

Lifestyle

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

*Celebrating Love, Faith,
Hope & Perseverance*

55+

2023/24

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**THE QUEEN OF
NUNGEENA**

*Meet Lynelle Mace -
a cultural leader of our time*



*Love never gives up,
never loses faith,
is always hopeful,
and endures through
every circumstance.*

1 Corinthians 13:7

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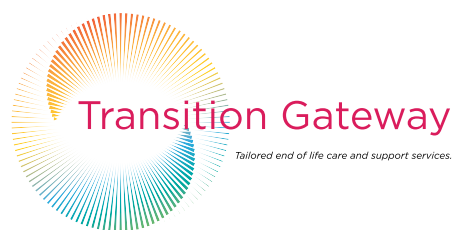
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Jodie McDonnell
60+ LIFESTYLE AGENT
CENTURY 21 On Duporth



WE REWARD EVERY ACT OF KINDNESS

LIFESTYLE 55 +

Love, Faith, Hope & Perseverance...



Tanya Dave
Editor

A wise, noble lady once told me the formula for truth is made up of three pillars: knowledge, awareness, and experience. These pillars provide the scaffolding upon which our lives are built, from one season to another, and through their interplay, we unearth the profound truths that enrich our souls.

In this edition of Lifestyle 55+, we showcase where this knowledge, experience and awareness manifest most profoundly. It resides in the realm of those who have traversed the landscape of time—our elders. They are the living embodiments of the truths we seek. They have weathered the storms, scaled the peaks, and navigated the valleys. In the lines etched upon their faces and the wisdom gleaming in their eyes, we find the secrets of our existence.

You will encounter stories of triumph and tribulation, love that transcends time, faith that endures the harshest of tests, hope that kindles the human spirit, and the unwavering perseverance that carries us through the darkest hours.

Director, I Age Well
Advocate for Positive Ageing on the Sunshine Coast



Connect with me online:
www.facebook.com/iagewell/

Acknowledgements

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The Coast Lifestyle

The Sunshine Coast is renowned for its enviable lifestyle, beautiful natural environments and welcoming communities. As more people choose to call our region home, we realise the importance of supporting our community to adapt to this growth and the challenges and opportunities that come with it so the region can continue to be an attractive place to live, work and play for people of all ages, abilities and backgrounds.

Our over-55 residents are vibrant, active and valued members of our community providing a vital role through shared interests, work and volunteering. They bring with them wisdom, a wealth of experience, invaluable skills and knowledge gleaned and shared over career lifetimes, and ideas and concepts gathered to enhance their life in retirement. To ensure our region continues to thrive, we need to draw on these exceptional resources and maximise opportunities to participate in and contribute to our community.

Council's 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.

There is no doubt our Sunshine Coast is evolving. Let's work together to build an even healthier, smarter and more creative Sunshine Coast for all.

SUNSHINE COAST MAYOR
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“With a growing passion to support abused Aboriginal women, Lynelle began searching for land to provide sanctuary and protection. Fate led her to a piece of land near Mt. Beerwah.”



*Aboriginal elders
Hazelle and Lynelle Mace*

Lynelle Mace

The Queen of Nungeena

Words Robert Barnes

In the heart of Brisbane, on April 2, 1952, a remarkable woman named Lynelle Mace, fondly known as Aunty Minnie Mace, came into this world. With a heritage as diverse as her spirit, Lynelle's mother had Aboriginal roots, while her father was of Irish descent. She humorously claimed a dash of Afghan blood from her great-grandfather. She is an elder of the Koa people. But beyond her eclectic ancestry, Lynelle's life story is a tapestry woven with threads of resilience, transformation, and unwavering determination.

As she reminisces about her early years, Lynelle remembers being an exceptionally mischievous child. Her childhood was colored with naughtiness, earning her the endearing nickname "Minnie" from Minnie Mouse, the beloved Disney character. Her adventurous and bold spirit was evident from the very beginning, a spirit that would guide her through both trials and triumphs.

However, her spirited nature didn't always align with the conventional path of education. In fact, Lynelle was expelled from Grade 9 for her disruptive behavior, setting her on a rebellious journey that led to encounters with drugs, alcohol, and crime. She ran away with the Hell's Angels and found herself in King's Cross and got to travel around Australia when she dated the drummer of Ike and Tina Turner's band.

In the backdrop of a drug and alcohol fuelled life Lynelle played the part of a modern day Robinhood. While managing hostels for single Aboriginal women, men, and single mothers, Lynelle made a habit of lending hostel funds to people in need hoping they would return the money. When this did not happen, Lynelle found herself behind bars.

It was in the stark confines of a jail cell that she began a profound transformation. A chance meeting with a 95-year-old English nun was the turning point in her life. This remarkable nun saw immense potential in Lynelle and encouraged her to embark on a path of redemption and purpose.

Lynelle's journey as a cultural leader and activist began behind prison walls. Being street savvy and with an innate instinct for justice, she ensured that prior to her leaving prison, that other Aboriginal women detainees were treated with dignity and were much more aware of their individual rights.

She dedicated herself to education - learning literacy, numeracy, and the arts. Upon her release on parole, she went on to study at the Institute of Koori Education at Deakin University in Melbourne, where she successfully earned her Bachelor of Arts degree.

Thereafter, she spent her days travelling around the country and state teaching Aboriginal spiritual beliefs. She led cultural heritage tours on the Sunshine Coast and taught Aboriginal children, university and Tafe students all over South East, Queensland.

LOVE, FAITH, HOPE & PERSEVERANCE

During these transformative years, Lynelle began to grasp the profound impact of drugs and alcohol on the Aboriginal community, especially women. It was during this time that she crossed paths with Raymond Johnson, a well-known Englishman and renowned Egyptologist. This encounter set her on a spiritual path, and she made a solemn vow to never touch alcohol again, a promise she has faithfully kept to this day.

With a growing passion to support abused Aboriginal women, Lynelle began searching for land to provide sanctuary and protection. Fate led her to a piece of land near Mt. Beerwah, a place she desperately wanted to secure. However, her dreams were initially dashed when she learned that a Japanese company had placed a deposit on it.

In a surreal twist of fate, Lynelle had a vivid dream. In this dream, a Japanese man appeared at her front door, informing her that the land was now hers. The following day, when she met the owner, Peter Adams, she learned that the Japanese group believed the land to be sacred and decided to relinquish it to the Aboriginal women. The only condition was that they could use the land for an annual retreat.

Lynelle seized this incredible opportunity, and under her guidance, along with the late Eva Smith and her sister Bubby Smith, established the Nungeena Corporation for Aboriginal Women's Business in 1992, which made a profound difference to the lives of countless abused Aboriginal women.

Her role as an activist can most noticeably be seen in the part she played initiating the Royal Commission into Aboriginal deaths in custody. With the help of the BBC, these deaths became known world-wide, forcing the hand of the then Prime Minister Bob Hawke to take action. She was also instrumental in establishing one of the first Aboriginal kindergartens in Queensland.

Today, Nungeena is a sacred place and is heritage listed. The land holds a spirit pool and birthing tree. Here, Lynelle weaves the threads of cultural heritage, connection, and empowerment for the Aboriginal and Torres Strait Islander communities.

Lynelle says the Aboriginal Father Spirit Baiame lives at the base of Mt Beerwah and energy travels instantaneously through the songlines found at Mt Beerwah.

Whatever happens at Uluru will be felt at Mt Beerwah within seconds. Songlines, she elaborates, are navigational tracks. In some parts of the world, they are known as ley lines. The Chinese call them dragon lines. The Aboriginal elders and the trained indigenous keepers of the songlines will sing the landscape, and therefore be able to move from location to location through it, and teach each other. At each sacred site within that song track, they perform rituals.

Today, Lynelle travels across Australia, as a cultural educator passionately teaching people about Aboriginal culture and its history which she dates back 15,000 years. She reveals a little-known connection between Aboriginal culture and ancient Egyptian culture. With a gleam in her eye, she shares that gold found on King Tutankhamun's sarcophagus has been traced back to Gympie. Lynelle is a researcher of Gosford's sacred site, Kariong Glyphs, where 300 hieroglyphs are engraved into sandstone walls. She speaks passionately about the Australian / Pleiadian / Egyptian connection.

Lynelle's daughter, Hazelle, is poised to carry forward the legacy of the Nungeena Corporation. She envisions building cultural ties on the Sunshine Coast with a new centre open to the public. This centre will serve as a place to gather and learn about the rich cultural heritage of the area.

As we sit with Lynelle, she leans back, and her eyes sparkle with a profound sense of contentment. "There is magic in the land around us," she says with a warm smile. The life of Lynelle Mace, from her tumultuous beginnings to her remarkable achievements, is a testament to the transformative power of determination, spirituality, and the unwavering commitment to making a positive impact on the world.

Lynelle has made a profound difference in the lives of countless Aboriginal women. She weaves the threads of cultural heritage, connection, and empowerment for the Aboriginal and Torres Strait Islander communities.





I have suffered from what I now see as a relentless obsession with 'poor little me' mind stories, all related to a childhood erosion of self-belief.

Steve Parish OAM

A Life of Passion and Purpose

How a lifelong passion for inspiring others to connect to nature provided strength when life's challenges seemed insurmountable.

I was raised in Adelaide in the 1950s under very strict parentage. My father struggled his whole life to express his feelings, and my mother found solace in Apostolic Pentecostalism – a cult that resisted all radio and television and heavily restricted what books were allowed in the house. Fortunately, National Geographic was allowed. Regulations aside, my mother practised faith-healing and exorcisms in her study next to my bedroom sleep out. As a boy, I was terrified. Seen through the prism of time, I was in my 60's before I could forgive my mother for what I consider was childhood spiritual abuse. Unfortunately, we never had a conversation that healed the lifelong rift between us. Mother firmly believed that whatever path I travelled, I would never find happiness outside of total devotion to God-based teachings defined by the protocols of her chosen cult. The parentage I received severely affected my formal education and, in turn, my self-esteem.

Throughout my life, I've had my share of life challenges. Let's face it, who hasn't! Looking back, I now see that throughout life, I have suffered from what I now see as a relentless obsession with 'poor little me' mind stories, all related to a childhood erosion of self-belief.

As a boy, I collected firearms. In fact, I was so obsessed with guns that I even started an apprenticeship as a gunsmith! Armed to the teeth, I would sit in my bedroom with a gun barrel in my mouth, contemplating ending 'it' all.

These thoughts haunted me for decades. I now believe that my lifetime struggles with anxiety and depression led directly to cancer and heart disease. While issues with relationships and health should have been enough to force change in my life, it was not until the loss of my life's work, embodied in a multi-million-dollar publishing and photography company, that I finally began to 'wake up' to the fact that so much of my anxiety and depression was directly attached to what I now refer to as 'mind stories'.

In 2011, Brisbane's riverside properties and structures associated with flood plain channels were severely flooded. Our publishing studio and warehouse were situated next to a major waterway. Unfortunately, insurance would not come to the party due to a single clause. The policy covered flood and not 'inundation'!

While struggling to rebuild severely damaged stock holdings, we were also hit with the loss of revenue due to a significant downturn in the retail stores we supplied. At the time, the company had an annual turnover of over \$15 million. After struggling for 12 months, we appointed receivers and proceeded into voluntary bankruptcy.

LOVE, FAITH, HOPE & PERSEVERANCE

After handing over the keys to our company and home and having my life's work placed in an ad for sale, I began a significant personal awakening, albeit in between some major anxiety attacks, several of which saw me admitted to hospital. While the term 'spiritual teacher' initially caused a negative reaction from childhood experiences, I started listening to globally renowned spiritual teacher Eckhardt Tolle's *The Power of Now* CDs and one in particular, 'Facing Adversity', hit home, especially this single quote.

*'You can only lose something that you have,
but you cannot lose something that you are.'*

Eckhart Tolle

Through Eckhart Tolle's teachings, I began to appreciate that my wellbeing was influenced by constantly replaying my 'poor little me' mind stories, which included: I had no formal education. My mother didn't love me, and so on. And so, with nothing other than a laptop and my digital image library (purchased by a publisher who invested in my bankrupted company's assets), I began to develop an online Masterclass: *'PHOTOGRAPHY: A Pathway to Purpose'*.

We can flip our mind story in an instant, anytime, anywhere. It's a matter of being aware of the stories we tell ourselves. In 1995, I walked into a medical diagnosis session with my doctor with all the woes of the world on my shoulder. My burgeoning business was a source of both excitement and fear. After a series of x-rays, I was informed I had a large tumour.

In a flash, what was so important 60 seconds earlier had evaporated, and my life suddenly had a new focus – survival. After surgery, I noticed how blue the sky was, how green and full of life the trees had become. I was literally shaken awake and catapulted into the present moment.

As I look back over the past 26 years, I realise that while a significant event can jolt you into the present moment, one can easily back-slide unless investment is made to inner engineering.

Wild creatures face challenges every day. What sets them apart from humans is that they don't indulge in 'poor little me' stories about life's hardships. When two Tasmanian devils battle over food, or two male kangaroos fight for mating rights, they don't let losing become a resentful mind story that defeats them for decades to come.



I began to realise that my anxieties were primarily based on my specific mind stories that focused on me being a victim, and that all I had to do was acknowledge that these were unhelpful, then draw the curtains to close yet another stage performance.

I further awoke to the fact that two of me were performing the story – one was replaying the story, and the other was the witnessing presence, the observer of the story. After the floods and bankruptcy, Eckhart Tolle's teachings helped me to refocus. The void the loss created was essential to empowering new growth in my professional and personal life. It opened new, previously unimagined doors. It certainly didn't mean there was no pain – there was plenty, and at times it was magnified by my over-active imagination!

Dealing with loss is a choice, and a tenacious spirit can endure and transform loss if we choose to let it. Having a Creative Life Purpose (CLP) certainly helps. Passion and purpose are mortal enemies of anxiety and depression.

Auguste Rodin wrote, 'Love your calling with passion, it is the meaning of your life.' Your CLP can be a lighthouse beacon bringing wealth, in all its forms, into your life.

When you're passionate and purposeful, you create blessings for yourself and all those you encounter. My CLP has guided me through very challenging times. It has allowed me to see, feel and act, on pivotal opportunities, to steer me in the right direction, rather than feeling lost and worrying about the past and possible events. Understanding and communicating our purpose within the world is one of the most important things we can ever do.

Alone in the wilderness of the Kimberley in 1984, I found my CLP by following my heart. When we listen carefully when our heart is giving direction, decisions can be made in harmony with who we truly are. My CLP is to inspire others to regard the natural world as essential to spiritual, mental and physical wellbeing.

For humans to care for habitats, we must first appreciate that we are intrinsically part of the environment, and our life is enhanced by appreciating and caring for nature. A CLP is not about your ego. It's about giving, connecting, inspiring, making a difference. Define your Creative Life Purpose, embrace it and do the work. Work hard because you love to work hard, not because you want a reward. Our CLP should not be separate from our everyday life situations. Our real-life purpose can only be achieved when body, mind and spirit are in harmony.

Adversity is part of being human. Your experience of loss can mean it's time for a fresh start, especially if your Creative Life Purpose has already been established before your lifechanging loss. Do not underestimate the power of a CLP, especially when it is connected to something as powerful as the natural world and the broader community with whom you share your life.



When the economy falters or a pandemic strikes, the media adds to the collective distress of the general population. However, if we reject the collective anxiety (by not watching the news over and over, or not contributing to social upheaval on social media), our lives remain much more positive, and we can focus more on the joy that our Creative Life Purpose brings us.

Most importantly, never give up!

I once watched a wombat stand and stare at a huge wiremesh fence. The fence seemed impenetrable even to me, and no doubt it did to the wombat too! Nonetheless, the wombat stood and eyeballed it for what seemed like ages. Then, lowering his head, he charged, hitting the bottom of the fence at full wombat speed. The wall of wire lifted, and through the creature went. A few metres past it, he stopped, turned and stared at the fence again. Then, as though having congratulated itself, the wombat turned around and vanished into a thicket. Such tenacity! He didn't just imagine it. He did it! Then again, those who know wombats know their determination. When hell-bent on a path to travel, they don't give up. Maybe there are many life lessons we can learn from wombats.

Story from 'Campfire for the Heart' book by Natalie Stockdale, published by Big Sky Publishing.

“Life doesn’t always follow the script you’ve written, and when it takes a different direction, you’ve simply got to pick up and head in that direction.”



Matt Golinski

Wrapped in Love by Australia

Rising from the death of my wife and children in a house fire

I was born to be a chef. I knew that as a young boy. Then in high school, I chose subjects of Art, Home Economics and French to support my culinary ambitions. I completed my apprenticeship in Brisbane and travelled throughout Australia and the world with my wonderful wife, Rachael.

Together we created an idyllic family life on the Queensland coast with our three young daughters – Sage and Willow (twins) and Starlia – and our dog. Rachael was a nurse, and I had a catering business and was a chef on the television program, Ready Steady Cook.

My life took a tragic turn in the early hours of Boxing Day in 2011. Our Christmas tree with fairy lights caught fire and engulfed our entire house. Rachel died while trying to protect Sage and Willow. Driven away by the heat, my efforts to save Starlia were also unsuccessful. Two months later, covered in burns to 40 percent of my body,

I woke up in hospital from an induced coma. My first instinct was to ask for a phone to call Rachael. ‘I’m sorry, mate, they’re all gone,’ my father told me.

My burn treatments – painful skin grafts and physiotherapy – continued in hospital for another two months. I lost 22 kilograms, could hardly see, and could not talk or eat properly. My elbows calcified and were locked at right angles. My heart, liver, kidneys and lungs were all damaged. Although the physical pain was intense, it was insignificant compared to the emotional pain of losing my family. Why, I wondered, did they bother keeping me alive? What makes them think I’d want to still be alive?

Traumatic as it was, I’ll always remember the hospital staff with gratitude. All the staff, including the cleaners, became my friends. Their support lifted me. In fact, the support I received from the whole country lifted me. I remember receiving a cheque, for example, for \$22.50 from a man in Perth who raised funds for me by selling muffins. I’ll always appreciate everyone who showed me that they cared. I felt I was wrapped in love by Australia. I thought that if family, friends and strangers were going to put their love and energy into wanting me to survive, then I was going to work really hard to do it.

On my first night out of hospital, I stayed at my father’s place and, although I could barely hold a knife, I managed to cook a stir-fry for a few friends. That was an important milestone in my recovery. I thought that if I could cook again, I’d be ok. Cooking for people has always been and continues to be a passion for me because I get to show off and give to people at the same time.

However, I then spent about four months crying and screaming and asking myself why this tragedy happened. And of course, I did some heavy drinking and all that sort of stupid stuff to numb the pain. Eventually, though, I just accepted that bad things happen and there is absolutely nothing you can do to change it.

Rachael had begun writing a book about our family, and in it, she said that 'life doesn't always follow the script you've written, and when it takes a different direction, you've simply got to pick up and head in that direction'. These words gave me strength to pick myself up. Accepting what you can't control and focusing on what you can control was helpful.

Being creative with music also gave me joy. My mother taught me how to play the guitar when I was eight. I also took up drums and began weekly piano lessons. Music definitely played a role in my recovery.

I also knew that I'd feel better by improving my physical fitness, so I started setting running goals for myself. The first was to complete a five-kilometre fun run, then ten-kilometre runs and eventually half marathons. It wasn't easy with all my injuries, but I was determined. Over time, I gradually increased the distance of my daily runs and peaked with a full marathon and a 96-kilometre Kokoda challenge in the Gold Coast hinterland in 24 hours.

I don't run in gyms or along streets. I leave my phone behind and run in the bush, breathing in the fresh air and scents of the bush as I go. I practise mindfulness as I run, by focusing on everything that's around me – the trees, the flowers, the sounds of the birds and the smell of honey in natural beehives. By running mindfully, I connect to the seasons and am reminded that the world isn't all bad. I always return home feeling better after a run.

My emotional recovery also involved detaching from my grief by parking the tragedy where it belongs – in the past. The sadness still comes sometimes, but I don't

hang on to it. If I think about my girls for a while, and the times we had, it becomes too sad and takes me backwards.

Unfortunately, I had to let go of some people in my life because they didn't or couldn't detach themselves from the event. They held on to the grief. I hope those people who I left behind understand this.

For a long time, I was challenged by the milestone days such as birthdays, and by memorable places we shared. I wanted nothing to do with Christmas for five years after the fire and used to fall into a heap when seeing a place by a river where we enjoyed fish and chips. Later, however, I learnt that we have a choice in how to react whenever we're triggered. We can be depressed by the memories or cherish them. Now, when I see that place by the river, I'm thankful for the great times we had there.

During my rehabilitation process, I met another kind and wonderful woman, Erin Yarwood. Erin was a fitness trainer, and I noticed the sincere compassion she showed to her clients, who were all in vulnerable situations like me. Following a long friendship, our relationship deepened, and we were engaged in 2016. We have since been blessed with a five-year-old daughter, Aluna, and Tillie Rose, who was born on Christmas Day in 2021. My girls are my little rays of sunshine.

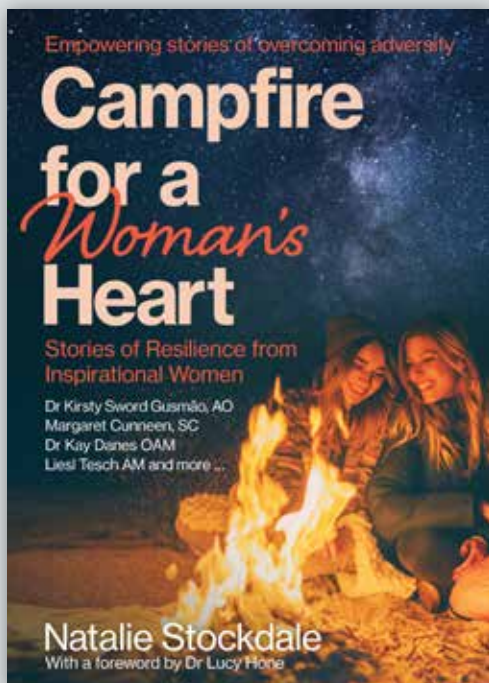
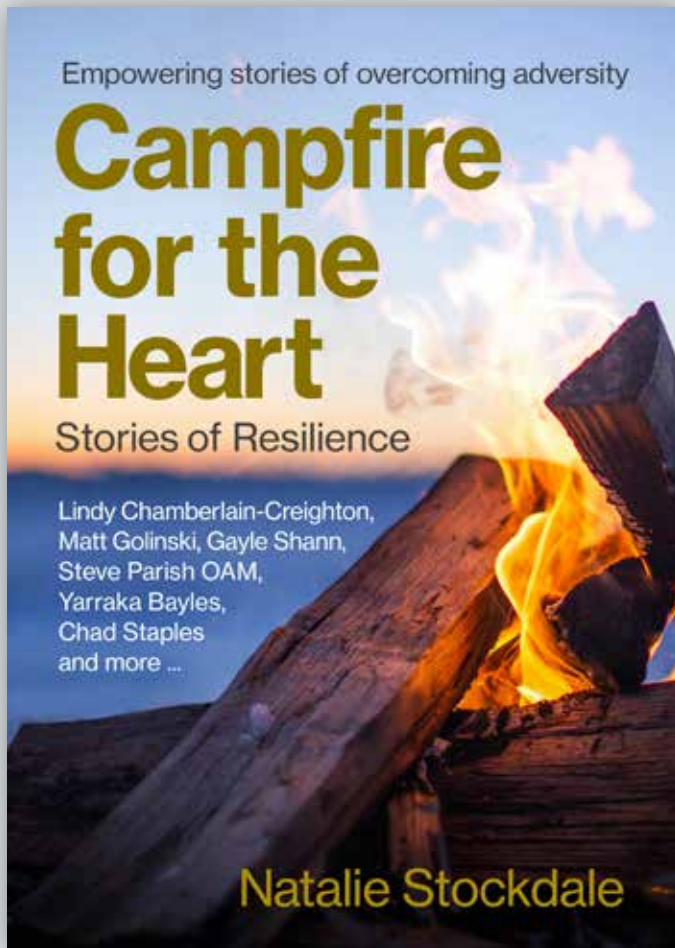
I am blessed now with a rich and fulfilling life with Erin, Aluna, Tillie Rose, and our dogs, Gypsy and Daisy. We have great friends, supportive families, and both love our work. Currently, I'm the Consultant Executive Chef at Peppers Resort in Noosa. I also travel around Australia as a guest chef at festivals and events and write in food columns. I love the Sunshine Coast and the world-class food that is grown here.

I could improve my work/life balance, but overall, I feel fit, healthy and happy. The various ways I've adapted to the tragedy in my life may or may not work for everyone, but my advice to people who are suffering is to appreciate what you have. Appreciate everything around you. This morning, I had toast and a 'babycino' in bed with Aluna. I cherished that time. There's always something to be grateful for. Secondly, find exercise that you enjoy. Move your body. Finally, don't be afraid to ask for help. Most people give generously when they're needed.

"My advice to people who are suffering is to appreciate what you have. Appreciate everything around you."

*Story from 'Campfire for the Heart' book by
Natalie Stockdale,
published by Big Sky Publishing.*





Do you ever wonder....

How other people cope with trauma, grief and tragedy?

How other people rise from their lows?

How other people find peace after pain?

Campfire for the Heart answers these questions through powerful and compelling, true stories of human resilience.

By learning how other people have converted their darkest times to personal growth and success, you may discover how you too can learn and grow from your hardships, how you can be the hero of your journey, or help others in theirs.

The stories cover a vast range of life experiences from the death of children, violence, Taliban terror and wrongful imprisonment, to droughts, bushfires, cyclones, diseases, injuries, disabilities and trauma from military, police and humanitarian work.

The storytellers are mostly unknown heroes of their personal journeys, while others are well-known champions of resilience – Lindy Chamberlain-Creighton, celebrity chef Matt Golinski, Steve Parish OAM and Gayle Shann. Cave-diving legend and Co-Australian of the Year 2019, Dr Craig Challen, opens the book with a foreword.

The ‘campfire’ stories are beyond inspiring. They stretch your perception of resilience, restore your love of humanity and illuminate pathways to happiness for us all.

A Big Thank You

Thank you Natalie Stockdale and Big Sky Publishing for the Steve Parish AOM and Matt Golinski stories featured. These stories have been taken from the book “Campfire for the Heart”. To explore these and other powerful stories of human resilience, order your copy today. Scan the QR code or visit the website of Big Sky Publishing (www.bigskypublishing.com.au) or your preferred online or local book retailer.





Drawing on Faith after Family Tragedy

Diane and Roy Nielsen's life was changed many years ago when their 18-year-old son, Troy, was tragically killed. The case did never go to trial and so they were never able to get justice for their son. They had to continue life not knowing the answers - learning to close a chapter on their lives that was still fragmented.

Words Tricia Welsh

Although it's some 25 years ago, Diane says the number of years that have passed seem of little importance, as she still recalls the fateful day.

"I can go back in time to kneeling beside my son who was no longer alive," she recollects. "Shock, pain, grief and, then loss were to become my constant companions.

"We always had dinner together as a family on Sunday nights ready for work the following day. But one Sunday night, our son never came home. I waited and watched in vain. At about 6.30am the next morning, we found Troy. But it was too late. He had been callously killed. An obscene drawing on his forehead and a death message scrawled on his abdomen."

Later, she says, the young police constable who was called to the scene said he wished he had "taken any evidence instead of calling in a detective." The constable kept in touch with the Niensens, and on a subsequent visit they were told by another detective who came with him, that charges should be laid.

"We wondered why it was not so. We will never know why. The constable knew something was amiss but there was nothing he was at liberty to tell us." Diane says an autopsy was performed. "But it was botched. Results misplaced. I personally spoke to pathologists in another section who were puzzled and angry. We applied for A Freedom of Information request but much of it was blacked out and unavailable to us.

She continues: "More than a year later, an inquest was held. We hired a solicitor and barrister but the person who was under suspicion was warned 'that he did not have to answer any questions that may incriminate him'. How then can truth be obtained? Our barrister said he left the case open and we hoped that something might be discovered that would lead to some justice for our son. But it has never happened."

The church was packed for Troy's memorial service with more than 400 of their son's school mates, friends, teachers and people at his memorial service – "all showing respect for our son and support and love to us as a family."

Family Life

Diane and Roy met when they were teenagers at a dancing studio in Brisbane where Roy was on staff. "Roy was a champion ballroom dancer," Diane adds with a proud smile. "We've been married for nearly 56 years!"

They had three other children – two girls and another boy and lived most of their lives in Brisbane before moving to Yaroomba on the Sunshine Coast seven years ago.

Troy left high school at the end of Grade 11 and began an apprenticeship as a wood machinist. The Niensens were told by his head mistress that she would liked to have recommended Troy as School Captain in Grade 12. But Diane says: "Troy never enjoyed the spotlight. He definitely would not have enjoyed that position, and that would have made his mates who knew him laugh."

Now a young man, he had already thought about his future and had purchased acreage land near one of his sisters. "He had two older sisters and never in his life can we remember him having an argument with them – he saved that for his younger brother," says Diane. "He was very close to his father and went to work with him every day. Like his Dad, he was practical and could not see any sense in ever making a fuss."

A younger son was just 16 when Troy was killed, a grown-up daughter was still at home with them at the time, and another daughter was married with three children. "They were angry," recalls Diane, "but their main concern was for their Mum and Dad. We all drew together in strength. We still laughed. We still celebrated Christmas together just a couple of months later. We all wanted the truth. We all wanted to know how Troy died. I leaned very heavily on our daughter. Now we are all very close.

"The loss of a child puts a terrible strain on a relationship and we are no different," Diane admits. "We sought grief counselling and are grateful for it. In fact, I suggest it's crucial. We had comfort and continual love and support from a few very close friends who are still beside us to this day.



“But what has held us together as parents through the agony of loss and injustice, is our faith in a Heavenly Father and belief that we will see our son again,”

‘Faith held us together’

“But what has held us together as parents through the agony of loss and injustice, is our faith in a Heavenly Father and belief that we will see our son again,” admits Diane.

The Niensens say they have always been somewhat religious, not necessarily through their teenage years, but later sought that faith again with the minister who married them. “In a way, we turned our back on the church – not God, but the church. It was a misunderstanding,” explains Diane. “But what God did for us is what strengthened our faith.

“Immediately after our son’s death I could not see enough to read God’s word. But, in my heart, I heard the words: ‘Troy is in My bosom.’ The night before his funeral, I had a dream where I was taken in spirit to be with my son. It was beautiful and comforting. We came to a place like a river where I had to leave and then I awoke. I can still feel the beauty and comfort of that vision,” confides Diane.

The Niensens say they still talk about Troy at times – often joking about how he would feel about certain things that happen in their lives. “He used to enjoy a few beers and pizza with his mates on the weekends and we often still celebrate his birthday with a drink and pizza. It’s acknowledgement,” they agree.

Today, they have seven grandchildren and four great-grandchildren. Their eldest grand-daughter, now 33-years old, still treasures a little toy Troy gave her as a child. Their 27-year-old grandson has incorporated



Troy’s name into his own son’s name. “So, he is remembered with love. They all have great love and respect for Roy and me, and we treasure that,” says Diane.

She continues: “Tragedy and injustice have the terrible capacity to destroy body and soul. Not only ourselves but our family and loved ones around us. Bitterness only causes greater pain. But our hearts still ache with the loss of our son even though many years have passed.

“We each have to find our own way to live with the circumstances and the loss that comes upon us. Some amazing people can dedicate their lives to seeking truth and justice and helping others. For us, it is our belief in the afterlife that has enabled us to endure the loss of Troy. Jesus said: ‘I am the Way the Truth and the Life.’ To allow hatred, anger, loss or injustice to fester in our hearts only leads to more pain. We had other children and family to continue to love and give us joy.”

She adds: “In my early days of anguish, I read a story from a mother whose son was murdered. She wrote on his plaque: *In honour of you, we smile.* And that was our choice also. We will never have truth or justice for our son, but we can live a life filled with love and faith.”

Navigating Widowhood: Voices Of Resilience

Words Tricia Welsh

Widowhood is a profound experience, one that unfolds uniquely for each individual. In this article, we delve into the lives of three widows, each with a distinct journey of coping, healing, and renewal. These stories shed light on the diverse and resilient ways people navigate the challenges of widowhood. Through their experiences, we gain insight into the human capacity for strength and renewal in the face of loss and adversity.



You hold the keys to your future. It's your decision!

Narelle Wockner

I met my 'partner for life' when I was 18 and from that moment on, it was destiny that we would be together forever. In our 50's, we would talk about what life would be like when we were in our 80's.

When my beautiful husband of 43 years passed, my world completely crumbled and the question I asked myself, how will I ever get through this?

Weeks later, during one of my many walks, I came to the realization that I had never been on my own in my entire life. I left my parents' home on our wedding day and I have never known life on my own. A scary thought!

We had a business which I had to deal with, and the overwhelming paperwork involved when your partner is gone. All I could hear was 'death certificate' everywhere I went. It was overwhelming.

The following months were so difficult. I was overcome with grief and could not see through the maze. I had no direction and felt so lost. I rang my doctor and as I walked into his surgery, my words were "I need some help but not with medication. Please help me."

Our doctor had been a wonderful support leading up to my husband's passing with cancer and he knew us well and the circumstances, so immediately he referred me to a psychologist. This is the one thing that I would like to stress to anyone experiencing this desperation and deep grief after the loss of a loved one, ASK FOR HELP.

This was the most positive action that I could have taken, for me to talk to someone who really understood the emptiness that I was feeling. Why could this happen? He was a marathon runner and so healthy, a good person and the rest of his life to live?

I continued seeing the psychologist for more sessions and when my strength was regained to a manageable stage, I began to think of how our life would have looked like if we had been able to retire and enjoy this time together.

I sold our caravan and 4WD vehicle and took delivery of a new motorhome. I hit the road with my 'Ellesur', the name made up of both of our names together. My days of walking into our bedroom and visualizing him lying there, fading away before my eyes with each day that passed, were somewhat forgotten for now.



I began a road trip around Australia and across the Nullabor Plains into WA, and this was where my adventures began. I probably left a trail of tears behind along the highways, some days crying and screaming as I drove, other days belting out some ACDC song. I never knew from one day to the next what my emotions would be. During that trip, I visited places and experienced things that we were going to do upon retirement. Bucket list things. Firstly, travelling around Australia, hot air balloon and helicopter rides, climbing King's Canyon, Horizontal Falls. I made new memories of me, now as a single person. One of my favorite trips was spending several months in Tasmania travelling around in Ellesur.

Finally, it was back home again to an empty apartment and here came those memories and grief again just when I thought I was so much stronger. As I walked through the door however, I did sing out "Honey, I'm home!" But the only sound I heard was silence.

From my experience, grief is not something that you ever get over. Sure, you can make a wonderful life for yourself with new adventures, friends and even moving to a new place to live, but it always lives in your heart, and you realise this is life now.

Finding yourself and who you are is not easy. You must work out what makes YOU happy and activities that you enjoy. I enjoy music, outdoor activities and keeping fit. I also gain satisfaction from being involved in some community work helping others.

Everyone handles grief differently and for me this is how I worked my way through and now live a happy life. It's been 9 years since I was widowed, and I realize that life goes on and our loved ones wanted us to still live our life.

Blessed to be deeply loved and truly appreciated!

Paula Koda

Paula Koda's world was shattered when her husband, Johnny, passed away due to a medical situation in their own home.



Johnny was dealing with a huge amount of stress at the time but I never thought he would take his own life. He was a surfer and fire fighter and if anything I thought it would be an accident or fighting a fire that might have led to death, but never suicide.

After a year and a half, the first days and weeks were a blur of numb and shock, disbelief. I found myself drawn to the beach, Johnny's happy place, where many of his surfing community joined me, as all in shock, tried to process the unthinkable.

We had about 100 people at sunset on a few nights and that support from his friends and colleagues helped me and my girls a lot. The hugs the boys gave were so valuable, no one felt the need to fix me they just held space for us. John was always a hugger, it is what I miss the most every day.

The whole of the first year was dealing with the paperwork which seemed unending and challenging when my ability to stay on task just was not there, walking from one room to the other. I had about 30 tasks on the go and struggled to complete them. Again friends came over and just worked alongside me.

I had no interest in food or cooking, housework, as I only cooked for Johnny. It took a year to get interested in being in the kitchen again. A puppy came to me a couple of months after, which was a godsend. Jkoda filled the house and gave me a purpose, someone to look after.

We all know it is human to deal with grief, that it is a part of life, but when it is unexpected, unnecessary and out of the blue, it is so challenging to work through. We met in high school and have been side by side since then for 40 years.

During that first year, I noticed I wasn't sleeping and started to see a psychologist which helped me to realize my feelings of grief were normal, that 'grief brain' is a real thing, the inability to stay on task, to remember things from 10 minutes ago.

We had so many plans, so many. The big-arsed Winnebago was in the driveway packed ready to roll out. A trip to Phuket was booked for a few months to recuperate from the stress. I was confronted with a big list of jobs to do around the house, like paperwork, and in the past year and a half, finish the renovations which were about to start, the day after he passed. Thankfully, I have a wonderful brother-in-law and a mate he surfed with who have helped out.

Picking up the pieces is a slow process, however I will travel as we had planned, but differently. I am taking the last of his ashes to Nazare in Portugal and then will walk the Camino to Santiago.

I have travelled but found it difficult not having Johnny to talk to, not being able to share the views and travel he would have so loved - visiting the lighthouse on Bruny Island, the giant trees and wild flowers in Tasmania, the water clarity, fish variety and octopus I saw in the Maldives and the ancient temples in Sri Lanka.

I haven't yet got to the place of really settling and enjoying my new single life. It is a process, and so much time has been consumed project managing and finishing the huge jobs of renovating is a challenge.

I struggle with situations where he would usually be with me. I have stepped up to a lot of social situations, and yes, at times the tears flow and I have just accepted that will be part of my life now and I just go with it. I just pull up my big girl's pants.

I hold the belief that we are a soul having a human experience so all I have to do is to show up and life will unfold as it should. I use my mantras to help me focus on the positive instead of what I have lost. The blessing I have is that I know I was deeply loved and truly appreciated. We lived our wedding vows for almost 39 years 'till death us did part'. That is a true blessing and it helps me move forward.

Grateful for each day and embracing the future!

Celena Ross

Having just turned 66 years of age, and in prime retirement years Celena Ross unexpectedly became a widow.

It was only 9 months after my mum had passed away, that John was taken to hospital with chest pains. Those pains resulted in a stent, but as the pain persisted, John underwent more tests with each test revealing more and more cancer.

We were given a terminal diagnosis of a month or two, but medication gave John a few more months until his body could not handle the meds, and from there he declined rapidly. This resulted in an intense emotional, sad and stressful time which led to John being admitted into palliative care where he was for 13 days before he passed.

After the funeral, I was surprised that so many of our married friends just disappeared. Apparently this is a common occurrence that widows sadly often comment on. I was just struggling to get through each day and it is sad that many of our friends, with whom we had shared so much, were not around to reminisce with, as time went by.

For months, the pain of grief was so physical - a deep pain in the chest. For the first eight months, I basically just saw family, and a friend or two. I would go to the supermarket and library, head down hoping not to see anyone, as I would just cry. I relied on the support of my children, son-in-law and grand-daughters. I stopped cooking and was eating takeaway and a drink or two at night. Dinner time - if you could call what I ate as dinner, was anywhere from 4pm - 5.00pm to fill those lonely times when John and I used to chat, have a drink and nibbles. It is so hard to start cooking just for one. We were right at the sweet spot in retirement - financially secure, good health and ready for more travel, doing what we enjoyed together - eating, walking in forests, national parks, gardens, going to small town museums, tourist attractions, going to the beach in summer, leading a relaxed lifestyle.

Suddenly, after 49 years I was alone. So lonely - no one at home. No children, they are all adults with their own homes. No work to go to - so I had this huge empty void



in life. No one to discuss TV programs and characters in the programs. No one to say: "Did you see that? Are you watching behind closed eyelids? Are you awake?" Startled awake, we would reply: "Ha ha!" We would both reply: "Yes. I am awake."

Nothing prepares you for unexpected death of a long-term spouse in this mid-60 age group. It was a struggle to do all the death admin, contacting all the organisation's to change everything into my name, sort out finances. I often would ring and hang up as I was physically unable to talk and would start crying. I felt so fragile, vulnerable and was living this surreal life alone. I am grateful that my family all live close by and so they have been supportive and my grand daughters have regular sleepovers at my place.

I had to learn how to check the switchboard, operate the pool, reset clocks, organize tradies and oversee some major house repairs. John was the handyman of the family and I was the nurturer and carer. You wonder, how do I start living a single life? Who do I travel with, go out for lunches, get away for a night or two, go for walks, go out socially with friends. You miss the care, support and companionship of your husband who always had your back, was there when sick or worried. It is a whole new life that you have to re-invent yourself and develop self reliance. The silence was so hard to adjust to. After a few months, I rehomed a miniature Cavoodle, Daisy, and she initially got me out of the house to walk her and has been a wonderful source of fun, cuddles and companionship.

As the social life with most friends disappeared Celena started to attend a few groups for friendship with similar aged solo women. In July this year, Celena decided to start a Facebook group: Sunshine Coast 60+ SOLO Baby Boomer Women's Group.

“I was surprised that so many of our married friends just disappeared. Apparently this is a common occurrence that widows sadly often comment on.”

I realised that only other widows understand what you have been through and have empathy for the huge sense of loss, uncertainty and vulnerability. Now through my SOLO group, I have made new friends to catch up with ad hoc – like the lonely time from 4pm and someone to travel with, ring via Facebook video messenger to chat to, and have lunches with. I am mentally stronger, I listen to podcasts if I feel the need for a voice in the house. I had stopped doing mixed media art journalling as I found it for about eight months too hard to do in the silence but now, I have turned the word ‘lonely’ to ‘solitude’ and can do my art, weaving, reading, however I usually have podcasts or music on.

The loss of a loved one is painful and grief is a personal journey and everyone heals at their own pace. Bloomhill Cancer Centre were a wonderful support to my whole family, but with a background in business coaching, I understood the need to invest in myself. So, I engaged NLP (Neuro-linguistic programming) qualified coaches to work through issues, to develop strategies for my new single life and ways to become contented and look forward to an active happy life. I recommend finding the right professional to help support you, particularly in the first few months. I won't be defined by John's passing, but I now define this new life and beginning, with no lasting regrets. I am busy with my new group, making friends, have learnt weaving, slow stitching, multi media artwork and I am now learning how to start a Podcast. I am grateful for each day, for the life I have had and for the life I am having now. I embrace my future and am now at peace.

Sunshine Coast 60+ SOLO Baby Boomer Women's Group

www.facebook.com/groups/294159769657612

What to say/do for a widow/widower

When someone is going through a bereavement, you may want to take their pain away. But it is a deep personal pain. Recognise how hard it is for them. Sometimes you don't need to say anything. Ask if they want to talk. I appreciated a friend who would just spend time quietly with me, letting me cry. Talking helped.

There are no words.

I am so sorry for your loss.

I/we are organizing a garden tidy up.

What food do you like, I will make you some meals.

I can come and hold the tissue box, make you a coffee and sit and listen, or just sit with you.

I could ask what you need help with, but I wanted to offer a few ideas in case you are unsure.

I could bring you a meal tomorrow, clean your house, mow your lawn, or help you with ‘thank you’ notes and acknowledgements.

Which of these would be most helpful for you right now?

I could organize to have pool cleaned/maintained, cleaner or garden man for one or more services.

What NOT to say to a widow/widower

They are in a better place.

They wouldn't want you to grieve.

They would want you to get on with your life.

We have all lost loved ones. It is what it is.

You are young enough to meet someone and remarry.

You can't dwell, you have to get on with life.

You're not the first to lose a husband/wife.

It is no different to becoming single – divorced.

You've just got to get out and not dwell on it.

Everything happens for a reason.

It is just the season of your life.

Be grateful for the time you were married.

When my partner, mother, father, etc was diagnosed with...

They are in a better place.

You'll feel better soon.

You can call me any time.

How are you doing?

“We established the foundation in May 2005 to thank Australia for their ongoing, continued support in the search for Daniel. Eighteen years later and Daniel’s remarkable legacy lives on through the work of the Daniel Morcombe Foundation with the main aim of educating children about their personal safety and assisting young victims of crime.”

Bruce Morcombe

Denise and Bruce Morcombe

Turning Tragedy into a Lifelong Mission for Child Safety

In the face of unimaginable tragedy, some individuals find the strength to transform their grief into a powerful force for positive change.

Words Robert Barnes

December 7, 2003, is a date etched into the memory of every Australian who followed the harrowing story of the Morcombe family. On that fateful day, their 13 year-old son, Daniel, disappeared while waiting for a bus on the Sunshine Coast. What followed was every parent's worst nightmare - a seemingly endless search for their beloved child. Many, till today, remember tying a red ribbon around their letter box, a simple, yet poignant way, for neighbours and community members to express their solidarity with the Morcombe family. It symbolized hope, remembrance, and support for the Morcombes in their quest to bring their son home.

Through the darkest days, Denise and Bruce refused to give up hope. Their tireless efforts to find Daniel included making public appeals, and engaging with the media resonated with people across Australia, and it was through their unwavering commitment that his case remained in the public eye.

The Morcombes' unimaginable loss could have consumed them, but instead, they chose to channel their grief into a mission to protect other children. In 2005, they established the Daniel Morcombe Foundation, a not-for-profit organization committed to child safety education.

Through the Daniel Morcombe Foundation, Denise and Bruce have dedicated themselves to educating children, parents, and communities about the dangers of abduction and abuse. Their advocacy focuses on empowering children to recognize and respond to unsafe situations, teaching parents how to keep their children safe, and working with schools to implement child safety programs.

In 2011, a breakthrough in the case brought a measure of closure. Brett Peter Cowan, a convicted sex offender, was arrested and subsequently convicted of Daniel's abduction and murder. The legal proceedings were undoubtedly challenging, but they helped the Morcombe family find some semblance of justice for their son.

Those who have walked this path know all too well the personal battles they would have had to face. The grief, despair, doubt, anxiety and the unbearable emotional pain can break most people and destroy relationships.

What Denise and Bruce have faced and continue to face together behind closed doors cannot be fathomed. Words of comfort or praise cannot erase the memories or lighten the pain. To endure and still rise each day; to endure and hold a beacon of light and hope for others, this is the true measure of greatness.

Bruce and Denise embody the spirit of love, hope, faith and perseverance and through their example give strength to others who face their darkest days.

Grieving is a deeply personal process, and there's no set timeline for coming to terms with such a tragedy. The Morcombe family has acknowledged this truth, and with time, they've found ways to remember Daniel with love rather than solely focusing on the pain and injustice of his loss.

Denise and Bruce's story is a testament to the indomitable human spirit. They've transformed their own tragedy into a powerful force for change, ensuring that Daniel's memory lives on in a meaningful way.

Through their advocacy and the Daniel Morcombe Foundation, they continue to make a positive impact on the lives of countless children and families across Australia, safeguarding the future and bringing hope to parents and grandparents everywhere.

In the face of heartbreak, the Morcombe family stands as a shining example of how love, determination, and a commitment to a higher purpose can turn tragedy into a legacy of hope and safety for generations to come.

For more information, please go to:
www.danielmorcombe.com.au



Jodie McDonell
***The Making of
a Woman of Substance***
A Life Unveiled Through Time

Jodie McDonell's life is a journey through time, filled with experiences that have shaped her into the remarkable person she is today. Born in 1958 in the vibrant city of Sydney, New South Wales, Jodie's life story is a testament to the transformative power of age and the lessons learned along the way.

Born in Crown Street Women's Hospital, Sydney, where she made her entrance into the world, weighing just over 10 pounds. Growing up as the third daughter in a loving family, Jodie lived near the iconic Bondi Beach. Her childhood was marked by cherished memories of sunny days, sparkling surf, and the simple joy of enjoying ice creams at Bondi Pavilion.

She was educated at St. Patrick's Primary and continued onto Holy Cross College, Woollahra. However, the winds of change were soon to sweep her life in a different direction.

In the early 1970's, the McDonell family decided to leave the bustling city life behind and move to Alexandra Headland on the Sunshine Coast. This shift was a significant culture shock for Jodie, but it would turn out to be the best days of her life. The endless summers and carefree lifestyle offered a sense of freedom that left an indelible mark on her.

As part of a family of six, Jodie's life revolved around Sunday BBQs under the mango tree, thrilling boating trips on the ocean and river, and frequent visits to Alex Beach for surfing and endless fun. It was a chapter of her life she recalls with fondness and warmth.

She completed her high school education at Maroochydore and embarked on her journey into the workforce. She began as a radio copywriter for what is now known as 92.7 Mix FM before transitioning to several years with the Sunshine Coast Daily. Her career then led her to become a Conference Sales Manager for Hyatt Regency Coolum.

However, life is ever-changing, and Jodie's journey took her down different paths, each with its own valuable lessons.

One of the most important lessons Jodie says she has learned is 'the art of being present'. In a world that often rushes by, taking the time to stop and appreciate the subtleties of life can be easily overlooked. She recalls a transformative moment during a morning walk when she discovered a single frangipani flower on her path. The fragrance and beauty of that simple flower uplifted her spirits and reminded her of the importance of savouring life's precious moments.

Throughout her life, Jodie has navigated changing circumstances, from her career choices to her relationships. Working with children and caring for her father in his twilight years introduced her to the wisdom and experiences of different generations. Yet, it was her decision to revisit her faith in God around 13 years ago that brought about the most profound change in her perspective.

Reconnecting with her faith allowed Jodie to discover her purpose and undergo a personal transformation. Her outlook on life shifted, and she found hope for the future and beyond. The lens through which she views life has changed, and she now has a profound sense of purpose. Jodie's journey has been marked by moments of loss, including the early passing of her mother. This experience taught her the value of loving and appreciating the people closest to her, as life can be unpredictable and fleeting.

She drew closer to her father during this difficult period, and he became her confidant and a source of strength. As he faced health challenges, including a stroke that left him unable to speak, Jodie stepped into the role of spokesperson, interpreter, and translator in various aspects of his life. Observing his courage and grace throughout his twilight years left an indelible mark on her and shaped her outlook on life.

As a businesswoman with diverse experiences, Jodie has learned the value of staying on her own path. The distractions of comparing herself to others or constantly looking towards the future can lead to a downward spiral. In today's world, where messages and influences come from various sources, grounding herself in the present and focusing on her own journey has been a source of strength.

In a poignant exercise with her business coach, Jodie reevaluated her priorities in life and realized how they had evolved with age and her journey of faith. Relationships now take precedence in her life, starting

with her simple faith and relationship with God, followed by family, friends, colleagues, clients, acquaintances, and even strangers. The core of her existence revolves around connecting with people on a heartfelt level.

She also acknowledges that life isn't always fair, as she learned through difficult experiences like workplace bullying in her 30's. Despite adversity, she has chosen to continue striving for the best and being the best version of herself.

Jodie believes that grace has been a common thread throughout her life. This "undeserved favour" has appeared repeatedly, reminding her of the beauty that can be found even in life's challenges. She sees the power of choice as another recurring lesson, emphasizing the importance of choosing hope, happiness, and positivity in the face of life's ups and downs.

As Jodie looks ahead to the future, she offers sage advice: "Hang onto your hat!" She once contemplated hiding under the covers on her 50th birthday, but instead, she chose to celebrate life with a year-long list of "50th Celebrations." Embracing her age, she has grown more comfortable in her own skin and found wisdom in her thoughts and conversations.

In the realm of love, Jodie invokes Alfred Tennyson's words, "Tis better to have loved and lost than never to have loved at all." She carries no regrets about her past relationships, seeing them as integral to her journey of self-discovery.

Jodie McDonell's life journey is a testament to the transformative power of time and the lessons learned through its passage. Her story reminds us to cherish each moment, prioritize relationships, and embrace the changes that life brings our way. Through grace and choice, she continues to evolve, inspiring us all to do the same.

"One of the most important lessons Jodie has learned is 'the art of being present'. In a world that often rushes by, taking the time to stop and appreciate the subtleties of life can be easily overlooked."

Mary Jolly

Yours Faithfully

Words Garry Reynolds



In the midst of the tumultuous era of World War II, after the devastating attacks on Pearl Harbor and Darwin, the focus of conflict shifted to Port Moresby in 1942-43. Australian and American pilots found themselves facing skilled Japanese aviators in superior Zero aircraft, resulting in a fierce aerial battle over the skies of Port Moresby. Allied military strategists were deeply concerned that the fall of Port Moresby would open the door to broader attacks on the Australian mainland and disrupt crucial sea-lanes.

As Japanese forces landed in Papua and advanced over the Owen Stanley Ranges via the treacherous Kokoda Track, the threat of an invasion of Port Moresby loomed large. By September 1942, Japanese troops were within a mere 48 kilometers of the town and could see its distant lights.

Amidst this chaos, a young pregnant Papuan woman named Mala Toua and her husband, Harry English, a British national, sought refuge in a remote coastal village beyond the outskirts of Port Moresby. This village not only had its own inhabitants to support but also hosted regular patrols of Australian troops.

On Sunday, October 3, 1943, amidst a diverse congregation, a religious service was held, and prayers ascended for protection against the relentless Japanese assault. Among those praying fervently were Mala and Harry, who were also hoping for the safe arrival of their sixth child. It was a premature baby girl, Mary, who entered the world, joining her three brothers and two sisters.

Faith in God and a tradition of regular prayer became constants in Mary's life, as her parents had been educated by missionaries, just as Mary would be. The English family sustained themselves in the village by collecting shells and crafting souvenirs to sell to Australian troops.

The family's prayers, along with those of their community, were answered when the Japanese forces were repelled in a series of critical battles at Kokoda, Milne Bay, and the Coral Sea. These Allied victories bolstered the security of Port Moresby, allowing the family to return to their home.

After the war, Harry secured a job at the powerhouse while Mala devoted herself to caring for their children, despite the loss of one daughter. However, the post-war period was not without its challenges, as uncontrolled diseases, including leprosy, still posed a threat.

Mary attended a primary school run by the London Missionary Society, where teachers, although well-intentioned, lacked formal training. Nevertheless, Mary's strong faith endured through her high school years. She recalled her aspirations: "I wanted to be a missionary - not to get married but to work for the Lord."

She pursued a career in social welfare, serving as an interpreter and cultural liaison officer for the PNG Government. Her outstanding abilities led to her representing PNG at conferences and development workshops in neighboring countries. Remarkably, she was selected to travel to Canberra to meet Queen Elizabeth and Prince Philip on behalf of her country.

Mary's life took a new trajectory in 1964 when she left her parents in Port Moresby to accept a position in Madang. Her mother sensed that Mary might not return when she packed two suitcases for the journey.

In Madang, Mary's plans regarding marriage also evolved when she met Colin Jolly, a 22-year old Australian expatriate who was studying to become a structural engineer. Their initial encounter changed Mary's perspective on marriage, and eventually, her husband's job required frequent travel from their new family base in Singapore.

However, in 1983, Mary's world was shattered. Upon returning from one of his trips, Colin handed Mary a cheque and informed her of his intention to move to Indonesia to live with a younger Thai woman. He expressed that he no longer loved Mary, leaving her bewildered and heartbroken.

Mary recounts the painful moment: "He said he didn't love me anymore. There was no argument - no breakup. I was bewildered and asked him - what have I done wrong? He said nothing - it's just stupid me."

*"Mary recounts the painful moment:
"He said he didn't love me anymore.
There was no argument - no breakup."*

"Mary Jolly exudes an enduring faith and her trademark love, hope, and persistence against all odds from the time she survived premature birth in the jungle during the War."

Those days were dark for her. Mary spent many days crying; she missed her husband terribly. Colin chose to fall into temptation, leaving her with no choice but to keep moving forward with her three sons. Strangely, amid the pain, she found a sense of peace as she drew closer to God, seeking the strength to overcome.

Despite this devastating betrayal, Mary demonstrated remarkable resilience. She encouraged her sons to maintain a relationship with their father and offered them emotional support while they worked and studied in Sydney from 1984. She also cared for her ailing mother-in-law, who was battling cancer, while Colin remained in Indonesia with a new family.

Even when her husband fell seriously ill and called for his sons' forgiveness, Mary urged them to reconcile, despite their initial anger and resentment. Throughout years of turmoil, including her battle with breast cancer, Mary steadfastly prayed for Colin.

She eventually found solace in moving from Sydney to live with her son at his home in Sunrise Beach. Today, she resides at Peregian Springs Country Club, where she continues to engage in regular Bible studies.

Forgiving people when they wrong you is an incredibly difficult path to follow, but Mary knew in her heart, it was the right thing to do. Her faith taught her that bitterness only begets more bitterness and that holding onto hurt only creates more pain and misery. Through the passage of time, she emerged from the darkness to find grace, favour, and peace.

Jenny Humphrey *But I'm No Angel*

Words Garry Reynolds

After years of volunteering and caring for orphan babies in developing countries, young children in Australia, and aging adults on the Sunshine Coast, all driven by her Christian values, Jenny Humphrey says: "But I'm no angel. Only angels can wing it. The rest of us must keep trying".

At age 65, Jenny exudes an optimism springing from the security of an idyllic childhood spent with her younger sister and brother in the Brisbane suburb of Gordon Park.

Jenny says, "I felt cared for and safe because I knew everyone who lived on our street and the one beside it, as our home was on a corner block."

Jenny was often younger than her peers right on into adulthood. She just had to persist in working a bit harder not only to keep up but leap ahead on occasions.

While her parents did not attend church, one of Jenny's fondest memories is of her mother sending her off to Methodist Sunday School at the young age of five. "As we grew, my sister and I received two sixpences to put on the plate on Sunday mornings.

But we were a bit naughty and held one back to spend on lollies. Never did tell Mum and Dad!" she says, with a giggle.



Although young for her class, (being a December baby) Jenny also really enjoyed primary school and can still recall her grade teachers' names.

Again, Jenny was incredibly young for her year when enrolling in high school, but she was determined to become a teacher, perhaps in domestic science. However, when it came to the Tertiary Entrance Score, she did not achieve the results necessary.

Undaunted, Jenny repeated Year 12, taking on new subjects of art and economics where she determined young woman graduated.

Jenny also set her sights on attaining the peak achievement award for youth members of Girl Guides Australia – 'Queen's Guide'. After a sustained effort over several years, she succeeded - a consistent trait through Jenny's life.

Meanwhile, she secured a job with the Bank of New South Wales working on the late-night shift at a big computer centre in the city on the condition that her father pick her up in the early hours of the morning owing to her youth.

Jenny's dream of teaching revived when she received an offer to train at Brisbane Kindergarten Teachers College. She beams, "I happily took on the little ones and went on teaching for years in early childhood education - my dream was realised!"

Another highlight of Jenny's life arose during Christian youth group social activities when she met her husband to be, Laurie. Five years older, Laurie not only stood out as a tall blonde builder but as a truly kind and considerate man.

"He is still such a beautiful man," exclaims Jenny. Initially, theirs' was a fond boy-girl friendship where Laurie was like an older brother. When love bloomed, they married in 1977.

In a twist on the famous statement by Lady Diana, Jenny says, "From the first moment, there were three people in our marriage - Laurie, God and me."

"God is the glue that has held our marriage together for almost 46 years." A friend called Sue gave her a bible with a handwritten note where she wrote the words of the faith song, 'a new commandment I give unto you, that you love one another as I have loved you'.

"Every phone conversation I have with my husband and family I always finish by telling them I love them and really mean it," confides Jenny.

From 1989-91, Jenny and Laurie's love for others extended into volunteering for three years in the Western Province of Papua New Guinea where Laurie maintained the mission station facilities and trained three national men. Jenny returned to Australia in 1990 to have their third child, returning to PNG when the baby was just four and a half weeks old.

They returned as a family in December 1991 and lived in Brisbane for two years before returning to Toowoomba to live until January 1999, when they moved to Mapleton on the Sunshine Coast Hinterland.

Jenny commenced teaching at Nambour Christian College and worked there until May 2003. In that duration, she studied and achieved a Post Graduate Certificate in TESOL which she believed would be advantageous for any future missionary work God may have for them.

In December 2010, Laurie and Jenny left Australia to serve in mission work in Zimbabwe with orphaned and abandoned children and babies. They worked there for three and a half years before embarking on another adventure in the northern part of South Africa at a mission school and orphanage. Jenny taught at the school while Laurie helped construct a large school/community auditorium.

Volunteering gave both of them a deep understanding of the challenges people encounter and felt privileged to be able to lighten the load.

Planning to return to the Sunshine Coast after seven years overseas, the missionary couple were in for challenging times. Jenny recalls: we found ourselves with no home, no car and in debt due to an unfortunate set of circumstances. Our life's work dissipated in front of our eyes. For many people this is enough to reach breaking point. After years of selfless work, they found themselves in seemingly an unjust position.

It was a low point, but through prayer and reflection we came to realize, it was only material things we lost. After all I had Laurie, my beautiful family, I had my health. I was indeed rich beyond measure. "We won't be able to leave our children any significant worldly inheritance, but they understand," she exclaims. What we will leave them are spiritual tools (an example) to help them ride the twists and turns of life and the gift of faith instilled in their hearts.

Jenny knew in her heart they were going to be ok. It's a knowing deep down; she says that someone greater oversees our life and He is making the way clear for us. This unshakeable faith only comes in time. You learn to walk in faith not by sight. It is an unshakeable anchor that enables you to ride each storm that comes your way.

Jenny humbly points out they have been housesitting to have a roof over their heads. Jenny takes great pride in looking after people's homes. Every night they pray together and thank God with a grateful heart. "We've been doing this for five and a half years fulltime and love it. The bonus is we also look after people's pets which is an absolute joy," Jenny glows.

The storms in life teach us to place value on the right things. We learn to value each other and not material things.

Jenny's gracious manner facing life's challenges is endearing: her faith is remarkable, and something tells me, all will be well in Jenny's world.

—
*"You learn to walk in
 faith not by sight"*
 —

Cecily Messer

A Life of Volunteering and Community Enrichment



In the heart of Queensland's Burnett District, nestled in the charming town of Woowoonga, Cecily's journey began, marked by a rural upbringing that instilled in her the values of hard work, resilience, and an unwavering commitment to community. Born and raised on a small farm, Cecily's early years were spent in a humble slab hut house, surrounded by the beauty of nature and the warmth of a close-knit family.

Cecily's family played a pivotal role in shaping her character. Her mother, a multi-talented musician, led her dance band at the tender age of 11, created exquisite floral arrangements for local events, and crafted beautiful celebration cakes. Cecily's father, an orchid grower, shared her mother's passion for community involvement, actively participating in the RSL and the Buffalo Lodge. Tragically, Cecily lost her mother at a young age, leaving her with a legacy of resilience and an indomitable spirit that would guide her throughout her life.

From her family, Cecily imbibed invaluable life lessons: "Always give things a go and never give up," she would say. This unwavering determination propelled her through life's challenges. She believed in treating others as she wished to be treated and found profound joy in life's smaller moments.

During her school years, Cecily was a passionate sports enthusiast, excelling in basketball, tennis, and vigoro, relishing every school sports day. However, her sporting pursuits took a backseat when she married Noel, a skilled tennis and squash player. As their children came along, Cecily became a dedicated mother but longed for the excitement of sports once more.

It was a momentous decision to join the Surf Life Saving Club at the age of 50 that rekindled her passion for competition. Early morning swim training sessions and dedicated efforts led her to compete and win medals at branch, state, and national levels, even participating in the World Titles in Germany, where she returned home with coveted medals.

Cecily's family has been a source of immense pride for her. Both of her children have achieved remarkable success in their chosen fields, a testament to her nurturing and supportive presence in their lives.

Motivated by a desire to contribute to her community, Cecily decided to join her husband in the local RSL sub-branch as a volunteer. What began as a simple gesture of support quickly grew into a passion for volunteering. Cecily found herself juggling her time between the Surf Club and the RSL, all while maintaining her commitments to her family and travel.

Her roles in volunteering expanded over the years, from Patrol Member to Patrol Captain, and eventually, she became the Functions Manager at her RSL sub-branch. Her dedication extended to making newcomers feel welcome and valued, fostering a spirit of camaraderie and community.

Cecily passionately believes in the power of volunteering. It brings together people from diverse backgrounds, strengthens communities, and is often the lifeblood of small towns like Woowoonga. For Cecily, volunteering isn't a chore; it's a fulfilling journey of personal growth, achievement, and the joy of making a positive impact.

In a world where selflessness and dedication are increasingly rare, Cecily's story stands as a beacon of inspiration. Her life is a testament to the profound fulfillment that comes from giving back, and a reminder that even the smallest contributions can make a world of difference. Cecily's unwavering commitment to her community, her family, and the values that guide her is nothing short of remarkable—a testament to the power of a life dedicated to service and enrichment.

To Thy Own Self Be True

Embracing Authenticity in the Golden Years

Ageing is a universal experience that transcends the boundaries of gender, race, and sexual orientation. However, as members of the LGBTQ+ community grow older, they face a unique set of challenges that can be both profound and deeply personal.



Father's Redemption:

Michael's Journey to Self-Acceptance and Reconciliation

Words Robert Barnes

For many older LGBTQ+ individuals, their youth was marked by a society that was far less accepting and understanding than it is today. The closet often served as a place of refuge, protection, and survival. However, as they enter their golden years, the weight of a lifetime of secrecy and the toll it has taken on their mental and emotional well-being cannot be ignored. Here is Michael's story who, like others, has chosen after many years to come out - overcoming shame, righting wrongs and living their own truth.

As Michael stood at the precipice of despair, contemplating the devastating decision to end his own life, at the age of 65yrs, a poignant image flashed before him: the faces of his beloved children and wife. In that moment, he realized the profound burden he would be placing on their shoulders by choosing the easy way out. The thought of leaving them with the anguish of his absence, compounded by the truth he had kept hidden, was a wake-up call that halted his desperate actions.

At the age of 7yrs Michael knew he was different. Born into a well to do staunch catholic family, headed by an overbearing strict patriarchal father, Michael stood no chance of living an authentic life. He was forced into the closet. For years, he had carried the pain of his truth in silence, shrouded in self-loathing and shame which often spilled over onto his marriage causing grief to his wife. Michael would prefer to spend time at work rather than be at home. He feared intimacy with his wife and blamed her for their lack lustre love life. He realized he had become the master of using covert tactics to cover his tracks living in two worlds. He knew his lie was the underlying cause for his wife's depression. Michael felt compelled to right the wrong, put his own pain in the spotlight, and confront his lie head-on. At this point, he knew he would pay whatever price needed to find redemption and bring healing to his family.

On a fateful day, a few weeks after his attempt to end his life, Michael drew courage to sit down with his wife on their balcony, the place where they had shared countless moments together. There, he mustered the strength to pour his heart out to her. Years of pent-up emotions, self-loathing, and the weight of his hidden truth poured forth in a cathartic torrent.

The conversation was raw and emotional, as Michael bared his soul, leaving no stone unturned. He apologized repeatedly for the years of secrecy and the pain he had inadvertently caused. His wife listened with a mix of shock, anger, and sadness.

Michael states that though his wife was hurt, she recognized the sincerity in his desire for redemption and understanding. She requested that they keep this revelation between them for a while until she could come to terms with it. The anger she felt at having lived a lie for decades was too overwhelming to process in the moment.

Following this revelation, their home was filled with an awkward silence for months. Each day was a struggle as they navigated the tumultuous waters of their changed relationship. It was a period marked by intense emotions, as Michael's wife grappled with her feelings of betrayal and deception. Michael was resolute in his conviction to right the wrong and was willing to give up whatever he owned to his wife to mend the pain he had caused.

As time passed, Michael realized that he also needed to make amends with his children. He and his wife approached each one individually, understanding that each would react differently. Michael shared his truth, expressed his remorse, and asked for their forgiveness. It was not an easy process, but slowly, with patience and love, he began to rebuild the bridges of trust.

Michael's journey to self-acceptance was not just a personal transformation; it became an opportunity for healing and reconciliation within his family. For years, Michael struggled in hiding, haunted by shame, he feared ridicule, and rejection from his family and more importantly, the Catholic church. This internal conflict left him in a prolonged state of cognitive dissonance. When he uncovered his true self, and learnt the stark difference between the man-made constructs of religion and spirituality, he finally made his peace with God, found redemption, forgiveness, and a more authentic future.

Where to get support on the Sunshine Coast:

LGBTI+ COMMUNITY AGEING NETWORK (LGBTI+ CAN)

Inspiring the Wellbeing and Inclusion of LGBTI+ Seniors in Sunshine Coast Areas. Connecting LGBTI+ Seniors with trusted services, support and resources.

www.lgbtican.com.au

THE QUEENSLAND COUNCIL FOR LGBTI HEALTH (QC)

QC is a community led and community owned health and wellbeing service for LGBTQIA+, Sistergirl and Brotherboy people in Queensland.

www.qc.org.au

MANY GENDERS ONE VOICE

A Trans, Gender Diverse & Non-Binary Social and Support Group. Holding regular meetings, events and raising awareness within our own communities and other communities at large.

www.manygendersononevoice.org

LGBTQ DOMESTIC VIOLENCE AWARENESS FOUNDATION

We are committed to helping end domestic violence in LGBTQ communities through our awareness campaigns, education programs and reducing barriers to reporting abuse and accessing support.

www.dvafoundation.org

CARER GATEWAY

Emotional, practical and financial support for carers. LGBTQIA+ Liason. Call 1800 422 737.

www.carergateway.gov.au

MENTAL HEALTH SUPPORT

RELATIONSHIPS AUSTRALIA QUEENSLAND

The LGBTI Legal Service offers free and confidential legal advice to Queensland residents who identify as members of the diverse lesbian, gay, bisexual, trans and intersex community.

www.lgbtilegalservice.org.au

QLIFE

QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

www.qlife.org.au

OBSDIAN COUNSELLING

We provide professional online counselling for the LGBTQIA+ communities and those questioning or exploring their sexual orientation and/or gender Australia wide.

www.obsidian-counselling.com.au/

AWAKENED COUNSELLING

Counselling service specialising in working with the LGBTQIA+ community and their families.

www.www.awakenedcounselling.com.au

THE THERAPY MOVEMENT

We support children, young people and adults with any range of mental health and counselling needs. Children, young people and adults with diverse gender and sexuality, experience unique challenges. We offer therapy specialised in assisting individuals and families in the areas of adjustment, identity and negotiating barriers. We additionally provide specialised couples, parenting, and post separation therapy for same sex and gender diverse relationships.

www.thetherapymovement.com.au

HOME AND COMMUNITY CARE SERVICES

RAINBOW CARE HOME SERVICES

Rainbow Care Home Services are NDIS registered for Support Coordination and Plan Management. We are able to support HCP packages as well as private services.

Other Services:

Art Therapy

Direct Services in the aged, disability, mental health and private space with our carefully selected Rainbow Workers.

www.rainbowcarehomeservices.com.au

LGBTI+ COMMUNITY AGEING NETWORK (LGBTI+ CAN)

Inspiring the Wellbeing and Inclusion of LGBTI+ Seniors in Sunshine Coast Areas. Connecting LGBTI+ Seniors with trusted services, support and resources.

www.lgbtican.com.au

“While the challenges faced by older gay and lesbian individuals are real and impactful, there is hope to be found in the power of community and advocacy. Organizations and support networks have emerged to combat the isolation and discrimination experienced by LGBTQ+ seniors, providing a sense of belonging and solidarity.”



Things to Consider when buying into Strata Living

The well-being of older Australians in residential buildings is not just about ensuring they have a roof over their heads. It's about creating a safe, accessible, and supportive environment where they can live their later years with dignity, independence, and peace. By understanding the unique challenges faced by this demographic and making thoughtful modifications, Body Corporate and their Committees can play a pivotal role in enhancing the quality of life for older Australians.

The Sunshine Coast has long been an attractive retirement destination. While we are age-friendly - we are aiming to be the most age-friendly region in Australia, are our buildings age-ready?

Sunshine Coast Gerontologist Tanya Dave says, "People are living longer, healthier lives and have new expectations of their community. They are also transitioning from inner city and suburbs to beachside and regional communities and downsizing to apartments or managed communities with fewer over 55s willing to enter aged care communities." This transition is fuelled by increased government funding directed towards in-home care.

A recent study by the University of NSW indicates that more than 40 percent of Body Corporate managed units on the Sunshine Coast are occupied by over 55-year-olds, and of those, 40 percent live alone. These older residents have specific needs and experience a unique set of challenges that will increasingly need to be addressed by their Body Corporate.

When looking for an apartment to call home, it is important for the senior cohort to consider the longer-term practicalities of a strata-titled property and factor in the role of the Body Corporate and Committee.

Getting older can bring to the forefront mobility issues, cognitive challenges, sensory impairment, and other complex health issues. All these issues can pose challenges within the confines of your living spaces.

Addressing these challenges in strata living spaces will require modifications tailored to meet the unique challenges faced and can include:

- **Ramps and Handrails:** Installing ramps at entry and exit points, and placing handrails in common areas, can aid in mobility.
- **Elevator Access:** Elevators should be available, well-maintained, and spacious enough to accommodate wheelchairs or walkers.
- **Lighting:** Well-lit corridors, pathways, and common areas can help compensate for diminished eyesight.
- **Flooring:** Slip-resistant flooring can significantly reduce the risk of falls.
- **Clear Signage:** Clear, large-font signage can assist in navigation and reduce the chances of disorientation.
- **Emergency Systems:** Easily accessible emergency systems, like panic buttons, can provide a quick response in case of medical emergencies or other crises.
- **Adaptive Technologies:** Integrating technologies such as voice-assisted devices or sensors can be beneficial for those with sensory impairments or cognitive challenges.

So what should a potential buyer or resident expect from their Committee, and how can they help create a more desirable and supportive community in which to live?

Alastair McCracken of Strata Living, one of the Sunshine Coast's most proactive Body Corporate companies, says: "Few owners realize that it is the unit owners who are able to tailor their building facilities to meet their own needs. It is a common misconception that the Body Corporate manager or Committee dictates how a building is run. In fact, significant decisions of a Body Corporate can only be proposed by, and voted for, by the residents themselves."

So, what are the responsibilities of a Body Corporate to their older residents, he asks.

"The responsibilities of a Committee are well defined in the Body Corporate and Community Management Act and Regulations. Committees are responsible to maintain a safe, secure and agreeable environment for all residents. Committees are bound to receive and respond to all requests of owners. And so, if an ageing resident needs added accessibility to common areas, how should a committee respond?"

"A Committee should be empathetic, considerate, and proactive when it comes to these changes. In the past, we have seen some committees denying responsibility to spend on modifications that assist ageing or impaired residents. This approach is increasingly open to challenge, as owners age and needs change.





For example, is your building registered with the ambulance for vulnerable clients? The Queensland Ambulance Service maintains a register of security access codes to buildings. If your building is not registered, how would a paramedic access the building in a case of emergency when minutes are crucial?

Local company I Age Well is a specialist consultant and provider of advice on the practical implementation of best practices to meet the needs of the older resident. Tanya Dave and her team assess the building to identify specific needs, recommend solutions, and even introduce committees to suppliers to make buildings and facilities age-ready.

“I Age Well ensures buildings are not just compliant but fitted out to meet the real needs of older or more vulnerable occupants. Do they have a defibrillator on site, for example, and where is it? If your community has a swimming pool, it is considered public, and by law must have ready and easy access to a defibrillator,” Tanya asks.

“The Body Corporate is the administrator of the community on behalf of all owners. The community members pay their Body Corporate to do their bidding, not the other way around,” adds Alastair.

For Body Corporate Committees overseeing buildings occupied by elder Australians, a proactive, empathetic approach is crucial. Key considerations which potential buyers and building managers must include:

- **Engagement:** Active engagement with older residents to understand their unique needs and challenges. Feedback loops can provide insight into what modifications or support systems might be necessary.
- **Safety Audits:** Building Managers and Body Corporates should complete an annual safety audit of all facilities, especially elevators and safety systems, to ensure they’re always functional.
- **Training:** Building managers and staff should receive training on how to assist and respond to the unique needs of older residents.
- **Awareness Campaigns:** Raising awareness among all residents about the special needs of their older neighbors can foster a supportive community.
- **Access Control:** With the increased need for in-home care, are there sufficient car parks for visiting carers? Is building security balanced against the need for additional visitors?
- **Special Needs Register:** Does your building have a list for all owners requiring support in an emergency evacuation or power blackout?
- **Medical Facilities:** Consideration should be given to ensuring easy access to medical facilities or spaces where residents can receive in-home care.

Strata Living’s Alastair McCracken suggests in today’s resale market, it is less important how a product is built but how well the property is managed that is the single biggest differentiator of real estate values. “Buyers in this age bracket are better funded, better educated and more aware of the age-friendly facilities they should expect in high-quality buildings.”

“Body Corporates that don’t meet the needs and expectations of these older Australians will see their building’s desirability, and property values fall behind those of comparative communities. And, so, it is not only a legal but also a commercial consideration for Committees to get this right,” he adds.

In conclusion, ensuring that residential buildings are not just age-friendly but age-ready is essential to provide a high quality of life for older Australians. By recognizing their unique needs and challenges, Body Corporate Committees can play a vital role in creating a supportive and inclusive community for seniors. It is not only a matter of fulfilling legal obligations but also a commercial consideration, as properties that cater to the needs of older residents are likely to maintain their desirability and value in the real estate market. Building managers, Body Corporates, and Committee members must actively engage with older residents, conduct safety audits, provide training, raise awareness, and ensure easy access to medical facilities. Companies like I Age Well can offer valuable expertise in making buildings and facilities age-ready. In the end, it’s about fostering empathy and proactive measures to ensure that our elder Australians can age with dignity, independence, and peace.

Retirement Living Directory

RETIREMENT VILLAGES ON THE SUNSHINE COAST AND SURROUNDING AREAS

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 'ongoing 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.

ALEXANDRA HEADLAND 4572

TANTULA RISE RETIREMENT LIVING
BRAND: BOLTON CLARK
 AGED CARE FACILITY ONSITE
 96 Tantula Road
 Alexandra Headland, QLD 4572
www.boltonclarke.com.au
 Phone: 1300 857 366

BEERWAH 4519

EMBRACIA RETIREMENT VILLAGE
BRAND: MCKENZIE AGED CARE GROUP
 AGED CARE FACILITY ONSITE
 96 Peachester Road
 Beerwah, QLD 4519
 Phone: 07 5436 5444
www.mckenzieacg.com.au
 Phone: 1300 899 222

BIRTINYA 4575

LEVANDE SHINE BIRTINYA
BRAND: LEVANDE
 Lake Kawana Blvd
 Birtinya, QLD 4575
www.levanda.com.au
 Phone: 1800 727 170

BLI BLI 4560

BLI BLI RETIREMENT VILLAGE
BRAND: BLUE CARE
 AGED CARE FACILITY ONSITE
 36 Lefoes Road
 Bli Bli, QLD 4560
www.bluecare.org.au
 Phone: 1800 990 446

BUDERIM 4556

BUDERIM GARDENS RETIREMENT VILLAGE
BRAND: KEYTON
 405 Mooloolaba Road
 Buderim, QLD 4556
www.keyton.com.au
 Phone: 1800 550 550

EDENLEA RETIREMENT VILLAGE
BRAND: EDENLEA ON BUDERIM
 22 Townsend Rd
 Buderim, Qld, 4556
 Phone: 07 5476 8900

HIBISCUS BUDERIM MEADOWS
BRAND: KEYTON
 183 Karawatha Drive
 Buderim, QLD 4556
www.keyton.com.au
 Phone: 1800 550 550

IMMANUEL GARDENS RETIREMENT VILLAGE
BRAND: LUTHERAN SERVICES
 AGED CARE FACILITY ONSITE
 10 Magnetic Drive
 Buderim, Qld, 4556
www.lutheranservices.org.au
 Phone: 1800 692 273

IRT THE PALMS
BRAND: IRT
 22 Power Road
 Buderim, QLD 4556
www.irt.org.au
 Phone: 13 44 78

AVEO LINDSAY GARDENS
BRAND: AVEO
 35 Lindsay Road
 Buderim, QLD 4556
www.aveo.com.au
 Phone: 1800 958 041

BURNSIDE 4560

ROTARY GARDEN VILLAGE – BY SUNDALE
BRAND: SUNDALE
 AGED CARE FACILITY ONSITE
 98 Windsor Road
 Burnside, QLD 4560
www.sundale.org.au
 Phone: 1800 786 325

CALOUNDRA 4551

BELLCARRA RETIREMENT RESORT
BRAND: LEVANDE
 17 Carree Street
 Caloundra West, QLD 4551
www.levande.com.au
 Phone: 1800 727 170

CALOUNDRA GARDENS RETIREMENT VILLAGE
 RETIREMENT VILLAGE
 72 Mark Rd W
 Caloundra, Qld 4551
www.caloundragardens.org.au
 Phone: 07 5492 5600

KIRAMI RETIREMENT VILLAGE
BRAND: BLUE CARE
 AGED CARE FACILITY ONSITE
 10 West Terrace
 Caloundra, QLD 4551
www.bluecare.org.au
 Phone: 1800 990 446

KOOKABURRA RETIREMENT VILLAGE
 123 Mark Road East
 Caloundra West, QLD 4551
www.kookaburravillage.com.au
 Phone: 07 5491 5888

COOLUM 4573

COOLUM WATERS – BY SUNDALE
BRAND: SUNDALE
 AGED CARE FACILITY ONSITE
 4 Wembley Road
 Coolum Beach, QLD 4573
www.sundale.org.au
 Phone: 1800 786 325

COOROY, 4563

ASHMOND ESTATE RETIREMENT VILLAGE
 1 Ferrells Rd
 Cooroy, QLD 456
 Phone: 07 5447 6263

LIVING OPTIONS

CURRIMUNDI, 4551

**CURRIMUNDI GARDENS
RETIREMENT VILLAGE**
BRAND: OZCARE
AGED CARE FACILITY ONSITE
28 Saffron Dr
Currimundi, QLD 4551
www.ozcare.org.au
Phone: 1800 692 273

**IRT PARKLANDS RETIREMENT
VILLAGE**
BRAND: IRT
242 Parklands Boulevard
Currimundi, QLD 4551
www.irt.org.au
Phone: 13 44 78

LANDSBOROUGH 4550

**LANDSBOROUGH PINES
RETIREMENT VILLAGE**
1 Eudlo Street
Eudlo, QLD 4550
Phone: 07 5494 1207

LITTLE MOUNTAIN 4551

**CALOUNDRA ADVENTIST
RETIREMENT VILLAGE**
BRAND: SEVENTH DAY ADVENTIST
AGED CARE FACILITY ONSITE
64 Sunset Drive
Little Mountain, QLD 4551
www.arplus.org.au
Phone: 07 5491 3544

**CALOUNDRA RISE RETIREMENT
ESTATE**
BRAND: SOUTHERN CROSS CARE
QLD AGED CARE FACILITY ONSITE
57 Village Way
Little Mountain, 4551
www.sccqld.com.au
1800 899 300

MALENY 4552

BLUE CARE BEN BRYCE
BRAND: BLUE CARE
AGED CARE FACILITY ONSITE
1274 Landsborough Maleny Rd
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www.bluecare.org.au
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Maroochydore, QLD 4558
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PALMVIEW RETIREMENT VILLAGE
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palmwoodstropicalvillage.com.au
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 Sippy Downs, QLD 4556
www.keyton.com.au
 Phone: 1800 550 550

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BRAND: KEYTON
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 Sippy Downs, QLD 4556
www.keyton.com.au
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 71 St. Andrews Drive
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www.keyton.com.au
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BRAND: LIVING CHOICE
 21 Baywater Drive
 Twin Waters, QLD 4564
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ELANDRA RETIREMENT VILLAGE
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TWIN CEDARS RETIREMENT VILLAGE
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www.hometownaustralia.com.au
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 Bli Bli, QLD 4560
www.stockland.com.au
 Phone: 1800 050 500

HALCYON LANDING
 27 Waigani Street
 Bli Bli, QLD 4560
www.stockland.com.au
 Phone: 1800 050 500

EDGEWATER
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 Bli Bli, QLD 4560
www.hometownaustralia.com.au
 Phone: 07 2104 0916

BUDERIM 4556

STOCKLAND B BY HALCYON
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 Buderim, QLD 4556
www.stockland.com.au
 Phone: 1800 050 050

CALOUNDRA 4551

HALCYON PARKS
 42 Meridian Way
 Caloundra, QLD 4551
www.stockland.com.au
 Phone: 1800 050 050
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

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PALM LAKE RESORT - CALOUNDRA CAY
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 Little Mountain, QLD 4551
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Maroochydore, QLD 4558
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35 Lindsay Rd
www.aveo.com.au
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Buderim, Qld, 4556
Phone: 0429 508 705



Turn! Turn! Turn!

Downsizing is all About Timing...

Words Jodie McDonell

You probably already know those beautiful lyrics which say for everything there is a season, and a time for every matter under heaven. You may be humming the 1962 song “*Turn, Turn, Turn*” by The Byrds right now? The lyrics include *A time to be born and a time to die; a time for war, and a time for peace; a time to break down, and a time to build up; a time to keep, and a time to cast away.*

There’s definitely a time to take a big breath, and a time to downsize. A major observation is that it’s all about timing, and my strong advice is not to leave it too late.

Age equals energy and that’s a fact. There can be a lot of mental and physical energy required when you finally take on the process of downsizing. There are big, important decisions to be made which are crucial to a happy downsize. Sadly, some leave it too late, and it turns out to be extremely stressful, problematic and can even impact on your health.

One of the cases that comes to mind is an older (80+ years) client of mine who, in her everyday life, was quite active and clear thinking. However, she called me in tears in the first two weeks of moving and was quite overwhelmed by it all. I spent the afternoon with her scheduling a whole range of tasks from packers to cleaners to handymen. This got her back on track, and we worked together to make the move. She is now happily nestled into her new (much smaller) home and lifestyle. She was happy to admit that she had left it too late.

Another older (80+ years) couple who were well supported by a large family also began to lose ground a few weeks into the sales campaign. The emotional stress began to take its toll, so much so that the wife was taken to hospital.

The family then decided to move the couple to a beachside unit for the remainder of the campaign which was a perfect strategy. The family even went ahead and set up their new home in a 60+ retirement resort, so they were able to just walk in the front door and begin to enjoy life again.

Downsizing should be considered anywhere from the mid-50yrs to mid-70s if you’re to have the tools you need to complete the process. Ageing is not your only consideration in wanting to downsize, there’s the matter of timing the market also.

Do your best to sell and buy in the same market no matter what, you don’t want to be caught out. Some downsizers are comfortable with purchasing first and likewise, it’s a good idea to then get your property sold as soon as possible. That’s simple real estate logic!

It’s all about timing, and when you get it right, you have a smooth transition to a brand-new lifestyle of low maintenance, high convenience, peace and security, and more enjoyment. Could it be your turn?



Jodie McDonnell
60+ LIFESTYLE AGENT

CENTURY 21. On
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Firstly, let's find your new home...

"Deciding where you want to go first makes the whole downsizing process much easier. Allow me to assist you to find the right property and, usher you into a fresh new lifestyle!"

"The Stepping Stones Series is designed to provide you with all the information you need to make your move with confidence. Just believe, it can be done!"

Creating A Balance For Your Life

Email: jodie.c21@century21.com.au Mobile: 0419 762 309





Unlock the Secrets of Anti-Aging Science: Techniques for a Youthful Future

In June 2018, the World Health Organization (WHO) unveiled the 11th edition of its International Classification of Diseases, introducing a groundbreaking addition: “Code MG2A: Old age.”

This seemingly small addition may hold the key to addressing the most pervasive of human ailments – aging itself – the root cause of nearly all other health issues.

Thanks to advancements in genetics, biotechnology, and lifestyle approaches, we are now on the brink of comprehending the intricate mechanisms behind ageing and, more importantly, applying techniques to slow down the relentless march of time. In this article, we will delve into some of the most promising anti-ageing techniques firmly grounded in scientific research.

Contrary to popular belief, there exists no biological mandate dictating that we must inevitably age. Aging, being the chief risk factor for nearly all diseases, signifies that our journey in aging research goes beyond merely prolonging lifespan; it signifies the eradication of the very concept of disease itself. And intriguingly, some of the methods to extend life, such as the ongoing metformin trial, might be as straightforward as repurposing existing medications, readily available in some countries over the counter.

The evolving definition of ageing and the rapid progress in this field challenge long-standing assumptions. Many are hesitant about extending their years, primarily driven by the fear of growing frail and infirm. However, the technologies currently under development promise not just added years but additional years of vitality.



The notion of reversing ageing will start to crystallize. Whether we are fortunate enough to benefit from these innovations or stand as the last generation to lead relatively shorter lives will hinge on our collective determination.

****1. Telomere Lengthening:**

The Cellular Fountain of Youth Telomeres, protective caps at the tips of our chromosomes, have been closely linked to the ageing process. As cells divide, telomeres naturally shorten, eventually leading to cellular ageing and dysfunction. Scientists have been actively exploring methods to elongate telomeres, thus slowing down the ageing process.

Telomerase Activation: Telomerase, an enzyme capable of rebuilding telomeres, is typically limited in adult cells. Researchers are actively seeking ways to activate telomerase, potentially extending cell lifespans and delaying aging. Although promising results have emerged from animal studies, human applications are still in their infancy.

****2. Senescence Reversal:**

Combating Zombie Cells Cellular senescence, the state in which cells lose their ability to divide and function correctly, contributes to age-related inflammation and tissue damage. Anti-ageing science aims to either eliminate or rejuvenate these senescent cells to promote healthier ageing.

Senolytics: Senolytics, drugs or compounds designed to target and remove senescent cells, are currently undergoing clinical trials to assess their effectiveness in mitigating various age-related conditions, including osteoarthritis and frailty.

****3. Genetic Interventions:**

Rewriting the Ageing Code Advancements in genetic engineering and gene therapy have opened doors to exciting possibilities within anti-ageing research. Researchers are actively exploring ways to manipulate ageing-associated genes to promote longevity.

CRISPR-Cas9: The groundbreaking CRISPR-Cas9 gene-editing technology has the potential to modify genes linked to ageing. While its application in humans for anti-ageing purposes remains mostly theoretical, ongoing research endeavors to harness its potential to target and repair age-related genetic damage.

****4. Caloric Restriction and Intermittent Fasting:**

Nutrient Timing for Longevity Caloric restriction (CR) and intermittent fasting (IF) are dietary approaches showing promise in extending lifespan and enhancing health across various organisms. Both strategies are grounded in the principle of reducing calorie intake without malnutrition.

Caloric Restriction: Animal studies have demonstrated that a 20-40% reduction in calorie intake can extend lifespan and delay age-related diseases. Although the effects of CR in humans are still under investigation, it has been associated with metabolic benefits that may support healthy ageing.

Intermittent Fasting: IF involves cycling between fasting and eating within specific time windows. This approach exhibits potential benefits such as improved insulin sensitivity, weight management, and cellular repair processes, all of which contribute to anti-ageing effects.

****5. Nutraceuticals: Allies Packed with Nutrients**

Nutraceuticals are bioactive compounds present in foods or supplements, offering health benefits beyond basic nutrition. Many of these compounds have undergone scrutiny for their anti-aging properties.

Resveratrol: The Red Wine Molecule Resveratrol, commonly found in red grapes, red wine, and specific berries, is gaining attention as a potential anti-ageing supplement. Its anti-ageing potential stems from its antioxidant properties, countering the oxidative stress and inflammation associated with ageing. Additionally, resveratrol has been linked to the activation of sirtuins, proteins associated with increased lifespan in various organisms.

For those over 60, resveratrol may hold promise as a supplement supporting healthy ageing. However, further research is essential to ascertain its effects and determine optimal dosages. As with any supplement, consulting a healthcare professional before incorporating resveratrol is advisable.

NAD+ Precursors: Energizing Ageing Cells

Nicotinamide Adenine Dinucleotide (NAD+) is a crucial coenzyme governing cellular processes such as energy production and DNA repair. As NAD+ levels decline with age, cell function and ageing processes are adversely affected. NAD+ precursor supplements like nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN) are gaining popularity for their potential to elevate NAD+ levels and rejuvenate ageing cells. By replenishing NAD+, these supplements enhance cellular energy production and support DNA repair mechanisms, offering potential longevity and overall well-being benefits.

Coenzyme Q10 (CoQ10): Energizing Mitochondria

Mitochondria, the cell's powerhouses, play a pivotal role in energy production. With age, mitochondrial function naturally wanes, leading to reduced energy levels and increased oxidative stress. Coenzyme Q10 (CoQ10), a naturally occurring compound, bolsters mitochondrial health and function. Acting as an antioxidant, CoQ10 neutralizes harmful free radicals, safeguarding cells from damage and enhancing energy production. CoQ10 supplements have shown promise in improving skin health, exercise performance, and overall vitality, making them a valuable addition to the anti-ageing arsenal.

Collagen: Skin's Ally

Collagen, the body's most abundant protein, is crucial for skin, hair, nails, and connective tissues. However, collagen production dwindles with age, contributing to wrinkles and sagging skin. Collagen supplements, derived from sources like fish scales or bones, offer a way to replenish collagen stores and potentially reverse the signs of ageing. Preliminary studies suggest benefits including improved skin elasticity, hydration, and appearance. Collagen supplements may also promote joint health, reducing age-related joint discomfort.

Omega-3 Fatty Acids: Brain and Heart Health

Omega-3 fatty acids, found in fatty fish and supplements, are celebrated for their health advantages. These healthy fats play a critical role in anti-ageing, particularly for individuals aged 60 and beyond. Omega-3s help safeguard against age-related cognitive decline by protecting brain cells and enhancing cognitive function. They also reduce brain inflammation, linked to various neurodegenerative diseases. Additionally, omega-3s support heart health by maintaining healthy blood pressure, lowering triglycerides, preventing arrhythmias, and inhibiting blood clot formation. Incorporating omega-3-rich foods or supplements can enhance brain and heart well-being, reducing age-related issues.

Vitamin D: The Sunshine Vitamin

Vitamin D, often called the sunshine vitamin, is essential for overall health, particularly as we age. Our skin synthesizes vitamin D upon sun exposure. Yet, deficiency is common, especially among older adults who spend less time outdoors. Vitamin D plays a vital role in preserving bone health, combating age-related fragility, fractures, and osteoporosis. It aids calcium absorption, another crucial bone nutrient. Additionally, vitamin D supports the immune system, especially important as ageing weakens immunity. Vitamin D supplementation, after consultation with a healthcare provider, can help maintain health in individuals over 60.

Hyaluronic Acid: Skin's Hydration Hero

Hyaluronic acid, naturally present in the skin and connective tissues, maintains skin hydration, suppleness, and elasticity. As we age, hyaluronic acid levels decline, leading to fine lines and wrinkles. Hyaluronic acid supplements, whether oral or topical, aim to replenish skin hydration and enhance its appearance. While the effectiveness of oral supplements is still under investigation, topical products have gained recognition for improving skin hydration and reducing ageing signs. Consult a healthcare professional before starting any supplement regimen.

Conclusion

Anti-ageing science has made remarkable strides, offering promising techniques to extend healthspan and overall well-being as we age. However, it's crucial to recognize that the pursuit of longevity is in its early stages. Many of these techniques require additional research, validation, and regulatory approval before becoming widely accessible.





Irene McDonald

The Magic of MSM

Words Tricia Welsh

Twenty years ago, Currimundi resident Irene McDonald suffered from severe skin redness and sensitivity. Nothing she tried could relieve her itching skin, but a chance meeting with a horse trainer was to change her life. She went on to create a unique range of natural products that relieve pain, improve joint healthy and soften and improve skin at the same time.

“While the horse trainer was using MSM to relieve joint pain in his horses, he said it also seemed to improve their coats and fix skin conditions,” Irene explains. “I wondered if it would work on humans, too?”

Diving into the published research (not so easy in early Internet days), Irene read up on the science behind MSM and the different benefits it could bring, including reducing inflammation and improving skin health. She couldn’t find any skincare products that included MSM as an ingredient, so her home kitchen became a temporary research laboratory as she set about concocting various natural lotions and potions and testing this organic sulphur compound on herself.

“My own skin was giving me such grief at the time when I started researching MSM that I thought to combine MSM with Aloe Vera to create a soothing gel. It had a fantastic calming effect on my skin, so I shared this first formulation with family and friends during a beach holiday. It seemed to work for lots of things from mosquito and midge bites to scratches and especially sunburn,” she recalls.

“We believed we were on to a winner, so started working with a cosmetic chemist to formulate a range of natural moisturisers that would all include MSM. In 2003, our first products under our MISMO brand were manufactured and we launched our first website to market the products and explain the benefits of MSM.”

“While the MSM skincare line was taking off, we started to have people wanting to buy our raw MSM powder for what it can do for joint health, including mild osteoarthritis. And so started the MISMO range of pain relief products, which now also includes several magnesium-based products and various other all-natural nutritional supplements.

“There are no other ingredients in MISMO MSM – just pure MSM of the very highest quality. It is a listed product with the TGA, therefore all claims about the benefits of MSM must be supported by published scientific research,” she adds.

“My husband, Peter, and I have been taking MSM every day for 22 years,” she confides. “We take high doses of around 20 grams per day although we did start with more like five grams (a teaspoon) daily for many years. As age and arthritis descended, the dosage has increased.

“I had a hip replacement three years ago but didn’t even know I had severe osteoarthritis until a few weeks before the operation. This was probably because MSM alleviated the symptoms. Peter has had huge improvement in his pain levels from arthritis due to taking MSM. It’s easy to prove - just stop taking it for a week! However, people who take prescription blood thinners should not take MSM because MSM has a slight blood thinning effect,” she warns.

Irene admits over the years, she has become more and more interested in finding and testing active ingredients for anti-ageing serums and moisturisers that actually work. “Hyaluronic Acid is one of our favourites – but not the cosmetic form of hyaluronic acid – we use a unique hyaluronic acid with a molecular weight that you won’t find in anything except the most exclusive high-end skincare products. As an active ingredient, it costs about 20 times more than the cosmetic grade, but we think it is worth it and the results speak for themselves,” she adds.

MISMO produce four major anti-ageing products in their range:

Rejuvenating Serum – “an evergreen serum with a very high composition of Hyaluronic Acid, peptides, MSM and Aloe Vera works a treat to keep the lines at bay and plumps the skin”

A C E Serum – “designed after a request from a long-time beauty clinic client. The mix of vitamins A, C and E in the correct proportions reduces sun damage, lines, and pigmentation while firming the skin. Wonderful restorative power. The clinic has used it since 2007 and call it their liquid gold”

Anti-Wrinkle Cream – “a platinum grade moisturiser using multi-vitamins including the amazing Vitamin C and Hyaluronic Acid – which is our best-selling anti-ageing moisturiser”

Eye Cream Complex - “an effective combo of actives to tackle eyebrow lift, dark circles and puffy under-eyes plus reduce lines around the eyes. These active ingredients are all developed from natural sources.”

MISMO also has a Hydrating Mask. “It’s luscious,” says Irene. “Full of natural hydrating compounds including Manuka honey, hyaluronic acid, oatmeal, Aloe Vera, MSM, of course, and natural oils. It literally feeds the skin.”

Irene admits she is always the first person to test and trial MISMO products. “If they upset my skin, we go no further.”

MISMO has grown a loyal clientele over 20 years with more than 100,000 orders shipped to customers all over Australia and around the world. “Once people find us and try our skincare they tend to stick with us. We have people who have been with us since the earliest days. They still use our products daily, and are looking great, I might add.”

MISMO skincare products are made in Queensland and contain natural oils, organic aloe vera and MSM. “We do not use propylene glycol, parabens, mineral oils, alcohol, sodium laurel sulphate, micro-beads or colouring,” adds Irene.

A family owned company, the daily operations of MISMO are now looked after by the next generations (Peter, Hannah, Issy and Bret) with Irene focusing on new products and supporting the team. In 2013, they moved into their current premises in Premier Circuit, Warana, and have recently transformed the space to include a specialty coffee shop and gallery space where people can relax, try out the range of MISMO products (including makeup), and get personalised skincare advice.

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Andrew Barnett of Trading Mastery Taking Control of your Financial Future

Words Tricia Welsh

Most people look forward to their retirement years, when they can finally enjoy the well-earned financially carefree years they have been working toward.

But in recent times, many retirees are discovering they are having to share their hard-earned savings with younger family members – assisting with grandchildren’s school fees, school excursions, contributing to a new family car – and since the recent rates hikes, even helping pay off their offsprings’ mortgages.

As they watch their savings dwindle, there is a feeling of hopelessness, for they are no longer able to earn and save as they might have earlier - their earning capacity having virtually disappeared. So how can they maximise their diminishing finances – without compromising their lifestyle?

‘It’s never too late,’ says Andrew Barnett of Trading Mastery, an innovative Australian on-line business that teaches clients to become DIY investors, cloning the likes of Warren Buffett and Charlie Munger, some of the most successful investors in the world.

He explains: “We are long term investors, we are not speculators, we do not encourage the use of leverage and we do not trade markets such as currencies or crypto. We are shareholders of some of the world’s most profitable publicly listed companies and we focus on owning extremely high quality global growth companies that can grow their profits and returns for shareholders from selling their goods and services all over the world. Our clients’ success of above average returns is a testament to the strategies we teach them.”

FINANCE

A professional water skier until he was 28, Andrew divided his time between Australia and the US and helped run the Australian Water Ski Academy which his family operated from a private lake at Woodford that his parents built. He'd been involved in the water ski industry for more than 20 years – growing up in Melbourne and learning to ski when he was six.

After he broke his femur while competing in a jump event in Florida, he retired from skiing and while recovering back home in Australia, took up golf. A chance pairing with a professional investor at a Christmas golf event at Headland Golf Club changed the course of his life.

“After 18 holes of golf, I'd asked the guy enough questions to figure out what I wanted to do with the rest of my life,” recalls Andrew. “He offered me a job so I could learn alongside him – the rest is history.”

After a career in the investment world, Andrew launched Trading Mastery in early 2020.

He says: “After investing successfully on my own for a number of years, I could see that the average Australian really knew nothing about investing their own money in the stock market. Based on what I was achieving, what the average Australian was earning and paying in fees, I decided that it was time to make a difference, give something back and share with whoever wanted to know, how to build above average returns, without taking on additional risk and without paying fees to money managers.

“We do not touch anyone's money, the client is in full control, we simply guide them and they love it,” he says.

Training is via daily market reports, two live on-line classes each week, with ready access to company profiles and Andrew's own personal portfolio.

“We pride ourselves on treating our clients like family and everything we do is designed with the clients' best interest first, second and third,” says Andrew. “They love what we do because, unlike money managers, we do not have self-interest in how much a client has and we do not charge a fee for funds under management.”

While the majority of his clients are in Australia, his client base is global with more than 2,000 clients throughout Australia, New Zealand, USA, UK and Europe. “We have two women clients in Switzerland who receive our portfolio, daily reports and attend my live online classes each week. The average age of a client is over 50 and we like this because we are not dealing with ‘get rich quick’ type attitudes. Our clients are focused on owning high quality companies that will deliver superior returns over time.”

Andrew insists that no matter what the market is doing, there are always investment opportunities – you just need to know where to look and what to look for. So what does he look for in a company before he invests?

“Our approach is very simple,” he says. “We look for global growth companies that have been growing their profits for more than a decade, companies that deliver consistent growing dividends, high returns on capital, often have a monopoly, or are part of a duopoly or oligopoly and companies that will endure over time. We also look to invest in companies that are run by experienced and competent management and, in many cases, management that still own a significant part of the business, which we love.

“We do not touch anyone's money, the client is in full control, we simply guide them and they love it...”





But is it risky?

“People think they don’t know enough and investing is risky. Firstly, anything is risky if you don’t know what you are doing. Investing successfully is not about technology or speed or being smart, sophisticated, educated, how much money you have or anything else for that matter. Successful investing is a behavioural game and most people’s problem is they start to take investing seriously too late in life and, often when they do start, they continually interrupt the compounding affect by continually buying and selling, trying to chase the unicorn.

“My mantra is to simply own great quality companies, buy them at fair prices and sit on your ass for as long as you can - it doesn’t matter your age or your income. What matters is that you get started before it’s too late, and it is never too late to get started.”

To Andrew, compounding is “the eighth wonder of the world.” He says: “Those who understand it, earn it, and those that don’t, pay it. The sooner an investor takes investing seriously, stops giving their money to others who are only interested in the fees they are going to earn, the better off a private investor will be. But they must have a mentor, someone to guide them, someone to walk the walk with, someone who does not have self-interest - and that is Trading Mastery.”

He shares these statistics to show the power of compounding interest:

\$100k @ 7% per annum over 10 years = \$200,966.14

\$100k @ 9% per annum over 10 years = \$245,135.71

\$100k @ 11% per annum over 10 years = \$298,914.96

\$100K @ 15% per annum over 10 years = \$444,021.32

\$100K @ 20% per annum over 10 years = \$726,825.50

He confides: “For the past 15 years, I have averaged around 15% return on my portfolio and, in the past 3 ½ years since launching Trading Mastery, I have returned over 100%. In 2023, my portfolio to the end of August is up 28% vs the ASX 200 which is up 1.63%, as I write.”

He says the average Super Fund for the past 10 years has averaged just 6.5% per annum. “The reason is because of high fees and the super funds and managed funds owning inferior businesses that are all listed on the ASX 200. Investors miss the chance to own global growth companies like Apple, Microsoft, Amazon, Costco and so many others. These are the richest and most successful companies in the world. I and my clients own them and so can anyone else.”

In recent years, Andrew has been invited to give investment classes to high school students, including St Stephen’s College on the Gold Coast.

He says: “I ran the class for the day and shared some basic investing principles so the kids know exactly what to do after they leave school and how they can start to compound their own money early, so they don’t need to worry about money later in life. Teaching the kids gives me the biggest thrill because there is no baggage. They are like open books and have their entire lives ahead of them to compound. If I can impact just one or two kids and make a difference in their life, it will all be worth it.”

And for anyone wishing to show their children or grandchildren the value of compounding, he shares these figures:

How to be a millionaire by aged 50:

\$5000 invested at age 21 and then contributing \$5000 per year with a 2% annual deposit increase, with a 10% annual return over 30 years = \$1,044,845.87. If you keep going until you are aged 60, the end result is \$2,984,411.10.

He concludes: “It’s not necessary to achieve extraordinary returns every year to get extraordinary results. Any investor who invests 10% of their income over their lifetime, cannot but get very rich.”

“Teaching the kids gives me the biggest thrill because there is no baggage. They are like open books and have their entire lives ahead of them to compound.”



WEBSITE www.tradingmastery.com.au

Welcome to the 60 Plus PlayGround

Where Age is Just a Number and Fun is Forever!

Are you tired of the perception that ageing is all about loneliness and decline? Well, it's time to shatter that stereotype and embrace a period of connection, opportunity, and growth! Welcome to the 60 Plus PlayGround, our online social community that is redefining ageing and encouraging seniors to embrace the possibilities that life has to offer.



Irene Krajewska, Tanya Dave, Kae Bullock and Kerrie Peck

At the 60 Plus PlayGround, our mission is simple yet powerful: to change the ageing narrative and show that life after 60 is a time for connection, learning, and adventure. We are on a mission to build Australia’s largest online social community for the 60-plus demographic, to connect, share knowledge, and enjoy fun experiences together.

Behind the scenes, our small but enthusiastic creative team drives the 60 Plus PlayGround forward. Led by Tanya Dave, a Gerontologist with a background in Corporate Business Development and Aged Care, the team is committed to making a positive impact.

Kerrie Peck brings her expertise in Business Development and Digital Design to create a vibrant online presence, while Kae Bullock serves as the Community Liaison Officer and Business Mentor. And let’s not forget Irene Krajewska, a doctor with heart, who is the team’s roving reporter and social media content provider.

One of the most exciting aspects of the 60 Plus PlayGround is our team of 60 Plus Influencers. These passionate individuals are experts in various fields and interests, including photography, fashion, health, eco-tourism, and mental well-being- to name a few. They are the heart of our community, sharing their daily adventures, tips, and tricks to inspire our growing social media followers.

The centrepiece of the 60 Plus PlayGround is our newly re-fashioned website: 60plusplayground.com.au, which serves as THE go-to place for seniors to find fun information, engaging content, and resources.

In 2024, we will launch our exciting new digital asset, the 60 Plus Playground Hub app which includes, an interactive social activities directory, showcasing a variety of social and learning activities. From arts and craft to dancing and golf, there’s something for everyone!

The Travel section provides seniors with worldwide travel deals, while the Deals section offers a range of discounted services and experiences for our 60-plus community.

The Real-estate section makes it easy to find a variety of retirement living options.

To connect and be part of our social media platforms, you can find us on Facebook, or join the ‘60 Plus PlayGround - Community’ where members go to receive all the shared goodness, products, and services, and so much more. The fun continues on our Instagram and YouTube page.

Whether you crave adventure through packaged tours, seek savings through exclusive deals, or desire the perfect retirement living option, we have it all in one place.

It’s ‘Time to Play!’



Follow Us on Facebook: www.facebook.com/60PlusPlayGround

JOIN our community for fun, information, deals, and discounts: 60 Plus PlayGround Community

Maybe you could be one of our Influencers? Then contact us for more information: www.60plusplayground.com.au



Tanya Dave and Kae Bullock



FACEBOOK
WEBSITE

www.facebook.com/60PlusPlayGround
www.60plusplayground.com.au



Kindness Counts: Every act of Kindness Deserves a Reward.

For more than eight years, Carolyn Roberts cared for her husband, who battled a rare form of Parkinson's disease. It was a profound and emotional journey that required immense adjustment and dedication.

Carolyn speaks of the rollercoaster of emotions that often accompany the role of a caregiver—feelings of guilt, sadness, regret, anger, and frustration, all intertwined with moments of love and compassion. What emerged from this challenging experience was a profound understanding of the vital role that support networks play in easing the burdens of caregivers.

After her husband's passing, Carolyn extended her caring hand to friends facing health challenges of their own. She became their advocate, accompanying them to medical appointments, running errands, and providing respite from their caregiving responsibilities. It was during this period that Carolyn recognized a growing need for

additional support within her community. People were falling through the cracks of an already overstretched care system. Many individuals, despite having been assessed and approved for support, found themselves without assistance due to funding constraints. Private support, though an option, was often financially prohibitive.

Driven by her determination to make a difference, Carolyn, with the support of friends, established the Carer Assist Program. At its core, this initiative aims to unite communities in a collective effort to help one another, much like people did in the past, but with a more coordinated approach. Those willing to lend a hand register their names with the program, and they are then matched with individuals in need of assistance. These kind-hearted helpers provide a range of support, including transportation to medical appointments, help with shopping, running errands, meal preparation, and offering caregivers much-needed breaks.

The beauty of the Carer Assist Program lies in its simplicity. It operates on the principle of reciprocity, where those receiving support often express their gratitude by providing a small token of appreciation, such as covering the cost of petrol or sharing a homemade cake or meal. This blend of practical assistance and heartfelt gestures creates a sense of camaraderie within the community.

It is with this spirit that the “Kindness Counts” online platform is set to launch, in collaboration with the Queensland University of Technology Capstone Program and Preeze.

The Kindness Counts platform allows people to post a task they need done and set out a reward. Volunteers who are thoroughly screened and live nearby can then accept to take on the job and on completion can redeem the gift in the form of a gift card at hundreds of participating retailers including major supermarkets, fuel, online shopping and more. Carolyn says by harnessing the power of technology, this platform aims to foster a culture of kindness and generosity, both online and offline.

Carolyn says the team assigned by QUT, RRLS Solutions, comprising of Shayne Anderson Sloth, Rimon Sweidan and Rami Alawad, have been pinnacle in the design and development of this platform.

Kindness Counts seeks to extend the principles of kindness and community support to the digital realm. It recognizes the challenges that often arise in online interactions and aims to foster a culture of compassion and positivity.

CONNECT

WEBSITE www.kindnesscounts.com.au

From top to bottom:
Rimon Sweidan, Rami Alawad,
Shayne Anderson, Christine Evans and Tanya Dave





Red Hatters: In a World of Their Own

You've most likely seen members of the Red Hatters Society (RHS) around – they are the women wearing purple dresses and red hats who always seem to be laughing, having more fun than anyone. But who and what are they? How did it start? And what do they actually do?

In November 1997, American Linda Murphy was feeling 'down' about turning 50. Her friend Sue Ellen Cooper gave her a red fedora from an Op Shop for her birthday, with a framed copy of the poem *The Warning* by Jenny Joseph. Sue Ellen thought her friend would perhaps hang it on a hook next to the hat, as a decorative reminder to 'loosen up as she got older.'

But soon other friends wanted a similar gift when they turned 50 – not that Sue Ellen believed turning 50 meant one was old, but merely 'qualified' one to begin 'practicing' being older!

Leading local RHS organizer Julie Walker tells the story of the fun-loving society that began as a cheer-up 50th birthday gift for a friend 25 years ago and is now the largest international women's organization of its kind in the world.

Six months later in April, 1998, Sue Ellen and four friends dressed up in purple outfits and red hats and went out to tea together. They had so much fun and attracted so much attention, they dubbed themselves the Red Hat Society that very day and decided to continue getting together in these colors for the sole purpose of having a good time. Linda told her friend Nancy Manning who lived in Florida about the group, and Nancy started a similar group in her hometown of Homosassa.

There was no plan to spread the word until 2000 when both chapters were featured in the July issue of *Romantic Homes* magazine in an article entitled *Growing Old Playfully*. Sue Ellen received notes and emails from women around the country and, as she corresponded with these ladies, she helped them set up their own groups.

In December 2000, *The Orange County Register*, a major daily newspaper near Fullerton, ran an article about RHS on the front page of its *Accent* section. This article was picked up by a national wire service and the response, once again, was amazing.

Florence Slattery who lived in Warwick, Queensland, was in her 80s when she introduced the RHS to Australia. She had a friend visiting from the US who suggested she start a chapter here. The Rose City Red Hatters, began in 2001, Florence going on to become the Queen Mother and Supreme Matriarch of Australia.

I started the Caloundra branch, the Red'n Purple Ragers, in 2003. It became the fourth branch in Australia and now has 43 members. Today, there are countless branches around Australia, hundreds in Queensland with local branches at Beerwah, Nambour, Maroochydore, Mooloolaba and Minyama.

Fun raising

We are often asked: "Do you fund raise?" Our reply is: "No, we fun raise!" All members of chapters give themselves 'titles'; mine is Queen Mum Kool Jool. The Caloundra chapter holds bi-monthly lunches, and an annual Aussie Red Hat Day on the last Friday in July, a multi-chapter event that attracts several hundred members including members from New Zealand. When it's a 'tag on' to the Girlfriend's Giggle weekend, there can be up to 500 ladies.

It's ideal for ladies who might have moved to the coast and want to meet new friends. Our ladies are all very welcoming and friendly and it is a wonderful way for ladies to be able to go out and have fun without worrying too much about anything. If they are looking for doing something more often, I am always happy to refer them to another chapter.

Members pay \$20 a year membership and are 'Red-ucted' into the society in a fun ceremony. If they are having a birthday, they wear reverse colors – red dress and purple hat – so they are easily recognisable.

I think we have surprised a few priests and 'holy men' on the few times we have lost a member as we honor her by wearing our red and purple and often she has asked for her family to place her red hat on the coffin. One member who had planned her own service, closed it off with a picture of her on the screen waving to the music: *Wish me luck as you wave me goodbye*.

In the past, we've had a lot of fun putting together a bit of a 'naughty' calendar which sold out very fast. We also held a special day at Corbould Park races where we paid to have a race named after one member who loved a day at the races but had died.

I love to meet up with our ladies, catch up on what they have been doing and generally have a great day out at our lunches and other events. We have dress-up events as well and I think the thing that I love most is to see ladies having a wonderful time with each other.

It is amazing when we are out together, how often husbands approach us to ask what it is all about – not the wives, who are probably too shy. That doesn't last long once they don that red hat!

The RHS creed sung at each lunch to the tune, *A Bicycle Built for Two*, says it all:

"Ladies, Ladies, put on your red hats do. We're over 50, just by a day or two. We love to have lunch with each other, and to toast our Aussie Queen Mother. We've been on the run, now its time to have fun. We're the Red Hat Society."

THE WARNING

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens
And learn to spit
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats
and things in boxes.
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers
But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old and start to wear purple.

- By Jenny Joseph



Tutor with U3A: Rewards Beyond Measure!

Allan and June Blackburn's U3A story

Being a tutor with U3A is about giving according to Allan and June Blackburn who have been long-term Sunshine Coast residents and member/tutors with U3A for the past 20 years. But in return, they say: "The personal rewards are incredible."

"We like people so that helps a lot and being able to give back to others and help people become part of a friendly U3A organisation is so rewarding. Our circle of friends has grown exponentially over the years," June says.

"We have so enjoyed our time with U3A, and we have experienced the joy of getting to know the people in our classes and their spouses and enabling others to laugh and enjoy themselves. It's so fulfilling."

While June learns French and keeps active tutoring aquacise classes, and Allan tutors pickleball, it's table tennis that is their forte. Since 2016, Allan and June have organised the Friday sessions: spirited two-versus-two team games and social occasions.

“It’s not a difficult task to organise such a wonderful group and we’ve made so many friends over the years,” June says. “People come to play but also to interact socially with others. It’s a game that is inclusive and one that lifts the spirits and makes people happy to enjoy a chat with others between games.”

Twenty years is a long time to commit to being U3A volunteer tutors and organisers, but Allan says it’s been a wonderful part of their later lives. “U3A has a lot to offer and you would be hard pressed to not find something in U3A you would like to do,” he adds.

When Allan retired as a high school teacher in Caloundra and June retired as a personnel administrator, they embarked on two major around-Australia trips. Then they returned home to live what they thought would be the easy life. But as many U3A members find their lives couldn’t be busier.

Their introduction to U3A began when Allan noticed people of his age playing table tennis the Kawana Community Centre. He joined U3A with June to play, which progressed to bushwalking, French language classes, playing the ukelele, aquacise in the pool and now pickleball.

Allan says the social aspect of U3A is foremost in the rewards from being a tutor. “You get to know the members of your group much better as a tutor and the various groups overlap so that increases your social cohort.”

June and Allan say that anyone with skills they would like to share would be rewarded in tutoring, with the satisfaction of being able to help people and engage with them socially. “It’s the fun and seeing people enjoying themselves and becoming more active, and introducing them to new life experiences,” June adds.

At table tennis, Allan introduced a Birthday Board whereby everyone’s birthday is celebrated on the day, with chocolates brought by the birthday person. This simple celebration of life provides great fun, with best wishes from everyone during the afternoon. “This is important as a lot of the group are single and may not have anyone with whom to celebrate their birthday,” June says.

“They feel wanted and they enjoy being part of a group that cares about each other, and as organisers we join in that feeling of inclusiveness.”

“Before I took on this type of role I was always shy, and I think tutoring has brought me out.”

There’s no doubt that tutors contribute positively to mitigating the debilitating effects of loneliness and isolation in older people by providing forums in which people can engage with others, have fun and have a reason to get up and get going each day.

These positive lifestyle choices are also borne out in the social events such as those that Allan and June organise: fish and chips on the beach, dining out as a group, coffee-and-chat after play finishes for the day, and other get-togethers. U3A members appreciate and value these opportunities.

“We have people come up to us and say: ‘Oh, this is a fantastic day and we really appreciate all the effort you put into it.’ So that makes us feel good about what we do for them and how important it is in their lives,” says June.

“And it’s not that much of an effort really. We just send out an email and say that lunch at the golf club is on a certain day. Be there if you can. We get a great roll up. We also run trivia and other games but that’s no trouble.”

The value of the contribution that Allan and June make to U3A centres on the social aspects. Allan quipped that June has been going to French language classes for many years but “she can’t really speak French but goes along for a laugh and a chat, and to go out to coffee.”

Allan and June have also been involved in the Caloundra community most of their adult life volunteering with the Caloundra Visitor Information Centre, Neighbourhood Watch and the Caloundra Genealogy Group. June has written a book on the genealogy group’s history.

Allan has taken on a new tutor role with pickleball, a fast-growing sport taken on by an increasing number of U3A members, and he is already introducing the social aspects so enjoyed by table tennis members.

One aspect of becoming a tutor not widely recognised is how it increases self-confidence and the ability to promote good causes such as U3A and other community endeavours. Tutors need to be outgoing people to be effective and just taking on the role and engaging with people tends to increase their confidence and people skills.

“Before I took on this type of role I was always shy, and I think tutoring has brought me out,” June said. “I’m not afraid to get up and talk in front of people now or take on the job as President Genealogy Group. It teaches you self-confidence, makes you do it, and you get pleasure from it, so it’s helped me quite a lot.”



CONNECT

WEBSITE

www.u3asunshine.org.au



Caloundra Family History Research Group

How true the old saying: "If only walls could talk." How we wish our ancestors had shared their stories with us and that as youngsters, we had wanted to listen. Or maybe we just need to ensure that what we were told was correct, or had no wild embellishments... what a journey that might turn out to be.

And a shared journey is what you will find with the Caloundra Family History Research Group where experienced family history researchers are on hand to help you find those stories that are special to your family.

Established in 1993 and based at the Sunshine Coast Turf Club, our volunteers can help you navigate our extensive print library and digital resources to unlock your family history. We have a number of special interest groups that focus on various international geographic regions. We also have groups that are educational with a focus on technology, navigating online databases and understanding your DNA results. New in 2023 is our Writing Group which aims to help members gain confidence in telling the story of their family for future generations.

We offer training and seminars throughout the year. Our 'Introduction to Family History for Seniors' seminar was such a success this year, we will be repeating it in 2024 and adding an Intermediate Level. We also conduct seminars in conjunction with Harmony Week (March) and National Family History Month (August). Last year's seminar was entitled *Snapshots of Caloundra's History* and this year was on *Convicts*. What a wealth of information members of the public and our members garnered from these seminars.

In 2023, our seminar focus is on researching family members who served in both World Wars. This has evolved into a series of workshops where we show you how to navigate the Australian military, archival and

newspaper databases which, for a first-time researcher, can be a tad daunting. We show you how it's done and you will be amazed at the information contained within.

Our monthly meetings are held on the third Thursday of each month (except December) and are a wonderful way to connect with like-minded people and network with those who can offer advice and support. Our meetings feature interesting guest speakers with backgrounds as varied as microbiologists talking about Victorian-era deaths, to archaeologists explaining the social history found on dig sites, to published authors sharing their joy of researching their family or special interest.

For those who just want to know more about their own backyard, why not join us on our very popular Bulcock Street and Beach walks. Scheduled, as well as On Request, these walks are proving to be very popular among locals and visitors alike. If you are a small group that would like an interesting pre-lunch 'something' why not consider an easy walk through the history of Caloundra.

For more information and details of upcoming events, please stop by our exhibition table at the Sunshine Coast Seniors Festival.



CONNECT

PHONE
WEBSITE

0437-235-842
www.caloundrafamilyhistory.org.au



Social Directory

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.



SOCIAL DIRECTORY

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

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, Maroochydore and Nambour. Membership is free. libraries@sunshinecoast.qld.gov.au

Phone 07 5475 8989

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

or PAQ Secretary 0477 000 645

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 PAQ Secretary 0477 000 645

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

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.

*Did you know?
That people with
strong social
connections tend
to live longer and
have a lower risk of
chronic diseases.*

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.

Sunshine Coast

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

Noosa

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

FABULOUS @ 40+

Connect with a group of like minded individuals for positive fun, laughter and good times. Something to suit everyone.
Phone Sandy Colburt 0421 856 577
Follow Group on facebook.

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, Maroochydore.

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

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
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!
Wednesday
Landsborough Hall
485 Old Landsborough Rd
9.30am 1hr
Monday and Friday
Little Mountain Auditorium
211 Parklands Boulevard
9.30am, 1 hr
Tuesday, Thursday and Saturday
CWA HALL, CALOUNDRA
17 Kalinga Hall, Caloundra
9.30am 1hr
Contact Faith Baer on
0488 206 685

Healthy
SUNSHINE COAST
INVIGORATE YOUR LIFE

FUN
HEALTH
AND
WELLBEING
ACTIVITIES FOR ALL!

REGISTER NOW

Healthy Sunshine Coast is a low-cost holistic health and wellbeing program which aims to encourage a healthy, resilient and connected lifestyle for all.

The program is suitable for older people with activities including Yoga, Chair Yoga, Laughter Yoga, Tai Chi, Mindfulness Meditation, Zumba, Finding Presence in Nature, Aqua Aerobics and Fun, Strength and Fitness, just to name a few.

All activities cost only \$10 General Fee or \$5 with a Health Care/Pensioner Card

 Our region.
Healthy.
Smart.
Creative.

sunshinecoast.qld.gov.au/HealthySunshineCoast



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, Peregrin 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 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, Wisers 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

“Cancer has Changed me for the Better”

Wendy’s story



Finding good schools for her kids, enjoying the beachside lifestyle, and looking for new career opportunities – these were the things at the front of Wendy’s mind when she moved her family of five from Adelaide to Mooloolaba 15 years ago. Just six months later, Wendy was diagnosed with breast cancer.

The moment time stands still

August 2008 was the first time I was diagnosed with stage 3 triple negative invasive ductal carcinoma. It was one of those moments when times appears to stand still.

Your brain tries to comprehend what is going on. At first, it goes blank, and you feel numb. And then you think: “Oh my god, this is really happening to me.” At that moment, our hopes and plans for a new lifestyle were taken away. I had only read about those stories, and now I was about to enter one.

How would we manage up here, in this new town? What would we do without family nearby to support us? How would my kids and husband cope? I didn’t know who to talk to, where to go, or what to do first. I just told myself: “We can do this”.

Getting through treatment together

Once you’ve been diagnosed with breast cancer, you have to get treatment quickly.

I had to pause and remind myself how lucky we were to be in Mooloolaba, because everything I would need for treatment was at our doorstep and we didn’t have to travel far.

First, I had a lumpectomy. Then, I was back in again to have 23 lymph nodes taken out of my left arm. After that, I had another big lump taken out. And then I started six months of chemo, followed by six weeks of radiation.

It was during this time that I rang Cancer Council Queensland. They were good listeners. They understood what I was going through and gave me tools to help me cope. They introduced me to the *My Journey* diary, and I did the *Look Good Feel Good* day program where they taught me how to put a wig on and apply makeup for my eyebrows.

It was comforting to know they were always only a phone call away, ready to give advice and answer my questions.

Devastating news triggers a life changing decision

Once my initial treatment was over, I made a goal to just get to the five-year mark cancer-free. When, at my five-year mammogram and ultrasound, they found another lump, we were gutted.

It was then and there that I made the life-changing decision to have a double mastectomy. As strange as it may sound, it was the best decision I ever made. I never even wanted a reconstruction. I am 48 years old; I have three children and an amazing husband who is my rock, we have been married for 32 years! I don’t need to have boobs to fulfill my life!

Life after cancer means paying it forward

Cancer has changed me for the better in so many ways. Too many take life for granted. You never know what’s going to happen tomorrow. That’s why I am paying it forward and helping others in the same situation.

HEALTH & WELLBEING

Five years ago, I signed up to become a Cancer Council Queensland volunteer, offering peer support over the phone to ladies who are going through a mastectomy.

It is always so powerful to just listen to others who are going through the same journey I went on, to give them hope and strength.

I want to share my story and do motivational speaking to not just cancer survivors, but all people who don't know there is life after cancer.

My third chance at life

Having breast cancer has given me so many opportunities to grow and become the best version of myself!

It has taught me to remain positive. It has taught me the true value of family and friendship. But most importantly, it has taught me that life is so precious, to live your life now, as you never know how long we have.

*This is my third chance at life,
and I am not holding back.
I'm living life and it feels good!*

Do you need to talk?

Whether you or a loved one has been affected by cancer, you can call the **Cancer Council Queensland help line on 13 11 20 to get connected to their free support services.**

Cancer Council Queensland's help line operates Monday to Friday 9am – 5pm (excluding public holidays). You can call to talk about anything to do with cancer, and to access support including:

- Confidential information and advice
- Counselling services
- Peer support services
- Support groups in your area
- Treatment transport and accommodation
- Wigs and turbans
- Financial counselling and assistance
- Referrals for professional advice

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

CANCER 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

Allied health professional services

Mind-body therapies:

Education and wellbeing 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 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

SUNLIFE SKIN CANCER CARE CENTRE

Services provided: Skin Cancer Checks, Skin Cancer Prevention, Skin Cancer Treatment and Surgery.

Phone: 07 5450 9808

www.sunlifeskincancercare.com.au

Radiesthesia:

Shedding light on the hidden pathway to disease manifestation.

In the ever-evolving landscape of healthcare, a profound transformation is underway, one that merges the ancient wisdom of holistic healing with the cutting-edge frontiers of modern science. At the forefront of this groundbreaking shift lies the captivating realm of energy medicine, an approach that recognizes the fundamental role energy plays in shaping our health and vitality. Among the treasures of this ancient art is Radiesthesia, also known as dowsing, a practice that employs specialized rods to unearth the hidden energies around us, energies that can profoundly impact our well-being.

Met Hajnalka Kiraly, a Sunshine Coast local whose ancestral roots trace back to Hungary, who has mastered the art of Radiesthesia. Armed with her trusty dowsing rods, she possesses the unique ability to reveal these hidden stressors in your home. Hajnalka has witnessed countless individuals, plagued by inexplicable fatigue and persistent unexplainable health issues not knowing that the root cause often lay in their sleeping quarters which was placed over a geopathically stressed area. A simple shift in the direction of their bed can herald a remarkable transformation—a resurgence of physical health and renewed vitality.

Geopathic stress is a silent menace, lurking in the very spaces where we seek solace and rejuvenation. It's the radiation emitted by geological features, unseen yet profoundly influential, capable of weakening one's aura and laying the foundation for disease manifestation. Prolonged exposure to geopathic stress zones within your living environment can unknowingly sap your energy, compromise your health, and cast shadows over your well-being.



The impact of geopathic stress on one's health is not mere conjecture. It's a reality acknowledged by renowned medical experts like Dr. Hans Nieper, a distinguished German cancer specialist. Dr. Nieper's seminal work, *"Revolution in Technology Medicine and Society,"* underscores the staggering truth: "At least 92% of all the cancer patients he has examined have remained for long periods of time, especially in respect of their sleeping place, in geopathically stressed zones."

If you've noticed a decline in your health and well-being, if you've been searching for answers to inexplicable ailments, then it's time to connect with Hajnalka.

For more information, visit www.energisedagain.com and take the first step toward unlocking the healing power of energy medicine.



CONNECT

WEBSITE

www.energisedagain.com

Unlock Cognitive Potential and Build Connections



MindHubs is Opening in 2024 in Caloundra.

Are you or a loved one living with dementia?

Our 4hr innovative day program is designed to:

- Improve and maintain cognition
- Foster neuroplasticity
- Create meaningful connections
- Provide a fun and engaging environment



MindHubs

CREATIVE INSPIRATION

Don't miss out on this incredible opportunity to embark on a journey of cognitive well-being and creativity.

www.mindhubs.com.au

UNLOCK YOUR POTENTIAL AT MINDHUBS!

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.sunshinecoastdementia
alliance.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

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 Carer 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
www.qld.gov.au/disability/out-and-about/travel-transport/driving/parking-permits

Licences

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
www.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

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>

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.

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.

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



Carers, we're here for you.

Wellways Carer Gateway offers free, personalised and local services for all Queensland carers including:

Planning – To help you get the support and services that match your individual caring needs.

Counselling – A private space to talk about the joys, challenges and stresses you experience in your caring role.

Support groups – A place to share stories, knowledge and connect with other carers.

Coaching – One-on-one support with a coach to help you to make positive changes to your own life.

Practical assistance – Access to tools and items to support you in your caring role.

Respite care – 24/7 help at short notice or time for a break to rest and recharge.

No matter what your caring role looks like, Carer Gateway is here to help. **Call us today on 1800 422 737 or register here:**



wellways

carergateway.gov.au





PROBIOTICS

The Remarkable Benefits of Probiotics: A Guide to Optimal Consumption

As we age, the diversity and abundance of beneficial gut bacteria can decline. Prebiotics and probiotics play important role in maintaining gut health, but their significance may vary depending on individual needs.

Prebiotics are types of dietary fiber that are not digested by the body instead, it is selectively fermented by the gut microbiota and help increase the number of good bacteria in the gut. Prebiotics can be found in foods like bananas, onions, garlic, asparagus, and whole grains. Probiotics, on the other hand, are live beneficial bacteria that, when consumed, can help restore and maintain a healthy balance of gut bacteria.

Prebiotics provide nourishment for existing bacteria, while probiotics introduce new beneficial bacteria to the gut. There is a growing body of research that suggests a potential link between gut health and certain neurological conditions like Dementia and Parkinson's disease.

The gut and the brain communicate bidirectionally through what is known as the gut-brain axis. This communication occurs through various pathways, including the nervous system, immune system, and the release of signalling molecules. Gut microbiota, which are the trillions of bacteria and other microorganisms residing in the gut, play a crucial role in this communication.

In this article, we will explore the remarkable advantages of consuming probiotics, along with practical tips on how to incorporate them into your diet for optimal results.

1. Enhanced Digestive Health

Digestive issues tend to become more prevalent with age, making probiotics a valuable ally for the elderly. Probiotics aid in the breakdown and absorption of essential nutrients, easing common digestive problems like bloating, constipation, and diarrhoea.

By promoting a healthy gut environment, probiotics support regular bowel movements and contribute to overall digestive comfort and efficiency.

2. Strengthened Immune System

A robust immune system is crucial, as it helps ward off infections and diseases. Probiotics have been shown to enhance immune function by stimulating the production of beneficial antibodies and strengthening the gut barrier against harmful pathogens. By bolstering the body's natural defence mechanisms, probiotics can potentially reduce the risk and severity of respiratory infections, urinary tract infections, and gastrointestinal infections.

3. Improved Nutrient Absorption


As we age, our bodies may experience a decline in the ability to absorb certain nutrients. Probiotics help counteract this by increasing the bioavailability of essential vitamins and minerals. By optimizing digestion, probiotics enable the elderly to efficiently absorb nutrients from their diet, ensuring they receive the maximum nutritional benefit from the foods they consume.

4. Mood and Cognitive Support

Emerging research suggests a link between gut health and mental well-being. Probiotics can positively influence mood and cognitive function, which is particularly relevant for seniors. Studies indicate that certain strains of probiotics can reduce symptoms of anxiety, depression, and stress, while also enhancing cognitive performance and memory. By nurturing a healthy gut-brain connection, probiotics contribute to a happier and sharper mind in the ageing population.

5. Bone Health and Osteoporosis Prevention

Osteoporosis, a condition where bones become weak and brittle, is a common concern in the elderly. Probiotics can aid in the absorption of calcium, a crucial mineral for maintaining bone density and strength. By optimizing calcium utilization, probiotics can potentially help prevent osteoporosis and reduce the risk of fractures, promoting healthier and more resilient bones.



Probiotics can positively influence mood and cognitive function, which is particularly relevant for seniors.

Incorporating Probiotics into your diet:

1. Choose Probiotic-Rich Foods:

Encourage the consumption of fermented foods like yogurt, kefir, sauerkraut, kimchi, and miso soup. These foods naturally contain live bacteria cultures that provide probiotic benefits.

2. Consider Probiotic Supplements:

Probiotic supplements are available in various forms, such as capsules, powders, or liquid. Consult with a healthcare professional to determine the most suitable option and appropriate dosage for the elderly person's specific needs.

When purchasing probiotic products, read the labels carefully to ensure they contain live and active cultures.

The strains to look for that are known to offer numerous health benefits are:

1. *Lactobacillus acidophilus*: This strain is commonly found in yogurt and fermented foods. *L. acidophilus* helps support overall digestive health, aids in lactose digestion, and may alleviate symptoms of diarrhea and constipation.

2. *Bifidobacterium lactis*: *B. lactis* is known for its ability to support immune function, improve gut health, and alleviate digestive discomfort. It may also help reduce the risk of respiratory infections in older adults.

3. *Lactobacillus plantarum*: *L. plantarum* is a versatile strain that supports both digestive and immune health. It helps maintain a balanced gut microbiota, supports intestinal barrier function, and has anti-inflammatory properties.

4. *Bifidobacterium longum*: This strain is associated with promoting healthy bowel movements and reducing gastrointestinal inflammation. *B. longum* may also have a positive impact on mood and mental well-being.

5. *Saccharomyces boulardii*: While not a bacterial strain, *S. boulardii* is a beneficial yeast that can be useful in managing antibiotic-associated diarrhea and other gastrointestinal issues. It may also support immune health and help prevent respiratory and gastrointestinal infections.

In some cases, continuously taking the same probiotic strain may lead to a reduced response or tolerance over time. This can happen when the gut microbiota becomes less receptive to the strain or when the strain loses its effectiveness due to changes in the gut environment.

To ensure optimal benefits, it may be beneficial to periodically switch or rotate probiotic strains. This can help introduce different beneficial bacteria and prevent the overgrowth of a specific strain.

Probiotics offer a range of benefits and adding them to your diet is an essential step towards maintaining optimal gut health and overall well-being.

To ensure optimal benefits, it may be beneficial to periodically switch or rotate probiotic strains. This can help introduce different beneficial bacteria and prevent the overgrowth of a specific strain





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.nikkicreber.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
Phone 1800 644 189

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/

HEALTH & WELLBEING

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: 1800 954 382

(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.rhpththerapy.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!



The Heartfelt Journey of End-of-Life Doulas: Walking Families Home

On an early Sunday morning, Jancine received a call that would change the lives of a grieving family forever. The voice on the other end spoke of both profound sadness and a comforting relief, signalling the end of a beautiful wife's and mother's journey. Gillian had just taken her last breath, and Jancine, along with her partner, Janelle, were about to embark on a sacred mission as end-of-life doulas.



End-of-life doulas like Jancine Hurst and Janelle Champion provide a unique form of support—one that encompasses the practical, emotional, and spiritual aspects of the end-of-life journey.

They welcome these calls with open hearts and an unwavering commitment to tailoring their care to align with the wishes of the individual nearing the end of life and their families.

Janelle shares her passion, saying: “To sit with a person and their family and discover what matters most to them, to share knowledge, options, and choices around end-of-life and after-death care, and to create a plan that everyone feels comfortable and confident with makes my heart sing. It’s the whole reason I became an end-of-life doula.”

In this instance, Jancine raced to Noosa to provide assistance to the grieving family. As the sun rose, hugs and warm cups of tea were exchanged, and time seemed to slow down as the family shared the past 24 hours and embraced the sacredness of the moment. Gillian lay peacefully in her bed, overlooking the garden she had lovingly tended.

While a palliative care nurse attended to the medical certificate, Jancine unpacked her doula kit, preparing for the washing and anointing of Gillian’s body. The family ventured into the garden to select herbs that Gillian had cared for during her life. The air filled with the scent of warm water, herbs, and oils as the family lovingly cared for Gillian, just as she had cared for them.

Janelle explains the significance, saying: “This means so much to families. To know they are caring for the person they love as dearly in death as in life, to be actively engaged in washing, anointing, dressing, and shrouding their precious person changes the way they meet grief. There is often laughter and tears, stories and memories shared and relived. It brings families together and often provides deep healing.”

Once Gillian had been tenderly cared for, a cooling plate was placed beneath her body, allowing her to remain at home for several days. This arrangement provided the family with the opportunity to be with her and share the final stages of her journey before the funeral director was called to transfer her for direct cremation.

Gillian had made her wishes clear – she chose direct cremation. Together with Janelle, the family had also planned her ‘Celebration of Life,’ which was held overlooking the Noosa River at sunset. Friends and family gathered to share stories and tributes in memory of a loving wife, dedicated mother, and loyal friend. Laughter mingled with tears, and hearts were held and healed.

As the day unfolded, the family expressed their gratitude to Jancine, who served as the MC, and Janelle, who coordinated the event. “We couldn’t have done this without you,” they shared. “We are so grateful for all you have done.”

Jancine and Janelle replied humbly: “It is both our pleasure and our privilege.”

As guests approached to share their own stories of love and loss, many expressed regrets: “I wish I had known about you when...”

- My mum was diagnosed with cancer.
- My father-in-law passed away.
- My friend died unexpectedly.
- My husband’s preference was to die at home.

They realized that knowing about end-of-life doulas and the options and choices available could have made a profound difference in their own journeys of loss and healing.

Jancine and Janelle have been working as end-of-life doulas since 2018 and 2021, respectively. Recently, they joined forces to form “JDOULAZ,” specializing in advance care, end-of-life planning, non-medical palliative care, after-death care at home and in aged care, home vigils, cooling plate hire, and funeral and memorial planning and celebrancy.

The work of an end-of-life doula involves walking alongside people nearing the end of their journey and supporting their families during one of the most vulnerable times of their lives. It is heart work, and it is always an honour to support families in navigating this precious time.

In the words of spiritual teacher and writer Ram Dass: “We’re all just walking each other home.” Jancine, Janelle, and end-of-life doulas like them are living embodiments of this beautiful sentiment, providing compassion and guidance to ensure that individuals and their families find solace on their final journey together.

“It is heart work, and it is always an honour to support families in navigating this precious time.”



Transition Gateway

Tailored end of life care and support services.

Your Journey, Our Commitment

Our holistic approach goes beyond mere services
– it's about empowering you to make informed decisions, honour your values, and create a journey that's uniquely yours.
Compassion is our compass. We offer a caring presence, ensuring your wishes are upheld with the utmost dignity and respect.
You're never alone on this journey.

TRANSITION GATEWAY, PROVIDES A COMPREHENSIVE SUITE OF SERVICES WHICH INCLUDE:

- End-of-Life Care Coordination
- End-of-Life Doula Services
 - Health Directives
- Will and Estate Planning.
 - Funeral Planning
 - Counselling
- Probate Assistance

Connect with Us Today on 1300 714 365 or visit our website

www.transitiongateway.com.au



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

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 5491 4000

MAROOCHY NEIGHBOURHOOD CENTRE

Cotton Tree, 2 Fifth Avenue
Maroochydore, Qld, 4558
Phone 07 5443 6696

MOOLOOLAH VALLEY COMMUNITY CENTRE

43 Bray Road
Mooloolah Valley, Qld, 4553
Phone 07 5494 7822

MALENY NEIGHBOURHOOD CENTRE

17 Bicentenary Lane
Maleny, Qld, 4552
Phone 07 5499 9345

GLASSHOUSE MOUNTAINS NEIGHBOURHOOD CENTRE

1 Ryan St
Glasshouse Mountains, Qld, 4518
Phone 07 5438 7000

MORRIS NEIGHBOURHOOD CENTRE

478 Old Landsborough Rd
Landsborough, Qld, 4550
Phone 07 5494 1255

THE SHACK COMMUNITY CENTRE

19 Price St,
Nambour, Qld, 4560
Phone 07 5441 5928

The greatness of a community is most accurately measured by the compassionate actions of its members

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



“Home is not a place; it’s a feeling of security, comfort, and cherished memories. Ensuring that our elderly have a place where they can age with dignity is a testament to a compassionate society.”



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.

Housing and financial pressures can cast shadows on the mental health of our elderly. Let's be the light that helps them find their way to peace and security.

FOOD ASSISTANCE

SALVOS CONNECT

To access food services and support from any of the Salvation Army outlets on the Sunshine Coast.
1300 371 288

ST VINCENT DE PAUL SUPPORT CENTRE

To access food services and support from Vinnies on the Sunshine Coast.
1800 846 644

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

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

*Sometimes it takes only
one act of kindness, to
change a persons life.*

Jackie Chan

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





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 **Monday – Friday 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

After you have made 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)?

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.

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 assessment, 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 basis. Most home care providers offer a private care service.





Commonwealth Home Support Program

Frequently Asked Questions & Answers

Words Dani Blackbrough

How do I access CHSP services?

Contact My Aged Care on **1800 200 422** or through completion of an online-web referral form found on the My Aged Care website to see if you are eligible. Once registered with My Aged Care an assessor from the Regional Assessment Service (RAS) will visit you at home. They will determine if you're eligible for Commonwealth Home Support Programme services.

I do not feel confident calling My Aged Care. Can someone do this for me?

A trusted family member or friend can make contact on your behalf, however your consent is needed. They can use the 'Make a referral tool' on the My Aged Care website to request an assessment or, if your GP is in a participating clinic, they may be able to make a referral directly from their practice management system.

I don't need services now but have been told to register with My Aged Care for future support. Should I do this?

No. Registering before assistance is needed does not help access services more quickly in the future. It is best to wait until support is required and then contact My Aged Care.

Do I need to pay for services that are accessed through CHSP?

While CHSP provides funding to cover the bulk of service delivery costs, it does not cover the full cost so clients are generally required to contribute toward the cost of their care. If there are genuine reasons that making these payments would place an individual in financial hardship, it is best to talk to your provider about the possibility of having fees reduced or waived.

My assessor sent referrals to providers so I can access support, but I have not heard anything. What should I do?

You can contact providers directly to discuss your referral. Their contact details are listed in the Support Plan that was provided to you by the assessor. Alternatively, you can contact My Aged Care so they can advise you on the status of your referral.

If services are not available now, will My Aged Care notify me when a space is available?

No. If waitlists are available you can ask your assessor to register you on the waitlist, however most organisations do not offer this function. You will need to remain in regular contact with local providers to discuss availability.

My assessor has given me a referral code. What does this mean?

You may not be able to receive services straight away as providers do not always have the capacity to take new clients. Being provided with a referral code generally means that the assessor has determined you are eligible for aged care services. The code is a unique identifier that is assigned so service providers can access information about your assessment and the approved service(s). A referral code is generally provided when the required service may not be available in your area at the time of assessment, so the code allows you to access the service at a later date.

How do I use the referral code?

Referral codes can be given to relevant service providers, so the provider can access the funding for the appropriate service. Providers can be located via the My Aged Care website. You are encouraged to regularly contact providers to check if they have availability for the services you need.

I cannot find a provider to help me. What do I do now?

CHSP providers are at times limited in the services that can be offered often through funding and staffing limitations. This means that the service you require may not always be available. Speaking to local providers can be helpful as they may be able to provide alternative options or refer you to other relevant providers. You may also like to explore eligibility for other Government programs by calling My Aged Care, seek services via private providers, search online directories or seek recommendations from local community groups, voluntary organisations, neighbours, family/friends or healthcare professional. Organisations such as Mable offer a range of private support options and CHSP providers may also be able to assist with the provision of non-funded services (though this can be quite costly).

Providers have told me that they can only help me if I am on a 'package'. What does this mean?

A Home Care Package (HCP) is a coordinated package of services to help individuals assessed as having higher care needs. While you may be eligible for a package if you require multiple ongoing supports, the lack of available CHSP service will not be taken into consideration when determining your eligibility. Contact My Aged Care to discuss eligibility for a Home Care Package.

I have seen Lite n' Easy advertise on television that I can get a discount through My Aged Care – how do I do this?

Lite n Easy do offer discounted meal rates for individuals in receipt of HCP as part of the cost is covered via the package funding, however this service is not available via CHSP services on the Sunshine Coast. If you meet eligibility criteria for a HCP and have been assigned a package, speak with your provider about accessing a meal delivery service.

I am currently using a private gardener/cleaner. Can I continue to use this service but pay with funding from My Aged Care/CHSP?

No. CHSP providers are awarded contracts from the Australian Government based on several factors including their level of experience, service delivery models, ability to meet quality standards and financial viability. Services through CHSP can only be provided by one of these approved contractors.

My assessor told me that garden maintenance services only provide help with safety concerns. What does this mean?

Yard maintenance and gardening services provided via CHSP must directly relate to improving safety, accessibility and independence, rather than maintaining a garden's visual appeal or aesthetic value.

I am not happy with my current provider – what do I do now?

You have the right to choose your own preferred provider. If you are unhappy with the service, you should start by discussing your concerns with the provider directly to see if a solution can be reached. If you are unable to resolve your concerns, you can contact My Aged Care who can provide support, advice and guidance relating to your situation. You may wish to request a change in provider and My Aged Care can help you through this process. If you believe your concerns have not been adequately addressed, you can make a formal complaint. Most providers have complaints processes in place and My Aged Care can support you through this process. You can also contact the Aged Care Quality and Safety Commission (an independent body responsible for ensuring aged care service quality) by calling 1800 951 822 or via their website www.agedcarequality.gov.au. If additional support is required, you can reach out to advocacy organisations such as the Older Persons Advocacy Network (OPAN) on 1800 700 600 or www.opan.org.au

I need more help since my last assessment – what do I do now?

Additional support can be requested by contacting My Aged Care. Your assessment organisation will then be asked to complete a review of your existing services/support plan and will contact you to discuss your change in needs. This may take a few weeks. Depending on your situation, new services may be put in place, or a new assessment may be arranged.

COMMONWEALTH HOME SUPPORT PROVIDERS DIRECTORY

Anglicare

Personal Care, Domestic Assistance, Nursing, Personal Care, Social Support Group and Individual, Social Respite, Meal Preparation, Transport, Social Work

Phone 1300 610 610

Ozcare

Personal Care, Domestic Assistance, Meal Preparation, Transport, Respite Support, Social Support, Dementia Advisory Service, Housing Assistance

Phone 1800 692 273

RangeCare Flaxton

Nursing, Respite Support, Social Support, Personal Care, Meals, Domestic Assistance, Home Maintenance, Gardening

Phone 5445 7044

RangeCare Nambour

Nursing, Respite Support, Personal Care, Domestic Assistance, Social Support, Home Maintenance, Gardening, Meals

Phone 5441 4441

RangeCare Maleny

Nursing, Respite, Personal Care, Domestic Assistance, Social Support, Home Maintenance, Gardening, Meals

Phone 5429 6152

Comlink

Transport, Social Support, Domestic Assistance, Personal Care, Respite Support

Phone 1300 761 011

Suncare

Transport, Domestic Assistance, Personal Care, Social Support Group and Individual, Meals

Phone 1800 786 227

Glasshouse Country Care

Personal Care, Domestic Assistance, Meals, Social Support Individual and Group, Transport, Respite Support, Home Maintenance, Gardening

Phone 5494 6948

Institute for Urban Indigenous Health

Domestic Assistance, Transport, Social Support, Respite Support, Meal Preparation, Personal Care, Home Maintenance, Nursing, Group Activities

Phone 1800 802 265

Bolton Clarke

Nursing, Continence Management & Advisory Service, Social Support, Respite Support, Domestic Assistance, Physiotherapy, Occupational Therapy, Speech Therapy, Podiatry, Dietician, Home Maintenance

Phone 5452 8800

Kincare

Physiotherapy, Domestic Assistance, Social Support, Personal Care

Phone 1300 733 510

Diversicare

Personal Care, Domestic Assistance, Meal Preparation, Social Support, Domestic Assistance, Respite Support, Continence Management Advisory Service, Centre based Respite, Occupational Therapy

Phone 07 5491 9655

Southern Cross Care

Domestic Assistance, Personal Care

Phone 5346 4015

Bromilow

Domestic Assistance, Respite Support, Personal Care, Social Support

Phone 5445 5676

Churches of Christ Care

Personal Care, Home Maintenance, Gardening, Nursing, Social Support, Domestic Support

Phone 5436 4130

Centacare

Transport, Domestic Assistance, Respite Support, Meals, Personal Care, Social Support, Exercise Physiology, Dietician, Podiatry, Physiotherapy, Occupational Therapy, Speech Pathologist

Phone 1300 236 822

Integrated Living

Dietician, Nursing, Exercise Physiologist, Social Support (online)

Phone 1300 782 896

Blue Care

Domestic Assistance, Personal Care, Social Support, Transport, Respite Support, Physiotherapy, Occupational Therapy, Speech Pathologist, Podiatrist, Nursing, Social Worker

Phone 1300 258 322

Community Health Caloundra

Physiotherapy, Occupational Therapist, Speech Pathologist, Podiatrist, Nursing, Social Support, Social Worker, Dietician

Phone 5470 5703

Community Health Nambour

Physiotherapy, Occupational Therapist, Speech Pathologist, Podiatrist, Nursing, Social Support, Social Worker, Dietician

Phone 5479 9670

Community Health Noosa

Physiotherapy, Occupational Therapist, Speech Pathologist, Podiatrist, Nursing, Social Support, Social Worker, Dietician

Phone 5449 5944

Maroochy Home Maintenance

Home Maintenance, Occupational Therapist, Home Modifications

Phone 5476 6130

Noosa Seniors

Transport, Domestic Assistance, Personal Care, Respite Support, Social Support, Home Maintenance, Physiotherapy, Podiatry

Phone 5329 6175

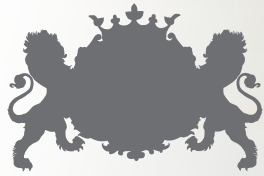
Wesley Mission

Nursing, Domestic Assistance

Phone 1800 448 448

*Disclaimer: *Not an exhaustive list. Intended as a guide only.*





IAGEWELL STORE



Welcome to the iAgeWell Store.

Our mission is to empower you to age gracefully and live life to the fullest.

Launching in January 2024, our online store, www.iagewellstore.com.au, will be your go-to destination for premium anti-aging solutions, to boost your confidence. Say farewell to discomfort with our inflammation and pain relief aids, and supercharge your brainpower with our cognitive support range for improved memory and concentration.

We've thoughtfully curated a diverse selection of products for daily living, covering everything from bathroom to kitchen, vision to hearing. At the iAgeWell Store, we believe in helping you embrace every moment.

www.iagewellstore.com.au



AGEISM

Overcoming the Barriers

We all want to live a full life – A life where we can do as much as we want, pursue all our interests or desires, achieve our full potential and realise our self-worth.

The World Health Organisation (WHO) states that: “Every person – in every country in the world – should have the opportunity to live a long and healthy life. Yet, the environments in which we live can favour health or be harmful to it.” The WHO reminds us of the unprecedented rate and pace of an ageing population and how this presents both challenges and opportunities. The important question for all older persons is: What kind of environment and what opportunities do we need to thrive in our older years? How can we overcome barriers and be an active member of our community? In this article, Colin Maddocks talks about the barriers to leading a full life as an aged person, the related volunteer work in which he is involved and some potential solutions to ageism.

Ageism: Negative Attitudes and Beliefs

Ageism is defined as: stereotyping, discrimination and mistreatment based solely upon a person’s age. Discriminatory treatment is often based on ageist stereotypes and paternalistic or adverse assumptions about loss of capacity and inability or even interest in learning to adapt and to learn new skills. These ageist attitudes exacerbate exclusion of older individuals and groups from social and economic activities such as remunerated work. Authors Gerard Quinn and Israel Doron in their article *Against Ageism and Towards Active Social Citizenship for Older Persons* claim that “older age” often leads to systematic disadvantage, a claim that supports the definition and discrimination described above.

How We Overcome: Speak Up

Overcoming the barriers starts with expressing what is appropriate and suitable for our age group (having a voice) and by contributing in the decision-making process about our needs. On the Sunshine Coast, there are many wonderful organisations which provide services for the older age group. One, the Healthy Ageing Partnership (HAP), an organisation in which I am involved as a volunteer, has sought to collaborate and share information that positions the Sunshine Coast as a region which provides a caring, inclusive, and connected place for the older community.

A Way to Have Your Say

HAP recently won a COTA grant that will financially enable the conduct of workshops during Seniors Month in October. The older group within our community are encouraged to participate in these workshops and to talk about how HAP can better serve their needs. The workshop locations and dates will be widely publicised and promoted during September. The aged community of the Sunshine Coast can potentially benefit from these workshops so please come along and have your say.

The Rights of Older Persons

At the national level, the Rights of Older Persons Australia (ROPA), has research which indicates that the ageing population is particularly vulnerable to discrimination and human rights violations. Current human rights instruments and legal frameworks do not provide adequate protection for older people, either in law or practice.

ROPA is working to have the Australian Government express support for and commitment to the adoption of a United Nations Convention on the Human Rights of Older Persons. The specific needs of older persons include: protection from neglect, violence, and abuse; autonomy and independence; right to health and access to health services; social protection and social security; education, training, life-long learning, capacity building; and social inclusion.

Another national organisation, EveryAGE Counts, is Australia's national coalition and grassroots movement to end ageism. The Chair of EveryAGE Counts is former CEO of the Australian Red Cross, Mr Robert Tickner, AO. The vision of EveryAGE Counts is a society where every person is valued, connected, and respected regardless of age.

As the local volunteer/advocate for EveryAGE Counts, I have become equipped to challenge ageism behaviours and to facilitate and provide lectures about this topic for community groups. Fellow seniors who feel mistreated, significantly disrespected, or discriminated against because of age, need to call out ageism behaviours. This can be done directly in a respectful fashion or, if the behaviour is serious, there are organisations to which the behaviour can be reported.

Internationally, the University of the Third Age (U3A) through the U3A Network Queensland, is providing assistance to the Association of International University of The Third Age (AIUTA) and The International Federation of the Association of Older People (FIAPA) study into the rights and protection of older persons. The aim of the study is to identify new approaches to motivating countries to adopt a Charter of Rights for Older Persons. My contribution is to assist with understanding international challenges, particularly as they relate to Australia and the Pacific Region.

Breaking Down the Barriers through Age Friendly Communities

The WHO has developed an age-friendly cities' model which proposes eight interconnected domains that can help identify and address barriers to the well-being and participation of persons at every age. An age-friendly community encourages an environment where older people are valued, respected, and actively supported to participate in their community.

During the past 12 months I have been delivering lectures about age-friendly communities and the WHO model. We should all encourage our local and state Governments to follow the WHO model for the conversion of existing communities and the development of new ones, given that the model presents a fundamental way of breaking down the barriers to leading a full and fruitful life in older age.



Collin Maddocks, Seniors advocate for the Sunshine Coast.

For more information and/or assistance:

AGEISM AND AGE FRIENDLY COMMUNITIES

AGE FRIENDLY CITIES – WORLD HEALTH ORGANIZATION
<https://extranet.who.int/agefriendlyworld/>

EVERYAGE COUNTS – COMBATTING AGEISM
<https://www.everyagecounts.org.au>

SUNSHINE COAST VOLUNTEER AND ADVOCATE
 Colin Maddocks
 Email: Colin.maddocks78@yahoo.com

GENERAL AND LEGAL SERVICES

RELATIONSHIPS AUSTRALIA - MAROOCHYDORE
www.raq.org.au
 1300 364 277

SERVICES: A broad range of services related to relationships, families, social justice, safety, and inclusion. Queensland Government – Support for Seniors
www.qld.gov.au/seniors

Seniors Enquiry Line 1300 135 500
SERVICES: Full Range of Services for Seniors including support for seniors who are victims of abuse and discrimination.

LEGAL AID QUEENSLAND – MAROOCHYDORE OFFICE
www.legalaid.qld.gov.au
 Phone: (07) 5451 6900
SERVICES: Assistance for older Queenslanders with legal problems including family and domestic violence, consumer rights, family law, and anti-discrimination.

RIGHTS OF SENIORS AND ELDER ABUSE

QUEENSLAND POLICE – ELDER ABUSE HOTLINE
www.police.qld.gov.au/domestic-violence/elder-abuse
 1300 651 192

SERVICES: The Elder Abuse Helpline provides free confidential advice, support, and referral to anyone experiencing abuse, suspecting, or witnessing abuse of an older person.

QUEENSLAND HUMAN RIGHTS COMMISSION: QHRC
www.qhrc.qld.gov.au
 Phone: 1300 130 670
SERVICES: The Queensland Human Rights Commission (QHRC) resolves complaints of discrimination and other contraventions of the Act, and promotes human rights in Queensland.

RIGHTS OF OLDER PERSONS
 Australian Government Attorney’s General Department
www.ag.gov.au/rights-and-protections/protecting-rights-older-australians
SERVICES: Rights of Older Persons – Particularly Elder Abuse



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, 2022.

0419 762 309
jodie.c21@century21.com.au

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



Maroochy Home Assist: 23 Years of Empowering Seniors and those with Disabilities

A Journey of Growth, Compassion, and Quality Services

More than 20 years ago, a dedicated team embarked on a mission to make a difference in the lives of seniors and individuals with disabilities. They established Maroochy Home Assist, a nonprofit organization committed to providing vital support services. As time has passed, their commitment to their mission has only grown stronger. Let's take a closer look at their journey and the remarkable work they do.

A Humble Beginning

Maroochy Home Assist's journey began in 1999, and while exact dates are a little hazy from those early years, one thing has remained crystal clear: their unwavering dedication to serving their community. Originally located in Nambour, the organization soon found its home in Kunda Park, setting the stage for decades of impactful service.

At the helm of this incredible organization is Bill Fay, who has been the General Manager for over 23 years. His dedication and leadership have been instrumental in Maroochy Home Assist's growth and success.

“Their unwavering commitment to empowering seniors and individuals with disabilities is a testament to the positive impact organizations can make when they prioritize compassion and quality care.”



Lifeline for Many

Maroochy Home Assist offers a range of services designed to support the elderly and those with disabilities in living independently and comfortably in their own homes. Here are some of the key services they provide:

1. Home Assist Secure (HAS):

This program offers subsidized assistance with minor home maintenance and modifications, providing a lifeline to eligible Queenslanders aged 60 years and over, as well as eligible individuals of any age with a disability. It ensures that homes remain safe and comfortable environments for those who need it most.

2. Commonwealth Home Support Program (CHSP):

This service is tailored for individuals aged 65 and over, with a specific focus on supporting Aboriginal and Torres Strait Islanders aged 50 and over. CHSP includes both minor and major home modifications, enabling people to continue living independently with the necessary enhancements to their homes.

3. NDIS/Package Managers:

In addition to their ongoing subsidized services, Maroochy Home Assist now extends their support to Home Care Package recipients and National Disability Insurance Scheme (NDIS) participants. This expansion means that even more individuals can access their handyman and modification services, further enriching their lives. As Maroochy Home Assist looks back on their incredible journey of 24 years, they also look forward to a future filled with continued growth and an even broader reach. Their unwavering commitment to empowering seniors and individuals with disabilities is a testament to the positive impact organizations can make when they prioritize compassion and quality care.

A Team That Stands Strong

Success is not just about leadership; it’s about the entire team’s commitment to a shared vision. Within Maroochy Home Assist’s current team of 36 staff members, three have been part of the journey for more than two decades, and an impressive 11 have served for over seven years. This remarkable continuity reflects the family-like bond within the organization.

Embracing Growth and Change

Over the past 10 years, Maroochy Home Assist has experienced remarkable growth. The ever-evolving landscape of aged care and their partnership with over 30 Home Care Package providers have played significant roles in this expansion. From a team of 14 staff members and 30 contractors, they’ve evolved into a formidable organization with 36 staff members and more than 70 contractors.

This growth signifies not only the organization’s success but also the increasing demand for the vital services they offer. As more seniors and individuals with disabilities become aware of Maroochy Home Assist’s offerings, it’s clear that their impact will continue to grow.

Maroochy Home Assist Services: A

“One thing has remained crystal clear: their unwavering dedication to serving their community.”



CONNECT

PHONE (07) 5476 6130
 EMAIL office@maroochyhomeassist.com.au
 WEBSITE www.maroochyhomeassist.com.au

Bruce went through the process with his own father entering aged care and understands first hand the challenges people face. He knew there had to be a better way forward. As a result Sage Care Advice was established.

Bruce Baynes, director and founder of Sage Care Advice

Photos Empire Art Photography

Navigating Aged Care Costs:

Understanding Fees and Finding Financial Peace of Mind

Entering the world of aged care can be a daunting prospect for both individuals seeking care and their families. While the primary focus is often on ensuring quality care for loved ones, it's crucial to understand the financial aspects of aged care to make informed decisions.



Aged Care Adviser, Katie Spence

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. The most common questions they get asked are, is residential care affordable? Do I have to sell my house?

In Australia, the cost of aged care is determined through a complex system of fees and subsidies. In this article, we will demystify the financial aspects of aged care, providing clarity on care fees, accommodation costs, and the importance of seeking professional advice.

Care Fees: Understanding AN-ACC and MTCF

One of the first steps in the aged care journey is the ACAT (Aged Care Assessment Team) assessment. This assessment determines the level of care required and assigns it a dollar value known as the Australian National Aged Care Classification (AN-ACC). The AN-ACC determines the government subsidies paid to the aged care facility.

In simple terms, the higher the care needs, the higher the fee paid by the government.

Individuals may also be required to contribute to the cost of their care through the Means Tested Care Fee (MTCF). The MTCF amount depends on your assessed assets and income. The government covers the balance of the cost, which cannot exceed the individual AN-ACC calculation. It's important to note that the MTCF has annual and lifetime caps, and it is recalculated quarterly by Services Australia or the Department of Veteran Affairs. Properly managing assets and income can significantly impact the MTCF amount, making professional advice valuable in this regard.

Accommodation Costs: Unpacking the Accommodation Payment

Accommodation costs in aged care can vary widely between facilities. These costs are typically advertised as lump sums but can also be paid as daily payments or a combination of both. Supported residents, whose income and assets fall below a certain threshold, are exempt from the Accommodation Payment but may be subject to an Accommodation Contribution based on their financial circumstances.

Katie says, given the complexity of aged care fees and the potential impact on your finances, seeking advice from an Aged Care specialist adviser is strongly recommended.

Sage Care Advice helps you navigate the intricacies of aged care financing. They assist in completing asset and income assessments, provide personalized advice based on your unique circumstances. They also serve as guides, helping you and your loved ones make informed choices and ease the journey through the aged care maze.



CONNECT



PHONE
WEBSITE

07 5322 5333
www.sagecareadvice.com.au

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	07 5341 8208
Arcare	1300 294 705
Aveo Care At Home	07 551 4469
Ballycara Home Care	1300 272 222
Blue Care Community Care	1300 910 421
Bromilow Home Support Services	1300 158 242
Churches of Christ Care	07 5441 2833
Coastal Home Care	07 5293 8304
COMLINK Australia	1300 761 011
Diversicare	1300 348 377
Envigor	1300 368 446
Feros Care Home Care	1300 461 461
Five Good Friends	1300 787 581
Focus Care	07 3067 9084
Glasshouse Country Care	07 5494 6948
Home Health Care	07 5476 0988
Home Caring Australia	1300 875 377
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 5408 4394
IRT	13 44 78
KinCare	1300 733 510
Lets Get Care	1300 283 017
Local Guardians	07 21397090
Mi Care	1800 642 273
My Home Care	1300 275 805
Ozcare	1800 692 273
Prestige Home Care	07 4566 2747
Rangecare	07 5445 7044
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
Institute for Urban Indigenous Health-IUIH	1800 802 265
Trilogy Care	1300 459 190
Wesley Mission Queensland	1800 448 448
Your Home Care	1300 023 321



THURSDAY
9TH OCTOBER 2024

SUNSHINE COAST TURF CLUB
 CALOUNDRA, 9AM-2PM

CONNECTING COMMUNITY • CELEBRATING LIFE

FREE EVENT

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

ARCARE BRITINYA
14 Waterside Retreat
Phone: 07 5231 3400
www.arcare.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 SUNDALÉ
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

COOLUM BEACH 4573

ST MARY'S AGED CARE
17 Magenta Drive
Phone: 07 5446 5096
www.stmarysagedcare.com.au

COOLUM WATERS – by SUNDALÉ
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
96 Village Way
Phone: 1800 246 677
www.pallakecare.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

ESTIA PACIFIC PARADISE
26 Menzies Drive
Phone: 07 5376 7400
www.estiahealth.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

TRICARE KAWANA WATERS AGED
CARE RESIDENCE
Riveraine Avenue
Phone: 07 5436 9000
www.tricare.com.au

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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

SKILLS HUB

2/162 South Pine Road
Brendale 4500, Qld, 4500
Phone 3520 0840
www.skillshub.com.au

FINANCIAL

GARDEN FINANCIAL SERVICES

1/5 Oval Avenue
Caloundra, Qld, 4551
Phone 5437 2744
www.gardenfs.com.au

RISE QLD

28 Oval Avenue
Caloundra, Qld, 4551
Phone 5491 6722
www.riseqld.com.au

SAGE CARE ADVICE

Suite 8, M1 Building 1/7
Duporth 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 FINANCIAL PLANNING AND AGED CARE

Phone 0438 142 090
Phone 07 5494 5667

SERVICES AUSTRALIA - AGED CARE SPECIALIST OFFICER

Phone 1800 227 475

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

ILS AUSTRALIA

Shop 25b Home Care Centre
100 Maroochydore Rd
Maroochydore, Qld, 4558
Phone 5370 8774
www.ilsau.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

DICKY BEACH
2/11 Rooke Street
Dickys Beach 4551
Phone 5491 9941

WARANA

224 Nicklin Way
Warana 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
 678 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 Esplande
 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

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

60 PLUS LIFESTYLE AGENT
 92 Duporth Ave
 Maroochydore, Qld, 4558
 Phone 0419 762 309
 email.: jodie.c21@century21.com.au

RELOCATION SERVICES

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 Phone Jeanne Motteram
 0402 126 157
www.colomba.com.au

RETIREMENT/AGED CARE SUPPORT

NEW STAFF SOLUTIONS
 Phone 07 5451 1108
www.newstaff.com.au

LIVING MADE EASY
 Phone 1300 434 159
www.livingmadeeasy.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 0437 235 842
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.carersthathdrive.com.au

THE CARING CONCIERGE
 Phone 0493 448 236
 Email buderimsbest@gmail.com

M8 PRIVATE TRANSFERS
 Phone 0439 999 989

TRAVEL

CT TRAVEL
 Phone 07 5391 1648
www.cttravel.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

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. (See checklist over the page.) 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 kit's 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



83060A 07/2019



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	13 432 584
My Aged Care	1800 200 422
Carers Gateway	1800 422 737
Carers Queensland	1300 747 636
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

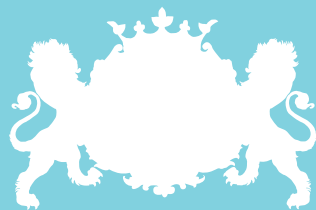
SERVICES AUSTRALIA

Medicare General Enquires	132 011
MyGov	132 307
Older Australians	132 300
Centrelink (Services Australia)	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