



by Desley Cowley,
President Capricornia Branch

National Seniors
AUSTRALIA

Phone: 0400 824 936

Email: capricornianationalseniorsaust@gmail.com
Facebook: <https://www.facebook.com/CapricorniaNSA/>

How are you coping? Can we help at all?

I hope you are all coping. If not, PLEASE reach out.
We have a strong committee with

good local connections and if we can't help you, we may be able to connect you with someone who can.

Be Connected now online with Zoom

Our Be Connected program is going really well, thanks largely to our wonderful digital mentor, Judi Blanchard and our Secretary/Treasurer Mary Flessler.
The current round of participants are

continuing via Zoom and were very excited to learn how to use Zoom and can see the benefits of Zoom for connecting up with family and friends too!

Health My Way – Information Session by Zoom

Health My Way is a FREE national digital health literacy program delivered by CNSA in CQ to support people aged over 18 years to gain essential skills and confidence in managing their health and wellbeing online.

Our first Health My Way Event had to be cancelled due to COVID-19, so we are now planning to run an introductory session by ZOOM on 28th April from 10.30am.

The first session will be an information session. We'll explain the Health My Way program and how you can get involved. We'll be including a short survey/Expression of Interest form for you to complete at the end of the session, if you would like to enrol in the program.

The Health My Way Sessions will include:

How to find reliable websites for health & wellbeing

Finding & downloading health related apps

Introduction to MyGov & My Health Record

My Health Record privacy and access

Finding reliable information on Corona Virus (COVID-19)

Creating your legacy digital album

A combination of group and one on one Zoom sessions for each session will be developed based on feedback from the completed surveys.

The Grace Project

The Grace Project began in November 2019 when member, Bev Grace expressed concern that many older people don't know who to turn to for help and asked if CNSA could offer assistance. Until we can socialise again The Grace Project sub

Committee, led by John Sleight, has created a great [blog](https://seniorsrock.wixsite.com/seniorsrock) to keep the interest up. Visit <https://seniorsrock.wixsite.com/seniorsrock> and let us know what you think and if you'd like to support the page.

The Morning Bulletin Event

We raised a total of \$5451 at The Morning Bulletin Craig Bellamy event. A huge thank you to Jenny Horn, Di Booth, Viv Murphy and yours truly who helped on the night. We had fun.

The plan was/is to use some or all of

these funds towards the Grace Project.

If you are aware of any senior's project/activity we can support now, please submit your ideas before 22nd May for adding to the May Zoom meeting agenda.

AGM – August 25th

A reminder that the AGM is on August 25th and we will be sending out the nomination papers in due course. Mary and I will not be renominating.

We are very keen for others to take on the roles so CNSA can continue to build momentum and achieve great things for Seniors.

Join us

Looking for ways to contribute? Consider joining CNSA.

You have a voice and can have genuine input into a range of issues concerning older Central Queenslanders.

Meetings are held on the fourth Tuesday of the month from 10.30am. Until further notice, meetings will be held by Zoom.

<https://nationalseniors.com.au/about/branches/capricornia-rockhampton>