

Yarra Ranges Grapevine



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



SEPTEMBER & OCTOBER 2026

Membership Renewals & Joining Members

There are new Membership Renewal / Joining Application Forms on the last page of this Newsletter.
The Branch receives a small annual payment for your Membership.

Branch Meetings 2026

Monday – 14

September

2.00pm for 2.30pm

‘Inhouse Trivia Fun’
Annual General Meeting

Presenter: Steve Nichols
Lilydale Lake Community Rm

Monday – 12 October

6.30pm

‘Dinner Meeting’

@

The Crown Hotel
Main Street Lilydale

(Speaker ideas please)

**If you have a
suggestion for
a ‘Guest Speaker’
please contact
the Secretary**



President's Report

Hi Members,

This year has gone so fast another two months have passed. Chris H our Activities Coordinator has had plenty for us to do.

The Yarra Valley Deli & Morning Melodies well attended with lots of fun.

The Mustard Tree lunch was always a good meal and the Opp Shop area for finding a treasure.

Lorraine Sm is already excited to see ‘A Beautiful Noise’ the Neil Diamond Musical in September. She has been a Neil Diamond fan for 57 years!!

See you all at the AGM & ‘Inhouse Trivia Fun’ at the September Branch Meeting.

Happy reading Trevor President

COMMUNITY INFORMATION NOTICE:

JP facilities are available at the Croydon & Lilydale Police Station on the following days and times –

Croydon	Tuesdays	10.30pm to 1.00pm
Lilydale	Thursdays	10.00am to 1.00pm

Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 0418 532 595

Vice President & Welfare Officer

Steve - ☎ 0427 394 642

Secretary

Newsletter Editor

Lyn F – ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Lyn J - ☎ 0418 598 521

Activities Coordinator

Chris - ☎ 0419 528 446

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Vacant

Web Administrator

Patrick

☎ 0413 726 726

Committee Member

Elaine - ☎ 0427 394 642

Kathy - ☎ 0438 257807

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 Steve on ☎ 0427 394 642



Congratulations to!



8 Sept - June	1 Oct - Doris
9 Sept - Fay	4 Oct - Steve
14 Sept - Rita T	5 Oct - Jeanette
15 Sept - Les	8 Oct - Gordon
16 Sept - Janice	16 Oct - Emese
16 Sept - Roger	20 Oct - Laraine
25 Sept - Terry	22 Oct - Elaine
	23 Oct - Pauline C
	23 Oct - Ruth C

Don't forget to email / phone your birthday & month to Lyn at yarrarangesnsa@gmail.com

DIARY DATES

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

Meet at: 'Lilydale Lake Community Room', Lilydale Lake Rd, off 435A Swansea Rd Lilydale

Monday 14 September @ **2.00pm for 2.30pm**

'Inhouse Trivia Fun' & AGM

Presenter: Steve Nichols

Monday 13 July @ **6.30pm**

'Dinner Meeting' @ The Crown Hotel Main Street Lilydale



Please email your ideas for **Guest Speakers** or **Activities** to – yarrarangesnsa@gmail.com or speak to the **Secretary**

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place

Monday – 7 September

Monday – 5 October



*** NOTE FROM CHRIS ***

Everyone needs to please **text or email** Chris - ☎ 0419 528 446

Email: chrishill3@bigpond.com.au

with any changes you want to make after they have put your name down for an 'Outing & About' / 'Dining Out' / 'Morning Melodies'.

Also, if you put their name down for an 'Outing & About' / 'Dining Out' / 'Morning Melodies' please make sure you **put it in your diary**, so you don't overlook or forget what you have made a commitment that date.



'OUT & ABOUT' – BLUE

'DINING OUT' – PINK

'MORNING MELODIES' - GOLD



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

'Out & About' – Blue'

'Dine Outs' – Pink'

'Morning Melodies' – Gold'

MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale

Please note: Order lunch before show at 11.00am. Lunch 12.00noon

Monday 7 Sept @ 11.00am

Wednesday 9 Sept @ 11.00am

Wednesday 16 Sept @ 12.30pm

Thursday 1 October @ 6.00pm

Thursday 28 Sept @ 12.30pm

Monday 5 October @ 11.00am

Wednesday 7 October @ 11.00am

Thursday 22 October @ 9.30am

Wednesday 4 Nov @ 11.00am

Thursday 5 November @ 6.30am

Sat 21 & Sun 22 November

Monday 23 November @ 6.30pm

Monday 30 November @ TBC

Wednesday 2 Dec @ 11.00am

'Early Rock Legends' – Col Perkins

'Piano Show' – Brendan Scott

'KoKo Lime Cafe' Cnr Colchester Rd & Mountain H'way Alchester Shopping Centre Boronia

'31st Annual Mayoral Art Exhibition Opening' Maroondah Federation Estate Gallery 32 Greenwood Avenue Ringwood (supporting the Bone Marrow Donor Institute (BMDI))

'Chirnside Park Country Club' 68 Kingswood Drive Chirnside Park 'Retro Jo'

'Girls Just Wanna Have Fun' – Alicia O'Brien

'Mystery Trip' @ Meet underneath Lilydale Rail Station near entrance

'The Sounds of Broadway' – Anthony Gerace

'Hoks Restaurant' Main Street Lilydale

'Lost Children Area' Lilydale Show – ROSTER (Need WWC Card)

'OOMINN Restaurant' Main Street Lilydale

'Steams Boat Cruise up the Yarra' Cost \$24

'The Baby Boomers Duo' - Christmas Show

Musicals & Ballets

Sunday 13 September @ 1.30pm

Please book with Lyn F

'Hello Dolly' Musical @ The Round Theatre Nunawading

Booking Closed

Sunday 4 October @ 1.00pm
 Sunday 11 October @ 2.00pm
 Sunday 18 October @ 2.00pm

'Frozen' Musical @ The Round Theatre Nunawading
 'Come from Away' Musical @ The National Theatre St Kilda
 'The Nutcracker' Ballet @ Karralyka Theatre Ringwood

Booking Closed
 Booking Closed
 Booking Closed

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

Please Note – Saturday Walks start at 9.30am until the end of September. Revert to 9.00am October

These 2 photos are from the same walks – do you know where? Answers in next 'Grapevine'

Photos 1 & 2 in the 'July & Aug' Grapevine' – Lilydale Lake Wetlands Walk

Sat 5 Sept	Wandin to Seville
Sat 12 Sept	Lilydale to Mt Evelyn
Sat 19 Sept	Barngoen Res Croydon Nth
Sat 26 Sept	Lilydale Lake
Sat 3 Oct	Dorset Reserve Croydon
Sat 10 Oct	Mooroolbark Comm Centre
Sat 17 Oct	Mullum Mullum Burnt Bridge
Sat 24 Oct	Norton Road Croydon
Sat 31 Oct	Killara to Seville
Sat 7 Nov	Lilydale to Mt Evelyn



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

OTHER NEWSY BITS!

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?



The Mustard Tree Café was kept busy with over 20 of our Members visiting for lunch in August. A good time was enjoyed by all.

Non-perishable food items are also welcomed to be dropped off at the Café for the The Mustard Tree Food Bank who support the local community who may be struggling.

The Op Shop area is always worthwhile browsing. Last time I bought a lovely warm red jacket.





A man and his wife are visiting the doctor for a check-up. The doctor comes in and says "congratulations, you're pregnant!" The husband, confused, inquires, "how can that be possible? I had a vasectomy years ago"

The Lighter Side of Life!

Doctor turns to the husband and says, "let me tell you a story. A man walks through the woods and encounters a cougar. Afraid and unarmed, he raises his fingers in the shape of a gun and yells 'BANG'. The cougar drops dead"

The husband, puzzled, states, "well that isn't possible, someone else must have shot it." "Exactly," says doctor.



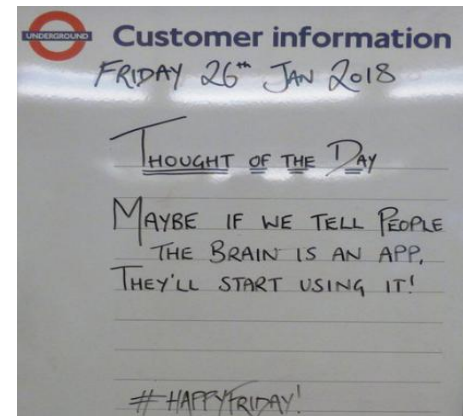
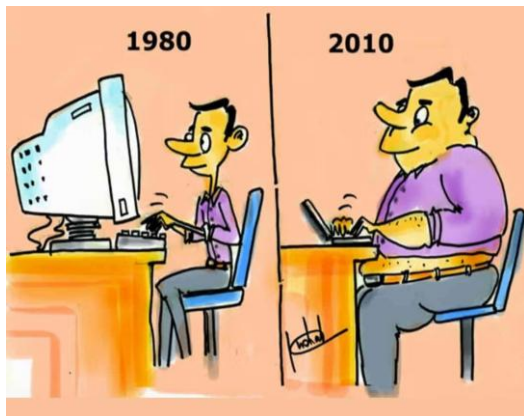
Two women, Mary and Jane, who have been friends since grade school, meet once a month at a coffee shop to stay in touch. One day they meet up, and Jane has a gauze bandage on each of her ears.

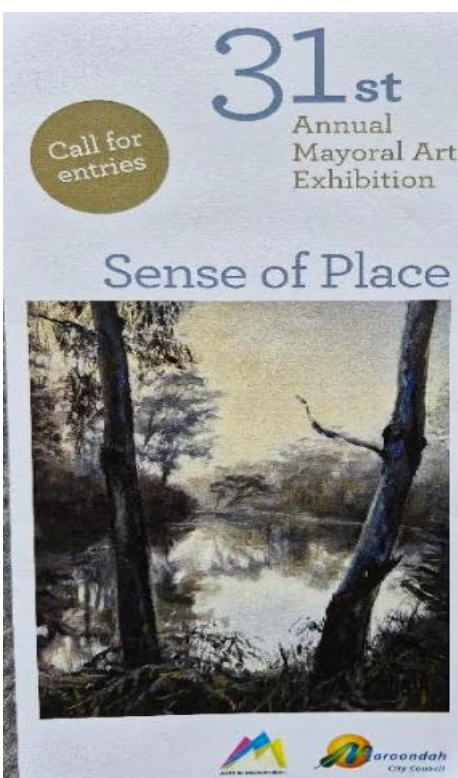
Mary asks, "Oh my gosh, what happened!?"

Jane replies, "Oh, I'm so dumb. I was rushing around the house, doing the ironing and getting bills paid, when the phone rang. I mistakenly picked up the iron instead of the phone, and burnt my ear."

"Oh my, that must have been very painful!" Mary exclaimed. "But what happened to your other ear?"

"Duh..." Jane replied, "I had to call the doctor".





MAROONDAH 31st ANNUAL MAYORAL ART EXHIBITION

@ Maroondah Federation Estate
Community Centre
32 Greenwood Avenue
Ringwood

21 Sept – 24 Oct 2026
Launch Date: 1 Oct at 6pm

Open: - Monday to Friday 9am to 5pm, Saturday 12 Noon to 4pm, Closed Sunday

The 31st Art Exhibition has been organised again by our Members Alan and Shirley.



Why understanding your RSV risk matters as you get older

New research suggests many Australians aged 65 years and over recognise RSV can be serious but may underestimate their personal risk.

Many older Australians recognise respiratory syncytial virus (RSV) can be a serious illness, but new research suggests they may not consider themselves personally at risk.¹

A recent national survey commissioned by GSK Australia found that while 90% of Australians aged 65 years and over who were aware of RSV considered it a serious condition, fewer than two in five (38%) were very or extremely concerned about getting sick from it themselves.¹

The survey also found that while most older Australians could identify at least one fact about RSV, only 5% of those that said they were aware of RSV could correctly identify all seven facts about it, highlighting that understanding of RSV remains incomplete.¹

Together, these findings suggest many older Australians recognise RSV can be serious but may not fully understand what it means for their own health.¹

What is RSV?

RSV is a common and contagious respiratory virus^{2,3} that circulates throughout the year, with cases typically peaking during autumn and winter. While often mild,^{2,4} RSV can be more serious for older adults and may lead to complications including pneumonia and hospitalisation.² In rare cases, it can cause respiratory failure or even be fatal.^{2,5,6}

Symptoms can be difficult to distinguish from other respiratory illnesses and may include:^{2,3}

- Cough
- Runny nose or nasal congestion
- Sore throat
- Tiredness
- Headache
- Body aches.

Why does age matter?

As we get older, our immune system naturally becomes less effective at responding to infections.⁷ This gradual change is partly why older Australians may be at increased risk of more serious outcomes from infections like RSV.

Professor Paul Griffin, infectious diseases physician and Professor of Medicine at The University of Queensland School of Medicine, says understanding personal risk is an important part of supporting older Australians to age well and maintain a healthy and active later life.

"Many Australians aged 65 years and over recognise RSV can be serious, but don't necessarily perceive themselves to be personally at risk," he says.

"We often see people acknowledge a health risk in theory while assuming serious illness is more likely to affect somebody else."



Understanding how your personal risk changes with age is an important part of making informed decisions about your health.

Understanding how RSV could affect you

The survey also found many older Australians tend to manage respiratory illnesses on their own.¹

Nearly nine in 10 older Australians either managed their respiratory symptoms themselves or delayed seeking medical advice.¹ Among those respondents, more than three-quarters said they did so because they believed their symptoms were not serious enough or would resolve on their own.¹

While RSV can often be managed with rest and drinking plenty of fluids, these findings reinforce the importance of understanding personal risk, recognising when symptoms may be worsening, and seeking appropriate medical advice when needed.

Taking simple steps to safeguard your health

While respiratory viruses can't always be avoided, there are ways to help reduce the spread of RSV and other respiratory infections.

If you're experiencing respiratory symptoms, consider:

- Washing your hands regularly with soap and water
- Covering coughs and sneezes
- Cleaning frequently touched surfaces
- Staying home when you're unwell
- Speaking with your GP or pharmacist if you have questions about managing symptoms.

As RSV continues to circulate across Australia, understanding your personal risk is an important part of staying healthy, maintaining your independence and continuing to do the things you enjoy.

If you'd like to learn more about your RSV risk, speak with your GP, pharmacist, or visit www.RSVwise.com.au for more information.

Sponsored by GSK Melbourne, VIC ABN 47 100 162 481. Information provided by GSK.

References:

1. YouGov RSV Consumer Survey May 2026. GSK Data-on-file 2026 [REF-328249]
2. Kaler J et al. Cureus 2023;15(3):e36342.
3. Australian Centre for Disease Control. Respiratory syncytial virus (RSV). Canberra: Australian CDC; Available from <https://www.cdc.gov.au/diseases/respiratory-syncytial-virus-rsv>
4. Korsten K et al. Eur Respir J 2021;57(4):2002688.
5. Tseng HF et al. J Infect Dis 2020;222(8):1298–1310.
6. Kodama F et al. Infect Dis Clin North Am 2017;31:767–90.
7. Alfano F et al. Drugs Aging 2024;41(6):487–505.

Key Points

- New research suggests many Australians aged 65 years and over recognise RSV can be serious but may not consider themselves personally at risk.
- While RSV is often mild, it can be more serious for older adults and may lead to complications including pneumonia and hospitalisation. In rare cases, it can cause respiratory failure or even be fatal.
- As we get older, our immune function naturally declines. This gradual change means that older Australians may be at increased risk of more serious outcomes from respiratory infections.
- The survey also found many older Australians tend to manage respiratory illnesses on their own. While RSV can often be managed with rest and drinking plenty of fluids, these findings reinforce the importance of understanding personal risk, recognising when symptoms may be worsening, and seeking appropriate medical advice when needed.
- While respiratory viruses can't always be avoided, there are ways to reduce the spread of RSV and other respiratory infections.

- As RSV continues to circulate across Australia, understanding your personal risk is an important part of staying healthy and maintaining the independence and lifestyle you value.

Listen to Seniors to Solve Hospital Delays

New NSA research on delayed discharge from hospital showcases seniors' proposed solutions.

Older Australians' proposed solutions to the national delayed discharge crisis are showcased in a new research report from National Seniors Australia (NSA).

[Recent estimates](#) suggest 3,300 people are currently stranded in Australian hospitals, waiting for suitable aged care to become available.

The report, [Delayed Discharge from Hospital: Older Australians' experiences and perspectives](#), addresses these and other instances of patients' discharge from hospital being delayed even though they are medically ready to leave.

The report details many suggestions for changes to the health and aged care sectors that could reduce the incidence and duration of delays.

Impressively, 18 of those suggestions echo a suite of solutions proposed by expert consultants in a recently published review.

The report will provide timely input into the national Hospital Discharge Joint Taskforce announced at a meeting of Australia's Health Ministers [in May this year](#).

18+ solutions for change

The suggestions for change were all proposed by older Australians who participated in the 2026 National Seniors Social Survey (NSSS-26), which asked about their personal experiences with delayed discharge and their views on the issue.

Around 2,100 Australians aged 50-100 contributed their thoughts, feelings and experiences to the survey, including 173 who had experienced delayed discharge themselves, another 173 who had witnessed delay situations in their professional lives, and 476 who had witnessed a friend or family member's discharge being delayed.

Their proposed solutions include some that were unsurprising because they are already widely discussed in the media, such as:

- More residential care, including in regional areas
- Faster access to home care and home modifications
- Better federal-state government collaboration, and
- More staff and funds in these systems in general.

But they also include other solutions less widely discussed:

- More transition care facilities – such as rehab, respite, and step-down care – for patients who require some clinical assistance or supervision after medical treatment, but not hospital-level care
- Better incorporation of dementia care and specialist clinical care into aged care residences and also at home through community nursing services
- Better integration of gerontological expertise into hospital care, to account for older people's more complex care needs and avoid making things worse through negligence
- Discharge planning that starts at hospital admission and takes a tailored, person-centred approach facilitated by an in-hospital aged care navigator, so that quality decisions can be made.

The survey did not just focus on "stranded patients" who stay in hospital for long periods, but also patients experiencing shorter discharge delays. As such, many of the report's proposals take a whole-of-system approach.

Many of the recommendations address shorter, less media-worthy discharge delays – including delays as short as one day. While less controversial, fixing these delays will also help to free up hospital beds and keep people out of residential aged care.

[Read the report](#) for the full list of 18+ solutions and the supporting evidence for them. Solutions echo expert views and add primary evidence

It is noteworthy that 18 of the solutions in the NSA report were flagged in an expert review published by FTI Consulting just after the NSSF-26 closed.

FTI Consulting's [three-part review](#) argues for practical changes to improve how the healthcare and aged care systems work together, and is based on nation-wide statistics, consultation with experts from these sectors, and key government and peer-reviewed literature.

The NSSF-26 results add more evidence in support of their recommendations, from the grassroots perspective of older people who interact with these systems, many of whom have experienced or witnessed the problems firsthand.

Many of the recommendations were also flagged in [a shorter discussion paper](#) released in 2025 by Dementia Australia, COTA, Ageing Australia, and OPAN.

The report's suggestions can be seen as, in some sense, both validating the conclusions of FTI Consulting and the 2025 discussion paper and also co-designing potential new solutions to discharge delays.

The alignment between the consumer experiences captured in the NSSF-26 and the existing system reviews strengthens confidence that these findings reflect genuine system pressures, and the additional lived experiences of older Australians provide practical insights for reform design.

A fundamental cause: no one at home who can provide care

The report delves into a key cause of the problem that neither FTI Consulting's review nor the 2025 discussion paper dwelt on: the fact that many older Australians simply have no one in their lives who can provide care to them once they are discharged from hospital.

Many of the NSSF-26 participants who had experienced delays themselves had been delayed less than one week, often only overnight because of precautionary post-surgery rules.

Having someone at home to keep an eye on them would have prevented this delay in many cases.

But some older people cannot get any such support, even for a day, if they don't have adequate professional home care and have no friend or family member to provide it.

This aspect of the picture has not attracted much attention but must be taken into consideration in future planning around hospital care, both because older people are more likely to need hospital care, and because they are more likely to live alone.

As the [FTI Consulting review](#) documented, older people make up "a disproportionately high share of emergency department presentations and hospital admissions".

Australians aged 65+ generally have a higher admission rate and longer average lengths of stay than the national figures.

And this increases with age, with women aged 85+ presenting to hospital at a rate more than double the national average, and men aged 85+ presenting at almost triple the rate.

On top of that, [ABS figures](#) show the likelihood of a person living alone increases with age.

At the high end, a striking 41% of women aged 85+ and 25% of 85+ men lived in a lone person household at the 2016 census.

Even at younger ages, a quarter of all people aged 65+ lived alone that year, compared to [10% of all Australians](#).

So many older people living alone, while being more vulnerable to hospitalisation, is a recipe for delayed discharge, or worse, being stranded in hospital indefinitely.

We must also take into account the fact that some older people who live with a partner or another person can't get the post-hospital care they need either, if those they live with are unable or unwilling to provide it.

For example, some elderly couples may be too frail to look after each other after a hospital stay if it involves moving or lifting their partner.

Some survey participants also shared stories of abuse and violence that meant a stranded patient could not return home safely or would not be cared for if they did return home.

Once we understand these realities of people's lives, we must ensure our solutions account for them.

And some of the solutions proposed by NSSS-26 participants do. For example, the suggestion to build more transitional care facilities would go a long way towards helping older people in these situations.

This is just one reason we urge governments to listen to the voices of older Australians on this issue. Read the full report [here](#).

Authors



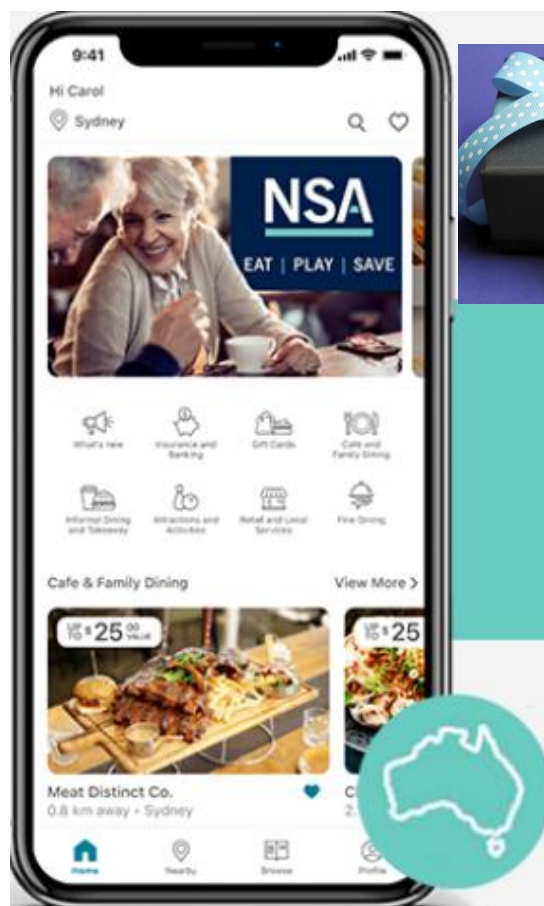
Lindy Orthia, PhD

Senior Research Officer, National Seniors Australia Canberra



Diane Hosking, PhD

Head of Research, National Seniors Australia Canberra.



Spoil Dad for less this Fathers Day

Treat him to a Father's Day outing he'll love with exclusive offers on the **EAT | PLAY | SAVE** member discounts app.

Discover exceptional dining with generous savings on thousands of venues, all at your fingertips.

Redeem offers Australia-wide

Looking to travel the country? Offers are available all throughout Australia.

Reuse offers daily

Members can enjoy discounts every day and watch the savings add up, as offers refresh every 24 hours.

Easily find close by offers

Use the convenient map function to find offers near you or search ahead when planning your travels.

National Seniors Australia Membership Application

Please complete and return the following form to begin reaping the benefits of your new National Seniors membership. If you would prefer to talk to a consultant, please call 1300 76 50 50.

PERSONAL DETAILS

Last name _____ Date of birth _____ / _____ / _____

Suburb _____ State _____ Postcode _____

phone _____ Mobile _____

Email

JOINT MEMBER DETAILS

Last name _____ Date of birth _____ / _____ / _____

Phone _____ Mobile _____

Email

Are you a current branch member ☐ Yes ☐ No Branch name

☐ I would like my nearest National Seniors Branch to contact me about attending branch events (meetings, social get-togethers & more)

MEMBERSHIP AND PAYMENT DETAILS

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

1 Year ☐ Single \$49.50 ☐ Joint \$80 **2 Year** ☐ Single \$88 ☐ Joint \$143

3 Year ☐ Single \$120 ☐ Joint \$180 **5 Year** ☐ Single \$220 ☐ Joint \$325

TOTAL PAYABLE: \$ _____

☐ Cheque/money order enclosed (payable to National Seniors Australia)

☐ Please charge my credit card ☐ Visa ☐ MasterCard

Card number CVC

Cardholder's name _____ Expiry _____ / _____

Cardholder's signature

Credit card payments may also be made by phoning 1300 76 50 50

Please return this coupon with payment to:

National Seniors Australia, GPO Box 1450, Brisbane Qld 4001.

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By completing this application form, I/we agree to the customer terms set out on the National Seniors website nation@lseniors.com.au

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