

JULY
26

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



MI Care
Magnetic Island Community Care

July



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 JULY NEWSLETTER

As we step into July, I'm reminded
once again of the strength and
spirit of our MI Care community.



FROM MY DESK - JULY REFLECTIONS

Even in the cooler months, our members and volunteers continue to bring warmth, energy, and connection to everything we do.

One of the highlights of the past month was our **Tuesday Club on a Friday excursion**. Members were picked up from home and taken on a relaxed outing to Cockle Bay, followed by coffee at Lava Lava, and even a stop at the Tip Shop where a few bargains were found.

The feedback was overwhelmingly positive – so much so that we've decided to make these outings a regular monthly activity. It's wonderful to see how much joy a simple morning out can bring, and we look forward to exploring more parts of the Island together.

We've also completed our transition to the **new telecommunications setup**. With the streamlined landline arrangement now in place – and the emergency mobile fully operational – we are already seeing meaningful savings. These changes improve our resilience and ensure MI Care remains reachable and reliable, especially during the storm season.

Another major focus this month is our **submission** to the **RACQ Resilient Energy Centre Program**. I'm currently preparing the application, and if successful, this grant would allow MI Care to operate fully off-grid during disasters.

Reliable solar, battery storage, and communications capability would transform our building into a true community refuge – a safe, powered, and connected space when the Island needs it most. This is an important opportunity for MI Care's future, and we are putting forward a strong case.

FROM MY DESK - JULY REFLECTIONS

Planning is also underway for our upcoming intergenerational visits with **Magnetic Island State School**. These visits haven't begun yet, but the groundwork is being laid, and there is a real sense of anticipation about bringing students and our members together. It's the kind of connection that enriches both generations.

The **Management Committee** continues to progress the proposal to donate our pool stairs and hoist to the school so this equipment can continue to serve the community rather than remain unused. It's another example of MI Care's commitment to supporting others on the Island.

As always, I want to acknowledge our **volunteers**. With only one employed staff member, MI Care relies on the generosity, time, and goodwill of people who show up simply because they care. Whether you're helping in the office, assisting with activities, driving members, or offering companionship, your contribution makes a real difference. Thank you for everything you do.

As we plan for the months ahead, we welcome your ideas. Are there outings you'd enjoy? Activities you'd like to see? Skills you'd like to share or learn? MI Care belongs to all of us, and your suggestions help shape what comes next.

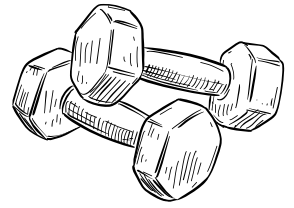
Stay warm, stay connected, and thank you for being part of this wonderful community.

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



OFFICE CLEAN OUT

Preparing the Space for Deb Jeacle – A Productive Clean-Out at MI Care



Over the past few weeks, MI Care has been busy transforming the old Support Workers Room into a fresh, functional space ready for its new purpose.

With Deb Jeacle set to rent the room for storing her exercise equipment while she continues her popular classes, it was the perfect time for a thorough clean-out and reset.

The room had gradually become a storage area for old technology and unused furniture, so the first step was sorting through everything. The team removed all the broken PCs and monitors, keeping only the two working computers.

These have now been relocated to the **Conference Room**, where they form the foundation of our new **Internet Café** – a project designed to give members easier access to technology, online services, and digital support.

To make the most of our resources, we listed the surplus desks, filing cabinets, and chairs on Facebook Marketplace. The response was excellent, and we were able to sell the items quickly, freeing up space while also bringing in a little extra income for MI Care.

With the room now cleared, cleaned, and organised, it is officially ready for Deb to move her equipment in. This rental arrangement not only supports Deb in continuing her valuable exercise programs for the community but also provides MI Care with a **steady source of income** from a space that was previously unused.

This project is a great example of how small, practical improvements can strengthen MI Care's operations while supporting the people who contribute so much to our community. We're pleased with the result and excited to see the room put to good use once again.

TUESDAY CLUB ON A FRIDAY

Our Tuesday Club on a Friday enjoyed a fantastic June Island Adventure, with a relaxed morning exploring some favourite local spots.

With the bus full and plenty of chatter on board, we set off for **Cockle Bay**, where everyone had time to **stretch their legs**, enjoy the sea breeze, and take in the beautiful views across the water.

This month was also a special milestone for **Volunteer Kath**, who completed her **maiden voyage as our bus driver**. She did a terrific job behind the wheel, with **Eliska keeping a close and supportive eye** as part of her driver induction. A special thanks also goes to **Jenny**, who volunteered on the day and helped ensure everything ran smoothly from start to finish. It was a wonderful team effort.



TUESDAY CLUB ON A FRIDAY

We had a morning tea at **Lava Lava**, the coffee was hot, the treats were delicious, and the conversations were even better. It was lovely to see members catching up, sharing stories, and welcoming a few new faces to the group.

No outing would be complete without a stop at the **Tip Shop**, where a few bargains were found and a few treasures discovered. There were plenty of laughs as members compared their finds and encouraged each other to “just get it – it’s only a dollar!” The feedback from the day has been overwhelmingly positive, and because June’s outing proved to be so popular, MI Care has now decided to hold **one “Island Adventure” every month**. These outings are a wonderful way to stay connected, explore the Island, and enjoy a relaxed morning with friends.

Bookings Now Essential

Because seats on the bus are limited, **members will need to book in advance** to secure a spot on each monthly Island Adventure. This helps us plan the day, ensure everyone is comfortable, and make sure no one misses out.

We look forward to another great adventure next month – and don’t forget to check the newsletter and noticeboard for photos from our June trip.



RSV Awareness: Staying Healthy This Winter

This **Respiratory Syncytial Virus (RSV)** Awareness, MI Care is helping our community stay informed, protected, and healthy through the cooler months. RSV is not new, but awareness is growing – especially as we learn more about how it affects older adults, infants, and people with chronic health conditions.

What is RSV?

RSV (Respiratory Syncytial Virus) is a **common respiratory virus** that spreads easily through coughing, sneezing, close contact, and touching contaminated surfaces.

Most people experience only mild, cold-like symptoms – but for some, RSV can lead to **serious chest infections**, breathing difficulties, or hospitalisation.

Mild RSV symptoms can include:

- Runny nose
- Cough
- Low-grade fever
- Nasal congestion

These symptoms often overlap with colds, flu, and COVID-19, which is why awareness and early care are so important.



Who Is Most at Risk?

While RSV can affect anyone, certain groups are more likely to develop severe illness.

Babies

Infants – especially those under 12 months – have smaller airways and can develop bronchiolitis or pneumonia more easily.

Pregnant Women

Vaccination during pregnancy helps protect both mother and newborn during the baby's most vulnerable early months.

Older Adults

Adults aged 75+ are at higher risk of complications, including pneumonia and hospitalisation.

(As noted in June's newsletter, the Arexvy® RSV vaccine is now free for all Australians aged 75 and over under the National Immunisation Program.)

People with Chronic Health Conditions

Those living with:

- Asthma
- Heart disease
- Lung disease
- Weakened immunity

...may experience more severe symptoms and slower recovery.

Staying Protected This Winter

Good hygiene, staying home when unwell, and keeping vaccinations up to date all help reduce the spread of RSV and other winter viruses. If you or someone you care for is in a higher-risk group, speak with your GP or pharmacist about the most appropriate protection this season.



VOLUNTEER SPOTLIGHT

Sharron – Hair by the Bay, Picnic Bay

This month we shine a light on someone whose generosity, energy, and community spirit helped make our **Super Fun Day Sausage Sizzle** such a standout success – **Sharron**, Owner and Operator of Hair by the Bay in Picnic Bay.

Her Story

Sharron is a qualified hairdresser with many years of experience, running her welcoming salon Hair by the Bay right here in Picnic Bay. She describes her work simply and proudly:

“I am a qualified hairdresser with lots of experience. Situated in Picnic Bay. Appointments are necessary. The salon is open Tuesday to Friday from 9.30am, and I work Saturdays for scheduled appointments only.” Her salon has become a familiar and trusted part of the island, known for friendly service, professional care, and a warm local touch.

What She Does at MI Care

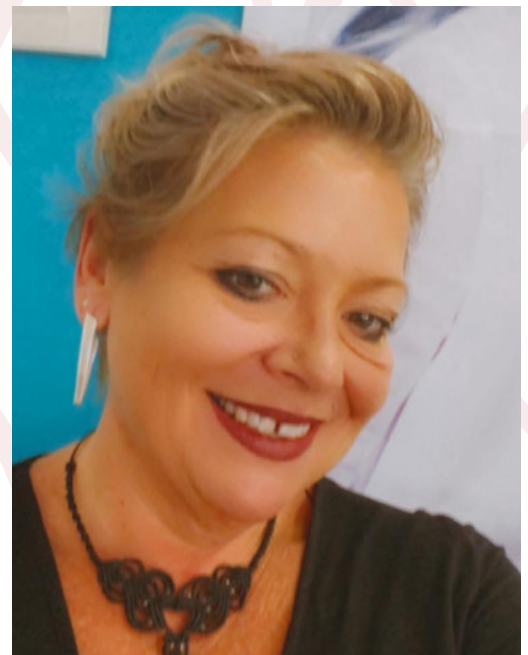
Behind the scenes of our Super Fun Day Sausage Sizzle, Sharron was the **mover and shaker** who pulled together an incredible range of prizes, donations, and support from across the community. She coordinated businesses, gathered contributions, and helped create the excitement that made the day such a success. Her efforts directly boosted our fundraising total and strengthened MI Care’s connection with local businesses.

Why She Volunteers

Sharron gives her time because she **believes in community** – in neighbours helping neighbours, and in keeping MI Care strong for everyone on the island. Her willingness to step up, organise, and contribute reflects the heart of what volunteerism looks like on Magnetic Island.

A Photo of Sharron

Thank you to Sharron for allowing us to share her photo – it’s wonderful for our members to see the face behind the kindness.



ELISKA - HOLIDAYS



Eliska's Well-Earned July Break: A Journey Home to Family

After an incredibly busy and productive first six months at MI Care, our Administrative Assistant, **Eliska Kylianova**, will be taking a well-deserved annual leave throughout July.

During this time, Eliska will be travelling back to the Czech Republic with her daughters to visit their grandparents for an eagerly anticipated family reunion after eight years apart—a reunion that promises to be full of love, laughter, and cherished memories.

This break is not only a chance for Eliska to reconnect with her roots, but also a moment to rest and recharge after what has been an intense and transformative period for MI Care. Eliska has worked tirelessly through the challenges left by the previous Management Committee and has been instrumental in helping steer the organisation through its renewal and growth. Her dedication, professionalism, and calm under pressure have been invaluable.

We are deeply grateful for everything Eliska has done — from managing the day-to-day operations to supporting volunteers and members with her trademark warmth and efficiency. She has been at the heart of MI Care's progress, and this time away is richly deserved.

We wish Eliska and her girls a wonderful trip home, filled with family, good food, and the joy of reconnecting with loved ones.

Enjoy every moment, Eliska — we'll miss you, but we look forward to welcoming you back in August, refreshed and ready for the next exciting chapter at MI Care.



Local artists dig deep

Three local artists use electron microscopes and dense linework to expose the raw, unseen reality of North Queensland habitats inside a new Gallery 48 exhibition.

A Scanning Electron Microscope reveals the internal architecture of Magnetic Island Casuarina tree. Across the water, ink and paint expose the hidden life scrambling beneath Townsville's tidal mangroves.

Three local artists are bringing these unseen habitats to the surface.

Karen Landt-Isley, Margaret Robertson and Lynn Scott-Cumming's new exhibition Kaleidoscope Habitat has opened at Gallery 48. The trio share a long history.

They hold visual arts degrees from James Cook University and they are now also devoted members of the Umbrella Studio Art Group and spend days each week working on their experimental prints.

They skip the standard postcard views to document the messy, vibrant reality of their environment.

Lynn Scott-Cumming knows the estuarine fringe.

She has lived in Townsville for over three decades and identifies deeply with the marine environment.

She builds her pieces through small drawings and unique state prints to capture the underside of local mangroves.

Her dense linework creates tunnel-like bowers of interlaced branches.

Lynn believes that the best way to garner support to protect the environment is by explaining its vital role in our lives.

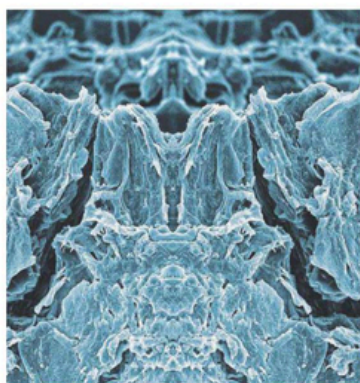
She does this through her visual art, multimedia art and literature. She believes nature is wonderful and awe inspiring and that the environment is as important as the people living in it; that failing to respect and care for it will lead to large scale catastrophe.

She argues that "the environment is as important as the people living in it" and uses her art to explain its vital role in our survival.

Magnetic Island-based Karen Landt-Isley takes a highly clinical route to her art.

Her background as a medical and scientific photographer introduced her to abstract images produced by the Scanning Electron Microscope. She used the machine to discover the internal structure of local trees, plants and mud crabs. She digitally flips these microscopic images to build repeating shapes and complex symmetries.

"I would like the visitors to stand still and take time to look and activate their imagination," Landt-Isley said. "I hope the visitors will feel a calmness and enjoyment by taking time to look and explore the artwork, knowing that the light blue will emotionally create a sense of tranquility."



Above: Karen Landt-Isley, Lynn Scott-Cumming and Margaret Robertson and their art

I WOULD LIKE THE VISITORS TO STAND STILL AND TAKE TIME TO LOOK AND ACTIVATE THEIR IMAGINATION

Karen says the longer people look, the more their imagination will reveal hidden faces and animals.

"As the artist, I am an observer of beautiful shapes and forms in the natural landscape and habitat on Magnetic Island. A characteristic of the Kaleidoscope is symmetry which is the dominant design element created in the composition of my artwork."

Margaret Robertson applies a similar focus on detail through experimental relief printing. She watches how natural elements shift over time and builds her pieces using colours coming through from behind.

Margaret focuses on how a simple pattern, shadow or form transforms to create its own story.

"I have learnt to see the beauty in almost everything and I like to capture this in my interpretation of what I see," she says.

"My work is an interpretation of what I see and feel at the time."

"I would like to invite the viewer to stop, observe and rediscover the hidden treasures often displayed in plain sight."

Kaleidoscope Habitat runs until July 31 at Gallery 48, Unit 2/48 The Strand. The launch opening will be held June 13 between 3pm and 6pm. Gallery 48 opens Wednesdays and Saturdays from midday to 5pm.

**Gallery 48, U2/48
The Strand.
Exhibition starts 5th
June and concludes
31st July.
The Gallery Hours
are
Wednesday and
Saturday, 12-5pm.
Everyone is
welcome to visit.**

HELP WITH GRANTS APPLICATION

Calling for Members With Grant Experience: Join Our New Grants Application Subcommittee

As MI Care continues to grow and strengthen its role as a vital community hub for Magnetic Island, we are now entering an exciting new phase – expanding our capacity to secure funding that will support programs, equipment, building improvements, and long-term sustainability.

To achieve this, we are establishing a Grants Application Subcommittee, and we are calling on members who have experience with State or Commonwealth Government grants to join us.

Why We Need You

Over the past six months, MI Care has made remarkable progress in rebuilding stability, improving governance, and re-energising community engagement. With this momentum comes the opportunity to pursue more funding – but the workload is significant, and the organisation will benefit greatly from shared expertise.

If you have experience in:

- Writing or assisting with grant applications
- Navigating government funding programs
- Preparing budgets or project plans
- Managing acquittals or compliance reporting
- Understanding community development or not-for-profit funding

...then your skills could make a meaningful difference to MI Care's future.



HELP WITH GRANTS APPLICATION

What the Subcommittee Will Do

The Grants Application Subcommittee will:

- Identify upcoming State and Commonwealth grant opportunities
- Assess eligibility and alignment with MI Care's priorities
- Help prepare high-quality applications
- Assist with budgets, project descriptions, and supporting documents
- Track deadlines, reporting requirements, and acquittals
- Provide recommendations to the Management Committee

This is a **practical, hands-on group** that will directly influence MI Care's ability to grow and thrive.

Why This Matters

Grant funding is essential for:

- Expanding programs and services
- Improving our building and facilities
- Supporting volunteers and community initiatives
- Ensuring MI Care remains strong, stable, and future-focused

By joining this subcommittee, you will be contributing to the long-term sustainability of an organisation that plays a vital role in the wellbeing of our island community.

How to Get Involved

If you have relevant experience – or even if you simply have strong writing, organisational, or project skills and would like to contribute – we would love to hear from you.

Please contact Phill Stephenson, President, to express your interest or to learn more about what the role involves.

Together, we can build a stronger, better-resourced MI Care for everyone on Magnetic Island.



MANAGEMENT COMMITTEE UPDATE

Management Committee Update – July 2026

The Management Committee met in June to review current activities, membership growth, and organisational updates.

Committee Changes

We are pleased to welcome **Suzy Gilmour** to the Management Committee. Suzy has also been elected as Secretary, following the Committee's acceptance of **Margaret Marty's resignation** from the role. We **thank Margaret for her dedicated service**. She is currently supporting Suzy through a smooth handover and will continue to assist MI Care by providing governance advice.

Membership Update

Membership continues to grow strongly. Following the Committee's review of 28 new applications in June, and with **Committee Member Simone Wall** conducting a focused membership drive in late June, MI Care's membership now stands at **250 members**.

Simone's outreach placed particular emphasis on **welcoming community members aged 40–50**, strengthening our engagement with the next generation of active participants.

Recent Activities

The Committee also received updates on:

- Sale of no longer need office desks, chairs & filing cabinets
- The Biggest Morning Tea success
- Progress on the sale of MI Care vehicles

These activities highlight the ongoing commitment of our volunteers, staff, and supporters.



DIGITAL SKILLS 2024-2028 GRANT

MI CARE APPLIES FOR BE CONNECTED DIGITAL SKILLS GRANT TO SUPPORT OLDER ISLANDERS



MI Care is pleased to share that we have submitted an application for the Building Digital Skills 2024–2028 Grant (Round 18)

It's a national program funded by the Australian Government and delivered through Good Things Australia. If successful, this funding will allow us to deliver a full year of free, face-to-face digital skills training for older residents on Magnetic Island.

The grant we have applied for is the \$5,200 Specialist Contract, designed specifically for communities like ours in Outer Regional (RA3) areas. This funding would support 37 people aged 50 and over to build confidence using smartphones, tablets, computers, and essential online services.

Digital skills are no longer optional. Many older Islanders tell us they struggle with everyday online tasks—accessing MyGov, booking medical appointments, avoiding scams, managing passwords, or simply feeling confident using their phone. This program would allow MI Care to offer structured one-on-one and small-group sessions using the national Be Connected learning platform, supported by trained volunteer digital mentors.

Sessions would be held at MI Care's community hub at 7 Apjohn Street, with a mix of weekly classes, drop-in help, and personalised support. Participants would receive guided learning, printed materials, and help completing the Be Connected Digital Skills Checkers to track their progress.

We expect to hear the outcome of the grant on 27 July 2026, with delivery scheduled to begin from 1 August 2026 if successful.

This initiative reflects MI Care's ongoing commitment to supporting older residents to stay connected, independent, and confident in an increasingly digital world. We look forward to keeping the community updated.

RED CROSS SERVICES

Supporting Older Islanders: Red Cross Services That Keep People Safe, Connected and Confident

MI Care has been contacted by **Linda Walk from the Australian Red Cross**, who is reaching out to local community organisations to help raise awareness of several important services designed to support older Australians.

These programs are especially valuable for people living alone, feeling isolated, recovering from illness, or experiencing challenges that place them at greater risk of falls or declining wellbeing.

The Red Cross has a long history of providing practical, compassionate support, and these programs are free or low-cost for eligible community members. By sharing this information, we can help ensure that older residents of Magnetic Island remain safe, connected, and supported.

Telecross – Daily Wellbeing Check-In

Telecross provides a **short, reassuring phone call** every morning, 365 days a year.

It is designed for older people who live alone or are at risk due to illness, frailty, or isolation.

If a call goes unanswered, Red Cross follows up to ensure the person is safe. This simple daily check-in can make a profound difference to someone's confidence and independence.

Telechat – Friendly Social Calls

Telechat offers a **regular 20-minute social chat** with a trained volunteer.

These calls help reduce loneliness, build connection, and create meaningful friendships over time.

For many older people, this becomes a highlight of their week – a chance to talk, laugh, and feel part of the community.

Home Visit Program – Companionship at Home

The Home Visit Program provides **in-person visits from trained Red Cross volunteers** who offer company, conversation, and social support.

This service is ideal for older people who may not get out often, who are recovering from illness, or who simply benefit from a friendly face and regular companionship.

Who Can Access These Services?

These programs are available to:

- **Older people aged 65+, or**
- **Aboriginal and Torres Strait Islander people aged 50+,**

who may be isolated, living alone, or needing extra support to stay safe and connected.

How MI Care Can Help

As a community-led organisation with a strong commitment to supporting older residents, MI Care is well-placed to help spread the word.

By sharing the Red Cross brochure on our Notice Board and program details in this Newsletter with our members, volunteers, and networks, we can help ensure that vulnerable or frail community members know support is available.

These services complement the work we already do at MI Care – together, we can strengthen the safety net that helps older islanders live confidently and independently.



**Australian
Red Cross**

HOME IS BEST-MORNING TEA

Home Is Best Joins Us for Tuesday Club – Friday 24 July

We're excited to share that Home Is Best will be visiting Magnetic Island later this month to join our Tuesday Club – which, as always, is happening on a Friday.

On Friday 24 July, the team from Home Is Best will be coming over for **Morning Tea at the MI Care Community Hub**, bringing along several of their Townsville staff as well as some of their clients. This will be a relaxed, friendly opportunity for our members to meet the people behind one of the region's most respected in-home support services.

What the Morning Tea Is All About

Home Is Best will be here to talk about the services they provide **on the ground here on Magnetic Island**, including:

- How their 24/7 support model works
- What types of assistance they offer to older residents
- How their team responds to after-hours needs
- What makes their approach different from other providers

But most importantly, they're coming to **have a genuine conversation** with our community.

Their staff and clients will be available for an informal chat, to share real experiences, and to answer any questions MI Care members may have – whether you're curious about changing providers, exploring options for the future, or simply wanting to understand what support is available on the island.

Why This Visit Matters

We know that navigating aged care and support services can feel overwhelming. Having the chance to speak directly with the people who deliver the service – and hearing from clients who use it every day – can make all the difference.

This Morning Tea is about **connection, clarity, and confidence**.

It's a chance for our members to gather information in a relaxed setting, with no pressure and no formality.

Event Details

Tuesday Club (on a Friday)

Friday 24 July

10:00 AM – MI Care Community Hub,

7 Apjohn Street, Horseshoe Bay

Morning Tea provided



Everyone is welcome – members, guests, and anyone interested in learning more about support options on Magnetic Island.

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: 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



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

BSB: 654000

**Account Number:
64124334**

MON	TUE	WED	THU	FRI
		1 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre	2 *Deb's STRENGTH 9&10am @ MI Care Centre	3 *Tuesday on Friday Club 10- 12pm @ MI Care Centre
6 *Helen's Aqua Aerobics at the School Pool NB 10-11am *Ken's ART 12.30-3pm @ MI Care Centre	7 *Helen's Zumba GOLD 9.30- 10.30am @ MI Care Centre	8 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11- 12pm @ MI Care Centre	9 *Deb's STRENGTH 9&10am @ MI Care Centre	10 *Tuesday on Friday Club 10- 12pm @ Nourish Horseshoe Bay
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