

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 6:
DATE: 21st April 2024



MESSAGE FROM EDITOR

Term 2 has commenced successfully with over 750 members, construction of the new facility at Peter Lalor Campus has commenced and more classes and activities being offered in Mernda and Beveridge.

Info of Interest in this edition:

- *Support resources for careers of family members suffering from dementia.*
- *Vale Michael Murray*
- *Transport support Program proceeding.*
- *Pickle Ball coming to Whittlesea U3A*
- *Supporting Epping RSL sell badges at the MCG ANZAC EVE match.*
- *Accessing My Health Records on line*
- *Invitation to visit promotional classes and activities at Beveridge (including Line dancing)*
- *Live Life Digitally Connected Forums*
- *"Did You Know?"*

Enjoy the "Have a Laugh" - Looking forward to hearing your feed back on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

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

OFFICE HOURS for Week Beginning 22nd April

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, TUESDAY, AND WEDNESDAY 10.00 TO 2.00

CLOSED ON THURSDAY 25TH APRIL (PUBLIC HOLIDAY) AND FRIDAY

MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & CLOSED THURSDAY 25TH (PUBLIC HOLIDAY) - 9.30 TO 4.00PM

NEXT MORNING TEA 6TH MAY 2024



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.

SUPPORT RESOURCES AVAILABLE TO SUPPORT CAREERS OF FAMILY MEMBERS SUFFERING DEMENTIA

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



LINK Community & Transport U3A PILOT TRANSPORT PROGRAM



Those members who have applied to be included in the trial of transport to attend classes will be provided with a contact person at Link Transport to schedule the transport service this week.

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

For any further information please contact:

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

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



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@eppingrsl.com.au
com4@eppingrsl.com.au

*All children must be accompanied by an adult.

LEST WE FORGET

Regards

Narelle Hart

General Manager

Epping RSL

gm@eppingrsl.com.au

M.0438 246 669

W.94081566

Elaine & Greg Eddy

Appeals Officers

Epping RSL

M. 0407 532 519

VALE MICHAEL MURRAY



It is with sadness we announce that, Michael Murray, a long-term member, and management committee member of Whittlesea U3A passed away on 15th April. Michael was a passionate believer in U3A and the value of building partnerships with the City of Whittlesea, Red Cross and other community organisations. He made a significant contribution to securing for Whittlesea U3A occupancy of the facilities at Peter Lalor College and led the formation of

the Whittlesea U3A Walking Football program.

We have passed on our condolences to Michael's family.

His funeral arrangements are:

Fawkner Memorial Park (Joyce Chapel)

1187 Sydney Road Hadfield

Wednesday 24th April at 11:45 am

PICKLE BALL PROGRAM SUPPORTED BY KEYTON IS COMING TO WHITTLESEA U3A.



For more information contact Glen Wall email- glen.w@whittleseau3a.org.au Mobile 0422852593

DIDIGITAL LITERACY HELP AND ASSISTANCE MENTOR PROGRAM



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

Go to Mernda Senior Support Centre on Fridays (10.00 – 12.00) and

Thomastown Library on Fridays (1.00pm – 3.00pm) and PLC, Robert Street

Lalor on Mondays at 9.30am

Technology Corner – Monthly Forum Program Live Life Digitally Connected Topics

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

Further details regarding dates and times will be provided.

Please check regularly our Facebook page Tech Corner” ([https://](https://www.facebook.com/groups/2957658941217497)

www.facebook.com/groups/2957658941217497) for updates.



Your My Health Record

Finding Medical Records Online

Date: Monday 29th April 2024

Time: 1:30 pm

Venue: Mernda Seniors Support Centre
70 Mernda Village Drive, Mernda

Showing participants how

to access their medical records online. It will also explain how medical plans can be viewed and updated. Please enrol so we can have an accurate number of participants attending

Northern Health

What is WellAhead?

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

For more information on the WellAhead program, please email Mike Masilamani, Project Officer, Cancer Survivorship Program: mike.masilamani@nh.org.au



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




[Epping Primary Priority Care Epping](#)

[Victorian Virtual Emergency Department](#)



DID YOU KNOW?

What it Holds					
					
	Photos up to	or	Hours up to	or	Songs up to
8 TB	1,600,000	or	615	or	2,000,000
6 TB	1,200,000	or	461	or	1,500,000
4 TB	800,000	or	307	or	1,000,000
3 TB	600,000	or	230	or	750,000
2 TB	400,000	or	150	or	500,000
1.5 TB	300,000	or	110	or	375,000
1 TB	200,000	or	76	or	250,000
750 GB	150,000	or	57	or	187,000
640 GB	128,000	or	49	or	160,000
500 GB	100,000	or	38	or	125,000
400 GB	80,000	or	30	or	100,000
320 GB	60,000	or	24	or	80,000
250 GB	50,000	or	19	or	62,000
160 GB	40,000	or	12	or	40,000

Examples of the number of photos, songs, videos and any other files that can be stored on a hard drive are provided for illustrative purposes only. Your results will vary based on file size and format, settings, features, software and other factors.

As used for storage capacity, one megabyte (MB) = one million bytes, one gigabyte (GB) = one billion bytes, and one terabyte (TB) = one trillion bytes. Total accessible capacity varies depending on operating environment. As used for buffer or cache, one megabyte (MB) = 1,048,576 bytes. As used for transfer rate or interface, megabyte per second (MB/s) = one million bytes per second, megabit per second (Mb/s) = one million bits per second, and gigabit per second (Gb/s) = one billion bits per second.



GREATER BEVERIDGE COMMUNITY CENTRE
CRN Lithgow Street and Mandalay Circuit Beveridge

U3A Classes and Activities commencing in Beveridge

You are invited to visit Beveridge Line Dancing and demonstrations of other classes and activities being planned for Beveridge.

When: Tuesdays at 1pm

Where: Greater Beveridge Community Centre

Cnr Lithgow Street & Mandalay Circuit Beveridge

HAVE A LAUGH!!!!!!!

The Editor appreciates the feedback



I signed up for an exercise class and was told to wear loose fitting clothing...

If I HAD any loose fitting clothing, I wouldn't have signed up to begin with.

Fuel prices are so high that I went to the car dealership and test drove 3 cars to run my errands. Follow me for more money saving tips 😎

I'm getting stronger with age. I can now lift \$100 worth of groceries with one hand.



When I look in the mirror and see gray hair, tiny wrinkles, and dimming eyes I think, "They sure don't make mirrors like they used to."

Anyone who believes that men are the equal of women has never seen a man trying to wrap a Christmas present!

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