

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 5:
DATE: 31st March 2024



MESSAGE FROM EDITOR

Hope everyone is enjoying the Easter Term break.

Info of Interest:

- *Building Works commenced at PLC Campus Robert St Lalor.*
- *Transport support Pilot Program proceeding.*
- *DPV Health— Participation Opportunities*
- *Cooking for U Club*
- *DPV Health Oral Health Advocacy*
- *Live Life Digitally Connected Forums*

Looking forward to hearing your feed back on these initiatives.



Glen Wall

PRESIDENT—Whittlesea U3A

Mobile: 0422 852 593 Email: president@whittleseau3a.org.au

**BOTH PETER LALOR AND MAY ROAD OFFICES CLOSED UNTIL MONDAY 15TH
April - TERM 1 BREAK**

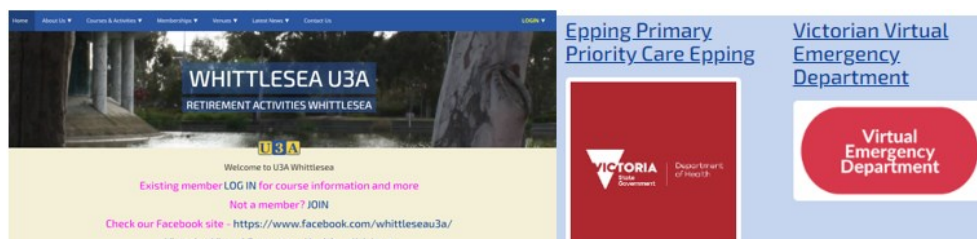
NO MORNING TEA FIRST MONDAY IN APRIL (EASTER MONDAY)



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) Access via Whittlesea U3A Website Home page





LINK Community & Transport U3A PILOT TRANSPORT PROGRAM TO COMMENCE IN SECOND TERM



A trial is focused on Whittlesea U3A Members who are not able to attend classes due to lack of transport.

Members who have already requested to be included in the trial will be contacted this week to arrange their participation.

The trial will include providing transport to attend classes and activities at the Mernda Seniors Support Centre.

If you are interested in participating, please contact:

Glen Wall 0422852593 email glen.w@whittleseau3a.org.au

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 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

COOKING FOR U CLUB

WU3A and DPV Health Program

Another Fun with Food Classes has commenced.



What's New @ U3A?

The COOKING FOR U CLUB

On the **LAST FRIDAY** of every Month, at the **MERENDA COMMUNITY CENTRE, Whittlesea U3A**, in conjunction with **DPV Health**, come together for a **COOKING FOR U CLASS**. It's a great opportunity to meet up with other U3A Members and, **MORE IMPORTANTLY** it helps us all gain access to **better Dietary Information and Meal Planning**. And the best part of joining this U3A Session? You get to **EAT** what the Group helped to prepare...

YUM. YUM. YUM

Join in the fun cooking quick n' easy meals to support your health and wellbeing with a Dietitian.

When: 4th Friday of each Month

Time: 10 am – 12.30pm

Where: Mernda Social Support Centre.

70 Mernda Village Drive Mernda

Cost of ingredients provided: \$15.

Technology Corner – Monthly Forum Program Live Life Digitally Connected Topics

2024 monthly forums will be on ZOOM on the third Wednesday of the month from 10:00 am to 11:30am.



**TECHNOLOGY CORNER
MONTHLY FORUM PROGRAM
LIVE LIFE DIGITALLY CONNECTED
TOPICS**





DATE	TOPIC
February 21 st	Introduction to Tech Café for Seniors and Digital Skills Mentoring Program
March 20 th	Cyber safety and What is Two-factor authentication (2FA)
April 17 th	Advancements in Connectivity Home Network Connection and 5G Networks
May 15 th	AI and its application to U3A Activities
June 19 th	E Commerce and Safely Banking and shopping on- line
July 17 th	Technology available to support Independent Living. How do I make my Home a Smart Home
August 21 st	Choosing Devices, Configuring for everyday use.
September 18 th	Taking Advantage of Health Solutions in the Digital World
October 16 th	Safe use of Social Media and sharing interests with friends
November 20 th	Review of Technology advancements in 2024. Where to Next?

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.

DIGITAL LITERACY HELP AND ASSISTANCE MENTOR PROGRAM



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.



MCG ANZAC EVE 24th April 2024

Epping RSL needs your help to sell badges at the MCG on ANZAC EVE Wednesday 24th April 2024 starting at 3.30pm till about 7.30pm.

We will meet you at the MCG car park like previous years at 3.00pm. (I will confirm a gate number opposite car park to meet on the day via text or email) to give out boxes and tins to sell around the outside of the MCG, Train station and Bridges.

If you can help the Epping RSL raise money for the ANZAC Appeals this year would be amazing. Just jump on a train and meet us at the MCG after 3.00pm please email me your names and contact phone numbers gm@eppingsrl.com.au com4@eppingsrl.com.au

*All children must be accompanied by an adult.

LEST WE FORGET

Regards

Narelle Hart

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Epping RSL

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Elaine & Greg Eddy

Appeals Officers

Epping RSL

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**NORTHERN HEALTH AND WHITTLESEA
U3A commenced discussions on offering**

**Whittlesea U3A Class and
Activities in the Northern Health Wellness Centre.**

Please contact Glen Wall info@whittleseau3a.org.au for more information.

The WellAhead program continues in April 2024.

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

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.



DPV Health Participation Opportunities

DPV Health Dental Services Consumer Group - Expression of Interest

The DPV Health Dental Services and Community Engagement and Participation Teams are establishing a new Dental Consumers Group.

The purpose of the DPV Health Dental Consumers Group is:

- To tell DPV Health about your experience with DPV Health's Dental service.
 - Make recommendations to DPV Health about improving dental and oral health programs.
- Make sure our community has a say in the design and delivery of services and oral health projects.

Opportunities for Group Members include:

Making suggestions and provide feedback to DPV Health on:

Accessing DPV Health Dental.

The way DPV Health communicates to clients about the Dental Service.

- Providing feedback on client documents.
- Discussing new opportunities and news in the community relating to oral health.
- Reviewing policies, procedures, and specific plans relating to oral health.
- Supporting DPV Health's Dental Service Accreditation.

Group members will receive a remuneration for time and contribution.

Requirements:

- Groups members must be an active client of DPV Health Dental services.

Meetings are held every 3 months (quarterly) with a mixture of face to face and online meeting formats.

Please complete the following online **Expression of Interest form by 18 April 2024**

<https://forms.office.com/r/kJn8yRhE22>

For further information email communityengagement@dpvhealth.org.au or call **0417 218 413**



Dementia care in CALD communities

Whittlesea U3A is supporting NARI in a program to trial support resources for family members supporting family members living with them who have Dementia.

CAN YOU HELP

The researchers together with family carers created resources in 2022 and 2023 to support family members supporting family members living with them who have Dementia. The resources have been translated into 9 languages including Arabic, Greek, Spanish, Italian, Cantonese, Mandarin, Vietnamese, Hindi, and Tamil. The researchers are now testing the resources to see if they are effective in supporting family carers and need the help of carers to do this part of the study.

If you can help, please contact Glen Wall email: glen.w@whittleseau3a.org.au mobile 0422852593

HAVE A LAUGH!!!!!!!!!!

The Editor appreciates the feedback



How Man Learned to Swear.



My kid made the mistake of telling me I was being overdramatic so I just changed the wifi password. We'll see who's overdramatic in about 5 minutes.



Never in my whole life would I imagine my hands would consume more alcohol than my mouth!!

A simple line drawing of two hands pouring liquid from a bottle into a glass.