SEPTEMBER 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 SEPTEMBER NEWSLETTER

Early Spring at MI Care

September always brings a quiet shift on Magnetic Island — the mornings soften, the breeze warms, and people begin to lift their heads a little higher as winter loosens its grip.

At MI Care, that same early-spring energy is starting to show in our rooms, our activities, and the gentle momentum building across our community.

FOLLOW US ON facebook

REGISTERED CHARITY
acnc.gov.au/charityregister

FROM MY DESK - SEPTEMBER REFLECTIONS

This month feels like a turning point. The busy mid-year period is behind us, and what's emerging now is a sense of steadiness — familiar faces returning to their routines, new members joining our groups, and volunteers continuing to give their time with the same generosity that keeps MI Care running.

One of the highlights of September is welcoming **Suzy Gilmour** into the spotlight as our featured volunteer. Suzy has stepped into the Secretary role with calm confidence and a deep commitment to good governance. Her attention to detail, steady presence, and willingness to support both committee and members have already strengthened our organisation. MI Care is fortunate to have her, and I'm grateful for the clarity and professionalism she brings to every task.

Behind the scenes, the Management Committee continues working through several important projects. **Our CHSP advocacy** remains a priority, and we are preparing the next round of communication with the Department of Health.

The early responses we've received show that our concerns are being heard, and September will be a month of gathering more evidence and pushing for practical solutions for our unserved clients.

At the MO Care Community Hub, early-spring activity is picking up. **Helen's Wednesday mobility and strength** classes are thriving, **Janine's Chair Yoga** continues to grow, and our **Internet Café** is seeing steady bookings as members gain confidence with technology. The **MI Bridge Club** has settled beautifully into its new home, bringing laughter and lively conversation to the afternoons.

And of course, the kitchen remains a happy place — with Kath's help, the baking continues to bring comfort, connection, and a sense of home to our morning teas.

September reminds us that renewal doesn't always arrive loudly. Sometimes it comes in small, steady ways — a new volunteer stepping forward, a member returning after time away, a project quietly moving toward completion, or simply the warmth of spring sunlight through the windows at 7 Apjohn Street.

Thank you to everyone who continues to show up, lend a hand, share a story, or offer kindness. MI Care is stronger because of you.

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





MI Care Joins the Chatty Café Initiative

Connecting Community Through Conversation

Tuesday Club on a Friday Becomes Our "Have a Chat" Space

MI Care is delighted to announce that we are becoming **part of the Australian Chatty Café Initiative**, a national movement dedicated to reducing social isolation and encouraging friendly conversation in everyday community spaces.

Chatty Café Australia — a registered ACNC Health Promotion and Community Welfare charity — aims to help people connect by creating welcoming "Have a Chat" tables and "Sip, Chat, Share, Care" venues across the country. The idea is simple: sit down, enjoy a cuppa, and have a chat. Everyone is welcome.

Why Tuesday Club on a Friday Is the Perfect Fit

For MI Care, the most natural place to introduce our Chatty Café involvement is Tuesday Club on a Friday. This weekly social group already embodies everything the initiative stands for:

- friendly conversation
- relaxed connection
- a welcoming environment
- open to locals, visitors, and newcomers
- no pressure, no expectations — just community

For the simple cost of $5.00, guests enjoy a mug of tea or coffee and a selection of house-made cakes, muffins and slices, all served in a warm, inclusive space where people can chat, laugh, and feel part of something.

Tuesday Club on a Friday has always been open to everyone — islanders and non-islanders alike — making it an ideal "Have a Chat" venue under the Chatty Café banner.



CHATTY CAFÉ INITIATIVE

About the Chatty Café Initiative

Despite drought, bushfires, Covid-19 and rising living costs, the Chatty Café Australia movement continues to grow. Cafés, restaurants, pubs, clubs, churches, op shops, libraries, neighbourhood houses and community centres across the country are signing up — anywhere people gather and have the chance to talk.

By joining this initiative, MI Care strengthens our commitment to reducing loneliness, building community, and creating simple opportunities for meaningful social interaction.

What Happens Next

From September, Tuesday Club on a Friday will officially include a Chatty Café "Have a Chat" table, clearly marked and open to anyone who wants to sit down and enjoy friendly conversation.

It's a small change with a big impact — and we're proud to bring this national movement to Magnetic Island.





MI Care Community Hub – Spring Improvements & Quiet Upgrades

As spring begins to show its colours across Magnetic Island, the MI Care Community Hub at 7 Apjohn Street has been quietly getting a refresh behind the scenes.

While the changes might not be dramatic, they're all about making our shared space more comfortable, efficient, and welcoming for everyone who drops in.

Maintenance and Care
Our maintenance team has been busy tending to the small details that make a big difference:
- **Air-conditioning servicing** to ensure the Hub stays cool and pleasant as temperatures rise.
- **Lighting checks and replacements** for brighter, more even illumination throughout the main hall and kitchen.
- **Garden trimming and tidy-up**, bringing a touch of spring freshness to the front entrance.
- **Safety inspections** on handrails, ramps, and outdoor seating to keep everything secure and accessible.



These quiet upgrades might go unnoticed day-to-day, but they help the Hub run smoothly and remain a comfortable space for gatherings, classes, and community catch-ups.

SPRING IMPROVEMENTS

Essential Maintenance & Servicing

Our team has been busy ensuring the Hub is safe, reliable, and ready for the warmer months ahead:

- **New filters installed** on the filtered water tap, keeping our drinking water fresh, clean, and tasting great.
- **Generator check** and service, ensuring our backup power is reliable during storms or outages — an important safeguard for the Hub and our community programs.

Spring Cleaning & Outdoor Refresh

Spring is the perfect time for a tidy-up, and the Hub has had a thoughtful refresh:

- **Events area tidied** and reorganised, making it easier to host gatherings, classes, and community activities.
- **Protected potting area spring-cleaned**, clearing out old materials and preparing the space for upcoming gardening sessions.
- Garden trimming and general outdoor tidy-up, giving the entrance a neat, welcoming feel.

Clearing Out the Clutter

To keep the Hub efficient and organised, we've also:

- **Sold off** unused equipment, freeing up valuable storage space and ensuring resources go where they're needed most.

These small but important steps help keep MI Care's Community Hub functioning at its best — a clean, safe, and welcoming place for everyone who visits.

A Space That Reflects Our Community

Every improvement, no matter how small, reflects the care and pride our volunteers and staff put into maintaining the Hub. As spring continues, we'll keep making quiet upgrades that support the comfort and wellbeing of our members.

Drop by when you can — you might notice the little touches that make the Hub feel brighter, fresher, and ready for a new season of community connection.

CHSP CRISIS – SEPTEMBER UPDATE

A Major National Shift, and What It Means for Magnetic Island

September brings an important development in MI Care's ongoing advocacy for our unserved CHSP clients.

The Australian Government has officially announced that the **Commonwealth Home Support Program (CHSP) will be extended until 30 June 2029**, providing long-term certainty for providers and older Australians who rely on these essential services.

This national decision is significant — but for Magnetic Island, it also highlights the seriousness of our current situation.

What the Extension Means

The government's announcement makes one thing clear:

providers now have stability, funding continuity, and no reason to withdraw from CHSP.

As the Minister stated, "Local councils and other providers have cited uncertainty as their reason for withdrawing from CHSP. That excuse no longer exists."

For Magnetic Island, where every major provider has closed their books, this reinforces the urgency of our advocacy. The structural failure we identified — residents approved for CHSP but receiving nothing — cannot be explained away by uncertainty anymore.

MI Care's Current Actions

Throughout September, MI Care is continuing its multi-step escalation:

- **Requesting official numbers of "Unserved CHSP Clients"** from My Aged Care
- **Seeking unallocated referral data** from Townsville HHS RAS
- **Collecting community evidence** through the MI Care CHSP Access Survey
- **Preparing the next briefing for the Department of Health**, now strengthened by the government's extension announcement

Early responses from government contacts indicate that our concerns are being heard. The extension to 2029 gives us a stronger foundation to argue for **intervention, temporary funding expansion, and reassignment of clients** who currently have no provider.

CHSP CRISIS – SEPTEMBER UPDATE

Why This Matters for Magnetic Island

The government emphasised that "830,000 older Australians rely on these services" and that CHSP must remain a standalone, sustainable program.

But here on Magnetic Island, many older residents are still classified as **approved but unserved** — a category that should not exist in a functioning aged-care system.

The extension strengthens our case:

If CHSP is stable until 2029, then Magnetic Island must not be left without providers for another month, let alone another three years.

Next Steps

MI Care will continue pushing for:

- Immediate reassignment of unserved clients
- Temporary provider expansion for the Island
- Direct intervention where gaps persist
- Clear accountability from regional providers who have withdrawn services

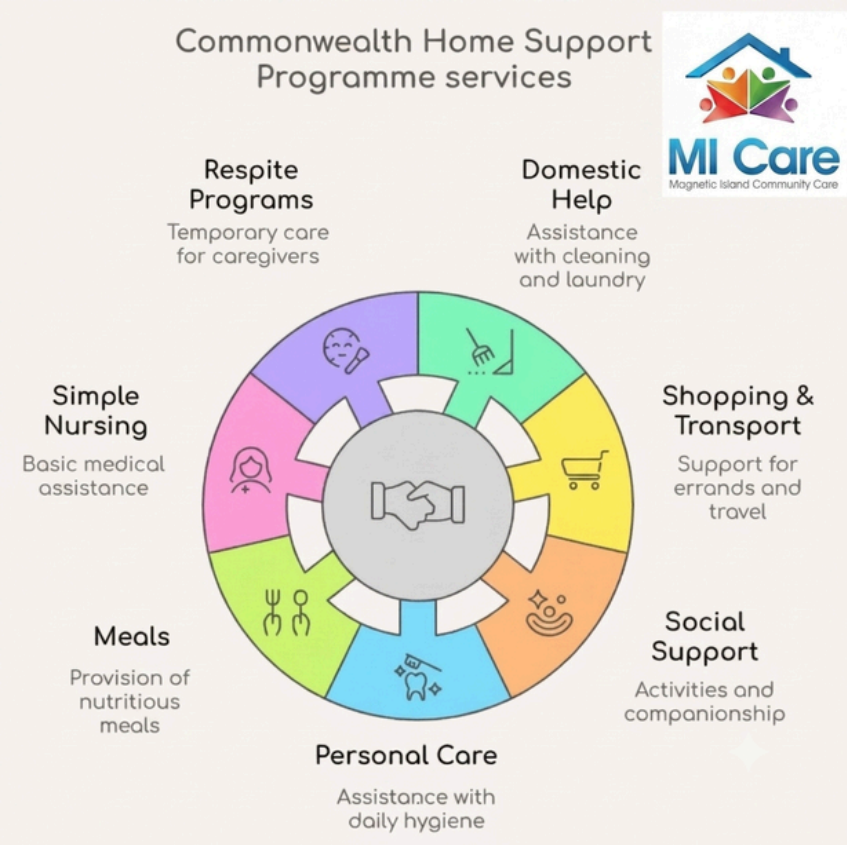
Our goal remains unchanged:

Every eligible resident must receive the support they were approved for.

A Message to Our Community

Thank you to everyone who has completed the CHSP Access Survey, shared their experiences, or supported our advocacy. Your voices are shaping the evidence we present to government, and they are essential in ensuring Magnetic Island is not overlooked.

MI Care will provide further updates as responses progress through September.



SPRING WELLNESS

Spring Wellness: Preparing Your Body for the Hot Months Ahead

Gentle Ways to Re-energise as Magnetic Island Warms Up

As winter finally loosens its grip and spring settles over Magnetic Island, many people begin to notice a welcome shift in their bodies. Mornings feel lighter, movement becomes easier, and the warmth encourages us to step outside a little more.

But this transition period is also the perfect time to prepare your body for the hotter months ahead — especially if you've slowed down during winter or are managing long-term health conditions.

Spring is a season of renewal, and with a few simple habits, you can support your energy, mobility, and overall wellbeing as temperatures rise.

Hydration & Heat Management

Warmer weather means your body needs more water — even before summer arrives.



- Start your day with a glass of water to rehydrate after sleep.
- Carry a refillable bottle to classes at MI Care.
- Choose hydrating options like herbal teas, fruit-infused water, or chilled soda water.
- Increase fluids on active days, especially before Zumba, Chair Yoga, or walking group.

Early hydration helps regulate body temperature, supports joint lubrication, and reduces fatigue — all essential as the Island warms up.

Movement Routines for Spring

Winter often brings slower mornings and tighter muscles. Spring is the ideal time to ease back into regular movement.

Try these simple routines:

- **Morning mobility:** shoulder rolls, ankle circles, slow marching on the spot.
- **Light stretching:** especially after a warm shower when muscles are more relaxed.
- **Short outdoor walks:** the spring breeze is perfect for joint lubrication and fresh air.
- **Warm-up before classes:** Helen's CIRCL Mobility session is a great way to prepare your body safely.

Consistency is more important than intensity. Small daily movements help reduce stiffness, improve circulation, and build confidence before summer activity levels increase.

SPRING WELLNESS

Spring Foods That Boost Energy & Reduce Inflammation

As seasonal produce becomes more abundant, spring is a great time to refresh your diet with foods that support joint comfort and stable energy.

Try adding:

- Leafy greens (spinach, rocket, kale)
- Fresh berries
- Ginger and turmeric
- Nuts and seeds
- Omega-3 rich fish like salmon, tuna, or sardines



These foods help reduce inflammation, support digestion, and provide steady energy — especially helpful for anyone managing arthritis, chronic pain, or fatigue.

Safely Increasing Activity After Winter Slowdown

If winter slowed your routine, spring is the perfect time to gently rebuild strength and stamina.

- **Increase activity gradually** — avoid jumping straight into long walks or high-energy classes.
- **Listen to your body** — mild soreness is normal, sharp pain is not.
- **Use heat packs on tight areas** before movement.
- **Stay cool with light clothing** and hydration during classes.
- **Rest when needed** — recovery is part of progress.

For older adults or anyone with chronic conditions, slow and steady is the safest path to feeling stronger and more comfortable as summer approaches.

A Season of Renewal

Spring is a reminder that wellbeing doesn't always come from big changes — often it's the small, consistent habits that make the biggest difference. Hydration, gentle movement, nourishing foods, and mindful pacing can help you feel more energised, more mobile, and more prepared for the warmer months ahead.

Your body will thank you for every little effort.



MI Care Internet Café – First Month Review

A Strong Start for Our New Digital Support Space

It has been just over a month since MI Care officially opened the Internet Café at 7 Apjohn Street — and already it's proving to be one of our most valued new services. Members have embraced the space with enthusiasm, curiosity, and a willingness to learn, making the first month both busy and rewarding.

A Steady Stream of Bookings

Across August and early September, the Internet Café recorded more than 40 individual bookings, with many members returning for follow-up sessions as their confidence grew.

The mix of longer Tuesday appointments and short Friday sessions has worked beautifully, giving people flexibility depending on the complexity of their needs.

Common Tech Issues Members Needed Help With

Our volunteers have supported a wide range of everyday digital challenges, including:



- **Setting up MyGov** and accessing government services
- **Organising files, photos**, and email inboxes
- **Learning how to print, scan**, and save documents
- **Troubleshooting smartphone** issues
- **Resetting passwords** and improving device security
- Understanding **how to use apps** such as banking, messaging, and cloud storage

For many members, simply having someone sit beside them and explain things slowly has made all the difference.

Helen's Tuesday Sessions – IT Support & JP Services

Helen Foulkes' Tuesday availability has been especially valuable. Her four-hour window allows time for:

- More detailed IT support
- Step-by-step guidance for complex tasks
- Justice of the Peace services, including witnessing and certifying documents

Members have commented on how reassuring it is to have both digital help and JP support available in the same appointment — especially for those managing important paperwork.

INTERNET CAFE

Anna's Friday Sessions – Quick, Focused Help

Anna Sellah's Friday morning sessions continue to be popular for fast, practical assistance. These 30-minute appointments are ideal for:

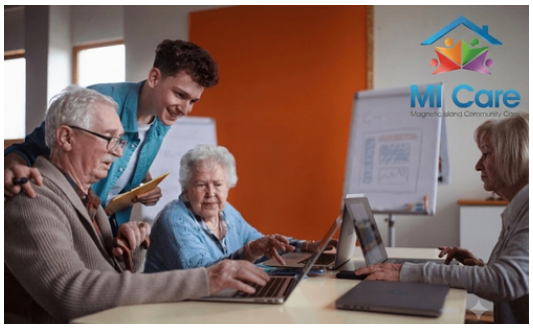
- Troubleshooting a single issue
- Learning a new skill
- Getting help with a specific app or device
- Preparing documents before weekend deadlines

Her calm, friendly teaching style has helped many members feel more confident using their phones and tablets.

New Digital Skills Members Have Learned

Over the first month, members have gained skills that make everyday life easier:

- Sending and receiving email attachments
- Saving documents to USB drives
- Using QR codes
- Accessing online banking
- Managing Medicare and MyGov accounts
- Understanding basic cybersecurity
- Navigating Windows 10 on the Café computers



The most common feedback has been simple but powerful:
"I feel more confident now."

September Booking Reminders

With demand increasing, we encourage members to book early:

- **Tuesdays (11am–3pm) – Helen Foulkes**
- **Fridays (10am–11am) – Anna Sellah**

Bookings can be made through Eliska at the MI Care office.

Walk-ins are welcome, but booked appointments will always be prioritised.

The Internet Café has quickly become a place of learning, connection, and empowerment — a quiet but meaningful addition to MI Care's community services. As spring continues, we look forward to welcoming even more members into the space and helping them build confidence with technology

ACTIVITY SPOTLIGHT

Activity Spotlight: CIRCL Mobility & Chair Yoga – Member Feedback

Gentle Movement Programs Growing Strongly Through Spring

As early spring settles over Magnetic Island, two of MI Care's newest movement programs — CIRCL Mobility with Helen Taylor and Chair Yoga with Janine Bandera — are beginning to shine.

Both launched in July/August, and already members are noticing real improvements in comfort, confidence, and everyday mobility.

These classes were introduced to give our community more gentle, accessible ways to move, and the feedback so far has been overwhelmingly positive.

Early Feedback From Participants

Members describe both classes as calming, supportive, and surprisingly effective.

Common comments include:

- "I didn't realise how stiff I was until I started moving again."
- "My balance feels better already."
- "It's gentle, but you can really feel it working."
- "I love that I can do this even on my tired days."

Many participants say they feel more relaxed and "looser" after class, with benefits lasting well into the week.

Benefits People Are Noticing Across both programs, members are reporting:

- Less stiffness in hips, shoulders, and lower back
- Improved balance and confidence when walking
- Better posture and easier breathing
- Reduced joint discomfort
- A calmer nervous system — especially after CIRCL Mobility
- More flexibility and smoother movement throughout the day

The gentle pace of both classes is proving ideal for people managing arthritis, chronic pain, fatigue, or reduced mobility.



ACTIVITY SPOTLIGHT

How These Classes Complement Other MI Care Programs

CIRCL Mobility with Helen Taylor

Helen's CIRCL Mobility session is becoming a favourite warm-up for members who also attend:

- Zumba
- Strength & Stretch
- Gentle Exercise



The slow, flowing movements help prepare joints and muscles, making higher-energy or strength-based classes feel safer and more comfortable.

Chair Yoga with Janine Bandera

Janine's Chair Yoga offers a calming, low-impact option that pairs beautifully with:

- **Gentle Exercise**
- **Strength & Stretch**
- **Mobility-focused programs**

Members appreciate Janine's supportive teaching style, especially those who prefer seated movement or need extra stability.

Together, these programs create a full spectrum of movement options for all ages and abilities.

Encouragement for New Members to Try Them

If you've been thinking about joining a class but feel unsure where to start, CIRCL Mobility and Chair Yoga are ideal entry points.



- No experience needed
- Movements are slow, safe, and adaptable
- Chairs are available for support
- Instructors guide every step
- You can work at your own pace

Many members who were hesitant at first now attend weekly and say they wish they'd started sooner.

Spring is the perfect time to give your body a gentle reset — and these classes offer exactly that.

WHALE WATCHING

A Magical Morning on the Water – Friday 21 August

Our MI Care Whale Watching Adventure with AquaScene Magnetic Island turned out to be one of the most memorable outings of the year.

Under clear skies and calm turquoise water, 30 excited members boarded the vessel for a morning of wildlife, scenery, and shared community joy.
From the moment we left Nelly Bay, the atmosphere was buzzing — a mix of anticipation, laughter, and the simple pleasure of being out on the water together.

Whale Sightings & Highlights

We didn't have to wait long.
Just off the coastline, a humpback whale surfaced, giving everyone an unforgettable close-up view. The whale lingered long enough for members to take photos, point excitedly, and enjoy the rare privilege of seeing such a magnificent creature in its natural habitat.
Later in the trip, a second whale appeared further out, offering a slow, graceful pass across the water. Members described the experience as:
- **"Absolutely breathtaking."**
- **"The best morning I've had in years."**
- **"I never thought I'd see a whale this close."**

The combination of calm seas, gentle winter sun, and cooperative whales made the day feel almost tailor-made for our group.

Onboard Moments & Member Enjoyment

Between sightings, the boat was filled with relaxed conversation, shared stories, and plenty of smiles. Members enjoyed a beautiful morning tea prepared by AquaScene — fresh fruit, baked treats, and light snacks that added to the sense of occasion.
The photos captured throughout the trip show exactly what the day felt like: community, connection, and pure enjoyment.

WHALE WATCHING

Thanks to Adam and AquaScene

MI Care extends a heartfelt thank-you to Steph, Adam, and the AquaScene crew for their professionalism, warmth, and expert commentary. Their knowledge of whale behaviour, local marine life, and Magnetic Island's coastline enriched the experience and made the outing feel both safe and special.

We are grateful for their support in helping us restore one of MI Care's long-held traditions.

Member Quotes

A few reflections shared after the trip:

- "I felt so calm out there — the water, the whales, the company. Perfect day."

- "The crew were fantastic. I learned so much."

- "Please let's do this again next year!"

- "I'm still smiling. What a treat."

Interest Check for Future Nature-Based Outings

Following the success of this whale watching adventure, MI Care is exploring more nature-based community outings, including:

- Snorkelling and reef-viewing trips
- Guided coastal walks
- Birdwatching mornings
- Picnic cruises
- Seasonal wildlife tours

If you'd like to be part of future excursions, please let the MI Care office know — your interest helps us plan and secure group bookings.

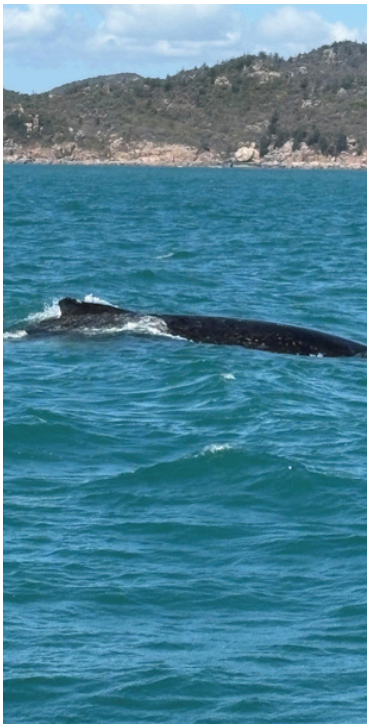
A Day to Remember

The Whale Watching Adventure was more than just a trip — it was a reminder of how lucky we are to live in a place where nature puts on a show right at our doorstep. Thank you to everyone who joined us and helped make the day so special.


















AIR PONTOON



Baking Joy – Spring Edition

As the island shakes off the last of winter's chill, the MI Care kitchen is blooming with new aromas and fresh ideas. Spring has arrived — and with it, a new wave of baking joy that's as bright and cheerful as the season itself.



Fresh Flavours for a New Season

This month's morning teas feature a mix of light, zesty treats and wholesome favourites. Think Lemon & Coconut Slice, Raspberry Oat Bars, and Apple Cinnamon Muffins – all made from scratch with natural ingredients and no preservatives.

For those who prefer something savoury, Phill's Mini Spinach & Feta Frittatas, Tomato & Fresh Basil Scrolls, and his much-loved Sausage Rolls are proving popular additions to the table.

Seasonal Ingredients, Island Style

Spring brings an abundance of local produce, and we're making the most of it. Fresh lemons from members' gardens, sweet bananas from nearby stalls, and fragrant herbs grown right here on Magnetic Island are finding their way into our recipes.

It's a celebration of community and seasonality – food that tastes good and feels good.

Behind the Scenes

Phill continues to be the driving force behind every batch, tray, and slice – keeping the MI Care kitchen humming with energy and care. His expanding menu of homemade savoury favourites, including sausage rolls, tomato & basil scrolls, and mini spinach & feta frittatas, brings even more variety and flavour to our morning teas.

More Than Just Baking

These homemade treats are more than food; they're moments of connection. Members gather, chat, and share stories over a biscuit or slice, turning simple ingredients into community warmth. It's the kind of everyday magic that makes MI Care mornings special.



PNEUMOCOCCAL VACCINE

New Pneumococcal Vaccine Now Available at Magnetic Island Pharmacy

Pneumococcal disease can lead to serious and sometimes life-threatening illnesses, including pneumonia, meningitis and bloodstream infections.

This month, **Magnetic Island Pharmacy** is pleased to announce the arrival of a new, more advanced vaccine designed to offer broader protection — and for many community members, it's completely free*.

What's New?

A next-generation single-dose pneumococcal vaccine, 21vPCV, is now available for adults aged 18 and over. This updated vaccine protects against more strains of pneumococcal bacteria than previous versions, offering stronger and more comprehensive defence.

Are You Eligible for a Free Vaccine?

You may qualify for a free pneumococcal vaccination under the **National Immunisation Program (NIP)** if you are:

- **Aboriginal or Torres Strait Islander** and aged 25 or older
- **18 or older** with certain medical conditions that increase your risk
- **65 or older**
- Someone who received an **older pneumococcal vaccine more than 12 months ago**

If you're unsure about your eligibility, the pharmacists are happy to check for you.

Why Get Vaccinated?

- Helps protect against pneumonia, meningitis and other serious infections
- Single dose for most eligible adults
- Quick, convenient and administered on-site
- Delivered by our friendly, qualified pharmacists

Visit Them Today

Protecting your health has never been easier. Drop into Magnetic Island Pharmacy and chat with one of their pharmacists — they're there to help you stay healthy and informed.



VOLUNTEER SPOTLIGHT

Featuring: Suzy Gilmour — Management Committee Secretary & Volunteer

This month, we're delighted to shine our Volunteer Spotlight on Suzy Gilmour, who joined the MI Care Management Committee earlier this year as our Secretary. Suzy brings a wealth of experience, a sharp eye for detail, and a genuine love for community life on Magnetic Island. Her journey with MI Care began through our physical activity programs, and her commitment has quickly grown into an invaluable contribution to our organisation.



Finding Her Way Back to the Island Community

When Suzy returned to Magnetic Island from Portugal in late 2019, she immediately connected with MI Care through Deb Jeacle's Bootcamp at Arcadia and later through Deb's Thursday classes at MI Care. More recently, she's enjoyed Helen Taylor's Aquafit and Zumba sessions — activities that helped her settle back into island life and meet new faces.

"MI Care for me is very much about the physical activities on offer."

Stepping Into Volunteering

Suzy's decision to volunteer came naturally. When she heard MI Care needed a Secretary, she thought, "I can do that!" Wanting to give back to the organisation that had already enriched her life, she stepped forward and took on the role.

As Secretary, Suzy manages communication between management members and is responsible for minuting meetings — a role she handles with professionalism and calm efficiency.

"I felt it repaid a little the benefits I have had from the programmes."

A Background Built for Community Work

Suzy's skillset is a perfect match for MI Care. Before moving to Australia, she worked as the part-time administrator for the Theatre Writers' Union of Great Britain, organising and minuting national meetings.

She has also worked as a writer and editor, giving her strong literacy and communication skills. In Australia, she has run several arts organisations, gaining extensive experience working with boards of management.

Her professional history shines through in her volunteer work — organised, articulate, and always prepared.



VOLUNTEER SPOTLIGHT

Favourite MI Care Moments

Suzy speaks fondly of Deb's classes and the lovely acquaintances she's made along the way. These connections, even if not yet close friendships, have added warmth and joy to her MI Care experience.

Life Beyond MI Care

Outside her volunteer role, Suzy enjoys writing, dabbling in painting, and cooking — talents that reflect her creative spirit and love of learning.

A Surprising Past

Many may not know that Suzy was deeply involved in London's theatre scene during the 1970s and 1980s. She started two theatre groups and was part of the radical movement advocating for rights for women, gays, and lesbians. It was, as she describes, "a wonderful time to be there."

What Keeps Her Motivated

Although she's only been volunteering for a few months, Suzy feels energised and engaged. She sees her role as a way to use her skills to support a service she values and a community she's proud to be part of.

Looking Ahead

Suzy is keen to master the "Our Cat Herder" app — MI Care's tool for communication and minute-keeping. She loves the name, and anyone who has worked in community organisations will understand why it's so fitting!

A Warm Thank You

Suzy, your enthusiasm, experience, and commitment have already made a meaningful impact at MI Care.

We're grateful for everything you bring to our organisation — your professionalism, your creativity, and your heart for community.

Thank you for being part of our team.

A Warm Thank You
Suzy, your enthusiasm, experience, and commitment have already made a meaningful impact at MI Care.
We're grateful for everything you bring to our organisation — your professionalism, your creativity, and your heart for community.
Thank you for being part of our team.



Community Partnerships — NBJ Automotive Update

In August, we shared the story of how MI Care rebuilt its relationship with NBJ Automotive, a long-standing local business that had previously parted ways with our organisation.

Thanks to open communication and a heartfelt apology from MI Care, that bridge has now been fully restored — and the benefits are already being felt across our community.

A Partnership That Drives Support

Since renewing the partnership, NBJ Automotive has been assisting MI Care members with vehicle servicing and maintenance, ensuring our community transport vehicles remain safe and reliable. This support helps MI Care continue providing essential transport for seniors and residents who depend on our services to reach appointments, activities, and social outings.

Matt and his team have been generous with their time and expertise, offering prompt service and fair pricing — a reflection of their commitment to the island community and to MI Care's mission.

Early Outcomes

The renewed partnership has already led to smoother scheduling for vehicle maintenance and fewer service interruptions. Members have noticed the difference, with improved reliability and peace of mind knowing that MI Care vehicles are in trusted local hands. It's a small but meaningful example of how collaboration strengthens community care.

A Heartfelt Thank-You

MI Care extends sincere thanks to Matt and the NBJ Automotive team for welcoming us back and for their professionalism and goodwill. Their support represents more than just mechanical service — it's a symbol of community spirit, respect, and the shared goal of keeping Magnetic Island moving forward together.

AusAlert – What Happens Next?

Australia’s new national emergency warning system, AusAlert, officially launches on 1 October 2026.

With the nationwide test completed and the system ready to go live, MI Care is helping members prepare so everyone feels confident when the first alert arrives.

Helping Members Get Ready

In the weeks ahead, MI Care will assist members in checking their mobile phones to ensure they’re compatible with AusAlert.

Most modern smartphones — including many iPhones and Android devices — will receive alerts automatically. Older phones may not, and that’s where our Tech Help sessions come in.

Our volunteers can help you:

- Check your phone’s compatibility
- Adjust settings if needed
- Understand what the alerts will look and sound like

What to Expect When the Next Test Alert Arrives

When the next test alert is sent, your phone will display a full-screen message accompanied by a loud, distinctive warning tone. It will interrupt whatever you’re doing — even calls or videos — to make sure you see it.

The message will clearly state that it’s a test, so there’s no need to worry or take action.

If your phone doesn’t receive the test alert, MI Care can help you troubleshoot during our Tech Help sessions.

Tech Help Sessions

To make sure everyone is ready, MI Care will continue offering Tech Help sessions throughout September and October. Book an appointment on Tuesday or Friday, bring your phone along, and our Volunteer will help you check compatibility and answer any questions about AusAlert.

Staying Informed Keeps Us Safe

AusAlert is designed to protect communities by delivering fast, reliable emergency warnings based on your location. With MI Care’s support, members can feel confident that when the system goes live, they’ll be ready to receive alerts that matter most.



AusAlert™

A MONTH IN PRAGUE

Member Story – A Month in Prague - Eliska's Return and Reflections

Last month, we welcomed Eliska Kylianova home after her long-awaited trip to Prague —her first time seeing her parents in 8 years. Now that she has settled back into life on Magnetic Island, Eliska has shared a short reflection on what the month meant to her, and how the experience has refreshed her for the busy spring period ahead at MI Care.

A Heartfelt Month Away

Eliska describes her time in Prague as "a deeply grounding and emotional reconnection — not just with my parents and family, but with the city where I grew up and will always be in my heart as my home." Travelling with her daughters made the experience even more meaningful, giving her parents the chance to spend time with their granddaughters in person. The family enjoyed simple, cherished moments: walking familiar streets, sharing home-cooked meals, and rediscovering the rhythm of everyday life together. It was a month filled with warmth, laughter, and long conversations that bridged the decade spent apart.

A Few Photos From Her Journey

These images capture the joy and connection that defined her trip — memories she willcarry with her for years to come.

Refreshed and Ready for Spring

Returning home, Eliska says she feels "recharged, grateful, and ready for the busy months ahead." The break gave her space to breathe after an intense first half of the year at MI Care, and she's returned with renewed energy for the spring period — membership renewals, community activities, and the day-to-day work that keeps MI Care running smoothly. Her time away has strengthened her sense of purpose and reminded her how important community, family, and connection truly are.

Welcome Back Once More, Eliska

We're delighted to have Eliska back at the MI Care Community Hub — refreshed, inspired, and ready for the season ahead. Her dedication and warmth continue to make a meaningful difference to our members and volunteers.



BRIDGE CLUB

MI Bridge Club – Settling In at the Community Hub - A September Update

The MI Bridge Club has now well and truly settled into its new Friday home at the MI Care Community Hub, and the energy around the card tables continues to grow each week.

Attendance Numbers

We've seen a steady and enthusiastic turnout throughout August and into September, with 10–14 players attending most Fridays. A few new faces have joined in recent weeks, and several returning players have commented on how much they enjoy the relaxed, friendly atmosphere at the Hub.

Feedback From Players

The feedback has been overwhelmingly positive. Players have told us they appreciate:

- the comfortable space
- the easy access and parking
- the quieter environment compared to previous venues
- the chance to enjoy a cuppa and conversation between hands

Many have said the Hub feels like a natural home for the club — welcoming, calm, and perfectly suited to an afternoon of strategy, concentration, and laughter.

Invitation for Beginners

If you've ever been curious about Bridge but never taken the leap, now is the perfect time. The group is very welcoming to beginners, and several experienced players are happy to guide newcomers through the basics. You don't need any prior knowledge — just a willingness to learn and enjoy a social afternoon.

Plans for a Friendly Tournament

The club is also exploring the idea of hosting a friendly, low-pressure tournament later in the year. The aim is to create a fun event where regular players and beginners can participate together. More details will be shared once planning is underway, but early interest is already strong.

The MI Bridge Club meets every
Tuesday and Friday
from 1pm to 4pm
at the MI Care Community Hub,
7 Apjohn Street, Horseshoe Bay.

Everyone is welcome — come along, settle in, and play a hand.



Incontinence Aid Special – September Reminder

A Good Variety of Disposables Available Discreetly at MI Care

MI Care continues to offer a quiet, discreet supply of incontinence disposables for community members who prefer to purchase locally rather than travel into town. Our aim is to make these essential items easy, affordable, and comfortable to access.

Product Information



We currently stock a variety of disposable incontinence aids, including:

- Pull-up style underwear (men's and women's)
- Tab-fastened briefs
- Light, moderate, and heavy absorbency pads
- Overnight protection options
- Breathable, skin-friendly materials
- Sizes ranging from Medium to Extra-Large

All items are supplied in plain brown paper bags for privacy, and can be collected directly from the MI Care Community Hub.

Pricing

Our most popular item — the MoliCare Mobile Premium Large (14-pack) — remains available for the special price of:

- $10 per packet (normally $30–$40 retail)

Other products are priced according to size and absorbency, with all options kept as affordable as possible for our community.

How to Order

To place an order or check availability, simply phone Eliska on 0747 581 506.

She will arrange a pickup time and ensure your items are prepared discreetly.

Limited Stock Notice

Stock is limited, and once the current supply is sold, we may not be able to restock at the same discounted price. If you or someone you care for relies on these products, we encourage you to secure your September supply early.

MI Care is committed to supporting dignity, comfort, and independence — and we're pleased to offer these essential items quietly and respectfully within our community.

VEHICLE UPDATE

MI Care Vehicle Update – First Car Sold, Two Still Available

MI Care is pleased to share that the first of our community-fleet Mitsubishi ASX vehicles has now been sold.

The response from the community has been excellent, and we're grateful for the interest and support shown throughout the process.

With one vehicle now successfully rehomed, MI Care still has two 2022 Mitsubishi ASX Wagons available for purchase. These cars have been part of our carefully managed community fleet and offer outstanding value for anyone seeking a reliable, near-new vehicle without dealership pricing.

About the Remaining Vehicles

These vehicles are being sold by Magnetic Island Community Care Association Inc. (MI Care).

Each car has been community-fleet maintained, driven gently, and serviced strictly according to its logbook.

With exceptionally low kilometres and a current QLD Safety Certificate (RWC), both ASXs are in excellent condition.

Vehicle Details – 949-FU9 (Premium Condition)

- Year: 2022
- Model: Mitsubishi ASX Wagon
- Transmission: Automatic
- Drive: Front-wheel drive
- Colour: Silver
- Odometer: 19,801 km
- Registration: 949-FU9
- Rego Expiry: 01/09/2026
- VIN: JMFXTGA2WNU012861



Condition & Features

- Full logbook + compliant servicing history
- Current QLD Safety Certificate (RWC) supplied at sale
- 12 months registration and transfer-ready
- 12 months warranty remaining
- Non-smoker vehicle
- Clean interior and exterior
- Always garaged at MI Care Community Hub
- Driven only by authorised volunteers
- No accidents, no mechanical issues

VEHICLE UPDATE

Why This ASX Is a Great Buy
This vehicle is in premium condition for Marketplace.
With the lowest kilometres, 12 months rego, and an immaculate fleet history, it represents exceptional value for a 2022 ASX.
Marketplace Private-Sale
Price: Negotiable



Vehicle Details – 263-FN5
- Year: 2022
- Model: Mitsubishi ASX Wagon
- Transmission: Automatic
- Drive: Front-wheel drive
- Colour: Silver
- Odometer: 22,432 km
- Registration: 263-FN5
- Rego Expiry: 01/09/2026
- VIN: JMFXTGA2WNU010033

Condition & Features
- Full logbook + compliant servicing history
- Current QLD Safety Certificate (RWC) supplied at sale
- 12 months registration and transfer-ready
- 12 months warranty remaining
- Non-smoker vehicle
- Clean interior and exterior
- Always garaged at MI Care Community Hub
- Driven only by authorised volunteers
- No accidents, no mechanical issues

Why This ASX Is a Great Buy
Still boasting extremely low kilometres for its age, this ASX offers the same reliability and careful fleet maintenance as all MI Care vehicles.
Marketplace Private-Sale
Price: Negotiable

Interested in Purchasing?
Community members are welcome to contact MI Care for inspection times or further details. Speak with Eliska on 0747 581 506. These vehicles offer excellent value, and with one already sold, the remaining two are expected to attract strong interest.

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
September	1 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	2 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	3 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	4 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
7 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	8 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	9 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	10 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	11 *IT 10-11am *Tuesday on Friday Club 10-12pm @ Arcadia Bakehouse *BRIDGE club 1-4pm
14 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	15 *Helen's Zumba GOLD 9.30-10.30am *BRIDGE club 1-4pm	16 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	17 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	18 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
21 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	22 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	23 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm	24 *Deb's STRENGTH 9&10am *Janine's Chair YOGA 11.15-12.15pm	25 *IT 10-11am *Tuesday on Friday Club 10-12pm *BRIDGE club 1-4pm
28 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Ken's ART 12.30-3pm	29 *Helen's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *BRIDGE club 1-4pm	30 *Helen's Circl 10.30-11am *Helen's Chair Strength & Stretches 11-12pm		

