

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

February 2025

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President	Brian Mibus (0417 887701)	Committee	Jeanette Molde
Vice-President ..	Trevor Molde (0417 838740)		Heather Dowling
Secretary	Kathy Hancock (0432 101372)		Jenny Mathews
Treasurer	Mavis Smith	Newsletter.....	Trish Mibus (0407 605091)
Activities Coordinator	Annie McCall		

2025 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
<i>All dates are Wednesdays</i>		
February 26, 1.30 pm	GUEST SPEAKER – Allison Hicks, Genealogy SA	Kati Barancek
March 12, 12 noon	Lunch – Kent Town Hotel	
March 26, 1.30 pm	GUEST SPEAKER – Jacinta – Hutt Street Centre	Lucie Bray
April 9, 12 noon	Lunch/Outing – Apex Park, West Beach – BBQ lunch. Bring a salad, sweet and drinks	
April 23, 1.30 pm	GUEST SPEAKER – SA Police – Scams	Carole Smith
May 14, 12 noon	Lunch – TIROS, Regency Park	
May 28, 1.30 pm	GUEST SPEAKER – Robert Beer – the Bee Man	Jenny Matthews
June 11, 12 noon	Lunch – Pallas Hotel, Semaphore	
June 25, 1.30 pm	GUEST SPEAKER – MFS – Fire Service – safety	Heather Dowling

The information below was extracted from the letter to Kathy from the Director, Home Support Operations Branch, Department of Health and Aged Care in response to her enquiry regarding access and aged care and health care system. Kathy has emailed the full letter to members.

To find out more about the aged care reforms and the new Support at Home program, there are a number of resources to access, including the Support at Home program handbook at www.health.gov.au/resources/publications/support-at-home-program-handbook and the broader aged care reforms at www.health.gov.au/our-work/aged-care-reforms . I would also encourage your members to stay informed by subscribing to aged care newsletters and alerts at www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts .

Our January Guest Speaker was Joe Leborec Business Relationship Manager, ACH Group

- ACH provides the full range of Aged Care Services but also has a very interesting social program. These include
 - Short holidays
 - Day tours
 - Lunches
 - Dinners
 - Sporting activities
 - Choirs
 - Art classes

The cost for these activities depends on the type of package you have – Home Care Package (HCP) or Commonwealth Home Support Package (CHSP).

Their 'Discover and Explore – Social Experience Guide' is published 6-monthly, with a new edition out in March 2025.

- Changes to My Aged Care will come into effect on July 1, 2025. It is expected that information about the changes will be provided in May.
 - Those on Home Care Packages will be most affected.
 - Home Care Packages take some time to approve, but it is hoped that this should be quicker when the changes are implemented.
 - There are currently 4 levels on the HCP, but this will increase to 8 levels.
 - Changes will not be made to the CHSP for the next two years.
 - If you have not already done so, you need to register with My Aged Care and be assessed as a code is needed for each



Bob & Heather Crowe

Vale Heather Crowe and Lynda Scantlebury

The Adelaide North-West Branch recently lost two of our valued members.

Long time member, **Heather Crowe**, who had been in care for the past few years, passed away on January 31. Heather and her late husband Bob had been married for 68 years. They were very much involved in our National Seniors Branch until ill health prevented them from coming. Bob organised our guest speakers and outings for several years and Heather looked after the afternoon tea. Our thoughts are with their family.



Lynda Scantlebury

Lynda Scantlebury passed away on February 6 after a short time in hospital. She had been a member of Adelaide North-West for a couple of years and was a regular at our meetings and outings. Our thoughts are with her family.

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Six Brief Stories Full of Meaning

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written a sentence, "I am not 80 years old; I am sweet 16 with 64 years of experience." **That is attitude.**

Have a happy day and live your life like these six stories.

Remember – Good friends are the rare jewels of life, difficult to find and impossible to replace!!

The following article recently appeared in the National Seniors Australia Branch Update



Adelaide North West Branch Wins EAT | PLAY | SAVE Competition!

Our Adelaide North West Branch were excited winners of the NSA competition for the highest percentage of downloads for the EAT | PLAY | SAVE Discounts App! With the \$500 prize, they treated 17 members and our South Australian Zone Chair to a fantastic dinner at the Alberton Hotel on 22nd January.

"It was a great way to kick off the year! We enjoyed a delicious meal, connected with members, and had a wonderful guest speaker, Joe Leborec from ACH. We also had some great discussions about the year ahead," said Kathy Hancock, Branch Secretary.

"Plus, we even had some funds left over to support membership drives to help promote our fantastic activities for 2025 and grow our branch!"

"A huge thank you to National Seniors Australia for running this fun and rewarding competition."

**If you haven't already registered, you can find out more about
the EAT | PLAY | SAVE App here: <https://bit.ly/eatplaysave>**