



COTA Connections

*Working towards a society in
which older people can flourish*

NOVEMBER 2021

W: www.cotawa.org.au | T: (08) 9472 0104

From the CEO

November is one of the busiest months of the year with a packed agenda of seniors' events.

First off, we look forward to seeing you at the Perth Convention Centre for the **Let's Talk Scams event on Monday 8 November 2021 from 10:00am to 12:00pm**. Thanks to funding from our partners Bankwest and Department of Communities, this event is free for seniors. At this event, we are very pleased to include a welcome from our Patron, The Hon. Kim Beazley AC, Governor of Western Australia. Our key speaker is the entertaining and informative cybercrime expert, Dr David Cook. As a bonus, Bankwest will be providing a copy of their Safe and Savvy guide to every attendee. Morning tea will be provided and our experts will be on hand to answer your questions.



Make sure you register now as places are filling up fast. **Click Registration Link here:** <https://www.eventbrite.com/e/lets-talk-scams-tickets-180560470227>. We will also be live streaming the event across Western Australia to ensure we are reaching people in the regions.

Another of the many other seniors' events taking place this month is the Community Grants scheme, managed by COTA (WA) on behalf of the State Government. This year a number of senior sector organisations have been funded to hold a variety of events during WA Seniors Week, which falls between 7-14 November 2021. I know you will join me in acknowledging the Department of Communities who provide the funding that enables the host organisations to recognise and express appreciation to seniors for the contribution they make to our communities.

A highlight of the November 2021 calendar of events is the WA Seniors Awards Presentation Ceremony. The WA Minister for Seniors and Ageing, The Hon. Don Punch MLA, will soon announce the recipients of these Awards for 2021 with the recipients receiving their award from the Minister on 25 November 2021 at a special ceremony. We will share more information and a short video of the Awards ceremony in our next newsletter.

One of the most important and enjoyable aspects of our role at COTA (WA) is the chance to get out and about and talk to older Western Australians. A few weeks ago we were privileged to visit the Chung Wah Association to hold our first Listening Post. This is a new initiative that provides the opportunity for people to sit and talk to us very informally about a whole range of issues affecting seniors. Members of the Chinese community spoke with us, through an interpreter, about their life and shared some of their experiences since coming to Western Australia. This information is invaluable and helps us to fully understand the challenges of all older Western Australians and to advocate on their behalf. You can read more about the Listening Post in this newsletter.

Are you attending Have a Go Day at Burswood Park this year? Please come and see us on Stand 145. This is one of the highlights of the seniors' calendar which attracts around 15,000 people. It's happening on Wednesday 10 November 2021 from 9:00am to 3:00pm and is a day filled with free activities, giveaways, food and entertainment as well as providing a lot of information about seniors' interests. We hope to see you there.

Our Annual General Meeting is taking place at The VisAbility Centre Theatre on Wednesday 24 November 2021 at 2:00pm. We hope you can join us to hear about our activities during the year.

And finally, last week we received some good news from Lotterywest, advising confirmation of our grant to develop a new series of seniors guides following the positive response to our existing publications the [At Home Guide](#) and [The Goodbye Guide](#). Our Chief Policy Officer, Chris Jeffery is the creator of this initiative that will see the new series of guides available in both digital and printed formats. And, for the first time will include translation into other languages.

The COTA (WA) team looks forward to seeing you out and about in this busy but enjoyable November.

Christine Allen, CEO

COTA (WA) 'Let's Talk Scams'

Council on the Ageing WA, sponsored by Bankwest and supported by the Department of Communities is hosting an exclusive WA Seniors Week free event that falls during ACCC National Scam Awareness Week.

The Hon. Kim Beazley AC, Governor of Western Australia will be providing the opening address.

Hear from experts on how to recognise different types of scams and how to protect yourself.

Receive a copy of the Bankwest Safe and Savvy guide and the latest Little Black Book of Scams.

This event is supported by Auslan interpreters.

Enjoy complimentary morning tea.

REGISTRATION IS ESSENTIAL VIA THE FOLLOWING LINK:

Let's Talk Scams

REGISTRATION IS ESSENTIAL
TO ATTEND or CALL: 08 9472 0104


WESTERN AUSTRALIA
For Older Australians


bankwest

Supported by

Government of Western Australia
Department of Communities



<https://www.eventbrite.com/e/lets-talk-scams-tickets-180560470227>

Stop scams. Speak up.

8-12 November #ScamsWeek2021



MONDAY 8 NOVEMBER 2021
10:00AM TO 12:00PM
PERTH CONVENTION AND EXHIBITION CENTRE
RIVERVIEW ROOM

Speakers
The Hon. Kim Beazley AC, Governor of Western Australia
Christine Allen, CEO COTA (WA)
Dr. David Cook, Edith Cowan University
Audrey Pajmon, Executive Manager Fraud Management Services Bankwest



Supported by Auslan Interpreters
Join us for this exclusive WA Seniors Week event that falls during ACCC National Scam Awareness Week.
Hear from experts on how to recognise different types of scams and how to protect yourself.
Receive a copy of the Bankwest Safe and Savvy guide.
Enjoy complimentary morning tea.

REGISTRATION IS ESSENTIAL TO ATTEND Fill in our quick questionnaire for a chance to win one of three \$100 vouchers

<https://www.eventbrite.com/e/lets-talk-scams-tickets-180560470227>

Date and time

Monday 8 November 2021

10:00 AM – 12:00 PM AWST

Location

Riverview Room at the Perth Convention and Exhibition Centre

21 Mounts Bay Road

Perth, WA 6000

Speakers

The Hon. Kim Beazley AC, Governor of Western Australia will be providing the opening address

Christine Allen, CEO Council on the Ageing [COTA (WA)]

Dr. David Cook, Edith Cowan University

Audrey Pajmon, Executive Manager Fraud Management Services Bankwest

Chris Jeffery

The 'Life Story' of Chris Jeffery.

My early life would be unimaginable for most suburban kids growing up today. My parents met and married in Wiluna during the gold rush, where my two older siblings were born. When the gold ran out, they bought a 5-acre property in Cannington, near the current intersection of Manning Road and Leach Highway. In the late 40's Cannington was very much outer-suburban with a lot of Italian migrants, chook farms, orchards, horses and market gardens. Helicopter parents hadn't been born then: the only boundary to wandering the neighbourhood, was to be home by dark. Family rooms didn't exist either, so wet days as a youngster were spent on the veranda as we were constantly told to 'go outside and play' and 'stop getting under my feet'.

Ever since I can remember I wanted to be a teacher – never anything else (not even a train driver or policemen). My playing on the veranda (when I wasn't playing with neighbourhood friends) involved teaching an imaginary class with the help of my favourite present (and one of the few that wasn't clothing or a hand-me down): a folding blackboard which used real chalk. This ambition never left me even after moving to a more 'inner-city' location in Applecross so Mum could look after her ageing parents. Consequently on leaving high school I had only two options: Claremont Teachers' College to train as a primary teacher or UWA to complete a degree to be a secondary English teacher. I chose the latter.



Roll on a few years: married at 24, first child a year later, followed closely by the second, a couple of country postings and a decision to resign from the Education Department and seek a new experience teaching in Alberta, Canada, before the obligation of paying a mortgage meant settling down. We had intended to spend two years away but that somehow became four years, during which, just to experience an American university, I completed a Masters' degree during summer sessions at the University of Oregon. We loved living in Canada, and I loved teaching there but missed family and close friends, especially as we had our third child (born

during a fierce snowstorm) and felt the kids needed to acquaint themselves with their grandparents, with sunny weather and with the beach.

On returning to WA, life changed a lot: my wife studied part-time to add to her qualifications (also as a teacher) and then returned to work. I had many changes of jobs within Education spending time in head office and also one three-year stint seconded to UWA to lecture in the Education Faculty. I think I must like change, as when an opportunity arose to make a mid-life career change into Human Resources (still within the Education Department), I took it and stayed in that profession from then

onwards. I enjoyed HR as much as I had enjoyed teaching, even though it was a very steep learning curve. After leaving the Education Department (for the second time) I spent a few years at UWA and then seven years as Director HR at Murdoch University. I clearly remember one of my first tasks at Murdoch was to escort a recalcitrant staff member off the campus: not an auspicious beginning for a newly-minted Head! Luckily, things got better, but very different from marking essays!

A post-retirement foray into HR consulting then followed, but I missed the engagement of working in an organisation. After joining the Policy Committee at COTA (WA), I then succeeded in getting a part-time job as Policy Officer.



Ten years later, I'm still here and still thoroughly enjoying advocating for older people in Western Australia [of which cohort I'm now (almost) a senior member!].

What's your story? See Page 46.

COTA (WA) Listening Post 'Chung Wah Community Aged Care'

Seniors 'Speaking up' in WA

長青旅途加油站

知人、知老、知生活

follow us:   

The Chung Wah Association
Community & Aged Care 

「聆听站 (Listening Posts)」方案

上周，中华社区服务（中华CC）和五位社区中心长者客户参与了 西澳长者委员会（Council on the Ageing WA, 简称COTA WA）主办的「聆听站（Listening Posts）」方案。COTA WA 创立于1959年，关注西澳80多万年龄满50岁长者的福祉。作为长者的喉舌，COTA WA 一直代表他们发声。聆听站方案的目的是透过与长者轻松的交谈，听取他们对晚年生活的想法、意见和忧虑。COTA WA 计划访谈500位来自不同背景的长者。然后将收集到的资料，以匿名的方式，向政府和长者服务机构提供报告书，汇报有关长者的需要和他们正在面对的各种挑战。

参与此方案的中华CC长者客户坦诚地分享他们对健康、住房、社交、科技和财务各方面的体验和想法。他们对主办方最后的一条假设性问题十分有兴趣。那问题是：假如你有十分钟的时间跟西澳州长或本地市长对话，你会希望提出什么意见去帮助长者呢？受访的长者认真地思考，并提出他们宝贵的意见。主办方十分满意这次访谈。他们衷心感谢参与「聆听站」方案的长者，并重复地保证资料的保密性。

中华从1909年开始扎根西澳，拓展华人社区服务，至今已走过110多年的岁月。中华CAC拥有累积超过35年的专业护理服务经验，对于达到优化长者及残障人士生活品质的目标，我们将不遗余力，与你携手共创更美好的社区。



Ph 08 9328 3988 | Fx 08 9228 3990 | Em enquiry@chungwahcac.org.au

www.chungwahcac.org.au

***Translated directly from the article in local newspaper Australian Chinese Times (ACTimes).**

“On Tuesday 12 October 2021, Chung Wah Community Care (Chung Wah CC) and five community hub seniors participated in the ‘Listening Posts’ project organised by the Council on the Ageing WA [COTA (WA)]. This project aims to interview 500 older persons from diverse backgrounds, hearing each participant's thoughts, opinions and concerns in an informal setting. The information gathered during the interviews will be presented anonymously to the government agencies for aged care services, detailing the needs and various challenges our older Western Australians are currently facing. Since 1959, COTA (WA) has been focusing on the welfare of more than 800,000 Western Australians from the age of 50 and above, serving as a collective voice, advancing the seniors' rights, needs and interests.

Our Chung Wah CC seniors spoke candidly during the Listening Posts project as they shared their thoughts on health, housing, social environment, technology and finance. However, they were all quite taken by the last hypothetical question from the organiser, “If you had ten minutes to talk to the WA Premier or the local mayor, what advice would you like to offer to help the older Western Australians?” Our participating seniors thought carefully, and each offered their valuable views. The organiser was very pleased with the interview session, expressed their sincere thanks to the participants, and ensured the information gathered would be strictly confidential.

Taken root in WA since 1909 and branching into many aspects of Asian community services, Chung Wah CC has been well recognised for its professional care services for over 35 years. Their dedicated and passionate team continues to enhance the well-being of seniors and disabled individuals, making a difference in creating a better community for all.”

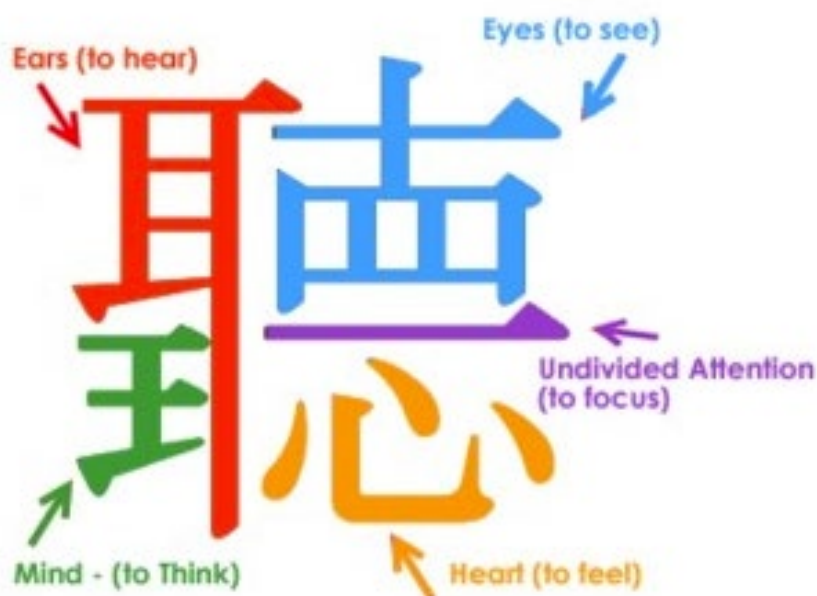
Interesting fact about the 'Chinese Character' for 'Listening'

The Chinese character for LISTENING is very interesting in the context of the Listening Posts.

The Chinese character for the word listening is below and is self-explanatory. However, in addition the character in green is the word for king and it represents respect in ones mind which is given to royalty!

So the whole word of listening means much more than just hearing with the ear, but involves other aspects of one's whole being.

Thank you to Esther Chang, Chair Board of Management Chung Wah Community Care who provided this information about the Chinese character for 'Listening'.



SCAMS AWARENESS WEEK 8 TO 12 NOVEMBER 2021

Scams Awareness Week is a national campaign by the Scams Awareness Network, a group of Australian and New Zealand government agencies with responsibility for consumer protection.

Each year, Scams Awareness Week has a different focus and is delivered in collaboration with a large range of partners. Scamwatch provides activities and online resources that you can use throughout the week to raise awareness of scams.

What you can do about scams – reporting scams and where to get help:

Report to Scamwatch - <https://www.scamwatch.gov.au/report-a-scam>

If you have lost money to a scam, contact your bank or financial institution as soon as possible - the Australian Banking Association provides a summary of steps for consumers <https://www.ausbanking.org.au/for-customers/how-to-complain/> when making a complaint to their bank. If you are not satisfied by the response from your bank, you can make a complaint to the Australian Financial Complaints Authority <https://www.afca.org.au/>

If you have lost personal information and you are concerned your identity may be compromised, you can contact IDCARE for free support on 1800 595 160.

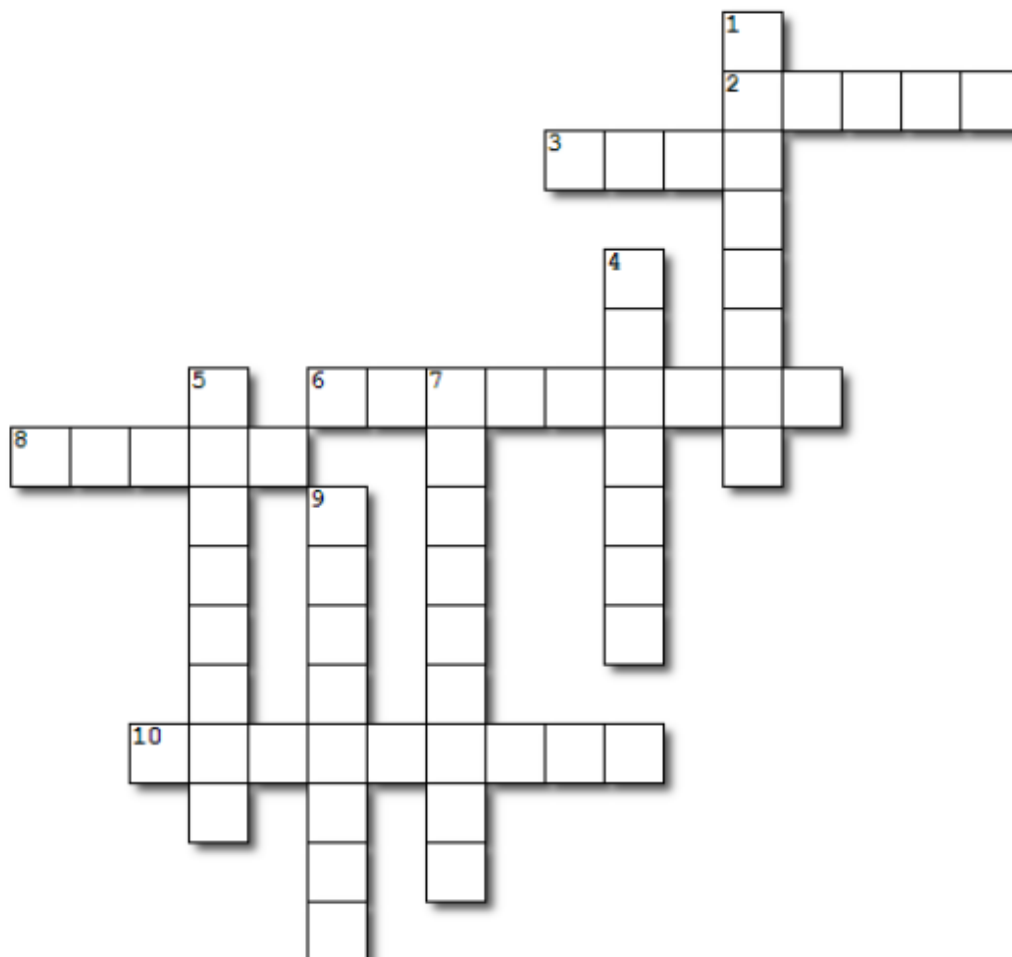
Consider contacting the platform on which you were scammed to report the scam: <https://www.scamwatch.gov.au/get-help/where-to-get-help#report-scams-to-facebook-services>

If you or someone you know is experiencing anxiety, emotional concerns or distress about scams, contact Lifeline on 13 11 14 24 or Beyond Blue on 1300 22 4636



SCAMS AWARENESS 'CROSSWORD' Puzzle

*Answers to crossword available at the end of newsletter at Page 45.



Across

2. When shopping online make sure the website address starts with this
3. Don't use this in public for accessing sensitive information online
6. Never click on one of these in a suspicious message or email
8. Scammers can do this to copy a real phone number
10. Always keep a lock on this to protect your mail

Down

1. These common scams impersonate businesses or government agencies
4. Scammers can install this to take over your device
5. Never allow an unexpected caller remote access to this
7. Make sure these are hard to guess and keep them private
9. This belongs only to you and is valuable to scammers

Stop scams. Speak up.

8-12 November #ScamsWeek2021

SCAMS
AWARENESS WEEK

Scamwatch Radar Alert

Losses reported to Scamwatch exceed \$211 million, phone scams exploding. Scamwatch is urging people to be extra vigilant about scams after Australians reported a record \$211 million in losses to scams so far this year, an 89 per cent increase compared to the same period last year, according to new data from Scamwatch.



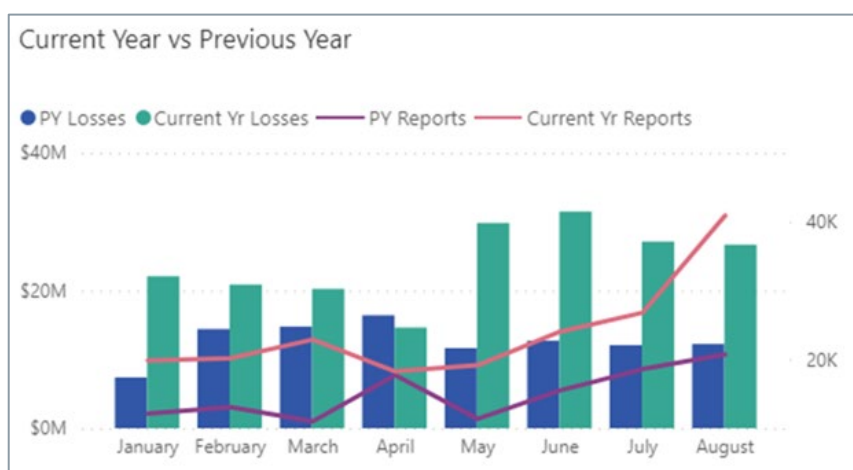
Scamwatch radar alert

Statistics between 1 January and 19 September 2021

- People aged 65 years and older have lost the most money so far in 2021, losing \$49.1 million, or 23 per cent of total losses for the year.
- Indigenous Australians have reported \$4.3 million in losses to scams, an increase of 172 per cent on the losses reported in the same period in 2020.
- People who speak English as a second language made over 10,500 reports with losses of \$29.9 million, representing almost 14.4 per cent of total losses for the period.

Current year reports and losses by month, compared with previous year:

From May 2021, losses to scams have increased substantially compared with the same period in 2020.



The losses, reported between 1 January and 19 September 2021, have already surpassed the \$175.6 million reported to Scamwatch across all of last year.

“It’s very concerning to see these scams evolving and becoming more sophisticated to steal even more money from unsuspecting people,” ACCC Deputy Chair Delia Rickard said.

“While the proportion of reports involving a financial loss has dropped this year, the people who do lose money are losing bigger amounts. The average loss so far this year is about \$11,000 compared to \$7,000 for the same period in 2020.”

Many of these losses are from telephone based scams, which accounted for over \$63.6 million (31 per cent) of the losses. Additionally, of the 213,000 reports that Scamwatch received so far this year, 113,000 were about phone scams.

Scammers call or text people and claim to be from well-known businesses or government to steal people's personal information.

"Scammers are pretending to be from companies such as Amazon or eBay and claiming large purchases have been made on the victim's credit card. When they pretend to help you process a refund, they actually gain remote access to your computer and steal your personal and banking details. These scams are particularly concerning in our current climate, as many people are turning to online shopping because of the COVID-19 lockdowns," Ms Rickard said.

Scamwatch has noticed a significant increase in losses to phishing scams (261 per cent), remote access scams (144 per cent) and identity theft (234 per cent). As explained in August's media release, losses to investment scams have also risen dramatically (172 per cent) in 2021.

"The rise in identity theft related scams is particularly concerning as scammers can use the personal information they obtain for use in other crimes," Ms Rickard said.

Information from these reports allows Scamwatch to work with a number of private and public organisations including government agencies and law enforcement to help disrupt scams and provide the best possible advice about how people can protect themselves.

"Scammers are conning people out of more and more money, so it's really important that everyone knows what to look out for and how to protect themselves. Remember, you never know who you are dealing with online. Scammers often pretend to be from a well-known organisation, such as a bank or the government, and they will pretend to offer you something such as money or a benefit, or claim that you are in trouble."

"Do not click on any links in messages that come to you out of the blue, and never provide any of your personal or banking details to someone you don't personally know and trust." Ms Rickard said.

For more information: <https://www.scamwatch.gov.au/news-alerts>

What to do - if you think you have been scammed

People who think they have been scammed should contact their bank or financial institution as soon as possible. They can also contact IDCARE on 1300 432 273 or via www.idcare.org if they suspect they are a victim of identity theft. IDCARE is a free, government funded service that will support individuals through the process.



Report a scam

Report a scam on our website

Road Safety Commission Western Australia

As the voice of road safety in Western Australia, the Road Safety Commission is dedicated to tackling road trauma, which is one of the biggest and most sustained causes of death and injury in the community.



Driving Change - Road Safety Strategy 2020-2030

Plan The McGowan Government has set an ambitious target to reduce road fatalities and severe injuries on Western Australian roads.

For many WA seniors, the ability to drive, cycle or use public transport is vital in maintaining independence. However, people aged 60 years and over accounted for 19 per cent of all people killed or seriously injured on WA roads between 2016 and 2020.



The new target is included in Driving Change – Road Safety Strategy for Western Australia 2020–2030, released by Minister for Police and Road Safety, Hon. Michelle Roberts MLA on November 15, 2020.

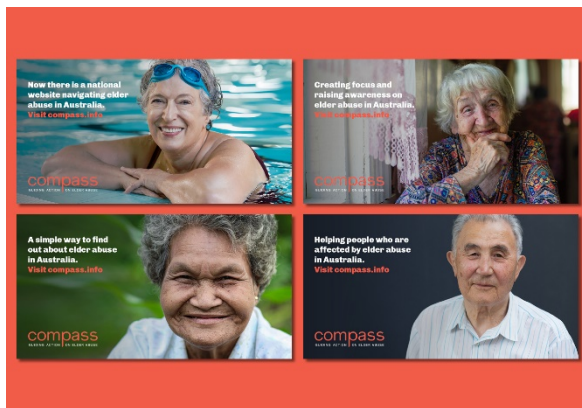
Driving Change is the framework to guide WA’s road safety journey over the next decade, to reduce the number of people fatally, severely or seriously injured by 50 to 70% by 2030, and to zero by 2050.

The Road Safety Commission will develop the first Road Safety Action Plan 2021 – 2022 to successfully deliver the priorities and focus areas outlined in the strategy.

This new strategy is a ‘call to action’ for all West Australians to collaborate and drive change in their communities.

To download and print a copy of the Driving Change – Road Safety Strategy for Western Australia 2020–2030 visit: https://www.wa.gov.au/sites/default/files/2021-07/Driving-Change-Road-Safety-Strategy-2020_2.pdf

Compass Guiding Action on Elder Abuse



Compass is a national website navigating elder abuse in Australia. Compass aims to create a national focus on elder abuse by raising awareness of this growing social issue, and simplify the process of connecting people to services and information tackling elder abuse.

Compass has been created by **Elder Abuse Action Australia (EAAA)**, with funding from the Australian Government Attorney-General's Department.

Why Compass was created

Priority Area 2 of the National Plan to Respond to the Abuse of Older Australians 2019-2023 outlines the Australian Government's commitment to build a national elder abuse knowledge hub to consolidate a diverse range of information and resources about the abuse of older people, for the benefit of the community.

The development of a National Plan reflected the understanding that Australia's governments needed to actively plan the best way to respond to an issue that will continue to grow with our ageing population. Where possible, this should be done in a nationally consistent way that is based on evidence.

Priority areas for action

Developing this first National Plan has been an opportunity for Australian, State and Territory governments to work together to identify how they will:

- Enhance our understanding of the abuse of older people
- Improve community awareness and access to information
- Strengthen service responses
- Plan for future decision-making
- Strengthen safeguards for vulnerable older people

Isolation

Often, what people are missing when they are feeling lonely or isolated is being connected to others in a meaningful way. Research shows that social isolation and loneliness in older adults leads to poor health and wellbeing.

But you don't really need research to show you that—you know it; we all do.

We have all experienced loneliness and a longing to be somewhere else or with other people. It's perhaps even an intrinsic part of being human, to desire what we don't have or to daydream of other lives.



But feeling momentarily sad or bored while knowing you've got a friend about to drop in is very different to the kind of despairing loneliness that some of us experience and which can become more frequent and troubling as we age.

Isolation can creep up on us. It's often not a deliberate decision—to separate yourself from others—but it happens. We might choose to go out less or find it too difficult and expensive. We might feel like we don't fit in or have little in common with the people we know.

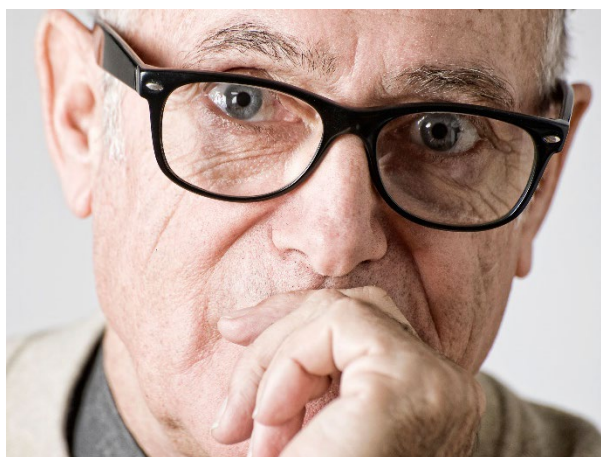
Or we might find ourselves in the midst of a worldwide pandemic, our governments telling us to stay at home and to be socially distant when we do go out.

In general, we are living longer and more independently than the generations before us. This means that the shape of retirement and later life has changed. A person who retires today might spend decades out of the workplace, leaving behind the sense of purpose that a job brings and the incidental conversations with colleagues.

We swap this for the promise of hours of unstructured time to pursue hobbies, travel the country and spend time with family. But then it turns out it's quite hard to find a hobby, the borders are closed, and our family members are off living the kind of busy and fulfilling lives we always hoped they'd have.

In addition, once we retire many of us will face some of the biggest challenges of our lives: the loss of a partner and friends, pains and illness that become chronic rather than passing, family growing up and moving away.

We might watch our savings dwindle and the cost of living rise, we might need to flee an abusive relationship, or we might find ourselves rattling around in a house that we love but doesn't feel right anymore. And that's when the isolation can set in and be hard to shake.



How isolation affects us

Isolation and loneliness can be debilitating. Being on your own makes space for negative thoughts and pessimistic or unhelpful self-talk.

Without interruptions by other people or the distraction of spontaneous events, you might find yourself having anxious, repetitive thoughts, or focusing on the things you have done wrong, or imagining reasons why people aren't reaching out to you. You might worry about who will help you if you have a problem or how to get a task done that

you can't do on your own. It can be exhausting and stressful and really, really hard.

When we become isolated it's not simply that we are spending time alone (being alone is not the same as being lonely). Isolation is the loss of meaningful relationships, not knowing who to turn to for help, and not feeling part of something.

Being isolated means we have little opportunity to participate in our world—instead we become observers to it, often very judgemental ones, and we can be incredibly hard on ourselves.

Feeling lonely and isolated is not something that should be brushed away or considered unimportant. It is not something that people should be ashamed of or feel apologetic for. And it is something that can be fixed.

How to address isolation

Often, what people are missing when they are feeling lonely or isolated is being connected to others in a meaningful way. It's not only that you may not have others to depend on or ask for help, but also the feeling that no-one is depending on or feeling connected to you.

A good way of addressing isolation is by trying a few different approaches. This way you're not putting all your eggs in one basket and you're creating more opportunities for connection.

The connections and friendships you make and maintain may offer you different benefits, including distraction, conversation, laughter, friendship and security.

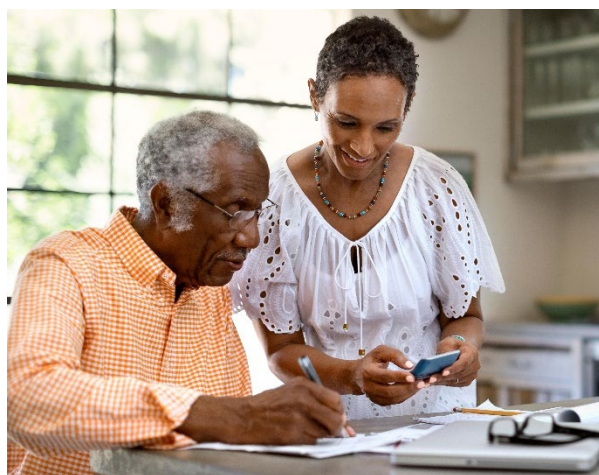
It is not easy to reach out—most of us feel shy in unfamiliar situations and with people we don't know. But in most cases people will react with positivity and encouragement.

Some things to try:

Have a go

Find or commit to a hobby or recreational activity. It may be one you begin alone, such as painting, gardening or watching films, and once you feel confident and involved with it you could get in touch with others with a similar interest or join a group of like-minded people—for example, attend an art class, join a community garden or go to a film festival.

One of the positive aspects of the COVID-19 pandemic has been the flourishing of online opportunities and communities. Things like book launches, theatre performances, talks and forums that previously happened in-person and may have been difficult to attend may now be happening online, allowing you to access them easily from home.



Nurture your friendships

Friendships and relationships require nurturing, time and effort. Try and stay in contact with others through phone calls, messages, visits or letters to show that you're thinking of them.

Don't always wait for others to contact you—turn thoughts into action by getting in touch when a friend you haven't seen in a while crosses your mind.

When you're feeling lonely and down, it can be difficult to remember that others sometimes feel this way too. They might really appreciate you making the effort to reach out.

Giving back—finding purpose in your world

Think about the things that are important to you and how you can focus on them and introduce others to their value. For example, you might have a strong desire to protect the environment or support asylum seekers. Turn your thoughts into action by seeking online or community groups that need your participation and support.

In this way you can maintain a life of meaning and fulfilment, where other people benefit from your experience and involvement and you benefit from the connections you make and the satisfaction of giving.

Learn something you don't need to know

Try and be curious about the world. Is there a topic you've always been interested in or something recent that has sparked your interest? Make an effort to address these gaps in your knowledge—it may be that you never put the particular skill or information to use, but that doesn't have to be necessary for it to be fascinating.

Learning with a group can be a way of meeting new people, while following up a topic that interests you might open up other opportunities for participation or travel.

Keep it physical

You don't need to become a gym bunny, but maintaining your health and fitness helps with being able to participate in all sorts of social activities.

Improving your fitness builds confidence because you know you can keep up with others and achieve your goals, and it helps to maintain your independence because it makes getting out and about easier.



Speak to a professional

Loneliness and isolation can sometimes play hand-in-hand with anxiety and depression. Speak to your GP about your mental health, and request a mental health plan as an affordable way to see a counsellor or psychologist.

Psychologists can offer different ways of thinking about your situation and adapting to your current circumstances. This might include ideas for thinking more positively, learning to listen well to foster connection, and adapting to change.

Read more about solving isolation for older people at:

<https://www.compass.info/featured-topics/isolation/solving-isolation#how-it-can-happen>

RSLWA

The RSLWA is the governing body of RSL Sub-Branches across Western Australia. They aim to commemorate, support and provide comradeship to veterans and their families. The RSLWA has continuously provided camaraderie and assistance to those returned from service for well over one hundred years.

Founded to support veterans and their families, the core mission has never changed, but has continued to grow and evolve as the needs of each generation changed. From young and old, ex-serving to current, male and female alike the RSLWA is there to assist.

The RSLWA advocate for the best possible conditions for those who have served and foster a spirit of respect and thanks from a grateful nation through commemorative services and events, *"Our voice is strong. Our will stronger still."*

Their branch network across the state allows for assistance to be given to any veteran in need.

Member or not, a warm welcome is always waiting for you at your local RSL Sub-Branch:
<https://www.rslwa.org.au/members-area/sub-branches/>

Remember the 'Poppy Day' Street Appeal Friday 5 November 2021



This year marks the 100th Anniversary of the International Poppy Appeal established in the United Kingdom in 1921. The Poppy Appeal started in Australia in 1923, is the RSL's longest-running fundraiser and is RSLWA's largest annual fundraising event for the year.

Poppy Appeal coincides with Remembrance Day, where poppies are given in return for a donation.

This annual appeal, conducted in the lead up to Remembrance Day, will be held this year on Friday 5 November 2021 from 8:00am to 2:00pm.

All Poppy Appeal donations go directly into assisting veterans in need, whether that be with financial matters, mental and physical health

issues and transitioning into the civilian world. The importance of these funds continues to be highly relevant as we support veterans of recent conflicts, such as Iraq, Afghanistan and East Timor, alongside the ageing population from past conflicts.

For any queries contact Susannah on 08 9287 3735 or email marketing@rslwa.org.au

Visit: <https://www.rslwa.org.au/news/poppy-day-street-appeal-2021/>

RSLWA 'DVA TV'

The Department of Veteran Affairs has launched a new communication channel to provide updated information, support and recognition to the Defence and Veteran community. Dedicated to veterans and their families, DVA TV will publish a wide variety of video content to a YouTube Channel about DVA services and the support that is available to them.



RSLWA



Content on DVA TV ranges from guides to accessing support, such as how to use MyService, to capturing and sharing commemorative services, showcasing individual stories of service and posting important announcements from the department.

DVA TV provides overviews and insights into the services available to the veteran community, including support for families, mental health programs, financial assistance and claims support, transition stories and messages of hope such as the positive impact programs such as the Psychiatric Assistance Dogs Program is having on veterans' lives.

RSLWA are keen to ensure that DVA TV provides informative videos on what you want to know more about in the ex-service community and they welcome your suggestions for future content. Please either contact the ESORT Secretariat with your ideas or feel free to email suggestions to the DVA's Communications Branch.

Email: communications@dva.gov.au

RSLWA hope DVA TV will have a positive impact and help to empower veterans and their families to be the best they can be.

Make sure you subscribe to the channel to be notified of new content!

DVA TV Link:

https://www.youtube.com/channel/UC7WQ9eFKHzf5lCMUm0RpUyQ?app=desktop&sub_confirmation=1

DVA TV Playlists include:

DVA Services and Support

This playlist is dedicated to providing information about the Department of Veterans' Affairs and the services and support we provide to Australia's veteran and defence community.

Commemoration and Recognition

This playlist is dedicated to honouring the service and sacrifice of Australia's veterans and their families. It includes records of commemorative events and marks significant events in our military history.

Our Veteran Stories

This playlist is dedicated to telling the stories of Australia's veterans and their families.

Announcements

This playlist records announcements from the Department of Veterans' Affairs for the veteran community.

2021 Prime Minister's Veteran's Employment Awards

The Prime Minister's Veterans' Employment Awards recognise organisations who employ and support veterans to transition to the civilian workforce, as well as recognise veterans who are making a significant contribution as an employee or entrepreneur.



New Strength for Life Provider Geraldton WA 'Revive Exercise Therapy'

Maragret Hart, Exercise Physiologist, BScEX says, "I was inspired by wanting to have a program in my community that is accessible for the older Australians to keep active and social as they get older."

Margaret has been an Exercise Physiologist for 2.5 years, graduating at the end of 2018 from Edith Cowan University. She grew up as an active person and loved the idea of using exercise to help people lead happy and fulfilling lives. Margaret feels the diversity of the job keeps it really interesting and you are learning something new every day.



Margaret became a SFL Instructor to encourage and inspire an active life at any age. For older Western Australians to be able to continue doing their day-to-day activities which may be as simple as getting out of a chair which keeps them feeling independent, which is so important.

What Margaret enjoys most about working with older people is the joy she receives when they share their knowledge and wisdom - growing up in a different generation they have interesting stories to tell. She loves watching them grow in confidence in the gym when they start a strength program and just having fun with the exercises.

Margaret enjoys riding her two horses and competes when she has a chance. She also competes in triathlons during the summer and occasionally goes for a surf or snorkel when it's not too windy. Living in Geraldton WA with the ocean right on your doorstep you can never get bored.



New Program Netball WA 'Walking Netball'

Walking Netball is netball but at a walking pace! This program is a modified version of netball that reduces the risk of injury while promoting a safe, non-threatening environment for play.

Walking Netball will improve your physical health and wellbeing and will help you stay active and social, regardless of fitness or age.

The Benefits of playing Walking Netball

Walking Netball provides a fun, safe environment and encourages adults to have a more gradual introduction to physical activity by regaining necessary motor skills, helping balance, coordination, and better footwork. Other benefits include improved strength, flexibility and circulation, along with long-term fitness and weight maintenance benefits.

Walking Netball also encourages social interaction and is a great way to make friends or even spend time with old friends on a regular basis. Everyone is welcome to enjoy Walking Netball regardless of physical fitness, age or previous netball experience.

The Rules

Walking Netball is designed to reduce the risk of injury and falls to the players while promoting a safe, non-threatening environment for play, which is achieved through these modifications to the rules:

Rules link: https://wa.netball.com.au/sites/wa/files/2021-09/NWA2021_WNB_Rules_V4.pdf

FAQs

FAQs link: [Microsoft Word - Walking Netball FAQs .docx](#)

If you can't find the answer you are looking for please contact Alex Nunn at: alex.nunn@netballwa.com.au

Season information

Walking Netball Pilot, Spring 2021: 18 October 2021 - 12 December 2021

Pricing information

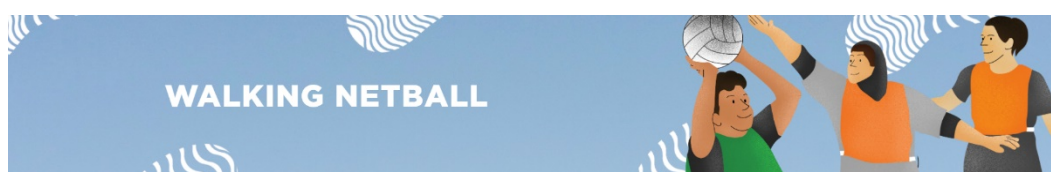
Registration Fees are \$10.00 (plus processing fee) and each participant will pay a \$5.00 per week participation fee. Your first week is included in the \$10.00 registration fee!

Additional information

This exercise class will consist of 1 hour of participation. This consists of group warm ups and cool downs, other strength exercises and a Walking Netball match.

An Exercise Physiologist will be present to assist with warming up and assessing your physical health.

For more information visit: <https://wa.netball.com.au/walking-netball>



Exciting times ahead for Men's Health in WA

Men's Health and Wellbeing WA is the peak independent not-for-profit charity organisation dedicated to representing and promoting the health and wellbeing of boys and men in Western Australia.

The objectives of MHWWA, the peak body for men's health and wellbeing in WA, include:

1. Promoting the prevention of diseases, both physical and socialemotional, in men.
2. Raising awareness of men's health and wellbeing issues in a holisticsense.
3. Being the peak body representing men's health, wellbeing and otherissues that impact on men and boys.
4. Collecting data, carrying out research, distributing information andraising awareness of educational services.
5. Fostering networks and providing a forum for leaders of men'sgroups and other community leaders in WA.

Memberships are welcome via the website: <https://www.menshealthwa.org.au/>

If you require any additional information, please contact:

John Rich

Chair, Men's Health and Wellbeing WA

E: admin@menshealthwa.org.au

M: 0499 076 925

If you need support, please visit: Mens Directory – Online <https://www.menshealthwa.org.au/directory/>
for a searchable listing of services available to the men of Western Australia.




Men's Health
& Wellbeing
Western Australia



Northern Suburbs Community Legal Centre

Facilitative Mediation for Older People (FMOP)



northern suburbs community legal centre

10 Cobble Place, Mirrabooka WA 6061 Tel 9440 1663 Email: mediation@nsclegal.org.au Website: www.nsclegal.org.au

Northern Suburbs Community Legal Centre
Facilitative Mediation for Older People (FMOP)

Facilitative Mediation for Older People is a free, impartial confidential and voluntary process that older people can engage with during the early stages of conflict with families or friends. Our mediators do not provide any advice, legal or otherwise. They help facilitate difficult conversations.


Why might I want to contact the mediation service?

- You are an older person who wants to address family or friend conflict as early as possible by having difficult conversations about issues such as health, social or living arrangements that protect your interests, rights, and safety.
- You are a professional or organisation working with older people and would like more information about our mediation service for older people and /or to discuss a referral.

(Mediation is not suitable when there is a power imbalance, a history of violence, safety concerns and/or issues requiring legal advice)

Who should I contact?

The Mediator can be contacted on 9440 1663 or email: mediation@nsclegal.org.au



Is there a cost?

Facilitative Mediation for Older People is a free service for all parties involved.

Once the mediation process has commenced Northern Suburbs Community Legal Centre is unable to provide any other services, legal or non-legal to either Party. Information about other legal services that may be able to assist you, can be provided.

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Email: mediation@nsclegal.org.au



northern suburbs
community
legal centre

Chung Wah Community and Aged Care (CAC) Multicultural Aged Care

Chung Wah Community and Aged Care (CAC) has partnered with the Federation of Ethnic Communities Councils of Australia (FECCA) along with other providers to deliver the Government funded EnCOMPASS program which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.



Chung Wah Community and Aged Care (CAC) multilingual 'Connector Staff' provide FREE:

- Community information sessions for better understanding of ageing, the aged care system and supports through MyAgedCare call centre and website
- One-on-one assistance with a holding-hand approach to access aged care services

Contact Chung Wah Community Aged Care (CAC) for further information or assistance.

T: (08) 9328 3988 Email: enquiry@chungwahcac.org.au



EnCOMPASS:


Multicultural Aged Care Connector


Chung Wah Community and Aged Care (CAC) has partnered with FECCA along with other providers to deliver the Government funded **EnCOMPASS** program which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

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- One-on-one assistance with a holding hand approach to access aged care services.

Contact us for further information or assistance.
Ph: (08) 9328 3988
Email: [enquiry @ chungwahcac.org.au](mailto:enquiry@chungwahcac.org.au)

The Chung Wah Association
Community & Aged Care 
www.chungwahcac.org.au

 for the latest news, helpful info, updates [chungwahcac](http://chungwahcac.org.au)

Dementia Care Navigator



Dementia Australia has partnered with COTA Australia

Navigating through the aged care system alone can be confusing and difficult, and that's why Dementia Australia have a dedicated support person who can provide tailored information and help

navigate what can be a very complex system.

As part of a COTA led consortium of Aged Care System Navigators, Kim (Dementia Care Navigator) provides information and connects clients with appropriate support and services pre and post diagnosis, including referrals, advice and resources to support a better quality of life for people living with all forms of dementia, their families and carers.

Dementia Care Navigator Kim, can assist with answering a range of queries, including understanding dementia, knowing what supports are available to support people to remain living in their own home, understanding options for residential care (if that is the persons preferred option), Kim will work alongside people to assist them to register with My Aged Care, to prepare for an assessment meeting and to help them connect with a local aged care provider.



This service is available in-person at the Dementia Australia office in East Perth, at various community locations, over the telephone or online throughout Western Australia.

Referrals can be made via email: wa.referrals@dementia.org.au

Calling the National Dementia Helpline on **1800 100 500**



Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible.

No matter how you are impacted by dementia or who you are, Dementia Australia is there for you.

Specialist Support Officer Aged Care Navigator



Umbrella Multicultural Community Care has partnered with the **Federation of Ethnic Communities Councils of Australia (FECCA)** along with other providers to deliver the **Government funded EnCOMPASS program** which provides navigational support to older people of Culturally And Linguistically Diverse (CALD) backgrounds and their communities to access the aged care system and other supports.

Umbrella's Specialist Support Officer Aged Care Navigator provides

- One-on-one support to older people of CaLD backgrounds, which is inclusive of their carers and families, through a strengths-based, no-wrong-door approach to understand and access aged care and other services
- Provides culturally appropriate tailored information about access aged care;
- Builds capacity of older people, their loved ones and CaLD communities on ageing and to engage with aged care services
- Contributes to an evidence base on the issues and barriers affecting older people from CaLD backgrounds in navigating ageing and the aged care system, including collecting data and information to support an evaluation of the program

If you would like assistance to experience the best outcomes from the aged care system, **please contact Zahra Daneshfar using the details below:**

T: 08 9274 4411

E: z.daneshfar@umbrellacommunitycare.com.au



Specialist Advocate Aged Care Navigator

Advocare WA has partnered with COTA Australia

Kerry has joined Advocare as a Specialist Advocate - Aged Care Navigator and we look forward to working with COTA WA and Dementia Australia as part of the Navigator Trial phase 2. Kerry is based in the South West of WA and will be covering the South West and Great Southern. Kerry provides support and advice based on your individual circumstances to help you and your family understand and access aged care services. Support is free and can be given face-to-face, by telephone or online.

If you would like assistance to experience the best outcomes from the aged care system, **please contact Kerry using the details below:**

M: 0427 732 515

T: 1800 655 566

E: kerrye@advocare.org.au



COTA (WA) Aged Care Navigation Service

It's never too early or too late to plan towards being the healthiest you.



COTA (WA) Aged Care Navigation provides **free and independent** information about:

- The aged care system in Western Australia
- Support services available for people living in their own home
- Eligibility and how to access services
- Chat one-to-one with our Aged Care Navigator



COTA (WA) Aged Care Navigator Margaret Fisher is out and about in the community raising awareness of the support available to older Western Australians through the Aged Care System Navigation program. She was recently invited to the Westminister Presbyterian Church in Bullcreek to talk to seniors about accessing aged care. Margaret says; *"I was fortunate enough to chat to many members of the audience about their individual situations in relation to the aged care system and I've found the majority of*

queries relate to care in the home. My role is to encourage seniors to be better informed about aged care and to support them on their journey and I get great satisfaction from the one-on-one meetings where I can actually make a difference to someones' life."

To speak to our Aged Care Navigator, Margaret Fisher:

T: 1300 025 298

M: 0473 625 877

E: agedcareinformation@cotawa.org.au

W: www.cotawa.org.au

Margaret has worked in the Age Care Sector for over 10 years - as an Age Care Assessor. She is keen to share her experience and knowledge of the My Aged Care system with older Western Australians, their Carers and family members. Margaret is looking forward to empowering people to start or continue their age care journey with confidence. She can support them to feel in control and be well informed of the choices available in the aged care system.



2021 WA Seniors Week Events



Have a Go News SENIORS WEEK 2021 EVENTS GUIDE

Join the fun for Seniors Week 2021

Art

Entertainment

Activities



Event: *Painting of a thousand settings* - a part of the *Seniors Week 2021*.
20 can be seen 100 to 1000.



Stephanie Moore *Julia's Last Days* 2021. Acrylic paint on canvas, 51 x 71 cm.



The WA Art Gallery features the *Lester Prize for Portraiture*, with a double pass to a special screening at Palace Cinemas Raine Square; see inside for your guide to *Have a Go Day*.

SOFIHUB ASSISTIVE LIVING TECHNOLOGY

WWW.SOFIHUB.COM | 1300 110 366



eazense Powered by SOFIHUB

- Revolutionary technology for real-time fall detection, which utilizes SOFIHUB portal for user identification and communication
- Future applications in vital signs monitoring
- Significant medical demand for best-in-class fall detection solutions



SOFIHUB secure

- A lightweight, easy-to-use, multi-personal alert system that can issue an emergency SOS to multiple people at the touch of a button
- Works wherever there is 3G or 4G coverage
- 2-way voice communication provides your emergency contacts with the ability to call the SOFIHUB secure



SOFIHUB home

- A personalized companion for the home, which provides audible reminders and intelligent monitoring of movement
- 8 built-in and eight million sensors placed around the home
- Key routines programmed through the online portal
- Personal reminders for medication and appointments



SOFIHUB portal

- A cloud-based, state-of-the-art interface that provides security and real-time access for users and other users of the SOFIHUB suite of products

The Chung Association 'Linking & Celebrating Seniors Week Together'



Join The Chung Wah Association Community & Aged Care Services Inc. for their Linking & Celebrating Seniors Week Together free Morning Tea!

Chung Wah Community and Aged Care (CAC) is dedicated to improving the quality of life of individuals from diverse backgrounds, especially non-English speaking background, in Western Australia.

Where: Chung Wah Association Balcatta Hub 18 Radalj Place, Balcatta WA

When: 8-11 November 2021 from 9:00am to 11:00am

T: 08 9328 8657

Where: Chung Wah Willetton Hub 58 Burrendah Boulevard, Willetton WA

When: 9-12 November 2021 from 9:00am to 11:00am

T: 08 9328 8657



Linking & Celebrating Seniors Week Together



The Chung Wah Association
Community & Aged Care



Linking & Celebrating Seniors Week Together



The Chung Wah Association
Community & Aged Care

The Umbrella Multicultural Seniors Festival Is Back!

Join Umbrella Multicultural Community Care Services Inc. for a multicultural celebration!

Thanks to the HUGE success of last year's event, we will again celebrate multicultural seniors' contribution to our communities through meaningful exchanges of culture, music, and performances.

We will also have a mini expo with a wide variety of stallholders who will share relevant information on seniors' health and well-being.

When: Tuesday 9 November 2021

Time: 10am - 2pm

Place: Stirling Adriatic Centre, 78 Jones Street, Stirling WA

Transport: Public transport available on Jones Street, Stirling Station in the vicinity and car park available

Performances will include:

Traditional Chinese, Japanese, Macedonian and Persian dancers as well as an opera singer and Mr Accordion Man himself!

Highlights include:

- Free entry to all patrons
- Free health checks
- COVID-19 Information
- Free promotional giveaways and raffles from our exhibitors, free health tests and screenings
- Free tea and coffee

Don't miss out on this excellent opportunity to learn about the different cultures and local services, try new experiences, and meet with others within the community!

Entry is FREE, so please come along for a fun multicultural experience!

This event is supported by COTA (WA) and the WA Department of Communities.

Facebook: <https://fb.me/e/12ggdJ5Zs>



'A Purple Road Picnic' 2021 WA Seniors Week Event

Northern Suburbs Community Legal Centre and OPRS invite all current and future purple roader's their family and friends as well as interested members of the public who are supporters of older people's rights.

When: Tuesday, 9 Nov 2021, 10-12pm

Where: Vietnam Memorial Pavilion, May Drive Kings Park (near Zamia cafe)

Why: To celebrate Senior's Week and the incredible work the Purple Road members have achieved to raise awareness of ageism, elder abuse and the rights of older people by joining together sections of the Purple Road.

Provided: Catered lunch with table and chairs provided. Be one of the first to receive the very popular OPRS 2022 calendar - to be unveiled on the day.

Required: Bring your group's section of the Purple Road to the event.

Bookings are essential. Book here: <https://events.humanitix.com/purple-road-picnic-senior-s-week-event>

For groups of five or more, please email camille.grubba@nsclegal.org.au to facilitate larger groups.

A special thank you to Council of the Ageing WA [COTA WA] who have made this event possible through the Senior's Week grant allocation.



Public Trustee '2021 WA Seniors Week Events'

The WA public Trustee is hosting Seniors Week Seminars 'Morning Tea with the Public Trustee' with free Wills and Planning Ahead Seminars during Seniors Week. All are welcome to join the 'Morning Tea with the Public Trustee' where attendees will learn more about the importance of having a Will and Planning ahead.



Public Trustee

Booking is Essential: www.trybooking.com/BSYIT or T: 1300 746 116



Free Seniors Week Events

Wills & Planning Ahead Talks

Join the Public Trustee for a free community talk during Seniors Week where you will learn more about the importance of having a Will and getting your affairs in order, navigating the deceased estate administration process and safeguarding decision-making in later life.

- What really happens if you die without a valid Will?
- Who can challenge your Will?
- What do executors & administrators do?
- Benefits and risks of Enduring Powers of Attorney & Guardianship

Monday 8 November 10.15am – 11.45am

Tuesday 9 November 10.15am – 11.45am

Thursday 11 November 10.15am – 11.45am

Public Trustee Seminar Room - Level 11 / 553 Hay Street Perth

Doors open at 10am for complimentary refreshments.

BOOKINGS ESSENTIAL

Phone: 1300 746 116 or visit www.trybooking.com/BSYIT

COVID-19 update: Events will be organised in accordance with Government health guidelines and are subject to change.

www.publictrustee.wa.gov.au

- Wills ■ Deceased Estate Administration
- Enduring Power of Attorney
- Trust Management ■ Elder Abuse Prevention
- Private Administrator Support



Public Trustee

If you are thinking about updating or making a new Will or Power of Attorney, join the 'Morning Tea with the Public Trustee' during Seniors Week to learn more. The **free information seminars** will provide a better understanding around the importance of having a Will, navigating the deceased estate administration process and safeguarding decision-making in later life by preparing an Enduring Power of Attorney (EPA), Enduring Power of Guardianship (EPG), Advance Health Directive or by applying for Guardian & Administration Orders.

Dates/Time: Monday 8, Tuesday 9 and Thursday 11 November | 10.15am-11.45am

Location: Perth CBD - Public Trustee Level 1, 553 Hay St Perth WA 6000

Complimentary morning tea and information packs provided.

COVID UPDATE: The events will be hosted in accordance with Government health guidelines and are subject to change.

For more information regarding Public Trustee services please visit the website: <https://www.wa.gov.au/organisation/departments/public-trustee>

SRCWA 'Have a Go Day, a LiveLighter Event'

Burswood Park, Wednesday 10 November 2021 'Age is No Barrier' 9:00am to 3:00pm

Seniors Recreation Council of WA (SRCWA) presents Have a Go Day, a LiveLighter Event, celebrating 29 years in Burswood Park, on average around 12,000 people regularly attend Have a Go Day. This event is a FREE expo for over 50's, there will be a wide range of senior specific information and activities, something for everyone.

The Hon. Don Punch MLA, Minister for Seniors and Ageing will officially welcome everyone at 10.30am at the entertainment stage, Site 98.



There will be a wide variety of activities to have a go at, a few of these are, Boomerang throwing, disk bowls, Trishaws for Seniors, Laser Pistol Shooting, Qi Gong, range of dance activities and more, also remember to keep hydrated at the hospitality tents providing free tea, coffee & bottled water for participants. The entertainment line-up throughout the day will include, the WA Police Pipe Band, Klassworks, Bands- Music Mayhem and F.B.I. and a variety of other artists, this year the Entertainment Stage is once again sponsored by Ingenia Gardens.

All COVID-19 safety requirements will be adhered to including advice on social distancing, hand sanitization provisions and extra space provided to enable Seniors to enjoy the opportunity to once again enjoy an event in the beautiful grounds of Burswood Park, Great Eastern Highway, Burswood.

The Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards Have a Go Day 2021, a LiveLighter Event. Lotterywest supports, local community organisations with income from Lotterywest sales, support this by purchasing Lottery tickets from your official Lotterywest outlet.

Please see the full lift-out for Have a Go Day, a LiveLighter Event in the Seniors Week lift out which is included in this edition of Have a Go News.



Further information is available by calling 08 9492 9772.

City of Canning Free Seniors Morning Tea for WA Seniors Week

The City of Canning will be hosting a FREE morning tea to celebrate WA Seniors Week 2021.

The City of Canning acknowledges and celebrates the valuable contributions of older people in their community.

Please join us for a morning tea with lashings of sweet delights and a Cultural Dance performance with Chung Wah.

They will present a 'walk down memory lane' with their Heritage Team. Please feel free to bring your photo memories of Canning to share with Geoff and Linda from the Heritage Team at the end of the presentation.

Please let the City of Canning know if you have any special dietary needs or specific access requirements.

Contact

Leesa Miller, Community Development Officer – Disability Access & Social Inclusion

T: Inclusive Communities Team on (08) 6350 7229

E: leesa.miller@canning.wa.gov.au

Log-on to 'Eventbrite' to make your booking: <https://canningseniormorningtea.eventbrite.com.au>



City of Canning
A welcoming and thriving city



City of Rockingham WA Seniors Week Events

The City of Rockingham has published its WA Seniors Week 2021 events. All events are wheelchair accessible.

Please specify any special dietary requirements when booking. A variety of events and activities for seniors will be held across the City of Rockingham for Seniors Week 2021 to acknowledge and show appreciation for your valued contribution to the local communities of the City of Rockingham.

All activities are free but bookings are essential.

From Monday 25 October 2021, EVENT GUIDE detailing all of the Seniors Week events will be available at City facilities and rockingham.wa.gov.au/seniors



Events

GRAI - is offering a free one-hour webinar on GLBTI Elder Abuse

This webinar will explore the impact of Ageism and its links to poorer health in older people. What is elder abuse and additional specific types of elder abuse that GLBTI people may experience.

It will also touch briefly on the issue of sexual abuse of older people.

This webinar compliments the GRAI Right to Belong Training by taking a closer look at a difficult and complex issue that occurs in the heterosexual and GLBTI communities.

Date + Time:

Tuesday: 16 November 2021

10:00am to 11:00am

Register via:

<https://www.eventbrite.com/e/glbti-elder-abuse-tickets-193187899207>

Enquiries:

training@grai.org.au | (08) 9436 3422

Direction Psychology 'Free Group Sessions' November 2021`

Want to reconnect with like-minded people, and learn how to live a happier and healthier life?

If you are over 65 or an Aboriginal or Torres Strait Islander person over 55 or a Carer (any age) for an older Western Australian, Direction Psychology are offering free group sessions at local libraries to help you reduce feelings of stress and anxiety and improve your general emotional wellbeing.

Where: Armadale, Gosnells, Fremantle, Midland, Ellenbrook, Ballajura, Beechboro, Bullsbrook, Kalamunda and Forrestfield.

When: November 2021

Contact: T: 1300 322 068 to register

Email: agedcare@directionpsychology.com.au



City of Kalamunda 'CommuniTEA Matters'

Join the City of Kalamunda for morning tea and hear from COTA (WA) the peak body for older Western Australians.

The session will focus on support, advocacy and highlight activities available to seniors.

This is a free event and bookings are essential.

Date: Wednesday 3 November 2021

Time: 9:30am to 11:30am AWST

Location: Darling Range Hub @ Jack Healey Centre 21 Mead St, Kalamunda 6005

RSVP by 1 November 2021 via 0492 807 603 or email hello@drsniorshub.com.au

W: www.kalamunda.wa.gov.au



CommuniTEA Matters
Presentation by COTA WA

PRESENTATION

Wednesday 3 November 2021

9:30am-11:30am

Darling Range Hub @ Jack Healey Centre
21 Mead St, Kalamunda

Free Event
BOOKINGS ESSENTIAL

RSVP by 1 November
via 0492 807 603 or email hello@drsniorshub.com.au

COTA
WESTERN AUSTRALIA
for older Australians

DARLING RANGE Hub

City of Kalamunda

The banner features a collage of smiling senior citizens. A circular inset shows a group of five people giving thumbs up. The background is a mix of light blue and white with green accents.

Alzheimer's WA 'Walk to Remember'

Alzheimer's WA is running its annual 'Walk to Remember' event on Sunday 21 November 2021 at Government House Perth. All proceeds go directly to advancing the leadership, advocacy and support services delivered by Alzheimer's WA to those living with dementia, their families and their carers.

- Dementia is the leading cause of death for women in Australia
- Dementia is the second biggest killer of Australian men
- Dementia is the second leading cause of death of Australians

The theme for Walk to Remember is 'the heart remembers what the mind may forget'.

The aim is to raise awareness for West Australians who are living with dementia. Alzheimer's WA want people to participate in the walk by registering in advance for the walk at their 'walk to remember' website.

There will be fun activities on the day, food and beverage vendors, games, petting farm, band, face painting and a chance to enjoy the gardens. The event incorporates a range of distances 1km, 3km and 5km in order to encourage individuals of all ages and capabilities to participate.

When: Sunday 21 November - registrations from 8.30am

Where: Government House, Perth City 13 St Georges Terrace, Perth WA 6000

Registration is essential: to find out more and register- please visit: www.walktoremember.com.au

For more information contact:

Martin Horne: Marketing Manager, Alzheimer's WA

E: Martin.horne@alzheimerswa.org.au

M: 0417 933 610

W: www.alzheimerswa.org.au

alzheimer's wa
the dementia care experts

alzheimer's wa

REGISTER TODAY!

WALK TO REMEMBER

Sunday 21 November 2021
Government House, Perth

Registration starts at 8:30 am



For further information and to sign up today, please visit
www.walktoremember.com.au

Volunteering Opportunities

Kaleidoscope Mentoring Program

The Kaleidoscope Mentoring Program is implemented under a partnership between the City of Stirling, the City of Canning, the City of Swan and Metropolitan Migrant Resource Centre, and is funded by the Australian Government Department of Social Services and the Western Australian Government through the Office of Multicultural Interests.



KALEIDOSCOPE

Newcomers (migrants and refugees) bring talent, innovation and international expertise to Western Australia, but they need information and networks to succeed. KMP aims to help skilled newcomer professionals improve their employment potential by matching them with mentors from their industry or occupation.

Mentors guide newcomers on a pathway to find employment within their industry. This benefits both the newcomers and employers in Western Australia by sharing new ideas and boosting business development and cultural diversity in both the workplace and the community.

A growing number of Employer Partners are supporting the program and nominating their employees to become mentors in the program. At the same time, interested professionals are also individually joining the program as mentors.

The Mentoring Program, now in its fourth year, has already helped over 234 skilled professional migrants improve their employment potential by matching them with mentors from their industry or occupation. Past participant survey responses indicate the program achieves results with 80 per cent of past mentees reporting being employed in their fields within six months of completing the program. This compares to entry data which shows 91 per cent of mentees were unemployed or employed in survival jobs, with 9 per cent under employed in an associated industry at the commencement of the program. View the latest infographic:

Since its inception, KMP has recruited more than 350 mentors from over 180 different organisations. Many of these mentors have migrated to Australia and understand the struggles and employment barriers that newcomers face. The depth and experience of this pool of mentors enables KMP to assist newcomers across a diverse range of professions and industries - **however the mentor's role is NOT to find a job for the mentee.**

To apply: <https://www.surveymonkey.com/r/66G597P>

T: 08 9205 8368

Feedback Opportunities

Edith Cowan University 'Research Study: Mental Health and Social Care for Older Adults During Periods of Social Isolation'

The Western Australian Association for Mental Health (WAAMH)

A research team from Edith Cowan University has been funded by the Department of Health Western Australia to conduct a project titled 'Enhancing mental health and social care services for older adults during periods of long-term social isolation'.

The aim of the project is to understand the impact, and current and current and future implications of the COVID-19 pandemic on services who provide mental health and social support to older adults.

The team are seeking volunteers to complete a survey for this research project. They would like to know whether you tried to access any services and, if you did, what your experience was.

[Click here](#) to see the participant information sheet for this study, which includes more information about the survey and what your participation would involve.

Who can participate?

- Adults aged 60 years or older with a chronic medical condition/s
- Adults aged 70 years and older
- Participants need basic English proficiency and to not have not been told by a doctor that they have dementia

Click on the link access the survey: <https://www.cotawa.org.au/mental-health-and-social-care-survey>



Curtin University's School of Allied Health: 'Successful Ageing' Survey

Successful Ageing Study

Dr Elissa Burton at Curtin University's School of Allied Health is running a survey to identify what people aged 65 years and over think Successful Ageing is to them.

If you have 15 minutes free, please complete the survey by clicking on the link below or copying and pasting it into a search engine like google chrome or safari.

https://curtin.au1.qualtrics.com/jfe/form/SV_blbvm1t7I3F2EAu

Please also forward it onto friends and family 65 years and over.



Take part in our 15 min survey

**We want to know
what successful
ageing means to
you?**

**If you are 65 years and over
we want to hear from you!**

The Curtin University logo, featuring a stylized sun icon in a yellow square followed by the text "Curtin University" in white on a dark blue background.

Curtin University Human Research Ethics Committee approved this study (HRE2021-0587)

Information about COVID-19

Pfizer COVID-19 Vaccine for Western Australians 60 and Older



All Western Australians have been affected by the COVID-19 pandemic, and each of us have our own story to share.

The COVID-19 vaccine helps WA continue on a safe path out of the pandemic. Roll up for WA to protect yourself and the community.

Go online to book your vaccination appointment via <https://covid-vaccine.healthdirect.gov.au/?lang=en> or call 08 13 26 843.

The COVID-19 vaccines are new, and it is very normal for people to have questions. There is so much information – and misinformation – it can be overwhelming. But we need to build vaccine confidence because each and every vaccinated person helps us move past the pandemic.

The vaccines are safe. Creating a COVID-19 vaccine has meant many people around the world worked together like never before. They also had much more money than usual from different governments contributing. This has allowed scientists to complete years of work in just months, without missing any steps. Vaccines are only allowed in Australia after being tested and found to be safe and effective. All vaccines continue to be quality tested and monitored for safety.

The COVID-19 vaccines do not contain live virus and cannot give you COVID-19. The vaccines pretend to be the real virus and teach your body how to defend itself. This will help stop you from getting really sick and going to hospital or even dying if you do contract the virus.

We do know every ingredient that is in the vaccines.

All vaccines have their ingredients published on the internet. The vaccines are mostly water, with salt – the same kind that goes on hot chips, and sugar like you may put in your coffee. There are also fats that protect the active part of the vaccine and help it get into your cells, so it can work. These ingredients often have very long names like distearoylphosphatidylcholine – there is a lot of science involved, but you should not be worried. There is no graphene oxide, gluten, egg, wheat, bee venom, latex in the vaccines. There are no animal products and the COVID-19 vaccines are halal.

The vaccines are providing good protection against the new strains. Two doses of the Pfizer or AstraZeneca vaccine are very effective in protecting people from becoming seriously ill with the new variants, including the Delta strain.

COVID-19 vaccines can't change your DNA. The vaccines deliver instructions to your cells to build protection (immunity) against the coronavirus. This does not happen in the part of your cells where your DNA is. Your cells permanently destroy the vaccine after the instructions are delivered.

You can choose to be vaccinated. You can make your own decision. Make sure you ask trusted people to help you find facts. False news can be very misleading and dangerous.



COVID-19 Coronavirus: Vaccines

Information about the COVID-19 vaccination in WA



Department of Health

The COVID-19 vaccine is an important measure to keep WA safe and healthy and will help protect yourself, your family and the community.

Australia's vaccination program is managed by the Australian Government. The WA Department of Health are responsible for the rollout of the vaccination program in WA.

It is recommended all adults get the COVID-19 vaccine when they are eligible. The vaccine is free.

We have all worked together to keep Western Australia one of the safest places in the world. To protect our lifestyle here in WA, there is one more thing we need to do. We need to roll up our sleeves and get vaccinated for COVID-19. The more people who do, the more we protect our families, friends and community.

Contact via telephone: 13 26 843

<https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-vaccines>

COVID-19 vaccination – Videos – Auslan

Find the collection contains videos, in Auslan, explaining Australia's COVID-19 vaccination rollout.

<https://www.health.gov.au/resources/collections/covid-19-vaccination-videos-auslan>



COVID-19 Coronavirus: Translated advice

Information about COVID-19 vaccination has been translated into multiple languages.

Translated information and advice on COVID-19 for the community and businesses in Western Australia.

Translated information is available about COVID-19, including mandatory contact registers, the controlled interstate border arrangement, and the WA Recovery Plan. Information about COVID-19 vaccines has been translated into multiple languages.

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/covid-19-vaccine-information-in-your-language>

If you have a COVID-19 question and need an interpreter, call 131 450 to request an interpreter in your language.

W: <https://www.wa.gov.au/organisation/departments-of-the-premier-and-cabinet/covid-19-coronavirus-translated-advice>



COVID-19 Digital Certificates

Services Australia can assist you to find out how to get your COVID-19 vaccination certificate, update it if it's incorrect and show you are vaccinated even if you don't have a Medicare card.

After you have your second dose, a digital vaccination certificate is automatically generated for you.

You can print your own COVID-19 digital certificate or immunisation history statement when you download your proof online. You don't need to call for a copy.

How to get help with proof of your vaccination

Find out what to do if your COVID-19 vaccination isn't showing, there's an error on your record, or you're having trouble getting or saving your proof to your device. Services Australia provides help to get proof of your COVID-19 vaccinations. They have instructions to help with storing your proof on your device, helping to update your immunisation history statement if your vaccination isn't showing or there's an error and helping to link Medicare to your myGov if you get an error message.

Also, they help to add overseas vaccinations to the Australian Immunisation Register (AIR) so you can get proof of those vaccinations.

Links to information about:

Instructions to [help with storing your proof on your device](#)

Get [help updating your immunisation history statement](#) if your vaccination isn't showing or there's an error

Find [help linking Medicare to myGov](#) if you get an error message

There's [help adding overseas vaccinations](#) to the Australian Immunisation Register (AIR) so you can get proof of those vaccinations

Contact Services Australia:

T: 132 300

W: <https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-help-proof>



Australian Government
Services Australia

Roll up for WA COVID-19 Vaccination ‘You’ve got questions with Dr. Karl’

There are some questions out there about the COVID-19 vaccines.

To help answer some of those common questions, the WA Government has teamed up with Dr Karl for this ‘You’ve Got Questions’ series, to address the myths about the COVID-19 vaccines.

Dr Karl is a knowledgeable and trusted voice of the Australian medical and science community, most known for his ‘Science with Dr Karl’ segment on Triple J radio.

Vaccination is a critical issue for Dr Karl, he said that a drop in the number of people getting vaccinated against whooping cough years ago was what motivated him to become a media personality.

“That’s why I got into media, I felt I could do better for the Australian population by telling people to get vaccinated,” he said.

“Getting vaccinated saves lives.”

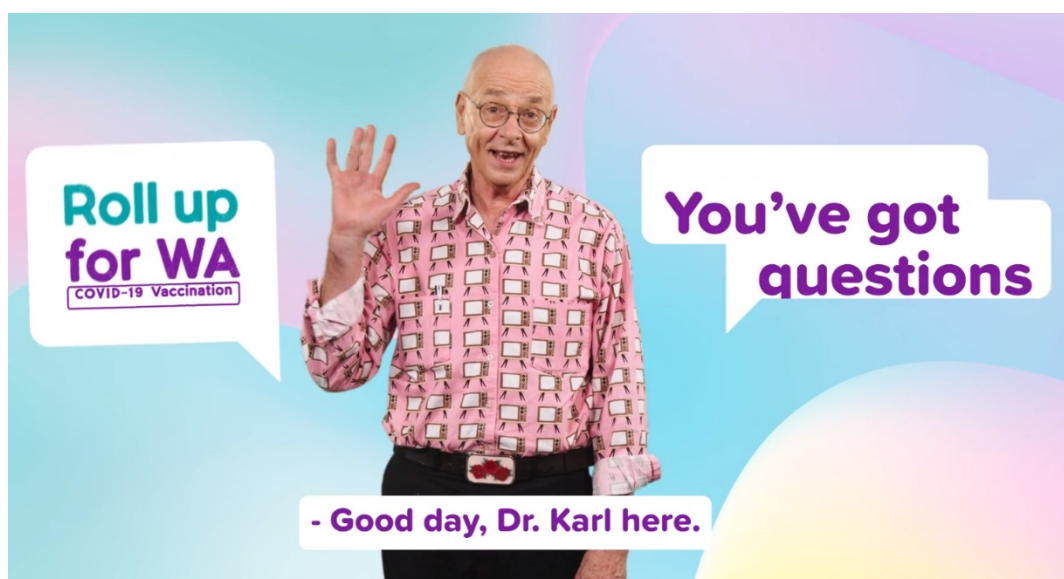
Watch the full ‘You’ve Got Questions video’ via:

https://i.vimeocdn.com/video/1228712020bcef205e4d024be2cd2656ce87a6a90eeecb51cb09e95245ffde7d18e13c73fc-d_1280

View the articles <https://rollup.wa.gov.au/articles/youve-got-questions-with-dr-karl> to find information on a particular topic.

Translated versions of the video are also available with captions in 10 languages including Arabic, Farsi, Hakha Chin, Hindi, Indonesian, Italian, Karen, Simplified Chinese, Swahili and Vietnamese. Select and watch the video in your preferred language on the Translated information on vaccination page: <https://www.wa.gov.au/organisation/covid-communications/covid-19-coronavirus-translated-information-vaccination>

Want to cut through the misconceptions about COVID-19 vaccines? Dr Karl answers some of the most common questions with good old-fashioned facts.



Aboriginal and Torres Strait Islander people are at greater risk of coronavirus if they: are aged 50 years and over with chronic medical conditions have a weakened immune system are aged 70 years and over.



To help slow the spread of COVID-19, practise good hygiene and physical distancing and follow the local rules for public gatherings, quarantine and isolation.

Visit the Department of Health website for more information on how to protect yourself and others from (COVID-19) and for specific advice for Aboriginal and Torres Strait Islander people and communities.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-aboriginal-and-torres-strait-islander-peoples-and-remote-communities>

T: Freecall 1800 020 103

Protect your mob and stop the spread and keep in touch with your community

You can also use this interactive map to find an Aboriginal or Torres Strait Islander Health Service near you.

<https://healthinfonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/>

Rhonda's Story

Rhonda is a Nyikina woman from Derby in the Kimberley region of WA, and works at Aboriginal Health Council. She feels it's important to get vaccinated for COVID-19, especially if it can help keep her out of hospital and safe guard her family. Rhonda also wants to look out for her community, and dispel the myths about vaccines.

Rhonda says, *"As an Aboriginal woman, I want to combat the myths about vaccination to protect our community."*

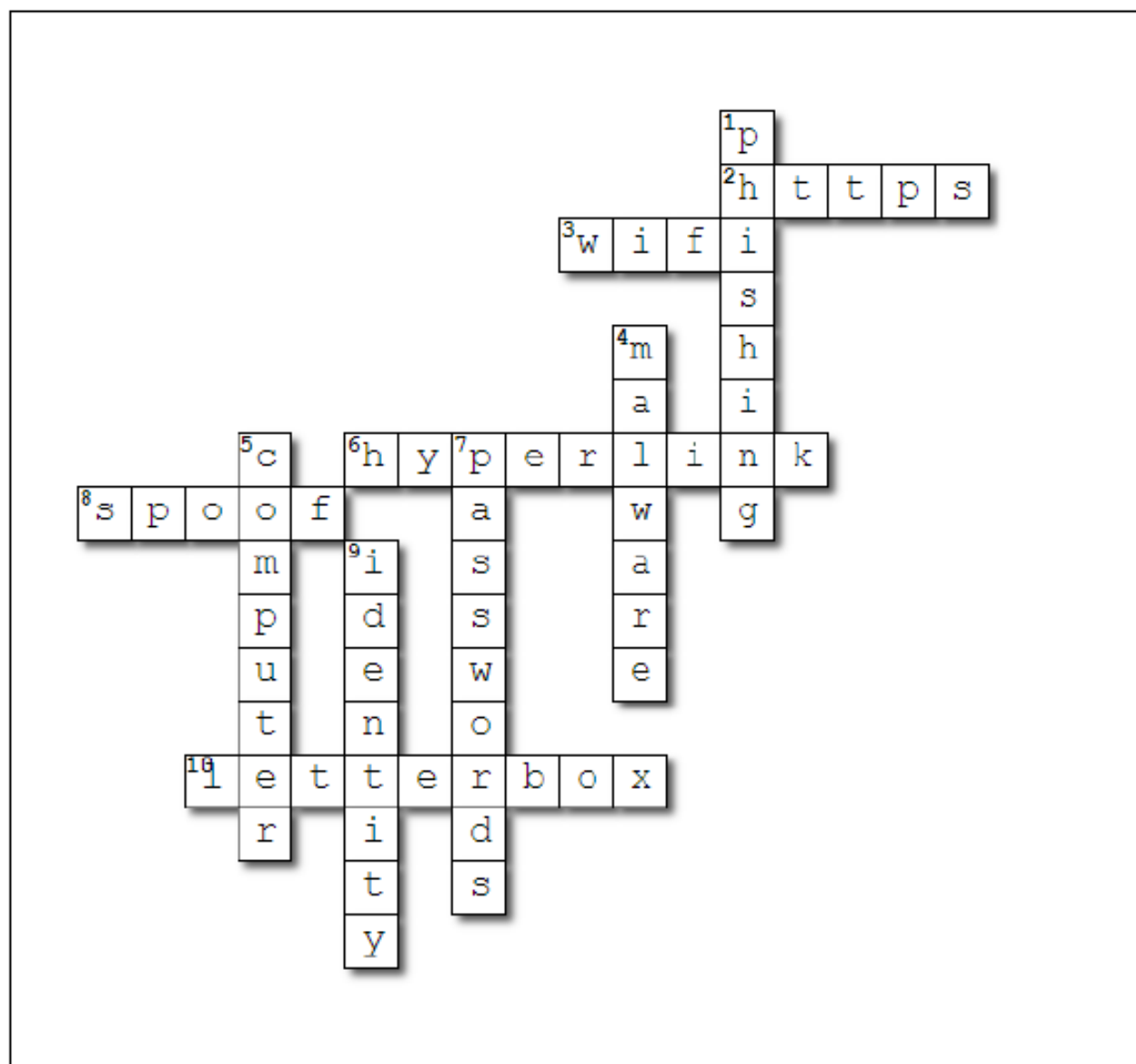
Rhonda rolled up her sleeve to receive her first COVID-19 vaccination at Derbarl Yerrigan Health Service on 14 April. You can do the same when you are eligible, and roll up your sleeve to protect yourself and the community.



Call 13 COVID (13 268 43) to book your COVID-19 vaccination For more information about COVID-19 vaccines, visit **HealthyWA** at https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus/COVID19-vaccine/FAQs

ANSWERS to the SCAMS AWARENESS 'CROSSWORD' Puzzle (see Page 8)

ANSWERS



WIN ONE OF FOUR \$100 VOUCHERS

TELL US YOUR STORY



Would you like your story to feature in COTA Connections?

Share your story about:

- ❖ Something you are proud of as a senior
- ❖ A group you belong to
- ❖ Something you have achieved or overcome

One story will be selected as the feature article for the
December + January + February + March
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: dana@cotawa.org.au

Post: P.O. Box 923 Victoria Park WA 6979



The Council on the Ageing Western Australia is the peak organisation for seniors in WA

Council on the Ageing Western Australia
P.O. Box 923 Victoria Park WA 6979

W: www.cotawa.org.au
T: (08) 9472 0104

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