

WHITTLESEA U3A
BREAKING NEWS FORTNIGHTLY
INFO OF INTEREST



EDITION 12:
DATE: 21st July 2024

MESSAGE FROM EDITOR

Info of Interest in this edition:

- COTA Australia new initiatives
- Simple Ways to reduce Falls and Breaks
- Mill Park Secondary College—Whittlesea U3A Project successful outcome
- Telstra Giveaway Mobiles
- Speak to Class Coordinator for updates on New Programs and the Editor for new Beveridge Classes.

Enjoy the “Have a Laugh”

Looking forward to hearing your feed back on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

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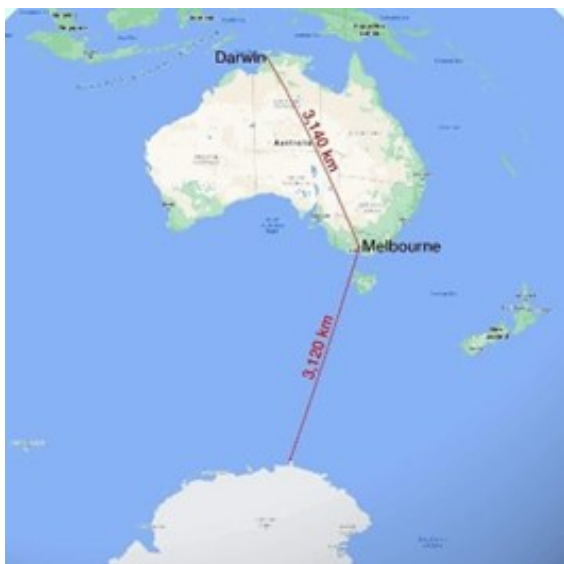
OFFICES HOURS FROM MONDAY 22ND July

PETER LALOR CAMPUS

OFFICE WILL BE OPENED Monday, Tuesday and Wednesday 10.00 TO 2.00 & Thursday 10.00 TO 1.00.

OFFICE WILL BE CLOSED ON FRIDAY

MAY ROAD CAMPUS OFFICE WILL BE OPENED: Tuesday 1.00PM TO 4.00 & Thursday - 9.00 TO 4.00PM



NO WONDER IT GETS SO COLD IN MELBOURNE

Melbourne CBD is actually closer to Antarctica than to Darwin.



Published: Jul 18, 2024

Whittlesea U3A, in collaboration with the City of Whittlesea's Ageing Well Team, participated in a six-week Walking Football Program with Mill Park Secondary College as part of their VET Sport and Recreation practical studies.

Walking Football is a small-sided, low-impact, modified version of the game, suitable for all levels of ability and fitness, from people who are returning to sport after a

break or those who have never played before. The program was organised by Mill Park SC's Senior Student Engagement Leader and VET Sport and Recreation Teacher Darren Patterson, who said the connections made between the students and members of the U3A has been "really impressive".

"It has been a testament to both groups in the way they have interacted, it has been really great," Patterson said.

"As part of completing their course, they have a certain number of units and competencies they have to complete, which includes needing to be observed completing those competencies in a practical sense and that is essentially what our students are getting from this program.



Mr. Patterson added that the main aim of the program was to connect the students with members of the community they may not always spend time with and allow that connection to organically happen.

Year 11 student, Victoria Momirovski described the six-week program as an interesting and fun "experience for everyone involved.

"It has been quite eye opening to see and interact with the elderly and how they enjoy and play sports," she explained.

"I play football outside of school, so it has been really interesting to see how modified Walking Football is to actual football and being able to implement drills that I have done outside of school into the Walking Football program has been really helpful."

As part of the program, the students had to create lesson plans and provide these in a practical sense to the U3A members. This included leading warm-up exercises, skill training and games.

The students' task was to create lesson plans and lead warm-up exercises, skill training, and games for the U3A members. Watching their leadership skills blossom was a major highlight for Whittlesea U3A Walking Football Coordinator Gerry Fay. "The students led the program, and we just turned up as players," he said, praising the students' growing confidence and leadership.

Fay emphasised the broader potential of this initiative, declaring, "We are setting up a model that can be used anywhere in Australia. We are proof that this works, and any school can do it."

"It was a great opportunity for us because it is part of the students' education, but it is also a good way to get younger kids working with another part of the community," Fay concluded.

This collaboration between Whittlesea U3A and Mill Park Secondary College has not only provided valuable practical experience for the students but also fostered a sense of community and mutual respect between different generations.

This program's success is a call to action for other schools to follow suit. Not only does it provide invaluable practical experience for students, but it also fosters a sense of community and mutual respect across generations. It's a win-win that brings people together in the most meaningful way.





NEWS FROM COUNCIL OF THE AGING (COTA) AUSTRALIA

U3A Australia has established a collaboration with COTA Australia and now have the opportunity to have the views of U3A members included in advocacy submissions to Government.

Each edition of Breaking News will now include items of news provided by COTA which we believe will be of interest.

COTA Needs your help

WOULD you like to share your voice and experience on a range of issues affecting Australia's over-50s to help us create better policy and advocate more effectively for your interests? COTA Australia is planning to run a series of workshops, activities and focus groups on the following issues and would love to hear your thoughts and advice:

1. Elder Abuse
2. Home Care – Self Management of a Home Care Package
3. Oral and Dental Healthcare
4. Cost and Regulation of Aged Care

Your involvement is vital to help us to create a more inclusive and better-informed process which, in our experience, leads to more appropriate policy and more effective outcomes for older Australians. So, we'd love to hear your insights and advice.



If you can help us with any of these activities, please click on [this survey link](#) which includes more details about the projects and activities we are planning. The survey also asks you to choose the activity or activities you're interested in.

We are not yet able to provide the dates of the proposed activities, but we can confirm they will start in July and be completed by November. We will update you on the confirmed dates of the activities as they come to hand.

We know your online security is of utmost importance, therefore, any information you enter will be viewed only by COTA Australia's Policy and Engagement team and will be erased as soon as we have extracted the information related to your preferred activity.

One simple thing you can do to reduce falls and breaks

UPPING your daily dairy intake can reduce the incidence of falls and fractures, Melbourne-based research has found. The study of aged care residents by the University of Melbourne and Austin Health found that if the residents increased their daily consumption of dairy foods from two to three-and-a-half serves, it resulted in a 33 per cent reduction in all fractures, a 46 per cent reduction in hip fractures and 11 per cent fewer falls. The research was unveiled at a June meeting of Dairy Australia's Parliamentary Friends Group (pictured below), attended by COTA Australia CEO Patricia Sparrow (third from left).

Essentially, the message is as we age, our bone density decreases, we also eat less, our muscle tone reduces and we do less activity. But one way to slow down that muscle and bone loss is to increase our consumption of calcium- and protein-rich foods, such as milk, cheese and yoghurt.

This new research recommends people aged over 50 should aim for three and a half serves of dairy daily. For context, one serve equals a cup (250ml) of milk, $\frac{3}{4}$ cup (200g) of yoghurt or 2 slices (40g) of hard cheese.



Important MyMedicare Update

MyMedicare is a new voluntary registration system that formalises the relationship between patients, their general practice, general practitioner (GP) and primary care teams.

Registering in MyMedicare will tell your practice and GP that you see them as your regular care team and will help them provide more of the care and support you need.

If you have a valid Medicare card or Department of Veterans' Affairs (DVA) Veteran card and have had two face-to-face consultations with the same practice in the last 24 months, you are eligible to register in MyMedicare. For people living in rural and remote locations, this is reduced to one-face-to-face consultation in the last 24 months.

Anyone who registers in MyMedicare may benefit from:

- longer MBS-funded telephone consultations
- longer bulk-billed telehealth consultations for children under 16 and Commonwealth concession-card holders at the new triple bulk-billing rate
- more regular visits from the GP and better care planning for people living in residential aged care connections to more appropriate care in general practice for people with chronic conditions who visit hospital frequently.

To register as a MyMedicare patient, you can:

- complete the registration process in your Medicare Online Account
- ask staff at your practice to start the registration process – you can then complete registration in your Medicare Online Account
- fill out a paper registration form at your practice.

Talk to your healthcare provider about registering in MyMedicare, or for more information, visit the MyMedicare website

Tech Café for Seniors



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

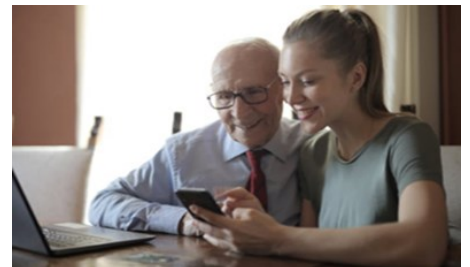
2024 monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 am to 11:30am.

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

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

Telstra mobile giveaway

SOME older Australians are among those set to benefit from Telstra's move to give away 12,000 free mobile phones to help people transition from the 3G to 4G network. The move comes as the 3G network shuts down on August 31 and to ensure customers would still be able to make emergency calls.



There are about 156,000 people in Australia still using 3G network and who need to upgrade before the network closure to stay connected.

Phones in need of network upgrades will play a pre-recorded message when making outgoing calls, reminding you to upgrade. But you can also SMS 3 to 3498 (3GXT) to check your if your phone needs updating.



COFFEE IN HAND, SUPPLIES AT THE READY,
ALICE SETTLES IN, WAITING FOR THE
FIRST TELEMARKETER TO CALL.

Beating the Winter Blues with Vitamin D

Nutrition & Dietetics



Vitamin D is a fat-soluble vitamin that is very important for bone health. It helps your body to absorb calcium from food. It also controls the amount of calcium in your blood and helps keep your bones strong.

Not only is vitamin D important in controlling the absorption of calcium from the foods we eat. **It also helps with:**

- Growth and development of your bones and teeth
- Making sure you have a healthy immune system
- Hormone function
- Maintaining your nervous system.

It is very important to ensure you have an adequate store of vitamin D for your health. Low vitamin D levels can lead to:

- Low mood
- Increased risk of osteoporosis, falls and fractures
- Low immunity
- Fatigue.

Older people, those who are housebound or in residential care, naturally dark-skinned and those who cover their skin for personal or cultural reasons are more at risk of vitamin D deficiency. Vitamin D deficiency can also be prevalent in those diagnosed with diabetes.

Did you know that not all vitamin D comes from what you eat? In fact, it is very difficult to get enough vitamin D from foods alone. Most Australians get only around 10 per cent of their vitamin D from the food they eat. The main reason is that there are few foods that are rich in vitamin D, and the vitamin D in such foods is not in a form that works well in the body.

The main source of vitamin D comes from the skin being exposed to ultraviolet (UV) radiation from the sun. To ensure you are getting enough Vitamin D in the colder months, aim to do outdoor activities in the middle of the day where parts of your skin are uncovered (for example, your arms and face).

Prolonged exposure to sunlight does present the risk of skin cancer. The Cancer Council advises that when UV levels are 3 or above, extended sun exposure is not recommended. It is still important that you include foods that are relatively high in vitamin D to boost your intake, especially in the winter.

The best sources of vitamin D are:

- Eggs
- Mushrooms
- Fatty fish such as salmon, herring, sardines and mackerel
- Fortified margarines
- Fortified milk and yoghurt.

When should I be concerned about my nutrition and seek help?

If you find that you:

- Have been diagnosed with low vitamin D
- Need nutritional advice to help ensure you are meeting your requirements for vitamin D or other nutrients
- Would like personalised advice and support to get your energy back or
- Need support to get you through winter with some ideas for quick and easy hearty meals.



Our Dietitians listen and work with you to support your health, wellbeing and goals. We offer face to face and telehealth appointments, as well as home visits.



1300 234 264 or download the brochure [here](#)
(select option 4)

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

NEW CHANGES ARE ADDED AS THEY BECOME AVAILABLE. IF YOUR CLASS IS NOT LISTED HERE IT MEANS THERE ARE NO CHANGES AND THE CLASS IS AS ADVERTISED ON THE CALENDAR

If a class is cancelled or changes are made those enrolled in the class will be notified by email or SMS

UKULELE WITH THE CHOIR with RON, will be restarting in week 2 of term 3.

SINGING FOR JOY with SILVANA, will be restarting in week 2 of term 3.

LAPTOP WINDOWS 10/11 with KEVIN has moved to Mill Park Library. As we have been informed that Thomastown Library will not be ready until mid to late August they will remain at Mill Park for much of this term. Those enrolled in the class will be informed when they will be returning to Thomastown.

COMPUTERS LEVEL 1 with PETER has moved to Mill Park Library. As we have been informed that Thomastown Library will not be ready until mid to late August they will remain at Mill Park for much of this term. Those enrolled in the class will be informed when they will be returning to Thomastown.

WALKING NETBALL with MARGARET has been cancelled for Term 3. Margaret will be back in term 4 with a new program – Walking Basketball. Keep an eye out for this new event in the calendar over the next few months.

CHES AND OTHER BOARD GAMES with JOHN and TITA has been temporarily cancelled for 2024. More information as to when it will resume will be sent to members.

PLAYING ITALIAN CARDS with JOHN AND TITA has been temporarily cancelled for 2024. More information as to when it will resume will be sent to members.

LEPRECHAUN TRIVIA AFTERNOON with PATRICK is having a break this term. Patrick will be back in the last week of term 3

EXERCISES FOR FITNESS with HELEN will be having a break for the last 3 weeks of term 3

BALLROOM DANCING - TUESDAY has a new tutor - HUNGPHU and will be resuming on Tuesday 23rd July

BALLROOM DANCING - THURSDAY has been cancelled

LEARN BASIC FRENCH on Monday has been cancelled. Those wishing to continue learning the French language can enrol in Christiane's French Conservation class at Lalor Library on Tuesday at 12.00

ANXIETY 3 and ANXIETY 4 have been cancelled.

Subject:  **FUN**

This guy is unbelievable!!!

The man in this photo was taken in 1946. This guy is Ken Shimizu. He is 35 years old. He has 2 children. Shimizu never runs, sleeps late. Eat whatever he wants. Even drink beer instead of water. Eat dinner with many kinds of food every night...

What does Shimizu do to get such a body?

Shimizu doesn't have any secrets.

Shimizu is the person sitting in the bottom left corner of the photo... As for the man standing in the middle, I honestly don't know him.

But I like Ken Shimizu, he's my kind of fella!



I am starting to think I will never be old enough to know better.

