



# COTA Connections

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

SEPTEMBER 2022

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

Are you a forward planner or do you leave things to the last minute? We had this discussion around the office recently when we started to develop our latest Seniors Guide. More specifically the conversation was about the milestones of ageing and how each of these can have a significant impact on our life and the life of our loved ones or carers, yet most of us still put off any decision making or forward planning. In our office we are a mixture of planners and procrastinators. I hope our next Guide will give you the inspiration you need. Its still under development but I will share more with you next month.

The dates for our Listening Posts are locked in, with the first one coming up on 30 September 2022 on the topic of Seniors Housing. We still have some places left if you have not yet registered. You can view the dates of the sessions and register to attend on our website [www.cotawa.org.au](http://www.cotawa.org.au)

During a very busy month our team have been out and about talking to the community or providing updates to the sector. Some of their activities are featured in this months newsletter. But with the start of the warmer weather we are heading in to the most hectic time of the year and in the lead up to WA Seniors Week 2022 in November 2022 this is the last call for nominations for the WA Seniors Awards 2022 and applications for Community Grants. If you have not yet nominated or applied, the deadline is Friday 9 September 2022. So get cracking...

If you are having trouble reading our newsletter, we have shared some easy to follow instructions to increase the size of the text on your computer. This is in response to some of your feedback and we hope you find it helpful.

Its amazing how much a sunny day can motivate you to get outside and exercise and socialise. I hope you have been taking advantage of the spectacular start to Spring?



**Christine Allen, CEO**

## COTA Connections 'How to change the text size of your newsletter'

Are you having difficulty reading the newsletter?

Please see the steps below to increase the size of the text of your newsletter.

1. When you receive your COTA Connections email, click on the image of the front page of the newsletter when you see the 'hand cursor' as seen below.



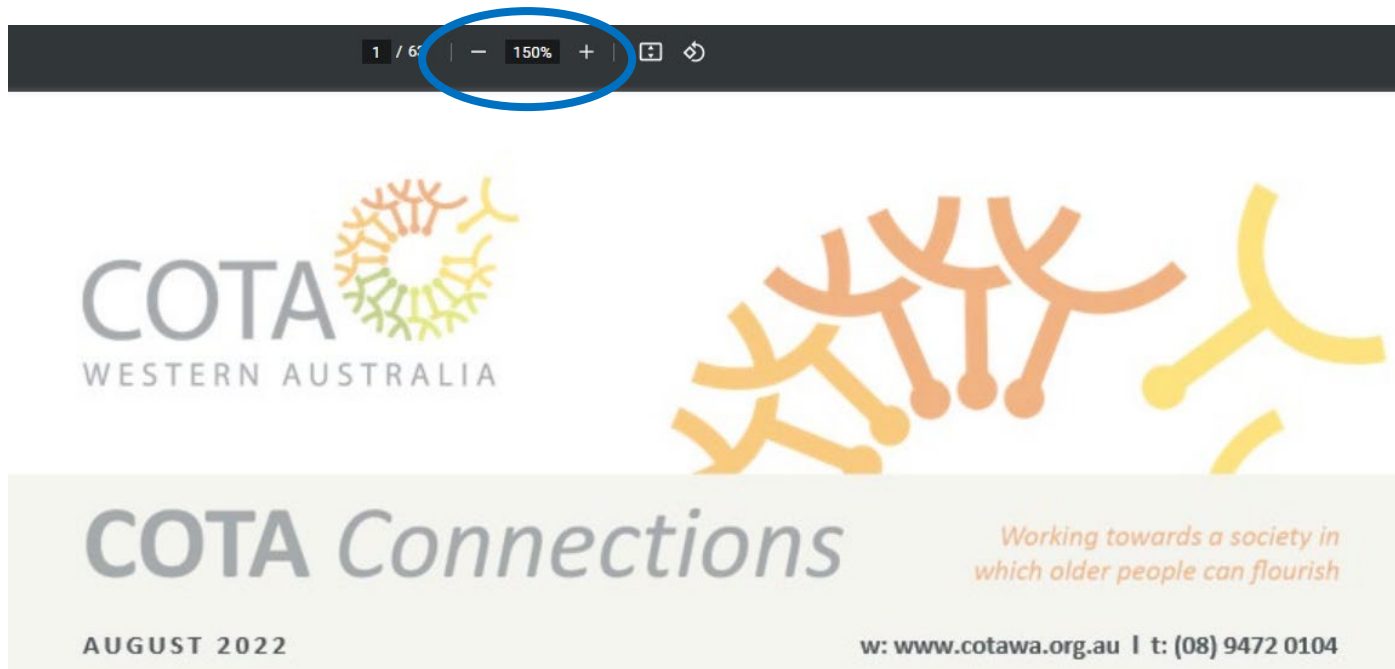
More than 310,000 Western Australian seniors will receive extra cash in their bank accounts this month, thanks to the **WA State Government's Cost of Living Rebate**. WA Seniors Card members will share in almost \$26 million in direct financial assistance, with singles receiving a one-off payment of \$95.69, and couples getting \$143.50. Applications for the free WA Seniors Card can be made by Australian citizens or permanent residents aged over 64, who reside in WA and work less than 25 hours a week in paid employment.

2. When the newsletter is visible, go to the top of the screen where you will see a plus (+) and minus (-) sign with a percentage shown in between (100%) as circled below.



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3. Use the plus (+) and minus (-) symbols to increase or decrease the size of the text. For example, the font can be seen at 150% as shown below.



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**We hope this makes it easier to read your COTA Connections Newsletter in the way you want.**

## Country Women's Association of WA features 'Ginger Fruit Slice'

This slice is so quick and easy to make and tingles and tantalises the tastebuds!

### Dalwallinu & Districts Branch CWA Branch 'Ginger Fruit Slice!'

Recipe by Barbara Dinnie OAM HLM - CWA Dalwallinu & Districts Branch.

Barbara Dinnie, one of the CWAs highly respected Honorary Life Members, has been a CWA member since 1954.

She is one of those very young country members who still contributes to the Association 68 years on and has attended more than 50 State Conferences, even the most recent 98<sup>th</sup> meeting in Gingin, WA. Barbara has been involved with Agricultural Societies as an exhibitor, trophy winner, steward, caterer and a judge of numerous sections for over 60 years and at many country shows.

Barbara submitted this recipe for an old-fashioned Ginger Fruit Slice that is so quick and easy to make and tingles and tantalises the tastebuds!



It is pictured here on a tea towel promoting the Associated Country Women of the World (ACWW) of which CWA in Western Australia is a society member. ACWWs membership spans 82 countries and amplifies the voices of rural women worldwide who suffer the worst impacts of climate change and conflict, go unheard in legislation, and remain unprotected and unsupported. The ACWW and their member societies exist to change this situation.

So why not cook a batch of this **Ginger Fruit Slice** and while you enjoy them for morning or afternoon tea, think about what you can do to in your local community to support those in need. Every contribution matters.

#### Ingredients

- 125 grams of butter or margarine
- 1 tablespoon of golden syrup
- $\frac{3}{4}$  cup of sugar
- 1 large cup of self-raising flour
- 1 cup of coconut
- $\frac{3}{4}$  cup of chopped dates and dried or crystallised ginger; or a mix of dried apricots and dried or crystallised ginger
- 1 egg



## Method

1. In a saucepan, heat butter or margarine, syrup and sugar over a gentle heat until all sugar granules are dissolved. Allow to cool.
2. Mix flour, coconut and fruit. Add to cooled mixture, then add beaten egg.
3. Press into a greased Swiss roll tin (flat rectangular baking tray).
4. Bake for approximately 30 minutes in moderate oven (180 degrees Celsius).
5. Can be iced with lemon or chocolate icing while still warm and sprinkled with coconut.
6. Cut into fingers to serve.



# Country Women's Association of WA

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## Minister Don Punch MLA updates COTA (WA) Seniors Sector Partners about the 'WA Seniors Strategy'

Twenty-one (21) members of the COTA (WA) Seniors Sector Partnership attended an update of the 'WA Seniors Strategy' by the Hon. Don Punch MLA, Minister Seniors and Ageing.

The Department of Communities conducted or received feedback from over 2,000 formal consultations with the sector stakeholders and older Western Australians. They are conducting further in-depth consultations with older First Nations communities in rural and remote areas of WA. They are also interfacing with people living with a disability including people impacted by Dementia and Alzheimer's.

Key themes from consultations include wanting easy access to relevant information, a one-stop-shop that brings together access to information and services (government and non-government agencies) for older Western Australians including those from CaLD backgrounds, LGBTI communities and First Nations people which is unique in Australia; accessible transport and home care services for regional remote areas; access to on-site ageing with choice options; infrastructure for reliable and accessible digital services and technology devices and support for digital literacy including for those people living with a disability; events and activities to provide social connectivity diminishing social isolation and accessible physical activities to promote mobility and health; practical support for the impact of the higher cost of living; age friendly community infrastructure; and government supported educational awareness campaign/s directed to combating ageism, elder abuse and generating greater respect for First Nations people.

**The Minister wants to highlight the milestones of ageing and promote awareness which would have all generations taking action to prepare for a healthy, active and engaged lives.**

**The release of the WA Seniors Strategy is scheduled for early 2023.**

For more information go to <https://www.wa.gov.au/organisation/departments/wa-seniors-strategy>



## Peel Senior Relationship Service Forum: 'Where to from Here?'



**Chris Jeffery, COTA (WA) Chief Policy Officer was an invited speaker at the Peel Senior Relationship Service Forum: 'Where to from Here?'**

The Forum was held on the completion of the pilot phase of the initiative to explore issues about elder abuse and the roles different organisations play in dealing with it.

The Service is a case management and mediation service supporting older people and their families residing in the Peel region to find solutions to ageing-related issues. Consequently, it deals with issues other than elder abuse and is provided at no cost to those accessing the Service.

After an introduction to the Service from the Program Manager of the Peel Senior Relationship Service, the Mayor of Mandurah provided an overview of the importance of the Service with reference to its impact on engendering a sense of community and reinforcing the need for all of us within a particular 'village' to look out for and support all people, especially older people.

Four speakers then presented their involvement in elder abuse and outlined the perspective from which they operated and the services and support they offered. The speakers were:

- **Rowena Petrenas, Norther Suburbs Community Legal Service:** emphasised that their clients were individuals or a trusted person of an individual. They did not deal with people from residential aged care facilities or those receiving hoe packages.
- **Chris Jeffery, COTA (WA):** after an introduction to the role of COTA (WA) generally, Chris spoke about its latest advocacy initiatives (e.g. proposal for the appointment of a Commissioner for Older People) and introduced the newly-published elder abuse guide (Understanding the Mistreatment of Older People). The presentation created great interest in COTA (WA) and the Guides
- **Shawnee Van Poeteren, Advocare:** This presentation focussed on a case study of a typical Advocare client, and the action taken by Advocare to deal with the issue. Advocare's focus is people living in residential aged care and those receiving Home Care packages.
- **Katy Roy, Elder Abuse Action Australia:** The aim of this organisation is to educate and support those affected by elder abuse. It does not provide services. One of its main initiatives is organising the annual national Elder Abuse Conference.



The Forum was deemed a great success and provided valuable insights to the 60+ attendees into what services are available and how the nature of the services differ between the various providers.

## ‘Four Benefits of Art that may surprise you’

**Relieving stress, training your brain and providing opportunities to connect and socialise with others are some of the many benefits of art.**

Relieving stress, training your brain and providing opportunities to connect and socialise with others are some of the many benefits of art that you may not know. There are many studies shown that creating art can benefit your mental health and improve brain elasticity.

When it comes to creating art, some of us may think you need to create elaborate paintings, build sculptures or make ceramics to be considered an artist. But we are all born with an innate desire to express ourselves through different means of communications whether it is through making crafts, writing, poetry, singing, or dancing. Art can be therapeutic and beneficial in many ways.

**Whether you have taken up art as a hobby or are an artist who loves to create, here are 4 positive benefits of art you may not know.**

### 1. Improve Brain Function

Engaging in the creative process helps improve our cognitive function. Using your brain to challenge yourself and learn new things can potentially ward off Dementia. For older people, art can be used as an avenue for communications and self-expression. Through art, you can stimulate your brain to grow new cells and produce new neural pathways.



Neurological research has shown that as our brain ages, creative abilities do not degenerate. The ageing brain, in fact, responds well to art by activating both hemispheres of the brain to communicate with each other and work more in tandem. Creating art involves visualisation and memorisation processes which help combat memory loss in older age.

### 2. Reduce Stress and Anxiety

When was the last time you looked at a painting and felt relaxed?



Not only can art help combat Dementia and other chronic degenerative diseases, it also helps reduce anxiety and calm the mind. Researchers have investigated the impact of visual art on adult stress levels and found that levels of cortisol hormones reduced significantly after a 45-minute of art-making session.

Creative art intervention helps promote short-term well-being which reduces stress, anxiety and increases positive emotions. Study has shown that creating art

can help us feel calm and relaxed. Overall, engaging in the creative process can help us tap into a meditative state and lower our stress levels, which is a positive outcome.



### 3. Improve Communication and Opportunities for Socialisation

Here is one of many amazing benefits of art: improve communication and socialisation. Joining an art group or getting involved in art project can help us connect with others and reduce feelings of loneliness and isolation. You can use art as a tool to express our feelings and emotions. Art is the most effective means of communication across language and cultural barriers. By creating art, we can improve our interpersonal communication skills. Getting involved in a community project can help you feel connected with others, especially during self-isolation periods experienced as a result of COVID-19.



### 4. Boost your Self-Esteem



Creativity can help build self-esteem and improve mental health, especially in older people. It does not matter what you create, the most important thing is to give yourself the ability to create without any judgement or criticism.

Making art helps produce neurotransmitter dopamine which stimulates the creation of new neurons and boosts your focus and learning process. Art gives you a sense of accomplishment which makes you feel good and boosts your confidence. Accomplishment can come from the process of learning, doing and creating and does not have to be about achieving the end result.

**Whether you are an artist or have never taken up art in your life, it is never too late to start.**

If you have not been creative for a while, it may be difficult to pick it up again. Simply start with some mindful colouring exercises. You can download the free templates here: <https://www.justcolor.net/> print them out and start colouring. If you are into art and crafts, check out this page <https://www.skillshare.com/browse/crafts> which offers hundreds of online arts classes from drawing, painting, knitting and crochet to jewellery design.

## Dementia Australia '24/7 National Dementia Helpline'

**National Dementia Helpline, 1800 100 500, operated by Dementia Australia, is now available 24 hours a day, seven days a week, 365 days a year.**

If someone has a diagnosis of dementia, or mild cognitive impairment, or is concerned about changes to their or a loved one's cognition, Dementia Australia is here for them.

Dementia Australia provides support and information to all Australians, of any age, impacted by all forms of dementia, including mild cognitive impairment, in any location across Australia. Ongoing support and information is available at every stage from pre, during and post-diagnosis. This includes support for people with concerns about changes in memory and thinking.

The National Dementia Helpline, staffed by a highly-trained team, is a free 24/7 telephone service which provides information and support to people living with dementia, people concerned about changes to memory and thinking, people living with mild cognitive impairment (MCI), family, friends and carers of people living with dementia and people who work in health and aged care.

By contacting Dementia Australia, you will have access to timely, reliable and expert information, advice and a wide range of programs to support you and your family and friends to live well with dementia. The National Dementia Helpline 24/7 service is available by telephone, email or through our online chat function.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An **interpreter service** is available at **131 450**. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit <https://www.dementia.org.au/>

The Dementia Guide is the go-to online resource for any person impacted by any form of dementia, of any age, in any location across Australia.

Listen to and Download: The Dementia Guide free at: <https://www.dementia.org.au/resources/the-dementia-guide#ceo>

If you are impacted by dementia, Dementia Australia can connect you to the information, education and support you need. Dementia Australia events between August 2022 and December 2022 are delivered interactively and provide an opportunity to connect with other people in similar situations.

**For more information on upcoming Dementia Australia events**

T: 08 9225 4094

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

W: <https://www.dementia.org.au/events>



## Pets of Older Persons 'POOPS Are Looking for New Clients and Volunteers'

### Have you heard of Pets of Older Persons (POOPS)?

POOPS is a volunteer run, not for profit organisation that provides a fee-free pet care service for pet owners who are elderly or have a disability.

POOPS have been carrying out their mission of **'Keeping people and pets together'** since 2010. Today they support clients in the Greater Perth Metro area and Busselton

POOPS believe that no one should have to give their pets up due to age, disability or poor health and this valuable organisation relies on volunteers to work with clients to ensure people and their pets can stay together for as long as possible.



Their generous volunteers form ongoing relationships with their clients.

#### Eligibility

POOPS clients are pet owners who are over the age of 65, palliative care patients of any age, or people with disabilities who need assistance with caring for their

beloved pets and are unable to pay for support. They also offer discounts to clients for grooming, boarding facilities and vet costs.

If you would like to volunteer, or if someone you know would benefit from the services POOPS provide, please click here <https://www.poopswa.org.au/> to find out more or call 1300 110 092.

To learn more about volunteering for POOPS go to <https://www.poopswa.org.au/volunteers/>





## ‘Staying Active to Prevent Falls’

Falls are among the biggest threats to older people. As we get older, our muscle strength and balance may reduce which can result in a fall accident.

Good news is there are other things you can do to improve your health and wellbeing to help prevent falls from happening.

### Falls Prevention: 4 Helpful Tips

Falls are among the biggest threats to older people. As we get older, our muscle strength and balance may reduce which can result in a fall accident. Although most falls may not cause serious injury, they can possibly leave us feeling quite distressed. Good news is there are other things you can do to improve your health and wellbeing to help prevent falls from happening. Here is some useful information to help you understand the cause of falls and some falls prevention tips.

#### 1. Staying active to avoid falls

To reduce falls risk, it is important we maintain our physical fitness with regular exercise including specific balance exercises. Keep in mind current Australian guidelines suggest a minimum of 150-minutes of physical activity a week to maintain current fitness levels, greater amounts are required if wanting to improve fitness.



Exercises are best when specific to individual customers. They need to be achievable but challenging. Progression of exercises as they become easier will ensure improvement in balance and reduce falls risk. Balance exercises should be aimed at increasing postural awareness, co-ordination, and reflexes (reaction times) and lower limb strength.

#### 2. Properly fitted and supportive footwear



As we get older, our feet change and footwear needs to change, too. Shoes need to be comfortable, fit well and have adequate support. Feet need to be kept dry, nails should be cut short and any foot changes should be investigated promptly. It is important to consider issues such as circulation or changes in foot sensation as well as any areas of numbness or foot issues such as pins and needles.

As we age, our foot strength and flexibility declines. Research has shown that foot problems are the main cause of falls. Having your feet examined by a podiatrist is the first step in falls prevention. A podiatrist can help assess your risk of falls with a history check, assessment, and performance-based



falls test. From there, they can make recommendations to help address your foot problems, exercises for feet strength and the right footwear to help prevent falls.

### 3. Having a safe home

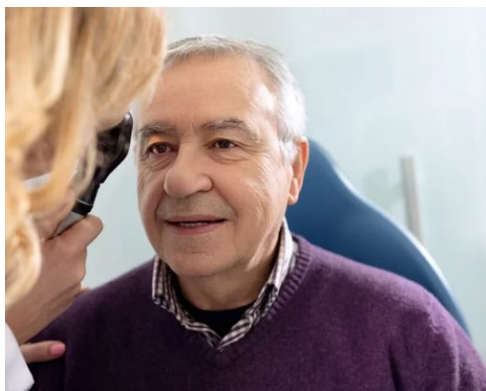
Most falls happen at home, that is why it is important to keep your home safe. You can fall-proof your house to help you avoid falls and ensure your safety.

**Here are some simple steps to get started:**

- Remove clutter or tripping hazards: keep your walking areas tidy and make sure there's nothing in the way; if necessary, place non-skid mats, strips or carpets on surfaces that easily get wet
- Check your lighting to ensure it is adequate, maximising visibility of your footing: remember to turn on night lights before bed or keep a flashlight by your bedside in case the power is out in the middle of the night
- Repair broken, uneven or cracked paths, patios, and other walking surfaces
- Consider equipment or home modifications such as rails or ramps to assist with mobility and transfers: install grab bars in the shower, toilets and baths, railings on stairs and non-slip adhesive strips to stairs.



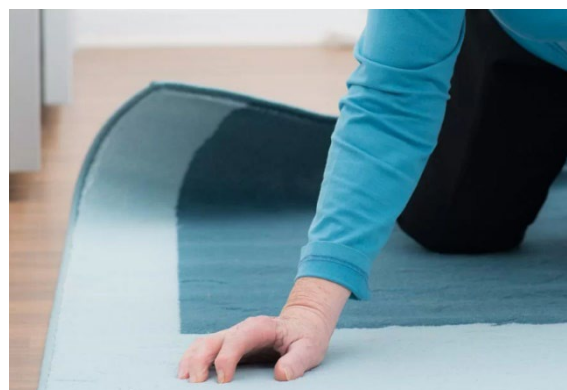
### 4. Check your eye vision



Conditions that affect your vision may affect you balance such as Glaucoma, macular degeneration, conjunctivitis, and others. It is important to have a regular eye check and consider your prescription type to make sure your vision is clear. Multifocal glasses can result in falls. Recent search has shown that wearing multifocal glasses increases the risk of trips and falls in older people. It is best to see your optometrist for an assessment and advice.

### 5. What to do if you fall

Stay still and slow down your breathing. Slow and steady breaths help to keep you calm. Check and scan through your entire body to see if there is any injury. Look for hazards such as broken glass, or electrical cords before you move, or before you allow anyone to help you up.



Decide if you will get up and if you can get up, think about how you will get off the floor. If you have tried and can't get up, rest before trying again to avoid exhaustion. Seek for medical help if you need.

**If you cannot get up** call for help (personal alert, a phone or by calling out). While waiting for help, try to stay as warm and comfortable as possible by using nearby pillows, blankets, or towels. If you are outside, drag yourself under shelter and try to move out of direct sunlight and off hot paving. If you can, change position from time to time to take pressure off a part of your body until help arrives.

## **6. What you should do after a fall**

- Seek urgent medical help if you start to feel confused, develop a bad headache, nausea and vomiting, blurry vision, limb weakness, neck stiffness, feeling tired or fatigued after the fall
- Write down the details of the fall (when, what, how)
- Tell your doctor or health professional about the fall as soon as possible after it happened, even if you are not hurt; he or she can look into possible causes and treatment options; this is particularly important if you are on blood thinners
- Talk to your health professional so you can work together to prevent future falls, keep your independence and confidence
- Tell your daily contact person about your fall. Stay in contact frequently as injuries may not show up straight away

**Falls, whether once or repeatedly, can be a serious matter that affects both your physical and emotional states. Fall prevention takes some planning but it is worthwhile to keep you safe and avoid the risk of falls.**



## The Conversation ‘Waking at 3:00am and Dwelling on our Worries’

**You are not alone. It is a common problem especially for seniors, as a good night’s sleep becomes less likely. Psychology researcher Professor Greg Murray explains what we can do about it.**

When Greg Murray wakes at 3:00am or so, he is prone to picking on himself. Greg knows he is not the only one who does this. His friend calls 3:00am thoughts ‘barbed-wire thinking’ because you can get caught in it.

The thoughts are often distressing and punitive. Strikingly, these concerns vaporise in the daylight, proving that the 3:00am thinking was irrational and unproductive.

### So, what’s going on?

Greg Murray is a psychology researcher with expertise in mood, sleep, and the circadian system (the internal clock regulating sleep). Here is what the research says about what may be behind this common experience.

### Key Points

- Catastrophising at 3:00am is very common
- At this time, we are physically and mentally at a low ebb
- Stress exacerbates this

### What’s happening in your body at 3:00am?

In a normal night’s sleep, our neurobiology reaches a turning point around 3:00am or 4:00am.

Core body temperature starts to rise, sleep drive is reducing (because we have had a chunk of sleep), and secretion of melatonin (the sleep hormone) has peaked. Your level of cortisol (a stress hormone) is also increasing as the body prepares to launch us into the day.



Remarkably, all this activity happens independently to cues from the environment, such as dawn light. Nature decided long ago that sunrise and sunset are so important that they must be predicted (hence the circadian system).

We actually wake up many times each night and light sleep is more common in the second half of the night. When sleep is going well, we are simply unaware of these awakenings. But add a bit of stress, and there is a good chance that waking will become a fully self-aware state.

Stress also impacts sleep in insomnia, where people become hypervigilant about being awake. Concerns about being awake when one ‘should’ be asleep can cause the person to jolt themselves into anxious wakefulness whenever they go through a light sleep phase.

If that sounds like you, be aware that insomnia responds well to psychological treatment with cognitive behavioural therapy. There’s also a strong link between sleep and depression, so speak to your doctor if you have any concerns about your sleep.

### **Catastrophising in the wee hours**

As a cognitive therapist, Greg sometimes joke the only thing good about 3:00am waking is that it gives us all a vivid example of catastrophising.



Around this time in the sleep cycle, we are at our lowest ebb physically and cognitively. From nature’s viewpoint, this is meant to be a time of physical and emotional recovery, so, understandably, our internal resources are low.

But we also lack other resources in the middle of the night – social connections, cultural assets and all the coping skills of an adult are unavailable at this time. With none of our human skills and capital, we are left

alone in the dark with our thoughts. So the mind is partly right when it concludes the problems it has generated are unsolvable – at 3:00am, most problems literally would be.

Once the sun’s up, we are listening to the radio, chewing our Vegemite toast and pushing the cat off the bench, and our 3:00am problems are put in perspective. We cannot believe the solution of just ringing this person, postponing that thing, or checking such-and-such was overlooked in the wee hours.

The truth is, our mind is not really looking for a solution at 3:00am. We might think we are problem-solving by mentally working over issues at this hour, but this is not problem-solving; it is worry.

Worry is identifying a problem, ruminating about the worst possible outcome and neglecting the resources we would bring to bear should the non-preferred outcome actually occur.

### **So, what can we do about it?**

Have you noticed the 3:00am thoughts are very self-focused? In the quiet darkness, it is easy to slide unknowingly into a state of extreme egocentricity. Circling around the concept of ‘I’, we can generate painful backwards-looking feelings like guilt or regret. Or turn our tired thoughts to the always uncertain future, generating baseless fears.



Buddhism has a strong position on this type of mental activity: the self is fiction and that fiction is the source of all distress. Many of us now practise Buddhist-informed mindfulness to manage stress in the daytime; Greg uses mindfulness to deal with 3:00am wakings.

He brings his attention to his senses, specifically, the sound of his breath. When he notices thoughts arising, he gently brings his attention back to the sound of breathing (pro tip: earplugs help you hear the breath and get out of your head).

**Sometimes this meditation works. Sometimes it does not. If he is still caught in negative thinking after 15 or 20 minutes, he follows the advice from cognitive behavioural therapy. Get up, turn on a dim light and read.**

This action may seem mundane, but at 3:00am, it is powerfully compassionate and can help draw you out of your unproductive thinking.

One last tip. It is important to convince yourself (during daylight hours) that you want to avoid catastrophic thinking. For good reasons not to worry, you cannot go past the Stoic philosophers.

Waking and worrying at 3:00am is very understandable and very human. But in Greg's opinion, not a great habit to get into.

**If this article has raised issues for you, or if you are concerned about someone you know, call Lifeline on 13 11 14.**

This article is republished from [The Conversation](#) under a Creative Commons license. The author is Greg Murray, Professor and Director, Centre for Mental Health, Swinburne University of Technology.

**For further reading: [The Conversation](#)**

**For more reading: [Poor sleep is really bad for your health. But we found exercise can offset some of these harms](#)**

# THE NVERSATION

## The West Australian '8 Healthy Tips to enhance your Quality of Life'

We all have well-intentioned moments in life, but it is what we do daily that counts: how we move and listen to our bodies, a consistency to help us live better and live longer.

And if you are over 55, it is even more important to take health into consideration because there is an increased risk for heart disease. Good heart health can prevent you from having a poor quality of life, anxiety and depression in some cases and reduced physical capability.

Here are some ideas to get you started and help enhance your quality of life.

### 1. Make time for your loved ones

According to an article published by Time Magazine 'Why Spending Time With Friends Is One of the Best Things You Can Do for Your Health', studies suggest that having a robust social life can in fact lower stress levels; improve mood; encourage positive health behaviours; boost cardiovascular health and improve illness recovery rates.



Try organising a family dinner, having a picnic in the park with your partner or going on a morning walk with a friend.

### 2. Swap the car for a walk

Incorporating light forms of exercise into your daily routine is important and there are many simple ways to do it.

Try substituting driving and plan ahead, whether you introduce walking and/or riding your bike (there are e-bikes that make it easier) and if that is not for you, set aside some valuable time for you to stretch and move your body for at least 30 minutes.

### 3. Trade stress for mindfulness

It is a trendy way to describe the benefits of being aware of the stresses that we face in life and being conscious of the way we manage them. Mindfulness has many proven benefits, from improved concentration and mental clarity to emotional intelligence and connection with others.

And be kind to yourself. After years of a pandemic, we all need to be a little kinder to ourselves.

### 4. Get enough sleep

We all know how important sleep is; it helps us function better.

Try to get the amount that you need, which is six to eight hours a night for most people.

## **5. Replace alcohol with an alternative**

This is not to say you cannot enjoy a few drinks, life is all about moderation, but consumption counts. Professional advice suggests trying for a couple of alcohol-free days a week, aiming for no more than ten drinks a week and no more than four on a single day.

Try a non-alcoholic alternative, there are many that taste just like the real thing.

## **6. Take a look at your food intake**

It goes without saying, a healthy diet is vital for a healthier life.

Reducing your intake of sugar, trans-fats and animal-derived fats is a good start. Low-salt alternatives are also a great option, such as lemon and pepper.

## **7. Practice optimism**

Is your glass half-empty or half-full? Positive thinking does not mean that you ignore life's stressors, you just approach hardship in a more productive way. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits.

Try positive self-talking, spend time doing positive things and spend time with positive people.

## **8. Train your brain**

According to research studies, doing mentally challenging activities and regularly engaging your mind, such as reading, doing crossword puzzles or Sudoku and playing chess, may help lower your risk for the Dementia associated with Alzheimer's disease.

And if you do not enjoy puzzles or games, try eating with your non-dominant hand or walk a new route to the shops.

## **For more information on upcoming Dementia Australia events**

T: 08 9225 4094

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

W: <https://www.dementia.org.au/events>

# **The West Australian**

## Men's Health and Wellbeing WA 'What's On'

It is critical to validate the important and difficult journey of a man in today's society, the price that is paid by many dads for maximising income and the efforts and contribution of men in their precious lives. This should be celebrated daily, not just on Father's Day.



### International Men's Day

International Men's Day (IMD 2022) takes place on Saturday 19 November 2022.

Under the theme of '**Celebrating Mateship**', Australian Men's Health Forum (AMHF) wants to inspire thousands of Australian men to join, volunteer for and even launch, local men's groups.

They would appreciate if you would partner with AMHF and help make this happen especially highlighting the role that social connection and mateship plays in helping men live longer, better, healthier lives.

For more details: [https://www.amhf.org.au/help\\_make\\_international\\_men\\_s\\_day\\_22\\_the\\_best\\_ever](https://www.amhf.org.au/help_make_international_men_s_day_22_the_best_ever)



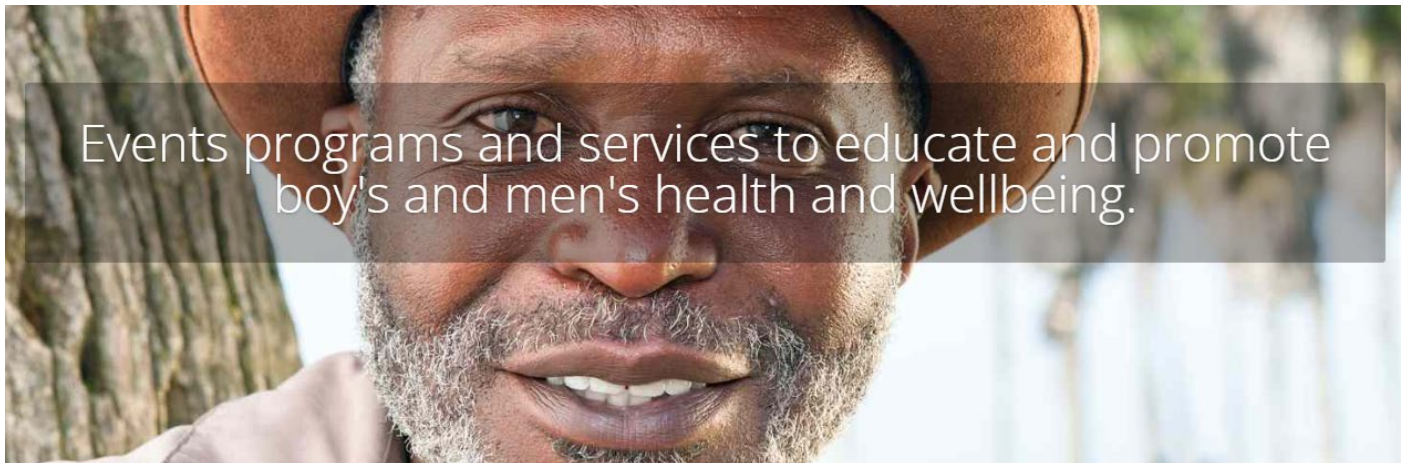


## ManKind Project 21-23 October 2022

What defines a Man and what is his role in life?

These are two major questions you will be challenged with and supported through when connecting with the **ManKind Project**.

Find out more about it here: <https://mkpwa.org.au/>



## Share Stories, Create Change

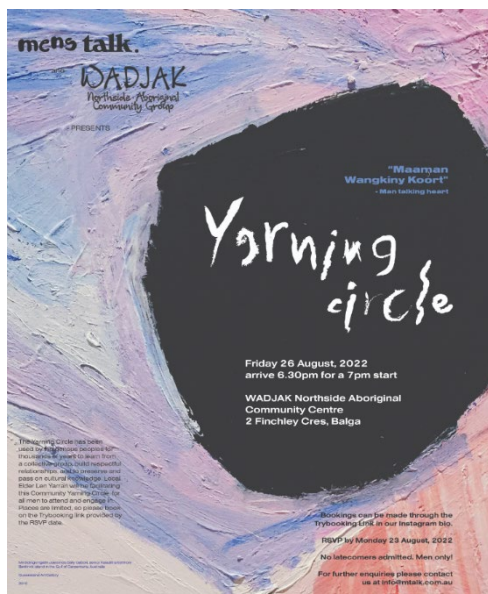
There is a new app that enables sharing of stories by young people for young people.

Join **OurHerd**, a safe digital space to open up about tough times, learn from each other's experiences and be reminded that you are not alone in your struggles. **Your story matters.**

Find out about it here: <https://ourherd.io/>



## Yarning Circle 26 August 2022



To learn from a group, build relationships, to preserve and pass on cultural knowledge. Led by elder **Len Yarran** who welcomes all men. This is an opportunity to share and experience a group to join men.

**Date:** Friday 26 August 2022

**Time:** Arrive 6:30pm for 7:00pm Start

**Where:** WADJAK Northside Aboriginal Community Centre

**Address:** 2 Finchley Crescent Balga WA

**For more details:** <https://mcusercontent.com/730aa2c629b484e59802afe28/images/64d03013-073f-c900-ada3-a0224116b8bd.jpg>

**For more information about Men's Health and Wellbeing WA telephone 0499 076 925.**

**Men's Health  
& Wellbeing**  
Western Australia



**mens  
talk.**

## Safe & Found WA 'Western Australia Police Force (WA Police) Community Safety Initiative'

**Safe & Found assists West Australians at risk of going missing due to dementia, autism, or a cognitive impairment.**

WA Police searches for people living with Dementia more than doubled to 170 between 2020 and 2021, with 143 searches already to date in 2022.



From its launch one year ago, Safe & Found WA has helped to address the worrying increase in searches for people at risk of going missing.

**Twenty-nine Safe & Found members have been returned safely home to date.**

**Support members of your community that are most at risk and connect with more people at risk of going missing**, and the families, carers and health professionals who support them by sharing Safe & Found WA with your family, friends and networks.

**Community awareness** not only helps families who need this service to find Safe & Found WA, it also informs all West Australians of how to help by looking out for the Safe & Found WA bracelet and being more aware of alerts from Police.

Safe & Found is dedicated to assisting Police in locating persons who may be at risk of becoming lost or reported missing.

**For further information go to**

T: 1800 88 22 22

E: [enquiry@safeandfound.org.au](mailto:enquiry@safeandfound.org.au)

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





## ‘Invisible No More: Giving a Voice to Older People through Art’

The older you get, the more invisible many of us seem to become. This revolutionary art exhibit is turning the tables on this and giving older people a voice.

Betty Gregory is 91 years old. She has jumped out of a plane not once, but twice - once at 80 and once at 85 years’ old. She also loves hot air ballooning, tap dancing and performing burlesque.

Joe Feeney is 88. His childhood in a Scottish children’s refuge inspired him to become a Westfield Santa. He has been doing this for 16 years and, along the way, donating hundreds of dollars’ worth of gifts to kids in need.

92-year-old Kevin made the sport of skipping popular in Australia. He still trains every night, doing weights, sit-ups and squats. He says that you, “don’t stop exercising because you grow old, you grow old because you stop exercising.”

Betty, Joe and Kevin are three seniors with three unique, inspirational life stories. But they do have a few things in common. They all know what it is like to feel invisible and they were all inspired to do something to ensure their stories were seen and heard.

### The Invisibility

Imagine lining up to pay for something. Everyone is being served around you, but no one seems to see you, or that it is your turn, and you are left standing there.

That is exactly what happened to Joe, one of the participants in **‘Visible Me’**, a new photo exhibit showcasing seniors who should be seen and heard.



“I waited and waited, then finally mustered up the courage to ask if anybody could see or hear me; it fell on deaf ears,” Joe says. “I thought, ‘I’m not invisible, am I?’”

Ask any elderly person you know and they will have a similar story. Invisibility is a common feeling that the most vulnerable members of our communities can relate to and yet there is little being done to make seniors feel visible again.

That’s why **‘Visible Me’** was born. Feros Care recognised there were older Australians with incredible stories to tell and younger Australians that could really benefit from hearing those stories.



## The Revolutionary Art Exhibit

Feros Care went looking for seniors willing to tell their stories, and for society to know the value of these stories. They wanted to give people opportunities to participate and contribute to their own community, while reminding others that seniors should be seen and celebrated.”

The result? Twenty-nine seniors, aged between 73 and 100, showcased in both digital and physical form through the art exhibition.

One of them is Berenice, an 81-year-old that has lived all over the world. She has a fondness for adopting monkeys in need, raising a spider monkey in Mexico and a bad-tempered macaque in Malaysia.

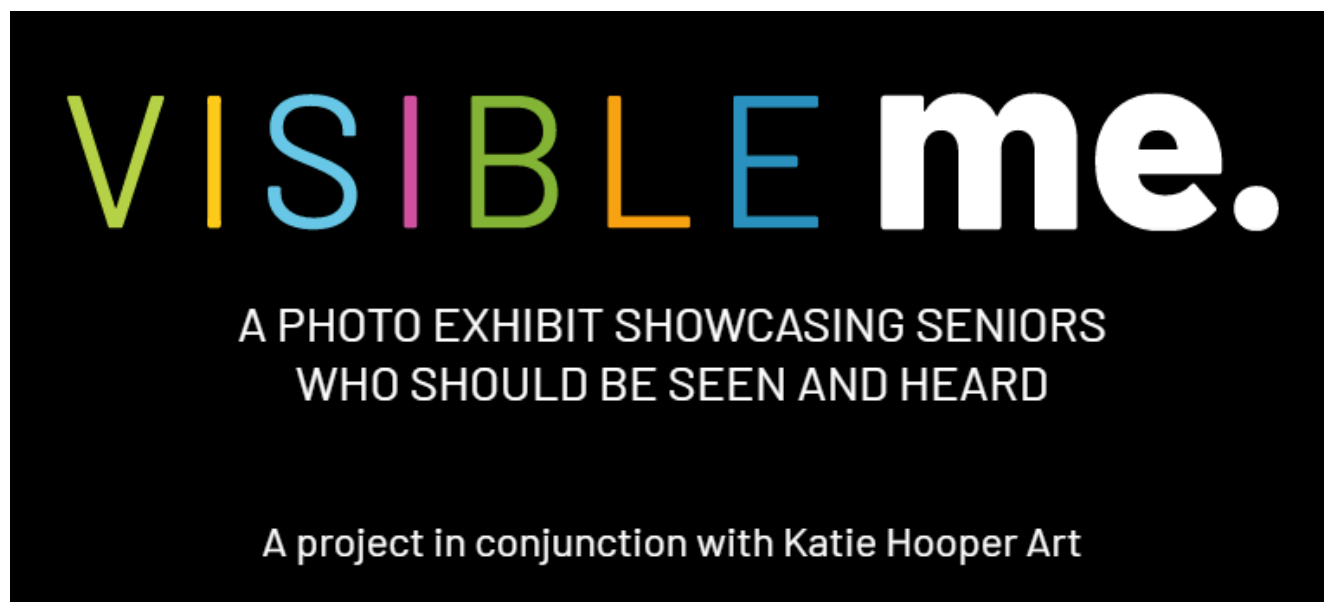
“I think it’s true that we are not seen, we are not heard, not listened to,” Berenice says. “We still have worth; we still have experience on our side...we have done so much we can talk about and should feel very proud of.”

‘Visible Me’ is a visual and auditory exhibition showcasing the stories of 29 seniors.

**You can click here to view the Visible Me gallery online:**

[https://www.feroscare.com.au/visible-me?utm\\_source=NationalSenior&utm\\_medium=Article\\_Two&utm\\_campaign=PC\\_2022&utm\\_content=VisibleMe](https://www.feroscare.com.au/visible-me?utm_source=NationalSenior&utm_medium=Article_Two&utm_campaign=PC_2022&utm_content=VisibleMe)

**All images in the Visible Me project are the copyright of Katie Hooper Art.**



## People with Disabilities WA 'The Lives we Lead Project'

The 'Lives We Lead' is a social media project to influence the community to better understand the contributions that people with disability are making economically, socially, culturally and politically.

The 'Lives We Lead Project' project captures and shares video and photo stories of people with disability living in their own homes. A reference group of people with disability use a co-design approach to curate their stories.

This brand new chapter of the **The Lives We Lead, Homelife** shows what kind of a good life is possible with the right support and a home of your own. PwDWA have a new logo and its symbolic thumbprint; our homes and lives are as individual and unique as our fingerprints.

**Dive in. Enjoy. Be provoked. Get thoughtful. Share these stories. Start a conversation.**

**For more information**

T: 08 9420 7279

T: 1800 193 331 Country Callers

E: [info@pwdwa.org](mailto:info@pwdwa.org)

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



The 'Lives We Lead' is a project by WA's Individualised Services, funded by Department of Communities and Department of Social Services.



## Augmented reality glasses you can buy which turn voices into subtitles in your field of view 'Xrai Glass'

And you can translate from almost any language to another.

### Xrai Glass

Costing £395, as it is a UK invention, which is just under \$700 in Australia, these glasses actually deliver what Google was showcasing at its most recent major conference called Google I/O earlier this year.

The inventor, Dan Scarfe noticed at a family event that his grandfather was sitting on the couch and not able to interact, because of his deafness.

**He realised his grandfather used subtitles when watching TV, so why weren't there subtitles in real life?**

Of course you need augmented reality glasses and software that is capable of listening to what is being said and converted in real time to text, and because the technology actually exists to do this, he was able to create a custom system for his grandfather that he has now commercialised.



The 'Xrai Glass' founders say they enrich and empower lives by giving people the tools to be themselves. Enabling the deaf and hard of hearing is just the beginning. It would also enable deaf people to experience radio.

Currently, the system is best used on a one-on-one basis but the founders are working hard to make it work as smoothly as possible when you have multiple speakers speaking.

It also points to an incredible future where modern life will be greatly augmented with glasses of this type, and of course eventual contact lenses which can do the same thing.

**As consumers, there needs to be strict privacy and confidentiality policies for our protection.**



For further information the Xrai.Glass website is located at: <https://xrai.glass/>



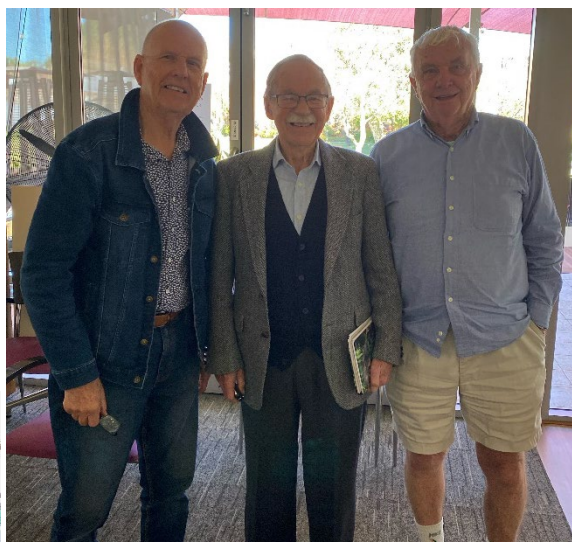


## Emeritus Professor Bob Ziegler - Strength for Life™ 'Menora Gardens Village'

On Thursday 11 August 2022, Emeritus Professor Bob Ziegler, COTA (WA) Ambassador was a guest speaker at the **Menora Gardens Village**. Bob spoke to the residents about the Strength for Life Program and the benefits of exercising.

Image right: Ian Allen, Bob Ziegler and Robert Oakes, Resident and Chairman Menora Gardens Village Residents Committee.

Image below: Bob speaking with residents of Menora Gardens Village.



## The Strength for Life™ Program 'Harvey Refresher Course'

The August 2022 SFL Instructor Refresher Course training was held at the **Harvey Cultural and Recreation Centre**. SFL Instructor Debbie Cooper, travelled to Harvey to deliver the course to eight (8) instructors. The most common feedback from the providers was that they keep in touch with their participants. Providers notice when participants have missed a few sessions and will give them a call to make sure they are doing okay.



**For the participants, the instructors found that it is the social aspect that is huge for them.**

SFL in the regions is not only about exercise, but a way for seniors to connect with new and friends in their towns expanding their community.

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

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

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

## Chung Wah Community & Aged Care 'Day Centre'

Are you or your loved ones looking to meet people who share a common language and culture?

If you are looking for a vibrant, friendly place to meet people who share the same language and beliefs with you, or if you simply want to meet new people from different ethnic groups, the **Chung Wah Community & Aged Care (CAC) 'Day Centre'** right place for you. The 'CAC Day Centres' provide a relaxed, warm atmosphere for you to take an active role in improving your own wellbeing and quality of life.

Everyone across all ages can participate in the one-of-a-kind wellness program, **Evergreen College**, which allows you to learn or refresh skills, resume a hobby, take part in activities and outings and receive general information. If you have a special need or disability, CAC will find a way to accommodate you.

**Chung Wah Community & Aged Care** also provide culturally appropriate meals that are prepared by their lovely volunteers on location. Also, they organise many gatherings and celebrations for their clients and their family members and friends, who are warmly welcomed. CAC centres are located both North and South of the river for your convenience.



Door-to-door transport is also available to and from your home.

### For more information

T: 08 9328 3988

E: [enquiry@chungwahcac.org.au](mailto:enquiry@chungwahcac.org.au)

W: <https://chungwahcac.org.au/>



## ‘Our COTA (WA) Supporters’

All of us, if we are lucky enough to reach maturity, will be seniors one day. And through our lives we have raised children, been employees, run businesses, volunteered, mentored and continued to be involved in the community in many ways.

According to the Australian Bureau of Statistics, as at September 2021 there were 908,000 Western Australians over the age of 50 including 423,000 over the age of 65. So we are a significant and growing percentage of the population and the workforce.

There are many community minded organisations who acknowledge the role seniors continue to play and who are demonstrating their support by becoming a COTA (WA) Supporter.

### Our COTA (WA) Supporters

**Tuart Place**

**City of Fremantle**

**City of Cockburn**

**Rise Network**

**Umbrella Multicultural Community Care**

**Office of Hannah Beazley MLA**

**Office of the Hon Donna Faragher MLC**

**Volunteering WA**

**Southcare Inc.**

**Act Belong Commit**

**Ansell Strategic**

**Australian Institute of Management WA**



You will find more details of the Supporters program on our website along with a list of Supporters and a link to their website at:

<https://www.cotawa.org.au/about-cota-wa/our-supporters/>

If you have any questions or queries contact Dana Moore at [dana@cotawa.org.au](mailto:dana@cotawa.org.au)



# Tuart Place 'Social Activities Group'

## Events and Activities

There is always something happening at Tuart Place! Drop-in for coffee and a chat, or to use the book library. There is lunch on Mondays and Wednesdays and lots of other special events. Check out the [Calendar of Events](#) page for more information.

## Social Activities Group

The Tuart Place Social Activities Group (SAG), established in early 2015, is a great addition to the organisation, and is run by participants for participants. Not only does the group run highly successful fundraisers, they organise social events such as movie afternoons, outings and weekends away. Watch this [video](#) about a weekend away to Moore River.



For more information go to: <https://www.tuartplace.org/services/social-activities/>

## Computer Skills



Whatever your skill level (even if you have never turned on a computer before) you can get help at Tuart Place.

Use their computer room or bring in your iPad, Smart Phone or Digital Camera and learn to browse the internet, send emails, scan photos and shop online.

Drop in and work by yourself or ring Tuart Place to book a time to get individual help!

To make an appointment please contact the friendly Tuart Place reception staff on 08 6140 2380 or freecall 1800 619 795 or via email [admin@tuartplace.org](mailto:admin@tuartplace.org)

## Support Groups

Relaxed, informal support groups run weekly on a Wednesday morning from 10.30am to 12:00pm.

You do not need to book in, just turn up on a Wednesday morning and stay on for a casual lunch (provided free).



For more information go to: <https://www.tuartplace.org/services/support-groups/>

## Tuart Place is a COTA (WA) Supporter



**Tuart Place**  
Growing Strong Together



# Age Friendly City of Fremantle ‘Taking a dip with The Polar Bears’

## The Polar Bears Club

Their love of the ocean and nature brings them together, but it is the friendships that power this special (and brave!) group of regular early risers.

The Polar Bears club was founded in 1992 and they swim all year round. Club members are from a variety of backgrounds, swimming abilities and ages. The oldest is 90 years old and the youngest is 21 with a few second-generation members.



There are a couple of unofficial groups: an ‘A team’ who are generally more competitive, often participating in swimming competitions like the Rottnest Solo Channel Swim and the ‘B team’ who primarily swim for leisure to the Point and back.

A typical morning sees around 60 swimmers, with the first hitting the waters at 5:00am, although the club does not open until 6:00am.

The club also has its own kitchen, located in the annex of the Fremantle Surf Life Saving Club, where members relax after a cold shower with a coffee, tea and toast.

**Interested in Joining? Visit the following websites.**

<https://oceanswims.com/group/port-beach-polar-bears/>

[https://www.mycommunitydirectory.com.au/Western\\_Australia/Fremantle/Sport/Sports\\_Clubs/55069/186100/Port\\_Beach\\_Polar\\_Bears](https://www.mycommunitydirectory.com.au/Western_Australia/Fremantle/Sport/Sports_Clubs/55069/186100/Port_Beach_Polar_Bears)

**To contact the City of Fremantle**

T: 08 9432 9826

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

W: <https://www.fremantle.wa.gov.au/positiveageing>

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



# City of Cockburn 'Seniors Centre September 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 the City of Cockburn 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

## September 2022 Outings

### Outings Booking Conditions

- Outings are available for current members only
- Payment must be made at time of booking for all outings
- Bookings can be made for a maximum of two people (yourself and one other member) (full name is required of the member you are booking on behalf of)
- Apologies, but cancellations cannot be refunded
- Please advise of any special dietary requirements at time of booking

#### 1. Araluen Tulips Tuesday 6 September 8.15am-3.15pm

Enjoy free time wandering through the Araluen Botanic Park and Gardens to admire the beautiful scenery.

**High walking involved.** Mask required on bus at all times Outing Cost - \$42.00

#### 2. Kalamunda Arts Centre Wednesday 7 September 9.00am-3.30pm

Enjoy a day out listening to The Morning Music – The Golden Age Girls at the Kalamunda Performing Arts Centre.

**Low walking involved.** Mask required on bus at all times Outing Cost - \$48.00

**3. Belmont Races & Belmont Forum    Wednesday 14 September    8.30am-5.15pm**

Enjoy an exciting day out at the Belmont Forum and Belmont Winter races.

**Moderate walking involved.** Mask required on bus at all times    Outing Cost - \$52.50

**4. York    Thursday 22 September    8.00am-4.45pm**

The Castle Hotel in York is reputedly the oldest inland hotel in Western Australia.

**Low to moderate walking involved** Mask required on bus at all times    Outing Cost - \$41.50

**5. Perth to Fremantle River Cruise Lunch    Friday 23 September    9.00am-3.30pm**

Travel from Perth to Fremantle on a relaxing and picturesque ‘Swan River Cruise’ while listening to your Captain’s detailed and entertaining commentary.

**Low walking involved.** Mask required on bus at all times    Outing Cost - \$86.50

**6. WA Wildlife    Tuesday 27 September    10.00am-1.00pm**

Take a tour of the wildlife centre and learn about the importance of caring for the environment and well as issues of sustainable living, connection to land and self and the importance of biodiversity.

**Moderate walking involved - must wear long pants and enclosed shoes.** Mask required on bus at all times    Outing Cost - \$15.00

**7. Mystery OP Shop Tour    Thursday 29 September    8.30am-4.00pm**

Bargain shoppers, let us take you to some of the best ‘op shops’ in the surrounding areas to find a bargain.

**High walking involved.** Mask required on bus at all times    Outing Cost - \$16.50

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.**



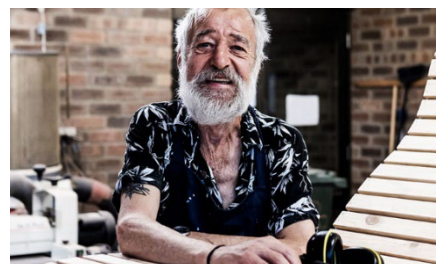
## Rise Network ‘Let your imagination run wild’

The Arts Hub in Warwick is a warm and welcoming centre that celebrates creativity and embraces diversity. Rise encourages people of all abilities to get involved and have some fun. It is an incredibly supportive centre where everyone has the opportunity to have a go. Rise welcomes all ages from 18+.

Here are some of the activities you can join at Rise.

### Woodwork

Rise has a full woodwork room where you can learn skills in wood burning, sanding, drilling, nailing, varnishing, gluing and measuring. Over time you can learn to work on the bandsaw, lathe and the router.



#### Creating a sun lounge

### Pottery

In the pottery room you can learn how to use the pottery wheel as you create bowls, mugs, tiles and more. You can also learn various glazing, carving and decorating techniques.



#### Printing tiles in the pottery room

### Craft



Create your own one-of-a-kind piece in the craft room. You can learn pattern making, knitting, crochet, embroidery, cross stitch, quilting, hand stitching and weaving. You can also use the sewing and overlocking machines.

#### Slime Day

### Art

Learn to work with different paint mediums including acrylics, inks and water colours to create beautiful works on paper and canvas. You can learn new skills in paint pouring, print making, papier-mâché and making collages. It is a fun room where you can express your creative side.



#### John loves the variety at Rise Creatives



## Social Activities

There is always a lot going on at the Hub, including belly dancing, drama and music therapy. You can join weekly excursions; these include a photography and coffee group. There is also a disco every fortnight. Saturday's excursions include visits to local cafes, markets, movies, parks and museums.



## Art's Hub head to the beach

### For more Information

T: 08 6274 3700

E: [contact@risenetwork.com.au](mailto:contact@risenetwork.com.au)

W: <https://www.risenetwork.com.au/rise-services/arts-hub>

**Rise Network is a COTA (WA) Supporter.**



# **Umbrella Multicultural Community Care ‘Volunteering’**

## **Do you have a spare 4 hours to volunteer for Umbrella?**

Umbrella are looking for people who speak any of these languages below to share important information with older community members from culturally and linguistically diverse backgrounds. They are holding multilingual webinars and seminars to talk about the ins and outs of the aged care system in English and other languages.

Help your community in WA and around Australia and gain valuable experiences...in just 4 hours!

## **Do you speak any of these languages?**

**Dutch, Arabic, Croatian, Serbian, Bosnian, Korean, Macedonian, Polish, Indonesian, Burmese or Thai**

## **Why volunteer?**

- One-off volunteering
- A couple of hours of your time
- Learn about a new industry
- Receive a certificate of appreciation

And who knows, you might become famous in your community!

If you can spare some help, please contact the Specialist EnCOMPASS Officer on 08 9275 4411 or email [encompass@umbrellacommunitycare.com.au](mailto:encompass@umbrellacommunitycare.com.au)

## **Volunteer for the Community Visitors Scheme Program at Umbrella**

### **Practice a language and change someone's life for the better.**

Umbrella are looking for linguistically diverse volunteers! There are many elderly individuals from ethnically, LGBTI+ or gender diverse backgrounds who find themselves isolated in the community.

As a volunteer, you can change their life by providing them with companionship and assistance. Umbrella's unique **Community Visitors Scheme (CVS)** links volunteers with social isolated seniors who are linguistically, culturally, gender or LGBTI+ diverse. These seniors might be living at home or in aged care facilities throughout the Perth Metropolitan area. Umbrella ask that you are able to visit a minimum of once per fortnight however the amount of time spent during a visit is subject to your own availability. During this time you may decide to chat together, share a cup of tea, play a board game, go for a short walk in the garden, listen to music together or help write to their family. Umbrella has 20 years experience working with volunteers.

The **Community Visitors Scheme (CVS)** provides you with the opportunity to meet new people, gain working experience, attend new training for free, practice a language and make a difference in your community. Umbrella provides orientation and training (in-house and external, based on your needs), reimburse your travelling cost and pay for your police clearance(s).

If you would like to volunteer please fill out [this expression of interest form](#) and email it to the Umbrella CVS and Volunteer Manager Karla Benitez at [cvs@umbrellacommunitycare.com.au](mailto:cvs@umbrellacommunitycare.com.au)

If you have any queries please call Karla on 08 9275 4411

### **To Contact Umbrella Multicultural Aged Care**

Umbrella Multicultural Community Care, 39 Abernethy Road, Belmont 6104

T: 08 9275 4411

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

Webpage: <https://umbrellacommunitycare.com.au/about-us/work-for-us/>

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



## Men's Sheds WA 'Help Protect your Shedders Hearing'

A hearing check can help you stay connected to people and help you enjoy life more.



There are heaps of ways you can support men's wellbeing and health in Western Australia by supporting the Men's Shed movement.

Hearing Australia is asking all Australians to jump on to [hearing.com.au](https://hearing.com.au) and do a **free\*** 10-minute hearing check.

Men's Sheds of WA has worked with Hearing Australia to develop a series of fact sheets to help protect your Shedders hearing while working or being in the Shed with the tools.

[Take control of your sound exposure fact sheet](#)

[How can I tell when it's too loud? fact sheet](#)

Hearing Australia is offering a 10% discount for hearing tests for Shedders. You can arrange the van to come to your Shed and mobile testing can be done on sight. Families of Shed members can receive a 5% discount for their tests.

\*A free hearing check is a screening that helps identify someone who may have a hearing loss. Other services may attract fees or be subsidised for those eligible under the Australian Government Hearing Services Program.

**For more information about supporting Men's Sheds WA**

T: 08 6381 5324

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

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

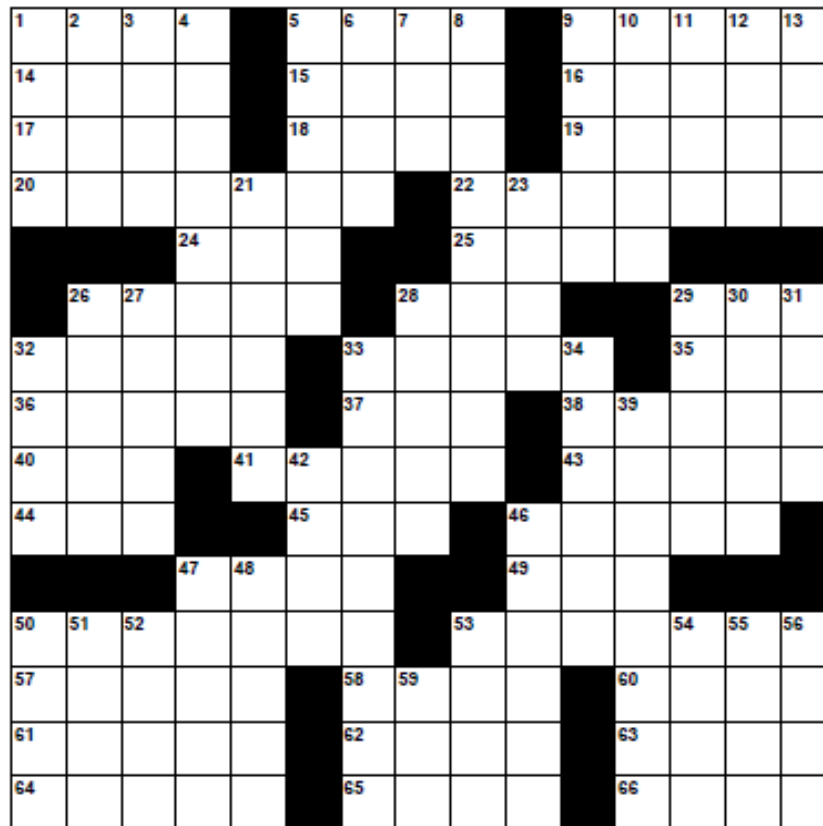




# 'CROSSWORD' Puzzle

\*Answers to crossword available at the end of newsletter at Page 63.

## SEPTEMBER



By Evelyn Johnson - www.qets.com

### ACROSS

- 1 Slants
- 5 Defunct football league
- 9 Diamond weight unit
- 14 Rolled chocolate candy brand
- 15 Zilch
- 16 Witless
- 17 On top
- 18 Chowder ingredient
- 19 Prima \_\_\_\_
- 20 Loves their country
- 22 Promises
- 24 American sign language
- 25 Wizen
- 26 Elite intellectuals' society
- 28 That girl
- 29 Curve
- 32 Marsh
- 33 Winter neckwear
- 35 Toilet
- 36 Seasoning
- 37 Little bit
- 38 One-celled water animal
- 40 Lodge
- 41 Inscribed stone
- 43 Fasten with a metal bolt
- 44 Children's game
- 45 Strike sharply
- 46 Cunnings
- 47 Tuber
- 49 Writing liquid
- 50 Tutor
- 53 Blazing
- 57 Fervor
- 58 Canoe propellers
- 60 Land mass
- 61 Large instrument
- 62 Tub spread
- 63 Evils
- 64 Threaded nail
- 65 Bearing
- 66 Thought-provoking

### DOWN

- 1 Entrap
- 2 Small particle
- 3 Devise
- 4 HBO mob show
- 5 Brand of clear soft drink
- 6 Sodium
- 7 Those who make the food laws (abbr.)
- 8 Lamp part
- 9 Apple drink
- 10 Positive electrode
- 11 Called
- 12 Green Gables dweller
- 13 What Celestial Seasonings makes
- 21 Supplies
- 23 Stare
- 26 Miraculous food
- 27 Looking at
- 28 Sell illegally
- 29 Pain reliever brand
- 30 After shower attire
- 31 Winter outerwear
- 32 Lure
- 33 Sauna (2 wds.)
- 34 Hot cereal
- 39 Female milker of cows
- 42 Maple
- 46 Denis the Menace's neighbor
- 47 Quick bread
- 48 Cast away
- 50 Raps lightly
- 51 Little Mermaid's love
- 52 Jewish calendar month
- 53 No charge
- 54 Island
- 55 Egyptian river
- 56 Pant
- 59 Boxer Muhammad

## Events + Activities

### Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe 'COTA (WA) Seniors Information Session'

The Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe invite you to a Seniors Information Session.

How much do you know about our age care system?

Come chat about My Aged Care with Margaret Fisher, COTA (WA) Age Care Navigator.

This session is for Seniors and anyone who wants to be well-informed about age care options.

The navigator is available for free one to one consultation after the event.

#### Seniors Information Session details

Where: The Grove Community Centre 1 Leake Street Peppermint Grove WA

When: Tuesday 27 September 2022

Time: 10:00am to 11:30am

For further information and to RSVP contact Penny

E: [admin@peppermintgrove.wa.gov.au](mailto:admin@peppermintgrove.wa.gov.au)

T: 08 9286 8620

### Navigating the Aged Care System

**FREE AND INDEPENDENT**

The Shire of Peppermint Grove, Town of Mosman Park and Town of Cottesloe invite you to a Seniors Information Session.

The Grove Community Centre 1 Leake Street  
Peppermint Grove WA  
Tuesday 27 September 2022  
10:00am to 11:30am

How much do you know about our age care system?  
Come chat about My Aged Care with Margaret Fisher, COTA (WA) Age Care Navigator.

This session is for Seniors and anyone who wants to be well-informed about age care options.

The navigator is available for free one to one consultation after the event.

RSVP: Penny  
E: [admin@peppermintgrove.wa.gov.au](mailto:admin@peppermintgrove.wa.gov.au)  
T: 08 9286 8620



Information provided by COTA (WA) supported by Commonwealth of Australia, Department of Health

## 2022 Perth Royal Show ‘More Accessible thanks to Lotterywest’

Thanks to Lotto players, Lotterywest provided a \$650,000 grant which will provide volunteer support, access to the Show for vulnerable and disadvantaged people and a new digital educational display featuring the Noongar six seasons.

The stage is set for the 2022 Perth Royal Show with over 400 entertainers, 300 performances, and endless hours of entertainment, competitions, exhibitions and parades over eight (8) days from 24 September 2022 to 1 October 2022.

This year’s event features the biggest ever animal nursery, new agricultural experiences and a new drone show plus bigger and better showbags.

### Show Hours

The Perth Royal Show is open from 10:00am to 9:00pm every day. Sideshow Alley and Taste WA stay open until late.

### For more show information

T: 08 6263 3100

E: [reception@raswa.org.au](mailto:reception@raswa.org.au)

W: <https://perthroyalshow.com.au/show-info/>



### Transport

Avoid traffic and parking hassles at the show by taking public transport. Transperth’s regular train and bus services to the showground make visiting the show easier than ever.

Trains on the Fremantle line stop at the Showgrounds Station and bus numbers 23, 24, 25, 27, 28, 995, 998/999 (CircleRoute) and 103 all stop close by.

Groups of up to seven (7) people (two adults and five children or two adults and five concession fares) can travel to and from the showground on a FamilyRider ticket which allows unlimited system-wide travel on weekends, public holidays and after 9:00am on weekdays during third term school holidays.

FamilyRider fares offer great value for money being a cheaper option even for a two-section journey, and you save the hassle of buying a return ticket at the end of your day. Savings can even be made by smaller groups.

### For more transport information

T: Transperth InfoLine on 13 62 13 (TTY: 9428 1999, TIS: 13 14 50)

W: <https://www.transperth.wa.gov.au/>

## The City of Belmont ‘Celebrating Seniors in the City of Belmont’

### The Stories and Skills – Across the Generations Project.

Feedback from the City’s older residents showed many seniors were interested in creating more social connections and in having the opportunity to meet with younger people and learn how to use new technology.

The Stories and Skills – Across the Generations Project was developed to address some of this feedback, which resulted in a series of stories collated into a book.



The stories shared valuable lessons from across the world, of love, loss and the challenges and triumphs of living a long life, with a focus on the importance of family and friendship.

The project was implemented by the City of Belmont with funding from the Department of Communities through the Age-friendly Communities Innovation and Implementation Grants Program.

The City of Belmont wishes to thank the volunteers and the senior storytellers who worked together as part of this project.

Learn more about Stories and Skills – Across the Generations

If you are part of an organisation or community group who would like to run a similar project, download the Intergenerational Storytelling Toolkit for a range of tips and ideas.

To find out more about this project, watch this short video and enjoy the stories from the City’s seniors.

#### For more information

T: 08 9477 7222

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

W: <https://www.belmont.wa.gov.au/live/community-groups/seniors/city-programs-and-services>

**BELMONT**  
CITY OF OPPORTUNITY





## Alzheimer's WA 'Adjusting to Change Program'

**Do you or someone you know have early stage dementia?**

The Adjusting to Change Program provides relevant information, emotional support and practical assistance for people in the early stage of dementia and their support person (family member or friend).

**This free program covers a range of topics including**

- Symptoms and diagnosis
- Planning for the future
- Relationships with family and friends
- Practical strategies
- Staying positive
- Communication
- Community services



**Join the program to**

- Meet and share experiences with others who are in a similar situation
- Discuss different coping strategies
- Maintain and enhance skills and abilities
- Consider future options
- Express feelings and emotions in a safe, small group environment
- Feel valued and accepted

**For further information, or to join this program**

T: 1300 66 77 88

E: [support@alzheimerswa.org.au](mailto:support@alzheimerswa.org.au)

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

**Location:** Goolugatup Heathcote

**alzheimer's**wa  
the dementia experts

## Hindu Council of Australia 'Emotional Health & Mental Wellbeing in Older People'

Do you want to learn about:

- Healthy ageing and emotional wellness?
- Dementia and how to live with it?
- Resilience from an older person or from a carer?
- Improving your emotional health or health of an older loved one?

If yes, then come along to this free Emotional Health and Wellbeing Campaign consisting of multidisciplinary expert talks, motivational lived experiences, wellness tips and evening high tea.

Come and discover how attitude matters over mind and the joys of conversing over an Indian high tea.

Click here to register: [http://tiny.cc/HCA\\_Perth\\_EHWW](http://tiny.cc/HCA_Perth_EHWW)

Date + Time: 17 September 2022 from 1:30pm to 4:30pm

Venue: Hill View Intercultural Community Centre

Address: 1-3 Hill View Place Bentley WA 6102

For more information contact

Mr Hiten Shah 0408 000 300, Dr Sadhana Bose 0406 541 086 or Ms Amrita Pillai 0481865605

*Emotional Health & Mental Wellbeing in Older People*

A JOINT INITIATIVE BY

Do you want to learn about:  
Healthy ageing and emotional wellness?  
Dementia and how to live with it?  
Resilience from an older person or from a carer?  
Improving your emotional health or health of an older loved one?

If yes, then come along to this free Emotional Health and Wellbeing Campaign consisting of multidisciplinary expert talks, motivational lived experiences, wellness tips and evening high tea.

Venue: Hill View Intercultural Community Centre  
1-3 Hill View Pl, Bentley, WA 6102

When: 17th September, 1:30 - 4:30 pm

Expert Speakers:  
- Dr Shankar Mandal, Consultant Geriatrician & Older Person Health Network Lead (WAGS)  
- Dr Mathew Samuel, Consultant Psychiatrist  
- Dr Sean Maher, Consultant Geriatrician & Deputy Chair (Alzheimer's WA)

Contact: Mr Hiten Shah - 0408 000 300 /  
Dr Sadhana Bose - 0406 541 086 /  
Ms Amrita Pillai 0481865605

Sponsored by  
WAGS West Australian Geriatric Specialists

Click here to register  
[http://tiny.cc/HCA\\_Perth\\_EHWW](http://tiny.cc/HCA_Perth_EHWW)

Supported By

Come and discover how attitude matters over mind and the joys of conversing over an Indian high tea

Scan QR code to fill the form



## U3A Perth 'iPad and iPhone Introductory Training Course'

### Dianella and Districts: U3A 'iPad and iPhone Introductory Training Course'

**Date:** 7 September 2022 for 8 weeks

**Time:** 2:00pm to 4:00pm (Registration 1:30pm)

**Venue:** 68 Waverly Street Dianella WA

**Cost:** \$15 per 2-hour Session or \$10 per Session if all 8 weeks are booked and paid in advance

**To Book:** Call Gary on 0429 378 856

\*Places are limited

#### For further details

T: 08 9370 5692 (Carol)

W: <https://u3auwa.org/regions/mid-north/>

The University of the Third Age (U3A) is a worldwide movement aimed at encouraging older people to remain mentally, physically and socially active.

The term University is used in its original sense as 'a community of people who come together to learn from each other'. Third Age means the period of life following the First Age of childhood and the Second Age of working. For many it is the time of achieving one's maximum potential after the stresses of the Second Age are past. The benefits of U3A Perth membership are summed up by their motto: LEARN LAUGH LIVE.

#### For more information about U3A

T: 0468 781 857 (Christine)

Address: Claremont Campus of The University of WA - Goldsworthy Road, Claremont WA

The U3a Office is open on Fridays And 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays from 9.15am to 12.15pm

W: <https://u3auwa.org/>



**Dianella & Districts**  
68 Waverley St  
Dianella

**iPad iPhone introductory training course**



**When:**  
Starts Wednesday  
7th September for 8 weeks  
2 pm to 4 pm  
registration 1.30 pm

**Where:**  
68 Waverley St Dianella

**Cost :**  
\$15 per 2 hour session  
Or \$10 per session if all 8 weeks are booked and paid for in advance.

**Note: (for non-members)**  
For insurance reasons all attendees must join U3A at a cost of \$25 until 31st Dec. However, this entitles them to attend all other activities of all 10 branches subject to availability and fees.

**To get info**  
Focus the camera on your email enabled smart device on the QR and adjust the distance until you get a command line



**Book now**  
**Call Gary 0429 378 856**  
**Places limited**



# Ethnolink 'How to craft effective multicultural communications campaigns'

## What's this FREE webinar about?

Creating a multicultural communications strategy across different channels can be challenging.

You may have to consider the nuances of digital versus print distribution. Or how different communities approach and engage with information.



So how can you create, execute and distribute a successful multicultural communications campaign across cultures, languages and communication platforms?

## In this 1-hour course

Ethnolink's CEO and Founder, Costa Vasili and Senior Translation Strategist, Cloé Bru explore 3 well-executed multicultural communications campaigns. This includes:

- How to develop an effective campaign strategy and key messaging
- How to create multilingual videos, websites, social media tiles, radio ads, posters and brochures across channels
- Ethnolink's best practice tips for creating, translating and distributing multilingual content
- 3 examples of well-executed multicultural communications campaigns

## Can't make it? That's okay!

Watch the recording when it is available on the [Ethnolink Education](#) free training platform for multicultural communications.

## Book your seat to learn more about these topics

Date: Tuesday 6 September 2022

Time: 2:00 (AEST) / 12:00 (AWST)

Registration: <https://edu.ethnolink.com.au/how-to-craft-effective-multicultural-communications-campaigns>

## For more information

T: 08 9020 7090

W: <https://www.ethnolink.com.au/locations/perth-translation-services/>



## Support Programs

### Northern Suburbs Community Legal Service 'Volunteers Required'

Northern Suburbs Community Legal Centre (NSCLC) are now recruiting for volunteer peer educators for their Older People's Rights Service..

#### Who is eligible?

If you are 60 years' old, interested in public speaking and raising awareness of older people's rights, they want to hear from you.

**Express Your Interest by 15 September 2022**

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

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



northern suburbs  
community  
legal centre

# VOLUNTEERS REQUIRED

We are now recruiting for volunteer peer educators for our Older People's Rights Service.

If you are over 60 yrs old and interested in raising awareness of older people's rights, we want to hear from you.

Express Your Interest: [oprs@nsclegal.org.au](mailto:oprs@nsclegal.org.au)

**Apply by  
15 Sept 2022**

## Relationships Australia WA 'Peel Senior Relationship Service combats Elder Abuse'

Relationships Australia WA's Peel Senior Relationship Service will continue to deliver a vital service for older people living in the Peel Region, following the successful completion of its pilot.

The Peel Senior Relationship Service provides free case management and mediation for people over the age of 65, or 55 Aboriginal and Torres Straight Islanders, who at risk or living with elder abuse.

Since commencing in April 2019, approximately 80 families have accessed the service, and this number is expected to grow, through continued funding and increasing community awareness.

Manager of Peel Relationship Service Manager, Charmaine Kennedy said the service is well established in Mandurah, and they look forward to continuing their work to combat the hidden issue of elder abuse in the Peel Region.

### Peel Senior Relationships Service can help

- Prevent or resolve family conflict
- Facilitate difficult conversations
- Plan for the future (including medical, health, financial or living arrangements)
- Make decisions that protect the interests, rights and safety of the older person
- Reduce the risk of elder abuse, including emotional and financial abuse
- The Senior Relationship Service is voluntary and confidential

The program is a federally funded free service to people living in the Peel communities.

**For more information about Peel Senior Relationship visit:**

<http://relationshipsaustralia.org.au/services/support-for-older-people/peel-senior-relationship-service>

**To refer someone to the service please contact Relationships Australia WA 'Peel Senior Relationship Service'**

T: 08 61 64 0173

E: [peelsrs@relationshipsaustralia.org.au](mailto:peelsrs@relationshipsaustralia.org.au)

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



*Relationships Australia*  
WESTERN AUSTRALIA

## Feedback Opportunities

### COTA (WA) 'WA Seniors Listening Posts'

#### Seniors 'Have your Say'

#### Would you like to contribute to a better future for seniors?

Dear Senior Western Australians,

COTA (WA) is keen to involve interested older Western Australians in sharing their ideas about matters of importance to them. This will help us to develop initiatives which reflect the real concerns of the people we represent. It will also help us a great deal in representing you more effectively in our dealings with government and non-government organisations.



This initiative is led by Chris Jeffery, Chief Policy Officer and creator of the COTA (WA) Seniors Guides.



This initiative is supported by Vern Ferdinands, Policy Officer COTA (WA).

#### What COTA (WA) is Seeking?

To enable a broad range of people to contribute, we are seeking a brief Expressions of Interest from people who would like to join a discussion group of about ten (10) people, each of which will focus on a specific topic. Within these broad areas, each group will explore the issues which are of most concern to older people. We are especially keen to involve people who have direct experience in their chosen interest area.

The topics include:

- Housing (30 September 2022)
- Cost of Living (28 October 2022)
- Diversity (18 November 2022)
- Mature Age Employment (10 March 2023)
- The Digital Divide (3 February 2023 + 10 February 2023)



### How Will These Groups Function?

The sessions are free and the small groups will meet at the COTA (WA) office at 61 Kitchener Avenue Victoria Park WA 6100 for two (2) hours from 10.30am to 12.30pm. Morning tea will be provided.

A facilitator will guide the roundtable discussion in order to obtain as much information as possible about your real concerns. Depending on the topic and the wishes of the group there may be another meeting arranged as a follow-up if people feel the need to spend more time in their explorations.



### How will the Information from the Groups be used?

The information from the Listening Post Groups will be used by COTA (WA) in various ways and in different arenas, to enrich our advocacy for you, our constituents. For example, we are regularly asked by government departments to inform them of the views of older people on specific issues. We are also asked to join government and non-government working parties and committees to provide an older people's perspective on particular policies and initiatives. Another key way in which we support older people in WA is through the development of a series of Guides on matters of importance to you, and these discussion groups will help enormously in helping us to determine exactly what information and resources you would find most helpful in developing future support materials.

### Places are Limited

To enable us to allocate places, please nominate early.

### Next Steps

If you are interested in participating in one of these groups, all you need to do at this stage is to email [dana@cotawa.org.au](mailto:dana@cotawa.org.au) providing the following information:

1. Name:
2. Contact Number:
3. Email:
4. Nominate which of the following issues are of interest to you. You can pick more than one.

Housing

Cost of Living

The Digital Divide

Mature Age Employment

Diversity

5. Please tell us why you would like to contribute to the Listening Post Sessions.

COTA (WA) will contact you regarding the next steps, including the date of the meeting of your particular group.

If you have any questions or queries, please call Dana on 08 9472 0104 or via email: [dana@cotawa.org.au](mailto:dana@cotawa.org.au)



# GRAI GLBTI Rights in Ageing Inc. 'LGBTI Elders Quality of Life Survey'

## Eligibility

The **LGBTI Elders Quality of Life Survey** is aimed at LGBTI elders who are 50 years' of age and older. It asks about your quality of life and activities to identify ways that GRAI can extend its programs and services to better serve its community.



## Background

GRAI (GLBTI Rights in Ageing Inc.) has received federal funding for three years to develop the only LGBTI Village Hub in Australia. As part of its Village Hub, GRAI runs a Befriending Program. Data from the survey will be used to guide GRAI's priorities and activities and will be used to apply for future funding.

## How to participate

Participation involves completing an online or paper based survey. The survey will take about 15 minutes to complete. At the end of the survey, you will have the option to enter your email address to go into the prize draw. You could win your choice of either a limited-edition book, 'CAMP (Campaign Against Moral Persecution): Australia's pioneer homosexual rights activists', or a \$50 gift voucher.

Your participation in this survey and any information you provide will be treated as strictly confidential. The data collected from the survey will be deidentified (if you provided your contact details) and kept in a password protected and secure server. A summary of the survey results will be presented in a report, which will be available on the GRAI website at <https://grai.org.au/>

The survey will ask you to reflect on your current situation, which may cause you some discomfort. Survey available online at [https://uwa.qualtrics.com/jfe/form/SV\\_3ydUgVlNaxCOjOe](https://uwa.qualtrics.com/jfe/form/SV_3ydUgVlNaxCOjOe)

Should you require further support, please contact GRAI on 0484 639 886.

If you would like to discuss any part of this survey with the research team, please email Kedy (Executive Officer) at [eo@grai.org.au](mailto:eo@grai.org.au)

You might find it easier to complete the survey on a tablet, laptop, or computer. For a printable copy please email [villagehub@grai.org.au](mailto:villagehub@grai.org.au) and to do the survey by telephone, please text 0439 368 023.



# Curtin University 'Recruiting Now! Balance on the Brain Program'

Improving balance and reducing falls for people with mild cognitive impairment.

The **Balance on the Brain Program** is aimed at improving quality of life and physical health and reducing falls for people with mild cognitive impairment (MCI).

## Are you eligible?

Curtin University are looking for people aged 50 years and older, living in Perth, Western Australia who have been diagnosed with mild cognitive impairment.

## For Enquiries

Contact: Dr Elissa Burton

T: 08 9266 4926

E: [e.burton@curtin.edu.au](mailto:e.burton@curtin.edu.au)

W: <https://www.balanceonthebrain.com/>

Approved by: South Metropolitan Health Service Human Research Ethics Committee, [smhs.hrec@health.wa.gov.au](mailto:smhs.hrec@health.wa.gov.au) Reference number (PRN): RGS00000003930n.

This study is funded by an NHMRC Investigator Grant and Curtin University.

Curtin University is responsible for the research project which it is conducting independently of the hospital and the Government of Western Australia.



Improving balance and reducing falls for people with mild cognitive impairment

## RECRUITING NOW!

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We are looking for people aged 50 years and older, living in Perth, Western Australia who have been diagnosed with mild cognitive impairment.

For enquiries contact  
Dr Elissa Burton  
08 92664926  
[E.Burton@curtin.edu.au](mailto:E.Burton@curtin.edu.au)  
[www.balanceonthebrain.com](http://www.balanceonthebrain.com)



Approved by: South Metropolitan Health Service Human Research Ethics Committee, [smhs.hrec@health.wa.gov.au](mailto:smhs.hrec@health.wa.gov.au); Reference number (PRN): RGS00000003930

This study is funded by an NHMRC Investigator Grant and Curtin University



Curtin University

Curtin University is responsible for the research project which it is conducting independently of the hospital and the Government of Western Australia



**Balance on  
the Brain**

## Shelter WA ‘Understanding the particular tenancy needs and issues of older people who rent’

Shelter WA would like expressions of interest from older people who rent to participate in a ‘Focus Group’ to understand their particular tenancy needs and issues.

This information would be used for prebudget submissions and for advocacy around reforms to the *Residential Tenancies Act*. Some of the reforms will include rights around modifications to the home, often an issue for older tenants who are ageing.

**This ‘Focus Group’ is for older people with disabilities (including age-related disabilities) facing housing insecurity.**

**Free refreshments** will be provided and reasonable out of pocket expenses will be reimbursed to participants.

### Housing for Seniors

There is currently a lack of affordable and appropriate housing choices for seniors in Western Australia.



**shelterwa**

While many seniors will be housed comfortably as they age, some will find themselves in extreme housing stress after a lifetime of working, raising families and caring for others, putting them at risk of homelessness. Appropriate housing is crucial for people to remain healthy and stay engaged in the community.

**The inadequacy in housing and support systems is due to the following gaps and issues:**

- An inadequate supply of affordable and appropriate housing
- Less likely to receive access to social housing
- The unaffordable housing market and high rental prices
- Challenges surrounding information
- Lack of housing that provides security and community connection
- Lack of housing and support choice

Creating effective and adequate housing and support systems in Western Australia is a necessity to improve health, stability, comfort, a sense of belonging, lower stress and manageable living costs among older people.

The State Government’s strategy on seniors housing ‘Ageing with Choice’ coupled with a report released by the Housing for the Aged Action Group, highlighted the need for tailored housing responses for the older people in our community. These reports pave the way for the initiatives ‘Ageing on the Edge’ and ‘Reimagining Home’.

**For more Information regarding your Expression of Interest contact**

T: 08 9325 6660

E: [info@shelterwa.org.au](mailto:info@shelterwa.org.au)

## City of Stirling 'Have your say on their Age-Friendly Strategy'

**Planning for an Age-Friendly City is one of the most effective ways to meet the needs of older residents and delivers benefits to the whole community.**

An Age-friendly city does not just benefit older people, but people of all ages including children, parents, families and people living with disabilities.

The City of Stirling's first Age-Friendly strategy was developed in 2017 and modelled on the World Health Organisation's framework covering eight domains. The eight domains/areas of the World Health Organisation framework are:

1. Outdoor spaces and building
2. Transport
3. Housing
4. Social participation
5. Respect and inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

People aged 50+ are invited to complete this survey - anyone who lives, works or plays in Stirling is very welcome to provide feedback.

The City of Stirling look forward to hearing from the community about what matters to them as they get older.

**Please take a few minutes to complete a quick survey:**

<https://www.surveymonkey.com/r/agefriendlystrategy>

By completing the survey you go into the draw to win one of ten \$100 Coles/Myer vouchers.

**The survey will be open until the 16th September 2022.**





## Support Information

### Dementia Australia have opened two new 'Memory Lane Cafés'.

The two new 'Memory Lane Cafés' are especially for those with a recent diagnosis or in the earlier stages of their diagnosis.

Meet with others who can provide friendship and support while enjoying some entertainment and light refreshments.

You will also have the opportunity to chat with trained staff and volunteers from Dementia Australia.

#### Memory Lane Café Mount Lawley 2022

Suitable for people living with a diagnosis of dementia, their family and friends.

Time: 10:00am to 12:00pm

Dates: 22 September 2022, 3 November 2022 and 8 December 2022



### Memory Lane Café

Mount Lawley 2022

Meet with others who can provide friendship and support while enjoying some entertainment and light refreshments.

You will also have the opportunity to chat with our trained staff and volunteers from Dementia Australia.

**Memory Lane Café dates for 2022:**  
30 June from 10:00am to 12:00pm  
11 August from 10:00am to 12:00pm  
22 September from 10:00am to 12:00pm  
3 November from 10:00am to 12:00pm  
8 December from 10:00am to 12:00pm

**Suitable for people living with a diagnosis of dementia, their family and friends.**

**Time**  
10:00am – 12:00pm

**Where**  
Mount Lawley

**Further information**  
Call 08 9225 4094 (please leave a message if unattended) or email [wa.booking@dementia.org.au](mailto:wa.booking@dementia.org.au)  
Bookings are essential, please contact us to further discuss your suitability for this free café, this event is designed for recently diagnosed, young (or young at heart) attendees.

The Café support program is funded by the Commonwealth Department of Health (health.gov.au)



### Memory Lane Café

Mount Pleasant 2022

Meet with others who can provide friendship and support while enjoying some entertainment and light refreshments.

You will also have the opportunity to chat with our trained staff and volunteers from Dementia Australia.

**Memory Lane Café dates for 2022:**  
15 July from 10:00am to 12:00pm  
26 August from 10:00am to 12:00pm  
7 October from 10:00am to 12:00pm  
18 November from 10:00am to 12:00pm

**Suitable for people living with a diagnosis of dementia, their family and friends.**

**Time**  
10:00am – 12:00pm

**Where**  
Mount Pleasant

**Further information**  
Call 08 9225 4094 (please leave a message if unattended) or email [wa.booking@dementia.org.au](mailto:wa.booking@dementia.org.au)  
Bookings are essential, please contact us to further discuss your suitability for this free café, this event is designed for recently diagnosed, young (or young at heart) attendees.

The Café support program is funded by the Commonwealth Department of Health (health.gov.au)

National Dementia Helpline **1800 100 500**  
Find us online [dementia.org.au](https://dementia.org.au)

For language assistance call 131 450

#### Memory Lane Café Mount Pleasant 2022

Suitable for people living with a diagnosis of dementia, their family and friends.

Time: 10:00am to 12:00pm

Dates: 7 October 2022 and 18 November 2022

For further information and to discuss your suitability for this free café. Please leave a message if unattended.

Bookings are essential

T: 08 9225 4094

E: [wa.booking@dementia.org.au](mailto:wa.booking@dementia.org.au)

## WA Police Force 'Neighbourhood Watch'

**Building safe and healthy neighbourhoods with the help of our active communities.**

Neighbourhood Watch is a long-standing community based program aimed at encouraging neighbours to work together to reduce crime and make their communities safer.

Neighbourhood Watch partners with local governments and the wider community to create networks, educate the public on home-safety and provide a platform for the WA Police Force to link with local communities.



### **What is Neighbourhood Watch?**

A program encouraging neighbours to watch out for neighbours and their property during times when burglaries and other crimes are most likely to occur.

It is a community-based self-help program aimed at reducing the incidence of preventable crime.

### **Why is it needed?**

A Police Officer on patrol may not know what is normal in your street and may not recognise a stranger in your yard.

You and your neighbours are in a position to observe and report anything of a suspicious nature to Police.

For example, as we go about our daily routines, we have the opportunity to casually observe the neighbourhood. Such observations may be useful in keeping children away from vacant houses, reporting abandoned cars, or alerting neighbours and police to suspicious persons in the area. These examples are few, but it is important to realise that criminals find it difficult to operate in areas where people take an active role in preventing crime.

No police force can effectively protect life and property without the active support and cooperation of the people it serves. Every resident should participate in Neighbourhood Watch.

## How does it work?

Neighbourhood Watch works through mutual cooperation and communication between neighbours.

Neighbourhood Watch asks you to be the eyes of ears for your neighbours, to be more involved with your neighbours and their property by becoming more aware and alert to the activity in your immediate residential area.

For Neighbourhood Watch to be totally effective, each resident must take an active role in home security improvement and observation.

A network is encouraged to be observant and aware of the comings and goings in a street, apply common-sense security precautions and report all suspicious activities to police.

## For more information about Neighbourhood Watch

T: 08 9222 1513

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

W: <https://www.nhw.wa.gov.au/>

## Useful Numbers for Seniors

Emergency: 000

Police Assistance: 131 444

Crime Stoppers: 1800 333 000

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.



## Scamwatch ‘ACCC warning of suspicious messages as ‘Hi Mum’ scams spike’

**Scamwatch is urging the public to be wary of telephone messages from a family member or friend claiming they need help, following a significant rise in ‘Hi Mum’ scams in recent months.**

More than 1,150 Australians fell victim to the so-called ‘Hi Mum’ scam in the first seven months of this year, with total reported losses of \$2.6 million. The vast majority of these scams were reported in June and July 2022.

Known as ‘Hi Mum’ or ‘Family Impersonation’ scams, victims are contacted, most often through WhatsApp, by a scammer posing as a family member or friend.

The scammer will claim they have lost or damaged their telephone and are making contact from a new number. Then, once they have developed a rapport with their target, the scammer will ask for personal information such as photos for their social media profile or money to help urgently pay a bill, contractor or replace the phone.

These requests continue the ruse of a lost or broken phone with the justification that the funds are needed because they cannot access their online banking temporarily.

**Some messages will simply say ‘it’s me’, while in other cases the scammers appear to have contact information and use the name of the person they are impersonating.**

Scamwatch have seen an explosion in the number of ‘Hi Mum’ scams in the past couple of months, and so we are warning Australians to be very wary of messages from unknown numbers claiming to be from their children, parents, relatives or friends.

Scammers will stop at nothing to get your personal details or money and this particular scam is designed to pull your heartstrings. It is important to stop and think if you get a message, especially on WhatsApp, because chances are it is not your family member or friend - it’s a scammer.”

**The ACCC is urging people who receive suspicious messages from a number they do not recognise, to independently verify the contact.**

If you are contacted by someone claiming to be your son, daughter, relative or friend, start by calling them on the number already stored in your telephone to confirm if it is no longer in use. If they pick up – you know it is a scam.

If unable to make contact, you should try a secondary contact method to verify who you are speaking to. If you still cannot contact your family member or friend, consider asking a personal question a scammer could not know the answer to, so you know the person you are speaking to is who they say they are.

**Above all, never send money without being absolutely sure who you are sending it to.**

Over two-thirds of family impersonation scams have been reported by women over 55 years of age, accounting for more than \$1.4 million in losses.



Unfortunately, these unscrupulous scammers are targeting women and older Australians, with 82% of family impersonation scams reported by people over the age of 55, accounting for 95% of all reported losses.

## Scamwatch 'Toll Road Text Scam'

**Drivers warned about toll road text scam as Aussies lose record amount.**

The fight against scammers may seem like an impossible hurdle to overcome, but we take a step forward every time someone finds the courage to speak up about it.

A woman from the Gold Coast is urging others to be vigilant about a new scam making the rounds after she was targeted by text message scammers pretending to be a toll road operator from Linkt.

The hoax was disguised as a genuine text message from Linkt, notifying her about a toll payment that she failed to pay and requesting that she settle the outstanding amount as soon as possible.

She didn't think anything of it as it didn't look suspicious at first glance and paid \$20 through the app. Just days later a \$4,000 charge on her credit card.

A Transurban spokesperson revealed that it appears the hoax was being coordinated overseas and was being sent to the general public, including people who did not have toll road accounts and they are aware of an SMS phishing scam that is using the Linkt and Transurban brands.

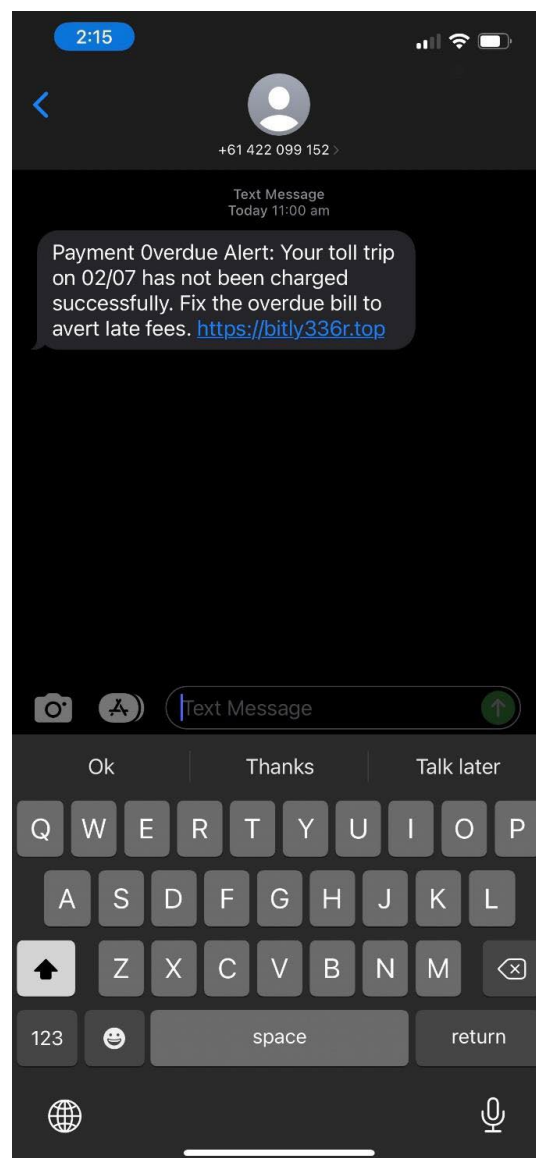
Linkt will never send you an SMS or an email to ask for your personal information or login details.

Transurban security operations team is working with telecommunications providers, including Optus and Telstra, to identify and shut down malicious domains used for this scam.

Transurban urged people to avoid clicking links attached to dodgy text messages and emails.

You can report a scam message to us via the Linkt website at [linkt.com.au](https://linkt.com.au) or via the federal government's ScamWatch website at <https://www.scamwatch.gov.au/report-a-scam>

Make sure you are logging into the Linkt website by navigating to <https://www.linkt.com.au/> before you enter any personal details. You can also manage your account securely via the Linkt or LinktGO apps.



## 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.

## 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>



AUSTRALIAN  
COMPETITION  
& CONSUMER  
COMMISSION



## HealthyWA and WA Health 'Stay Healthy this Spring'

### Stay Healthy this Spring

It is still important to keep up the habits that protect us through the winter months. Get on the front foot with these healthy tips.

- **Visit your doctor:** Keep any regular medical or health appointments you may have. If you are [65 or older, or have a complex health condition](#), talk with your GP about eligibility for COVID-19 antivirals and developing an individualised COVID-19 care plan.
- **Keep a mask handy:** All Western Australians are strongly encouraged to wear a [face mask](#) in indoor settings where you cannot physically distance from others. Note, you are still required to mask up in certain settings such as hospitals, GP clinics and on public transport.
- **Travel Prep:** If you are [hitting the road](#), be sure to consider what to do if you get COVID-19 and need to isolate or return home. Be prepared for COVID-19 by packing masks, rapid antigen tests and pain relief medications.
- **Stay up to date with Vaccinations:** The [COVID-19 winter booster dose](#) is recommended for those aged 50 and older and adults aged 30 to 49 years are eligible to receive a winter booster dose of a COVID-19 vaccine, if they choose to do so. Despite the name, it can be given any time 3 months after having the first booster or, if you have had COVID-19, 3 months after recovery.
- **Stay home if unwell:** Whatever the weather, if you have got sniffles, coughs or other COVID-19 symptoms, stay home and take a [COVID-19 test](#).



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



## ANSWERS to the 'CROSSWORD' Puzzle (see Page 40)

# SEPTEMBER

**Solution:**

1	T	2	I	3	P	4	S		5	U	6	S	7	F	8	L		9	C	10	A	11	R	12	A	13	T
14	R	O	L	O					15	N	A	D	A					16	I	N	A	N	E				
17	A	T	O	P					18	C	L	A	M					19	D	O	N	N	A				
20	P	A	T	R		21	I	O	T					22	P	23	L	E	D	G	E	S					
					24	A	S	L						25	S	E	R	E									
		26	M	27	E	N	S	A			28	S	H	E					29	A	30	R	31	C			
32	B	A	Y	O	U					33	S	C	A	R	34	F			35	L	O	O					
36	A	N	I	S	E					37	T	A	D					38	A	39	M	E	B	A			
40	I	N	N			41	S	42	T	E	L	E						43	R	I	V	E	T				
44	T	A	G						45	R	A	P						46	W	I	L	E	S				
						47	S	48	T	E	M							49	I	N	K						
50	T	51	E	52	A	C	H	E	R					53	F	L	A	M	54	I	55	N	56	G			
57	A	R	D	O	R					58	O	59	A	R	S				60	A	S	I	A				
61	P	I	A	N	O					62	O	L	E	O					63	I	L	L	S				
64	S	C	R	E	W					65	M	I	E	N					66	D	E	E	P				

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Evelyn Johnson



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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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Council on the Ageing Western Australia

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