AUGUST 26

Office Hours:
Monday - Friday
8am - 4pm
Ph.: 07 4758 1506
M.: 0418 539 032
info@micare.org.au
www.micare.org.au
MI Care Centre:
7 Apjohn Street
Horseshoe Bay

MI Care
Magnetic Island Community Care

August

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 AUGUST NEWSLETTER

AUGUST ALWAYS FEELS LIKE A "SETTLING IN" MONTH AT MI CARE — THE MID-YEAR RUSH HAS EASED, THE COOLER WEATHER HAS ARRIVED, AND OUR MEMBERS START TO LEAN INTO THE RHYTHM OF FAMILIAR ACTIVITIES AND FRIENDLY FACES.

FOLLOW US ON facebook

REGISTERED CHARITY
acnc.gov.au/charityregister

FROM MY DESK - AUGUST REFLECTIONS

It's a good reminder of why our little building at 7 Apjohn Street matters so much: it's a place where people can simply arrive, exhale, and belong.

This month brings a mix of continuity and quiet progress behind the scenes. Our July calendar ran smoothly thanks to the reliability of our volunteers and facilitators, and I want to acknowledge again that MI Care operates with just one employed staff member — everything else happens because people choose to give their time. It's a rare thing these days, and it deserves recognition.

We also welcome **Suzy Gilmour** into her new role as Secretary. Suzy has stepped in with calm confidence, and Margaret Marty continues supporting us as Governance Advisor, ensuring our processes stay strong as we grow. It's a team arrangement that already feels right.

A small but meaningful project is underway as we prepare the proposal for donating MI Care's pool stairs and hoist/lift to Magnetic Island State School.

These items have served our members well over the years, and passing them on to support local students is exactly the kind of community-minded decision MI Care was built on. The Management Committee will consider the proposal at our next meeting.

Our weekly activities continue to be the heart of the organisation, and this month brings a welcome enhancement. **Helen Taylor has added a free 30-minute CIRCL Mobility class from 10.30am to 11.00am every Wednesday, offered just before her 11.00am Chair Strength & Stretch class.** It's a gentle, mobility-focused warm-up designed to help members loosen up, improve range of motion, and feel more confident heading into the main session. This addition reflects Helen's ongoing commitment to accessible, inclusive movement for all abilities.

FROM MY DESK - JULY REFLECTIONS

And on **23 July, Janine Bandera** began her new **Chair Yoga class**, held every **Thursday at 11.00am**, immediately after **Deb Jeacle's final Strength & Boot-Camp** session. Chair Yoga is priced at $10 for members and $15 for non-members, and offers slow, safe stretching, improved posture, reduced tension, and a calm reset at the end of the morning.

Another positive development is that our **Internet Café** is **now fully up and running.** We have **two PCs** running **Windows 10**, connected to our internet service and supported by a **printer, scanner, and copier**. This space is already proving valuable for members who need help with everyday computer tasks, printing documents, or simply gaining confidence with technology.

As always, thank you to everyone who walks through our doors, helps set up chairs, makes tea, shares stories, or simply shows up with kindness. MI Care is stronger because of you.

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





CHSP Crisis on Magnetic Island — MI Care Has Started Action

Our **Home Is Best** briefing revealed a serious problem: many MI Care members have been **approved for CHSP support but are receiving nothing.**
Every major provider has closed their books, leaving Magnetic Island with no **CHSP pathway at all.**
This is a structural failure caused by the Commonwealth freeze on new CHSP provider approvals before 1 July 2025 — and it's left our older residents officially classified as unserved clients.

What MI Care is doing now

- **Requesting official "Unserved CHSP Client" numbers from My Aged Care**

To confirm how many Island residents are approved but have no provider.

- **Requesting unallocated referral numbers from the Townsville Hospital and Health Service** – Regional Assessment Service (Townsville HHS RAS)

These are completed assessments that no provider would accept.

- **Launching an MI Care CHSP Access Survey**

To gather real community evidence about approvals, wait times, and provider refusals.

- **Preparing a formal briefing for the Department of Health**

I will request intervention, including temporary funding expansion and reassignment of clients.

Magnetic Island deserves functioning aged-care support. MI Care is now escalating this issue to ensure **every eligible resident receives the services they were approved fo**r.



GOLD COIN DONATION

Gold Coin Donation Update for Morning Tea Events



The rising cost of living is something every household on Magnetic Island is feeling, and MI Care is no different.

As a small community organisation run almost entirely by volunteers, we work hard to keep our programs affordable, welcoming, and accessible for all our members. Morning tea has always been one of the most enjoyable parts of our activities — a chance to sit together, share a cuppa, and enjoy good company.

To help cover the increasing cost of supplies and to ensure we can continue offering morning tea at our events, MI Care will now be asking members for a $5 gold coin donation when attending activities that include morning tea.

This small contribution goes directly toward purchasing tea, coffee, milk, biscuits, and other essentials.

More importantly, it helps keep MI Care financially stable so we can continue providing the classes, social groups, and community support our members rely on.

We deeply appreciate the generosity our community has always shown. Every gold coin helps keep MI Care afloat and ensures we can continue offering a warm, welcoming space for everyone.

Thank you for your understanding, kindness, and ongoing support.

thank you

Late-Winter Energy & Joint Health: Staying Mobile, Motivated and Pain-Free

As we move through the final stretch of winter on Magnetic Island, many people notice a familiar pattern: the cooler mornings make it harder to get moving, joints feel a little stiffer than usual, and energy levels dip just enough to make everyday tasks feel heavier. August is a perfect time to reset, recharge, and prepare your body for the warmer months ahead.



Why Late Winter Affects Your Body

Even in North Queensland's mild climate, winter brings three subtle but important changes:

- **Lower morning temperatures** can tighten muscles and reduce circulation, making joints feel achy or slow.
- **Dry air increases inflammation** in people with arthritis or chronic pain conditions.
- Reduced incidental movement—fewer swims, shorter walks, and more time indoors—means joints aren't getting their usual lubrication.

These small shifts add up, especially for older adults or anyone managing long-term health conditions.



Simple Ways to Boost Energy and Mobility in August

1. Warm-Up Mornings with Gentle Movement

A five-minute routine can make a remarkable difference:

- Slow shoulder rolls
- Ankle circles while seated
- Light marching on the spot
- Hands-over-head stretch to open the chest

This increases blood flow, reduces stiffness, and helps prevent those "first-step aches" when getting out of bed.

2. Hydration for Joint Health

Many people drink less water in winter without realising it. Joints rely on hydration to stay cushioned and flexible. Aim for:

- A glass of water first thing in the morning
- Herbal tea during the day
- A refillable bottle nearby during activities at MI Care

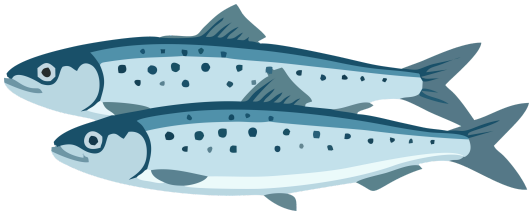
Even small increases help reduce joint discomfort.



3. Anti-Inflammatory Foods for Late-Winter Energy

August is ideal for adding foods that support joint comfort and overall vitality:

- Salmon, tuna, or sardines (omega-3s)
- Ginger and turmeric
- Leafy greens
- Nuts and seeds
- Berries



These foods help reduce inflammation and support stable energy throughout the day.

4. Keep Muscles Warm



Warm muscles move better. Try:
• A light cardigan during early classes
• A warm shower before stretching
• A heat pack on tight areas (10–15 minutes only)

This is especially helpful before Zumba, Strength & Stretch, or any of MI Care's movement-based activities.

Staying Active at MI Care This Month

August's calendar offers plenty of opportunities to stay mobile in a safe, supportive environment:

• Zumba with Helen – A fun, low-impact way to build strength and boost mood
• Gentle Exercise Classes – Perfect for maintaining mobility without strain
• Poetry Slam & Social Days – Great for keeping hands nimble and spirits high
• Walking Group – Ideal for joint lubrication and fresh air

Regular movement—even small amounts—helps reduce pain, improve sleep, and lift energy.

When to Seek Extra Support
If you notice:



• Persistent swelling
• Sudden increases in joint pain
• Difficulty with everyday tasks
• Morning stiffness lasting more than an hour

It may be worth speaking with your GP or physiotherapist.

Many older adults are eligible for Medicare-subsidised physiotherapy sessions, which can provide personalised exercises and long-term strategies.

A Positive Step Toward Spring

August is a month of transition. By taking small, consistent steps now—hydration, gentle movement, warm muscles, and anti-inflammatory foods—you set yourself up for a stronger, more comfortable start to spring.

Your body will thank you for every little effort.

live HEALTHY

WHALE WATCHING

Special Whale Watching Adventure with AquaScene – August 21

There's something magical about seeing a **humpback whale breach** against the backdrop of Magnetic Island's **turquoise waters** — and this August, MI Care members will have the chance to experience it up close.

On Friday, August 21, MI Care is partnering with AquaScene Magnetic Island for a **special Whale Watching trip,** offering our community a front-row seat to one of nature's most spectacular migrations.

Each year, hundreds of **humpbacks travel north** along the Queensland coast to breed in the warm tropical waters, and August is prime viewing season.

The AquaScene crew will guide us on a comfortable morning cruise **departing from Nelly Bay**, sharing expert commentary about whale behaviour, conservation, and the island's marine ecosystem.

Expect gentle giants, playful calves, and maybe even a tail slap or two!



Trip Details

- **Date: Friday 21 August 2026**
- **Departure: Nelly Bay Marina 9.00 am to 12.00 noon**
- **Duration: Approximately 3 hours**
- **Cost: $120 per person (Price based on full vessel capacity of 30 passengers)**
- Bookings: Once we confirm the charter, seats will be offered to the first 30 members who book and pay.

For now, please register your interest with the MI Care office or comment on the Facebook EOI post.

Cake & a fruit platter will be provided on board, and participants are encouraged to bring a hat, sunscreen, and a camera — though the memories will be unforgettable even without photos.

This outing is part of MI Care's ongoing commitment to connecting our members with the natural beauty of our island home.

Whether you're a long-time resident or new to the community, we invite you to join us for this uplifting day on the water.



AusAlert: Understanding the New Emergency Warning System You've Seen Advertised on TV

Many MI Care members have recently noticed the **AusAlert advertisement on free-to-air TV**, showing a loud emergency tone and a message appearing on a mobile phone.

That advertisement is part of a national awareness campaign for **AusAlert**, Australia's new emergency warning system launching on **1 October 2026**.

AusAlert is designed to deliver fast, reliable alerts during emergencies — and it will reach people based on **where they are**, not who they are or which provider they use. You **do not need to download an app** to receive AusAlert messages. If your phone is compatible, it will receive alerts automatically.

What AusAlert Is and Why It's Being Introduced

AusAlert replaces older SMS-based warning systems with a modern, location-based technology called **cell broadcast**. This system is already used in countries such as New Zealand, Japan, Singapore, and the United States.
The aim is simple: get clear, life-saving information to people as quickly as possible.

AusAlert sends alerts to mobile phones during emergencies such as:

- **Bushfires**
- **Floods and cyclones**
- **Tsunamis**
- **Public safety threats**
- **Health emergencies**
- **Biosecurity incidents**

What You Will See When an AusAlert Arrives

AusAlert messages appear as a full-screen notification with a loud, distinctive warning sound. The alert will interrupt whatever you are doing on your phone — even phone calls — to ensure you see it immediately.

Each alert includes:

- **The type of emergency**
- **The location affected**
- **What actions you should take**
- **Who issued the alert**
- **Where to find more information**

These alerts are designed to be impossible to miss.

Two Types of AusAlert Messages

AusAlert delivers two levels of warnings:

1. Critical Alerts

Used for the most serious, life-threatening emergencies.

- **Cannot be turned off**
- **Override silent mode and Do Not Disturb**
- **Play a 10-second siren-like sound**

2. Priority Alerts

Used for important but less urgent situations.

- **Can be turned off in your phone's settings**
- **May make a sound depending on your device settings**

Do You Need an App?
No — AusAlert does not require an app.

It is built into the mobile network and works automatically on compatible phones. You do not need:

- Mobile data
- Wi-Fi
- Credit on your phone
- A subscription
- Location services turned on

If your phone can receive AusAlert, it will do so automatically.

Will My Phone Receive AusAlert?

Most modern smartphones will receive AusAlert messages, including many iPhones and Android devices. Older phones may not be compatible.

MI Care can help members check their devices during Tech Help sessions.

Why AusAlert Matters for Magnetic Island

Our community is familiar with severe weather, especially cyclones and bushfire conditions. AusAlert provides:

- Faster warnings
- Clearer instructions
- More reliable communication during network congestion
- Better safety for residents and visitors

For MI Care members, AusAlert adds an extra layer of protection during fast-moving emergencies.

Need Help or More Information?

MI Care will continue to share updates as AusAlert rolls out nationally. If you would like assistance checking your phone's compatibility or adjusting your settings, please speak with our Administrative Assistant or attend one of our digital support sessions.

Staying informed keeps our community safe.

Chair Yoga Returns to MI Care — Started July 23rd

MI Care is delighted to announce that **Janine Bandera** has restarted the much-loved **Chair Yoga** classes at our Community Hub in Horseshoe Bay.
Classes resumed **Thursday July 23rd at 11:00am**, running immediately after **Deb Jeacle's** last strength and boot-camp session — giving members a seamless transition from high-energy exercise to gentle stretching and mindful movement.

Why Chair Yoga?
Chair Yoga is a wonderfully accessible practice designed to **improve flexibility, balance, mobility, and relaxation** — all while seated or using the chair for support. It's ideal for:

- Winding down after Deb's boot-camp
- Increasing joint mobility
- Building confidence in movement
- Supporting healthy ageing
- Reducing stress and tension



Whether you're already active or simply looking for a gentle way to move your body, Chair Yoga offers a safe, supportive, and enjoyable way to stay flexible and connected.

About Janine
Janine is highly qualified, deeply experienced, and well-known across Magnetic Island's yoga community. She has regularly filled in for Meredith Starck, earning a reputation for her calm teaching style, clear guidance, and ability to adapt movements for all abilities. Her classes are warm, welcoming, and perfect for beginners and experienced participants alike.

Class Details
- **Chair Yoga with Janine Bandera**
- **Starts: Thursday July 23rd**
- **Time: 11:00am – 12:00pm**
- **Location: MI Care Community Hub, 7 Apjohn Street, Horseshoe Bay**
- **Cost: $10 for MI Care Members / $15 for Non-Members**
- Right after: Deb Jeacle's final class of the morning

A Great Mid-Week Wellness Combo

Boot camp for strength.
Chair Yoga for stretch, balance, and calm.
A perfect Thursday at MI Care.



INVITATION

Gallery 48 and three artists: Rosie Sheather, Rhonda Stevens and Graeme Buckley invite you to their opening events on 8 August: from 3:00pm to 6:00 pm at Galley 48, 2/48 The Strand

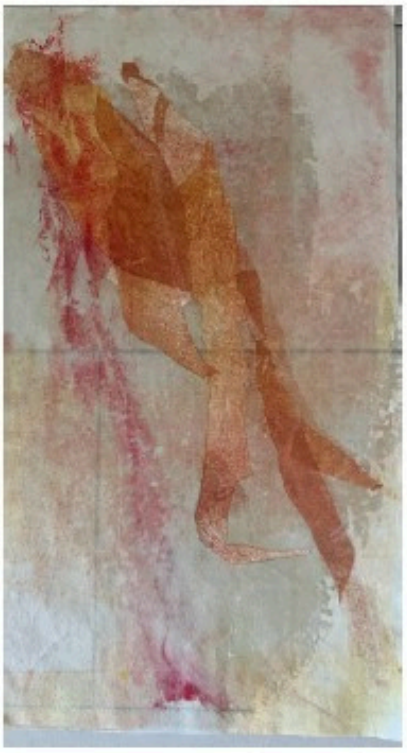
Rosie Sheather and Rhonda Stevens exhibition **Earth Matters**

Graeme Buckley exhibition **Garden Eco Dada**

Graeme Buckley refers to his sculptures as 'Eco Dada'. His *ready-mades* from nature: stones, fallen branches, and scrap timber are mostly sourced from his own garden.

Rhonda Stevens is inspired by the organic forms of nature's sacred spaces. Her installation through paper works and Shards create an environment of contemplation to pause a moment, giving a space for the viewer to reflect and to feel the reverberations elicited by the wonders that surround us.

Rosie Sheather explores the growing urgency of biodiversity loss and habitat decline in a world increasingly shaped by urban living and development. Drawing on decades of environmental experience, the author reflects on how modern society has become disconnected from the natural world, especially the deeper understanding once held by earlier generations.



Rhonda Stevens
Drift 2026
Monoprint on Kozo paper



Rosie Sheather
untitled 2026
Monoprint on Kozo paper
30 x 25 cm



Graeme Buckley *Brothers at the Watering Hole* 2025-6
Wood, wood burning, varnish
(H) 30 x 30 x 25cm

Baking Joy at MI Care – Delicious Treats Made with Love

One of the quiet highlights of MI Care's weekly rhythm has become the smell of something freshly baked drifting from the kitchen.

Over the past few months, I've absolutely loved preparing homemade treats for our members' morning teas—simple, delicious food that brings people together and makes the day feel a little brighter.

From **classic Anzac Biscuits and Melting Moments** to **Caramel Slice, Ginger & Lemon Slice**, and trays of mini **Blueberry and Banana Muffins**, the kitchen has been a busy and happy place. And it's not just sweet treats on the menu. **Savoury favourites** like **Mini Filo Quiche Lorraine and Caramelised Onion Tartlets & Frittatas** have quickly become crowd-pleasers, disappearing almost as fast as they come out of the oven.

Made with Care, Made from Scratch

Every item is baked from natural ingredients—no additives, no preservatives, nothing artificial. Just **real butter, fresh fruit**, good flour, and the kind of simple, honest flavours that remind people of home. Members often comment that the food "tastes like the old days," and that's exactly the feeling we aim for.

A Team Effort

None of this would be possible without **Volunteer Extraordinaire, Kath Munro**, whose help in the kitchen has been invaluable. **Kath brings energy, organisation, and a wonderful sense of humour** to every baking session. Whether she's prepping ingredients, washing up, or helping assemble trays of quiche, she makes the whole process smoother—and a lot more fun.

More Than Just Morning Tea

These treats do more than fill a plate. They create moments of connection—members chatting over a biscuit, sharing memories sparked by familiar flavours, or simply enjoying a quiet break with something homemade and comforting. Morning tea has become a time people look forward to, and it's a joy to contribute to that.

Looking Ahead

With so many favourites already on the list, we're excited to keep experimenting and adding new recipes to the rotation. Whether it's a fresh slice, a seasonal muffin, or a savoury bite, the goal remains the same: good food, made with care, shared with our community.

WELCOME HOME, ELISKA

After over a month away, our Administrative Assistant, Eliska, has returned home to Magnetic Island following a deeply meaningful trip to Prague, Czech Republic — her first time seeing her parents in eight years.





This journey was far more than a holiday. It was a homecoming long overdue, made even more special because Eliska travelled with her two daughters, giving them the chance to watch up in person with their grandparents in person. For the girls, it was their first experience of the city and culture that shaped their mother's early life. For Eliska's parents, it was a moment they had waited a decade to share — welcoming their grandchildren into their home, embracing them, and spending uninterrupted time together as a family.



The reunion was emotional, joyful, and grounding. After years of phone calls, video chats, and messages across time zones, being able to sit at the same table, share meals, walk familiar streets, and simply be together brought a sense of peace that only family can provide. Watching her daughters bond with their grandparents added a layer of meaning that made the trip unforgettable.

Eliska's time in Prague offered the simple pleasures she has missed: familiar neighbourhoods, favourite cafés, the comfort of her native language, and the warmth of extended family. It was a well-earned break after an incredibly busy first six months at MI Care, and one that has left her refreshed, reconnected, and full of gratitude.



We are delighted to have Eliska back at the MI Care Community Hub. Her dedication, kindness, and steady presence are valued by everyone who walks through our doors. While her trip was long awaited, her return is warmly welcomed.

Welcome home, Eliska — we're glad you're back.

MI Care Internet Café Now Open for Bookings

MI Care is excited to announce that our **Internet Café is officially open and ready to support members with their technology needs**.

Whether you're looking for help navigating your smartphone, organising files, accessing online services, or simply wanting a quiet space to get something done, our volunteers are here to assist.

Bookings are now being taken by **Eliska**, who will coordinate appointments with our two dedicated volunteers:

Tuesday Sessions – IT Support & JP Services
Helen Foulkes
Available Tuesdays from
11.00am to 3.00pm
Helen brings a wealth of experience in general IT support and is also a Justice of the Peace, making her sessions ideal for members who need documents witnessed or certified while also receiving help with their digital tasks.
Her four-hour window each Tuesday provides plenty of flexibility for longer or more detailed appointments.

Friday Sessions – Short IT Help Appointments
Anna Sellah
Available Fridays from
10.00am to 11.00am (in 30-minute sessions)
Anna offers focused, practical assistance for members who need quick help with specific issues. Her short sessions are perfect for troubleshooting, learning a new skill, or getting guidance on a particular device or app.



BRIDGE CLUB

MI Bridge Club Joins MI Care Community Hub
We're delighted to welcome the MI Bridge Club to the MI Care Community Hub!

The club will meet every Tuesday and Friday from 1pm to 4pm at 7 Apjohn Street, Horseshoe Bay.

Bridge is a game of skill, strategy, and social connection — and now, members can enjoy it in the comfort of our own community space. Whether you're an experienced player or curious to learn, you'll find friendly faces, lively conversation, and plenty of laughter around the card tables.

The move to MI Care brings the Bridge Club closer to the heart of our community, making it easier for members to join in and stay connected. It's another great way to spend a Friday afternoon with friends old and new.

All are welcome — come along and play a hand!



Old Time Dancing Day – “Step Back in Time”

A Community Fundraiser Supporting MI Care’s Programs

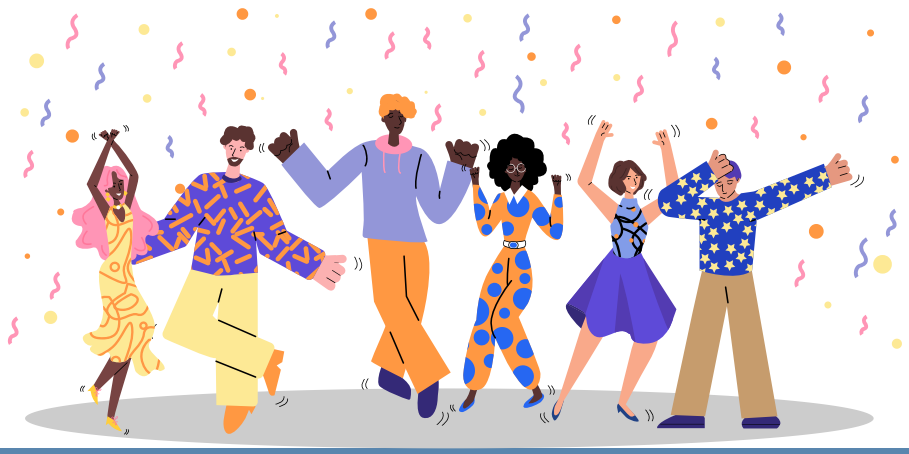
There’s something timeless about the sound of music and the rhythm of dancing feet—and MI Care is bringing that magic back with a special Old Time Dancing Day at the Community Hub. This joyful event invites everyone to step back in time and celebrate the classic dances that have brought people together for generations.

A Celebration of Movement and Memory

From the Pride of Erin and Gypsy Tap to the Barn Dance, Waltz, Foxtrot, and Evening Three Step, the day will be filled with familiar tunes and gentle movement—perfect for older adults, families, and anyone who loves a bit of nostalgia. It’s not just about dancing; it’s about connection, laughter, and keeping traditions alive.

Supporting MI Care’s Community Programs

The event is proudly hosted as a community fundraiser, with all proceeds supporting MI Care’s ongoing programs and activities. Every step taken on the dance floor helps strengthen the services that keep our community active, engaged, and supported.



FUNDRAISER



Event Details



📍 **Venue:** MI Care
Community Hub, 7 Apjohn Street, Horseshoe Bay
📅 **Date:** Will be announced
🕐 **Time:** 10:00 am – 2:00 pm

Weekend timing ensures everyone—members, volunteers, and families—can join in the fun.

Fundraising Highlights

Alongside the dancing, guests can enjoy a range of delicious treats and activities:

- **Devonshire Tea** – $5 (Two scones with jam & cream, tea or coffee included)
- **Mixed Sandwich Plate** – $8 (Freshly made assorted sandwiches with garnish)
- **Raffle Table** – Tickets $5 each or 3 for $10
- **Photo Corner** – $5 (Nostalgic props and fun photos)
- **Sponsor-A-Dance** – $5 (Have your name announced before a dance)
- **Donation Jar** – Support MI Care's community programs

These simple, friendly fundraising ideas ensure the day feels welcoming and community-driven—not commercial or pressured.

Everyone Welcome

Whether you're a seasoned dancer or just want to enjoy the music and atmosphere, Old Time Dancing Day promises a wonderful mix of movement, memories, and merriment.

Bring your friends, family, and dancing shoes—and help MI Care continue its mission of supporting wellbeing and connection across Magnetic Island.

Rebuilding Community Connections: NBJ Automotive Returns to MI Care

One of MI Care's ongoing priorities this year has been rebuilding relationships with local businesses that were lost under the previous management team.

This month, we're pleased to share another success story — the restoration of our long-standing partnership with **NBJ Automotive**.

NBJ Automotive had previously advised that they would no longer work with MI Care due to concerns about the behaviour and conduct of the former committee. This was a significant loss for our organisation, removing access to a trusted local automotive service provider and affecting our ability to support members who rely on vehicle assistance.

In July, MI Care reached out to NBJ Automotive to address the situation directly. After meeting with Matt and providing a formal, signed apology on MI Care letterhead, we were able to acknowledge past issues openly and express our sincere regret for how the organisation had been represented in the past.

Matt responded with genuine appreciation for the honesty and professionalism shown. Thanks to this conversation — and the heartfelt apology — NBJ Automotive has agreed to resume working with MI Care.

This marks another important bridge rebuilt for our organisation and reflects the positive, respectful, community-centred approach the current Management Committee is committed to. Each restored partnership strengthens MI Care's reputation across Magnetic Island and ensures our members continue to receive the support and services they deserve.

INCONTINENCE AID

Special Offer on MoliCare Mobile Premium – Large (Pack of 14)

MI Care has secured a limited number of **MoliCare Mobile Premium Large (14 Pack) pull-up style incontinence underwear**, and we're making them available to our members for the incredibly low price of just **$10 per packet**.

These are the same high-quality Hartmann products normally retailing for **$30–$40**, offering excellent comfort, reliable absorbency, and a discreet, underwear-like fit.

As described in the product information:
"MoliCare Mobile Premium is a high-quality pull-up style incontinence underwear designed to look and feel as close to regular underwear as possible while providing reliable protection for moderate to heavy bladder leakage."
"The packet contains 14 pieces."

Why Members Value MoliCare Mobile Premium
These pull-ups are shaped like standard briefs, with soft, breathable materials and elasticated sides that make them easy to pull on and off.
The Premium absorbent core keeps moisture away from the skin, while leak-guard protection and odour control help maintain confidence throughout the day or night.
They are suitable for:
• Adults with **moderate to heavy urinary incontinence**
• Individuals who prefer **pull-up style** rather than tab-fastened briefs
• Carers needing a product that is **easy to change**
• Users with **sensitive skin**, thanks to breathable, dermatologically tested materials
Each pack contains **14 disposable underwear, size Large**, fitting a waist/hip range of approximately 100–150 cm.
Discreet Collection
To ensure privacy and comfort, all packets will be supplied in **brown paper Coles bags** for discreet pickup.



How to Order
To secure your packets while stock lasts, call Eliska on 0747 581 506 and she will arrange your order and collection time.

VOLUNTEER SPOTLIGHT

Spotlight on Our Volunteer of the Month – Ken Jones
An Artist, a Chef, a Caregiver, and a True MI Care Original

For August, MI Care is proud to shine the spotlight on someone whose creativity, generosity, and decades of service have shaped the heart of our organisation — Ken Jones.

Ken is one of those rare individuals whose talents span art, cooking, landscaping, and community care, and whose presence has enriched MI Care for more than twenty years.





A Life Steeped in Art & Creative Curiosity

Ken's artistic journey began almost as soon as he could walk. He recalls that art became part of his life at age four, inspired by his mother, who was also an artist. In his words, she "painted my cot on numerous occasions — not with paint lol" . That early exposure to creativity set the foundation for a lifetime of artistic exploration.

At MI Care, Ken guides the Monday Art Class with a philosophy centred on process rather than perfection. He loves teaching the "**artistic principles that complement all aspects of daily life**" .

When asked if any particular artwork stands out, he simply says all of them — from Deco and Dada to Abstract Expressionism, Reality, and Fauvism. For Ken, every movement matters.

His inspiration today comes from the world around him: "**water, air, foliage, aspect, land & seascapes** all moving together" . And what keeps him teaching? The joy of seeing "**the face of a budding artist admiring their own work — and our wall gallery**" .

VOLUNTEER SPOTLIGHT

Ken the Chef – A Talent as Big as His Heart



Many MI Care members know Ken not only for his paintings but also for his extraordinary cooking. His love of food began at age two, sitting on the kitchen bench beside his mother, "**watched + asked + asked — drove her nuts**" . He later trained through Sheraton and Travelodge and even worked with **Chef Ralf**, who cooked for Queen Elizabeth.

Ken's culinary repertoire spans French, Italian, Thai, Chinese, Korean, and intricate desserts. He says he is "always learning, testing, tasting" . His signature dish? Tornados Rossini — rare eye fillet with brandy pepper sauce, asparagus, and homemade duck liver pâté.

But Ken's cooking is much more than skill — it's an act of kindness. **He shows his love and generosity by cooking for others**, gifting countless gorgeous cakes to colleagues and friends over the years, especially at Christmas or simply "**just because**" he thought it might bring someone joy. He has also cooked and delivered hundreds of meals to people in need across the Island, in his own time and at his own cost.

This is caring in action — the true spirit of MI Care.

He has cooked for countless MI Care events, sometimes preparing meals for "**approx 60 pax per week**" . One memorable moment: everyone turned up at once — "**phew, we just made it work**" .

And if he taught cooking the way he teaches art? He'd start with boiling eggs — "**simple yet delicious/nutritious**" — the foundation of his 17-year cooking class .

Decades of Service & Community Impact

Ken's involvement with MI Care began when Brenda approached him many years ago. He says he "got the job instantly" and went on to dedicate "2 decades" of service.



His contributions are staggering:

- 22 holidays away, working "18 hours a day on call"
- Over 60,000 individual meals prepared in a fifteen-year period
- Supporting countless clients, many of whom became dear friends

VOLUNTEER SPOTLIGHT

He has witnessed enormous change — the end of the original MI Care model, the loss of holidays, and the passing of 35 clients over the decades. Yet one moment stands above the rest: Christmas Lunch 2015, with "**100 pax — gorgeous food, decorations, wonderful volunteer response — best ever"** .

What has kept MI Care strong?

Ken answers without hesitation: "**Volunteers! And the willingness of the daily MI Care staff who did their best each and every day.**"

Stories, Characters & the Spirit of MI Care

Ken describes MI Care as a place where "e**veryone helped everyone** — no one had to be alone — neighbourhood watch island wide" . His memory that best captures MI Care's heart is simple and beautiful: "**the joy on clients' faces when they were happy**" .

Reflection, Legacy & Looking Forward

After 20 years, MI Care is still home for Ken. He says, "It's like home — 20 years is a long time in one job. Love the clients — art class blooming."

His advice to new volunteers is timeless:
"**Patience, details, care from the heart not your head — be genuine!**"

Today, Ken continues to stay connected through the art class and his ongoing care for others. He cooks every day and is "**constantly painting — I have 30 major pieces ready for an exhibition**!"

A Community's Gratitude

Ken Jones is part of MI Care's history, its present, and its future. His art brightens our walls, his cooking has nourished thousands, and his kindness has shaped the culture of care that defines our organisation.

This month, we honour his creativity, his service, and his heart. MI Care is stronger because of people like Ken — and we are proud to celebrate him as our Volunteer of the Month.



Tuesday Club on a Friday – July Outing to Horseshoe Bay Lagoon and Nourish Café

The Tuesday Club on a Friday enjoyed another wonderful morning together on July's excursion, exploring one of Magnetic Island's most peaceful natural treasures—the Horseshoe Bay Lagoon—and finishing with a delicious brunch at Nourish Café.



A Stroll Through Nature's Quiet Corner

A group of 10 people MI Care was picked up from their homes before heading to the Lagoon, where the boardwalk winds gently through paperbark trees and native grasses. The winter sunshine made for perfect walking weather—cool enough to be comfortable, warm enough to bring out the birds.

Members paused often to admire the reflections on the water and the bursts of colour from blooming wildflowers along the track.

For many, the Lagoon walk was a reminder of how lucky we are to have such beauty right on our doorstep. The chatter of friends mixed with the calls of magpie geese and egrets, creating a soundtrack that felt uniquely "Maggie."

Brunch and Good Company

After the walk, everyone was taken down to Horseshoe Bay front to Nourish Café, where tables were quickly filled with laughter and conversation. The café's fresh smoothies, hearty breakfasts, and friendly staff made it a perfect spot to relax after the stroll. Plates of smashed avocado, bacon and eggs, and homemade muffins disappeared quickly, while a few members treated themselves to a second coffee—because why not?



Moments That Matter

It wasn't just the scenery or the food that made the day special—it was the sense of connection. The Tuesday Club continues to be a place where friendships grow, stories are shared, and new members always feel welcome. Days like this remind us that wellbeing isn't just about exercise or nutrition—it's about belonging.

Looking Ahead

With the Lagoon outing now a favourite, the group is already planning its next adventure. Keep an eye on the MI Care calendar for details of August's excursion —another chance to explore, laugh, and enjoy Magnetic Island together.

MI Care's Three Community Cars Now Listed for Sale on Facebook Marketplace

MI Care has officially begun the process of selling its three 2022 Mitsubishi ASX vehicles, and we're doing it in a way that is fully compliant, transparent, and professional.

All three cars have now been photographed, documented, and prepared for listing on **Facebook Marketplace**, where they will appear under **Magnetic Island Community Care**'s name.

This method is the standard approach used by community organisations, clubs, and not-for-profits. Although Marketplace does not allow listings to be posted directly from a Page, our Admin (Phill) lists the vehicles from his personal account and then selects **Magnetic Island Community Care** as the seller.

This ensures the listings display MI Care's name, logo, and contact button, while keeping personal profiles completely hidden. All enquiries come through the MI Care Page inbox, maintaining privacy and professionalism.

Why We're Selling the Cars
After several years of reliable service to our volunteers and community programs, MI Care is updating its transport arrangements. Each vehicle has been gently driven, fleet-maintained, and serviced strictly according to its logbook. With exceptionally low kilometres and Current QLD Safety Certificates supplied at sale, these cars represent excellent value for buyers and responsible asset management for MI Care.

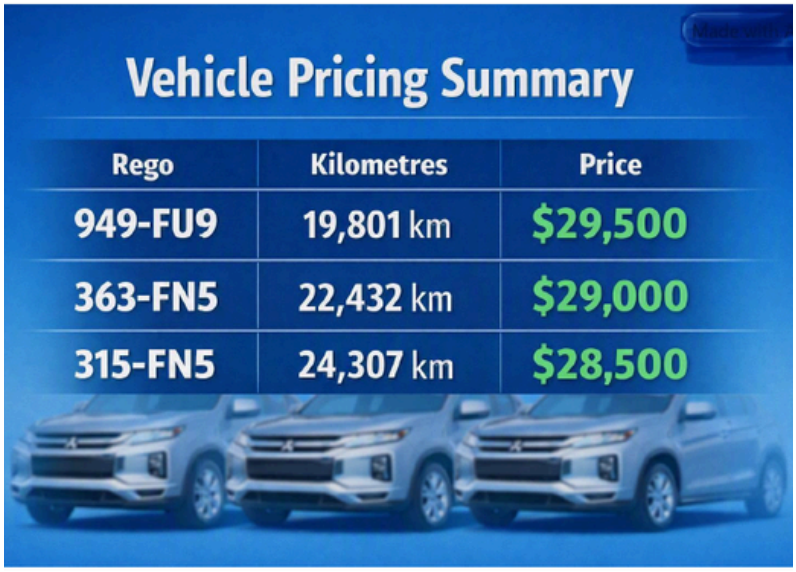
About the Vehicles
All three cars are 2022 Mitsubishi ASX Wagons, silver, automatic, front-wheel drive, powered by efficient 2-litre petrol engines, and in outstanding condition.

They have:
- Full logbook servicing
- Current QLD Safety Certificates (RWC)
- Rego until September 2026
- Clean interiors and exteriors
- No accidents or mechanical issues
- Always garaged at the MI Care Community Hub



Kilometres and recommended listing prices:

These prices are strong, defensible, and aligned with the top end of the private-sale market for low-kilometre ASXs.



Professional Photo Sets for Each Listing

To ensure MI Care presents these vehicles professionally, each car has been photographed using a recommended 12–18 photo layout.

This includes:

- **Full exterior angles**
- **Interior seating and dashboard**
- **Odometer**
- **Boot space**
- **Tyres**
- **Optional engine bay and keys**

Importantly, **no RWC or logbook photos are included**, protecting privacy and compliance. Marketplace boosts listings with complete photo sets, meaning our cars will appear more prominently to buyers.

Where to Find the Listings

The vehicles will appear on Facebook Marketplace under:
Seller: Magnetic Island Community Care
Community members are welcome to view the listings, share them, or pass them on to anyone looking for a reliable, near-new vehicle. Inspections and test drives are available at Horseshoe Bay for licensed drivers.

A Great Opportunity for Buyers

These cars are cleaner, lower-kilometre, and better maintained than typical private-sale vehicles.
With registration, full logbooks, and RWCs supplied, they offer exceptional value for families, island residents, and anyone seeking a dependable vehicle without dealership pricing.

Deb Jeacle Moves In – MI Care's New Fitness Hub Comes to Life

Following on from last month's article Preparing the Space for Deb Jeacle, we're delighted to share that Deb has now officially moved into her new room at MI Care—and it's already buzzing with activity!

A Fresh Start for Fitness at MI Care

After weeks of planning, tidying, and setting up equipment, Deb's space has transformed into a welcoming fitness hub. The room is bright, organised, and perfectly suited for her private exercise sessions, which she now runs for MI Care members and local island residents. It's wonderful to see the space being used exactly as intended—supporting health, movement, and community connection.

Thursday Classes in Full Swing

Deb continues to run her two popular Thursday classes in the large Activities Room, where laughter and encouragement fill the air. These sessions have become a highlight of the week for many members, offering a mix of strength, balance, and fun. Whether you're a regular participant or just thinking about joining, the energy in the room is contagious.

Private Sessions for Personal Goals

In addition to group classes, Deb's private sessions provide tailored support for those wanting to work on specific fitness goals or recovery exercises. Having her on site means members can easily access professional guidance without leaving the island—a real benefit for our community.

A Welcome Addition to MI Care

It's truly wonderful having Deb on site. Her enthusiasm, professionalism, and care for each participant bring a new dimension to MI Care's wellbeing offerings.

This partnership reflects what MI Care is all about—creating spaces where people feel supported, motivated, and connected.





WHO'S WHO AT MI CARE

MANAGEMENT COMMITTEE

PRESIDENT: Phill Stephenson

VICE PRESIDENT: Helen Mowat

TREASURER: Phil Landon

GENERAL COMMITEE MEMBERS: Simone Wall,
Monique Taylor

SECRETARY: Suzy Gilmour and Margaret Marty

PH: 4758 1506

MOBILE: 0418 539 032

EMAIL: info@micare.org.au



MI CARE bank details

QCB

BSB: 654 000

Account Number: 41518892



MON	TUE	WED	THU	FRI
3 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	4 *Helen's Zumba GOLD 9.30-10.30am *BRIDGE club 1-4pm	5 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	6 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11-12pm	7 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
10 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	11 *NO ZUMBA!!! *IT&JP 11-3pm *BRIDGE club 1-4pm	12 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	13 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11-12pm	14 *IT 10-11am *Tuesday on Friday Club 10-12pm @ Early Bird Cafe *BRIDGE club 1-4pm
17 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	18 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	19 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	20 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11-12pm	21 *WHALE watching 9-12pm *BRIDGE club 1-4pm
24 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	25 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	26 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	27 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11-12pm	28 *IT 10-11am *Lissy's Loushay Poetry Slam 12.30-2pm *BRIDGE club 1-4pm
31 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm				

MI Care Member Survey – CHSP Access on Magnetic Island

1. Have you been assessed by My Aged Care for CHSP (Commonwealth Home Support Program)?

☐ Yes
☐ No
☐ Not sure

2. If yes, what services were you approved for?

☐ Domestic assistance
☐ Transport
☐ Social support
☐ Meals
☐ Home maintenance
☐ Allied health
☐ Respite
☐ Other: _____

3. Have you been able to find a CHSP provider who services Magnetic Island?

☐ Yes
☐ No

4. If no, which providers have you contacted?

☐ ComLink
☐ BlueCare
☐ Anglicare
☐ Everglow
☐ NQ ATSI Aged & Disabled Care
☐ Other: _____

5. How long have you been waiting for CHSP services?

☐ Less than 1 month
☐ 1–3 months
☐ 3–6 months
☐ More than 6 months

6. Would you like MI Care to assist you with contacting My Aged Care?

☐ Yes
☐ No

Name: _____
Phone: _____