



# the star



Celebrating a new home for residents at Illoura Village

See story page 4.

## Inside:

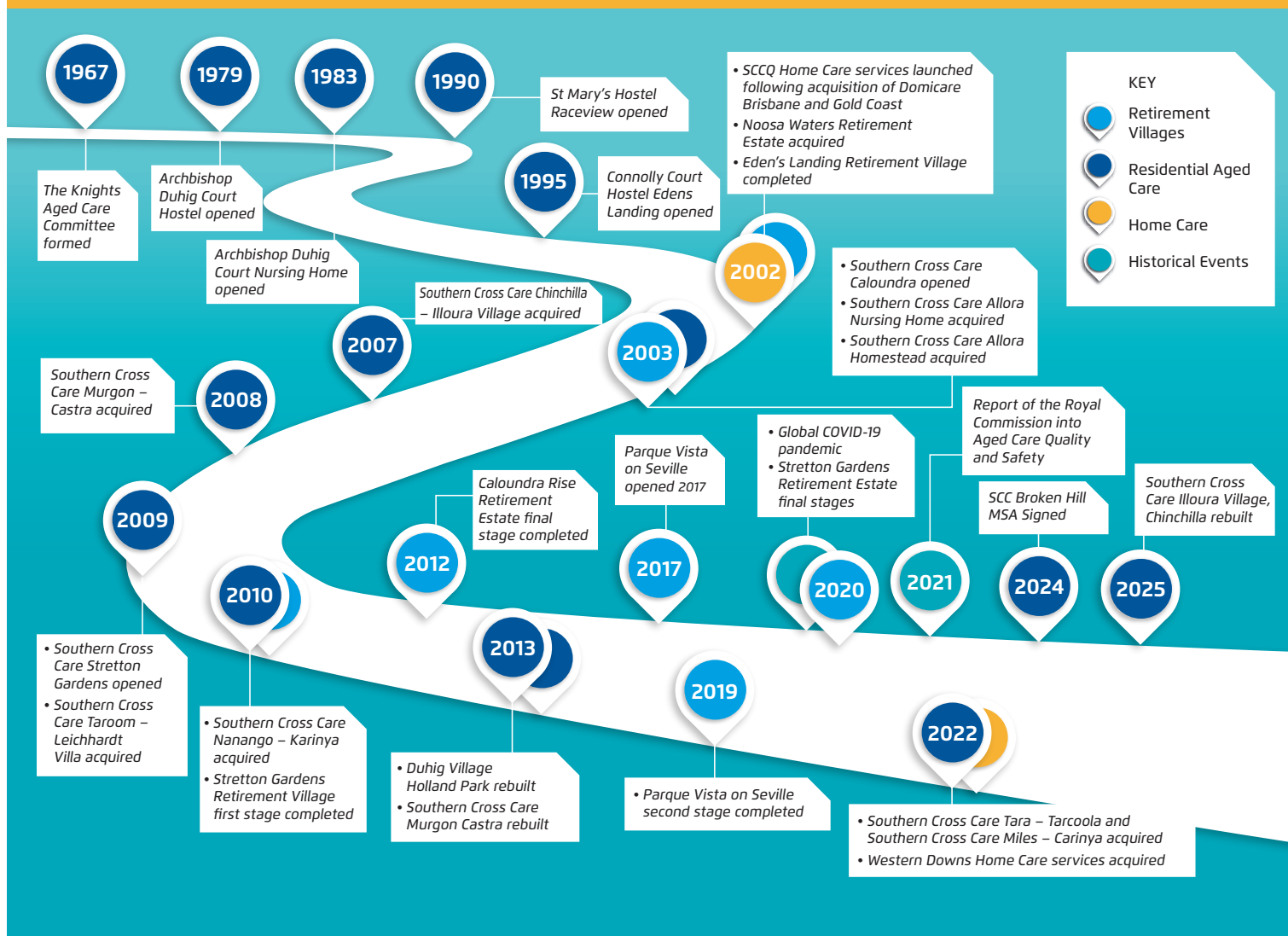
Bess Thorp celebrates her 105th Birthday  
Unity shines through during Cyclone Alfred  
Nick Budden, a champion on and off the field

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Front cover photo: The Hon. David Littleproud MP Member for Maranoa, addressing guests at the Opening of the new Illoura Village Residential Aged Care Home

## Our journey serving the community so far...



## Welcome message

# From Chief Executive Officer Jason Eldering



**As we reflect on the past few months, I am filled with deep gratitude and admiration for the many ways we have seen the power of partnership in action. The first few months of 2025 have been marked by growth, celebration, and unity in the face of crisis. Every day, I am inspired by the compassion and care that flows through our organisation, and it is with this spirit that we play such a vital role in making a difference in the lives of those we serve.**

A new initiative this year was the introduction of our Leadership Conference, where we brought together our Board, Executive Leadership Team, and managers from across our services. The event, centred on the theme “Helping Others Grow”, focused on preparing for the new Aged Care Act, addressing industry challenges, exploring innovation in care models, and the importance of teamwork and community engagement. The conference gave us an opportunity to reflect on how we can evolve to meet the needs of those we serve, all while continuing to lead with compassion.

Another significant milestone we celebrated was the official opening of the new Residential Care Home at Illoura Village, in Chinchilla. This new home is a testament to the power of partnerships, with many hands coming together to create a place that will transform the lives of our residents. This project has

shown us how collaboration between our teams, partners, and the broader community can turn a vision into a reality. It’s a reminder that when we work together, we can achieve extraordinary things for those who need us most.

We also faced a challenging time with Cyclone Alfred impacting our communities. Yet, in the midst of this crisis, the resilience of our people shone through. From staff and volunteers to local emergency services and community members, the collective spirit of those who worked tirelessly to ensure the safety and wellbeing of others was nothing short of inspiring. In times of hardship, the true character of a community is revealed, and I was deeply moved by the strength, kindness, and determination everyone displayed. We came together in the face of adversity, and it is this dedication to one another that reminds me how blessed we are to be part of such a remarkable community.

As we reflect on these events, I am continually grateful for the dedication of our people and the strength of our communities. Through collaboration, empathy, and a shared commitment, we continue to create positive change, growing communities where best lives are lived.

Yours in service,  
**Jason Eldering, CEO**



# Celebrating a new home for residents at Illoura Village

**On the 17 February, we officially opened the doors to our new Illoura Village Residential Care Home in Chinchilla. After four years of planning and dedication, this \$36 million redevelopment, co-funded by the Federal Government and SCCQ, marks a significant milestone for the region. From the first sod turn to watching the building rise from the ground, the journey has been an exciting one, and there was no greater joy than seeing the residents' faces as they explored their new home, which embodies the vision we've worked so hard to bring to life.**

The formal opening event was attended by over 100 guests, including local council members, government officials, community representatives, residents, and staff. The Hon. David Littleproud MP Member for Maranoa, officially declared the home open, while Most Reverend Ken Howell, Bishop of Toowoomba, blessed the building.

Our CEO Jason Eldering reflected on the journey, saying, "Today, we see our vision come to life. This home is not just a building, it's a place where dignity, care, and community come together, ensuring our residents can age in place, surrounded by the support they need."

Residents shared their excitement, with Beverley Cole saying, "It's such a beautiful space, and I know we'll be very happy here."

John Matthews added, "The new rooms are fantastic, so spacious and comfortable."

The new home boasts 81 private rooms, state-of-the-art amenities, and welcoming communal spaces. It replaces a nearly 40-year-old facility and adds 18 more places for older residents to remain in the community they love.

A heartfelt thank you to all who attended the opening event, and our partners—the Australian Government Department of Health and Aged Care, Southern Queensland Rural Health, and Western Downs Regional Council—for helping make this vision a reality.

Looking ahead, we're excited to begin the next phase of development, which will see the old buildings transformed into an Age Well Community Centre.

This will include a wellness centre, gym, allied health and primary health care consulting rooms, and a café, further enhancing the quality of life for our residents and the broader community.



*Community members enjoying the festivities*



SCCQ CEO, Jason Eldering; MP Member for Maranoa, The Hon. David Littleproud; Bishop of Toowoomba, Most Reverend Ken Howell; SCCQ Chair, Francis Price

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Community members enjoying the festivities



Bishop of Toowoomba, Most Reverend Ken Howell, blessing the home



# Community icon, Bess Thorp, celebrates her 105th Birthday

**A true icon of positivity and community spirit, Bess Thorp recently celebrated her 105th birthday at her home in Karinya Residential Care, Nanango. Surrounded by family, friends, fellow residents, and the compassionate staff who care for her, Bess's celebration was a testament to the warmth and positivity that have defined her incredible life.**

Born in Bundamba, Qld, Bess's journey has been one of love, resilience, and community. She met her husband, Tom, before World War II, and after reconnecting following the war, they married and settled in Kingaroy. There, they ran a jewellery shop for many years, Thorps Showcase Jewellers, becoming an enduring part of the local community. Bess was always active, playing tennis, line dancing for many years, and being an active member of the Kingaroy Bowls Club. Her energy and spirit left a lasting impression on everyone who crossed her path.

Her daughter, Glenis, reflects on what she believes has contributed to Bess's long life: "A healthy and clean lifestyle, but most importantly, her positive attitude. She always saw the good side of everything and everyone." It's this outlook on life that has made Bess so beloved by those who know her. She has an ability to make people smile, and her sense of humour is something everyone treasures.

The birthday celebration was filled with heartfelt moments, as Bess was treated to a beautiful cake, warm songs, and the music she loves. Bess's 105 years were celebrated with the kind of love that can only come from a life well-lived. When asked about reaching this remarkable age, Bess simply said, "I can't believe I'm this age!"

With three children, seven grandchildren, and 15 great-grandchildren, Bess has created a legacy of love, laughter, and positivity. Her incredible life continues to inspire all who are lucky enough to know her. Happy 105th Birthday Bess - your positivity and warmth continue to inspire everyone around you!



*Bess celebrating her 105th birthday with daughter Glenis*



*Bess as a young woman*

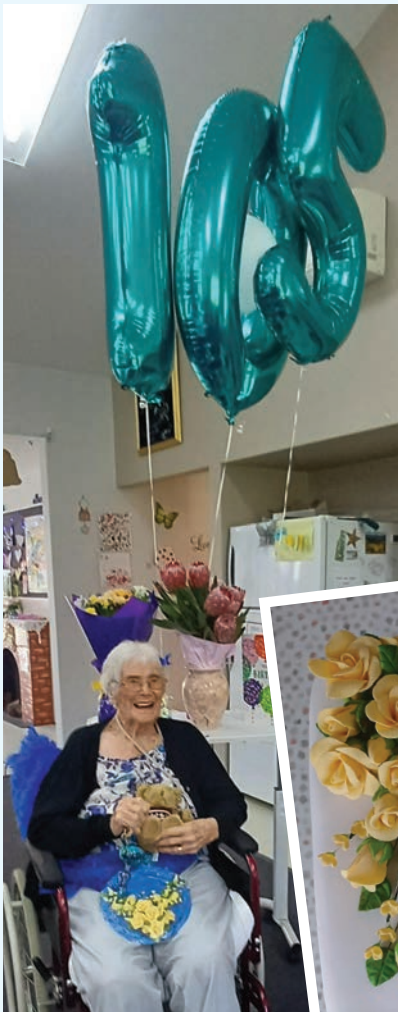




Bess with husband Tom



Bess and Tom on their wedding day





## Unity shines through during Cyclone Alfred

**It was an uncertain time as we waited and bared through the powerful weather event in March that was Cyclone Alfred, with many affected across South East Queensland, but it was amazing to see how it also brought out the best in our community. In the face of the storm, residents and staff came together with incredible compassion and teamwork, showing just how much they care for one another.**

The Street Warden heroes at Noosa Waters were quick to act, ensuring that all residents were safe and well-prepared. Led by Head Warden Tanis, our wardens Jan, Graeme and Peter—alongside our Village Manager and Maintenance Officer, made sure to visit each resident personally, delivering emergency supplies like torches, water, and essential items such as toilet paper.

Many residents expressed how much this meant to them, feeling not just cared for but truly Known and Loved. The heartfelt gratitude from the residents reflected the dedication of the team, who worked tirelessly to ensure everyone was comforted during such an uncertain time.

Although Noosa Waters was largely unaffected by the cyclone, the community was ready for anything, thanks to the unwavering support of the team. The courage, kindness, and compassion of our Street Wardens and Street Captains were a shining example of the spirit that makes our community so special.

Within our Caloundra Rise community, our team also went above and beyond. When other staff members couldn't make it in, Odette, Leanne, Jimm and Anna from our Home care team stepped in with smiles and a willingness to help however they could. They spent the day with the residents, running activities like bingo, taking walks, and even helping with meals. Their positivity and dedication to making sure residents were engaged and happy made a world of difference.



*Noosa Waters residents and street wardens*

**The courage, kindness, and compassion of our Street Wardens and Street Captains were a shining example of the spirit that makes our community so special.**

The extraordinary care and compassion shown during Cyclone Alfred extended far beyond Noosa Waters and Caloundra Rise. Across all of our communities, staff worked tirelessly to support one another, from the Gold Coast Home Care team conducting daily welfare checks for clients in that region, to the dedicated street wardens and teams in each community, ensuring every resident felt supported, safe, and cared for.

It was a reminder of the incredible unity, kindness, and dedication that define our organisation. The strength and compassion of all our teams—no matter where they are—were truly inspiring and highlighted what makes our community so remarkable.





## *Pastoral reflection* The Hope of Easter

Easter is more than just the Easter Bunny. While the bunny brings joy and excitement, we mustn't let him overshadow the true heart of the story. Easter is the holiest and most hope-filled time in the Christian calendar—much more than a long festive weekend.

To understand Easter, we look to Holy Week. It begins with Palm Sunday, when Jesus entered Jerusalem to the joyful cries of "Hosanna." But that joy quickly turned to sorrow as Jesus was betrayed, crucified, and laid in a tomb. Then came Easter morning—the stone was rolled away, and the tomb was empty. Christ is risen! Death is defeated, and God's saving love has triumphed.


Though Easter falls in autumn here in Australia, it is traditionally associated with springtime in the Northern Hemisphere—when new life blossoms, light returns, and hope breaks through the cold. Easter carries this same message: no matter how long the night, the dawn of a new day will always come.

As we grow older, we may feel the weight of our years or the pain of loss. Yet Easter assures us that life—true, eternal life—is never over. Just as Christ rose, we too are promised a future beyond this life. As St. Paul reminds us, "If the Spirit of him who raised Jesus from the dead is living in you... he will also give life to your mortal bodies" (Romans 8:11). This is the great hope of Easter: we will be raised with Christ into a new, transformed, eternal life.

So, yes—enjoy the chocolates, the egg hunts, and the celebrations. But let us also pause to reflect on the Cross, the empty tomb, and God's precious gift of new life in Christ.

*Wishing you the peace and joy of the Risen Christ this Easter.*

### Did you know?



The Easter Bunny's origins can be traced back to German folklore. In these early tales, a hare—symbolising fertility and the renewal of life in spring—was said to deliver eggs to well-behaved children. German immigrants brought this tradition to America in the 1700s where it merged with the Easter celebrations we know today.

### Easter Prayer

*Loving Father,  
As we celebrate the resurrection of Jesus,  
we are reminded of the hope that His  
victory over death brings to our lives. May  
this Easter fill our hearts with renewed faith,  
joy, and the assurance that no matter the  
challenges we face, your love and grace  
will see us through. Help us to spread this  
hope to those around us, and to live each  
day in the light of Your promise.  
Amen.*

## Nick Budden, a champion on and off the field

**Our incredible Garden Maintenance Officer for our Home Care Western Downs region, Nick Budden, recently represented Australia in the Australian Cricket Deaf & Hard of Hearing T20 Tri-Series & 50-Over Series in India. This selection is a testament to Nick's dedication, skill, and passion for cricket, as well as his commitment to both his professional and sporting pursuits.**

Nick's journey to the international stage is nothing short of inspiring. During the Tri-Series in India, Nick opened the batting in several thrilling matches, with his standout performance coming in a nail-biting victory over India. In that match, Nick scored 83 not out off 61 balls in a high-pressure situation, including a series of boundaries in the final over (20 from 5 balls) to seal the win for Australia, and saw Nick awarded with Player of the Match! Cricket Australia commended his innings, as it marked the first time in 20 years that the Australian Deaf and Hard of Hearing squad had beaten their Indian counterpart.

However, Nick's journey wasn't without its challenges. Unfortunately, he was unlucky to sustain an injury in the first 50 over game, which saw him ruled out for the last two games. To say he was devastated would

be an understatement, but Nick's determination to push through adversity is part of what makes him a true champion.

Though the team faced tough competition, including a close loss in their final match, Nick's contributions were consistently remarkable. In one of the One-Day matches, he top-scored for Australia with 28 off 39, despite facing challenging conditions. His resilience, both on the field and in representing his country, has earned him widespread praise and admiration.

Nick's commitment to the sport is matched by his passion for cricket gear, even finding time to visit a local sports store during his travels. While in India, the team also took some time to enjoy the sights, including a visit to the iconic Taj Mahal. One of the most memorable experiences was immersing themselves in Indian culture. For their closing night of the T20 Tri-Series, Nick and his teammates took part in a special tradition—having clothes made especially for the occasion, which brought them closer as a team and allowed them to experience the local culture in a unique and meaningful way.

We are incredibly proud of Nick's accomplishments and look forward to supporting him as he continues to excel in both his career with us and his cricket endeavours.





# Showering with strangers



**By Helen, SCCQ Home Care client - Sunshine Coast**

*It had to happen one day. I hoped that when the day came I would be very old and unaware. It's one thing having a carer take one shopping or helping with domestic chores – but showering?*

*Several months ago (old but still VERY aware), following surgery on one leg, I needed help to shower. Southern Cross Care staff were wonderful and offered to help me. Ah the horror! To present oneself to strangers for such an intimate task wasn't my idea of pleasant ageing. To present myself to a carer of some years' acquaintance was one thing that perhaps I could bear - but not 'strangers'.*

*OK – well before the first sitting, I looked in the mirror at my naked self. Way back around 1954, saintly nuns taught us students, that looking at one's naked self was a mortal sin. Really? What about others looking at a person's naked self? I quickly decided that I could protect my new carer's shock (or sin?) by donning a light pretty nightie – not sheer of course. It hadn't been worn since I lived in the tropics: I was so glad I'd kept it.*

*1st day, Carer 1 came: One look at me and she understood that protecting my modesty was so important to me – more important than getting water on my wound. We both survived.*

*2nd day, Carer 2 came: She got the giggles. We both got the giggles. Additionally, we both got more than a little wet.*

*3rd day, Carer 3 came: She was running late. So was I. I rushed into the shower, turned it on and discovered I still had my pyjamas on. Where was that nightie.*

*The adventure continues and I got to know a lot of carer names and personalities over the very short time. They were all so kind but I couldn't get over the fact that I could not have a shower at 10pm every night or 7am each day. At that point, I decided to look after the shower problem myself. Two weeks became two months. There was a lot of plastic involved and lots of towels on the floor. I filled the bathroom basin with warm water and – except for feet – I liberally soaped myself all over. This took a lot of time. Once soaped almost everywhere, I backed into the shower then I sat on a bathroom chair facing the outside of the shower. Door remained open.*

*In front of me I'd placed another chair where my plastic-wrapped, injured leg lay straight. I held the shower-hose part firmly in my right hand and proceeded to rinse all my bits and pieces. That part was not easy friends – as the propped-up leg wanted to join in. Occasionally I dropped the fiercely-running hose. Not quite enjoying this novel experience, I always wanted to get out of that shower pronto. Old people should never do anything pronto. There were many towels around the outside shower area. I was not going to slip on the tiles. Always concerned, my live-in male manager was not quite 'at-hand' – rather he was nearby – awaiting the sound of our very old, very loud brass bell which meant he would have to remove me from the floor.*

*I hope this story helps you when or if you need help showering. My mate is happy to lend our old brass bell. However, I'm not sure he would come running.*

# SCCQ Leadership Conference 2025: Uniting leaders to help others grow

From February 12–14, over 80 senior leaders from across SCCQ came together at the Novotel on the Sunshine Coast for the 2025 SCCQ Leadership Conference. The event which was centred around the theme “*Helping Others Grow*,” brought together colleagues from various regions, including areas as far-reaching as Taroom, Tara, Murgon, and Allora.

The conference featured industry experts from the aged care, home care, and retirement living sectors, who delivered valuable insights on creating thriving communities where best lives are lived.

Key discussions explored critical topics such as adapting to industry challenges and opportunities, innovation in care models, navigating regulatory changes, and the significance of strong teamwork and community engagement.

Adding a touch of fun, a team-building activity, *The Amazing Race*, had attendees working together to complete a series of challenges. This activity highlighted an inspiring mix of camaraderie and competitive spirit among the participants.

Attendees commended the conference for its wealth of knowledge and the opportunity to unite people from across the organisation.

The sessions provided both actionable insights to enhance their roles and a platform for meaningful collaboration. As one attendee noted, “It was fabulous to bring together different leaders from across the organisation.” Another shared, “All the speakers brought a wealth of industry-related information that is vital to my role.”

The 2025 SCCQ Leadership Conference served as a powerful reminder of the importance of continuous growth and innovation, reaffirming our commitment to investing in our people, helping others grow, and making a positive and lasting impact in the sector.



SCCQ Senior Leadership team attending at 2025 Leadership Conference



Bernard Salt, Demographer and keynote speaker







# Living with purpose: Residents find joy in meaningful activities

Across our aged care homes, residents are embracing a life of purpose through our Meaningful Activities initiative in unique and creative ways. Recently, at our Stretton Gardens home, three of our residents had the opportunity to step into the kitchen and assist Chef Kazzie in preparing delicious quiches. The event was filled with fun, laughter, and a sense of camaraderie that made it a memorable experience for everyone involved.

The enthusiasm was contagious, and since that day, Chef Kazzie has had residents lining up at the kitchen door, eager to lend a hand and get involved in the cooking process. This hands-on activity has not only provided a meaningful way for residents to engage with each other but also brought a sense of accomplishment and pride.

As our Head of Residential Aged Care, Jodi Havill shares, "Everybody wants a purpose in life, and that is no different for elderly people. That doesn't stop when you get older. If anything, your older years are an opportunity to share your skills and experience with others and keep participating in the activities that you love and are passionate about, and that's what we want our residents to feel.

"We want our Lifestyle activities to not be just about entertaining, but about engaging with our older people and facilitating opportunities that bring them purpose and joy." This initiative is a beautiful reminder that age is no barrier to living with purpose, and at our homes, every resident has the chance to make a meaningful contribution.





## Staff spotlight

# Welcome to Dawnette Bailey, Residential Manager at Castra

**We are pleased to introduce Dawnette Bailey as the new Residential Manager at our Castra Aged Care Home in Murgon. With a wealth of experience in aged care leadership, Dawnette brings a passion for person-centred care, strong leadership, and a deep commitment to fostering a warm, home-like environment for our residents.**

"Aged care has always felt like a calling," shares Dawnette. "I believe in honouring our elders and giving back to those who have given so much to society. Building relationships with residents and their families is incredibly rewarding, and I love creating environments where people feel safe and cared for. There's something deeply human about this work that fills your cup daily."



Dawnette's professional background spans across both New Zealand and Australia, where she's held leadership roles in a variety of settings. She was previously the Nurse Unit Manager at Grevillea Place, a psychogeriatric unit at the Princess Alexandra Hospital in Brisbane, and managing aged care homes in New Zealand. Her experience has shaped her leadership approach, emphasising staff development and the importance of creating a nurturing environment for residents.

Recently relocating to Murgon, Dawnette and her husband have embraced the peaceful country lifestyle and sense of community. "People here are warm, down-to-earth, and always ready for a chat. It's a beautiful part of Queensland that we're proud to now call home," she says.

At Castra, Dawnette is excited to be working with a dedicated team to improve systems, support staff, and positively impact residents' daily lives. "Castra has a lovely energy, and I'm excited to be part of its future," she says.

Outside of work, Dawnette embraces her creative side with wood carving and calisthenics. She recently carved a series of tiny ballerinas from driftwood and gifted them to her granddaughter. "It was a whimsical project that brought me a lot of joy (and a few splinters!)," she laughs. Her creativity and attention to detail shine through not only in her hobbies but in the care she brings to her professional role as well.

As Castra's Residential Manager, Dawnette is committed to ensuring that every resident feels at home, supported, and valued. Her leadership and passion for aged care will undoubtedly have a lasting, positive impact on both the residents and the staff at Castra Aged Care Home. We're excited to have her as part of our team and look forward to all the wonderful things she will bring to the future of our Castra home.

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**I believe in honouring our elders and giving back to those who have given so much to society.**

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## SCCQ connects with local communities at Senior Living Expos

**SCCQ recently participated in two major expos in Queensland, offering valuable insights into our retirement living and home care services.**

At the **Brisbane Retirement Village Expo**, held at the Brisbane Broncos Leagues Club in Red Hill, our Retirement Living team had the opportunity to showcase our five retirement village locations. The event attracted hundreds of attendees eager to explore their options for the next stage of life.

Visitors were able to learn about villa and unit availability, as well as contract options and village features. The response was overwhelmingly positive, with many individuals and couples discovering how our vibrant communities could be the perfect place for their retirement.

Meanwhile, our Home Care teams attended the **Robina Seniors Expo** on the Gold Coast, where they connected

with seniors seeking additional support at home. Mischelle Pipe from our Gold Coast Home Care office and Lindsay Greaves from our Edens Landing Home Care office represented SCCQ, providing information and answering questions about our services. Their passion for supporting the community was evident in every conversation, and it was a wonderful opportunity to raise awareness about the high-quality home care we offer.

Across South East Queensland, our Home Care teams continue to participate in similar events, engaging with local communities and providing crucial information about our services. Whether helping individuals plan for their future in one of our retirement villages or offering personalised home care, SCCQ is dedicated to improving the lives of older Queenslanders.

*SCCQ Home Care team members, Mischelle Pipe and Lindsay Greaves at Robina Seniors Expo*



*Stretton Gardens Retirement Living Manager, Philippa Vette at Brisbane Retirement Living Expo*



# Volunteer with us



## Enrich your life and theirs through the gift of time

When you volunteer with Southern Cross Care Queensland, you'll be part of a team making a difference to the lives of older people every day.

You don't need any prior experience to volunteer with us, we welcome volunteers with all skills and from all backgrounds. If you have a willingness to support and a desire to serve others, we could be just the right fit for you.

You'll meet new people, learn new skills and be rewarded by enriching the lives of others.

To become a volunteer with SCCQ,  
register your interest on our website.

[www.sccqld.com.au/  
about-us/volunteers](http://www.sccqld.com.au/about-us/volunteers)



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## Aged care reform update



### Countdown to 1 July: How SCCQ is Getting Ready for the New Aged Care Act.

At Southern Cross Care Queensland, we are committed to providing our residents and clients with the highest quality care, aligned with the evolving expectations of the aged care sector. With the introduction of the new Aged Care Act on 1 July 2025, we are taking proactive steps to prepare our teams, systems, and processes to meet the updated regulatory requirements and enhance the experience of those in our care.

Our preparations focus on three key areas: compliance, workforce readiness, and high quality, person-centred care. We are reviewing our policies and procedures to ensure they align with the new legislative framework, with a particular focus on strengthened consumer protections, greater transparency, and enhanced clinical governance.

Preparing our people for the changes is a top priority. We are rolling out targeted education to ensure our teams understand the new standards and are ready to deliver high quality care in line with best practices.

Our Known & Loved culture continues to guide our interactions with our people and reinforces our values of service, courage and compassion.

Most importantly, we remain dedicated to person-centred care, ensuring that residents and families are well-informed about their rights and have a voice in shaping their care experience. To support this, we will be hosting a series of information sessions and providing regular updates via newsletters and our website in the lead-up to 1 July. Stay tuned for more dates and details as we continue our preparations.

By embracing these changes proactively, SCCQ reaffirms its commitment to growing communities where best lives are lived.



# What's cooking?



**What is your role at SCCQ, and which site do you work at?**

I'm Alannah Jones and I'm the Catering Team Leader at SCC Illoura Village, Chinchilla.

**What do you like most about your role?**

What I love most about my role at Illoura village would definitely be how I get to be so involved in the everyday life of all our residents. No matter what's going on in their lives, if I can make them happy with my food and at the end of the day they're full and happy, it makes me proud of the work me and my team do.

**What do you do to relax?**

I love to spend my free time doing the little things with the people I love; going to the markets, a plant shop, or simply getting breakfast at a local café. If I have the time, I love to take trips to Brisbane to see my family, or invite all our friends over to stay for a weekend.

**If you could invite two people for dinner from any time or place, who would they be?**

I would love to be able to have a dinner with my mum and dad about 45 years ago. It would be amazing to see what they were like when they first fell in love.

**What is your favourite restaurant?**

Vapiano Garden City (Upper Mount Gravatt).

**Tell us about the recipe you are submitting to readers?**

Creamy chicken ravioli is one of the first meals I made for me and my boyfriend when we first moved out together, it was one of the only dishes I knew how to make and we still love it to this day. Its very much a comfort meal in our household.



ALANNAH JONES SHARES HER FAVOURITE RECIPE

## Creamy Chicken Ravioli

Prep Time: 10 minutes

Servings: 4 people

### Ingredients:

2 chicken breasts, chopped into 1cm/0.5inch pieces	1 tablespoon paprika
1 packet spinach and ricotta ravioli (Lanita Fresh)	1 tablespoon garlic powder
300ml thickened cream	2 teaspoon onion powder
1 cup shaved parmesan cheese	2 teaspoons Italian herbs
½ onion, chopped	1 teaspoon salt
1 tablespoon garlic paste	1 teaspoon pepper
	1 teaspoon olive oil
	2 cups spinach

### Directions:

1. In a bowl, add chicken breast and all your spices/ herbs along with your oil. With your hand mix them all together until the chicken is fully coated.
2. Heat your pan on high, once it's hot add the chicken. When the chicken is cooked, take it out and put it into a separate bowl.
3. In the same pan, sauté the chopped onion until golden brown, add garlic paste. Stir for about a minute or until fragrant.
4. Add cream to the pan and whisk until combined.
5. Once your water is boiled, add the ravioli. It only takes about 4 minutes to cook.
6. Once the cream is thickening, add the parmesan cheese and continue mixing until there are no more pieces. Once thick enough for your liking, add the chicken back to the pan, along with the spinach.
7. Once ravioli is soft, strain it and add to your pan, mix everything together.
8. Serve with garlic bread and garnish with chopped parsley.

## Living our best lives across our communities

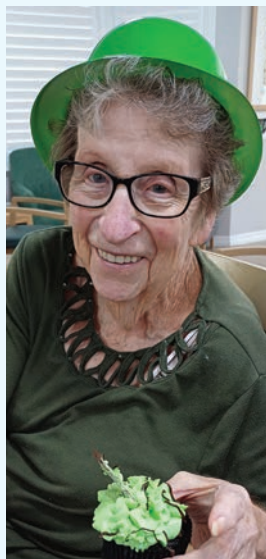
### BRINGING GENERATIONS TOGETHER IN MURGON

At our Castra home in Murgon, residents eagerly look forward to their weekly visits from St Joseph's primary students. Through engaging activities like reading, word games, and tech lessons, this intergenerational program fosters meaningful bonds and joyful moments for all.



### ST PATRICK'S DAY FUN

It was sham-rockin' all across our aged care homes and retirement villages for St. Patrick's Day. Residents and staff celebrated with lively Irish tunes, fun potato bowls, traditional Irish lunches, and green desserts to top it all off.



### HARMONY DAY CELEBRATIONS

Harmony Day was a feast for the eyes (and hearts) across our homes. The day was all about embracing our cultural diversity, appreciating our roots, and celebrating the incredible mix of backgrounds that make our communities so special.





It's been an eventful few months of activities and celebrations across our Southern Cross Care Qld communities. Here's what some of our residents, clients and staff got up to.

## VALENTINE'S DAY MAGIC

Love was truly in the air across our aged care homes this Valentine's Day. From heartfelt visits between husbands and wives to romantic meals shared, it was a day filled with joy and connection.



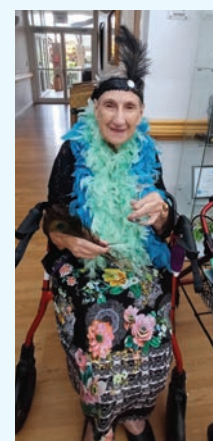
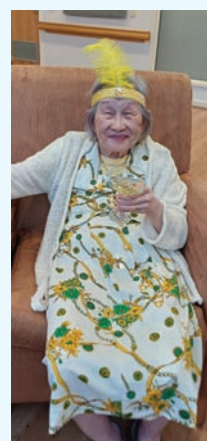
## ST MARY'S CELEBRATES JEAN'S 100TH BIRTHDAY

Our beloved Jean Mathews from our St Mary's home celebrated her 100th birthday in February. Jean enjoyed a lovely morning tea with her family and friends.

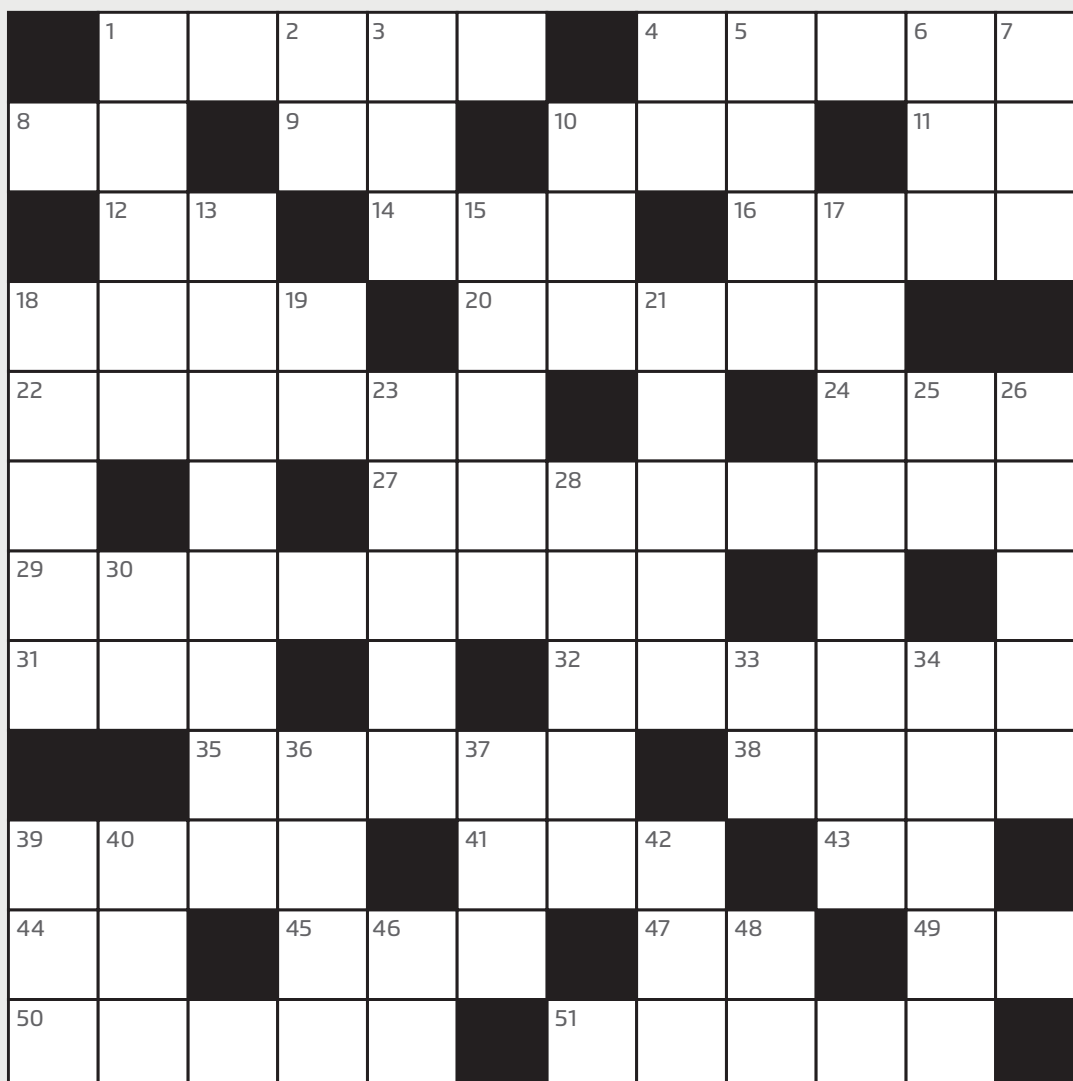


## A GREAT GATSBY BIRTHDAY PARTY!

Our Stretton Gardens home celebrated eight of our incredible residents born in the 1920s with a dazzling Gatsby-themed party. There was glitz and glamour galore and even a fabulous Champagne tower.



# Train your brain



## ACROSS

1. Discotheque
4. Australian cockatoo
8. Plural of I
9. Otherwise
10. Jack in cribbage
11. Hello there
12. Objective case of I
14. America (Abbr)
16. Dutch cheese
18. Greatly
20. Stroll
22. Red dye
24. Actress, - Farrow
27. Going without food
29. Toothless
31. Distress signal
32. Stupid people
35. Perfect
38. Fired a gun
39. Hawaiian feast
41. Sexless things
43. Negative vote
44. Similar to
45. Bottle top
47. Toward the top
49. In the direction of
50. Distributed cards
51. Forge worker

## DOWN

1. To object
2. Therefore
3. French vineyard
4. Depart
5. Cain's victim
6. Exclamation of surprise
7. That man
10. Vietnam
13. Congregation
15. St Nicholas
17. Large bottle
18. Pouts
19. Masculine pronoun
21. Stripped
23. Agave fibre
25. Prefix meaning not
26. Pay for grazing
28. Leaning
30. Perform
33. Part of the verb to be
34. Fang
36. Lustreless
37. Assist
39. Boy
40. Avail of
42. Total
46. Neuter singular pronoun
48. The ratio between circumference and diameter



## Our services across Queensland

*Residential Aged Care, Retirement Living and Home Care services*

### Residential Aged Care

#### SOUTHERN CROSS CARE

##### ALLORA HOMESTEAD

62-64 Forde Street Allora Q 4362  
Phone 4666 3588 Fax 4666 3788

#### SOUTHERN CROSS CARE

##### ALLORA NURSING HOME

29 Darling Street Allora Q 4362  
Phone 4666 3171 Fax 4666 3769

#### SOUTHERN CROSS CARE CALOUNDRA

57 Village Way Little Mountain Q 4551  
Phone 5492 6866 Fax 5492 6851

#### SOUTHERN CROSS CARE

##### ILLOURA VILLAGE

24-30 Zeller Street Chinchilla Q 4413  
Phone 4662 7182 Fax 4662 7698

#### SOUTHERN CROSS CARE

##### CONNOLLY COURT

20-24 Loane Drive Edens Landing Q 4207  
Phone 3805 1844 Fax 3805 1633

#### SOUTHERN CROSS CARE

##### DUHIG VILLAGE

85 Seville Road Holland Park Q 4121  
Phone 3422 3888 Fax 3422 3890

#### SOUTHERN CROSS CARE CASTRA

2 Cooper Street Murgon Q 4605  
Phone 4169 8700 Fax 4169 8799

#### SOUTHERN CROSS CARE KARINYA

25 Church Street Nanango Q 4615  
Phone 4163 2430 Fax 4163 1972

#### SOUTHERN CROSS CARE ST MARY'S

129 Wildey Street Raceview Q 4305  
Phone 3288 9955 Fax 3288 9924

#### SOUTHERN CROSS CARE

##### STRETTON GARDENS

209 Illaweenaa Street Drewvale Q 4116  
Phone 3373 9000 Fax 3373 9095

#### SOUTHERN CROSS CARE

##### LEICHHARDT VILLA

1 McCorley Court Taroom Q 4420  
Phone 4628 6166 Fax 4628 6122

#### SOUTHERN CROSS CARE TARCOOLA

Sara Street Tara Q 4421  
Phone 4678 7892

#### SOUTHERN CROSS CARE CARINYA

6 Wallen Street Miles Q 4415  
Phone 4628 5395

### Retirement Living

#### CALOUNDRA RISE RETIREMENT ESTATE

57 Village Way Little Mountain Q 4551  
Phone 5438 0655 Fax 5437 0822

#### EDENS LANDING RETIREMENT ESTATE

20 Loane Drive Edens Landing Q 4207  
Phone 0408 929 016 Fax 3805 5302

#### NOOSA WATERS RETIREMENT ESTATE

39 Lake Weyba Drive Noosaville Q 4566  
Phone 5474 4480 Fax 5474 0953

#### STRETTON GARDENS RETIREMENT ESTATE

209 Illaweenaa Street Drewvale Q 4116  
Phone 3272 6011 Fax 3272 6211

#### PARQUE VISTA RETIREMENT ESTATE

85 Seville Road Holland Park Q 4121  
Phone 3422 3866

### Home Care services

#### CALL OUR CENTRAL LINE – 1300 306 442

#### SUNSHINE COAST

57 Village Way Little Mountain Q 4551  
Phone 07 5346 4015

#### GOLD COAST

Shop 13A Ashmore Plaza  
146 Cotlew Street Ashmore Q 4214  
Phone 5580 8755

#### BRISBANE SOUTH

20-24 Loane Drive Edens Landing Q 4207  
Phone 3200 5033

#### WEST MORETON

129 Wildey Street Raceview Q 4305  
Phone 3281 8355

#### WESTERN DOWNS

Serving Chinchilla, Jandowae, Meandarra,  
Miles and Tara  
Phone 1300 306 442

### Support Centre

#### BRISBANE

2078 Logan Road Upper Mt Gravatt Q 4122  
Phone 1800 899 300

### We love to hear from you!

Please direct all feedback, comments and complaints to the appropriate manager. All feedback is recorded and investigated.

If you are not comfortable, or are unable to resolve your concern with the manager, you can contact our Support Centre on 1800 899 300.

If you feel you have not had a satisfactory resolution to your complaint and wish to take the complaint to an external body, the details are:

#### Aged Care Quality and Safety Commission

1800 951 822 | [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

#### Older Persons Advocacy Network (OPAN)

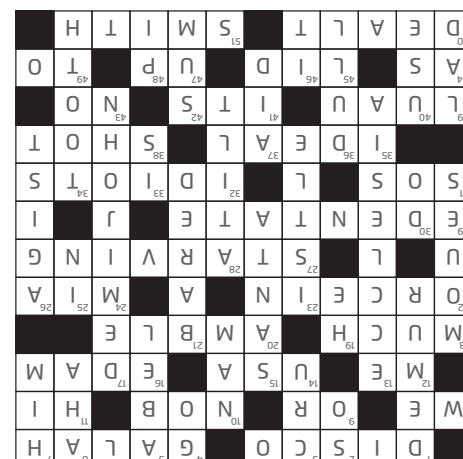
1800 700 600

#### Aged and Disability Advocacy (ADA)

1800 818 338 | [www.adaaustralia.com.au](http://www.adaaustralia.com.au)

We acknowledge and pay respect to the traditional custodians of the land on which we live and work, and pay our respects to Elders past and present. We acknowledge their care of the land, waterways and sea and their continual cultural connection to Country as expressed through their history, music, language, songs, art and dancing. We commit ourselves to actively work alongside First Nations people for reconciliation and justice.

## Solution



# Every person matters

We offer the compassionate support you need to live the life you want whether you are looking for retirement living, in-home care or aged care homes.

