

NEWSLETTER
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Share & Care

Community Services Group

Building resilience in communities

LEWIS MOTORS



GENEROUSLY SPONSORING OUR HEAD OFFICE
VEHICLE

Harder Rain, More Snow...

While raising average global temperatures, climate change could also bring more snow, harder rain, or heat waves, meteorologists say. Computer models based on climate data from nine countries indicate every place on the planet will be hit with extreme weather events, including coastal storms and floods.



If you don't like the weather now ... Just wait, huge changes could be in store. Some scientists predict severe weather events will be even more extreme over the next few decades -- more snow, harder rain, and hotter heat waves.

People everywhere are noticing the changes in climate....

Gerald Meehl, from the Climate and Global Dynamics Division at the National Centre for Atmospheric Research (N-CAR) in Boulder, Colo., says, "We see the biggest increase in heat waves in the Pacific Northwest where we don't presently have heat waves."

Computer models based on nine different countries' climate data indicate every country will be hit with climate change throughout this century. Meehl says: "If extreme heat bothers you that can be a problem. It could affect your utility bill. You might have to think about getting air conditioning if you don't have it."

The potential effects are far reaching; the computer models have accurately simulated past weather events and now some experts believe these simulations of future climates are likely to be correct. Scientists, however, disagree on what can or should be done, but know something needs to be done.

N-CAR scientists expect the average global temperature to increase by three degrees over this century. Three degrees may not seem like a large amount, but in a heat wave, a three-degree difference could be dangerously hot for more people and create one-foot higher storm surges.

Continued...

BACKGROUND: Storms will dump heavier rain and more snow around the world as earth's climate continues to warm in the next 100 years, according to several leading computer models. A new study by scientists at the National Centre for Atmospheric Research (NCAR) explains how and where warmer oceans and atmosphere will produce more intense precipitation. Such information could help communities better manage water resources and anticipate possible flooding.

ABOUT GLOBAL WARMING: Global warming refers to an average increase in the earth's temperature -- which has risen about 1 degree Fahrenheit over the past 100 years -- which in turn causes changes in climate. A warmer earth may lead to changes in rainfall patterns, and a rise in sea level, for example, as polar glaciers melts. Some of this rise is due to the greenhouse effect: certain gases in the atmosphere trap energy from the sun so that heat can't escape back into space. Without the greenhouse effect, the earth would be too cold for humans to survive, but if it becomes too strong, the earth could become much warmer than usual, causing problems for humans, plants and animals.

WHAT NCAR FOUND: Both the oceans and the atmosphere are warming as greenhouse gases build. Warmer sea surfaces boost evaporation, while warmer air holds more moisture. As this soggy air moves from the oceans to the land, it dumps extra rain per storm. The greatest increases will occur over land in the tropics because that is where water vapour most tends to increase, according to the NCAR study. However, extra moisture combined with changes in sea-level pressures and winds means that north-western and north-eastern North America, northern Europe, northern Asia, the east coast of Asia, and south-western Australia will also experience heavier rain or snowfall.

Focus on Share and Care Staff

Interview with Marg



When did you first start working at S&C?

Too long ago to remember for sure but I think it was about 1983

Please tell me how you first got involved with this organisation?

My friend was employed as the receptionist for Share and Care and told me Share and Care were looking for a cleaner for the Centre; I applied and was employed as the cleaner. I then went on to work in the reception area, in the Child Care Centre (Which in those days was actually at the Share and Care building), I also did some refuge work at the old refuge in Aggett Way; I was payroll officer and financial Counsellor and for the past 8 years I have been in FDV services.

After so many years at S&C what do you think has made you last so long?

I think I have managed to stay at Share and Care so long because I have always been adaptable, gone along with the changes and am always easy to get along with.

What has your favourite role been at S&C ?

I have enjoyed my time at Waminda the most.

In all your time here, how has the organisation changed in your opinion?

The organization has changed a lot throughout my years of being involved, from being just a Neighbourhood Centre run by volunteers to now having the various different programs.

What lessons have you learnt at S&C that have helped to make you who you are?

This is a very difficult one to answer; I could not begin to tell you all I have learnt throughout the years and all the wonderful people I have learnt from.

What are the best things about S&C?

All the wonderful people involved with Share and Care

Who or what inspires you in your life?

My family...

What is your favourite pastime?

Reading , reading, reading and spending time with family, especially my grandchildren (3 boys and 6 girls) and two beautiful great grandchildren.

How to Make Your Life Greener

Plant a tree. Everyone knows that our forests are quickly being eroded. If you plant a tree, you can help the quality of air in your home and neighborhood.

Open a window. Turn off the air conditioner and open a window instead.

Secure your home from drafts. A drafty home is an energy inefficient home. This will significantly reduce the amount of energy you use to heat your home. Also, use natural sunlight to warm up a room.

Use a laundry line. If you live in a warm or sunny climate, don't use the dryer. Instead, get some nylon rope from the hardware store and make a laundry line.

Turn off the faucet. Fix any leaks around your home and save the earth's most precious resource. When not in use, turn off the faucet. When you are in the shower, turn off the faucet while you are sudsing and simply turn it back on when you are ready to rinse.

Walk or bike whenever you can. Carbon emissions from vehicles are a major pollutant in any city. For quick trips, use your feet! It will help you stay healthy and it saves on energy and fuel. If you must use your vehicle, consolidate all your trips so you only have to go out once.

Segregate your garbage. Place your organic waste in a compost or use the garbage disposal unit in your sink. If you throw your wet waste such as food scraps, it goes to the landfill where it creates methane emissions that adds to the hole in the ozone layer and increases global warming. If you can compost, you'll not only lessen your garbage, you'll also create fertile soil for your plants.

Reuse and recycle. When you segregate your garbage, go ahead and recycle what you can. Find new uses for things. Make pots out of old milk jugs or cartons. Bring your aluminum cans and old newspapers to a recycling center.

Cut back on waste so you can live a little greener. In fact, the more energy efficient and environmentally conscious you are, the more money you save.



**Did you
know...**

Did You Know

The reason why we nod our heads for “**yes**” and shake it for “**no**” was first explained by Charles Darwin. He related the gestures to a baby's nursing habits. The nod, the forward head motion, is the breast-seeking pattern. Shaking the head from side to side – gesturing “no” – is a breast-rejecting motion. This is confirmed by the fact that a baby born deaf and blind will nod for yes and shake its head for no.

Source: Ever wonder why? – by Douglas B. Smith

Did you know the average person falls asleep in 7 minutes?

Did you know a crocodile can't move its tongue?

Did you know a strawberry is the only fruit which seeds grow on the outside?

Did you know that the first MTV video played was 'Video killed the radio star' by the Buggles?

Did you know in 1878 the first telephone book made contained only 50 names?

Did you know the safest car color is white?

Did you know the most commonly forgotten item for travelers is their toothbrush?

Did you know room temperature is defined as between 20 to 25° C (68 to 77°F)?

Did you know an octopus pupil is rectangular?

Did you know the hyoid bone in your throat is the only bone in your body not attached to any other?

Did you know the oldest word in the English language is 'town'?

Did you know its physically impossible for pigs to look up at the sky?

Did you know your most sensitive finger is your index finger (closest to your thumb)?

Did you know Venetian blinds were invented in Japan?

Did you know the average golf ball has 336 dimples?

www.didyouknow.com



Natural Insecticidal Baking Soda Spray

This spray is great for treating plants with fungal diseases. There is nothing quite as frustrating as discovering your plant has an unsightly case of mildew, a type of fungal disease. Suddenly your beautiful green cucumber and squash leaves are replaced by patches of greyish-white blotches.



1 tablespoon of baking soda
1/2 tablespoon of oil
2 quarts of warm water

Add baking soda and oil to a cup of warm water until it dissolves. Mix in the rest of the water. Before attempting to spray and treat your plant, remove the most severely damaged leaves first. Then spray your solution, repeating every few days until it disappears. This mixture is best made and used immediately.

Additional Notes: It's best to spray your plants in the morning, before the sun is too hot or you run the risk of burning the leaves of your plant. And while these spray are non-toxic and less harmful than commercial pesticides, they will kill beneficial bugs along with the harmful ones. I recommend using these sprays sparingly, only treating the infected plants.

Beef and beer casserole

Ingredients (serves 4)

- 2 tablespoons olive oil
- 750g gravy beef, trimmed, cut into 3cm cubes
- 1 medium leek, trimmed, halved, washed, sliced
- 2 garlic cloves, crushed
- 4 middle bacon rashers, trimmed, chopped
- 200g cup mushrooms, sliced
- 2 tablespoons plain flour
- 2 large desiree potatoes, peeled, chopped
- 2 dried bay leaves
- 4 sprigs fresh thyme
- 375ml bottle lager beer
- 1 1/2 cups beef stock

Sliced crusty bread, to serve



Method

1. Preheat oven to 180°C/160°C fan-forced. Heat half the oil in a heavy-based, flameproof casserole dish over medium-high heat. Cook beef, in batches, for 5 minutes or until browned. Transfer to a bowl.
2. Heat remaining oil in dish. Add leek, garlic, bacon and mushrooms. Cook, stirring, for 5 minutes or until onion has softened. Return beef to dish. Add flour. Cook, stirring, for 1 minute. Add potato, bay leaves and thyme.

Stir in beer and stock. Cover dish. Bring to the boil. Transfer to oven. Bake for 2 hours or until beef is tender. Remove and discard bay leaves. Serve with bread.

Apple and date crumble

Ingredients (serves 4)

- 4 Granny Smith apples, peeled, cored, cut into wedges
 - 2 tbsp caster sugar
 - 8 fresh dates, seeded, coarsely chopped
 - 1 cup (90g) rolled oats
 - 1/2 cup (75g) plain flour
 - 1/3 cup (25g) shredded coconut
 - 1/4 cup (55g) brown sugar
 - 80g butter, softened
- Vanilla ice-cream, to serve



Method

1. Preheat oven to 180°C. Place the apple in a large saucepan and sprinkle with caster sugar. Place over low heat and cook, covered, stirring occasionally, for 10 minutes or until apple is tender. Remove from heat and add the dates. Stir to combine. Transfer mixture to a 4-cup (1 litre) capacity ovenproof dish. Combine the oats, flour, coconut and brown sugar in a medium bowl. Add the butter and use your fingertips to rub the butter into the mixture until it resembles coarse breadcrumbs. Spoon over the apple mixture. Bake in preheated oven for 20 minutes or until golden brown and heated through. Serve with vanilla ice-cream, if desired.

KITCHEN TIPS FROM CHEFS AROUND THE WORLD CONTINUED

- For an easy weeknight meal, save and freeze leftover sauces from previous meals in ice cube trays. The cubes can be reheated in a sauté pan when you need a quick sauce.
- When making meatballs or meatloaf, you need to know how the mixture tastes before you cook it. Make a little patty and fry it in a pan like a mini hamburger. Then you can taste it and adjust the seasoning
- Instead of placing a chicken on a roasting rack, cut thick slices of onion, put them in an oiled pan, and then place the chicken on top. The onion will absorb the chicken juices. After roasting, let the chicken rest while you make a sauce with the onions by adding a little stock or water to the pan and cooking it for about 3 minutes on high heat.
- After cutting corn off the cob, use the back side of a knife (not the blade side) to scrape the cob again to extract the sweet milk left behind. This milk adds flavour and body to any corn dish.
- Acidity, salt and horseradish bring out full flavours in food
- Take the time to actually read recipes through before you begin.
- Recipes are only a guideline, not the Bible. Feel comfortable replacing ingredients with similar ingredients that you like. If you like oregano but not thyme, use oregano.
- A braised or slow-roasted whole beef roast or pork shoulder can be made into several dishes and sandwiches all week
- Taste as you go!
- Anytime you are using raw onions in a salsa and you are not going to eat that salsa in the next 20 minutes or so, be sure to rinse the diced onions under cold running water first, then blot dry. This will rid them of sulphurous gas that can ruin fresh salsa. It's really important in guacamole, too.



An Autumn Leaf

By Immanuel Joseph



Yesterday, I was the mist of the waterfall
Tomorrow I will be a raindrop
Racing toward my destiny
But today
I am the cloud
Floating amidst the mountain peaks
The hangman's noose is empty
For I am life
I cannot be destroyed
The winds of adversity
Buffet and mould me
Yet I float free
I am freedom
The bird that flits happily
Among olive trees
I am the wind of the evergreen glades
I am boundless
Without secrets, without fear
I am love
The red ferns on mossy grass
I am Now
This hour, eternity
I know no beginning or end
I cannot be destroyed.



www.inspirationalpoetry.com

PROGRAM NEWS



FAMILY AND DOMESTIC VIOLENCE SERVICES

WAMINDA HOUSE

We remain busy within the refuge. All the programs within the FDV services had a productive Planning Day. Sue is back at work for the Homemakers program, it's good to have her back. There have been office changes to streamline our space. We have welcomed and enjoyed having some of the Home Support Services staff attending Waminda. Gail has attended the OSH week training and both Gail and Di attended the Specialist Homelessness Services Conference to find out about our services. Di has started attending the Child Safety Group currently trying to be established in the Wheatbelt.

DV CHILD SUPPORT PROGRAM

Steph has been assisting mothers with 5 children on-site. Steph has been liaising with the school regarding some issues related to children residing at the refuge. A client has been linked into the mothers group at WAHS. Steph has attended Understanding and Working with Young People who Self Harm and the Wheatbelt Aboriginal Maternal and Child Health workshop. Donna from Best Beginning attended the refuge to provide information regarding the program. This program has had a lot of interaction with Avon Youth Services regarding mutual clients.

SAFE AT HOME

The staff has been very busy receiving 43 referrals for outreach support and 4 security upgrades for May. Promotional work with Avon Youth, DCP in Moora, Aboriginal Legal Service and Northam Hospital, distributed SAH information packs and brochures to RHCS. Planning Day with Waminda staff was held on the 8th May. The SAH office has relocated to the rear office at the refuge for more space.

Continued...

CMCS

The Family and Domestic Violence Unit has held Development Sessions in Narrogin, Merredin, Northam and Moora over the past two weeks with Jeni and are currently working on the outcomes and proposed development of Moora . These sessions also discussed with the agency practitioners to increase consistency with regards to the Governance and Operational Manual. The CMCS Service Review was held with DCP and Jeni and Di on the 17th May. There has been 1 new referral for Merredin, 3 cases were closed in Northam and Narrogin transferred one case to the Peel CMCS.

DJOOKANKA HOUSE

The refuge is still quiet with just 1 client accommodated in May, the Police have been issuing a lot of 72 hour orders and removing the perpetrator from the house which has made it easier for the clients to remain at home. Karen has commenced in Narrogin and Jackie from the Board of Management attended Djookanka with Carol and Di to have a look at the refuge. The OSH and maintenance issues are slowly being completed. All the staff has attended the Suicide Awareness Training course held in Narrogin. Kylie has attended the Dangerous Liaisons Course in Perth and Joan attended the SHS Conference. Kristy and Joan presented an overview of the services at South West Aboriginal Medical Service.

OUTREACH SUPPORT AND COUNSELLING

Outreach has been very busy with 27 adults receiving support, five new clients have engaged with the program, clients are assisted with support moving into new homes, VRO's, Safety plans, attending the Rainbow Centre and transport to appointments. Joan assisted the CMCS Meeting by Chairing the meeting while Jeni was away. Joan attended the SHS Conference in Perth and continues to promote the services throughout the area and liaises on a daily basis with many agencies within the town and surrounding areas.

Home Support Services News

We have had a few Fieldworkers returning from leave this month. We welcome back Eva from sick leave and are very glad to see she's doing 100% better. We also welcome Hannah back from Nursing Prac.

Our Men's Social Group enjoyed their game day so much last month that they went Bowling this month to keep the theme going. They stopped at Sizzler for lunch on the way home and all clients are eagerly anticipating June's trip.

The Saturday Bus Trips are bigger than ever. The Midland shopping trip went really well with some of the ladies deciding to visit the movies next month as they are all shopped out now! The tourist trip this month went to the Cunderdin and toured the Cunderdin historical museum and then lunched at the famous Ettamougha pub. Everyone had a great time!

Our Cuppa Club is getting busier than ever with some of the clients bringing friends to join the group! The ladies are all enjoying the cuppa and cake with a side of gossip each Friday.

Mental Health & Mobile Respite Services News

May has seen a great improvement for Mental Health & Mobile Respite with the programs 'Get Tapping' and 'Youth Group Craft Group' starting up again after school holidays.

We welcome our new Mental Health Coordinator, Joanne who joins us from over east. Jo brings a vast amount of experience to our service and we welcome Jo heartily.

Our 'Get Tapping' group has resumed this month with the clients learning about the internet and how to use the Transport Department's website to apply for driver's licences and other driving requirements online. They have also dived into the world of Microsoft Excel and started learning the basics of word processing. All clients are enjoying their lessons and have expressed an interest for more.

The 'Mobile Respite Craft group' have been busy this month in their creative endeavours turning them towards home decorating. They have made Bling placemats & coasters, created handmade shopping bags and other exciting projects this month.

OCCUPATIONAL SAFETY & HEALTH

There were 3 incidents this month:

1 Financial Services incident relating to client abuse.

1 Vehicle incident – Staff member misjudged a pole – no injury

1 Client incident at The Lodge – the client tripped up a step and grazed his shin; Medical treatment was sought with medicinal costs reimbursed through ER.

0 Action requests were submitted.

Most issues at The Lodge have been rectified, we are waiting for the Department of Housing to rectify the remaining issues.

Djookanka are still rectifying their issues on a priority basis and await availability of tradesmen .

Len, Gail & Jenni completed their OSH Representative course this month with other program coordinators to complete their course in the coming months.

All in all May was a good quiet month for OSH. Keep up the good work everyone.

FINANCIAL SERVICES

Northam Emergency Accommodation Program has depleted funds for this financial year with huge demand with assistance with incomings and rent arrears threatening eviction.

Emergency relief and Families assistance has been a little quiet with the carbon tax and school payments starting to be distributed to clients.

Financial Counselling is still busy with a variety of issues presenting which keeps it interesting.

The lodge is full with clients and Len has been busy with OSH, NPAH training, John and Rupert have had extra time to learn day to day client based needs at the Lodge while filling in.

John and Rupert also attended the "Angry Anderson" presentation which they reported was great, I have also seen his presentation which I found excellent and worth attending.

The NPAH conference attended by Yvette and Len was reported as informative and well presented. They both enjoyed it...

END OF PROGRAM NEWS

In Today's World...

Article: Aged Care Services

Socialization and Aging - How important is socialization?



Many studies have been done on socialization and aging. The newest study reveals that a person cannot acquire social skills without a life-long exposure to social situations. You can't expect elderly people, who have been a "homebody" all their lives, to suddenly have a desire to spend time in a senior citizen centre, day in/day out, being sociable. It may take a time of transition before she/he feels ready for more social environments.

An elderly person has already established the degree of interaction with others that they desire. It is a lifetime of learning to socialize with others in work, play, and other activities.

As we age, our circle of friends usually becomes smaller. The reason for this is that friends can pass away or become incapacitated to a point of not being able to drive. The spouse that is left behind comes to depend upon their children or other family members for activities and stimulation.

Here are some helpful tips:

Participate in senior groups. Contact your local fitness centre, town hall, or information centre for ideas of groups that meet in your community. Senior centres have been established to help ease the transition of aging. They plan activities such as exercise, meals, games, and trips.

Learn new skills. It's important to realize that as you age, you need to be involved in learning new abilities and seeking brain stimulation. Learning a different language is a good exercise for your mind. Brain teasers, cards, and mathematical puzzles are good too.

Find a part-time job or a volunteer position. Studies have shown that people who have had a variety of jobs are more apt to be interested in continuing socially as they age. Those who are more sedentary may have a more difficult time adjusting to a lonelier time of their lives.

Attend church. Church is a great place to find support groups for the elderly. I can't think of a better book to stimulate your mind than the Bible. It's been around for at least four thousand years and is still a best seller.

Peace comes to the aging when you realize that the next step is the best yet to come.

Article: Mental Health Services

The Productivity Commission has recommended that the Commonwealth Government take over regulating and funding disability care and support in Australia under a National Disability Insurance Scheme (NDIS). The Commission also recommends that funding for disability care and support is doubled.

Extensive reforms are recommended including the introduction of individual budgets (self-directed funding⁴) for people with a disability which they could use to purchase specialist or mainstream services that meet their needs, as defined in an individual plan approved by the NDIS. This would establish a market for disability services in which service providers compete to attract consumers and charge a fee for service. It would also mean that service providers would no longer receive block funding for direct service delivery.

However, the Mental Health Coordinating Council notes that state and territory peak community mental health organisations have a number of concerns regarding the model proposed by the Productivity Commission, including:

The potential for an unregulated market to affect viability and provision of a diverse range of community managed mental health organisations;

The potential for competition between service providers to drive down wages and conditions for the community managed mental health sector workforce;

Potential for the competitive and individualistic orientation of the new system to undermine the collaborative work undertaken by CMOs;

The risk that where smaller CMOs fail to compete there may be a loss of specialised skills and knowledge;

The potential that future budget cuts to the NDIS results in higher disability entry eligibility requirements in an environment of reduced support options;

The extent to which the service system under the NDIS is designed to respond to fluctuating and episodic levels of mental health.

The risk that people not eligible for individual packages under the NDIS will have reduced access to support services;

The need to ensure that the assessment process used by the NDIA are appropriately specialised;

The risk of a reduced focus on systemic and structural issues as funds are largely only sufficient to support individuals;

The implications of different implementation processes within states and territories particularly where disability and mental health services are separate.

The extent to which the reforms are beneficial for people with a psychosocial disability and community managed mental health organisations hinges on whether these issues are considered and safety nets put in place.

Article: Domestic violence services

What factors shape community attitudes to domestic violence?

PART 1

By Isobelle Barrett Meyering

Australian Clearinghouse Research Assistant



With Australian governments at all levels investing significant resources in primary prevention, it is timely to consider the processes that determine community attitudes. Recent initiatives that have received substantial government funding include respectful relationships education programs in schools and social marketing campaigns utilising the popular media, such as social networking web sites. In order to maximise the impact of these interventions, we need to know what factors affect community acceptance of violence and make sure they are effectively targeted

One of the major objectives of the National Community Attitudes to Violence against Women Survey 2009 was to determine whether Australian attitudes to violence against women had improved since 1995, when the Office for Women conducted a similar survey. While the overall trend in community attitudes to violence against women is encouraging, the researchers found that certain myths about violence have endured and, in some cases, become more prevalent (AIC, SRC & VicHealth 2009, p. 9).

Some positive changes in attitudes since 1995 include:

Continued...

- Greater recognition of the range of acts which constitute domestic violence, in particular psychological, verbal and economic abuse (pp. 24-25)
- almost all people agree that domestic violence is a crime (p. 31)
 - most people say that they are willing to intervene in domestic violence situations, especially those involving a friend or family member (p. 50).

The key areas where attitudes to violence against women remain problematic include:

- few people understand the reasons why women stay in violent relationships (p. 48)
- a large number of people believe that women often make false allegations of violence (p. 44)
 - attitudes which justify, excuse and minimise violence against women remain persistent (p. 37)
- the belief that domestic violence is perpetrated equally by men and women has become more widespread (p. 34).

Gender as the key predictor of attitudes

One of the main themes of this growing body of literature is that gender is closely linked to attitudes to violence against women. This theme emerges strongly from the four key texts in this thematic review, with the authors distinguishing between two different attributes of gender at play – on the one hand, one's individual gender or sex (whether one is male or female); and on the other hand, one's views on gender roles.

Continued...

According to the *National Community Attitudes to Violence against Women Survey 2009*, sex is a major predictor of attitudes to violence against women (AIC, SRC & VicHealth 2009, p. 56). Men in the study identified a narrower spectrum of behaviours as domestic violence and were less likely to regard them as serious. They were more accepting of excuses for violence and less prepared to intervene in a domestic violence situation.

Even more important, however, is the community's views on gender equality and gender equity – the strongest predictor of attitudes, according to the survey (AIC, SRC & VicHealth 2009, p. 54). The survey included a set of general questions about women's status and access to resources in Australia, in order to determine each participant's gender equity score (i.e., their overall support for gender equity). The survey found that participants with a high score – around one third of the general community sample and slightly less in the SCALD sample – had a stronger understanding of the seriousness of domestic violence. They were also less likely to excuse or justify violence or to see it as a private matter.

The findings of Uthman, Lawoko and Moradi (2009) again attest to the close relationship between gender and attitudes to violence against women. Their study found that sex was the most important predictor of attitudes, although in this case women – not men – were more likely to justify violence. Like others, Uthman, Lawoko and Moradi (2009) link this finding to the broader question of gender inequality. Significantly, the only country in which women were less likely to justify violence was Lesotho, where the adult female literacy rate is higher than the adult male literacy rate. A related finding of their study is that shared household decision-making between men and women was associated with lower tolerance for violence.

Article: Financial & homelessness services

Over-65 and in debt

Older Australians and retirees are being forced to live on credit to cover basic living costs, with bad debts soaring among over-65s.



According to a report from credit research company Veda, older Australians were racking up debt faster than ever but could not afford to repay it.

The report, provided to *Business Daily*, revealed the debt default rate for people over 75 years had soared more than 200% in the past decade.

The Herald Sun reported Veda general manager of consumer risk, Angus Luffman, as stating for over-65s, the default rate had jumped 150%.

While younger Australians were reducing the use of their credit, Mr. Luffman claimed they remained concerned about the debt levels of older Australians. About 6% of over-65s reportedly had more debt this year than last year. Five years ago, only 3% of this age group claimed their debt had increased.

Most debts related to living costs such as utility and telecommunications accounts. Experts claimed it may be difficult to reduce spending when a person reached retirement and the supply of “easy credit” was a major problem.

Watching Television Doesn't Actually Let You Unwind

The average adult watches more than four hours of television each day, according to the Nielsen ratings, largely in the name of “relaxation.”

But the effects of TV are usually the exact opposite, says Marc Berman, Ph.D., a cognitive neuroscientist at the University of Michigan. “People think it’s restful, because it’s so easy to do — you just sit on the couch.”

But, rather than walking away refreshed, you could feel crankier and more tired with too much TV time.



A lot of television is designed to keep you totally engaged,” says Berman, who researches, among other things, the effect of different environments on memory and focus. So, while you may be hoping to give your mind a rest after a long day at work, you’re simply engaging in a different activity that still requires all of your attention resources

To actually unwind, consider an activity that really is restorative — one that allows your focus to soften.

Meditation or exercise can help you ease your mind, or get outside for a walk and admire the view — being in nature has a restorative effect, and even looking at pictures of trees and other natural elements can be calming. “Nature gives you opportunities to reflect that other stimulating activities like watching TV don’t,” Berman says.

What You Say About Others Says a Lot About You, Research Shows

How positively you see others is linked to how happy, kind-hearted and emotionally stable you are, according to new research by a Wake Forest University psychology professor.

"Your perceptions of others reveal so much about your own personality," says Dustin Wood, assistant professor of psychology at Wake Forest and lead author of the study, about his findings.



By asking study participants to each rate positive and negative characteristics of just three people, the researchers were able to find out important information about the rater's well-being, mental health, social attitudes and how they were judged by others.

The study appears in the July issue of the *Journal of Personality and Social Psychology*. Peter Harms at the University of Nebraska and Simine Vazire of Washington University in St. Louis co-authored the study.

The researchers found a person's tendency to describe others in positive terms is an important indicator of the positivity of the person's own personality traits. They discovered particularly strong associations between positively judging others and how enthusiastic, happy, kind-hearted, courteous, emotionally stable and capable the person describes oneself and is described by others.

The study also found that how positively you see other people shows how satisfied you are with your own life, and how much you are liked by others.

In contrast, negative perceptions of others are linked to higher levels of narcissism and antisocial behaviour. "A huge suite of negative personality traits are associated with viewing others negatively," Wood says.

This research suggests that when you ask someone to rate the personality of a particular co-worker or acquaintance, you may learn as much about the rater providing the personality description as the person they are describing.

BOARD OF MANAGEMENT



CHAIRPERSON - Caroline Smart has been a Board Member and Vice Chair with Share & Care in the past, along with regional health Boards and a variety of other groups.

Caroline's forte lies in her extensive knowledge of and experience in the Child Care industry and her grass roots knowledge of regional community issues.

Caroline's interests are reading, gardening and community needs.



TREASURER - David Gorham joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then.

David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989. David is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam.

David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.



VICE CHAIR - Ann Gibbs is long time resident of Northam, married to Ian and has been involved in not for profits that include Rocky Bay Village contender in the Mrs Australia Pageant, Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, A Charter member of the Inner Wheel Club of Northam Inc (27 years), Chairman of District A40 Inner Wheel Inc (State Level), and Paul Harris Fellow for service to Rotary

Currently Ann works part time and her Interests include reading, gardening and music. Ann has 4 children and is a grand mother to 10 grandchildren.



BOARD MEMBER - Jacquie Holmes has been teaching for over 20 years. A long time local of Northam she enjoys family (4 children and 14 grandchildren) and enjoys reading, spinning, bowls and crosswords.



BOARD MEMBER - Attila Mencshelyi, Attila Mencshelyi – born and educated in Merredin married with 4 children and 8 grandchildren. Regional Manager with the Department of Housing with 38 years experience in the housing sector and 5 years prior to this with the Public Works Department. Has worked in Merredin, Kalgoorlie and Northam. While in Kalgoorlie/Boulder was a City Councillor from 1994 to 1999 and served on Boards of Goldfields Group Training and also Goldfields Independent Family Support Association. Has been on Share & Care Board since 2009 and also on Wheatbelt Independent & Family Support Association, and Chair of the Wheatbelt Senior Managers Forum.



SECRETARY - Trisha Ellis was born and educated in Northam and after moving away and returning several times, has now settled in town with her husband, Daniel, and two young children.

Trisha's work experience is largely in Local Government and the not-for-profit sector, now working in health. Her current role complements the work of Share and Care and she is excited about joining the Board.

Trisha is passionate about ensuring access to high-quality services for all residents in the Wheatbelt.



BOARD MEMBER - John Klassek lives in Spencers Brook and operates a small IT business as well as manages a media streaming server. Together with his wife Rebecca, they have six children.

John recently finished building their family home, and his interests include archaeology, public speaking and film production. Other interests include having made a violin from Tasmanian timbers; last year he wrote and published his second book, and more recently engineered and built a steam engine.

John is also involved in community service work in Northam, and his work in Christian outreach often takes him interstate and overseas.



BOARD MEMBER - Fiona Conley joined the board of Share and Care in late 2011. A new resident, Fiona and her husband Troy and two children moved to Northam in January 2011, when she transferred with work.

Fiona is currently the Bank Manager with Westpac and has over 12 yrs experience in the Financial Services Industry. Community Services has always been a strong interest for Fiona and she looks forward to being part of the Share and Care team.



Share and Care would like to welcome the new staff that have started in our various programs, we hope you enjoy your time with us.



Share&Care

Community Services Group

Building resilience in communities