

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.

Postal address: PO Box 141 Hillarys 6923

October 2021 Newsletter – Issue 190

President's Report

- Earlier this month myself, David Haimes and Jacqui attended the Zone 108 Conference which was held at the golf club in Forrestfield. I for one, found the day interesting, informative and very enjoyable. Because of the Covid shut down in the Eastern States the National Seniors General Manager Chris Grice and our chief advocate Ian Henschke, were unable to personally attend but with the assistance of an I.T. consultant they were able to conduct their presentations and take questions from the audience, in real time, online.

What a wonderful thing technology is when it works properly!

- Chris Grice spoke to us about the various aspects of the National Seniors website, mentioning in particular the branch intranet which he considered was under used. I believe we use the Intranet to advertise and to put up our newsletter each month, thank you to Joe for managing this for us. We have had several people who have found our newsletter on the National Seniors Website intranet and whom, have since become members.

- He mentioned the benefits of using National Seniors Travel Agency and Travel Insurance which is discounted at 10% for all members.

- He introduced us to the Concessions Calculator which is also part of the overall framework.

- Check this link out <https://nationalseniors.com.au/concessions-calculator> to ensure that you are obtaining all of the concessions available to you in Western Australia.

- Ian Henschke spoke to us about the Royal Commission into Aged Care. Information is available on the website. He seemed to think that they were making improvements in leaps and bounds.

- The Education Officer from the Senior Housing Advisory centre spoke to us about the implications of downsizing from the large family home to smaller accommodation. There's plenty of information and booklets available from their website. They are even available for one on one consultations if required. We were informed about the benefits and limitations of retirement villages, lifestyle villages and community living. Anyone wishing to find out further information follow this link to their website. <https://www.commerce.wa.gov.au/consumer-protection/seniors-housing-advisory-centre>

- June McDonald from the Policy Advisory Group (PAG) spoke to us about the role of this particular group and asked if anyone was keen on joining but it was quite a time commitment. Information from the PAG emails forms part of my Presidents Report in the Newsletter and at the general meetings. Issues that were

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brought up were Seniors car parking at all shopping centres and a program called Bins for Blokes which brought our attention to the fact that women have bins in their toilet cubicles but men's cubicles do not. This is particularly inconvenient for those men who need to dispose of incontinence articles.

- Speakers from the Public Transport Authority provided us with a fascinating presentation on how the Thornleigh to airport underground tunnel was built. This line, from the city is due to open in April 2022 apparently.

Aged Care Planning

National Seniors Research has revealed the following:-

14% of older Australians have prepared financially for their aged care.

38% had considered about aged care costs

Future aged care planning was higher amongst those of higher education and greater wealth.

These figures are alarmingly low for Australians preparing for a comfortable later life. Something for us all to think about in the coming years.

Pfizer Vaccine Available

People aged 60 and above can now visit <http://www.rollup.wa.gov.au> to register and book an appointment for the Pfizer vaccine at a State-run COVID-19 vaccination clinic. There are currently 50,000 appointments available across WA Health State-run COVID-19 vaccination clinics within the next six weeks.

Stay Happy, Healthy and Safe
Cheryle Medcalf

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 Membership Renewals, name badges, events that require prepayment, etc.

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.

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.



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To all our members celebrating birthdays for October

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

For Your Calendar

Next Meeting: Wednesday 6th of October

Time: 10am.

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

Speaker: Rebecca Wellard from

Topic: the Australian Wildlife Conservation.

Australian Wildlife owns 6.5 million hectares and is the largest private owner of land in Australia, including regions in the Kimberley, Cape York, Kati Thanda - Lake Eyre and the Top End.

Australian Conservation protects 72% of all mammal species, 88% of all birds and over 54% of all reptiles and frog species.

The Australian Wildlife Conservation is a non-government organisation.

Social Events

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

When: Saturday 23rd October

Where: TBA

Time: TBA

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

BiMonthly Lunch – A time to have a social get together lunch with a bunch of your fellow members and friends

When: Sunday 17th October

Where: Portofino’s, Mindarie

Time: 12 noon

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



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.

This is a great little social occasion to catch up with other members for coffee, cake and a chat. A very pleasant time is always had by all.

When: Friday 15th October

Time: 10am

Where: Shingle Inn at Whitford Shopping Centre.

Remember, to add your name to the lists at the meetings, or, contact Nita on 0400 063 143 for Dinners or Robyn on 0427 478 681 for lunches and Cheryle on 92064918 for outings.

Upcoming Social Outings

- Our visit to the Sikh Temple on October the 3rd will take place prior to our October meeting. All participants on the list have been contacted by email, with the arrangements and details of the visit. Please ensure you read the email and respond as required. If you have changed your mind and longer wish to attend please let Cheryle know so we are not waiting for you to arrive.

- Please take note of the accompanying attachment with regards to our plans for our Christmas lunch and festivities.

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• **Walking tour of UWA** - learn about the university's history and development, be informed as to how the grounds gardens and buildings are maintained. Cost per person \$5. This is a morning tour 10:00 till 11:30 so afterwards we can go to the Bayside kitchen café for a light lunch

• **Perth Observatory** booked for the evening tour on the 26th of February. Thank you to all those participants who put their name down and paid so quickly. I really appreciate the prompt payment because it takes some of the pressure off my credit card. 😊

I am now I able to book extra tickets so if you missed out on the first round, please put your name on the list and I will purchase a ticket for you.

Community Events:

The City of Joondalup Spring Festival

Grow It Local and the City of Joondalup are excited to launch the 2021 Spring Festival (**flyer attached**), running from September 1 through to November 30 with the mission to help educate and inspire more Australians to grow, share and eat locally grown foods. It's all about learning to grow, connecting with your community and having an impact...and possibly making a bit of money from your backyard produce as well!

This year's Spring Festival will involve everything from live digital workshops, a free heirloom and organic Seed Service and monthly Ask Me Anything Sessions where you can get expert advice.

Did you know that there were a variety of walking trails around Hillarys marina?

So why don't you grab a friend, put on your walking shoes and get moving around the boat harbour. You can finish off by having a lovely

coffee and cake at one of the many coffee shops situated there.



COVID-19 PASSPORTS For people who don't have a smart phone

For those of us who don't have Smart phone Apps It is very easy to get an Immunisation History Statement.

If you are enrolled in Medicare – phone 132 011 (call charges may apply) or use the Australian Immunisation Register number: 1800 653 809

IF YOU ARE NOT enrolled in Medicare – phone 1800 653 809 (Australian Immunisation Register)

Alison Morland found the lady on the end of the phone very efficient, personable and helpful. Your letter will arrive after 10 days. You get all your Immunisations listed, dated and the vaccine named.

There is a special piece at the top of the list stating (in Bold) Covid-19 Immunisation Status (and a big tick)

This individual has received all required COVID-19 vaccinations.

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And that piece of information can be folded back to be shown by itself, should you not wish the official to see the rest of the page.

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



A bit of lightness:



Newsletter Submissions:

All Submissions for the November Newsletter need to be in by the 23rd of October.

BRANCH CONTACTS

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