

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 7:
DATE: 5th May 2024



MESSAGE FROM EDITOR

Info of Interest in this edition:

- *LINK Transport support*
- *Support resources for careers of family members suffering from dementia.*
- *Transport support Program proceeding.*
- *Pickle Ball will commence Term 3*
- *Mill Park Secondary College—Whittlesea U3A Exciting Initiative*
- *Accessing My Health Records on line*
- *Beveridge classes and activities open (including Line dancing)*
- *Live Life Digitally Connected Forums*
- *Every Age Counts— New Initiative*

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 6TH MAY

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED MONDAY 6TH MAY (MONTHLY MORNING TEA)

OFFICE WILL BE OPENED TUESDAY & WEDNESDAY (10.00 TO 2.00) & THURSDAY 10.00 TO 1.00

CLOSED ON FRIDAYS

MAY ROAD CAMPUS

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



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



EXCITING NEW INITIATIVE

Through the good work of Margaret Goodwin Whittlesea U3A is pleased to be supporting Mill Park Secondary College to provide senior school students with a new module in the MPSC Sport Program.

Aim of the program – To connect the school community to the senior community and provide a skills and engagement program in walking football and walking netball. This allows students to complete practical units of competency for their VET Sport and Recreation Certificate.

When: Wednesday's starting 22/05/24 – 26/06/24

Time - 3:15pm – 4:30pm

Where: Mill Park Secondary College Senior Campus

Please note that each member of University of the third age who attends the program will require a current working with children check (Volunteer).

Anyone interested in participating in the 6-week program please contact Margaret Goodwin, Gerry Fay or Peter Petrou via coordinator@whittleseau3a.org.au

PICKLE BALL PROGRAM TO COMMENCE IN THIRD TERM



Thank you for the members who expressed interest in participating in the proposed Pickleball program.

GOOD NEWS

The program will commence in TERM 3 with the support of Pickleball Australia and Keyton.

The City of Whittlesea Ageing Well Team have included a Demonstration Come and Try Session in the “Young at Heart” games.

Members who have expressed interest will receive an information pack through next week.

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

DIGITAL LITERACY HELP AND ASSISTANCE MENTOR PROGRAM

Further details regarding dates and times will be provided. Please check our Facebook page regularly



Need help with your Smart Device – Phone, Android or Apple, iPad or Tablet.

GO TO Mernda Senior Support Centre Fridays (10:00 am to 12) on Fridays or Thomastown Library on Fridays (1:00 pm to 3:00 pm) or PLC Robert St Lalor Monday 9:30 am.

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.

Tech Corner” (<https://www.facebook.com/groups/2957658941217497>) for updates.



Beveridge Line Dancing and Craft Classes are open on the Course and Activity section of the Whittlesea U3A website for members to enrol.

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

When: Tuesdays at 1pm and 2pm

Where: Greater Beveridge Community Centre

Cnr Lithgow Street & Mandalay Circuit Beveridge

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



LINK Community & Transport U3A PILOT TRANSPORT PROGRAM

Those members who have applied to be included in the transport trial to attend classes have been notified this week.

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

REMINDER – Link Community & Transport (LINK) is a not-for-profit organisation that offers assisted transport, social outings, home maintenance and domestic assistance (cleaning).

Link is partnering with U3A to assist members with transport to classes and offer Group discounts to U3A members wanting to go out on LINK social trips. [Contact Glen Wall 0422852593 email glen.w@whittleseau3a.org.au](mailto:glen.w@whittleseau3a.org.au)

WATCH FOR A CHRISTMAS IN JULY SOCIAL OUTING

ACTION REQUIRED

Following on from Maurice Thaug LINK presentation to the March Morning Tea a reminder to bring back the LINK Registration form to join LINK.

Maurice will be at the May Morning Tea Monday 6th May to collect forms and assist in completing the form and answer any questions you may have.

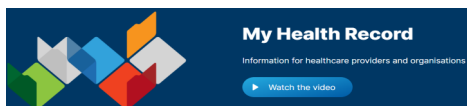
REQUEST FROM LINK

Save LINK's main phone numbers into your mobile phones if you are using LINK transport.

WHY?

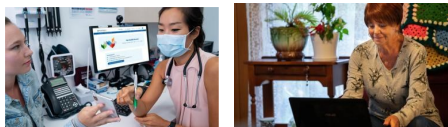
- Link call and message clients a lot to confirm meals, pick up times and sometimes we don't get responses or people hang up on us when they hear "foreign" voices from our many international students who do great work with us when on placement.
- This way they will know it is LINK calling and not an unknown person or scam call or message.
- **Numbers to Save under LINK Community and Transport or just LINK**

Phone Number that we will call from: **03 9462 8700** Mobile Number that sends texts: **0416 866 371**



[My Health Record for healthcare providers \(digitalhealth.gov.au\)](https://digitalhealth.gov.au)

Key health information like immunisations, pathology and diagnostic imaging reports, prescription and dispensing information, hospital discharge summaries and more, all in one place.



If you don't already have a My Health Record, you can register for one at any time. To set up your **My Health Record** in Australia, follow these steps:

Link My Health Record to myGov:

- First, you'll need a **myGov account**. If you don't have one, create an account on the myGov website.
- Once you have a myGov account, sign in.
- Link your **My Health Record** to your myGov account.
- **Verify your identity:**
- My Health Record uses details from **Medicare** to verify your identity.
- Make sure your Medicare details are up-to-date.
- **Access and set up My Health Record:**
- At the **Welcome to My Health Record** screen, select the record you want to access.
- Choose the **Medicare information** you want included in your record, such as visits to your doctor, prescription information, immunizations, and your organ donor decisions. Check your **profile details** and update them if needed. Add your **emergency contacts**.



U3A Activities recognised as a significant contributor to countering “Ageism” in the community.

What is the campaign’s long term vision?

The EveryAGE Counts campaign vision is “a society where every person is valued, connected and respected regardless of age and functional health”.

What is ageism?

Broadly speaking, ageism can be defined as prejudice expressed toward a person because of their age. It includes stereotyping, discrimination and mistreatment. While ageism can affect anyone of any age, the EveryAGE Counts campaign is focusing on addressing ageism relating to older people. In this context, ageism comes from negative attitudes and beliefs about what it means to be an older person. As a form of discrimination, ageism has three key aspects:

- Prejudicial attitudes towards older people, including some attitudes held by older people themselves.
- Discriminatory practices against older people, for instance in employment, insurance or health care
- Institutional practices, policies and behaviours that perpetuate negative stereotypes and undermine dignity – including language and representation in the media and cultural settings.

What does the campaign want to achieve?

The overall goal of EveryAGE Counts is to set strong, new foundations for current and future generations to age well. Toward this goal, the campaign seeks to:

- shift those deeply entrenched negative social norms about ageing and older people
- reimagine what it means to grow older and be an older person; and reframe our older years as a valid, positive and meaningful part of life
- drive a political and societal response to the opportunities presented by our ageing population

This initiative is supported by Whittlesea Council –Age Friendly Strategy.

For more information contact Mobile: 0422 852 593 Email: president@whittleseau3a.org.au

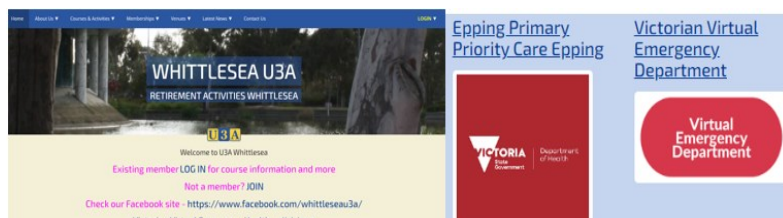


The Victorian Virtual Emergency Department (VVED) is a public health service to treat non-life-threatening emergencies.

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



Subject: 😄 **FUN**

HAVE A LAUGH!!!!!!! Cryptic—Find the Humor.

The Editor appreciates the feedback

- I've just finished reading a book about the world's greatest basement ... It was a best cellar.
- It's my first week working at the bicycle factory and they already made me a spokesperson.
- Horses have lower divorce rates. It's because they are in stable relationships.
- My laptop caught pneumonia, apparently because I left Windows open.
- I thought swimming with dolphins was expensive until I went swimming with sharks ... It cost me an arm and a leg.
- The main function of your little toe is to make sure all the furniture in the house is in the right place.
- It's pretty obvious that if I run in front of a car I will get tired but if I run behind a car I will get exhausted.
- My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.
- 90% of bald people still own a comb; they just can't part with it.
- Every morning I get hit by the same bicycle ... It's a vicious cycle.
- The word incorrectly is spelled incorrectly in every dictionary.
- I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.
- What do you call a row of rabbits hopping backwards?
A receding hare line.
- When I was a kid, we played spin the bottle with the girls, if they didn't want to kiss you, they would have to give you a dollar. By the time I was 12, I owned my own home.
- Always trust a nudist ... They have nothing to hide.

FOOD FOR THOUGHT

If you earn \$100 and pay \$33 income tax you're left with \$67.

You then buy \$67 worth of fuel and in doing so pay a 48% fuel tax (fuel tax = \$32.16 + \$6.70 GST).

This means that the government just got \$71.86 tax from your hard earned \$100.

Share this, let's see how much attention this post can get.