

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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Member for Kingsley

KINGSLEY | GREENWOOD | WARWICK | WOODVALE

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OCTOBER 2019 Newsletter – Issue 170

President's Report:

Throughout the month I receive many emails from various organisations that aim to keep seniors aware of what is happening, relevant to them, across Government providers.

The one thing I have noticed is that these emails contain jargon and language that requires several readings to fully understand what they are trying to convey. So, my reports will be a very short summary of some of this information. Should you require any more information than provided please let me know.

THE FUTURE OF AGEING AND AGE SERVICES

CEOs and executives from 112 age service providers have submitted their findings in a report to the Royal Commission into Aged Care Quality and Safety. This is the first time a cross-section of the sector has come together on this scale to discuss many of the issues and problems being faced by the aging sector.

Significant Outcomes of the report:- A consumer centered model of aged care services is needed so the elderly and their families have the right to choose high quality and safe services and who delivers them.

Aged care workers need to be respected for the work they do.

GORDON LEGAL TO FIGHT ILLEGAL ROBODEBT CLAWBACK (FED)

National Seniors Australia – Hillarys & District Branch

Gordon Legal is taking up the fight on behalf of a large group of people who have had their legitimate Centrelink benefits illegally taken back by the Federal Government through its Robodebt scheme.

They will challenge the Government use of a flawed calculation system by Centrelink to unlawfully takeback tens of millions of dollars from many thousands of Centrelink recipients, including pensioners.

The Morrison Government has increased its support for men battling prostate cancer through a Screening and Psychosocial Care for Men with Prostate Cancer program, developed by the Prostate Cancer Foundation of Australia. Prostate Cancer is the most common cancer in Australian men but these days there is a 95% survival rate. While this is undoubtedly a positive development, survivors of prostate cancer often have to deal with the side effects of their treatment for longer.

SUPPORT FOR MORE SENIOR AUSTRALIANS TO LIVE INDEPENDENTLY

The Morrison Government is delivering \$150 million over 3 years to enable more senior Australians to access entry-level home support. Around 18,000 seniors will benefit from an expansion of entry-level home support over the next 12 months. Seniors are increasingly choosing to remain in their own homes for longer and apparently the Government is committed to supporting this choice. However

WAITING LIST REDUCTION, A DROP IN THE OCEAN - ACSA (FED)

Aged and Community Services says the reported reduction in the home care

waiting list is welcome but there are still 119,000 people waiting for a package. This reduction of around 6% of people waiting for a package is unfortunately just a drop in the ocean of people desperately needing better support at home.

If people have to wait it can have a lasting impact on a person's health. It can lead to increased pressure on already stretched hospitals, mean someone has to enter residential care.

INCEREASE IN HOSPITALISED INJURY DUE TO FALLS IN OLDER PEOPLE

The rate of head injuries from falls by older Australians has nearly doubled over the past decade, according to a new report by the Australian Institute of Health and Welfare. Falls in older people shows that about 125,000 people aged 65 and over were seriously injured due to a fall in 2016-17. Injuries to the head hip and thigh were the most common.

Be safe, healthy and happy.

Cheryle Medcalf

NSA

National Seniors helping members address energy affordability

High energy prices continue to challenge households, especially those on low incomes.

In fact, the latest Australian Energy Regulator (AER) report describes the situation as "very concerning" and

strongly encourages people who are having difficulty paying their bills to talk immediately to their energy retailer and seek assistance.

It is vital to seek assistance before debt gets out of hand.

The AER report assesses energy affordability based on how much of a household's disposable income is spent on energy.

The report found low-income households on the median market offer spend twice as much of their disposable income on energy as the average household.

The report said energy retailers were required by law to offer assistance to customers who find themselves in hardship.

As long as you are in a hardship program and meeting its conditions, you cannot legally be disconnected.

Support for customers and retailers

The AER released the Customer Hardship Policy Guideline in March to "strengthen protections for customers experiencing hardship" and bring greater clarity and consistency to the support retailers are required to provide.

New penalties will apply where retailers fail to meet their obligations.

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 2nd October. **Speaker:** Paula Miller from the RAC

Topic: "Your Driving Future" ie. Road safety as it applies to senior drivers in our current driving environment.

A reminder that it would help the Guest Speaker Organiser if everyone gave some thought to potential guest speakers. If you have any suggestions please relay them to Graham Ezzy. Email: ezzy1951@gmail.com

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, 18th October 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 26th October

Where: TBA

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

BOOK RECOMMENDATION

"**Unmarriageable**" by Soniah Kamal

In this one-of-a-kind retelling of *Pride and Prejudice* set in modern-day Pakistan. Alys Binat has sworn never to marry—until an encounter with one Mr. Darsee at a wedding makes her reconsider.

This book shows how Jane Austen's work is timeless and applicable to all cultures. It also makes for deliciously readable romantic comedy and a commentary on class in post-colonial, post-partition Pakistan, where the effects of the British Empire still reverberate.

If you like *Pride and Prejudice* you should love this. It is available from the Joondalup Libraries.

A Guide to Native Bees of Australia by Terry Houston

Terry gave us a great talk on the topic of Native Bees at our last meeting. His book *A Guide to Native Bees of Australia* provides a detailed introduction to the estimated 2000 species of Australian bees.

Illustrated with stunning photographs, it describes the form and function of bees, their life-cycle stages, nest architecture, sociality and relationships with plants. It also contains systematic accounts of the five families and 58 genera of Australian bees. Photomicrographs of morphological characters and identification keys allow identification of bees to genus level.

Natural history enthusiasts, professional and amateur entomologists and beekeepers will find this an essential guide.

If anyone is interested in obtaining a copy of the book at a reduced price of \$35 (usually \$45) please contact Graham Ezzy
(Email: ezzy1951@gmail.com or
Mobile: 0432855971)

Newsletter Submissions:

All submissions for the November Newsletter need to be in by the 30th of October.

All members are encouraged to make submissions as this is everyone's newsletter.

Submissions can be such things as book or movie reviews, cooking recipes, reports on holidays that you have been on or concerts that you've been to.

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:

WA Seniors Week 2019 will be held from 10th to 17th November.

Celebrations to mark seniors and their contribution will take place throughout this week. As part of the celebrations there will be the Have-a-Go Day on Wednesday 13 November at the beautiful Burswood Park from 9am to 3pm. National seniors Australia will have a stall at this event. If you would like to help out please contact Graeme Piggott by phone (08 9454 7080) or by email - graemedei@iinet.net.au.

World Singing Day Joondalup 2019

A Community Sing-along celebrating World Singing Day 2019.
Local Event Host: Alison Senior, Director (Space to Sing)

Sing along to well-known classic songs with old friends and friends you haven't met yet over at **Mawson Park on Saturday, October 19, 2019 from 1:30-3:00 p.m.**

This event is free and open to anyone who loves to sing and wants to raise the level of joy in Joondalup for the day.

No rehearsals means no worries. Just show up and sing.

Lyrics provided on-site.

Community Theatre

Stirling Players present John and Jen – a musical about love, loyalty and family.

Dates: September 26,27, 28; October 3,4,5 (at 8pm); September 29 at 2pm

Venue: Stirling Theatre, Morris Place, Innaloo

Cost: Full - \$25 Concession \$22 Member \$20

Book and pay at Morris News 9446 9120 or trybooking.com/ZGUY

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 – The Importance of having a Will Thursday 17 October, 10.00am Joondalup Library**
 - Do you know what happens if you pass away without a will? What is a will and what does it cover? This presentation will give you an insight into this important area of the law, giving you a lot to think about and the opportunity to ask questions of a lawyer who works exclusively in estate planning.
 - Cost \$3.00. Book online

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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