



OLDER WOMEN'S NETWORK (WA) INC

NEWSLETTER FOR MEMBERS

Editor's Report

Easter and Mother's Day were fun days, check page 3 to see if you can recognise any of the members.



Aged Care appears to be in the news over the last few months and information that may assist you features in this issue. Aged Care Training is a must read and interest to all our members. Take time to read the report on page 4.



Pricing information on aged care is to be made more transparent and assist senior Australians to make informed decisions about which provider is best suited to their needs. Details page 5.



My Book Review features again in this issue. The book is "Chameleon" Reporter at large written by Cyril Ayris.

This book takes pride of place in my library having enjoyed reading it several times. If you enjoy reading or looking for that special "gift" this review is for you on page 6. Highly recommended.



The Anzacs, who could forget them? Anzac features on pages 9,10 with thanks to Dallas Longhi and Elwyn Ryan who share their stories.



Flowers from Mother's Day

President's Report

Welcome to the latest edition of our Newsletter, our Editor Julienne Thomas is to be commended on providing up to date information on issues affecting us all, currently those being highlighted by the Royal Commission into elder abuse and training for Aged Care.

Gosnells Older Women's Network will be celebrating our 27th Birthday in June, a timely reminder of the initiatives of our past and present leadership groups who have and do work tirelessly to bring us all the opportunity to be heard and comment on issues relative to older women.

Our Mother's Day celebration for members and their guests included Mrs Ruth Kershaw our Ambassador, with a shared lunch, entertainment by Jay Weston a product of the West Australian Performing Arts at Edith Cowan University, whose wonderful renditions of songs so familiar to us. Part of our celebration provided the opportunity to recognise a local community member who gives outstanding service as a volunteer, this year Mrs Elsie Kilmurray received our Certificate of Appreciation.

Recent excellent guest speakers from Advocare Inc. and the City of Gosnells Senior Services Group have informed us of services available and changes to Government provision which affect us.

Forest Lakes Theatre Group are in rehearsals for their production at the Don Russell Performing Arts Centre for the City of Gosnells Morning Melodies event.

With Best Wishes
Patricia Morris AM.JP.
State President OWN.WA
Co-ordinator Gosnells OWN

Council of the Ageing

OWN representative Dallas Longhi

Navigators Trial

The Aged care Navigators Trial is testing different types of services and activities to help people to learn more about Government supported aged care programs and how to access them.

COTA Australia is working with 30 organisations around Australia to test out different ways to share information about aged care so that people who need services know how to get them when they need them. The trials will be independently evaluated by Australian Healthcare Associated (AHA) to inform future policy considerations and guide the implementation of long-term models of support. This will include what works best for different people, taking into account their diverse needs and location.

The Aged Care Navigators Trial is funded until June 30, 2020.

Online Grocery Shopping not to Australian's taste

While more than five million Australians say they will consider buying groceries online in the next year, far less actually do it.

Despite a new survey from Roy Morgan released this week that showed respondents professing strong interest in shopping online, in an average month just 5% of Woolworths customers and 4% of Coles customers totalling about 600,000 actually head to the computer to buy their groceries.

This compared to the 34% of customers of both the big supermarket chains saying they would consider switching to online shopping in the next year. Customers of the smaller chains, Aldi and IGA, were less likely to consider going online, with 26% and 23% respectively.

Roy Morgan CEO Michele Levine said the online revolution in retail sales had yet to extend to Australian grocery purchasing.

Ms Levine said the combination of Amazon Fresh and German supermarket giant Kaufland both launching in Australia this year could be the tipping point in convincing sceptical customers to sample online grocery shopping for the first time. Ref:NSA 28/3

International Women's Day



International Women's Day (March 8th) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day has been observed since the early 1900's.



African Outreach Collections

This year we will be focusing on supplying VASELINE for the people of Zimbabwe. A jar of Vaseline from your local shop will be very much appreciated. It does not have to have the Vaseline label; the generic brand of **WHITE PETROLEUM JELLY** is all that is required.

The Zimbabwean people are extremely resilient: they are survivors in the face of adversity, but their spirit is breaking. The country has an overwhelming need for assistance in many spheres. The health system has seen the passage of time and a lack of funding allow the infrastructure to crumble, medical equipment become outdated and supplies of all description become acutely short. Local medical staff struggle daily to provide basic treatment of any real quality.

Buy a jar of Vaseline when you go shopping and bring it to any Gosnells meeting of Older Women's Network. Your **contact** for item collections is Julienne Thomas who will make sure it is delivered to Coleen Smith at African Outreach.

Giving joy to others adds to the joy in our own hearts

Thomas Kinkade

Easter Time

What an interesting and fun day we had on Wednesday 10th April making Easter Hats (well some did!!) and some did very well as you can see in the photo's below. Sue Joslin filled us in on the meaning of Easter and we ate hot cross buns in between making hats and eating chocolates.

Thanks to Dallas Longhi who did the groundwork for the hats, it was an excellent day and we had such a laugh.

The ladies holding the chocolate rabbits won on the day, in what order is left to your imagination, perhaps the size of the rabbits will give you the clue.

Congratulations to Julie Boyd and her sister Lyn the very lucky winners of the Easter Hamper Raffle.



Easter Time



Mother's Day Celebration

What better way to celebrate Mother's Day this year with a scrumptious shared lunch, our amazing Mother's Day raffles and entertainment by Jay Weston.

Jay Weston from Perth is a popular entertainer and has many years of experience in numerous opera and theatre production nationally and internationally.

Discovering an early passion for music, he began the keyboard at ten and at thirteen was awarded a musical scholarship.

He continued his studies and went on to complete a Bachelor of Music (Classical) at the West Australian Academy of Performing Arts and a Post Graduate Diploma at Queensland Conservatorium.



Aged Care Training

Aged care dementia training must be compulsory:
National Seniors Media Release 2019/006

Dementia training for aged care workers must be made compulsory or abuse in the sector would continue, leading advocacy group National Seniors Australia CEO Professor John McCallum said today.

Professor McCallum, who was among witnesses to appear at the first public hearings at the **Royal Commission into Aged Care Quality and Safety** in Adelaide, said with the prevalence of dementia in the community and the availability of dementia training courses for aged care workers, it was surprising it was not already compulsory.

Dementia is the second leading cause of death among Australians, with more than 430,000 living with the various forms of the illness. That figure is expected to rise to close to 600,000 by 2028.

Professor McCallum said mandatory dementia training for aged care workers would prevent a lot of abuse because they would understand how it affects people's behaviour and give workers the skills to provide appropriate care. It would also improve the experiences of people in care who were not handled badly but inexpertly.

"We've seen some dreadful examples of older and frail aged care residents with dementia being physically abused by care workers who clearly have no idea how to respond to what they believe is 'bad behaviour'."

"We have the means to prevent this happening, and to make life much better for care recipients – and care givers. So, it's high time to make this training compulsory."

Professor McCallum said documenting, measuring and improving consumer experiences of aged care was the primary focus of National Seniors' research and advocacy. ►

Aged Care Training (continued)

It had also recently become part of the work of regulators, with a report from the Australian Aged Care Quality Agency last August showing 97% of survey respondents felt staff treated them with respect all or most of the time; 84% liked the food; and 98% felt safe most or all the time.

These findings were in stark contrast to submissions to the Royal Commission and to National Seniors with many older people and their families highlighting the fear of retribution if they complained about services; poor treatment from staff; insufficient staff; and poor food.

"We have to address these shortcomings because that's the only way older Australians will receive the quality of care they deserve," Professor McCallum said.

Media contact: Lynda Schekoske 0488 047 380 or 07 3233 9134.



Older Women's Network NSW

We have been out and about and enjoying all our **Senior's Week Events** on offer. Our **Newtown drumming group** led by the ever-enthusiastic Laura Brown and our **Theatre Group** both performed at Darling Harbour to large crowds. The Theatre Group was in hot demand and made many other appearances to great acclaim around town. Well done to all!



Reduce out of Pocket Costs for Medical Scans.

Source: CCH Parliament which provides immediate and unbiased political monitoring, tailored to topics of interest.

The Government will help reduce the out of pocket medical expenses for Australian families needing life-saving scans like ultrasounds and X-rays with an almost \$200 million investment. For the first time in 20 years the indexation of Medicare Benefits Schedule (MBS) items will be expanded to all ultrasound and diagnostic radiology services over three years from July 1 2020. This means that the Medicare rebates for about 90 per cent of all diagnostic imaging services will now be indexed. This includes X-rays for fractures, mammograms, pregnancy ultrasounds, echocardiograms, angiograms, image guided procedures and CT scans for the diagnosis and management of cancer. More than nine million Australian patients use diagnostic imaging services each year.

The Hon. Greg Hunt MP Minister for Health 076W1002



Stay on your Feet–Check your Medicines

All medicines can cause side effects, and these increase the more you take. Taking five or more medications increases your risk of falling. It is important to understand what medicines you are taking and why.

Managing your medicines can reduce side effects such as feeling drowsy, dizzy or faint.

If you have any confusion or concerns about your medicines, speak to your GP or pharmacist about having them checked.

Source: Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

Greater Transparency and Comparability in Home Care Pricing

The Federal Government has finalised new legislation that requires home care providers to publish their pricing information in a new standardised schedule on the My Aged Care website by 1 July 2019.

The new schedule will help senior Australians to understand and compare service offerings and prices across home care providers and make informed decisions about which provider is best placed to deliver their care.

The greater transparency will also address the concerns raised about high administration prices being charged by some home care providers, which reduces the amount of taxpayer subsidised funds being spent on actual support.

The schedule has been developed following extensive consultation with senior Australians, home care providers, consumer representatives and peak bodies and will provide greater transparency on core services and costs in home care.

Home care providers can publish their pricing information within the schedule from April 2019, with compliance required by 1 July 2019.

Media contact: Nick Way, Media Adviser 0419 835 449

Authorised by Ken Wyatt AM, MP, Member for Hasluck

If you need aged care services help can be obtained by speaking to your GP or go to myagedcare.gov.au website for further information.

or phone 1800 200 422

***YOU'RE NEVER ALONE WITH
OWN***



Parliament of Western Australia

Public Tours

- Mondays and Thursdays at 10.30am and Fridays at 2.00pm (except public holidays)
- No bookings required.

What you need to know

- All tours leave from the main entrance
- No photography is permitted inside Parliament House
- Parliament is a secure building therefore **no bags or backpacks larger than an A4 size** are permitted.

Question Time

Question time is held in the Legislative Assembly at 2.00pm each sitting day and in the Legislative Council at 4.30pm each sitting day.

Sitting Dates and Times

The information presented will depend on the tour and if Parliament is sitting.

On **sitting days**, you will be able to see Parliament in action from the public galleries. On **non-sitting days** you will be able to go into both chambers.

Contact Information

Parliamentary Education Office

Phone (08) 9222 7259

Email education@parliament.wa.gov.au

Meet your local MP

To meet your local member of Parliament while visiting Parliament House, please contact their Electorate office for availability.

Your Local State MP for Thornlie is Chris Tallentire

Phone 9493 2223

gosnells@mp.wa.gov.au



Book Review

Our book reviews this issue is from one of my very favourite authors Cyril Ayris. His book "Chameleon" Reporter at large is a fascinating account of his time as a journalist with *The West Australian*, a position he held for 37 years.

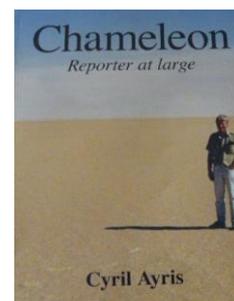
He also had an interest in West Australian history and has over the last 19 years written 22 books which encapsulated some of the more colourful people and events of the past.

Being a well-respected journalist, his style of writing, recall of events interspersed with humour, makes his book "Chameleon" an absolute delight to read and as you turn each page you will be rewarded.

Cyril Ayris, a multi-award-winning journalist begins his story in a bleak English boarding school where life was ruled by a formidable headmaster. He migrated to Australia with his family and, after a brief and inglorious spell as a jackeroo, he came to Perth where he landed a job in an exclusive jeweller, before falling into journalism. He became a crime reporter and later senior feature writer on *The West Australian*, covering assignments in Libya, Afghanistan and other hotspots around the world.

This is a whimsical, often hilarious account of life in which no situation is too dire to not have a funny side.

Cyril Aris is the winner of two University of WA Arthur Lovekin Prizes in Journalism, three Perth Press Club Awards and the Print Journalism and Daily New Centenary Awards. He now lives in Perth, is married and has two sons and five grandchildren.



Books now available: Phone 9245 3563

Email: cyrilayris@bigpond.com

Do you Love your Pet?

Australians really do love their pets – so much so that one in three won't go on holiday, according to research released.

The study of 1,000 pet owners for TrustedHousesitters examined the lifestyle impacts pets had on their travel habits.

With 5.7 million households owning a pet in Australia (over 13 million people), roughly four million people choose to stay at home rather than holidaying, due to concerns around their pet's wellbeing.

Of those who did go on vacation, most (69 per cent) said they had felt guilty when leaving their pet behind, while over one-third of Australian pet owners (36 per cent) had turned down a weekend away, citing being unable to arrange pet care as the reason.

Pets had even disrupted their owners' social lives, with 18 per cent of respondents having regularly missed social engagements in favour of staying at home to ensure their pets were cared for. Of those surveyed, 6 per cent had even avoided going on dates, picking their pets over love.

When it comes to Australian pet owners who regularly take holidays, 29 per cent opted for a trusted pet sitter versus putting their pet in a kennel (21 per cent), while 35 per cent of pet owners organised friends or family to care for their furry friend.

In a British study of veterinary experts conducted by TrustedHousesitters, 100 per cent believed animals responded better to a new carer than a new environment, as animals were particularly bonded to their home.



Do you Walk?



Walking each day can mean fewer days in hospital for older people, a study found.

Researchers at the Centre for clinical epidemiology and Biostatistics at the University of Newcastle said that increasing the number of steps taken each day from 4,500 to 8,000 or about 3 kms linked to one less day in hospital every three years.

The study involved more than 2,100 participants aged over 55 years of age who wore pedometers for one week at some point between 2005 and 2007.

An analysis of their hospital records showed that for every increase of 1,000 daily steps, the estimated overall number of hospital bed-days a year dropped by nine per cent.

The researchers, led by Dr Ben Ewald, found the difference between taking 4,500 and 8,000 steps every day was 0.36 hospital bed-days per person per year or about one day for every three years of life.

"These steps can be accumulated as many brief activities throughout the day, or as steady walking for about 3 kms," the authors wrote in the Medical Journal of Australia.

Public health experts argue one of the biggest challenges they face is how to convince a largely sedentary population to be more active.

Fewer than half of Australian adults meet physical activity guideline of at least 150 minutes of moderately intense activity a week, according to data from the Australian Bureau of Statistics.

Unveiling of Forced Adoption Memorial Sculptures

Two sculptures were unveiled in Victoria Park to acknowledge the people whose lives have been affected by forced adoption in Australia.

The memorial sculptures have been donated to the Town of Victoria Park by the Association Representing Mothers Separated from their children by adoption (ARMS), and were funded by the Department of Social Services, through grants from Forced Adoption Support Service (FASS) at Relationships Australia WA.



The unveiling date was also the sixth anniversary of the National Apology for Forced Adoptions.

The sculptures, titled Empty Arms – Broken Lives, will provide a central place in Victoria Park for those who have been affected by Forced Adoptions to visit, reflect and remember.



ARMS coordinator Lynne Devine said the unveiling marked an important milestone for those people whose lives were impacted by past practices and policies.

These sculptures symbolise an acknowledgement of the pain and trauma suffered by all people separated by adoption.

“The memorial will provide a central place for them to visit and hopefully to gain comfort, knowing their lifetime of suffering has been recognised and acknowledged,” Ms Devine said.

The National Apology for Forced Adoption

On 21st March 2013 in the Great Hall at Parliament House Canberra, then Prime Minister Hon Julia Gillard delivered a National Apology to those affected by Forced Adoption and/or removal practices and policies within Australia.

Acknowledging the unjust and often illegal acts used in coercing mothers to give up babies for adoption; (now referred to as “Forced Adoption”) and recognising the ongoing mental suffering and life-long effects on all impacted by adoption.

Validation of past injustices is of great importance to many affected by these adoption practices including children, mothers, fathers, grandparents, other family members and friends.

A.R.M.S. is a voluntary non-profit and self-help organisation

Website: www.armswa.org.au

Source of information Connect Groups Enews

Lest We Forget

As we observed Anzac Day on Thursday 25th April, we could not escape the feeling of sadness along with overwhelming appreciation for those who had given so much so that we may live in peace in this wonderful country, we call Australia



Battle of Gallipoli

Most of the men recruited into the Australian Imperial Force at the outbreak of the First World War in August 1914 were sent to Egypt to meet the threat which the Ottoman Empire (Turkey) posed to British interests in the Middle East and to the Suez Canal. After four and a half months of training near Cairo, the Australians departed by ship for the Gallipoli peninsula, together with troops from New Zealand, Britain, and France. The aim of this deployment was to assist a British naval operation which aimed to force the Dardanelles Strait and capture the Turkish capital, Constantinople.

The Australians landed at what became known as Anzac Cove on 25th April 1915, and they established a tenuous foothold on the steep slopes above the beach. During the early days of the campaign, the allies tried to break through the Turkish lines and the Turks tried to drive the allied troops off the peninsula. Concerted but unsuccessful allied attempts to break through in August included the Australian attacks at Lone Pine and the Nek. All attempts ended in failure for both sides, and the ensuing stalemate continued for the remainder of 1915.

The most successful operation of the campaign was the evacuation of the troops on 19–20th December under cover of a comprehensive deception operation. As a result, the Turks were unable to inflict more than a few casualties on the retreating forces. The whole Gallipoli operation, however, cost 26,111 Australian casualties, including 8,141 deaths. Despite this, it has been said that Gallipoli had no influence on the course of the war.

Source: Australian War Memorial. awm.gov.au



William Guy Thomas (arms crossed near red dot) can be seen in the now famous photo taken on the CHEOPS pyramid. The men from the Western Australian 11th Battalion were camped in Egypt where they trained before the landing at Gallipoli on 25th April 1915 and according to the diary of one of the soldiers “after church the whole Battalion was marched up to the Pyramid (Old Cheops)” and had the photo taken. The date was 10th January 1915 and while much about the image remains unknown, two things are certain: One is that many of the young men would never return home and secondly, they will never ever be forgotten.

William Guy Thomas was a much-loved Father to our OWN member Elwyn Ryan.



At the Going Down of the Sun – The Unknown Soldier

(This framed message, a poignant tribute to the Australian serviceman, hangs in the former offices of the Queensland State Headquarters of the RSL located in a room under the Shrine of Remembrance)

I crouched in a shallow trench that hell of exposed beaches...steeply rising foothills bare of cover...a landscape pockmarked with war's inevitable litter...piles of stores...equipment...ammunition...and the weird contortions of death sculptured in Australian flesh...I saw the going down of the sun on that first ANZAC DAY...the chaotic maelstrom of Australia's bleeding.

I fought in the frozen mud of the Somme...in a blazing destroyer on the North Sea...I fought on the perimeter of Tobruk...crashed in the flaming wreckage of a fighter in New Guinea...lived with the damned in the place cursed with the name Changi.

I was your mate...the kid across the street...the med. student at graduation...the mechanic in the corner garage...the baker who brought you bread...the gardener who cut your lawn...the clerk who sent your phone bill.

*I was an Army private...a Naval commander...an Air Force bombardier, no man knows me...no name marks my tomb, for I am every Australian serviceman...**I am the Unknown Soldier.***

I died for a cause I hold just in the service of my land...that you and yours may say in freedom...I am proud to be an Australian.



Charles William Waugh

Born Gateshead on Tyne, England
Regimental No.6903 16th Battalion.
Embarked from Fremantle, W A on board
HMAT A30 Borda on 29th June 1918
Killed in Action 18th September 1918 at
Jeancourt, France
Buried at Jeancourt Cemetery, France
Age 21 years eight months.



I Remember Charles William Waugh by Dallas Longhi

While I never knew him, he was always spoken about with love by my Mother and two of his brothers, not only on Anzac Day but whenever they visited each other.

Mum was younger than Charlie and from what my uncles said, was his favourite sister and I think that is why she really missed him and mourned his passing. They spoke of a fun-loving young man who loved motor bikes and baking sweet treats for his family. (He was a Baker)

When war broke out, he did not hesitate to enlist to help defend the Mother Land as England was referred to then.

A plaque erected in his honour in Kings Park, on Lovekin Drive, is visited by both myself and my brother to this day. Early memories of visiting Uncle Charlies Tree with Mum as we came from our farm in Darkan will always remain with me. Over the years, most of Mum's family have had their ashes scattered around **Charlies Tree**. Somehow, the peace of the bush gives comfort and I will always come away with love and peace in my heart.

Forest Lakes OWN Theatre Group

Uniting Church Hall

Cnr. Bert & Hicks Street, Gosnells (Refer to Patricia Irving for change of location to DRPAC)

www.ownaustralia.org.au

Group Co-ordinator:	Patricia Irving	Phone: 6290 2593
Theatre Director:	Carolyn Horridge	Phone: 9525 4452
Musical Director:	Lois Stout	Phone: 9459 1393

Weekly Tuesday 1.00 pm – 3.00 pm

Please refer to the Gosnells 2019 Calendar of Events for Bus Trips and Outings – All Welcome.



Gosnells

Uniting Church Hall

Cnr. Bert & Hicks Street, Gosnells

www.ownaustralia.org.au

Your Co-ordinator:	Pat Morris AM.JP	Phone: 9459 2014
Welfare Officer:	Fay Dickson	Phone: 9398 2464
Events Co-ordinator:	Pat Wyatt	Phone: 9390 5540

2nd and 4th Wednesdays of each month starting at 12 noon

Please refer to the Gosnells 2019 Calendar of Events for information on Meetings, Guest Speakers, and Events



Disclaimer: The views expressed in this Newsletter are not necessarily those of the Older Women's Network (WA) Inc and we do not guarantee the accuracy of the facts in articles supplied by members. The Older Women's Network (WA) Inc accepts no responsibility for any loss occasioned to any person acting, or not acting, upon material in this Newsletter.