



Denmark River Probus News

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Hello all,

Looking for something different to do?

The Sydney Gay and Lesbian Mardi Gras is still running until March 3rd. Some tickets are still available for the Mardi Gras Party being held on Saturday 2nd March.

Also in Sydney is The Sydney Royal Easter Show an event worth attending in March

Melbourne has the Moomba Festival running from 8/3/2019 to 11/3/2019

The Melbourne Food and Wine Festival March 8th- 24th.

The Adelaide Festival - 1st to 17th March.

The World Science Festival is coming to Brisbane 21st-25th March.

Closer to home there is:

Sculpture by the Sea - Cottesloe 1st - 18th.

Porongurup Wine Festival 3rd March

Carmel

PRESIDENTS REPORT

Hello,

Another Probus year is coming to an end; but there is still time to put your name forward for the committee and show off your lifetime of knowledge for the benefit of the club.

Planning has already taken place so things have been done to help ease you into the job.

Neville

NEXT MEETING

6th March 2019 AGM followed by GM 10h00

Denmark Country Club

Speaker - Author Helen Laing - life of Dr Thomas Braidwood Wilson.

Lunch = Lunch = Cold meat and salads \$10.00pp

PAY THE \$10.00 ENTRY FEE, KEEP RECEIPTS for food purchased and be REIMBURSED for ingredients, give you receipts to the treasurer. (We will not reimburse for food purchased if receipts are not presented.)

-----OR-----

(2) DO NOT PAY THE \$10.00 ENTRY FEE and NOT be reimbursed for food purchased.

March Birthdays



- 13 Warrick Gates**
- 17 Trish Edmonds**
- 19 Stuart Hoskins**
- 19 Wendy Wildman**
- 24 Derris Lund**





Guest Speaker
for February,
Lynette Sellen.

This month's
guest speaker
was the
coordinator of
the "Amaroo at
Home" service.
This is a range
of home care

packages offered to anyone in the Denmark
community, not just the residents of Amaroo.

Lynette made the point that anyone wanting to
access this service should apply sooner rather
than later, as there is a waiting list, but also
once falls start to happen there is a rapid
downward spiral in a person's health and
wellbeing.

To access the service, you can call My Aged
Care on 1800 200 422 or go to the website
myagedcare.gov.au. You can also ask your
doctor to refer you.

HACC is being replaced by the Community
Home Support Programme. Assessment is done
by the Regional Assessment Service (RAS) or if
needs are more complex, an ACAT assessment
will be carried out to establish the extent of the
home care package.

If, after a stay in hospital, you require short term
support in your home, you need to request it
before leaving hospital. Assistance includes help
with housework, shopping, food preparation and
meals.

Home care packages are means tested.
Pensioners do not incur a fee, and even if you
own your home and have a small income, you
still may not have to pay, depending on your
income. The maximum fee is \$10.43 per day.

Current providers of home care in Denmark are
Amaroo, Clarence Estate and Silver Chain.
When you are allocated a package, you have 56
days to choose a provider. If you don't let them
know, you go to the bottom of the waiting list.

The service is consumer directed. The money is
allocated to you and you decide what help you
want. You can even use it to buy equipment. If

you want to change providers, you need to give
a month's notice.

Lynette also made reference to Advocare, an
organisation which helps to prevent elder abuse.
Assistance can be given with Enduring Power of
Attorney and Enduring Power of Guardianship
forms.

It was encouraging to hear that application has
been made to build a care facility next to the
Amaroo Village, with a dementia unit.

This was an informative and helpful
presentation. Lynette is a friendly and
approachable person. We all probably hope we
won't need to call on her for some time, but as
she said, it's good to be aware of the system.
You never know when you'll need it.

Definition of "OLD"

*I very quietly confided to my best friend that I
was having an affair.
She turned to me and asked, "Are you having
it catered?"*

*And that, my friend, is the sad definition of
"OLD".*

*I've sure gotten old! I have outlived my feet
and my teeth
I've had two bypass surgeries, a hip
replacement,
New knees, fought prostate cancer and diabetes
I'm half blind,
Can't hear anything quieter than a jet engine,
Take 40 different medications that
make me dizzy, winded, and subject to
blackouts.
Have bouts with dementia.
Have poor circulation;
Hardly feel my hands and feet anymore.
Can't remember if I'm 85 or 92.
Have lost all my friends. But, thank God,
I still have my driver's license.*

Happenings



Fran's" Coffee Morning
Come join us at Mrs Jones
Tuesday 19th February
10.00am



Check your rota.



Wine Appreciation Group

Wine tasting **28th February**
2019 -5:00pm to 7:00pm
Garden Room Community
Resource Centre



Outings

Wednesday 20th February - 10am

Conspicuous Cliffs

Park at Country Club.

Remember to bring a flask of hot water. Tea, coffee and nibbles will be provided.

Lunch - fish and chips at Peaceful Bay will cost \$15. (salads extra)

This month we will have tastings from Silverstream Wineries
Bring plate of nibbles.
\$3.00 towards hire of room.
\$5.00 for tastings
All Probus members welcome.

Wednesday 20th March - 5pm

Albany Field of Lights

"Picnic in the Park" - bring your own picnic gear, food and drinks. We will stop at Lawley Park before going up to Anzac Park.

Cost of bus = \$15.



Walking Group

January - Great walk mostly uphill and we (mostly Denmark Probus members) really earned our morning tea at the Bayley's place .

Many thanks to Lesley Bayley for the sumptuous spread.

Come on River Probus members - we need to show our mettle.

This month's walk will be through the cool Karri Trail and along the river on **Tues 26th Feb.**

Meet at Anne Harrison Park, **9.30am**. BYO morning tea and chair.

Dog friendly, if you want to bring your pooches.

Please contact the co-ordinator, Ian Sefton (Denmark Probus) for information regarding the walking group.



Singing

Waiting further announcements re dates, times and venues.

How Adam Got Eve

Nothing like a good Bible story to make your day.

Adam was hanging around the garden of Eden feeling very lonely.

So, God asked him, "What's wrong with you?"

Adam said he didn't have anyone to talk to.

God said that He was going to make Adam a companion and that it would be a woman.

He said, "This pretty lady will gather food for you, she will cook for you, and when you discover clothing, she will wash it for you.

"She will always agree with every decision you make and she will not nag you, and will always be the first to admit she was wrong when you've had a disagreement.

"She will praise you!

"She will bear your children, and never ask you to get up in the middle of the night to take care of them.

"She will NEVER have a headache and will freely give you love and passion whenever you need it."

Adam asked God, "What will a woman like this cost?"

God replied, "An arm and a leg."

Then Adam asked, "What can I get for just a rib?"

Of course the rest is history!!!!

Only in Africa? - maybe not.....



RALPH'S STILL TALKING

An old medical geezer became very bored in retirement and decided to open a medical clinic.

He put a sign up outside that said: "Dr.Geezer's clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr.Geezer, I have lost all taste in my mouth. Can you please help me ??"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh !! -- "This is Gasoline!"

Dr. Geezer: "Congratulations!

You've got your taste back.That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, -- that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back . That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr.Young: "My eyesight has become weak --- I can hardly see anything!!!!"

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back." (giving him a \$10 bill)

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back!; That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"*

If you remember that I sent this to you before, Congratulations! You've got your memory back. That will be \$500.