Seniors' Link



September 2015

Welcome to the September 2015 edition of Seniors' Link. The aim of this newsletter is to make it easier for our Seniors to know what social, recreational and cultural activities are taking place in our Shire. Please contact me either by phone 9727 0222 or email: dsims@capel.wa.gov if you wish to promote an event/activity in the Seniors' Link.

Kind regards, Donna Sims

My Aged Care

From 1 July 2015, you can talk to a skilled and well-informed person about many aspects of the aged care system, as well as how to access each kind of aged care service, by calling My Aged Care on 1800 200 422 or visiting www.myagedcare.gov.au

My Aged Care can also help you work out an estimate of how much your contribution might be for different kinds of care - both by phone and on the website.

Abuse Prevention Program

The Abuse Prevention Program (APP) aims to assist older people, who are living in the community, to safeguard their rights, in order to improve their quality of life and ensure their safety and wellbeing.

The APP assists:

- Seniors who are at risk of, or experiencing abuse from those with whom they are in a relationship of trust, such as family members or friends;
- Seniors' representatives who are acting in the best interest of the senior;
- Care staff, to provide information, strategies and support to ensure rights.

The APP can provide the following services through the delivery of advocacy, information and education:

- Information about rights, entitlements and responsibilities;
- Providing options to help you resolve your concerns;
- Advocating to service providers on your behalf;
- Support to implement strategies to reduce and/or stop the abuse;
- Promotion of the rights of seniors;
- Information sessions to community groups;
- Informative and interactive education sessions to service providers and Allied Health Professionals in hospitals;
- Assist service providers with policies to ensure the rights of seniors are upheld.

Please phone 1800 655 566 for more information.

Changes to Seniors' Concessions in the 2015-2016 Budget

- Extending free public transport for WA Seniors Card holders, pensioners and carers to include free travel after 7pm every night and before 6am each weekday morning;
- Means testing of the Energy Assistance Payment (Cost of Living Allowance), which provides a rebate on electricity charges from 1 July 2015;
- Increasing the eligible age for WA Seniors Card holders from 60 to 65 by 2023-24;
- From 2016-17, a cap of \$550 will be applied to the 50 per cent rebate available to pensioners for local government rates;
- From 2016-17, a cap of \$600 will be applied to the 50 per cent rebate available to pensioners for their water service charge; and
- From 2016-17, seniors can get a discount on the WA Photo ID Card for identification purposes.

What's Happening in September?



Learning Lunch at Dot's Place 62 Forrest Ave, Bunbury. 11.30 - 1.30pm Monthly Guest Speakers
Capel CWA Craft Day at Seventh Day Adventist Church, Capel. 10 - 2pm. Please
bring lunch. Costs \$2 per person plus any costs for crafts.
Boyanup Antique Collectors Craft Fair at Hugh Kilpatrick Hall in Boyanup. 2 - 6pm. 9731 5351
Boyanup Antique Collectors Craft Fair at Hugh Kilpatrick Hall in Boyanup. 9 - 5pm. 9731 5351
Boyanup Antique Collectors Craft Fair at Hugh Kilpatrick Hall in Boyanup. 9 - 3pm. 9731 5351
Gelorup Markets at Gelorup Community Centre.
Dalyellup Lions Club Meeting at Dalyellup Community Centre. 7.00pm - 9.30pm
Dalyellup Over 50's Seniors' Catchup at Dalyellup Community Centre. 9795 3480
Boyanup CWA Meeting at Boyanup Community Centre. 1 - 3pm
Capel Neighbourhood Watch Meeting at Capel Senior Citizens Centre. 10am
Boyanup Lions Club Meeting at Hugh Kilpatrick Hall Boyanup 7.00pm - 9.30pm
Capel CWA Meeting at Seventh Day Adventist Church, Capel. 10am
Dalyellup Markets near Central Lakes Park
Dalyellup Lions Club Meeting at Dalyellup Community Centre. 7.00pm - 9.30pm
Boyanup Farmers' Markets just off South Western Highway
Capel & Districts Garden Club Mystery Bus Tour. Departs Capel Information Bay at 9am. BYO
lunch. Bus paid by the Club.

What Happens on a Weekly Basis?

Mondays	9.00 - 12.00pm 10.00-3.00pm 2.00 - 5.00pm 2.00 - 5.00pm 7.00 - 9.00pm	Capel Art Group at Capel RSL. 0427 777 701 Mahjong at Capel Senior Citizens - 9727 2058 Scrabble Club at Dalyellup Community Centre. 9795 9828 Boyanup Singers - 9731 5590 Sing Australia at Dalyellup Community Centre
Tuesdays	9.00-10.00am 9.00-10.00am 9.30-11.00am 8.45-9.45am 10.00-11.00am 1.00- 4.00pm 7.00 - 9.00pm	Gentle Gym at Dalyellup Community Centre - 9795 7463 Seniors' Tai Chi at Boyanup Community Centre Ladies' Badminton at Boyanup Hall Stay on Your Feet Exercise Group at Capel RSL Bootscooting at Capel RSL Hall (cost \$7) Euchre at Capel Senior Citizens - 9727 2058 Bootscooting at Cardinals Football Clubroom (cost \$8).
Wednesdays	9.30-11.30am 10.00 - 12.00pm 11.00-3.00pm 1.00-4.00pm	Morning Tea at Capel Senior Citizens - 9727 2058 Knit for Charity at Capel Library Quilting at Boyanup Community Centre Cards at Capel Senior Citizens - 9727 2058
Thursdays	9.00-11.00am 10.00 - 2.00pm 1.00 - 4.00pm 1.00- 3.00pm 4.00-7.00pm	Women's Wellness at Gelorup Community Centre Seniors' Craft Group at Boyanup Community Centre Capel RSL Thursday Club at Capel RSL. 0427 777701 Bridge at Capel Library. 1.00 - 3.00pm Art Group at PGB Community Centre - 9727 2676
Fridays	10.30 - 12.30pm 1.00 - 3.00pm	PARKINSONG at Regional Art Gallery Dance Studio. Costs \$7 Widows & Widowers Support Group. 9721 8944

Capel Senior Citizen's Centre

Busselton Senior Citizen's Centre Forrest Road, Capel WA 6271 22 Peel Terrace, Busselton WA 6280 Phone: (08) 9727 1615 Phone: (08) 9752 2232 Email: scottybj@bigpond.com Email: bscc@westnet.com.au

CWA Capel Branch

Bunbury Senior Citizen's Centre PO Box 323, Capel WA 6271 Stirling Street, Bunbury WA 6230 Email: bevderussett@hotmail.com Phone (08) 9721 2552

Dogs Must be Microchipped Prior to 1 November 2015

Dog owners are reminded that in addition to the requirement to register your dog with the Shire of Capel, all dogs must be microchipped. Section 21 of the Dog Act 1976 states that:

- (2) On and after 1 November 2015, the owner of a dog that has reached 3 months of age must ensure that the dog is microchipped. Penalty: a fine of \$5,000
- A dog is exempt from microchipping if a certificate given by a veterinarian stating that the implantation of a microchip in the dog may adversely affect the health and welfare of the dog applies

in respect of the dog. Please contact the Shire on 9727 0222 and provide the microchip number so that it can be recorded on the Dog Register.