

THE SIS SOCIAL

NEWSLETTER FROM
SENIORS INFORMATION SERVICE

Issue 1, June 2015



Seniors
Information
Service

Message from our CEO

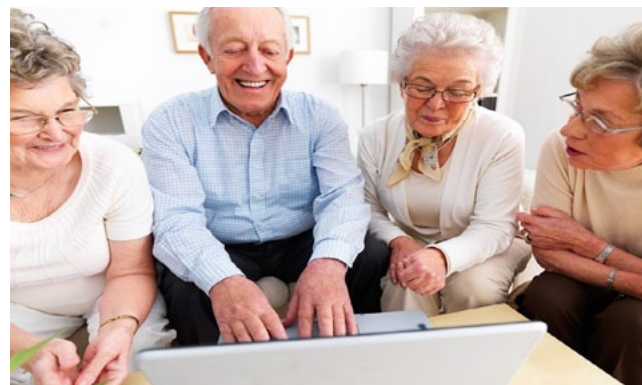


JENNY HUGHES, CEO

It gives me great pleasure to welcome all our valued clients and colleagues and the community to another exciting year at Seniors Information Service. Our Newsletter is full of helpful information about upcoming sessions and events.

With the changes to the Aged Care System (formerly Home and Community Care (HACC)), Seniors Information Service will be holding seminars on: What are the changes? What is available? What you need to do to access services after 1 July 2015. Have a look at our [Website](#) for more information and book into a session today! (Cost: \$5 per person)

Internet lounge



SIS has an Internet Lounge at our Currie Street office. Access to the Internet Lounge is FREE to people over 50 years, and can be accessed for up to 2 hours per session. We have PCs operating with Windows and a Mac available for all your computing and internet needs.

We are also pleased to announce the [2015 Disability, Ageing and Lifestyle Expo, My Life, My Choice](#). It will be held on Friday 25 September, from 11am to 8pm, Goyder Pavilion, Wayville. We hope to see you there!

SIS Information Sessions

Did you know SIS offers a wide variety of Information Seminars on topics related to Financial Planning for Retirement, Estate Planning Overview, Retirement Housing, Understanding Aged Care Costs and How to Navigate the Commonwealth Home Support Program.



INFORMATION LINE: 08 8168 8776 COUNTRY CALLERS: 1800 636 368

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



Technology Training Sessions

SIS is promoting the use of tablets for internet access providing training sessions. Would you like more information on purchasing tablet (iPad/Android), would like to see how they work or attend a training session? Additionally, we also run sessions on Cyber Security for seniors. For more information call 8168 8776.



Computer Training Course

Commencing from 6 August, and running for 4 weeks (3hrs p/week) we are offering training courses for seniors to become more familiar with computers. Learn basic word processing skills to type letters and documents, understanding the terms associated with computers, finding your way around the computer, using the Internet and sending Emails. (Cost: \$100 per person)



Board Games Afternoon

A regular afternoon of fun playing some classic board games including - Chess, Backgammon, Scrabble, Pictionary, Card Games, Dominos and more. We have our very own Giant Chess & Checkers set laid out on the floor, perfect for people who have trouble picking up the small pieces! Bring a friend or meet some new friends at the sessions. ***This group meets every 3rd Thursday of each month.***

Yarners Group

The Yarners group is for people with an interest in knitting, to come together to knit and chat. Share skills, ideas, and building social connections within the group and beyond. Bring your own wool and needles. ***Starts from 24 July and will meet every Friday Fortnightly.*** (Cost: \$3 p/person)

Attention Visual Artists

ARE YOU LOOKING FOR A SPACE TO EXHIBIT YOUR WORK?

Seniors Information Service has started a Pop-Up Gallery in our Currie Street office, offering monthly exhibition space FREE to artists for up to 1 month at a time. For more information or to register an exhibition call Paul at SIS on 8168 8723 or email paul@seniors.asn.au

Other activities coming soon

SIS has some exciting activities coming soon. Some of those include:

- Budget cooking for 1 or 2 people
- Men learning to cook program
- Book club

For more information or to register an exhibition call Paul at SIS on 8168 8723 or email paul@seniors.asn.au

NOTE: We are always keen to hear suggestions from people for other activities - if you have some ideas please let us know.



What's new?

New Lesbian, Gay, Bisexual, Transgender & Intersex (LGBTI) Community

Seniors Information Service now has a project specifically supporting the Lesbian, Gay, Bisexual, Transgender & Intersex (LGBTI) community.

Do you identify as Lesbian, Gay, Bisexual Transgender or Intersex? Or do you know someone who is LGBTI?

We invite you to talk with us about issues regarding ageing, aged care, disability, social or community connections.

As part of the LGBTI project, SIS aims to support people with relevant information on aged care, ageing and disability specific to people who are LGBTI as well as setting up social support and community connections.

Legal Service now available

SIS now has a regular Legal Services Clinic in our Currie Street office every Wednesday from 10:30am to 2:30pm by appointment only. Do it Yourself Will Kits are not recommended.

Catherine Moyses of Wills On Wheels is available to work with you on preparing your legal matters such as designing Wills, Power of Attorneys and Advanced Care Directives for a fee that is less than the regular rate to have these written up by a solicitor. (Cost depends on service provided)

If you are considering moving into a Retirement Village or Aged Care, Catherine can also work with you to understand the fine print and expectations associated with Retirement Village or Aged Care Contracts. For information on costs or to make an appointment with Catherine, please call SIS on 8168 8776.

LGBTI Community Dinner

Meeting once a month on a Thursday evening, in one of Adelaide's local pubs, the LGBTI community dinner is an open invitation for people over 50 years to come together and have a meal and/or drink, socialise with each other, maintain connections or build new friendships.

LGBTI Movie Afternoon

Come along and enjoy a monthly LGBTI themed movie from the classics to the latest releases, in a friendly and safe space to enjoy a film and socialise with other LGBTI people over 50 years.

Available on the 4th Friday of each month from 1pm - 4pm.

BRING A FRIEND OR MEET SOME NEW FRIENDS AT THE SESSIONS !

LGBTI over 50's Social Drop-in sessions

Drop-in and catch up & 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 & advice on Ageing and Aged Care or Disability issues.

- Free use of our Internet Lounge
- Guest Speakers on topics related to the LGBTI

Drop in hours: 2nd Thursday of each month from 1pm – 5pm.

Looking for IT Volunteers Trainers

Are you interested in tablets devices (iPad and Androids)? Do you like to teach others about the wonderful world of IT? Volunteers are an integral part of our service and our success. At SIS, volunteers are part of our team. it's fun and rewarding. If you are interested in volunteering, please complete and submit the [Volunteers Application Form](#).

LGBTI Information Sessions



We also have information sessions specific to LGBTI people on topics about aged care & ageing.

Ageing SA

The Ageing SA consultant assists individuals and/or their families to find appropriate permanent accommodation or respite care in an aged care facility. The fee package charged for the service covers:

- Understanding costs of aged care
- Application to facilities
- Follow up to the applications
- Assistance with paperwork

For more information contact Ann, Ageing SA Consultant at 8168 8776 or ageingsa@seniors.asn.au

LGBTI Wills & Estate Planning

What People Need To Know – For people within the LGBTI community, a simple Will may not be enough due to de-facto relationships not being equal to marriage. It is important to be aware of the correct wording and signed documents when you decide to leave financials or belongings to loved ones, Families of Choice and other connections within your life. This important one hour information session will cover issues related to:

- Wills
- Enduring Power of Attorney
- Advanced Care Directives
- Trusts
- Jointly-Owned Assets

Places are strictly limited.

Where: Seniors Information Service
149 Currie Street, Adelaide 5000

When: Tuesday 7 July 2015

Time: 12:30pm to 1:30pm

SIS NEWS AND 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
Email: paul@seniors.asn.au