



Because we care

# Spotlight

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The Voice of the Sundale Community



# News & Events

## Congratulations Muriel

Congratulations to one of Sundale's superheroes, Muriel Peters who was named Volunteer of the Year in the Senior/Aged Care category at the 2022 Sunshine Coast Volunteer Awards in May.

The awards recognise volunteers who:

- go above and beyond
- are passionate about helping people
- make positive change in the community
- are driven by compassion, kindness, empathy and selflessness

Muriel Peters has been volunteering at Sundale for the past 34 years and is best known for leading weekly bible study classes at Rod Voller Care Centre.

COVID-19 restrictions could not stop Muriel's passion for giving back. Despite being unable to visit the Care Centre because of health restrictions, Muriel ensured the residents' spiritual needs were met by teaching the Centre's Lifestyle Coordinator how to deliver bible study classes, and what to say.

Muriel also regularly visits residents and reads the bible to those who can no longer read.

Congratulations Muriel.



## Volunteer of the year

Congratulations to Betty Jenkins for being named a finalist in the Volunteer of the Year in the Senior/Aged Care category at the 2022 Sunshine Coast Volunteer Awards.

Betty has been volunteering at Sundale for the past 23 years and oversees Scrabble at James Grimes Care Centre, ensures the weekly church services run smoothly, assists residents in wheelchairs into the chapel and hands out hymn books.

She also tends to and waters the residents' gardens and pot-plants and has created a mending box in the Care Centre, so damaged clothing can be repaired.

When Betty is not busy helping others, she can be found having a chat with residents.

Congratulations Betty.

## Volunteer Week

Did you know it was National Volunteer Week in May?

This year's theme is Better Together and there is no dispute Sundale is a richer, kinder and better organisation because of our volunteers.

To celebrate and acknowledge our volunteers, Sundale held a special afternoon tea to recognise their years of service.

- Congratulations to Kathy Himstedt, John Freiberg and Robert Boyle who were recognised for 20 years of volunteering at Sundale.
- Kay Crossno and Chris Newbury were both celebrated for 10 years of volunteering at Sundale.
- Julia Quinn, Susan Parker, Beverley Sorensen, Jill Barnes, Margaret Hallett, Jaki Walsh, Des Hall and Valerie Carter were all recognised for 5 years of volunteering at Sundale.
- Coral McVean, David Handley, Janice Withers, Diane Adams, Jacquelyn Scott, Kristina Lewis and Lee Farrah were all honoured for 12 months of volunteering at Sundale.

Congratulations everyone on your remarkable achievements.

# In the news

CARE CENTRES

## Coolum

Thank you Sunshine Coast News for the wonderful story about the newly refurbished James Grimes Care Centre.

The Centre has long been the heartbeat of the Nambour community and has recently undergone a million-dollar internal facelift.

HOME / NEWS

### Elderly residents settle into bright new surroundings after care centre's closure



The James Grimes Care Centre is undergoing a transformation.

BY SUNSHINE COAST NEWS / 21 MAY 2022

Elderly residents who had to move out of an outdated care centre now have bright, new homes in an upgraded nearby facility.

Former residents of the McGowan Care Centre at Sundale's Nambour Garden Village have moved into the James Grimes Care Centre, which is undergoing a significant internal upgrade.

Sundale CEO Helen Sharpley said many of McGowan's former residents now lived in refurbished rooms.

"It was a significant internal upgrade which included floors, joinery, light fittings and paint," she said.



Nurse Anima Basnet and resident Rita Herrick at the James Grimes Care Centre.

"The million-dollar internal facelift ensures every resident can have their own private room if they choose."

Mother's Day was a beautiful affair at Coolum Waters Care Centre, with prizes, gifts, champagne and strawberry tarts.

The residents at Coolum Waters Care Centre enjoyed a wonderful day out at the Queen's Jubilee Concert at Maroochydore recently.

Resident Jeff was able to catch up with his old friends from the Brisbane Fellowship Salvation Army Band too.



Oh, get down, turn around, go to town, boot scootin' boogie.

And that's exactly what Coolum's residents experienced recently courtesy of the Lakeside Dancers.

The entertainment didn't stop at Coolum in June with the U3A Music Makers proving a big hit with the residents.

## CARE CENTRES

# Aloaka

Teamwork makes the dreamwork.... Just ask the residents at Aloaka Care Centre who recently teamed up to create a herb garden using portable planter pots.

Mother's Day was a celebration at Aloaka Care Centre, with our special mums enjoying a high-tea, flowers, a photo-shoot and beautiful gifts including perfume.

The Centre's local primary school also gifted Aloaka's mums' gorgeous handmade cards.

This idea is an absolute hoot!

Art and craft at Aloaka saw the residents make patchwork, scrapbook paper owls.

This is wonderful.

Some of Aloaka Care Centre's amazing residents have made a collaborative thank you card for the local primary school after receiving gorgeous handmade Mother's Day cards from the students.

Her Majesty The Queen of England was a surprise guest at Aloaka Care Centre recently.

As part of the Queen's Platinum Jubilee, residents enjoyed Coronation Chicken and Eton Mess.

HRH also toured Aloaka, much to the delight of residents.

Volunteers play an essential role at Sundale and have the wonderful ability to brighten the lives of those they come into contact with.

At Aloaka, we're fortunate to have four of the very best - Trish King, Alan Beveridge, Denis Shaw and Kathryn Shaw.



## CARE CENTRES

# James Grimes

James Grimes favourite, Alison Fitzgerald recently performed a piano recital for the other residents and taught carer, Pip, a thing or two about playing.

Mother's Day was a celebration at James Grimes Care Centre.

The festivities included a pamper-party, high tea, word games and a poem recital.

The mums were also presented with wonderful gift-packs.

Entertainer, Ken O'Shea is always a big-hit with the residents (and staff) at James Grimes Care Centre, with carer, Shoba recently joining in the fun.

The entertainers love performing at James Grimes Care Centre and we love having them.

The wonderful Rex Eggmolese recently performed all the hits for the residents (and our favourite hairdresser, Eunice) with budding back-up dancers, Shoba (carer) and Katherine (physio) joining in the fun.

How about the entertainment at James Grimes Care Centre!

Ken Beck also performed recently, much to the delight of the residents.

Strawberry Fields Forever?

No, it's not a Beatles vision, rather a recent Sundale outing, with the residents at James Grimes Care Centre taking in McMartin's Farm at Bli Bli and enjoying some delicious strawberry ice cream.

It was a Mexican fiesta at James Grimes Care Centre recently.

Theme nights will occur once a month, allowing residents to be transported to locations around the world.

The residents at James Grimes Care Centre celebrated the Queen's Platinum Jubilee in style.

HRH Queen Elizabeth II also made a special appearance. Has anyone seen carer Kate?

Congratulations to James Grimes Care Centres' award winners.

Emma Lillie was presented with a certificate for being a Values & Behaviours Champion, while Kate Armand and Pamela Humphreys were recognised for 10 and 20 years of service.

Congratulations and thank you Emma, Kate and Pamela.



# Bindaree

Mother's Day at Bindaree Care Centre was a special affair, with a hats and frocks morning tea.

We think the mum's look amazing!



As a way of saying thank you and to celebrate International Nurses Day, Bowder Care Centre's amazing nurses were presented with certificates and gifts from the residents.

The kitchen team also made delicious cupcakes to help celebrate.

Mexican was on the menu at Bowder recently, with the residents transported to North America.

In addition to delicious food, there was also Mexican music and costumes.

Salud!

Congratulations to one of Bowder's favourites, Noela Sharpe, who was recently honoured as a Sundale Values and Behaviours Champion.

Well done, Noela.

It was a regal affair at Bowder Care Centre recently, with a 'royal' dress code for the residents as they celebrated the Queen's Platinum Jubilee.

The fun and festivities at Bowder Care Centre never stop.

June's Show Day activities included shooting hoops, shooting ducks and fishing!



# Rod Voller

Rod Voller's recent bus-trip to Mooloolaba came with the added bonus of an amazing rainbow.

No word yet if the residents found that elusive pot-of-gold!

Rod Voller Care Centre's mum's celebrated Mother's Day with a special Mad-Hatters morning tea.

Cheers to all the amazing mums out there!

Mother's Day celebrations at Rod Voller Care Centre included wonderful gift bags which included scarves, perfume, body spray and hankies.

A big thank you to the Sundale team for making the day so special.

Mexican Day at Rod Voller Care Centre looked like a lot of fun, with sombreros, maracas and homemade Mexican churros.

In May, some of the fabulous ladies at Rod Voller Care Centre spent time creating hand-made cards for their loved ones.

Thank you to Julia for all your help.

The residents at Rod Voller Care Centre let their rackets do the talking in an early morning game of balloon tennis.

The fabulous and creative ladies at Rod Voller Care Centre made this wonderful 'winter' sign to celebrate the changing of the seasons.

What do you call a dog wearing a tutu?

A special guest at Rod Voller Care Centre of course.

Thank you to Portia the poodle for visiting.

What better way to soak up the winter sunshine than casting a line at Cotton Tree.

It looks like the fish were biting too for the residents and volunteers at Rod Voller Care Centre.



CARE CENTRES

# Palmwoods Garden Village

Sundale residents always march to the beat of their own drum, and that's exactly what the amazing residents at Palmwoods Care Centre did recently with a series of drumming exercises.

The residents at Palmwoods Garden Village celebrated the Queen's Platinum Jubilee by visiting Buckingham Palace, participating in a royal family themed trivia session, enjoying tea and scones and singing British songs.

The circus came to town in June to coincide with Show Day at Palmwoods Garden Village. Residents enjoyed delicious scones, hot dogs, chips and ice cream sodas and played plenty of fun games down side-show alley.

