



Kilkivan & District KICKSTART

Kilkivan, Goomeri, Tansey & Woolooga

FREE!

We recognise the Gubbi Gubbi people as the Traditional Custodians of the land located in South East Queensland



Kilkivan district has plenty of 90+ year olds and they are ALL amazing role models for ageing-in-place with ... style and grit?! So we thought we'd ask them to wish all of our readers a very happy, peaceful and rewarding festive season.

Lesley McArthur (90), Ian Fitzgerald (95), Athol Bevan (93) and Mavis O'Neill (96) are inspiring many younger locals with their good humour, productivity and wisdom.

Unfortunately, three other 90+ year olds, including our most mature resident Gordon McGill (96), were not able to be present.

Thanks to our local RachelM Photography (see her Facebook page for her often joyful pics) for this wonderful image.

HAPPY XMAS TO ALL!!



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Visited Offices:

Goomeri

Kilkivan

Biggenden

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RURAL - LIFESTYLE - RESIDENTIAL

KDCCAI Update

- Have you seen our website (kilkivancare.com.au) lately?! It is full of interesting info about the various ageing-in-place activities KDCCAI is implementing. Thank you to Secretary Andrea Ferris for her awesome work updating it.
- Huge thank you to all the donors (from near & far) & volunteers who have been involved in supporting our project this year. A few examples: David Cross of Widgee (who not only made a very significant donation but also inspired the Ruby buggy raffle); Goomeri Lions & Gympie Quota Club; the “in memory of Mum” donor; the Everalld Compton Charitable Trust; Kilkivan Hotel for its constant support of the Kilkivan; Kilkivan Post Office’s Jodie Richardson & staff who have discounted our newsletter printing, sold raffle tickets & processed our Cash for Cans donations; Kilkivan Auto Centre for donating their labour to service/maintain the VAN; the regular volunteers who raise money, cook, urge... as well as everyone who buys raffle tickets, supports our activities... too many to mention but ALL appreciated.
- Thank you also to all the support workers on the Mable platform – you are a vital part of the Rise & Shine success so far.
- Thank you to our friends at UniSC, our local uni, for their commitment to the Rise & Shine vision. Their contribution to dementia & other research, to a major grant application (outcome will be known early in 2025), to presentations about our project at conferences in Cairns & Hobart this year have all contributed to our credibility and morale. We salute you for your support of this district’s seniors!
- Mabel Wood-Mcleod’s work in demonstrating the Social Return on Investment (SROI) of our project (see the website for the report and a summary analysis of its key points) was a turning point, we believe. Volunteering & caring is an important yet often unacknowledged contributor to a good community, & its economic value is astonishing.
- Please do not think that the recent reduction in some KDCCAI activities means we are in decline. NOTHING could be further from the truth! Instead, we are working to make our volunteer-based organization a more sustainable one for the future. We expect KDCCAI will only become more important to ageing-in-place in this area.

Kilkivan Care Update

Kilkivan Care, which coordinates the Trilogy Home Care Packages for seniors, currently has 36 clients across Kilkivan (24), Goomeri (8), Tansey (1), Woollooga (2) and also coordinates one package remotely. There is also strong interest from Murgon. The packages range across the 4 levels, with 17 in the Level 2 category. Robyn & Jess are our excellent coordinators, working from a base at the Kilkivan Branch office at 26 Bligh Street.

Since Kilkivan Care started in early 2022, the coordinator role has evolved significantly, due mainly to external requirements. The coordinators often need to visit clients in their homes, so office hours are now Tuesday, Wednesday, Thursday only between 9am & 3pm. An appointment is recommended to avoid disappointment. Brochures can be found at the Kilkivan Health Centre. Phone 0482 617 803 or email kilkivancare@gmail.com. This local service is not just about great outcomes for seniors; it’s also providing local paid work for about 20 people. Locals for locals!

All recipients of Home Care Packages need to familiarise themselves with their Care Plans. Kilkivan Care engages Support Workers from the Mable Platform in accordance with the hours of support stipulated in the Care Plan. Support your Support Worker!!

A new Aged Care Act starts on 1 July 2025. Kilkivan Care is reading up on what this means for our clients.

Last KK newsletter

This is the last newsletter being published by KDCCAI, and we want to thank a heap of people who have supported us throughout the 36 editions that Kilkivan & District Kickstart has produced. Thanks especially to our readers who have snapped up almost every copy ever produced! Thank you to the loyal advertisers, whose financial support has helped this to be a free publication. Please support these local businesses and organizations. And thank you to all those cajoled into allowing their photograph to be taken and published!

It has been a joy to keep our wonderful district connected and a little better informed. We wish we had the volunteer capacity to keep going with the newsletter. Thank you all for your support.



MOWING
WHIPPER SNIPPING
HEDGING
PRUNING & GARDEN
MAINTENANCE

**SERVICING
KILKIVAN AND
SURROUNDS**

GUTTER CLEANING
STORM CLEAN UP
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WEED MANGEMENT

CALL OR TEXT 0488 152 620

**KILKIVAN GREAT HORSE
RIDE STREET MARKET**

Food, coffee, market stalls, distillery, artisan breads, FREE family activities: laser tag and reptile shows, pony rides, a kids zone, and horse parade and much much more



LET'S CREATE COMMUNITY



April 12, 2025 | 10:00 - 4:00
Bligh St Kilkivan. Main St

ATTN Marketeers & Stall holders
Seeking Sponsorship to make
Community Happen


For more information please contact us.
0448749727 <https://sites.google.com/view/kilkivanmarkets/home>
0490106919 kilkivanmarkets@gmail.com

Woolooga Bliss Bash

An innovative morning of recycled fashion and beauty bliss, organised by KDCCAI volunteers, was held in Woolooga last month. Models of all ages and sizes strutted their stuff in front of a good crowd of mainly locals. Congratulations to all involved, and many thanks to the generosity and hospitality of the Woolooga Community Hall committee.





Out & About...



Lynda (left) & Jenna are regular attendees of Seniors' Social Hub. Big shout out to Jenna for her work obtaining donated items from Gympie's Mitre 10 & Bunnings for the KDCCAI Xmas raffle.

Kilkivan's Di Wade was delighted to have her brother Dennis from Sydney visit recently.




Deb FRECKLINGTON MP
Member for **Nanango**
I'm here to help!

📞 (07) 4190 7100
✉️ nanango@parliament.qld.gov.au

Authorised by Deb Frecklington MP, Shop 2/36 Alford Street, Kingaroy QLD 4610

Kilkivan Post Office

Monday to Friday, 9am to 5pm
Phone/Fax: 5484 1147
Bligh Street, Kilkivan

We will be open again this year on
SATURDAYS... 07/12, 14/12 & 21/12
from 9am-12pm!

- **GREAT RANGE OF CHRISTMAS GIFTS AVAILABLE**
- **LAY-BY AVAILABLE**

NEED CASH??? EFTPOS???
YOU CAN GET CASH OUT AT KILKIVAN POST OFFICE!



Wishing all our customers a very merry Christmas & a Happy 2025!



Australia Post has been servicing local communities for over 200 years.



♥ *A terrific idea from a recent edition of **Australian Carers Guide** which may inspire your gift giving this festive season?!* ♥

For elderly Australians with limited mobility, **Memory Boxes** offer a powerful, simple way to enhance wellbeing. These boxes contain personal mementos, photos, and small objects that can help trigger memories, ease anxiety, and spark meaningful conversations. Research published in **The Australian Journal of Dementia Care** shows that reminiscence therapy, which includes Memory Boxes, can reduce depression symptoms by up to 30% in older adults. A memory box can include things such as photos, old letters or postcards, hobby-related items, shells... the idea is to assemble items that evoke happy memories and foster positive emotions. The contents are also likely to strengthen self-identity, reduce stress, offer a comforting connection to the past, especially for those with cognitive decline, and enhance social bonding.

♥ ♥

Ageing-in-Place is what everyone is doing!

You may think, because you are younger and fitter than most, that The Rise & Shine Ageing-in-Place Project won't be personally relevant for decades yet. Hmmm...

The management team of KDCCAI and the two Kilkivan Care coordinators have the privilege of getting to know closely many locals across our target area and because we are constrained by privacy standards and wanting to preserve everyone's dignity, the insights we gain are not revealed. But we do know that generally many more people than you might imagine are being impacted by challenges associated with unsuitable accommodation, burnt out carers, difficulties in navigating a complex aged care system, social isolation...

KDCCAI apologises for dominating the content of this last newsletter edition but we are keen to urge every individual, community group and business to support Rise & Shine as it seeks to put in place the best safety net we can under everyone who wants to remain living with dignity and safety in this part of the world. In 2024 we have made significant, tangible progress by buying the former Catholic church, by partnering with a larger organization to apply for federal funding, and by streamlining our management team roles to make them more sustainable. Many people have helped us to continue what we started in 2019. One of the most pressing issues at the moment is how to assist people living with (diagnosed and undiagnosed) dementia to remain safely and contentedly in the area. One of the elements of the Rise & Shine infrastructure plan is to establish a share house that would allow people needing 24/7 supervision to be able to safely stay local while relieving the demands on their carers, if they are lucky enough to have a carer. We also want to be able to establish new, accessible rental accommodation that augments existing housing supply. (*See kilkivancare.com.au*)

Please support your local charity KDCCAI so we can all Rise & Shine!!

“GYPSY GA GA”

INCENCE | JEWELLERY | GIFTWARE
WINDCHIMES | PLANTS & POTS

BOHO/GYPSY & RESORT WEAR
FOR THE WHOLE FAMILY!

Lots more in store!

25 Boonara Street, Goomeri - Ph 0428 271 921 - Open 9am - 3pm, Wed to Sun

Out & About!



Old friends connect: Rita Zahleiter apparently really enjoyed her visit to Kilkivan in mid-September. She is pictured here with Kilkivan treasures Mavis, Gordon (her brother-in-law) & Dawn.



Marg Adams from Country2Coast & **John Rosenberg** from UniSC were among the participants of the second dementia workshop in Kilkivan last month.

Wildlife carer Deb Wells took one of her young charges along when she saw relieving NP Jenny Doherty at the Health Centre last month.



Physiotherapist Bill Hinds, who spends two days each month at Kilkivan Health Centre, met up with Hayden Winn (right) ahead of a busy day.

Old's Cool -
Health Matters

FREE POP-UP CLINICS

Kilkivan Public Hall
1 Bligh Street, Kilkivan

**Mondays 6, 13, 20 and Tuesday 28
January 2025**
11am - 3pm

- Get a free health check with a registered nurse
- Meet and greet with regional healthcare providers
- Optional participation in survey with UniSC



For more information:

📧 gympie@usc.edu.au
☎️ (07) 5456 5800



Jeff Mahomedy, the pharmacist on duty most days at Kilkivan Pharmacy, is popular with many locals and visitors alike! His friendly and professional manner is greatly appreciated, as is the convenience of having a pharmacy in our small town.

DOING THE HARD WORK SO YOU DON'T HAVE TO

services:

- Earthmoving
- Post Hole Drilling
- Trenching



Ged Salter

☎️ 0458 348 838

✉️ geds.earthworks@gmail.com

ABN: 38 650 573 765

Small jobs welcome

WHAT'S ON

AL-ANON - Local Support Meeting - Thursdays 11am at Goomeri Showgrounds Pavilion building. Contact 0428 106 239.

Bingo at the Bowls Club - Usually 3rd Saturday of each month - *check with the venue closer to the day*. Opens 5pm for heads down at 6pm. 10 games + the jackpot draw + raffles. Snack food & drinks available.

Busy Bee Craft Group - Alternate Mondays in Kilkivan & Goomeri. Ph Robyn 0429 441 280 or Jan 5484 1156.

Christmas Church Service - Check Notice Board at Post Office & outside Church for details. Ph 54841145 .

GROOVE Exercise - Tuesdays 6-7pm, Wed. 8:30-9:30am at Woolooga Hall. Ph Suzanne 0455 268 311.

For the Kids! - Kilkivan Playgroup at Kilkivan Kindy. Thursdays 9am -11am. Ph Fiona 0410 976 191.

Storytime at Kilkivan Library. Fridays 9:30am. 0-5 y/o. Ph 5484 1209.

Woolooga Playgroup at Woolooga State School. Fridays at 8am. 0yrs to school age. 5484 7171.

KDCCAI AGM

04/12/24 - 9am sharp at the Council Boardroom

Kilkivan Xmas Carnival

07/12/24 from 6pm at the Kilkivan Showgrounds.

Neighbourhood Watch Meeting -

07/12/24 at CWA rooms - 12 noon. Ph Cherrilyn 5484 1181.

Nibbles & Giggles - 2nd & 4th Tuesday each month at Goomeri Library. Ph 4168 4340.

QCWA Kilkivan Meeting - 1st Thursday of month at 10am. QCWA Rooms. Ph Jo 0438 391 760.

Railway Markets - Last Sunday of the month from 7am. Delicious breakfast available. Ph Dallas 0407 731 344.

Senior Citizen's Over 50's Club - 2nd Wed. each month at 9:30am. Kilkivan Supper Room. Ph 0448 841 253.

Seniors' Social Hub

04/12 /24 - Seniors' Social Hub Xmas party 10am Council Boardroom. All seniors & Mable support workers very welcome!!

From 10am; gold coin donation (covers a delicious morning tea); at Council Boardroom. New seniors from the whole district always very welcome.

Thai Chi Tuesdays - Tuesday's 9am at CWA rooms, Kilkivan. Ph Dallas 0407 731 344.

Union Church Services - Sundays, 9am. James Street, Kilkivan. Ph Dawn 5484 1145.

Kilkivan, Goomeri & Woolooga are blessed to have some wonderful local businesses that help bring people to spend in our beautiful area. Thank you to Luke and Katherine King for making **Kilkivan Meats** such a wonderful part of our business scene for so many (14!) years. They have recently listed the business for sale and we hope that the next phase of their lives is as terrific as their meat products have been. We will miss you.

Congratulations to Kerry Maguire and the Gympie and District Kennel Club for once again hosting a very large and successful **all-breeds dog show** at the Kilkivan Equestrian Centre. With almost 500 entries on both days of the show in late November, it was their biggest show ever and a fascinating spectacle!

These two friendly faces, Jess (left) & Robyn, are the **Kilkivan Care Aged Care Package Coordinators**. Jess & Robyn work from their base at the brick Council building in Kilkivan, and can be contacted on 0482617803. (KDCCAI is very grateful to Gympie Regional Council for its provision of this office.)





Kilkivan Kindy

We currently have vacancies for 3 to 5 year olds

Free for preprep children of concession card holders.

Other subsidies available too!

Contact us for more information on 0491 152 020 or at killykindy@outlook.com





Affiliate



KILKIVAN BOWLS CLUB

Ph: 5484 1270

Wednesday Night Bowls: Names in by 5:30pm - play at 6pm

Sunday Social Bowls (Summer): Names in by 3pm - play at 3:30pm

Bar Open: Wednesday from 5pm. Sunday from 3pm

Friday night meals: Dine in or Takeaway from 6 pm

Christmas Dinner Buffet: 20th Dec. \$25 per head. Bookings: Debbie Duke: 0410 069 149

Club kitchen will be closed from 21st Dec until 9th Jan. Open on the 10th Jan for dinner. Bar will be open as normal



Thank you to all who have patronised the Bowls Club during the year. We wish you all a Merry Christmas and a Happy and Healthy New Year.



Disclaimer: Every effort to ensure accuracy of information has been made prior to publication; however, neither the publisher (Kilkivan & District Community Care Assn Inc.) nor individuals involved assume responsibility for any loss, damage or disruption caused by error or omissions, whether such errors or omissions result from negligence, accident or other cause.