

Hillarys & Districts Branch

The Branch meets at 10:00am on the first Wednesday of each month at the Flinders Park Community Hall, 137 Broadbeach Boulevard, Hillarys.

Postal address: PO Box 141 Hillarys 6923

www.nationalseniors.com.au

Proudly printed by

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August 2019 Newsletter – Issue 168

From the Newsletter Editor

My Last Newsletter - the Branch needs some fresh ideas to help make sure it gets read and has an impact. All future newsletters (yes - we have a new newsletter editor) will depend on you – each and every branch member. Newsletters are an essential communications tool.

Our newsletter editor's role will be to bring the Newsletter together and on forward it to members – if the editor does not receive any information and/or articles from members it will include branch information on general and committee meeting dates, upcoming speakers and social events, and branch contacts.

Some ideas or examples on what Branch members may submit to the Editor for inclusion in the next and every monthly newsletter include:

- **Something artsy** – for example, community and professional

productions/shows that you have been to or a community drama/singing group you are involved with including future events, music performances of any genre, art exhibitions including WA art gallery.

- **Tips and advice** - how about some helpful advice or tips for branch members? For example, you could submit vegetarian recipes, "phantom" book and video reviews in the newsletter, issues and solutions with computer and communication technology, travel experiences within Australia and overseas.

- **Stories of Impact and Learning** –so, we need "stories" - you can add a brief introduction to an article link outlining your thoughts on how a particular article or story affects the "older" generation in Perth or Australia. Content that you would like to be included in our newsletter doesn't always have to be original (if you credit those who deserve the credit).

• **Articles that make us laugh**

Many thanks over the years to my proof reader – Marianne. The very best to our new Newsletter Editor.

Cheers and have a great day,

Graham

President's Piece

Hello, is there anyone out there? Sorry about the June deadline, I missed it by about 30 minutes but so far everyone has been too polite to notice! Or was it a huge sigh of relief, I wonder?

Well not to dwell, we have reached the end of another NSA year and it will not happen again I promise.

Thank you for your patience and understanding over the past two years as your President. It has been interesting and fun through this time and I have a far better understanding of more of you and probably you of me! Thank you for this brief journey. It is what NSA is about. May we continue to benefit from each other's company.

Many thanks for the effort and time given by members of our outgoing committee. I would not have survived without you.

See you at the AGM,

Keep Smiling,

Michael

NSA

XVII Australian Masters Games

The Australian Masters Games is a biennial sporting event that is regarded as one of the premier and largest participation sporting events on the Australian sporting landscape. This year's games will see more than 8,000 participants and thousands of spectators to descend on Adelaide for the week-long festival from 5 October.

National Seniors Australia is proud to be the Official Healthy Ageing Partner of the XVII Australian Masters Games.

Advance care planning

Older Australians are being encouraged to make plans in the event they lose the ability to communicate the aged care and other services they wish to receive.

A background paper on the Aged Care Royal Commission website says over-65s are ill-prepared, with only 3% having a statutory advance care directive in place.

In the event of incapacity through accident, dementia or illness, the directives enable people to express how they want to be cared for, and ensure decisions and actions taken on their behalf are consistent with their goals, preferences and values.

It has been found that advance care planning reduces unnecessary transfers from a residential aged care facility to a hospital, and decreases a person's worry and anxiety about their future.

Planning also benefits the family by improving their understanding of the person's wishes, and reduces stress, anxiety and depression by helping them prepare for death.

Information about making an Advance Care Plan can be accessed via the Advance Care Planning Australia website.

<https://www.advancecareplanning.org.au/>

Winter Appeal:

Thank you to all members who donated to our Winter Appeal on behalf of The Spiers Centre. The donations were dropped off this week along with a cheque for \$100 which was received with much gratitude.

Membership Renewals and Name Badges

On renewal (*please note the fee increases*),

- 1 year memberships are available for \$45 for a single membership, or \$75 for a joint membership.
- 2-year membership is available for \$80 for a single member, or \$125 for a joint membership.
- 5-year membership is available for \$195 for a single member, or \$295 for a joint membership.

If you cannot attend a branch meeting, the membership amount with your details can be sent to our PO Box address. Members are able to pay by *cheque*, money order or credit details.

To order a name badge, please contact our Treasurer. **For those who have paid you can pick up your badge from the Treasurer.**

Payments to our Treasurer

For those members that use internet banking, you can use your Banking Institution Electronic Fund Transfer (EFT) facility to pay for Membership Renewals, name badges, events that require prepayment, etc.

BSB: 036-226

A/C: 24-9794

Include Surname and keyword in the transfer, if possible.

If you wish to use this facility and have not used EFT before or you have any problems please contact a committee member.

Member's Welfare

If you become aware of a member experiencing a problem such as illness please contact one of the Committee members. Thank you to the members that have been giving information from the emails to those who don't have an email address.

If you are aware of a death of one of our past or present members could you please notify the President or Secretary. An email can then be sent with regard to funeral arrangements to our members who wish to pay their respects.

For Your Calendar

Next Meeting – 10am Wednesday 7th August. **Speaker:** Graham Ezzy

Topic: "The Trumpet" – The trumpet that we are familiar with today has taken on many forms throughout its long history. Trumpets are among the oldest, most ancient of instruments. Humans have been making sounds with devices that resemble trumpets for literally thousands of years.

A trumpet is a brass instrument commonly used in classical and jazz ensembles but can heard in all genre of music. John Lennon played the trumpet. Graham will include in his talk pieces of trumpet music from a number of genres.

Annual General Meeting (AGM)

Our Branch's AGM will be held on Wednesday 7th August after our general meeting. As part of our Branch Executive we will be seeking nominations for the position of Vice-President. Nominations have been received for all other executive positions. General Committee positions are still available for all members.

Social Events - August

Monthly Morning Tea - Please join Judy Varischetti and other Branch members in a pleasant morning of stimulating conversation. Please wear your name badge. Friends are also most welcome.

When: Friday, 16th August 2019 at 10am

Where: *Shingle Inn* (Opposite Concierge Desk) – Whitfords City Shopping Centre (15% discount on any purchase).

Monthly Dinner – A time for members to celebrate a birthday, anniversary, or just "celebrate life" with a bunch of your fellow members and friends.

When: Saturday 24th August

Where: TBA

Please Contact Nita (Mobile Ph 0400 063 143) or if you wish to attend.

Community Theater

The Nerd – Comedy by Larry Shue at the *Old Mill Theatre*

9th to 24th August (Matinees 11th & 18th August)

Adults \$25, Concession \$22, Groups (10+) \$20

Bookings:
www.trybooking.com/BDMTU

Enquires: 0416 565 135

Helpful Information

Elder Abuse Helpline WA:
1300 724 679

Seniors Card (WA): 6551 8800

Centrelink (Retirement):
132 300

Employment Services: 132 850

Seniors Info Services: 6551 8800

Older People’s Rights Services:
9440 1663

**Aged Care Complaints
Commissioner:** 1800 550 552

National Carer Gateway:
1800 422 737

Dept of Veterans Affairs:
133 254

Dementia Australia - 1800 100 500.

WA Scam Internet Site:
www.scamnet.wa.gov.au

Free online security advice – Cyber Check.me will teach basic precautions that can be taken to protect you against loss of time, money, private information and damage to reputation.

Look out for these days and celebrations:

Local Government Week:
Monday 29 July – Sunday 4 August – a week to celebrate the ways in which local government supports their local community and focusses on future initiatives.

Homelessness Week: 4th – 10th August - Homelessness Week is an annual awareness-raising week to highlight the 116,000 Australians who are homeless on any given night.

Have a Go Day: 13th November 2019.

Live and Learn is the most popular and longest-running program offered by Joondalup Libraries. These community sessions promote life-long learning, enhance social inclusion and

encourage personal development. Each session offers an opportunity to learn about something new.

Events can cover a range of topics such as:

- Travel
- History
- Health and personal wellbeing
- Inspirational stories
- Entertainment and music

- **Live and Learn – Meet the Author - Scott Whitaker with Railway Hotels of Australia.**

Date: 7 August 2019

Start Time: 6.00 pm

End Time: 7.30 pm

Venue Details: Woodvale Library
5 Trappers Drive, Woodvale

Cost: \$5.00. Book and pay online or at any library

- **nbn™ Drop-in Information Session**

Date: 13 August 2019

Start Time: 2.00 pm

End Time: 4.00 pm

Venue Details: Woodvale Library
5 Trappers Drive, Woodvale (Free Event)

For further information

- Ask library staff about the eSmart Libraries program.
- Check the event [calendar](#) for upcoming digital device and security events.
- Check out resources at the [eSmart website](#), the [Office of the eSafety Commissioner](#) or the [Stay Smart Online](#) website.

- Community Information Service – This service provides community information and events hotline as well as an online community directory which is a wealth of information. For further information call 9400 4705

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