

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

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At 4/923 Whitfords Ave WOODVALE WA 6026

February 2020 Newsletter – Issue 173

President's Report:

Welcome everyone to the New Year of 2020.

I hope everyone had a happy time over the Christmas and New Year period with friends and family.

While most of us in the west weren't affected greatly by the wild bush fires we must continue to think about those in the eastern states who have undergone the traumatic effects of bushfires. What a horrendous start to 2020 they have experienced and although rain is forecast, that in itself, brings other issues to contend with. We all hope that all of those in power will see this as the future of things to come if procedures and policies are not changed to address all of these issues

that currently dominate world headlines.

The committee has many ideas for activities in the coming months.

Please be aware of the amount of planning and coordination that go into arranging dinners, lunches, outings and guest speakers and support these activities as much as you are able.

The following informative articles have come across my desk over the New Year period.

1 . **PHARMACEUTICAL BENEFITS SCHEME**

The Morrison Government has delivered on its election commitment, in lowering the threshold for the Pharmaceutical Benefits Scheme (PBS)

National Seniors Australia – Hillarys & District Branch

Safety Net from 1 January 2020. This means more than 1.6 million concessional and general patients will get earlier access each year to free or significantly cheaper PBS medicines. The PBS Safety Net eases the financial burden on Australians who spend significant amounts on PBS medicines, such as people with chronic conditions. Once people reach the safety net threshold, they can apply to get free or discounted PBS medications for the remainder of the calendar year.

The safety net thresholds have been lowered from: \$390.00 to \$316.80 for concessional patients and

\$1550.70 to \$1486.80 for general patients.

The changes mean concessional patients will need to get 12 fewer PBS scripts filled in a year

in order to reach the PBS Safety Net, and two fewer scripts for general patients.

2. In an age of recycling and conservation the next **Earth Carer's Course** with Mindarie Regional Council commences on Tuesday 3 March 2020, with 5 sessions over 4 weeks.

The course includes site visits, tours, information sessions, practical hints and tips - all about Facing Your Waste. Household and industrial not human.

You will be inspired, overwhelmed, depressed and empowered often all at the same time!

There is a maximum of 40 places and preference is given to those who live or work in our member Councils of

Wanneroo, Joondalup, Stirling, Vincent, Cambridge, Perth and Victoria Park.

The Earth Carer Training Program Timetable is available to view at this address

<https://www.mrc.wa.gov.au/MindarieRegionalCouncil/media/Documents/Earth-Carers/Earth-Carer-Training-Program-Timetable-March-2020.pdf>

To register <https://www.mrc.wa.gov.au/About-MRC/Events/FREE-Earth-Carer-Course>

For further information, contact the Waste Education Team on: 9306 6350 or email: wasted@mrc.wa.gov.au

3. **Music in the Park Concert**

When :Saturday 7 March 2020

Where: Penistone Park, Greenwood.

Time: Concert commences at 5.30pm and concludes at 8.30pm.

BYO Picnic

On Saturday 7 March 2020 Penistone Park, Greenwood will come to life with the sound of families and friends enjoying free children's activities and delicious food from hand-picked food trucks. As the sun begins to set, the stage will captivate the audience with the live music spanning diverse genres, performed by talented local musicians. Featuring Odette Mercy and her Soul Atomics, BlackTop and Siobhan Cotchin.

4. **Hansel and Gretel for City of Perth Opera in the Park.** Supported by Lotterywest this free event will be presented on Saturday 22 February in

Supreme Court Gardens. Sung by an outstanding West Australian cast with the West Australian Symphony Orchestra and West Australian Young Voices under the baton of Chris van Tuinen, this immersive performance promises to enchant and inspire all.

If you would like any further information about these articles, please don't hesitate to contact me and I can provide all the information you require.

Until our coming meeting and indeed throughout the year, stay happy, healthy and safe.

Cheryle Medcalf

AUSPOST CONCESSION

Did you know that you could get concession on postage stamps?

Are **YOU** eligible?

Pension card and Commonwealth Senior Health Card holders are eligible for concession postage.

It is currently @ 60 cents per stamp. Register at your nearest Post Office, by taking your appropriate card.

This takes only 5 minutes for them to register you.

You are then entitled to:

A free booklet of 5 concession stamps. This will be sent to you in the mail along with your MyPost Concession card

Take this card to the Post Office when you require more stamps.

Up to 50 concession stamps per year @ the current rate of 60 cents

A discount on Mail Hold and Mail Redirection services.

Writing the Date in 2020

Writing the date during the next year.

Most of us write the year using only the last 2 digits.

This year being 2020, writing just 20 leaves your document open to change. It allows anyone to change that date by adding 2 additional digits. Eg. 03 making it 2003, could render the document invalid, or, be acting fraudulently.

Legal documents such as Wills, Power of Attorney's could be adversely affected.

Be aware. We need to get into the habit of writing the year in full, always 2020.

Alzheimer's Analysis

Author: Professor Bruno Dubois

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pipit-Salpêtrière - Paris Hospitals addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families ...

2. I do not remember where I put some things ...

It often happens in people 60 years and older that they complain that they lack memory.

"The information is always in the brain, it is the "processor" that is lacking. "

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory. Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

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 5th February.

Speaker: Peter Merralls

Topic: U3A Trip to Norfolk Island

Peter with a group from University of the Third Age (U3A) went to Norfolk Island for Garden Week. That is only part of the talk. Peter will also incorporate in his talk the unique Norfolk Island's European history. You will have the opportunity to learn and be entertained with humour and jocularly. Peter in his previous "life" was the Chief Pharmacist at Osborne Park Hospital but also include some early years in community pharmacy and a brief career as a crane driver on

the Burrup Peninsula ----but that's another story.

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 – February

Monthly Lunch - A time to have a social get together lunch with a bunch of your fellow members and friends.

When: Thursday 13th February

Where: Lotus Court Chinese, near Domino's at the Woodvale shops on Whitford Ave, Woodvale.

Time: 11:30am

Put your name on the attendance list at the next meeting or phone/text Jan at 0407 426 191

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, 21st February 2020 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"

National Seniors Australia – Hillarys & District Branch

with a bunch of your fellow members and friends.

When: Saturday 22nd February

Where: Dinner Chapters Bristo, Currambine.

Time: 6:30

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

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

Discovery Session – Ladder to the Stars

Wednesday 12 February, 6.00pm
Whitford Library

The story of how distance to the planets and stars is known, is a fascinating and varied one, taking in ancient Greeks, Captain Cook, and the unluckiest astronomer in the world. Cost \$5.00. Book and pay online.

Live and Learn – Cunard Queens

Wednesday 26 February,

10.00am at Whitford's Library

In Cunard's 180th anniversary year, join Chris Frame on an image

packed journey to learn about the transatlantic race that resulted in the construction of the original Queen Mary and Queen Elizabeth. With wonderful historic video of both ships being launched, this lecture can't be missed.

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

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.

Newsletter Submissions:

All submissions for the March Newsletter need to be in by the 19th of February.

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.

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