NOVEMBER 26

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Monday - Friday
8am - 4pm
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info@micare.org.au
www.micare.org.au
MI Care Centre:
7 Apjohn Street
Horseshoe Bay

MI Care
Magnetic Island Community Care

November

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 NOVEMBER NEWSLETTER

As we turn the page from October into November, there is a distinct and wonderful shift in the air here on Magnetic Island. With only two months left until Christmas and New Year, we suddenly realise just how little time remains of this year! The bright yellow kapok blooms that blanketed Curlew Flats have begun to shed their soft, silky parachutes, reminding us just how quickly time moves when we are busy living, connecting, and looking after one another.

October was a month of steady momentum and heartfelt moments at MI Care. Despite my brief, uninvited "trip" courtesy of my front driveway path and a sprained ankle—which gave me a newfound appreciation for our reliable wheelie walkers and the patience of our team—the Centre didn't skip a beat. That is the true strength of MI Care: it runs on the dedication of people who show up, pitch in, and care deeply.

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REGISTERED CHARITY
acnc.gov.au/charityregister

FROM MY DESK - NOVEMBER REFLECTIONS

Looking Forward to November & Beyond

November brings some exciting new additions to our calendar alongside the revival of beloved MI Care traditions and major milestones for our community's future:

- **Our Brand-New Monthly Luncheon Function (Kicking Off in 2027):** Due to end-of-year time constraints and our packed Christmas calendar, our new monthly themed feast will now officially launch in early 2027! We look forward to kicking off in the new year with an Italian Theme—think mafioso flair and my famous, hearty lasagne!
- **Restoring a Special Tradition – MI Care Christmas Luncheon:** Looking ahead to early December, I am thrilled to share that we are restoring a classic MI Care tradition with our Annual Christmas Luncheon! I will be personally catering a full 3-course lunch for just $30 a head, complete with live entertainment and a fun $10 Secret Santa. Mark your calendars early—it's going to be a wonderful celebration to close out the year together.
- **Securing Our Future – Home Care Packages & Support at Home:** I have completed extensive research into how MI Care can once again become an official, direct Home Care Package (HCP) and Support at Home Government-Funded Service Provider for our island members. If all goes as planned, we hope to begin onboarding members into government-funded packages as early as January 2027 over a 4-week period! Please note that our focus will be on personal care, domestic assistance, social support, and transport (we will not be providing Dementia Care or NDIS services).
- **Stepping into Fun with Line Dancing:** Following our recent Expression of Interest, our first-ever Line Dancing Beginners Class with instructor Joyce Alexander was a raging success! Join us every Monday morning at 9:30 am for just a Gold Coin Donation.
- **Kitchen Upgrade Grant Application:** I have officially applied for a Government Grant to upgrade our kitchen to commercial status—including food warmers, stainless steel worktops, a commercial fridge & freezer, and raising our stove and double oven off the ground for easy cleaning. Fingers crossed!
- **Evening Dining Out Groups Returning:** We are working on bringing back another time-honoured tradition with alternating monthly Ladies and Men's Evening Dining Out Groups, using our MI Care bus for door-to-door pickup starting at 5:00 pm to visit local island restaurants.

FROM MY DESK - NOVEMBER REFLECTIONS

- **Old Time Dancing Update:** With only 8 weeks until Christmas, our calendar is packed! We have decided to postpone the Old Time Dancing lunchtime function until early 2027 so we can give it the grand celebration it deserves.
- **Welcoming Deb Kelly:** Members will start seeing a new face around the Hub! Deb Kelly brings 40 years of experience as an Occupational Therapist, physical exercise therapist, and Pilates trainer. She will be filling in for class trainers when needed and introducing a new Pilates Class - **Wednesday 9 am and Friday 6.30 am** to our Community Hub.
- **Growing Green in the Greenhouse:** Continuing the marvellous groundwork started by Kate Kearns, super volunteer Mandi Waters has installed shade cloth over our possum-proof greenhouse, added fresh potting mix, and is cultivating tomatoes, basil, rocket, herbs, and flowers from seed. I'll be using the fresh harvests to make delicious homemade chutneys and pestos for members to purchase!
- **Expanding Our Activities & Support:** Our 10-Pass Cards have made joining classes like Janine's Chair Yoga, Deb's strength sessions, and our fitness programs simpler and entirely cash-free.

Progress at MI Care rarely arrives with a loud fanfare. It comes through steady class attendance, a shared laugh over a cuppa, a new digital skill mastered in the Internet Café, or a fresh green shoot in the garden.

Thank you to everyone who continues to make MI Care such a vibrant, warm, and supportive corner of Magnetic Island. Here is to a wonderful, connected month ahead!

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





PHIL LANDON

ACKNOWLEDGING AN OUTSTANDING LEGACY: THANK YOU, PHIL LANDON!

A Deep Debt of Gratitude to Our Treasurer & Former President

As we approach the end of the year and prepare for our upcoming AGM in December, Magnetic Island Community Care wants to take a dedicated moment to recognize and celebrate the exceptional contributions of our Treasurer and former President, **Phil Landon**.

Phil's dedication behind the scenes over the past year has been nothing short of transformative for our organization. While much of his work happens quietly away from the spotlight, the security, stability, and legal strength MI Care enjoys today are a direct result of his diligent effort and sharp expertise.

Having worked so closely with Phil over this past year, I am personally so grateful not only for his hard work and diligence during these past twelve months, but also for his constant support and guidance.

Key Achievements & Governance Milestones

Over recent months, Phil has spearheaded several critical initiatives that protect and safeguard MI Care's future:

- **Our New Updated Constitution:** Phil undertook the massive task of drafting, reviewing, and modernizing MI Care's Constitution to ensure our governance framework remains contemporary, compliant, and robust.
- **New Public Liability Insurance:** He successfully negotiated and secured comprehensive liability insurance for the Centre, ensuring our members, staff, and volunteers remain fully protected.
- **Comprehensive Review of Premises & Contents Insurance:** Phil conducted a meticulous review of our Centre's building and contents policies.
- **Vehicles Fully Covered at 2027 Replacement Rates:** He ensured that our full fleet—including all cars and our community bus—are covered under full comprehensive insurance, accurately updated and valued at 2027 replacement rates.

Thanks to Phil's foresight, MI Care enters the coming year in one of the strongest financial and insurance positions in its history.

PHIL LANDON

Heading Into "Official" Retirement Again & Looking for Our Next Treasurer

As we look toward the upcoming December AGM, Phil has advised the Committee that **he will not be running for re-election**, as he is eagerly looking forward to officially retiring—yet again!

While we will deeply miss his steady leadership on the Management Committee, we couldn't be happier for him as he steps back to enjoy a well-earned rest and retirement. At the upcoming AGM, we will be looking to elect a new Treasurer to join our Management Committee. For anyone considering stepping into this vital role, take heart—all of the hard yards, legal groundwork, and structural heavy lifting have already been meticulously done by Phil!

Thank You, Phil!

On behalf of the Management Committee, staff, volunteers, and all MI Care members, we express our heartfelt thanks to Phil Landon for his selfless service, unyielding dedication, and tremendous contributions to our community.
When you next see Phil around the Centre or out and about on the island, please be sure to stop and say a warm "thank you!" for everything he has done for MI Care.







DEB KELLY



WELCOMING A NEW FACE TO MI CARE: DEB KELLY!
Bringing 40 Years of Occupational Therapy & Exercise Expertise to Our Community Hub
Members around MI Care will soon start seeing a wonderful new face around the Hub—Deb Kelly!
Deb comes to us with an extraordinary professional background, including 40 years of experience as an Occupational Therapist (OT), as well as being a qualified Physical Exercise Therapist and Pilates Trainer.

Supporting Our Fitness Classes & Trainers
Having someone of Deb's caliber join our MI Care team is a huge win for our entire community. Her extensive clinical and movement background means she will be helping out in several key ways:

- Covering Classes When Trainers Are Away or Injured: Deb will step in to take group exercise sessions whenever our regular trainers get injured, go on leave, or need cover. This ensures seamless continuity for all our weekly fitness programs!
- Expertise in Accessible Movement: With four decades of OT experience, Deb understands body mechanics, injury prevention, and safe movement adaptations inside and out.

Introducing Pilates Classes to Our Community Hub
In addition to supporting our regular program, Deb will also be introducing a brand-new Pilates Class to the MI Care Community Hub!
Pilates is renowned for building core strength, improving posture, supporting spinal health, and enhancing overall flexibility and balance. Designed to be gentle, supportive, and accessible for all fitness levels, these new sessions will be a fantastic addition to our weekly calendar.

Say Hello Next Time You're at the Hub!
Please join us in giving Deb Kelly a very warm Magnetic Island welcome when you see her around the Centre. We are so excited to have her expertise, energy, and care on board at MI Care!

- Phone: 0412 723 776
- Email: debkelly21@gmail.com

Consultation Rates

Service Type	Rate
Initial Consultation	$85
Standard Consultation (30 mins)	$70
Extended Consultation (60 mins)	$120

NEW PILATES CLASS

Class Details & Pricing

Session Day	Time	Pricing Category	Fee
Wednesday	9:00 AM	Members	$10
Friday	6:30 AM	Non-members	$15

SECURING OUR FUTURE

MI Care Exploring Community Partnership with Trilogy Care Foundation for Magnetic Island

I am thrilled to share a major milestone in our ongoing efforts to strengthen and secure the future of Magnetic Island Community Care Association Incorporated (MI Care).

Over recent months, the Management Committee and I have conducted extensive research into how MI Care can sustainably expand our services under the new Commonwealth Support at Home program (which has replaced the former Home Care Packages scheme) by exploring a strategic partnership with Trilogy Care Foundation as a Community Partner and Contractor.

What This Means for Our Members & Island Community

Partnering with Trilogy Care Foundation allows us to deliver comprehensive home care services while protecting MI Care's financial health, avoiding heavy administrative burdens, and preserving our local identity.

- **Local, Personalized Care:** Our members will receive quality home care delivered directly by people they know and trust, right here on Magnetic Island. MI Care will remain the direct employer of our local care team and coordination staff.
- **No Administrative or Legal Risk Overhead:** Trilogy Care Foundation serves as the primary Approved Provider under the Aged Care Act, handling complex billing, government audit reporting, and clinical governance. This means MI Care can deliver care without the massive expenses, regulatory liabilities, or the requirement to hire a full-time, qualified Registered Nurse locally.
- **Onboarding Timeline:** Subject to committee endorsement and member approval, we are aiming to begin onboarding members into packages as early as January 2027, rolled out progressively over a structured 4-week period.
- **Scope of Care Services:** Our focus will be on providing high-quality personal care, domestic assistance, social support, and transport. Please note, however, that we will not be providing advanced Dementia Care or NDIS services.
- **Continuation of Activities & Classes:** We will continue running our popular CHSP-style activities, fitness classes, and social groups at the Hub.
- **Seamless Continuity & Local Identity:** This partnership ensures that a higher proportion of funding goes directly toward direct care hours and island workers rather than back-office overheads.

Next Steps & Decision Timeline

To ensure our members and committee have complete clarity before moving forward:

- **November 15th:** Member feedback and questions regarding the proposed partnership must be submitted by COB so we can address them thoroughly.
- **November 28th:** The Management Committee will meet to review member input and vote on formally requesting the Partnership Agreement contract from Trilogy Care Foundation.
- **December AGM:** A summary of the agreement will be distributed to our members for endorsement and independent analysis prior to final execution.

We will keep all members, families, and clients fully informed every step of the way. Thank you for your continued trust and support as we work to bring these essential care services home to Magnetic Island!

CLEAR LEGAL DEFINITIONS

CHSP – Commonwealth Home Support Programme
Legal definition:
A block-funded aged-care program under the Aged Care Act 1997 that provides entry-level services (domestic assistance, transport, meals, social support). Providers receive grant funding, not individual client budgets.
Key legal characteristics:
• Funded through grants to organisations
• Providers set client contributions (fees)
• No individual budgets
• Designed for low-level needs
• Operates until at least 1 July 2027 before transitioning into Support at Home.
Support at Home Program
Legal definition:
A needs-based, individually budgeted aged-care program that replaced Home Care Packages on 1 November 2025. Clients receive a quarterly budget based on one of eight classifications, and must use a single provider who manages their care plan.
Key legal characteristics:
• Individual quarterly budgets (e.g., Classification 3 ≈ $5,634 per quarter) agedcareacti...
• Care management fees deducted from the budget
• Designed for ongoing or complex needs
• Personal care moved to Clinical Care and became fully funded from 1 October 2026
• Replaced Home Care Packages in 2025
• Will eventually absorb CHSP (no earlier than 2029)

The Difference between them – the true legal distinction

The legal distinction is this:
CHSP is a program of services.
Support at Home is a program of budgets.

CHSP = provider-based funding
Support at Home = client-based funding

This difference changes:
• how money flows
• who controls care
• how fees are charged
• how reassessment works
• what obligations providers have
• how clients move between programs

How the two differ – legally and structurally

Comparison: CHSP vs. Support at Home

Aspect	CHSP	Support at Home
Funding model	Block grants to providers	Individual quarterly budgets
Who controls funding	Provider	The client (via their provider)
Care level	Entry-level	Moderate → complex → intensive
Fees	Provider-set contributions	Means-tested contributions
Assessment	RAS (Regional Assessment Service)	ACAT (Aged Care Assessment Team)
Flexibility	Fixed menu of services	Tailored care plan across eight levels
Legal status of provider	Must be CHSP-funded	Must be an Approved Provider under the Act
Transition	Continues until 2 July 2027	Already active; will absorb CHSP

Bottom line for MI Care
If MI Care becomes a partner with Trilogy:
• Trilogy operates under Support at Home as the Approved Provider
• MI Care continues delivering CHSP-style services (transport, social support)
• MI Care does not become a Support at Home provider
• MI Care does not become an Associate Provider
• MI Care remains a community partner under Trilogy's umbrella
Yes, MI Care receives dual funding through Trilogy — CHSP + Support at Home — at the same time.
But the key legal point is:
MI Care receives dual payments, not dual government funding.
Trilogy receives the government funding. MI Care is paid by Trilogy.
This distinction protects MI Care from becoming a provider under the Aged Care Act.

CLEAR LEGAL DEFINITIONS

How the dual funding works (the real mechanism)

1. Trilogy receives CHSP funding
This is block-funded, grant-based money for entry-level services.
2. Trilogy receives Support at Home budgets
These are individual quarterly budgets allocated to each client.
3. MI Care delivers services under both streams
• Transport
• Social support
• Domestic assistance
• Group activities
• Wellness programs
• Community connection



4. MI Care invoices Trilogy for BOTH streams
• CHSP-style services → paid per event
• Support at Home services → paid per participant
5. MI Care receives dual income
But only from Trilogy, not from the government.

The legal protection for MI Care
Because Trilogy is the Approved Provider, Trilogy holds:
• Provider ID
• Aged Care Act obligations
• Quality Standards compliance
• Insurance
• Reporting duties
• Audit responsibilities
MI Care holds none of these.

Therefore:
✔️ MI Care can earn money from CHSP
✔️ MI Care can earn money from Support at Home
✔️ MI Care can earn both at the same time
❌ MI Care does NOT become a provider
❌ MI Care does NOT take on legal risk
❌ MI Care does NOT receive government funding directly

This is exactly why Trilogy's model exists — so community organisations like MI Care can deliver services without becoming providers.

The clean, committee-ready explanation
If MI Care partners with Trilogy Care, MI Care can receive income from both CHSP-style services and Support at Home services.
Trilogy receives the government funding and pays MI Care for the services delivered. MI Care does not become a provider under the Aged Care Act — it remains a community partner delivering services under Trilogy's umbrella.

Exploring Our Future: Potential Partnership with Trilogy Care Foundation

Dear Members and Community,

The Management Committee is excited to share that we are exploring the possibility of returning to being an Aged Care Service Provider by becoming a Partner/Contractor with the Trilogy Care Foundation.

This strategic opportunity aims to sustainably expand our home care services—delivering comprehensive Support at Home (SaS) services, which has now replaced the former Home Care Packages (HCP) scheme—while protecting MI Care's financial health and community focus.

Maintaining Our Local Identity & Community Focus

First and foremost, MI Care will **maintain its strong local identity** and remain **deeply focused on serving our MI Members and the Island Community** at large.

This partnership allows us to leverage external administrative and clinical support while keeping our governance, local connections, and dedicated care right here on Magnetic Island.

Delivering Support at Home (SaS)

If we move forward with this partnership, MI Care will be ideally positioned to deliver modern Support at Home services (formerly HCP) to local residents.

- **Scope of Care:** While we will offer comprehensive Support at Home services, we will not, however, handle advanced Dementia Care or NDIS.
- **No Local Registered Nurse Employment Required:** One of the most significant advantages is that we will not have to employ a registered nurse to fulfil Support at Home requirements for our clients. This avoids the substantial expenses, recruitment challenges, and management overhead of hiring and retaining a full-time, qualified Registered Nurse locally.
- **Turnkey Clinical Governance & Support:** We gain instant access to Trilogy Care's robust clinical governance framework, standard operating procedures, and expert clinical decision-makers.
- **Streamlined Administration:** Back-office tasks—such as complex billing, subsidy tracking, statement generation, government audit reporting, and navigating evolving Aged Care Quality Standards—are fully offloaded.
- **Maximizing Direct Care Hours:** By keeping administrative overhead minimal, a higher proportion of client funding directly supports local care workers, services, and community connection.

TRILOGY CARE FOUNDATION

Continuing Our CHSP Style Activities & Classes

We want to reassure our members that we will also continue providing our CHSP style activities & classes, receiving payment for holding them. These vital connection points and community programs remain central to our mission.

Financial Sustainability & Support for All Members

If we go ahead with this partnership, it will cover our yearly operating expenses plus provide MI Care with a modest surplus that can help support all of our members on Magnetic Island.

- **Workforce Structure & Remuneration:** Under this model, MI Care remains the employer of our workforce (including the Coordination Manager and 3 or 4 Support Workers). Trilogy Care Foundation handles the financial administration, processing payments using package funds rather than directly employing the workers.
- **Employment Terms & Trial Period:** All positions will start as permanent part-time roles, followed by a 3-month trial period review to determine permanent placement offers.

Next Steps & Decision Timeline

To ensure we have all the information required to move forward, Trilogy Care Foundation will be fully briefing the Management Committee at the end of October. The Management Committee will then meet on November 28th to decide whether to request a copy of the contract.

We welcome feedback from our community—please submit any questions to us before COB November 15th so we can address them thoroughly.

The Management Committee is currently seeking committee endorsement to formally request the Partnership Agreement from Trilogy Care Foundation. Once received, a summary of the agreement will be distributed to our Members for approval before being sent on to Cameron Turnbull for his analysis prior to moving forward.

We look forward to keeping you updated as we explore this promising path forward for MI Care and our island community!



SUPPORT AT HOME

Navigating the Support at Home Program: How It Works & Co-Contributions

The aged care landscape has evolved significantly. The older Home Care Package (HCP) system has been replaced by the Support at Home program, bringing a more streamlined, transparent model to help older Australians live safely and independently at home.

If you are reviewing your care arrangements or planning for the future, understanding how Support at Home structures its funding, classifications, and co-contributions is essential.

1. How Support at Home Works: Classifications & Quarterly Budgets

Instead of traditional annual package levels (such as Level 2), Support at Home assigns participants to one of eight ongoing classifications based on an assessment of their individual care needs.

- **Quarterly Budgets:** Rather than managing a single annual pool, funding is distributed via quarterly budgets directly through Services Australia. Participants have access to their full quarterly allocation at the start of each period.
- **Transitioned Recipients:** Former Home Care Package recipients automatically transitioned into equivalent Support at Home classifications, preserving their funding levels.
- **Specialised Pathways:** The program also includes short-term pathways for restorative care, end-of-life support, and a separate dedicated scheme for Assistive Technology and Home Modifications (AT-HM).

2. Understanding Co-Contributions and Service Categories

Support at Home uses a tiered co-contribution model depending on the type of service you receive. Services are broken down into distinct categories:

- **Clinical Supports (0% Contribution):** Clinical care—such as nursing, allied health therapies, and clinical oversight—is completely government-funded with zero out-of-pocket costs for participants.
- **Personal Care:** As a major update, approved personal care services (including help with showering, grooming, dressing, and medication prompts) are fully government-funded with no participant contribution.
- **Independence & Everyday Living Services:** Services that assist with daily independence (such as transport or allied health assistance) and everyday living (such as domestic cleaning, gardening, and meal preparation) involve modest co-contributions. These rates are means-tested based on an income assessment by Services Australia, with full pensioners paying lower percentages and robust safety nets (such as lifetime caps) protecting participants from excessive expenses.

3. Managing Your Plan and Maximizing Value

- **No Separate Package Management Fees:** Unlike legacy packages, Support at Home has removed separate package management fees. Administrative costs are integrated transparently into direct care pricing.
- **Provider Transparency:** Approved providers set their own competitive prices within regulated consumer protection guidelines. Comparing providers via My Aged Care ensures you get the best value from your quarterly budget.
- **Get Expert Guidance:** If you have questions about your tier, income assessment, or service agreements, free support is available through independent bodies like the Older Persons Advocacy Network (OPAN) or by contacting My Aged Care directly.



My Aged Care Priority Reassessment Guide

Purpose: To pivot an unserviced, CHSP-approved senior off a dead-end provider waitlist and into an individual, consumer-directed Support at Home package.

Step 1: When You Call My Aged Care (1800 200 422)

- Goal: Speak to an operator, update the client's profile with an urgent review request, and bypass the standard CHSP waitlist dead end.
- Key Phrase to Use Early: "I am calling to request an urgent priority reassessment under the Single Assessment System due to a critical change in circumstances and unmet care needs."

Step 2: The Telephone Script

Operator: "How can I help you today?"
Caller: "I am calling on behalf of [Client Name] (or: My name is [Client Name]), who was previously assessed and approved for CHSP services. However, we have hit a complete brick wall."
Operator: "What seems to be the issue with the current referral?"
Caller: "Every single local CHSP provider in our region has confirmed their block grants are fully capped and exhausted. They have zero capacity to take on new clients. Because of this, [Client Name] has received absolutely zero services since their initial approval."
Operator: "We advise clients to keep checking the My Aged Care portal for available providers..."
Caller: "Waiting is no longer an option because the lack of care has caused a severe escalation in safety risks and functional decline. Since they cannot access capped CHSP block-grant services anywhere locally, we require an immediate priority reassessment under the Single Assessment System for a Support at Home package tier."
Operator: "What specific changes in function or safety have occurred?"
Caller: (Provide concrete details of daily living impacts, then state): "Due to unmanaged daily living needs, [Client Name] is facing increasing fall risks, self-neglect, and severe carer strain. Leaving them stranded on a block-grant waitlist is creating an unacceptable safety hazard. We need an assessor to review this file urgently for a Support at Home package where individual funding can be allocated."

Step 3: Key Points to Emphasize to the Assessor

When the Single Assessment System assessor calls back for the review, ensure these four points are explicitly stated:

1. The Block-Grant Dead End: Emphasize that local providers have been contacted and are 100% full with no prospect of opening up under current CHSP funding limits.
2. Unmet Need & Deterioration: Detail how the lack of support has worsened day-to-day life (e.g., struggling with personal hygiene, medication management, safe meal preparation, or home safety).
3. Safety & Fall Risks: Highlight any near-misses, actual falls, or increasing frailty.
4. Carer Burnout: If a family member or informal support person is propping them up, state clearly that the carer is at breaking point and can no longer sustain the load safely.

Why This Works

By reframing the call away from "we can't find a provider" (which causes My Aged Care to just tell clients to keep waiting) and shifting it entirely to "the lack of care has caused functional decline and safety risks" (which triggers a clinical safety protocol), the system is forced to re-evaluate the client under the Single Assessment System.

Once that Support at Home package is approved, the funding attaches directly to the senior as an individual ledger—clearing the way for their Service Provider to step in and deliver immediate support.

Disclaimer: This guide is provided for general informational and educational purposes only and does not constitute formal legal, financial, or medical advice. Readers should consult My Aged Care or independent advocacy services for assistance specific to their personal circumstances.



HEARTFELT GIFT

Honouring a Legacy of Community Support

Magnetic Island Community Care is deeply humbled and grateful to share news of an extraordinarily generous gift received by our organisation this month.

Through the estate of one of our beloved late members, MI Care has been gifted a bequest of $10,000.

Out of respect for privacy, we have been asked to keep the donor and their family nameless. However, we want to publicly acknowledge our profound appreciation for this incredible gesture. Legacy gifts of this nature refl ect a lifetime of connection to our island community and a deep trust in the work MI Care does every day.

Our Status as a Deductible Gift Recipient (DGR)

As an offi cially endorsed Deductible Gift Recipient (DGR) with the Australian Taxation Offi ce (ATO) and a registered charity, MI Care is privileged to receive tax-deductible donations and bequests from generous individuals, families, and organisations.

This status ensures that every dollar gifted—whether through direct donations, annual giving, or estate bequests—goes directly toward sustaining and expanding vital community services right here on Magnetic Island.

How Gifts Like This Impact MI Care

A bequest of $10,000 provides meaningful strength to our ongoing mission. Generous support like this helps us:

- Maintain & Enhance Infrastructure: Keep our Hub safe, modern, and welcoming for all members.
- Support Community Activities & Wellbeing: Fund equipment, transport, and resources for our daily classes and social gatherings.
- Secure Long-Term Sustainability: Ensure that MI Care remains a resilient, independent pillar of support for Magnetic Island seniors and residents for generations to come.

A Quiet Legacy of Kindness

While we respect the donor's wish to remain anonymous, the warmth and impact of their contribution will be felt throughout our Centre for a long time to come.

To the family and estate of our member, we offer our heartfelt gratitude. Your kindness and belief in MI Care will continue to touch lives across Magnetic Island.

If you would like to learn more about supporting MI Care through a tax-deductible donation or a legacy gift in your will, please feel free to reach out to Phill Stephenson or drop into the office for a quiet chat.



GOVERNMENT GRANT APPLICATION

COOKING UP BIG PLANS: GOVERNMENT GRANT APPLICATION FOR OUR KITCHEN UPGRADE!

Fingers Crossed for a Commercial Kitchen Transformation at MI Care

Over the past few months, our MI Care kitchen has truly become the heart of our Centre—from morning tea baking and fresh treats to our exciting new Monthly Luncheon Functions. To support this growing demand and ensure we can continue serving top-quality, safe, and delicious meals for our members, I have officially submitted an application for a Government Grant to upgrade our kitchen facilities to commercial status!

What the Grant Will Fund

If our application is successful, this grant will transform our kitchen into a modern, hygienic, and efficient commercial-grade space equipped to handle all of our community events and daily functions. Key planned improvements include:

- Food Warmers: Installing commercial-grade food warmers to keep lunches and catered dishes at optimal serving temperatures for functions and gatherings.
- Stainless Steel Work Surfaces: Upgrading to sleek, easy-to-clean stainless steel benchtop work surfaces for prep and food safety.
- Commercial Fridge & Freezer: Replacing standard units with high-capacity commercial refrigeration to store fresh produce, ingredients, and prepared meals safely.
- Raised Stove & Double Oven: Raising our existing stove and double oven up off the ground, allowing for proper access and easy, thorough cleaning underneath to maintain high sanitation standards.

Supporting Our Growing Community Traditions

As we roll out popular initiatives like our Monthly Themed Luncheons and restore traditional highlights like our annual 3-course Christmas Luncheon, having a commercial-grade kitchen will make a world of difference for our volunteers, staff, and cooks.

Grant assessment processes take time, so let's all keep our fingers crossed for a positive outcome! We will keep everyone updated as soon as we hear news regarding our application.

Thank you to everyone who continues to support our kitchen projects and community events!



MELBOURNE CUP

MI Care Melbourne Cup Luncheon 2026: A Day to Remember!

Get ready to frock up, place your sweepstake tickets, and join us for the social highlight of the spring season! MI Care is thrilled to invite all members to our upcoming Melbourne Cup Luncheon on Tuesday, 3 November 2026.

Whether you're a passionate racing fan, love a bit of fashion on the field, or simply enjoy a fantastic meal and wonderful company, this event promises something special for everyone.

Event Itinerary & Schedule

To ensure a seamless, relaxed, and thoroughly enjoyable day out, we have put together a well-paced schedule:

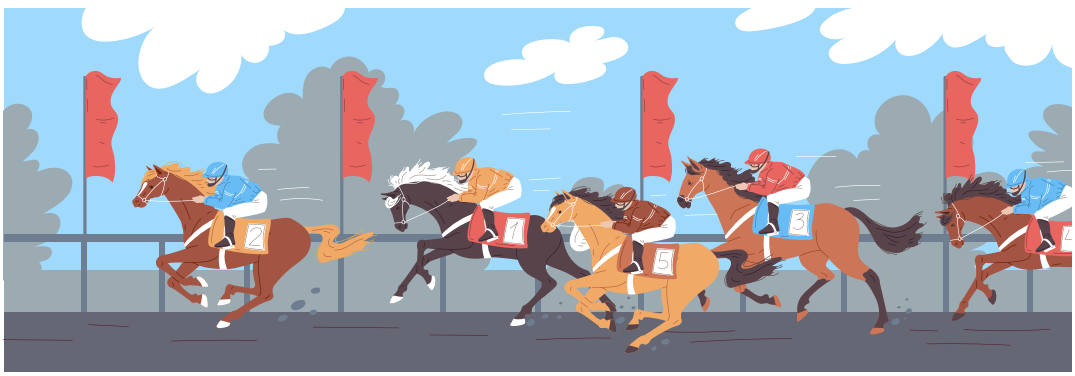
- 12:00 pm – Depart MI Care (7 Apjohn Street) for a comfortable group transit.
- 12:30 pm – Arrive at the vibrant Arcadia Village Hotel for our exclusive lunch booking.
- 12:30 pm to 1:50 pm – Enjoy a delicious lunch, catch up with friends, and soak in the festive atmosphere.
- 2:00 pm – The Melbourne Cup goes live on the big screen (Queensland time)—time to cheer home your favorite pick!
- 2:10 pm to 3:20 pm – Post-race festivities, sweepstake presentations, and extra social time.
- 3:30 pm – Depart Arcadia Village Hotel for the return journey.
- Approximately 3:45 pm – Arrive safely back at MI Care.

Why We've Extended the Celebration

You might notice we've planned for a little extra breathing room after the big race finishes. This extra half-hour has been thoughtfully included because it:

- Allows members to finish their desserts, coffee, or drinks without any rush.
- Avoids the sudden bottleneck of everyone trying to leave immediately after the race.
- Gives everyone plenty of time to chat about the race results, compare tickets, and enjoy the lively atmosphere.
- Elevates the outing, making it feel truly like a special social celebration rather than just a standard transport run.

Mark your calendars, start planning your race-day outfits, and keep an eye out for details on how to book your spot. We look forward to celebrating a fantastic afternoon together!



TOWNSVILLE DAY TRIP

Update: Townsville Day Trip
Looking Ahead to Early 2027

In our October Newsletter, we shared that MI Care is planning a relaxed community day trip to Townsville in our Mini Bus, giving members a convenient mainland outing for shopping, lunch, and errands without the hassle of arranging separate transport.

We've had a wonderful response to the idea so far! As we head into the fi nal two months of the year and fi nalise negotiations with the new owners of Fantasea for discounted ferry rates, we are aiming to launch our first Townsville Day Trip in **early 2027.**

Proposed Itinerary

Stop	Highlights
ALDI & Willows Shopping Town	Dedicated time for grocery shopping, household essentials, and general browsing.
Social Lunch	A relaxed group meal and social opportunity together at Willows.
Dan Murphy's & Return	A quick final stop for supplies before a comfortable ferry ride back home to Magnetic Island via Fantasea.

Expressions of Interest

With only 10 seats available on our mini bus, early responses will help us gauge exact demand and schedule the fi nal date.

If you are interested in joining us for a fun, stress-free day out on the mainland in early 2027, please let Eliska at Reception know or keep an eye out for upcoming announcements!



LINE DANCING

STEPPING INTO FUN: LINE DANCING A RAGING SUCCESS AT MI CARE!

Kick Up Your Heels Every Monday Morning

Following our recent Expression of Interest, we are absolutely thrilled to share that our very first **Line Dancing Beginners Class** was held at the MI Care Hub—and it was a raging success!

Laughter, fantastic music, and tapping feet filled the hall as members and locals stepped onto the floor to learn the basics. Guided with warmth, patience, and wonderful energy by our experienced instructor, Joyce Alexander, the session had everyone moving, smiling, and feeling confident in no time.

Why Line Dancing?

Line dancing is one of the most enjoyable, low-impact ways to stay active! It provides a fantastic workout for:

- Balance & Coordination: Great for joint health and stability on your feet.
- Brain Health & Memory: Learning patterns and dance steps keeps the mind sharp and active.
- Fun & Friendship: No partner required—just step into line, enjoy the music, and share a laugh with friendly faces!

Class Details

Schedule & Details	**Information**
When	**Every Monday Morning**
Time	**9:30 am – 10:30 am**
Where	**MI Care Community Hub, 7 Apjohn Street, HB**
Cost	**Just a Gold Coin Donation to MI Care!**
Instructor	**Joyce Alexander**

Whether you are an absolute beginner who has never danced a step before or simply want to refresh your rhythm, everyone is welcome! Come along next Monday morningand join in the fun.





GREEN HOUSE

GROWING GREEN: SUPER VOLUNTEER MANDI TAKES OUR GREENHOUSE TO NEW HEIGHTS!

From Seeds to Chutneys: Fresh Produce Blooming at MI Care

Our **Possum-Proof Greenhouse** is thriving! Continuing on from the marvellous initial groundwork started by Kate Kearns, super volunteer **Mandi Waters** has stepped in to take our community garden project to the next level.

Mandi has recently installed shade cloth over the greenhouse to protect our young plants from the harsh tropical sun and curious local wildlife. With the structure secured, she will soon be loading in fresh potting mix and cultivating a fantastic array of herbs, flowers, and vegetables right from seed!

What's Growing in the Greenhouse?

Under Mandi's dedicated care, our garden beds will soon be bursting with life, including:

- **Juicy Tomatoes & Fresh Herbs:** Growing fresh tomatoes, basil, rocket, and aromatic herbs.
- **Colorful Flowers:** Cultivating vibrant flowers from seeds to brighten up our Centre and garden beds.
- **Home-Grown Ingredients for MI Care Kitchen:** Providing a steady supply of fresh, organic produce.

Delicious Home-Made Chutneys & Pestos for Members!

Here is the best part: the fresh harvests of basil, rocket, and tomatoes won't just sit in the garden—they are heading straight to the MI Care kitchen!

I will be using these home-grown herbs and vegetables to prepare batches of **delicious homemade chutneys and pestos**. These will be packaged and made available for members to purchase at the Centre, with proceeds returning straight back to support MI Care activities!

A Big Thank You!

A huge thank you to Kate Kearns for laying such a strong foundation and to Mandi Waters for her incredible energy, hands-on hard work, and green thumb.

Projects like this truly show the magic that happens when our community comes together!

Next time you are at the Hub, be sure to pop past the greenhouse and take a look at the amazing progress.



RECIPE

From My Kitchen: The Secret to My "Famous" Melt-in-Your-Mouth Carrot Cake
Many of you have enjoyed a slice of my carrot cake over a cuppa at the MI Care Community Hub or asked me for the recipe.
I'm about to share the ultimate secret to getting that perfect, silky bakery crumb right in your own kitchen.
The Secret: The Disappearing Carrot
The key to a truly melt-in-your-mouth carrot cake where the grated carrot completely disappears into the sponge comes down to technique, not magic.
Instead of coarse carrot shreds that sit visibly in the batter:

- The Microplane Method: Use the fi nest side of a microplane or fi ne zester to grate your carrots. It converts the carrot into a delicate, feather-light fl uff that dissolves straight into the cake as it bakes.
- The "Cyclonic Whizz" Method: If you're short on time, coarsely chop your carrots and toss them into a high-speed processor or food whizz directly with your oil, eggs, and sugars. Whizz on high until completely smooth before gently folding in your dry ingredients.

This releases all the natural sweetness and moisture of the carrots while giving you that smooth, uniform, bakery-style texture every time!



RECIPE

Recipe: Home-Style Carrot Slab Cake with Rich Cream Cheese Frosting

Prep Time	Bake Time	Yield
20 mins	30–35 mins	9 to 12 squares (20 cm x 20cm square pan)

Ingredients

For the Cake Batter:

- 200 g fresh carrots (approx. 2 medium carrots), peeled
- 1.5 cups (225 g) plain flour
- 1 tsp bicarbonate of soda
- 0.5 tsp baking powder
- 1.5 tsp ground cinnamon
- 0.5 tsp ground nutmeg
- 0.25 tsp ground ginger
- 0.5 tsp fine salt
- 0.75 cup (165 g) dark brown sugar (packed)
- 0.25 cup (55 g) caster sugar
- 3 large eggs, room temperature
- 0.75 cup (180 ml) neutral oil (vegetable or canola oil)
- 1 tsp vanilla extract

For the Cream Cheese Frosting:

- 200 g full-fat block cream cheese, softened
- 75 g unsalted butter, softened
- 2 cups (240 g) icing sugar, sifted
- 1 tsp vanilla extract
- 1 tsp fresh lemon juice (for a subtle balanced tang)

Instructions

1. Prep the Carrots: Finely grate your peeled carrots using a microplane, or process them in a food whizz with the eggs, oil, and sugars until completely smooth.
2. Mix the Batter: In a medium bowl, whisk together the plain flour, bicarbonate of soda, baking powder, cinnamon, nutmeg, ginger, and salt. In a separate bowl, whisk together the egg and sugar mixture, then stir in the carrot puree. Gently fold the dry ingredients into the wet mixture with a spatula just until combined.
3. Bake: Pour into a lined 20 cm x 20 cm baking tin. Bake at 170˚C (150˚C fan-forced) for 30–35 minutes until a skewer inserted into the center comes out clean. Cool completely on a wire rack.
4. Whip the Frosting: Beat the cream cheese and butter together until fluffy. Gradually add the sifted icing sugar, vanilla, and lemon juice, beating until creamy and smooth.
5. Assemble & Serve: Spread the frosting smoothly over the cooled slab cake. For clean, café-style square slices, chill the frosted cake in the fridge for 1 hour before cutting with a hot knife!

INTERNET CAFE

Need Help Getting Online? Visit the MI Care Internet Café!

Did you know that MI Care offers free computer and internet access to our community?

Whether you need to check your emails, browse the web, print a document, or handle online tasks, we have two desktop PCs with free high-speed internet available for public use.

Free PC & Internet Access

- When: Monday to Friday, 8:00 AM – 4:00 PM
- Details: Walk-ins are welcome! Computer access is free and available on a first-come, first-served basis (subject to availability).

Need Extra Support or Guidance?

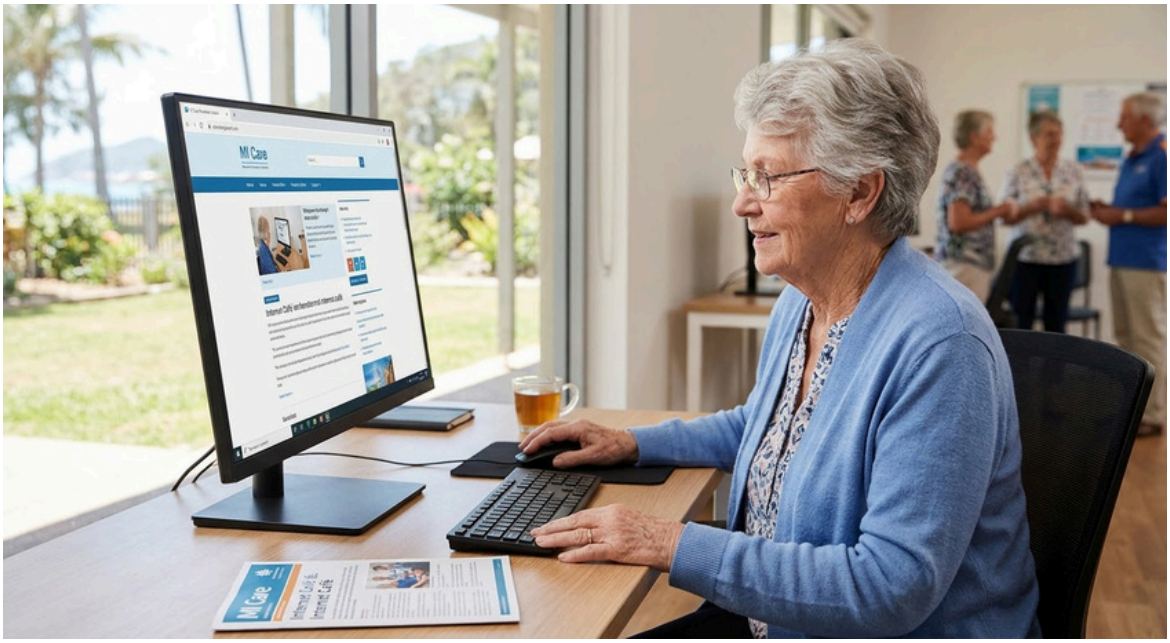
If you're feeling unsure, navigating a tricky website, or would simply like some one-on-one assistance while using the computer, our friendly volunteer tutors are here to guide you step-by-step:

- Helen Foulkes – Available Tuesdays
- Anna Salleh – Available Fridays

Note: Guidance sessions with Helen or Anna must be booked in advance so we can pair you up with a volunteer.

How to Book

To reserve a time with one of our volunteers, please call Eliska at the MI Care office ahead of time to secure your spot. We look forward to seeing you at the center and helping you stay connected!

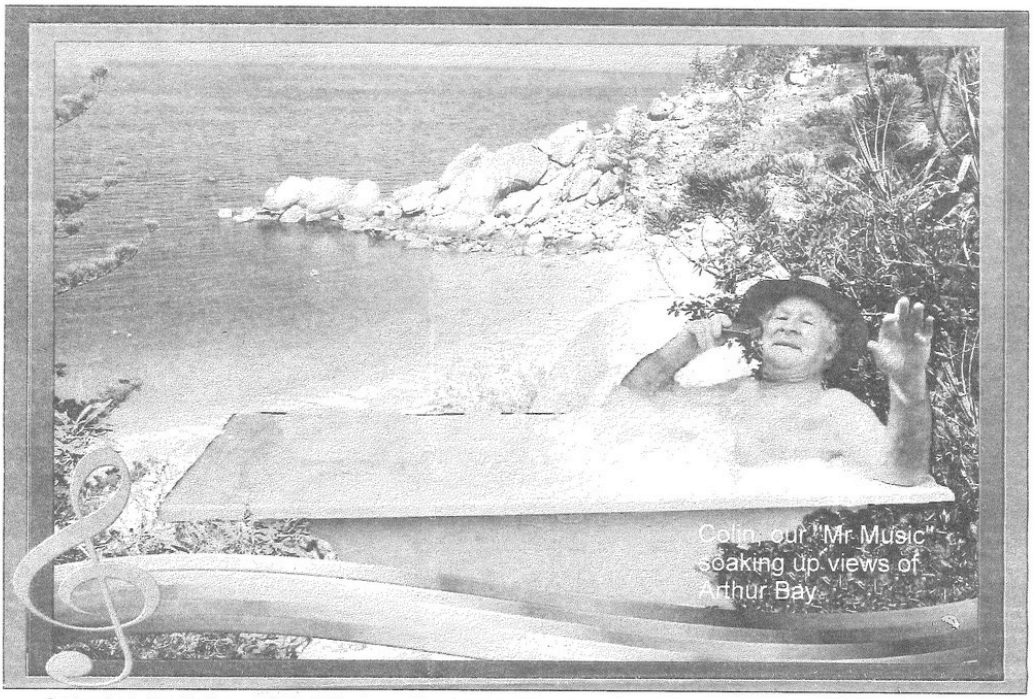


MICC + Phil Bulletin 29/09/07

WEEKEND extra

Facelifted Maggie ages

Development has created an uncertain future for the large band of retirees on Magnetic Island. Story by IAN FRAZER



Seniors including Mr January Colin Fulford posed in a bathtub at 12 different scenic locations around the island for a calendar

COLIN Fulford, probably the oldest backpacker on Magnetic Island, hates the whiff of car fumes over his patch.

He decided not to renew his licence 12 months ago, aged 89, because his Mini Moke had almost rusted away.

"There are plenty of buses on the island — one every half hour," Mr Fulford said this week.

He usually catches one from Arcadia, 5km to Picnic Bay for Magnetic Island Community Care's Tuesday Club activities.

A former rabbit-trapper, farmhand, hotel yardman and mining exploration worker, Colin has travelled light most of his life.

His most recent backpacking expedition, five years ago, took him to Norway, to see the midnight sun.

The harmonica that has earned him the nickname Mr Music from other Tuesday Club members is the ideal instrument for a wanderer.

Some of the tunes he revives for singalongs have been in his head since hearing his Dad play them at Beech Forest in southern Victoria in the 1920s.

At least 30 or so members of the group meet every Tuesday in the shell of a long-abandoned bank branch for a cuppa, art and craft classes, music, games and yarns.

The building is for sale for $1.3 million, as part of an arcade on the Picnic Bay esplanade.

The Magnetic Island Community Care Association has been lobbying for a permanent home for at least seven years.

It wants the state or federal government to build a base to guarantee the future of its community care project.

This project, established in 1997 with funding from the Federal Department of Health and Ageing's Health and Community Care scheme, provides advocacy and support for 86 members.

Mr Fulford numbers himself both among the 'clients' and 40 volunteers who help with jobs ranging from demystifying computers to delivering Meals on Wheels.

Apart from the singalongs, he also posed as Mr January for a calendar featuring a dozen photogenic oldies which made the association $5000 last year.

"I joined the Tuesday club, but now and then I volunteer if there's anything to be done," he said.

"I do play the mouth organ now and then — at a Christmas party or when we're going on trips and we get to the destination, such as some part of the outback of an evening."

A resident of Arcadia for 40 years, he says some members are old friends, but there are newcomers too, such as the odd English visitor on an extended holiday in the tropics.

He feels uneasy about the units that have mushroomed around Nelly Bay since the opening of the safe harbour in September, 2003.

"I am not impressed with them," he said.

"When I first came to Magnetic Island I thought it was most beautiful, there were not that many cars in those days.

"Now it's sort of spoiled the natural areas, especially in Nelly Bay.



One of the original QANTAS air hostesses, Mary Smedley



Sarah Gibson with Tony Mooney at the Seniors Picnic in Park in August, after being awarded for her volunteer work with Magnetic Island Community Care



Magnetic Island Community Care Centre president Phil Landon

31pc of Magnetic Island residents over 55

THE relatively high proportion of people 55 years and older living on Magnetic Island can be gauged from 2006 Census results issued in June.

The Census figures show 31 per cent of residents were aged 55 years and older, compared with a national figure of 24 per cent, Cairns statistical district 19.8 per cent, Townsville 18.5 per cent and Kirwan 13.9 per cent.

The median age of respondents on the island was 45 years, compared with the Australian median of 37 years, Townsville 32 and Kirwan 30.

Forty-one were aged 80 to 89 years and 139 were 70 to 79 years.

The proportion of couples without children was also higher on Magnetic Island: 51.5 per cent, compared to a national figure of 37.2 per cent, Cairns 37.7 per cent and Townsville 36.7 per cent.

Figures for widowed people are more uniform, the proportion on the island having declined from 6.5 per cent in 2001 to 4.3 per cent in 2006, compared with Townsville 4.8 per cent in 2001 and 4.5 per cent in 2006.

"When you come to think of it, if they sell all those units and people come to live in them, they will all drive cars."

Sarah Gibson, another long-time resident and community care volunteer predicts life could get harder for the relatively large proportion of over-55 year-olds on the island.

"At the moment we don't know what the future holds," she said. "It's getting expensive to live here.

"Quite a few people are moving to retirement places in Townsville."

Rather than drawing retirees, the latest batch of expensive units could be bought by investors and let to holidaymakers.

Mrs Gibson, who operated holiday flats in Arcadia with her husband, the late Dick Gibson, in the 1970s, said services had improved in the past three decades.

The community care project offered an inexpensive transport scheme for clients needing medical treatment in Townsville.

Volunteers were able to drive patients to and from their doctor, or hospital for $15 return, thanks to the generosity of the barge company.

The Blue Nurses and Anglican welfare organisation Spiritus also helped elderly and frail-aged people to stay in their own homes, in the absence of an aged care hostel.

Mary Smedley, 80, a former Qantas air hostess, says she is glad she and her husband, Colin, decided to retire to the island from Sydney six years ago.

They came to be closer to their daughter, son-in-law and three grandchildren.

"I am someone who unfortunately has developed rheumatoid arthritis — I have to go to Townsville each week.

"I used to go by ferry and it cost a enormous amount of money.

"Community Care come to my house, they pick me up, take me to where I'd like to go and I get brought home on the ferry.

"It's an incredible service for me.

"It's such a caring institution in doing over and above what you would expect.

"They go to houses to make sure that men and women are taking their tablets — it's over and above what they are required to do.

"There are a lot of phone calls — they are always there."

Community Care Association president Phil Landon, a security controller at Government House, Canberra, when Bill Hayden was Governor-General, says the project could fold without secure tenure.

"What we do is recognised by the local member, Mike Reynolds — he's been trying his hardest to put the case before authorities down south, but there's been no recognition," he said.

"Unless we voice our concerns we will be left behind. We can't guarantee continuity of service unless we have secure tenure."

He predicts growing demand for services, based on the island's ageing population.

PETS CORNER

We love celebrating the wonderful animals who bring warmth, comfort, and laughter to our MI Care community! For this month's Pets Corner, we are delighted to feature Frida, the beloved Spoodle belonging to Deb.

Getting to Know Frida

Quick Fact	Details
Breed & Age	15.5-year-old Spoodle (with Deb since 8 weeks old)
Hometown	Born in Kelso (American Cocker Spaniel mum & white toy poodle dad)
Personality	Independent, unbothered, and full of character

The Story Behind the Name

Named after the iconic artist Frida Kahlo, she earned her title because she is all black and sports fantastic, expressive eyebrows whenever her hair grows long!

Favorite Things & Quirks

● Activities & Hangouts: Frida's absolute favorite toy in the whole world is a ball. When taking it easy, she loves sleeping belly-up on the couch and sticking her head out of the car window to catch the breeze.

● Funny Habits: She used to play an incredible game of "dead"—dropping to the fl oor when you 'shot' her and patiently waiting for the magic word "Alive!". These days, she has developed a more direct communication style: barking clear instructions to let Deb know when she's hungry or needs to step outside.

Daily Life & Special Connection

Frida starts her days with a relaxing morning sniff before heading off to work with Deb. She trots around in her own delightfully laconic way, offering a calming, gentle presence and saying hello to everyone at Magnetic Island Community Care.

While she prefers not to be overly fussed over with too much handling, she has her own sweet ways of showing love:

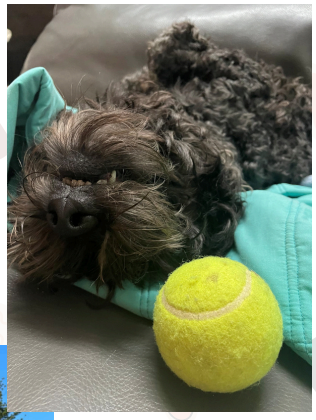
● Siddling up on the couch until her back is gently resting against Deb's leg.

● Flipping her paw up in the air when she decides she is offi cially ready for a pat.

A Memorable Moment

As a puppy, Frida had a hilarious—and slightly heart-stopping—moment off-lead at the beach. Spotting a seagull, she took off after it with full determination, chasing it down the shoreline until she completely disappeared from view. Deb thought she was gone for good! After what felt like an eternity, Frida realized she was never actually going to catch the fl ying bird, turned around, and casually trotted all the way back."Just relax, everything will be OK." — Frida's Catchphrase







VOLUNTEER SPOTLIGHT

Volunteer Spotlight of the Month: Jen Smith



Welcome to this month's Volunteer Spotlight, where we shine a light on the incredible people who make our community so special. This month, we are thrilled to feature Jen, a dedicated and warm-hearted volunteer here at MI Care.

Finding Her Way to Magnetic Island and MI Care

Jen and her husband, Tony, purchased a house on Magnetic Island in February 2022. Their move to the island felt like destiny: on an extremely hot day, dolphins followed their ferry, leading them to believe it was a sign from the universe. Residing in Horseshoe Bay, they love the local insects, animals, and fl ora, having previously lived in Melbourne and then Townsville.

Jen's path to volunteering at MI Care began through her lovely neighbour, Floss, who worked at MI Care and encouraged her to lend a hand. Since then, Jen has loved being involved in activities like mystery trips, shopping adventures, movies, and lunches, and she warmly encourages others to join in to make new friends and reconnect with old ones.

Connecting Through Service

Every Friday, Jen helps out by providing a friendly face, making cuppas, and tidying up. She believes she receives far more out of the experience than she gives, noting that listening to the personal journeys and stories of our members is a true highlight because "it is all about connection."

A Lifetime of Teaching and Community

Jen brings a wealth of experience from her 40-year career as a primary school teacher across both Victoria and Queensland, where connecting with parents, children, and communities was an absolute privilege. Among her teaching experiences, she spent three years at an Indigenous school in Townsville and deeply loved the staff and children. During her time in Townsville classrooms, she maintained a "Cowboy's Corner" using giveaway items from games as student incentives—leading grateful parents to surprise her with a signed canvas photo of Johnathan Thurston inscribed with: "To Mrs Snell, Thanks for your support."

Memorable Moments and Motivation

- **Favorite Highlight:** Dawson's 100th birthday bash in 2026, which she describes as a positive and wonderful event, highlighting how the Community Hub thrives under Phil's leadership and Eliska's guidance.
- **Core Motivation:** Jen is driven by the belief that small acts can make a big difference. She shares that her ultimate goal is simple: when she passes away, she would be thrilled if people said, "She was a kind person..."

Life Outside MI Care

When she isn't volunteering, Jen keeps busy with a variety of passions:

- **The Garden:** Her garden is her happy place, and she takes pride in growing her own food, no matter how small the harvest.
- Family: She stays busy knitting and regularly sending parcels to her two grandchildren living in Perth and New Zealand.
- **Active Passions:** She loves attending aqua aerobics and is a passionate sports supporter—holding a membership for the Cowboys and attending all home games, alongside her support for the Collingwood AFL team.

Looking Ahead

As we look forward to the coming months, Jen is excited to help out with upcoming Christmas and MI Care celebrations, and continues to look for fun ways to bring community activities together.

Thank you, Jen, for your kindness, energy, and unwavering dedication to the MI Care community!

STORM SEASON



Storm Season is Here: Are You Queensland Ready?
Queensland’s storm season has officially arrived. From sudden summer downpours and severe thunderstorms to unexpected power outages, extreme weather can develop quickly.
Taking a few simple preparation steps now can make a world of difference to your safety, comfort, and peace of mind when bad weather strikes.
Whether you are updating an existing preparedness plan or starting from scratch, here is your essential guide to getting Queensland Ready this November.

1. Quick Micro-Actions around the Home

Preparing doesn't have to be overwhelming. You can start with a few straightforward micro-actions today:

- **Clear gutters & surroundings:** Keep roof gutters and downpipes free of leaves, and trim excess tree branches around your property to prevent storm damage.
- **Stay informed:** Set up weather alerts through the Bureau of Meteorology (BOM) or your local council’s disaster dashboard.
- **Secure important files:** Keep key physical documents (IDs, insurance policies, property deeds, birth certificates) in a waterproof wallet or back up digital copies securely.
- **Review insurance:** Double-check your policy details to ensure you have adequate cover for natural disasters.
- **Have a "what if" chat:** Connect with family members, friends, or neighbours to discuss emergency plans and confirm who can offer help if needed. Include pets and other domestic animals in your emergency strategy.

2. Emergency Kit Essentials Checklist

If power or essential services are interrupted, you should be prepared to manage independently at home. Aim to build or update an emergency kit containing enough supplies for at least three (3) days:

Water & Food

- Drinking water: Minimum of 10 litres per person (covers 3 days).
- Non-perishable food: Canned or shelf-stable items, plus a manual can opener, basic utensils, and a small gas stove with spare canisters.
- Specialised supplies: Baby formula, nappies, and wipes, alongside food, extra water, and bowls for pets.

Health, Safety & Hygiene

- Medications: At least a 1-week supply of essential prescription and over-the-counter medicines, plus up-to-date scripts.
- First Aid & Hygiene: Fully stocked first aid kit, face masks, hand sanitiser, toilet paper, soap, and personal hygiene items.
- Personal Aids: Spare prescription glasses or hearing aid batteries if required.

Communication & Power

- Charged devices: Keep mobile phones, chargers, and portable power banks fully charged.
- Torch & Battery Radio: Pack reliable light sources and a battery-powered radio (with spare batteries) to monitor local news updates during outages.

Utilities & Tools

- Tools & Gear: Work gloves, safety knife, tarpaulin, ropes, and basic tools (wrench/pliers) to turn off power, water, or gas if directed.
- Cash & Basics: Emergency cash (in case electronic payment systems go down), spare clothing, rain gear, and sleeping bags or blankets.

Get Started Today

Don't wait until the clouds roll in to start searching for supplies. Ticking off even two or three checklist items today will put you well ahead of the storm.
For complete emergency checklists, template plans, and local council links, visit getready.qld.gov.au.

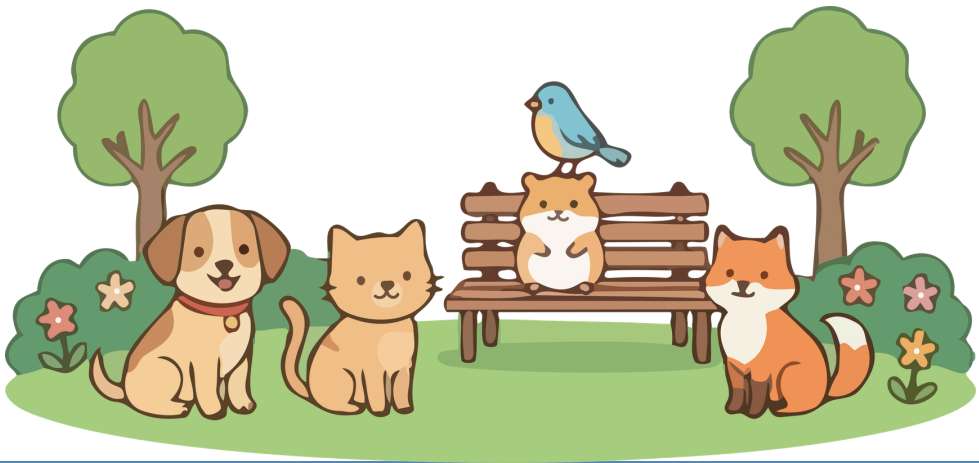


HAPPY 91ST BIRTHDAY
EMRYS MILLS
MANY HAPPY RETURNS EM,
FROM ALL HERE AT MI CARE



Share Your Pet in Pets Corner!
Do you have a beloved pet you'd love to feature in an upcoming edition of the MI Care Newsletter? We'd love to hear their story!
Simply pop into the offi ce or send an email to info@micare.org.au with a photo of your pet along with:

DETAILS TO INCLUDE	DESCRIPTION
NAME & AGE	HOW OLD ARE THEY AND WHAT DO YOU CALL THEM?
BREED / TYPE	DOG, CAT, BIRD, OR SOMETHING UNIQUE?
FAMILY TIME	HOW LONG HAVE THEY BEEN PART OF YOUR HOUSEHOLD?
QUIRKS & MEMORIES	A FAVORITE MEMORY, HABIT, OR FUNNY QUIRK!



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

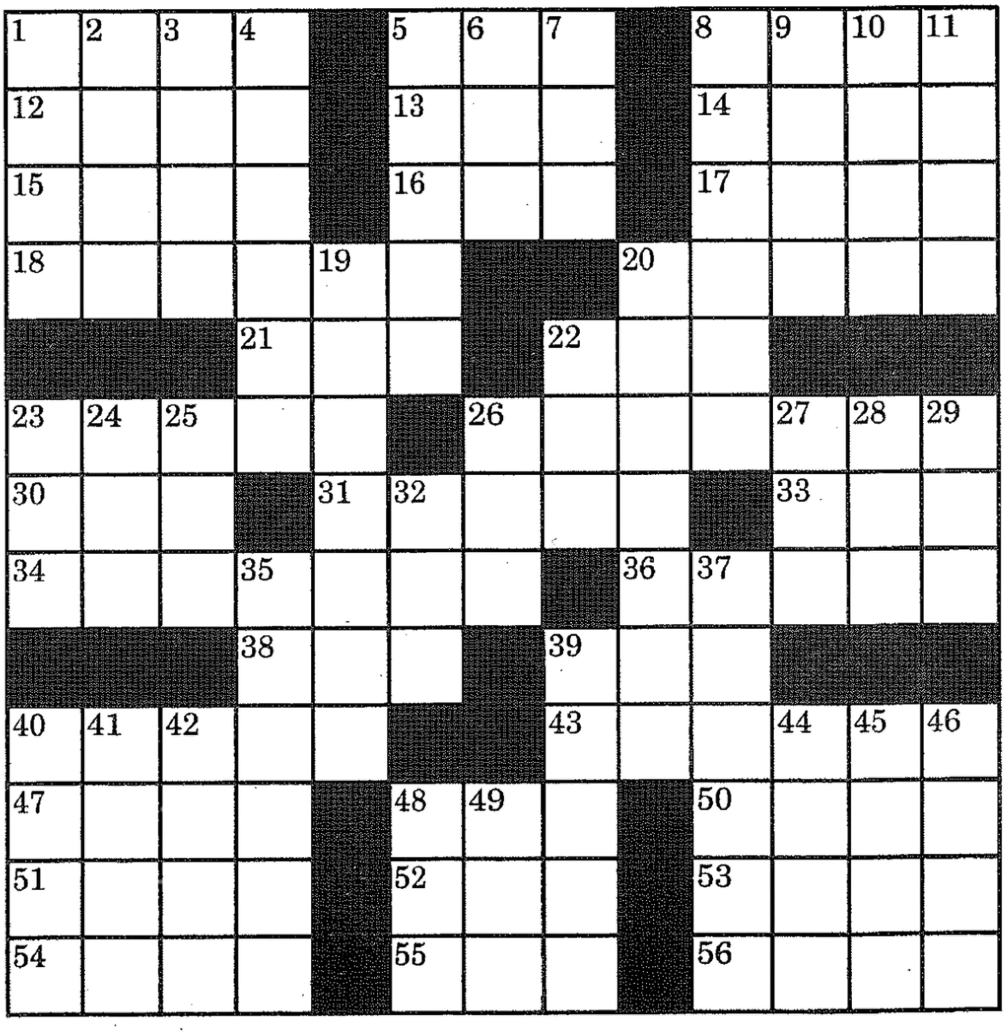


ACROSS

1. Paint layer
5. Feline beast
8. Draped on
12. Hot volcanic rock
13. Raw mine product
14. Choir gown
15. Detail on a list
16. Checkers pieces
17. Chicken shelter
18. Group of words
20. Big bundles of cotton
21. — Angeles, California
22. Pea protector
23. Born first
26. Nabs (a crook)
30. Itty-bitty
31. Lake boat
33. Fodder grain
34. Most extended
36. DeVito of the movies
38. Pester
39. Grassy carpet
40. Atomizer blast
43. Keeps pleasantly occupied
47. Borrowed money
48. Young gent
50. "— and learn!"
51. Fluttered down to a perch
52. What a squeaky hinge needs
53. Bark-covered plant
54. Coal measures
55. Give it a whirl
56. Convey by messenger

DOWN

1. Cut (coupons)
2. Pledge in a courtroom
3. Say clearly
4. Wrapped Mexican snack
5. Arrives
6. Continue to be
7. Hamilton's bill
8. Gaming venue
9. Hammer, for example
10. Clarinet kin
11. Jazzes (up)
19. Magical power
20. Lack of interest
22. In favor of
23. Night-flying bird
24. Zodiac 5-Across
25. Warm, cozy retreat
26. Colony insect
27. Parents' boy
28. Bronzed by the sun
29. Messy pen
32. Make inquiries
35. A New York football team
37. Grown people
39. With great sorrow
40. Thin strip of wood
41. Game played on ponies
42. Typical April weather
44. Your Majesty
45. 50-50
46. 53-Across beginning
48. Urban land parcel
49. Lung expander



MON	TUE	WED	THU	FRI
2 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Joyce's Line Dancing 9.30-10.30am *Ken's ART 12.30-3pm	3 *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm *Melbourne Cup @Arcadia Village Hotel 12.30-3.30pm	4 *Deb's K. Pilates 9-10pm *Deb's J. Chair Strength & Stretches 11-12pm	5 *Deb's J. STRENGTH 9&10am *Janine's Chair Yoga 11.15-12.15pm	6 *Deb's K. Pilates 6.30-7.30am *IT 10-11am *Tuesday on Friday Club 10-12pm
9 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Joyce's Line Dancing 9.30-10.30am *Ken's ART 12.30-3pm	10 *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	11 *Deb's K. Pilates 9-10pm *Deb's J. Chair Strength & Stretches 11-12pm	12 *Deb's J. STRENGTH 9&10am *Janine's Chair Yoga 11.15-12.15pm	13 *Deb's K. Pilates 6.30-7.30am *IT 10-11am *Tuesday on Friday Club 10-12pm @ Lava Lava PB
16 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Joyce's Line Dancing 9.30-10.30am *Ken's ART 12.30-3pm	17 *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	18 *Deb's K. Pilates 9-10pm *Deb's J. Chair Strength & Stretches 11-12pm	19 *Deb's J. STRENGTH 9&10am *Janine's Chair Yoga 11.15-12.15pm	20 *Deb's K. Pilates 6.30-7.30am *IT 10-11am *Tuesday on Friday Club 10-12pm
23 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Joyce's Line Dancing 9.30-10.30am *Ken's ART 12.30-3pm	24 *Yvonne's Zumba GOLD 9.30-10.30am *IT&JP 11-3pm	25 *Deb's K. Pilates 9-10pm *Deb's J. Chair Strength & Stretches 11-12pm	26 *Deb's J. STRENGTH 9&10am *Janine's Chair Yoga 11.15-12.15pm	27 *Deb's K. Pilates 6.30-7.30am *IT 10-11am *Lissy's Loushay Poetry Slam 10-12pm
30 *Helen's Aqua Aerobics at the School Pool NB 9.30-10.30am *Joyce's Line Dancing 9.30-10.30am *Ken's ART 12.30-3pm				