

# WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 3: 3rd March 2024



## MESSAGE FROM EDITOR

WHITTLESEA U3A "BREAKING NEWS FORTNIGHTLY INFO OF INTEREST" EDITION 3: 3rd March 2024.

Thank you to the members who have provided feedback on the content in Breaking News.

Info of Interest:

- **Active Whittlesea Membership 718 with 10 new member allocations TOTAL 728.**
- **Whittlesea U3A partnering with the City of Whittlesea Ageing Well Team to offer Dancing and Morning Melodies in Wollert.**
- **Transport support. Link Transport to present support available to U3A members at the 4th March morning tea**
- **Classes and activities available at the Greater Beveridge Community Centre**
- **Live Life Digitally Connected program continuing in 2024**
- **Partnership with Northern Health widening.**

Looking forward to hearing your feed back on this initiative.

Glen Wall

PRESIDENT—Whittlesea U3A

Mobile: 0422 852 593 Email: [president@whittleseau3a.org.au](mailto:president@whittleseau3a.org.au)

## OFFICE HOURS for WEEK BEGINNING MONDAY 4TH MARCH

### PETER LALOR CAMPUS

OFFICE WILL BE OPENED TUESDAY, WEDNESDAY 10.00 - 2.00; THURSDAY 10.00 TO 1.00

OFFICE WILL BE CLOSED ON MONDAY (MONTHLY MORNING TEA) & FRIDAY

### MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.30 TO 4.00PM

## DIGITAL LITERACY HELP AND ASSISTANCE CONTINUES IN 2024



Need help with your smart device – PHONE, Android or Apple, iPad or Tablet.

**GO TO** Lalor Library on Thursdays (1.00pm and 3.00pm), Mernda Senior

Support Centre Fridays (10.00 am to 12) and Thomastown Library on Fridays

(1.00pm and 3.00pm) PLC Robert St Lalor Mondays 9:30 am.



The Victorian Virtual Emergency Department (VVED) is a public health service to treat non-life-threatening emergencies.

Go to <https://www.vved.org.au/> then Click on are you Sick/Unwell

**If your situation is life-threatening, please call Triple Zero (000)**



## LINK COMMUNITY & TRANSPORT DELIVERING EFFICIENT AND SAFE COMMUNITY ASSISTED TRANSPORT SERVICES. UPDATE

LINK Community & Transport Manager – Key Partner Engagement Maurice Thaung will lead a discussion on the progress of the partnership between LINK and Whittlesea U3A to assist Members with transport to attend classes and a new program of excursions.

LINK is stepping up to the challenge seniors are facing with transport they are providing support for thousands of older Victorians. The partnership with Whittlesea U3A is offering to U3A members, a service enabling them to get where they need to go, safely, to access medical services, shopping and social participation at your U3A nominated event.

*If you or a loved one or a Whittlesea U3A member requires LINK's Assisted Transport services to get to their U3A course or activity, please contact our friendly staff on 1300 546 528 Ext. 1 or visit us on [www.lct.org.au](http://www.lct.org.au) to find out more about our services.*

### OPPORTUNITY TO BE A VOLUNTEER LINK DRIVER

"Join LINK Community & Transport as a volunteer driver! Help bridge gaps in transportation for those in need by providing rides to medical appointments, shops, and more. Your time can transform lives. Meaningful connections and fulfilling experiences await. Sign up today and drive change in your community!" Contact our Volunteer Manager on 1300 546 528 Ext.5 or email [volunteering@lct.org.au](mailto:volunteering@lct.org.au)

**NORTHERN HEALTH AND WHITTLESEA U3A commenced discussions on offering Whittlesea U3A Class and Activities in the Northern Health Wellness Centre.**  
**WellAhead** Please contact Glen Wall [info@whittleseau3a.org.au](mailto:info@whittleseau3a.org.au) for more information.

WellAhead is a holistic wellness program, co – designed with consumers, to support and empower those living with and beyond cancer.

Activities include yoga, meditation, volunteer programs such as Old Blokes Shed and Knitting/Craft Support, Northern Health Community Choir and classes and activities for seniors from Whittlesea U3A.

As the name suggests, it is a wellness program designed to encourage progress and positive living, in spite of the challenges of living with and beyond cancer. The WellAhead program begins in March 2024.

WellAhead aligns with Northern Health's Trusted Care Commitment of 'Staying Well'. This involves the delivery of services outside the conventional hospital setting, with a greater focus on health and wellbeing in the community.



### Help DPV Health learn how ageing is affecting community!

Participate in a short survey and you will go in the draw to win one of three \$100 Visa gift vouchers!

This survey is open to anyone who is:

over 65 years of age

a carer for someone over 65 years of age

Please complete this survey if it is applicable to you and share with other people in your networks and community. Complete the survey here: <https://forms.office.com/Pages/ResponsePage.aspx?id=GPhqaB0d3kqwj1ys0XcApEIMY9-4EvlKvIAAgmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u>

<https://forms.office.com/Pages/ResponsePage.aspx?id=GPhqaB0d3kqwj1ys0XcApEIMY9-4EvlKvIAAgmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u>



Victorian  
Oral Health  
Alliance



Mary Renshaw has been approached to assist COTA Victoria and the Victorian Health Alliance speak with U3A Members who have had Oral Health issues and found the treatment too expensive. The information sought is:

Cost of Dental services

Are you putting Dental Treatment off because of cost.

Concerns regarding Dental Health

If dental care was covered by Medicare would that get you back into the dentist chair?

If you can assist Mary respond to the request, please email [president@whittleseau3a.org.au](mailto:president@whittleseau3a.org.au)



Using online resources to support culturally and linguistically diverse (CALD) family carers and people living with dementia.

**DrawCare project**, aims to improve the lives of family carers and people living with dementia in culturally and linguistically diverse (CALD) communities in Australia. DrawCare includes online resources: animations and factsheets, based on a website with the helper, in 9 different languages and English.

We are seeking your organisation's support to help us recruit eligible individuals to evaluate whether Draw-Care is effective.

Eligible participants include:

- CALD family carers of a person living with dementia who are from a non-English speaking background and can speak English and one of the following languages: Arabic, Cantonese, Greek, Hindi, Italian, Mandarin, Spanish, Tamil, or Vietnamese;
- Aged 18 and over;

Have access to an internet connection and an electronic device such as a laptop, PC, Tablet, or Smartphone.

If participating in the trial, the carer will be given access to the Draw-Care online resources and receive a gift voucher of \$20 for completing all surveys at each time point (\$60 in total).

The trial time will be about 12 weeks.

For more information:

[info@whittleseau3a.org.au](mailto:info@whittleseau3a.org.au) or Glen Wall 0422852593

# Technology Corner – Monthly Forum Program Live Life Digitally Connected Topics

The successful series of Live Life Digitally Connected Forums will continue in 2024. The series is presented by U3A Network Vic supported by U3A Australia and NBN.

The monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 to 11:30am.

The Topic of the March Forum on 20<sup>th</sup> March is:

March 20 <sup>th</sup>	Cyber safety and What is Two-factor authentication (2FA)
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Further details regarding dates and times will be provided. Please check our Facebook page regularly “Tech Corner” (<https://www.facebook.com/groups/2957658941217497>) for updates.

## Keeping yourself safe online

The ACCC’s “The Little Black Book of Scams” may be of help identifying and responding to scams:

### The Little Black Book of Scams | ACCC

Justice Connect and Telstra have developed a self-help tool to get you “ePrepared” so you can store important documents electronically safely. <https://prepare.apps.justiceconnect.org.au/>

## TECH SUPPORT HELPDESK CUSTOMERS



### Whittlesea U3A can help.....

**Tech support:** What kind of computer do you have?

**Customer:** *A white one...*

**Tech support:** Click on the 'my computer' icon on the left of the screen.

**Customer:** *Your left or my left?*

**A woman customer called the Canon help desk with a problem with her printer.**

**Tech support:** Are you running it under windows?

**Customer:** *'No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine.'*

**Tech support:** 'Okay Bob, let's press the control and escape keys at the same time. That brings up a task list in the middle of the screen. Now type the letter 'P' to bring up the Program Manager.'

**Customer:** *I don't have a P.*

**Tech support:** On your keyboard, Bob.

**Customer:** *What do you mean?*

**Tech support:** 'P'.....on your keyboard, Bob.

**Customer:** *I'M NOT GOING TO DO THAT*