

APRIL 2024

# Noosa Seniors Newsletter

## What's on at Noosa Seniors

Hello, hello to our wonderful Noosa Seniors community. We hope you had a wonderful Easter and are looking forward to the cooler weather.

Plenty of activities and information sessions are happening here at the centre!

Our fabulous Living Well Seniors facilitators are running 24 health and wellbeing activities each week throughout Noosa Shire. Including but not limited to: Lite Weights, Qigong, Meditation, Strength and Stability, Aqua Aerobics and MORE! To see our update timetable, visit <https://www.noosa.qld.gov.au/activities-seniors> or call our office.

We have a wide range of Information Sessions coming up with with guest speakers from: ADA Australia, Relationships Australia, Sage Care Advice, ACAT Assessment Team, Carer Gateway, Kruger Law and Grab Life By the Balls. Please contact Noosa Seniors for more information.



## Staff Profile

### Have you met Jane?



#### Q1. What is your position at Noosa Seniors?

Administration Officer

#### Q2. What was your first job?

Selling my cousin's plants at a market (\$20 per day)

#### Q3. Where would love to go on holiday?

Palm Springs to tour mid-century modern houses or Tuscany to drink wine

#### Q4. What is your favourite food?

Strawberry Freddo Frogs

#### Q5. Do you have any nicknames?

No

#### Q6. What is your favourite hobby?

Op shopping for treasures

## In Review

Since the beginning of the year we have been working full steam ahead. For the first quarter, we have recorded approximately 10,487 client appointments. These include services for: Transport, In Home Care, Podiatry, Social Support Group, Minor Home Maintenance and Respite.

All services are provided by our passionate, qualified staff and volunteers. We are always looking for more volunteers, especially transport drivers to take clients to medical appointments. If you would like to volunteer or know someone who does, please contact our office.

A huge shout out to the Noosa Seniors Admin Team. They have been auditing our database to ensure data integrity and following up on My Aged Care numbers and referral codes. This has been a massive project executed by experienced and patient staff with the utmost diligence. Thank you to Karen, Jane, India, Milly, Jules and Louise.

Gentle reminder to all clients to ensure that you are registered with My Aged Care and that your referral codes are with Noosa Seniors.

## Health and Wellbeing

Staying healthy is extremely important, especially for seniors. Here are a few tips from the Australian Dietary Guidelines to keep you happy and healthy:

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while limiting foods that are not essential to our health.

- Plan ahead and stock up on basic nutritious foods like wholegrain cereals and other grain foods, reduced fat milk, lentils or other legumes, eggs, and frozen or canned foods without added sugars or added salt – this way you can eat at home more often and cook meals yourself by adding fresh ingredients.
- Choose a variety of types and colours of fresh vegetables and fruits that are in season.
- Try new ways of cooking with vegetables like roasting, baking, barbequing and stir-frying. Add extra vegetables and legumes to your recipes.
- Use fruit for snacks and desserts.
- Lean red meats are important, but a maximum of 455g a week is recommended

Visit [www.eatforhealth.gov.au/guidelines/guidelines](http://www.eatforhealth.gov.au/guidelines/guidelines) for more useful tips and tricks.

## Highlights

### Activities and Events

Scan the QR code below to view our social groups, Living Well Seniors program and upcoming events.



### Quote about ageing:

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” Sophia Loren



### March birthdays:

Lou - Admin Support Officer  
Tom - Home Maintenance Officer  
Jan - Community Care Officer

### April birthdays:

India - Admin Support Officer