

March-April 2024

The Sunnymeade Sentinel

Sunnymeade Park Aged Care Community



Find us on:
facebook®

WE'RE ALL IN THIS TOGETHER.

Sunnymeade acknowledges and pays respects to the past, present and future Traditional Custodians, the Gubbi Gubbi people and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait peoples.



RESIDENTS ENJOYING AUSTRALIA DAY.

THIS PLANNER IS SUBJECT TO CHANGES IF

REQUIRED

(Joyce Keith Seahaven)

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4TH 10.00 RESIDENTS MEETING 10.30 BOWLS SEE RESIDENTS ABOUT ANY SEWING NEEDS FOR CAROLE THURSDAY INDIVIDUALS	5TH 9.30 EXERCISES WITH TONY 10.30 CONCERT – SECOND CHANCE 11.00 MENS GROUP BBQ 1.30 INDIVIDUALS	6TH 8.45 SHOPPING BUS 10.00 BINGO 1.30 MSU MUSIC 9am - Local government election polling visit CATHOLIC VISITATIONS	7TH 10.00 MORNING TEA WITH TERRY YOUNG (MEDIA ROOM) 10.00 QUIZ WORD GAMES 9.00 CAROLE SEWING. 1.30 ICE CREAM TROLLEY	8TH 9.30 MORNING TEA BUS OUTING BEACHMERE	9TH REFLECTIONS VISITATIONS	10TH REFLECTIONS VISITATIONS
11TH 10.00 BOWLS 1.30 INDIVIDUALS	12TH 9.30 EXERCISES WITH TONY 10.30 CONCERT – STEVE HYNDMAN 1.30 INDIVIDUALS	13TH LIBRARY BOOKS 10.00 BINGO 1.30 JOYCE ACTIVITY NOODLES AND BALLOONS	14TH 10.00 BOWLS 1.30 ICE CREAM TROLLEY	15TH 10.30 SAINT PATRICKS DAY CONCERT MLOC COMBINED WINGS MEDIA ROOM	16TH REFLECTIONS VISITATIONS	17TH REFLECTIONS VISITATIONS
18TH 10.00 BOWLS 1.30 INDIVIDUALS	19TH 10.00 MSU EASTER ACTIVITY 1.30 INDIVIDUALS	20TH 10.00 BINGO 1.30 LADIES PAMPER CATHOLIC VISITATIONS	21ST 9.30 UNITING CHURCH SERVICE 10.00 EASTER BONNET CRAFT 1.30 ICE CREAM TROLLEY	22ND 10.00 EASTER MOVIE MORNING	23RD REFLECTIONS VISITATIONS	24TH REFLECTIONS VISITATIONS
25TH 10.00 SKITTLES 1.30 INDIVIDUALS	26TH 10.00 CHOCOLATE EASTER EGGS ART 1.30 INDIVIDUALS	27TH 10.00 BINGO 1.30 INDIVIDUALS	28TH 10.00 EASTER BONNET PARADE AND BOWLS TOURNAMENT (MEDIA ROOM) 1.30 ICE CREAM TROLLEY	29TH EASTER GOOD FRIDAY	30TH REFLECTIONS VISITATIONS	31ST REFLECTIONS VISITATIONS

Z:\Administration\Planning\Monthly Programs 2019\LLM Program July 2019.doc

THIS PLANNER IS SUBJECT TO CHANGES IF REQUIRED

(Joyce Keith Seahaven)

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1ST EASTER MONDAY	2ND 9.30 EXERCISES 10.00 POTTED GARDENING 10.00 MSU ACTIVITY 1.30 INDIVIDUALS	3RD 8.45 SHOPPING BUS 10.00 RESIDENT MEETING 10.30 BIRTHDAY MORNING TEA 1.30 INDIVIDUALS CATHOLIC VISITATIONS	4TH 10.00 BINGO 10.00 MSU ACTIVITY 1.30 ICE CREAM TROLLEY 9.30 CAROLES SEWING	5TH 9.30 LUNCH BUS OUTING NCT – BOARDS / RESOURCES	6TH REFLECTIONS VISITATIONS	7TH REFLECTIONS VISITATIONS
8TH COLLECT LIBRARY BOOKS 10.00 BOWLS 1.30 INDIVIDUALS	9TH 9.30 EXERCISES 10.00 BOBS 11.00 MENS GROUP BBQ 10.00 MSU ACTIVITY	10TH LIBRARY BOOKS 10.00 BINGO 1.30 INDIVIDUALS	11TH 10.00 BOWLS 10.00 MSU ACTIVITY 1.30 INDIVIDUALS	12TH 10.00 MOVIE MORNING NCT – BOARDS / RESOURCES	13TH REFLECTIONS VISITATIONS	14TH REFLECTIONS VISITATIONS
15TH 10.00 BOWLS 1.30 INDIVIDUALS	16TH 9.30 EXERCISES 10.30 CONCERT METROPOLITAN LIGHT OPERA CO 10.00 MSU ACTIVITY	17TH 8.45 SHOPPING BUS 10.00 TRAVEL AND JOURNEYS 1.30 INDIVIDUALS CATHOLIC VISITATIONS	18TH 9.30 UNITING CHURCH SERVICE 10.00 MSU ACTIVITY 10.00 BOWLS 1.30 ICE CREAM TROLLEY	19TH 10.00 COFFEE CLUB NCT – BOARDS / RESOURCES	20TH REFLECTIONS VISITATIONS	21ST REFLECTIONS VISITATIONS
22ND 10.00 BOWLS 1.30 INDIVIDUALS	23RD 9.30 EXERCISES 10.30 CONCERT DENNIS DICKENS 10.00 MSU ACTIVITY 11.00 MENS GROUP BBQ 1.30 INDIVIDUALS	24TH 10.00 ANZAC DAY COMMEMORATION (MEDIA ROOM) 1.30 INDIVIDUALS	25TH ANZAC DAY HOLIDAY	26TH 9.30 MORNING TEA BUS OUTING 10.00 MSU ACTIVITY 10.00 TRIVIA MORNING NCT – BOARDS / RESOURCES	27TH REFLECTIONS VISITATIONS	28TH REFLECTIONS VISITATIONS
29TH 10.00 BOWLS 1.30 INDIVIDUALS	30TH 9.30 EXERCISES 10.00 POTTED GARDENING 10.00 MSU ACTIVITY INDIVIDUALS	1ST 8.45 SHOPPING BUS 10.00 MUSICAL BINGO 1.30 INDIVIDUALS	2ND 10.00 BOWLS 10.00 MSU ACTIVITY 1.30 ICE CREAM TROLLEY 9.30 CAROLES SEWING	3RD 10.00 MOVIE MORNING 10.00 MSU ACTIVITY NCT – BOARDS / RESOURCES	4TH REFLECTIONS VISITATIONS	5TH REFLECTIONS VISITATIONS

Z:\Administration\Planning\Monthly Programs 2019\LLM Program July 2019.doc

(Lodge, Lakeview, Banksia)

MARCH

THIS PLANNER MAY BE SUBJECT TO CHANGES IF REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 TH	5 TH	6 TH	7 TH	8 TH	9 TH	10 TH
9.30 EXERCISES WITH TONY 10.00 BOWLS SEE RESIDENTS ABOUT ANY SEWING NEEDS FOR CAROLE THURSDAY 1.30 PLANNING MEETING	11.00 MENS GROUP BBQ 10.00 RESIDENTS MEETING 10.30 REMINISCENCE 1.30 INDIVIDUALS	8.45 SHOPPING BUS 10.00 BINGO 9am - Local government election polling visit 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	10.00 MORNING TEA WITH TERRY YOUNG (MEDIA ROOM) 9.30 CAROLES SEWING (KEITH) 1.30 INDIVIDUALS	10.00 MOVIE MORNING	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
11 TH	12 TH	13 TH	14 TH	15 TH	16 TH	17 TH
9.30 EXERCISES WITH TONY 10.00 BOWLS 1.30 HOY	10.00 EASTER TRADITIONS AND CUSTOMS 1.30 INDIVIDUALS COLLECT LIBRARY BOOKS	LIBRARY BOOKS 10.00 BINGO 1.30 ICE CREAM TROLLEY	10.00 BIRTHDAY MORNING TEA 1.30 INDIVIDUALS	10.30 CONCERT-METROPOLITAN LIGHT OPERA SAINTS PATRICKS DAY THEME	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
18 TH	19 TH	20 TH	21 ST	22 ND	23 RD	24 TH
TONY HOLDS 10.00 BOBS FLOOR GAMES 1.30 HOY	TONY HOLDS 10.00 ART AND CRAFT EASTER BONNETS 1.30 INDIVIDUALS	TONY HOLDS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	TONY HOLDS 10.30 UNITING CHURCH SERVICE 10.00 EASTER CHOCOLATE MAKING 1.30 LADIES PAMPER	TONY HOLDS 10.00 MOVIE MORNING	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
25 TH	26 TH	27 TH	28 TH	29 TH	30 TH	31 ST
TONY HOLDS 10.00 BOWLS 1.30 HOY	TONY HOLDS 10.30 CONCERT - DENNIS DICKENS 1.30 INDIVIDUALS	TONY HOLDS 10.00 BINGO 1.30 ICE CREAM TROLLEY	TONY HOLDS 10.00 COMBINED EASTER BONNET PARADE AND BOWLS TOURNAMENT 1.30 INDIVIDUALS	GOOD FRIDAY EASTER	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS

Z:\Administration\Planning\Monthly Programs 2019\LLM Program July 2019.doc

(Lodge, Lakeview, Banksia)

APRIL

THIS PLANNER MAY BE SUBJECT TO CHANGES IF REQUIRED.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 ST	2 ND	3 RD	4 TH	5 TH	6 TH	7 TH
EASTER MONDAY PUBLIC HOLIDAY	10.30 CONCERT SECOND CHANCE 1.30 INDIVIDUALS	8.45 SHOPPING BUS 10.00 KINDY VISITS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	10.00 RESIDENTS MEETING 10.30 BIRTHDAY MORNING TEA 1.30 INDIVIDUALS 9.30 CAROLES SEWING	10.00 MOVIE MORNING NCT- BOARDS RESOURCES	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
8 TH	9 TH	10 TH	11 TH	12 TH	13 TH	14 TH
10.00 BOWLS 1.30 HOY	10.30 CONCERT-STEPHEN HYNDMAN 11.00 MENS BBQ 1.30 PAMPER COLLECT LIBRARY BOOKS	10.00 BINGO 1.30 ICE CREAM TROLLEY LIBRARY BOOKS	10.00 ARTCRAFT (WREATHS FOR ANZAC DAY) 1.30 INDIVIDUALS	9.30 LUNCH BUS OUTING NCT- BOARDS RESOURCES	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
15 TH	16 TH	17 TH	18 TH	19 TH	20 TH	21 ST
10.00 BOBS 1.30 HOY	10.00 BINGO (BANKSIA) 10.00 REMINISCENCE (LAKEVIEW) 1.30 INDIVIDUALS	8.45 SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY CATHOLIC VISITATIONS	10.30 UNITING CHURCH SERVICE 10.00 SEWING GROUP 1.30 INDIVIDUALS	10.00 COFFEE CLUB NCT- BOARDS RESOURCES	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
22 ND	23 RD	24 TH	25 TH	26 TH	27 TH	28 TH
10.00 BOWLS 1.30 HOY	10.00 BINGO (LAKEVIEW) 11.00 MENS BBQ 1.30 INDIVIDUALS	10.00 ANZAC DAY COMMEMORATION 1.30 ICE CREAM TROLLEY	ANZAC DAY HOLIDAY	10.00 SENSORY ACTIVITY (TEA AND TALES) NCT- BOARDS RESOURCES	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS
29 TH	30 TH	1 ST	2 ND	3 RD	4 TH	5 TH
COLLECT CLOTHING 10.00 SKITTLES 1.30 HOY	10.00 BINGO (BANKSIA) 10.00 WORD GAMES (LAKEVIEW) 1.30 INDIVIDUALS	SHOPPING BUS 10.00 BINGO 1.30 ICE CREAM TROLLEY	10.00 POTTED GARDENING (MOTHERS DAY) 1.30 INDIVIDUALS 9.30 CAROLES SEWING	9.30 MORNING TEA BUS OUTING NCT- BOARDS RESOURCES	REFLECTIONS VISITATIONS	REFLECTIONS VISITATIONS

Z:\Administration\Planning\Monthly Programs 2019\LLM Program July 2019.doc



RESIDENTS AT BIRTHDAY MORNING TEA AUSTRALIA DAY AND CONCERTS





ENJOYING THE GREAT OUTDOORS AT WOODY POINT AND CALOUNDRA.



Behind the Scenes

Welcome to March /April Sentinel. In January we celebrated Australia Day with the Big Aussie BBQ and Australian Films and in February all the residents received chocolate hearts for Valentines Day. The last two months, Sunnymeade has been experiences challenges around Covid and Red Zones, so the Lifestyle Team have been supporting those residents with individual care and emotional support. Whilst some wings have been allowed group activities we have been having our usual bus trips to North Pine Dam, Bribie Island and Caloundra. The usual popular bingo, bowls and other activities have been taking place as well. Coming up in March and April are Saint Patricks Day with all things green and a concert group doing a special Irish theme. Also we will be celebrating Easter for all the residents with an Easter Egg or two. The Queensland Electoral Commission will visit in March to assist residents to vote in upcoming local government election. Also we will be running the NRL Footy Tipping Comp again this year.

In March we have a volunteer Carole coming in once a month on the first Thursday to mend residents clothing. The Lifestyle Team will be seeing residents to collect and oversee this service. Beginning in April we will be having a local kindergarten visiting once a month to share activities with our residents.

March Concerts

Tuesday 5th—Second Chance (Keith)

Tuesday 12th—Steve Hyndman (Lakeview)

Friday 15th—Saint Patricks Day Concert– Metropolitan Light Opera Company (TBA).

Tuesday 26th—Dennis Dickens (Lakeview)

April Concerts

Tuesday 2nd—Second Chance (Lakeview)

Tuesday 9th—Steve Hyndman (Lakeview)

Tuesday 16th—Metropolitan Light Opera Co (Keith)

Tuesday 23rd—Dennis Dickens (Keith)

Vale



Our sincerest condolences to the family and friends of Graham Tronc, Ellen Grogan, Bill Brown, Henry Roser, Neville Roginson, Keith Reynolds, Stan Foster, Clarence Day, Tony Harper, Beth McNeilly, Robyn Rath & Graham Waller on their recent passing. They will all be missed dearly.

Residents meeting dates for March-April:

**Lakeview Wing : March Tuesday 5th
April Thursday 4th**

**Keith Wing : March Monday 4th
April Wednesday 3rd**

**RESIDENT FAMILIES AND REPRESENTATIVES ARE
ENCOURAGED TO ATTEND RESIDENTS MEETINGS.**

Message from M

As I write this page, after looking at March 2023, I am reminded of how much has changed but also how much has stayed the same. Covid is still with us with all the inconveniences and added stress of having our residents and staff contracting the illness. Thank goodness that most, if not all, have kept their vaccinations up to date and therefore lessened the severity of the virus. We certainly make the most of having green zones and appreciate everyone doing the right thing when entering a red zone. Our “out- break” team meet daily and keep in touch with Metro North Health advising them of our situation and taking advice from their clinical team and then advising residents, relatives and staff. Once again we have had to have “Agency” staff to help overcome our staff shortage due to our staff becoming ill. We are fortunate that some of the agency staff have been coming so frequently that they have got to know our residents and their different care needs.

Sunnymeade continues to be in perpetual change and I would like to thank Fiona, our Facility Manager, for leading our staff as we try to keep our residents happy and healthy. In the two months that Fiona has been with us she has introduced a calm leadership that we have missed. Fiona has not only been dealing with the day to day issues that arise but with some problems that have been ongoing for a few months. We have also been getting assistance from the Commission staff to help settle the issues for which our senior clinical team are very grateful. Fiona has introduced “Staff member of the month” and while not everyone agrees that this is a good idea the majority of feedback from residents and staff has been very positive. Staff, visitors and residents placed their nominations in the box at Sunset Lodge reception and I am pleased to announce the two staff members for February are Maddy, Sunset Lodge receptionist and Dani, one of our AIN support staff. Thank you for participating but don’t forget to nominate someone for March. Each winner was given a thankyou card, a laminated certificate and a gift card. Change in our staff seems like a revolving door with some people leaving and new people taking their place. March has seen the addition of a payroll person, Kathy and Felicity, an administration assistant to Fiona and the senior clinical team. We have said goodbye to John, maintenance, and welcome Greg who will hopefully soon find his way around and be of assistance to our residents and staff. It is with sadness that we say goodbye to some of our registered staff. Being a registered nurse in an aged care facility is very demanding and stressful made even more so with the amount of reporting that is necessary to meet the standards. Hopefully we will have more registered nurses come to work with us as we all have the same goal which is the care of our residents.

With Easter at end of March I am sure that there will be lots of activities with an Easter theme. Please feel welcome to join in any of the activities with your resident. Don’t forget to get your tickets in the great Easter raffle which will be drawn 28th March

Les and I hope that the spirit of Easter, which is all about hope, love, and joyful living,

will assist us all in these changing times. We hope that you have a blessed Easter.

May your basket be filled to the brim with sweet things and good deeds. *M*

Easter Word Search

Z	C	D	Z	V	C	U	G	B	Z	U	F	C	L	G
Q	R	S	U	P	E	Z	A	M	J	F	V	U	D	V
Q	O	A	W	V	L	F	B	O	T	X	K	C	E	Q
X	S	B	U	W	E	F	B	I	F	R	N	H	C	F
R	S	O	V	E	B	S	B	O	W	W	P	I	O	O
Y	Y	N	Z	Q	R	B	J	T	U	R	T	C	R	W
V	F	N	G	P	A	Y	X	C	A	Q	F	K	A	B
V	G	E	P	R	T	D	H	Z	B	L	U	G	T	U
E	O	T	D	T	I	Y	D	X	Y	P	B	E	E	N
E	A	N	D	N	O	E	F	B	A	S	K	E	T	N
G	I	S	U	K	N	R	Y	D	J	Q	L	T	F	Y
F	W	G	T	C	C	O	T	T	O	N	T	A	I	L
L	G	S	X	E	P	Y	Q	C	T	M	B	B	O	X
E	M	Z	R	Z	R	T	T	F	C	A	R	R	O	T
U	C	H	O	C	O	L	A	T	E	W	R	K	E	Z

BASKET
BONNET
BOUQUET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE

COTTONTAIL
CROSS
DECORATE
DYE
EASTER
EGG
FIND
RABBIT



About colds and flu

A cold is caused by a virus that affects the nose, throat and upper airways. There are more than 200 different viruses that can cause a cold. The flu (influenza) is caused by more severe viruses.

Adults usually have three to four colds each year. Children usually have more, as their immune systems are not as strong. While a cold can make you feel miserable, most cases will clear up in a week.

What causes a cold or flu?

When someone with a cold or flu coughs or sneezes, they expel tiny droplets that can contain a cold or flu virus. These tiny droplets can spread the virus from person to person. A virus can also be spread by close contact, such as shaking hands or kissing someone who has a cold.

Colds and flu are more common in winter as people spend more time indoors with each other, which increases the chances of infection.

What are the symptoms?

A common cold can cause a blocked or runny nose, red watery eyes, and a sore throat, coughing, sneezing and feeling generally unwell.

Uncommon symptoms include nausea and vomiting, headaches, swollen lymph nodes (glands), fever and a husky or hoarse-sounding voice.

With the flu, the symptoms come on more quickly and there is a fever, tiredness, headaches, muscle aches/pains, cough, shivering and feeling hot and cold. The nose is not as runny. Flu is unlikely to cause serious illness in healthy people.

People most at risk of serious illness are those who suffer from other chronic illness, have lowered immunity (from medications or illnesses), the elderly and those with respiratory diseases. Poor health and smoking cigarettes will make infections more likely and can make symptoms more severe.

Treatment

Medical and nursing staff will examine you to ensure you have no serious illness. Your cold should clear up within a week, and is best treated at home.

Home care

A virus cannot be treated with antibiotics. Your body's immune system will be able to fight the virus and can be helped in a number of ways.

- **Rest** – Have plenty of sleep and rest. Stay home from work or study and away from others while you have a cold or flu.
- **Take simple painkillers** – Such as paracetamol, to help relieve headaches, muscles aches and pains and fever. Check the packet or bottle for the right dose.
- **Keep hydrated (drink plenty of fluids)** – This will help keep your throat moist and replace fluid lost due to a fever and sweating. Plenty of water is best, however juice and cordial are fine to drink in small quantities. Avoid tea, coffee and alcohol as they will make you more dehydrated.
- **Eat soft food** – Soft foods are easier to swallow. Foods such as chicken soup may help a sore throat and reduce mucous (sticky fluid).
- **Use nasal drops or spray** – This may help to clear a blocked nose in the short term (two to three days). Ask your health care professional what is best for you.
- **Use gargles and cough lozenges** – These can help soothe a sore throat.
- **Do not give aspirin to children** – unless advised by your doctor.
- **Inhale steam** – This may help a blocked nose. Put boiled water in a bowl with menthol, camphor or friar's balsam, then put a towel over your head and breathe in the steam through your nose and out through your mouth. Eucalyptus, tea tree oil, peppermint or inhalants may help to ease a stuffy head. Take care not to burn yourself. Do not use with children.

What to expect

- Your cold is likely to last a few days but may last up to ten days. A cough may linger for three weeks.
- The flu can last ten to 14 days.
- Sometimes colds and flu can trigger asthma (in those with asthma).
- Sometimes a cold can lead to a bacterial infection. If this happens you may need antibiotics.

Prevention

- Wash your hands every time you touch a tissue, sneeze or cough into your hand. Throw tissues away once you have used them.
- A flu vaccine is available but is not needed by most healthy adults. The vaccine may help elderly people and those with existing health problems. High risk groups, such as childcare workers and health professionals, should be immunised each year.
- There is no evidence that vitamins prevent colds. Do not give children vitamins unless advised by a doctor or health care professional.
- Regular exercise, a balanced diet and adequate sleep will help keep your immune system strong.

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

Notes:

Follow up with:

Date and Time-

Name-

The design and general content of this factsheet are reproduced with the permission of the Victorian Minister for Health, from factsheets that are Copyright © the State of Victoria. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.

Seeking help

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).

For other medical problems see your local Doctor or health-care professional.

13 HEALTH (13 43 25 84) provides health information, referral and triage services to the public in all parts of Queensland and is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call*.

*Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider



Want to know more?

- Ask your local doctor or health care professional
- Visit HealthInsite
www.healthinsite.gov.au
- Visit the Better Health Channel
www.betterhealth.vic.gov.au

SUNNYMEADE PARK VOLUNTEER PROGRAM

FUN AND FRIENDSHIPS

Sunnymeade Park is looking for volunteers to be a part of the lifestyle team to help bring meaningful friendships and diversity to the resident's activity programs. As a Sunnymeade Park volunteer, you will be part of our team who work at making a difference in the quality of life for people in our Aged Care Community. The Lifestyle Team run a diverse program of activities including bingo, bowls, craft, bus trips, happy hours, concerts, singalongs, exercise programs, gardening, individual activities and cooking to name some. Your decision to volunteer at Sunnymeade Park Aged Care Community will help to achieve our vision and play a vital role in helping us improve the lives of our residents.

As a Sunnymeade Park volunteer you can expect:

- a role that is in the area of your interests as well as being safe and rewarding,
- decisions that are made transparently, fairly and applied consistently,
- relationships based on teamwork, respect and honesty,
- zero tolerance for discrimination, harassment, and bullying or intimidating behavior.

Sunnymeade will provide training, education and guidance for volunteers in assisting the residents achieve goals through enhancing holistic lifestyle programs within a supported and team orientated environment.



Some of our residents and staff having fun.

If you or anyone you know is interested or would like further information please contact Tony Griffiths, Lifestyle Coordinator at Sunnymeade Park on 54954233 Extension 114.