

Yarra Ranges Grapevine

The Journal of the National Seniors Australia Yarra Ranges Branch Inc
Incorporation No. A0048800C Branch No 100132

SEPTEMBER & OCTOBER 2021

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & pay through the Branch. This informs NSA that you are a member of this Branch. The Branch receives an annual payment for your Membership.

[Click here for Membership Form](#)

President's Report

Branch Meetings

Monday

13 September Dinner

Meeting - 6.00pm

for 6.30pm start

At

'Oro Doro' Restaurant

Hewish Road

Croydon

Please phone / email

Chris for attendance

**(providing we are out of
Lockdown)**

Monday

11 October AGM

Meeting 7.00pm

for 7.30pm start

At The Hall

'St Vincent's Welfare'

Speaker – Alan Somers

**If you have a suggestion
for a Guest Speaker
please let Denise or a
Committee Member know**

Hi Members,

The August dinner meeting at the Crown Hotel was well attended; it was good to catch up with all who came.

The Dine Out lunch at the RSL, Yarra Junction was also well attended and the meals were enjoyed by all.

Due to the covid outbreak most 'Outings' and 'Dine Outs' have been cancelled.

Depending on restrictions being lifted our next Branch Meeting will be on Monday 13th September

We are booked in at Oro Doro, Hewish Road Croydon

Hope to see everybody all there.

Hopefully restrictions will ease and we can hold our AGM at the Hall on Monday 11th October. Alan will be our Guest Speaker informing us about the 'Welfare' arm of St Vincent's Charity.

Happy Reading

Trevor

Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Pamela - ☎ 9735 5449

Secretary

Newsletter Editor

Lyn - ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 9735 1249 / 0419 528 446

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

☎ 9723 1403 / 0400 179 086

Newsletter Editor

Lyn ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Committee Members

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

Welfare Officer Please contact our WO if you know of anyone who is unwell, having an operation, in need of help or has passed away within the family. Vice President & Welfare Officer Pamela on ☎ 9735 5449



Congratulations to!



<i>9 September</i>	<i>Fay</i>	<i>1 October</i>	<i>Dori</i>
<i>16 September</i>	<i>Janice</i>	<i>4 October</i>	<i>Steve</i>
<i>27 September</i>	<i>Olga</i>	<i>8 October</i>	<i>Gordon</i>
		<i>11 October</i>	<i>Denise</i>
		<i>22 October</i>	<i>Elaine</i>
		<i>27 October</i>	<i>Pauline</i>

We would like to celebrate your day!
Don't forget to email / phone your birthday & month to Lyn

DIARY DATES

'WELCOME' to our BRANCH MEETING Dates - 2nd Monday of the Month

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

Monday 13 September Branch Dinner Meeting @

'Oro Doro' Hewish Road Croydon
(depending on covid lockdown restrictions)



Monday 11 October AGM & Speaker

@ The Hall 7 Hardy Street Lilydale

Monday 8 November @ The Hall 7 Hardy Street

Lilydale

COMMITTEE MEETINGS - 1ST Monday of Month

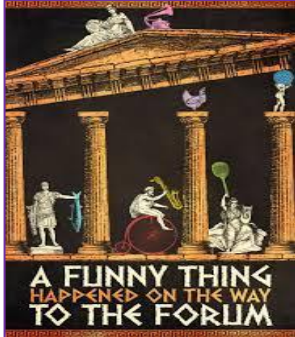
@ Chris' place Meet @ 7.30pm

Monday 6 September (no Meeting)

Monday 4 October



'A FUNNY THING HAPPENED ON THE WAY TO THE FORUM'



Babirra Musical Theatre Production

National Theatre

Saturday 4 September @ 8.00pm

\$44.50 (50c booking fee) - Payment by 13 September Meeting

Name and Payment in an envelope to Lyn (Secretary)

(Note: No late bookings can be accepted as it is a Group Booking)

Cancelled

PLAYBILL



'JERSEY BOYS'

CLOC Musical Theatre Production

National Theatre

Cnr Barkly & Carrisle Street St Kilda

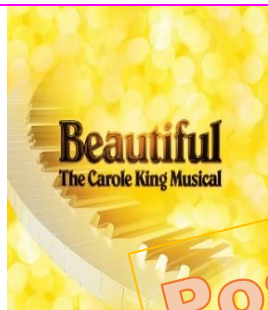
Sunday 17 October @ 2.00pm

\$32.00 (TBC) - Payment by 9 August Meeting

Name and Payment in an envelope to Lyn (Secretary)

(Note: No late bookings can be accepted as it is a Group Booking)

Postponed to May 2022



'Beautiful - Carole King Story'

Nova Music Theatre Production

Alan Ross Centre - Phillip College

197 - 199 Phillip Road Mooroolbark

Sunday 10 October 2021 @ 2.00pm

\$41.00 - Payment by 9 August Meeting

Name and Payment in an envelope to Lyn (Secretary)

Postponed to October 2022

'OUT & ABOUT' - Contact Chris 'Activities Coordinator' to Book

Please Note All payments in an envelope with name, amount of payment and Outing name. This will be a great help. Thank you, Chris

Sunday 12 September 'Andre Rieu' 2.00pm Croydon Cinema
\$40 Ticket (including Choc Top)

Wednesday 13 October 'Moonlit Sanctuary' Pearcedale Car Pool -
leave **9.30am**

(A smaller version of Healesville Sanctuary.
Recently bred *Orange Bellied Parrots* in captivity and released 20
back into the wild)

Wednesday 20 October 'Seymour Vietnam Vets Walk & Museum' **8.15am** Train Lilydale
(use free pass) and Lunch



Sunday 31 October 'Grazeland' Spotswood Train **10.00am approx.**
Very large undercover food market, stalls & Lunch

'DINING OUT' - Contact Chris 'Activities Coordinator' to Book



Wednesday 8 Sept @ 12.00pm 'Chirnside Country Club' **Lunch**
68 Kingswood Drive Chirnside Park

Saturday 25 Sept @ 6.30pm 'Ringwood RSL' 16 Station St Ringwood

Wednesday 27 Oct @ 12.00pm 'Branded Burgers & Bar' **Lunch** 567 Warburton Hwy Seville

Thursday 13 Nov @ 12.00pm 'Oaks Day' TBC

MORNING MELODIES 2nd Tuesday of the Month – Contact Chris to Book

@ 'Healesville RSL' 275 – 270 Maroondah Highway Healesville

Show 10.30am Lunch after show



Tuesday 14 September 'Roy Orbison' – sung by Glen Douglas

'TOURS' - Contact Christ 'Activities Coordinator' for details

'BUSHFIRE RECOVERY TOUR' - Mo **Cancelled** **ay 11th September –**
\$1,899.00

Please contact Chris if you are interested in any of these Tours ASAP

'MILDURA TO ECHUCA' – Monday 8th November to Saturday 13th November **\$2,285.00**

'KING ISLAND TOUR' - Monday 22nd November to Friday 26th November - **\$3,000.00**
(all inclusive - airfare, accommodation, meals and tours)

'LAKES ENTRANCE TO MERIMBULA' – Monday 15th November to Friday 19th November
\$1,400.00

The above Tours are all easy paced, designed for Seniors.
Kevin our driver ensures everyone has a great time.

'SATURDAY WALKS' - Contact Chris 'Activities Coordinator' for details

Please Note - Walks start 9.30am during July and August due to the colder weather

These 2 photos are from the same walk – do you know where? Answers in next 'Grapevine'

Photos 1 & 2 in last 'July & Aug Grapevine' were from the Coldstream walk

- Sat 4 Sept** Wandin – Seville Lilydale to Mt Evelyn
- Sat 11 Sept** Seville to Killara
- Sat 18 Sept** Kimberley Drive Reserve Chirnside Park
- Sat 25 Sept** Lilydale Lake
- Sat 2 October** Mooroolbark Retarding Basin
- Sat 9 October** Lilydale to Coldstream
- Sat 16 October** Norton Road Croydon



- Sat 23 October** Sunnyside Rd Seville to Woori Yallock
(start **11.00pm** for **Lunch**)
- Sat 30 October** Mullum Mullum Creek Burnt Bridge
- Sat 6 Nov** Lilydale to Mt Evelyn
- Sat 13 Nov** Barneong Reserve Croydon North

Note: If there is an all day 'Out & About' organised, we won't be walking.



Tradies Corner

Carpenter Hans ☎ 0418 111 499	Electrician Shockfree Electricians ☎ 0411 035 345	House Renovations Tandin Constructions Tim ☎ 0412 185 353
Kitchens Touchwood Kitchens ☎ 0418 542 130	Painting Craig ☎ 0421 889 326	Plumber Lachy ☎ 0438 563 788
Tile & Bathroom Renovations Stephen ☎ 0419 894 874		

OTHER NEWSY BITS!

A LOOK AT THE LIGHTER SIDE OF LIFE TO KEEP YOUR 'TEE HEE' (laughter) WORKING!



Turns out it was a marble in the ashtray!

People who wonder whether the glass is half empty or half full are missing the point. The glass is refillable.

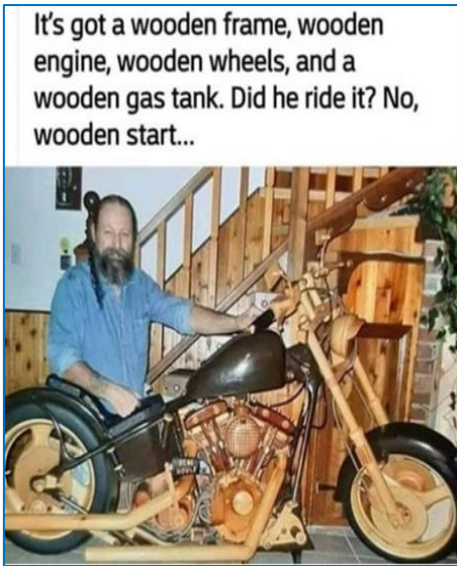
They say every piece of chocolate eaten shortens your life by two minutes. I've done the math. Seems I died in 1537!

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, but it also tells me why I wanted to go there.

Most people don't think I'm as old as I am until they hear me stand up.

Had I known in March that it was the last time I would be in a restaurant I would have ordered the dessert.

I don't always go the extra mile, but when I do it's because I've missed my exit.



Risk of Blood Clots

AstraZeneca Vaccine	Birth Control Pill	Smoking	COVID Infection
4 cases in 1,000,000 Vaccines	500 - 1200 cases in 1,000,000 women	1,763 cases in 1,000,000 Smokers	165,000 cases in 1,000,000 Cases
0.0004%	0.05% to 0.12%	0.18%	16.5%



Closed for tourists
 AFTER having to cancel successive attempted holidays to various states, I decided to rename them:
 NT: No trespassing;
 SA: Stay away;
 QLD: Quietly locked down;
 VIC: Very inconveniently closed;
 WA: Withdrawn association;
 NSW: Not So Welcoming;
 TAS: Totally alone state;
 ACT: Authorised coronavirus tacticians.

PEOPLE KEEP ASKING "IS COVID 19 REALLY THAT SERIOUS?"
LISTEN UP
CASINOS AND CHURCHES ARE CLOSED
WHEN HEAVEN AND HELL AGREE ON THE SAME THING
IT'S PROBABLY PRETTY SERIOUS

Contributions to our Newsletter

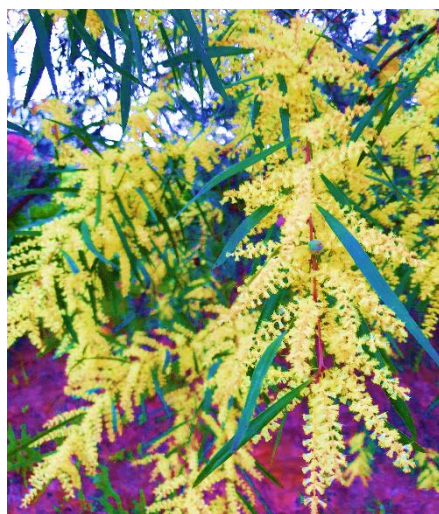


Have you been travelling?
 Have you attended a good show?
Have you read a good book?



Is there something you have experienced, that you would like to share with the members of the Branch? A story? One-liners? Photos from outings?

SPRING HAS SPRUNG!



Note: This app was used recently to call an Ambulance. It went straight through to the Emergency Services and saved time in trying to dial '000'.

Please ensure you have this app installed on your phone – it could save lives and maybe even your own.

Emergencyplus is an app you can put on your mobile. (It was recommended by a trainer who trained the staff at my school.)

You can choose to load onto an Apple or Android system (2nd choice). When loaded the right hand screen will appear.

The **000 Emergency**, **SES** & **Police** are live buttons that will automatically call that service when pressed.

Also you will note your 'location coordinates' appear so you can pass the information to the service concerned as to where your location is.



Update your medicines list now – you'll need it if you go to hospital



A medicine list is a complete list of all your prescriptions, over the counter and complementary medicines.

Now is the time to make sure you have that list up-to-date and easy to find in case you unexpectedly have to go to hospital or visit a doctor or pharmacist who is not familiar with your health status.

Access all your entitlements the easy way

We understand the Age Pension is an important source of retirement income for older Australians, and our members have told us just how complicated and frustrating the process of applying for it (and keeping it) can be.

A typical experience involves hundreds of complicated questions, multiple visits to a Centrelink office and long queues and wait times. Many people find it so complicated they give up or else delay going through the process of applying.

Retirement Essentials own research indicates people are delaying applying for the Age Pension by, on average, 3.2 years and costing themselves an average of \$69,000. This is money most seniors can ill afford to do without.

Retirement Essentials makes applying for the *Age Pension*, and the *Commonwealth Seniors Health Card*, easier:

- Simple online process
- Only one planned stress-free visit to Centrelink - avoid the backwards and forwards
- Support from specialists throughout your application process
- Confidence you are getting all your Age Pension entitlements
- Save time by applying from the comfort of your own home and at your pace
- Help to keep your entitlements, including reminders when you need to update Centrelink
- Money back guarantee if you don't get your entitlements

Even if you find you are not eligible for any Age Pension, you could be eligible for the *Commonwealth Seniors Health Card*. This can get you cheaper medicine under the *Pharmaceutical Benefits Scheme*, bulk billed doctor visits and a bigger refund for medical costs when you reach the *Medicare Safety Net*.

Retirement Essentials is a partner of *National Seniors Australia* and is not affiliated with any federal government department or agency. Their eligibility calculator is free. If you decide to use their streamlined application support service, fees apply.

The Centrelink Experience: From 'waiting, frustrating, hopeless' to 'helpful, friendly, positive'



National Seniors Australia regularly gathers data about how older Australians are faring across many areas of service access and general wellbeing through surveys, policy forums and qualitative interviews.

The intent of this research is to raise public awareness of the issues facing senior Australians when applying for the *Age Pension*, and to better understand the scale and causes of the problems experienced by seniors in their dealings with *Centrelink*.

National Seniors Australia and *Retirement Essentials* have combined their expertise to report on this study. It is argued here that feasible solutions can be found that ensure eligible retirees are benefitting from the security provided by the *Age Pension*.

The due diligence (and important public accountabilities) required by *Centrelink* to assess *Age Pension* claims means that application processes increase in rigor and complexity to deal with misuse of the system, in similar ways to other areas such as taxation, and means and assets testing. While this rigor is a necessary aspect of the system, this study provides evidence that the process of applying for the *Age Pension* needs urgent attention.

Feeling old? Do this and see the difference

There are simple steps you can take to help you stay healthier for longer and prevent illness in the future. This is our expert guide to preventative care.

This article is sponsored content from Australian Unity.

Imagine if you could take simple steps today that could help you stay healthier for longer and prevent illness in the future. The great news is you can – and you don't have to develop a taste for kale or kombucha to do so. It's all about shifting your healthcare approach from exclusively focusing on treating illnesses to also encompassing preventative care.



“There’s been some great evidence-based development in preventative healthcare for more than 20 years now,” says Dr Nancy Huang, Australian Unity’s Chief Medical Adviser for Independent and Assisted Living. She should know. In her 35-year career, Nancy has researched and implemented programs relating to preventative healthcare for governments, not-for-profits and universities.

Here’s just one example of a preventative action you can commit to this week that has huge returns: *“Being moderately active – so that could be 30 minutes of fast-paced walking, five times a week – can reduce your risk of cardiovascular disease by 50%. There’s no other drug, test or intervention we know of that can actually reduce the risk like that,”* says Nancy.

“Regular physical activity is one of the best actions we can take as a preventative measure, but it has to be ongoing,” Nancy emphasizes. *“You can’t join a gym for three months and then do nothing for the rest of the year. Unfortunately, it’s not like a bank account. You can’t deposit a lot and then spend it up later!”*

Especially when the notion of “later” can cover quite a lot of time. According to the latest Australian Institute of Health and Welfare statistics, men in their mid-60s can expect to live another 19.9 years, while women of the same age can expect to live another 22.6 years. On the whole, Australians are living longer than ever before, which makes preventative care even more important.

Are you ready to take control of the future of your health – and, as a [result, your overall wellbeing?](#) Our experts show you how.

“You can’t join a gym for three months and then do nothing for the rest of the year. Unfortunately, it’s not like a bank account. You can’t deposit a lot and then spend it up later!” – Dr Nancy Huang.

Focus on lifestyle choices

“The key thing is, the small choices that we make on a day-to-day or a week-to-week basis are what add up to having the greatest impact,” says Dr Jeannie Yoo, Clinical Director at Remedy Healthcare, Australian Unity’s health partner. For Jeannie, this comes down to lifestyle choices. *“So many of our common diseases are related to lifestyle factors,”* she says.

So honestly ask yourself: are you being physically active? This means getting in a total of 150 minutes of moderate intensity exercise each week. Are you eating a balanced, nutritious diet, one

that's filled with plenty of fruits, vegetables and wholegrains, a moderate amount of dairy, and only a small amount of lean meat, poultry or fish?

Are you contributing to your wellbeing by getting enough rest at night, maintaining a healthy weight and creating space to do things that bring you joy, while avoiding the things that won't, such as drinking too much alcohol or smoking?

"It's nothing different to what we already know is good for us," says Jeannie. "But after the age of 50, it's very important to focus on those things to prevent the kinds of illnesses and conditions that become more common with age."

Create a support team

When you're on this journey of preventative care, you don't have to take it alone. *"It's a matter of making it a focus and then talking to the right people about making changes and finding out what kind of support is out there for you,"* says Jeannie.

Nancy says the first person you need to add to your support team is your GP. *"Whether you're an Olympic athlete or a couch potato by nature, it's really important to have a good, trustworthy relationship with your GP, who can monitor, assess and then advise you on your individual risk factors,"* says Nancy. *"This relationship, especially from middle-age onwards, can help us filter all of the information out there, and give us individualised advice about what it is that we can do [for our health]. Regular check-ins with your trusted GP are invaluable."*

Rebecca Windsor, Australian Unity's General Manager of Health Management (Health Insurance), says this is crucial in helping to prevent the need for more serious treatments in the future too. *"Making sure you're on top of your regular checks means if a condition is found early, the interventions that you need to help you with your condition are likely to involve more conservative and non-invasive treatment options,"* says Rebecca.

Then there's a whole range of support options, no matter what your health goal. *"Depending on your health insurance, extras can cover things like dental – because good oral health is linked to better overall health outcomes – plus physiotherapy and osteopathy, which are all really good preventative treatments,"* says Rebecca.

"At Australian Unity, we have products that pay benefits to help you quit smoking, lose weight or have health checks that aren't always covered by Medicare, such as bone density scans and health management programs to treat an underlying condition."

When it comes to mental health, Rebecca adds, *"We have a program to help members manage depression and anxiety, called MindStep, which is based on cognitive behavioural therapy. Our view as a fund is that we want to support you as best we can. We want to help you manage your physical and mental wellbeing, so you stay healthier for longer."*

If you're feeling overwhelmed by the number of changes you'd like to make, just commit to one action this week. Then, when it has become a habit, add another step. As Jeannie says, *"You're still quite young at 50. If you're in good health, maintain that. Or, if you're in not-so-good health, it's not too late – there's still plenty of time to make a difference."*

It goes to show that by shifting your healthcare regime to a more holistic preventative approach, you can help offset – or at least catch earlier – some of the more common ailments that you may experience as you age.

Disclaimer

Information provided in this article is not medical advice and you should consult with your healthcare practitioner. Australian Unity accepts no responsibility for the accuracy of any of the opinions, advice,

representations or information contained in this publication. Readers should rely on their own advice and enquiries in making decisions affecting their own health, wellbeing or interest.

Remedy Healthcare Group Pty Limited and Australian Unity Health Limited are wholly owned subsidiaries of Australian Unity Limited.

An Australian Unity health partner, Remedy Healthcare provides targeted, solution-oriented healthcare that is based on clinically proven techniques. For more than 10 years, Remedy Healthcare has worked with more than 100,000 Australians – helping them to manage their health through caring, coaching, empowerment and support.

Originally published by Australian Unity, 16 October 2020.

Yarra Ranges National Seniors Australia Branch
Membership Application (NSA ABN 89 050 523 003)

PERSONAL DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____ /
Last name _____ Date of birth _____ /
Address _____
Suburb _____ State _____ Postcode _____
Phone _____ Mobile _____
Email _____ Membership Number: _____

JOINT MEMBER DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____
Last name _____ Date of birth _____ / _____ / _____
Phone _____ Mobile _____
Email _____ Membership Number: _____

MEMBERSHIP AND PAYMENT DETAILS



I/we would like to join for: (please tick) includes GST

- 1 Year Single \$45 Joint \$75 2 Year Single \$80 Joint \$125
5 Year Single \$195 Joint \$295 Lifetime Single \$425 Joint \$650

TOTAL PAYABLE: \$ _____

- Cheques / Money Order enclosed (payable to: National Seniors Australia)
 Please charge my credit card: Visa Master Card

Card number:

Cardholder's Name: _____ Expiry: _____ / _____

Cardholder's Signature: _____

NSA respects your privacy and is committed to protecting your personal information.
You can view the full details of our privacy statement online at nationalseniors.com.au

- I would like to receive 'My Generation' Magazine by Mail

MEMBERS

Branches – Social & Friendship
'My Generation' Magazine
Discount & Benefits
Credit Card
Car Buying Service
Insurance
Travel
Competitions
Online Shop

NEWS & EVENTS

Latest News
Policy & Media Updates
In the Media / Media Releases
Events

RESEARCH

Finance
Health & Aged Care
Housing
Retirement
Social Connectedness
& Communities

ABOUT US

Board & Governance
Leadership Team
Policy Advisory Groups
Careers
Foundation Trust
Partners
FAQs Advertising

INFORMATION HUB

Consumer Protection
Healthy Ageing / Aged Care
Social Inclusion
Technology
Work & Career
Retirement
Retirement Living Options

ADVOCACY

How Advocacy Works
Policy and Advocacy
Submissions