



# COTA *Connections*

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

JUNE 2022

w: [www.cotawa.org.au](http://www.cotawa.org.au) | t: (08) 9472 0104

The consultation period for the WA Seniors Strategy 2022-2032 is nearing completion and I hope you have taken the time to 'have your say' in this important work which will determine the key focus of the state government's seniors portfolio for the next ten years. In its submission to the State Government COTA (WA) is calling for the appointment of a 'Commissioner for Seniors' to champion the issues facing older Western Australians and to ensure that the State's fastest growing cohort is afforded the highest priority. The 'Commissioner for Seniors' should be independent, prominent and influential. We have also proposed that a 'Seniors Information Service' be established to respond to the increasing number of older people and their families or carers who are floundering in their attempt to source information or support on a wide range of issues – including assistance with computers, aged care, housing options and affordability, financial distress, elder abuse or other family disputes. The submission also highlights nine key focus areas for consideration.

You can read the full COTA (WA) submission to the WA Seniors Strategy 2022-2032 on our website: <https://www.cotawa.org.au/wp-content/uploads/2022/06/COTAWA-Submission-WASeniorsStrategy-2022-2032-1Jun22-FNL.pdf>

On 15 June 2022 is World Elder Abuse Awareness Day and to acknowledge this, COTA (WA) has joined with Bankwest, Department of Communities, Northern Suburbs Community Legal Centres, Advocare and Legal Aid WA to deliver initiatives which include a number of Perth's iconic buildings being lit up in purple.

On 14 June 2022 Minister Don Punch will launch the COTA (WA) Guide to the Mistreatment of Older People at Parliament House. We anticipate the guide will become as popular as our other guides: it provides a lot of information on the different kinds of mistreatment experienced by older people as well as where to go to seek help and support should you or a loved one experience abuse.

After the Launch by the Minister, the guide will be available in hard copy directly from COTA (WA) and on our website in a downloadable version.

On 15 June 2022 the partnership will be represented at Karrinyup Shopping Centre and Mandurah Forum – where we will be handing out the new Guide as well as providing information and freebies and talking about the mistreatment of older people.

COTA (WA) has partnered with Northern Suburbs Community Legal Centres (who deliver the Older Persons Rights Service) to host a sector forum on 14 June 2022. The forum will focus on how the various sectors respond to reports of abuse - and will feature speakers from WA Police, aged care, legal representatives and social workers.

You can view details of the forum here:

<https://www.cotawa.org.au/sector-resources/https-www-cotawa-org-au-sector-resources-https-www-cotawa-org-au-sector-resources/>

This month we are delighted to launch the newest versions of our very popular Interruptions to Daily Living Guide in the languages of Polish, Italian and Greek. This guide is also available in simplified Chinese and English.

You can view them here: <https://www.cotawa.org.au/seniors-resources/interruptions-to-daily-living-guide-translated-to-polish-italian-and-greek-languages/>

We are delighted that the Country Women's Association of Western Australia has agreed to share their prized recipes with us each month, and this month its cheese scones, shared by the CWA of WA State President, Elaine Johnson. I am definitely going to try this recipe. Do you remember the Country Women's Association Cookbook from your school days ? It was a 'must have' and it remains popular to this day.

Once again this edition is packed with new activities, programs and stories that are specifically focused on seniors. Let us know if there is something you would like us to share with our 4000+ older Western Australians and seniors sector organisation readers.

Enjoy the cooler weather.

**Christine Allen, CEO**



## Interruptions to Daily Living Guide ‘Translated to Polish, Italian and Greek’

Did you know that more than thirty percent of people living in Western Australia were born overseas, with the most common migrant populations being Asian, Italian and Indian?



For many of our older migrants the language barrier has been their biggest challenge – in particular, accessing information in their own language.

To address this issue COTA (WA) has worked with Umbrella Multicultural Community Care for the translation of our latest publication, the

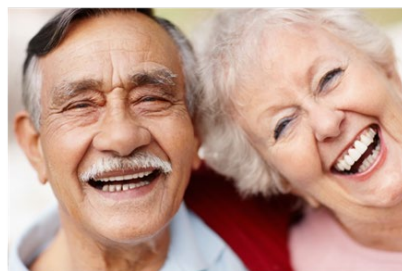
‘Interruptions to Daily Living Guide’ into the languages of **Polish, Italian and Greek**.

These Guides have been prepared to support older Western Australians who are isolated and whose normal daily routine has been interrupted. **You can view the Guides here:**



<https://www.cotawa.org.au/seniors-resources/interruptions-to-daily-living-guide-translated-to-polish-italian-and-greek-languages/>

COTA (WA) has worked closely with organisations in the seniors’ sector to bring you this guide. It is filled with suggestions and information on how you can live comfortably and safely during periods when you are isolated and how you can access the information or support you need.



Please share this information with your family or carer, or anyone that may be assisting you with your daily living requirements.

On behalf of the Seniors’ sector organisations in Western Australia, you can be assured that all of us are working together to ensure all older Western Australians have access to the support and services they need to feel safe and live well.

**For more information**

**Umbrella Multicultural Community Care**

T: 08 9275 4411

E: [enquiry@umbrellacommunitycare.com.au](mailto:enquiry@umbrellacommunitycare.com.au)

W: <https://umbrellacommunitycare.com.au/>



**Translations provided by Ethnolink**

<https://www.ethnolink.com.au/>



**Umbrella Multicultural Community Care is a COTA (WA) Supporter.**

## East Fremantle 'Glyde-In Community Learning Centre'

'Glyde-In' Community Learning Centre, 42 Glyde Street, East Fremantle, offers courses, talks and activities that will enrich your enjoyment and knowledge and foster a healthy community life.

Enjoy a cuppa in the garden, French and Spanish lessons can be fun, learn to play Mah-jong, broaden your computer skills...

Glyde-In aim to be a source of learning that does not cost the earth, that does not need prior knowledge or qualifications and does not ask for a huge commitment of your time. Glyde-In courses are non-competitive and informal, including art and craft classes, language classes and computer classes. Tutors are from all walks of life and they welcome more!



Glyde-In is committed to the inclusion and recognition of all members. The premises are wheelchair accessible. The Centre is run by a volunteer Management Committee and four part-time staff members. They generate much of their funding through membership and course fees, and are also supported greatly by the Town of East Fremantle, who provides our building and its maintenance, and very substantial funding.

### To access the Glyde-In Program: Term 2 2022

W: [https://www.glydein.org.au/images/programme/T2\\_2022-Programme\\_email.pdf](https://www.glydein.org.au/images/programme/T2_2022-Programme_email.pdf)

### To access the Glyde-In Newsletter

W: <https://us16.campaign-archive.com/?u=e647a71b9b9fae6ca42b53d11&id=d1282a2863>

### For more information

T: 08 9339 3964

E: [admin@glydein.org.au](mailto:admin@glydein.org.au)

W: <https://www.glydein.org.au/>





## ABC News Report: Thursday 19 May 2022

### Meet the West Australians imposing COVID-19 restrictions on themselves as case numbers and hospitalisations surge

By Cason Ho: <https://www.abc.net.au/news/cason-ho/13697598>

Half the seats remain empty at the Morning Show for seniors at the Perth Town Hall.

While many in Western Australia are enjoying a much wider range of freedoms since COVID restrictions were lifted, some in the community are choosing to stay home.



#### Key Points

- Many seniors are unwilling to return to public life
- Events catering for seniors are reporting low numbers
- The Council on the Ageing (WA) is urging compassion
- Many have sheltered away from public activities over the past two years due to fears of catching COVID-19
- But with more than 80 per cent of West Australians triple-dose vaccinated, the state government has encouraged people to get back out into the public realm
- While some have taken that advice, the fear of infection still lingers, especially amongst the older community



Morning Show attendees Mary Redfern and Derek James say they prefer to wear masks when out in public.

At the Morning Show at the Perth Town Hall, many expressed nervousness about going out.

*"We always wear our masks. I think we're going to wear ours for a while yet,"* audience member Mary Redfern said.

*"[We] just don't want to catch the virus. And I think you can if you're going to not wear a mask."*

COVID numbers in WA are the highest they have ever been, with almost 90,000 current infections and daily infection rates hovering around 15,000.

## Audience numbers halved

Ms Redfern has chosen to stay active by getting out of the house but takes all the precautions she can when she's in public.

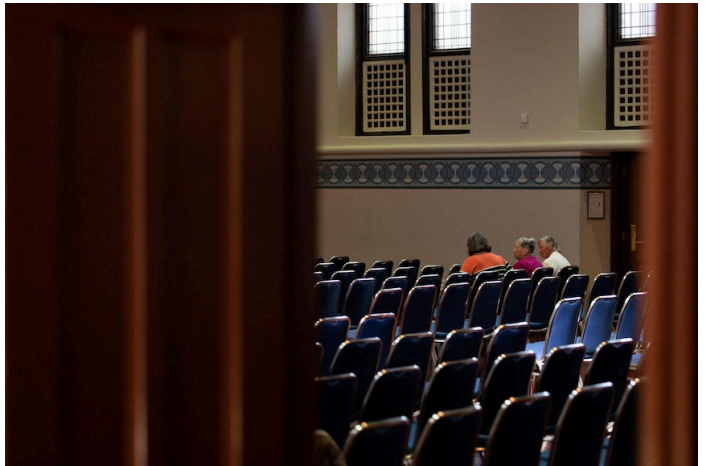
But not everyone is willing to take that risk.

Some events for seniors are still seeing lower attendance rates.

This weekly show for seniors in the heart of Perth used to entertain crowds of up to 200.

Despite venue capacity limits easing almost a month ago, attendance now hovers at little more than half that figure.

Bernard Carney has hosted the Morning Show for more than two decades and said the buzz in the Perth Town Hall has not felt the same since the pandemic began.



Bernard Carney coordinates and hosts events for seniors at the Perth Town Hall.

*"It's just that uncertain time. We haven't really got back to normal," he said.*

*"Sometimes families encourage them not to come because they're more likely to catch [COVID]."*

Mr Carney said lining up performers had also been difficult as many had pulled out due to COVID infections or needing to isolate.

*"The show gets cancelled or I have to book somebody else. Or I might have to do it myself," he said jokingly.*

## West Australians asked to be compassionate

Council on the Ageing WA CEO Christine Allen said while the general population may have gotten used to the idea of living with COVID, many in the older community have not.

*"We've got more COVID cases than we've ever had. Since our borders opened, older people are concerned and they are choosing to stay at home," she said.*

There are varying degrees of risk tolerance among West Australians.

**Ms Allen urged West Australians to be compassionate when making decisions about wearing masks and social distancing.**





*"I don't know that it should be mandated that we all wear them, but certainly think of people who are at higher risk than you are," she said.*



Many older West Australians are split between staying safe and staying active.

Ms Allen said her mother was one of many older West Australians who have chosen to stay home.

*"She is very frightened about going out into the community, and she feels that she may not survive if she gets COVID," she said.*

*"That's the reality for a lot of older people. They are vulnerable."*

### Staying active, staying safe

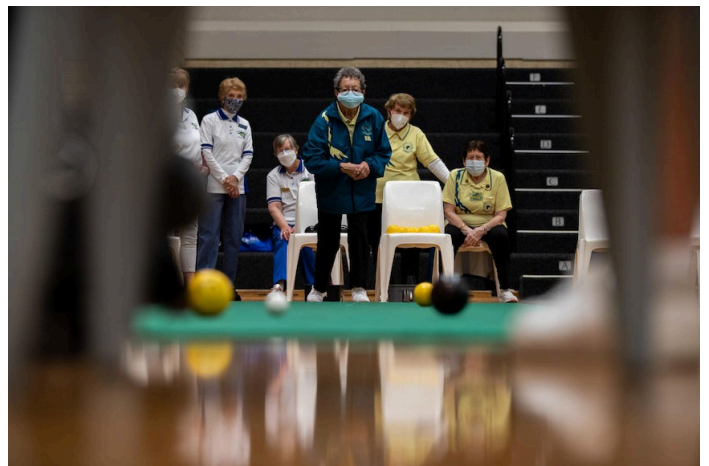
It's not just the CBD that seniors are avoiding.

In the suburb of Beechboro, north-east of Perth, carpet bowlers have also seen their attendance struggle to recover.

This weekly carpet bowl competition is still only seeing half its pre-pandemic attendance.

The gymnasium which houses a weekly tournament once filled with green bowling mats now only uses half the space.

Bebe Flynn captains the Addie Mills Gosnells carpet bowls team, who all returned this week for the first time in half a year.



Bebe Flynn and her team, donned in masks, took home a trophy this week.

*"I don't like admitting how old I am," Ms Flynn said, laughing.*

*"We haven't been here since November. We decided we'd give it a go again."*

Ms Flynn said the summer heat was one reason for not participating in the competition until now, but the risk of infection also weighed heavily on their minds.



About half the gymnasium was filled, in what used to be a full house.

So, despite having decided to get her and the 'golden girls' back out, the team donned masks as part of their uniform.

*"I'd hate for any of my people to come down with COVID because I've taken them out bowling," she said.*

### Activities gradually returning



Jennifer Merigan runs a newspaper targeted at seniors, and says while numbers are yet to pick up, there is a hint of hope among the older community.

*"People are starting to learn to live with COVID, and they're still wanting to head out and about," she said.*

Have a Go News editor Jennifer Merigan presented the awards at this week's tournament.

*"We're finding a lot of our clubs and groups are getting back to doing activities."*

Ms Merigan said enough seniors were getting out to warrant clubs recommencing activities that have been cancelled for the past two years.

While fear of the pandemic still lingers, some older West Australians are hopeful.

*"They're taking precautions, wearing masks. But they also know that the secret of life is getting out, and having a go," she said.*

But even among those willing to take that risk, an air of uncertainty remains as West Australians endure their first wave of COVID-19.



**To see this article, go to:**

[https://www.abc.net.au/news/2022-05-19/wa-vulnerable-self-impose-lockdown-as-covid-19-cases-surge/101075226?utm\\_campaign=abc\\_news\\_web&utm\\_content=link&utm\\_medium=content\\_shared&utm\\_source=abc\\_news\\_web](https://www.abc.net.au/news/2022-05-19/wa-vulnerable-self-impose-lockdown-as-covid-19-cases-surge/101075226?utm_campaign=abc_news_web&utm_content=link&utm_medium=content_shared&utm_source=abc_news_web)

# ABC NEWS



## WA Seniors 'Tell us about your adventures...'

What's the most exciting thing you have ever done? And do you have a photo to share ? Go to the last page of this newsletter for more details about how you can share your story.

### Alan Cockson 'Intrepid Explorer'

This photograph shows me Alan (left), Dr Peter Morgan (centre) and Dr Clive Howard-Williams on a plant collecting expedition in Portuguese East Africa (now called Mozambique) in 1972.

We are standing in front of a tiled gatehouse to a fortified hacienda. The inscription says: Joao de Azevedo Coutinho, 4 July 1890. Peter found this whilst pulling down trailing vines and clearing undergrowth. "Why were you bush bashing in PEA", I hear you ask. We were looking for cycad plants.



These are ancient cone-bearing plants that co-existed dinosaurs and covered vast areas of the Earth's surface 200 million years ago, before flowering plants evolved. Clive wanted some for a practical class in Botany.

We all worked in the Department of Biology, University of Malawi. Note we are all wearing 'vellies', veltschoen, which became a fashion statement in Europe and the UK. Eat yer heart out Indiana Jones!

Peter went to live in Zimbabwe and had a fabulous career winning many national and international awards. Clive went to New Zealand and joined the Antarctic Survey; he had a point in Antarctica named after him. I ended up in UWA, Anatomy School, running the Histology and Electron Microscope laboratories. Winning two International and two National photomicrography competitions I was also a tutor with the UN in Thailand and the Phillipines.

## New Monthly Feature 'CWA Recipe of the Month'

The Country Women's Association of WA is sharing a recipe in our monthly newsletter. Thank you and say...CHEESE SCONES PLEASE!

Recipe by Elaine Johnson, State President of the CWA of WA and member of the Quairading CWA Branch.

### My Scone Story

My fondest memory of my late mother was her ability to produce incredible scones of all types, but my favorite was always cheese. She was fond of saying, *"Don't be too gentle making them or they'll be flat - use your fist to flatten the dough!"* I have followed this advice for years and have never had flat scones.

### Ingredients

- 4 cups SR Flour
- Pinch salt
- 4 tablespoons butter or margarine
- 1 cup grated cheese plus extra for scone tops
- 1 egg
- 1 + cup of milk

### Method

1. Add flour to mixing bowl with a pinch of salt.
2. Add butter to bowl and work through flour with fingertips. It is important to use your hands and not a food processor as their warmth helps to blend the butter into the flour.
3. Add grated cheese and mix.
4. Whisk the egg in the cup of milk and combine with flour/cheese mix. If a little dry add extra milk.
5. Turn out onto floured board and knead well. Punch the dough down with your fist to approx. 2cms and cut out scones with floured cutter. Place scones onto tray that is covered with baking paper and sprinkle extra grated cheese on top. (If you have trouble making cheese stick to the top of the scones you can lightly brush scone tops with milk before adding cheese – it will then stick well.)
6. Recipe yields approximately 20 scones with medium cutter.
7. Bake in a hot oven for 15-20mins. Fan forced 170-180C degrees. Traditional oven at 220C degrees.



# Country Women's Association of WA

Est. 1924

# Department of Communities 'Winners of Golden Lens Photography Competition'

The 'Golden Lens' photography competition promotes ageing well and active ageing. The competition also celebrates the artistic skills of older Western Australians. Selected winners will be featured in the upcoming WA Seniors Card Discount Directory.

Winners of the Department of Communities' 'Golden Lens' photography competition have been announced today by Seniors and Ageing Minister Don Punch MLA.

The competition provided Western Australian Seniors Card members with the opportunity to share images that reflect the lives of seniors and seniors' interests across WA.

Importantly, the competition aimed to promote ageing well by celebrating the skills of Western Australians through the art of photography and demonstrating that people can create at any age.

Over 100 entries were received from 45 WA Seniors Card members.

The competition had four categories: Active Ageing, Artistic Photography, Aussie Way of Life and Meaningful Connections, and also included a People's Choice Award. **Winners and runners-up in each category were:**

## Active Ageing

Winner: Richard Goodwin for 'Ted the Toolman'

Runner-up: Peter Garside for 'Mr Hilton Doust swimming for life in Mandurah Pool'

## Artistic Photography

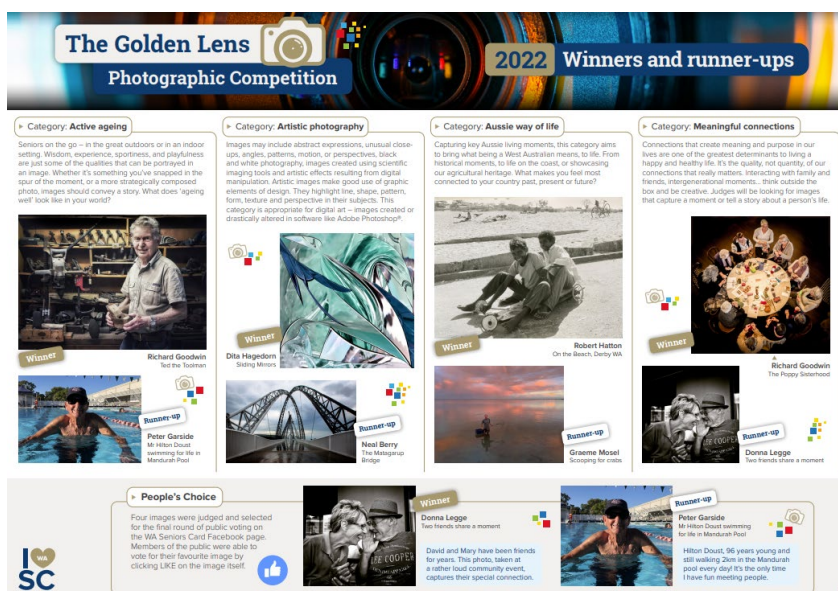
Winner: Dita Hagedorn for 'Sliding Mirrors'

Runner-up: Neal Berry for 'The Matagarup Bridge'

## Aussie Way of Life

Winner: Robert Hatton for 'On the Beach, Derby WA'

Runner-up: Graeme Mosel for 'Scooping for crabs'





## Meaningful Connections

Winner: Richard Goodwin for 'The Poppy Sisterhood'

Runner-up: Donna Legge for 'Two friends share a moment'

## People's Choice

Winner: Donna Legge for 'Two friends share a moment'

Runner-up: Peter Garside for 'Mr Hilton Doust swimming for life in Mandurah Pool'

**The winners and runner-up can be viewed here:**

W: <https://www.seniorcard.wa.gov.au/goldenlens/>

FaceBook: <https://www.facebook.com/WASeniorsCard>

**The selected panel of judges included representatives of Have a Go News, Council on the Ageing WA and Seniors Recreation Council of WA.**

The People's Choice category also saw several images posted for public voting on the WA Seniors Card's Facebook page.

Key prizes were donated by WA Seniors Card business partners, and the Seniors and Ageing Minister will also host all winners for a lunch at Parliament House where winners will be presented with their awards.

**Further information about the Golden Lens photography competition is available here:**

T: 1800 671 233

E: [goldenlens@communities.wa.gov.au](mailto:goldenlens@communities.wa.gov.au)

W: <https://www.seniorcard.wa.gov.au/goldenlens/>

**Media Statement Seniors and Ageing Minister Don Punch MLA:**

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/05/Winners-of-Golden-Lens-photography-competition-announced.aspx>



Department of  
**Communities**

## HealthyWA 'Looking After your Health this Winter'

Whether travelling for warmer weather or rugging up at home this winter, it is important to be aware of seasonal illnesses and the extra measures older Western Australians can take to protect themselves.

While most people who contract COVID-19 will be able to recover safely at home with some support from their GP, people aged 70 years or older are at increased risk of serious illness.

[Colds](#) and [influenza](#) are particularly common in winter and can be caused by more than 200 viruses.

Having COVID-19 circulating at the same time could have severe consequences for vulnerable people, including older adults and people with chronic medical conditions. It is important to stay up to date with your vaccination schedule for COVID-19 and influenza and maintain good hygiene habits.

**The WA Department of Health is providing FREE influenza vaccinations for all Western Australians during 'Free Jab June'. With borders open, widespread vaccination will help to prevent a serious flu season and protect those most at risk of complications from the disease.**

Influenza vaccines protect against the more common strains of the Influenza A and Influenza B viruses in circulation. After vaccination it can take up to two weeks to develop protection.

You can receive the [influenza vaccine](#) and [COVID-19 vaccine](#) at the same time. Speak to your immunisation provider or doctor to check what is right for you.



## Travel Health

Older travellers have specific needs and are encouraged to consider the following [health advice](#) before they travel:

- Pack [items to manage COVID-19](#), including rapid antigen tests (rats), face masks, hand sanitiser, tissues
- Discuss your travel plans with your doctor
- Pack and [store medications properly](#)
- Fill scripts in advance and carry repeats to avoid running out of medication
- Keep doctor, pharmacy, family and emergency numbers within reach
- Prepare a medication reminder system to ensure medications are taken on time (this could include setting an alarm)
- Pack a first-aid kit to use to manage small cuts and abrasions
- Seek advice regarding travel insurance and ambulance cover

If you are travelling overseas, check that your [immunisations](#) are up to date and see your doctor to [prepare before you leave](#) to [avoid risks to your health](#).

Check the [COVID-19 travel](#) requirements and restrictions for each country you are travelling to as they may differ between jurisdictions.



**Government of Western Australia**  
**Department of Health**



## RSLWA 'Veterans Employment Program'

### Rewarding work for every Veteran and their immediate family.

Looking for work? Changing careers? Or maybe you want help to find your passion and purpose?

The RSLWA help Veterans, their partners, and immediate family members find a rewarding job. It does not matter how long ago you served, what stage you are at in your work journey or how old you are.

Take advantage of the **free** RSLWA career support services, specialist coaches and gain access to their extensive employer network.

The **RSL Veterans' Employment Program** has received grant funding from the Australian Government and is free to access. You do not need to be a member of the RSL for us to help you.

### For more information

#### Contact the Employment Team

T: 08 9287 3724

E: [vetjobs@rslwa.org.au](mailto:vetjobs@rslwa.org.au)

#### Register your interest

W: <https://www.rslaustralia.org/rsl-veterans-employment-program#ei>



### Employment Network

RSLWA works collaboratively with **Working Spirit** to ensure links into the widest network of employers is achieved.



Working Spirit's goal is to raise awareness of veteran employability to businesses both in the Public and Private Sector while highlighting the workforce potential of military veterans. Working Spirit wants businesses to 'capture the talent' that comes from their military service and get our veterans hired. Veterans have many intangible skills that they can bring to the table, over and above any technical skills.

### For further information about Working Spirit

T: 1300 219 443

E: [enquiries@workingspirit.org.au](mailto:enquiries@workingspirit.org.au)

W: <https://workingspirit.org.au/about-us/>

## Tuart Place 'Aged Care Navigator Partners with Tuart Place'

Tuart place is a community orientated, participant led, 'one-stop-shop' agency located in a beautiful historic building in Fremantle.

Tuart Place have a strong track record of delivering safe, trusted services to care leavers. Care Leavers are adults who experienced any form of out-of-home care during childhood; this can include members of the Stolen Generations; Former Child Migrants from the UK and Malta; and non-Indigenous Australians, including foster care and children's Homes.

Care Leavers can access existing free services including the drop-in centre; trauma informed counselling, therapeutic support groups; group outings, literacy, computer and IT help; life skills sessions, supported access to records; and help with historical abuse claims including the National Redress Scheme.



**Claire Campbell has joined the Tuart Place team as part of a COTA (WA) funded pilot program to provide aged care navigation services to Care Leaver participants (clients).**

Claire is helping them to sign up to 'My Aged Care' and assist them through the assessment phase to explore their eligibility for home care services. She helps participants find a service provider, which can be very challenging in these COVID times due to staff shortages.

Claire also provides advocacy and advice to those who have existing Home Care Packages (HCP) that need to be updated to reflect their changing care needs. She also supports carers by providing information and advice about respite and other supports they can access.

Claire has already made a huge difference helping many participants with all sorts of aged care services. This has been an amazing service to older Care Leavers as they can be unaware of what services are available.

**Feedback from Tuart Place participants are enjoying working with Claire and accessing services to help them maintain their independence and improve quality of life.**

As one participant Theresa reported; *"We would be lost without Claire helping with aged care services and information"*.

**For further information and support** Claire is available on Monday's, Wednesday's and Thursdays from 9:00am-4:00pm.

M: 0481 335 162

W: [welcome@tuartplace.org](mailto:welcome@tuartplace.org)



**Tuart Place**  
Growing Strong Together

**Tuart Place is a COTA (WA) Supporter.**

## Volunteering WA ‘Giving Back Makes a Comeback’

Enrich your life by volunteering in residential aged care.



Residents in aged care need companionship. They value special time spent with visitors, such as family, friends or other members of the community. To support this, the Australian Government is encouraging the return of volunteers, and inviting new volunteers into residential aged care facilities (RACFs).

The Re-engaging Volunteers into Residential Aged Care Facilities (RACF) Program is an initiative of the Australian Government Department of Health and is proudly delivered by the volunteering peak bodies.

The program has been established nationwide to provide non-clinical social and emotional support to older people living in Residential Aged Care Facilities (RACFs) and re-engage volunteers with the aged care sector.

### **Reach out and make a difference.**

A campaign to address the critical shortage of volunteers in Residential Aged Care Facilities (RACFs) hopes to inspire more West Australians to provide social support for some of the most vulnerable in the community.

The ‘Re-engaging Volunteers into Residential Aged Care Facilities Program’ is encouraging thousands of new and experienced volunteers the opportunity to experience the satisfaction of giving back to the community. Volunteers are needed for non-clinical social support to help in aged care facilities, providing companionship and assisting with leisure activities to combat social isolation and loneliness.

Volunteers in metropolitan and regional areas will be matched with one of the hundreds of facilities that have registered for the program, which will run until August 2022. Volunteers will need to complete a short online training session and police checks and show proof of COVID-19 and flu vaccination as relevant.

Volunteer numbers fell dramatically during the height of COVID-19, with more than 70% of volunteers unable to assist as a result of the pandemic. Western Australians are now being asked to come back and experience the sense of community that volunteering provides, to help bring joy to residents of aged care facilities and make a real difference in their lives.

CEO of Volunteering WA said: *“The program is an important initiative to reinvigorate volunteering in aged care. Volunteering has always been a vital part of the non-clinical care in aged care facilities, with data clearly showing that a sense of social engagement and companionship has a meaningful impact on the quality of life and mental wellbeing of our most vulnerable citizens.”* Ms Williams said.



**Australian Government**  
**Department of Health**



## How you can help

- Access to and supervision in outdoor spaces or the community
- Administration support (e.g. answering calls, internal message running, restocking of PPE)
- Companionship, conversation and social engagement
- Culturally specific and individually appropriate support
- Leisure activities e.g. reading, music
- Mobilising support in aid of above activities
- Physical activity and exercise



## Aged Care Volunteer Emergency Support Volunteering

### Help bring the joy of friendship and companionship to our older Australians

We want to hear from you if you are inquisitive, sociable and passionate about combating loneliness in some of the most vulnerable members in our community.

Become a companion and facilitate well-being in aged care facilities, through arts and crafts, movement and outdoor activities, conversation, storytelling, meaningful connection and administrative support.

### You can make a real difference

Aged care volunteers are essential to supporting the social well-being of residents during these challenging times. Regular visits from volunteers can help improve quality of life and reduce isolation, such as:

- Improve self-esteem and well-being
- Diminish feelings of depression and anxiety
- Maintain and increase independence and sense of belonging
- Reduce feelings of loneliness and isolation
- Maintain good emotional and physical health
- Increase longevity and increase sense of purpose
- Develop social connections

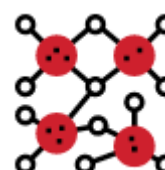
The Australian Government is encouraging the return of volunteers and engagement of new volunteers to residential aged care facilities through this 'Re-engaging Volunteers into Residential Aged Care Facilities (RACF) Program'.

### Anyone interested in the program can register at:

T: 08 9482 4333

W: <https://emergency.volunteer.org.au/campaign/aged-care-volunteer>

**Volunteering WA (VWA) is a COTA (WA) Supporter.**



## Strength for Life™ ‘Weighs Up’

Strength training is not just for bodybuilders; incorporating this type of training into your exercise program provides many benefits to support healthy ageing, says Sophie Gee, ACH Group physiotherapist.

Strength training, also known as weight or resistance training, involves exercises using your own bodyweight or equipment, like dumbbells, resistance bands, and weight machines, to build muscle mass, strength, and endurance.

**The benefits of strength training are considerable and varied. Here is a few key points:**

- After the age of 60, on average 3% of muscle mass is lost every year. Strength training can play a vital role in regaining these losses. Increasing muscle mass builds your strength and stamina to support you to engage in everyday activities from walking to climbing stairs, carrying shopping bags or doing housework.
- As well as increasing muscle mass, strength training increases bone density, and can support the management of osteoporosis.
- As you gain muscle, your body begins to burn calories more easily making it easier to control your weight.
- Strengthening exercises can increase flexibility and balance, reducing falls and injuries.
- There is further evidence that strength training minimises the symptoms related to chronic health conditions such as diabetes and heart disease, combats cognitive decline and improves your mental health



## What to consider when strength training

### 1. Check in with a health professional

Always check with a qualified health professional, such as your GP, before commencing any new exercise program. This is to ensure you can exercise safely without your new routine having adverse effects on your health.

### 2. Seek an individualised program

A physiotherapist or exercise physiologist (EP) can develop a strength program that is tailored to you and considers your personal goals, and current health, fitness and strength. A tailored program will give you confidence that the exercises you're doing are safe and effective. Furthermore, you can choose to take part in group exercise classes or one-on-one sessions with an EP. Having the experienced eye of an EP monitoring you will ensure you are exercising safely and correctly, to get the most out of your session.

### 3. Know your body

When exercising, stop if you feel pain, or you have difficulty breathing. Before you commence again, check with a health professional and they can review your program and modify as required.

### 4. Find ways to keep motivated

Finding the motivation to keep exercising can be challenging at times. Setting weekly goals, tracking your progress, and rewarding yourself when you achieve your milestones is an effective way to keep motivated. Consider asking your friends to join you, so exercising is also a social occasion, or compiling a playlist of your favourite songs as music not only helps boost your endurance and exercise performance, but it can also help you fight off fatigue.

### Interested?

Strength for Life™ (SFL™) has **54+ SFL Providers across WA**, with professionals to assist you to exercise safely and achieve your personal goals.

**For more information Contact Kairi Watty, SFL Manager**

T: 08 9472 0104

W: <https://www.cotawa.org.au/wp-content/uploads/2022/04/Updated-Current-SFL-Provider-List-29April22.pdf>





## United Way West Australia 'Empowered for Employment (E4E)' Program

The United Way West Australia (UWWA) Empowered for Employment (E4E) Program focuses on exploring your options for work, study, volunteering or another goal, by exploring your strengths, hopes and circumstances.

### What is E4E about?



Working, studying and volunteering can be a very positive and beneficial experience. However, it can also be challenging and difficult to work out which pathway is right for you.

E4E gives you an opportunity to set goals and plan your pathway including individualised support through mentoring to move along this pathway.

**Please note, UWWA do not guarantee a job, entry into study or volunteer placement at the end of this Program, rather they offer support unique to you.**

For example; through the group sessions a woman may decide that until her children are older it is not a good idea for her to start working. However, to get some experience, it may be useful to begin volunteering. She would like a mentor to help her identify safe volunteering opportunities that will help build her skills.

### The free Empowered for Employment Program aims to:

- Identify your goals and pathway to work, study or volunteering
- Learn about strategies and resources that may help with challenges to finding work, studying or volunteering
- Meet and support other women in the Program
- Receive 1:1 mentoring specific to your needs, goals and preferences



### E4E content is planned to include:

#### Group Sessions

There will be 4 group sessions which will give you an opportunity to explore and map-out your personal goals and pathway to work, study, volunteering or a different goal. In the group, UWWA will discuss barriers and challenges and ways of dealing those challenges.

#### Mentoring Preparation Session

In the fourth session you can develop your mentoring plan and preferences and then a fourth session will be planned when you will meet your mentor.

## Mentoring

For 6 to 12 months you can receive one to one support that relates to your specific goals, needs and preferences; e.g. study skills with a mentor who has done a TAFE course, or interview skills with a mentor who has been on an interview panel, etc.

## When and Where

The group sessions will be held on a Tuesday or Wednesday Morning starting Mid July 2022

Dates: To be confirmed.

Time: 10.00am to 12.30pm

Venue: To be confirmed.

## For further information, contact:

T: 08 9440 4800

E: Justine Roberts [jroberts@unitedwaywa.com.au](mailto:jroberts@unitedwaywa.com.au)

## E4E is a FREE program.

Light refreshments, pamper gifts and all program materials are provided for participants.

**Note:** this service is only available to women who have previously experienced domestic violence and are no longer in a crisis situation.



The flyer for the E4E program is titled "THE E4E program aims to:" and lists five bullet points: "Explore hopes, dreams and pathways to the future, for women who have experienced domestic violence.", "Identify individual goals and pathways to work, study or volunteering.", "Learn about strategies and resources that may help with challenges to finding work, studying or volunteering.", "Connect with, support and be supported by the other women in the program.", and "Provide support through a structured program consisting of 4 weekly group sessions. Followed with 1:1 mentoring for a period of 3-6 months, specific to the individual needs, goals and preferences of each participant." The flyer also includes contact information for Justine Roberts at United Way WA, with the email [jroberts@unitedwaywa.com.au](mailto:jroberts@unitedwaywa.com.au). A note at the bottom states: "Note: this service is only available to women who have previously experienced domestic violence and are no longer in a crisis situation." The flyer is decorated with icons of a person at a desk, a person holding a gift, two people talking, and hands holding a heart, and a bottom row of icons showing a person cooking, a dog, a plant, and a person at a desk.

# LIVE UNITED



## United Way West Australia

# National Transport Commission 'Assessing Fitness to Drive 2022'

## Updated driver medical standards from 22 June 2022.

The national driver medical standards 'Assessing Fitness to Drive' have been updated by the National Transport Commission (NTC) and approved by Infrastructure and Transport Ministers.

Each year tens of thousands of Australians are seriously injured in road crashes, impacting families and communities and leading to devastating social impacts. The economic cost of road crashes in Australia is estimated to be \$30 billion per year.

Driver health and fitness to drive is an important factor in supporting the safety of Australians who use the roads. "The updated medical standards will support health professionals to assess their patients' health status and ability to drive safely," said Michael Nieuwesteeg, Austroads Road Safety and Design Program Manager. "Austroads and the National Transport Commission will work closely with driver licensing authorities and other stakeholders to ensure the successful implementation of the standards and to communicate changes to health professionals."

The new 2022 edition will be effective from 22 June 2022 and will be accessible from the Austroads website from that date. All health assessments conducted for the purpose of establishing fitness to drive must be conducted according to the new edition from that date.

A summary of changes in the new edition is now available on the Austroads website to support health professionals and other stakeholders in preparing for the 22 June release date.

Health professionals with any enquiries about how the new standards may affect them and their patients should contact the relevant driver licensing authority in their state or territory.

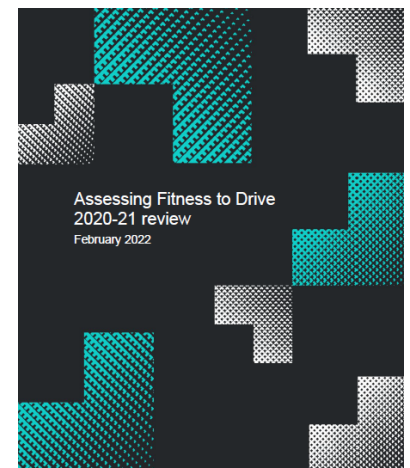
### For further information

NTC Review Report:

W: [https://austroads.com.au/data/assets/pdf\\_file/0033/473595/AFTD-2022\\_Final-report.pdf](https://austroads.com.au/data/assets/pdf_file/0033/473595/AFTD-2022_Final-report.pdf)

Summary of Changes:

W: <https://austroads.com.au/drivers-and-vehicles/assessing-fitness-to-drive/summary-of-changes>



Final Report

National Transport Commission **ntc**



# Assessing fitness to drive 2022

## City of Wanneroo 'Better With Age' Project

The City of Wanneroo has developed a series of 6 poster stories and put them throughout the City's staff toilets as an awareness raising tool about older Western Australians.

By 2030, it is projected that more than 1 in 5 people in Australia will be aged 65 or older.

**Imagine a city that values people for their age, experience and wisdom.**

The City of Wanneroo Council adopted its inaugural Age Friendly Strategy 2017-2018 to 2020-2021. The strategy helps guide the City's approach in creating an 'Age-friendly City' that supports and responds to the changing needs of seniors.

**For further conversation contact Alison Leitch**

T: 08 9405 5617

E: [Alison.Leitch@wanneroo.wa.gov.au](mailto:Alison.Leitch@wanneroo.wa.gov.au)



### **BETTER WITH AGE**

#### **James Parkinson (1755-1824)**

James Parkinson was an English surgeon, scientist and political activist who campaigned for the health and welfare of the underprivileged.

At the age of 62 James Parkinson identified Parkinson's disease. His 1817 essay on Shaking Palsy led to our conception of Parkinson's today through his in-depth descriptions that inspired other pathologists to study the disease.

#### **Something else that gets more valuable with age....**

The original price of a 1962 Ferrari 250 GTO was \$18,000. In 2018, the Ferrari 250 GTO by Scaglietti chassis no. 3413 sold for \$48.4 million and is currently the record for the most expensive car sold at auction.

*By 2030, it is projected that more than 1 in 5 people in Australia will be aged 65 years and over.*

**IMAGINE A CITY THAT VALUES PEOPLE FOR THEIR AGE, EXPERIENCE AND WISDOM.**

*For further conversation contact Alison in Community Development on #5617*



### **BETTER WITH AGE**

#### **Betty White (1922-2021)**

The iconic American actress and comedian only became truly famous at the age of 51 after a role on *The Mary Tyler Moore Show*. White went on to star in *The Golden Girls* during her 60s and 70s.

At 87, White gained renewed fame after roles in *The Proposal* and a famous Snickers ad. White became the oldest person ever to host *Saturday Night Live* at the age of 88, and at 95 was invited to become a member of the *Academy of Motion Picture Arts and Sciences*.

#### **Something else that gets more valuable with age....**

The British Guiana 1c Magenta (1856), dubbed the 'Mona Lisa of the stamp world', is believed to be the most valuable man-made item. Gram for gram, it is worth around 2.5 million times more than 24-carat gold, said leading dealer Stanley Gibbons - who purchased the stamp for \$8.3m.

*By 2030, it is projected that more than 1 in 5 people in Australia will be aged 65 years and over.*

**IMAGINE A CITY THAT VALUES PEOPLE FOR THEIR AGE, EXPERIENCE AND WISDOM.**

*For further conversation contact Alison in Community Development on #5617*



## Men's Sheds WA 'If it's broken, a Shed can likely fix it'

**Wherever possible, think about repurposing or repairing rather than replacing.**

It's nice to know that you can get your household items (especially furniture) repaired or restored.

Many Men's Sheds have members who are willing and able to repair that wobbly wheel on your shopping cart or refinish that coffee table.

Sheds are a great place to get some help for those odd jobs where you do not have the skills or the right tool but the job is not big enough for a tradesman. They will often take on these odd jobs in exchange for some baked goods or a donation to the Shed.

So next time, before you throw it away, ask your local Shed if they can perhaps fix it or if its something they might be able to repurpose into something else.

### **For more information**

W: <https://mensshedswa.org.au/support-the-sheds/repair-and-restore/>

### **Find a Shed near you**

Men's Sheds are a place for men in our community to come together and spend their time in a social and productive environment.

W: <https://mensshedswa.org.au/find-a-shed/>

### **Repair Cafés**

If your local Men's Shed cannot help you fix it, why not try your local Repair Café?

Repair Cafés are free meet-ups where volunteers offer their time, tools and skills to help repair anything from clothes, bicycles, electrical appliances, furniture and more.

### **Find your closest Repair Café**

W: <https://www.repaircafe.org/en/visit/>



## Edith Cowan University ‘Crucial role of Social Networks’

**The Edith Cowan University study identifies crucial role of social networks in helping older people’s mental health during pandemic.**

A recent research study conducted by Edith Cowan University (in which Chris Jeffery, Chief Policy Officer COTA (WA) was involved in an advisory capacity), underlines the crucial role of social networks in helping older people’s mental health during a pandemic.



The study of 194 people aged over 70 focussed on the 20% of older people who wanted mental health help during the pandemic but chose not to access it for various reasons.

Although the research showed that in general older people were resilient to the challenges COVID-10 presented, a significant number were unable or reluctant to use technology to connect.

The study highlights the barriers identified by older people in finding and accessing this support. It also highlights the importance of community in helping people to maintain social connectedness. It makes for very interesting reading as the barriers identified in this study apply equally to the barriers faced by many older people in living their daily lives. In addition, the study points out not only the barriers people faced in accessing mental health support but also offers some suggestions about ways that services could better meet their needs in the future.

**A brief summary of the report can be found at:**

<https://www.ecu.edu.au/newsroom/articles/research/study-identifies-crucial-role-of-social-networks-in-helping-older-peoples-mental-health-during-pandemic>

*ECU researchers involved in this study include Dr Claire Adams, Dr Eyal Gringart, Associate Professor Dan McAullay, Professor Moira Sim, Dr Amy Budrikis, Ms Brigitta Scarfe, and Dr Natalie Strobel.*



## Carers WA 'Caring for Carers'

It is often a family member or close friend who takes on the role of a carer. Some carers are on call around the clock, while others provide support for day-to-day tasks such as shopping, cooking, liaising with agencies, and assisting with transport to and from appointments.

Caregiving is the ultimate act of love; it's compassionate and generous and challenging.

That's why, if you are a carer, it is important to look after yourself, for your own wellbeing and that of the family member or friend you are supporting.

Although it can be difficult, try to make sure that you eat healthily, stay active and get enough sleep, it is also important to take time to do things that make you feel happy, laugh and enjoy life

Carers need opportunities to be spontaneous, to have things to look forward to outside the caring realm.

To achieve this, it is important to recognise that looking after yourself is not a reward, it's vital to your role as carer, so here's a few tips:

- Reach out to family and friends for support
- Use the services available to support carers including respite services
- Connect with other people who are in a similar situation as you
- Have a daily routine that includes exercise, such as walking or gardening. This will boost your energy and wellbeing
- Book regular check-ups with your GP, especially if you feel anxious, can't sleep or your mood is low. Many GPs offer phone or video consults
- Ask your pharmacy to deliver scripts to your door, to add more convenience to your day
- Get out and about on a weekly basis to meet a friend or pursue a hobby

Carers WA is the peak body that represents the needs and interests of carers in Western Australia. They work to achieve an improved quality of life for family carers in WA. Their role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers.

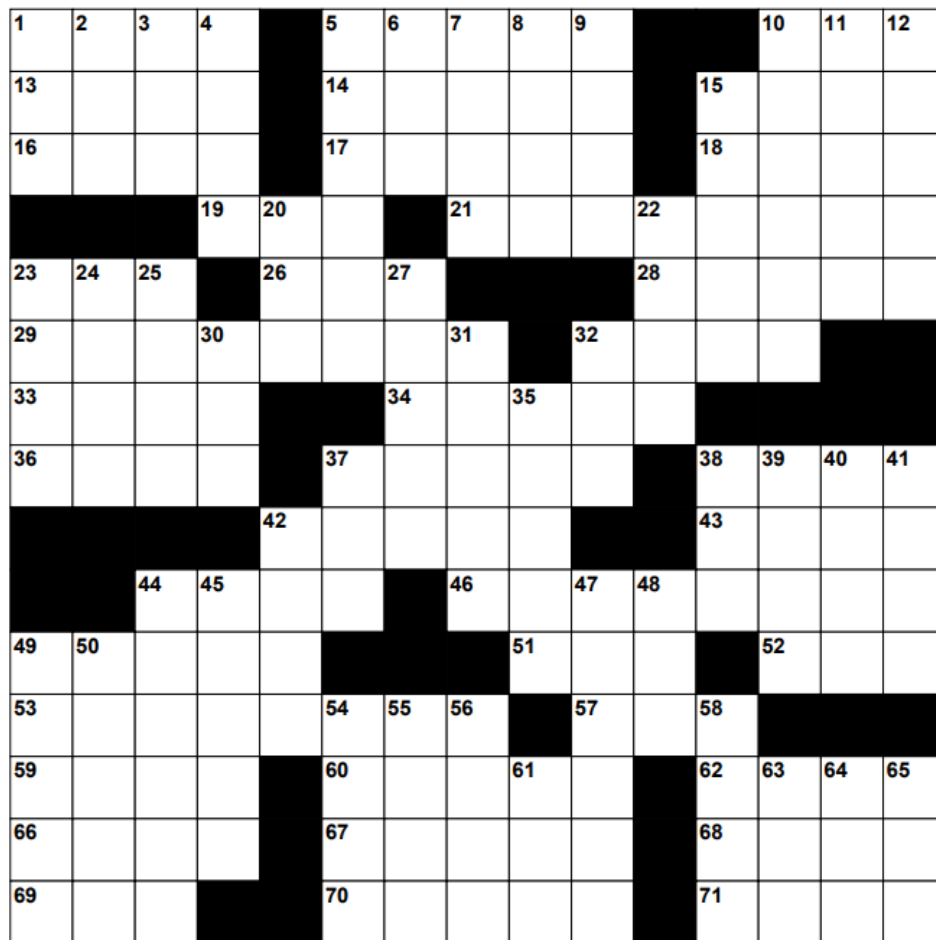
**For more information contact Carers WA**

W: <https://www.carerswa.asn.au/contact-us/>



# 'CROSSWORD' Puzzle

\*Answers to crossword available at the end of newsletter at Page 51.



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

## ACROSS

- 1 Astringent
- 5 Baseball plates
- 10 To be ahead in a race by one circuit
- 13 Information
- 14 Extreme
- 15 Summer month
- 16 Tinter
- 17 Large stacks of paper
- 18 Continent
- 19 Long stick used in pool to hit the ball
- 21 America's pastime
- 23 Furthest back
- 26 Jack of clubs in loo played with 5-card hands
- 28 Prods
- 29 Spade (2 wds.)
- 32 Brief autobiographical sketch
- 33 Opera solo
- 34 Supernatural
- 36 Foolish
- 37 Sign of the zodiac
- 38 Capital of Norway
- 42 Powdered chocolate

## DOWN

- 43 Reverent
- 44 National symbol
- 46 Changed into bone
- 49 Sacred poem
- 51 Plant
- 52 Married woman
- 53 Poisonous alkaline
- 57 Prune
- 59 Not any
- 60 Gambling game
- 62 What dogs sit on
- 66 Walked
- 67 Former Russian ruler
- 68 Malaria
- 69 Stitch
- 70 Informal speech
- 71 Meditation

## DOWN

- 1 Sum
- 2 Nonprofessional
- 3 Southwestern Indian
- 4 Artist Chagall
- 5 Administrative unit
- 6 Lager
- 7 Jab
- 8 Writer Bombeck
- 9 Talk back
- 10 Capital of Zambia
- 11 Senile
- 12 Rings, like bells
- 15 Ruffle down the front
- 20 Delivery service
- 22 Heroic
- 23 Academy (abbr.)
- 24 Gambling game
- 25 Short journey from one point to another
- 27 Imitate
- 30 Time period
- 31 Not allowed
- 32 By way of
- 35 Green plant that often covers lawns
- 37 Record

## DOWN

- 38 Klutz
- 39 Move through the water by moving parts of the body
- 40 Give a sideways look
- 41 Chances of winning
- 42 Outdoor area where tents are set up to sleep in
- 44 Litter of pigs
- 45 Architect Frank \_\_ Wright
- 47 Bye (2 wds.)
- 48 The other half of Jima
- 49 Lower body clothing
- 50 Look at steadily
- 54 Evils
- 55 Carol
- 56 Volcano
- 58 Activity intended for amusement
- 61 Can metal
- 63 Gone by
- 64 Type of dog
- 65 Body of water



## Events

### City of Cockburn 'Seniors Centre June 2022 Outings'

#### Cockburn Seniors Centre

If you are 50 and over, you would love what's on offer at the Cockburn Seniors Centre. Take a look, you will be pleasantly surprised.

Cockburn Seniors Centre hosts a range of recreational, educational, health and social activities, classes, events, meals, outings and courses. Please see our current timetable (ongoing regular classes and activities) and activities (short courses, events and outings).



T: 08 9411 3877

W: <https://www.cockburn.wa.gov.au/Community-and-Business/Seniors-50/Seniors-Centre>

- Date: Fourth Tuesday of each Month commenced 26 April 2022
- Time: 10:00am to 12:00pm
- Venue: Belvidere Bar, 40 Belvidere Road Belmont WA

#### June 2022 Outings

##### Outings Booking Conditions

- Outings are available for current members only who are independent and can access the bus/van without assistance
- Payment must be made at time of booking for all outings
- If you are booking on someone's behalf, their full name is required
- Apologies, but cancellations cannot be refunded if fees are charged to us by external providers

#### **Crown Casino      Thursday 2 June 2022      9.00am – 3.30pm**

Enjoy a trip to the casino, enjoying each other's company, look around at the fabulous foyer displays and soak in the ambience of the Crown. Have a flutter and come home a winner.

- Please gamble responsibly
- Low to moderate walking involved
- Lunch Choice
- Buy or bring your own lunch.
- Mask required on bus at all times      Outing Cost - \$6.50

**Morning Melodies – Take 2 Duo****Friday 10 June 2022****9.15am – 3.00pm**

Take 2 duo Rod and Bazz (former The Haze Showband members) will have you rocking along to songs from the 40's to the present. They perform hits from a variety of artists including: BB King, The Monkees, The Beach Boys, Elvis Presley, Willie Nelson, The Stones, The Troggs, Shakin' Stevens, Billy Joel, The Travellin' Wilburys and more. After the show let's head off to "King Road Brewery" for lunch.

- Low to moderate walking involved
- Lunch Choice Buy your own lunch
- Mask required on bus at all times Outing Cost - \$21.50

**AQWA****Thursday 16 June 2022****9.30am – 3.00pm**

An awesome underwater adventure awaits you at the Aquarium of Western Australia. Discover Western Australia's spectacular marine life as you go on an underwater journey along our diverse and expansive coastline! After exploring the environment at AQWA enjoy a yummy lunch.

- Moderate walking involved
- Advise Lunch Choice Upon Booking Meal Options:
  1. Battered fish and chips and salad
  2. Grilled fish and chips and salad
  3. Crispy fried salt and pepper calamari salad
  4. Vegetarian Frittata and chips
- Includes: tea or coffee.
- Mask required on bus at all times Outing Cost - \$52.00

**Swan Valley Adventure****Wednesday 22 June 2022****8.30am – 4.30pm**

Let's escape to Edgcombe Bros winery for a relaxed, rustic charm lunch and wine tasting. Along the way we will be stopping at Whistler's Chocolate Co to taste the handmade chocolate, next, discover the secrets and traditions of Mondo Nougat, let's buzz our way to The House of Honey to taste the delicious raw honey and our last stop after lunch is the famous Margaret River Chocolate Company where you can taste a variety of chocolate as well as view all the action.

- Moderate walking involved
- Lunch Choice
- Buffet finger food with fruit platter.
- Includes: tea or coffee.
- Mask required on bus at all times Outing Cost - \$40.00

If you are experiencing financial hardship please see the Centre Coordinator for a confidential discussion call 08 9277 1470.

**The City of Cockburn is a COTA (WA) Supporter.**

# Cities of Fremantle, Melville + Town of East Fremantle

## 'Positive Ageing Expo for 55+'

All are welcome!

The 2022 Positive Ageing Expo for 55+ will be held on **Thursday 2 June 2022** at the Walyalup Civic Centre, to promote and encourage healthy lifestyle and wellness opportunities for the over 55s community in the Cities of Fremantle and Melville and Town of East Fremantle.

Come and enjoy a wide variety of stalls, activities, health checks, discussion corners and try something new.

### Event Details

Date: Thursday 2 June 2022

Time: 10:00am to 2:00pm

Venue: Walyalup Civic Centre 151 High Street  
Fremantle WA 6160

### For more information

T: 08 9432 9826

E: [info@fremantle.wa.gov.au](mailto:info@fremantle.wa.gov.au)

W: <https://www.fremantle.wa.gov.au/positive-ageing-expo-55>

A poster for the 'Positive Ageing Expo for 55+' event. At the top, a photograph shows three people (two men and one woman) smiling and raising their arms in celebration. Below the photo, the title 'Positive Ageing Expo for 55+' is written in large, bold, black font. Underneath the title, the phrase 'All are welcome' is written in a smaller, red, italicized font. The main body of text describes the event as a day of stalls, activities, health checks, and discussion corners, encouraging people to try something new. It provides contact information for the City of Fremantle (1300 MY FREO), Melville (9364 0666), and Town of East Fremantle (9339 9339). The event date and time are listed as Thursday 2 June 2022, 10am-2pm, at the Walyalup Civic Centre, 151 High Street, Fremantle, Walyalup Koort. A note mentions a COVID plan and the possibility of postponement. At the bottom, logos for the Town of East Fremantle, City of Melville, and City of Fremantle are displayed, along with a note about alternate formats being available upon request.

**Positive Ageing Expo for 55+**

*All are welcome*

Come and enjoy a wide variety of stalls, activities, health checks, discussion corners and try something new. For more information, contact your relevant local government or visit [fremantle.wa.gov.au/positiveageingexpo](https://www.fremantle.wa.gov.au/positiveageingexpo).

City of Fremantle: 1300 MY FREO (1300 693 736)  
Melville: 9364 0666  
Town of East Fremantle: 9339 9339

**Thursday 2 June 2022 | 10am-2pm**  
**Walyalup Civic Centre**  
**151 High Street, Fremantle**  
**Walyalup Koort**

The event has a COVID plan with health and safety measures in place. Should there be changes in the COVID environment the event will be postponed.

 TOWN of EAST FREMANTLE  City of Melville

Alternate formats available upon request. This is a wheelchair friendly event.  
[fremantle.wa.gov.au/positiveageingexpo](https://www.fremantle.wa.gov.au/positiveageingexpo)



City of  
**Melville**



TOWN of  
**EAST FREMANTLE**

The City of Fremantle is a COTA (WA) Supporter.

## Shire of Murray 'LiveLighter Pinjarra Festival'

The Shire of Murray wanted you to know that, following the easing of some COVID-related restrictions, their biggest public event of the year - the LiveLighter Pinjarra Festival WILL take place in 2022.

Barring any significant changes in the public health advice, they will be back in the beautiful grounds of the iconic Edenvale Heritage Precinct and its surrounds, on Saturday 4 June and Sunday 5 June which is the Western Australia Day long weekend.

They will have a full stack of music, more than 100 market stalls, free kids' activities, displays, workshops, amusements and more.



They have got much less time to organise it than in previous years because of the impacts of COVID-19, but the team are working flat out to bring the event to life, and they will keep their LiveLighter Pinjarra Festival page updated as more details become available.

For now though, mark your diaries; the **FREE** LiveLighter Pinjarra Festival is **BACK** and they cannot wait to see you in June 2022.

### Event Details

Date: 10:00am Saturday 4 June 2022 to Sunday 5 June 2022 4:00pm

Venue: Edenvale Heritage Precinct and Surround, Corner of George Street and Henry Street, Pinjarra 6208

### For more information

T: 08 9531 7777

E: [events@murray.wa.gov.au](mailto:events@murray.wa.gov.au)

W: <https://www.murray.wa.gov.au/Whats-On/Events/Pinjarra-Festival>





## COTA (WA) 'WA Seniors Sector: Responding to Elder Abuse'

### Purpose of the Forum

The aim of this FREE forum is to educate and inform our sector workforce (including aged care workers, allied health and social workers, police, legal support and advocates) who may witness or need to respond to incidents of Elder Abuse.

We will hear from four (4) speakers representing the sectors of law enforcement, legal, health and aged care. What are their protocols, processes and the scope of their elder abuse response framework?

To enable us to document the key issues, we encourage you to share your challenges in responding to elder abuse.

### Speakers

Rowena Petrenas, Senior Solicitor Older Peoples Rights Service (OPRS); Northern Suburbs Community Legal Centre

Damien Brown, Senior Sergeant WA Police  
Family Violence Division

Gianna Renshaw, Deputy Head of Department | Social Work Sir Charles Gairdner Osborne Park Health Care Group

Irene Mooney, CEO MYVISTA

### Facilitated by

Christine Allen, CEO COTA (WA)

### Free Forum details

TUESDAY 14 JUNE 2022

9:30AM TO 11:00AM

JOIN VIA MICROSOFT TEAMS LINK:

## WA Seniors Sector: Responding to Elder Abuse



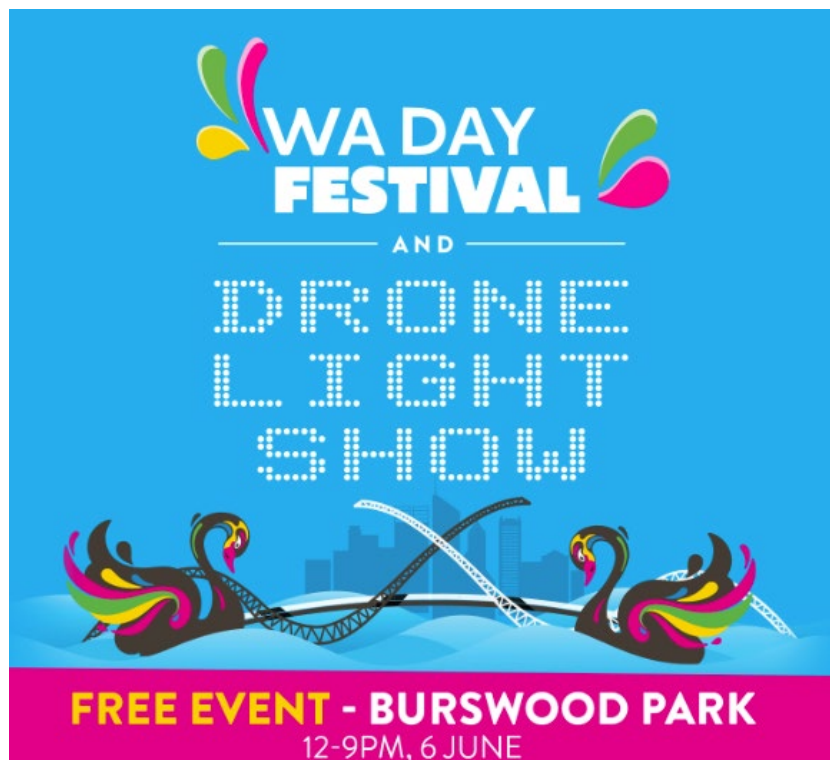
## Lotterywest ‘Lights up WA Day 2022’

### Purpose of the Forum

The stage is set for 2022 WA Day celebrations with a range of free community events and activities to celebrate WA's people, lifestyle and cultures. Lotterywest's \$900,000 grant will support the State's biggest drone light show, a stacked **WA live music line-up and more on Monday 6 June 2022 at the Burswood Parklands**. There are also regional events in Albany, Carnarvon, Geraldton, Kalgoorlie, Newman and Port Hedland.



**Burswood, Parklands: Monday 6 June 2022 from 12pm-9pm**



## Celebrations across Western Australia

WA Day unites all people young and old, from all ethnicities and cultures, who have made Western Australia such an incredible and unique place to live. It is a day where we acknowledge the histories, diverse cultures and contributions made by all people who proudly call Western Australia home. No matter where you choose to celebrate the long weekend there is a festival near you.

**Albany – Carnarvon – Fremantle – Geraldton – Kalgoorlie – Newman – Port Hedland**

**Geraldton: Monday 6 June 2022  
from 10am-2pm**



**Kalgoorlie: Monday 6 June 2022  
from 10am-2pm**

**Newman: Friday 3 June 2022 from  
5.30pm – 9.30pm**



**South Hedland, Marie Marland Oval: Saturday 11 June  
2022 from 4pm-8pm**

## Men's Health Week 2022 'Building Healthy Environments for Men and Boys'

**A week dedicated to increasing awareness of health issues specific of men and boys.**

The theme of Men's Health Week 2022 is Building healthy environments for men and boys, focusing on creating physically, mentally and emotionally healthy environments in the home, workplace and in social settings.

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight the importance of men's health and to promote and support the health and wellbeing of men and boys in our communities.

Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, the highlight is on the health challenges faced by men in Australia and worldwide and run events that can be replicated year-round to improve the physical, emotional and mental health of men and boys.

Through a series of promotions, events and publicity around the country, Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health.

### **Engaging Communities**

Men's Health Week works on the understanding that the best people to improve men's health in Australia are those who live, work and engage with men and boys in communities around the country.

To support their efforts to engage with men and boys, the Men's Health Week website provides tools to register and promote community events and provides contact details so that interested people can find out what is happening and who to talk to.

**Find out more on the Men's Health Week website:**

W: <https://www.westernsydney.edu.au/mens-health-week>

Dates: 13 June 2022 to 19 June 2022



**2022 INTERNATIONAL  
MEN'S HEALTH WEEK**  
#menshealthweek



## City of Belmont 'Stay Sharp 8 Week Program'

### Stay Sharp Program

The Stay Sharp Program has been designed to assist healthy ageing seniors to stay physically and cognitively fit. Come along and have some fun while learning how to be physically and mentally strong. This is a gentle exercise class with sitting and standing options. There is also time for cup of tea and chat with new friends.

### Free

Date: Each Tuesday 3 May 2022 to **21 June 2022**

Time: 9.30am to 12:00pm

Venue: Main Hall, Forster Park Community Centre Cnr Abernethy Road and Keane Street, Cloverdale

**For more information or to book for these sessions**

T: 08 9477 7219

## Stay Sharp in the City of Belmont

The City will offer a free 8-week Stay Sharp Program to seniors this May and June. The program has been designed to assist seniors to stay physically and cognitively fit through 'eccentric' exercises which offer great results with low physical exertion.

Date: Weekly Tuesdays from 2 May to 21 June 2022

Time: 9:30am to 12noon

Location: Forster Park Community Centre – Main Hall, corner Abernethy Road and Keane Street, Cloverdale

Tickets: Book free tickets at [stay-sharp.eventbrite.com.au](https://stay-sharp.eventbrite.com.au).

For more information or assistance booking your place, contact 9477 7219 or email [community.development@belmont.wa.gov.au](mailto:community.development@belmont.wa.gov.au) by 2 May 2022.



## Men's Health & Wellbeing – Men's Talk 'Men's Health Week Sundowner'

Men's Health & Wellbeing – Mens Talk proudly presents Mens Health Week Sundowner.

Connecting and celebrating Mens Wellbeing in WA

The two main government funded My Aged Care programs are the

### Sundowner Details

Date: Friday 17 June 2022

Time: 5:00pm to 8:00pm

Location: Synkro - Level 1 Karrinyup Shopping Centre, Karrinyup Road Karrinyup WA

Cost: FREE including Cocktail Food and Fresh Juices and Smoothie refreshments

**mens talk.**  
proudly present:

Men's Health & Wellbeing  
Western Australia

**Mens Health Week Sundowner**  
Connecting and celebrating Mens Wellbeing in WA

**Featuring** Stuart Aubrey - MLA for Scarborough  
**Guest** James Wild - CEO Mens's Sheds of WA  
**Speakers** Len Yarran - Co Chair Wadjak Northside Aboriginal Community Group

**DATE** Friday 17 June **TIME** 5pm - 8pm  
**LOCATION** Synkro - Level 1 Karrinyup Shopping Centre, Karrinyup Rd Karrinyup  
**COST** FREE including Cocktail Food & Fresh Juices and Smoothie refreshments

**BOOK TryBooking** **RSVP** Monday 13 June, 5pm  
**CONTACT** [info@mtalk.com.au](mailto:info@mtalk.com.au) or 0419 952 588

Proudly supported by:  
**Synkro**

### To Book or for more information

RSVP Monday 13 June 2022 by 5:00pm

T: 0419 952 588

E: [info@mtalk.com.au](mailto:info@mtalk.com.au)

Book W: [www.trybooking.com/BZPVO](http://www.trybooking.com/BZPVO)

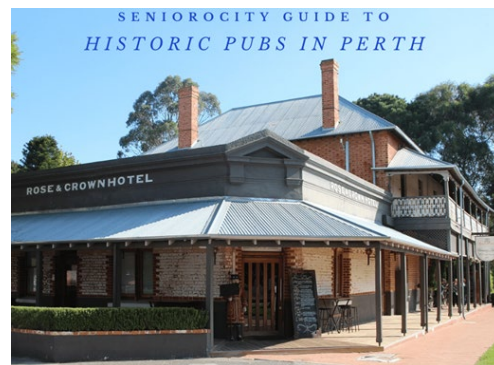


## Seniorocity 'Local History Museums in Perth WA'

### Historic Pubs

If these walls could talk! There are many historical hotels in Perth, with stories of bushrangers, ghosts and important figures from Perth's past. Some of these old watering holes are said to be haunted, and all are filled with character and charm. Head to one of these hotels, for good pub food, and a good old fashioned welcome.

W: <https://seniorocity.com.au/historic-pubs-in-perth/>



### The Parkerville Tavern



The Parkerville Tavern in the Perth Hills boasts a large beer garden, verandah, bar, restaurant and wine room. Locals and visitors alike enjoy delicious pub fayre, drinks and coffee at the popular heritage-listed venue. The Tavern is situated in a wooded valley, on the edge of John Forrest National Park and has a myriad of wildlife that visit and reside in its garden.

See its website for menus, events and specials here.

W: <https://parkervilletavern.com.au/>

### Seniorocity's Guide to Wineries in the Perth Hills and Swan Valley

Spend a weekend relaxing at a Swan Valley or Perth Hills winery! There's nothing like a long lunch, overlooking lush vines, wine in hand. We have the ultimate list of our favourite Perth wineries that tick all the boxes, with excellent food and wine. Cheers!

Find out more in our guide: <https://seniorocity.com.au/wineries-in-the-perth-hills-and-swan-valley/>



### Coffee and Cake in Perth



Love to enjoy coffee and cake in Perth? We have a huge list of cafes all around Perth, including the Swan Valley and Perth Hills where you can enjoy a coffee and cake date. It's a cheap and easy way of catching up with friends, who may not live that close to you. Here's our guide to cafes worth visiting for indulging in coffee and cake.

W: <https://seniorocity.com.au/coffee-and-cake-in-perth/>



## Breweries and Cideries



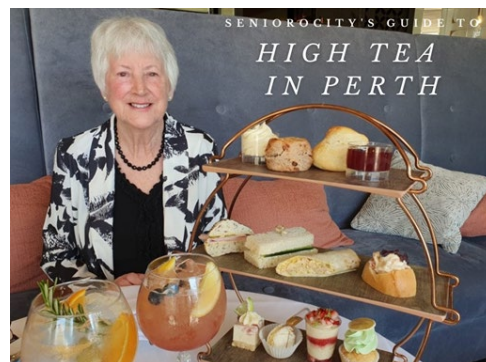
Love a local brew? You're in luck! Perth is home to many breweries and cideries that craft their own refreshing drinks. Most come with good pub-style food too, and lush gardens to enjoy a long lunch in. While many are found in the Swan Valley and Perth Hills, you're bound to find a Perth Brewery or Cider House near you in our big guide.

W: <https://seniorocity.com.au/breweries-and-cideries-in-perth/>

## Restaurants in Fremantle

Freo is home to many iconic dishes – from the simple seafood favourites of fish and chips and Fremantle sardines, to something Italian on the cappuccino strip – a day out in Fremantle isn't complete without dining out. There's always something new to taste in the beloved port city.

W: <https://seniorocity.com.au/eating-out-in-fremantle/>



## Fish and Chips in Perth



We love delicious, piping hot golden fish and chips in Perth! Do you like to eat them oceanside or at Fremantle's iconic Fishing Boat Harbour? Well, we have covered all bases in our guide. So if you're wondering "where's the best fish and chips near me?"... Look no further, Seniorocity has a huge list of the best fish and chips shops to enjoy fresh and tasty seafood!

W: <https://seniorocity.com.au/the-best-fish-and-chips-in-perth/>

## Best Mexican Restaurants

Are you a lover of Mexican food? Mexican cuisine is fun, fresh and spicy, and most Mexican restaurants in Perth have lively atmospheres to match! They serve up fab fajitas, quesadillas, mountains of nachos, tequila cocktails and all your Mexican favourites.

Find a Mexican restaurant in Perth:

W: <https://seniorocity.com.au/the-best-mexican-restaurants-in-perth/>





## 'Tech Savvy Seniors' Community Connect and E-Learning Event'

Join Injury Matters and Seniors Recreation Council of WA (SRCWA) for a free community event where you will learn about:

- Benefits of technology and how to stay safe online
- How to increase your social connections through the Community Connect program
- Stay On Your Feet® falls prevention online learning

**Bookings essential. Please RSVP to SRCWA by 10 June 2022 to secure your place.**


T: 08 9492 9774

Date: 16 June 2022

Time: 10:00am to 12:00pm

Address: 99 Loftus Street Leederville WA 6007 in the Upper Function Room

### TECH SAVVY SENIORS COMMUNITY CONNECT & E-LEARNING WORKSHOP






Join Injury Matters and Seniors Recreation Council of WA for a free community event where you will learn about:

- › Benefits of technology and how to stay safe online
- › How to increase your social connections through the Community Connect program
- › Stay On Your Feet® falls prevention online learning

**MORNING TEA PROVIDED**

Bookings essential. Please RSVP to SRCWA by 10 June 2022.  
Call 9492 9774 to secure your place.

**THURSDAY 16 JUNE | 10AM-12PM**  
**99 LOFTUS STREET LEEDERVILLE**





## Remove Hazards 'SAFE-TEA FAIR'

Join Injury Matters, Shire of Mundaring and City of Kalamunda for a free Stay On Your Feet® community event and afternoon tea.

### Learn about Preventing Falls

- How you can make your home safer
- Foot health
- Eye health

### Joined by Guest Speakers

- Occupational Therapy Services Group
- The Perth Podiatrists
- Optometry WA

To register or for more information contact:

T: 08 6166 7688

E: [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au)

Date: 14 June 2022

Time: 12:00pm to 2:30pm

Address: Boya Community Centre 119-135 Scott Street Boya WA 6056

**REMOVE HAZARDS**

## SAFE-TEA FAIR

Join Injury Matters, Shire of Mundaring and City of Kalamunda for a free Stay On Your Feet® community event and afternoon tea!

**LEARN ABOUT PREVENTING FALLS:**

- How you can make your home safer
- Foot health
- Eye health

**JOINED BY GUEST SPEAKERS FROM:**

- Occupational Therapy Services Group
- The Perth Podiatrists
- Optometry WA

To register or for more information contact Injury Matters  
Info@stayonyourfeet.com.au or 6166 7688

**BOYA COMMUNITY CENTRE**  
119 – 135 SCOTT STREET  
BOYA

**TUESDAY 14TH JUNE**  
**12PM – 2:30PM**

Partners: Department of Health, **STAY ON YOUR FEET** (Move, Improve, Remove), injury matters, City of Kalamunda, Shire of MUNDARING

PERTH PODIATRISTS, Optometry WESTERN AUSTRALIA, OCCUPATIONAL THERAPY SERVICES GROUP



Partner:



Department of Health

# Northern Suburbs Community Legal Centre 'Financial Support & Education for Older Women'

NSCLC's 'Financial Advocacy Service' offers support and education in the areas below.

This service is available across WA as one on one or group sessions; face to face or online; or outreach and home visits available.

Services include:

## Managing Your Money Day To Day

- Understanding your finances
- Setting financial goals
- Creating a budget
- How technology can help
- Avoiding financial abuse
- Avoiding scams

## Making Money Decisions

- Improve your financial knowledge
- Dealing with banks
- Using online banking
- Good spending habits
- Making your pension go further
- Managing financial challenges
- Managing debts

## Planning for the Future

- Financial, legal and health decisions
- Decision making and agreements
- Involving family in decisions
- Power of attorney and guardianship
- Living arrangements
- Lawyers, counsellors and other services

## Book now

M: 0478 219 871

E: [oprs@nsclegal.org.au](mailto:oprs@nsclegal.org.au)



The flyer features a top image of a glass jar filled with coins and several small potted plants growing from stacks of coins. The Northern Suburbs Community Legal Centre logo is in the top left corner. The main title is 'Financial support & education for older women'. Below this, a subtitle states: 'Our financial advocacy service offers support and education in the areas below. This service is available across WA for individuals and groups.' The flyer is divided into three columns, each with a heading in a white circle: 'Managing your money day to day', 'Making money decisions', and 'Planning for the future'. Each column lists specific services. At the bottom, it says 'Book Now! 0478 219 871' and 'oprs@nsclegal.org.au'. A footer bar contains the text 'One on one or groups sessions • Face to face or on-line • Outreach and home visits available' and the 'ecstra' logo.

**Financial support & education for older women**

Our financial advocacy service offers support and education in the areas below.  
This service is available across WA for individuals and groups.

Managing your money day to day	Making money decisions	Planning for the future
<ul style="list-style-type: none"><li>• Understanding your finances.</li><li>• Setting financial goals.</li><li>• Creating a budget.</li><li>• How technology can help.</li><li>• Avoiding financial abuse.</li><li>• Avoiding scams.</li></ul>	<ul style="list-style-type: none"><li>• Improve your financial knowledge.</li><li>• Dealing with banks.</li><li>• Using online banking.</li><li>• Good spending habits.</li><li>• Making your pension go further.</li><li>• Managing financial challenges.</li><li>• Managing debts.</li></ul>	<ul style="list-style-type: none"><li>• Financial, legal and health decisions.</li><li>• Decision making and agreements.</li><li>• Involving family in decisions.</li><li>• Power of attorney and guardianship.</li><li>• Living arrangements.</li><li>• Lawyers, counsellors and other services.</li></ul>

**Book Now!**  
**0478 219 871**  
[oprs@nsclegal.org.au](mailto:oprs@nsclegal.org.au)

One on one or groups sessions • Face to face or on-line • Outreach and home visits available **ecstra**



northern suburbs  
community  
legal centre

## Multicultural Village Hub ‘Creative Culture Connect Competition’

### Seeking fun, creative, cultural community activity ideas?

The Multicultural Village Hub is launching its first **Creative Culture Connect Competition** with big prizes to win! Submit your idea about how to connect people aged 55+ with your culture or how to facilitate cultural exchange in the community.

All ideas are welcome! Think art, craft, music, dance, food, physical activity, conversation and many more!

**Umbrella’s new Multicultural Village Hub aims to tackle social isolation by building a strong, supportive, and social multicultural community of people 55+ in Belmont and Bayswater.**

The top five program ideas will be included in the initial calendar of activities run by the Hub, fully funded and with facilitation support from the Hub.

### Competition Details

- Open to anyone who lives, works, or is connected to City of Belmont or Bayswater
- First prize is \$500, and second prize is \$200
- You may enter as many creative ideas as you like!
- Entries close 2 May 2022 at 5:00pm
- Winners will be announced 6 May 2022 at 12:00pm
- The entries will be judged by the Multicultural Village Hub Community Reference Group

### Entries should include

- A project description
- How the program will address any of the following themes: diversity and cultural connection, skills and story sharing and/or social inclusion
- Estimated program timeline, resource requirements such as space, materials and equipment, etc.





To enter, either complete the entry form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=xPtXW3sDkkSnjiktVPucoL2VgG6kCLpLno2hV64SylhURVROWUs3QzIRSVdHVIVNOEtNWjk4U09QVS4u>

Drop off or mail your entry to:

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

For more information and Terms and Conditions please visit:

Webpage: <https://umbrellacommunitycare.com.au/multicultural-village-hub/>

Contact the Hub Coordinator: 08 9275 4411

Email: [villagehub@umbrellacommunitycare.com.au](mailto:villagehub@umbrellacommunitycare.com.au)



The poster features the Multicultural Village Hub logo at the top left, which includes a stylized umbrella icon. The title 'CREATIVE CULTURE CONNECT' is in bold black text, with 'COMPETITION' in large, outlined red letters below it. A central image shows a wooden board game with black and white stones, and a small pile of colorful beads. To the right, a text box explains the competition. Below this, a red heading asks 'How to get involved?', followed by instructions on how to enter. A large QR code is positioned next to the prize information, which lists a 1st prize of \$500 and a 2nd prize of \$200. The bottom of the poster has a teal banner with contact details.

**Multicultural VILLAGE HUB**

## CREATIVE CULTURE CONNECT COMPETITION

The Multicultural Village Hub is launching its first Competition with big prizes to win! Submit your idea about how to connect people with your culture or how to facilitate cultural exchange in the community.

### How to get involved?

To enter the competition you can scan the QR code or visit our website and complete the application form or contact us for a copy.

**1st Prize**  
**\$500**  
Second prize \$200

For more information, contact the Hub Coordinator on **9275 4411** or visit [umbrellacommunitycare.com.au/multicultural-village-hub](https://umbrellacommunitycare.com.au/multicultural-village-hub)

**Umbrella Multicultural Community Care is a COTA (WA) Supporter.**

## Feedback Opportunities

### WA Seniors Strategy 'Have your Say' Survey

The Department of Communities is keen to hear the thoughts and opinions of older Western Australians to help shape the State's 10-year Seniors Strategy.

#### Online survey

Communities is keen to hear the thoughts and opinions of older Western Australians.

We would like to hear from you if you are:

- Aboriginal and Torres Strait Islander people aged 55 years and over
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over

Communities would also be interested in hearing from you if you are approaching your senior years to identify any emerging themes or issues.

**To participate in the survey go to:**

<https://www.wa.gov.au/organisation/departments/departments-of-communities/wa-seniors-strategy-wa-have-your-say>

Have your say on how you can age well in your community and live your best life.

WA has been an affiliate to the World Health Organisation's Global Network for Age-friendly Cities and Communities since 2017, and is the only Australian State or Territory to have achieved this status.

An age-friendly approach ensures active engagement at the local level with older people, their families and carers, and the service providers who interact with them.

- As at June 30, 2019, 388,708 Western Australians were aged 65 years and over. This age group currently represents 14.8 per cent of the total WA population
- It is projected that by 2031, the proportion of people aged 65 years and over will represent 18 per cent of the population. People aged 85 years and over are forecast to nearly double during this time



# WA Police Booklet 'Safety Advice for Seniors - Tips for Staying Safe'

## Working together to prevent crime

There are things you can do to make your neighbourhood a safer place with surprisingly little effort.

This booklet contains practical advice that can help you actively reduce the incidence of crime to make your life safer and more relaxed.

By introducing a few common sense practices into your daily routine, you can give yourself, your family, friends and neighbours greater peace of mind.

You, your neighbours, your community and the police can help to reduce crime. It only takes a little effort to make a criminal's life more difficult.

The advice in this booklet is practical, affordable, and based on sound common sense principles. The tips are for you to consider and are not rules you must follow. Choose whichever tips help make you feel safe.

**Your local government, local police or Neighbourhood Watch WA can assist if you would like more information on local services and crime prevention programs.**

### Section 1: Your Safety At Home

This section covers your safety at home, knowing your neighbours, how to deal safely with visitors, telephone and safety and using security devices.

### Section 2: Out and About

This section covers safety precautions at night, preventing a bag snatch and road safety.

### Section 3: Money

This section covers safe banking. With today's modern banking services, there is no need to carry large sums of money. Cheque books, EFTPOS, credit cards and automatic bill-paying by your bank make money matters much safer and easier. Ask your bank about the safest way to do your banking.

### Section 4: Legal Matters

This section covers signing contracts and/or legal documents and safekeeping your documents.



## Section 5: Elder Abuse

This section covers elder abuse. Everyone has the right to feel safe in their own home, manage and control their own finances and make their own decisions.

## Section 6: Computer Technology

This section covers Internet safety and scams. Scammers are becoming more sophisticated in their attempts to get your money or personal details. More and more seniors are using the Internet, especially for staying in touch with family and friends.

## Section 7: Home Security Checklist

This section provides a 'Home Security Checklist' guide. Use the guide to conduct your own home security audit.

## Section 8: Emergency Numbers

This section provides an 'Important Contact Numbers' guide. Support is only a telephone call away.

## Useful Numbers for Seniors

**Seniors' Information Service:** Metro: 08 6551 8800 Country: 1800 671 233

**WA Seniors Card Centre:** 08 6551 8800 (Metro) or 1800 6233  
(Country free call)

**Advocare:** 08 9479 7566 (Metro) or 1800 655 566 (Country free call)

For further information on crime prevention, reporting graffiti, reporting hooning and designing out crime at your home visit the following websites:

**WA Police:** [www.police.wa.gov.au](http://www.police.wa.gov.au)

**Neighbourhood Watch:** [www.nhw.wa.gov.au](http://www.nhw.wa.gov.au)

**Crimestoppers:** [www.wa.crimestoppers.com.au](http://www.wa.crimestoppers.com.au)

**Reporting graffiti:** [www.goodbye graffiti.wa.gov.au](http://www.goodbye graffiti.wa.gov.au)



**Preventing crime within the community is everybody's responsibility. If you see something wrong or unusual, never get physically involved. Instead call the police immediately on 131 444 or 000 if it is an emergency. If you live alone, keep your details private.**

To view a copy of the Safety Advice for Seniors – Western Australia Police Force Booklet go to:

<https://www.police.wa.gov.au/~media/Files/CED/Publications/Safety-for-Seniors.pdf?la=en#:~:text=Preventing%20crime%20within%20the%20community,if%20it%20is%20an%20emergency.&text=If%20you%20live%20alone%2C%20keep%20your%20details%20private>



## Cyber Security

### ‘Society’s growing reliance on technology is providing scammers with new opportunities to target Australians’

**First, it was email scams, then telephone scams. Nowadays the rise of digitalisation has provided scammers with an array of additional channels to execute their tactics.**

In 2020, the Australian Competition and Consumer Commission (ACCC) reported that over 444,000 Australians fell victim to scammers, parting way with over \$850 million dollars. The majority of these Australians were over the age of 65. Understanding the types of scams, their delivery methods, and actions to take if you identify a potential scam are vital to become scam aware.

#### **Scam types and delivery methods**

Currently telephone, email and via social media are the three most common communication methods used to deliver scams. **There are three scam categories to note:**

##### **Phishing**

Scammers attempt to trick you into providing personal information by pretending they are from a legitimate business.

##### **Threat based**

Scammers demand money that you supposedly owe, followed by threats if you do not cooperate.

##### **Identity theft**

Fraud that involves using someone else's identity to steal money or gain other benefits

#### **Spotting Scams**

The ACCC advises there are some common tell-tale signs of a potential scam. Be cautious if someone:

- You do not know contacts you
- You have never met, requests money
- Requests money through unusual payment methods, or requests sensitive information such as your bank details and passwords
- Pressures you into buying something or deciding quickly
- Offers you something that appears too good to be true, such as a competition prize, or an unclaimed inheritance

If you are still unsure if the person you are speaking to is legitimate, WA Police recommends that you contact the company using the telephone number or email address from the telephone book or the business’s official website.

Importantly, before sharing bank details or transferring money, discuss it with a family member or friend.

## What to do if you think you have fallen victim of a scam

If you believe that you have been targeted by a scam, WA Police and the ACCC advises that you:

1. Report it immediately.
2. Contact your bank if you have shared your financial information or sent money to a scammer.
3. Change your online passwords if you have fallen victim to a computer scam.
4. Reach out to your GP, local health professional or someone you trust if you feel overwhelmed and stressed.

## Report scams to Scamwatch

If you think you have been scammed, tell your bank and telephone company immediately and report the scam to:

W: <https://www.scamwatch.gov.au/report-a-scam>

Scammers utilise many creative schemes of deception, so it's vital to maintain a healthy level of suspicion about anyone who is asking you for money or your personal details.

**According to ACCC Scamwatch, the number of scams reported increased 170 per cent during the pandemic, with Australians over 65 losing the most of any age group last year – \$81.9m. Scammers took advantage of pandemic lockdowns to reach people through digital channels and is concerned by the growth in remote access scams especially.**

## Helpful Resources

The official Federal Government website for tips, advice and scam news.

W: <https://www.scamwatch.gov.au/>

Where you can register for email alerts on recent online threats:

W: <https://www.cyber.gov.au/acsc/register>

You can protect yourself from scams by being alert to requests for personal details or security codes, unsolicited calls or emails, claims an offer is low risk with high return, unusual payment methods such as Bitcoin or gift cards, pressure and threats and requests not to tell anyone else.

**To help people protect themselves online, Westpac has published tips on how to stay safe on social media at: <https://www.westpac.com.au/security/protect-yourself-and-your-business/>**



## **‘And...the Moral of the Story is...’**

**An older woman handed her bank card to the teller and said; “I would like to withdraw \$10”. The teller told her; “for withdrawals less than \$100, please use the ATM.”**

The woman wanted to know why? The teller returned her bank card and irritably told her; “these are the rules, please leave if there is no further matter. There is a line of customers behind you.”

The woman remained silent for a few seconds and handed her card back to the teller and said; “please help me withdraw all the money I have.” The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her; “you have \$300,000 in your account, but the bank does not have that much cash currently. Could you make an appointment and come back again tomorrow?”

The older woman then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. “Well, please let me have \$3000 now.” The teller kindly handed the \$3000 to the woman, very friendly and with a smile.

The woman put \$10 in her purse and asked the teller to deposit \$2990 back into her account.

The moral of this story is....

**Do not be difficult with older people, they spent a lifetime learning the skill...**



## ANSWERS to the 'CROSSWORD' Puzzle (see Page 27)

### Solution:

1	A	2	L	3	U	4	M		5	B	6	A	7	S	8	E	9	S		10	L	11	A	12	P
13	D	A	T	A					14	U	L	T	R	A					15	J	U	N	E		
16	D	Y	E	R					17	R	E	A	M	S					18	A	S	I	A		
				19	C	20	U	E		21	B	A	S		22	E	B	A	L	L					
23	A	24	F	25	T			26	P	A	27	M					28	P	O	K	E	S			
29	C	A	R	30	D	S	U	I	31	T				32	V	I	T	A							
33	A	R	I	A					34	M	A	35	G	I	C										
36	D	O	P	Y				37	L	I	B	R	A				38	O	S	L	O				
								42	C	O	C	O	A				43	A	W	E	D				
				44	F	45	L	A	G			46	O	S	47	S	48	I	F	I	E	D			
49	P	50	S	A	L	M								51	S	O	W		52	M	R	S			
53	A	T	R	O	P	54	I	N	55	E			57	L	O	P									
59	N	A	R	Y				60	L	O	T	T	O				62	L	A	P	S				
66	T	R	O	D				67	L	E	N	I	N				68	A	G	U	E				
69	S	E	W					70	S	L	A	N	G				71	Y	O	G	A				

#### COPY AUTHORIZATION BY THE AUTHOR

You may make unlimited copies of this original large print standard crossword puzzle for personal, senior center, medical facility, or classroom use. Visit [www.qets.com](http://www.qets.com) for more large print puzzles.

*Evelyn Johnson*



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  
July + August + September  
COTA Connections Newsletter.

Want to share your story?

Maximum 250 Words + Photographs or Images

Email: [dana@cotawa.org.au](mailto: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](http://www.cotawa.org.au)  
T: (08) 9472 0104

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T: (08) 9472 0104  
E: [admin@cotawa.org.au](mailto:admin@cotawa.org.au)

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