COOROY-NOOSA
19 Trading Post Road
Cooroy, QLD 4563
www.palmlakeresort.com.au
Phone: 1800 885 851

FOREST GLEN 4556

GREENWOOD FOREST GLEN
16 Grammar School Way
Forest Glen, QLD 4556
www.greenwoodforestglen.com.au
Phone: 1800 809 020

NATURE'S EDGE BUDERIM
25 Owen Creek Road
Forest Glen, QLD 4556
www.ingenialifestyle.com.au
Phone: 1800 135 010

LITTLE MOUNTAIN 4551

PALM LAKE RESORT - CALOUNDRA CAY
96 Village Way
Little Mountain, QLD 4551
www.palmlakeresort.com.au
Phone: 1800 556 677

MALENY 4552

LIVING GEMS MALENY
23 Macadamia Drive
Maleny, QLD 4552
www.livinggems.com.au
Phone: 07 5429 6108

MAROOCHYDORE 4558

GEMLIFE MAROOCHY QUAYS
6 Charleston Place
Maroochydore, QLD 4558
www.gemlife.com.au
Phone: 1800 193 177

MAROOCHY SHORES
319 Bradman Avenue
Maroochydore, Qld, 4558
www.hometownaustralia.com.au
Phone: 07 5443 8611

PACIFIC PARADISE 4564

GEMLIFE PACIFIC PARADISE
26-40 Menzies Drive
Pacific Paradise, QLD 4564
www.gemlife.com.au
Phone: 1800 193 177

LIVING GEMS PACIFIC PARADISE
596 David. Low Way
Pacific Paradise, QLD 4564
www.livinggems.com.au
Phone: 1800 978 388

PALMWOODS 4555

GEMLIFE - PALMWOODS
38 Landershute Road
Palmwoods, QLD 4555
www.gemlife.com.au
Phone: 1800 193 177





RENTAL VILLAGES ON THE SUNSHINE COAST

Retirement communities where units are rented.

KOOKABURRA VILLAGE

13 Mark Road East
Caloundra West, QLD 4551
www.kookaburravillage.com.au
Phone: 07 5491 5888

SEASONS FLEXI LEASE SENIORS' LIVING

FLEXI LEASE APARTMENTS AT CALOUNDRA
30 Baldwin Street
Golden Beach, QLD 4551
www.seasonsflexi.com.au
Phone: 07 5437 4900

SUNDALE

WOOMBYE GARDENS
151 Nambour Connection Road
Woombye, QLD 4559
Phone: 07 5442 1621
www.sundale.org.au
Phone: 1800 786 325

SUNNYCOVE MAROOCHYDORE RETIREMENT VILLAGE

226 Yinni Street
Maroochydore, QLD 4558
Phone: 07 5451 1270
Mobile: 0434 717 959

VILLAGE GREEN

83 Lindsay Road
Buderim, Qld, 4556
Phone: 0429 508 705

ASSISTED LIVING OPTIONS ON THE SUNSHINE COAST

Independent living units where meals, basic housekeeping, laundry service and social activities are included.

AVEO GRACEMERE MANOR

BRAND: AVEO
21 Gracemere Blvd
Perigian Springs, QLD, 4573
www.aveo.com.au
Phone: 07 3559 2901

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BRAND: AVEO
35 Lindsay Rd
www.aveo.com.au
Phone: 07 3559 2901

FREEHOLD RETIREMENT COMMUNITIES ON THE SUNSHINE COAST

Retirement village where freehold is owned by purchaser.

LAUREL SPRINGS

18 Doolan St
Nambour, Qld, 4560
Phone: 5441 4711

VILLAGE GREEN

83 Lindsay Road
Buderim, Qld, 4556
Phone: 0429 508 705



Travel the World... Navigate the Downsize...

Downsizing can be daunting on your own, it's a huge decision and there's much to be considered. Even couples find it challenging, let alone singles, but it can be done with the right support, and that comes in many forms. Enter Barbara and Patricia...

Barbara and Patricia have been friends for many years, walking a parallel path in life, together. They are living their later years by jam-packing each day with family matters, community involvement, catching performances and shows, attending discussion groups, reading, lunching, keeping abreast of world events and, travel, serious travel. They've decided their next trip is to navigate the downsizing process, together, so they can lend support to each other.

Most importantly, after a series of inspections, Barbara and Patricia finally had their focus on where they were moving to. So then came the task of selling their properties which they have enjoyed for the better part of 15-20 years where there are lots of memories and, lots of "stuff". It seemed insurmountable but together they began to plan.

The thought of de-cluttering and knowing what to keep and what to throw away can have you in a spin. So, with the help of Jacquie the amazing stylist I work with, we began the process. It was kind of like unpacking

before the trip! We started with the principle of "little by little" and mapped out a strategy to move forward with the process.

We also encouraged Barbara and Patricia to balance their de-cluttering with their normal social activities, so they weren't drowning in the process. Kind of like taking the time to sight-see as they do on their overseas trips.

Barbara and Patricia were able to have lots of discussions and compare notes on the progress of each other's sales campaigns. Most importantly, they trusted the guidance that was offered and understood what was necessary to bring the optimum result for each of their properties in today's market. They embraced the property styling knowing it would lead to the best price from the market, and the results were amazing!

Before too long they were both on their way to an exciting new lifestyle, a new destination, a new itinerary which came from the collaboration of two individuals' intentions and ideas on a journey into the future. They truly navigated this trip together.



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Jodie McDonnell

60+ LIFESTYLE AGENT

CENTURY 21^{On Duporth}

EST. 2003: In the Sunshine Coast Real Estate Market

SALES CATCHMENT Within 10-15-minute radius of Duporth Avenue

- Maroochydore • Alexandra Headland • Mooloolaba Deep Water
- Minyama/Buddina Deep Water • Buderim

PRICE RANGE: \$500,000 - \$5,000,000+

PROPERTY TYPES: Houses, Units, Townhouses/Villas,
Land, Projects, 60+ Lifestyle Estates

PHILOSOPHY: To meet people where they are regarding lifestyle changes.

To offer a complete service from selling and buying to packing and moving.

To ensure the process is as stress-free as possible. To listen and act.

To build relationships. To care.

SALES AWARDS: MASTERS CLUB: Ruby 2018, Emerald 2019, Diamond 2020

LIFE MASTERS: 2020. CENTURY 21 NO. 3 SALESPERSON QLD: 2020

CENTURION AWARD: (Top 2% of C21 Agents Worldwide) 2015, 2020, 2021.

And I Still Make Time To Walk The Beach...



Tired?

There's pressure and stress in maintaining a property of any size. Are you tired of the continual workload and expense? Tired of no spare time? Make life easier.



Empty Nesters?

The children are gone, and you're left with spare rooms and empty cupboards which you still need to clean and look after. So much unused space. Change it.



Travelers?

Think about being able to just lock up and go! See the places you've been reading about, then return home with nothing to do. You'll have more time to travel!



Looking For Lifestyle?

Leave the car and walk to beaches, shops and restaurants! Relax with a good book on your balcony overlooking the water. Do whatever takes your fancy!

Living It... And Loving It

Mike & Pam (Townhouse) say...

We decided it was time for a lifestyle change and ... we were ruthless and got rid of all the "maybe I will use that one day" things. It's not as hard as you think! Then we moved into our brand-new townhouse and embarked upon a fabulous new lifestyle.

We replaced one of our cars with a scooter, 2 push bikes and 2 pairs of joggers and began to enjoy every moment of the beautiful climate and lifestyle that is the Sunshine Coast. We walk along the riverfront wonderland every day, enjoy the beach, restaurants and coffee shops from Noosa to Caloundra. We live by the motto "Never get so busy making a living that you forget to make a life. This is the life!"

Lorelle (60+ Estate) says ...

I feel safe and secure now that I've downsized. I was a single person in a big house which I didn't need. Everyone here is so welcoming, yet they allowed me to choose how involved I get. I can still tuck away with a good book when I feel to.

As it turns out I'm now doing things I'd never considered, art classes are so enjoyable and playing cards is so much fun. I'm absolutely loving it. The size of the unit is perfect, and my housework is done in 10 minutes every day which is great. I don't have to worry about a big garden anymore which is a relief. Best of all I see my family more often as they live close by. I love that!

Ken & Jackie (Waterfront Unit) say ...

Downsizing was one of the best decisions we have every made. No more weeding, no Sundays spent mowing the lawn or cleaning rooms we no longer used/needed! It's also easy to lock up and go!

Unit living is quieter than we thought, and we love the fact that everything we need now (and likely in future years) is so close. Our family love visiting us as we have wonderful facilities here in our building, as well as being close to parks, river, beach and shops. We decided to downsize early from our family home straight to a unit which would enable us to be independent as we get older.

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Jodie McDonnell
60+ LIFESTYLE AGENT

CENTURY 21 On
Duporth



Grey Divorce

The reasons and implications

Words Jennifer Hetherington

My grandparents were married for 66 years. They used to sit on the couch together holding hands. They had a blissful, happy marriage with three children, 12 grandchildren and nine great-grandchildren. They met during WWII and fell in love, but Nana's father would not allow her to marry until after her 21st birthday.

Whilst my grandparents and parents have had a long and happy marriage – despite trials and tribulations along the way – not all marriages fare the same.

There is a growing trend known as 'grey divorce', 'late-life divorce', 'boomer divorce.' The incidence of older couples separating is on the rise, with the average age of people getting divorced shifting to people aged in their mid-40s, and a significant increase in the numbers of those separating after the age of 50.

The reasons are many and varied. Some describe intentionally 'hanging in there' until the children have left home or finished school. Others talk about thinking everything was ok, but once the kids left home, they realised they had grown apart. One client described to me the loneliness she felt when it was just the two of them.

Of course, infidelity can be a factor – some clients have turned a blind eye but are not prepared to do so any longer. Key reasons cited for divorce is the husband or wife becoming romantically involved with a younger person. This kind of relationship brings them fresh excitement which is perceived to be absent from their current marriage. Often, what they don't realise is that the new relationship is only fun because there's no responsibility with it.

Others felt they had to wait until the children were over 18 as their abusive husband would have taken the children from them.

Women tend to cite emotional abuse as a leading factor for divorce, as well as infidelity. It's the husbands who complain more of incompatibility and loss of love, leading them to look elsewhere.

One of the saddest kinds of divorce among older Australians is when one party becomes ill or they lose a child and can't recover from it.

One study from 2009 found the strongest predictor for separation or divorce for patients with brain cancer was whether the sick person was a woman. Researchers found men were seven times more likely to leave their partner when facing illness than the other way around. A 2015 paper tracking 2,701 marriages found only 6% ended in divorce when one of the partners became unwell, with men, again, more likely to leave.

There are several reasons for this growing trend of divorce after 60 years of age:

- We are healthier and living longer.
- We are less willing to “settle” and stay in a bad marriage.
- We are more likely to be in second marriages in which divorce happens at a higher rate.
- There is less stigma to ending a marriage.
- Women are more independent and self-sufficient than women in earlier generations.
- It's more acceptable for men to leave a long marriage for something new.

Whatever the reason, ‘grey divorce’ is becoming more common, and if not handled well, it can result in devastating financial outcomes.



Women tend to cite emotional abuse as a leading factor for divorce, as well as infidelity. It's the husbands who complain more of incompatibility and loss of love, leading them to look elsewhere.

How is ‘grey divorce’ different?

Separation at any age can be difficult. However, ‘grey divorce’ has unique challenges and requires expert family law and financial advice, to ensure that both spouses can survive in their golden years.

With ‘grey divorces’ you change from joint goals for your financial future and retirement, to trying to divide what you have built over a lifetime together, to both start over. Your retirement plan goes out the window and you need to plan from scratch.

Research has shown that ‘grey divorce’ can take a particularly serious financial toll on women.

At an age where you have worked together, perhaps given up a career to raise a family, with the expectation of enjoying a comfortable retirement, you can have the rug pulled from underneath you.

Given that when you reach retirement age, you can generally expect to live another 25 odd years, this is a frightening prospect.

The key is to ensure that the family property settlement you receive is not only within the range of your legal entitlement, but appropriately structured to suit your retirement needs.

Financial advisers and lawyers recommend older couples considering divorce need to review their financial assets and income. Here are five things to think about:

1. Do a financial audit – audit your own savings and income, assets, and liabilities. Have a back-up for account details, statements, and other financial paperwork stored online. If your spouse was the one who usually took responsibility for managing the finances, now is the time to get up to speed.
2. Monitor cash flow – having enough money to cover day-to-day expenses is important for immediate peace of mind. It might be a good idea to set up a ‘rainy day’ savings account to ensure your cash flow is covered, should any unexpected expenses surface.
3. Steer clear of debt – make sure you're being disciplined with your spending and avoid building up a significant amount of personal debt through loans or credit card balances. Debt can soon add up if you're not carefully monitoring your spending, so try to avoid it.
4. Check your will – review and update your insurance and super beneficiaries, and your estate plan to make sure your assets will pass to the right people.
5. Keep a healthy credit rating – outstanding bills or loan repayments can affect your credit score. Make sure you have your name only on bills and loans that you're responsible for paying.



Coping with divorce after 60

Words Suzy Brown

There are several ways women cope with divorce after age 60. Much of it depends on whether we made the choice to divorce, or if our husband simply left the relationship. We are more likely to have intense feelings of loss if our husband simply says “I’m done.”

In many cases of late-life divorce, including mine, he simply would not give up his girlfriend. I decided I couldn’t live in a threesome, so I made the hardest decision of my life and filed myself.

After months of being in my “sobbing and screaming” stage, I finally came to the realization that I was in charge of my future. I saw an unpredictable, scary future before me, but I realized my future was up to me. Surviving divorce after 60, or anytime, is always our choice.

The biggest step forward I made was deciding that I was not going to let this destroy me. I was not going to let one person who didn’t ‘get’ me define my life. He could live his pitiful, selfish life. I decided that I was going to use every day of my one wild, precious after-60 life in the best way possible.

But I’ll admit, it was a day-by-day decision to decide to survive and heal after divorce. It was a moment-by-moment choice to get better after that heartbreaking decision.

Depression After Divorce

After a late life divorce, we are usually thrown into a wild roller-coaster of emotions. We go from wanting him back, to wanting him dead. We have intense levels of emotions we’ve never felt before. Depression. Rage. Fear. Loneliness. Sadness.

These emotions are unbelievably hard to handle, especially when we are exhausted and overwhelmed by the whole devastating ordeal. We actually wonder how we can even survive divorce after 60.

Here are some things you can do to deal with the depression during and after divorce after 60:

1. See your physician, and tell him or her what’s going on.
2. Stay active. It’s vital to warding off depression.
3. Do the grief work you need to do
4. Simplify your life for now.
5. Revisit your own life goals and dreams.
6. Be around safe people who help you move forward.
7. Get help. Find a program that supports you and gives you a plan.
8. Realize that choices today create your life tomorrow.

Feeling Alone

Picture a little tiny boat with you alone in it on a huge, endless ocean. That's how most 60+ women going through divorce feel.

I had never felt the gut-wrenching loneliness I felt after divorce. I tried staying upbeat. I put on a good face, but deep down I wondered if I would ever get over my divorce.

It's not just that you're alone, but that no one realizes how hard this late life divorce journey is. Friends and family just want us to feel better, but they don't understand how our heart is hurting. The dread of starting over after divorce at 60 is overwhelming. Talk to a friend going through divorce.

Divorce after 60 usually means we are experiencing lots of other losses, too. Children have busy lives of their own. Our parents are either gone or needing more help. Friends are busy. Our body is changing. The world is flying forward, and we often feel left behind.

Feeling Inadequate or Unattractive

Especially if our husband found a new, younger woman, we lose our confidence. We feel like we're not enough. Our ex-husband feels like his life has taken a big step forward. That reality is devastating. We've been traded in for a newer, shinier, faster, sexier new model. We may be 63. The new woman may be 36.

All those things made me doubt myself. I felt old and ugly and fat.

To pull myself out of that pit, I made sure I got dressed every morning. Even though you may want to stay in your sweats all day, don't do it! Dress up to feel up! Our emotions follow our actions. The simple acts of putting a smile on your face and standing up straight make a difference. Walk with power. Those small actions get the endorphins moving around, giving you more enthusiasm and optimism. The phrase, "Fake it 'til you make it," has a scientific basis.



But I'll admit, it was a day-by-day decision to decide to survive and heal after divorce. It was a moment-by-moment choice to get better after that heartbreaking decision.

Finances

When you are facing divorce after 60, as soon as you can, get help! One of the first things I did was meet with the guy who had done our taxes for years.

You must face your financial issues head on. Find out exactly where you stand. What you have (or will have) coming in and what your expenses will be. Regardless of how much or how little you have, knowing where you stand is empowering. It gives you a place to start.

Retirement

If you're facing divorce after 60, get professional help to navigate the complicated world of social welfare and retirement. Finding a part-time job can help make ends meet, and it's good for you socially and emotionally. You get back into the world of the living where you can contribute and be a productive part of society.

Get the word around that you're looking for a job. Volunteer at an organization you care about. One of the women we helped hadn't had a job in 25 years. She was unprepared to get back into the working world, so she volunteered in the neonatal ward of the local hospital. She loved it, and someone noticed her dedication and recommended her for a part-time paying job in the hospital. That led to some training so she could take another job up the pay scale.

Another woman's employer sent her back to school so she could qualify for a higher-paying job. Do something. Even if it's scary, start somewhere.

Your Home

Divorce after 60 often means a change in our living arrangements. Almost all women must move to a smaller, less expensive space.

I went from a big house to a much, much smaller house after my divorce. That helped me take strides forward in my new after-divorce life. I went to sales and thrift shops, and made the house warm and welcoming. Best of all, I could afford it!

As Colin Powell said, "Home is where you are." Friends and family will enjoy being there – or not – by how you feel about it and how they feel when they are there. Wherever you end up, whether it's a little apartment, a retirement village or a small house, you get to choose how to deal with that new part of your life. You can choose to make it wonderful!

Recovery & Transformation

Starting over after divorce at 60, is a huge adjustment, regardless of how it happens. The fact is: You can make your future as wonderful or as miserable as you want. You need to make the choice every day to get better. Sometimes you have to make that choice several times a day.

Getting help making those good choices every day makes all the difference in the world. Find other women on this same road. Find resources and tools to keep you moving forward. You have to do the work, but don't try to go through this alone.

What you want after the dust of your divorce settles is a beautifully transformed life – a life where you can't wait to get up every morning!

You have the chance to make your after-60 life into a more beautiful, adventurous, fun life than you ever expected. It's happening to me. It can happen for you.

Dating After Divorce at 60

After divorce, many women feel like they have to hurry up and find someone else. My advice is that before you even think about dating again, you need to grieve and heal and then get strong and confident again yourself. I can't emphasize this enough! Fall in love with you!

Many second or third marriages fail because people are lonely and want someone else to make them feel worthy again. You are worthy already! I know the loneliness is worse than awful! I've spent those sleepless nights and agonizing days. But getting comfortable with your new single self is so, so, so important before you start dating after 60.

Use this time to re-discover your best self and what you really want. When you are moving to your new, transformed life is when you are most likely to find someone who appreciates your confident happy self no matter what your age!

Remember, your life after your divorce, yes, even divorce after 60, can be good again. Not just sort-of good. It can be a life better than you ever expected! Make it happen!

What you want after the dust of your divorce settles is a beautifully transformed life – a life where you can't wait to get up every morning!



10 Scams you need to be aware of



More and more seniors are falling prey to fraud every year. These scams specifically target older people who may be more trusting of con artists and have sizeable nest eggs. But there are resources to help protect yourself or your loved ones from becoming a victim of these frauds.

National Seniors Australia outline the top ten scams you need to be aware of and what you need to do to protect yourself

1. Investment scams

If a financial deal sounds too good to be true, it probably is. Low-risk, high-return opportunities won't just drop into your lap when a so-called mortgage broker randomly cold calls you and invites you to be part of a share, mortgage or real estate high-return scheme, options trading or foreign currency trading. Bitcoin or cryptocurrency scams are also common.

If the company inviting your investment doesn't have an AFS licence or tells you they don't need one, they're dodgy.

Most of these investment scammers operate from overseas, and will not have an Australian Financial Services (AFS) licence. This means that when things go awry, you'll have no recourse to get your money back.

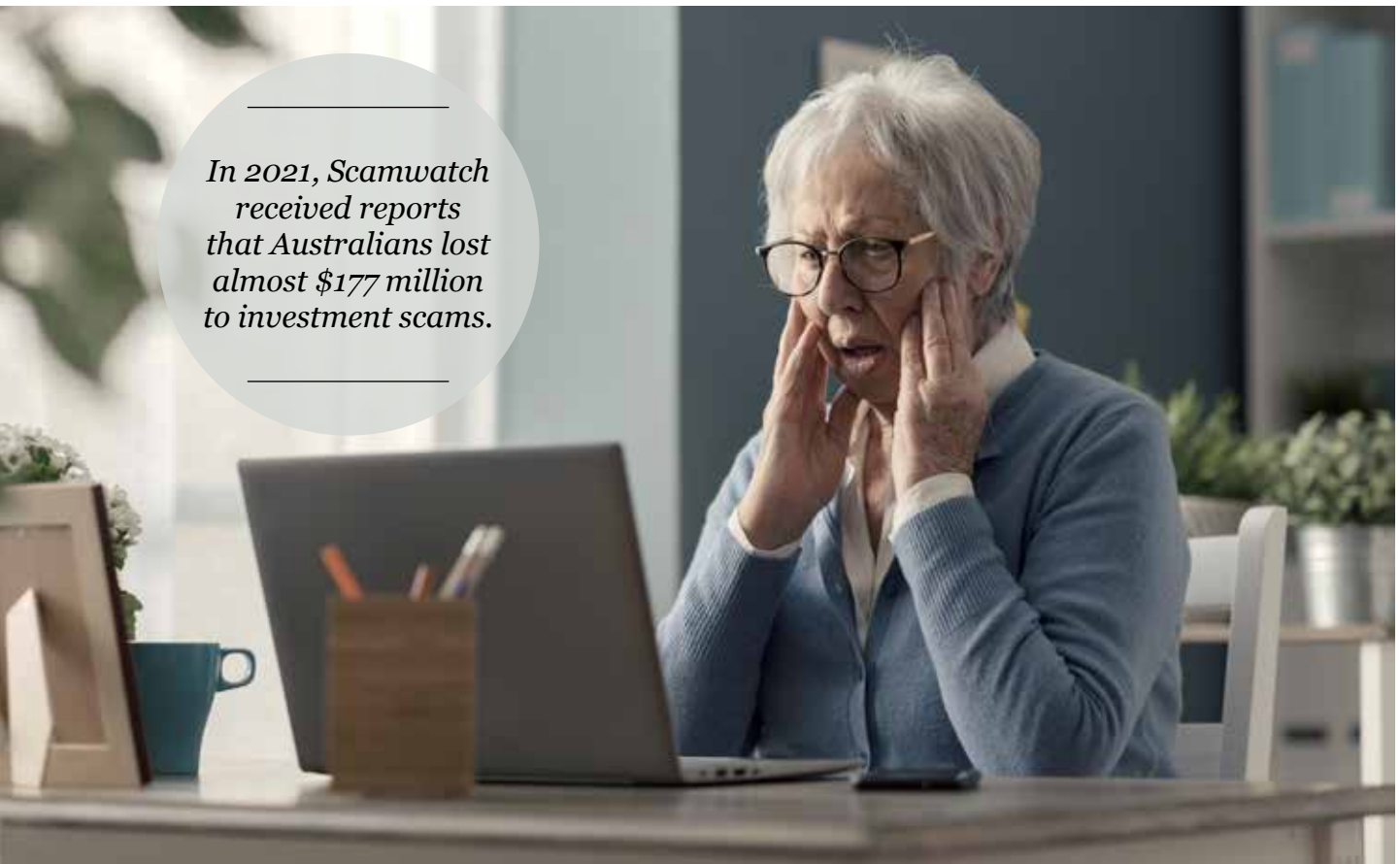
In 2021, Scamwatch received reports that Australians lost almost \$177 million to investment scams. This is more than double the \$66m reported lost in 2020.

How to protect yourself

Investment scams are often very hard to spot and can feel legitimate at the time. But you can avoid losing your hard-earned money by doing thorough research. If the company inviting your investment doesn't have an AFS licence or tells you they don't need one, they're dodgy. And if they contact you repeatedly and demand you make a quick decision or miss out, they're not the real deal.

Even if you're given a professional-looking prospectus and other slick and convincing materials, if it's not registered with ASIC, it's best to avoid it – or you'll potentially lose a lot of money. Do your research, seek advice from a trusted financial advisor and don't feel pressured to rush your decision to invest.

In 2021, Scamwatch received reports that Australians lost almost \$177 million to investment scams.



2. Dating and romance scams (catfishing)

Falling in love can be complicated. But when it comes to falling into a scam, it can also be expensive.

Online dating websites and social media can be littered with bad eggs pretending to be your ideal partner. In reality, they're toying with your emotions to scam you into giving them your money and personal details.

Also called 'catfishing', these scammers gain your trust over a period of time to the point where they ask you for money for a 'family emergency' or to do them a favour such as sending something on their behalf. This type of scam can leave you in a financial hole and feeling incredibly betrayed.

In 2021 Australians lost more than \$56 million to catfishing scams.

How to protect yourself

Never transfer money to anyone you've never met in person. Also, don't pay for aeroplane tickets, travel expenses, medical expenses, customs fees, gambling debts or visas if asked to do so by someone you've met online. And never, under any circumstances, send someone you've never met in person compromising photographs of yourself – these could be used to blackmail you.

If you believe you're being scammed you must stop communicating with the person immediately, thoroughly research the person's purported job, and read up on other people's romance scam stories to see if there are any similarities with your own experience. Use Google or TinEye to reverse image search the person's profile picture – if it comes up with another name, or with details that don't match the person, it's probably a stolen photo.

Report the scammer to the social media site, website or app where they first approached you. If you've given the scammer your account details, contact your bank immediately to stop the scammer potentially withdrawing money.

Also consider contacting your local police. Each state and territory police force has its own guidelines when it comes to reporting scams and will point you in the right direction. See Reporting Scams for more information.

3. Remote access scams

This is when a scammer calls you and impersonates someone from tech support (for your internet provider or the NBN, for example), fraud prevention or similar.

They'll try to convince you that their device or account is compromised, and that they need to remotely access your computer or phone to find out what the 'problem' is. Once they're able to connect to your device, they can access your banking/personal information – and use that to commit identity theft or steal money.

Last year Australians reported losing \$16.4 million to these scams, almost double the \$8.4m lost the previous year.

How to protect yourself

If you receive an unsolicited call asking for remote access to your computer, hang up – even if they claim to be from a reputable business such as Telstra. (Telstra doesn't ask for remote access or request credit-card details over the phone to fix computer or telephone problems.)

Never, ever give out your passwords, bank details or personal information to anyone. If you think you have given your financial details to a scammer, contact your bank immediately.

4. False billing scams

If you receive an unexpected invoice in your inbox or a random phone call demanding payment, don't automatically assume it's legitimate.

Scammers use false billing to get you to pay fraudulent invoices for products and services, such as directory listings, advertising, domain-name renewals or office supplies you didn't order. Their efforts caused Australians to lose more than \$17 million last year alone. In particular, busy small businesses and organisations are susceptible to false billing and unsolicited invoice scams that appear to have come from an official source.

How to protect yourself

If an unexpected or suspicious bill or invoice appears in your inbox, do not open its attachment, as many email-based ransomware scams use fake bills as attachments to infect your computer.

Another red flag is a notification from someone posing as a legitimate supplier that their banking details have changed and giving you a different bank account number. If you notice that a supplier's usual bank account details have changed, call them directly to check.

Last year alone more than \$10 million was lost to identity theft scams in Australia.

5. Threats to life, arrest and other (threat-based) scams

Some scammers will threaten violence, death, arrest or legal action to frighten victims into paying money.

Often targeting the community's most vulnerable citizens, these scammers call or email their threats and claim you owe money for things such as a speeding fine, tax office debt or unpaid bill. They often impersonate government officials from agencies such as the Department of Home Affairs, Centrelink and the Australian Federal Police.

Last year, Scamwatch revealed that Australians lost \$11 million to these types of scams.

How to protect yourself

Never respond to suspicious emails or texts. If you do, it validates your number or email as being active and encourages scammers and phishers to target you even more.

Never respond to threats either. Instead, contact the company or institution the scammer claims to be from to confirm validity – but don't use the contact details the caller gave you. And, if you are concerned for your safety, contact the police immediately.

Two-factor authentication adds an extra layer of security to your online accounts.

6. Identity theft scams

Identity theft is when scammers gain access to your personal information to steal money or gain other benefits. 'Phishing' falls under this category, along with hacking, remote access scams, malware and ransomware, document theft and fake online profiles.

Cybercriminals use these scams to get hold of your personal details – such as name, date of birth, driver's licence number, address, mother's maiden name, place of birth, credit card details, tax file number, Medicare card details, passport information, bank PINs and online account username and login details.

This information lets them create fake identity documents in your name and apply for loans and benefits, or even real identity documents in your name.

Last year alone more than \$10 million was lost to identity theft scams in Australia.

How to protect yourself

Turn on two-factor or multi-factor authentication. This is a free security feature that adds an extra layer of security to important accounts such as your email or social media.

You can also protect your personal details by never revealing them to anyone, securely locking your letterbox at home, changing your passwords regularly, limiting the information you share on social media, and deleting suspicious texts or emails without opening them.

LEGAL

Has your identity been stolen?

It may take quite a long time for you to realise your identity has been stolen. Some hints may include receiving unusual bills or charges that you don't recognise on your bank statements, expected mail not arriving, calls and emails following up on products and services you've never bought or used, unusual emails in your inbox, even refusal of credit because of a poor credit history due to debts you haven't incurred.

When you realise your identity has been stolen, contact the police and your financial institutions immediately, change all your account passwords and close any unauthorised accounts. You should also approach IDCare on 1800 595 160. This is a government-funded service that will support you through the process of protecting your identity.

7. Online shopping scams

More people than ever are being fooled by scammers pretending to be legitimate online sellers with fake websites or business pages set up on social media platforms, and often advertising on other trusted sites. In 2021, \$8 million was reported as lost to these scams.

These scamming websites often look like the real deal and offer popular branded items at extremely low prices. After you order and come to pay, a big red flag is if they ask for payment by money order, preloaded money card or wire transfer – you may receive your ordered item, but it will be fake, if you receive anything at all.

If you've fallen for an online shopping scam, you may be able to get your money back through a bank, PayPal or a credit union. But you'll need to approach your financial institution to discuss the compensation process.

How to protect yourself

Whenever you buy an item online, make sure the website's URL starts with 'https' and has the padlock icon next to the URL address. We also recommend checking the payment options at checkout stage to see if it has a trusted seal – this symbol means the payment and brand are legitimate, and safe to do business with.

Also, beware of misspellings of popular sites, or sites using a different domain (e.g. .net rather than .com). Don't automatically trust any store ads you see online or social media – do your research beforehand by searching for user reviews of the store. And remember, if the price of the product sounds too good to be true, it probably is.

In 2021 Australians lost more than \$56 million to catfishing scams.



If a website is legitimate, the URL should begin with an 'https:' instead of an 'http:' – a small difference that's easy to miss, but a crucial one

8. Classified scams

Scam advertisements can be for pretty much anything – accommodation, used cars, boats, bikes, pets – and offered for a low price.

“Common online attempts include upfront deposit rental accommodation scams, puppy scams, and scams involving the sale of heavy vehicles and farm machinery,” says Rickard.

Scam sellers often claim to be based overseas and say that an ‘associate’ will deliver the goods following receipt of payment, for which you may receive a fake email receipt. But the goods won't arrive and you won't be able to contact the seller.

Scam buyers may make up stories such as needing your help to pay an agent or friend for delivery/shipping or insurance costs and promise reimbursement. Or, they may send a cheque for more money than was agreed, and then ask that you refund the excess amount – usually through an online banking transfer or preloaded money card – before you discover that their cheque has bounced.

In 2021, Scamwatch received reports of losses of more than \$7 million from classified scams.

How to protect yourself

Only buy from well-established and reputable online retailers, and be wary of bank transfer payments – use secure online payment systems instead.

Also be wary of items that appear to be bargains, and always research the website for comments and reviews about the site and the seller/buyer.

Puppies and other pets are commonly used to lure people into scams involving classified ads.

9. Phishing scams

Have you ever got an email, telephone or text message from someone posing as a representative of a legitimate company, asking for your information?

This is known as ‘phishing’. It works by luring people into giving out personal details such as banking, credit card numbers and passwords, which can lead to identity theft and financial loss.

Phishing is the most common scam. Last year Scamwatch received more than 71,000 reports of phishing, costing Australians \$4.3 million.

The number of reports was attributed to a rise in scammers pretending to be government agencies giving information on COVID-19 through text messages and emails. These contain malicious links and attachments designed to steal your personal and financial information.

Clicking on the closed padlock icon next to a website’s URL will display some important security information about the site.

How to protect yourself

Don’t click on any links or open any attachments from emails claiming to be from your bank or any other organisation, or which ask you to update or verify your personal details. Instead, type the web address they link to into the address bar yourself.

If a website is legitimate, the URL should begin with an ‘https:’ instead of an ‘http:’ – a small difference that’s easy to miss, but a crucial one. Also, look for a closed padlock icon on the left of the address bar.

And never, ever give out your passwords, bank details or personal information to anyone.

10. Hacking

Hacking is when a scammer gains remote, unauthorised access to your personal information by breaking into your computer device or network. Scammers do this by seeking out vulnerabilities in a device or network’s security to get around passwords, passcodes or fingerprint recognition.

Cybercriminals use hacking as a tool to extort, exploit or gain access to your personal data. They can change your passwords, restrict your own access, and use your information to steal your identity or access your banking and credit card details.

Hacking drained the nation’s pockets of \$3 million last year, as reported to Scamwatch. This was more than double the \$1.4 million reported for the previous year.

How to protect yourself

You can avoid being hacked by not using public or unsecured Wi-Fi, changing your passwords and pins frequently, not sharing your personal information with anyone, and being careful about the websites you visit, and the apps, email attachments and software you download. Visit cyber.gov.au for more information on cybercrime.

How to report a scam

If you’ve been scammed, you can help warn others by reporting it to the ACCC’s Report a Scam webpage.

There are other authorities you may also need to contact, such as your local police, the Office of the eSafety Commissioner or ReportCyber.

Scamwatch has a detailed guide that lists the relevant authority to contact for different types of scam.



How to hide your number when making calls:

If you’re dialling from a fixed line phone, add 1831 before the number to make your call come up as a private call with no caller ID attached. If you’re dialling from a mobile, then add #31# to the front of your calls.

It’s also feasible to do this from within most phone settings, because that controls the sending of caller ID.

Welcome to the 60 Plus PlayGround!

*There is so much wisdom in the words of George Bernard Shaw who said:
“We don’t stop playing because we grow old; we grow old because we stop playing.”*

Play in seniorhood is taking time to step away from the mundane responsibilities of life and be social in an unstructured way, whilst giving yourself permission to play with the joyful abandon of childhood.

Play can be as simple as goofing around with friends, sharing jokes with a co-worker, dressing up on Halloween with your grandkids, attending a masquerade ball, or going for a bike ride with your spouse, with no destination in mind...The possibilities are endless. And so are the benefits.

Somewhere between childhood and adulthood we lose that sense of play. Our hectic lives, family, work, and financial commitments make us lose that zest for life.

By the time we reach seniorhood we start to face health issues, we lose our partners and the many connections we once had and find ourselves alone and lost.

Play helps us build a community around us, strengthens our bonds and revives our purpose in life and most importantly life becomes fun.



Left to right back: Tony Isaacson, Jodie McDonell, Ken Jones, Tricia Welsh Front: Irene Isaacson, Helen Bradshaw, Vicki Doolan

The 60 Plus PlayGround is a Facebook page created to re-introduce the sense of play, wonderment, and adventure. We invite senior influencers to share their travel experiences, fashion sense, humour, poetry, talent, skills, art and craft, and much more, all on one platform. It is a page where seniors and groups can showcase what they are doing to engage a wider audience.

Gerontologist and co-founder of the PlayGround, Tanya Dave, says “The practice of play has far-ranging benefits on the body, mind, and soul. It fuels our imagination and creativity, relieves stress, and strengthens our problem-solving abilities, and emotional well-being”. Moreover, 60 plus influencers are joining the platform to share their areas of interest.

Meet *Vicki Doolan* is a vivacious personality with endless energy and a born actress at heart. You know this to be true, by her entertaining Facebook videos. Through her business, Ageless Grace, she creates fun programs based around play to strengthen the mind. She also conducts free workshops on Better Sleep, Better Brains, Balance and Fall Prevention, Nutrition, Reducing Toxins, and creates healthy Juices and Smoothies, and more.

Helen Bradshaw is another favourite personality on the PlayGround. Helen shares her wealth of knowledge on the benefits and power of art in healing. Through her business Growth Through Art, she offers 1:1 Art Therapy sessions, workshops and Soul Art Adventure retreats.

Helen weaves together Art Therapies, creative expression, movement, self-development, and mindfulness to help people face personal challenges. She inspires them to re-discover, reconnect and love their unique authentic self. The best part is you don't need to have any art experience, just an adventurous heart and open mind.

Ken Jones is the James Bond of the PlayGround. His English accent is quite charming, in a Bondish sort of way. He runs his own design studio Ken & Creative where he works with both local, national and international clients. Ken is using his talents to help businesses relook at the way they engage their senior audience.

In his spare time, he keeps the PlayGround audience updated on ways to keep fit. Ken trains with the Outrigger Caloundra men's team, loves cycling, has competed in triathlons, and even managed to win the corporate team event at the Noosa Half Marathon.

Jodie McDonell loves anything and everything to do with real estate. She set up the 60 Plus Lifestyle Agent to open the door to lifestyle choices and educates the PlayGround with her wealth of knowledge on how to downsize, what to look for in a property, and the pitfalls to consider.

Jodie is a master at landing a great deal for her buyers and sellers. If you are looking for a street-smart, savvy lady to find you the right place, or should I say PlayGround, then Jodie is the lady to follow.



Other influencers on the PlayGround we can't get enough of are *Irene Isaacson* and her award-winning conservationist husband, *Tony Isaacson*. This husband-and-wife duo has a passion for global travel, especially wildlife adventures. They have travelled all seven continents and love to share their travel adventures and wildlife experiences through videos, photography, and internet-based travel articles.

These include swimming with sharks and working with bats - not for the faint-hearted! Their digital stories and videos have more than 5 million views, which they hope will increase public awareness of the world around us whilst promoting the conservation of its environment.

Finally, we have the delightful *Tricia Welsh*, a freelance career journalist who specializes in food and travel. She has written for magazines such as Conde Nast traveller, Australian Vogue magazines, Gourmet Traveller, and the Robb Report, and will now showcase her adventures on the PlayGround.

Tricia has caught piranhas in the Peruvian Amazon, cupped coffee in Costa Rica, eaten beetles and crickets in Cambodia, sailed the icy waters of Antarctica, swum with sea-lions in the Galapagos, and dined right royally in Michelin-star restaurants along the way!

She has travelled to all seven continents too, visiting more than 100 countries, reviewed countless luxury hotels, and spent nearly a year at sea cruising her way around the world. And as a committed Francophile, she is still trying to master the language by taking off to France as often as possible!

So, follow us on Facebook to learn more and the fun. www.facebook.com/60plusPlayGround

Or maybe you could be one of our influencers? Then go to our website to contact us for more information. www.60plusinfluencer.com.au



Be socially connected - it's vital

Words Tricia Welsh

*How socially connected are you?
Not the rubbing shoulders with the
hoipoloi variety of being connected,
but meeting new people and mingling
with old friends.*

Social activities and connections with friends aren't just pleasant interludes, they are vital in our lives particularly as we grow older. Research shows that those with more social ties actually live longer -- irrespective of their socioeconomic standing, or if they smoke, drink, are obese or even don't exercise.

It seems social relationships can help calm our stress-response systems; positive relationships helping us "learn better, stay healthier and live longer."

There is no reason for anyone to feel lonely here on the Sunshine Coast, as there are countless opportunities to make new and meaningful connections by joining perhaps a sporting, creative or artistic group or a social or service club to meet like-minded people.

In this Social Directory, we've done the hard work for you and researched some of the best. So what are you waiting for?

LIVELY 50 PLUS

An online network of social groups for people looking to make new friends and discover new hobbies and interests from ballroom dancing and yoga to qigong and art.

www.lively50plus.com.au

FRIENDSHIP FORCE, SUNSHINE COAST

An international non-profit cultural organisation focused on promoting understanding, cultural education and citizen diplomacy through homestay journeys and personal friendships.

www.friendshipforcesunshinecoast.org.au

Email friendshipforceSC@gmail.com

FIRST TABLE

An online booking platform which connects diners to local cuisine, offering 50% off for two to four people if you book the first 'early bird' table of the night.

www.firsttable.com.au

COOLUM HEARTS

A Coolum Beach community group for everyone including those with mental, intellectual or physical challenges in their lives where they can come together to create and celebrate the arts. Address: Cnr Elizabeth & Sunrise Avenue

Phone Jackie 0478 846 330

www.coolumhearts.com.au

Email coolumhearts@gmail.com

SUNSHINE COAST RETIREE WOMEN'S GROUP

A closed Facebook group for recently retired women looking to make new connections, promote activities and share in community events together.

www.facebook.com/groups/sunshinecoastretireewomen

VIEW CLUB

An opportunity for women to come together and form meaningful relationships through supporting the work of the nationally renowned children's charity, The Smith Family.

Phone 1800 805 366

www.view.org.au

Maroochydore

Phone Lorri 0406 093 325

Buderim

Phone Gail 07 5476 7163

Caloundra

Phone Sue 0403 504 408

MEET UP

Create your own group or join another group. Great varieties to choose from: Coasties Young at Heart 50+, Over 50s Outdoor Adventures, Over 50s Health and Happiness Seekers, Girls Talk on Table for Six, Eight is Enough fun restaurant experiences. There is a group for everyone on the Sunshine Coast.

www.meetup.com

MEN'S SHED

A non-profit organisation that encourages good mental health and wellbeing amongst men by providing them with a meeting place to work on creative projects with other men.

Maroochydore

Phone 07 5443 1055

www.maroochymensshed.com.au

Caloundra

Phone 0411 238 901

www.caloundramensshed.com.au

Coolum

Phone 0401 985 800

www.coolummensshed.org

Buderim

Phone 07 5445 2202

www.buderimmensshed.org

WOMEN'S SHED

This not-for-profit organisation is for women to connect through shared interests such as DIY, arts, crafts, health and wellness and is run by volunteers.

Coolum

www.thewomensshed.org

Noosa

www.noosawomensshed.com.au

PROBUS CLUBS

An association for retired or semi-retired people looking for opportunities to stay active, expand their interests and socialise. There are 23 Probus Clubs in the Sunshine Coast Region.

Phone Regional Liaison Officer Geoff Leddy 0400 840 100

www.paqnetwork.com.au

Alexander Headland

Phone Geoff Heath 0490 456 191

Buderim East

Phone Don Hoskins 0409 980 129

Coolum Beach

Phone Keith Symonds 0416 275 590

Kawana Waters

Phone Mike Matthews 0416 325 763

Tewantin Noosa

Phone Chris Hartley 07 5442 7397

Pelican Waters

Phone Geoff Leddy 0400 840 100

ROTARY CLUBS

An organisation compiled of citizens who come together to create positive, lasting change in their local communities. Rotary has 19 clubs in different locations across the Sunshine Coast region.

Phone Wendy Gilson 0437 747 462

SOCIAL DIRECTORY

RED HATTERS

You'll recognise this fun-loving group of women by their purple dresses and red hats. This international club for women over 50, is the largest friendship club of its kind in the world. There are several chapters on the coast. Phone Julie Walker on 0412 789 957 to find one nearest to you.

CHIRPY PLUS

This interactive social platform designed for over 55s has three local groups: Coolum Beach + Noosa Heads, Mooloolaba + Maroochydore, and Bribie Island. Each group has several CatchUps a month from morning teas, lunches and dinners to more activity-based events, such as the movies, or 10-pin bowling. To join, visit www.chirpyplus.com.au to learn of planned events.

U3A

No longer working full-time but still eager to learn new skills or brush-up old ones? Then, U3A is designed for you. The University of the Third Age is aimed at people in the 'third age' of their life who still want to keep their brains active through intellectually stimulating activities. Membership to this all-volunteer organisation is nominal with perhaps an occasional venue fee.

Sunshine Coast

There are more than 100 courses available from music to meditation, pickleball to painting. Phone 07 5430 1123 or u3aoffice@u3asunshine.org.au

Noosa

Some 40 different courses are available from Shakespeare, photography, military history to bridge. Phone 07 5440 5500 or info@u3anoosa.com.au

AQUA AEROBICS

Aqua Aerobics uses the resistance of the water to help burn calories, build endurance, enhance balance, co-ordination and core stability, reduce stress on joints, improve cardiovascular strength and circulation, increase flexibility and muscle strength – all while having fun. Join one of the many weekly classes at these Swimfit centres. Floating devices, dumb-bells and noodles provided. Concession and multiple use passes available.

Beerwah Aquatic Centre
Phone 07 5494 0022

Buderim Aquatic Centre
Phone 07 5445 6685

Coolum Aquatic Centre
Phone 07 5473 9042

Cotton Tree Aquatic Centre
Phone 07 5443 5601

Eumundi Aquatic Centre
Phone 07 5442 7186

Palmwoods Aquatic Centre
Phone 07 5445 0110

Goodlife Community Gym

Several aqua aerobics classes are offered daily at the Goodlife Community Centre, 100 Buderim Pines Drive, Buderim, using indoor and outdoor pools. Casual visits plus 10-session passes are available. Phone 07 5444 2126

GOLF CLUBS

Headland Golf Club

The scenic Headland Golf Club at Buderim offers a Swing program for women newbies or those returning to the game. The program is aimed to support and encourage beginners into becoming confident players, learning the skill, rules, etiquette and scoring systems along the way. It begins with five clinics and a day on the course, before participants are invited to play nine holes on Tuesday mornings. Mentors are available to help with the learning experience. Phone Pro Shop 07 5444 5800

Maroochy River Golf Club

For 12 years, Golf Professional Di Pavich has been running the very successful Girls into Golf (GIG) for women new to golf or those returning to the game. The program not only teaches women the necessary skills but gives them confidence to play socially or advance to joining a club, even obtaining a handicap and playing competitively. A one-off \$45 membership fee includes a private lesson with on-going lessons on the range or the course for \$30 which includes all green fees, balls, tuition and equipment. Bookings essential.

www.dipavichgolf.com.au
Phone Di Pavich 0438 178 848





ART GROUPS

Buderim Craft Cottage

Long-established not-for-profit community group where members work together and share skills producing high quality arts and crafts such as calligraphy, patchwork, photography, silversmith, needlework, pottery and painting.

Address: 5 Main Street, Buderim
Phone 07 5450 1714

Caloundra Arts Centre Association

Established 40 years ago, this enthusiastic group of some 500 members offers 22 different art forms from embroidery and lacemaking, beads and bling, spinning and weaving to quilting and pottery. Members hold an annual Christmas Arts & Crafts Fair.

Address: 5 North Street, Caloundra
Phone Trish 0409 948 604

Cooroy Butter Factory Arts Centre

Housed in a converted 1930s butter factory, this centre nurtures new and established artists in any media with regular workshops and exhibitions. Beginner and intermediate potters can learn and access facilities of the adjacent Pottery Studio.

Address: 11A Maple Street, Cooroy
Phone 07 5442 6665

Frida's Sip'n'Paint, Noosa Heads

Bring your own vino, gin and tonic or prosecco and channel your inner Picasso at a fun artistic night under the guidance of professionally trained artists. Paint your own masterpiece in a 2.5-hour session for \$66.

Phone 0402 100 991

Ilkley Pottery

Respected ceramics artist Jackie Gasson teaches budding potters and artists and guides more experienced ones in her rustic sculpture and pottery studio in Eudlo.

Daily except Sundays.

Phone Jackie Gasson 0438 450 349

Maleny Arts & Crafts Group

Interested in learning wood crafting, quilting, embroidery, life drawing, creative glass, crocheting and more. Share skills and learn crafts with other local creative people.

www.malenyartsandcraftsinc.com

Phone 0409 401 221

Noosa Arts and Crafts Association

Explore your creative talents with this lively not-for-profit group that meets regularly in historic Wallace House in Noosaville. Try your hand at smocking, weaving, mosaics, spinning, ceramics, porcelain, quilting, book and paper making and more.

www.noosaartsandcrafts.org.au

Phone 07 5474 1211

Oxide Clay Art

Learn pottery and fine ceramics from award-winning master potter, Joe Ottaway in his lovely Ninderry studio. Students are able to finish their work with professional glazes developed and refined by Joe over his 30 years as a TAFE ceramics teacher and ceramics artist in Brisbane.

www.oxideclayart.com.au

Phone 0448 050 711

Palmwoods CWA

Participate in a variety of community activities through this branch of the CWA such as sewing, crocheting, cooking, scone-making, country kitchen and even Japanese paper-making – shibori.

Facebook @PalmwoodsCWA

Email palmwoodsCWA@gmail.com

Suncoast Clayworkers

Join this group of dedicated potters and ceramics artists who willingly share ideas, styles, techniques and knowledge at Ilkley Pottery in Eudlo.

Phone 0438 450 349

Sunshine Coast Art Group

This friendly community group has been fostering budding artists and seasoned talents for 55 years in pottery, fashion sewing, painting, life drawing and music through weekly self-help group sessions, workshops and classes.

Address: 1 William Parker Place, Buderim.

Visit **www.facebook.com/scagbuderim** for weekly schedules, class times and special events.

Syndicate Creative

Discover a new hobby or learn a new skill – pottery, floristry, drawing or perhaps weaving -with friends or at a private session at this workshop and gallery space in Sugar Road, Maroochydoore.

Phone 0403 680 774

The Pottery Studio

Join fun pottery classes such as Pottery and Chill, Sunday Wine Down and Clay and Wine in this warehouse-style space in Nambour.

Email hello@thepotterystudio.com.au

SUNSHINE COAST COUNCIL LIBRARIES

Join a local library to not only immerse yourself in books, magazines and movies, but to participate in a vast range of activities and events scheduled each month – learn how to prepare fermented foods, cook Asian dishes, listen to interviews with authors, discover how to make the most of your electronic devices and more. There are libraries at Beerwah, Caloundra, Coolum, Kawana, Kenilworth, Maleny, Maroochydoore and Nambour. Membership is free.

libraries@sunshinecoast.qld.gov.au

Phone 07 5475 8989

SOCIAL DIRECTORY

TENNIS CLUBS

Tennis is one of the greatest social games ever invented. Just turn up with your racquet (or hire one) at these local tennis clubs and meet energetic locals in a relaxed, friendly atmosphere.

Ballinger Park Tennis Club, Buderim

Four club social sessions a week. Group coaching available.

Phone 07 5445 5561

Coolum Tennis Club

Four social tennis sessions a week, 20 game-fit program sessions a week, plus group coaching.

Phone 0421 391 505

Eumundi Tennis Club

Social tennis Sunday afternoons from 3pm

Phone 0403 294 256

Kawana Tennis Club

Three social tennis sessions a week.

Phone 07 5478 2989

Maroochydore Tennis Club

Three mixed social sessions a week, plus two that include one-hour group coaching.

Phone 07 5443 6174

Maleny Tennis Club

Five various social sessions each week plus a fun, casual 'try it' tennis session Sat 2-4pm. Group coaching available.

Phone 0410 405 029

Mooloolaba Tennis Club

Five mixed, men's and ladies' social tennis sessions. Daily drop-in coaching clinics from 9am.

Phone 5444 0033

Noosa Tennis Club

Four mixed and men's social tennis sessions weekly.

Phone 07 5474 5494

Palmwoods Tennis Club

Five mixed and ladies' social tennis session each week, plus a weekly social group with coaching.

Phone Robyn 0401 146 451

PICKLEBALL

Learn to play one of the fast-growing sports in the world - particularly among the over 50s, and especially in south-east Queensland. Low-impact, pickleball is a cross between table tennis, badminton and tennis but played on a smaller court. Just wear sports shoes; paddles and balls are provided. Bookings are essential.

Sunshine Coast Pickleball Club

Phone 0497 514 346 for club sessions.

Caloundra Indoor Sports Stadium

Beginners' lessons through U3A: Thu 9-11am

Tutors: Peter and Jill Campbell.

Phone 0400 796 854

petejill@gmail.com

Clippers Stadium, Buderim

Beginners lessons and social play: Mon, Wed, Fri 9-11am

hello@sunshinecoastpickleball.org.au

Coolum Tennis Club

Pickleball for beginners and social play: Mon 6-8pm, Wed 8-10am

Phone 0421 391 505

Maleny District Sport & Rec Club

Beginners and social play: Mon 6.30-8.30pm in the Maleny State High School Activity Centre.

Noosa Leisure Centre

Phone 07 5329 6559

DANCE

No experience needed. Just bring your enthusiasm and energy to a weekly class in Maroochydore for Over 60s to learn perhaps the Salsa and Bachata, or other Latin dances from professional dance instructors. Sessions are in eight-week blocks for men and women.

Tropicalia Latin Dance Studio

Phone 0491 623 649

www.tropicaliastudio.com.au

Bright Side Dance Studio

Join a beginners' Jive dance class on Sunday afternoons from 4.30-6pm in the CWA Hall, Maroochydore, and dance to fabulous music from the 50s and 60s.

Phone 0421 650 021

DANCING MEET-UPS

Tuesday

Maroochydore RSL

(very popular different live band)

from 10am - 2pm

Wednesday

Dance lessons (no partner required)

104 Memorial Avenue, Maroochydore

from 7.15pm - 9.30pm

Thursday

Kawana Bowls Club, from 11.30am - 2pm

Friday

Ricks Garage or Maroochydore Bowls Club

from 6pm - 9pm

Sunday

Maroochydore RSL

from 6pm - 10pm

ZUMBA Join the party!

Monday & Friday

Little Mountain Auditorium

211 Parklands Boulevard

9.30am 1hr \$13.00

Contact Faith Baer on 0488 206 685

Tuesday, Wednesday, Saturday

CWA HALL, 17 Kalinga Hall, Caloundra

9.30am 1hr \$13.00

Contact Faith Baer on 0488 206 685

COMMUNITY CHOIRS

The Sunshine Coast hosts a huge number of choirs offering musical outlets for people of all ages, talents and styles. Most are community-based with no auditions necessary – some under the guidance of professional choirmaster Kim Kirkman, former musical director and founder of the celebrated Ten Tenors.

A-choired Taste Singers

No audition is necessary to join this fun, casual community choir led by Conservatorium-trained singing teacher Trish Couper. Learn contemporary, gospel and harmony singing. Rehearsals Tue 5.30-7.30pm at St Andrew's Anglican College, Peregrine Springs
Phone Trish Couper 0401 064 472

Buderim Male Choir

This all-male choir is the longest continually serving community choir on the Sunshine Coast and the only one singing in Welsh-style four-part harmony now under the baton of well-credentialed former opera singer Mitch Meyer who trained at the Melbourne University Conservatorium. Rehearsals 6:45-9:15pm Mondays at St Mark's Anglican Church, Buderim.
Phone Greg 07 5325 1709

Caloundra Chorale and Theatre Company

This mixed community choir is connected with a local theatrical group and puts on several musicals a year. Rehearsals Tue 7-9pm at the CCTC, 30 Naroon Cres, Wurtulla.
Phone Kim Kirkman 0431 560 929

Caloundra Community Choir

A mixed choir singing two and three-part harmony and directed by Kim Kirkman. Rehearsals Fri 9-10:30 at the Salvation Army Church, 119 Sugarbag Rd, Little Mountain.
Phone Kim Kirkman 0431 560 929

Hot Ginger Chorus

This all-female a cappella group specialises in barbershop harmony singing and is considered one of the best on the Sunshine Coast. Affiliated with International Sweet Adelines Barbershop Chorus based in the US, members must audition first. Like to have a go? Come along to a Wednesday evening rehearsal at Lifepointe Baptist Church, Wises Road, Buderim from 7-9pm.
Phone Rosie Ryan 0402 508 172
membership@hotgingerchorus.org.au

Cotton Tree Community Choir

Singing teacher Sue Bond who is also founder and artistic director of this choir, leads the mixed group with a fun repertoire of popular tunes including hit songs from the 30's to current day tunes. Rehearsals Wed from 10:30am in the CWA Hall, Maroochydore.
Phone Sue 0402 717 735

Inspiration Choir

A mixed relaxed two and three-part harmony community choir directed by Kim Kirkman. Rehearsals Thu 9-10.30am at the Anglican Church, 2 Walkers Drive, Maleny.
Phone Kim Kirkman 0431 560 929

Inspiration Project Choir

A more advanced choir, this mixed four-part harmony choir presents baroque pieces with orchestra, including The Messiah. Rehearsals Thu 11-12.30 at the Anglican Church, 2 Walkers Drive, Maleny.
Phone Kim Kirkman 0431 560 929

Maleny Singers

Under the guidance of dynamic musical director Margaret Taylor, this performance group of singers/actors presents four shows a year accompanied by a 20-piece orchestra. Auditions necessary, rehearsals Wed 6.30pm.
Phone Margaret Taylor 07 5435 2742

The Mapleton Choir

This non-audition, four-part harmony community choir produces two major concert series each year with Ailsa Morehen as musical director. Rehearsals Mon 7pm in Kureelpa Hall.
Phone Ailsa Morehen 07 5478 6079

Noosa Chorale

This 100-strong community choir has become a major feature of Noosa's cultural landscape. It produces an exciting program with three concerts a year in The J Theatre. Rehearsals Tue 7-9.15pm at The J.
Visit www.noosachorale.org.au

Oriana Choir

This multi award-winning community choir is arguably the best on the coast – putting on several concerts each year and taking occasional international tours. Rehearsals Thu 7:15-9:30pm at Connections on King, Buderim.
Phone 0431 542 343, visit www.oriana.org.au

Joy of Singing Sunshine Coast

Share the joy of singing in harmony at one of our wonderful community choirs, with weekly groups in Maleny, Landsborough, Forest Glen, Buderim, and Woody Point. Led by Brian Martin – choir master for over 30 years and welcoming everyone from nervous novices to professional performers. Connection, community, harmony, and fun!
Phone: 0427 296 572
Email: eventsbrianmartinmusic@gmail.com





is here to help older Australians age their way

LiveUp is a new free nationwide online healthy ageing guide that is designed to give older Australians a breadth of opportunities to maintain independence.

LiveUp features a screening tool with expert advice connecting older Australians to local services, support networks and assistive products and equipment that will help them to age independently, their way.

iLA was provided with funding from the Australian Government to create the LiveUp website and screening tool, which supports early intervention and delays premature decline of an older person's capacity to live or function independently.

General Manager of iLA Andrea Morris said LiveUp will change the way older Australians approach ageing. "LiveUp gives older Australians the ideas, tools, and guidance to keep doing the things they already know and love, or to try something a bit different."

"The science shows that only 25% of ageing is attributed to the genes we inherit; the remaining 75% of ageing can be attributed to lifestyle choices we make."

At www.liveup.org.au, older Australians will be able to do a quick quiz which will provide suggestions for low-cost products and equipment, known as assistive technology, that help with everyday living.

People will also find locally relevant activities and networks focused on helping them to maintain or even improve their level of independence.



"In simple terms, it creates a personal roadmap to take control of ageing. And that's whether someone is starting to feel a twinge or two or is a great-grandparent who could use aids and equipment to support their day-to-day tasks at home or in the community."

Morris says that by understanding how to take control of many of the changes that occur from ageing, older Australians can take action and enjoy a better quality of life.

"We all hold the key to ageing in our own hands and minds."

With ready online access from the comfort of your home, LiveUp gives you impartial information, guidance, and support to add life to years, not just years to life.

"If you're ready to try new interests and activities or take up some old ones, we can help you get started," says Morris. "LiveUp makes it easy as 1.2.3. to find information and connect with local community groups to suit you."

"Welcome to the upside of ageing."



CONNECT

PHONE
WEBSITE

1800 951 971
www.liveup.org.au





Every Age Counts

Ageism is rife in Australia – and it has devastating impacts. Ageism is stereotyping, discrimination or mistreatment based on age. Ageism comes from widespread social acceptance of negative attitudes and beliefs about the value of older people and later life.

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions.

Ageism is highly tolerated and often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older. The impacts of ageism can prevent or limit us from contributing and participating in our communities – socially, economically and as full citizens – and negatively impact our physical health and longevity.

Ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

EveryAGE Counts is changing all that. EveryAGE Counts is Australia's national coalition and grassroots movement to end ageism. Our vision is a society where every person is valued, connected and respected regardless of age. Our growing and diverse support base and coalition of organisations is spearheading a social movement with an ambitious agenda: to dismantle ageism and shift the way we think, feel and act about getting older.

No one individual or organisation can do this on their own. However, through our collective efforts we can end ageism and its impacts.

We are very fortunate to be joined by a range of skilled, powerful advocates who are committed to highlighting the social, economic and civic impacts of ageism, and building an Australia that no longer tolerates it. EveryAGE Counts advocates go through a rigorous training process and together we work in communities to challenge ageism. Colin Maddocks is one such advocate.

Colin lives on the Sunshine Coast and is closely connected with his community. Colin is a past President of U3A Sunshine Coast and is a volunteer with the Sunshine Coast Symphony Orchestra and Maroochy River Golf Club. During October he will provide a lecture series for U3A titled, 'Valuing Seniors'. The sessions will be held at Maleny, Nambour, Mudjimba and at the University of the Sunshine Coast. Colin is keen to facilitate sessions or provide presentations for any community group. He can be reached by email: colin.maddocks78@yahoo.com

For more information go to www.everyagecounts.org.au, take the pledge to end ageism and use our resources.

We look forward to building an Australia without ageism with you.

Dr Marlene Krasovitsky
Co-Chair and Director
EveryAGE Counts.



U3A

A transition to retirement

While there are significant lifestyle advantages in being a member of U3A, in terms of lifelong learning, social interaction and the pursuit of an active life in retirement, its greatest benefit for me personally is that U3A created a smooth transition to retirement.



Words John Armstrong

Managing my own magazine publishing business, every day was a busy day, with work to do, people to see, business associations to nurture, and events to attend. It was a busy life, sometimes too busy, but I knew that one day I would retire – and, good grief, what would I do with my days then?

I've always played golf and associated with older people who had retired. While there was the old refrain "Oh, I don't know how I ever had time to go to work" there were many who said, "John, don't retire, it's boring, you lose contact with the outside world." One chap remarked, "My biggest decision of the day is whether to mow the grass today or leave it until tomorrow (mañana)."

It's true, once business life ceases normal life programming is interrupted; the phone seems to stop ringing, the invitations to events wane, the interaction with business associates declines and there is a general downturn in life's activities, other than home life. Adjusting to 24/7 at home also presents its challenges, with this bloke who used to go to work now home all day, all week.

A great deal of thought is needed, therefore, by prospective retirees as to how to spend potentially the next 20 years or so of their lives without work. There may be vocational courses that cover 'How to Retire, and Survive' but who has the time in a busy life?

Enter U3A. I joined U3A Sunshine Coast as my wife Suzette was a member, to join a dining group, and we continue to enjoy going out socially. I mean, who wouldn't enjoy sitting on the deck at the Sunshine Beach Surf Club having lunch with U3A friends on a perfect day on the Sunshine Coast.

But I digress, at a previous U3A dinner, someone asked if I would help with the U3A newsletter that "would only take a couple of hours each week." With my background in publishing, this was an inviting prospect, to continue work on a voluntary basis while contributing to U3A. Suzette seemed very keen to get me involved in this 'job' that I suspect "would get me out of the house."

As things happen, I became the Communications Officer on the committee and have enjoyed doing that work over the past two years, and I am into my second year as Vice President of U3A Network Queensland.

So, the value for me in being a member of U3A lies not only in the educational, wellness, social and sporting opportunities but just as importantly in maintaining an interest in business practice and in technology, and that has to be good for the 'grey matter' and one's sense of being relevant.

This is my story but in my rounds as Communications Officer I have observed people with similar stories about what U3A has meant in enriching their lives. To me, U3A provides a wealth of opportunities; all you need to do is turn up.



CONNECT

WEBSITE
PHONE

www.u3asunshine.org.au
07 5430 1123



Have you considered Equine Therapy as an activity?

Laura Adams is an Accredited Eagala Equine Psychotherapist, a registered NDIS Provider and ACA Accredited Master of Counselling, Level 4.



She has demonstrated experience as a nursing professional in all disciplines, in particular mental health and aged care. She has been involved in a research study with Central Queensland University evaluating an exercise intervention in people over 75 and their quality of life. Her key interests are working with horses, mental health, ageing and well-being.

Through her love of horses and counselling she has discovered the numerous benefits of equine therapy for older adults utilising the Eagala Model of therapy. The team approach of a mental health professional and equine specialist, provide ground-based activities such as brushing, grooming, leading, walking, caring for the horse, increasing the bond of the human-horse relationship.

A recent study of Eagala therapy found that people had an ability to find purpose and improved cognitive function due to their interaction with horses. There was an increased level of social connectedness and reminiscence, positive influence from peers and being in an outdoor environment.

Equine therapy tends to be less stigmatising and a fresh approach to traditional talk therapy when working with older people.

One of my 85-year-old clients, with vision impairment found the therapy improved his cognitive function, mobility and balance and, he felt more connected with family and friends.

With a new sense of purpose, he was getting out of bed, getting dressed and was always in a brighter mood on the mornings of our therapy session. As he had a connection with horses, earlier in life, being reconnected with them again, has proven to be beneficial.

For others, Equine therapy may open the stable door to new experiences.



PHONE 0402 990 508
EMAIL seekingdirectionequinetherapy@gmail.com



Photo Erica Wheadon

Joy of Singing

Words Arcadia Love

Friday mornings, surrounded by tall trees at Landsborough Scout Camp, men and women gather to sing. Most would tell you they're not 'singers' yet they all agree, there's something very special about joining their voices together in harmony.

Led by experienced conductor Brian Martin, the aptly named 'Joy of Singing Landsborough' has grown into a community of friends who continue to welcome new people.

The benefits of singing together are numerous, especially for over 55's. When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins which reduces stress and improves your sense of wellbeing. Singing also helps stimulate your immune response, improves lung function, memory, speaking abilities, helps with grief and more importantly develops our sense of belonging.

Chris and Monica are friends who had never been in a choir but decided to give it a go. Inspired by the venue, Chris said "Singing in nature is so calming and Brian makes it easy, relaxing and fun."

Monica adds, "I don't always feel like going to choir, but when I do, I feel better."

When Cara's husband passed in March, the group were a wonderful support. Susan, a single member of the group enjoys feeling aligned with others. Mary on the other hand was anxious the first day but settled in well and is now building new friendships, while June says,

"Singing lifts your spirits. I leave choir every week on a high!"



CONNECT

PHONE
EMAIL
WEBSITE

0427 296 572
eventsbrianmartinmusic@gmail.com
www.brianmartin.com.au

Ken O'Flaherty

The Ukulele Maestro

Over the past 12 years, the ukulele has become one of the most popular instruments people are choosing to play, especially here in Australia and particularly among seniors.

Ken O'Flaherty was asked to teach ukulele to some U3A members about 12 years ago. The class was to consist of about six students but quickly grew to 20 plus. Although Ken is not teaching at U3A at the moment, some of his early students have actually become tutors.

Ken estimates that between U3A and private classes in retirement villages around the Sunshine Coast he has taught in excess of 400 people to play this fun instrument and is hoping to reach the 500 mark soon. His motto is "Uke 'n' Have Fun" and don't worry too much about the technicalities.

Ken has been singing Irish, country, and folk songs since he was a wee baby on his mother's knee, usually in time with her right elbow, as she quaffed copious amounts of Guinness.

He has performed in all Australian States and toured with the Queensland Arts Council from Thargomindah to Mackay and Weipa to Texas. Ken has also performed at many clubs in Queensland including Kedron Wavell, Caboolture, Twin Towns, Caloundra RSL, Hervey Bay, Mount Isa Irish Club, Ipswich and Toowoomba etc.

Ken has also played as a support act for Foster and Allen, The Fureys and Geraldine Doyle in his 10 years as a lead singer with the renowned Irish band, Blackthorne and has played at venues as far afield as New York, Macau and London with McGuinness & Co Irish band.

Ken plays ukulele, guitar, 5-string banjo, bodhran (Irish drum) and harmonica and enjoys singing a whole repertoire of Irish, country and folk songs plus a few standards. He's also been known to tell a few funny stories along the way.

CONNECT

EMAIL kennyof@westnet.com.au



Caloundra Family History Research Group

It is so exciting to hear a 'whoopie' from someone when they make an exciting discovery. Whether it be finding a First Fleet Convict, breaking down a long-standing brick wall or suddenly finding that last piece of the puzzle that offers up so many explanations - the excitement of one member is always shared with all.

Caloundra Family History Research group was established in 1993. Our main activity is helping people to research their ancestors and to record the stories of those extraordinary people. They are the reason we exist today and many of their traits and talents can be found within us.

So if you are curious about your ancestors, come pay us a visit at our rooms at the Sunshine Coast Turf Club. Our friendly members will help you make those exciting discoveries. Our extensive library caters to the avid reader and the inquisitive web browser. Why not join one of our many interest groups to share your knowledge or to ask questions that someone has probably already found the answer to.

We have a great training program and if you have never delved into family history in the past, come join our Seniors Introduction to Family History, two-day course in October.

Alternatively join us on a history tour of Bulcock Street and Beach. Learn about your own backyard – you will be surprised at what you find.



CONNECT

WEBSITE

www.caloundrafamilyhistory.org.au



U3A Writers Workshop

Poems and reflections on ageing

Led by experienced tutor, Jenny Riley, members of the U3A Writers Workshop have inspired each other with engaging works of fiction, history, biography and poetry over an astounding two decades and are up for writing more.

Writers' Workshop is a group started by Jenny Riley twenty years ago through University of the Third Age, Sunshine Coast. The group continues today, meeting weekly.

Over the years, Jenny has also run two Autobiography Classes, another group similar to Writers' Workshop and two online classes, Writing for Pleasure and My Life Story.

Jenny is a gifted poet and writer and has inspired and encouraged members over the years, resulting in several having published memoirs or novels. Some of the group, are long term members who have formed friendships and support one another.

The group runs to a program each term with suggested subjects which results in short stories or poems. Although writing to a given topic is not mandatory, it is always surprising to hear the amazing variety of stories which come from one idea. Laughter is also a regular feature.

Over the years, Jenny has also run two online life writing classes, as well as a face to face one and another similar to Writers' Workshop.

People need to be a member of U3A to join Writers' Workshop. This can be done online at www.u3asunshinecoast.org.au U3A can be contacted by phone on weekday mornings **07 54301123**.

Prior to joining Writers' Workshop, prospective members need to speak to Jenny. Her details are on the website. Numbers are limited to 16.



REFLECTIVE ESSAY

My name is Joy Mann.

My life reached a turning point when I turned 57 and left my husband.

What I was going to do with my life, I had no idea!

My brother had been recently looking into our family history and discovered that our Maternal grandfather was born in Ireland, so I applied for an Ancestry Visa, took 12 months leave from my job in Brisbane and went to work in London where my younger daughter was living.

I had suffered from anxiety for a long time but held any fear at bay in the belief that I had a chance to change my life for the better. I learned that if you really want something badly, you will fight for it!

It was in London that I found the "old me". The me who knew how to live; to enjoy life and to be happy.

Upon my return to Australia 9 years later, I became an "Old Age Pensioner". I enrolled with the University of the Third Age (U3A), volunteering in their office and for the next few years was kept busy with office work, attending several courses and making new friends.

When our wonderful new hospital was due to open, I became a volunteer. I love helping people of all ages and love every minute of what I do!

I'm now 73 years young and am enjoying life to the fullest.

Joy Mann

AGE IS AN ATTITUDE

At your age! It just isn't done
 You're not meant to be having fun
 But why should I and my contemporaries
 Stay calm and quiet and sedentary?
 We should age like maturing wine
 Enriched, enhanced, with the passage of time
 Or must we watch our P's and Q's
 And always dress in muted hues
 No hint of real modernity
 No skirts that rise above the knee

Mature age clothing styles, once few
 Were often dull or navy blue
 I wore that when I went to school
 Due to some authoritarian rule
 But I've discovered something since
 I can even give my hair a rinse
 So I rejoice and choose a style
 That gives a lift and makes me smile
 Colours of sunshine - colours of spring
 Natures colours that make my heart sing

Mature age folk are up to date
 Minds and bodies getting into shape
 Muscles once left to shrink with age
 Toned and ready for active days
 I've a list of retirement things to do
 Some I'd like to share with you
 Let's rock, let's roll, let's hit the beach
 For very little is out of reach
 Let's read, let's learn, let's strut our stuff
 Let's do it until we've had enough

Inspiration's in the air
 Seniors travelling everywhere
 Walking, dancing, canoeing too
 Participating in life anew
 We've mastered new technology
 So our time can be forever free
 No, it isn't just a platitude
 That age is just an attitude
 Give us five score years and ten
 To that I say, "Oh yes." Amen.

Margaret Carlos



SANDY STEPS TO SENIOR

A balmy night, moonlight rippling on a calm ocean, and the outline of a craggy cliff at the tip of the beach's white curve. All those houselights on the hills - they think they know but they're not here for the moment. Walking alone but wanting to share the moment - wanting to share many moments - moments melding into these salty pools of insights. Stepping gingerly between the rocks - watching the wave just in case it's the one - the one that changes everything. Is the tide coming in or going out - is either 'life-changing' - will I dare to walk closer to the wave as I return - do I really know it?

Walking back wistful - retracing the safe path of the past but the swoosh of the foam is washing away my footsteps. Will I turn the radio on and retreat to the safety of the world or stay with my thoughts - luxuriate in them or risk recalling too much - best not to disturb the moment with meaning.

Watch out for the wave - scamper up the beach - exhilaration! Aren't I getting too old for this? - Just as well I'm alone with the night? Would they think a middle-aged man foolish in daring the wave - would they think him foolish to think that there was any meaning to those remaining sand steps - would they care? I love them so much - not really the memories - the beautiful people to share with, even when alone - but not beached - just creating a path of kindness into senior hood. Yes, the tide is coming in - but I can still escape its foolish wetness. Can't wait to share the world and all this love now that I've survived the moment alone again.

Gary Reynolds

The poem *Sandy Steps to Senior* captures the revelation I had walking on a beach alone in the moonlight contemplating becoming a senior. I was deep in my thoughts of how I could rebuild my life from the trauma of the firebombing of our home resulting in the death of our 12-year-old son. While managing to rescue my wife and three daughters from the inferno, the bitterness of divorce followed leaving me alone and burying myself in my work to fill the emptiness. As I retraced my fading steps along the beach, I resolved that the pathway from hurt to retirement would be giving and receiving love and kindness.

Gary Reynolds

Friendship Force Sunshine Coast hosts again

The Friendship Force Sunshine Coast has hosted the first inbound exchange journey since we farewelled visiting ambassadors from Long Island USA just before COVID began in March 2020.

Recently a group of members from clubs in South Sydney and Tamworth arrived on the Sunshine Coast to be home-hosted by our club for a week of exploration, cultural exchange and associated activities. An excellent program was designed by Jeff Gunns and his team to explore many of the delights of life here in our region.

Our visiting ambassadors, their hosts and club members began the week with an informative Maroochy River cruise and walk through the wetlands sanctuary, experiencing first hand the native flora and fauna living among the mangrove forest. We also visited Point Cartwright and the water tower murals, the Qcamel Dairy and Beerwah Tavern, nearby farms growing exotic fruit and bees, a visit to Blackall Range and the rainforests in Mary Caincross Scenic Reserve. Travelling north our group enjoyed a morning at the only theatre in the world showing silent movies year round at the heritage listed Majestic Theatre in Pomona where they took a 'step back in time' to watch *The Lost World* movie. The afternoon included a ferry ride from Tewantin to Noosa and an exploration of the area.

The final day began with a treasure hunt at Mooloolaba beach and ended with an excellent farewell dinner at the Loose Goose in Twin Waters. Many new friendships were forged during the visit and the FFSC members enjoyed being back in the business of furthering their mission of love and peace to others.



While many other clubs in this world-wide organisation have had difficulties surviving during the pandemic, our Friendship Force Sunshine Coast club has managed to thrive and grow. This may well be due to the club's policy of nurturing members and maintaining their ability to actively and safely explore the local environment and its cultures.

Later this year, members will journey to stay with clubs in Perth and amount Gambier, and in 2023 will host a world-wide incoming journey before visiting Wellington and Noumea later in the year.



CONNECT

WEBSITE

www.friendshipforcesunshinecoast.com.au

Buderim's Best

After a visit to her specialist three months ago, Mary Wilson was advised to surrender her licence due to her failing eyesight.

“Never thought of not having a car, never crossed my mind,” explained Mary. “When you can’t go out and get in your car and go where you want to go, it’s like having your arm cut off.”

For many older people losing their licence is a harsh reality to face. Research published in the Journal of the American Geriatrics Society found a significant increase in depressive disorders, along with reduced cognitive and physical capabilities after losing the ability to drive.

The study also found there was a 51% decrease in the size of their social circles, including friends and relatives. And seniors were five times more likely to move into supported living or a residential care facility.

The belief is that seniors who do not drive start to stay home more often. Home-based activities do not necessarily provide the same amount of exertion or stimuli, leading to a decline in physical and mental capabilities. As the saying goes, if you don’t use it, you lose it.

To help mitigate the impact on seniors who have had to stop driving, Paul Sutton set up a unique concierge-styled service to help maintain their social connections. He provides a personalized service tailored to the needs of the client.



Some may want a reliable transport service to take them to the shopping centre, medical clinic, the airport, or to a social activity. Others may need more assistance and help with shopping or filling out forms.

Sometimes having someone to accompany them to and from day surgery for example, or to act as an extra pair of eyes and ears to remember and understand instructions, is very comforting.

If you feel lonely and need some great company, you can call Paul to take you out for a drive, have a meal or grab a coffee and chat. He is there to brighten your day. Whatever it is, Buderim Best is there to assist.

And it’s fair to say, with a charming concierge like Paul at your service, you may just be glad you lost your licence to drive!

CONNECT

PHONE 0493 448 239
EMAIL buderimsbest@gmail.com

HEALTHY SUNSHINE COAST WILL BE BACK IN SPRING 2022!

One of the Sunshine Coast’s most popular community health and wellbeing programs will be back in late Spring 2022 – just in time for everyone to be reinvigorated after the winter hibernation!

So get rid of those winter woollies, throw on the shorts and shirt, join Healthy Sunshine Coast, and come along to a range of exciting new and affordable health and wellbeing activities across the Sunshine Coast in late Spring 2022.

The Sunshine Coast Council will partner with the local health and wellbeing industry, to offer the Healthy Sunshine Coast program and help foster a happier, healthier, more connected and resilient Sunshine Coast community.

The Healthy Sunshine Coast program will emphasise the importance of a healthy lifestyle, where moving well, eating well, sleeping well, thinking well and relating well are considered a regular and normal part of our lives.

The dynamic program will offer a range of affordable health and wellbeing activities in local community facilities and parks for all ages – keep an eye out for details when they are finalised, of starting date and timetable of classes on the Healthy Sunshine Coast webpage and various media outlets.

www.sunshinecoast.qld.gov.au/healthysunshinecoast





You should have an assessment for CVD risk every two years unless your doctor already knows you are high risk.

Keeping a check on your health

KEY THINGS TO MONITOR AND SCREEN AS YOU GET OLDER.

Cardiovascular disease

Cardiovascular disease (CVD) includes heart disease, stroke and blood vessel disease of the limbs (peripheral neuropathy).

You should have an assessment for CVD risk every two years unless your doctor already knows you are high risk.

Your doctor may ask you questions and test your blood pressure and cholesterol as well as check for other health conditions.

High blood pressure

You should have a blood pressure test every two years, or six to 12 months, if you have a moderate risk of CVD and six to 12 weeks, if your risk is high.

Apart from diet and exercise recommendations, other ways to prevent high blood pressure include:

- maintaining a waist measurement of less than 94cm for men and less than 80cm for women
- limiting salt to 5mg per day, or 4mg if you have high blood pressure

Cholesterol and lipids

It's recommended you have your cholesterol and lipids checked every five years with a blood test, or every one to two years if you have a higher risk of CVD.

Type 2 diabetes

In your 60s, you should be tested every three years to see if you have type 2 diabetes, or every 12 months if you are at increased risk. Your doctor will organise a blood test to check your glucose level.

Stroke

If you are at high risk of a stroke, your doctor should assess you every 12 months.

The assessment may involve a series of questions and tests for CVD risk factors including atrial fibrillation.

Immunisation

The following vaccinations are advised for people in their 60s:

- herpes zoster (shingles) — once, from 60 years old (available free on the vaccination schedule from ages 70 to 79)
- influenza — each year, from 65 years old (available free on the vaccination schedule)

Kidney disease

Kidney disease should be assessed every one to two years if you are at high risk. Risk factors can be similar to CVD or could involve an injury to your kidney.

Your doctor may ask you a series of questions as well as checking your blood pressure and doing a urine test.

Breast cancer

A mammogram is recommended every two years for women at lower risk from breast cancer. Women at higher risk may have an individual program developed by their doctor.

You should be familiar with the look and feel of your breasts and should see your doctor straight away if you see or feel any unusual changes.

Skin cancer

If you are in your 60s, your doctor may check your skin even if you have an appointment for another reason. If you are at high risk for skin cancer you should have a complete skin check every six to 12 months. Ensure that you 'slip, slop, slap, to protect your skin from future sun damage.

Cervical cancer

To test for cervical cancer, women should have a cervical screening test two years after their last Pap test. After that, if your result is normal they will only need to have the cervical screening test every five years.

Colorectal (bowel or colon) cancer

Every two years, it is recommended you have a test for bowel cancer using a Faecal Occult Blood Test (FOBT), even if you have no symptoms or family history of bowel cancer.

The National Bowel Cancer Screening Program will send you a free FOBT every two years. Depending on your results, your doctor may recommend that you have a colonoscopy.

Osteoporosis and fracture

Osteoporosis occurs when bones lose minerals and become more brittle, putting them at risk of fractures.

Your doctor may ask you screening questions every 12 months to assess your risk. If you are high risk or experience a fracture following a small bump or fall, this should be investigated further. Tests involve a simple scan with a machine, taking around 10 to 15 minutes. To help prevent osteoporosis, ensure you have 1,300mg of calcium per day. if you are a woman or 1,000mg per day, if you are a man.

Tooth decay and gum disease

You can help prevent tooth decay and gum disease by:

- brushing your teeth twice a day with fluoride toothpaste
- spitting out the toothpaste, not rinsing
- using dental floss
- limiting foods and drinks high in acid and sugar
- visiting a dentist every 12 months, or more if required

Falls

When you are over 65, your doctor may assess your risk for falls every year, or every six months if you've already had a fall.

Vision and hearing

From 65, you should have a hearing test each year, and if you and your doctor think you need it, an eye test.

Dementia

Your doctor may suggest that you are assessed once you are over 65 if you have a higher risk or show symptoms of dementia.

Healthy lifestyle recommendations

Quit smoking

Eat healthy

Limit alcohol

Be physically active – focus on strength, balance, flexibility exercises

Keep your mind at peace





Did you know?
The four most common types of cancer in people over 55 are breast, lung, prostate and bowel cancer.

Cancer Support and Service Directory

CANCER COUNCIL QUEENSLAND

Based in Maroochydore the council provide a wide range of information on local services and support.

Phone: 13 11 20

www.cancerqld.org.au

BLOOMHILL CANCER CARE

Integrated cancer care for people diagnosed with cancer and support for their families through their centre in Buderim. They currently support over 1,300 clients.

Services provided:

Skilled Registered Nurses at Bloomhill offer coordination of care through assessment, support, identification of needs and referral to appropriate services. They also provide education and information and are a point of contact at any time for clients.

Allied health professional services: counselling, health psychology, nutrition and dietetics, occupational therapy and acupuncture.

Mind-body therapies: lymphedema service, oncology and remedial massage, reflexology, art therapy, meditation and mindfulness practices, yoga, Qi Gong and Pilates.

Education and wellbeing services: Bloomhill has support groups for clients, their families and carers, focusing on secondary breast cancer, brain cancer, cancer survivorship support, Myeloma peer support, young adults with cancer support and child and adolescent services.

Phone: 5445 5794

www.bloomhill.com.au

CANSURVIVE

Cansurvive a holistic cancer healing centre based in Nambour. They provide a wide range of resources and hold events to help people understand and heal from cancer.

Phone: 07 5441 5730

www.cansurvive.org.au

BEAUTIFUL YOU PROGRAM

Beautiful You Program provides practical emotional and spiritual support for women on their cancer journey. They provide practical, financial and emotional support so as to help families lead as normal a life as possible.

Services include: oncology massage, beauty treatments, prosthetic and lingerie fitting service, wigs, house cleaning and activity programs

Phone 07 5445 0612

www.beautifulyouprogram.com.au

ICON

Icon Cancer Centre Maroochydore provides the latest in radiation therapy technology to treat all types of cancers in a friendly and supportive environment. They recently installed Varian's Hyperarc technology to precisely target multiple brain metastases.

Phone 07 5414 3700

www.iconcancercentre.com.au

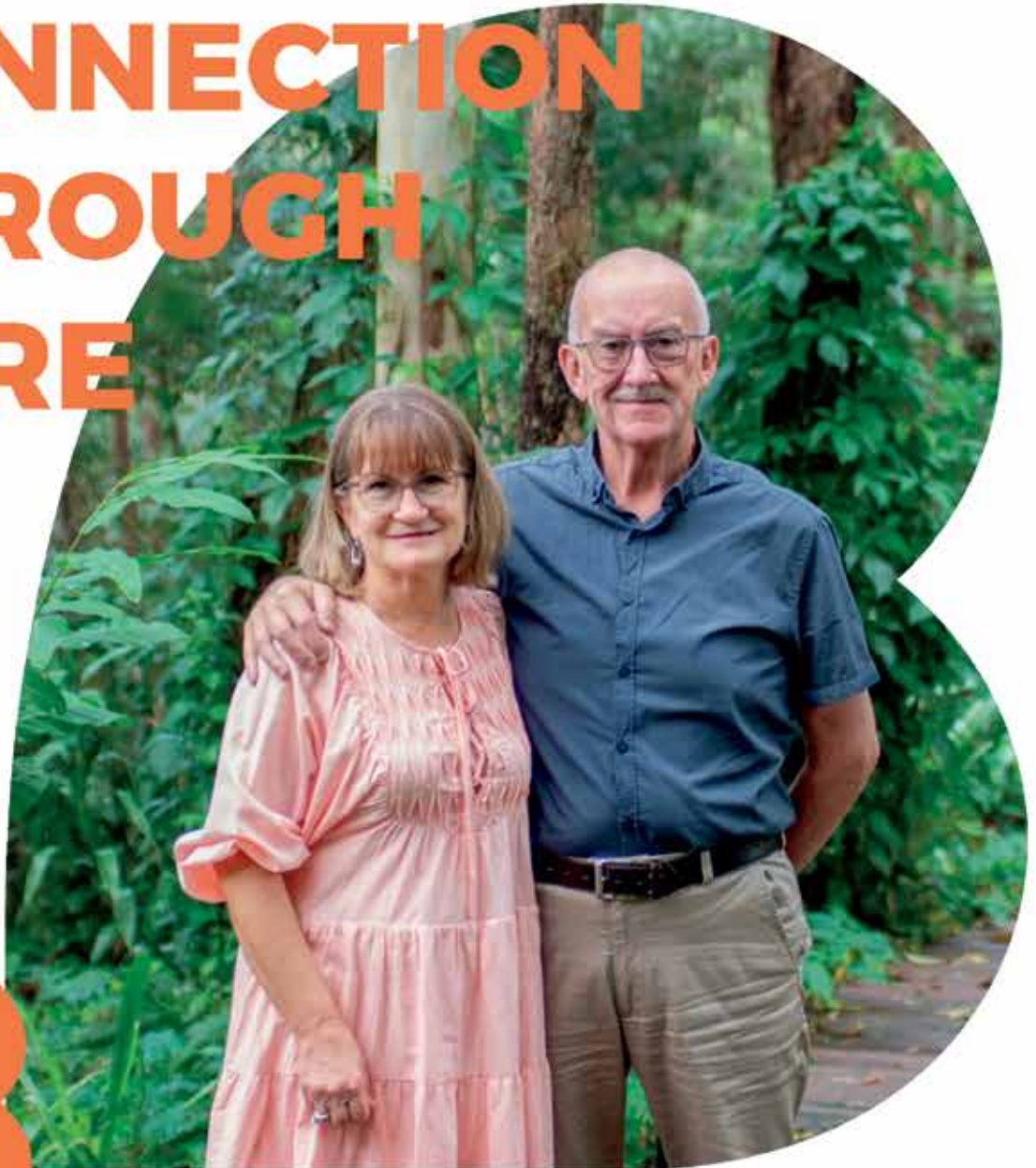
GENESIS CARE

Genesis Care deliver various Radiation Oncology and Allied Health Services via SCHOC. They have two treatment centres on the Sunshine Coast - Buderim and Nambour.

Phone: 07 5445 0612

www.genesiscare.com

NURTURING CONNECTION THROUGH CARE



Providing personalised support for those touched by cancer

We offer a nurse-led model of community-based cancer care, providing personalised support through allied health services, mind and body therapies and wellness activities for those with a cancer diagnosis, their families and carers.

Our dedicated and diverse care team of nurses, allied health practitioners, therapists and facilitators are passionate about supporting you to receive the very best care and treatment throughout your journey.



Volunteer: Help us find the next medical breakthrough

University of the Sunshine Coast (UniSC) - Clinical Trials is an initiative that aims to improve access to emerging medicines and treatments for our community. With a growing team of over 70 research professionals across four South-east Queensland locations we are working on some of the most exciting clinical trials in vaccines, medicines and medical device development.

When you volunteer for a clinical trial, you are contributing to the important scientific effort required to develop a potential new treatment.

UniSC has undertaken trials in vaccines including COVID-19 and influenza, along with trials in Alzheimer's disease, eye conditions, migraine, dermatology, osteoarthritis, gut diseases including coeliac, and cardiovascular diseases.

As a clinical trials participant, your safety and comfort are our highest priority. We are committed to keeping you informed throughout the entire clinical trial experience, so you can make informed decisions about the management of your health.

This includes:

- An informed consent process, where all relevant information is provided to you before making a decision.
- The opportunity for an in-depth discussion with your health provider as well as the medical researchers undertaking the trial, before you commence the trial.
- The ability to leave a clinical trial at any time, with no obligation to remain in a trial if you no longer wish to participate.
- The ability to discuss results from any tests performed.
- A summary of the results at the completion of the trial.

To register visit usc.edu.au/trials or to learn more, call us on 07 5409 8640.



Clinical
TRIALS



Dementia Care Guide



Where can I get help?

There are many networks on the Sunshine Coast that are an excellent resource for people living with dementia and offer help and support to their families and carers.

Not only do they provide a wealth of information about the disease, they are also there to guide and support you through your journey and connect you with many organisations that are dedicated to making life with dementia as easy as possible.

DEMENTIA NETWORK SUNSHINE COAST

The Sunshine Coast Dementia Network (SCDN), is the leading local network for those living with dementia and their carers. This service is the local gateway to information, services, and support.

EVENTS

Education:

Dementia Information Days held bi-monthly. Nambour, Central Sunshine Coast and Hinterland. Presentations on dementia and caring for community groups.

Workshops:

On various topics to help you care for your loved one.

Social:

Catch-Up Cuppa morning teas bi-monthly at Caloundra RSL, Nambour RSL and Maleny.

Dementia Month Events:

Conference, seminars, presentations, ecumenical services

Contact:

Lorrae & Vince O'Rourke
 Phone: 0418 298 183
carersoutlook@gmail.com
www.scdementia.com.au

SUNSHINE COAST DEMENTIA ALLIANCE

Provides help and support to those living or caring for someone with dementia. They run free monthly Vitality Cafes, Barefoot Bowls and organize special events and speakers.

Phone 0488 680 265

www.sunshinecoastdementiaalliance.com.au

OZ CARE DEMENTIA ADVISORY SUPPORT SERVICE (SUNSHINE COAST)

This service offers information and support to people with dementia and their families throughout Queensland. They provide a free service to help clients understand dementia and navigate the aged care system. (65 and over)

Phone 1800 692 273



UNDERSTANDING DEMENTIA

ALZHEIMER'S QUEENSLAND

(for all kinds of dementia not only Alzheimer's disease)
Offer a range of state-wide support and services including residential facilities, respite care, and in-home support, nursing and allied health services, education and training for family carers and staff. Telephone Support Group for carers. Dementia Matters newsletter. Library. Advice Line open 24/7.

In-home care services offered on the Sunshine Coast.

Phone 1800 639 331

www.alzheimersonline.org

DEMENTIA AUSTRALIA

A unified national peak body for people of all ages, living with all forms of dementia, their families and carers. Family carer counselling and education sessions. Help line. Comprehensive fact sheets in many languages other than English. Young Onset Dementia (people diagnosed 65 yrs and under) advisor on Sunshine Coast.

Phone 1800 100 500

www.dementia.org.au

Dementia Australia has developed resources to assist all Australians to get a better understanding of what they can do to contribute to a dementia-friendly nation.

For more information visit

www.dementiafriendly.org.au

DEMENTIA AUSTRALIA LIBRARY

People living with dementia can access an extensive Dementia Australia Library by completing an online registration form. Library resources are mailed free of charge to registrants and must be returned within four weeks of borrowing via post at the registrant's expense. To register, contact

Phone 1800 100 500

www.dementia.org.au

DEMENTIA CARER WORKSHOPS

May be accessed in-person via dedicated groups, or via phone or videoconference. Workshops equip people with a wealth of information regarding the impact of dementia on lifestyle, functional ability, and behaviour and supporting strategies and techniques to help improve independence and maintain quality of life.

To register for workshops, contact

Phone 1800 100 500

www.dementia.org.au

Alzheimer's disease is the most common form of dementia, contributing to around two-thirds of cases. The most common early symptom is difficulty remembering recent events.

DEMENTIA SUPPORT AUSTRALIA (DSA) LED BY HAMMOND CARE

Dementia Behaviour Management Advisory Service (DBMAS) & Severe Behaviour Response Teams (SBRT), BPSD Guide app. Provides 24/7 national support particularly on Behavioural and psychological symptoms of dementia

Phone 1800 699 799

www.dementia.com.au

AGELESS GRACE

Run by Vickie Doolan. Her team offers a range of education programs.

Dementia Communication Workshop

For carers to successfully communicate with their loved one who is experiencing dementia.

Ageless Grace Brain Health Exercise

Seated exercise program that incorporates brain stimulations and movement.

For more information contact

Vickie Doolan

Phone 0409 526 982

www.ageucate.com.au

WICKING DEMENTIA RESEARCH AND EDUCATION CENTRE

Runs a range of short online courses on dementia. Topics include Preventing Dementia, Understanding Dementia.

Register online

www.mooc.utas.edu.au

DEMENTIA TRAINING AUSTRALIA

Provides free online courses.

www.dta.com.au

DEMENTIA RETREAT

Retreat based on the Sunshine Coast is run by Carers Outlook. It is open to carers and those living with dementia. The retreat provides education and friendship.

For more information contact

Lorrae & Vince O'Rourke

50 Savilles Rd,

Highworth, 4560

Phone 0418 298 183

Innovations in Dementia support: Improving daily experiences

Leef Independent Living Solutions take pride in helping people to discover what's possible. We focus every day on bringing our passion for customer care and finding solutions to help ensure that everyone can live their lives on their own terms and in their own right.

Supported by an incredibly experienced and enthusiastic team, Leef has a passionate approach to creating an inclusive community in which people living with a disability are valued and empowered to live as independently as they wish.

We are continually searching for new solution to enhance the daily experience of both those being cared for, as well as the carers themselves.



Tovertafel

The Tovertafel is a complete interactive games system designed for people living with dementia, or with intellectual disabilities. A fascinating innovation that projects moving images onto a surface and allows the users to interact with them, including a growing range of games and activities for everyone to enjoy.

Based on extensive scientific research, the Tovertafel has been proven to improve the quality of life of players and the quality of care that carers can provide. Through stimulating social interaction, movement and cognitive exercise, the Tovertafel gives true meaning to “purposeful” play. Each game is designed to engage participants at their level, with no specific language or skills needed, no right or wrong, and a suitable pace of movement with predictable outcomes creating a positive sense of accomplishment.

The Tovertafel brings staff, residents – and more often the not the visitors and family as well – together in such a positive way, with people engaging at their own level. With eight or more people able to play simultaneously, the Tovertafel provides activity for many residents at the one time, providing social, physical, and cognitive benefits.

Social benefits

Patients become more aware of those around them - carers, other residents, and family. Participants laugh, reminisce, and discuss what they are experiencing and seeing, and competitive spirits resurface as turn taking and awareness of others is noted, often unexpectedly.

Physical benefits

The structured play provides “incidental” exercise improving leg strength, trunk stability, weight transfer and reach, as well as promoting deeper breathing. People readily play Tovertafel for extended periods beyond what they would tolerate of an exercise or “walking” program aiming to maintain independent mobility, or upper limb movement and coordination.

Cognitive benefits

With participants engaging at their own level, the games use aspects of planning, sequencing, old memories – counting, singing, tunes, sounds and pictures stimulating reminiscence and storytelling – and residents and carers find out things about each other stimulating connection and positive interaction.



INMU

This unique sensory stimulation tool is designed to encourage movement, evoke memories, and provides adaptable music with a feeling of soft vibrations, all of which are proven to provide therapy to those living with dementia.



An abbreviation of Interactive Music, both the inmuDANCE and inmuRELAX use artificial intelligence software to compose music in real time. The music changes as you touch, stroke, and move the inmu. The notable difference between the inmuDANCE and inmuRELAX models are the music created and textures of the cover.



CARER SUPPORT

CARER GATEWAY / WELLWAYS

A national platform to help carers looking after someone with disability, mental illness, dementia, a long-term health condition, an illness that will cause their death, or an alcohol or drug problem, or someone who is frail because they are old.

Carer Gateway provides practical information and advice, helps you to get the services and support you need, provides free counselling services over the phone, provides free coaching to help you in your role, lets you connect with other carers through a community forum.
Phone 1800 422 737

CARERS QUEENSLAND

Sunshine Coast Services provides support to carers living on the Sunshine Coast. They provide a range of services including counselling, culturally and linguistic diverse program, disability services, information and advisory services, No Interest Loan Schemes, Support/Therapy Groups. Carers Queensland also offers support to those under 65 with dementia to access support via the National Disability Insurance Scheme.

Level 2, 43 Plaza Parade,
Maroochydore QLD 4558
Phone 07 5409 3300

DIVERSICARE

Part of Ethnic Communities Council of Queensland.

In-home services focusing on clients with culturally and linguistically diverse backgrounds. Caring for the needs of diverse clients with dementia. They also have a Multicultural Advisory Service that provides information on aged care to people from all cultures and free cross cultural training for aged care providers.

www.diversicare.com.au
Phone 1300 348 377

RESPIRE SUPPORT

What is respite support?

Respite or 'respite care' is when someone else takes care of the person you care for, so that you can have a break. A break can give you time to do everyday activities or just to relax, deal with stress and look after yourself.

OVERNIGHT RESPITE

Carers can access overnight respite either through their Home Care Package, privately or via the Commonwealth Home Support Program and Carers Gateway.

RANGECARE

Have a dedicated overnight respite facility in Flaxton and Gympie. This facility is not secure and is therefore only suitable for low-level dementia care.
Phone 07 5445 7044
www.rangecare.com.au

CENTRE-BASED DAY RESPITE

Centre-based respite is respite offered during the day. It provides an opportunity for clients to talk, interact with other people and participate in activities. These programs usually take place at a day centre, club or residential setting. To be eligible it is important to register with My Aged Care. Some centres may provide respite support on a fee for service basis.

Organizations that provide day respite include:

BLUE CARE DAY RESPITE CENTRES

Coolum and Dicky Beach
Phone 1300 258 322
www.bluecare.org.au

MAROOCHYDORE COMMUNITY CENTRE

Suncare run day respite for clients including people with dementia.
Phone 1800 786 227
www.suncare.org.au

RANGECARE

Have a dedicated centre-based day respite facility in Flaxton, Nambour and Gympie.

Phone 07 5445 7044
www.rangecare.com.au

GLASSHOUSE COUNTRY CARE

Operate a day respite centre at Beerwah.

Phone 07 5494 6948
www.ghcare.org.au

DEMENTIA AND DRIVING

Research Technician, Living with Dementia and Driving Study School of Psychology The University of Queensland Brisbane Qld 4072 Australia
Phone 07 3365 6392
Trudy McCaul
t.mccaul@uq.edu.au

QUEENSLAND TRANSPORT

Have a wealth of information on their website to assist you:

Disability parking permits
<https://www.qld.gov.au/disability/out-and-about/travel-transport/driving/parking-permits>

Licences
<https://www.tmr.qld.gov.au/Licensing>

DRIVER REHAB SERVICES

Occupational Therapist that specialize in medical driving assessments, aged care driving assessments and driver rehabilitation.

Phone 07 5446 8289
<http://driverrehabservices.com.au>

COMPANION CARD

If you have a disability and a lifelong need for 'attendant care support' in order to participate in community activities and attend venues, the Companion Card can help you with the costs of getting out and about with the support of a companion. Applications can be downloaded from www.qld.gov.au or phone 137468

GRIEF AND LOSS

Blue Care offers a Grief and Loss program to provide emotional, social and practical support in a structured small group program of 2 hours per week over 8 weeks. To find out more, please call 0418 882 460

FACEBOOK SUPPORT GROUPS

DEMENTIA DOWNUNDER

Dementia Downunder is a support and information group for anyone in Australia with a family member, friend, resident or patient with dementia. You may be a carer, nurse, dementia trainer or even a doctor - everyone is welcome to join this online community.

DEMENTIA CARERS AUSTRALIA

For those who are caring for or closely connected with a loved one who has dementia and dealing with the life-changing implications of that situation. This is a forum for people to vent, ask questions and find information.

*Dementia can affect anyone,
but it is more prevalent in those over 65.
Most people with dementia are older but it
is important to remember that most older
people do not get dementia.*

MODIFIED EQUIPMENT

LifeTec Queensland is a social enterprise that provides dedicated assistive technology (AT) services with team including Occupational Therapists and Physiotherapists
Phone 1300 543 383
www.lifetec.org.au

DEMENTIA CARE PRODUCTS

www.leef.com.au
www.dementiashop.com.au
www.unforgettable.org
www.best-alzheimers-products.com
www.alzstore.com
www.dailycaring.com
www.aidacare.com.au

RESEARCH CENTRES

UNIVERSITY OF THE SUNSHINE COAST MIND AND NEUROSCIENCE - THOMPSON INSTITUTE

Ground Floor, 12 Innovation Parkway
Birtinya, QLD, 4575
Phone 07 5430 1191
www.usc.edu.au/sunshine-coast-mind-neuroscience-thompson-institute/

The Queensland Brain Institute
QBI Building, 79
The University of Queensland
St Lucia QLD 4072
Phone 07 3346 6300
Website <https://qbi.uq.edu.au>



BOOKS TO READ

I WISH I WERE A LEPER

BY VINCE O'ROURKE

I Wish I Were A Leper is a book by Vince O'Rourke based on diary and journal entries which accurately record the journey he and his wife, Margaret O'Rourke, took with Alzheimer's disease. Because of its early onset, the disease rapidly adversely affected Margaret's quality of life. When asked why she would ever wish to be a leper, Margaret's faith filled response was, "If I were a leper He could heal me." This is a story that grabs the reader's attention from the outset. It is a record of unconditional love, pain and suffering, hope and despair, anger and elation, as well as of a personal conflict of faith, and belief in a God of love and compassion. It speaks clearly to all who care for those suffering long-term terminal diseases. The book can be purchased from Sunshine Coast Dementia Network.

Lorrae & Vince O'Rourke

50 Savilles Rd
Highworth, 4560
Phone 07 5476 0642
Phone 0418 298 183

Leef can make life easier.

At Leef we provide practical solutions to support all aspects of daily life.

Our products and equipment are available for **purchase or hire** to support improved function, safety and quality of life for both residents and care teams.

Your one stop shop for living your best life.



Beds & Mattresses
Sleep Management
Pressure & Comfort Support
Specialty Linen & Bedding



Lift Recliners Chairs
Custom Built Chairs
Day Chairs
Over Chair Tables



Shower Chairs
Bathroom Fixtures & Rails
Shower & Grooming Aids
Commodes



Scooters
Wheelchairs
Walking Aids
Custom Mobility Solutions



Rehabilitation & Recovery
Dementia Management
Daily Living Aids
Continence Support

Proud sole AUS/NZ distributor of the Tovertafel

An innovative solution for people living with dementia & cognitive disabilities.

Visit www.tover.care/au for more information.



tover
purposeful play



Leef Maroochydore

Shop 25b, 100 Maroochydore Rd, Maroochydore QLD 4558

Ph: (07) 5370 8774 | Email: maroochydore@leef.com.au

Go to our Website



BOOKS TO READ

**WHO WILL I BE WHEN I DIE?
DANCING WITH DEMENTIA
BEFORE I FORGET
NOTHING ABOUT US, WITHOUT US**

Christine Bryden was diagnosed with dementia in 1995 and has written the following books.

Advocating for dementia for over 20 years, Christine Bryden has been instrumental in ensuring that people with dementia are included in discussions about the conditions and how to manage and think about it.

This collection of her hard-hitting and inspiring insider presentations demands 'nothing about us, without us!' and promotes self-advocacy and self-reflection. Provocative and insightful, the pieces included in the book address issues that demand attention, and will change the way dementia is perceived, and the lives of people with dementia and their families.

christine@christinebryden.com

THE 36-HOUR DAY

A family guide for caring for people who have Alzheimer's disease and other dementias and memory loss.

By Nancy L Mace and Peter V Robins

The 36-Hour Day has been an essential resource for families who love and care for people with Alzheimer's disease or another form of dementia. The book will help family members and caregivers address challenges and simultaneously cope with their own emotions and needs. It features useful takeaway messages that are informed by recent research into the causes of and the search for therapies to prevent and cure dementia.

MIND YOUR BRAIN – THE ESSENTIAL AUSTRALIAN GUIDE TO DEMENTIA

By Kailas Roberts

Dr Kailas Roberts is a consultant psychiatrist and psychogeriatrician with over 10 years' experience in the field of old-age psychiatry. He runs a busy private practice caring for people with cognitive difficulties, and advises on management of the behavioural and psychological difficulties that often accompany dementia.

The Sunshine Coast Dementia Alliance

Providing help & support to everyone on the Sunshine Coast living with Dementia & their carers through:

- 🌿 Free Monthly Vitality Cafes
- 🌿 Barefoot Bowls
- 🌿 Special Events & Regular Guest Speakers

LIKE TO LEARN MORE ?

Scan our QR code



OR



Like us - [scdementiaalliance](https://www.facebook.com/scdementiaalliance)



Call: 0488 680 265



Visit: www.sunshinecoastdementiaalliance.com.au



<https://www.sunshinecoastdementiaalliance.com.au>

Pain Service Directory

NOTE: The first port of call is to always consult your GP.

SUNSHINE COAST PERSISTENT PAIN MANAGEMENT SERVICE (PPMS)

SCPPMS provides support, education and individual and group multidisciplinary therapy for those with persistent pain. The service can be accessed through the Nambour and Sunshine Coast University Hospital campus.
Phone 07 5470 6758

SPECIALIST PAIN MANAGEMENT CLINICIANS

Dr Peter Georgius
Suite 4, Noosa Central
6 Bottlebrush Avenue,
Noosa Heads 4567
Phone 07 5447 2144

Dr Frank Thomas
Suite 605/11
Eccles Boulevard,
Birtinya 4575
Phone 07 3391 7111

Dr Paul Frank
62 King Street
Buderim 4556
Phone 07 5476 9222

MEDICAL CANNABIS

Dr James Connell
Alchemy In Motion
Shop 2, 24 Lanyana Way,
Noosa Heads, QLD 4567
Ph: 07 5474 9093
www.Alchemyinmotion.com.au

PAIN MANAGEMENT CENTRES

Noosa Pain Clinic
29 Hooper Cres
Tewantin, QLD, 4565
Phone 07 5455 5822

The Migraine & Chronic Pain Clinic
153 Cooyar St,
Noosa Heads, Qld 4567
Phone 0400 740 400

Sunshine Coast Pain Relief
31 Mary St
Noosaville, Qld, 4566
Phone 07 5412 1567

Energetic Wellness – Pain Relief & Energy Healing
Shop 2/141 Cooroy Noosa Rd
Tewantin, Qld, 4565
Phone 0419 027 171

Meglio Advanced Therapies
Suite 4, Noosa Central,
6 Bottlebrush Ave,
Noosa Heads, Qld, 4567
Phone 07 5447 2144

Advanced Health Pain, Injury & Spinal Clinic
Shop 1/98 Burnett St,
Buderim, Qld, 4556
Buderim - Phone 07 5456 2836
Bokarina – Phone 07 5213 0800

Nerve Pain Solution
Body Smart Clinic
38 Namba St
Pacific Paradise, Qld, 4564
Phone 07 5450 5538

Sunshine Coast Radiology Integrated Pain Management
Locations in Bli Bli, Maroochydore,
Warana, Nambour, Selangor
Phone 1300 697 226



Metamorphosis HealthSpan is pleased to welcome Dr Geoff Cutter to our Team.
Our Mission is to assist you towards

MATCHING YOUR HEALTH-SPAN TO YOUR LIFE-SPAN

When conventional therapies and medications aren't helping you reach your Health Goals, we consider natural plant based and herbal alternatives.

If Chronic Pain, Insomnia, Anxiety/Depression or other long term health issues are disrupting your life, discuss management with your GP or contact

Dr Geoff at: DrGeoff@mmhealthspan.com.au
or call **1300 098 706**

www.facebook.com/MetamorphosisHealthSpan

ARE YOU SEEKING CHANGE AND A BETTER QUALITY OF LIFE?

Rheumatoid Arthritis Guide



Rheumatoid arthritis is a mysterious disease. It can strike at any age, typically beginning in young, and middle-aged adults causing painful swelling and can lead to joint deformity and bone erosion, inflamed joints, stiffness, and fatigue. Genetics, age, lifestyle, the environment, smoking and obesity could contribute to its development. Recent studies in microbe genomics indicate an over influx of gut bacterium known as *Prevotella copri* could also be one of the underlying causes.

The symptoms include:

- Swollen joints
- Accumulation of fluid in the ankles
- Morning stiffness
- Joint pain
- Fatigue
- Joint redness
- Increased eye sensitivity and dryness
- Mouth dryness
- Nodules on the skin
- Inflammation of the lungs

Rheumatoid arthritis can also lead to inflammation outside of the joints. Prolonged exposure to these symptoms could lead to Sjogren's syndrome characterised by inflammation of glands of the eyes and mouth, pericarditis and pleuritis, anaemia due to splenomegaly, vasculitis which is inflammation of blood vessels and osteoporosis

Tests used by your GP and Rheumatoid specialist to diagnose Rheumatoid Arthritis include:

Blood test: Blood test to test for rheumatoid factor, anti-CCP antibodies.

Erythrocyte sedimentation rate (ESR): Erythrocyte sedimentation rate test to determine its presence and level of inflammatory mediators.

X-ray: To identify the extent of damage to the joints.

Magnetic resonance imaging (MRI): Helps to find out the severity of the disease condition.

Arthrocentesis: A procedure during which a sterile needle is used to withdraw joint fluid to determine the cause of symptoms.

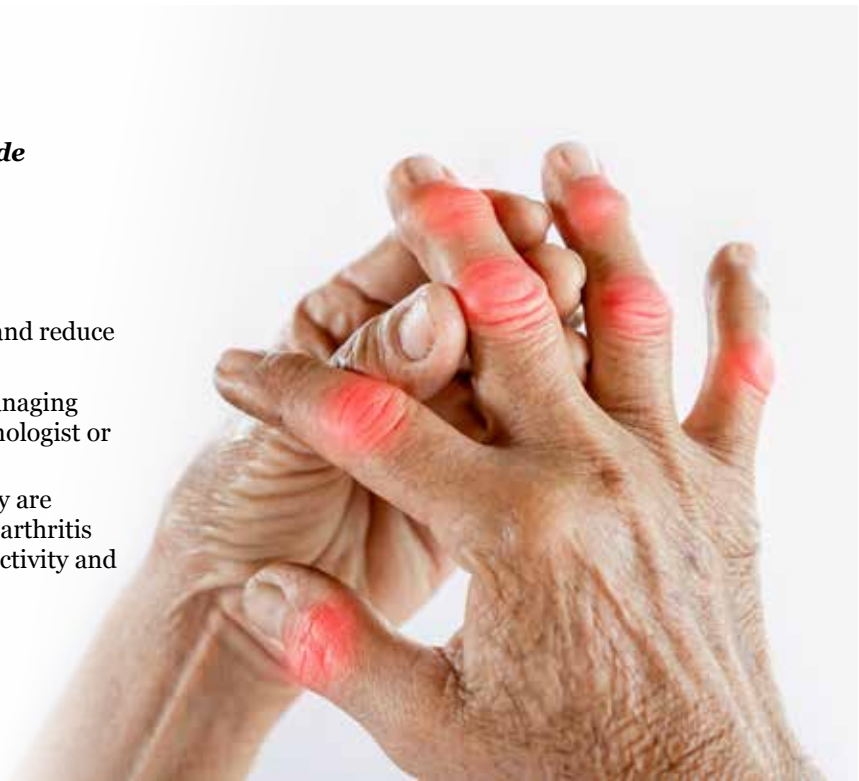
TREATMENT

Medications for rheumatoid arthritis currently available include:

- Symptomatic treatments temporarily reduce joint inflammation and pain, such as painkillers (analgesics), corticosteroids and non-steroidal anti-inflammatory drugs. Unfortunately these treatments do not slow the progression of the underlying disease.
- Disease-modifying anti-rheumatic drugs (DMARDs) do slow the progression of disease, as well as relieving symptoms. DMARDs work by decreasing the abnormal function of the immune system that drives rheumatoid arthritis.

Other management treatments include

- Heat and cold therapy
- Relaxation techniques
- Aids and equipment (Tens Machine)
- Regular exercise
- A healthy diet to optimise your weight and reduce inflammation
- Looking after your mental health by managing stress and seeking support from a psychologist or counsellor
- Physiotherapy and occupational therapy are very helpful in people with rheumatoid arthritis for maintaining strength and physical activity and performing activities of daily living

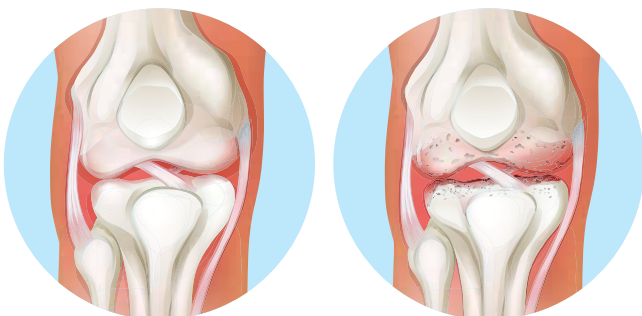


NEW RHEUMATOID ARTHRITIS TREATMENTS ON THE HORIZON

ANTI-INFLAMMATORY DEVICE

A new nerve treatment for rheumatoid arthritis invented by Melbourne University researchers at the Bionics Institute, uses electricity to reboot the body’s built-in healing system. The battery-powered device is inserted into the patient’s abdomen using keyhole surgery to stimulate the vagus nerve which controls the body’s anti-inflammatory reflex. A trial in knee patients found 8 in 10 reported less pain, had more flexibility and some participants no longer needed to take medication or have knee surgery. The device is due to be released in the next 2 years.

Arthritis of the Human Knee Joint



Normal knee joint

Knee joint with arthritis

Genetics, age, lifestyle, the environment, smoking and obesity could contribute to rheumatoid arthritis development.

RHEUMATOID ARTHRITIS VACCINES

A vaccine against rheumatoid arthritis known as drug DEN-181 has been developed by the University of Queensland, Professor Ranjeny Thomas. The vaccine re-educates the immune system and stops it from attacking healthy joint tissue. Drug DEN-181 has been used in early-stage clinical trials at the Princess Alexandra Hospital in Brisbane.

On the other side of the globe a team at the University of Toledo, led by Dr Rita Chakravarti, is trialling another vaccine against rheumatoid arthritis, using a 14-3-3 zeta protein that protects against auto-immune disease, to develop a protein-based vaccine using purified 14-3-3 zeta protein grown in a bacterial cell.

Initial trials have found it caused rheumatoid arthritis to completely disappear in animals. The vaccine promoted a strong, immediate and long-lasting response from the body’s innate immune system, providing protection against the disease and improved bone density.

Researchers have filed for a patent on their discovery and are seeking pharmaceutical industry partners, to support safety and toxicity studies in hopes of establishing a preclinical trial. This could be revolutionary!!

For all those burdened by the disease, hope may just be around the corner.

Parkinson's disease Care Guide

Where can I go for help?

Living with Parkinson's disease or caring for someone with Parkinson's is full of challenges, but you don't have to feel alone. Parkinson's Queensland currently operates 36 support groups throughout metropolitan and rural Queensland. These support groups are informal and friendly and offer members a chance to meet and talk with others while offering each other emotional and practical support. Besides helping you realise you are not alone, the support groups give you a chance to share your feelings and hear the experiences of others. Parkinson's disease support groups are ideal for people living with Parkinson's disease, their careers, friends and family members.

PARKINSON'S LIFESTYLE COACH

Nikki Creber provides support to people who have recently been diagnosed with Parkinson's disease and those who find it hard to cope with the condition. She provides information, strategies to deal with the condition and links clients to appropriate services and support on the Sunshine Coast and Noosa.
Phone 0434 149 688
www.nikkiacreber.com.au

SUPPORT GROUPS

CALOUNDRA SUPPORT GROUP

Meetings are held on the second Wednesday of every month.
Venue: IRT Parklands,
242 Parklands Boulevard,
Meridan Plains, Qld 4551
Co-ordinator: Allan and Shirley Voss
Phone 07 5437 0892
Email allanvoss5@bigpond.com

NAMBOUR & DISTRICT SUPPORT GROUP

Meetings are held on the first Friday of every month.
Venue: The Sanctuary Park,
Church of Christ,
22 National Park Rd
Nambour, Qld 4560
Co-ordinator: Ray Clark
Phone 0401 173 336
Email ray.clark1@bigpond.com

RESOURCES

There are great resources available for those suffering with Parkinson's and their carers. Here is a list of some of the best websites to get you started.

PARKINSON'S QUEENSLAND

Since 1985, Parkinson's Queensland has helped thousands of Queenslanders in their journey with Parkinson's and related disorders, not only in the early stages after diagnosis, but throughout the condition's progression. Parkinson's Queensland Inc (PQI) is a charitable organisation that provides individuals, families and the health, aged and disability sectors with information, support and education for people living with Parkinson's
www.parkinsons-qld.org.au

THE BRAIN FOUNDATION

The Brain Foundation is a nationally registered charity dedicated to funding world-class research Australia-wide into neurological disorders, brain disease and brain injuries including Parkinson's disease.
www.brainfoundation.org.au/disorders/parkinsons-disease

SHAKE IT UP

Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 in partnership with The Michael J. Fox Foundation (MJFF). It promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure.
www.shakeitup.org.au

MS QUEENSLAND

MS Queensland can assist people with MS and other progressive neurological diseases such as Parkinson's disease. They provide the following services: Service coordination, NDIS access assistance, neuro physiotherapy, accommodation, employment services
www.msqld.org.au/related-diseases/parkinsons-disease/

PARKINSON'S CARE GUIDE

PARKINSON'S DISEASE WARRIOR

PD Warrior rehabilitation program will teach you how to move well, believe in yourself and live better with Parkinson's. People who have completed the PD Warrior 10 Week Challenge report feeling more confident in their movements, are able to move more freely and are get back to living life.

The program is covered by your health insurance and, is offered by:

NAMBOUR SELANGOR PRIVATE HOSPITAL

62 Netherton St,
Nambour QLD 4560
Phone 07 5459 7455

EDEN REHABILITATION HOSPITAL

Sunshine Coast & Gympie
50 Maple Street,
Cooroy QLD 4563
Phone 07 5472 6472

OTHER EXERCISE PROGRAMS

SUNSHINE COAST REHABILITATION AND EXERCISE PHYSIOLOGY

They offer Parkinson's disease classes are designed to provide neuroprotective, neurorestorative and neuroplastic benefits, showing successful results in reducing symptoms and slowing down the progression of disease.

Bli Bli Jetts
312 David Low Way, Bli Bli

02 Performance (Inside the Sports Hub) - 26 Main Drive, Bokarina

Sunshine Coast Rehabilitation and Exercise Physiology Clinic Shop 5B,
1 Indiana Place Kuluin

Ph 07 5445 8292
Fax 07 5335 1255
www.exercisephysiologyrehab.com

FACEBOOK SUPPORT GROUPS

@parkinsonsqld
@lifewithparkinsons
@ParkinsonsAust
@michaeljfoxfoundation

PARKINSON'S ACTIVITY GROUPS

DANCE FOR PARKINSON'S AUSTRALIA

These classes offer the joy of dance to people with motor/mobility issues as a result of Parkinson's, MS, stroke, arthritis, loss of muscle and joint strength and flexibility, or less mobility from ageing. Similar to the Dance for PD model

Phone : Erica Rose Jeffrey – Director and Lead Teacher: 1800954382

(please leave a message and she will get back to you)
Email ericarose@danceforparkinsonsaustralia.org

RIPE DANCE NOOSA

Offers local classes for older people and those with Parkinson's on a weekly basis. Classes are offered in Tewantin, Noosa by Gail Hewton who has over 35 years professional dance experience.

To register or for more information contact Gail Hewton.

Phone 0411 720 391
or 07 5412 2785
Email ripedance@gmail.com

SPEECH THERAPY

SPEAK OUT PROGRAM

The most efficacious and up-to-date speech quality and voice production enhancement practices are supported by a program called "Speak Out program".

Restoring Hope Parkinson's Therapy Louise Williams is the first Speech Pathologist in Australia trained in the Parkinson Voice Project's SPEAK OUT!® and LOUD Crowd® programs. She is passionate about ensuring that people with PD have access to timely and effective therapy.
Phone : 0438 688 456
www.rhpthrapy.org.au

THE LEE SILVERMAN VOICE TREATMENT

This program is currently the most efficacious treatment for speech disorder in Parkinson's Disease. The program is run by:

EDEN REHABILITATION HOSPITAL

Sunshine Coast & Gympie
50 Maple Street, Cooroy QLD 4563
Phone 07 5472 6472

AIDS AND EQUIPMENT

Here's a list of some of the best online stores offering fantastic devices that help make living with Parkinson's so much easier.

www.leef.com.au

www.lakesidemobility.com.au

www.patienthandling.com.au

www.independenceaustralia.com

AMINO NEURO FREQUENCY THERAPY

Parkinson's Lifestyle Coach, Nikki Creber has found an innovative, holistic body orientation treatment for pain and inflammation. Both pain and inflammation build-up over time with Parkinson's Disease and are significant contributors to the progressive decline associated with this disease. Nikki has been using this treatment herself and highly recommends it.

Cluzie Clinic, Buderim
Phone : 07 5329 7905
or 0402 762 7127
www.cluzie.com

BOOKS TO READ ON PARKINSON'S DISEASE

THE PARKINSON'S PLAYBOOK: A GAME PLAN TO PUT YOUR PARKINSON'S DISEASE ON THE DEFENCE. Robert W. Smith

This book gives you all the strategies you need to gain control after a Parkinson's disease diagnosis. An entertaining and empowering book.

A PARKINSON'S PRIMER : AN INDISPENSABLE GUIDE TO PARKINSON'S DISEASE FOR PATIENTS AND THEIR FAMILIES. John. M. Vine

Diagnosed with Parkinson's disease in 2004, lawyer John Vine learned a lot in the months and years following. He decided to share his experience with other people in his shoes and their families.

PARKINSON'S DIVA HELLO POSSIBILITIES! Maria De León, MD

Designed specifically for women with Parkinson's Disease this journal offers fun activities and a place to document the hopes and struggles that go along with a Parkinson's diagnosis. Be inspired by this work book and let your inner diva shine!



Celebrations of Life: Now more ontrend than funerals

A post-pandemic trend towards more personalised funeral services is gaining momentum in the hinterland with more people choosing to honour their loved ones at more informal ‘Celebrations of Life’.

The move away from more traditional funeral home services began as a response to satisfy outdoor setting mandate requirements but looks set to grow as families explore their options.

“Our first Celebration of Life was for just five, 1.5 metre spaced chairs outdoors, with the Sunshine Coast as the backdrop, and it was the beginning of a trend toward this type of ceremonial support for families in need,” said Flaxton Gardens owner, Alan Thompson.

“That is when we realised people were looking for something different. We have created some of the most beautiful farewells in our rustic, elegant location. We’re here to support, listen and create meaningful ways to celebrate a loved one’s life.

“Sunrise, sunset or looking out at the view ... funerals can be done differently and serve the wishes of your loved ones uniquely on the beautiful Blackall Range.”



Alan said people turned to Flaxton Gardens for its expansive outdoor space and coastal and hinterland views.

“We offer a more familiar setting for people who may not be comfortable in traditional arrangements. We can arrange the styling, fine food and beverages, with abundant florals. A string quartet might be playing in the garden or you might just want one big beautiful party. We are able to seat 150 in the winery or up to 400 in a more relaxed arrangement outdoors.

Flaxton is here to support, listen and create meaningful ways to celebrate a loved one’s life and have created farewell packages to make the whole process easy on loved one.

Phone Flaxton Gardens
on 07 5445 7450 for inquiries.





When Times Get Tough

We all go through tough times in life, and those over 55 are no exception. Whether you have fallen on hard times financially, or are experiencing difficulty finding affordable or appropriate housing, or perhaps you are suffering ill health and need assistance, there is plenty of help available on the Sunshine Coast

Community and neighbourhood centres have a wealth of information, and they can connect you to the right service and supports.

CALOUNDRA COMMUNITY CENTRE

58 Queen Street
Caloundra, Qld, 4551
Phone 07 5438 7000

MALENY NEIGHBOURHOOD CENTRE

17 Bicentenary Lane
Maleny, Qld, 4552
Phone 07 5499 9345

THE SHACK COMMUNITY CENTRE

19 Price St,
Nambour, Qld, 4560
Phone 07 5441 5928

MAROOCHY NEIGHBOURHOOD CENTRE

Cotton Tree, 2 Fifth Avenue
Maroochydore, Qld, 4558
Phone 07 5443 6696

GLASSHOUSE MOUNTAINS NEIGHBOURHOOD CENTRE

1 Ryan St
Glasshouse Mountains, Qld, 4518
Phone 07 5438 7000

MOOLOOLAH VALLEY COMMUNITY CENTRE

43 Bray Road
Mooloolah Valley, Qld, 4553
Phone 07 5494 7822

MORRIS NEIGHBOURHOOD CENTRE

478 Old Landsborough Rd
Landsborough, Qld, 4550
Phone 07 5494 1255

“The greatness of a community is most accurately measured by the compassionate actions of its members”

HOUSING SUPPORT

RENTCONNECT

RentConnect is a good place to start. This is a state government service that helps Queenslanders to find, secure and sustain a home to rent in the private market.

RentConnect helps people who are able to manage a tenancy but struggle to access the private rental market due to non-financial barriers, such as:

- Limited rental history
- A lack of skills, knowledge or understanding of how the private rental market works
- A lack of documents required for private rental applications.

MAROOCHYDORE HOUSING SERVICE CENTRE

12 First Avenue,
Maroochydore, Qld, 4558
Phone 07 5352 7333

SHARED HOUSING OPTIONS

BETTER TOGETHER HOUSING (Women Only)

This program focuses on the prevention of homelessness and loneliness of women over 55 by offering shared housing.

www.bettertogetherhousing.com.au

LEGAL SUPPORT

RELATIONSHIPS AUSTRALIA QUEENSLAND (RAQ)

RAQ provides Elder Abuse Prevention and Support Service and Senior Financial Protection Service.

The Elder Abuse Prevention and Support Service is a case managed service for people 60+ (or 50+ for Aboriginal or Torres Strait Islander people) who are at risk or are experiencing elder abuse. They provide individualised support and referral.

Services include:

- Face-to-face support with a dedicated case manager
- Development of safety plans
- Referral to dedicated legal practitioners to provide legal information and advice
- Referral to counselling or mediation as required
- Referral to other relevant services that may assist you to achieve the agreed goals of an individualised case plan
- Community education and information regarding elder abuse prevention strategies.

27 Evans St
Maroochydore, Qld, 4558
Phone 1300 304 277
www.raq.org.au

SUNCOAST COMMUNITY LEGAL SERVICE INC.

Suncoast Community Legal Service is an independent, non-profit community organization providing general legal advice, referrals and education to the Sunshine Coast community. Their service covers the following areas:

Maroochydore, Caloundra, Landsborough, Noosa, Pomona, Maleny and Nambour. Appointments must be made. No walk-ins.

The TAFE Building, Ground Floor
170 Horton Parade,
Maroochydore, Qld 4558
Phone 07 5376 7800
www.suncoastcommunitylegal.org

ADA – AGED AND DISABILITY ADVOCACY

ADA Australia offers free, confidential, client-directed advocacy support to people with issues around services in residential aged care or those living at home receiving community care or aged care services. Most of their work is done over the phone making them easy to access.

Phone 1800 818 338





MENTAL HEALTH

LIFELINE – 13 11 14

Counselling for those in crisis or need of support.

SUICIDE CALL BACK SERVICE – 1300 659 467

Mental health counselling and suicide prevention.

MENSLINE – 1300 78 99 78

Men's mental health.

BEYOND BLUE HELPLINE – 1300 22 4636

Provides support and treatment advice for those experiencing depression.

OPEN ARMS – 1800 011 046

Mental health and wellbeing programs for veterans and their family members.

FOOD ASSISTANCE

SALVOS CONNECT – 1300 371 288

To access food services and support from any of the Salvation Army outlets on the Sunshine Coast.

ST VINCENT DE PAUL SUPPORT CENTRE – 1800 846 644

To access food services and support from Vinnies on the Sunshine Coast.

SUNCOAST CARE NAMBOUR

Cost-reduced groceries. You need a concession card or proof of low income to be a member of the shop.

Store open 9am – 3pm

Monday to Friday.

24 Howard Street, Nambour (next to Vinnies), Qld, 4560

Phone 07 5441 4877

THE SHACK NAMBOUR

A non-denominational Christian community centre offering free one-on-one counselling, social interaction through breakfast, lunch and common area coffee zone. Homeless support, including shower facilities.

19 Price Street,

Nambour, Qld, 4569

Phone 07 5441 5928

GATEWAY FOOD CENTRE CALOUNDRA

Gateway provides an essential support to many low income families who enjoy the benefit of buying low cost groceries from their food centre. Their alfresco café provides members and visitors with a barista made coffee for just \$2 and support staff (counsellors) are always available for those who need one-on-one help or just want to have a chat and share their story.

11 Helen Street

Caloundra West, Qld, 4551

Phone 07 5458 6888

SHINE COMMUNITY CARE

Provide assistance to people doing it tough on the Sunshine Coast - whether through food packs, backyard blitzes, social gatherings, Christmas hampers, or practical one-on-one help.

3 Premier Circuit,

Warana, Qld, 4575

Phone 07 5493 1243

URBAN ANGELS COMMUNITY KITCHEN

Level 2, Centenary Square,

52-64 Currie St,

Nambour, Qld, 4560

Phone 07 5452 7774

www.ifys.com.au

HEALTHCARE**SUNNY STREET**

Sunny Street is a doctor and nurse-led outreach service providing primary healthcare and complex coordination services for homeless and vulnerable individuals and families. Their mission is to facilitate community connectivity and improve access to health care options.

Phone 07 5313 7778

www.sunnystreet.org

GP AND NURSING OUTREACH HEALTHCARE TIMETABLE**Monday 7.00AM – 9AM**

The Shack
19 Price St
Nambour, Qld, 4560

Tuesday 4.00PM – 6.00PM

Maroochy Neighbourhood Centre
2 Fifth Avenue
Maroochydore, Qld, 4558

Tuesday 9.30AM – 11.30AM

Youturn Youth Support
12 Ernest Street
Tewantin, Qld, 4565

Tuesday 9.30AM – 11.30AM

Fortnightly
Youturn Youth Support
12 Ernest Street
Tewantin, Qld, 4565

Tuesday 9.30AM – 2.30PM

Fortnightly
Noosa Flexi Support
2 Girraween Ct
Sunshine Beach, Qld, 4567

Wednesday 4.00PM – 6.00PM

The Daily Bread
24 Howard St
Nambour, Qld, 4560

Thursday 9.00am – 11.00am

Nambour Caravan Park
1251 Nambour Connection Road
Kulangoor, 4560

Thursday 4.00PM – 6.00PM

Maroochy Neighbourhood Centre 2
Fifth Avenue
Maroochydore, Qld, 4560

FINANCIAL ASSISTANCE**SENIOR FINANCIAL PROTECTION SERVICE**

The SFPS seeks to increase older Queenslanders' protection against financial abuse and respond to the needs of older persons who may be at risk of financial abuse.

The service is underpinned by an early intervention approach that seeks to reach people before their situation reaches crisis point. SFPS strives to reach older Queenslanders in the community who are in the process of making financial decisions for later life and support them to make informed decisions.

SFPS also provides support through referrals to those already impacted by financial abuse and, in some instances, offers financial case management.

Maroochydore Office
Suite 20, 27 Evans Street
Maroochydore, Qld 4558
Phone 1300 364 277
www.raq.org.au

NO INTEREST LOAN SCHEMES

The No Interest Loans Scheme provides people on low incomes access to safe, fair and affordable access to credit. The scheme offers loans of up to \$1,500 for essential goods and services. There are no interest charges or fees.

Carers Queensland
Phone 07 5409 3300

Caloundra Community Centre
Phone 5491 4000

Morris House
Neighbourhood Centre
Phone 5494 1255

Salvos Connect
Phone 1300 371 288

St Vincent De Paul
Phone 1800 643 846



Aged Care Guide



Accessing Care



My Aged Care is the starting point for people over 65 years and is the gateway for information, assessment, and referral service.

There are multiple options for you or a member of your family to contact My Aged Care.

Phone 1800 200 422

Website www.myagedcare.gov.au

Opening Hours Mon – Fri 8am - 8pm

Saturday 10am – 12pm

TYPES OF SERVICES YOU CAN ACCESS THROUGH MY AGED CARE

1. Commonwealth Home Support Program (CHSP)

This offers a range of basic care services in the home which are suited to people who are mainly independent but need some help with daily living tasks. Services are subsidised by the Government but you may be asked to pay a small fee, which depends on your income and the services you need.

Types of services include:

- Personal care
- Assistance with housekeeping (cleaning, laundry, etc)
- Home maintenance
- Meals (help with cooking or delivering meals)
- Social support
- Transport
- Health services (nursing, allied health, etc).
- Goods, Equipment and Assistive Technology (G.E.A.T)

2. Home Care Package

Home Care Packages available for those who may have more complex needs to be able to receive care in their home rather than a residential service. There are four levels of Home Care Package for different levels of care and support needs. Each level receives a different amount of funding. You may be required to pay a basic daily fee plus an additional contribution based on your assessable income. This additional fee is capped to an annual amount and a lifetime cap. These packages are offered as Consumer Directed Care, which means you can direct how the funds are spent. Types of services you can access include

- Personal services
- Nutrition, hydration, meal preparation and diet
- Continence management
- Mobility and dexterity
- Nursing, allied health and therapy services
- Transport and personal assistance
- Management of skin integrity

A Home Care Package may also support the use of:

Telehealth: video conferencing and digital technology (including remote monitoring) to increase access to timely and appropriate care
assistive technology: such as devices that assist mobility, communication and personal safety aids and equipment: particularly those that assist a person to perform daily living tasks can be purchased using funds from your package budget.

Approved home care providers work in partnership with you to tailor care and services to best support your needs and goals.

3. Short-term restorative care

Short-term restorative care is designed to help you reverse or slow the difficulties you are having with everyday tasks. If you wish to return to earlier levels of independence, short-term restorative care could be an option for you. The program is delivered by a team of health professionals there to help you manage or adapt to your changing needs.

4. Transitional care

Transitional care helps you recover after a hospital stay. It provides short-term specialised care and support to help you regain your functional independence and confidence sooner, and avoid the need for longer term care and support services. The service can be delivered in a residential setting or at home.

5. Residential respite

Residential respite provides short-term care on a planned or emergency basis in aged care homes to people who have been assessed and approved to receive it. ... The primary purpose of residential respite is to give a carer or care recipient a break from their usual care arrangements. A person who is approved for residential respite care can have up to 63 days of subsidised respite care in a financial year. This can be extended by up to 21 days at a time if approved by an Aged Care Assessment Team (ACAT).

6. Permanent Residential Care

Permanent Residential Care option is for those who can no longer live at home and need ongoing help with everyday tasks or health care. Leaving your own home and entering an aged care home isn't an easy decision, but it doesn't have to be a daunting one. An aged care home can give you the care and services you need to maintain your quality of life.

What to prepare before making the phone call to My Aged Care

To prepare, make a note of your medical history, issues you are facing with your health, what areas of your life this is having an impact on and where you need support. You will need your Medicare card handy as they will ask you for this over the phone. It is good to have someone with you when you make this call. When registering yourself on My Aged Care you can register and give permission to another person, maybe your spouse or children, to access your file in the future and speak on your behalf with My Aged Care.

My Aged Care telephone assessment - what to expect.

Make contact with My Aged Care they will undertake a telephone assessment. At the end of the assessment depending on the level of support you require, they will either refer you on to a Regional Assessment Service or ACAT who will then contact you for an in-home assessment.





What is the difference between the Regional Assessment Service (RAS) and the Aged Care Assessment Service (ACAS)?

The RAS undertake assessment for basic entry level services provided through the Commonwealth Home Support Program (CHSP). In this instance, the initial telephone assessment would have deemed that basic support was needed.

The ACAS on the other hand undertakes a comprehensive assessment by a clinician for those deemed through the initial telephone assessment to have complex health issues and limited support that cannot be met through the basic Commonwealth Home Support Program. ACAS provide approval for the Commonwealth Home Care Package, Residential Respite, Permanent Residential Care, Short Term Restorative Care and Transitional Care.

Preparing for the in-home assessment

Have two forms of ID ready. It is helpful to have a summary of your health conditions and medications listed. Keep a note of the type of support you need.

At the assesment, which can take 1-2 hours, you can have a family member or support person present.

After your face-to-face assessment, you will find out if you're eligible for government-funded services - and if so, which ones you're eligible for.

Accessing services

Those approved for a Home Care Package will be put on a national waiting list and will be advised via letter when their package is allocated to them.

Those approved for the Commonwealth Home Support Program will be given service reference codes to activate with a Commonwealth home support program provider.

Those approved for short term restorative care, residential respite, transitional care and permanent residential care, can access services once approved. The Aged Care Assessment Team and Regional Assessment Service will provide clients with a list of service providers in the area. You can also get information from the My Aged Care website.

Private Care

If you don't want to go through the formal government pathway to access care and support in the home, you can always contact services providers on the Sunshine Coast to access support on a fee for service. Most home care providers offer a private care service.

IF YOU FIND THIS WHOLE PROCESS DAUNTING AND NEED HELP, THEN CONTACT THE FOLLOWING BUSINESS:

IAGEWELL SENIOR SERVICE HUB

- Aged Care Advice
- Connect you to care services on the Sunshine Coast
- Residential Placement Support
- Care Coordination

Phone 07 3041 1355
 Mobile 0407 748 773
www.iagewell.com.au



Care for Carers

Everyday millions of Australians provide care for a loved one without realising there is free support to help them cope.

Whether it's helping a friend with their daily tasks or providing a family member personal care or supporting someone who is frail-aged, anybody can be a carer at any time, and any age.

Bev from Queensland's Sunshine Coast is one carer who is benefiting from getting support for herself.

"I used to work 50 hours a week in a senior managerial role but I had to retire early to take care of Mum," explains Bev.

She admits it's been an adjustment getting used to the change in pace, but it's what her mother wants and needs.

"Even when Mum came to me, I didn't know how to step back, I was still running around everywhere. I am still getting over that bit," she says.

Bev's 91-year-old mother Margaret started living with her three years ago, and before that she had lived with Bev's sister for nine years.

"Even in those years, I did all the running around and would go visit for days, staying there so my sister could go away. I didn't consider myself a carer, I just thought of myself as a daughter who was helping out."

Could you be a carer too?

If you care for a friend or family member, you can access FREE support services including support groups, counselling and coaching to make your life easier.

*Call Carer Gateway on
1800 422 737*



There are 2.65 million carers in Australia and they make up nearly 11 per cent of the population. Seven out of 10 carers are women and one-third of primary carers provide 40 hours or more of unpaid care per week.¹

¹Carers Australia

Bev says it wasn't until a few years after her mother started living with her full-time that she realised she was a carer.

When asked what she does to help her mum, Bev said, 'I get her meals and pack the dishwasher.' It wasn't until prompted that she recognised she also does all the shopping, the laundry, the transport to doctors' appointments, manages the medications and a range of other activities.

'It's really strange even now that I forget that I am a carer. I just think it's family,' says Bev.

She started attending peer support groups organised by Wellways Carer Gateway to understand what a carer is and what she might need.

"It was when I started going to meetings that I realised what a carer is. We talk about everything we need as carers with a shared understanding, it's just so good," she says.

Free support for carers



If you provide care for a loved one, there is help available for you too.

Talk to **Carer Gateway** about free services for carers.

1800 422 737
carergateway.gov.au



wellways



0294 v2

Meet your local Aged Care Specialist Officers

Whether you, or someone you care for needs help around the house or you're thinking about aged care homes, Services Australia can help.

Meet Aged Care Specialist Officers, Paul and Anthony, from the Maroochydore and Caloundra service centres. They can help you understand the services and support available to you, including:

- providing information on the different types of aged care services
- checking if you're eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping appoint a representative for My Aged Care
- connecting you to local support services.



To make an appointment with Paul or Anthony:

- call 1800 227 475*
- ask at your local Services Australia service centre.

This face-to-face service is in addition to the existing channels to My Aged Care, which are:

- www.myagedcare.gov.au
- Phone 1800 200 422*.

**1800 calls are free from land lines and most mobile phones.*

Essentials of Aged Care Planning:

An Aged Care Specialist Adviser's top four tips

Whether you're organising aged care for a loved one or pre-planning for yourself, the whole process can seem overwhelming. Prioritising the essential tasks and beginning preparation early will ensure that you have everything in place to make the transition into aged care as smooth and stress-free as possible. Ready to begin planning for aged care? Here's where we recommend you start:

1 . Get ACAT Approved

Your ACAT approval is your 'ticket to the concert' so to speak. If you don't have one, you can't get in! In order to qualify for subsidised residential aged care, the Aged Care Assessment Team (ACAT) will need to assess your eligibility. Once you have ACAT approval for permanent residential care, it does not expire. For more information on ACAT approval, visit: www.myagedcare.com.au.

2. Have an Enduring Power of Attorney (EPA) in place

Without a valid Enduring Power of Attorney, family members are not permitted to make health or financial decisions on behalf of their loved ones. Organising an EPA once someone has lost capacity is a logistical nightmare that requires an application to the Queensland Civil and Administrative Tribunal, a process that can take months. Appointing an EPA while a person still has capacity is a much easier path and a decision that your family members will thank you for in the future.

3. Ensure asset information is easily accessible

Understanding your investments and having documentation of your assets on hand is essential when it comes to completing the Services Australia Income and Asset Assessment, the form that determines aged care fees. Ensuring that you have access to the balances of all investments will speed up the paperwork process for you or your adviser.

4. Employ a professional to handle the finances

Aged care is affordable to everyone, you may just need the help of an expert to show you how. Australian Aged Care legislation is complex and in-depth knowledge of not only the legislation but of superannuation and estate planning is often necessary to develop the best possible Aged care funding strategy for your individual situation. Employing a specialist in this field will save you time, money and give you the confidence to make informed decisions about your aged care choices.

With a little preparation and support from the right professionals, families of those entering aged care can avoid a lot of stress. This allows them to focus on what is important, being with their loved ones, during what is often an emotional time.

Sage Care Advice is the Sunshine Coast's leading aged care financial planning firm. For more information on the aged care process, call 07 5322 5333 to book your cost and obligation-free appointment or head to sagecareadvice.com.au and download your step-by-step guide to aged care.



Photos Empire Art Photography





Photos Empire Art Photography

Taking the worry out of funding aged care

For many, navigating the financial aspects of aged care can be daunting. Dealing with Centrelink, filling out what seems like endless forms, finding an aged care home and getting one's head around all the different funding terminology like RAD and DAP used can be quite stressful.

Bruce Baynes, director and founder of Sage Care Advice and his managing partner, Aged Care Adviser, Katie Spence, are renowned in this area and understand all too well the challenges people face.

Bruce went through the process with his own father entering aged care. "I had no idea of the Centrelink forms and paperwork involved, pressure to find a suitable facility and all the approvals needed from a clinical assessment and government level," says Bruce.

"I found the experience daunting as I thought it was just a matter of getting the numbers right. There's a lot more to this that people need help with."

With over 20 years' experience in providing financial advice, it was the catalyst for Bruce to create a business, dedicated entirely to helping the aged care sector with funding issues. Sage Care Advice was established in 2017 and under the stewardship of Bruce and Katie has grown to become Sunshine Coast's most recognized aged care advice specialist.

"Many people don't realize that Aged Care is affordable to everyone. I see on a daily basis people not getting the help they need in a timely manner because they are unsure whether or not they can afford it. Aged care can be tailored to each individual's financial circumstances and care needs, says Katie.

The key to our success in this area is that we have a comprehensive understanding of the aged care system and funding guidelines. We focus on understanding the needs of each individual and their unique situation, guiding them through the range of financial options and care support services available and anticipating issues that might arise and explain the best way around them."

A finalist in the Sunshine Coast Business Awards and the only business of its kind on the Sunshine Coast, Bruce, Katie and their team are passionate about making a difference to people's lives at a time that is usually a very difficult and highly emotional time..

Just looking through the glowing reviews from their customers , it's evident that Sage Care Advice is the best in the business.

Starting a conversation about care

Navigating getting older, and the joys and challenges it brings to each stage of our life, is different for everyone.

And the right time to have a conversation about how we, and those we love, want to age and experience our later years can also vary.

For Peter, having a conversation about care with his Dad was something they both put off.

“My Dad and I have a fantastic relationship. We really are best friends,” says Peter.

“Time is really travelling at a million miles an hour now. I used to buy a beer and keep the receipt and say, ‘this could be the last beer I buy for my Dad.’”

“Having conversations about care is just so important. But we just don’t do it, or we put it off.”

Aveo Care at Home group manager Karen Mackin said approaching a conversation about care with a loved one is best done gently, with compassion, open questions, and patience.

“The biggest myths we encounter generally relate to misconceptions around access to amenities and social networks, loss of independence and cost,” Ms Mackin said.

“The earlier you start the conversation and start planning for the future, the easier the conversation becomes.”

Ms Mackin said touring a retirement village is a perfect way to explore a community firsthand, bust the myths, and discover what retirement living is really like.

“More importantly, it’s an opportunity for you to have your questions answered and see if the village you tour is somewhere that you would like to call home,” she said.

“Often we’ll bring an entire family through our communities, so they can experience it together.”

Apartments with services enable residents to live independently within their own home, backed by a safety net of support that can help cater to their individual care needs.

“All maintenance is taken care of and residents have the peace of mind that comes with a 24/7 emergency support system,” Ms Mackin said.

On the Sunshine Coast at Peregian Springs Country Club, one-bedroom, one-bathroom apartments with services, are priced from \$224,500. Located nearby in Buderim, Lindsay Gardens Retirement Living studio apartments with services are price from \$160,000.

Tours of the communities can be arranged at any time.

For more information, visit www.aveo.com.au today.

aveo



Home Care with a difference

Trilogy Care is committed to the delivery of better regional aged care through our Community-Managed Home Care Program.

This program builds upon our existing coordination program to specifically tackle the aged care and workforce challenges in regional Australian.

Being apart of the program means regional towns are provided with better value aged care, keeping residents in their homes for longer, focusing on the things that matter... Better long-term care and services.

Community Management:

Community-Managed Care is a coordinated approach to aged care in rural and regional communities, it is delivered by Trilogy Care and the Community itself. Care is delivered in communities where large care providers cannot or will not operate.

- Elderly residents get the care they deserve
- Jobs are created in the local community
- Money stays in the local community
- Surpluses are reinvested back into community initiatives

How Trilogy Care Helps

By working with local advocates and leaders in towns across Australia, we are building care communities which are self-sustainable.

We assist with the setup of not-for-profit entities, and then provide these communities with the tools to coordinate the care needs of residents in their area. With our motto ‘Locals work for locals’. Our coordinators can then tap into the resources of the community, helping them to help their older members.

This can be through various support services that keep residents healthy, safe, independent, and connected to the community. Trilogy Care provides training and ongoing support in the delivery of the community-managed care model.





Caring for the community.

JAMES GRIMES CARE CENTRE

Sundale's James Grimes Care Centre has long been the heartbeat of the Nambour community and has recently undergone a million-dollar internal refurbishment.

Large, light, bright, private, refurbished rooms are now available.

- Residential care
- Respite care
- Memory support care
- Palliative care

**For more information visit sundale.org.au,
call 07 5441 0721 or email enquiries@sundale.org.au.**


SUNDALE
Because we care



SUNDALE
Because we care

Written in the stars



*It's fair to say **Nicala McGillivray's** career path to aged care was written in the stars.*

Following a career break after the birth of her three children, Nicala was driving home after visiting her grandfather when she saw a billboard advertising a Certificate III in Aged Care.

"I stopped the car, went inside and discovered the trainers had one spot left," Nicala said.

"Fate intervened and it was meant to be. I started the course the following day."

Nicala completed her training on the Sunshine Coast and following a brief stint as a private carer, arrived at Sundale, looking to make a difference.

"I started on the floor at Rod Voller, but found my calling as a lifestyle coordinator," Nicala said.

"Aged care is more than a job, because you need to give it your all, including your heart.

"The ability to positively impact somebody's quality of life is so rewarding and is one of the main reasons I continue to work in aged care.

"The residents become your family and you develop deep relationships built on trust, empathy and fun.

"I'm very big on choices and help empower my residents and their families to have choices.

"I also care for residents in the same way I would like to be treated if I was in their situation."

Nicala has worked at Sundale for the past seven years and recently accepted a new challenge as roster coordinator.

"Irrespective of my role at Sundale, I'm here for the residents – that's what it's all about."

Sundale's enviable lifestyle programme features a range of activities, including Show Day, arts and craft sessions, bus trips, BBQs with family and friends, cooking classes, pyjama parties, ladies' lunches and morning teas.



Sunshine Coast home care providers

Approved Home Care Package Providers	Phone
Advanced Care Australia	1300 628 485
Anglicare Community Services	1300 610 610
Annecto at Home Support	1800 266 328
Arcare	07 5452 8300
Aveo Care At Home	1800 386 158
Ballycara Home Care	1300 272 222
Blue Care Community Care	1300 258 322
Bromilow Home Support Services	07 5445 5676
Churches of Christ Care	07 5436 4130
Coastal Home Care	07 5293 8304
COMLINK Australia	1300 785 227
Diversicare	1300 348 377
Envigor	1300 368 446
Feros Care Home Care	1300 763 583
Five Good Friends	1300 787 581
Focus Care	1300 362 871
Glasshouse Country Care	07 5494 6948
Home Health Care	07 5476 0988
Home Caring Australia	1300 760 110
Home Care Assistance	07 5491 6888
Home Instead Senior Care	07 5443 3562
Integrated Living - Sunshine Coast	1300 782 896

Approved Home Care Package Providers	Phone
Infinity Home Care	07 5449 7770
IRT	13 44 78
KinCare	1300 733 510
Lets Get Care	1300 497 442
Local Guardians	07 21397090
Mi Care	1800 642 273
My Home Care	13000 23321
Ozcare	1800 692 273
Prescare Home & Community Care	07 5413 9500
Rangecare	07 5491 6888
Right At Home	1300 363 802
Southern Cross Home Care Packages	1800 989 000
St Vincent's Care Services	1800 778 767
Senior Helpers Sunshine Coast	07 5326 2433
Suncare Home and Community Care	1800 786 227
Sundale In Home Care	1800 786 325
Sunny Care Home Services	07 3272 2615
The Institute for Urban Indigenous Health -IUIH	1800 802 265
Triology Care	1300 147 601
Wesley Mission Queensland	1800 448 448
Your Home Care	1300 023 321

FREE EVENT

**IAGEWELL
FESTIVAL
SUNSHINE COAST
2022**

**THURSDAY
13TH OCTOBER 2022**

**SUNSHINE COAST TURF CLUB
CALOUNDRA, 9AM-2PM**

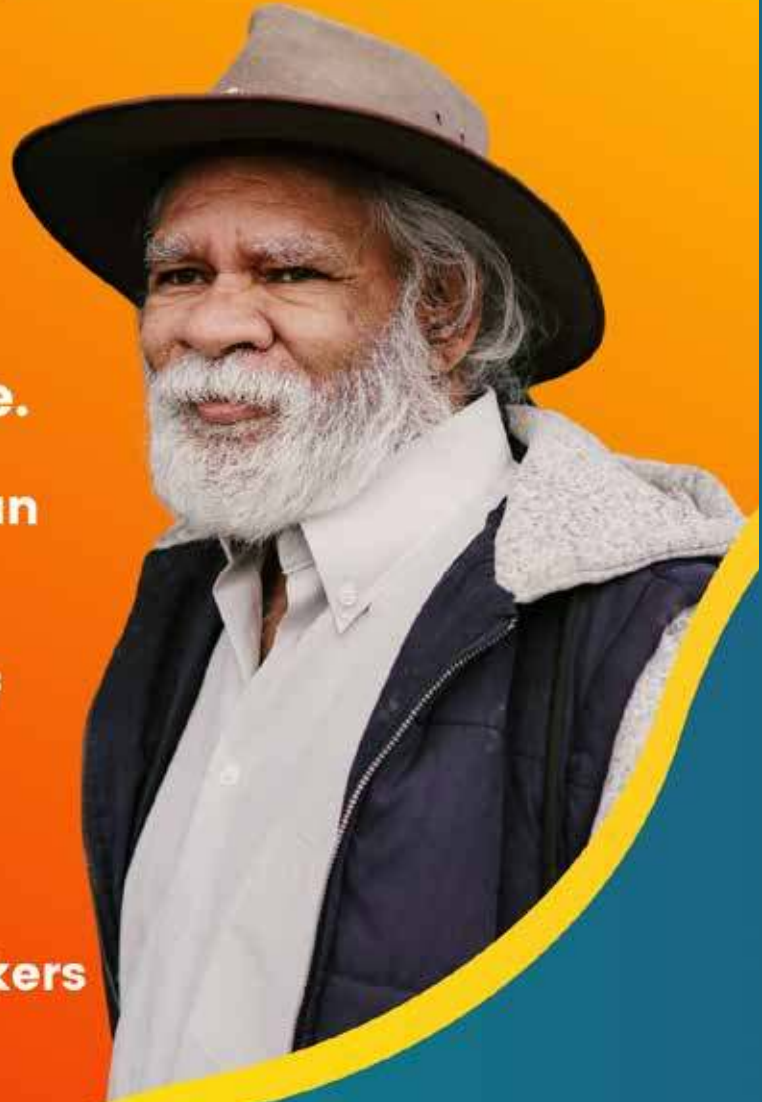
CONNECTING COMMUNITY • CELEBRATING LIFE



Trilogy Care

Self-Manage your Home Care Package.

- Design your care plan and budget.
- Gain more control of how your funds are spent.
- choose support workers you want.



**FROM
13%**

Get Started Today!

1300 459 190
www.trilogycare.com.au

Carers That Drive: A gateway to your independence

Enabling people to freely to get out and about, and live with greater independence, was the key purpose behind establishing Carers That Drive in 2009 and today underpins its Queensland services.

Suzie Coghlan, managing director at Carers That Drive said that its delightful to be able to contribute to the local community by providing people with access to freedoms that are often affected by advancing years or disability.

“Being able to get to medical appointments, social outings such as singing, craft and dog outings, or grocery and personal shopping, are so important for independence living. We have a wonderful team who provide the accredited support to enable this to happen,” said Ms Coghlan.

Based in the Sunshine Coast, Carers That Drive offer services throughout the area including the hinterlands down to Brisbane and other areas by request. Support is available for regular appointments or for one off bookings with funding available through Aged Care and NDIS packages, as well open to private clients.

“While Carers That Drive have been recognised by several awards over the years, it is the feedback from the people in the community that we support that provides the greatest reward.



We work with care teams and individuals to ensure that life isn't limited by difficulties to get where you need to go, when you want to,” said Ms Coghlan.

For more information on how Carers That Drive can be of benefit to you, give our friendly team a call.



PHONE 0403 696 690
WEBSITE www.carersthathatdrive.com.au



*For inquiries or to
make a booking
call 0403 69 66 90*



**Carers
That Drive**

Supporting your independence

Providing services to Australians for more than a decade.
Offering our accredited services throughout the
Sunshine Coast and Hinterlands, down to Brisbane.

- We take you where you want to go, with the best accredited care and support
- We enable your access to medical, social and community participation
- Aged Care, NDIS and private clients welcome.

e: infoqldsc@carersthathatdrive.com.au

www.carersthathatdrive.com.au



Residential aged care facility directory

Sunshine Coast and surrounding areas

ALEXANDRA HEADLAND 4572

BOLTON CLARKE TANTULA RISE
96 Tantula Road West
Phone: 1300 076 566
www.boltonclarke.com.au

BIRTINYA 4575

OPAL KAWANA WATERS
1 Reflection Crescent
Phone: 07 5390 5100
www.opalhealthcare.com.au

BLI BLI 4560

**BLUE CARE BLI BLI
AGED CARE FACILITY**
20 Lefoes Road
Phone: 1800 838 929
www.bluecare.org.au

BUDERIM 4556

BUDERIM VIEWS AGED CARE
383 Mooloolaba Road
Phone: 07 5477 9100
www.mckenzieacg.com

IMMANUEL GARDENS AGED CARE
8-10 Magnetic Drive
Phone: 07 5456 7600
www.lutheranservices.org.au

THE ORMSBY
112 Burnett Street
Phone: 07 5376 3700
www.mckenzieacg.com

BURNSIDE 4560

**ROTARY GARDEN VILLAGE – by
SUNDALE**
Rod Voller Care Centre
98 Windsor Road
Phone: 07 5453 8333
www.sundale.org.au

CALOUNDRA 4551

**BLUE CARE CALOUNDRA AGED CARE
FACILITY**
10 West Terrace
Phone: 1800 838 929
www.bluecare.org.au

**BOLTON CLARKE CENTAUR
MEMORIAL**
21 West Terrace
Phone: 1300 221 122
www.boltonclarke.com.au

RESIDENTIAL AGED CARE DIRECTORY

COOLUM BEACH 4573

ST MARY'S AGED CARE
17 Magenta Drive
Phone: 07 5446 5096
www.stmarysagedcare.com.au

COOLUM WATERS – by SUNDALE
4 Wembley Road
Phone: 07 5455 1111
www.sundale.org.au

COOROY 4563

NOOSACARE – KABARA
20 Topaz Street
Phone: 07 5447 7355
www.noosacare.com.au

CURRIMUNDI 4551

OZCARE CAROLINE CHISHOLM AGED CARE FACILITY
28 Saffron Drive
Phone: 07 5413 8400
www.ozcare.org.au

DICKY BEACH 4551

BLUE CARE DICKY BEACH AGED CARE FACILITY
55 Coolum Street
Phone: 1800 838 929
www.bluecare.org.au

OPAL CALOUNDRA PLACE
4 Lyon Street
Phone: 07 5390 0200
www.opalhealthcare.com.au

KULUIN 4558

REGIS KULUIN
354 Main Road
Phone: 1300 998 100
www.regis.com.au

LITTLE MOUNTAIN 4551

CALOUNDRA ADVENTIST RESIDENTIAL CARE
64 Sunset Drive
Phone: 07 5491 3544
www.arplus.org.au

CHURCHES OF CHRIST LITTLE MOUNTAIN AGED CARE SERVICE
211 Parklands Boulevard
Phone: 07 5436 4100
www.cofc.com.au

SOUTHERN CROSS CARE CALOUNDRA AGED CARE
57 Village Way
Phone: 07 5492 6866
www.sccqld.com.au

PALM LAKE CARE (Open 2022)
96 Village Way
Phone: 1800 246 677
www.palmlakecare.com.au

MALENY 4552

BLUE CARE MALENY EROWAL AGED CARE FACILITY
1274 Landsborough Road
Phone: 1800 838 929
www.bluecare.org.au

MAROOCHYDORE 4558

ARCARE MAROOCHYDORE
54 Dalton Drive
Phone: 07 5452 8300
www.arcare.com.au

ESTIA HEALTH MAROOCHYDORE
2-6 Amity Drive
Phone: 07 5391 4800
www.estiahealth.com.au

REGIS MAROOCHYDORE
33 Allora Drive
Phone: 1300 998 100
www.regis.com.au

ST VINCENT AGED CARE MAROOCHYDORE
37 Baden. Powell Street
Phone: 1300 954 130
www.svcs.org.au

MERIDAN PLAINS 4551

IRT WOODLANDS
22 Lacebark Street
Phone: 13 44 78
www.irt.org.au

MOUNT COOLUM 4573

ESTIA HEALTH MOUNT COOLUM
15 Suncoast Beach Drive
Phone: 07 5343 0200
www.estiahealth.com.au





NAMBOUR 4560

ESTIA HEALTH NAMBOUR
27 Glenbrook Drive
Phone: 07 5459 3600
www.estiahealth.com.au

**GLENBROOK RESIDENTIAL
AGED CARE FACILITY**
4 Jack Street
Phone: 07 5459 7700
www.health.qld.gov.au

**NAMBOUR GARDEN VILLAGE
– by SUNDALE**
35 Doolan Street
Phone: 1800 786 325
www.sundale.org.au

OPAL NAMBOUR GARDENS
9 Princess Crescent
Phone: 07 5444 9700
www.opalhealthcare.com.au

ROTARY GARDEN VILLAGE
98 WINDSOR RD
NAMBOUR QLD
Phone: 07 5453 8333
www.sundale.org.au

NOOSA HEADS 4567

OZCARE NOOSA HEADS
80 Cooyar Street
Phone: 07 5473 6400
www.ozcare.org.au

NOOSAVILLE 4566

ARCARE NOOSA
52 Goodchap Street
Phone: 07 5470 3600
www.arcare.com.au

PACIFIC PARADISE 4555

THE MENZIES @ PACIFIC PARADISE
26 Menzies Drive
Phone: 07 5376 7400
www.premierhealth.com.au

PALMWOODS 4564

**PALMWOODS GARDEN VILLAGE – by
SUNDALE**
61 Jubilee Drive
Phone: 07 5457 4444
www.sundale.org.au

PELICAN WATERS 4551

ST MARY'S AGED CARE
31 Verdon Street
Phone: 07 5492 4044
www.stmarysagedcare.com.au

PEREGIAN SPRINGS 4573

ARCARE PEREGIAN SPRINGS
33 Ridgeview Drive
Phone: 07 5351 2500
www.arcare.com.au

SIPPY DOWNS 4556

REGIS SIPPY DOWNS
96 University Way
Phone: 1300 990 100
www.regis.com.au

TEWANTIN 4565

NOOSA CARE – CARRAMAR
186 Cooroy-Noosa Road
Phone: 07 5449 8799
www.noosacare.com.au

JAPARA NOOSA
119 Moorindil Street
Phone: 07 547 1840
www.japara.com.au

TWIN WATERS 4564

ESTIA HEALTH TWIN WATERS
190 Ocean. Drive
Phone: 07 5646 4120
www.estiahealth.com.au

WARANA 4575

**BLUE CARE WARANA BEACHWOOD
AGED CARE FACILITY**
124 Nicklin Way
Phone: 1800 838 929
www.bluecare.org.au

**TRI CARE KAWANA WATERS AGED
CARE RESIDENCE**
Riveraine Avenue
Phone: 07 5436 9000
www.tricare.com.au

WOOMBYE 4559

**WOOMBYE C.A.R.E.
NANGARIN LODGE**
26 Redmonds Road
Phone: 07 5468 3500
www.woombyecare.org.au

Live well with assisted living

Assisted living apartments are an attractive proposition for older Australians who desire a little extra support but know they are not ready for aged care.



For Betty and Marcus, long-term residents of the Aveo Lindsay Gardens retirement village in Buderim, they offer peace-of-mind as they age.

A fairly independent couple with a colourful history, Betty and Marcus originally moved to the retirement village to stay socially connected and for the convenience it offered.

“We’ve had a very blessed life. I think we have lived in 36 different homes during our married life! We have lived many different lives. It was my decision to initially look at retirement villages. I thought we would be lonely in a unit in Brisbane and the social aspect was huge – it means quite a bit for me! We originally moved into the village because we loved the environment, the gardens and the fact that we’re walking distance from Buderim. We just loved it and had a good feeling about it,” says Betty.

But after 23 years in their retirement villa, they soon realised the benefits of assisted living and the services it can provide to help retirees live well.

“We loved our villa, of course, but we decided it was time to move to assisted living in a serviced apartment. We’re not getting any younger, we are a little slower, and we thought that assisted living offers the ongoing services that we need to make life a lot easier,” Betty admits.

It was a move the couple have hardly regretted since.

“Our families were a little worried about us moving into an apartment at first, but now they have seen it, they are more than happy. We invited them over to look at it and they love it and the environment. They can see why we are living where we are,” Betty says.

“Our serviced apartment feels like home to us, it is very cosy. We are still fairly independent, but we receive so much support from the lovely staff onsite. From the front staff to the kitchen, everyone is always helpful.

“And after 67 years of cooking, I am very happy not to have to do that now. The meals are delicious, and staff even ask me what I would like in my meals – that is how good they are.”

For anyone who might be unsure about living in a retirement village, Betty’s advice is resounding.

“Don’t leave it too late. It can be traumatic and daunting, particularly if you are doing everything by yourself. Retirement villages have a great social aspect. You are never lonely and you can do as much or as little as you want.”

CONNECT

PHONE
WEBSITE

13 28 36
www.aveo.com.au/serviced-apartments

General service directory

Trusted local businesses that support ageing and vibrant living.

BEAUTY & HEALTH

TRUTH BY NATURE
384 Tramway Rd
Christmas Creek, Qld, 4285
Phone 0408 644 153
www.truthbynature.com.au

AMAZING REDOX
Contact: Bruce Currington
Phone 0429 023 303
www.brucecurrington.myasealive.com

AMAZING OILS
3/9 Charleston Place
Kuluin, Qld, 4558
Phone 1800 339 169
www.amazingoils.com.au

EDUCATION AND RECRUITMENT

DOVE RECRUITMENT
Cottontree Pde, 37 The Esplanade
Maroochydore, Qld, 4558
Phone 1300 110 444
www.doverecruitment.com.au

STEPS
15 Evans St
Maroochydore, Qld, 4558
Phone 1800 312 742
www.stepsgroup.com.au

KATE LANGFORD CAREER CONSULTING
Box 9 Regatta Corporate
Building 2 Innovation Pkwy
Birtinya, Qld, 4575
Phone 5322 4086
www.katelangford.com.au

FINANCIAL

GARDEN FINANCIAL SERVICES
1/5 Oval Avenue
Caloundra, Qld, 4551
Phone 5437 2744
www.gardenfs.com.au

SAGE CARE ADVICE
Suite 8, M1 Building 1-7
Duport Ave
Maroochydore, Qld, 4558
Phone 07 5322 5333
www.sagecareadvice.com.au

SHERRIN PARTNERS
55 Plaza Parade
Maroochydore Qld, 4558
Phone 5441 0022
www.sherrinpartners.com.au

POOLE AND PARTNERS INVESTMENT SERVICES
Unit 1/33 Sixth Avenue
Maroochydore, Qld, 4558
Phone 07 5450 9898

Q SUPER
Ground Floor, Main Hospital Building
6 Doherty St,
Birtinya, Qld, 4575
Phone 1300 360 750

VIRTUOUS PLANNING
Phone 0438 142 090
Phone 07 5494 5667



HEALTH AIDS

REVITALIFE
30 Manufacturer Drive
Molendinar, Qld, 4214
Phone 1800 616 061
www.revitalife.com.au

SCOOTERS AND MOBILITY
4/2 Main Drive
Warana, Qld, 4575
Phone 5493 8455
www.scootersandmobility.com.au

NIAGARA
Southlink Estate, 29 Resource St
Parkinson, Qld, 4115
Phone 1800 601 121
www.niagara.com.au

LEEF
Shop 25b Home Care Centre
100 Maroochydore Rd
Maroochydore, Qld, 4558
Phone 5370 8774
www.leef.com.au

ADJUSTA MATTRESS
9/10 Enterprise St
Molendinar, Qld, 4214
Phone 1300 223 587
www.adjustamattress.com.au

LAKESIDE MOBILITY
2/1 Metier Link Way
Birtinya, Qld, 4575
Phone 07 5325 1231
www.lakesidemobility.com.au

HEALTH SERVICES

FULL CIRCLE WELLNESS
5/138 -140 Point Cartwright Dr
Buddina, Qld, 4575
Phone 5456 1599
www.fullcirclewellness.com.au

**AVANTI HEALTH CENTRE
OVER 50 HEALTH AND WELLNESS**
57 Bulcock St
Caloundra QLD 4551
Phone 5322 5071
www.avantihealthcentre.com.au

HEARING SERVICES

BLOOM HEARING
Store Locations
Twin Waters 07 5471 7444
Mountain Creek 07 5444 5599
Bli Bli 07 5471 7444
Coolum Beach 07 5471 7444
Currimundi 07 5444 5599
Nambour 07 5471 7444
Little Mountain 07 5444 5599
Pelican Waters 07 5444 5599
Cooroy 07 5442 4254
www.bloomhearing.com.au

HEARING AUSTRALIA - 13 44 32
Store Locations
Maroochydore
Buderim
Bli Bli
Nambour
Currimundi
Caloundra
Noosaville
Coolum Beach
www.hearing.com.au

HOME MAINTENANCE

MAROOCHY HOME CARE ASSIST
103 Enterprise St
Kunda Park, Qld, 4556
Phone 5476 6130
www.maroochyhomeassist.com.au

INSURANCE

WESTFUND
6-8 Plaza Parade
Maroochydore, Qld, 4558
Phone 1300 937 838
www.westfund.com.au

APIA
26 Duporth avenue
Maroochydore, Qld, 4558
Phone 13 50 50
www.apia.com.au

LEGAL

MCCOLM MATSINGER LAWYERS
Level 4/57 The Esplanade
Maroochydore, Qld, 4558
Phone 07 5443 1800
www.mccolmmatsingerlawyers.com.au

TURNER FREEMAN LAWYERS
Suite 2/148 Horton Parade
Maroochydore, Qld, 4558
Phone 07 5458 9500
www.turnerfreeman.com.au

MEDIA

MCQUEEN CREATIVE STUDIOS (LIFE FILMS)
Phone 0428 393 480

MEAL SUPPORT

TOP NOSH MEALS
Shop 14/21 Peachester Rd
Beewah, Qld, 4519
Phone 07 5494 0113
www.topnoshmeals.com.au

PERSONAL ALARM

QUOLL DIGITAL MEDICAL
2/11 Leanne Cres
Lawnton, Qld, 4501
Phone 1300 727 906
www.quollmedical.com.au

REAL ESTATE

CENTURY 21
92 Duporth Ave
Maroochydore, Qld, 4558
Phone 07 5443 5700
www.c21onduporth.com.au

RETIREMENT /AGED CARE SUPPORT

NEW STAFF SOLUTIONS
Phone 07 5451 1108
www.newstaff.com.au



SUPPORT AND COUNSELLING

RELATIONSHIPS AUSTRALIA
 27 Evans St
 Maroochydore, Qld, 4558
 Phone 1300 364 277
www.raq.org.au

PUBLIC TRUSTEES
 3/20 Innovation Parkway
 Birtinya, Qld, 4575
 Phone 1300 360 044
www.pt.qld.gov.au

ASSOCIATION OF INDEPENDENT RETIREES
 Contact Margaret Mourik
 Phone 0478 479 049
www.independentretirees.com.au

CALOUNDRA FAMILY HISTORY RESEARCH
 Sunshine Coast Turf Club
 Precinct Gate, Pierce Ave
 Meridian Plains, Qld, 4551
 Phone 0450 297 939
www.caloundrafamilyhistory.org.au

AGED AND DISABILITY ADVOCATES
 Phone 1800 818 338
www.adaaustralia.com.au

TRANSPORT

CARERS THAT DRIVE
 Phone 0403 057 051
www.carersthatdrive.com.au

BUDERIMS BEST
 Phone 0493 448 236
 Email buderimsbest@gmail.com

TRAVEL

AQUA DUCK SUNSHINE COAST
 Parkyn Parade,
 Mooloolaba, Qld, 4557
www.aquaduck.com.au

DOWN UNDER TOURS
 Cnr Tooley St & Normanby St
 Maryborough, Qld, 4650
 Phone 07 4123 1733
www.downundercoachtours.com.au

SUNCITY TRAVEL
 2/6 First Avenue
 Caloundra, Qld, 4551
 Phone 07 5302 4188
www.suncitytravel.com.au



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Preparing for an emergency



When an emergency occurs, the worst thing is to be caught off guard, preparing for a natural disaster isn't as onerous as it may seem. There are four simple steps to get you underway.

Emergency Plan

Prior planning is the key. It's as simple as knowing the risks to you and how you may need to respond in an emergency event to keep yourself and your loved ones safe. Put together an emergency plan that contains all your important information to save you time and give you some peace of mind in case the unthinkable happens. Make sure your loved ones know where this is kept. Prepare to be without any assistance for at least three days.

Emergency Plan Check List

Ensure your plan includes the following information for yourself and your loved ones:

- Household members contact details
- Utility providers contact details
- Local council/Emergency services details
- Local GP or specialists contacts details
- Medical history/list of medications
- Hospital's contacts details
- If you have a pet, your veterinary practice details

Get Connected

Identify a support network to help you in emergency situations. This might include family, friends, neighbours, community and carer groups, professionals or volunteers. The most resilient communities are those that are able to support each other in times of need. If you are part of a retirement community or receive support from a care provider, they should be considered a part of your emergency plan.

- Friends and neighbours contact details if they are part of your emergency plan
- Evacuation routes
- Meeting places – where you will shelter in your home or if you must evacuate, where you will go
- Your out-of-town contacts and place you will stay if you have to evacuate

Put together an emergency plan that contains all your important information to save you time and give you some peace of mind.

Get Organised

In your emergency plan, document your households' specific needs. This may include any day-to-day routines like mealtimes, activities, sleeping, and care needs (e.g. needs assistance to shower or going to the toilet). Your plan should detail any particulars of your household that would help others to help you (e.g. language spoken at home, cultural support needs, dietary requirements hearing and communication and mobility needs).

Consider what durable equipment you or your loved one might need. This includes therapeutic oxygen equipment, walkers, rollators, CPAP devices, specialised cushions to prevent skin breakdown and any other portable Durable Medical Equipment (DME) needed to maintain one's health. Emergency centres will not have these readily available. If your loved one has dementia, get an identity bracelet with their name, address and telephone number. If you or your loved one has limited mobility or is bedbound, make a detailed plan of how to get around and/or evacuate. You may like to consider a manual wheelchair as backup.

**See the next page for your
Emergency Kit Checklist.**



Get Packing

Finally, put together an emergency kit. Your kit should be kept in a sturdy, easy-to-carry bag or waterproof storage box and stored in a safe place that is easy to access. Include in this kit your emergency plan and important information from steps 1 to 3. Your kit should be ready to go with everything you need. Have in your kit a list of perishable items you can quickly grab and add to the kit if needed. Don't forget to update the kits contents including your emergency plan details whenever your circumstances change.





get ready
QUEENSLAND

Neighbourly help when disaster strikes

Knowing your neighbours can really help when your local area experiences flooding, storm damage, bushfires or any other type of emergency or disaster.

The Sunshine Coast Council aims to help connect people with their neighbours to improve community resilience to disaster and emergency events. Shared local knowledge and skills between groups of people is beneficial in helping to get issues sorted faster and easier. If our senior residents and Aged Care facilities are able to prepare and respond quickly themselves during and post an event, our region will be in good stead to recover quickly. Connect with your neighbours. Share how you can help each other during an emergency or disaster.

How to connect with your neighbours:

- Find one or two neighbours and plan a gathering for your neighbourhood, such as a barbecue, garden tour or a pet parade.
- Welcome a new neighbour when they move in. You may like to provide homemade treats or menus to your favourite takeaway places.
- Work on a community project with your neighbours.

Visit council's website and search 'At Home in My Neighbourhood' for more tips and to download a toolkit to help plan your neighbourhood gatherings and projects.

www.sunshinecoast.qld.gov.au

Disaster Hub[®]

Sunshine Coast Council's Disaster Hub website has all the information you need to be prepared and stay up-to-date with important information when severe weather and disaster events occur.

disaster.sunshinecoast.qld.gov.au



Our region.
Healthy. Smart. Creative.



Emergency Kit Checklist

Emergency Kit Checklist

- Copy of household Emergency Plan
- First Aid Kit, sunscreen, insect repellent
- Extra essential medicines and repeat prescriptions
- Extra toiletry and sanitary supplies
- Flashlight/torch with extra batteries
- Battery powered radio with extra batteries
- Mobile phone, spare battery and charger
- Multiple changes of clothes for all household members, stored in watertight plastic bags (long pants, long sleeved shirts, hats and strong shoes are recommended)
- If you have a pet – pet food, water and other animal needs
- Valuables, photos (prints, CDs, USB data stick) and mementos in waterproof plastic bags
- Extra money as cash
- Extra batteries for hearing aids or other medical equipment
- Extra pair of glasses or other necessary visual aids
- Bank account and credit card details

Keep original or certified copies of these documents in your Emergency Kit. Scan copies of them and save the files on a USB memory stick or CD to include in your kit. Keep all these items in sealed plastic bags:

- Insurance papers for house and contents
- Insurance papers for vehicles and valuable items
- Inventory of valuable household goods
- Wills (or state its location for example: Is your Will kept with your Solicitor? If so, record their name and contact details).
- Health directives
- Life insurance documents
- If you have planned your funeral arrangements, include it in your emergency kit
- House deeds/mortgage documents
- Birth and marriage certificates
- Passports/visa details
- Copies of Medicare and pension cards
- Immunisation records

Useful numbers in an emergency

Sunshine Coast Council	07 5475 7272
Flood and storm emergency assistance (SES)	13 25 00
Marine Rescue Queensland	1800 073 7283
Tsunami warning	1300 878 6264
Policelink (general enquiries)	13 14 44
Road traffic and travel information	13 19 40
Energex	13 19 62
Ergon Energy	13 16 70
Unitywater	1300 086 489



Important Contact Numbers

EMERGENCY

Fire, Police, Ambulance	000
State Emergency Service Queensland	132 500
Poisons Information Centre	13 11 26
Animal Ambulance	1300 264 625

SUPPORT SERVICES

Phone 13HEALTH or	13 432 584
My Aged Care	1800 200 422
Carers Gateway	1800 422 737
Carers Queensland	07 3900 8100
Grandparents Information Qld	1300 135 500
Aged and Disability Advocacy Qld	1800 818 338
Elder Abuse Helpline	1300 651 192
Seniors Enquiry Line	1300 135 500
Department of Health	13 43 25 84
Legal Aid	1300 651 188
Veterans Affairs	1800 555 254
Queensland Civil and Administrative Tribunal	1300 753 228
Aboriginal and Torres Strait Islander Disability Network of Queensland	1800 718 969
Aboriginal and Torres Strait Islander Legal Service (ATSILS)	1800 012 255
Lifeline	13 11 14
Multicultural Advisory Service	1300 348 377
Translating and Interpreting Service	13 14 50
National Relay Service	13 36 77

COMPLAINT RESOLUTION

Aged Care Quality and Safety Commission (ACQSC)
Free service for anyone to raise concerns about the quality of care or service being delivered to people receiving services subsidised by the Australian Government.
1800 951 822

Association of Residents of Queensland Retirement Villages (ARQRV)

This service protects the rights and interests of residents in Queensland retirement villages. They advocate for residents living in freehold, leasehold or loan/licence units.
0429 098 417

Australian Competition & Consumer Protection (ACCC)

Ensures that individuals and businesses comply with Australian competition, fair trading and consumer protection laws.
1300 302 502

Airline Customer Advocate (ACA)

Free service to facilitate the resolution of current unresolved complaints about airline services.
1800 813 129

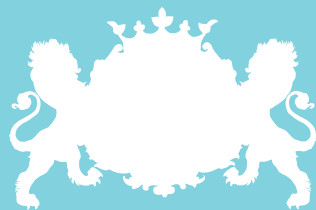
DEPARTMENT OF HUMAN SERVICES

Medicare General Enquires	132 011
MyGov	132 307
Older Australians	132 300
Centerlink	136 240
Disabilities, Sickness and Carers	132 717

RYAN'S RULE CLINICAL REVIEW

Request this service when you feel that you or your loved one's health condition is getting worse and you feel you are not being heard. Take this step only after you have spoken to your nurse/doctor, the nurse in charge of the shift or doctor on duty. If your concerns are still not resolved then call 13Health or 13 432 584 and request the review.

13 432 584



IAGEWELL

— Empowering people and communities —

www.iagewell.com.au