

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.

April 2022 Newsletter – Issue 195

National seniors Australia is an advocacy group for the over 55 population representing issues at Local, State and National Governmental levels. If you have an issue that you would like the NSA Policy Advisory Group to consider, mention it to your committee and they will start the process."

Help Needed:



Can we please have some able bodied men turn up a little early for the meetings and help set up the hall, and help pack up the hall at the completion of our meetings

President's Report

As previously mentioned, I will not be at the April meeting this year because I'm taking the opportunity to go to Melbourne to visit friends and family. I know I'm leaving you in good hands with Michael at the helm.

Sadly, I had to cancel our evening at Gloucester Park which was planned for 22nd March. We originally had eighteen participants but over the past week or so, and for various reasons, that dwindled down to three. So, I made the executive decision to cancel and will look into rebooking an evening next year.

There are just a couple of things that I would like to draw to your attention and you will find attachments to this email for further information should you require it.

This month I attended an advanced care planning workshop which I found extremely interesting and very informative. One of the things I'd like to share with you from that workshop was a discussion we had about discussing our lives with our children. If you have a child like mine, who thinks I'm invincible, it's sometimes hard to bring up the subject of my life, hopes and dreams and my expectations as I age.

And since my parents have passed away, I quite often wish I had asked them things that I now want to know, and had more lengthy discussions with them. Attached to this Newsletter is a word document which will provide you with links to books where you can write simple, or detailed journals about your life to share with your children. Now, I have come across this sort of book before and two years ago it would've been a great thing to work on during Covid, but now I'm just sharing the links with you should you be interested.

I have also attached to this newsletter some important information from the Australian Alzheimer's research foundation. Alzheimer's disease accounts for up to 70% of dementia patient cases which is the leading cause of death in Australia. As the population ages the impacts of this disease will only worsen. The recent research foundation believes that testosterone will offer a new option for

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prevention. Low Testosterone levels in men have been linked to an increased risk of Alzheimer's disease and as starch they are looking for men to volunteer to take part in a study. If this is something you think may be of interest to you, please have a look at the attachment and take the appropriate action.

Also attached to this newsletter are the following reports:-

National Seniors Budget Submission and the National Seniors Political Report

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 name badges, events that require prepayment, etc.

Membership payments cannot be paid via EFT

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.

Note: All monies paid in cash to Joe need to be put in an envelope, with your name, the reason for the payment, and the amount written on the envelope.

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.



To all our members celebrating birthdays in April

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

For Your Calendar

Next Meeting: Wednesday 6th of April

Time: 10am.

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

Speaker: Senior Sergeant Mark Stoneman

Topic: Security

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Kitchen Coordinator Required

Is anyone interested in taking on this role from July this year?

I will be away up north all of July doing the Gibb River Road with my families.

Then, if restrictions allow, I intend going to Scotland in September for a few months to be with my sister.

It is a nice job with lots of help from volunteers. Thank you to all those of you who wash up and help me so much, it is really appreciated.

Thank you to Allison for lending me her wonderful husband Michael, as my assistant. Thankyou Michael for helping and keeping me calm.

~Helen~

Can all members put in some thought about taking over that position? Morning tea is an important social aspect of our club

Next Committee Meeting: Wednesday 20th April, starting at 10am

Members are welcome to attend the committee meetings, they are very informal and last no longer than an hour.

Social Events

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

When: Saturday April 23rd

Time: 6pm

Where: Greenwood Tavern
Please let Nita know in 0400 063 143 if you will be attending.

BiMonthly Lunch – A time for members to celebrate a birthday, anniversary, or just

“celebrate life” with fellow members and friends.

When: Tuesday 12th April

Time: 12:00 noon

Where: Hamptons, City Beach

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

Outings

Some dates for your calendars and further information to follow. Please note if a venue requires a limited of number of people, Cheryle will only liaise with the people whose names have been placed on my booking lists.

Tuesday 24th May:

Guided tour of the State library (Behind the Scenes). Please put your name on the list if you are interested in this outing. We will meet outside the library and spend our time between the library and the museum, with lunch at the museum café.

WAAPA Guided Tour 28th July:

I still have a couple of tickets for the WAAPA visit. If you have friends or family that you think might be interested, please feel free to invite them. Thank you to those people that have paid either in cash or online. If you have not yet paid for this event please make sure you bring the cash (\$47) to the next meeting in an envelope with your name, and give it to our treasurer.

Araluen Thursday 1st September:

We have the Joondalup bus booked to take us to Araluen for the day. I’m going to open this up to family and friends not just National Seniors members. Please put this in your calendar, and hold the date.

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Community Events:

Cycling Without Age is expanding to Mindarie.

Cycling Without Age is a not-for-profit charity that provides a community service by connecting those no longer able to ride for themselves with their community and the outdoors by giving them free rides on trishaw ebikes, piloted by volunteer cyclists.



They are always in need of volunteers to become pilots to ride the Trishaws with the passengers

They will be operating in Mindarie on the last Friday of each month from 9:30 to 11:30am and leaving from the cycle path in front of Portofinos.

Bookings can be made at:

admin@cyclingswithoutage.org

Please see the attached leaflet for the Quinns Beach Rides.



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

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