

Hillarys & Districts Branch

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

May 2022 Newsletter – Issue 196

National seniors Australia is an advocacy group for the over 55 population representing issues at Local, State and National Governmental levels. If you have an issue that you would like the NSA Policy Advisory Group to consider, mention it to your committee and they will start the process."

Help Needed:



Can we please have some able bodied men turn up a little early for the meetings and help set up the hall, and help pack up the hall at the completion of our meetings

President's Report

The aging population and Technology.

"I am trying to keep up to date ... but it is moving so fast":

With many services moving online or becoming automated, seniors are working hard to keep up, but some are feeling left behind. This is an issue that is not going to go away. According to the survey conducted by National Seniors Australia more senior people are using technology than ever before. However, their comfort levels in using technology and apps on the phone, television and computer varies considerably. Also

concerns around digital privacy remain paramount.

This year is the 18th year Anniversary for Hilary's National Seniors Branch.

Helen would like some members to help and train for morning tea. Helen will be away shortly so new people are needed to help.

Stay Happy, Healthy and Safe Cheryle Medcalf

Seniors and other vulnerable individuals at greatest risk of severe illness can now receive a fourth dose (or fifth in some cases) of the COVID-19 vaccine, at the same time as their annual influenza vaccine.

COVID-19 lockdowns and social distancing measures resulted in far fewer numbers of influenza cases over the last two years. However, now that these health measures are being lifted, it is expected we'll see a big resurgence of influenza.

Influenza affects people of all ages and can be severe, leading to hospitalisation and death, particularly among older people, young children, and those with underlying health conditions.

Who is eligible for the fourth COVID-19 vaccine?

National Seniors Australia – Hillarys & District Branch

Several groups, who are identified as being at the greatest risk of severe illness COVID-19, are eligible to receive a fourth dose (or fifth for some immunocompromised individuals) of the vaccine:

Anyone aged 65 years or older

Those who live in aged care or disability care facilities

Immunocompromised individuals aged over 16 years

Aboriginal and Torres Strait Island people aged 50 years and older.

When can I get my fourth COVID-19 vaccine?

The fourth vaccine is available now for anyone who is part of the above four categories if four months have passed after receiving their third dose of the vaccine.

However, if you have had COVID-19 since receiving your booster, you will have to wait four months after you were infected before you can receive your fourth dose.

Flu vaccines & COVID-19 vaccine

Unlike earlier COVID-19 vaccines, you can get the COVID-19 vaccine and the flu vaccine at the same time (provided you are eligible for your fourth dose, otherwise you can get the flu vaccine at a different time).

Membership Renewals

One year – \$45 single or \$75 joint m'ship.

Two years – \$80 single, Save \$10 or \$125 joint m'ship, Save \$25.

Three Years - \$99 single, Save \$36 or \$149 joint m'ship, Save \$76.

Five years – \$195 single, Save \$30 or \$295 joint m'ship, Save \$80.

Payable at branch Meetings or send to National Seniors Australia,
Reply Paid 1450, Brisbane QLD 4001.

Members who use internet banking, can use Electronic Fund Transfer (EFT) facility to pay for name badges, events that require prepayment, etc.

Membership payments cannot be paid via EFT

Account Name: National Seniors Assoc Hillarys.

BSB: 036-226 A/C No: 24-9794

Please include Surname and keyword in the transfer.

Do NOT combine payments for multiple functions, only pay for one function at a time.

Name Badges: please contact our Treasurer Joe Varischetti who will order these for you, cost is \$10.

Note: All monies paid in cash to Joe need to be put in an envelope, with your name, the reason for the payment, and the amount written on the envelope.

Member's Welfare

If you become aware of a member who is dealing with illness or hear of a member who has passed, please contact one of the Committee Members. Notification can then be sent to other members who wish to visit or pay their respects.

To all our members celebrating birthdays in May



National Seniors Australia – Hillarys & District Branch

Wishing you all a very happy birthday filled with love, laughter, pressies and cake.

For Your Calendar

Next Meeting: Wednesday 4th of May

Time: 10am.

Followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

Speaker: David Urquart

Topic: THE CROWDED PLANET

- * How fertility rates and modern medicine have influenced population growth.
- * The negative impacts of population growth on food and water resources and the environment.
- * Some population predictions.
- * Case studies on Japan, Nigeria and Australia.
- * What can be done to curb population growth.

Kitchen Coordinator Required

From July we need someone to take over the role of Kitchen Coordinator.

This is an easy job, and you get plenty of help during the meetings with setting up, serving and doing the dishes.

Other duties are the purchasing of consumables from the supermarket, after which you give the receipt to the treasurer to be reimbursed. You also need to take home the cloths and tea towels to be washed.

The cheese is kept in your fridge and cut into squares prior to bringing to the meeting

I can appreciate member's reluctance to put their hand up for something that they feel may obligate them to attend every meeting. However it isn't like that; things crop up in everyone's lives. In that case a quick contact

with the President will guarantee a fill in for that meeting.

The morning tea break is an important 'catch up' time for our members to socialize. If no one is prepared to take over the role of Kitchen Coordinator, there will be no choice but to scrap the morning tea component of our monthly meetings.



The future of the club morning teas is in your hands

Please speak to Helen at the meeting and she

will fill you in on how it all happens

Next Committee Meeting: Wednesday 18th May, starting at 10am

Members are welcome to attend the committee meetings, they are very informal and last no longer than an hour. Come along and witness the inner workings of your club,

Social Events

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

When: Saturday May 28th

Time: 6pm

Where: Greenwood Tavern

Please let Nita know in 0400 063 143 if you will be attending.

BiMonthly Lunch – A time for members to celebrate a birthday, anniversary, or just "celebrate life" with fellow members and friends.

When: Thursday 12th May

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Time: 12:30pm

Where: Sitellas

Address: 100 Barrett St
Herne Hill
Swan Valley

Please contact Robyn on 0427 478 681 if you wish to attend

Outings

Some dates for your calendars and further information to follow. Please note if a venue requires a limited number of people, Cheryle will only liaise with the people whose names have been placed on my booking lists.

Tuesday 24th May: Guided tour of the State library (Behind the Scenes and into the Archives)

If you would like to attend this activity and have lunch with us somewhere pleasant in the city please put your name on the list at the door

Thursday 28th July: WAPPA Guided tour

There are still three tickets remaining. Please pass this information on to friends and family

Guided tour of the Western Australian Academy of Performing Arts (WAAPA) Bradford Street, Mount Lawley. The organisation requires full payment of \$47 pp in advance and can only cater for 20 participants. There are currently 10 people on my list. Should you wish to attend, please **bring full payment to the next meeting or send online to the treasurer.**

Please note that this is not the WAAPA open day which is a completely different event.

Community Events:

The next production at the Limelight Theatre is **"The Full Monty"** an adult play written by Simon Beaufoy and directed by Phil Bedworth.

After losing his job at a steel factory Gaz learns that his wife wants to sue him for missed child support payments. Desperate for money, Gaz and his friend Dave decide to create their own male strip-tease act. The two friends recruit four more men, including their former foreman and a security guard. The group promises that their show will succeed because they are willing to go 'the full monty': completely naked!!!

Performances are scheduled for 8pm on May 26th, 27th, 28th and June 2nd, 3rd, 4th 9th, 10th & 11th with a matinee 2pm on 4th June 2022.

Ticket Prices:

Adults \$23, Concessions \$20, Members and Groups (20 +) \$19

Bookings:

Phone and on-line bookings open to the general public on Monday 26th April. Call or text 0499 954 016 on Monday, Wednesday and Friday mornings between 9 and 12. Alternately, you can book on-line at www.limelighttheatre.com.au

Queries and advance group reservations can also be emailed to Booking Officer Patrick at bookings@limelighttheatre.com.au

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.
Justice of the Peace - Saturday Morning at
Joondalup Library. 10.00am – 12.30pm
Woodvale Library 9.30am – 11.30am

National Seniors Australia – Hillarys & District Branch

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

BRANCH CONTACTS

President

Cheryle Medcalf 92064918
(presidentnsahillarys@gmail.com)

Vice President

Michael Morland 93068668

Secretary

Janet Beevers
(secretarynsahillarys@gmail.com)

Treasurer

Joe Varischetti 9447 2120
(jvarisch@yahoo.com.au)

Newsletter Editor

Lyn Massam(newslettersahillarys@gmail.com)

A bit of fun

