

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 10:
DATE: 16th June 2024



MESSAGE FROM EDITOR

Info of Interest in this edition:

- Beveridge classes
- Tech Café for Seniors
- Did you Know ATMs are disappearing
- Stay Well this Winter - Victorian Seniors Card 3-News
- LINK Transport Update on changes to My Aged care
- Art for Fun – Incognito Art Exhibition

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 MONDAY 15th June

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, 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



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

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

Big Cuppa Morning Tea THIS EVENT IS ON THIS WEEK

Dear Members of Whittlesea U3A,

As you know the months of May & June are the Cancer Council's 'Big Cuppa Morning Tea' fundraising time. Whittlesea U3A is holding a fundraising Big Cuppa Morning Tea in support of the Cancer Council. This event is open to Whittlesea U3A members as well as their friends and family.

DATE: Thursday 20th June 2024

TIME: 10.00 to 12.00

LOCATION: Epping Memorial Hall Function Room.

We are asking as many members as possible to attend and to bring along their friends and family members to support this great cause. Please bring a small plate of cakes, or something savoury to share. Tea and coffee will be supplied.

There will be donation boxes for those attending to contribute whatever they can. All funds raised will be Donated to the Cancer Council. There is no need to book but you can confirm your attendance by either replying to this email or contacting the office. Alternately just come on the day.

THE FOLLOWING PROGRAMS HAVE CHANGES PLEASE READ THE INFORMATION CAREFULLY AS IT MAY AFFECT YOUR CLASS

LINE DANCING FOR VARIOUS LEVELS with MIA is finished for term 2. It will resume in Term 3

ADVANCED LINE DANCING FOR FUN with MIA is finished for term 2. It will resume in Term 3

INDOOR WALKING AEROBICS with ANN at Riverside will not be starting until Term 3 as the tutor is unwell.

FRENCH CONVERSATION with CHRISTIANE has finished for Term 2. It will resume at Lalor Library in Term 3.

CHANGES TO CLASSES DUE TO THE CLOSURE OF THOMASTOWN LIBRARY & COMMUNITY ROOMS

CANASTA with FLO has been cancelled on Monday 17th June

INDOOR WALKING AEROBICS with MARY has been cancelled on Monday 17th June

FEEL WELL BE WELL with PATTIE has been cancelled on Monday 17th June

EXERCISE FOR FITNESS with HELEN has been cancelled on Monday 17th June

BODY WEIGHT AND STRENGTHENING with PATTIE has been cancelled on Wednesday 19th June

EXERCISES FOR HEALTHY AGEING with SHIRLEY has been cancelled on Wednesday 19th June

TAI CHI with TERESA has been cancelled on Friday 21st June. Classes will resume in Term 3

LAPTOP WINDOWS 10/11 with KEVIN HAS MOVED to Mill Park Library UNTIL THE END OF TERM

COMPUTERS LEVEL 1 with PETER HAS MOVED to Mill Park Library UNTIL THE END OF TERM

Beveridge Line Dancing and Craft Classes are well supported. Visit Beveridge on:



Tuesdays at 1pm and 2pm

At Greater Beveridge Community Centre. Cnr Lithgow Street & Mandalay Circuit Beveridge

Did you know?.....



DIGITAL ECONOMY.



All the bank closures in Australia: Wild statistic shows push towards cashless

Aussies know bank branches are shutting down rapidly, but the closure statistic for one of Australia's big four banks is truly mind-boggling.



Chloe Whehan

less than 2 min read February 2, 2024 - 9:11PM news.com.au

- Commonwealth Bank of Australia (CBA) has closed a staggering 354 branches and 2297 ATMs in the past five years, with plans to shut down more in the coming weeks.
- Australia's biggest bank, which serves 15.9 million customers, has shut down almost one-third of its branches since June 2018, going from 1082 to 728 countrywide.
- In the same period, CBA also axed 54 per cent of its ATMs, from 4253 to 1956.

Interested to know how this affects you. Please contact Glen Wall email: glen.w@whittleseau3a.org.au mobile 0422852593

DIGITAL LITERACY HELP AND ASSISTANCE MENTOR PROGRAM



A safe place to enjoy a cup of tea or coffee with a biscuit and a



chat while you learn the digital skills you need.

A volunteer digital skills mentor listens to your needs.

Learn how to:

- Spot scams and stay safe online, Access MyGov and other key sites
- Connect with family and friends, share interests, photos and connect on social media
- Use technology to live independently

DIGITAL LITERACY HELP AND ASSISTANCE WITH PHONES: iPhone or Android: iPad or Tablet at Lalor Library on Thursdays (1.00pm and 3.00pm), and Mernda Senior Support Centre Fridays (10.00 am to 12). Thomastown Library will be available later in Term 3 as the library is closed for renovations.

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

Messages in the [Victorian Seniors Card 3-News](#).....



Victorian Seniors Card e-News May 2024

Stay well this winter



What is influenza (the flu)?

Influenza is a common infection. While the flu is mild for some, it can also make you very unwell. If you are aged 65 and over, you are eligible for a free vaccine. Learn how you can protect yourself this flu season.

For more information – click on the following

[Stay well this winter | Seniors online](#)



ART FOR FUN CLASS PARTICIPATING IN THE INCOGNITO ART SHOW.



WHAT IS THE INCOGNITO ART SHOW?

The Incognito Art Show is a not-for-profit organization supporting Australian artists. We run Australia's biggest and most inclusive art show.

The Incognito Art Show isn't an ordinary art sale. Every piece of artwork (A5 in size), regardless of artist, is sold for just \$100.

THE TWIST?

The identity of an artwork's artist will remain anonymous at all times. Only once an artwork is bought, will the artist's name be revealed to the buyer on the back of the artwork.

Profits raised will go towards funding programs that support artists working with disabilities. The show's unique model provides greater access to art-buying for those without the usual means to do so, as well as democratizes art selection; buyers buy what they truly love, not a big name.

Got questions? Check out our Frequently Asked Questions page [here](#).



Provided by:

Maurice Thaug

Manager – Key Partner Engagement
LINK Community & Transport
In-Home, Mobility and Community
Services

M: 0425 809 880

E: mthaung@lct.org.au

Why should you apply for a My Aged care Number?

- It's about getting I not get Aged Care support system as early as you can
- Even though the Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) programs are evolving/changing to Support at Home over the next 1-3 years, you still contact My Aged Care to start the process of being in the system

Providers like LINK Community & Transport who get funding from the Government's CHSP program, means that clients like you can benefit from subsidised services

How to get a My Aged Care Number and Referral

- Referrals must be made through the My Aged Care contact centre.
 - a. **To make a referral contact My Aged Care on 1800 200 422 or myagedcare.gov.au**
 - b. Ask My Aged care of how you would like to get into the system now and also ask for assisted transport and social support group (outings) referrals
- Ideally ask for a referral LINK Community & Transport for assisted transport and social support group (outings)

Who is My Aged Care?

- My Aged Care is a government body helps you find the information you need about aged care services
- This can be as simple as calling the **My Aged Care contact centre on 1800 200 422** or visit My Aged Care.
- My Aged Care provides you with information about:
 - o Different types of aged care services
 - o Eligibility for services
 - o The contact centre staff will ask questions to determine your needs. A referral will then be sent to either the Aged Care Assessment Service (ACAS) or to the Regional Assessment Service (RAS). You will then be contacted to make a time for a trained Home Support Assessor to visit with you to discuss your needs and the services you require.

Regional Assessment Service (RAS) Contact Numbers (NOTE: these services will cease on 30th June 2024 to transition to new Assessment service providers i.e. Councils will still deliver services but



After a successful pilot program in 2023, City of Whittlesea's Conservation Management Team and Whittlesea's University of the Third Age are resuming a fortnightly environmental program for 2024, focusing on the restoration of Quarry Hills Regional Parkland.



This year's program began with three Speakers' Discussion Group sessions: a history of Quarry Hills, an introduction to iNaturalist Citizen Science App and an overview of ecosystem restoration and natural resource management practices. Whittlesea U3A members and City of Whittlesea Conservation Officers put their heads together to co-design a project to improve habitat for wetland-dependent species, such as the Bibron's Toadlet *Pseudophryne bibionoides*, an endangered frog species.

Each fortnight we will visit the site, located near the intersection of Skyline Drive and Topaz Grove, South Morang. We will observe and survey, prepare the site, design the wetland layout, remove rubbish and weeds, collect seed, and go on guided walks. This program will also include off-site activities such as nest box building and plant propagation. If you are interested in conservation, developing a sense of stewardship for the landscape, the lifecycle of plants or walking in nature, then the Quarry Hills Senior Stewards Program is for you!

Upcoming Dates:

Wednesday 12th June 9.30am – 12.30pm
Wednesday 26th June 9.30am – 12.30pm
Wednesday 10th July 9.30am – 12.30pm
Wednesday 24th July 9.30am – 12.30pm
Wednesday 7th August, 9.30 – 12.30pm



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

Subject:  FUN

SENIOR TRYING TO RESET PASSWORD

WINDOWS: Please enter your new password

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50damnboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER: 50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.

Subject: **This says it all, really...**

