

JUNE  
26

Office Hours:  
Monday - Friday  
8am - 4pm  
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MI Care Centre:  
7 Apjohn Street  
Horseshoe Bay



**MI Care**  
Magnetic Island Community Care



**TALK TO US**

**0418 539 032**

*we now have a dedicated  
office mobile for when the  
landline is not working*

## ***WELCOME TO MI CARE'S JUNE NEWSLETTER***

As we step into June, I'm feeling  
incredibly proud of the momentum  
building across MI Care and the wider  
Magnetic Island community.



# FROM MY DESK - JUNE REFLECTIONS

The past few weeks have been full of connection, creativity, and collaboration – the very things that make our island such a special place to live and serve.

Our recent community events have shown, once again, just how strong and generous our island spirit is.

From volunteers stepping up without hesitation, to locals supporting raffles, entertainment, and shared activities, it's clear that MI Care continues to be a place where people feel welcome, supported, and valued. Thank you to everyone who has contributed their time, energy, and heart. You make a real difference.

Behind the scenes, we've also been working on a number of projects that will continue to strengthen our services. Planning is underway for upcoming programs, workshops, and community initiatives – including creative sessions, wellbeing activities, and new opportunities for people to connect. I'm grateful to our team and partners who help bring these ideas to life.

I also want to acknowledge the **ongoing support we receive from residents, local businesses, and community groups**. Whether it's offering a hand, donating a prize, attending an event, or simply spreading the word, your involvement helps MI Care grow and evolve in meaningful ways.

As we move through June, I'm looking forward to continuing this positive momentum. There's plenty more ahead, and I'm excited to share it with you as it unfolds.

Thank you for being part of our MI Care community – your kindness and participation are what keep us moving forward.

**Phill Stephenson**  
**President / Acting Manager**  
**Magnetic Island Community Care**  
**With care and community.**



# VOLUNTEERS NEEDED

As we head into June, MI Care is gearing up for a much-needed Working Bee, and we're calling on our wonderful community of volunteers to lend a hand.

This month, we'll be preparing the Big Room for its next chapter as it gets ready to be rented by Deb Jeacle. To make that happen, we need some extra muscle, teamwork, and good humour.

**The Working Bee will involve a range of tasks, including:**

- Moving PCs and monitors
- Shifting filing cabinets
- Disassembling desks and preparing furniture for relocation
- General clearing and organising of the space

It's a great opportunity to get involved, connect with others, and help us create a fresh, functional space for Deb's upcoming tenancy.

 **Date:** To be confirmed

**We'll share the final date as soon as it's locked in, but we're aiming for mid June to be completed.**

If you're able to volunteer—even for an hour or two—your help will make a huge difference. Please keep an eye out for the confirmed date and let the team know if you're available to join in.

Thank you for supporting MI Care and helping us keep our spaces vibrant, welcoming, and ready for new beginnings.



# TUESDAY CLUB ON A FRIDAY

## Exploring More Together – Tuesday Club on a Friday

Our Tuesday Club on a Friday has always been a lovely way to connect, share a cuppa, enjoy a chat, and spend time with friends. As we move into June, we're looking at adding more variety and small local outings to make our Fridays even more enjoyable.

We know that getting out and about can lift the spirits, spark conversation, and help us rediscover the beautiful places right here on Magnetic Island. With that in mind, we're planning to trial a few gentle excursions, including:

- Pick-ups from home for members who need transport
- A relaxed visit to Picnic Bay for a wander or a seat by the water
- A stop at the Magnetic Island Museum to explore our Island's history
- A cuppa at Early Birds Café at Nelly Bay for tea, coffee, and conversation
- A short trip to Horseshoe Bay to check out the Lagoon
- And then a comfortable ride home

**These outings will be simple, social, and accessible – designed so everyone can take part at their own pace.**



# TUESDAY CLUB ON A FRIDAY

## What Would You Like to See in July?

As we plan ahead, we'd love to hear from our members. Are there places on the Island you've been wanting to visit? Somewhere you haven't been in years?

A favourite spot you'd enjoy sharing with others?

Please let us know your ideas for July outings so we can build a program that reflects what you want – whether it's nature, history, cafés, art, or simply a scenic drive.

You can share your suggestions at Friday's gathering or by contacting the MI Care office during the week.

Let's make this winter a season of connection, discovery, and good company.

## Tuesday Club Outing

*Exploring Magnetic Island Together*



Picnic Bay



Early Birds Café



Horseshoe Bay Lagoon

## **NEW in June: Helen Taylor Introduces CIRCL Mobility at MI Care!**

Our wonderful instructor Helen Taylor is bringing something fresh, gentle, and deeply beneficial to MI Care this June – a full one-hour CIRCL Mobility class designed to help our members move with more ease, comfort, and confidence.

If you've ever walked into Helen's Chair Strength & Stretch class feeling a little stiff, a little tight, or just not quite "warmed up," this new session is going to feel like a gift to your body.

### **What is CIRCL Mobility?**

CIRCL Mobility is a low-impact, science-based mobility program that focuses on flexibility, breathwork, joint mobility, and mindful movement. It's gentle, flowing, and incredibly effective at releasing tension – perfect for all ages and fitness levels.

### **Members can expect:**

- Slow, fluid movements that loosen stiff joints
- Stretches that target the hips, back, shoulders, and neck
- Breathing techniques that calm the nervous system
- A sense of lightness and ease by the end of the hour

It's a beautiful blend of stretching, mobility, and relaxation – without the strain or complexity of yoga or Pilates.

### **Why it's perfect for MI Care members**

Helen knows our community well, and she sees how much we benefit from movement that supports everyday life – bending, reaching, walking, balancing, and simply feeling comfortable in our bodies.

### **CIRCL Mobility is ideal for:**

- Anyone feeling tight or stiff
- Those wanting to improve posture and balance
- People recovering from inactivity or injury
- Members who enjoy gentle, mindful exercise
- Anyone who wants to feel more mobile and energised

# CIRCL Mobility

## **A perfect pairing with Chair Strength & Stretch**

This new class will complement Helen's existing program beautifully. CIRCL Mobility prepares the body by warming the joints, activating the muscles, and improving range of motion – making the transition into Chair Strength & Stretch smoother, safer, and more enjoyable. Think of it as a mobility warm-up that stands proudly on its own as a full, restorative session.

Helen's passion, our benefit

As always, Helen brings her trademark warmth, encouragement, and deep care for our members. Her classes are more than exercise – they're community, connection, and confidence-building.

We're thrilled to offer this new opportunity to support the wellbeing of our MI Care family.

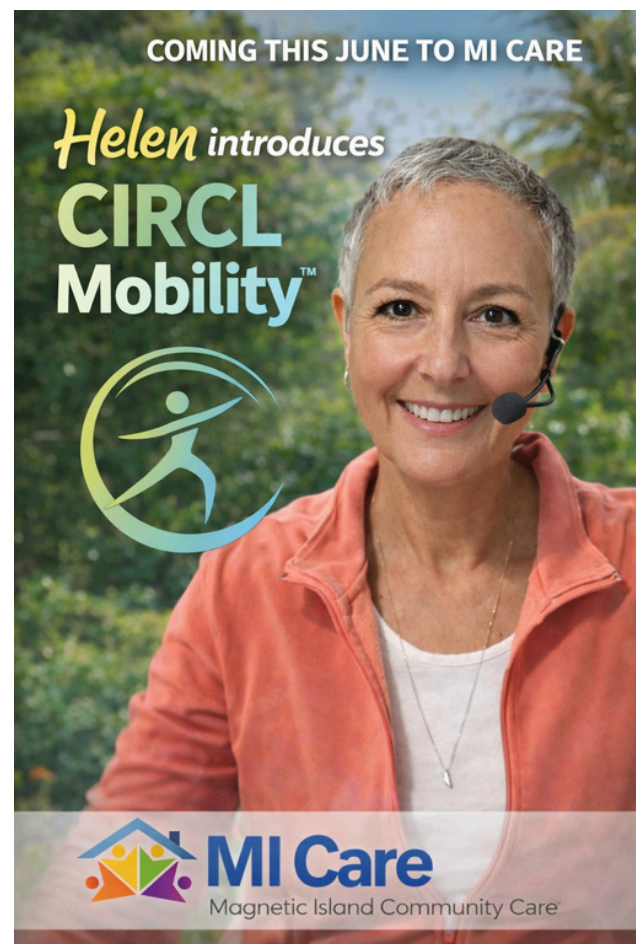
We can't wait for you to experience this new addition to our weekly program.

**EVERY WEDNESDAY 10.30-11 AM**

**COST:**

**\$5 FOR MEMBERS**

**\$7.50 FOR NON-MEMBERS**



# WINTER WELLNESS

## Winter Wellness at MI Care

Staying active, connected, and healthy as the cooler months arrive.

Winter on Magnetic Island may be mild compared to the mainland, but the cooler air and shorter days can still make it tempting to stay indoors and slow down.

At MI Care, we're encouraging our community to embrace the season with a focus on wellbeing, connection, and gentle activity – all at your own pace.

This winter, our message is simple: keep moving, keep connecting, and keep looking after your health.

healthy

• BODY •

healthy

• LIFE •

# WINTER WELLNESS

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Keep your body moving

Staying active doesn't have to mean strenuous exercise. Even small, regular movements help maintain strength, balance, and energy through the cooler months.

**MI Care offers a range of welcoming, low-cost activities designed for all abilities:**

- **Zumba GOLD with Helen Taylor – A fun, low-impact class, generously offered to MI Care members for just \$10.**
- **Chair Strength & Stretch – Perfect for maintaining mobility and flexibility.**
- **Deb's Exercise Group – A friendly, supportive session to get the body moving.**
- **Art Classes & Creative Workshops – Great for mental wellbeing and keeping the mind active.**
- **Tuesday on a Friday Club – Social connection, laughter, and gentle activities all in one place.**

If you haven't joined us for a while, winter is a wonderful time to come back – the kettle is always on, and you'll be warmly welcomed.

Stay socially connected

Winter can sometimes make people feel a little more isolated, especially if it's harder to get out and about. MI Care's social groups, morning teas, and community gatherings are a great way to stay connected.

Our volunteers are also available for friendly member transport (when available) to help you stay involved in the activities you enjoy.

# WINTER WELLNESS

## Winter Health: Flu & RSV Vaccines

Winter is also the season when respiratory illnesses become more common. Staying up to date with recommended vaccinations is one of the simplest ways to protect your health.

- Free Flu Vaccine for Seniors

Queensland offers a free influenza vaccine for everyone aged 65 and over. It's a quick appointment with your GP or local pharmacy, and it helps reduce the risk of serious illness during winter.

- Free RSV Vaccine for people aged 75+

This year, people aged 75 and over are also eligible for a free RSV vaccine. What is RSV?

RSV (Respiratory Syncytial Virus) is a common virus that affects the lungs and breathing. For older adults, it can sometimes lead to more serious illness, especially during winter. The vaccine helps reduce the risk of complications and hospitalisation.

If you're unsure which vaccines you're due for, your GP or pharmacist can guide you. It's always best to speak with a qualified health professional for personalised advice.

### A gentle reminder

Winter is a beautiful time on Magnetic Island – crisp mornings, calm seas, and perfect walking weather. By staying active, staying connected, and staying up to date with your winter health, you'll be well-placed to enjoy everything the season brings.

MI Care is here to support you every step of the way.



## Spotlight on Our Volunteers: Kate Kearns

This month, MI Care is delighted to shine our volunteer spotlight on Kate Kearns – a dedicated community member whose family name is woven into the history of Magnetic Island.

Kate is the daughter of long-term island residents **Peg and Jerry Kearns**, whose legacy is honoured through **Kearns Park** on the Horseshoe Bay foreshore. For many locals, that park is a daily reminder of the Kearns family's decades of service, generosity, and commitment to island life. Today, Kate continues that legacy in her own thoughtful and hands-on way. Alongside her professional work as a **massage therapist**, specialising in **remedial, deep-tissue, and relaxation** massage, Kate volunteers her time at MI Care caring for our grounds and gardens. Her eye for detail, love of plants, and willingness to roll up her sleeves have transformed our outdoor spaces into something we can all be proud of.

Her contribution was especially evident at last month's **Super Fun Day Sausage Sizzle Fundraiser**, where the MI Care grounds looked absolutely spectacular. The tidy paths, fresh garden beds, and welcoming outdoor areas helped create the warm, vibrant atmosphere that made the day such a success.

Kate brings a calm, capable presence to everything she does. She doesn't seek attention – she simply gets on with the work, quietly improving the spaces we share and strengthening the sense of welcome that MI Care is known for.

We are deeply grateful for Kate's time, her generosity, and the legacy she continues to uphold. Her commitment to community care, both through her profession and her volunteer work, reflects the very best of Magnetic Island.

**Thank you, Kate, for helping MI Care grow – in every sense of the word.**

*thank you*



# PHYSIOTHERAPY

## Understanding Medicare-Subsidised Physiotherapy for Over-65s

Many MI Care members have asked how Medicare supports physiotherapy for older Australians, especially for those managing long-term health conditions.

The rules can be confusing, so here's a simple guide to what you're entitled to and how to access it.

For anyone aged 65 and over, Medicare does not automatically provide free physiotherapy. However, if you have a chronic medical condition – something lasting six months or more, such as arthritis, chronic pain, mobility issues, or osteoporosis – you may be eligible for subsidised physiotherapy through your GP.

This support is provided under a Chronic Disease Management (CDM) Plan, which your GP prepares with you. Once the plan is in place, your GP can refer you to a physiotherapist for Medicare-subsidised sessions.

### How many sessions are covered?

Under the Medicare Benefits Schedule (MBS), eligible patients can receive:

- Up to five (5) Medicare-rebated allied health sessions per calendar year

Physiotherapy is one of the allied health services included. It's important to note that these five sessions are shared across all allied health providers – for example, if you use two sessions for podiatry, you will have three remaining for physiotherapy.

The current Medicare rebate for physiotherapy (MBS Item 10960) is \$61.80 per session, and most clinics charge a gap fee.



# PHYSIOTHERAPY

## *medicare*



### **What you need to do**

To access these subsidised sessions, you must:

- Visit your GP and discuss whether you qualify for a Chronic Disease Management Plan
- Have your GP prepare the plan and issue a referral for physiotherapy
- Attend a physiotherapist who accepts Medicare CDM referrals

Your GP will review your plan regularly to ensure it remains appropriate for your health needs.

### **Why this matters**

Physiotherapy can play a vital role in maintaining mobility, reducing pain, and supporting independence as we age. Understanding what Medicare provides helps you make informed decisions about your health and wellbeing.

If you're unsure whether you qualify, speak with your GP – it's a straightforward conversation that could make a meaningful difference to your daily comfort and mobility.

## **STRENGTHENING COMMUNITY CONNECTIONS: MI CARE MEETS WITH LOCAL SERVICE PROVIDERS**



On Wednesday I hosted what was intended to be a collaborative meeting with four key service providers on Magnetic Island: Home Is Best, ComLink, Anglicare, and BlueCare. All were invited, but only Home Is Best gave the courtesy of an RSVP – and they were the only organisation that actually attended.

While the turnout wasn't what we hoped for, the conversation with Home Is Best was exceptional. Their presence, professionalism, and genuine commitment to client wellbeing made the meeting incredibly worthwhile.

### **Why the Meeting Was Held**

The purpose of bringing service providers together was to explore how MI Care can complement the work they already do for older residents and people needing support on the Island. We were particularly interested in identifying practical opportunities such as:

- Co-hosting or aligning activities
- Using the MI Care Hub as a venue for their programs
- Strengthening referral pathways
- Coordinating transport support where possible
- Joint community events or outreach
- Filling gaps in social connection for clients needing more regular engagement

These are areas where MI Care's volunteer-driven, community-centred approach can add real value.

# HOME IS BEST

## **A STANDOUT PARTNER: HOME IS BEST**



### **A Standout Partner: Home Is Best**

I must say, I was genuinely impressed by Home Is Best's passion, commitment, and depth of care. Their feedback was sensational, and I learned so much about their service – including something I had never realised.

Home Is Best is a 24/7 service provider, meaning they can deliver services at any time of the day or night. They have staff rostered outside normal business hours – evenings, weekends, and overnight – ensuring support is available whenever clients need it. In addition to this, they also provide an out-of-hours emergency on-call service.

This means:

- Staff working outside normal hours can contact an on-call senior staff member for guidance if an emergency arises.
- Clients and families who require urgent after-hours assistance have direct access to the on-call staff member for support.

This combination of 24/7 service delivery and an emergency on-call system is exceptional.

On an island where isolation can be a real challenge, knowing that help is available around the clock provides genuine reassurance and peace of mind.

They truly put the care in Support At Home.

# HOME IS BEST

## A New Opportunity for MI Care Members

Because I was so impressed with their approach, I'm excited to announce that MI Care will be hosting a Members & Guests Information Morning Tea (TBC) at the Community Hub – with Home Is Best's management, support staff, and even some of their clients as special guests.

This will be a relaxed, friendly opportunity for our members to:

- Ask questions directly
- Hear real experiences from clients
- Understand what makes their service different
- Explore options if they are thinking about changing service providers

It's all about empowering our community with information, choice, and confidence.

Looking Ahead

Although only one provider attended today's meeting, the conversation reinforced something important:

MI Care has a meaningful role to play in strengthening the support ecosystem on Magnetic Island.

The partnership opportunities identified – especially with Home Is Best – will help us continue building a connected, supported, and engaged community for residents aged 50 and over.

Sometimes one strong partnership is all it takes to spark real progress.

Home Is Best

Always open

Suite B 254 Ross River Road, Aitkenvale, Townsville, QLD,  
Australia, 4814

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

[\(07\) 4771 2078](tel:(07)47712078)

[admin.tsv@homeisbest.com.au](mailto:admin.tsv@homeisbest.com.au)

# BIGGEST MORNING TEA @ BOWLS CLUB

## Australia's **Biggest Morning High Tea**

**\$30 pp**

**Every dollar raised helps support those impacted by cancer.**

**When:** Sunday June 21st, 2026

**Where:** Magnetic Island Bowls Club

**Time:** 10:30am for seating

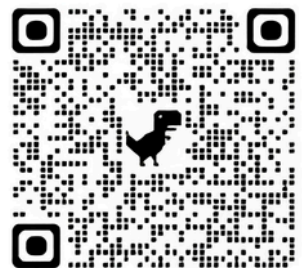
**Details:** A High Tea with all the paraphernalia!

Live entertainment including fashion parade, singing and hamper raffle and other prizes.

Come along in your Sunday best!

**Bookings Essential - Numbers Limited**

**Book Now**



# BIGGEST MORNING TEA

Another MI Care Tradition Restored: The Biggest Morning Tea Returns Hot on the heels of our hugely successful Super Fun Day Fundraiser, which raised over \$2,500 for MI Care, we were delighted to restore another much-loved tradition — The Biggest Morning Tea, held on Friday 22 May at the Community Hub.



This year's gathering brought together 20 wonderful participants, all sharing in a relaxed morning of conversation, connection, and community spirit. Together, we raised \$200 for the Cancer Council, supporting their vital work in research, prevention, and support services.

A heartfelt thank you goes to Sue and Klaus, whose delicious homemade treats were the highlight of the table. Their generosity and talent added a special warmth to the morning and were enjoyed by all. With the success of this year's event, we're already looking ahead.

Next year's Biggest Morning Tea will be bigger and better, with plans for live entertainment, fun games, a fashion parade, and raffles featuring exciting prizes. It promises to be a lively and memorable community celebration.

MI Care is proud to continue bringing people together for causes that matter, and we thank everyone who joined us in making this year's event such a meaningful success.

## MEMBERSHIP RENEWAL REMINDER

**A FRIENDLY REMINDER THAT MI CARE MEMBERSHIP RENEWALS ARE DUE ON 1 JULY 2026.**

The annual fee remains \$15, and we encourage all members to renew promptly to ensure there are no lapses in membership.

You can make your payment easily by Direct Deposit into MI Care's account — it's quick, secure, and helps keep your membership active without interruption.

Thank you for your continued support and involvement in our community.

Every renewal helps MI Care continue providing valuable programs and services for Magnetic Island residents.

Please include your surname as a reference.

**MI CARE BANK DETAILS**  
QCCU  
ACCOUNT NUMBER:  
41518892  
BSB: 654 000

**Membership Renewal Reminder**

Renew by  
**1st July 2026**  
Annual Fee: \$15

**I&S** Pay by Direct Deposit  
Avoid a lapse in your membership!

# WHO'S WHO AT MI CARE

## MANAGEMENT COMMITTEE

**PRESIDENT:** Phill Stephenson

**VICE PRESIDENT:** Helen Mowat

**TREASURER:** Phil Landon

## GENERAL COMMITTEE MEMBERS:

Simone Wall,

Monique Taylor

**SECRETARY:** Margaret Marty

**PH:** 4758 1506

**MOBILE:** 0418 539 032

**EMAIL:** [info@micare.org.au](mailto:info@micare.org.au)

## MI CARE bank details

QCCU

**Account Number:** 41518892

**BSB:** 654 000



**Gifts Can Be Made to  
MI Care's Bank Account:**

**BSB: 654000**

**Account Number:  
64124334**

MON	TUE	WED	THU	FRI
<p>1 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>2 *Helen's Zumba GOLD 9.30-10.30am @ MI Care Centre</p>	<p>3 *Helen's Circl 10.30-11am *Helen's Chair Strength &amp; Stretches 11-12pm @ MI Care Centre</p>	<p>4 *Deb's STRENGTH 9&amp;10am @ MI Care Centre</p>	<p>5 *Tuesday on Friday Club 10-12pm @ Bus trip</p>
<p>8 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>9 *Helen's Zumba GOLD 9.30-10.30am @ MI Care Centre</p>	<p>10 *Helen's Circl 10.30-11am *Helen's Chair Strength &amp; Stretches 11-12pm @ MI Care Centre</p>	<p>11 *Deb's STRENGTH 9&amp;10am @ MI Care Centre</p>	<p>12 *Tuesday on Friday Club 10-12pm @ Early Bird Cafe</p>
<p>15 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>16 *Helen's Zumba GOLD 9.30-10.30am @ MI Care Centre</p>	<p>17 *Helen's Circl 10.30-11am *Helen's Chair Strength &amp; Stretches 11-12pm @ MI Care Centre</p>	<p>18 *Deb's STRENGTH 9&amp;10am @ MI Care Centre</p>	<p>19 *Tuesday on Friday Club 10-12pm @ MI Care Centre</p>
<p>22 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>23 *Helen's Zumba GOLD 9.30-10.30am @ MI Care Centre</p>	<p>24 *Helen's Circl 10.30-11am *Helen's Chair Strength &amp; Stretches 11-12pm @ MI Care Centre</p>	<p>25 *Deb's STRENGTH 9&amp;10am @ MI Care Centre</p>	<p>26 *Lissy's Loushay Poetry Slam 12.30-2pm @ MI Care Centre</p>
<p>29 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre</p>	<p>30 *Helen's Zumba GOLD 9.30-10.30am @ MI Care Centre</p>			