

CEO Report

We have all just had a time of catching up with family and friends and being busy and very socially active because of Christmas and New Year celebrations but what about the rest of the year?

Do you have a plan for this year to mix with friends, meet new people and be involved in a supportive group? It is really important as we get older that we have that support so please join one of our branches if you do not belong to something. Make 2014 one of your most active years, both physically and socially.

Many of you live alone. Seniors who live alone spend on average 74% of their time alone and 12% of older people spend no time at all with others.

If you are one of these or know of someone like this, make a change and help them make a change. Call our office and join a branch or we will help you find a group of like-minded people to join. Why don't you enrol in a basic computer course through your local government and start talking to friends on email and in chat groups. You may also find through your local government groups that meet – fitness, dancing, bingo, volunteering. Your life will be richer if you take that step.

I want to put to you something that Retirees WA could work on this year. Why don't we have a Commissioner for Older People in Western Australia? I know we have a Minister for Seniors but that person in successive government is also the Minister for various other groups. Our current Minister is also the Minister for Local Government, Community Services, Seniors and Volunteering and Youth. How can he or that office put the required amount of time into such a large group and such a large number of issues as those affecting seniors? A Commissioner would not be part of the political system but stand independent with powers to make a difference to the lives of seniors. 80 years ago, our group which was then called the Australian Pensioners League banded together to get the pension. They lobbied hard and had numbers that could not be ignored. We can do that again if we want this so let me know your views and perhaps Retirees WA can make this a goal.

What sort of things would we ask a Commissioner to look at?

- Elder abuse was up 67% last year from the year before, why and what is being done about it?
- Age discrimination in the workplace, why are people retiring at 59, when they are being asked and some want to work until 67?
- Push to have people working to 67, 70? Where will it end?
- Physical activity – why is this declining in older people when we know the benefits and there are more opportunities, what can we do?

If you would like any more information about appointing a Commissioner please see the back of this newsletter and our website - www.retireeswa.com.au

As you can see there are a lot of issues affecting seniors for groups such as Retirees WA to work on. I believe this is the main reason to belong to a group such as ours and I look forward to working with our members on these issues in 2014.

Margaret Thomas (JP B Comm CPA LMusA)
CEO/CFO Retirees WA



President's Message

Page 2

Property Report

Page 5

Volunteering

Page 6-7

Member Discounts

Page 8-9

Travel Club

Page 10



**Retirees WA
State President
Nita Sadler**

I can't believe how quickly the past year has gone, but I suppose, in retrospect, it feels like that when we cram so much in to our calendar throughout the year.

The diversity with which our Branches keep themselves busy is amazing, not withstanding the canal trips, the shows, bingo, and even dances which the various committees organise for their branch

members. You are an amazing lot of people!

Our AGM this year was the biggest ever, and I suspect partly due to the appearance as keynote speakers of our valued life member Jenny Seaton, and our dear friend Max Kay, who managed to entertain us with their chatter and reminisce about the good old days. Both had taken time off from Curtin Radio to be with us.

2013 saw Retirees WA completely facilitating a huge Seniors Fayre and Expo at the Woodlupine Community Centre during Seniors Week. The Fayre attracted over 55 stalls of arts, crafts, bring and buy, vintage cars, fire engines, motor bikes all on display. Entertainment was by local schools and Kristy Mollica, and an estimated crowd of over 2,000 visitors enjoyed the whole day. Several of our Branches participated and held fundraising stalls, which I am told were quite profitable towards their club funds. I take my hat off to you all!

We got so busy preparing and serving refreshments that our CEO Margaret Thomas, along with our staff and volunteers, were flat out, aprons on, nose to the

grind, trying to keep pace with the steady stream of customers. A fantastic day and one we will certainly remember as a well managed, well organised (although extremely tiring) event, thanks to Kelly from Head Office, our office staff, and all our fantastic volunteers.

The following day, it was all systems go again for our dedicated Staff and volunteers who took turns on our stall at "Have a Go Day" at Burswood, promoting Retirees WA. I was so impressed at the number of people who stopped for a friendly chat with our staff, and myself, all asking for details of how to become part of our great organisation, especially having heard about us from family, friends, and Curtin Radio.

I often hear people say "What do you get for your \$25 Membership fee" and I think to myself - those members who join in, and participate in organised activities can certainly justify their membership and those who enjoy the companionship of the many branches throughout the state are happy to attend and enjoy bingo, trips, entertainment etc all organised for them. From our funeral fund to our travel and social clubs, from our villages and units, to our state of the art Joseph Banks aged care facility, we are one great organisation with so much to offer our members, not forgetting those volunteers who take on the various committee roles at branch level. We admire and treasure your community spirit, and I personally thank you all for helping to make Retirees WA the valued and respected organisation that it is today.

On behalf of our Board Members- Lois Jones, Brian Mathlin, Ron Piercy, John Thompson, Norm Carter, David Sadler, Jill Pugliese, Judith Edwards, and myself, we are all looking forward to another great year!

-Nita Sadler-

Do you still want this newsletter?

If you no longer want to receive this newsletter please let us know as the money for printing and postage could be used for other things to benefit our members.

RETIREES WA IS NOW ON FACEBOOK!



Find us on:
facebook®



If you listen to Curtin Radio 100.1 FM at **1.20pm every Tuesday** you will find out important information about what is going on at Retirees WA.

You will hear from our President Nita Sadler or various other people associated with Retirees WA.

You can find out about some of our villages, the Joseph Banks aged care facility and other information about membership.

The FUNERAL FUND with Retirees WA gives you the option of selecting your own funeral director.

In times like these, where every dollar counts, take time out and read about the benefits available to our members. Every dollar is important to you. Retirees WA are neither funeral directors nor an insurance company. We work in conjunction with all funeral directors in Western Australia to get the best price for our members. We have been in the market for more than 70 years.

By being in the fund you get it at a very discounted price, can pay in regular monthly instalments, select your funeral director and are covered for:

- A private presentable vehicle for removal of deceased from the place of death to the Funeral Director's Parlour in normal working hours.
- Preparation of deceased for burial or cremation.
- A standard size coffin of good material and good workmanship.
- Use of the Funeral Director's chapel/parlour for viewing or the funeral service.
- A hearse to carry the deceased member's remains to the cemetery.
- Procurement of the Death Certificate, but not the cost of the certificate.

Talk to people who have your best interests at heart.

Give us a call on **9362 0100** and see for yourself.



Henrietta de Sa
Funeral Fund

Fruity Word Search

Words can go horizontally, vertically and diagonally in all eight directions.
Words may overlap and share 1 or more letters.

m x n q n n c w z c r k c x w v x r j m k n k v q
y k l n o g m r v h m n b a n a n a a l v r t p b
g t k r l c j w p a e p a r g m b w r e l g i q x
n e c w e f b n n b x n p t v l y t t z p n q t d
e n g h m j p d f n q f a z z n b c k j e g a k j
e m t n e t a w t t m y p w t h n m j a k u l l k
h p b b a r b z e t a n a r g e m o p m q k l f m
c k q k i r r p n g j k y k r w e p r m k m b h x
y p l n t f o y k z l y a h n k l q u g w w d r t
l l o k r x h k v m r r r a b e p k k j z w x y g
j u q p b n f c e r k x w j w h p h c z t t r n n
z m u z j t t d e r d o z d m r a k m p d r x t n
m n a l v r l h d q r l l x z k t r p z e w d t m
k a t n t a c h g k f a p r i c o t r b j x x p z
z m n j r e d y r c l m p w m f h a w t h o r n r
p r k g k k k j e n i r e g n a t a f z p w l p c
m k x o o l d r u j x y z r k r r m p w x l t q j
x r h n n x n e g n y t k l l t l l c l y r p t m
l c g n n r i c l q e l v z s r t i k l p e y m r
c e t k g f r n w f w b b v q m n m v z a h q t w
x d m z q q a i a r r a e y j p n e w c q b n n n
b m v o g n m u f v x w p r t l d y h x k a l a s
g t q l n g a q k c a r k w r t z w k t r g x r t
r b n k t d t p t k f u b q a y l r t m l y h w p
b p g r a p e f r u i t g t r p x r t w q t n m b

apple	juneberry
apricot	kumquat
banana	lemon
cherry	lime
chokecherry	loquat
grape	lychee
grapefruit	mandarin
guava	mango
hawthorn	medlar

melon	quince
orange	rowan
papaya	salak
pawpaw	strawberry
peach	tamarind
pear	tangerine
pineapple	
plum	
pomegranate	



Hi Everyone! Another year has flown past, and they seem to click over faster and faster, just like your birthdays.

The year 2013 was a great year for new memberships and we welcomed 287 new members to the Retirees Family. It is pleasing to see that the generation of "Baby Boomers" are starting to join Retirees WA. Most seem to be joining for the benefits of our excellent Funeral Fund, as well as the many other benefits on offer to all members.

Talking about special deals and discounts, I would urge all members to utilize the businesses that offer discounts and deals exclusive to RWA Members whenever possible.

Whether it's a stay at a B&B, shopping for food and general merchandise or simply a meal at a restaurant, please support the businesses that support Retirees WA.

Unfortunately, we have not been able to establish a branch at Wooraloo (ElCaballos) but we are still working very hard to get a branch up and running. Our other Metro and Country Branches are still enjoying their meetings and outings and remain with strong member numbers.

We love to keep in touch with you, and it is important that you advise us if you change your address, telephone number or email address. Some members who have a PO Box number and have cancelled it please let us know your residential address.

Finally, I'd like to wish everyone a wonderful and successful 2014 and trust that it brings all that you wish.

Brian

Benefits of being a member of Retirees WA

Branches

Although its not compulsory to be a member of a branch, members enjoy companionship, trips, entertainment, new friends, fun, keynote speakers on topics of great interest and it prevents social isolation.

Funeral Fund

Exclusive fund (not insurance) available to members only. Every cent paid in by a member belongs to the member. A one off non refundable administration fee of \$70 is charged only to set up the contract. For just over \$3000 the funeral contract covers: removal of remains from place of death, use of funeral parlour for service or viewing, choice of funeral director, and quality coffin.

Villages

Retirees WA have villages throughout the state and units are purchased on a "lease for life" basis.

Joseph Banks Aged Care Facility

This is a state of the art, fully accredited, highly regarded aged care facility located in Canning Vale.

Advice for Members

Access to Head Office for help with any concerns and referrals to appropriate departments of government.

Representation at State Level

Representation of the organisation at the Seniors Ministerial Advisory Council by our CEO Margaret Thomas, where Members and all senior's concerns are voiced at state level

Financial Advice

Financial advice is available to our members by an expert financial advisor – details from head office

Social Club

The social club organises many trips, shows and functions throughout the year at discounted prices for members

Discounts

Liquor Barons - Bed and Breakfasts - Cash and Carry

Travel

Dave Ahlhauser from Jetset Midland will help members completely plan their holiday, both interstate and overseas, plus give a great deal on these travel plans.

Member's Cookbook

The Retirees WA cookbook contains over 130 recipes that are a collection of contributions from our members. The book costs \$10 and can be picked up from head office.

Please call head office on 9362 0100 to order yours now.

Only \$10.00
For over 130 recipes
Plus postage



"The Banks" Community Centre



Welcome to the start of a new phase in your life.....Retirement!

Maybe you are thinking of downsizing or would just like to live in a friendly community atmosphere, why not contact Retirees WA which has villages from Busselton to Duncraig and with new developments in the future in Geraldton and Collie

Geraldton - The plans, building license, engineers drawings and other initial work has been done and the earthworks and infrastructure work is underway. We expect the first units to be complete and ready for sale by the time you get your next newsletter. We are building in stages of 5 units so as to not have too much money required at one time. As time goes on, depending on sales, we may increase the number of units in each stage.

Denmark - Although we still have a problem with the heavy fire load in the Shire managed bushland on our border, we are going to move ahead with Denmark and build 10 units around the street frontage. Plans will be finalised and submitted to the Shire of Denmark and the building license application will follow in the early part of this year.

The units in all of our villages consist of open plan living, two bedrooms with built in robes, bathroom, private courtyards and are pet friendly. There are new and refurbished units available now. They are stamp duty and rates exempt and have very low monthly maintenance fees.

Visit our property website for information on all of our available and upcoming units.

www.rwahousing.com.au

Units that are or will be available are:

46-48 Campion Avenue Balcatta
2 Keals Close Bentley
4 Keals Close Bentley
7 Chessell Drive Duncraig

69-71 Barnes Street Innaloo
10 Francisco Street Rivervale
3 Tipuana Green O'Connor
16-22 Moore Street Busselton
62-64 Sutton Street, Mandurah

Please note: these units are available for purchase under the lease for life contract. They are not rentals. If you would like any further information please contact Ronnie on 9362 0114 or 0405 534 713 or email ronnie@retireeswa.com.au

Volunteering

When older people retire there can often be a hole left in their lives and a feeling of not knowing what to do with their time. With others there can be a sense of wanting to give back to the community. Sometimes they may be left alone for a lot of their time and they want to talk to other people or belong to a group. The solution to this can be to volunteer somewhere in the community.

Research on the effects of volunteering of older adults, shows that they have reported higher levels of wellbeing and a higher quality of life. It has shown that although some of the older generation tend to be quite isolated socially, volunteering allows people to connect to others and to the community. It can boost self-esteem and volunteers enjoy a sense of achievement and fulfilment.

Benefits of volunteering are:

- Learn or develop new skills
- Be a part of your community
- A sense of achievement
- Meeting new people
- New and different experiences
- Physical and psychological benefits

Some interesting places to volunteer in Perth are Perth Zoo, Kings Park, hospitals, Meals on Wheels, local councils, libraries, you can cook a meal for a family at Ronald McDonald house who would have children in hospital, the list is endless.

So why don't you give it a go. There are several websites and volunteering organisations that can guide you to a volunteering role that will suit your skills, interests and time. There are many areas in need for volunteers which include pet carers, caterers, crisis response, administrative, events and aged care support.

Volunteer Websites and Contact Details

Volunteering WA

94824333

www.volunteeringwa.org.au

Go Volunteer

www.govolunteer.com.au

Perth Zoo

9474 0360

www.perthzoo.wa.gov.au/act/volunteering

Rottnest Island

9372 9736

www.rottnestisland.com/about/volunteer-on-rottnest-island

Retirees WA have many members who are also volunteers in the community. Some of our members explained what it is like to volunteer, what they do and how much they enjoy it.



Lesley Rafferty

Lesley volunteers at the Kings Park Friends Propagation Nursery and at Kings Square in Fremantle knitting and making crafts that are donated to women's shelters and profits go to wheelchairs for kids. She previously volunteered for the Red Cross assisting new mums who had a multiple birth (twins) and giving them support where they needed it. Lesley wanted to volunteer so she could do something different and to follow a hobby she already had. She loves gardening and crafts and felt that by volunteering she could do both of these things while socialising with others. She had some spare time and felt she could use it to help others in the community.

Lesley thoroughly enjoys what she does in her volunteering roles and loves chatting to other people. She finds it rewarding helping others and thinks it is amazing to be part of some new and different experiences she wouldn't otherwise get. Lesley didn't need any special skills to do her work although as she has experience knitting she felt that it was a skill she could pass on to help others. When she volunteers at Kings Park in the nursery they provide all the training necessary.

The roles Lesley has in volunteering can be done for as much or as little time as she wants although some commitment is needed on a weekly basis. Currently Lesley does 2 half days per week but could take on more roles if she wanted to. Lesley thinks that any volunteer is a good one. Everyone brings something different and any person willing to give their time is a good volunteer. The possibilities are endless and Lesley's philosophy is that "You only leave what you teach".



Irwin Davey

Irwin has been volunteering in the State Emergency Service (SES) for over 25 years. His roles have been diverse and include being a team leader, a 4 wheel driving instructor and a chainsaw instructor. He has been trained in many aspects of the SES such as abseiling, first aid, land searches, forensic searches, as well as being involved in some local disasters like bush fires and storms. Irwin can be on call 24 hours a day 7 days a week but enjoys that he can help the community and when not in need for an emergency he attends training for a few hours once a week. He finds it rewarding that he can give back something to the community and can help others who cannot help themselves.

The SES is diverse in that skills are taught that can be used in everyday living. They can be used to help yourself as well as helping others. Irwin really enjoys the mateship and the group of friends he has made over the years in his role as a volunteer. He loves that there is always an opportunity to learn something and that he has the time to give that back in helping others. There are so many roles in volunteering for the SES and can be done by anyone both young and old so you do not need to be in a physical role to be of use. Irwin says that there can be a job for anyone of any age and any gender in the SES.



Ken O'Reilly

Ken volunteers by driving the bus for seniors and others in need for many organisations. He drives for Retirees WA as well as the City of Canning and other smaller branches and groups. He takes people to many different places such as social outings and medical appointments. Ken loves that he can help people get out and about when they normally couldn't on their own or they couldn't afford taxi services. He enjoys seeing their reaction of being helped and the joy it brings them to get out socially. Ken likes chatting to people and finds some of the stories people tell of their lives fascinating. The people he helps are so appreciative of him and he loves that they look forward to going out and that he can help them.

Ken usually volunteers about 3 days per week but are mostly half days. He can do more or less depending on what is needed or what time he has to offer. He feels that the skills and time he has as a bus driver can be used to give back to the community to help others. Ken heard about these roles through word of mouth and the community he lives in and is happy that he has this opportunity.



MEMBER DISCOUNTS

Retirees have been busy rounding up some great deals for members. Firstly Liquor Barons have a great deal on offer. If you are not a member yet then head on down to your nearest store and sign up. It's free to join. Just show your retirees membership card when joining and they will present you with a complimentary bottle of Stoneberry White or Red wine. This is an exclusive wine to Liquor Barons and is made right here in the west from Margaret River grapes. Of course once you are a member you will receive lots of advantages. Each time you purchase any goods you will receive reward points which are redeemable for cash to spend on your favourite drop. Some conditions apply see the advertisement on page 9.

Banksia Farm Pearce Road Mt Barker

During the months of September/October and the Easter break Banksia Farm is offering bed and cooked breakfast for 2 and a complimentary wildflower tour for \$165.00 per night. They also offer a pay 3 stay 4 other times during the year when the rates are between \$120.00 and \$135.00

Contact Kevin and Cathy Collins 98511770

Website www.banksiafarm.com.au

Email banksia@comswest.net.au

Black Wattle Retreat B & B 248 Black Wattle Road Toodyay

\$99.00 per couple per night Monday – Thursday and this also includes a delicious continental breakfast each morning of your stay

Contact Linda Burke on 95744086

Website www.blackwattleretreat.com.au

Email blackwattleretreat@westnet.com.au

Ford House Bridgetown B&B Eedle Terrace Bridgetown

This B & B is offering a 10% discount on their rates for Retirees members or a stay 4 pay 3 deal. This includes a cooked breakfast

Contact Jenny or Ken Rotman on 97611816.

Email relax@fordhouse.com

Website www.fordhouse.com

Glenhaven B & B 25 Browne Road Pemberton

Just \$135.00 per couple will get you a bed, cooked breakfast, and complimentary glass of sherry before dinner and port at bedtime. \$95.00 for single room

Contact Jim and Jackie Merriman on 97760028

Website www.glenhaven.mysouth.com.au

Email glenhaven@wn.com.au

The Blue House B&B Lot 109 Barrakup Road Nannup

Double room or twin room. Both rooms share a separate toilet and bathroom. The rate for 2 people is \$220.00 for 3 nights which means you're only paying for 2 nights and it includes continental breakfast & queen room with ensuite. A 2 night booking receives complimentary cooked breakfast and a bottle of award winning Nannup Ridge wine.

Rate \$240.00 for the 2 nights

Contact Michael and Susan Pickup 97563091

Website www.bluehousenannup.com.au

Email info@bluehousenannup.com.au

Tippytop Bed and Breakfast 57 Panorama Drive

Preston Beach

Tippytop are offering all Retirees members a 10% discount. Their rates include a cooked breakfast. The discount does not apply between 1st December and 30th March or any long weekends

Contact Judy Carroll 0408952122

Website www.tippytopatpreston.com

Email tippytop@oceanbroadband.net

Ipswich View Bed and Breakfast Lot 45 Folewood Road Toodyay

Double B&B \$100.00 a saving of \$20.00 per night. Stay for 2 nights \$180.00 a saving of \$60.00. Dinner B&B one night \$200.00. This is a huge saving for our members. You also have free use of tennis court and pool and all rooms have their own ensuite.

Contact Alan and Bonnie 95744038

Hillside Country Retreat York

Offering a minimum 2 night stay midweek in our fully self contained cottages for 2 people for \$130.00 per night. Dogs are also welcome at Hillside and they can even sleep inside.

Contact Joy and Andrew 96411065

Website www.hillsideretreat.com.au

Email info@hillsideretreat.com.au

Riverview Tourist Park 8 Wilmott Avenue Margaret River

Offering a 10% discount to members. Accommodation includes self contained cabins & caravan sites with some ensuites. Anyone who stays is also entitled to a 20% discount on Cheers Wine Tours which brings the price down to \$72.00

Phone: 97572270 or 1300 666 105

Website www.riverviewtouristpark.com.au

Email info@riverviewtouristpark.com.au

Rosewood Guest House 54 Wallcliffe Road Margaret River

10% discount on nightly rates for stays Sunday to Thursday until Dec 2013 excluding public holidays. Membership card must be shown when booking in.

Contact Jane or Keith on 97572845

Website www.rosewoodguesthouse.com.au

Email info@rosewoodguesthouse.com.au

CASH & CARRY

Retirees WA have arranged with Metcash Food and Grocery (formally F.A.L.) for members of RWA to shop at any of their outlets, for fresh food & groceries. They are located in Canning Vale and Balcatta. You must produce your membership card at the door. Entry will not be given without it. If you attend a branch why not get together and bulk buy. Or you can shop alone. There are huge savings to be made.

Store Locations:

Balcatta

8 Geddes Street Ph: 93447411

Canning Vale

Baile Road Ph: 93116222

MEMBER DISCOUNTS

Red Cray

Seafood and Grill Bar

Located at Sandringham Central. 86 Great Eastern Highway Belmont

Phone 94797000 for bookings. Offer 10% discount on all food & Beverage.

Perth's highly awarded restaurant 4.5 stars



Red Cray on Beaufort

755 Beaufort Street Mt Lawley (Cnr 2nd Avenue)

10% Discount on all Food and Beverage (when licensed)

Phone 94718945 for bookings. BYO Liquor- License coming soon

The Parkerville Tavern

6-18 Owen Road Parkerville

Telephone 92954500 for bookings

Offer A Special RWA Seniors Lunch Menu

2 course with tea and coffee. For \$20.00 per head.

No discount will apply Or Choose A La Carte from their delicious extensive menu and receive 10% discount on all food and beverage 1 or more and group bookings



El Caballo Resort & Lifestyle Village

Is offering members on presentation of their card when booking and checking in.

A Getaway Package for \$120.00 per couple. The package includes one night's accommodation, \$40.00 discount voucher to use at Sunsets Restaurant and a complimentary Continental Breakfast. Offer available Thursday and Friday nights only. While you're there take a tour of the Lifestyle Village.



El Caballo Lifestyle Village
the essence of country club living

Conditions

1. Only one Membership Card per Booking to receive discount. 2. Not valid Special Days eg Christmas, Easter, Valentines, Mother's and Father's Day. 3. Discounts apply to Food & Beverage Totals. 4. Discounts apply for 1 person or group booking eg 1,2,3,4 or more

Kettle Café

23 Lathlain Place (Where Star Street joins Howick Street), Lathlain

Phone 93614008

Come and try our extensive Brunch menu or call in for a coffee Or Tea and cake. Retirees WA members receive 10% discount on presentation of card

Fasta Pasta

Located in: Ascot 9277 8810, Innaloo 9445 1288 &

Morley 9375 5900

Lunch special \$8.90 on presentation of membership card.

Kings Inn Chinese Restaurant

Belmont Village Shopping Centre, Knutsford Avenue Belmont

Phone 92772239

Retirees WA Members will receive 10% discount on all main meals Dine in only

Does not include Luncheon Menu or Takeaway.

Group bookings essential – come and try us

Westlock Security

Stay safe and secure with Security Screens on your doors and windows.

We can also install new locks and re-key existing locks.

Give us a call to discuss your needs. Phone 93532881

Retirees WA Members receive 6% discount on orders over \$500.00.

We cover areas from Bull creek to Padbury Ellenbrook/ Averley – Kenwick But we will discuss your needs outside these areas.



Retirees WA Inc

Any Retirees WA member that signs up to be a Barons Advantage Club member will receive a complimentary bottle of Stoneberry White or Red on joining.

Conditions

For Retirees WA members to receive their complimentary bottle of wine, on joining in-store they must;

1. Provide a valid Retirees WA membership card
2. Provide a valid email address
3. Join in-store (this offer is not available for memberships signed up via the Liquor Barons web-site)
4. Be a new member to the Liquor Barons Advantage Club (this offer is not valid for Retirees WA Members that are already part of the Barons Advantage Club)



for you nearest store location go to www.liquorbarons.com.au

GETTING OLDER

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know,

"that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied,

"I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."



Planning a Holiday? Give our Travel Club a go!

Planning a Holiday?
Give Dave from Jetset Travel a call!

Jetset Travel 
Know the world we know

Dave is the Sales Director of Jetset Travel Midland. They are a Multi Award Winning Agency, including Jetset State Office of the Year for the last 5 years. They pride themselves with offering their customers exceptional service by their friendly and professional team.

Dave and his team can organise personalised holidays to any destination locally, interstate and overseas for all of the Retirees WA members at the best possible price. They will plan every step of your journey from pickups from your home to the airport, travel insurance, accommodation and any other requests you may have.

Their office is located at Midland Gate Shopping Centre (Lloyd Street Car Park Entrance) So when you are next looking at getting away give them a call on **(08) 9274 5866 or email sales@jetset-midland.com.au**

Bus

Retirees WA has a bus available for hire. It seats 21 adults or 19 with provision for 2 wheelchairs. It has air conditioning and seat belts. It has a PA system for the driver to communicate with passengers and a wide aisle for easy movement around the bus. The rear of the bus has a wheelchair lift.

We have volunteer bus drivers who can drive you to your destination when hired. Bob has been driving the bus for many years and we have a new driver named Ken who is sharing the driving.

The bus can also be hired.

- Is available 7 days a week
- Voluntary bus driver provided
- Seats 21 people
- Has wheelchair access



\$50 per half day \$100 per full day PLUS \$1.00 per km

To book the bus please call Jenny on 9362 0198

Joseph Banks Aged Care Facility

The Joseph Banks Aged Care Facility is located in Canning Vale and has a capacity for 62 residents. The staff at JBAC come up with fantastic ideas to entertain the residents.

Here are just a few of the past activities

Soup for tea

Involves many residents assisting to peel chop dice and of course offer advice on the home made pea and ham soup which was served the next day. The saying "Too many cooks spoil the broth" did not apply to us. There was a huge positive feedback from residents.

Craft for Melbourne Cup

With over 70% of residents wanting to attend, the activity was held over a few sessions. The female residents hand made their own fascinators and the male resident's handmade ties.

High Tea at the Banks

This was introduced specifically for the residents who are unable to access the community due to mobility, dietary and other reasons. Six residents were assisted to the Banks Clubhouse where residents from the independent living units put on a wonderful morning tea. It was as if we had gone to the coffee shop. We are hoping to make this a regular monthly outing.

SOCIAL CLUB CALENDAR FOR 2014

Members can invite non-members to attend all social club outings.

Coach tour and Sculptures by the Sea

Date: Wednesday 12th March

Full day coach tour including Cottesloe Beach

Cost: \$65 p/p includes morning tea and lunch

Departing Midland Station Bus Stand at 8.30am sharp or Perth Wellington Street Tourist Bus Stand 9.10am.

Bookings and payment required from members prior to 4th March.

Wurlitzer Concert - Karrinyup Community Centre

Date: Saturday 12th April

Chris Powell an entertainer from the UK. He has performed in Holland, Germany, New Zealand and Australia. A must see concert.

Cost: \$15 p/p for RWA members

Bookings and payment must be received before the 2nd of April as there are limited tickets.

Concert starts at 2pm. Bus will be departing Wellington Street Tourist Bus Stand at 1.15pm for those that wish to travel by bus.

Bus fair will be an extra \$5.00. Please advise when booking if you intend to travel by bus.

Mystery Trip to Nowhere

Date: Thursday 8th May

Come and enjoy a leisurely day out.

Cost: \$45.00 p/p includes morning tea and lunch

Departing Wellington Street Tourist Bus Stand at 9.30am and returning at 4pm.

Seats are limited. Bookings and payment before the 1st May.

For bookings please call Reception 9362 0100 or Social Club 9362 0102 (Mondays & Tuesdays)

Easy Satay Noodles

This recipe can be halved to feed 1
or the leftovers saved for lunch the next day

Ingredients

- 1 1/2 tablespoons reduced-fat Crunchy peanut butter
- 1 tablespoon sweet chilli sauce
- 1 tablespoon salt-reduced soy sauce
- 100g dried rice stick (pad Thai) noodles
- 2 teaspoons peanut oil
- 1 egg, lightly beaten
- 1/2 small red onion, cut into thin wedges
- 1 small Carrot, cut into matchsticks
- 50g snow peas, trimmed, sliced
- fresh coriander leaves, to serve

Method

1. Combine peanut butter, sweet chilli sauce, soy sauce and 1 tablespoon cold water in a bowl. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 4 to 5 minutes or until tender. Using a fork, separate noodles. Drain.
2. Meanwhile, heat a wok over high heat. Add half the oil. Swirl to coat. Add egg. Swirl to thinly coat base. Cook for 1 minute or until just set. Transfer to a board. Roll up. Thinly slice.3. Add rice and stir to coat grains, then add stock and tomatoes. Bring to boil, then return heat to low. Cover and cook for 15 minutes until nearly all liquid is absorbed. Stir in cheese and stand for 5 minutes. Serve in bowls, topped with extra cheese.
3. Add remaining oil and onion to wok. Cook for 2 to 3 minutes or until softened. Add carrot and snow peas. Cook for 1 minute or until just tender. Add noodles and peanut butter mixture. Cook for 1 to 2 minutes or until heated through. Stir in egg. Serve topped with coriander leaves.



Useful Phone Numbers and Websites

Retirees WA Inc

Retirees WA: 9362 0100

www.retireeswa.com.au

Retirees WA Social Club: 9362 0102

Retirees WA Travel Club

Jetset Travel 9274 5866

Retirees WA Financial Consultants

Jason Featherby

Knight Financial Advisors: 93678806

www.kfadvisors.com.au

Aged Care Information Line

1800 200 422

Department for Communities

6551 8700

www.communities.wa.gov.au

Seniors Card

The Seniors Card Hotline number is

(08) 6551 8800 or

1800 671 233 (country free call)

Health Direct

Freecall: 1800 022 222

A 24hr health information service.

Lifeline

13 11 14

Suicide prevention, crisis support and mental health services. 24hr counselling line.

Independent Living Centre of WA (Inc)

Local Call: 1300 885 886

Information and advice on aids and equipment for people with disabilities and the elderly.

Centrelink

Seniors Line: 13 23 00

Medicare General Information

Phone: 13 22 90

For information relating to Medicare including the Pharmaceutical Benefit Scheme (PBS).

Commonwealth Respite & Carelink Centre

Freecall: 1800 200 422

For information on community services, how to access them, and to arrange short term respite.

Public Trustee

Phone: 1300 746 116 (Wills, Enduring Power of Attorney, Executor Services)

Phone: 1300 746 212 (Trusts)

Represents the interests of estates under administration, the beneficiaries of those estates and the financial affairs of those for whom the Public Trustee is appointed as administrator.

Commissioner for Seniors

In looking at a model for a Commissioner for Seniors or Commissioner for Older People in Western Australia, I believe the Wales model is excellent. This country has a population of just over 3 million compared to Western Australia's 2½ million. I had the privilege of hearing the Commissioner for Older people of Wales speak and was so impressed and so inspired to have the same strong voice to speak up for older West Australians. I know we have an excellent Ambassador for Ageing in Noelene Brown but Australia is such a big country and Western Australia is so far away. How many seniors have seen her and could contact her to help them? In Wales, the Commissioner is a champion for older people, in the same way that the Children's Commissioner has been for children and young people.

Older people deserve a stronger voice about the services they receive and the needs they have. The role of the Commissioner is to ensure that the interests of people aged 60 and over in WA are safeguarded and promoted. The Commissioner, as an ambassador and authority on older people's issues, will speak up on behalf of older people. Perhaps most importantly, the Commissioner works to ensure that older people themselves can influence the way in which important public services are managed and delivered in WA.

The Commissioner is a source of information, advocacy and support for older people in WA. As well as looking at the interests of older people as a whole, he/she can also look at:

- the cases of individual older people in certain circumstances, such as where the case raises issues that may have a wider impact on older people;
- the effect that public bodies, such as the State Government and Local Government, have on older people. He/she may publish reports, making recommendations for change;
- the providers of regulated services across WA, issuing guidance on best practice to ensure that they safeguard and promote the interests of older people. He/she may also help individuals to make a complaint about the services provided;
- the way in which a local authority or health body implements the policies and procedures that it has put in place for dealing with elder abuse. If these are not being carried out effectively, she can hold authorities to account.