

THE SIS SOCIAL

E-NEWSLETTER FROM
SENIORS INFORMATION SERVICE

Issue 3, September 2015



Seniors
Information
Service

Message from Jenny Hughes, CEO



Welcome to Spring, and the September edition of the SIS Social Newsletter. In this issue we are featuring the various services that SIS provides to the community and the upcoming **Disability, Ageing and Lifestyle Expo - My Life, My Choice** (see page 2).

We also welcome our newest team member, Mark Elliott, our Aboriginal Project Officer (see page 5). We are really pleased that Mark has chosen to work with us and to support our commitment to making our services fully inclusive.

Please call or email us if you are interested in finding out more about SIS or working collaboratively with us.

SIS Helping with MyGov, My Aged Care

In our modern world it is an increasing necessity for people to be able to contact and access Government agencies over the Internet using computers, tablets or smartphones.

Having a MyGov account allows people to check information on their Age Pension, lodge a tax return on line with the Australian Taxation Office, update their details with Medicare, to name a few.

Seniors Information Service aims to support seniors and people with a disability to keep connected and access services in a faster way. Our volunteers can assist consumers with setting up a MyGov account. If the person needing help doesn't have an email address, our volunteers can also provide the help necessary to create one.

From 1 July 2015 to access Commonwealth funded home support, community and residential aged care services, it is necessary to contact My Aged Care, the national gateway established by the Australian Government.

A free call number is available to access My Aged Care: 1800 200 422. However anyone who is having difficulty connecting with My Aged Care may be assisted by Seniors Information Service staff, who will make an online referral for them or support them as they make the call to My Aged Care. Call 8168 8776 for more information on how we can assist you.



INFORMATION LINE: 08 8 168 8776 COUNTRY CALLERS: 1800 636 368

WWW.SENIORS.ASN.AU INFORMATION@SENIORS.ASN.AU



2015 Disability, Ageing & Lifestyle Expo

Seniors Information Service (SIS) is thrilled to present the 2015 Disability, Ageing and Lifestyle Expo! We invite you to join us as we focus



on improving the physical, social and emotional wellbeing of people living with disabilities, those on the ageing journey, and those interested in living an active lifestyle.

This is an outstanding opportunity for you to explore the different services, products and opportunities available in the Disability, Ageing and Lifestyle sector. The expo will be attended by the Hon. Zoe Bettison, on Friday 25 September 2015 at the Adelaide Showgrounds, Goyder Pavilion from 11am to 8pm, with an entry fee of a gold coin donation.

Engage and build relationships with exhibitors from different sectors including health, ageing, disability, wellbeing, travel, mobility equipment, support services, rehabilitation, sporting and many more.

Conveniently located on Goodwood Road, the expo is easily accessible for everyone and especially people with mobility needs and those using public transport.

SIS believes this year's event will be bigger and better than ever! The expo will provide information, practical solutions, ideas for people who are ageing, those living with a disability, family, friends, carers, students who are interested to study or work in disability and ageing fields, baby boomers, self-funded retirees, 50+ who are interested in living active lifestyles including travel, downsizing and making social connections.

Throughout the day, the expo will feature performances, demonstrations, sports, games and recreational activities, plus a digital literacy centre that will be available to the public. You can't have an expo without prizes and competitions, so we have plenty ready to be won!

Proud sponsors of the Disability, Ageing and Lifestyle Expo are Department of Communities and Social Inclusion, Rally HomeCare, ARN and Chemist King.

For more information about the expo, please contact Sakina at 8168 8702 or email Sakina at events@seniors.asn.au.

Save the date: Friday 25 September in your dairies or digital calendars, for a fabulous day filled with information and well deserved fun! We look forward to seeing you at the Expo.

BRONZE SPONSORS



DIGITAL LITERACY SPONSOR



MEDIA SPONSOR



New Information Sessions

Downsizing Your Home

Moving to a smaller home, retirement village or aged care facility is an emotionally and physically stressful time for all involved, especially when your home holds a lifetime of memories and belongings. One thing is certain - everything in the current home is not going to fit in the new one.

We will be holding an information session presented by Clearspace – a company who specialises in working with individuals to downsize and de-clutter their household belongings.

The Seminar will be held on 28 September from 10am to 12pm. Call 8168 8776 to book your place.

Travel Seminar

Are you planning on taking a holiday soon, but are not sure on what you should pack? What to do in case of an emergency while travelling, or even the best way to save money on your phone calls while overseas?

HelloWorld Travel will be holding an information seminar on what you need to know when travelling, plus be available to ask any questions you might have concerning organising and taking a holiday.

The seminar will be held on Friday 16 October from 10am to 12pm. Call 8168 8776 to book your place.

Advanced iPad Training

This new iPad session is aimed at people who are familiar with the basic use of an iPad or who have previously attended one of our basic iPad sessions, and would like to know more about its functions.

The advanced session will take you further into the iPad system and how it works. Please call 8168 8776 to book your place.

Accessing Home Care Seminars

For Workers

Our Accessing Home Care information session is designed for people who work with older people and make referrals into the aged care system on behalf of clients. With the changes to the Aged Care System from 1 July 2015, this is an opportunity for workers to find out about:

- What are the changes?
- What is available?
- How you can access the service on behalf of your clients.

Cost: \$50 Monday 21 September
1pm - 2.30pm

For Community Members

Our Accessing Home Care information session on How To Navigate the Commonwealth Home Support Program (CHSP) will help provide information to consumers, carers and family on:

- The changes that occurred since 1 July 2015
- What services are available?
- How do you access services
- What are the costs I might expect?

Cost: \$5 Monday 19 October, 1pm - 2.30pm

Coming Soon

We will be holding training sessions on how to use Skype soon. Skype is a program designed to link you to others via Video Chat. It is a useful program for people to keep in touch with family and friends who might be overseas, interstate or not able to travel and meet up face to face. Many people find Skype a useful way to keep in touch with their children and grandchildren enabling them to have regular contact via the internet for free. To register your interest contact us on 8168 8776.

In-house Training?

Do you require in-house training for your organisation?

If you are, or know of a community group needing information about specific topics of relevance to seniors, or people with a disability, please contact 8168 8776 or email information@seniors.asn.au. SIS can provide on site training (groups of 10+) on various topics in addition to seminars and workshops available at our premises located at 149 Currie Street, Adelaide. Topics include financial planning, estate planning (Wills, Power of Attorney) and SIS services.

The Case Against "The Homemade Will"

There are many DIY home projects you can do yourself to save time and money - hanging a picture, putting up a shelf, painting a wall to name but a few - but there are many projects a DIY handyman wouldn't dream of tackling and would instead call on the services of the professional tradesperson.

Whilst on the face of it, the DIY Will may seem cheap, quick and viable, the reality is the preparation of your will is one project that should be left to a specialist estate planning lawyer.

There are just so many things that can go wrong - even the perceived "simple act" of signing and witnessing a will has many formal legal requirements that must be undertaken for a will to be valid.

If you make a mistake in your will, or the wording is unclear, you won't be around to say "oh...but I really meant...". It could end up costing your estate and your intended beneficiaries thousands of dollars in legal fees (and possibly a lengthy court hearing - costing much much more), to work out what you really meant!

All this means there will be long delays in distributing your estate and a lot less left at the end for your loved ones. In other words, your best intentions could leave your loved ones with a mess to sort out.

A professional wills lawyer will help you to identify issues that are unique to you and your specific circumstances. The generic forms available on the market, are just that generic. "One size" really does not fit all family situations. A lawyer will help you to identify the "what if.." to make sure your estate planning needs are fully met.

Catherine Moyses of Wills on Wheels, visits SIS each Wednesday between 10am and 2.30pm. For a no obligation review of your will, please call the office on 8168 876 to make an appointment with Catherine. She is also able to work with you to prepare or update your will as well as your Enduring Power of Attorney and Advanced Care Directive.

Alternatively, Catherine can visit you in your own home or in hospital or retirement village. Catherine can be contacted directly on either 0411 281 971 or 8379 7030, or via email on admin@wowadelaide.com.au.

Your death is likely going to cause much grief and heartache for your family and friends - an incorrect, vague or out of date will, will only add to their distress. While contemplating one's own mortality is stressful, making sure that you have fully prepared for that inevitability will give you peace of mind and ensure your loved ones are left without a nightmare to deal with.



National Roundtable Discussion Meeting

Miriam Cocking, our Access and Equity Officer attended the Violence against Women of Culturally and Linguistically Diverse Background (CALD) and their Children seminar, on Friday 7 August, in Sydney.

The purpose of this meeting was to discuss improving the understanding of issues of the domestic violence and sexual assault affecting women and their children of culturally and linguistically diverse backgrounds. The Commonwealth conducted around 30 "Kitchen Table Conversations" across Australia.



Seniors Information Service through its Access and Equity program hosted one of 4 Kitchen Table conversations held in SA in November 2014. Twenty five women from CALD backgrounds comprising community representatives, university students, ethno and mainstream domestic violence service providers and two DSS representatives, attended the conversation.

Domestic violence issues of women and children, barriers in accessing services and challenges were identified and provided strong recommendations to be included in the summary report of the National Kitchen Table Conversation, which was presented at the National Roundtable Meeting early last month.

The meeting was officially opened by the Minister of the Department of Social Services, the Honourable Scott Morrison and the Honourable Michaela Cash, assisting the Prime Minister for Women. Over 100 delegates attended the meeting and notes of the meeting are now being collated by the DSS CALD and Indigenous Women's and Family Safety Taskforce Unit in Canberra and will be released when completed.

2015 Two Wells "Ageing in Style" Expo

The Two Wells Expo was held on Thursday 13 August 2015 from 10am -1.00pm at the Two Wells Football Club, with approximately 50 stalls from a diverse range of services for older people and their carers in the District of Mallala. The Mayor, Mr Duncan Kennington officially launched the event, and despite the wet and cold, over 100 people came through the doors.

SIS was able to provide information about Home Care and Support Options in particular the new approach of service delivery (CDC Approach) and Retirement Villages.

We would like to thank the Seniors Collaborative Action Project Team for inviting SIS to participate in the event and offer our congratulations on the success of the event.

Digital Carers Are GO!

'Growing Digital Literacy of Family Carers' Program kicked off on Monday 31 August 2015 with 10 participants at Northern Carers Network. Jessica Partridge our iPad Training volunteer was awesome as she guided our Carers through the basics of iPad operations. Who knew learning to use these modern digital devices was so much fun. The group had enormous fun asking 'SIRI' questions and some of the answers were very funny! We also had our new volunteer John present, taking in all of Jessica's techniques and preparing himself for his very own sessions in the near future.

Seniors Information Service in partnership with Carers SA and with the support of the Northern Carers Network and the Australian Government plan to support 100 Senior Carers to improve their skills using iPads or Samsung Tab over the next few months.

Let's Get Digital!

Follow us on [Twitter@SeniorsInfoSvc](#) #DigitalCarers or on [Facebook@SeniorsInformationService](#)

If you are a Senior Carer and live in Northern or Western metropolitan area of Adelaide, register your interest now!

Carers SA Freecall 1800 242 636 and don't miss out on these free sessions including:

- Internet Security
- Showcase – iPad or Samsung? Which one is best for you?
- iPad & Samsung TAB S Basics
- iPad & Samsung TAB S APPs
- Practice & Play
- One2One Mentoring

If you are interested in becoming an IT Volunteer Trainer then please call SIS on 8168 8776.

Hear Us on the Radio

ABC Regional Radio

Seniors Information Service now has a regular segment on ABC Radio, North and West. Tune in to 639AM every Monday from 9.15am to hear our live broadcasts on current topics affecting the ageing and disability sector, or online at http://www.abc.net.au/radio/stations/local_northandwest/live?play=true

SIS On Radio Adelaide!

Tune in and listen to our Radio Adelaide segment on the 1st Friday of each month at 1pm.

Radio Italiana

Seniors Information Service is pleased to present a segment on Radio Italiana on Monday 21 Sept at 5pm.

Our People

Mark Elliott

Mark is a Ngarrindjeri Elder with his family roots being in the Coorong area of SA.

Mark started his working life as a carpenter but went on to work for the past 25 years in various Aboriginal services roles including Social Worker, Drug and Alcohol Counsellor and Community Development.



Mark's mother is Dawn Trevorow, a respected Aboriginal Elder herself with a large Trevorow extended family network on the Aboriginal side. His father is French and his grandmother German.

At any given time, he and his wife provide care for between 3 and 6 foster children and they are also raising their 4 year old granddaughter.

Mark also works as a training consultant and offers seminars on Aboriginal culture educating people about his values and cultural respect.

In his spare time Mark likes to work on his many projects including cars and the family houseboat.

Mark is a valued member of the community and his work and upbringing/life experiences inspires us all.

Rod

As one of our valued volunteers at Seniors Information Service, Rod is only months away from celebrating 10 years as a volunteer with us.

Rod works in the Internet Lounge and provides many seniors with help when they need computer assistance. He also provides staff and anyone who asks with a helping hand.

As a volunteer, Rod dedicates two days a week to SIS and always greets everyone with a warm hello in the mornings.

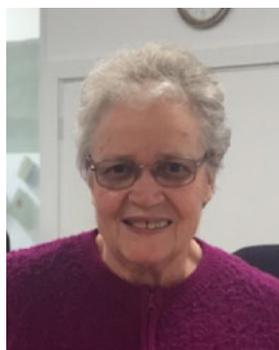
Rod believes he is giving back to the community by working for Seniors Information Service.

As a teacher, lecturer and tutor for 20 years, Rod had been able to help others throughout his life.

The quote "Light is not diminished by being shared" has provided Rod with an understanding that his happiness can help others.

Annie

We farewell one of our wonderful volunteers, Annie, who has generously given her time to Seniors Information Service for over 15 years in a range of roles from data entry to administration.



We wish Annie all the best for her retirement and for her future endeavours.

Crossword puzzles will not be the same again !

Get your Recipes In !

Planning for our annual Harmony Day Recipe Booklet is underway and we are asking for your recipes to publish to celebrate Harmony Week in March 2016.

As a starting point, Luisa Silveira, our Retirement Housing and Database expert has provided a recipe to try. We guarantee it is delicious. Please email your recipes to: information@seniors.asn.au.

Pao de Queijo – Brazilian bite size cheese balls

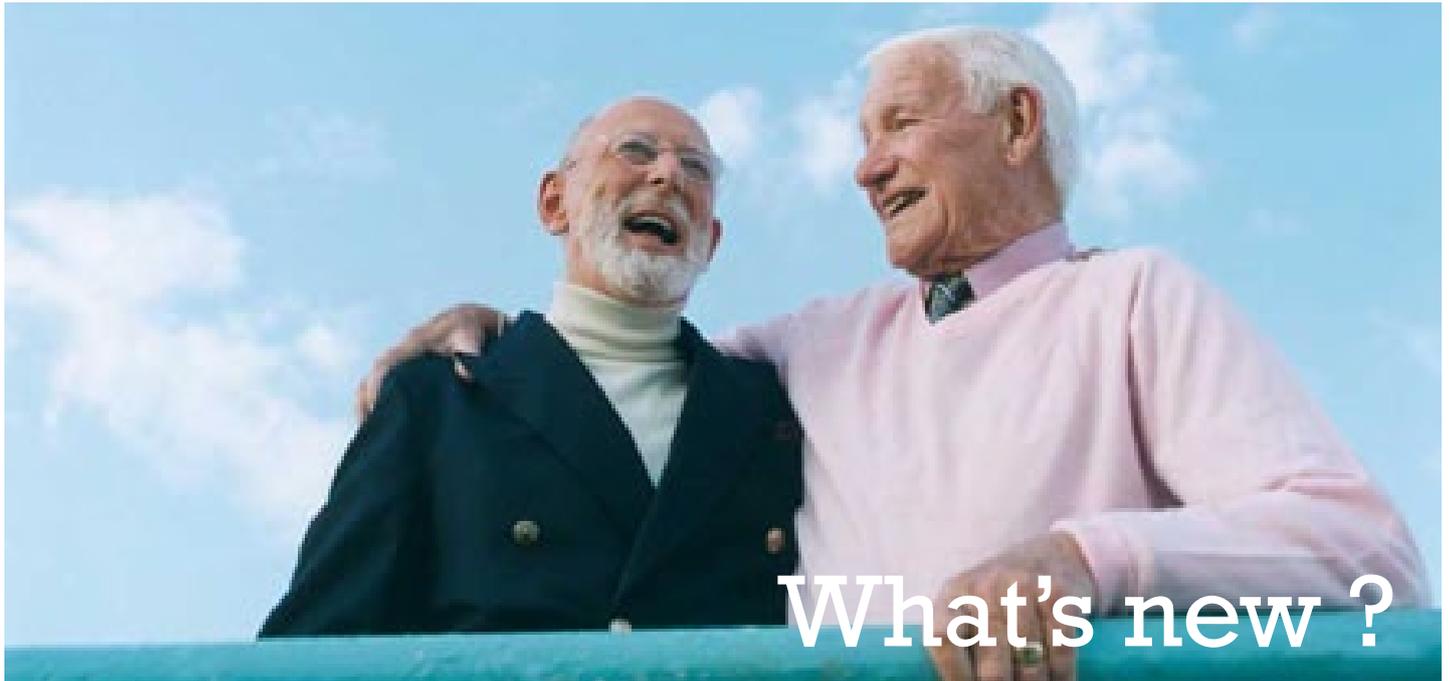
- 500g tapioca starch
- 400 - 500g grated cheese (I use around 250-300g of feta and around 200g tasty cheese)
- 3 eggs slightly beaten
- 150ml milk
- 100ml oil (I use canola)

1. Place tapioca starch in a large bowl
2. Combine milk and oil in a small sauce pan and bring to boil. As soon as it starts to rise remove from stove and pour over tapioca starch
3. Add eggs and knead with your hands until combined
4. Add grated cheese and again knead until well combined
5. Make the balls with your hands (around 2cm diameter)
6. (At this stage you can place the balls in trays and freeze all or part of it)
7. Bake in oven preheated at 220°C (less if oven fan-forced) until slightly golden (not brown). If baking balls taken straight from the freezer you may need around 20-22 minutes. If balls are at room temperature 17-18 minutes may be sufficient.

Serve while still hot/warm.



THE SIS SOCIAL



What's new ?

LGBTI Sensitivity and Awareness Training

Is your service or organisation as inclusive as it could be? Do you do diversity well? A common misconception is “we have never seen a need for LGBTI here, or if we do, they don't tell us”.

There is usually a good reason why you might not be aware of your LGBTI community members. Seniors Information Service can support your workplace to become more Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI) inclusive.

Making your workplace an appropriate safe and welcoming place for all people within your community is important.

We are able to provide LGBTI sensitivity and awareness professional development training sessions for staff and volunteers to help you to support your community diversity to the fullest potential.

For more information or enquiries contact Paul at Seniors Information Service on 8168 8723 to discuss your needs and what we can offer.

LGBTI Monthly Movie Afternoon

Movie afternoons will be screening on the 4th Friday of every month from 1pm to 4pm in the seminar room, here at SIS. Come along and enjoy a monthly LGBTI themed movie from the classics to the latest releases in a friendly and safe space, and socialise with other LGBTI people over 50. Bring a friend or meet some new friends at the sessions! Last month we showed *Behind the Candelabra*, which was enjoyed by all who attended. This month's movie will be announced soon...



LGBTI Community Dinner

The LGBTI Community Dinners are proving to be a huge success with 30 men and women coming along and enjoying our August dinner. Feedback was very positive with people commenting on how great it was to see events like this being set up for the over 50's community, it was also an opportunity for many people to make new friends as well as reconnect people not seen in many years. We hope the dinner group will continue to grow and provide more social connections for people within the LGBTI community. For more information about the monthly dinners or to book a spot phone Paul on 8168 8723.



LGBTI Aged Care Packages Information Session

Did you know there are specific LGBTI Aged Care packages available for older members of the community to access, and these packages enable people to continue to live well in your own home with some added supports from services.

There are several organisations who offer these packages. SIS will be holding an information session on Wednesday 30 September from 6.30pm in conjunction with St. Louis Aged Care who will provide relevant information about the packages, what they include, how to access them as well as what service providers offer these packages.

This is an important information session for older LGBTI people or for people who might know or be in contact with older LGBTI people who might need a little bit of extra support in their home.

To book for the session please contact Paul on 8168 8723.

LGBTI Monthly Drop-In

People are always welcome to Drop-in for information on ageing, disability and other services, but in addition to this we also have a Drop-in Afternoon and catch up for the LGBTI community. Come and have a coffee with other LGBTI folk in a safe welcoming space with the opportunity to make new friends or reconnect with old friends, get support, information and advice on Ageing and Aged Care or Disability issues. While you are here, make use of the Internet Lounge at no cost. Guest speakers on topics related to the LGBTI community are planned for future Drop-ins.

FOR LGBTI BOOKINGS AND INFORMATION CONTACT DETAILS

More events, activities and sessions for the LGBTI Community are planned over the next few months. **Your LGBTI contact is:** Paul, LGBTI Community Development Worker, Telephone 8168 8723, or Email at paul@seniors.asn.au