

# National Seniors

## AUSTRALIA

### ADELAIDE NORTH-WEST BRANCH NEWSLETTER

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

#### Our February Guest Speaker was Alison Hicks Genealogy SA (GSA)

Alison has done a lot of work on school sites around South Australia taking photographs and gathering their history. Working as a volunteer she has also done a lot of scanning and digitising records from organisations. Now she is currently working on photos donated to the society from people who don't want to keep them. Alison asked that people please write on the back the names of people and dates or places where taken.

To create a family tree you need a Research Plan

**Aim** – create a tree, find an ancestor, do one side of a family

- **Investigate** records, photos, stories, etc
- **Record** findings, where they come from
- **Organise** and develop a system to keep records
- **Evaluate** what you have found and what to do next

**Resources to Check** – Births, Deaths and Marriages, Baptism records, Newspapers, schools, Census, Military, Hospitals, asylums, newspaper personals, directories, etc.

**Repository of Records** – State Archives, National Archives, archives of organizations, Internet, Immigration, ship records, church archives (Lutheran and Uniting Church particularly good), History books from the era, etc. Local History Societies, Genealogy Societies.

**Genealogy SA website** – database can search for people. Non-members can see some information and members can see more.

Second catalogue – pictures – school photos

Library Resources – fact sheets, books, places to look online.

TROVE ([www.trove.nla.gov.au](http://www.trove.nla.gov.au)) – National Library search program – searches digitised resources – categories include Newspapers and Gazettes; Magazines and Newsletters; Images, Maps and Artefacts; Research and Reports; Books and Libraries; Diaries, Letters and Archives; Music, Audio, Video; People and Organisations; Websites; Lists.

- Try searching your own name. To limit your search to your name only, use quotes before and after your name, ie “John Smith”. For a wildcard search, enter perhaps the first 3 letters followed by \* which will give you anything that starts with the 3 letters but has anything else after it. By adding an \* before and after, will search on anything with the 3 letters.

**Records** – organise files, charts, forms, digitise, label photos. Women – record with maiden names  
Record the sources where information is found so you don’t look there again

Things that belonged to a family tell the story of the history of that family

Old photos – historical life, backgrounds and history, comparisons

Work out what to keep – create digital copies, record details of items, Preserve and store records and photos appropriately to avoid further damage.

Old photos can be triggers for people

Digital records – scan, digitise, keep; historical documents are fragile.

**Record:**

Image	Provenance <i>Name of who owned the image &amp; Date</i>	Family Information	Research

Books – sharing – charts, folders, novels, websites, Google MY Maps – add information to map

Transcribe letters, postcodes

Create a slide show of photos

PowerPoints – Family Tree in colours and types and generations, dot points

Jigsaw puzzles of photos and Family Tree

Sarah touched on Scrapbooking to display your family tree and showed us some examples. She will speak to us about Scrapbooking in September.

Alison will be back to speak to us again in August.

Preserve videos, films, slides

People can log in to the database at Genealogy SA at <https://www.genealogysa.org.au/>

You can search for ancestors and if you find one, ask Kathy for further information or ask the volunteers at the organisation for searches. Transcripts for births, deaths, marriages are half the price from Genealogy SA.

**EXTRACT FROM LETTER FROM DEPARTMENT OF HEALTH AND AGED CARE IN RESPONSE TO QUESTIONS SENT BY KATHY CONCERNING THE COMMONWEALTH HOME SUPPORT PROGRAM**

“I also acknowledge the issues you raise about the availability of and funding for CHSP services, particularly in SA. Unfortunately, due to high demand for some service types, there are instances where CHSP providers may not have capacity to accept referrals and services are not immediately available. In addition, CHSP providers continue to report ongoing issues with workforce recruitment and retention which further impacts their ability to accept new referrals and deliver services to clients. I can assure you the Department of Health and Aged Care monitors these issues and grant funding opportunities have been available for providers to address excess demand.

This includes the 2024-25 \$100 million growth funding opportunity which has allocated additional funding for the highest demand service types, including Domestic Assistance, Home Maintenance, Transport and Allied Health and Therapy in eligible Aged Care Planning Regions (ACPRs) across the country, including SA. I am pleased to advise an additional \$10 million (GST exclusive) has been allocated across all service types in the targeted SA ACPRs. This additional funding was made available from November 2024 and will help to improve access to services in the local area.

As service availability continues to fluctuate and with these additional services becoming available, CHSP clients are encouraged to remain in contact with their local providers. Information about local CHSP providers can be found on the ‘Find a Provider’ search function on the My Aged Care website at [www.myagedcare.gov.au/find-a-provider](http://www.myagedcare.gov.au/find-a-provider). Clients are also encouraged to maintain contact with My Aged Care who can assist in managing service referrals and assist in locating available providers. My Aged Care is available on 1800 200 422 (free call) between 8:00am and 8:00pm weekdays and between 10:00am and 2:00pm on Saturdays.

Where a client has concerns about their CHSP services, I would encourage them to raise these matters directly with the provider. CHSP providers will have a complaints process with further information available on their website. If the complaint cannot be satisfactorily resolved, clients may consider raising the complaint with the Aged Care Quality and Safety Commission (the Commission). The Commission provides a free service to raise a concern or make a complaint about the quality of care or services provided to people receiving subsidised aged care services. The Commission can be contacted on 1800 951 822 between 9:00am and 5:00pm Monday to Friday.

If your members would like some additional support when accessing aged care services, they can contact the Older Persons Advocacy Network (OPAN). OPAN provides free advocacy services to support clients to access and interact with Commonwealth-funded aged care services. OPAN can be contacted on 1800 700 600 between 8:00am and 8:00pm Monday to Friday and between 10:00am to 4:00pm on Saturdays.

I would encourage your 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](http://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](http://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](http://www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts).”

## Moment of zen:

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either. Just leave me alone.
2. The journey of a thousand miles begins with a broken fan belt and a leaky tyre.
3. It's always darkest before dawn. So if you're going to steal your neighbours newspaper, that's the time to do it.
4. Don't be irreplaceable. If you can't be replaced you can't be promoted.
5. Always remember you're unique. Just like everyone else.
6. Never test the depth of the water with both feet.
7. If you think nobody cares if you're alive, try missing a couple of car payments.
8. Before you criticise someone, you should walk a mile in their shoes. That way, when you criticise them, you're a mile away and you have their shoes.
9. If at first you don't succeed skydiving is not for you.
10. Give a man a fish and he'll eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
11. If you lend someone \$20 and never see that person again, it was possibly worth it.
12. If you tell the truth, you don't have to remember anything.
13. Some days you are the bug; some days you are the windshield.
14. Good judgement comes from bad experience, and a lot of that comes from bad judgement.
15. A closed mouth gathers no foot.
16. Duct tape is like Force. It has a light side and a dark side, and it holds the universe together.
17. There are two theories to arguing with women. Neither one works.
18. Generally speaking, you aren't learning much when your lips are moving.
19. Experience is something you don't get until just after you need it.
20. Never miss a good chance to shut up.

