OCTOBER 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



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 OCTOBER NEWSLETTER

October has arrived with that familiar Magnetic Island blend of warmth, colour, and gentle momentum.

The early spring steadiness we felt throughout September has continued to grow, and MI Care is settling into a comfortable rhythm — one shaped by community, routine, and the small improvements that help our days run smoothly.

As we move further into the season, we're seeing the quiet but meaningful ways our members, volunteers, and staff contribute to the heart of MI Care. Whether it's a friendly chat at the Hub, a well-attended class, or a small upgrade that makes the Centre feel brighter and more welcoming, these everyday moments are what keep our community strong.

We're looking forward to another month of connection, activity, and shared purpose as we continue supporting the wellbeing of Magnetic Island residents.

FOLLOW US ON facebook

REGISTERED CHARITY
acnc.gov.au/charityregister

FROM MY DESK - OCTOBER REFLECTIONS

TThis month, I've been reminded just how much difference the "little things" make. A freshly serviced air-conditioner, a tidier garden entrance, a reorganised storage shelf — none of these changes are dramatic, yet together they create a space that feels calmer, brighter, and more welcoming. Our volunteers and staff continue to put quiet care into every corner of the Hub, and it truly shows.

Our activity programs are thriving. Helen's CIRCL Mobility sessions and Janine's Chair Yoga continue to grow, with members reporting better balance, easier movement, and a renewed sense of confidence. Deb's classes remain a favourite, bringing energy, connection, and a sense of routine to the Centre each week. With the introduction of our new 10-Pass Card, attending classes has become even simpler — a small change that removes stress and supports consistency.

Behind the scenes, our CHSP advocacy continues. The Commonwealth Government's extension of CHSP to 2029 has strengthened our case, and we are preparing the next round of communication with the Department of Health. The evidence from our community, combined with recent government announcements, gives us a clearer foundation to argue for immediate action for our unserved clients. It's slow work, but important work — and we remain committed to seeing it through.

The Internet Café has also continued its strong start. Members are returning with growing confidence, tackling tasks that once felt overwhelming. Whether it's MyGov access, JP services, or simply learning a new phone feature, the Café is becoming a place where people feel supported, capable, and connected.

October reminds me that progress doesn't always arrive with fanfare. Sometimes it comes through steady attendance at a class, a member learning a new digital skill, a volunteer quietly fixing a light fitting, or a community survey that strengthens our advocacy. These small steps accumulate, and together they move MI Care forward.

Thank you to everyone who continues to show up, lend a hand, share a story, or simply sit at a table and enjoy a chat. MI Care is built on these everyday moments, and I'm grateful for each one.

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

P. Stephenson



PHILL'S NOT-SO-EXOTIC TRIP

A Monday Morning Misstep

While most people dream of taking a trip to far-off, exotic places, Phill managed to take a very different kind of trip in late September — one that involved no suitcase, no sunshine, and certainly no holiday.

Instead, it involved the mailbox.

On a Monday morning, Phill walked out to check his mail, his attention fixed on the envelopes in his hand rather than the footpath beneath him. In that split second of distraction, he caught his foot on a raised section of cement and took an unexpected tumble that left him with a painful, swollen ankle.

The sprain was bad enough to keep him away from MI Care for ten days — a rare stretch of time away from the Centre for someone who is usually in constant motion.

Thankfully, MI Care was able to help in a very practical way. Phill borrowed one of our wheelie walkers, giving him the stability he needed to get around safely while the ankle healed. It wasn't glamorous, but it was exactly what he needed.

The whole experience reminded Phill of the old saying: "Be careful what you wish for."
And in true Phill humour, he added — "Fortunately, I didn't wish for a break!"

Now back on his feet (and keeping a closer eye on the footpath), Phill has returned to MI Care with his usual energy — and a renewed appreciation for sturdy walkers, careful steps, and the kindness of community.



10-PASS CARD FOR ACTIVITY CLASSES

MI Care is excited to launch our brand-new 10-Pass Card, now available directly from Eliska at Reception.

This handy little card is designed to make attending our activity classes simpler, easier, and completely cash-free. Instead of remembering to bring money each time, you just bring your card. Each class you attend is marked off, and you can enjoy 10 sessions for $100 without any fuss.

The 10-Pass Card can be used for all classes run by:

- Deb Jeacle
- Helen Taylor at the MI Care Centre
- Janine Bandera

Whether you're joining us for strength, stretch, movement, or mindfulness, the 10-Pass Card keeps everything streamlined and convenient.

Pop in and see Eliska to pick yours up and start enjoying your classes the easy way.





mi Ride

MAGNETIC ISLAND PHOTOGRAPHY SHOWCASE

Submissions open: 8th August - 6th September

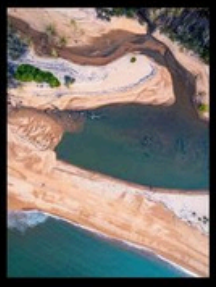
Showcase location: Tamarind Events, Arcadia, 3rd - 6th October 2026

A photography competition and exhibition open to all skill levels. The only requirement is that the photos have been taken on Magnetic Island or the surrounding waters.

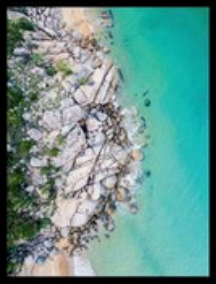
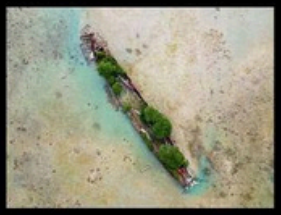
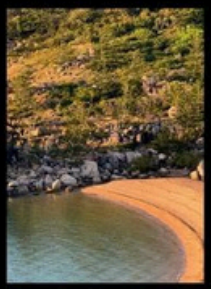











Sat-Sun 9am-4pm

Mon-Tues 9am-2pm

TAMARIND EVENTS

Magnetic Island Community Development Association

MAGNETIC ISLAND FERRIES · TOWN ISLAND COURIERS 0457 622 551 · Magnetic Island Nature Care Association Inc. · EXCAVATIONS & TREE SERVICES · Black White PHOTOGRAPHICS · The Old Island Nursery Magnetic Island · MAGNETIC ISLAND TOURS · MAGGIE ISLAND BREWERY · LAVA LAVA · PILGRIM MAGNETIC ISLAND · Magnetic Island · aquascene MAGNETIC ISLAND

Scan the QR code for more information about the Showcase

www.miphotocommunity.org

MI Care Is Exploring a New Partnership to Secure Our Future

MI Care is taking an important step toward strengthening our long-term sustainability and expanding the services we provide to the Magnetic Island community.

Since our last formal Management Committee meeting in August, the Committee has continued working between meetings to progress key governance matters.

Through the use of **Flying Minutes**, the Management Committee has now given in-principle approval for MI Care to begin exploring a subcontracting partnership with Trilogy Care Foundation, a nationally recognised aged-care provider.

This approval does not mean MI Care has entered into a partnership. It simply allows us to begin a structured due-diligence process to determine whether Trilogy is the right fit for MI Care's future.

Why Trilogy Care Foundation?

Trilogy is one of the few organisations in Australia able to offer dual-stream aged-care funding to community organisations like ours.

If MI Care proceeds, this model would allow us to receive:

- **CHSP-style payments** for group activities, outings, and centre-based programs
- **Support at Home payments** for social support, transport, and wellbeing activities

Together, these streams create a sustainable and reliable income base that would support MI Care's long-term future without requiring us to become a registered aged-care provider.

What would change — and what would stay the same

If MI Care eventually enters into a subcontracting arrangement:

- Trilogy would act as the **provider-of-record, managing compliance, insurance, billing, and government reporting**
- MI Care would **continue delivering all community programs, transport, activities, and social connection**
- Our volunteers and our full-time admin assistant, **Eliska** Kylianova, would r**emain central to daily operations**
- MI Care would **retain its independence, identity, and community focus**

This model allows MI Care to grow while avoiding the heavy burden of provider registration.

Next steps

Over the coming weeks, MI Care will:

1. Receive Trilogy's full subcontracting documentation

2. Provide all documents to our solicitor, Cameron Turnbull, for independent legal review

3. Present the legal advice and a final recommendation at the October Management Committee meeting

No agreement will be signed, and no services will commence, until the Committee has reviewed the legal advice and made a formal decision.

Keeping our members informed

We want our members to hear this news directly from us. MI Care remains committed to transparency, strong governance, and protecting our independence. As this process continues, we will keep you updated and ensure you have clear information before any final decision is made.

This exploration is about securing MI Care's future, strengthening our financial base, and ensuring we can continue supporting the Magnetic Island community for many years to come.

Introducing Our New Monthly "Luncheon Function" – Starting This November

MI Care is excited to announce a brand-new event beginning this November: our Monthly Luncheon Function.

This will be a **wonderful chance** for members to come together, enjoy a **tasty lunch, share stories, and simply spend time with friends** in a relaxed, welcoming setting.
Each month, the Luncheon Function will feature a special theme that sets the tone for both the food and the dress.

We want these gatherings to **feel fun, creative, and full of personality**—something our members can look forward to as a highlight of the month.

For example, an **Italian-themed luncheon** might invite everyone to dress as a **mafioso**, complete with **hats, scarves, or a touch of playful flair.** And of course, the menu would match the mood. I'll be serving my **famous lasagne,** rich, hearty, and guaranteed to be a crowd-pleaser.

Future themes might include **Mediterranean, Tropical Island, Country Picnic, or even a Retro 1950s diner day**—the possibilities are endless, and each one will bring its own charm.

The Luncheon Function is all about **connection, laughter, and good food** shared in good company.
Whether you love dressing up, trying new dishes, or simply enjoying a friendly afternoon out, this monthly event will offer something special for everyone.

We can't wait to **welcome you** to our very first themed l**uncheon in November.** Keep an eye out for the theme announcement—it's going to be a delicious start to a **new MI Care tradition.**



COOKING UP COMFORT

Cooking Up Comfort – October Treats Fresh From the MI Care Kitchen

Over the past few months, our MI Care kitchen has become one of the happiest corners of the community.

After sharing the joy of homemade goodies in our August and September Newsletters, October has continued the delicious momentum. I've really been enjoying cooking for our members—there's something special about creating simple, comforting food that brings people together and brightens their day.





This week has been a busy one, with trays, tins, and mixing bowls working overtime. A **boiled fruit cake** topped with **smooth vanilla frosting** was the first to come out of the oven, filling the kitchen with that nostalgic, warm spice aroma everyone loves. Alongside it, batches of apple cinnamon muffins and banana muffins made their way to morning tea—soft, fragrant, and perfect with a cuppa.

And of course, some favourites simply must return by popular demand. Our members asked, so I happily delivered: **Anzac Biscuit Slice** with their golden crunch, and **Caramel Slice**, that irresistible classic that disappears almost instantly once it hits the table.

Looking ahead, I'm excited to keep the baking rolling. October will see two new additions: a **Banana Cake** and a **Carrot Cake** with cream cheese frosting. Both are wholesome, comforting classics, and I can't wait to share them with everyone.





There's something lovely about watching members enjoy a slice, chat with friends, and savour a moment of calm in their day.

Cooking for MI Care has become one of the highlights of my week. It's more than recipes—it's connection, care, and community served on a plate.

I'm looking forward to many more goodies as we head toward the end of the year.

RECIPE

Cooking Up Comfort – October Treats Fresh From the MI Care Kitchen

Over the past few months, our MI Care kitchen has become one of the happiest corners of the community.

Mum's CWA Four-ingredient Fruitcake

This is the exact recipe as in the Silve Jubilee Country Women's Association (CWA) Cook Book.

Ingredients

- 1 kg dried mixed fruit
- 3 cups freshly brewed black tea (hot, then cooled; used for soaking)
- 2 cups self-raising flour
- 1 tsp allspice

Method

1. Soak the fruit

- Place 1 kg mixed dried fruit in a large bowl.
- Pour over 3 cups of freshly brewed black tea.
- Cover and soak overnight (up to 24 hours) until the fruit is plump.
- This step is essential — it creates the cake's moisture and dense texture.

2. Prepare the batter

- Add 1 tsp allspice to the soaked fruit.
- Add 2 cups self-raising flour.
- Mix gently until just combined.
- The mixture should look like lots of fruit lightly coated in thick batter.

3. Bake

- Preheat oven to 180˚C.
- Line a 20 cm cake tin with baking paper.
- Spoon in the mixture and smooth the top.
- Bake for 1.5 hours, at 1 hour mark test with a skewer, it will probably need the extra 30 minutes
- Cool completely in the tin before slicing.

4. Storage

- Store in an airtight container.
- The cake keeps very well due to the high fruit content.





A BLAST FROM THE PAST

A Blast from the Past – Celebrating Our Story
This month, we're excited to introduce a brand-new section of the MI Care Newsletter: A Blast from the Past. Magnetic Island Community Care Association Inc. has a rich and heartfelt history, built by dedicated volunteers, generous donors, and a community that has always looked after its own.

Accolades for quiet achiever

Debbie Denison

Co-Ordinator of Magnetic Island Community Care Mrs. Brenda McCowan was recently nominated for the "Pride of Australia Medal 2006" by the committee of MICC. The pride of Australia medal is organised by Queensland Newspapers publishers of The Courier Mail and The Sunday Mail. Brenda's nomination is under the category "Community Spirit - For an Australian or group of Australians whose selfless, tireless and largely unacknowledged actions have enriched or improved the quality of life for a local community".

Last week Brenda received a letter acknowledging she had been placed in the final 3 nominees throughout the whole of Queensland in the category 'Community Spirit'. Brenda is to be flown to Brisbane to attend a luncheon on Friday 28th July where the winner will be announced. Brenda who has been co-ordinator for MICC for the past 8 years and has seen the growth of MICC from humble beginnings of running the organisation from the spare bedroom in her home to now having 5 paid staff and over 70 clients. MICC has some 35 volunteers and supports Meals on Wheels, Tuesday Club, vehicle drivers, office workers, volunteer line dancing teacher, volunteer computer teacher, volunteer cooking class teacher and bingo as activities for the aged.

Brenda told the Community News "This nomination is for all of the people who help make MICC run, without the workers and the volunteers and the generosity of island businesses we would not be able to assist with the care of the aged and infirm. My whole family have been wonderful in supporting MICC and especially my son Jeremy who will accompany me as my guest to the luncheon because of the enormous amount of support work he provides."



Co-Ordinator of Magnetic Island Community Care Mrs. Brenda McCowan.

Brenda who has always shun away from limelight has also been nominated for the Disability Action Week Awards held by the Townsville City Council and the winner will be announced this Wednesday 19th July at a function at the Museum of Tropical Queensland.

The Community News cannot think of any person who would be more deserving to win both these awards than Brenda who has enriched the lives of so many over the past eight years and to her team we as a community can only say 'Thank you so much'.

The icing on the cake would be for Magnetic Island Community Care to have there own purpose built respite centre, lets hope that both Federal and State Governments view it the same way!

Magnetic Community News
18th July 2006

Over the years, countless moments, milestones, and memories have shaped who we are today.
In this new section, we'll be diving into the archives to rediscover old articles, early newsletters, treasured photographs, and stories from days gone by. Some will make you smile, some will surprise you, and others will remind us just how far MI Care has come since those early days in the late 1990s and early 2000s—when locals quietly donated time, money, and resources to help get the organisation off the ground.
Each month, we'll shine a light on a different piece of our past, honouring the people and events that helped build the strong, community-driven MI Care we know today.
It's a chance to celebrate our roots, remember our achievements, and keep the spirit of our founders alive. We hope you enjoy this journey through time as much as we enjoy uncovering it.

BIG BUS UPDATE

MI Care's large community bus — well known for its rear-mounted hydraulic wheelchair lift and spacious interior — has recently undergone a series of important mechanical and safety upgrades as part of its preparation for sale.

These improvements ensure the vehicle remains reliable, accessible, and ready for continued service with its next owner.

Over the past month, the bus received a **brand-new starter motor,** replacing the ageing unit that had begun to show signs of failure. To support the electrical system and improve overall dependability, technicians also installed **two new heavy-duty batteries.**

These upgrades significantly enhance the bus's starting performance and ensure consistent power delivery for both the vehicle and its accessibility equipment.

During the inspection process, mechanics identified a hydraulic fluid leak near the door which helps the wheelchair-lift system located at the rear of the bus.

Because the lift is a critical accessibility feature, MI Care has arranged for the vehicle to be transported to **NBJ's**, where the **hydraulic unit** will undergo a full assessment and **repair.** Addressing this issue now ensures the lift remains safe, stable, and fully operational for future users.

Once the hydraulic repairs are complete, the bus will move on to the next stage of its preparation: a **full professional detail**, including interior cleaning, exterior polishing, and presentation work to bring it to a high standard. This final step will ensure the vehicle is clean, well-maintained, and visually appealing for prospective buyers.

With its mechanical upgrades, accessibility repairs, and finishing touches completed, the MI Care bus will **soon be offered for sale** on the island. Equipped with a rear **hydraulic wheelchair lift** and designed for comfortable group transport, it represents a valuable opportunity for a community organisation, transport provider, or private buyer seeking a reliable and accessible vehicle.

MI Care is committed to ensuring the bus is handed over in excellent condition, reflecting both the organisation's standards and the important role the vehicle has played in supporting community development mobility.



SPRING INTO WELLNESS

Spring Into Wellness – Simple Ways to Feel Your Best This October

October is the perfect time to refresh your health routines and embrace the energy of spring.

As the weather warms up and the days grow longer, it's easier to get moving, eat lighter, and enjoy the outdoors—all of which help boost both body and mind.

Move a Little More

You don't need a gym to feel great. A gentle walk to the shops, a stretch session before breakfast, or joining one of MI Care's exercise classes can make a big difference. Regular movement helps keep joints flexible, improves balance, and lifts your mood.

Eat Fresh, Eat Colourful

Spring brings an abundance of fresh produce—think crisp salads, juicy fruits, and vibrant vegetables. Try adding a splash of colour to every meal. Foods rich in natural colour are packed with vitamins and antioxidants that support your immune system and energy levels.

Stay Hydrated

With warmer days ahead, it's easy to forget how much water our bodies need. Keep a bottle handy and sip throughout the day. Herbal teas and fruit-infused water are great options if you want a little flavour.

Enjoy the Sunshine (Safely)

A few minutes of morning sun helps your body produce vitamin D, which supports bone health and mood. Just remember your hat, sunscreen, and sunglasses—especially during midday hours.

Connect and Share

Wellbeing isn't just physical—it's social too. Catching up with friends, joining group activities, or simply sharing a laugh can do wonders for your mental health.

Our upcoming Luncheon Function is a perfect opportunity to combine good food with good company.

This October, let's celebrate wellness in all its forms—movement, nourishment, sunshine, and connection. Small daily habits add up to a big difference, helping us all feel stronger, happier, and ready for the busy months ahead.



GROWING GREEN

Growing Green – Herbs in Our Possum-Proof Greenhouse

This October, MI Care is excited to share a fresh new project that's taking root—our very own possum-proof greenhouse.

This transformation began with Kate Kears, who rolled up her sleeves and tackled the tough job of weeding out and destroying the onion weed and other pests that had taken over the space.

Once cleared, Kate covered the soil with layers of cardboard to stop any regrowth and give us a clean foundation to build upon. Her early work set the stage for everything that followed.

From there, Mandi stepped in, removing all the dead climbers and installing shade cloth over the top, giving our plants the protection they need from both the sun and our curious local wildlife. With the structure refreshed and secured, the greenhouse is finally ready for its next chapter.

Our next step will be to remove the weed-riddled soil, leaving behind the solid wooden bench base. This will be topped with pots and trays filled with good quality potting mix, creating a clean, healthy environment for our new garden to thrive.

With the space prepared, I'll be bringing in planter boxes and potting mix to start filling the greenhouse with vibrant herbs and vegetables.

Our first plantings will include basil, coriander, chives, parsley, dill, mint, rocket, and cherry tomatoes—all favourites that are easy to grow, full of flavour, and perfect for adding a fresh touch to our cooking.

These herbs were chosen because they're reliable, fast-growing, and ideal for our warm spring weather.

Many of them will be used in the MI Care kitchen, adding home-grown goodness to lunches, morning teas, and special events.

The greenhouse will not only provide us with a steady supply of home-grown produce but also create a welcoming space where members can enjoy gardening together. It's a chance to connect, learn, and share the satisfaction of watching something grow from seed to plate.

We look forward to seeing this project flourish and to tasting the results in our meals and community events. Keep an eye out for updates as our greenhouse fills with greenery and becomes another proud part of MI Care's story.



WHEELBARROW

MI Care Seeking a Spare Wheelbarrow for Our New Shade House Project

MI Care is building a small community shade house to help us grow herbs, seedlings, and potted plants for future fundraisers — and we're reaching out to our wonderful members to see if anyone has a spare wheelbarrow they no longer use.

A sturdy wheelbarrow will make a huge difference as our volunteers begin preparing the site, moving soil, potting mix, gravel, and equipment. It's one of those simple tools that helps everything run smoothly, safely, and efficiently.

Many people have an old wheelbarrow tucked away behind the shed or sitting unused in the garden. If yours is still in good working order and you're happy to pass it on, MI Care would be most grateful.

Your donation will directly support our volunteers and help us bring this little shade house project to life.

How Your Wheelbarrow Will Be Used

- Moving soil and compost for garden beds
- Transporting pots, trays, and materials
- Helping volunteers safely shift heavier items
- Supporting ongoing maintenance of the shade house

Every donated item helps MI Care continue providing practical, hands-on support to our community — and this wheelbarrow will be put to very good use.

If You Can Help

Please contact MI Care on 07 4758 1506 or speak with one of our volunteers at the Hub. We can also arrange collection if needed.

Thank you for supporting MI Care's growing garden projects and helping us build something useful for the whole community.





SPRING ON MAGGIE

Spring Has Sprung on Maggie
And nothing proves it more than the sea of yellow across Curlew Flats

There are plenty of ways to tell that spring has arrived on Magnetic Island — the warmer mornings, the first butterflies drifting through the gardens, the soft shift in the breeze. But ask any long-time local, and they'll tell you the real sign is unmistakable: **the Kapok Bush bursting into brilliant yellow bloom across Curlew Flats on Horseshoe Hill.**
Every year, usually right on cue, the dry hillsides transform almost overnight. What was brown and quiet suddenly becomes a glowing carpet of gold.
The Kapok flowers — bright, bold, and impossible to miss — scatter the slopes like confetti, turning Curlew Flats into one of the island's most spectacular natural displays.

A Local Marker of the Season
For decades, Magnetic Island residents have used the kapok bloom as a reliable seasonal marker.
When those yellow flowers appear, spring isn't just coming — it's here. The pods follow soon after, splitting open to release soft, silky fibres that float on the breeze, drifting across Horseshoe Hill like tiny parachutes.

A Landscape Reborn
The contrast is part of the magic. The Kapok Bush thrives in our dry, rocky terrain, and its flowers bring colour exactly where you least expect it.
From the road below, the hillside looks as though someone has painted it with a giant brush dipped in sunshine.
Walkers on the tracks above Curlew Flats often pause just to take it in — the sweep of yellow against the blue sky, the scent of warm earth, and the feeling that the island is waking up again after its winter rest.

A Moment Worth Sharing
For MI Care members, volunteers and neighbours, it's a reminder to slow down and enjoy the small seasonal wonders that make our island home so special.
Whether you're driving past Horseshoe Hill, heading out for a morning walk, or simply looking toward the ridge from your veranda, the kapok bloom is a gift — brief, beautiful, and uniquely Maggie.



TOWN TRIP

We are looking into planning a Townsville Day Trip – Expressions of Interest Now Open

MI Care is exploring the idea of running a relaxed community day trip to Townsville, in our Mini Bus, giving members a chance to enjoy a convenient outing on the mainland without the hassle of ferry schedules or arranging separate transport.

This would be a comfortable group trip using our MI Care bus, with 10 seats available.

The proposed plan is simple, social, and practical — perfect for anyone wanting a day out or needing to pick up a few things in Townsville.

I am currently in negotiations with the new owners of Fantasea to secure a discounted return trip for our mini bus. If successful, this will make future mainland outings even more affordable and accessible for the community.

Updates will be provided as soon as discussions progress.

Proposed Itinerary

- Aldi (near the Willows): Time for groceries, essentials, or bargain hunting.
- The Willows Shopping Town: A chance to browse the shops, run errands, or enjoy the atmosphere.
- Lunch: A relaxed meal together at Willow, with plenty of options for all tastes.
- Dan Murphy's: A quick stop for anyone needing to pick up supplies.
- Return Home: Comfortable afternoon trip back to Magnetic Island.

Why This Trip Is Being Considered

Many community members have mentioned how helpful it would be to have a coordinated transport day to Townsville. This outing would provide:

- Easy access to shopping and services
- A social day out with familiar faces
- A stress-free travel option for those who prefer not to navigate the mainland alone

Next Steps

This trip is currently in the planning stage only.

Once we confirm the cost, interest and finalise are date, MI Care will open bookings.

With only 10 seats available, early responses will help us determine demand and organise the schedule.

If you think you'd enjoy this outing, please keep an eye on upcoming announcements in newsletters, social media and on our noticeboard.



BRAIN HEALTH

Maintaining the Brain as We Age

How smart nutrition and simple daily habits help keep our minds sharp

As we grow older, supporting our brain health becomes just as important as looking after our heart, bones, and mobility. New research from 2024 has strengthened the link between good nutrition and slower brain ageing, showing that certain foods and nutrients appear to protect memory, thinking speed, and overall cognitive resilience.

Omega-3s: The Anti-Inflammatory Protectors

Older adults with higher intakes of omega-3 fatty acids — EPA, DHA and ALA — showed signs of healthier, "younger" brains. These fats help reduce inflammation and support the structure of brain cells.

Great sources include salmon, sardines, trout, flaxseed, hempseed, walnuts and soy-based foods.

Carotenoids: Antioxidants for Eyes and Mind

Carotenoids such as lutein and zeaxanthin concentrate in the brain and eyes, helping to counter oxidative stress — a key driver of ageing. Higher carotenoid intake has been associated with better cognitive performance.

Add colour to your plate with spinach, kale, broccoli, pumpkin, carrots, watermelon and mango.

Vitamin E and Choline: Cellular Support Crew

Vitamin E is a powerful antioxidant linked to better long-term cognitive health. Nuts, seeds, leafy greens and vegetable oils are reliable sources.

Choline plays a vital role in brain cell signalling and neurotransmitter production. Eggs, liver, chicken, red meat, peas, cauliflower and milk all contribute meaningful amounts.

Polyphenols: Nourishing the Gut–Brain Connection

Polyphenols encourage beneficial gut bacteria to produce short-chain fatty acids, which support brain function. A long-term study following 1,239 older adults found those with the highest polyphenol intake had a 50% lower risk of dementia compared with those consuming the least.

Boost your polyphenols with cocoa powder, ground flaxseed, artichoke, blueberries, herbs and spices.

Lifestyle Synergy: The Daily Habits That Matter

Nutrition is only part of the picture. Protecting eight hours of good-quality sleep and aiming for 30 minutes of movement each day — even a simple walk — helps maintain cognitive health and emotional wellbeing.

Additional Nutrients of Interest

- Potassium: bananas, avocado, leafy greens, fish, legumes
- Calcium: dairy, fortified alternatives, soy, leafy greens, legumes, canned fish with bones
- Magnesium: leafy greens, legumes, whole grains, nuts

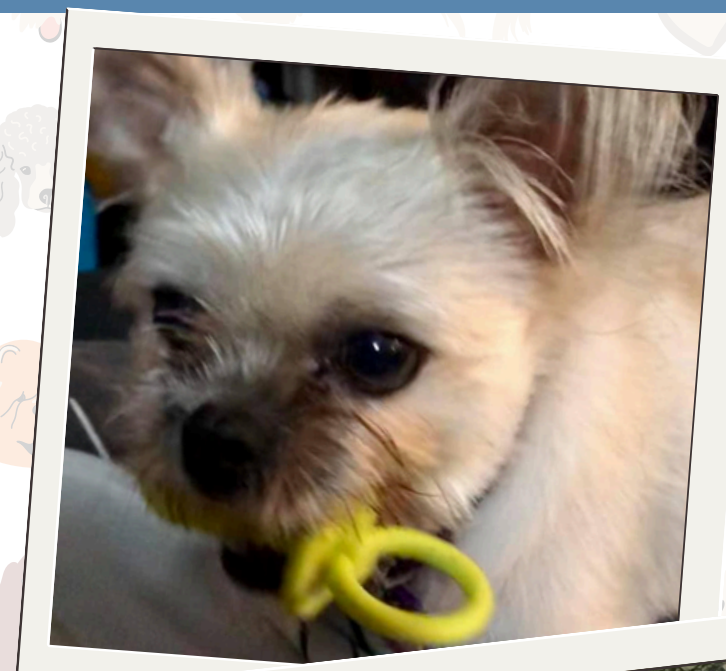


A Simple Message for Our Community

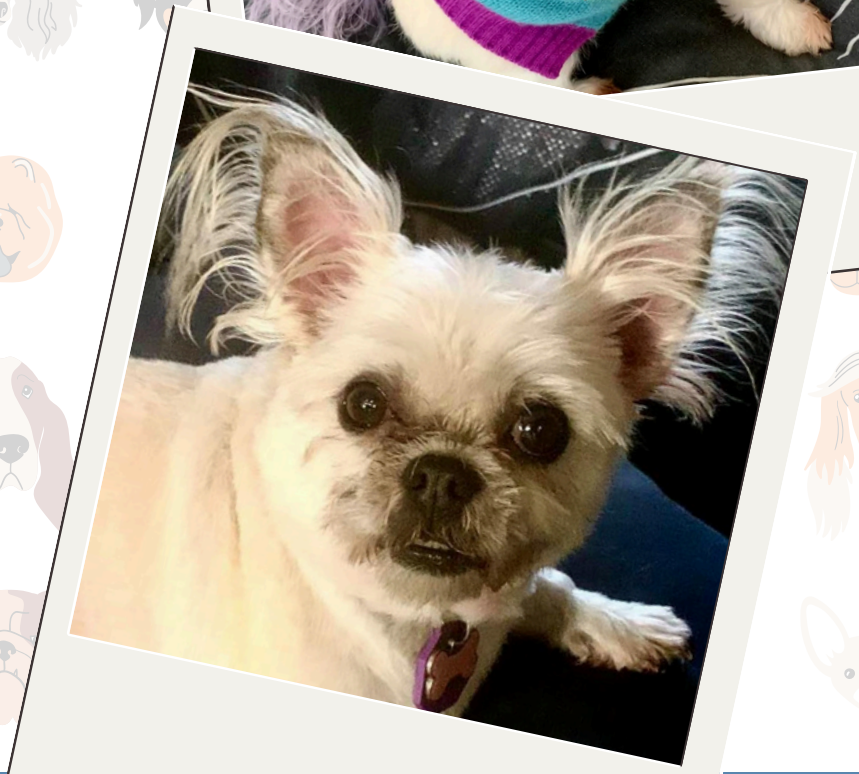
Small, everyday choices — a handful of nuts, a colourful salad, a walk after breakfast, a good night's sleep — can make a meaningful difference to how our brains age. October is a great month to start building these habits, and MI Care is here to support every step.

PETS CORNER

🐾 Pets Corner — A New Monthly MI Care Feature
We're excited to introduce a warm and joyful new addition to the MI Care Newsletter — Pets Corner. Each month, we'll feature one of the beloved pets from our MI Care community. Our members often tell us how much comfort, companionship, and laughter their animals bring into their lives, so this column is a way to celebrate those wonderful furry (and feathery!) friends.
If you'd like your pet to be featured in an upcoming issue, it's easy to take part. Just email Eliska at info@micare.org.au with a photo of your pet and answers to these four simple questions:
1. What type of pet do you have
2. What's their name
3. How long you've had them
4. A funny or memorable incident involving them
We look forward to sharing the pets who brighten your days and make our community feel even more connected.







This Month's Featured Pet: Audrey Stephenson

Our very first Pets Corner story begins with a very special little girl — Audrey
Audrey is a delightful little dog (a PomerShug) with a unique heritage: her mum is a Pomeranian, and her dad is a Shih Tzu/Pug cross.

When she was a tiny puppy she was almost completely dark in colour, and her elegant little face reminded Phill of the timeless actress Audrey Hepburn, which is how she received her beautiful name.

Phill has had Audrey since she was just six weeks old. Born on 11 April 2017, she is now 9 years and 6 months old, and she has grown into a gentle, affectionate companion with a big personality and an even bigger heart.

One of Audrey's funniest early moments happened at Puppy Preschool. While most tiny puppies tend to stick together, Audrey had other ideas — she preferred the company of the big puppies.

She especially loved playing with the pig-dog pups and one enormous German Shepherd puppy.

Audrey kept pestering him to play, bouncing around him with endless enthusiasm. Eventually, the gentle giant had enough and calmly placed his huge paw right on top of her head, pushing her flat onto the ground. Phill laughed and laughed, and Audrey finally got the message.

Audrey continues to brighten every day with her expressive ears, her colourful outfits, and her loving nature. She is the perfect way to begin our new Pets Corner column — a celebration of the animals who bring joy, companionship, and laughter into our lives.





CHAIR YOGA

Chair Yoga with Janine Bandera – Spring Strength, Calm & Connection

As spring settles gently over Magnetic Island, one of the brightest success stories at the MI Care Community Hub continues to be Chair Yoga with Janine Bandera.

What began as a quiet addition to our weekly movement program has quickly grown into one of our most valued and well-attended classes, offering members a safe, calming and highly accessible way to improve mobility, balance and everyday comfort.

A Class Designed for Every Body

Chair Yoga is built on a simple idea: movement should be achievable, enjoyable, and adaptable for all ages and abilities. Janine's sessions combine gentle stretching, mindful breathing, supported poses and slow, flowing movements — all performed either seated or using the chair for stability.

Members describe the class as:

- "Surprisingly effective, even though it's gentle."
- "Perfect for days when I'm tired but still want to move."
- "I feel looser and more balanced afterwards."

For many, Chair Yoga has become a weekly anchor — a moment to reset, breathe, and reconnect with their bodies in a supportive environment.

Janine's Calm, Confident Teaching Style

Janine brings a wealth of experience to MI Care, along with the calm confidence that made her a trusted fill-in instructor for Meredith Starck over the years. Her teaching style is warm, clear and reassuring, making newcomers feel instantly comfortable.

She guides each movement slowly, offering variations for those with arthritis, reduced mobility, chronic pain or balance concerns. Members appreciate her ability to make the class feel both gentle and effective — a rare combination that keeps people returning week after week.

Benefits Members Are Noticing

After several months of classes, participants are reporting meaningful improvements:

- **Reduced stiffness** in hips, shoulders and lower back
- **Better posture** and easier breathing
- **Improved balance** and confidence when walking
- **Less joint discomfort**
- A **calmer nervous system** and lower stress levels
- **Smoother movement** throughout the day



These small but powerful changes are helping members feel more comfortable, more capable, and more connected to their bodies as the warmer months approach.

CHAIR YOGA

A Perfect Pairing with Other MI Care Programs
Chair Yoga has become a popular complement to our other movement classes, especially Gentle Exercise, Strength & Stretch, and CIRCL Mobility. Members often attend Chair Yoga as a cool-down after more active sessions, or as a standalone class when they want something light, supportive and restorative.

Come Give It a Try
If you've been thinking about joining a movement class but feel unsure where to start, Chair Yoga is the perfect entry point.

- **No experience needed**
- Movements are slow, safe and adaptable
- **Chairs are provided** for support
- You can **work** entirely at your **own pace**
- The atmosphere is **friendly, calm and welcoming**

Spring is the ideal time to give your body a gentle reset — and Janine's Chair Yoga offers exactly that.

Thursdays at 11:00am
$10 for members | $15 for non-members
MI Care Community Hub, 7 Apjohn St, Horseshoe Bay

A small step, a gentle stretch, and a calmer week ahead.



LINE DANCING

Expression of Interest: Monday Morning Line Dancing at MI Care

MI Care is exploring a brand-new weekly activity for our community – Line Dancing Classes every Monday morning from 9.30am to 10.30am – and we're seeking expressions of interest from members and locals who would love to take part.

We're thrilled to share that these sessions would be led by a **highly experienced instructor** who founded the popular Port Douglas Line Dancing Group back in 2018. With years of teaching, a warm and encouraging style, and a passion for making movement fun, she brings a wealth of knowledge and community spirit to every class.

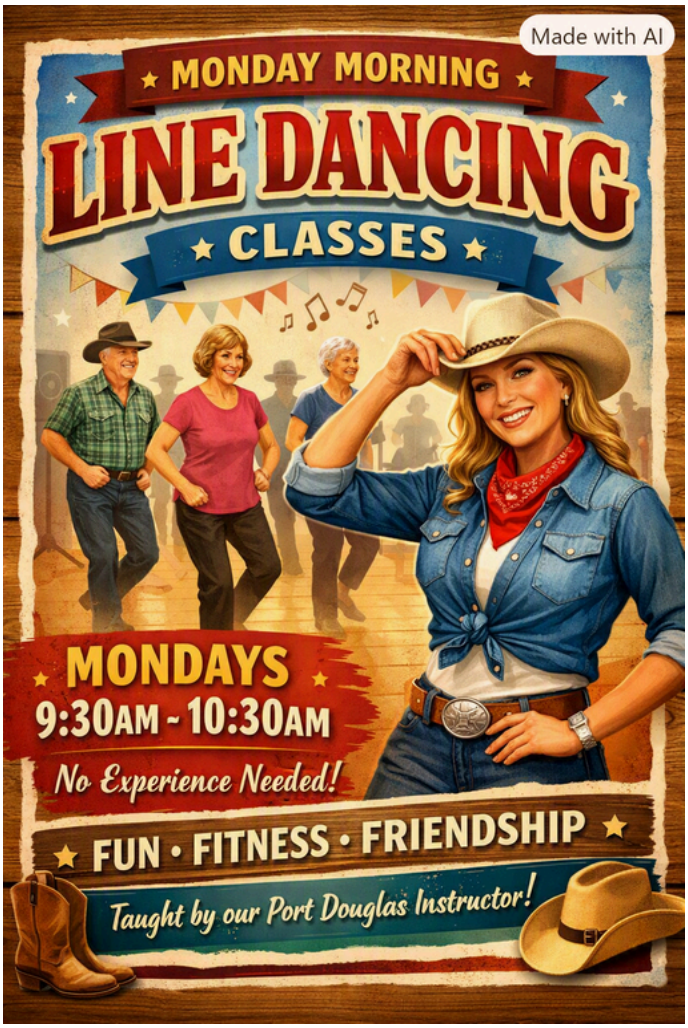
Line dancing is a fantastic way to stay active, improve balance, boost memory, and enjoy great music in a friendly, social environment. Whether you've danced before or you're an absolute beginner, these classes are designed to be welcoming, easy to follow, and full of good energy.

If you would be interested in joining Monday Line Dancing at MI Care, please let us know – your feedback will help us determine whether to add this exciting new activity to our weekly program.

We'd love to hear from you.

📍 PROPOSED TIME: MONDAYS, 9.30AM–10.30AM

📍 LOCATION: MI CARE COMMUNITY HUB, 7 APJOHN STREET, HORSESHOE BAY



VOLUNTEER SPOTLIGHT

Featuring: Mandi Waters — Volunteer Cleaner & Community Carer

If you've ever walked into MI Care and felt the place sparkling, fresh, and welcoming, chances are you've experienced the quiet magic of Mandi Waters, one of our most dedicated volunteer cleaners. Her connection to Magnetic Island goes back to childhood, when she first visited Horseshoe Bay in 1980 on school holidays to see her dad. She still remembers the beach covered in "a million white sand dollars & shells, a truly magical place."

After many years away, life brought her back to the island, where she became a carer for an elderly gentleman. MI Care checked in on him regularly, and that simple connection opened the door to her own involvement. When her caring role ended and she moved through a period of grief, she heard that MI Care was now truly "in the hands of the people of the island" and always welcoming volunteers.

The same folk who had supported her and helped Tom live his best years were now the people she wanted to help in return. "Pay it forward I say."

Her Role at MI Care

Mandi's volunteer work centres on cleaning — and she approaches it with pride, purpose, and a deep sense of care.

"Nothing says 'I care about this place and the people in it' when everything and everywhere is fresh clean… every nook, cranny, surface, paint, and inviting."

She also helps set up the Hall for activity sessions and classes, taking joy in seeing people enjoy themselves in a clean, welcoming environment.

Her favourite moment so far?

"When the Boss walks through and says 'Oh darling! The place is starting to sparkle! How fabulous.'"

Skills She Brings

Her background has given her a toolkit that fits MI Care perfectly:

- clever cleaning tips and tricks
- strong attention to detail
- sorting and organisation
- health & safety knowledge
- patience, understanding, and compassion from her aged-care experience

Life Beyond MI Care

Outside of volunteering, Mandi enjoys gardening, sewing, scrabble, jigsaw puzzles, art, and drawing. She also has a surprising story many members may not know: she has travelled to Japan seven times in ten years, including visiting Tokyo, and studied Traditional Martial Arts for 20 years, a discipline that has "held me in good stead."

What Keeps Her Volunteering

For Mandi, the motivation is simple: the people.

She lives in Horseshoe Bay — "the best place on the Planet" — and finds that volunteering keeps her active, connected, and alive. "It's good for me. It's even better for people. I like helping."

Looking Ahead

Mandi is excited about the growth of MI Care's gardens and greenhouse areas, reconnecting irrigation systems, and finishing the two spare office spaces so they're ready for new people. She even hopes to see turf laid out in the backyard and sheds.



A Final Word

Mandi Waters' dedication, warmth, and attention to detail help MI Care shine — literally and figuratively. Her commitment to "paying it forward" embodies the spirit of community that makes Magnetic Island special. We are deeply grateful for everything she brings to MI Care.

OCTOBER FITNESS PROGRAM

October Group Fitness Program – Temporary Changes

With Helen Taylor going away for a short break, a number of our regular classes will be covered by other instructors or paused for the fortnight.

MI Care appreciates everyone's flexibility while we keep the program running as smoothly as possible.

Instructor Changes & Class Adjustments

✅ 29 September – Zumba GOLD: Class will run as usual, covered by Yvonne Scully

✅ 30 September – Chair Strength & Stretch: Class will run as usual, covered by Deb Jeacle.

❌ No CIRCL session class on this day.

✅ 5 October – AquaFit: No Aquafit class.

✅ 6 October – Zumba Gold: Class will run as usual, covered by Yvonne Scully.

✅ 7 October – Chair Strength & Stretch: Class will run as usual, covered by Deb Jeacle.

❌ No CIRCL session class on this day.

❌ 12 October – AquaFit: No Aquafit class.

• 13 October – Zumba GOLD: Class will run as usual, covered by Yvonne Scully.

A Note for Participants

These changes ensure continuity while Helen is away, and we thank both Yvonne Scully and Deb Jeacle for stepping in to support the program. All classes will return to their usual schedule once Helen is back on the Island.

If you attend any of these sessions, please arrive a few minutes early so instructors can settle everyone in comfortably.



BLUEJEEP RETREAT

BlueJeep Retreat is a modern, fully accessible, luxury holiday home in Horseshoe Bay offering a private mineral pool, spacious indoor–outdoor living, and high-end amenities designed for families, groups, and guests with mobility needs.

What BlueJeep Retreat Is

BlueJeep Retreat is a newly built, wheelchair-friendly holiday house located at 2 Bluejeep Court, Horseshoe Bay, Magnetic Island. It accommodates 7–8 guests with 3 bedrooms and 2 modern bathrooms, and is managed by Compass Property Group.

Key Features & Amenities

• Full accessibility: Step-free entry, wide doorways, ramp access to backyard and pool, wheelchair-friendly layout throughout.
• Bedrooms:
• Master: Queen bed, built-in robe, wall-mounted TV, private ensuite.
• Second: Queen bed.
• Third: Double + single (tribunk).
• Bathrooms: Modern walk-in showers, accessible design.
• Climate & comfort: Ducted air-conditioning, heated electric fireplace, high-speed WiFi.
• Kitchen: Fully equipped with dishwasher, oven, microwave, decorative flooring, and large prep spaces.
• Outdoor living:
• Wide covered veranda
• Built-in BBQ
• Outdoor TV
• Large dining area
• Automatic gated entry and secure parking
• Pool area:
• Sparkling magnesium mineral salt pool
• Pool cabana with toilet & outdoor shower
• Shaded lounges
• Level access for mobility support
• EV charging: On-site electric vehicle charge port.
• Laundry: Internal laundry with washing machine and dryer.

Location & Surroundings

• Situated in Horseshoe Bay, a short walk to the beach (approx. 14 minutes).
• Close to Magnetic Island National Park, walking trails, cafés, and water-based activities.
• Ideal base for exploring Magnetic Island's northern beaches and nature spots.

Reviews & Reputation

• Rated 5/5 by guests on multiple platforms.
• Praised for exceptional accessibility, beautiful design, immaculate cleanliness, and thoughtful amenities.
• Reviewers highlight it as one of the best wheelchair-accessible homes on Magnetic Island.

Pricing

• Listed from $580 per night depending on season and platform.



CONTACT

• WEBSITE: BLUEJEEPRETREAT.COM.AU
• EMAIL: BLUEJEEPRETREAT@GMAIL.COM
• PHONE: 0431 325 593

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



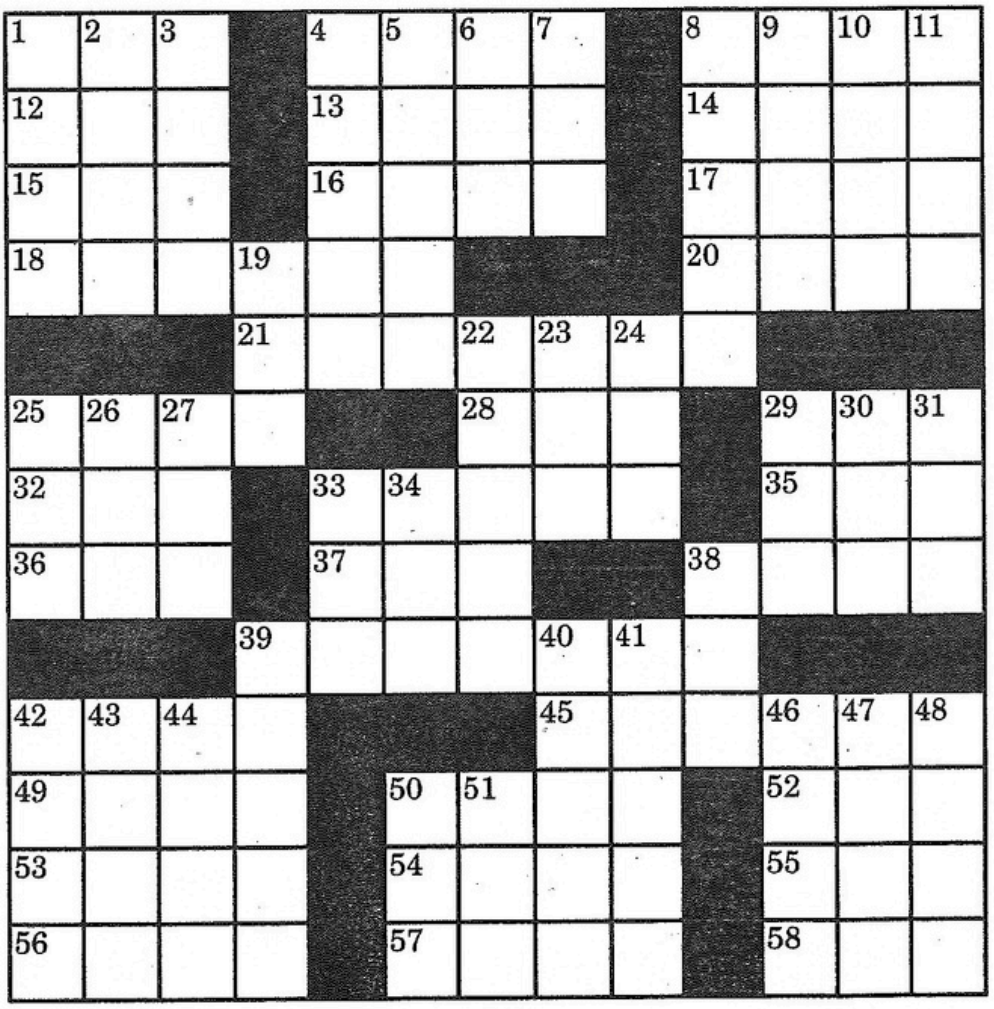
MI Care
Magnetic Island Community Care

ACROSS

1. Ruin the surface of
4. Popular Dalmatian name
8. Dully colored
12. President Lincoln, familiarly
13. Nebraska neighbor
14. Acting quest
15. Walrus's home
16. Extensive, as a list
17. Baseball authorities
18. Relaxing walk in the park
20. Dirty jumble
21. Helps
25. Legal equal
28. Carp eggs
29. Switch position
32. Before now
33. Noisy scuffle
35. Melancholy
36. Was triumphant
37. "Scram!"
38. Obey (orders)
39. An unspecified person
42. Lobster's grabber
45. Chinese bears
49. Boxcar-riding vagrant
50. Sharp, as a blade
52. Aviation expert
53. Always
54. Gain by merit
55. That 38-Down
56. Fuse metal using a blowtorch
57. Like cloudy skies
58. Skirt border

DOWN

1. Catholic church rite
2. Enable (a criminal)
3. Back area
4. Window ledges
5. Swimming locations
6. Hold the deed to
7. Clothing label
8. Percussion instruments
9. Italian capital
10. European mountain system
11. "Porgy and —," American 40-Down
19. Rower's need
22. Fuming
23. Sty female
24. Aviv header
25. Fox's "foot"
26. Freudian term
27. Geological period
29. Be in debt to
30. Enemy
31. Supplied with nourishment
33. Ghoul's shout
34. Jamaican liquor
38. Clucking fowl
39. Samurai weapon
40. Musical drama
41. Private baby sitter
42. Grind with the molars
43. Intense fondness
44. A son of Adam
46. Brief run
47. Consistent pain
48. Appear (as if)
50. Beer barrel
51. Corn growth



MON	TUE	WED	THU	FRI
Hello OCTOBER 			1 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	2 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
5 PUBLIC HOLIDAYS KING'S BIRTHDAY OFFICE CLOSED *NO AQUA *NO ART	6 ***MI Photo Showcase 9-12pm** *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	7 *Deb's Chair Strength & Stretches 11-12pm	8 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	9 *IT 10-11am ***Tuesday on Friday Club live music w WOODY** 10-12pm *BRIDGE club 1-4pm
12 *NO AQUA *Ken's ART 12.30-3pm	13 *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	14 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	15 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	16 *IT 10-11am *Tuesday on Friday Club 10-12pm @ Early Bird Cafe *BRIDGE club 1-4pm
19 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	20 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	21 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	22 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	23 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
26 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	27 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	28 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	29 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	30 *IT 10-11am ***Lissy's Loushay Poetry Slam 10-12pm** *BRIDGE club 1-4pm