

JULY 2023



DARLING
RANGE
Hub

www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER

THE POWER OF LOCAL COMMUNITY CONNECTION: BUILDING A CARING AND SUPPORTIVE NETWORK



The Darling Range Hub's mission statement reflects their commitment to connecting people and fostering a sense of community. With a focus on supporting individuals to live independently and actively, the hub aims to provide choices and resources for its neighbors and friends. Their inclusive approach encourages people of all ages to come together, building connections and offering mutual support.

Continued page 5.

- Yvonne Fletcher

Darling Range Hub Coordinator

Mob 0492 807 603

Email hello@drseniorshub.com.au

**DARLING RANGE
HUB MEMBERSHIP
FORMS ON LAST
PAGE**





IN THIS ISSUE

IN THIS ISSUE	Page
From The Desk of The President.....	4
Feature Article	5
Julye Artist of the Month	6
Volunteers of the month	
Maurice & Louise Castelli.....	7

Never
=stop=
trying



Bus Trip
Carpet Bowls
Chair Yoga
Board Games, Puzzles, Scrabble Group
BYO crafts & Mend & Make Do
CommuniTEA Matters morning Quiz with Peter
CommuniTEA Matter's Guest Speakers
Morning Music at KPAC & Romancing the Stone Gardens
Community Organisations Network
Book Club
E-Bike Riders and more!

Happy Birthday

Barry Baker
Margaret Hammond
Patty Zanetti
Margaret Thomas
Margaret Waters
Grace Jackson
Norma Walsh
Patricia McQuade
Kate Cook

To everyone celebrating a
birthday in July
We wish you a very happy
birthday

**WHAT'S
COMING UP
IN
JULY**

Platinum Sponsor



Would you like to become a Platinum Sponsor?
Platinum Sponsors assist The Darling Range Hub
in creating on going resources for the community.

In return you'll appear regularly
in our newsletter and socials.

To find out more please contact Yvonne
Darling Range Hub
via
0492 807 603 or email hello@drseniorthub.com.au



Our many thanks to our sponsors



Thank you to our

Platinum Sponsor

Connecting Seniors to Their Community
Darling Range Hub
www.drseniorthub.com.au



FROM THE PRESIDENT'S DESK

Hi All

Many milestones have just passed us by.

EOFY, coldest June morning since 2016 (only 0.7 off a Perth record), shortest day (winter solstice) , 200mm+ of June rainfall and the first half of the year all gone for 2023.

The Weather Bureau predicted a warmer, drier winter , well there are two months to go to prove them right or wrong.

Even though the temptation is to stay inside in the warmth with a bowl of soup it is still very important to get out especially when it's a sunny day . I like to find a sunny spot out of the wind and go into "lizard on a rock"mode.

Participation in one of the Hubs many opportunities is a great way to keep up your social connections. Check Yvonne's weekly " what's on at the Hub" and the monthly newsletters to find something that appeals to you. We try to provide something to meet every bodies interests.

Make sure you look after your health and keep the vaccinations up to date as there are still some nasties lurking out there.

Hopefully this month the Dockers can keep moving towards the finals and the Eagles can get their losses under 100 points. (I'll be there to check)

Cheers Roly Ritchie - Darling Range Hub President

The Darling Range Hub

By Yvonne Fletcher

The Power of Local Community connection: Building a Caring and Supportive Network

By promoting intergenerational interactions, the Darling Range Seniors Hub aims to create an environment where everyone can achieve their goals of connection, friendship, and community contribution. Ultimately, their mission is to enable members to lead vibrant, active, and healthy lives while remaining in their own homes and neighborhoods. Through this vision of "ageing in place," the hub ensures that individuals can enjoy the benefits, familiarity, and comforts of home with the support of their community, all at an affordable cost.

The Darling Range Hub is within The City of Kalamunda and active throughout the City of Kalamunda. It is a place found at a few different locations but when united as a group we celebrate the power of local connections and the remarkable spirit of togetherness.

Our community is a mix of culture, nature, and family, where the ties between neighbors have become an extension of our own families. In the Darling Range Hub, we pride ourselves on being a community of caring individuals who look after

and assist one another whenever possible. We know our neighbors, and the our friendly atmospheres that permeates at each of our group activities is a testament to the strength of our community bonds. Whether it's a warm greeting or a friendly conversation, these face-to-face interactions create a sense of belonging that is truly special.

One of the key benefits of fostering local community connections is the profound sense of support and assistance that arises within our tight-knit community. The willingness to lend a helping hand, run errands for an elderly neighbor, or simply offer a listening ear during challenging times is what makes our community thrive. By looking out for each other, we create a safety net that ensures no one feels isolated or overlooked.

Our community also provides abundant opportunities for personal growth and community contribution. The Darling Range Hub, at the heart of our community, encourages people of all ages to actively participate and support one another.

Thank you for being a part of our wonderful community and for the activity making a difference!

Artist of the Month

JAMES PARK

The art of public speaking

by Yvonne Fletcher

This month, we are thrilled to feature James Park as our Artist of the Month, highlighting his incredible journey in conquering a lifelong stammer induced by fear. At the age of 48, James embarked on a transformative path by joining Toastmasters and dedicating himself to self-development programs.

Growing up on a farm in Mullewa, James faced the challenge of navigating through a stammer that had accompanied him throughout his life. However, driven by a deep desire to overcome his limitations and unlock his true potential, James took the courageous step of joining Toastmasters. Through consistent practice, perseverance, and unwavering determination, he gradually mastered the art of speaking, surpassing the boundaries that once held him back.

James's story of triumph over adversity inspired his wife, Tania Park, to write a book titled "The Only Way I Know." This poignant and heartfelt memoir captures James's journey, offering insight into the challenges he faced, the obstacles he overcame, and the immense personal growth he experienced. Tania's book serves as a testament to the power of perseverance, love, and unwavering support in conquering our deepest fears and transforming our lives.

James Park's journey is a shining example of the human spirit and the transformative power of self-belief.



Through his determination and commitment, he has not only overcome a lifelong struggle but has also become an inspiration to others who may be facing similar challenges. James reminds us that with dedication, support, and a willingness to embrace personal growth, we can overcome any obstacle that stands in our way and emerge stronger and more empowered than ever before.

James Park will be visiting The Darling Range Hub as guest speaker at CommuniTEA Matters 9.30am Wed 23rd Aug.

If you are an artist (of any kind) or author we'd love to share your story
Call or email Yvonne 0492 807 603 hello@drsniorshub.com.au

July

♦♦♦♦♦
VOLUNTEER
♦♦♦♦♦



Maurice Castelli

"Volunteering to me means helping others, it's as simple as that. It's a win win!"
- Maurice Castelli



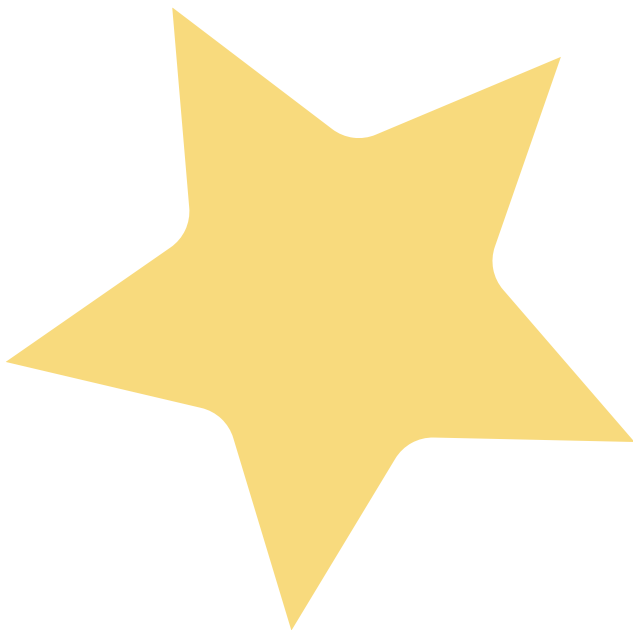
July

♦♦♦♦♦
VOLUNTEER
♦♦♦♦♦



Louise Castelli

"Volunteering to me means giving back, we always receive so we can always give."
- Louise Castelli





Book Club

10am Thursday
Jack Healey Centre

Come along!

This month's
read:
**The Boy in
Striped
Pajamas**
by John Boyne



For more details please contact
Darling Range Hub Coordinator
phone 0492 807 603
or email hello@drseniiorshub.com.au

**JULY CELEBRATIONS
BIRTHDAYS**

MORNING QUIZ

Tease Your Brain &
Win Prizes

**Wednesday
12TH July**

Morning Tea starts: 9.30am
Quiz Starts at: 10.00 am
\$3 members or
\$5 non members
with quiz master
Peter Stuart!

**DARLING
RANGE
Hub**

CommuniTEA Matters - Jack Healey Centre
Phone Hub Coordinator for more details
0492 807 603



HAVE FUN WITH



Carpet Bowls

\$5
MEMBERS
ALL AGES
WELCOME



Come &
TRY First
Session
FREE!

\$5 Members
1.00 pm - 3.00 pm Each Monday
Bookings Essential

Jack Healey Centre 21 Mead St Kalamunda
Call Hub Coordinator Yvonne Fletcher 0492 807 603

Membership Required for more details
Contact Hub Coordinator
hello@drseniiorshub.com.au



Chair Yoga



JACK HEALEY CENTRE
the corner Mead Street & Canning Road Kalamunda
9AM - 10AM TUESDAYS
Cost \$9 per session or;
Block of 10 sessions \$81
Space Limited - Booking Essential
To Book Phone Yvonne 0492 807 603

Darling Range Hub financial members will receive their
first session free -booking essential

THE DARLING RANGE HUB'S

EBIKE GROUP



Below is the up and coming eBike ride events.
NB These may be subject to change.
From Hermann, Kate & Sue - Ebike Group

If you'd like to join the ebike group please call Hermann on 0403 301 429
until 15th July and from the 16th July please call Sue 0424 275 365

PROGRAM OF EVENTS for Darling Range E Bikers. 2023

SATURDAY 8TH JULY
Ride to Pickering
Brook.

SATURDAY 29TH JUL
Ride to Pickering
Brook.

FRIDAY 15TH JULY
Ride to Darlington
down the Zig Zag and
morning tea at The
Hive. Return via
Heritage Site.

SATURDAY 5TH AUG
Ride to Pickering
Brook.

SATURDAY 22ND JULY
Value Ride - Sausage
Sizzle
at Sue & Nigel Miles

SATURDAY 12TH AUG
Ride to Parkerville
Tavern & Hovea Falls

OCT -12TH - 15TH
Dwellingup ride.
Forestry Centre.

Crafts, Crochet, Knitting. Mend & Make Do

**Each Tuesday from
11.00am**

**Jack Healey Centre
For details**

**Phone Yvonne
0492 807 603**

All Welcome

**Gold coin donation
for tea & coffee.**

**Chat and share
ideas.**

**Loyola's
Yarning Group
Bring your own or
learn new skills.**



**Margi's
Mend & Make Do
Bring your items in
for repair.**

Introducing Margi's Mend & Make Do

NEW TO THE HUB

In these times of tightened finances, AND a better awareness of the environment, it makes sense to get another years' wear out of that old shirt. So now you can bring in items for small sewing repairs while you wait – buttons, hems, seams etc, or come back the following week for a bigger job to be completed. There is no fee for Hub members, unless we need to purchase something (e.g. elastic, zip, binding, special buttons). Non-members will be asked to make a small donation to the Hub.



If anyone would like to donate bits and pieces for this new initiative, please pop by on Tuesday or leave with Yvonne at other times. We can make good use of your unwanted craft items – iron-on patches, elastic, zips, appliques, motifs, patches, cottons – anything going unused in your sewing basket.

Each Tuesday from 11.00am

Jack Healey Centre

For details

Phone Yvonne

0492 807 603

Gold coin donation for tea & coffee

Growing Kalamunda

A Compassionate Communities Forum: Living Well, Ending Well

Tuesday 8 August 2023

10:00am - 2:30pm

Kalamunda Agricultural Hall,
48 Canning Rd, Kalamunda

Join us to Grow Kalamunda Compassionate Communities. What is it and why does it matter?

Connect with local services, view the Artist in Residency exhibition and learn about enhancing **life and your legacy**.

Featuring:

- **Online session with Professor Samar Aoun, 2023 WA Australian of the Year**
- Morning tea and lunch provided
- Services Expo
- See Program Overleaf for more details

Supported by:



Government of **Western Australia**
Department of **Health**

Armadale Kalamunda Group
East Metropolitan Health Service



The City of Kalamunda welcomes all abilities and champions inclusion.

To discuss your individual needs, please email

socialinclusion@kalamunda.wa.gov.au

www.kalamunda.wa.gov.au



FREE EVENT
Bookings Essential



Scan here to book now!

Program

10:00am Registration and Morning Tea

Join us in the KPAC Gallery for morning tea and chat with
Compassionate Communities Artist in Residence Eleisha Pirouet



10:30am Open and Welcome

Open and Acknowledgement Mayor Margaret Thomas
Introduction Shane Bailey | Community Champion



10:45am Online Presentation - Growing Compassion in Life and Death

Presented by Professor Samar Anoun, 2023 WA Australian of the Year
Professor Aoun will share her passion about how we all can be involved
in growing compassionate communities. As communities we need to
re-learn the old ways of caring for one another.



12:00pm Ambulance Wish Western Australia

Presented by Susie and Gary Wilson. Ambulance Wish Western Australia enables
people receiving palliative care or who are terminally ill to fulfil a final wish by
visiting a place of personal significance, for example, to admire their own garden, to
feel the breeze of the beach, or to be surrounded by their loved ones and pets.



12:20pm Kalamunda Hospital and Day Hospice

Presented by Judy Brand, Nurse Unit Manager Kalamunda Hospital
Judy will provide an overview on Kalamunda Day Hospice and the
support provided to individuals with a life limiting diagnosis.



12:40pm Lunch Over Death Cafe



1:15pm No-one Dies Alone Companion Program

Presented by Jennifer Crossing, Amana Living
Jennifer will provide an overview on the No-one Dies Alone Companion
program and how volunteers provide reassurance, comfort and support to
a person in their final moments.



1:35pm Discussion Panel; Where to from here?

Brainstorming Session on growing a 'Compassionate Community'
Facilitated by Inclusive Communities Officer - City of Kalamunda



2:05pm Closing Summary

Facilitated by Shane Bailey - Compassionate Community Champion



2 x Bus Trips in Aug Experience - The Tivoli Club Getting Out Country



DARLING
RANGE
Hub

Come and join our cast in our beautiful Art Deco Theatre in Applecross as we present an amazing show of hand clapping foot stomping fun, with songs from your favourite Country stars. Shania Twain, Johnny Cash, Loretta Lynn and Willie Nelson to name a few. We serve a chicken & chips meal at interval and you are welcome to bring your own nibbles. Our little shop sells cool drinks, crisps and lollies/chocolates (cash only). You can also bring your own alcohol but don't forget your glasses.



Includes

- ✓ Transport from Kalamunda
- ✓ You choose your show time either Friday evening or Sunday afternoon
- ✓ Price includes show & chicken & chips
- ✓ Transport back to Kalamunda

Price
Members
\$20 pp
Non
Members
\$22pp



Limited Spaces

Choose 1 of 2 Shows
Friday 25th Aug 8.00pm
or
Sunday 27th Aug
12.00pm
Limited home pick up
available

Limited Spaces Available

Bookings Essential – contact Hub Coordinator Yvonne Fletcher to reserve your spot: 0492 807 603 or email: hello@drs seniorshub.com.au

happy christmas in july luncheon

Kalamunda Hotel

12pm Tuesday 25th July 2023

Bookings Essential

Luncheon \$35 per person

includes

main course & dessert



To book

Call Hub Coordinator Yvonne

0492 807 603

UPCOMING EVENTS

SAVE THE DATES

TWO BUS TRIPS

**AUG
25 &
27**

**SEPT
29**

**FASHION PARADE
JACK HEALEY CENTER**

**OCT
29**

**GRANDPARENTS DAY
ROMANCING THE STONE
GARDENS**

**NOV
7**

**MELBOURNE CUP
LUNCHEON
ROMANCING THE STONE
GARDENS**

TICKETS AVAILABLE SOON



The Conversation You Need to Have

*Talking about death won't kill you
Practical advice about your choices
from a family lawyer, GP and more.*

Sunday 6th August | 12pm - 2.30pm
\$20 per person (inc lunch and resources)
RSVP by 30th July
1 Varley St, Lesmurdie

To register email info@lesmurdiechurch.com.au or call 9291 9866.

CONSULTATIONS SUPPORT

➔ Understanding



Understand the support you need at present



NAVIGATING MY AGED CARE

With Sophie Johnson from Home Instead

We all want to age within our own home for as long as possible and most will need to access My Aged Care or Home Care funding to do this. Many people find the process of understanding and accessing funding to be extremely difficult to understand.

➔ Navigation



My aged care website – complete an online referral with Sophie and get started on your way to aged care funding

It can be confusing to navigate and over whelming for many of us. For this reason, many of us put it in the “I’ll do it later bucket” only to never get round to it. The truth is, many people wait until their needs change dramatically to apply for home care funding only to have to wait up to 12 months to receive any. Don’t let this happen to you!

➔ Material



Helpful easy to understand material to take home

If you believe your needs have increased and you need a little more support, then come and book a slot with Serena from Home Instead to help navigate the My Aged Care funding.

Consultations are FREE - spaces are limited!

➔ Follow Up



Follow up call from Sophie to see how your process is going and further guidance if needed.

Monday 21st Aug from 8.30am

Book your appointment today
Call Yvonne Fletcher - The Darling Range Hub
on 0492 807 603

Consultations run for approximately 1 hour.
You will need to bring in your Medicare & GP details and your DVA card (if you they have one).
Each are non-biased when it comes to finding the correct home provider for you. Home Instead believe in supporting the community with up to date information to help empower residents to make their own choice with in Home Care.



WANTED GUEST SPEAKERS

We'd love for you to share your story, art or talent with us at one of our CommuniTEA Matters morning tea.

Please Call Yvonne 0492 807 603
The Darling Range Hub



Join Us for July Events



Mondays

Jack Healey Center
1pm
Carpet Bowls

Tuesdays

Jack Healey Centre
9am
Chair Yoga
10am
Hello Coffee
Lounge
11am
Crafts, knitting,
Mend & make do
1pm
scrabble, board
games & puzzles

Wednesdays

Jack Healey Centre
9.30am
CommuniTEA
Matters

Thursdays

10am Book Club

Fridays

Romancing the Stone
Gardens
9.30am
CommuniTEA Matters

Jack Healey Center
9.30am
Table of Wisdom

Saturdays

Various Locations
E-Bike Ride, please
call Hermman:
0403301429

Once a Month Events

2nd July SUNDAY 12.00pm Jack Healey Centre
- Pot Luck Lunch - Call Jean to book 0467777162

5th July WEDNESDAY 10.00 am
Kalamunda Performing Arts Centre
- Morning Music
Call Yvonne to book 0492 807 603

7th July Friday Bus Trip - seats available call
Yvonne

12th July Wednesday 9.30 am - Jack Healey
Centre - CommuniTEA Matters Morning Quiz with
Peter Stuart celebrating June birthdays

19th July Wednesday 9.30 am Jack Healey Centre
- CommuniTEA Matters
Curious About 'The Voice' Find out more

26th July Wednesday 9.30 am Jack Healey Centre
- CommuniTEA Matters
Guest Speaker
- PDC Changing nutritional needs as you age

6th Aug SUNDAY 12.00pm Jack Healey Centre -
Pot Luck Lunch - Call Jean to book 0467777162

2023-2024



Membership Application Form

Title:	Surname: Given Name:	
Date of birth:	Address:	
Home Phone:	Email:	
Mobile Phone:		
Known Medical Conditions:		
In Case of Emergency Contact Person	Surname: Given Name:	
Home Phone:		Mobile Phone:
Relationship to you:		

NB please provide your in "case of emergency" contact person that we may contact them

Membership Fees

Membership is paid annually at the end of each current financial year.

Amount to Pay (Please tick the box that applies to you. All rates include G.S.T.):

Full year rate	\$40.00	<input type="checkbox"/>
Community hero rate	\$80.00	<input type="checkbox"/>

Signed: _____ **Date:** _____

To help ensure a successful and inclusive Hub experience please aid us by sharing some of your skills and passions.

What Are the Requirements to become a Hub Member?

Joining the Hub is a commitment! When you become a Hub Member, you will –

- Uphold the Hub's values and mission.
- Nominate how you can contribute to Hub operations.
- Commit to the 'Ask a Member First' Policy.

Office Use Only

Join Date: _____ Paid by: ☐ Cash ☐ Cheque ☐ Bank deposit*

Account name: **The Darling Range Seniors Hub Inc**

BSB: **633 000**

Account number: **169 412 566**

Please post form to DRSH PO Box 194, Kalamunda 6076 OR email to members@drsensorshub.com.au

*If paying by bank transfer, please make sure your name is in the message part of the transfer.