

Yarra Ranges Grapevine

The Journal of the National Seniors Australia Yarra Ranges Branch Inc
Incorporation No. A0048800C Branch No 100132

NOVEMBER & DECEMBER 2021

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & pay through the Branch. This informs NSA that you are a member of this Branch. The Branch receives an annual payment for your Membership.

[Click here for Membership Form](#)

Branch Meetings

Monday

8 November

AGM Meeting

6.00pm for 7.30pm start

(This Meeting will be under the Veranda at the end of Market St in the Lilydale Showgrounds.

Plenty of parking.

BYO Chair, Picnic Dinner and Drinks)

Wednesday

15 December

12.00noon for a

'Picnic on Chapel'

'End of Year Break Up'

Meet at the end of Chapel St Lilydale

(See Branch Meeting Dates for details)

If you have a suggestion for a Guest Speaker please let Denise or a Committee Member know

President's Report

Hi Members,

It's time for another Report!



Nothing much has happened in the last two months.

I hope everyone has received the 'Nomination for Office Bearers' form sent out by Lyn. If you are interested in being on the Committee, please complete a form and return to Lyn.

We will be able to have our monthly meeting in November, please see the Branch Meeting Dates further in this Newsletter.

Don't forget the Raffle Ticket and the donations for the Christmas Hampers. Please bring them to the November Meeting.

Please book with Chris for the Christmas lunch at Healesville (see 'Chris' Notes' and 'Activities')

Hope to see everyone there!

*Happy Reading
Trevor*



Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Pamela - ☎ 9735 5449

Secretary

Newsletter Editor

Lyn - ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 9735 1249 / 0419 528 446

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

☎ 9723 1403 / 0400 179 086

Newsletter Editor

Lyn ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Committee Members

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

Welfare Officer Please contact our WO if you know of anyone who is unwell, having an operation, in need of help or has passed away within the family. Vice President & Welfare Officer Pamela on ☎ 9735 5449



Congratulations to!

*13 November Valda 14 December Lorraine Se
19 December Nancy*

We would like to celebrate your day!

Don't forget to email / phone your birthday & month to Lyn

DIARY DATES

'WELCOME' to our BRANCH MEETING DATES - 2nd Monday of the Month

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

Monday 8 November AGM @ 6.00pm See Note below



NOTE:

The AGM will be held at the November Branch Meeting which will be under the veranda shelter of the show shed at the end of Market St, off Casella Street, Lilydale.

BYO - Chair, Picnic Dinner and Drinks

Wednesday 15 December @ 12.00noon

'Picnic on Chapel'

'End of Year Christmas Break up'

NOTE:

Meet at end of Chapel Street Lilydale under the trees

BYO - Chair, 2 empty plates for finger food provided

BYO - Tea, Coffee, Soft Drinks

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 1 November
Monday 6 December

(Meetings held in accordance to covid guidelines)



Note:

It has come to the Committee's attention that Members may be missing out on booking 'Dining Outs' and 'Out & About' because of overlooking dates. It has been decided to reorganize this format and in future all 'Activities' will be listed chronologically in date order. By leaving the Activity Day and date in the famous orange colour for 'Out & About' and the equally lovely colour of pink for 'Dining Outs' this may also help in your planning.



'OUT & ABOUT' - ORANGE

'DINING OUT' - PINK



Activities

Please Contact Chris 'Activities Coordinator' to Book and to cancel in time

Please Note All payments in an envelope with name, amount of payment and Activity name. This will be a great help. Thank you, Chris

- Thursday 4 Nov @ 12.00pm** 'Oakes Day Chirnside Park Country Club'
Thursday 11 Nov @ 11.30am 'Branded Burgers & Bar' Brunch 567 Warburton Hwy Seville
Saturday 20 Nov @ 6.00pm 'International Hotel' Dinner Maroondah Highway Lilydale
Wednesday 24 Nov @ 12.00pm 'Oro Doro' Lunch Hewish Road Croydon
Sunday 5 Dec @ 12.30pm 'Sanctuary House' Christmas Lunch Badgers Creek / Healesville Road Healesville
Wednesday 8 December 'Moonlit Sanctuary' Pearcedale Car Pool – leave **9.30am**
(A smaller version of Healesville Sanctuary. Recently bred Orange Bellied Parrots in captivity & released 20 back into the wild)
Sunday 19 Dec @ 11.30am 'Brycee's Tavern' Brunch 30 -32 Brice Avenue Mooroolbark

'SATURDAY WALKS' - Contact Chris 'Activities Coordinator' for details

Please Note - Walks start **9.00am** for summer. **8.30am** if the temperature is over 30 degrees

These 2 photos are from the same walk – do you know where?

Answers in next 'Grapevine'

Photos 1 & 2 in last 'Sept & Oct Grapevine' were from the Wandin walk

- Sat 6 Nov** Lilydale to Mt Evelyn
Sat 13 Nov Lilydale to Coldstream
Sat 20 Nov Mooroolbark Retarding Basin
Sat 27 Nov Wandin – Seville
Sat 4 Dec Mullum Mullum Creek Burnt Bridge



- Sat 11 Dec** Norton Road Croydon
- Sat 18 Dec** Launching Place to Yarra Junction (Lunch)
(Start walk **9.30am** at 'Home Hotel' Launching Place opposite Don Road / Warburton Highway junction)
- Sat 25 Dec** **No Walk**
- Sat 1 Jan 2022** Lilydale Lake
- Sat 8 Jan** Barneong Reserve Croydon North
- Sat 15 Jan** Mooroolbark Community Centre



Note: If there is an all day '**Out & About**' organised, we won't be walking.

OTHER NEWSY BITS!

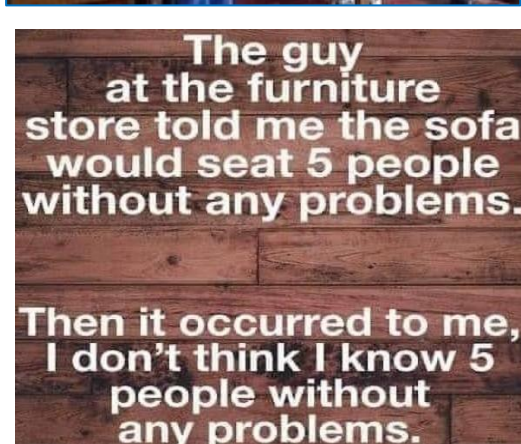
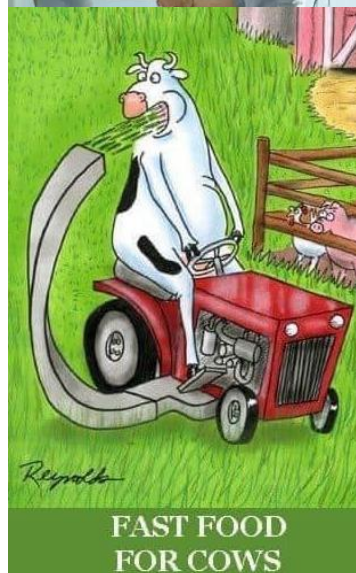
Notes from Chris

Will everyone please bring their Raffle Ticket money, and Christmas Lunch money and any items for the Hampers to the next Branch Meeting on 8th November – thanks.

Also. can everyone please reply back to me **ASAP** for all the outings up to Christmas if they want to go to, as I need to know numbers for all the outings and restaurants **ASAP** so I can book them all in, otherwise we could miss out.

Reminder, Chris needs to know if you are double vaccinated for all '**Outings**' & '**Dining Outs**'

A LOOK AT THE LIGHTER SIDE OF LIFE TO KEEP YOUR 'TEE HEE' (laughter) WORKING!



A Tip from our Web Administrator Patrick

The COVID economy is now with us. Meaning, for the immediate future, to do certain activities or attend certain venues you will be asked to show that you are fully vaccinated. The easiest way to do this is to link your COVID-19 digital certificate, supplied by the federal government when you have been fully vaccinated, to your smart phone's *Services Victoria* app. That's the app you currently use to do QR code check-ins. This app will then indicate your vaccination status.

To do this you will need to be fully vaccinated, have version 1.14.0 or higher of the *Services Victoria* app on your phone, have a *myGov* online account linked to *Medicare*. Apple phones will need to be an iPhone5 or newer and other phones will need to be no older than 7 years.

For information on downloading and updating the *Services Victoria* app use this URL <https://service.vic.gov.au/vacc-cert/add> It is important that you have the latest version on your phone before you try to add your COVID-19 digital certificate.

If you do not have a *myGov* account, using your browser go to *myGov* and select the option **Create a myGov account**. Then agree to the terms of use and fill in the required information. Note *myGov* will send six digit codes to your email or phone messages during this process.

Now you have a *myGov* account, if you have not yet linked *Medicare* to *myGov*, log in to *myGov* select '**Link a service**' then select **Medicare**.

Now you have a *myGov* account with your *Medicare* account linked to it. On your phone, log in to your *myGov* account and scroll to **proof of COVID-19 vaccination** and tap **Go to Medicare**. Next tap **View History** then tap **Share with check-in app**, tap **Service Victoria** read the conditions and tap **Accept and Share**. Finally, you will see your Covid-19 digital certificate and you tap **Add certificate**.

Now your COVID-19 digital certificate has been added to your *Services Victoria* app. So, to make sure it has worked start your *Services Victoria* app, tap the **square with a tick** next to the check in bar and if all has worked you will see a tick beside your name on the next screen presented. Congratulations!

N.B. It can take a few days after your second vaccination for that information to be sent to *Medicare*.

If you have tried to add your COVID-19 digital certificate to your *Services Victoria* app and it has not worked, or you do not have a smart phone you can call *Services Australia* on ☎1800 653 809 and ask them to send your *Immunisation History Statement* to you. You can also print your COVID-19 digital certificate available from *myGov* at home.

If you need help with any of the above Email Patrick at patrick.stephens@bigpond.com and include relevant information including phone (type and age) and phone number.

If you have only had one vaccination you may be able to get your second vaccination earlier than planned. Call your Doctor to check. Both vaccinations need not come from the same location. If you are not required to have COVID-19 vaccinations for medical reasons you will need to obtain an exemption certificate. Please also let **Chris Hill** know so that she can check with venues you may wish to attend with the rest of us.

If you do not wish to have COVID vaccinations it may be a while before things get back to normal. The Premier said that he expects these vaccination requirements to be in place when the Australian GP takes place which is March next year.

There are three kinds of documents or certificates available. Each provides proof that you have received two doses of the COVID-19 vaccination and are fully immunised against the virus – but they are each used for different purposes.

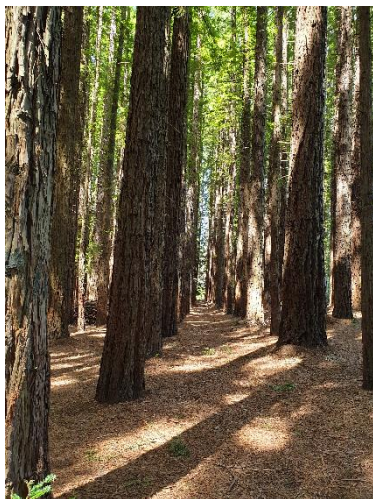
- The **International COVID-19 Vaccination Certificate** is required for all international travel. It includes a QR code that is readable globally and complies with agreed international travel standards set out by the International Civil Aviation Organisation.
- The **COVID-19 Digital Certificate** may be required to enter some venues locally and to travel domestically but isn't recognised internationally.
- The **Immunisation History Statement** is another way you can provide proof within Australia that you have received both vaccinations but will show all immunisations you have received.

You do not need an International COVID-19 Vaccination Certificate if you are travelling within Australia. You can use either a [COVID-19 Digital Certificate](#) or [Immunisation History Statement](#) as proof

Warburton and Beyond!

It was a lovely sunny day that saw 12 of our Members head off to Warburton, where some of our party needed a food stop for their Picnic lunch. My goodness, for a mid-week, it was packed in Warburton. Luckily we were not staying, but convoy style, headed off for East Warburton where there was the obligatory 'Loo' stop at the new toilets next to the East Warburton Hall. (There are no toilets at the 'Redwood Forest') A little further on we turned left into Cement Creek Road, following on until we came to the 'Cement Creek Redwood Forest' parking area. Chris led us to a small clearing on the edge of the forest, opposite the car park for everyone to circle round in our chairs and enjoy our picnic.

Who is the person on the right???



The Californian Redwood (Sequoia) Forest was planted in the 1930s as a non-native tree experiment by the *Melbourne & Metropolitan Board of Works*. It was initially planted as part of the board's hydrology research program and the area encompasses more than just California Redwoods, other tree planted included *Bishop Pine*, *Western Red Cedar*, *Douglas Fire* and *Radiata Pine*. The now abandoned *East Warburton Redwood Forest* has become a *Nation Trust Heritage-listed* site. The 1,476 trees across the plantation form part of the *Yarra Ranges National Park*, managed by *Parks Victoria*.

A stroll through these majestic Redwoods with straight trunks in straight row was very cathartic and good for the sole. It was amazing to see that no matter which way you look – straight head or diagonally these giants stood tall and in perfect lines. The barked looked rough like the normal pine trees that have been planted by previous generations, but when you put your hand on the bark it was soft.

Walking to the bottom north corner of the Redwoods, it a short distance to the ever flowing Cement Creek, which snakes its way down from Mt Donna Buang to the Yarra River below. Because of the all the rain we have had lately, the creek was really racing and in flood. No wonder the Yarra River was full at Warburton.

A few decided they had had enough of an outing and headed home, while the rest of the intrepid party decided to venture forth again and this time headed up the Mt Donna Buang Road / Acheron Way Road for 9 kmls where the road divides and



there is the 'Treetop Gallery' walk. About halfway along this road, half of the road had washed away sliding down the mountainside and there was traffic lights governing the one lane that was open to cars. We didn't stop at the 'Treetops' on the way up the mountain, but it took another 9 klms of winding road and water seeping across the road to the top of Mt Donna Buang.



The lookout tower was the next challenge, which we conquered! What a great view of the majestic mountain range that makes up part of the *Great Dividing Range of Australia*. You could see how inaccessible and impenetrable they would be to fight a fire. The view towards Melbourne is obscured by trees these days, but I'm sure Steve and I could just make out Arthur's Seat. And yes, they have toilets on the mount these days!

On the way back down the mountain, there is a road leading off to the right that goes to Healesville, but it was blocked off. I have been down this road many years ago, but it looks like it has been closed off for quite a while as there is debris everywhere. Continuing on further back to the 'Treetop Gallery'.



At the moment the only part that is open is the Skywalk out into the temperate rain forest. The longer walk (which I have done) that goes down into the valley of the Cement Creek, was closed due to unsafe trees. It was amazing to look down on top of the tree ferns and see the new fern bracts still in their curled state, also ferns growing on trees and colourful tree trunks.



It certainly was a full day out and everyone arriving home just in time for dinner. We had a great time exploring our outer, outer east. Thank you Chris for another good one!!



PS: This photo is of the 'Dinosaur Nests' that the school children build in the Redwood Forest. It helps gather all the loose branches and tidy up the forest for visitors. Every once in a while, Parks Victoria come and clear them away. So, it starts all over again. This one is huge!

Contributions to our Newsletter



Have you been travelling?

Have you attended a good show?

Have you read a good book?



Is there something you have experienced, that you would like to share with the members of the Branch? A story? One-liners? Photos from outings?



Note: This app was used recently to call an Ambulance. It went straight through to the Emergency Services and saved time in trying to dial '000'.

Please ensure you have this app installed on your phone – it could save lives and maybe even your own.

Emergencyplus is an app you can put on your mobile. (It was recommended by a trainer who trained the staff at my school.)

You can choose to load onto an Apple or Android system (2nd choice). When loaded the right hand screen will appear.

The **000 Emergency, SES & Police** are live buttons that will automatically call that service when pressed.

Also you will note your 'location coordinates' appear so you can pass the information to the service concerned as to where your location is.

Update your medicines list now – you'll need it if you go to hospital



A medicine list is a complete list of all your prescriptions, over the counter and complementary medicines.

Now is the time to make sure you have that list up-to-date and easy to find in case you unexpectedly have to go to hospital or visit a doctor or pharmacist who is not familiar with your health status.



Some News Items from National Seniors that you may have missed

Boosting independence and mobility in your own home

Getting help enables you or a loved one to continue to live independently in your own home for as long as possible. Here's what you need to know to get started

Senior Australians overwhelmingly want to stay in their own home for as long as possible as they grow older. While residential aged care has its place, especially for those with chronic medical conditions, there are government subsidised and private support services available.

Government subsidised services are paid for in part by the Australian taxpayer. What will need to be paid out-of-pocket will depend on an individual's services and, in some cases, their financial situation.

Support Services

Government-subsidised services you or your loved one may be eligible for can include:

- Help with food preparation, showering or dressing, and managing medications.
- Cleaning, home maintenance, and mobility aids to help keep you safe at home.
- Transport to appointments or activities, in-home social calls, and group activities to help you continue to interact with your community.

Key Points
• Government subsidised support services help people grow older in their own home
• Services aim to keep you independent, mobile and healthy
• Services are provided through the Commonwealth Home Support Programme and Home Care Packages

You can receive government-subsidised help at home through the Commonwealth Home Support Programme, or through a Home Care Package. To find out which program you or your loved one is eligible for, you need to apply for an assessment.

Eligibility

To be eligible for services an individual must have:

- Noticed a change in what they can do or remember.

- Been diagnosed with a medical condition or reduced mobility.
- Experienced a change in family care arrangements.
- Experienced a recent fall or hospital admission.

You can learn more about [assessment eligibility requirements](#), [read more about the assessment process](#), or [apply for an assessment](#) via the My Aged Care website or call them on ☎ 1800 200 422.

Types of In-home Care

1. Entry-level care - Commonwealth Home Support Programme (CHSP)

If you or your loved one are able to manage, but need support with a few tasks, you could be eligible for subsidised support services through the Commonwealth Home Support Programme (CHSP).

This program aims to help those who need a low level of support to keep living independently and is recommended to those who only need one or two services.

CHSP costs and fees

Individuals are expected to contribute towards the cost of their care, if they can afford to. A few things to keep in mind are:

- Service providers charge different amounts for their services.
- The Australian Government funds providers to keep costs affordable and individuals won't be asked to cover the full cost of services.
- If an individual can't afford to pay a contribution, they can still get help by talking to provider.

You can learn more about [CHSP fees](#) or the [Commonwealth Home Support Programme](#) via the My Aged Care website.

2. More complex care - Home Care Packages

Home Care Packages are for people with greater or more complex care needs. If you or your loved one need many care and support services on an ongoing basis, you could be eligible for a Home Care Package.

HCP Costs and fees

Individuals are expected to contribute to the cost of their care if they can afford it. The cost of a Home Care Package is paid, in part, through a contribution by the Australian Government.

Individuals may have to pay:

- A basic daily fee, or;
- A basic daily fee and an income-tested care fee.

There may also be additional fees if the individual agrees to pay for extra care and services that aren't covered by their Home Care Package. These fees form part of their package budget and must be included in their Home Care Agreement.

You can learn more about [home care fees](#) and [Home Care Packages](#) on the My Aged Care website.

Can the Government find a Provider?

Yes. If you or your loved one has been assessed and found eligible for aged care, your assessor can send a referral to the relevant provider(s). However, the provider will need to be able to provide the services you are seeking in your area to accept the referral. You can also [search for a provider](#) on the My Aged Care website.

Can I Commonwealth Home Support Programme (CHSP) and Home Care Package (HCP) services at the same time?

The government's answer is generally, no. This ensures that services reach as many people as possible. If you or your loved one is receiving a Home Care Package, it also means your care and services are paid through a single budget.

There are some special circumstances where you or your loved one can access short-term CHSP services while receiving a HCP and your budget is fully allocated. Talk to your assessor first to see what options are available. To find out more, call My Aged Care on 1800 200 422.

Source: [Australian Government My Aged Care](#)

Yarra Ranges National Seniors Australia Branch
Membership Application (NSA ABN 89 050 523 003)

PERSONAL DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____ /
Last name _____ Date of birth _____ /
Address _____
Suburb _____ State _____ Postcode _____
Phone _____ Mobile _____
Email _____ Membership Number: _____

JOINT MEMBER DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____
Last name _____ Date of birth _____ / _____ / _____
Phone _____ Mobile _____
Email _____ Membership Number: _____

MEMBERSHIP AND PAYMENT DETAILS



I/we would like to join for: (please tick) includes GST

- 1 Year Single \$45 Joint \$75
- 2 Year Single \$80 Joint \$125
- 5 Year Single \$195 Joint \$295
- Lifetime Single \$425 Joint \$650

TOTAL PAYABLE: \$ _____

- Cheques / Money Order enclosed (payable to: National Seniors Australia)
- Please charge my credit card: Visa Master Card

Card number:

Cardholder's Name: _____ Expiry: _____ / _____

Cardholder's Signature: _____

NSA respects your privacy and is committed to protecting your personal information.
You can view the full details of our privacy statement online at nationalseniors.com.au

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