

## Action-Packed, Call for Action, April 2022 !

Greetings, one and all!

I really don't want to believe that it is about to be April, and Easter! Yet it is, so here's to getting out there, being involved, making clever choices, and doing it for ourselves!!!

Even though HKCT is a single service provider, as an organisation we know about, learn about, train in, and read endless sector updates on multiple topics to do with our broader community, ageing, the aged and aged care services. I was so saddened to have read the latest "National Elder Abuse Prevalence Study", a survey of 7,000 people aged 65 and over who live in the community that examined experiences of elder abuse among this population – people like you. One in six older Australians (14.8%) reported experiencing abuse in the twelve months prior to being surveyed between February and May 2020 – in the form of psychological abuse (11.7%), neglect (2.9%), financial abuse (2.1%), physical abuse (1.8%) and sexual abuse (1%). Often by family members but also by friends, neighbours and acquaintances.

OPAN (Older Persons Advocacy Network) is a remarkable organisation that gives voice to those who need it. If you or anyone you know, or suspect may be financially or psychologically or suffer abuse of any nature, you can call 1800 700 600 in total confidence and ask for guidance, advice or help.

I hope we always make the choice to stand up for ourselves and ask for help ... and never ever let embarrassment stop us. Nor ever think that we have any reason to be ashamed!

Health officials are reminding us all that an annual influenza vaccination is the most important measure to prevent influenza and its complications, for all people aged 6 months and over. They are also saying that vaccination against influenza this year is even more important because, over the COVID-19 period, there has been lower exposure to the influenza virus as well as lower levels of influenza vaccine coverage compared to previous years. Yet with borders reopening, a possible resurgence of influenza can be expected in 2022. So, speak with your GP or pharmacy and book yourself in for your flu shot from this month! Then ring us and request your transport!! By the way, ATAGI has advised that influenza vaccines can be given the same day as a C-19 vaccine, in case you are yet to get your 3<sup>rd</sup> dose.

I hope we always make rational health decisions, based upon bona fide sources, so we can get out there and know we've done all we can for ourselves and others while we live our lives fully!

I also hope you are aware that there are substantial changes to aged care services being drafted, to come into effect on 1 July 2023. Policy, planning, and program design are happening now, and very quickly! Remember you have a right to voice your opinion on programs that affect you personally. The Commonwealth's latest update "Support at Home Program Overview summary for Senior Australians can be found online at <https://www.health.gov.au/resources/publications> As a provider, I have several concerns on your behalf ...

Lastly, April brings Easter to those of the Christian faith - a time of rejoicing and rebirth, the opportunity for forgiveness, redemption and hope. So, my suggestion to everyone is to make this month of April count! Get active! Do something for yourself! Get out your calendar and start booking your social pursuits, join us on a shopping shuttle you haven't tried before. Make a call to an old friend or read something new. Consider this your call to action! In the words of Sydney Smith (1771-1845):

*"It is the greatest of all mistakes to do nothing because you can only do a little"*







Helen





Outings, destinations and/or venues may have to change to meet any new NSW Health directions. **Proof of vaccination is required at most venues, so bring yours with you!**

<p><b>Fri</b> <b>1<sup>st</sup> Apr</b> Home Pick-ups</p>	<p><b>Terrey Hills Tavern</b></p> <p>Join us for a drive down Mona Vale Road and the choice of indoor / outdoor dining... sunshine depending... Their extensive menu is great value!</p> <p style="text-align: right;"><i>Ku-ring-gai LGA residents</i></p>	 <p><b>\$20 pp / \$35 pc</b> Transport Only</p>
<p><b>Sat</b> <b>2<sup>nd</sup> Apr</b> Home Pick-ups</p>	<p><b>Bell's Line of Road Mystery Tour</b></p> <p>Join us for a day trip to explore the lower Blue Mountains town of Kurmond. Enjoy the wonderful views of Sydney from the lookout. We will pass through Richmond and make a coffee and comfort stop!</p> <p style="text-align: right;"><b>Saturday phone number for cancellations: 0473 478 890</b></p>	 <p><b>\$20pp / \$35pc</b> Transport only</p>
<p><input type="checkbox"/> 8.15am Turrumurra</p> <p><input type="checkbox"/> 8.30am Willow Pk Hornsby</p> <p><input type="checkbox"/> 8.45 am Pennant Hills Library</p>	<p><b>Monday 4<sup>th</sup> April – Bruce's City Tour</b></p> <p>Our singing driver, Bruce, will take you on a wonderful bus tour of our city attractions, stopping at Centennial Park for morning tea, followed by lunch at Canada Bay Club at your own expense and choice.</p> <p style="text-align: center;"><b>No Home Pickups.</b> Need a Cabcharge home from your pick-up point? Ask for the additional price on booking.</p>	 <p><b>\$20 pp / \$35 pc</b> Transport only</p>
<p><b>Tues</b> <b>5<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Northbridge Golf Club</b></p> <p>A scenic drive, a gorgeous view and a lunch of roast chicken then pavlova and a choice of tea or coffee ... and best of all, you don't have to wash up or navigate Sydney traffic!</p>	 <p><b>\$50 pp / \$95 pc</b> Lunch included</p>
<p><b>Fri</b> <b>8<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Terrey Hills Tavern</b></p> <p>Join us for a drive down Mona Vale Road and the choice of indoor / outdoor dining... sunshine dependent! Their extensive menu is great value!</p> <p style="text-align: right;"><i>Hornsby LGA residents turn this week</i></p>	 <p><b>\$20 pp / \$35 pc</b> Transport Only</p>
<p><b>Mon</b> <b>11<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Hornsby to Gosford Train / Lunch / Road Trip</b></p> <p>Your driver will take you to Hornsby Train Station and then pick you up from Gosford Station, to head to the Central Coast Leagues Club for lunch at your own expense. You will be driven home from the Club. The train line takes you right along the Hawkesbury River, past the oyster farms – a completely different view than the highway and well worth the \$2.50 when you bring your Seniors Opal Card.</p>	 <p><b>\$20 pp / \$35 pc</b> Bus Transport Only</p>
<p><b>Tues</b> <b>12<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Lachlan's at Old Government House</b></p> <p>Take a trip back in time with a scenic drive around Parramatta Park &amp; enjoy a meal at Lachlan's Restaurant, in the grounds of Old Government House.</p> <p><i>Menu – Chicken Breast with Plum Sauce, salad &amp; chips, orange juice</i> <i>Dessert – Citrus tartlet with Grand Marnier, fresh cream, tea/coffee</i></p>	 <p><b>\$65 pp / \$120 pc</b> Lunch included</p>
<p><b>Fri 15<sup>th</sup> &amp; Mon 18<sup>th</sup> Apr</b></p>	<p style="text-align: center;"><b>Have a safe Easter break</b></p> <p>HKCT office will be closed on the Public Holidays, and reopen on Tuesday 19<sup>th</sup> at 8.30am.</p> 	

<p><b>Tues 19<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Vanilla Cream Café, Annangrove</b> We visited this new café twice last year and it was a big hit. The food and service great, so why not buy a second dessert to take home! <i>Main – Cottage Pie with Mushy Peas</i> <i>Dessert –Lemon Meringue Pie with Chantilly Cream, tea/coffee.</i></p>	 <p><b>\$50 pp / \$90 pc</b> <b>Meal included</b></p>
<p><b>Fri 22<sup>nd</sup> Apr</b> Home Pick-ups</p>	<p><b>Frankie’s Food Factory, Glenhaven</b> Enjoy browsing around Flower Power Garden Centre, Glenhaven before choosing something from Frankie’s menu to suit your taste &amp; budget. <i>Ku-ring-gai LGA residents</i></p>	 <p><b>\$15 pp / \$25 pc</b> <b>Transport only</b></p>
<p><b>Sat 23<sup>rd</sup> Apr</b> Home Pick-ups</p>	<p><b>Fairfield Markets or Smithfield RSL</b> Will you choose between 600 undercover stalls, filled with everything from children’s toys to clothes, jewellery, household items even car accessories, plus grocery items, fresh fruit and veggies; with plenty of places to pick up mouth-watering kebabs, burgers, Asian delicacies, ice creams, donuts, cold drinks or coffee ... or prefer the air-conditioned comfort at the Club with the great menu? <i>Saturday phone number for cancellations: 0473 478 890</i></p>	 <p><b>\$20 pp / \$35 pc</b> <b>Transport Only</b></p>
<p><b>Mon 25<sup>th</sup> Apr</b>  <b>Office Closed</b></p>	<p><b>Anzac Day Public Holiday – No Services</b> <u>Women’s Weekly recipe for Anzac Biscuits</u> 125 grams (4oz) butter, chopped, 2 tablespoons golden syrup or treacle, 1/2 teaspoon bicarbonate of soda, 2 tablespoons boiling water, 1 cup (90g) rolled oats, 1 cup (150g) plain (all-purpose) flour, 1 cup (220g) firmly packed brown sugar, 3/4 cup (60g) desiccated coconut  Preheat oven to 180°C/350°F. Grease two large oven trays; line with baking paper. Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then the remaining ingredients. Roll level tablespoons of mixture into balls; place 5cm (2in) apart on lined trays, then flatten slightly. Bake for 12 minutes or until golden. Cool biscuits on trays. Then enjoy!</p>	 <p>No shopping shuttles today – yet we can help you with personal shopping trips the Friday before?</p>
<p><b>Tues 26<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Breakers Country Club, Wamberal</b> Come with us on a drive up north through Gosford to this friendly club in the next suburb. If time permits, our drivers will circle around Terrigal Beach.  Enjoy roast &amp; cake of the day and water views from the 19th hole with spectacular views over Terrigal Lagoon! Order &amp; pay separately for your hot and cold drinks.</p>	 <p><b>\$40pp / \$80 pc</b> <b>Includes main course &amp; cake</b></p>
<p><b>Fri 29<sup>th</sup> Apr</b> Home Pick-ups</p>	<p><b>Frankie’s Food Factory, Glenhaven</b> Enjoy browsing around Flower Power Garden Centre, Glenhaven before choosing something from Frankie’s menu to suit your taste &amp; budget. <i>Hornsby LGA residents turn this week</i></p>	 <p><b>\$15 pp / \$25 pc</b> <b>Transport only</b></p>

You can book your place for the entire month ...  
Four weeks in advance

**Get “out and about” on a regular basis.  
Get to know other seniors in your local area.  
Social Shopping Sojourns – each and every week!**

**Door to Door return trip for a One-hour shop**

Shopping Centre	Regular Day & Time	For Residents ....
<b>West Pymble IGA</b>	<input type="checkbox"/> Monday 4 <sup>th</sup> & 11 <sup>th</sup> mornings	Within 3km of West Pymble IGA <b>*Special Price \$5*</b>
<b>East Lindfield IGA</b>	<input type="checkbox"/> Monday 4 <sup>th</sup> & 11 <sup>th</sup> afternoons	Within 3km of East Lindfield IGA <b>*Special Price \$5*</b>
<b>Turrumurra IGA</b>	<input type="checkbox"/> Monday 4 <sup>th</sup> & 11 <sup>th</sup> Tues 19 <sup>th</sup> & 26 <sup>th</sup> mornings	Within 3km of Turrumurra IGA <b>*Special Price \$5*</b>
<b>Berowra Coles &amp; Aldi, Mt Ku-ring-gai</b>	<input type="checkbox"/> Monday 4 <sup>th</sup> & 11 <sup>th</sup> Tues 19 <sup>th</sup> & 26 <sup>th</sup> afternoon	Mt Colah, Mt Ku-ring-gai, Berowra & Berowra Heights <b>*Special Price \$5*</b>
<b>Westleigh Village</b>	<input type="checkbox"/> Tuesday mornings	Within 3km of Westleigh <b>*Special Price \$5*</b>
<b>THORNLEIGH Marketplace &amp; Aldi</b>	<input type="checkbox"/> Tuesday afternoon	Within 3km of Thornleigh <b>*Special Price \$5*</b>

**Need More Time at More Comprehensive Centres?**

**Door to Door return trip for a Two - or Three-hour shop**

**\$10 per person or \$15 for you and a companion/carer**

Shopping Centre	Regular Day	For Residents living
<b>Carlingford Court</b>	<input type="checkbox"/> Wednesday	Between Normanhurst to Carlingford
<b>St Ives Village</b>	<input type="checkbox"/> Wednesdays & Thursdays	Within the Ku-ring-gai LGA
<b>Macquarie Centre</b>	<input type="checkbox"/> Thursday 21 <sup>st</sup> April	Between Turrumurra - Roseville - Epping
<b>Hornsby Westfield</b>	<input type="checkbox"/> Thursdays	Hornsby Heights, Asquith, Wahroonga, Thornleigh or Normanhurst
<b>Gordon Shops</b>	<input type="checkbox"/> Thursdays	Between Roseville to Pymble
<b>Hornsby Westfield</b>	<input type="checkbox"/> Fridays 1 <sup>st</sup> , 8 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Thursday 14 <sup>th</sup>	Brooklyn to Hornsby Heights plus Turrumurra to Normanhurst, and Asquith
<b>Cherrybrook Village</b>	<input type="checkbox"/> Fridays 1 <sup>st</sup> , 8 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Thursday 14 <sup>th</sup>	Castle Hill to Galston, Cherrybrook & Pennant Hills

\*\* Prices applicable to CHSP eligible clients of HKCT only. Other client prices on application.

*pp = per person pc = per couple*