



SUNDALE

Because we care

Spotlight

NO 30 | APRIL 2022

The Voice of the Sundale Community



News & Events

Sundale CEO – Helen Sharpley

I am delighted to announce the appointment of Helen Sharpley as Sundale's new CEO.

Helen brings exceptional organisational and people leadership skills to Sundale and is focused on developing a strong and positive culture.

An adaptable and responsive leader, Helen will oversee the transformation of Sundale and the delivery of care (in its many forms) to its care recipients, residents and clients.

Sundale is the only provider on the Sunshine Coast to offer aged care and retirement living on the same site. Under Helen's guidance, this continuum of care focus will be further strengthened to offer older Australians a life-long home, irrespective of their changing needs.

Helen's vast strategy, finance and innovation experience will also prove invaluable to Sundale in the coming months and years and help deliver long-term financial certainty alongside exceptional business outcomes.

Please join me in congratulating Helen on her appointment as Sundale's CEO.

On behalf of the Board, I would also like to acknowledge the contribution of former CEO, Danielle Mackenzie who left the organisation last month following four years at Sundale. Danielle focused on increasing the level of care given to Sundale's care recipients and prepared the organisation for the Royal Commission's recommendations.

Regards,

Sonja Walters
Sundale Board Chair





Love is in the air

Love was in the air at Rod Voller Care Centre on Tuesday, 1 March 2022 with Allan and Yvonne Neundorf celebrating their 70th wedding anniversary.

The remarkable couple met in Tully (FNQ) in 1951.

When Allan wasn't hauling sugar cane, he could be found in the Tally Café, where Yvonne worked as a waitress.

According to Allan, Yvonne was "Easy on the eye and made his heart beat faster".

With Allan deliberately consuming three-meals-a-day at the café, it wasn't long before he asked Yvonne out to the movies. The rest is history with Allan asking Yvonne to marry him soon after.

According to Yvonne the secret to a long and happy marriage is commitment.

"Everyone has their ups and downs, smiles and frowns," Yvonne said.

"In a marriage you need to have tolerance and above all respect for one another. We did everything together."



Thanks also to 7 News Sunshine Coast for helping Allan and Yvonne Neundorf celebrate their 70th wedding anniversary.

International Women's Day

Sundale celebrated International Women's Day on Tuesday 8 March by acknowledging the amazing nurses, volunteers, carers, cooks, accountants, chefs, lifestyle coordinators, admin staff, executives, drivers and board members who help make Sundale such an extraordinary organisation.



News & Events

Sundale's amazing volunteers

Thank you to Sundale's remarkable volunteers for the time, kindness and companionship you provide to our residents.

Once a quarter, Sundale extends an invitation to its volunteers to attend a series of get-togethers. The recent morning and afternoon teas were a wonderful opportunity to show our volunteers how much we appreciate them.



Three decades of service

In late March, one of our favourites, Glynann White celebrated 30 years of service with Sundale.

The James Grimes Care Centre team celebrated Glyn's remarkable milestone with a wonderful morning tea.

At the celebration Glyn said "it doesn't feel like I have been here for 30 years".

Congratulations Glyn.



RETIREMENT COMMUNITIES

Palmwoods Garden Village

For a brief time in late February, many of the units at Palmwoods Garden Village came with water views!



CARE CENTRES

Aloaka

Aloaka's St Patrick's Day celebrations included carpet bowls (using a potato), dressing a leprechaun, Guinness stew, pot-of-gold over the rainbow cupcakes and Irish mousse!

Inspired by the seasonal colours of Autumn, Aloaka's resident artists have been painting up a storm recently.

Talk about delicious – freshly made pikelets, prepared, cooked and eaten by the residents at Aloaka Care Centre.



Is there anything better than a cheeky ice cream on a hot day?

The residents at Coolum Waters don't think so!

The residents at Coolum Waters Care Centre created some amazing jellyfish inspired art recently by upcycling plates, beads and ribbon.

A huge thank you to Michelle Brown for performing all the classics at a special concert recently.

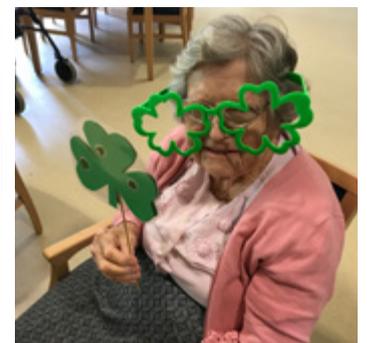
What a fantastic day!

St Patrick's Day at Coolum Waters Care Centre included bingo, a pub visit to the scenic Apollonian Hotel and trivia.

Coolum Waters Care Centre's Easter Carnival was a huge success with games, a Mad Hatters tea party, Easter bingo, a special appearance from the Easter Bunny and a magic show with balloon twisting expert Miss Donna.

The residents at Coolum Waters Care Centre commemorated ANZAC Day with a moving service, followed by afternoon tea with local RSL members.

Lest we forget.



CARE CENTRES

James Grimes

What to have on your pancakes is always a tough decision at James Grimes Care Centre, with maple syrup, cream, strawberries, blueberries and chocolate sauce on the menu!

Inspired by the residents at Coolum Waters Care Centre, the residents at James Grimes Care Centre also made a detour for some ice creams.

The pinot and paint session at James Grimes Care Centre was a huge success, with residents using tape to create wonderful abstract artworks.

Irish eyes were shining brightly at James Grimes Care Centre in March, with lime green mocktails, soda bread making and bingo all part of St Patrick's Day celebrations.

The residents at James Grimes Care Centre were treated to a team-member led celebration on Harmony Day.

Amazing food from different countries and cultures was complemented by a wonderful dance performance.

A series of maps also allowed team members and residents to identify their town-of-birth.

The past few weeks have been very busy and social at James Grimes Care Centre, with residents enjoying not one, not two, but three concerts.

Thank you to The Sidekicks, Ken Bec and U3A Music Makers Band for the songs and the fun.

Alfresco BBQ lunches are always more enjoyable with friends – just ask the residents at James Grimes Care Centre.

The Easter Bunny didn't forget the residents at James Grimes Care Centre.

Carpet bowls on Easter Sunday was a little different however.

Audrey Hepburn said "To plant a garden is to believe in tomorrow."

The residents at James Grimes Care Centre feel the same way.



CARE CENTRES

McGowan



Thursday 31 March was a bittersweet day at Sundale, with McGowan Lodge officially closing its door for the final time.

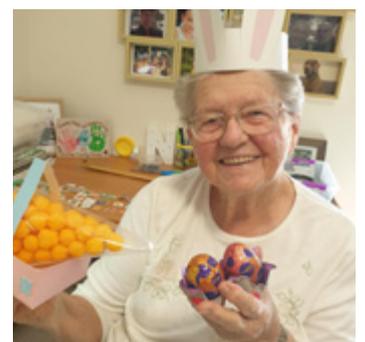
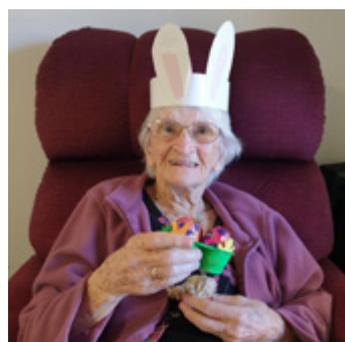
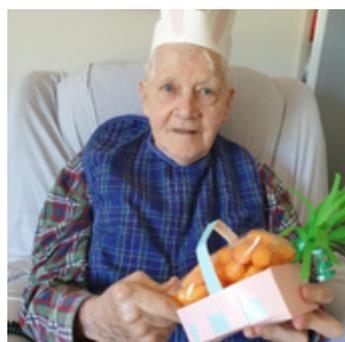
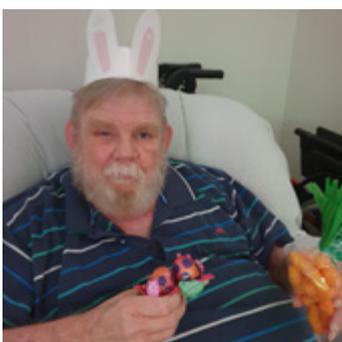
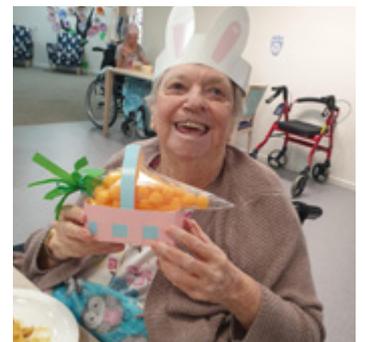
McGowan has been a place of great joy, comfort and compassion for more than 50 years.

A few days later McGowan's remarkable team members got together for a farewell BBQ and to reminisce about their beloved Care Centre.

Shrove Tuesday pancakes were a big hit at Bindaree Care Centre. We're unsure who had the bigger smiles – the pancakes or the residents.

Jazzercise classes, bingo and bean-bag toss – there's always plenty to do at Bindaree.

Bindaree Care Centre's amazing residents gave the Easter Bunny a helping hand by making wonderful chocolate-egg holders.



CARE CENTRES

Rod Voller

The residents at Rotary Garden Village are one step closer to finalising their amazing new sensory garden.

A recent working bee saw an old wheelbarrow transformed into a succulent garden.

A big thank you to Trevor and Beck for volunteering their time.

The wet weather couldn't stop Rotary Garden Village's green thumbs.

Garden prep was moved indoors, with the hanging baskets set to be proudly displayed in the BBQ courtyard.

The ladies at Rod Voller used the colours of Autumn as their inspiration during a recent watercolour painting session.

We think the artworks look sensational.

Hip, hip, hooray to Roy Phoebe, who recently celebrated his 91st birthday.

Roy said he was looking forward to hearing from the Queen in nine years when he turns 100!

At Rod Voller, Shrove Tuesday pancakes was transformed into an event, with staff cooking the pancakes in front of the residents.

In March, the wonderful residents at Rod Voller celebrated Carnival Cruise's 50th birthday with a lounge cruise of their own, complete with island wear, cocktails and tropical fruit.

The adrenaline was definitely pumping in March when the brave residents at Rod Voller were offered the opportunity to hold a python.

A big thank you (we think) to Simon and Grace for bringing along their pythons for show and tell and to John and Sharon for volunteering their time.

Simon and Grace have also decided to name one of their baby pythons Sunny after Sundale.

Once a month, the residents at Rod Voller get together to suggest a menu item.

In March it was pavlova, with residents forming a production line to make the delicious (Australian) dessert for 50 people.



St Patrick's Day was a cause for celebration for everyone at Rod Voller Care Centre, especially Irish Allied Health Assistant Michelle, who showed residents how to do an 'Irish-jig'.

Harmony Day at Rod Voller was a feast for the senses, with residents and team members enjoying stuffed Naan bread making, fashion parades and creative hand henna workshops.

The team at Rod Voller also won the Team Culture Committee's Harmony Week photo competition, which asked team members to capture an image which celebrated Sundale's cultural diversity.

For winning, the Rod Voller team received a \$50 gift voucher.

Move over Adam Liaw, Andy Allen and Julie Goodwin, Rod Voller Care Centre has its very own MasterChef in Betty Bampton, who oversaw the creation of these amazing trifles (with a little help from her friends).

Hip, hip, hooray to Allan Neundorf, who celebrated 94th birthday in early April.

Team members surprised Allan with a bunch of balloons and a slice of banana birthday cake.

Unbeknown to Rod Voller Care Centre's green thumbs, while they were busy gardening, the Easter Bunny was hard at work organizing giftbags full of chocolate goodness for the residents.

The Easter Bunny made a surprise visit to Rod Voller Care Centre on Easter morning, much to the delight of the residents.

How wonderful and creative.

The residents at Rod Voller Care Centre recently took time out to create amazing hand-made cards.

Rod Voller residents paused to commemorate ANZAC Day and honour those who gave the ultimate sacrifice.

Prior to ANZAC Day, Rod Voller's team of 'angels' worked tirelessly to create enough wreaths, so each resident could honour those who gave the ultimate sacrifice.



CARE CENTRES

Palmwoods Garden Village

One of Palmwoods' favourites, Sharon Smith was able to fulfil one of her wishes earlier this month, by driving to the beach in a convertible.

Sharon first noticed the red convertible parked at Palmwoods and was thrilled to discover it was owned by Tim, who is part of Sundale's maintenance team.

Tania, Palmwoods' lifestyle coordinator spoke to Tim, who was delighted to lend his car for the beach trip.

Sharon's carer, Mel was behind the wheel for the special experience.

It looks like the residents at Palmwoods had an egg-traordinary Easter!



Bowder Care Centre's wonderful painting program is back in full swing, with residents channeling their inner Ken Done to create masterpieces for the walls.

Hip, hip hooray and many happy returns to Bowder Care Centre's Barbara Whitehead who celebrated her 102nd birthday recently.

Barbara led the birthday celebrations by playing the piano and entertaining the residents.

It's hard to beat the smell of freshly made pancakes with lashings of maple syrup and dollops of whipped cream, as Bowder's residents recently discovered.

Bowder's residents celebrated St Patrick's Day with an Ireland inspired quiz.

Did you know the Irish invented colour photography in 1894, the guided torpedo in 1877 and the hypodermic syringe in 1844?





Bowder's residents celebrated Harmony Day in late March with a dress-up event and quiz, where they had to answer questions about the countries they represented, including England, Scotland, Ireland, the United States and Australia.

This is lovely and very generous.

Di Heitbaum and her daughter, Alison Ireland have donated a Bodyshop gift pack to Bowder Care Centre for the team to raffle.

Di and Alison also donated amazing, Easter inspired gift packs for Bowder's residents.

Di's mum and Alison's grandmother was a resident of Bowder, she passed away in 2019.

Bowder recently hosted a pyjama party in the courtyard, complete with a teddy-bears picnic!

It was an egg-stremely enjoyable Easter at Bowder Care Centre, with residents gifted handmade baskets full of Easter eggs and chocolate goodies.

Bowder Care Centre's ANZAC Day service was particularly moving for Eric Dumschat, a 102-year-old, WWII veteran.

Eric proudly displayed his war medals and laid a wreath with the help of his two daughters.

Bowder's residents also read poems and prayers as part of the service.

In-Home Care

Organising amazing adventures is all part of the service for Sundale's remarkable In-Home Care team as Leslie recently discovered, with carer Sarjin arranging an incredible visit to Mapleton Falls.

