

# Lifestyle

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

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***Celebrating  
Mind, Body  
& Spirit***

**55+**  
2024/25

## **UNLOCK THE FOUNTAIN OF YOUTH**

*The Latest Anti-Ageing  
Skin Care Breakthroughs*

## **TIMELESS LOVE**

*Rediscover Connection  
and Companionship in  
our Later Years*

## **AYURVEDA'S HEALING POWER**

*Ancient Wisdom for  
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*Revolutionizing  
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*Top Trends Shaping 2025*

*“Your spirit is like  
a garden: it needs  
nourishment to sustain  
the mind, body, and  
soul. Feed it with love,  
kindness, faith, hope,  
joy, and gratitude, and  
watch it blossom.”*

Unknown

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Thank you to our Foundation Partners for seeing the vision and supporting positive ageing on the Sunshine Coast.



# Celebrating Mind, Body and Spirit



Tanya Dave  
Editor

As we journey through life, it often feels as though time slips by in the blink of an eye. From the moment we take our first breath, we begin crafting different identities—playing the roles of daughter, son, parent, doctor, caregiver, and more. These roles shape who we are, but in the final season of life, we are gently reminded to let go of everything we've become and all that we possess.

In those profound moments between life and death, we come to realize that we were never truly the characters we played; it was all a creation of the mind. What we were all along is simply love and light. The way we navigate the ebbs and flows of life, how we serve others, and the legacy we leave behind is what ultimately defines our life.

In this edition, we meet inspiring individuals who have embraced their roles, faced challenges, and overcome trauma. Now, in their later years, they share the wisdom they've gathered, leaving behind legacies that will guide, heal, and uplift future generations.

We also explore the ancient wisdom of Ayurveda, uncovering how food can be a powerful source of healing for both body and mind. We delve into perspectives on love, the nourishment for the soul, and through the stories of our Sunshine Coast seniors, we find our spirits inspired. In this later season of life, to truly live, we must learn to capture the moments, invest in our relationships, release attachment to material things, love unconditionally, and most importantly, cherish the present while embracing the journey.

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



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# Welcome to the Sunshine Coast!

As Mayor of this beautiful region, I am delighted to extend a warm hello to all our senior residents and visitors. The Sunshine Coast offers an exceptional lifestyle, with its stunning natural beauty, vibrant cultural scene and a welcoming, close-knit community.

Our pristine coastline, lush hinterland, and endless opportunities for relaxation make the Sunshine Coast an ideal place to enjoy a fulfilling retirement. Whether you prefer tranquil nature walks, beach front relaxation, a sporting competition or participating in local arts and cultural events, there is something here for everyone.

Sunshine Coast Council is committed to providing a range of programs and services tailored to our senior residents. From fitness programs in our parks and recreation centres to social activities in community halls and libraries, we strive to ensure that everyone feels valued. Our partnerships with local health services, the Queensland Government and community groups also ensure that seniors can access educational opportunities, stay mentally sharp, and feel supported at every stage of life.

Our Healthy Ageing Partnership initiative is a Sunshine Coast collaboration that brings together industry partners to share information on positive ageing activities and services. We promise to continue our ongoing commitment to making this region a place where everyone feels valued and supported.

We do this by creating and maintaining accessible parks, offering discounts for public transport through Council Link and providing movement sessions to keep our community active. We are dedicated to your wellbeing!

Additionally, through our Healthy Sunshine Coast Program, we encourage seniors to stay connected. The program offers workshops, physical fitness sessions and social events that promote health and encourage social bonds.

Another highlight is the Sunshine Coast Seniors Festival, which brings together like-minded people from across the region to celebrate their contributions to our community while inspiring fun, friendship, and learning.

Thank you for being a part of our vibrant community. We look forward to continuing to support and celebrate you.

**MAYOR ROSANNA NATOLI**



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*Through workshops, research, and advocacy, Maggie is transforming the landscape of aged care dining, ensuring that the elderly can enjoy the pleasures of good food in their later years.*

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# *Maggie Beer's Blueprint for Food, Community and Care*

Words Tricia Welsh

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*Maggie Beer is an iconic figure in Australian culinary arts, renowned not just for her exceptional cooking, but more recently for her contributions to aged care. Hailed a national treasure, she was 2010 Senior Australian of the Year and embodies the spirit of the Barossa Valley, where she has lived and worked for decades, crafting a legacy that intertwines food, community, and care.*

One of Maggie's most significant contributions is her advocacy for better food in aged care facilities. Recognizing the transformative power of good nutrition and enjoyable meals, she has championed efforts to improve the quality of food served to the elderly. In 2014, she established the Maggie Beer Foundation with a mission to enhance the wellbeing of older Australians through food. The foundation conducts training programs for aged care cooks and chefs, focusing on creating nutritious, delicious meals that bring joy and dignity to residents.

Her work in this area addresses a critical issue: the often substandard food provided in aged care. Her foundation's initiatives highlight the importance of flavour, presentation, and nutritional value, aiming to make every meal an experience rather than a necessity. Through workshops, research, and advocacy, she is transforming the landscape of aged care dining, ensuring that the elderly can enjoy the pleasures of good food in their later years.

Maggie has been a fixture on Australian television, sharing her love for cooking and the Barossa Valley through shows like *The Cook and the Chef*, with regular guest appearances on *Masterchef* and as a judge on *Great Australian Bake-Off*. Her most recent project has been *Maggie Beer's Big Mission* – an ambitious world-first social experiment to transform the meals and dining experience at a Meath Care home in Perth, Western Australia.

Filmed by the ABC over a four-month period, its three episodes follow Maggie and her team of experts as dining rooms receive a makeover, menus reinvigorated, and a kitchen garden planted.





Maggie says people in aged care homes today are a resilient generation who have lived through world wars and the Great Depression. “I believe they deserve to enjoy fresh food full of flavour and goodness.”

Some of the more popular, yet simple, additions to the home’s menu were toasted ham and cheese sandwiches – “filled with protein, never skimpy”, and a colourful, nutritious breakfast buffet where residents can choose what they would like to eat and how much or how little.

“Plus,” she adds, “there are residents who want to contribute to their community whether it’s setting the table, ironing the serviettes or putting flowers on the tables. It’s making them feel worthwhile, giving them a sense of purpose. It’s also interaction with other residents so they form friendships rather than just with the person they sit next to at meal times.”

The project was prompted by the findings of the 2019 Royal Commission into Aged Care Quality and Safety which revealed substandard food and that as many as 68 per cent of people receiving residential aged care were malnourished or at risk of malnutrition, and the budgets then - almost three years ago, were so low as to be unimaginable - as little as \$7.50 as the average daily food spend per person.

“Everyone is working very hard (in the kitchens), but so often they have so little experience,” she explains. “There are so few skilled cooks and chefs available for aged care - they are not even available to restaurants, so training has to be done at the stove by the senior skilled person they have.”

“There are so many tasks every day – it never stops. There are no peaks and troughs in seasons that restaurants have. It’s so consistent and so often catering for 130 people each day, six meals for each resident, three main meals, morning and afternoon tea and supper. It’s such continuous service,” she adds.

At the end of the program, data showed that depression among residents dropped from 46 per cent to 22 per cent; and weight loss incidence fell from 83 per cent to 43 per cent.

So, is this a blueprint for other aged care facilities?

“It’s a starting point,” says Maggie. “Every home is very different. One thing everyone can take from the *Big Mission* is there are things to do that aren’t about money, and ideas to inspire if there is a budget, such as to create a garden. As soon as you introduce energy and ideas, it’s like a rolling ball.”



There has been a great increase in the numbers of homes and individuals accessing the foundation website. “Training is there for the asking, but they have to re-assess that they are really committed and ready for the whole of the home to be involved into making change. It must be on-going and everyone involved,” Maggie stresses.

Born in Sydney in 1945, Maggie’s journey into the culinary world was unconventional. She did not attend culinary school but instead learned through hands-on experiences and an innate passion for food. Her journey began in earnest in the 1970s when she moved to the Barossa Valley with her husband, Colin. There, they established the Barossa Pheasant Farm, which quickly gained a reputation for its high-quality produce, particularly pheasant pâté. This venture laid the groundwork for what would become the Maggie Beer brand, synonymous with quality, innovation, and a deep connection to the land.

The Barossa Valley, with its rich food and wine heritage, provided the perfect backdrop for Maggie’s culinary pursuits. Her cooking style reflects the region’s bounty, emphasizing fresh, locally-sourced ingredients. Maggie’s philosophy is simple: good food starts with the best produce. This ethos has driven her to create products that celebrate the natural flavours of the ingredients, from her famous verjuice to a range of gourmet condiments and preserves.

Maggie has written some 10 books that are celebrations of life, family and the seasons: such as *Maggie’s Harvest*, *Maggie’s Kitchen*, and *Maggie’s Recipe for Life* – the latter being relaunched this year with extra recipes developed from the Big Mission project, with Maggie travelling to the Sunshine Coast earlier this year to talk about it as part of The Curated Plate Festival.

**[maggiebeerfoundation.org.au](http://maggiebeerfoundation.org.au)**




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*At the end of the program, data showed that depression among residents dropped from 46 per cent to 22 percent; and weight loss incidence fell from 83 per cent to 43 per cent.*

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*Philanthropy goes beyond mere donations; it is about making meaningful contributions that will benefit others for generations to come.*

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# Roy and Nola Thompson

# A Legacy of Faith, Perseverance and Charity

Words Tanya Dave

## *A Humble Life with a Generous Heart*

Roy and Nola Thompson are not ones to seek the spotlight or indulge in luxury. Instead, they have dedicated themselves to giving back in ways that align with their deeply held values, quietly shaping the future of their beloved community.

Roy, an Order of Australia recipient is a man who values purpose over prestige. Despite the high honour, Roy remains grounded, unimpressed by pomp and ceremony. The Thompsons lead a simple life, choosing to largely avoid the social scene and the extravagant lifestyle their wealth could afford. Their satisfaction comes not from status but from contributing to the community that has given them so much.

Roy Thompson's early life in Colac was shaped by the modest means of a working-class family. His father managed a gas works while his mother stayed home, managing the household on limited resources. This background stands in stark contrast to the life Roy and Nola have built together. After meeting at a dance in Heidelberg Town Hall and marrying, the couple embarked on a journey defined by hard work and perseverance.

As they raised eight children, Roy often worked multiple jobs to provide for his family, never letting the challenges deter his ambition. A chance visit to the Sunshine Coast in the early 1970s led to a life-changing decision to move to Maroochydore, a decision they followed through within six months. From building Chifley's Hotel in Alexandra Headland in 1972 to leading numerous real estate developments across the region, Roy's business ventures laid the foundation for their fortune. Yet, even as their wealth grew, the Thompsons remained committed to giving back.

The Thompsons' philanthropy is both purposeful and generous. They were named Queensland Higher Education Philanthropists of 2017 for their extraordinary support of the University of the Sunshine Coast, having

donated \$15 million to date. Their contributions have funded study support bursaries for financially struggling students, aiding them in completing their degrees, and backed the construction of a multi-level car park that generates scholarship funds. Over the next 50 years, this investment is expected to support over 1,000 students.

Their generosity also extends beyond education. The Sunshine Coast Mind & Neuroscience Thompson Institute stands as a testament to their commitment to mental health, with the Thompsons contributing \$7 million to establish the facility. Their donations continue to enhance services, including the recent purchase of an MRI machine.

One of their most recent contributions is a \$2 million donation to Wishlist Centre, an Australian-first facility in Birtinya that will provide affordable accommodation, healthcare, and support services for patients and families undergoing treatment at the Sunshine Coast University Hospital. The Thompsons were particularly moved by the adolescent and young adult mental health support the center will offer, recognizing the importance of providing solutions for future generations.

Now in their late 80s and early 90s, Roy and Nola Thompson may be considering slowing down, but their impact on the Sunshine Coast is far from over. With six of their eight children still living locally, along with 16 grandchildren and 11 great-grandchildren, their legacy is both familial and communal.

Reflecting on their journey, Roy remains focused on the purpose of their wealth, emphasizing that it should be used to invest in the future of the community they love. For the Thompsons, philanthropy goes beyond mere donations; it is about making meaningful contributions that will benefit others for generations to come.

Whether supporting students, funding mental health initiatives, or helping to build vital healthcare facilities, the Thompsons continue to give where it matters most. Their story is a testament to the power of humility, hard work, and the belief that wealth is best used in service of others.



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*Judith has gone on to train over a thousand health professionals, coaches, and therapists in her trauma-healing process, known as TRTP (The Richards Trauma Process)*

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## Judith Richards

# *The Alchemist*

Words Tanya Dave

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*Judith Richards' journey of transformation is nothing short of alchemy. Much like the ancient alchemists who turned base metals into gold, Judith has taken the deep horrors of her past and transformed them into a powerful tool to heal trauma. Her story is not just about survival but about transmuting pain into purpose—a purpose so powerful that it is now revolutionizing the way trauma is treated.*

Born in Brisbane, Judith was subjected to abuse from an early age. Like many children in such situations, her sense of self-worth was stripped away. She was abused by church elders, which led her to internalize deeply damaging beliefs: that she was evil, that she caused good people to do bad things, that she deserved to suffer. These beliefs became her identity, setting her on a path of re-victimization—a pattern that made her a magnet for predators.

*By her late teens, she would almost  
jokingly introduce herself as,  
“Hi, I’m Judith. I attract violent  
lunatics. What can I say? It’s a gift!”*

The abuse escalated as she encountered stalkers, violent partners, and public assaults. After studying at the Conservatorium of Music, she had climbed the hierarchy of violent relationships. Her final relationship left her body in pieces. Surgeons patched her together, warning her that she would likely live the rest of her life in chronic pain and ill health.

But it wasn't just her body that fell apart—soon, it was her mind.

Judith recalls the day her mind stopped working. Waking up one morning, she felt disoriented, as if she were drunk, despite having nothing to drink. Her answer to this strange sensation was simple—get a cup of tea, and things would go back to normal. But getting to the kitchen was a battle. The floor beneath her seemed to sway like the sea. Once she arrived, her brain stuck on repeat: “Just get a cup of tea. Just get a cup... cup... cup.”

The day slipped away, and things went downhill from there. Her mind was unravelling, and soon she found herself locked in a terrifying breakdown of extreme PTSD. She experienced hallucinations, unable to cross a road because she felt herself being hit by imaginary cars. She lived in flashbacks and dissociation, like a walking ghost.

Local teenagers in the village where she lived dubbed her the “Mad Beanie Lady,” as they saw her pacing the streets, muttering nonsensically, trapped in her mind’s spirals. Suicidal thoughts plagued her, her sleep was filled with nightmares, and her sense of identity fractured.

Yet, in the face of overwhelming despair, Judith made a choice: she chose to live.

She refused pharmaceutical interventions, wanting to keep enough of her mind clear to find a way through the darkness. Though it seemed impossible, Judith was determined that there had to be a way out. And against all odds, she found it.

What Judith learned on her path to healing has transformed not only her life but the lives of countless others. She discovered that many mental and physical health issues, from anxiety and depression to conditions like fibromyalgia, are rooted in trauma—specifically in the unconscious mind. While traditional therapies often target the conscious mind, Judith’s approach acknowledges that the real healing happens at a deeper level.

In Judith’s model, trauma is stored in the unconscious, where it loops endlessly, keeping the body in a state of fight or flight. By working directly with the unconscious mind, TRTP switches off these trauma loops, allowing the person to return to a state of calm and balance. Once the unconscious believes that the danger is truly over, the symptoms of PTSD, anxiety, and depression simply turn off.



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*While traditional therapies often target the conscious mind, Judith's approach acknowledges that the real healing happens at a deeper level.*

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Judith's healing was not just her own victory—it quickly became a beacon for others. As people around her witnessed her recovery, they brought their loved ones to her, people suffering from anxiety, depression, and PTSD. Judith, in turn, guided them through the same steps she had taken, and they too found relief. Her success was undeniable.

This led to an unexpected opportunity. When a professor scheduled to speak at a trauma education event fell ill, Judith was asked to step in. Despite her protests that she wasn't a presenter, the organizers insisted: "You are now." After her presentation, attendees lined up, asking her to teach them her method. Again, Judith resisted, but again, the answer was the same: "You do now."

Since that pivotal moment, Judith has gone on to train over a thousand health professionals, coaches, and therapists in her trauma-healing process, known as TRTP (The Richards Trauma Process). Thousands of clients have benefitted from this groundbreaking approach, and some research has been conducted through the University of Melbourne into the efficacy of TRTP and is currently being submitted for publication.'

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*Judith has gone on to train over a thousand health professionals, coaches, and therapists in her trauma-healing process, known as TRTP (The Richards Trauma Process)*

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Judith is no longer just a survivor—she is a healer, a guide, and an educator. She embodies the resilience of the human spirit, proving that no matter how deep the scars, transformation is possible. Like the alchemists of old, she has turned her personal pain into gold, creating a modality for healing and hope for others.

Her work continues to revolutionize trauma therapy. Judith has given the world a profound gift: the knowledge that, even in the darkest of times, we have the power within to heal, to change our mind, and in turn change our lives.

**[www.trtptherapy.com](http://www.trtptherapy.com)**



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*“For change to happen, we must be part of the change.”*

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*His experience with his own physical challenges, or “different abilities” as he prefers to call them, gave him a unique perspective on the needs of others who face similar obstacles.*

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# *Uncle Alan Parsons*

# *A Journey of Resilience, Advocacy, and Healing*

Words Tanya Dave

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*Uncle Alan Parsons, a First Nation Elder from the Bidjira/Yiman people of Carnarvon Gorge in central Queensland, is a man defined by purpose and an unwavering commitment to creating change. As an artist, storyteller, and tireless advocate, Uncle Alan has dedicated his life to advancing health reform, promoting disability inclusion, and raising cultural awareness. His journey, marked by both personal adversity and triumph, serves as a beacon of hope and inspiration for all who cross his path.*

**B**orn with Osteogenesis Imperfecta, or brittle bone disease, Uncle Alan faced more physical challenges in his early years than most endure in a lifetime. His youth was filled with hospital stays and surgeries, but his spirit never wavered. By his late teens, the condition had gone into remission, and his life took another dramatic turn in his 30s when he learned the truth about his heritage. Following the death of his foster father, Uncle Alan discovered that his birth parents were First Nation people. This revelation ignited a desire deep within him to reconnect with his cultural roots and find his “mob.” That search, and the healing it brought, laid the foundation for the work that would define his life.

Uncle Alan’s journey from personal discovery to community empowerment is a story of transformation through connection. His experience with his own physical challenges, or “different abilities” as he prefers to call them, gave him a unique perspective on the needs of others who face similar obstacles. Armed with this empathy, he became a staunch advocate for political reform, fighting to influence policies that would grant those with different abilities greater access to opportunities and support.

“For change to happen, we must be part of the change,” Uncle Alan often says, and this belief has shaped his entire life. Wherever he goes, he advocates for inclusion, ensuring that the communities he serves have a voice. His dedication to empowering others reflects his belief that the community often knows what it needs but may not always know how to achieve it. Uncle Alan teaches that by becoming involved, people can unlock the power to create meaningful change.

His recent “Healing Through Connection” art therapy workshop is just one example of his efforts to combine creativity and advocacy. Inspired by the Space 22 program, the workshop used art as a tool for personal and communal healing. Uncle Alan created an artwork that symbolized the importance of unity and support, with participants contributing small pieces of the design without knowing how they fit into the larger whole. The process encouraged them to step outside their comfort zones and experience the healing power of creativity. The resulting piece now hangs in the mental health unit of Caboolture Hospital, a lasting testament to Uncle Alan’s vision of collective healing.

But Uncle Alan’s contributions go far beyond art. He has been a key player in rewriting legislation to support the different abilities sector, and he has engaged in cultural advocacy aimed at unifying and healing communities. His life’s work is a powerful reminder that healing is not a solitary process, but a communal one. Whether through his storytelling, his art, or his activism, Uncle Alan’s message remains the same: for change to happen, we must actively participate in its creation.

His philosophy of learning from the “School of Life” rather than formal education was instilled in him by his foster father, Maurice “Monty” Parsons.





Monty's practical wisdom—such as “think outside the box” and “challenges can become opportunities”—has guided Uncle Alan throughout his life. Monty, a mechanic and engineer who valued fixing things rather than discarding them, designed extended pedals for Uncle Alan's car, giving him the independence to explore the world. This independence led to countless journeys of discovery, both literal and figurative.

Uncle Alan recalls how a simple newspaper ad inviting people to “Get Involved!” led him to join a state government initiative to reform the disability sector. That role, which lasted seven years, culminated in groundbreaking legislative changes. His experiences on that team helped him find his voice as a public speaker and advocate. Together, they created a stand alone organization to support Aboriginal and Torres Strait Islander families, ensuring that they too had the means to live more independently and remain connected to their communities.

As he reflects on his life, Uncle Alan speaks with humility about the challenges he has faced and the opportunities they have presented. His journey has been marked by personal growth, deep insight, and a relentless pursuit of possibilities. He encourages others to adopt the same mindset, understanding that challenges—whether personal, financial, or emotional—are opportunities in disguise, waiting for the right alignment to reveal the path forward.

For Uncle Alan, life is about more than overcoming obstacles. It's about learning, growing, and embracing every opportunity to push boundaries and create new possibilities. His journey serves as a testament to the idea that age, circumstances, and distractions need not stand in the way of one's goals. As he looks to the future, Uncle Alan remains steadfast in his belief that with resilience, community, and a willingness to engage, we can all be part of the change we wish to see.

For the Caboolture community and beyond, Uncle Alan Parsons stands as a living example of how one person's resilience and commitment to others can leave an indelible mark on the world. His message is clear: healing, advocacy, and change are all communal efforts—and together, anything is possible.

*For Uncle Alan, life is about more than overcoming obstacles. It's about learning, growing, and embracing every opportunity to push boundaries and create new possibilities.*









# Garry Reynolds

# *The Lighthouse*

Words Tanya Dave

*Garry Reynolds gazes into the mirror on the Sunshine Coast, seeing not just a man but a weather-beaten lighthouse—still standing tall after surviving life's storms, renewing his spirit, and thriving in his senior years. His journey, much like the lighthouses that once guided sailors to safety, has been marked by trials endured and a beacon of hope reignited*

In the 1960s, Garry and his two younger brothers grew up in Sans Souci, on the shores of Botany Bay, under the guidance of parents who were beacons of public service. His father, a federal member of parliament, and his mother, instilled in their children the importance of standing strong during life's tempests, helping others navigate their way through perils and into safe harbours.

The nautical theme of their upbringing extended to their education at James Cook Boys High School, where the motto encouraged them to seize opportunities and explore new horizons. Inspired by this, Garry pursued innovation both in his career and in community service, always striving to be a guiding light for others. To Garry, lighthouses symbolize hope and security. He sought to embody these qualities by raising a family with Christine, whom he met while completing an honours degree in economic history. After they married, Garry began his teaching career at two selective boys' high schools in Sydney. Yet, the call for new challenges led the young couple to the countryside around Orange and Bathurst, where he taught at Blayney High School—a place where many students faced an uncertain future at the local abattoir.

Garry felt a deep responsibility to guide these young minds toward safer economic harbours and to inspire them to protect their community from looming threats through local service. Christine and Garry had three daughters and a son, and in pursuit of broader career opportunities for their children, they moved to Canberra. There, Garry took positions in the Public Service, focusing on helping railway towns find new industries and protecting Australia's coasts and seas—always the lighthouse, shining a beacon of safety and progress.

Garry's son, Peter, shared his passion for community service. At just 12-years-old, Peter stood beside him as they led a successful campaign to save the Blayney Railway Station and its freight yard from destruction. Peter was a little lighthouse, already shining brightly at a young age. Together, they were set to testify in a court case involving a former student who was charged with arson attacks on Blayney's high school and primary school—a stark reminder of the storms that sometimes rage close to home.

But nothing could have prepared Garry and his family for the tempest that struck one night in 1992. After returning from a school farewell, the family went to bed in their lovingly restored Victorian house. Unbeknownst to them, someone was hiding downstairs with a plan to burn them alive. The intruder doused the staircase in petrol, removed the electrical fuses, and left them to struggle in the dark as flames engulfed their home. Garry managed to escape through a top-floor window, securing a ladder to rescue Christine and the girls, but tragically, he couldn't reach Peter before the fire claimed his life.

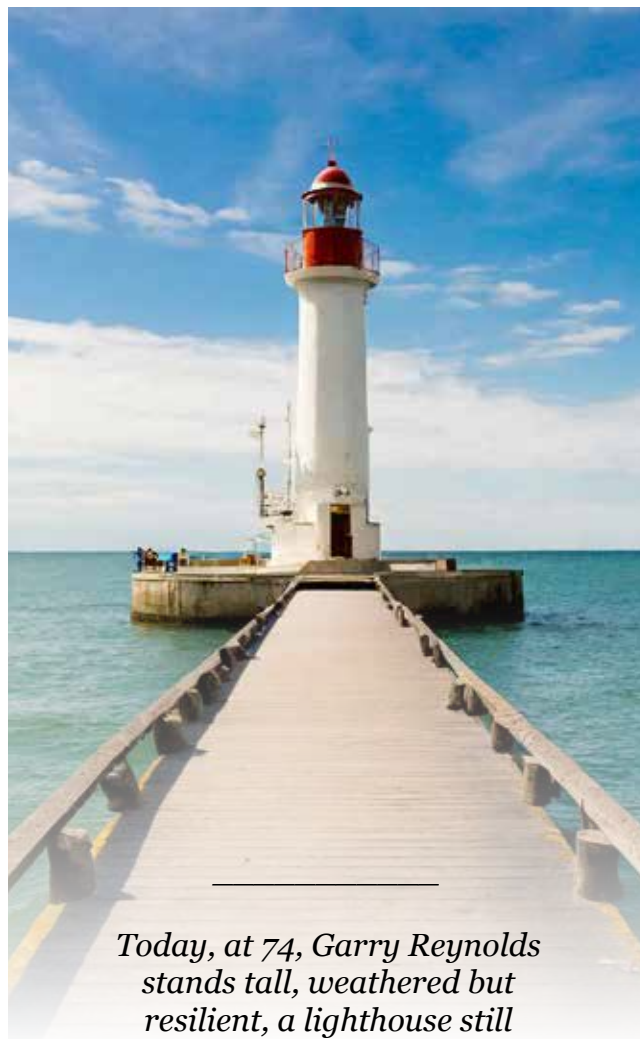
The months that followed were a nightmare, as the family was moved from one hiding place to another under police protection, never knowing who sought their destruction. The strain took its toll on Garry and Christine's marriage, and in the years that followed, Garry endured a series of broken relationships. In Canberra, he suffered four strokes, leaving him unable to walk or write—a shadow of the lighthouse he once was.



Yet, through God's grace, the unwavering support of his family, the power of forgiveness, and the marvels of modern medicine, Garry found his way back. He moved to the Sunshine Coast, determined to regain his writing skills and rejoin the mainstream community. It was there, in the most unexpected of places, that he found love once more with Selina. This newfound love brought warmth and light back into his life, helping him stand tall again as a beacon of hope.

But before he could scan the horizon for new opportunities, Garry had to look within. He needed to renew the values his parents had instilled in him, to find the solid rock upon which he could stand as a lighthouse once more—a beacon shining out to help others navigate their way through life's storms.

Today, at 74, Garry Reynolds stands tall, weathered but resilient, a lighthouse still shining, guiding others to safe passage and reminding them that even after the darkest storms, light and hope remain.



*Today, at 74, Garry Reynolds stands tall, weathered but resilient, a lighthouse still shining, guiding others to safe passage and reminding them that even after the darkest storms, light and hope remain.*



*Regina Ryan*

# *A Life Rooted in Culture and Empowerment*

Words Tanya Dave

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*Regina Ryan's life is a testament to the power of cultural blending, community, heritage, and empowerment. Born into a family reflecting a rich tapestry of Aboriginal, English, Javanese-Indonesian, and Japanese cultures, Regina's journey has been deeply shaped by her diverse background and the lessons learned from her elders.*

Regina's maternal lineage carries the imprints of her Javanese-Indonesian grandmother and Japanese step-grandfather. Her grandmother, a devout Muslim, passed down cultural traditions that profoundly influenced Regina's mother and, in turn, Regina herself. From an early age, she was immersed in the world of Japanese and Indonesian food, culture, and customs, fostering an innate curiosity and respect for cultural diversity.





On her father's side, Regina's Aboriginal heritage was cemented through her grandmother, who comes from the Taribelang Bunda tribe. She taught her the ancient ways of hunting and gathering food. Regina fondly recalls the hands-on lessons with her grandmother, learning to collect mussels from the mudflats, harvest chokos from the vine, and dig up sweet potatoes, which were then cooked in fire pits. These moments were not just about survival but tied to the deep cultural knowledge that connected Regina to her Aboriginal identity.

Growing up in the vibrant, multicultural neighbourhood of Red Hill in Queensland, Regina's exposure to Italian and Greek cultures added even more depth to her worldview. Her father, Jackie Ryan, a renowned Indigenous boxer in the 1950s, seamlessly blended into the predominantly Greek and Italian community. He learned how to speak both languages and passed on the love for Italian cuisine and gardening to his daughter, further shaping her appreciation for cultural exchange.

Jackie was a legend in his time, competing in the featherweight division and securing 32 wins during his illustrious boxing career. His ability to fight inside the ring mirrored the lessons he taught Regina—to speak up, fight for what is right, and stand tall in the face of adversity. It's this resilience that Regina carries forward in her work and her life.

Her son, Daniel Payne, followed in his grandfather's footsteps in a different sport, becoming a notable cricketer. Daniel represented Queensland in various formats and even captained the Indigenous Cricket Team. He had the honor of playing alongside the Waugh brothers in an Ashes series, cementing his legacy in Australia's cricket history.

However, Regina's life has been far from easy. She has faced deep personal battles that have tested her resilience. One of the most harrowing was witnessing the injustices of the legal system, which saw her son jailed for a crime he did not commit. The emotional toll of that experience remains a painful chapter in her life. Regina has also endured the breakdown of her marriage, as well as the unimaginable loss of her daughter, grandson, and granddaughter.

Yet, in the face of these overwhelming challenges, Regina has learned to endure, pushing forward with a strength few can match. She understands deeply the power women hold in keeping their families together, especially through hardship. Her journey has taught her that, even when everything seems to fall apart, women possess the resilience to rebuild and create a better future for the generations to come.

Despite her personal hardships, Regina's true calling lies in her passion for cultural preservation and advocacy. She has always loved learning about different cultures, and this passion grew when she became the director of the Kumra Cultural Centre. Her focus on Aboriginal art and bush tucker helped keep Indigenous traditions alive, while also opening doors for others to engage with and understand Aboriginal culture.

With her father's work ethic and discipline instilled in her she became one of the first Indigenous women to run her own jewellery business in Queensland. But more than business success, Regina has dedicated her life to uplifting Indigenous women, knowing that their empowerment is critical to the future of her community. She opened her doors to homeless women and is now the director of Barloo, a 24/7 hostel for young Indigenous girls aged 13-25, providing them with shelter and support. Additionally, Regina serves on the board of the Nungeena Corporation, where she continues to influence and guide the next generation of women.

*“Investing in Indigenous women is an investment in the future. She believes that they hold the power to bridge the cultural divide and raise a generation free from the traumas of the past.”*

Her advocacy work not only strengthens her community but also serves as a beacon of hope for the broader Indigenous population, demonstrating that heritage and modernity can coexist harmoniously.

Through her work, Regina has become a living embodiment of cultural resilience and empowerment. She shows that, with the right blend of tradition, courage, and compassion, one can make a lasting impact on both their community and the world around them.



*Margaret Thompson*

# ***Healing through Doll Making, Stories, and the Art of Letting Go***

Words Tanya Dave

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*Margaret Thompson's life changed forever when her husband, John, passed away after a long illness. Grief, loss, and the sheer weight of navigating a world without her life partner left Margaret feeling adrift. "I didn't think I had a purpose," she recalls. Yet, in her darkest hours, Margaret turned to the creative arts—specifically, doll-making—as a source of healing and renewal.*





As Margaret reflects on her journey, she credits much of her strength to the kindness of those around her and the sense of community that helped her carry on. "I'm not sure how it happened. I wasn't very strong mentally, and I often wrote about how I was feeling. But for me, it was the example of others and the opportunity to share our stories," she explains. Her carers' group, which was still active, provided her with a chance to help others who needed support, and in doing so, Margaret found that helping others helped her as well. "Loneliness", she says, "teaches us to dance with our shadows and find light in the darkness".

Books also became her constant companions. Long before John's passing, Margaret found solace in Julia Baird's *Phosphorescence*, a guide she clung to during the toughest times. "There is so much hope in it," she says. Margaret also found wisdom in *The Space Between the Stars* by Indira Naidoo, which helped her understand how to move forward after loss. "I watched a lot of TV and cried a lot, especially as I needed to rest," she admits, but these books—and later, Julia Cameron's *The Artist's Way*—gave her a pathway back to creativity and balance. Though reading could be challenging, Margaret persevered, often turning to audiobooks when concentration faltered.

For Margaret, the simple act of getting out into nature was also healing. "It's important to talk to people," she says. "It's good just to walk down the street and talk to people or sit in a coffee shop and watch the world go by." She reconnected with friends who had drifted away due to changed circumstances, and she found joy in new communities like The Joy of Singing group in Landsborough, where the group's rendition of "Lean on Me" resonated deeply with her.

Reflecting on John's final days, Margaret shares a moment that she'll cherish forever. "His last words to me when I arrived at the hospital were, 'You're my Margaret.' He closed his eyes knowing I was there to hold his hand. He was ready to go." Despite the pain of losing John, Margaret knows she did everything she could during the many years of his illness. "I would not change a thing. I did as much as I could for as long as I could," she says.

Margaret's journey also led her to discover extraordinary stories of others, often by chance. One such encounter took place around 2000 when she met an older woman, Nancy, while on a beach walk at Slade Point. Nancy, who ran a local fish and chip shop, seemed like any other local—until Margaret later read a snippet in the *Daily Mercury* and



realized that this unassuming woman was actually Nancy Weir, an acclaimed pianist and former spy during the war with an ear as finely tuned as Mozart's. "Her adventures were many and varied, and I had no idea at the time who she really was," Margaret recalls. Inspired by Nancy's story, Margaret matched her 1/12 scale seated figure with a piano she had made from a kit to honour Nancy's remarkable life.

It was in the year 2000 that Margaret's creativity truly began to blossom as she delved into the art of polymer clay. "I wanted to create my own, truly original pieces," she says. This shift was a steep learning curve, requiring attention to scale and anatomy, but she persevered. "I thought I'd become quite good, but John insisted on a perfect result. He was hard on me," she laughs. John was extra-ordinarily gifted, a talented photographer, later a passionate woodturner. He lost those abilities overnight but his eye for detail remained. The two worked together, using photography to refine her work, always striving for excellence.

Margaret's artistic journey was also fuelled by the kindness and generosity of fellow artists. Classes sprang up everywhere, and groups of like-minded creators would gather to share techniques, skills, and inspiration. Margaret vividly remembers the joy of turning a simple piece of cloth into a credible face or hand. "So many artists were very inspiring. They travelled from all over the world to teach us," she says.

Today, Margaret's art is not only a reflection of her creativity but also a testament to the love, kindness, and resilience that have defined her journey. Each doll carries a story—sometimes her own, sometimes of the extraordinary people she's encountered along the way. In her work, there's a little bit of John, a reminder of the life they shared and the legacy of creativity he encouraged.

As Margaret continues to create, her dolls will carry forward the stories of her life, the influence of those who supported her, and the quiet wisdom she has gained through the trials and triumphs of her journey.



*Margaret's dolls are more than just figures; they are vessels for storytelling, reflection, and healing*

# *The Art of Loving*

## *Rekindling Connection and Staying Together in Life's Later Chapters*

*As couples enter their 60s and beyond, it's common to feel emotionally disconnected or tired of their long-term partners.*



After decades together, the spark may seem to dim, leaving some to wonder if their relationship can survive the challenges of aging. Yet, true love, as many relationship experts have found, isn't a fleeting feeling but an enriching connection that only deepens with time and commitment.

Dr. John and Dr. Julie Gottman, renowned clinical psychologists, have spent years studying thousands of happy couples. Their research reveals that the key to a lasting relationship isn't about grand gestures but about "listening with love". This ability to listen deeply and without judgment is what keeps couples emotionally connected, allowing them to enjoy longer, happier lives together.

According to the Gottmans, this approach is particularly crucial because, in many relationships, women are often the ones who raise issues—80% of the time—while men sometimes struggle to understand their role in resolving them.

Some may feel like their relationship has run its course or believe that separation is the answer. However, leaving a long-term partner at this stage may not be the best solution. True love—built over decades of shared experiences, struggles, and triumphs—offers a depth and richness that can't easily be replaced by a new relationship. Julie advises men to start rekindling that connection through small, intentional acts of affection, such as cuddling more often. In fact, the Gottmans found that 96% of non-cuddlers reported having an unfulfilling sex life.

Another powerful act is simply kissing your partner goodbye each day. According to John, men who kiss their wives goodbye live four years longer than those who don't. These small gestures of affection remind couples of their emotional bond and can reignite passion.

For couples in their later years, redefining roles is also critical. Julie emphasizes that men are increasingly challenged to figure out who they want to be in their relationships, especially in a world where emotional sensitivity is often valued over traditional markers of success. This shift requires men to open up emotionally and embrace the role of a supportive, engaged partner. As John notes, men can strengthen their relationships by responding to their partner's "bids for connection." Even something as simple as stopping to listen when your partner wants to talk can foster deeper intimacy.

*In many cases, relationships suffer not from lack of love but from neglect.*

The Gottmans recommend that couples sit down regularly and ask each other: "How can I help you with two things this week?" This not only strengthens the bond between partners but also reinforces the idea that relationships require ongoing care.

Women today aren't necessarily looking for wealthy or traditionally successful partners. As Julie points out, they're seeking men who are emotionally aware, caring, and strong in their vulnerability. This shift reflects a deeper understanding of what sustains long-term love: mutual respect, friendship, and emotional openness.

As couples grow older, it's not uncommon to struggle with rekindling love after decades of marriage. Yet, the real art of loving in later life lies in rediscovering the soul connection that only time can cultivate. True love is not about avoiding conflict or maintaining perpetual passion—it's about growing together, even when the road is difficult. Through small acts of affection, emotional vulnerability, and deep listening, couples can rekindle their bond and experience the deep satisfaction of a relationship that has stood the test of time.






# *Seasons of Love in the Face of Alzheimer's*

Words by Therese Mckenzie

*As Mother Nature takes us through the seasons—each one with its own beauty and challenges—so, too, do we journey through the seasons of life. We experience the highs of summer's warmth, the introspection of autumn's retreat, and the chill of winter's trials. And then, there's spring—full of hope, new beginnings, and a reminder that life, despite its hardships, brings renewal.*

But the seasons of love are different. They can be more unpredictable, especially when love is tested by illness. Alzheimer's disease is one such test, a relentless winter that strips away what once was vibrant, replacing it with forgetfulness, frustration, and heartache.

For eight long years, I was my husband's caregiver as Alzheimer's slowly claimed him. I watched helplessly as the clever, intelligent, and content man I had known descended into confusion and dissatisfaction. His world became foreign, filled with moments of forgetfulness and a sense of disconnect from the life we had built together. And yet, in that world of nothingness, something remained—a glimmer of the person he once was, fleeting but still present.



Alzheimer's is a cruel thief, but it doesn't take everything. My husband may have forgotten who he was or who I was, but within him, there was still love. Not in the way it used to be, but in small moments—moments we, as carers, have to learn to see.

Love exists in the new ways they move through their day, the fragments of recognition that occasionally break through, and the moments of peace found in music, a familiar tune that brings a distant smile.

Caring for a loved one with Alzheimer's forces you into a new season of love. It's not the summer of first kisses or the spring of fresh romance. It's a season where love is tested by patience and endurance, where grief comes in waves long before the final goodbye.

I remember when I had to make the heartbreaking decision to move my husband into care. It wasn't because I didn't love him or didn't want to care for him—I did. But I realized that, to preserve what was left of our love, I had to accept help. I met a woman, at the care facility, also a widow to dementia, who offered me a simple but profound comfort. She hugged me when I was at my lowest and said, "You'll do your grieving in here. When he's gone, you'll be ready to say goodbye."

Her words echoed in my heart. In caring for my husband, I had already begun to grieve. Every day was a loss, watching him slip further into a world where I couldn't follow. Yet when the day came to say the final goodbye, it was a gentler grief, one I had prepared for over years.

*But love and grief are never simple. No two people experience them the same way. Love, in all its complexity, can lift you to unimaginable heights, but it can also bring you to your knees.*

I remember sitting on a beach, staring out at the horizon, thinking of how things used to be, of the summers we once shared, and hoping that somehow, somewhere, they might return.

As I reflect on the journey we shared, I am reminded of something I once read: "Only trust someone who can see the sorrow behind your smile, the love behind your anger, and the reason behind your silence." In the end, even as Alzheimer's stole so much, our love remained. It simply shifted with the seasons, adapting, surviving, and, in its own way, flourishing—until the final winter came.

In the face of Alzheimer's, love becomes a quiet, steady force. It's no longer about shared memories or grand gestures, but about holding on to what remains, however fleeting. And sometimes, that's enough.

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*Caring for a loved one with Alzheimer's forces you into a new season of love. It's not the summer of first kisses or the spring of fresh romance. It's a season where love is tested by patience and endurance, where grief comes in waves long before the final goodbye.*

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# ***Dating after 50: Less Pressure, More Fun!***

*Alan and Barbara Pease, renowned relationship experts, believe dating after 50 can be an exciting adventure, where the rules have changed, but the fun never stops.*

Words Alan and Barbara Pease

## ***The Shrinking Pool: Less Fish, Better Catch***

The majority of Gen Xers and Baby Boomers are either coupled up, widowed or have given up on relationships, making the dating pool less vast. But don't worry, it's now about quality, not quantity. Think of it as fishing in a smaller pond – sure, there are fewer fish, but they're all prime catches. And let's be honest, when you're over 50, we know a good catch when we see one.

## ***No Pressure***

One of the best parts about dating after 50 is the lack of pressure. No one's in a rush to procreate or find the perfect parent mate for their future offspring. It's all about finding someone who makes you laugh, shares your love for Vegemite, and doesn't mind your collection of Crocodile Dundee memorabilia.

## ***Lessons Learned: The Hard-Won Wisdom***

By now, most singles over 50 have been through the wringer a few times. Divorced, widowed, or just plain unlucky in love, we've all got stories to tell. But with those stories come lessons. We know what we want, and more importantly, what we don't want.

## ***The Dating Apps: Swipe Right***

Yes, today, oldies are getting in on the dating app action. According to the latest research, a third of Australians who met their partners in 2019 did so on a dating app. It's a brave new world out there, and while swiping right might feel a bit like playing the pokies, it can be a game worth playing. Just remember to keep your profile picture recent – no one wants to see a photo from the 80s, no matter how good your mullet was.

## ***The Golden Years: Embracing the Fun***

Finally, have fun. Dating after 50 isn't about finding someone to grow old with – it's about finding someone to stay young with. Whether it's a romantic dinner, a walk on the beach, or a night out dancing to the hits of the 70s, it's all about enjoying the ride.

So, to all the over-50s, grab your best outfit, put on your dancing shoes, and get out there. The dating world is now your oyster, and who knows, you might just find your pearl. Many over 50s do!

If you're curious about love, communication, and the intricate dance between genders at any age, Allan and Barbara's books are your compass. Visit their online shop.

➦ <https://www.peaseinternational.com/books/>



# ***Shaping the Future***

## ***Key Trends Redefining Retirement Living in 2025***

*Australia's over-50s housing industry is poised for significant developments in 2025.*

*Despite a strong housing market and positive consumer sentiment, the sector faces challenges like rising inflation, climate change, and the lingering effects of COVID-19. At the same time, the industry is adapting to meet the needs of a growing aging population. The Australian Senior Living Market, is projected to grow and real estate developers are shifting their focus toward stand alone senior living projects with modern amenities.*

In response to these evolving demands, more individuals over 50 are opting for rental housing rather than homeownership. Rising property prices and economic pressures are making secure, long-term rental options an attractive alternative, offering stability without the financial strain of owning a home. Companies like Calyptus and Eureka are leading the charge by expanding their rental offerings to accommodate this growing trend. These operators are tailoring their services to meet various needs, from affordable rentals to high-end living arrangements. Stockland and Mirvac are also entering the aspirational rental market, offering high-quality properties that appeal to downsizers seeking vibrant urban environments. Central to this shift is the emphasis on secure leases, which offer renters peace of mind and financial security in uncertain times.



As retirement living evolves, there is also a growing divergence between independent living and care-focused housing. This shift is driven by the increasing demand for comprehensive care services and the rising expectations for luxury accommodations. Operators like Aveo and Ryman are innovating with new care models that make it easier for residents to transition from independent living to higher levels of care, all within the same community. Ryman, for example, is expanding its continuum-of-care model in Victoria, ensuring that residents can receive all necessary care without leaving their familiar surroundings. Luxury care facilities, featuring gourmet dining, wellness centers, and personalized care services, are also becoming more popular as older Australians seek high-quality living environments that meet their evolving needs. At the same time, many retirement operators are expanding in-house home care services, allowing seniors to age in place while receiving professional care without relocating to a separate facility.

In recent years, the concept of 'retirement' housing has undergone a significant transformation. The traditional notion of retirement communities focused solely on leisure and relaxation is giving way to more dynamic housing options that cater to an active and still-working population. Many over-50s are seeking homes that accommodate remote working, a trend accelerated by the COVID-19 pandemic.

This shift has led to the integration of workspaces within retirement communities, allowing residents to maintain a balance between work and leisure. Furthermore, marketing terms are evolving to reflect these changes. Traditional labels like 'retirement housing' are being replaced with 'lifestyle' or 'downsizer-friendly' housing, highlighting the active and engaged lives that many older Australians lead. This rebranding, supported by financial products aimed at downsizers, reflects the growing demand for more flexible and modern living arrangements that support both work and relaxation.

Another emerging trend in the retirement housing sector is the rise of environmentally friendly communities. As concerns over climate change intensify, residents are increasingly seeking sustainable living options. Operators, particularly those exposed to public capital markets, are under pressure to demonstrate their commitment to environmental responsibility. Early adopters of green technologies are setting the standard by incorporating solar power, electric vehicle charging stations, and water conservation measures into their communities. Government regulations in states like Victoria and New South Wales are also driving the adoption of renewable energy in retirement housing. As a result, environmentally conscious living is becoming an integral part of the retirement experience, offering not only lower utility costs but also a sense of shared responsibility toward the planet.



*Many over-50s are seeking homes that accommodate remote working, a trend accelerated by the COVID-19 pandemic.*

A more recent development in retirement living is the rise of multi-generational housing. This concept, driven by the desire for stronger family bonds and the need to accommodate live-in carers, is gaining traction as operators design communities that support diverse living arrangements. With the ongoing immigration crisis, multi-generational housing offers a flexible solution to the housing challenges faced by larger family units. Operators like Aura Holdings are embracing this trend, allowing carers to live with residents and fostering inclusive environments where different generations can coexist. These communities provide emotional and practical benefits, allowing families to stay connected and support one another while also benefiting from shared responsibilities.

Beyond housing, other trends are shaping the future of retirement living in 2024.

*Financial pressures and a desire to stay active are driving more over-55s back into paid or volunteer work.*

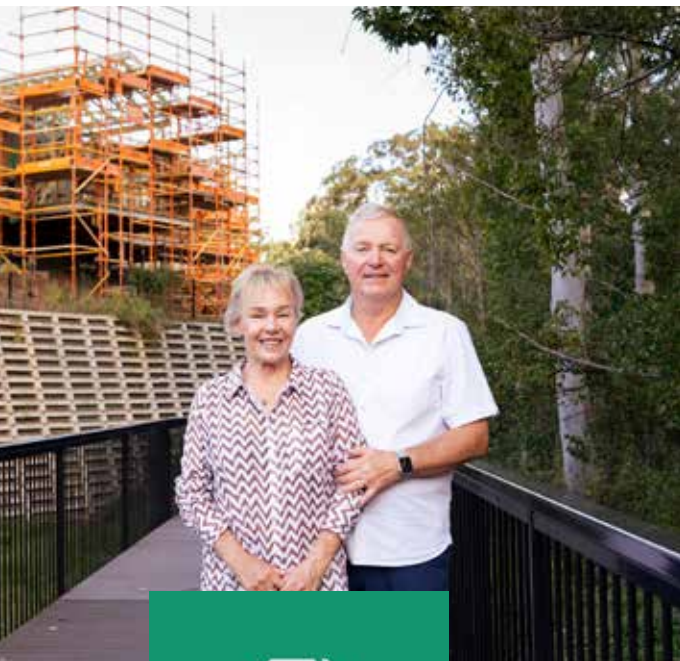
The Keyton Retirement Living Lifestyle Report shows that many older Australians are participating in some form of work to mitigate rising costs of living and maintain their financial stability. Retirement villages are increasingly providing opportunities for residents to engage in meaningful activities, from on-site roles to partnerships with local organizations. These opportunities offer both structure and a sense of purpose, benefiting residents financially and emotionally.

Additionally, social connections are becoming a critical component of retirement living. Strong social ties are essential for mental and physical well-being, and retirement communities are expanding their offerings to include a wide range of activities that foster a sense of community. Whether through group fitness classes, hobby clubs, or communal events, residents have numerous opportunities to connect and engage. Many communities are also leveraging technology to facilitate social interactions, offering virtual gatherings and educational webinars that keep residents connected even when in-person events are limited.

The retirement housing sector is rapidly evolving to meet the changing needs of Australia's aging population. Secure rental options are providing financial stability, while luxury care facilities are catering to those seeking high-quality living environments. The concept of 'retirement' housing is shifting to accommodate active, working lifestyles, and environmentally friendly communities are becoming increasingly popular. Multi-generational living is fostering closer family bonds, and participation in work or volunteer activities is enhancing residents' financial well-being and sense of purpose. Finally, the emphasis on social connections is improving the quality of life for retirees, ensuring that they remain engaged and active within their communities. As these trends continue to shape the industry, retirement living in 2024 promises to offer a dynamic and fulfilling experience for older Australians.







## *Discover GemLife's premium Emerald Collection bush outlook homes on the Sunshine Coast*

When Guy and Christine Yeldham called into luxury over-50s resort, GemLife Palmwoods in the Sunshine Coast Hinterland, they knew instantly it was the place for them and secured one of GemLife's Emerald Collection, bush outlook homes.

"One weekend we were visiting our friends at their new home at GemLife Palmwoods, and we thought it was an amazing place with such a nice environment," Christine said.

"We'd moved to the northern Gold Coast from Sydney but weren't feeling enough of a connection to nature at our home there.

"So, while at Palmwoods we went to the sales office, and after seeing our site we put down a small holding deposit, subject to seeing the plans and costings. It was at such an early stage, but we just loved the fact the whole back area would have completely uninterrupted views of bushland."

Their home sold quickly, so they bought another home at GemLife Palmwoods while they wait for their new home to be completed.

"We are in no rush to move into the new one as we're already here and loving life," Christine said.

Guy said the proximity of their premium bush outlook home to the newly opened multi-million-dollar Country Club and an elevated treetop boardwalk will be perfect for their active and social lifestyle.

"We're playing every sport on offer here that we don't even have time to live anymore!" Guy said.

"We've tried everything except lawn bowls so far – it's been really good fun."

The three-level Country Club includes a heated indoor pool and spa, cinema, art and craft studio, library and grand ballroom along with a golf simulator, ten-pin bowling alley, floodlit tennis and pickleball court, and a championship-sized bowling green, along with a Summer House with resort-style pool.

The newly-released bush outlook homes at Palmwoods feature two bedrooms, plus a multipurpose room, spacious living and dining areas, gourmet kitchen, and a walk-in pantry.

There are four designs to choose from, each featuring luxury upgraded inclusions and designer finishes.

The Yeldham's new bush outlook home is expected to be completed later this year, or early next.

Two bush outlook display homes are ready now to inspect.

Visit [www.gemlife.com.au/gemlife-palmwoods-resort/](http://www.gemlife.com.au/gemlife-palmwoods-resort/) or phone Sales Coordinator Karen Taylor on 0429 153 433 to make an appointment.

***GemLife Palmwoods is on an idyllic site, surrounded by the scenic beauty of the Blackall Range.***

# Retirement Living Directory

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 'ingoin 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.



## RETIREMENT VILLAGES ON THE SUNSHINE COAST AND SURROUNDING AREAS

### 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](http://www.boltonclarke.com.au)  
 Phone: 07 5430 1458

### BEERWAH 4519

**BOLTON CLARKE**  
**GLASSHOUSE VIEWS**  
**BRAND:** BOLTON CLARKE  
 AGED CARE FACILITY ONSITE  
 96 Peachester Road  
 Beerwah, QLD 4519  
[www.boltonclarke.com.au](http://www.boltonclarke.com.au)  
 Phone: 07 5439 2425

### BIRTINYA 4575

**LEVANDE SHINE BIRTINYA**  
**BRAND:** LEVANDE  
 3 Reflection Crescent  
 Birtinya, QLD 4575  
[www.levande.com.au](http://www.levande.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](http://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](http://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](http://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](http://www.lutheranservices.org.au)  
Phone: 07 5456 7600

**IRT THE PALMS**

**BRAND:** IRT  
22 Power Road  
Buderim, QLD 4556  
[www.irt.org.au](http://www.irt.org.au)  
Phone: 13 44 78

**AVEO LINDSAY GARDENS**

**BRAND:** AVEO  
35 Lindsay Road  
Buderim, QLD 4556  
[www.aveo.com.au](http://www.aveo.com.au)  
Phone: 07 5445 2911

**BURNSIDE 4560****ROTARY GARDEN VILLAGE – BY SUNDALE**

**BRAND:** SUNDALE  
AGED CARE FACILITY ONSITE  
98 Windsor Road  
Burnside, QLD 4560  
[www.sundale.org.au](http://www.sundale.org.au)  
Phone: 07 5453 8333

**CALOUNDRA 4551****BELLCARRA RETIREMENT RESORT**

**BRAND:** LEVANDE  
17 Carree Street  
Caloundra West, QLD 4551  
[www.levande.com.au](http://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](http://www.caloundragardens.org.au)  
Phone: 07 5492 5600

**CALOUNDRA RETIREMENT VILLAGE**

**BRAND:** BLUE CARE  
55 Coolum Street  
Dicky Beach, QLD 4551  
[www.bluecare.org.au](http://www.bluecare.org.au)  
Phone: 1800 990 446

**KIRAMI RETIREMENT VILLAGE**

**BRAND:** BLUE CARE  
AGED CARE FACILITY ONSITE  
10 West Terrace  
Caloundra, QLD 4551  
[www.bluecare.org.au](http://www.bluecare.org.au)  
Phone: 1800 990 446

**KOOKABURRA RETIREMENT VILLAGE**

123 Mark Road East  
Caloundra West, QLD 4551  
[www.kookaburravillage.com.au](http://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](http://www.sundale.org.au)  
Phone: 07 5455 1111

**COOROY, 4563****COOROY VILLAGE**

1 Ferrells Rd  
Cooroy, QLD 456  
Phone: 0408 011 410

**CURRIMUNDI, 4551****CURRIMUNDI GARDENS RETIREMENT VILLAGE**

**BRAND:** OZCARE  
AGED CARE FACILITY ONSITE  
28 Saffron Dr  
Currimundi, QLD 4551  
[www.ozcare.org.au](http://www.ozcare.org.au)  
Phone: 07 5413 8461

**IRT PARKLANDS RETIREMENT VILLAGE**

**BRAND:** IRT  
242 Parklands Boulevard  
Currimundi, QLD 4551  
[www.irt.org.au](http://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](http://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](http://www.sccqld.com.au)  
1800 899 300

**MALENY 4552****BLUE CARE BEN BRYCE**

**BRAND:** BLUE CARE  
AGED CARE FACILITY ONSITE  
1274 Landsborough Maleny Rd  
Maleny, Qld, 4552  
[www.bluecare.org.au](http://www.bluecare.org.au)  
Phone: 1800 990 446

**MALENY GROVE**

**BRAND:** LIVE LIFE COMMUNITIES  
9 Palm Street  
Maleny, QLD 4552  
[www.livelifecommunities.com.au](http://www.livelifecommunities.com.au)  
Phone: 07 5499 9299

**MAROOCHYDORE 4558****ALLORA GARDENS**

**BRAND:** KEYTON  
22 Allora Drive  
Maroochydore, QLD 4558  
Phone: 07 5373 4200  
[www.keyton.com.au](http://www.keyton.com.au)  
Phone: 1800 550 550

**THE AVENUE MAROOCHYDORE**

**BRAND:** AURA HOLDINGS  
32 Baden Powell Street  
Maroochydore, QLD 4558  
[www.auraholdings.com.au](http://www.auraholdings.com.au)  
Phone: 07 5479 6482



## LIVING OPTIONS

### MERIDAN PLAINS 4551

**IRT WOODLANDS**  
**BRAND:** IRT  
AGED CARE FACILITY ONSITE  
22 Lacebark Street  
Meridian Plains, QLD 4551  
[www.irt.com.au](http://www.irt.com.au)  
Phone: 13 44 78

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### MOOLOOLAH VALLEY 4553

**MOOLOOLAH GARDENS**  
**RETIREMENT RESORT**  
11 King Road  
Mooloolah Valley, QLD 4553  
[www.mooloolahgardens.com.au](http://www.mooloolahgardens.com.au)  
Phone: 5436 7923

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### NAMBOUR 4560

**HIBISCUS NAMBOUR**  
**BRAND:** KEYTON  
55 Carter Road  
Nambour, QLD 4560  
[www.keyton.com.au](http://www.keyton.com.au)  
Phone: 1800 550 550

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**LAUREL SPRINGS**  
18 Doolan St  
Nambour, Qld, 4560  
[www.laurelsprings.com.au](http://www.laurelsprings.com.au)  
Phone: 5441 4711

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**NAMBOUR GARDEN VILLAGE – BY SUNDALE**  
**BRAND:** SUNDALE  
AGED CARE FACILITY ONSITE  
35 Doolan Street  
Nambour, QLD 4560  
[www.sundale.org.au](http://www.sundale.org.au)  
Phone: 1800 786 325

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**SANCTUARY PARK RETIREMENT COMMUNITY**  
**BRAND:** CHURCHES OF CHRIST  
44 Zealey Road  
Nambour, QLD 4560  
[www.cofc.com.au](http://www.cofc.com.au)  
Phone: 1800 199 740

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### NOOSAVILLE 4566

**NOOSA DOMAIN COUNTRY CLUB**  
**BRAND:** COUNTRY CLUB LIVING  
35 Walter Hay Drive  
Noosaville, QLD 4566  
Phone: 07 5341 6000  
[www.noosadomain.com.au](http://www.noosadomain.com.au)

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**NOOSA WATERS RETIREMENT ESTATE**  
**BRAND:** SOUTHERN CROSS CARE QLD  
39 Lake Weyba Drive  
Noosaville, QLD 4566  
[www.sccqld.com.au](http://www.sccqld.com.au)  
Phone: 1800 899 800

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**LAGUNA ESTATE RETIREMENT VILLAGE**  
**BRAND:** LAGUNA RETIREMENT ESTATE  
13-21 Lake Weyba Drive  
Noosaville, QLD 4566  
[www.lagunaretirementestate.com.au](http://www.lagunaretirementestate.com.au)  
Phone: 07 5449 7770

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### PALMVIEW 4553

**SUNSET PALMS RETIREMENT VILLAGE**  
**BRAND:** AVEO  
58 Harmony Boulevard  
Palmview, QLD 4553  
Phone: 1800 786 325  
[www.aveo.com.au](http://www.aveo.com.au)  
Phone: 07 5420 6601

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### PALMWOODS 4555

**PALMWOODS GARDEN VILLAGE – BY SUNDALE**  
**BRAND:** SUNDALE  
AGED CARE FACILITY ONSITE  
61 Jubilee Drive  
Palmwoods, QLD 4555  
[www.sundale.org.au](http://www.sundale.org.au)  
Phone: 1800 786 325

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**PALMWOODS TROPICAL VILLAGE**  
18 Landershute Road  
Palmwoods, QLD 4555  
[palmwoodstropicalvillage.com.au](http://palmwoodstropicalvillage.com.au)  
Phone: 07 5445 9450

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### PARREARRA 4575

**KAWANA ISLAND RETIREMENT VILLAGE**  
**BRAND:** LIVING CHOICE  
10 Marco Way  
Parrearra, QLD 4575  
[www.livingchoice.com.au](http://www.livingchoice.com.au)  
Phone: 1800 004 388

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### PELICAN WATERS 4551

**OAK TREE RETIREMENT VILLAGE**  
**BRAND:** OAK TREE GROUP  
1 Boat Shed Way  
Pelican waters, QLD 4551  
[www.oaktreegroup.com.au](http://www.oaktreegroup.com.au)  
Phone: 1300 367 155

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### PEREGIAN SPRINGS 4573

**PEREGIAN SPRINGS COUNTRY CLUB**  
**BRAND:** AVEO  
21 Gracemere Boulevard  
Peregian Springs, QLD 4573  
[www.aveo.com.au](http://www.aveo.com.au)  
Phone: 1800 958 041

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### SIPPY DOWNS 4556

**BELLFLOWER RETIREMENT RESORT**  
**BRAND:** KEYTON  
118 Bellflower Road  
Sippy Downs, QLD 4556  
[www.keyton.com.au](http://www.keyton.com.au)  
Phone: 1800 550 550

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**HIBISCUS CHANCELLOR PARK**  
**BRAND:** KEYTON  
52 University Way  
Sippy Downs, QLD 4556  
[www.keyton.com.au](http://www.keyton.com.au)  
Phone: 1800 550 550

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### TEWANTIN 4565

**BELLA NOOSA – BY SUNDALE**  
**BRAND:** SUNDALE  
AGED CARE FACILITY ONSITE  
100 Mckinnon Drive  
Tewantin, 4565  
[www.sundale.org.au](http://www.sundale.org.au)  
1800 786 325

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**HIBISCUS NOOSA OUTLOOK**  
**BRAND:** KEYTON  
71 St. Andrews Drive  
Tewantin, QLD 4565  
[www.keyton.com.au](http://www.keyton.com.au)  
Phone: 1800 550 550

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**TWIN WATERS RETIREMENT VILLAGE**  
**BRAND:** LIVING CHOICE  
21 Baywater Drive  
Twin Waters, QLD 4564  
[www.livingchoice.com.au](http://www.livingchoice.com.au)  
Phone: 1800 004 388

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### WARANA 4575

**ELANDRA RETIREMENT VILLAGE**  
**BRAND:** BLUE CARE  
AGED CARE FACILITY ONSITE  
124 Nicklin Way  
Warana, QLD 4575  
[www.bluecare.org.au](http://www.bluecare.org.au)  
Phone: 1800 990 446

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### YANDINA 4561

**RIVERBEND YANDINA RETIREMENT VILLAGE**  
**BRAND:** RIVERBEND  
12 Sanctuary St  
Yandina, QLD 4561  
[www.riverbend.org.au](http://www.riverbend.org.au)  
Phone: 0407 278 626

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

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

### AROONA 4551

**PALM LAKE CALOUNDRA CAY**  
96 Village Way  
Aroona, QLD 4551  
[www.palmlakeresort.com.au](http://www.palmlakeresort.com.au)  
Phone: 1800 885 851

### BEERBURRUM 4517

**TWIN CEDARS RETIREMENT VILLAGE**  
466 Steve Irwin Way  
Beerburum, QLD 4517  
[www.hometownaustralia.com.au](http://www.hometownaustralia.com.au)  
Phone: 07 2104 7309

### BLI BLI 4560

**HALCYON LAKESIDE**  
1 Halcyon Way  
Bli Bli, QLD 4560  
[www.stockland.com.au](http://www.stockland.com.au)  
Phone: 1800 050 500

**HALCYON LANDING**  
27 Waigani Street  
Bli Bli, QLD 4560  
[www.stockland.com.au](http://www.stockland.com.au)  
Phone: 1800 050 500

**EDGEWATER**  
171-203 David Low Way  
Bli Bli, QLD 4560  
[www.hometownaustralia.com.au](http://www.hometownaustralia.com.au)  
Phone: 07 2104 7306

### BUDERIM 4556

**STOCKLAND B BY HALCYON**  
42 Whites Road  
Buderim, QLD 4556  
[www.stockland.com.au](http://www.stockland.com.au)  
Phone: 1800 050 050

### CALOUNDRA 4551

**HALCYON PARKS**  
42 Meridian Way  
Caloundra, QLD 4551  
[www.stockland.com.au](http://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](http://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](http://www.greenwoodforestglen.com.au)  
Phone: 1800 809 020

**NATURE'S EDGE BUDERIM**  
71 Owen Creek Road  
Forest Glen, QLD 4556  
[www.ingenialifestyle.com.au](http://www.ingenialifestyle.com.au)  
Phone: 07 5406 7829

### LITTLE MOUNTAIN 4551

**PALM LAKE RESORT - CALOUNDRA CAY**  
96 Village Way  
Little Mountain, QLD 4551  
[www.palmlakeresort.com.au](http://www.palmlakeresort.com.au)  
Phone: 1800 556 677

### MALENY 4552

**LIVING GEMS MALENY**  
23 Macadamia Drive  
Maleny, QLD 4552  
[www.livinggems.com.au](http://www.livinggems.com.au)  
Phone: 07 5429 6108

### MAROOCHYDORE 4558

**GEMLIFE MAROOCHY QUAYS**  
6 Charleston Place  
Maroochydore, QLD 4558  
[www.gemlife.com.au](http://www.gemlife.com.au)  
Phone: 1800 982 056

**MAROOCHY SHORES**  
319 Bradman Avenue  
Maroochydore, Qld, 4558  
[www.hometownaustralia.com.au](http://www.hometownaustralia.com.au)  
Phone: 07 2102 4811

### PACIFIC PARADISE 4564

**GEMLIFE PACIFIC PARADISE**  
40 Menzies Drive  
Pacific Paradise, QLD 4564  
[www.gemlife.com.au](http://www.gemlife.com.au)  
Phone: 1800 430 885

**LIVING GEMS PACIFIC PARADISE**  
596 David Low Way  
Pacific Paradise, QLD 4564  
[www.livinggems.com.au](http://www.livinggems.com.au)  
Phone: 1800 978 388

### PELICAN WATERS 4551

**PALM LAKE RETIREMENT VILLAGE BRAND: PALM LAKE RESORT**  
40 Mahogany Drive  
Pelican waters, QLD 4551  
[www.palmlakeresort.com.au](http://www.palmlakeresort.com.au)  
Phone: 1800 490 626

### PALMWOODS 4555

**GEMLIFE - PALMWOODS**  
38 Landershute Road  
Palmwoods, QLD 4555  
[www.gemlife.com.au](http://www.gemlife.com.au)  
Phone: 1800 718 414



## RENTAL VILLAGES ON THE SUNSHINE COAST

Retirement communities where units are rented.

**KOOKABURRA RETIREMENT VILLAGE**  
123 Mark Road East  
Caloundra West, QLD 4551  
[www.kookaburravillage.com.au](http://www.kookaburravillage.com.au)  
Phone: 07 5491 5888

**SEASONS FLEXI LEASE SENIORS' LIVING**  
FLEXI LEASE APARTMENTS AT CALOUNDRA  
30 Baldwin Street  
Golden Beach, QLD 4551  
[www.seasonsflexi.com.au](http://www.seasonsflexi.com.au)  
Phone: 07 5437 4900

**SUNDALE WOOMBYE GARDENS**  
151 Nambour Connection Road  
Woombye, QLD 4559  
Phone: 07 5442 1621  
[www.sundale.org.au](http://www.sundale.org.au)  
Phone: 1800 786 325

**SUNNYCOVE MAROOCHYDORE RETIREMENT VILLAGE**  
226 Yinni Street  
Maroochydore, QLD 4558  
Mobile: 0434 717 959

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



## ASSISTED LIVING OPTIONS ON THE SUNSHINE COAST

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

**AVEO GRACEMERE MANOR**  
BRAND: AVEO  
21 Gracemere Blvd  
Peregian Springs, QLD, 4573  
[www.aveo.com.au](http://www.aveo.com.au)  
Phone: 1800 958 041

**AVEO LINDSAY GARDENS**  
BRAND: AVEO  
35 Lindsay Rd  
[www.aveo.com.au](http://www.aveo.com.au)  
Phone: 1800 958 041

**LAGUNA ESTATE RETIREMENT VILLAGE**  
BRAND: LAGUNA RETIREMENT ESTATE  
13-21 Lake Weyba Drive  
Noosaville, QLD, 4566  
[www.lagunaretirementestate.com.au](http://www.lagunaretirementestate.com.au)  
Phone: 5449 7770



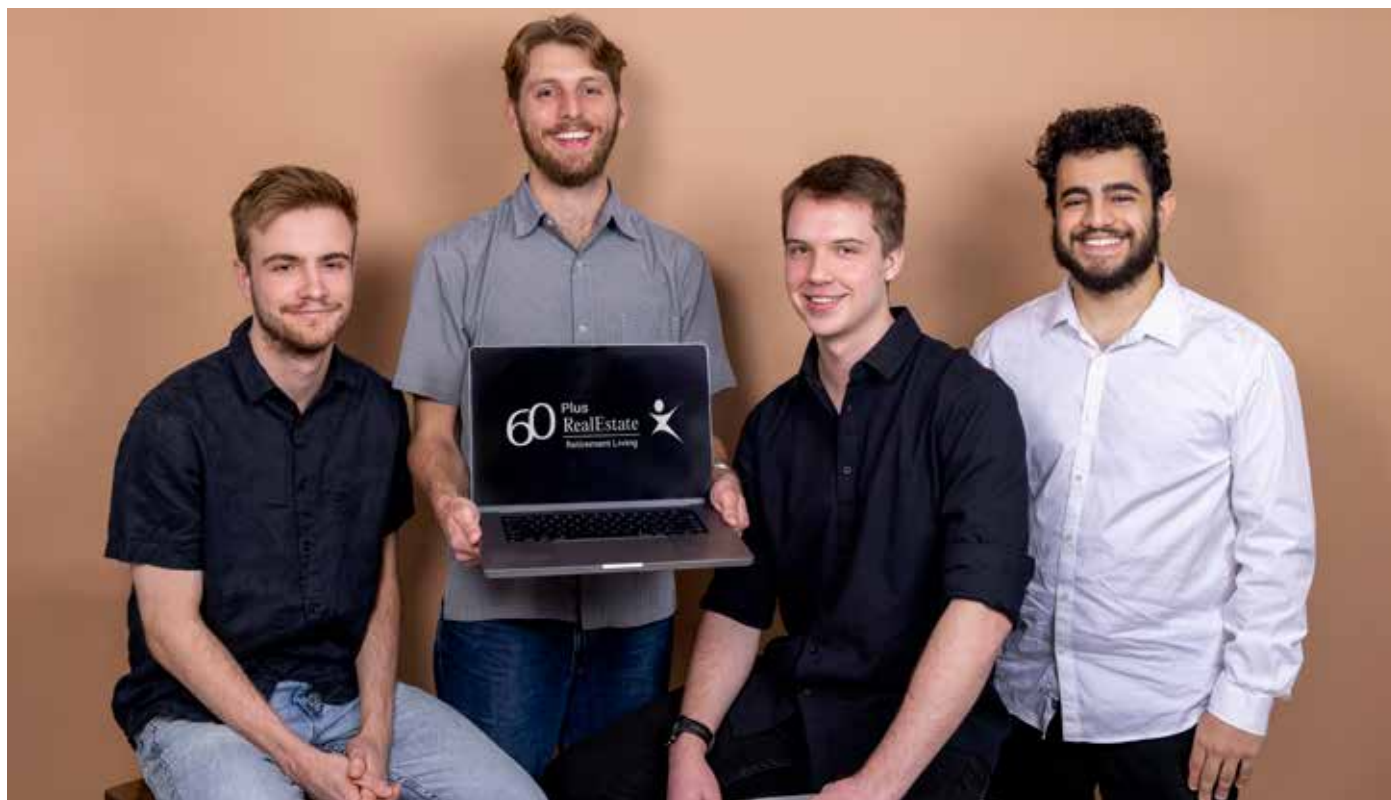
## FREEHOLD RETIREMENT COMMUNITIES ON THE SUNSHINE COAST

Retirement village where freehold is owned by purchaser.

**LAUREL SPRINGS**  
18 Doolan St  
Nambour, Qld, 4560  
Phone: 5441 4711

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





# ***Age Friendly Communities: Digital Solutions Initiative***

*A new and innovative project is set to launch under IAgeWell's Age Friendly Communities Digital Solutions Initiative, furthering efforts to create digital solutions for the growing senior population.*

The 60 Plus Real Estate platform is a product of community innovation, aiming to simplify the property search process for seniors while offering personalized housing solutions that align with their lifestyle and health needs. It also helps real estate agents become experts in senior housing, building trust and creating long-term relationships with this growing demographic.

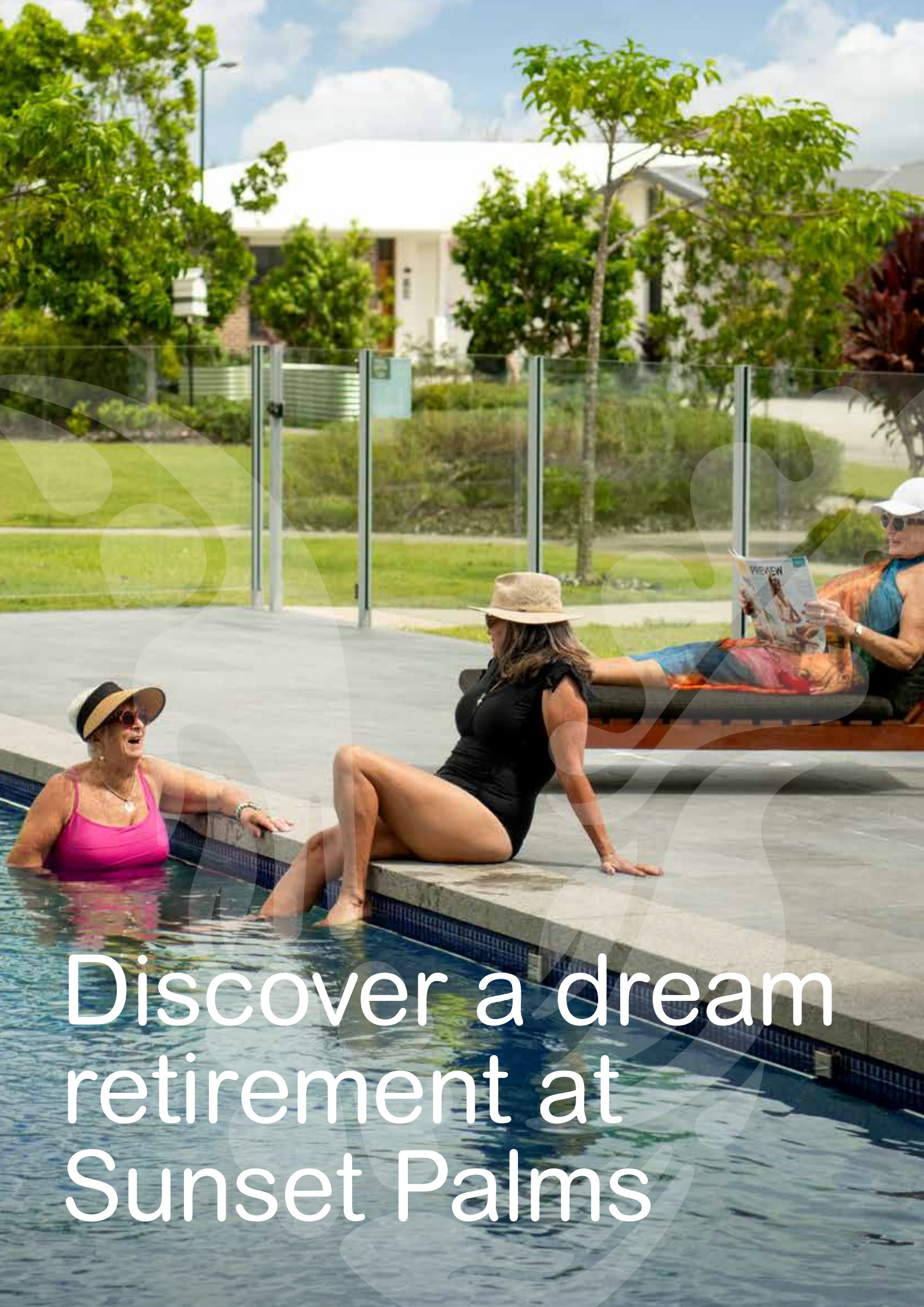
Developed in collaboration with the Queensland University of Technology's (QUT) Capstone Program, this project is the latest in a series of initiatives aimed at enhancing the lives of seniors through technology. The platform will provide easy access to a variety of housing choices, from downsizing homes to retirement villages and residential care facilities. It focuses on the key features seniors prioritize, such as accessibility, proximity to healthcare, and community living, all while creating a user-friendly experience that fosters trust and convenience.

Tanya Dave, Gerontologist and Director of IAgeWell, has been instrumental in leading this initiative. "Working with the Queensland University of Technology Capstone program has been a wonderful experience," Tanya says, emphasizing the collaborative nature of the project. "The QUT Capstone Program, which spans 12 months, allows final-year students to apply their academic knowledge to real-world projects, delivering practical solutions to societal needs."

The 60 Plus Real Estate platform is the result of this partnership, driven by the creative and technical efforts of a talented team of QUT students: Mihail Kulakov (Misha) – Team Leader, Jordan Fromyhr – Front-End Developer, Matthew Meleka – Back-End Developer and Filip Mirkiewicz – Back-End Developer

This new project is a follow-up on the successful Kindness Counts phase one launch: a platform that encourages seniors to support one another and get a reward for their time. Both platforms highlight the power of community and collaboration to address the needs of the aging population.





Discover a dream  
retirement at  
Sunset Palms



**Imagine waking up each day in a vibrant, resort-style community that feels more like a holiday than traditional retirement living. At Sunset Palms, that's exactly what awaits.**

### **A new chapter in retirement living**

At Sunset Palms, life is designed with the modern retiree in mind. A range of new villas offer up to two and three-bedroom homes featuring premium quality finishes, open-plan living, and the kind of low-maintenance lifestyle you've always envisioned. Whether you're downsizing or seeking a more carefree living experience, Sunset Palms presents a fantastic opportunity to elevate your lifestyle.

### **Resort-style living with premium amenities**

Forget what you know about traditional retirement communities. Sunset Palms is different. The community is intimate and engaging - just the way the residents like it. Enjoy everything from a refreshing dip in the outdoor pool to a friendly game of bocce or an afternoon spent in the communal vegetable garden. The wide range of resort-style facilities ensures there's always something to do.



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**"I looked at a lot of other retirement communities, but when I visited Sunset Palms, I loved it from that first day. The atmosphere is so relaxing, and I felt at home."**

**Sue Barker, New Resident**

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Sunset Palms is more than just a place to live; it's a place to thrive. Residents are active, engaged, and enjoying life to the fullest. With new villas available, there's never been a better time to join this close-knit community.

Whether you're looking to relax, socialise, or explore new hobbies, Sunset Palms has something for everyone.

**Ready to see what life at Sunset Palms could look like for you?  
Book a tour and experience the community firsthand.**

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**Sunset Palms**  
Retirement Living

Book a tour today.  
call 13 28 36 or visit  
[aveo.com.au/sunset-palms](https://aveo.com.au/sunset-palms)

**aveo**

\*Please see disclosure documents including Village Comparison Document, Prospective Costs Document and Aveo's Standard Residence Contract for more information.

# It Can Be Done...

Words Jodie McDonell

*“Downsizing” & “Lifestyle Changes” can be daunting, but don’t dismay, with a little guidance it can be done. Take it from Jodie McDonell who has been showing people the way for the last 20 years here on the Sunshine Coast.*

Jodie McDonell has lived on the Sunshine Coast since the early 70’s when her family moved from Bondi to enjoy a better life.

Early in her career Jodie recognised a desire to specialise in “Downsizing” and she found she was able to relate closely with the baby boomer generation as they make that all important lifestyle decision.

After hearing stories of stressful house maintenance, empty nesters lost in big homes, the desire to travel more, the need to simplify things, and dreams of having convenient living and water views, she wrote “Make the Move Easy”.

The guide does just that, makes it easy to order your thinking about buying and selling, the all-important culling process; it addresses important questions like

“Can I have a pet?” “Can I have a garden?” “What is Body Corporate?” “Will I feel safe?” and “What costs are involved?”

The easy read booklet also contains testimonies of those who have already downsized and are living it ... and loving it!

Then she’ll guide you through the selling process and the buying process of your next home, using her extensive knowledge and experience. She has a vast network of tradespeople, packers and movers, cleaners, every referral you will need to complete the downsizing process.

What’s most important is the long-term relationships Jodie has developed through the years and seeing her clients happy and contented in a fresh new lifestyle. It can be done!

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*Jodie takes all the time you need to assist in establishing a focus on “where to” firstly, making sure you’re comfortable with the plan for now, or sometime in the future.*

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*Jodie McDonell*  
**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...



# Jodie McDonnell

## 60+ LIFESTYLE AGENT

CENTURY 21. On  
Duporth

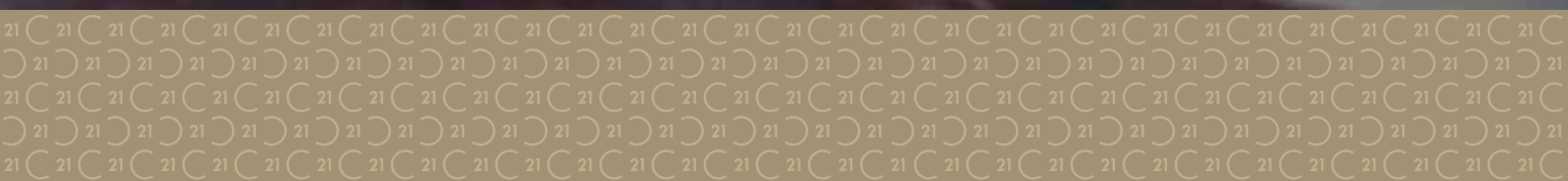
Stepping Stones - Making Your Next Move Easy  
Firstly, let's find your new home...

*"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](mailto:jodie.c21@century21.com.au) Mobile: 0419 762 309









# Our Surfing Culture

*Surf Life Saving Clubs are part of our unique Australian culture. Not only do they offer a vital service of patrolling our beaches and keeping our surfers safe, they are often a hub for the community to connect socially.*

Words Tricia Welsh

Up and down the Sunshine Coast, many surf clubs have on-site restaurants and bars where members and guests can enjoy lunch and dinner – or just a convivial drink, with the most superb absolute waterfront locations and unobstructed views to the ocean. Depending on the season, some even prove to be the perfect look-out for whale-watching.

Membership to the clubs is minimal which often also includes the services of a courtesy bus to pick up members from home and drop them back afterwards, plus discounted food and drink charges. Membership of one club often gives members reciprocal rights to others. We've checked the following local clubs out for you.





# Sunshine Coast Surf Clubs



## **Kings Beach Surf Club**

1 Spender Ln, Kings Beach

5491 8418

Regulars here know to book early for a window table so they can watch the shipping lanes of containers and the odd cruise ship as they navigate their way into and out of the port of Brisbane. Located overlooking the salt-water pool at the northern end of Kings Beach, the club features live music at the weekend, special Wednesday steak nights while kids eat free on Mondays. Popular dishes include pasta with chilli and prawns, and chicken parmigiana. Membership is just \$1 a year, \$5 for five years or \$20 for lifetime. A courtesy bus is available and bookable on-line.



## **Dicky Beach Surf Club**

1A Coochin St, Dicky Beach

5491 6078

The club's The Wreck restaurant is named after the SS Dicky that was wrecked on the beach in an 1893 cyclone. Considered a danger to beach-goers, it was relocated further out to sea and occasionally reappears when waves are big and tides are low. The restaurant menu is augmented by roasts on Sunday evenings, with a daily fish of the day - its signature dish - Ocean Catch, being a mouth-watering selection of local seafood and salad. Membership is \$5 a year, with 10 per cent refund reward system.



## **Kawana Surf Club**

99 Pacific Boulevard, Kawana

5444 8642

The club's huge expansive grassed area with beer garden is the perfect spot for parents to relax while children can play nearby, and is popular as a wedding venue – some two being held each week. The bistro has a seasonally changing menu with good steaks and fresh local fish, a seniors' menu and a 'favourites' menu on Mondays. Great ocean views, good whale-watching and live music at weekends. Membership is \$5 for 5 years, with a courtesy bus from Thursday to Sunday.



THE SURF CLUB  
MOOLOOLABA

## **The Surf Club Mooloolaba**

Mooloolaba Esplanade, Mooloolaba

5452 1300

With some 200,000 visitors to Mooloolaba Beach each year, this stretch of the coast is one of the busiest. As such the surf club operates two dining outlets – the more casual Boathouse downstairs serving classic pub food, and newish The Bayview restaurant upstairs with a more upmarket menu – but you can still enjoy a bucket of Mooloolaba king prawns. Membership \$5, courtesy bus available.

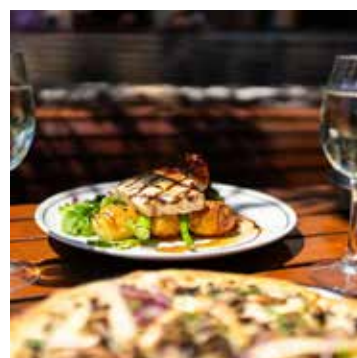


## **The Alex Surf Club**

167 Alexandra Parade, Alexandra Headland,

5443 6677

The bistro menu features locally sourced produce and seafood for lunch and dinner with blackboard specials, a Nipper's menu and everything from a steak sandwich and seafood curry to a seafood platter for two. Breakfasts served daily from 5.30am. Membership is from \$5 and a courtesy bus is offered to members and guests from 11am till late.







## **Maroochy Surf Club**

34-36 Alexandra Parade, Maroochydore  
5443 1298



This popular surf club offers bistro meals in the upstairs diner with live music at weekends. Regulars enjoy the Fisherman's Catch of fresh local seafood, panfried salmon and Roast of the Day – although Thursdays is also roast dinner night. There are special seniors' and kids' menus. Membership is \$5, with a daily courtesy bus, phone 0409 030 935 to book.



## **Marooloola Surf Life Saving Club**

64 Marooloola Esplanade, Marooloola  
5448 8605



Located among sand dunes with great views and named after the beach access number, Bistro 103 serves classic pub food – tender lamb cutlets and the hearty 103 steak sandwich being the star dishes. Live music most weekends. Membership is from \$5 a year, with a courtesy bus available, phone 0488 782 818.



## **Coolool Beach Surf Club**

1776-1784 David Low Way, Coolool Beach  
5446 1148



The surf club's first-floor beachfront restaurant, café, bar and facilities have great ocean views – with good opportunities to watch whales in season. Dine-in on fresh salads, great steaks, fresh seafood, gourmet pizzas – with vegan and gluten-free options; take-away options also available. Sunday breakfasts are popular with omelets, waffles, smash avo and more. Membership is \$10 a year or \$45 for 5 years, with food and wine discounts.



## **Sunshine Beach Surf Club**

Duke Street, Sunshine Beach  
5447 5491



Enjoying an enviable reputation for its location – perfect for whale-watching in season, this club offers something for everyone from dishes to share, burgers, pizzas, steaks and salads to even a kids' menu. Popular dishes include spiced snapper tacos, nasi goreng, and salt and pepper calamari. Membership \$10 local, \$5 interstate, courtesy bus from Wednesday to Sunday.



## **Noosa Heads Surf Life Saving Club**

69 Hastings St, Noosa Heads  
5474 5688



Right on the beach at Noosa Heads, you couldn't get a more central location on Hastings Street with fabulous views and plenty of adjacent free parking. The Bistro does not take bookings, so be early to score a window table. Locals know to order the classic fish and chips or the indulgent iced bucket of Mooloolaba prawns. Live music or DJs at the weekend. Membership is \$25 a single, \$40 a couple.

# Riding the wave of the Surf Life Saving Movement

*Reflections upon 'growing old gracefully' in the Surf Life Saving Movement reveal a unique and enduring bond that transcends generations. In no other charity or community organization can members actively participate in supporting aquatic safety from age eight to 80.*

Words Ralph Devlin

The Surf Life Saving Movement offers a lifelong sense of belonging and purpose, where young members can hang out with their parents and grandparents down at the Club—a scene that's frequently observed.

I have never met an unemployed Lifesaver. For young jobseekers, obtaining job references from adults—who are not their relatives but established members of their Surf Lifesaving community—is an invaluable asset. These adults are only too happy to describe their observations of the young job-seeker's service to the public, often over a decade of their young lives. Lifesavers in the modern era often progress into fields such as medicine, nursing, paramedics, police, and fire and rescue, carrying with them their lifesaving training and an impressive résumé.

At Maroochydore Surf Life Saving Club (SLSC), a rich history is evident in its 106 elected Life Members since its foundation 108 years ago. With 70 living Life Members, approximately 15 per cent of them, both male and female, are in their late 70s or over 80. Because new Life Members have typically served the Club for 25-30 years, they are usually elected between the ages of 40 and 50. The longest-serving Life Member, Peter Molineux, elected in 1972, is 84 years old and exemplifies the spirit of lifelong dedication.

Surf sports on the Sunshine Coast are well over 100-years-old and encompass a variety of disciplines, including surf boats, surf skis, Malibu boards, swimming, beach activities, first aid competitions, and champion patrol competitions. This diverse sport has produced many Olympians and famous athletes. Maroochydore SLSC boasts nine Olympians since 1960, with 1992 Barcelona Gold Medallist Clint Robinson OAM being the most successful, earning Gold, Silver, and Bronze over five Olympics from 1992 to 2008. The 2024 Olympians



from Maroochydore include World 400 metres men's freestyle champion Samuel Short and kayaker Alyce Wood, who is a third-time Olympian. Alexandra Headland SLSC also boasts Olympians kayaker Ali Bull and swimmer Lani Pallister.

Maroochydore, Alexandra Headland, Mooloolaba, and Noosa Heads are among the largest Surf Clubs in Australia. The Sunshine Coast also boasts terrific smaller clubs such as Mudjimba and Marcoola—small community clubs that are always looking to welcome new members to swell their patrolling numbers.

Some of the keys to longevity in Surf Lifesaving are belonging, service, physical fitness, and pride in the 'tribe'. Surveys have shown that Surf Life Saving is the most trusted 'brand' in the country. Contributions can still be made by older members in areas such as club administration, first aid officer roles in patrols (with the necessary first aid qualifications), and radio officer roles in patrols (with the necessary radio operator qualifications).

The Surf Life Saving Movement exemplifies how one can grow old gracefully while contributing to a cause greater than oneself, fostering a community spirit that lasts a lifetime.

Ralph Devlin joined the Maroochydore SLSC in 1972 and at age 19, served as Club Secretary from 1974-77. He was Club President from 1985-88, State President from 2011-2016, and Australian Deputy President from 2013-2016. He is a Life Member of the Club, Branch, State, and Australia. In 2016, he received an AM for services to Surf Lifesaving and the law where he served as a Senior Counsel, Queen's Counsel and King's Counsel from 2005 until his retirement in 2022.



# From TV Stardom to Broadway Magic in Aged Care

*Meet Christine, the dynamic force behind the brand-new show “Let Me Entertain You,” designed specifically to bring joy, laughter, and a touch of Broadway magic to aged care and retirement communities.*

With decades of performing experience and a passion for entertaining, Christine is set to dazzle residents with her high-energy performances and nostalgic tunes. But Christine’s story is as captivating as her shows—one filled with determination, dance, and a whole lot of razzle-dazzle.

Christine’s love affair with dance started early. “From my first dance class at age 3, I knew I was destined to dance on TV,” she recalls with a smile. By the age of 8, she had already found herself on the small screen, dancing on the beloved Australian children’s TV show “Fat Cat and Friends.” It was clear that Christine had an undeniable spark—one that would take her far beyond her early television appearances.

Her journey into the world of dance was anything but ordinary. By 12, Christine was so passionate about pursuing ballet that she left school and joined a ballet academy. The deal with her mother? She’d first complete a business certificate—at the age of 14! Christine kept her promise and threw herself into two years of full-time classical ballet training. But when she realized that her physical form didn’t quite fit the ballet world’s strict standards, she didn’t let that stop her.

Instead, Christine found her calling in Japan. With her perfect build and height for the Japanese market she went on to become a solo dance performer where she performed in dazzling shows, embracing the spotlight she was always meant for.

At the age of 29, after her stint in Japan, Christine returned to Australia and decided to set up her own business—one that would combine her love of performance with her entrepreneurial spirit. Enter The Catwalk Club, a gentleman’s club that offered cabaret shows she says with a wink and a laugh. The club quickly became iconic, and Christine was at the heart of it, orchestrating unforgettable evenings of glitz, glamour, and entertainment.



Now, at 59, Christine’s passion for the stage has only grown. “The razzle and dazzle haven’t ceased,” she says with a twinkle in her eye, and it’s easy to see why. With three hours of classical ballet training still part of her weekly routine, Christine continues to keep her love for dance alive. Her recent performances at the Seniors Multicultural Expo and the Australian Body Art Festival are just a testament to her dedication.

“Let Me Entertain You” is the latest chapter in Christine’s sparkling career. It’s a show that promises not only the high-energy performances she’s known for but also nostalgic tunes and a dash of Broadway flair. She’s bringing all her years of experience—her time on TV, international tours, and even those cheeky cabaret days—to the stage, sharing her joy for dance with retirement and aged care residents.

Christine’s goal? “To create unforgettable moments of joy and engagement, to make people smile, and to bring the magic of performance into their lives.” With her unique blend of humor, charm, and talent, it’s no wonder she’s destined to delight audiences once again.

So, why not let Christine sprinkle a little magic in your residents’ lives? Book “Let Me Entertain You” today and watch as she brings the joy of dance into every room she enters—one dazzling step at a time.

**To contact Christine call 0412191069 or email her on [cd.hamilton@bigpond.com](mailto:cd.hamilton@bigpond.com)**

# Learn, Laugh and Live with U3A

*Whatever your lifestyle interest you can find it at U3A Sunshine Coast, and enjoy a stage of life when you have time to do the things you always wanted to do, or to try something new.*

U3A Sunshine Coast offers its members access to more than 120 classes and activities such as lectures, physical activities, socialising with friends, art, wellness and much more. Membership is open to people who no longer work full-time but wish to continue to learn and broaden their horizons, engaging with like-minded people who follow a positive, active and healthy life.

## **What is U3A?**

Each U3A is a community organisation that promotes healthy ageing by sharing educational, creative and leisure activities provided by their own members. U3A is an all-volunteer organisation that aims to add life to our years by maintaining independence and quality of life.

## **Importance of U3A**

U3A also aims to challenge outdated attitudes of ageism and break down physical and social barriers that limit and restrict people as they age. We believe everyone has a contribution to make to the community in which every age group brings with it exciting opportunities.



## ***'Learning for the joy of learning'***

Educational and lifestyle activities at U3A are informal, with no exams or tests, and are conducted in various venues and locations on the Sunshine Coast. The year is divided into four terms aligned with school terms.

By providing people the opportunity to come together, learn, volunteer and stay active, U3A is integral to an informed, healthy and inclusive lifestyle as we age thereby emphasising a holistic view of ageing.

U3A maintains a close relationship with the University of the Sunshine Coast that provides support by way of facilities on the UniSC Campus.

For a modest annual membership fee members may attend as many classes/activities as they wish. Some classes may have a waiting list and some are in venues that require a modest contribution toward the venue hire cost.

To join U3A or to find out more please visit our website at [u3asunshine.org.au](http://u3asunshine.org.au) where you may also enrol in classes and activities, once you are a member.



**Sunshine Coast**  
learn, laugh, live



# Poetry for the Soul

Jodie McDonnell

## ***Be Strong and Courageous***

*In my own strength, I can do nothing.  
The thought only makes me want to fight,  
to defend.  
It calls me things I am not.  
It scares me, because I know  
I am not strong  
I am not courageous  
Help!  
I can pretend to be for a time,  
But it doesn't last  
In my own strength, I can do nothing.  
I can say I am strong and courageous,  
And almost convince myself  
I can imagine I am  
But it soon fades  
I can write it a thousand times  
But it doesn't make me so  
I can choose to be strong and courageous,  
in God  
That's when I can believe it  
That's when I can do it  
That's when I am strong  
That's when I am courageous.*

## ***Sit Here***

*Sit here in silence He says.  
So I sat.  
At the place where He speaks to me the loudest,  
By myself  
I didn't move  
I didn't speak, or look, or hear, or see.  
I am where I am  
And He is who He is ...  
The Great I Am.  
Sit here in silence He says.  
While I hover above and below and in and  
around you.  
Like a perfect gentle breeze permeating your  
very being.  
Like a sweet flow of honey soaking the crown of  
your head,  
To the tips of your toes.  
Sit here in silence He says.  
Allow your spirit to speak to mine.  
Pray "Our Prayer" without a word.  
Spirit to spirit.  
Heart to heart.  
Person to person.  
Face to face....  
As my heart pounds  
My mind stills  
My spirit soars  
Sit here in silence He says.  
While I share my wisdom  
While I steal your attention  
While I draw you near  
While I love on you  
While I say ...  
Sit here.*



# ***The Benefits of Ballet in the over 50's***

*Ballet is a dance form that has been around for centuries and is typically associated with young, agile dancers who have trained for years to perfect their craft. However, ballet is not just for the young, as it can be enjoyed by people of all ages, including those over the age of 50. In fact, practicing ballet can have numerous health benefits for individuals in this age group, both physically and mentally.*

## **One Physical Benefits:**

### **1. Improved Balance and Coordination**

As we age, our balance and coordination can decline, making us more prone to falls and other accidents. Ballet training involves a great deal of balance and coordination work, which can help improve these skills over time. As you progress in your training, you'll find that you're better able to maintain your balance and execute movements with greater precision.

### **2. Increased Flexibility and Range of Motion**

Flexibility and range of motion can also decline as we age, making it more difficult to perform everyday tasks and activities. Ballet involves a lot of stretching and movement that can help increase your flexibility and range of motion, improving your overall physical functioning. Additionally, ballet can help alleviate joint pain and stiffness, making it easier to move your body.

### **3. Stronger Muscles and Bones**

Regular ballet practice can also help build stronger muscles and bones. Ballet involves a lot of weight-bearing exercise, which is essential for building and maintaining bone density. Additionally, the repetitive movements and isometric contractions of ballet help to build and tone muscles, increasing overall strength and endurance.

### **4. Improved Cardiovascular Health**

Ballet is a form of aerobic exercise, which means that it can help improve your cardiovascular health. Aerobic exercise increases your heart rate and breathing rate, improving the flow of oxygen and blood to your muscles and organs. Over time, this can lead to improved cardiovascular endurance and overall health.



## Mental Benefits:

### 1. Improved Cognitive Function

Research has shown that dance can help improve cognitive function, including memory, attention, and decision-making. This is because dance requires the brain to constantly make new connections between different parts of the body, improving overall neural plasticity. Ballet, in particular, requires a great deal of mental focus and concentration, which can help keep your brain sharp and engaged as you age.

### 2. Reduced Stress and Anxiety

Ballet can also be a great way to reduce stress and anxiety. Dancing is a form of self-expression, which can help you release negative emotions and feelings. Additionally, the physical activity of ballet releases endorphins, which are natural mood-boosters that can help alleviate feelings of stress and anxiety.

### 3. Improved Self-Confidence and Body Image

Ballet training can also improve self-confidence and body image. As you progress in your training, you'll find that you're able to execute more complex movements and combinations, which can be incredibly rewarding. Additionally, the physical benefits of ballet, such as increased flexibility and muscle tone, can improve your overall body image and self-esteem.

### 4. Increased Social Interaction

Finally, ballet can provide opportunities for increased social interaction. Whether you're taking a class or participating in a performance, ballet can be a great way to connect with others who share your interests and passions. Social interaction is important for overall health and well-being, especially as we age.

Practicing ballet can have numerous health benefits for individuals over the age of 50, both physically and mentally. From improved balance and coordination to increased cognitive function and reduced stress and anxiety, ballet can be a great way to stay healthy and active as you age. If you're interested in trying ballet, consider taking a class or finding a local dance studio that offers classes for adults. With time and practice, you'll find that you're able to enjoy the many benefits of ballet, regardless of your age or physical abilities.

Angelika Burroughs, a former Ukrainian professional ballerina created FitBarre-fitness for adults based on ballet over more than ten years ago when she was living in Sydney. Now living in Noosa, FitBarre has become a popular choice for young and old, male and female to help them stay fit, healthy and happy.

"I have an amazing 83 years young gentleman in my class who moves like a professional dancer 30 years his junior. I have ladies who have improved their posture so much that they are standing straight, like an arrow, for the first time in years."

"When a body moves, it's the most revealing thing. Dance for me a minute, and I'll tell you who you're" - Mikhail Baryshnikov.

Come and join Beginner Adult Ballet class on Mondays 11.30-12.30 and change your life for better.

Let's Get Fit With Grace and Elegance!



## CONNECT



SMS  
EMAIL

0488 088 633  
info@fitbarre.com.au

WEBSITE [www.fitbarre.com.au](http://www.fitbarre.com.au)  
ADDRESS Performing Arts Factory, 3/6-8 Rene St, Noosaville





# 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.





# Wunderbar!

## Siggi Welder and John Thomas

*As I overheard the word “wunderbar” — meaning “wonderful” in German — I turned to find its source. There stood a vibrant 85-year-old woman, Sigrid Welder, radiating energy and joy. Beside her was her partner, 91-year-old Dr. John Thomas, smiling just as impishly.*

The couple’s playful dynamic instantly captured the essence of what makes them so remarkable: a shared belief that age is nothing more than a number. Siggi and John are living proof that vitality knows no bounds. They embody the philosophy of living in the present, defying the stereotypical limitations of aging with their infectious enthusiasm and zest for life. The couple’s approach mirrors the findings of neuroscientist Dr. Joe Dispenza and gerontologist Professor Ellen Langer, both of whom advocate that joy, mindfulness, and a nurturing environment can combat the physical challenges of aging.

Their home in Buddina, with its sprawling, lively garden, serves as more than just a tranquil retreat. It is their personal playground—a sanctuary where they immerse themselves in youthful activities. Whether it’s hula hooping, skipping rope, or shooting hoops, Siggi and John’s daily routines brim with energy. Their backyard is a haven of fun, where pole tennis, punchball, frisbee, and even trampolining are on the menu. For them, it’s not about recapturing lost youth, but embracing life fully, with a focus on self-acceptance, relationships, and sensual harmony.

Siggi’s life journey has been nothing short of extraordinary. Born in war-torn Germany, she faced unimaginable hardships, yet her indomitable spirit never wavered. Her background in psychoanalysis, teaching, and Tantra has given her a unique perspective on life, one she eagerly shares with others. Through her work, she helps people enrich their lives, accept their bodies, improve their relationships, and find harmony within themselves and their connections with others.

But Siggi and John don’t just preach a vibrant, full life—they live it every day. Their infectious energy, playfulness, and deep connection are inspiring reminders that aging doesn’t have to mean slowing down. For them, life is a celebration, a joyful dance that continues with each new day.

As Siggi would say, their approach to life is truly wunderbar.





### 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](http://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](http://www.friendshipforcesunshinecoast.org.au)  
Email [friendshipforceSC@gmail.com](mailto: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](http://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 Val 0478 646 330  
[www.coolumhearts.com.au](http://www.coolumhearts.com.au)  
Email [coolumhearts@gmail.com](mailto: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](https://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](http://www.view.org.au)

**Maroochydore**  
Phone Claire 0416 119 053

**Buderim**  
Phone Gail 07 5476 7163

**Caloundra**  
Phone Diane 0400 473 193

**Kawana Waters**  
Phone Sandra 0439 780 208

**Noosa**  
Phone Sue 0406 024 257

### 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](http://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 8372  
[www.maroochymensshed.com.au](http://www.maroochymensshed.com.au)

**Caloundra**  
Phone 0439 075 332  
[www.caloundramensshed.com.au](http://www.caloundramensshed.com.au)

**Coolum**  
Phone 0418 298 221  
[www.coolummensshed.org](http://www.coolummensshed.org)

**Buderim**  
Phone 07 5445 2202  
[www.buderimmensshed.org](http://www.buderimmensshed.org)

**Mapleton**  
Phone 07 5238 0192  
[mapletonmensshed.org.au](http://mapletonmensshed.org.au)

**Nambour**  
Phone 07 5441 2527  
[nambourmensshed.com.au](http://nambourmensshed.com.au)

**Noosa**  
[noosa-men-shed.org.au](http://noosa-men-shed.org.au)

### 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](http://www.thewomensshed.org)

**Noosa**  
[www.noosawomensshed.com.au](http://www.noosawomensshed.com.au)  
Phone 0493 190 178

### 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, Nambour, Cooroy and Noosa. Membership is free.

[libraries@sunshinecoast.qld.gov.au](mailto:libraries@sunshinecoast.qld.gov.au)  
Phone 07 5475 8989  
[libraries.noosa.qld.gov.au](http://libraries.noosa.qld.gov.au)  
Phone 07 5329 6555



**PROBUS CLUBS**

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

Phone Regional Liaison Officer Geoff Leddy 0400 840 100  
[www.paqnetwork.com.au](http://www.paqnetwork.com.au)

**Alexander Headland**

Phone Geoff Heath 0490 456 191

**Buderim East**

Phone Judy Mawby 0431 096 883

**Coolum Beach**

Phone Marilyn Parker 0400 046 821

**Kawana Waters**

Phone Mike Matthews 0416 325 763

**Tewantin Noosa**

Phone Chris Hartley 07 5442 7397

**Pelican Waters**

Geoffrey Walls 0402 813 046

**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.

**CHIRPY PLUS**

This interactive social platform designed for over 55s has three local groups, 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](http://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](mailto: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](mailto: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.

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

**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

**Noosa Aquatic Centre**

Phone 07 5448 0288

**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





## 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** 0492 986 240

### 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

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.

**Frida's Sip'n'Paint, Mooloolaba**  
**Phone** 0484 266 660

### 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**  
**Address:** 1 Wallace Drive, Noosaville  
**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 schedule, 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.

**www.syndicatecreative.com.au**  
**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  
**Phone** 0459 900 990



**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

**Maroochydhore 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:  
Thursday 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

**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](http://www.dipavichgolf.com.au)  
Phone Di Pavich 0438 178 848

*Did you know?  
That Pickleball is  
one of the fastest  
growing sports  
in the world -  
particularly among  
the over 50s*





### COMMUNITY CHOIRS

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

#### A-choired Taste Singers

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

#### Buderim Male Choir

This all-male choir is the longest continually serving community choir on the Sunshine Coast and the only one singing in Welsh-style four-part harmony now under the baton of well-credentialed former opera singer Mitch Meyer who trained at the Melbourne University Conservatorium.  
Rehearsals on Monday afternoons, 1.30pm-4.00pm Buderim's Men's Shed, 38 Advance Road, Kuluin.  
**Phone Neville 0478 589 517**

#### Caloundra Chorale and Theatre Company

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

#### Caloundra Community Choir

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

#### Hot Ginger Chorus

This all-female a cappella group specialises in barbershop harmony singing and is considered one of the best on the Sunshine Coast. Affiliated with International Sweet Adelines Barbershop Chorus based in the US, members must audition first. Like to have a go? Come along to a Wednesday evening rehearsal at Lifepointe Baptist Church, Wises Road, Buderim from 7-9pm.  
**Phone 0490 028 017**  
**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 Brian Martino as musical director. Rehearsals Mon 7pm in Kureelpa Hall.  
**Phone 0407 156 708**

#### 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.  
**www.noosachorale.org.au**  
**Phone 07 5329 6560**

#### 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,**  
**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: 0405 524 600**  
**Email: info@brianmartin.com.au**



**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 0401 455 688

[www.tropicaliastudio.com.au](http://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**

*Take more chances,  
dance more dances!*



Healthy Sunshine Coast is Sunshine Coast Council's flagship community health and wellbeing program. It is a holistic, low-cost program suitable for all ages and abilities.

The program aims to help you move well, eat well, sleep well, think well, connect well and enjoy time in nature.

The activities include Chair Yoga, Laughter Yoga, Balance and Stability class, Zumba, a variety of Fitness classes, Aqua Aerobics, Reconnecting with Nature, The Practice of Mindfulness for Stress Reduction and many, many more!

**JOIN TODAY**

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

[sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au) | 07 5475 7272

 **Sunshine Coast**  
COUNCIL



# ***Unlock the Fountain of Youth***

## ***The Latest Breakthroughs in Anti-Ageing Skin Care***

*The pursuit of youthful, radiant skin has never been more attainable. With advancements in dermatology and cosmetic science, anti-ageing skincare treatments have evolved beyond simple creams and serums.*

Dr Umed is a renowned aesthetic medicine practitioner with over 20yrs practicing in the field states, there are so many options to choose from and the effectiveness of the treatment depends on skin laxity.

Today, both skincare enthusiasts and professionals are turning to innovative treatments that promise not only to reverse signs of ageing but also to maintain and protect skin health.

Microneedling, a well-established technique, has been enhanced with radiofrequency technology, making it even more effective. This treatment creates tiny micro-injuries in the skin, stimulating collagen production. By adding radiofrequency, heat energy is delivered into deeper layers of the skin, further encouraging the production of collagen and elastin. This results in firmer, smoother skin with reduced wrinkles and acne scars. It's a non-invasive option that offers impressive results with minimal downtime.



Another treatment that has gained a loyal following is HydraFacial, a multi-step facial that combines cleansing, exfoliation, extraction, hydration, and antioxidant protection in one session. This treatment uses a patented Vortex-Fusion delivery system, allowing deep penetration of active ingredients while removing impurities.

HydraFacial leaves the skin glowing immediately, and over time, they improve overall skin health. Suitable for all skin types, including sensitive skin, it's no wonder this treatment has become a go-to for those seeking gentle yet effective skin rejuvenation.

Platelet-Rich Plasma (PRP) therapy, commonly known as the "Vampire Facial," is another innovative approach. In this treatment, a small amount of the patient's blood is drawn, processed to isolate the platelet-rich plasma, and then injected or applied to the skin after microneedling. The growth factors in the plasma promote healing and stimulate collagen production, reducing fine lines and improving skin texture. Since it uses the body's natural resources, PRP is a minimally invasive option for those looking to enhance their skin's appearance naturally.

LED light therapy has also gained significant traction, particularly red-light therapy, which is known for its anti-ageing benefits. This painless treatment stimulates collagen production and reduces inflammation, improving skin tone and firmness. LED light therapy can be done in a dermatologist's office or even at home with LED masks, making it a convenient option for anyone seeking a gentle approach to anti-ageing.

Injectable fillers remain one of the most popular treatments for restoring lost volume and smoothing out wrinkles. Hyaluronic acid-based fillers, such as Juvéderm and Restylane, have been further refined to provide more natural-looking, longer-lasting results. These fillers can enhance facial contours and reduce signs of ageing for several months to over a year, depending on the product used.

Meanwhile, Botox continues to dominate the market for reducing dynamic wrinkles, but new neurotoxins like Letybo and Dysport offer similar results with potentially longer-lasting effects. By temporarily blocking nerve signals to the muscles, these neurotoxins prevent the formation of fine lines and wrinkles, particularly around the eyes and forehead.

Though not a new treatment, chemical peels are seeing a resurgence thanks to advancements in their formulations. Dermal therapist can now tailor chemical peels to suit individual skin concerns, offering varying strengths depending on skin sensitivity and desired results. By exfoliating the skin, chemical peels improve texture, reduce hyperpigmentation, and stimulate collagen production.

Finally, laser treatments remain a mainstay in the anti-ageing world. Fractional laser resurfacing uses lasers to create tiny, controlled injuries in the skin, prompting the body's natural healing process. Dr Umed says as the skin repairs itself, it becomes smoother, firmer, and more even toned. This versatile treatment can address a

range of concerns, from wrinkles and sun damage to acne scars, making it a popular choice for comprehensive skin rejuvenation".

The anti-ageing skincare industry is constantly evolving, offering a wide range of treatments to suit different needs and preferences. From non-invasive options like LED therapy to more advanced procedures such as stem cell therapy and RF microneedling, there are numerous ways to maintain youthful, glowing skin. Consulting with a dermatologist or skincare professional can help determine the best treatment plan tailored to individual skin concerns and goals. With the right approach, achieving youthful, radiant skin is more attainable than ever.

Our clinics are committed to patient education, ensuring that each client is well-informed about available treatments and procedures. Dr. Umed Cosmetics specializes in Anti-Wrinkle Injections, Dermal Fillers, Thread Lifts, Skin Treatments, and Cosmetic Procedures, backed by a wealth of successful procedures and satisfied clients.



For those seeking personalised care and transformative results, contact us for a complimentary cosmetic & skin consultation.

**[www.drumedcosmetics.com.au](http://www.drumedcosmetics.com.au)**

*As a vitalist, I believe the body has an innate intelligence. With the right resources and ingredients, it can thrive and live energetically into old age.*



# *Can we Stop the Aging Process?*

*Imagine discovering the marker in the body for aging. Would you focus on finding a drug to suppress it, or would you explore lifestyle and diet factors?*

Words Cyndi O'Meara

**R**esearchers at Queensland University are making strides in improving quality of life and preventing diseases like Alzheimer's. They've uncovered the molecular secrets of aging in cells, shifting the perspective from randomness to predictability.

Let's pause here. I'd like to share how I view the body versus how scientists do. Neither perspective is right or wrong; it's just different.

As a vitalist, I believe the body has an innate intelligence. With the right resources and ingredients, it can thrive and live energetically into old age. My studies in anthropology have shown me the importance of culture and tradition in teaching us about diet, sleep, movement, connection, sunshine, and more. These elements are crucial for the survival and perpetuation of our species.



When we stop interfering with the body's innate intelligence, it knows exactly what to do to stay healthy and energetic. I don't believe anything the body does is random; there's always a reason. For example, insulin resistance occurs naturally when saturated fats and carbohydrates are consumed together, converting sugar to triglycerides for storage, this enables the human species to survive from feast to famine. The issue arises when insulin resistance becomes chronic due to modern eating habits, leading to metabolic diseases.

Science views the body mechanistically, breaking it into components and seeing it as a machine. This perspective has been invaluable for understanding bodily functions like blood pressure, heart and digestive system operations, and biochemistry. However, seeing the body as a machine leads to treatments involving medication and organ removal. While this is beneficial in emergencies, a lifetime of medications can have serious ramifications.

### ***Back to the Researchers at UQ***

Scientists have identified a master controller for aging called Activator Protein 1 (AP-1). AP-1 turns genes on and off and is progressively activated in adult genes while dialled down in early life genes. This process, now seen as predictable across life stages, is activated by inflammation, stress, and a specific protein that increases with age.

Interestingly, diseases like Alzheimer's and metabolic liver disorders, associated with old age, were almost non-existent a century ago. These are modern diseases. Despite this, researchers focus on drugs to reduce AP-1 activity rather than diet and lifestyle factors.



### ***The Role of Epigenetics, Nutrigenomics, and Exposomics***

Epigenetics studies changes in DNA without altering the sequence. It shows how lifestyle factors like exercise, diet, and sleep can turn genes on and off. Nutrigenomics looks at how nutrients interact with our genome, influencing health. The exposome measures all exposures throughout an individual's life, affecting health.

By understanding these fields, we see that the healthiest lifestyle aligns with natural laws. These principles, passed down through culture and tradition, are now supported by scientific evidence.

1. Minimize exposure to environmental chemicals.
2. Eat species-specific foods grown in healthy soils.
3. Get sunshine exposure to regulate circadian rhythms.
4. Ensure quality sleep.
5. Foster connections with others.
6. Practice grounding by connecting with the earth.
7. Maintain positive thoughts to influence gene expression.
8. Reduce stress through mindfulness or meditation.
9. Address inflammation through a healthy lifestyle and diet.

While finding a drug to stop aging sounds appealing, it addresses only a specific biochemical pathway. Medications often have side effects, impacting various metabolic pathways and causing additional health issues.

### ***A Vitalistic Lifestyle in Practice***

I follow these principles and enjoy a vibrant, disease-free life at 64. My daily routine includes biking to the beach, breath exercises, social interactions, grounding, cold exposure, and healthy eating. I participate in community activities, run a farm, and manage two businesses with plenty of energy.

I've never taken prescribed or over-the-counter medication in my life, and I'm not alone. Many others share this vitality by adhering to natural laws.

At The Nutrition Academy, we teach these principles. It's never too late to change. Curiosity and education are keys to transformation. As Einstein said, insanity is doing the same thing and expecting different results. Don't be insane—educate yourself and discover how healthy you can be.

Cyndi O'Meara is a leading nutritionist, filmmaker, best-selling author, TEDx Speaker and Founder of Changing Habits, The Changing Habits Farm, The Nutrition Academy and co-founder of The Packing Company.



Kim McCosker with husband Glen Turnbull

## Easy Cooking for One: Choose a 'Star Ingredient'

*"Cooking for one or two can be both simple and enjoyable when you focus on a few quality ingredients," says Kim McCosker, founder of 4 Ingredients publishing house, that boasts one in seven homes in Australia owns a 4 Ingredients cookbook.*

"By selecting a 'star ingredient' like a flavourful paste or sauce, you can easily build a delicious meal without the need for an extensive ingredient list," adds this Sunshine Coast chef and entrepreneur.

Kim says chicken tikka masala is the perfect illustration of this principle. "Into a heated non-stick frying pan, add two tablespoons of Masala Paste, 500g chopped chicken breast or thigh, toss while cooking for four to five minutes, then add a 400g tin of Big Red Condensed Tomato Soup. Simmer to allow time for the flavours to develop, and then add whatever veggies you have on hand to extend the dish.

"A few of my go-to 'star ingredients' are a Pizza Paste for Italian dishes, a Thai Red Curry Paste for Thai and a Tikka Masala Paste for Indian. In a jar of paste, you have several natural ingredients that have been ground to create flavour, preserved by natural sodium and oils extending their shelf life."

A powerhouse of energy, Kim was the winner in 1917 of the prestigious Best Selling Category at the World Gourmand Cookbook Awards in China, affording her the opportunity to cook onstage, under the Eiffel Tower, at the World Gourmand Cookbook Summit in Paris the following year.



With global sales of her cookbook nearing 9,000,000 copies, two TV-series for Foxtel and another produced on the Sunshine Coast almost complete, more cookbooks on the go and with ambassador roles for several businesses including Coeliac Australia, Kim and 4 Ingredients really do own the easy, every day, cooking space in Australia.

“Cooking with just a few ingredients not only saves time and money, but it also reduces waste, making it easier to use what you have on hand without needing to stockpile a lot of extra ingredients,” she says.

“Plus, the simplicity of simmering at a low temperature adds to the ease and success of the cooking process. Generally low, simmering temperatures are especially helpful for beginners or those who might be nervous about making a mistake.

“Keeping your dishes simple encourages a calm, mindful cooking experience, where the emphasis is on enjoying the process and the flavours rather than feeling overwhelmed by complexity. Keep calm, keep it simple, and enjoy the process—it’s a great mindset for any home cook,” she advises.

Committed to community, Kim sits on the Sunshine Coast Major Events Board, was part of the Sunshine Coast’s Biosphere Nomination Community Reference Group, was awarded the Sunshine Coast’s Most Outstanding Business Woman of the Year in 2011, and Griffith University’s Entrepreneur of the Year in 2017.  
[www.4ingredients.com.au](http://www.4ingredients.com.au)



Reviewed by the experts at Diabetes Victoria. 4 Ingredients MORE Diabetes offers over 80 new and exciting recipes designed to promote healthier eating habits. This cookbook is perfect for anyone looking to improve their health by simplifying their eating plan with nutrient-dense, whole food ingredients and straightforward methods, all featuring no more than 4 ingredients.

Readers will enjoy a variety of delicious recipes, including homemade salads, sauces, breakfasts, lunches, dinners, and easy entertaining options like Thai Chicken Meatballs, Cucumber & Salmon Canapés, Chicken Carnival Cones, and Sweet Potato & Pesto Pies. The cookbook also features an array of snacks and smoothie ideas, as well as indulgent treats like raw Carrot Cake Balls, the Best-Ever Banana Bread, and a 3-ingredient Fruit Cake.

4 Ingredients MORE Diabetes proves that you don’t have to compromise on taste to enjoy nutritious meals. This cookbook takes the guesswork out of meal planning, offering simple and delectable recipes that make healthy eating accessible and enjoyable for everyone.

**Call to order your signed copy today:**  
**0431 297 923**

**SHOP ONLINE:**  
**[www.4ingredients.com.au](http://www.4ingredients.com.au)**



# Helping Australians Rediscover the Joy of Sound for Over 75 Years

*Hearing Australia has been caring for Australians since 1947, helping thousands of children, adults, pensioners and veterans connect with their loved ones every week. No matter your age, or hearing need – we are here to help you rediscover the sounds you love.*

With locations across the Sunshine Coast – Caloundra, Maroochydore, Nambour, Maleny, Noosaville and Gympie, plus online and telehealth options, we make it easy for you to access hearing services with our experienced and certified clinicians.

At Hearing Australia, we take the time to understand your hearing needs and based on your needs, we will help you find a hearing solution that works for you. We provide ongoing care and device repair services either online, in centre or in your home as well as hearing management through counselling and rehabilitative programs. We also offer a money back guarantee. If you don't love your hearing aids, you can return them within 55 days.

## **What is Hearing Loss?**

Hearing loss occurs when your ability to hear is reduced, making it more difficult for you to hear speech and all the other sounds in life you love. Hearing loss can be caused by many factors, but age and exposure to loud noise are the two most common causes.

## **Signs of Hearing Loss**

- Asking people to repeat themselves
- Your family complaining the TV volume is up too loud
- You hear ringing or buzzing noises in your ears
- Straining to hear in noisy places
- Missing out on everyday sounds

## **Our Screening Services**

Hearing Australia offers free\* 15-minute hearing checks for adults on-board our fleet of Hearing Australia buses and at local hearing screening events across the Sunshine Coast, Sunshine Coast Hinterland and Gympie region.

Our hearing checks are conducted by our friendly community hearing advisors and usually take just 15 minutes. Our team are on-hand to guide you through any further steps you may need to take to manage your hearing.

## **What to expect from our Screening Services**

At our hearing checks you can:

- Receive a free hearing check
- Speak with our friendly staff about good hearing health
- Find information on a range of common hearing issues

To find an event in your local area please go to [www.hearing.com.au](http://www.hearing.com.au)



**Australia's  
Most Trusted  
Hearing Provider  
4 years running!**



134 432



[hearing.com.au](https://hearing.com.au)

# 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](http://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](http://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](http://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](http://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](http://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.genescare.com](http://www.genescare.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](http://www.sunlifeskincancercare.com.au)



# Leave a gift of kindness for the health of future generations



**A gift in your Will to QIMR Berghofer will continue to change – and save – lives for generations to come.**

Everyone wants to leave this world a better place. Leave a legacy of hope for a healthier future by making a gift in your Will to QIMR Berghofer.

A gift in your Will is an extraordinary act of kindness. After providing for family and loved ones, a gift in your Will, no matter how large or small, directly funds crucial medical research and provides a lasting impact on the health and lives of future generations.

**Free call 1800 993 000**

Email: [giftsinwills@qimrberghofer.edu.au](mailto:giftsinwills@qimrberghofer.edu.au)

If you have already made a gift in your Will to QIMR Berghofer, please let us know as we would love to thank you!



**QIMR Berghofer**  
Medical Research Institute



# Geopathic Stress & EMF

## Uncovering the Hidden Pathway to Disease Manifestation



Hajnalka Kiraly

In today's fast-paced healthcare landscape, a profound shift is merging ancient holistic wisdom with modern scientific advances. At the heart of this transformation lies energy medicine, an approach that emphasizes the essential role energy plays in our health and vitality. One ancient practice leading this movement is Radiesthesia, also known as dowsing. This technique uses specialized rods to detect hidden energies, including geopathic stress and EMF (Electromagnetic Field) radiation, that can significantly impact our well-being.

On the Sunshine Coast, Hajnalka, a local healer with Hungarian roots, has mastered the art of Radiesthesia. With her trusted dowsing rods, she has a unique ability to uncover harmful energy disruptions in your home, such as geopathic stress and EMF radiation—two unseen forces that may be causing inexplicable fatigue, chronic health issues, or restless sleep. For many, these health concerns can be traced to something as simple as the placement of a bed over a geopathically stressed area or prolonged exposure to EMF radiation from everyday electronic devices. A small adjustment can lead to remarkable transformations—restored physical health, better sleep, and renewed energy.

Geopathic stress is the radiation emitted by geological features, such as underground water streams or fault lines. Though invisible, it can disrupt the natural energy field of your living space, weakening your aura and creating the perfect conditions for illness. EMF radiation, on the other hand, stems from modern technology—cell phones, Wi-Fi routers, and electrical appliances—creating invisible radiation fields that can impact the body's energy and health.

Prolonged exposure to these harmful energy fields can sap your vitality, compromise your immune system, and lead to long-term health problems. Dr. Hans Nieper, a renowned German cancer specialist, highlighted the dangers of geopathic stress in his seminal work *Revolution in Technology Medicine and Society*, revealing that “at least 92% of all the cancer patients he examined had spent long periods of time, particularly during sleep, in geopathically stressed zones.” Likewise, growing research supports the harmful effects of EMF radiation on human health, including its potential role in sleep disturbances, chronic fatigue, and other ailments.

*If you've been searching for answers to unexplained health issues, persistent fatigue, or disrupted sleep, it might be time to explore the impact of geopathic stress and EMF radiation.*

Hajni can help uncover these hidden disruptors in your home, providing immediate solutions that lead to lasting improvements in health and well-being.

### **Special Offer for Lifestyle 55+ Readers:**

Receive a 10% discount on Hajni's services when you mention this article.

For more information, visit [www.energisedagain.com](http://www.energisedagain.com) and take the first step towards unlocking the healing power of energy medicine today.



# Unlock Cognitive Potential and Build Connections



## 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](http://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 Dementia Network Sunshine Coast is an independent grassroots community network which supports people diagnosed with dementia or a related disorder, their family carers and staff. This service facilitated by volunteers is a gateway for information, referrals and social and wellness programmes.

**Events** for people with dementia and family carers and post-carers

#### **Social:**

Catch-Up Cuppas (morning teas) bi-monthly at Caloundra, Nambour, Maleny, Coolumb, Maroochydore.  
Lunches.

#### **Wellness:**

Chair exercise to music by Ageless Grace instructor at Laurel Springs Village, Nambour.  
Aqua Aerobics to music with Nambour Pool.  
Dementia Choir with Anglican Church, Caloundra.

#### **Education:**

Presentations on dementia and carer's role for community groups.

**Facebook:** Dementia Network Sunshine Coast

#### **Contact:**

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

### SUNSHINE COAST DEMENTIA ALLIANCE

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

**Phone 0488 680 265**

**www.sunshinecoastdementiaalliance.com.au**

### BLUECARE 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 1300 258 322**



## 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. Help Line open 24/7.  
In-home care services offered on the Sunshine Coast.  
**Phone 1800 639 331**  
**[www.alzheimersonline.org](http://www.alzheimersonline.org)**

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### 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. 24/7 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](http://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](http://www.dementiafriendly.org.au)**

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### 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](http://www.dementia.org.au)**

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**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](http://www.dementia.org.au)**

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*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.*

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## 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](http://www.dementia.com.au)**

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### AGELESS GRACE

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

#### 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](http://www.ageucate.com.au)**

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### 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](http://www.mooc.utas.edu.au)**

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### DEMENTIA TRAINING AUSTRALIA

Provides free online courses.  
**[www.dta.com.au](http://www.dta.com.au)**

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### FORWARD WITH DEMENTIA

A guide to living with dementia. A collaborative program created by a number of universities, Alzheimer's Disease International and Dementia Alliance International.  
**<https://forwardwithdementia.au>**

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### 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**

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#### 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.

**Phone 1300 747 636**

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#### 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**

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### 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**

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#### 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**

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#### SUNCARE MAROOCHYDORE COMMUNITY CENTRE

Suncare run day respite for clients including people with dementia.

**Phone 1800 786 227**

**www.suncare.org.au**

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#### RANGECARE

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

**Phone 07 5445 7044**

**www.rangecare.com.au**

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#### GLASSHOUSE COUNTRY CARE

Operate a day respite centre at Beerwah.

**Phone 07 5494 6948**

**www.ghcare.org.au**

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### 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**

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#### 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**

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#### DRIVER REHAB SERVICES

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

**Phone 07 5446 8289**

**www.northcoastrehab.com.au**

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### 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](http://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

Phone 1300 670 903

[www.bluecare.org.au](http://www.bluecare.org.au)

### RESEARCH CENTRES

#### UNIVERSITY OF THE SUNSHINE COAST MIND AND NEUROSCIENCE – THOMPSON INSTITUTE

Ground Floor, 12 Innovation Parkway

Birtinya, QLD, 4575

Phone 07 5430 1191

[www.usc.edu.au/sunshine-coast-mind-neuroscience-thompson-institute/](http://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](http://www.lifetec.org.au)

### DEMENTIA CARE PRODUCTS

[www.leef.com.au](http://www.leef.com.au)

[www.dementiashop.com.au](http://www.dementiashop.com.au)

[www.unforgettable.org](http://www.unforgettable.org)

[www.best-alzheimers-products.com](http://www.best-alzheimers-products.com)

[www.alzstore.com](http://www.alzstore.com)

[www.dailycaring.com](http://www.dailycaring.com)

[www.aidacare.com.au](http://www.aidacare.com.au)



# *The Healing Art of Ayurveda*

## *Ancient Wisdom for Modern Times*

*Ayurveda, meaning “the science of life,” originated in India and is one of the oldest healing systems in the world. It is an ancient system of natural healing, that offers a powerful and holistic approach that has stood the test of time for over 5,000 years.*

Unlike modern medicine, which often focuses on treating symptoms, Ayurveda emphasizes prevention, aiming to keep the body and mind in balance to avoid illness in the first place. It’s a holistic approach, recognizing that true health comes from harmonizing the body, mind, and spirit with the world around us.

At the heart of Ayurveda is the belief that each person is unique. Ayurveda recognizes three basic types of energy or doshas—Vata, Pitta, and Kapha—which govern our physical and mental characteristics. By understanding our individual dosha, we can tailor our lifestyle, diet, and habits to maintain balance and promote overall well-being.

### ***The Importance of Doshas***

Doshas represent different elements and energies within us:

- **Vata** is associated with air and space. It governs movement, including circulation, breathing, and digestion. When balanced, Vata promotes creativity and vitality. However, when imbalanced, it can lead to anxiety, dry skin, and joint pain.
- **Pitta** represents fire and water. It governs metabolism, digestion, and temperature regulation. A balanced Pitta promotes intelligence and strong digestion, but an imbalance can cause irritability, inflammation, and digestive issues.
- **Kapha** is linked to earth and water. It governs structure, stability, and immunity. When balanced, Kapha provides strength and endurance, but when imbalanced, it can lead to lethargy, weight gain, and respiratory problems. As we age, Vata tends to increase, which can manifest as dryness, joint stiffness, and anxiety.

Understanding your dominant dosha and how to keep it in check can be key to maintaining health and vitality in later life.





### ***Ayurvedic Diet: Food as Medicine***

One of the cornerstones of Ayurveda is the belief that food is medicine. What we eat plays a vital role in balancing our doshas and ensuring overall health. The Ayurvedic diet emphasizes whole, fresh, and seasonal foods, encouraging us to eat in harmony with nature.

For those over 60, eating warm, nourishing foods can help balance the increasing Vata energy that comes with age. Warm soups, stews, and herbal teas are particularly soothing, as they bring moisture and warmth to the body. Spices like ginger, turmeric, and cinnamon, which have anti-inflammatory properties, are also encouraged, especially for their ability to ease joint pain and improve digestion.

In Ayurveda, the timing of meals is just as important as what you eat. Lunch, being the main meal of the day, is best eaten when digestion is strongest—between 12:00 p.m. and 2:00 p.m. Light dinners are recommended early in the evening to allow the body to fully digest before bedtime.



### ***Daily Routines for Longevity***

Ayurveda places great importance on Dinacharya, or daily routines, to maintain balance and harmony. For seniors, developing a consistent, nourishing routine can help stave off the effects of aging and bring a sense of peace to daily life.

Here are a few Ayurvedic practices that can benefit anyone, especially those in their golden years:

- **Abhyanga (Self-Massage):** Daily self-massage with warm oil helps to lubricate the joints, nourish the skin, and calm the nervous system. Oils such as sesame or almond are typically recommended for seniors, as they are grounding and warming.
- **Pranayama (Breath Control):** Simple breathing exercises can reduce stress, improve lung capacity, and enhance mental clarity. Gentle practices like Nadi Shodhana (alternate nostril breathing) can bring balance to both body and mind.
- **Yoga and Movement:** Regular, gentle movement is essential in Ayurveda, especially as we age. Practices like yoga or Tai Chi improve flexibility, balance, and strength, while calming the mind. Ayurvedic principles recommend gentle, restorative yoga, focusing on poses that increase circulation and joint mobility.
- **Meditation and Mindfulness:** Ayurveda recognizes the importance of mental health. Daily meditation, even for a few minutes, can help reduce anxiety, enhance focus, and foster a deeper connection to oneself and the world.

### ***Herbal Support for Aging Gracefully***

Ayurveda also uses herbal medicine to promote balance and support the body's systems. As we age, certain herbs can be particularly beneficial:

- **Ashwagandha:** Known for its rejuvenating properties, Ashwagandha helps reduce stress, boost energy, and support cognitive function, making it ideal for maintaining vitality and mental clarity in later years.
- **Turmeric:** A powerful anti-inflammatory, turmeric is excellent for joint health and supports the immune system. It is particularly useful for managing arthritis and other inflammatory conditions common in older adults.
- **Triphala:** This blend of three fruits is a gentle yet effective digestive aid, supporting regular bowel movements and detoxification, which can become more important as metabolism slows with age.

### ***The Holistic Path to Wellness***

Ayurveda teaches that living in harmony with nature and our own inner rhythms is the key to lasting health. For seniors, this means paying attention not only to physical health but also to emotional, mental, and spiritual well-being. The integration of diet, lifestyle, and daily routines—tailored to our unique doshas—can help us age gracefully, maintain vitality, and enjoy a sense of peace and purpose as we navigate this new chapter of life.

# Why is Deliciously Clean Eats suitable for you?

*Deliciously Clean Eats is a local, fresh prepackaged meal company based on the Sunshine Coast. All meals are prepared from our commercial kitchen in Caloundra, and home delivered across the Sunshine Coast*



Nutrition is vital at all stages of life especially for the elderly to keep the body functioning as best possible. As we age, our lifestyle, appetite and nutrition requirements change. Maintaining healthy eating habits supports general health by optimising bone and muscle health, energy levels and regular bowel movements. Good nutrition allows us to have the energy to enjoy the activities we like to do and improve on our quality of life.

Our meals are designed by in house dietitians to meet the nutrition requirements of elderly populations. Each meal provides a serve of protein, carbohydrate & 1-2 serves of vegetables to meet these requirements.

Our in-house cooks use an abundance of herbs & spices to ensure all meals are flavour filled whilst maintaining their superior nutritional value.

Meals are available to purchase in 3 sizes, smaller eats, regular eats and meal prep. This variation caters to a range of appetites. For example, our small eats meals are 70% the size of a regular size for those who don't have large appetites. For elderly populations, it is also a common trend for customers to split a regular meal over lunch and dinner, or between 2 people.

Are range of gluten free, dairy free & low carb options are available to purchase to ensure all individual dietary needs are covered. The menu is changed weekly & runs on a 5 week menu cycle to optimise meal variety.



Your meal is made with locally sourced and fresh ingredients. But what?

## How do I order?

Your order can be placed online via our website **[www.deliciouslycleaneats.com.au](http://www.deliciouslycleaneats.com.au)** or over the phone on **0409 105 250** before midnight every thursday.

Home Care Package Price Breakdown Example			
Meal Size	Retail Price	Average Co-contribution Per Meal	Average cost for 4 meals per week
Small	\$11.95	\$3.00	\$21.00
Regular	\$16.50	\$4.92	\$29.92

Example 1 - Home Care Package Price Breakdown Example. This is an example only. The actual cost for a meal may vary. This price is subject to change. Please contact us for more information.

CALL 0409 105 250

## How much does it cost?

70% is charged to the home care package and 30% is charged to yourself via card payment online.





# *Healthy Ageing Partnerships Champion Supporting Older Adults*

*Healthy Ageing Partnerships (HAP) is dedicated to supporting healthy ageing for older adults on the Sunshine Coast, empowering them to stay informed, live independently, and maintain optimal health later in life.*

HAP collaborates with various organisations and individuals on the Sunshine Coast to create opportunities for older adults to engage with their community, remain active, maintain social connections, and access essential health services and information. Together with our partners, sponsors, and like-minded organisations, HAP shares a common mission to empower, connect, and inspire older adults toward healthy ageing by providing the information they need to make informed decisions.

Navigating the myriads of available services and information can be challenging. How do we find the right services or stay updated with changes in healthcare services and entitlements? HAP, alongside its partners and members, is committed to maintaining a centralised directory of services, offering easy access to critical information on benefits and entitlements available to older adults on the Sunshine Coast.

In support of this mission, HAP is developing a new website designed to foster collaboration and serve as a comprehensive resource on the needs of older adults. The site will offer access to valuable information on aged care, assisted living, housing options, resort communities, physical activities, mental stimulation, lifelong learning, and social connections. The platform will also provide links to government agencies, community and neighbourhood centres, and mental health, counselling, and medical support services.

Look out for the launch of our new website coming soon at [healthyageingpartnerships.au](http://healthyageingpartnerships.au).

**We need members and volunteers to inform HAP about the needs of older adults on the Sunshine Coast.** To learn more or to become a member, please contact the secretary, Colin Maddocks at [secretary@healthyageingpartnerships.au](mailto:secretary@healthyageingpartnerships.au)



# 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.drnikkiacreber.com.au](http://www.drnikkiacreber.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](mailto: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](http://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](http://www.brainfoundation.org.au)**

### 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](http://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](http://www.msqld.org.au)**



## 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 7444

### 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](mailto: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](mailto: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 07 5408 5088

[www.rhpththerapy.org.au](http://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](http://www.leef.com.au)

[www.lakesidemobility.com.au](http://www.lakesidemobility.com.au)

[www.patienthandling.com.au](http://www.patienthandling.com.au)

[www.independenceaustralia.com](http://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](http://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!

# 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

### SUNCARE COMMUNITY SERVICES

2-6 George Street  
Maroochydore, Qld, 4558  
Phone 1800 786 227

### 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

### NOOSA SENIORS (Formerly Noosa Community Support)

11 Wallace Drive  
Noosaville, Qld, 4566  
Phone (07) 5329 6175

### POMONA DISTRICT COMMUNITY HOUSE

1 Memorial Avenue  
Pomona, Qld, 4568  
Phone (07) 5485 2427

### 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



## HOUSING HELP

### 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

## CRISIS PALLIATIVE CARE

### MINGARY CARE

Provides urgent Home Care for people who are dying on the Sunshine Coast.  
Phone 07 54790881  
[www.mingarycare.org.au](http://www.mingarycare.org.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](http://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.

Sunshine Plaza  
3/29 The Esplanade  
Maroochydore QLD 4558  
Phone: (07) 5376 7800  
[www.suncoastcommunitylegal.org](http://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.”*



## 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**

### **THE EVERYDAY FOUNDATION (FORMERLY 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**

### **THE HUB FOOD OUTLET**

Offers food and groceries at discount prices.  
202 Eumundi Noosa Road, Noosaville, Qld, 4566  
**Phone 0421 788 948**

### **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**

### **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**

### **URBAN ANGELS COMMUNITY KITCHEN**

Level 2, Centenary Square, 52-64 Currie St, Nambour, Qld, 4560  
**Phone 07 5452 7774**  
**www.ifys.com.au**



## 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.*

## 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](http://www.raq.org.au)

### NO INTEREST LOAN SCHEMES

The No Interest Loans Scheme provides people on low incomes access to safe, fair and affordable access to credit. The scheme offers loans of up to \$1,500 for essential goods and services. There are no interest charges or fees.

Carers Queensland  
Phone 07 5409 3300

Caloundra Community Centre  
Phone 5491 4000

Morris House  
Neighbourhood Centre  
Phone 5494 1255

Salvos Connect  
Phone 1300 371 288

St Vincent De Paul  
Phone 1800 643 846





# ***What is Aged Care Advocacy and How can it Help Seniors?***

Advocacy is not something we talk about often and not everyone understands what aged care advocacy really means. On a practical level, an advocate is someone who works alongside you to give you a voice and help you navigate and resolve a range of issues impacting your rights in aged care.

It's not just for those in residential aged care but also for older people living at home.

This can range from help to access support at home, getting the most from your home-care services, understanding fees, concerns or problems with the organisation who is providing your care to having a say in the things that impact your life.

Take the example of John. John has a home care package which allowed a support worker to visit his home once a week to help with some domestic tasks but following some health issues needed to increase these visits. John had been approved for a higher-level home care package but was on the waitlist for the funding to be assigned. In the meantime, an advocate was able to find John an alternative funding program for the additional services and apply for a partial waiver of fees.

There are many examples where an advocate can just give you that extra support or inside knowledge to help you raise an issue or find a solution.

Aged care advocacy services are free, independent, confidential and directed by you.

Aged and Disability Advocacy Australia is your Queensland aged care advocacy service.

***Call the Aged Care Advocacy Line 1800 700 600.***





# Aged Care Reform 2025

## Introduction to the New Support at Home Program and what it means for you



As Australia moves forward with significant reforms in the aged care sector, the landscape of in-home care services is set to undergo major changes. These reforms aim to enhance the support provided to older Australians, ensuring that they receive the care they need in a more streamlined and efficient manner.

One of the most pivotal changes is the introduction of the Support at Home program, which is expected to replace the existing Home Care Packages Program and Short-Term Restorative Care Programme from 1 July 2025. By 2027, the program is also anticipated to replace the Commonwealth Home Support Programme.

For those currently receiving or considering in-home care, understanding these changes is crucial. Here's what you need to know about how the new system will affect your care and what it means for your future.

One of the most significant changes under the Support at Home program is the introduction of a single-assessment system. Currently, aged care clients are assessed under one of three different programs: the Regional Assessment Service (RAS) for low-level support, the Aged Care Assessment Team (ACAT) for Home Care Packages, and the Australian National Aged Care Classification (AN-ACC) for residential aged care funding. This fragmented approach often leads to inconsistencies and repeated assessments.

From July 2025, this will be streamlined into a single-assessment process, conducted by a government-contracted partner. The new system will use an advanced tool designed to gather relevant information more efficiently, allowing for a more accurate assessment of your needs. This means no more retelling your story multiple times or answering unnecessary questions—everything will be handled in one go, making the

process smoother and more responsive to your specific requirements.

### ***Flexible Funding to Meet Your Needs***

Another major change is the shift from four package levels to a more flexible funding model. Under the current system, clients are assigned a specific package level that dictates the amount of funding they receive. The new Support at Home program will replace this with up to 11 different pay points within a quarterly budget, offering greater flexibility in how funds are allocated.

Clients will be assessed and approved for one or both of the following:

- 1. Short-term Support for Independence:**  
This includes funding for assistive technology, home modifications, and short-term restorative services aimed at helping you maintain or regain independence.
- 2. Quarterly Budget for Ongoing Support at Home:**  
This budget will cover ongoing services such as nursing, personal care, allied health, domestic assistance, respite, social support, meals, transport, and home maintenance.

One crucial aspect of this new funding model is that funds will not roll over. If you don't spend your entire quarterly budget, the unspent funds will not carry over to the next quarter. This encourages you to use the funds as needed, ensuring that more resources are available to a larger number of people. For larger expenses, like home modifications, funding will be provided through the Short-Term Support for Independence budget, eliminating the need to save over time.



# 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](http://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 Blackborough

### ***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](http://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](http://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 208 123

**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, Nursing, Personal Care, Social Support Group, Gardening 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, Dementia Support and Home Maintenance

Phone 1300 221 122

**Kincare**

Physiotherapy, Domestic Assistance, Social Support, Personal Care, Nursing and Respite.

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 Nursing, Social Support and Transport

Phone 1800 899 300

**Bromilow**

Domestic Assistance, Respite Support, Personal Care, Social Support, Meal Preparation and Gardening.

Phone 5445 5676

**Churches of Christ Care**

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

Phone 5476 4657

**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), Respite, Podiatry, Meals and Home Maintenance

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 5436 8500

**Community Health Nambour**

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

Phone 5470 5703

**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 coordinated by Occupational Therapists

Phone 5476 6130

**Noosa Seniors**

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

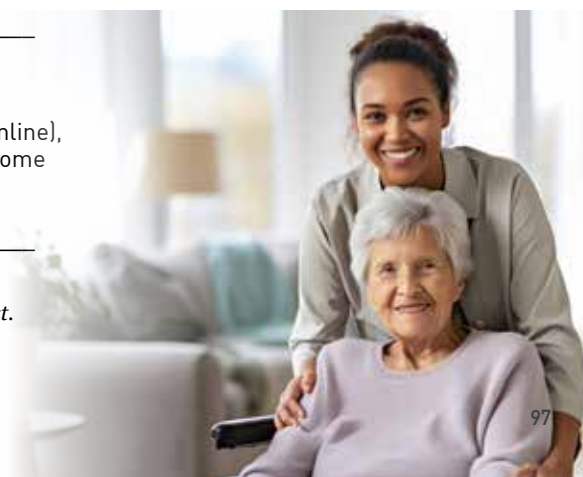
Phone 5329 6175

**Wesley Mission**

Nursing, Domestic Assistance, Personal Care, Social Support, Respite, Transport and Home Maintenance.

Phone 1800 448 448

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



# Baby Boomers and Aged Care Expectations

Words Celena Ross



*If you've ever cared for an elderly parent, you may have heard, "Don't ever put me in an aged care home!"*

Caring for my mum for over six years (even with family support), with increasing dementia issues, left me physically and mentally exhausted, so I was relieved when she finally agreed to move into aged care.

Watching a recent program by Maggie Beer on aged care food brought back memories of my mum's experience. One moment that stands out was her first lunch, where she was told where to sit, greeted with lukewarm smiles, and faced a lack of conversation. Why can't residents choose their seating or rotate tables? A little effort to connect like-minded residents through activities or shared interests could make a huge difference. Mum was still very cognitive despite her Alzheimer's, loved art, games like UNO, and supporting her favorite football team. This information could have helped staff engage with her more meaningfully.

Another resident spoke only Italian, and the staff communicated with her through miming. Why not use Google Translate to bridge these gaps? Simple solutions can significantly improve the quality of life for residents.

In Maggie Beer's show, residents got to choose their food from a buffet and participate in small tasks like setting the table—simple actions that gave them a sense of purpose. Surely we can think of more ways to provide meaning in their daily lives beyond what feels like "God's waiting room."

Community work could be another solution. Many aged care residents could contribute by crocheting or knitting for charities, assembling hampers, or baking with the help of local volunteers. Engaging in these activities could bring a sense of fulfillment and connection to the wider community.

Aged care facilities also need to address grief. When my mum passed after four months in care, I realized the need for regular grief counseling for residents and staff. Offering a simple morning or afternoon tea to remember those who passed could help the community process loss.

The grief counseling available to me after my husband's death was poorly thought out—sessions were held at the very hospice where he passed away. We must do better and offer neutral, supportive spaces for healing.

Thankfully, some innovative models are emerging. Natasha Chadwick in Queensland has developed a "microtown" concept, offering smaller, domestic-style homes where residents live more independently. With ensuite bedrooms, shared kitchens, and lawns, it feels more like a community than an institution. These homes give residents freedom and choice—essential elements in maintaining dignity.

As Baby Boomers enter aged care, expectations are higher. We're used to rapid change, multiculturalism, and technology. Rock and roll, hard rock, and pop music will be more fitting than the tinkling of old-time pianos. We'll want aged care facilities to reflect our dynamic experiences, with more personalized spaces and activities.

Could aged care homes partner with universities to provide tailored exercise and activities? Programs designed by students in fields like physiotherapy and community art could benefit residents and give students hands-on experience.

Simple adjustments, like installing bidets, could prolong independence and dignity in personal care. My mum could have benefited from one after she moved into care.

Finally, a petition by Allan Wilson is calling for terminally ill patients to have the right to die with dignity, allowing patients to decide when to end their suffering. This important conversation is gaining momentum, and we must consider these changes as part of a more compassionate approach to end-of-life care.



# Colin Maddocks Advocating for Seniors Rights on the Sunshine Coast

Words Tanya Dave

*Colin Maddocks, has made it his mission to ensure that seniors on the Sunshine Coast can live dignified, active, and socially connected lives.*

Colin's dedication to human rights is reflected in his contribution to a United Nations submission on "Human Rights for Older Persons" as part of his role with U3A International. He is also a prominent member of EveryAGE Counts, a national movement aimed at combating ageism. As part of this initiative, Colin presents on the importance of building age-friendly communities and highlights the harmful impact of ageism on seniors. His work seeks to ensure that older people are not just included but valued in society.

But Colin's drive goes beyond advocacy—he is also deeply committed to the health and well-being of older adults. As Secretary for Healthy Ageing Partnerships (HAP), he helps guide efforts to support healthy ageing, empowering seniors to stay informed, maintain their independence, and prioritize their health. Colin's involvement with local organizations, including U3A Sunshine Coast and the Maroochydore Jazz and Blues Collective, promotes mental, physical, and social well-being through community participation, further reinforcing his vision of an engaged and supported senior population.

The importance of Colin's work becomes clear when considering the real-life struggles faced by seniors like Jane and Tony. Jane, recovering from a stroke and living with vascular dementia, and Tony, who has been diagnosed with MS, face ongoing challenges as they try to maintain their independence at home. Despite their access to rehabilitation services through private insurance, they struggle with the availability of essential support services, such as house cleaning. Delays in receiving assistance leave them feeling vulnerable, their greatest fear being that one of them might need to enter aged care before they are ready.



Wendy, another senior, faces a different set of challenges as she navigates the complexities of ageing alone. Without a partner to rely on, she often struggles with daily tasks and fears losing her independence, particularly when it comes to driving. Her feelings of frustration are compounded by the dismissive attitudes of some younger people, who fail to recognize her need for support and respect. Wendy's story underscores the need for more personalized care, better access to trusted medical advice, and a societal shift in how we view and treat older adults.

These real-life experiences reflect the critical need for the systems and services Colin champions. His work addresses the gaps in support and care that many seniors experience, ensuring that their voices are heard, and their needs are met. By advocating for fairness, respect, and the rights of older people, Colin is driving meaningful change that will help seniors like Jane, Tony, and Wendy live fuller, more dignified lives.





Julie Stacey

# Maroochy Home Assist

## *Delivering Quality Service and Promoting Independent Living*

*Since its humble beginnings in 1999, Maroochy Home Assist has been a cornerstone of support for seniors and individuals with disabilities across the Sunshine Coast. The organization has become a trusted name, offering essential services that enable individuals to live independently in the comfort and safety of their own homes.*

At the heart of Maroochy Home Assist's success is Bill Fay, who served as General Manager for over 23 years. Under his leadership, the organization expanded its reach and deepened its impact on the community. As Bill transitions into retirement, his legacy of dedication endures. Taking over the reins is Julie Stacey, the new General Manager, who is committed to carrying the organization forward with a strong focus on serving the Sunshine Coast community and making a lasting difference in people's lives.

"We understand the challenges that come with aging. Even small tasks like changing a light bulb, clearing a pathway, or cleaning fans can pose significant risks for older individuals. By providing this assistance, we help prevent falls and other accidents that could lead to hospitalization. Most importantly, we help people maintain their independence at home, where they feel most comfortable," says Julie Stacey.





## Services That Make a Difference

*Maroochy Home Assist empowers its clients by providing services that meet everyday needs and ensure homes remain safe environments. Here are some of the key programs they offer:*

### 1. Home Assist Secure (HAS):

A lifeline for eligible Queenslanders aged 60 and over, as well as individuals with disabilities, HAS provides subsidized assistance for minor home maintenance and modifications. From fixing a broken step to installing safety rails, the service ensures homes are safe and comfortable for their residents.

### 2. Commonwealth Home Support Program (CHSP):

Tailored for individuals aged 65 and over, and Aboriginal and Torres Strait Islander peoples aged 50 and over, this program offers both minor and major home modifications. It is designed to help seniors remain independent by making their homes more accessible and safer for daily living.

### 3. NDIS and Home Care Package Support:

Maroochy Home Assist now extends its services to recipients of Home Care Packages and National Disability Insurance Scheme (NDIS) participants. This expansion means even more individuals can access essential handyman and modification services, enabling them to maintain their independence and improve their quality of life.



#### CONNECT

PHONE (07) 5476 6130  
EMAIL [office@maroochyhomeassist.com.au](mailto:office@maroochyhomeassist.com.au)  
WEBSITE [www.maroochyhomeassist.com.au](http://www.maroochyhomeassist.com.au)

*“By providing assistance, we help prevent falls and other accidents that could lead to hospitalization. Most importantly, we help people maintain their independence at home, where they feel most comfortable.”*



# *The Complex World of Financing Residential Aged Care*

## *Common Questions Answered by Aged Care Expert Katie Spence*

*As our loved one's age, the decision to move them into residential care can be one of the most challenging and emotional journeys we undertake. The maze of financial, emotional, and practical concerns can seem overwhelming, often leaving families feeling unsure of how to proceed. Katie Spence, a seasoned Aged Care Adviser from Sage Care Advice on the Sunshine Coast, offers her expertise to help individuals and their families navigate these critical decisions. Here, she addresses some of the most common questions that arise during the process of entering an aged care facility.*



*Aged Care Adviser, Katie Spence*

### ***Do I need to sell my home to pay for residential care?***

This is one of the most common concerns families face. According to Katie, selling your home is not always necessary. "You don't always have to sell your family home to move into aged care," she explains. "It depends on your financial situation, which is assessed when you enter an aged care facility." For those with a spouse or dependent still living in the home, the property is often exempt from the means test. However, for single individuals whose home is not exempt, selling may become necessary to cover costs. Katie stresses that there are options available, especially when guided by sound financial advice.

### ***If I sell my home, will I lose my pension?***

The impact of selling your home on your pension is another area that requires careful consideration. Katie explains that the proceeds from the sale of your home are considered part of your assets, which can affect your pension eligibility. "The amount of pension you receive is determined by an income and assets test, and exceeding the limits could reduce your pension or make you ineligible." However, she also notes that any lump sums paid towards your accommodation may be exempt from the pension asset test, but it's important to consult with a financial planner to understand the full impact and plan accordingly.



## ***What happens if I can't pay the Refundable Accommodation Deposit (RAD) in full?***

If the upfront cost of the Refundable Accommodation Deposit (RAD) feels daunting, there are alternatives. Katie highlights several options, including the Daily Accommodation Payment (DAP), which allows families to pay daily instead of upfront. A combination of RAD and DAP is also available for those who wish to spread out the cost. "For families experiencing financial hardship, government assistance or payment plans may be available," she adds, reminding families that they aren't alone in finding a solution.

## ***Can I move to a different aged care facility?***

While moving into aged care can feel like a final step, it doesn't mean your choice is set in stone. Katie assures families that it is possible to transfer to a different facility. "However, it's important to understand how this will affect your financial arrangements, such as the RAD and DAP, and to plan the transition carefully," she advises. Clear communication with both your current and prospective care providers will make the move as smooth as possible.

## ***I feel guilty about placing my loved one in residential care. How do I cope with these feelings?***

The emotional toll of moving a loved one into aged care can be significant, with guilt often playing a prominent role. Katie reminds families that such feelings are entirely normal. "Acknowledging your guilt is the first step in dealing with it," she says. *"It's important to focus on the benefits, such as the specialized care and social support your loved one will receive and remember that this decision is made out of love and concern for their well-being."*

Katie encourages families to remain actively involved in their loved one's care, visiting regularly and staying connected with the facility's staff. By staying engaged, families can ease the transition for both their loved one and themselves. She also emphasizes the importance of self-care, reminding caregivers that they cannot pour from an empty cup.



*Bruce Baynes, director and founder of Sage Care Advice*

Photos Empire Art Photography

**Sage Care Advice** is a well renowned, award-winning company that specializes in helping individuals and families navigate the often-complex world of aged care financing. Founding Director, Bruce Baynes and managing partner Katie Spence understand all too well the challenges people face. They assist in completing asset and income assessments, providing personalized advice based on each family's unique circumstances.

Sage Care Advice also acts as a trusted guide, ensuring that families can make informed choices and easing the journey through the aged care maze. Whether it's managing financial assessments or offering compassionate guidance, Sage Care Advice provides the support families need at every step of the way.



### **CONNECT**

PHONE  
WEBSITE

07 5322 5333  
[www.sagecareadvice.com.au](http://www.sagecareadvice.com.au)





# ***JDOULAZ***

## ***End of life Care***

*Lil and Ed met Jancine and Janelle from JDOULAZ at an Aged Care Conference on the Sunshine Coast in September 2023. A comfortable rapport grew between them as they discussed the possibility of Lil and Ed needing care and support beyond what was currently provided through their My Aged Care package, what residential aged care might look like, and the importance of end of life planning. Lil and Ed decided to meet with JDOULAZ to explore this conversation further in the comfort of their own home.*



As end of life doulas, Jancine Hurst and Janelle Champion provide non-medical, practical, emotional, and spiritual support for people who are living well, have a life limiting or terminal illness, are ageing, or nearing end of life.

Lil and Ed met with Janelle and Jancine on a sunny winter's day, and they sat down to discuss what their care needs currently looked like, the support a residential aged care facility can provide moving forward, and the importance of having an advance care directive (ACD), enduring power of attorney (EPOA) and Will, as these are all legal documents in QLD.

Jancine explained that an ACD is legal way of sharing decisions about health care when you no longer have capacity to make these decisions for yourself. In residential aged care facilities, it is estimated that only 35% of people have ACD's and of these 30%, one quarter are not legal as they are often not filled out correctly, signed by a GP, or witnessed.

Janelle then shared that residential aged care facilities encourage families to complete ACD's upon admission into the aged care facility, however the family and the person being admitted are so often overwhelmed with the task of downsizing their precious belongings and moving to a new home that ACD's often get overlooked and this may be why the percentage is so low, not to mention the people who don't have family or support when moving into these facilities.

Lil and Ed were happy to share that they did in fact have Advance Care Directives, however they were made several years ago and they felt that their values and wishes had changed slightly since then. Janelle assisted them with reviewing their ACD's, making a few minor changes and encouraged Lil and Ed to make an appointment with their local GP to have the updated documents signed off.

Jancine then suggested that Lil and Ed make an additional appointment with a trusted solicitor to review the EPOA's they also had in place as they too were several years old. An EPOA is a legal document allowing you to choose someone you trust to manage your personal and financial affairs when you can no longer make the decision for yourself. It was also suggested that whilst at the solicitors, Lil and Ed review their Wills to ensure that these documents both stated their current wishes.

With the formal documentation out of the way, the mood lightened and there was friendly banter as the conversation turned to end of life planning.

Janelle shared with Lil and Ed that JDOULAZ have created a comprehensive end of life plan that can be completed in one or more sessions which cover everything from end of life considerations, after death care, funeral or memorial services, to grief and bereavement.

As Lil and Ed perused the comprehensive plan there were tentative giggles at the idea of what fabric they might choose to line their cardboard coffins, then considerable laughter at the suggestion of the nail polish colour Ed's pseudo granddaughters paint his fingernails as he lay in vigil once he'd died. "I certainly won't have a say in that," Ed laughed. "Unless you document clearly that it is something you absolutely don't want!", suggested Janelle.

Both Lil and Ed explained that these were hard conversations to have with their family members as their children didn't feel comfortable speaking with them about death. Lil said, "it makes it really difficult to make plans when family don't want to talk about it".

"Yes, we are so glad to have met you both at the conference. We consider that making these plans and having them documented is a gift to our family as there will be no second guessing when the time comes," says Ed.

Jancine shared that it is JDOULAZ experience that once end of life plans have been considered and created, it brings comfort for many people and allows them to get on with living their best lives.

Just like John F. Kennedy said "The time to repair the roof is when the sun is shining".



Contact Details for JDOULAZ:

Phone - 1300 536 852  
Email – [info@jdoulaz.com.au](mailto:info@jdoulaz.com.au)  
Web – [www.jdoulaz.com.au](http://www.jdoulaz.com.au)

Photo Credit – Avril Wilkes

# 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
Aveo Care At Home	07 5551 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 5476 4657
Clarity Home Care	1300 109 109
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 Caring Australia	1300 875 377
Home Care Assistance	07 5491 6888
Home Instead Senior Care	07 5443 3562
Infinity Home Care	07 5408 4394

Approved Home Care Package Providers	Phone
Institute for Urban Indigenous Health-IUIH	07 3828 3600
Integrated Living - Sunshine Coast	1300 782 896
IRT	13 44 78
KinCare	1300 733 510
Lets Get Care	1300 283 017
Local Guardians	07 21397090
Lumia Care	0499 842 862
Lutheran Services	1800 960 433
My Home Care	1300 275 805
Ozcare	1800 994 520
Prestige Inhome Care	07 4566 2747
Rangecare	07 5445 7044
Right At Home	1300 363 802
Southern Cross Care	1800 852 772
St Vincent's Care Services	1800 718 361
Suncare Home and Community Care	1800 786 227
Sundale In Home Care	1800 786 325
Sunny Care Home Services	07 3272 2615
Trilogy Care	1300 459 190
Wesley Mission Queensland	1800 448 448
Your Home Care	1300 023 321







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# Residential Aged Care Facility Directory

## Sunshine Coast and Surrounding Areas



### ALEXANDRA HEADLAND 4572

**BOLTON CLARKE TANTULA RISE**  
96 Tantula Road West  
• Memory Support Unit  
Phone: 07 5430 1400  
[www.boltonclarke.com.au](http://www.boltonclarke.com.au)

### BIRTINYA 4575

**KAWANA WATERS  
CARE COMMUNITY**  
1 Reflection Crescent  
• Memory Support Unit  
Phone: 07 5390 5100  
[www.opalhealthcare.com.au](http://www.opalhealthcare.com.au)

**ARCARE AGED CARE BIRTINYA**  
14 Waterside Retreat  
Phone: 07 5231 3400  
[www.arcare.com.au](http://www.arcare.com.au)

### BLI BLI 4560

**BLUE CARE BLI BLI  
AGED CARE FACILITY**  
20 Lefoes Road  
Phone: 07 5458 2000  
[www.bluecare.org.au](http://www.bluecare.org.au)

### BUDERIM 4556

**BOLTON CLARKE BUDERIM VIEWS  
RESIDENTIAL AGED CARE**  
383 Mooloolaba Road  
Phone: 07 5477 9100  
[www.mckenzieacg.com](http://www.mckenzieacg.com)

**IMMANUEL GARDENS AGED CARE**  
8-10 Magnetic Drive  
Phone: 07 5456 7600  
[www.lutheranservices.org.au](http://www.lutheranservices.org.au)

**BOLTON CLARKE THE ORMSBY  
RESIDENTIAL AGED CARE •**  
112 Burnett Street  
Phone: 07 5376 3700  
[www.mckenzieacg.com](http://www.mckenzieacg.com)

### BURNSIDE 4560

**ROD VOLLER CARE CENTRE  
– by SUNDALE**  
Rod Voller Care Centre  
98 Windsor Road  
Phone: 07 5453 8333  
[www.sundale.org.au](http://www.sundale.org.au)

### CALOUNDRA 4551

**BLUE CARE CALOUNDRA  
AGED CARE**  
10 West Terrace  
Phone: 07 5490 5198  
[www.bluecare.org.au](http://www.bluecare.org.au)

**BOLTON CLARKE CENTAUR  
CALOUNDRA RESIDENTIAL  
AGED CARE**  
21 West Terrace  
Phone: 07 5390 0000  
[www.boltonclarke.com.au](http://www.boltonclarke.com.au)

### COOLUM BEACH 4573

**ST MARY'S AGED CARE**  
17 Magenta Drive  
• Memory Support Unit  
Phone: 07 5446 5096  
[www.stmarysagedcare.com.au](http://www.stmarysagedcare.com.au)

**COOLUM WATERS CARE CENTRE  
– by SUNDALE**  
4 Wembley Road  
• Memory Support Unit  
Phone: 07 5455 1111  
[www.sundale.org.au](http://www.sundale.org.au)



## COOROY 4563

**NOOSACARE – KABARA**  
20 Topaz Street  
Phone: 07 5447 7355  
[www.noosacare.com.au](http://www.noosacare.com.au)

## CURRIMUNDI 4551

**OZCARE CAROLINE CHISHOLM AGED CARE FACILITY**  
28 Saffron Drive  
• Memory Support Unit  
Phone: 07 5413 8400  
[www.ozcare.org.au](http://www.ozcare.org.au)

## DICKY BEACH 4551

**BLUE CARE DICKY BEACH AGED CARE FACILITY**  
55 Coolum Street  
Phone: 07 5439 4900  
[www.bluecare.org.au](http://www.bluecare.org.au)

## CALOUNDRA PLACE

4 Lyon Street  
• Memory Support Unit  
Phone: 07 5390 0200  
[www.opalhealthcare.com.au](http://www.opalhealthcare.com.au)

## KULUIN 4558

**REGIS KULUIN**  
354 Main Road  
• Memory Support Unit  
Phone: 07 5370 5800  
[www.regis.com.au](http://www.regis.com.au)

## LITTLE MOUNTAIN 4551

**CALOUNDRA ADVENTIST RESIDENTIAL CARE**  
64 Sunset Drive  
• Memory Support Unit  
Phone: 07 5491 3544  
[www.arplus.org.au](http://www.arplus.org.au)

**CHURCHES OF CHRIST LITTLE MOUNTAIN AGED CARE**  
211 Parklands Boulevard  
Phone: 07 5436 4100  
[www.cofc.com.au](http://www.cofc.com.au)

**SOUTHERN CROSS CARE CALOUNDRA AGED CARE**  
57 Village Way  
• Memory Support Unit  
Phone: 07 5492 6866  
[www.sccqld.com.au](http://www.sccqld.com.au)

## PALM LAKE CARE

96 Village Way  
Phone: 1800 246 677  
[www.palmlakecare.com.au](http://www.palmlakecare.com.au)

## MALENY 4552

**BLUE CARE MALENY EROWAL AGED CARE FACILITY**  
1274 Landsborough Road  
Phone: 07 5494 3844  
[www.bluecare.org.au](http://www.bluecare.org.au)

## MAROOCHYDORE 4558

**ARCARE AGED CARE MAROOCHYDORE**  
54 Dalton Drive  
• Memory Support Unit  
Phone: 07 5452 8300  
[www.arcare.com.au](http://www.arcare.com.au)

**ESTIA HEALTH MAROOCHYDORE**  
2-6 Amity Drive  
Phone: 07 5391 4800  
[www.estiahealth.com.au](http://www.estiahealth.com.au)

**REGIS MAROOCHYDORE**  
33 Allora Drive  
Phone: 07 5443 8488  
[www.regis.com.au](http://www.regis.com.au)

**ST VINCENT'S AGED CARE**  
37 Baden. Powell Street  
Phone: 07 5343 5269  
[www.svcs.org.au](http://www.svcs.org.au)

## MERIDAN PLAINS 4551

**IRT WOODLANDS**  
22 Lacebark Street  
• Memory Support Unit  
Phone: 07 5390 1600  
[www.irt.org.au](http://www.irt.org.au)

## MOUNT COOLUM 4573

**ESTIA HEALTH MOUNT COOLUM**  
15 Suncoast Beach Drive  
• Memory Support Unit  
Phone: 07 5343 0200  
[www.estiahealth.com.au](http://www.estiahealth.com.au)



## NAMBOUR 4560

ESTIA HEALTH NAMBOUR  
27 Glenbrook Drive  
Phone: 07 5459 3600  
[www.estiahealth.com.au](http://www.estiahealth.com.au)

GLENBROOK RESIDENTIAL  
AGED CARE FACILITY  
4 Jack Street  
Phone: 07 5459 7700  
[www.health.qld.gov.au](http://www.health.qld.gov.au)

NAMBOUR GARDEN VILLAGE  
– by SUNDALE  
35 Doolan Street  
• Memory Support Unit  
Phone: 07 5441 0721  
[www.sundale.org.au](http://www.sundale.org.au)

NAMBOUR GARDENS CARE  
COMMUNITY  
9 Princess Crescent  
• Memory Support Unit  
Phone: 07 5444 9700  
[www.opalhealthcare.com.au](http://www.opalhealthcare.com.au)

ROTARY GARDEN VILLAGE  
– by SUNDALE  
98 WINDSOR RD  
NAMBOUR QLD  
Phone: 07 5453 8333  
[www.sundale.org.au](http://www.sundale.org.au)

## NOOSA HEADS 4567

OZCARE NOOSA HEADS  
AGED CARE FACILITY  
80 Cooyar Street  
• Memory Support Unit  
Phone: 07 5473 6400  
[www.ozcare.org.au](http://www.ozcare.org.au)

## NOOSAVILLE 4566

ARCARE AGED CARE NOOSA  
52 Goodchap Street  
Phone: 07 5470 3600  
[www.arcare.com.au](http://www.arcare.com.au)

## PACIFIC PARADISE 4555

ESTIA HEALTH PACIFIC PARADISE  
26 Menzies Drive  
Phone: 07 5376 7400  
[www.estiahealth.com.au](http://www.estiahealth.com.au)

## PALMWOODS 4564

PALMWOODS GARDEN VILLAGE  
CARE CENTRE  
– by SUNDALE  
61 Jubilee Drive  
• Memory Support Unit  
Phone: 07 5457 4444  
[www.sundale.org.au](http://www.sundale.org.au)

## PELICAN WATERS 4551

ST MARY'S AGED CARE  
31 Verdon Street  
Phone: 07 5492 4044  
[www.stmarysagedcare.com.au](http://www.stmarysagedcare.com.au)

## PEREGIAN SPRINGS 4573

ARCARE AGED CARE PEREGIAN  
SPRINGS  
33 Ridgeview Drive  
• Memory Support Unit  
Phone: 07 5351 2500  
[www.arcare.com.au](http://www.arcare.com.au)

## SIPPY DOWNS 4556

REGIS SIPPY DOWNS  
96 University Way  
• Memory Support Unit  
Phone: 07 5476 6255  
[www.regis.com.au](http://www.regis.com.au)

## TEWANTIN 4565

NOOSA CARE CARRAMAR  
186 Cooroy-Noosa Road  
• Memory Support Unit  
Phone: 07 5449 8799  
[www.noosacare.com.au](http://www.noosacare.com.au)

CALVARY NOOSA  
119 Moorindil Street  
Phone: 07 5447 1840  
[www.calvarycare.org.au](http://www.calvarycare.org.au)

## TWIN WATERS 4564

ESTIA HEALTH TWIN WATERS  
190 Ocean Drive  
• Memory Support Unit  
Phone: 07 5646 4120  
[www.estiahealth.com.au](http://www.estiahealth.com.au)

## WARANA 4575

BLUE CARE WARANA BEACHWOOD  
AGED CARE FACILITY  
124 Nicklin Way  
Phone: 07 5490 2100  
[www.bluecare.org.au](http://www.bluecare.org.au)

TRICARE KAWANA WATERS AGED  
CARE RESIDENCE  
90 Nicklin Way  
Phone: 07 5436 9000  
[www.tricare.com.au](http://www.tricare.com.au)

## WOOMBYE 4559

WOOMBYE C.A.R.E.  
NANGARIN LODGE  
26 Redmonds Road  
• Memory Support Unit  
Phone: 07 5458 3500  
[www.woombyecare.org.au](http://www.woombyecare.org.au)

## SUNRISE BEACH 4567

BLUE CARE SUNRISE BEACH  
AGED CARE FACILITY  
4 Grasstree Court  
Phone: 07 5440 8999  
[www.bluecare.org.au](http://www.bluecare.org.au)







***Empowering Queenslanders to Live Life Their Way is just one thing that has continued to set BlueCare apart from its competitors since 1953.***

From its very first home visit, BlueCare has been driven by a genuine desire to serve Queenslanders and improve the lives of those who need care.

Today, BlueCare makes more than 3.5 million visits each year and is one of Queensland's largest and most trusted not-for-profit providers of in-home care, residential aged care and retirement living. But none of this would be possible without the passion of its 8000-strong, big hearted BlueCare team – the state's largest network of aged care workers – who provide a continuum of care in homes, on the road and in BlueCare centres.

Through simple and trusted advice and guidance, BlueCare makes the options clearer, decisions easier and outcomes better-suited to individuals, so the whole community knows it's in good hands. With one vision and wearing one colour, the BlueCare team is here to help you live life, your way.



**Visit [www.bluecare.org.au](http://www.bluecare.org.au)**

# General Service Directory

*Trusted Local Businesses that Support Ageing and Vibrant Living.*

## CLEANING

### COLOMBA

Cleaners For Seniors  
Phone  
Jeanne Motteram 0402 126 157  
Leanne Tanner 0415 827 036  
[www.colomba.com.au](http://www.colomba.com.au)

## EDUCATION AND RECRUITMENT

### STEPS STAFFING SOLUTIONS

Cottontree Pde, 37 The Esplanade  
Maroochydore, Qld, 4558  
Phone 1300 110 444  
[www.stepsstaffingsolutions.com.au](http://www.stepsstaffingsolutions.com.au)

### STEPS GROUP AUSTRALIA

15 Evans St  
Maroochydore, Qld, 4558  
Phone 07 5409 9000  
[www.stepsgroup.com.au](http://www.stepsgroup.com.au)

### KATE LANGFORD CAREER CONSULTING

Suite 7, 70-72 Bulcock Street  
Caloundra, Qld, 4551  
Phone 5322 4086  
[www.katelangford.com.au](http://www.katelangford.com.au)

### SKILLS HUBS

2/162 South Pine Road  
Brendale 4500, Qld, 4500  
Phone 3520 0840  
[www.skillshubs.com.au](http://www.skillshubs.com.au)

## FINANCIAL

### GARDEN FINANCIAL SERVICES

4 Fourth Avenue  
Caloundra, Qld, 4551  
Phone 5437 2744  
[www.gardenfs.com.au](http://www.gardenfs.com.au)

### RISE QLD

28 Oval Avenue  
Caloundra, Qld, 4551  
Phone 5491 6722  
[www.riseqld.com.au](http://www.riseqld.com.au)

### SAGE CARE ADVICE

Suite 8, M1 Building 1/7  
Duport Ave  
Maroochydore, Qld, 4558  
Phone 07 5322 5333  
[www.sagecareadvice.com.au](http://www.sagecareadvice.com.au)

### SHERRIN PARTNERS

A1 Maroochydore, 204/41 First Ave  
Maroochydore Qld, 4558  
Phone 5475 0800  
[www.sherrinpartners.com.au](http://www.sherrinpartners.com.au)

### POOLE AND PARTNERS INVESTMENT SERVICES

Unit 1/33 Sixth Avenue  
Maroochydore, Qld, 4558  
Phone 07 5450 9898  
[www.pooleandpartners.com.au](http://www.pooleandpartners.com.au)

### Q SUPER

Ground Floor, Main Hospital Building  
6 Doherty St,  
Birtinya, Qld, 4575  
Phone 1300 360 750  
[www.qsuper.qld.gov.au](http://www.qsuper.qld.gov.au)

### VIRTUOUS FINANCIAL PLANNING AND AGED CARE

Level 1, 8 Innovation Parkway  
Birtinya, Qld, 4575  
Phone 0438 142 090  
Phone 07 5494 5667

SERVICES AUSTRALIA - AGED CARE  
SPECIALIST OFFICER  
Phone 1800 227 475

## HEALTH AIDS

### SLEEP HIVE

30 Manufacturer Drive  
Molendinar, Qld, 4214  
Phone 1800 616 061  
[www.sleephive.com.au](http://www.sleephive.com.au)

### SCOOTERS AND MOBILITY

4/2 Main Drive  
Warana, Qld, 4575  
Phone 5493 8455  
[www.scootersandmobility.com.au](http://www.scootersandmobility.com.au)

### NIAGARA THERAPY

Southlink Estate, 29 Resource St  
Parkinson, Qld, 4115  
Phone 1800 601 121  
[www.niagara.com.au](http://www.niagara.com.au)

### ILS AUSTRALIA

Shop 25b Home Care Centre  
100 Maroochydore Rd  
Maroochydore, Qld, 4558  
Phone 5370 8774  
[www.ilsau.com.au](http://www.ilsau.com.au)

### ADJUSTA MATTRESS

9/10 Enterprise St  
Molendinar, Qld, 4214  
Phone 1300 223 587  
[www.adjustamattress.com.au](http://www.adjustamattress.com.au)

### LAKESIDE MOBILITY

2/1 Metier Link Way  
Birtinya, Qld, 4575  
Phone 07 5325 1231  
[www.lakesidemobility.com.au](http://www.lakesidemobility.com.au)

### MOBILITY CARING NOOSAVILLE

2/50 Rene Street  
Noosaville, Qld, 4566  
Phone 1300 108 622

## 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](http://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](http://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  
**Tewantin** 07 5442 4254  
**Cooroy** 07 5442 4254  
[www.bloomhearing.com.au](http://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](http://www.hearing.com.au)

## HOME MAINTENANCE

### MAROOCHY HOME CARE ASSIST

103 Enterprise St  
 Kunda Park, Qld, 4556  
 Phone 5476 6130  
[www.maroochyhomeassist.com.au](http://www.maroochyhomeassist.com.au)

### NOOSA SENIORS

11 Wallace Drive  
 Noosaville, Qld 4566  
 Phone 07 5329 6175  
[www.noosa.qld.gov.au/noosa-seniors](http://www.noosa.qld.gov.au/noosa-seniors)

## INSURANCE

### WESTFUND

Suite 1/8 Maroochydore Road  
 Maroochydore, Qld, 4558  
 Phone 1300 937 838  
[www.westfund.com.au](http://www.westfund.com.au)

### APIA

26 Duporth avenue  
 Maroochydore, Qld, 4558  
 Phone 13 50 50  
[www.apia.com.au](http://www.apia.com.au)

## LEGAL

### McCOLM MATSINGER LAWYERS

Level 4/57 The Esplanade  
 Maroochydore, Qld, 4558  
 Phone 07 5443 1800  
[www.mccolmmatsingerlawyers.com.au](http://www.mccolmmatsingerlawyers.com.au)

### TURNER FREEMAN LAWYERS

Suite 2/148 Horton Parade  
 Maroochydore, Qld, 4558  
 Phone 07 5458 9500  
[www.turnerfreeman.com.au](http://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](http://www.topnoshmeals.com.au)

## PERSONAL ALARM

### QUOLL DIGITAL MEDICAL

2/11 Leanne Cres  
 Lawnton, Qld, 4501  
 Phone 1300 727 906  
[www.quollmedical.com.au](http://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

## RETIREMENT/AGED CARE SUPPORT

### LIVING MADE EASY

Phone 1300 434 159  
[www.livingmadeeasy.com.au](http://www.livingmadeeasy.com.au)

## SUPPORT AND COUNSELLING

### RELATIONSHIPS AUSTRALIA

27 Evans St  
 Maroochydore, Qld, 4558  
 Phone 1300 364 277  
[www.raq.org.au](http://www.raq.org.au)

### PUBLIC TRUSTEES

3/20 Innovation Parkway  
 Birtinya, Qld, 4575  
 Phone 1300 360 044  
[www.pt.qld.gov.au](http://www.pt.qld.gov.au)

### ASSOCIATION OF INDEPENDENT RETIREES

Contact Margaret Mourik  
 Phone 0478 479 049  
[www.independentretirees.com.au](http://www.independentretirees.com.au)

### CALOUNDR A FAMILY HISTORY RESEARCH

Sunshine Coast Turf Club  
 Precinct Gate, Pierce Ave  
 Meridian Plains, Qld, 4551  
 Phone 0437 235 842  
[www.caloundrafamilyhistory.org.au](http://www.caloundrafamilyhistory.org.au)

### AGED AND DISABILITY ADVOCATES

Phone 1800 818 338  
[www.adaaustralia.com.au](http://www.adaaustralia.com.au)

## TRANSPORT

### CARERS THAT DRIVE

Phone 0403 057 051  
[www.carersthattrive.com.au](http://www.carersthattrive.com.au)

### THE CARING CONCIERGE

Phone 0493 448 236  
 Email [buderimsbest@gmail.com](mailto:buderimsbest@gmail.com)

### M8 PRIVATE TRANSFERS

Phone 0439 999 989

## TRAVEL

### CT TRAVEL

Phone 07 5391 1648  
[www.cttravel.com.au](http://www.cttravel.com.au)

### DOWN UNDER TOURS

188 Lower Mountain Road  
 Dundowran, Qld, 4655  
 Phone 07 4123 1733  
[www.downundercoachtours.com.au](http://www.downundercoachtours.com.au)

### SUNCITY TRAVEL

2/6 First Avenue  
 Caloundra, Qld, 4551  
 Phone 07 5302 4188  
[www.suncitytravel.com.au](http://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

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*Put together an emergency plan that contains all your important information to save you time and give you some peace of mind.*

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## 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.











### 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](http://www.sunshinecoast.qld.gov.au)

### Disaster Hub<sup>®</sup>

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](http://disaster.sunshinecoast.qld.gov.au)





Our region.  
**Healthy. Smart. Creative.**



# Emergency Kit Checklist

## Emergency Kit Checklist

- ☐ Copy of household Emergency Plan
- ☐ First Aid Kit, sunscreen, insect repellent
- ☐ Extra essential medicines and repeat prescriptions
- ☐ Extra toiletry and sanitary supplies
- ☐ Flashlight/torch with extra batteries
- ☐ Battery powered radio with extra batteries
- ☐ Mobile phone, spare battery and charger
- ☐ Multiple changes of clothes for all household members, stored in watertight plastic bags (long pants, long sleeved shirts, hats and strong shoes are recommended)
- ☐ If you have a pet – pet food, water and other animal needs
- ☐ Valuables, photos (prints, CDs, USB data stick) and mementos in waterproof plastic bags
- ☐ Extra money as cash
- ☐ Extra batteries for hearing aids or other medical equipment
- ☐ Extra pair of glasses or other necessary visual aids
- ☐ Bank account and credit card details

Keep original or certified copies of these documents in your Emergency Kit. Scan copies of them and save the files on a USB memory stick or CD to include in your kit. Keep all these items in sealed plastic bags:

- ☐ Insurance papers for house and contents
- ☐ Insurance papers for vehicles and valuable items
- ☐ Inventory of valuable household goods
- ☐ Wills (or state its location for example: Is your Will kept with your solicitor? If so, record their name and contact details).
- ☐ Health directives
- ☐ Life insurance documents
- ☐ If you have planned your funeral arrangements, include it in your emergency kit
- ☐ House deeds/mortgage documents
- ☐ Birth and marriage certificates
- ☐ Passports/visa details
- ☐ Copies of Medicare and pension cards
- ☐ Immunisation records

## Useful numbers in an emergency

Sunshine Coast Council	07 5475 7272
Flood and storm emergency assistance (SES)	13 25 00
Marine Rescue Queensland	1800 073 7283
Tsunami warning	1300 878 6264
Policelink (general enquiries)	13 14 44
Road traffic and travel information	13 19 40
Energex	13 19 62
Ergon Energy	13 16 70
Unitywater	1300 086 489





# Important Contact Numbers

## EMERGENCY

Fire, Police, Ambulance	000
State Emergency Service Queensland	132 500
Poisons Information Centre	13 11 26
Animal Ambulance (RSPCA)	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 838 372
RSL Queensland	13 47 75
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**

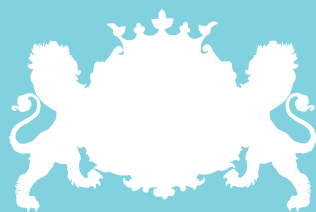
## SERVICES AUSTRALIA

Medicare General Enquiries	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](http://www.iagewell.com.au)