

# June 2025 Newsletter

## Cathy Gill's Report



We are expecting colder weather ahead. Please consider having the Influenza (flu) vaccine if you have not already done so.

Influenza (flu) is a very contagious infection of the airways. It affects people of all ages. The peak flu season, is generally June to September. It is never too late to get your vaccination since influenza can circulate in the community all year round.

### **WASInc will reimburse staff for the cost of the vaccine**



Our June staff meeting/training was held Thursday 19 June and included behaviour support training facilitated by S Knijnik from EDUCare.

July staff meeting/training will include Dysphagia training from Recovery Station.

Webinars are the new networking.... We have all attended many over the last few weeks. Mostly around the NDIS and changes going forward for providers.

Also changes to SCHADS Award payrates, superannuation, LSL becoming portable within the disability sector and Digital ID's becoming mandatory to access Government services.

Lichelle and I attended Rydges in Newcastle for a RPA workshop facilitated by Dept Of Community & Justice and NDIS Quality & Safeguards Commission. The information was not really appropriate for the people in the room. Focused more on Behaviour Support Practitioners, however we did learn a few things.

### **Westlakes Access & Support Inc –**

#### **Committee members next meeting is on Wednesday 16th July 2025**

If you or someone you know are interested in taking a more active role in our service & having an input into our direction, why not consider joining the committee.

As a committee member you will be involved in ensuring we remain a viable, small, not for profit, charitable organization, and able to continue supporting our residents in their homes.

If you are interested in learning more please speak to Cathy Gill or a committee member.



**Please "Save the Date" to join us on**

**Wednesday 1st October 2025**

**We will be celebrating**

**Stephen, Suzie, Lisa & Helen's 60<sup>th</sup> Birthdays.**



The “Safe & Secure Seniors Fair 2025” held at the Glendale Sports Centre on Thursday 12 June 2025 was a great opportunity to listen, learn & network.



There were a variety of stall holders and guest speakers talking about Elder abuse, Power of attorneys & Enduring guardians, Crime prevention and an interactive - Active Stronger Better segment, our committee members Errol, Jan & Kath & staff Lynn & Lichelle were active participants.



The free coffee & cake was also a hit.



**The “Safe & Secure Seniors Fair 2025 had me, and others, really considering what we had in place for the “Just in case” situations life throws at us.**

Like making a **will**, appointing an **Enduring Guardian**, **Power of Attorney** and nominating a **binding beneficiary** for our Superannuation.

An Enduring Guardianship means that you choose another person, called a Guardian, to act as your decision maker **if you lose the mental capacity to make decisions about your lifestyle and health issues**. Lifestyle decisions include where you live and what medical treatment you have.

**Enduring Guardianship** is different to a **Power of Attorney**.

A Power of Attorney is a legal document where you give a person the authority to manage your **money and make financial decisions** for you.

If you want the Power of Attorney to continue even after you lose mental capacity, you can fill out an **Enduring Power of Attorney** form.

Superannuation have **non-binding** and **binding** nominations.

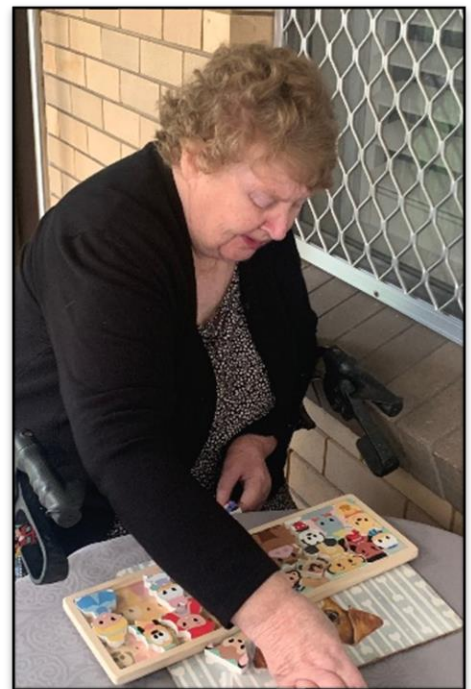
A non-binding beneficiary nomination is a **guide** for your superannuation fund to who **you'd prefer** to receive your death benefits. A binding nomination means that your death benefits **MUST legally** go to your binding nominated beneficiaries.



*Stephen  
always  
enjoys a  
trip to  
Bunnings*



*Raeline & Helen  
Enjoying some  
downtime at home.  
“Puzzling it out”*



*Suzie had a lovely  
morning tea out  
with mum,  
supported by  
Tanya*





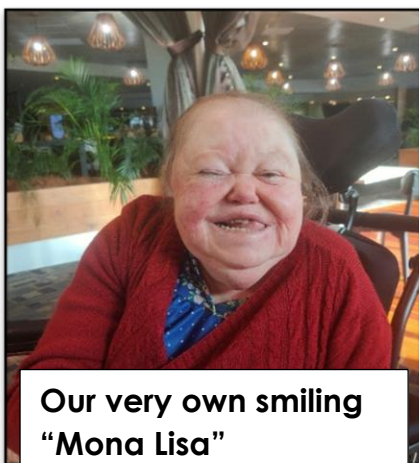
**Susan & Suzie out for a ladies morning tea**



**Robyn's happy place**



**Lisa out for lunch supported by Seeta**



**Our very own smiling  
"Mona Lisa"**



**Donna always returns home with a  
smile after a day at Music Melodies**



**Deb and Tanika both shared their birthdays with us and their cakes.**



**Happy June Birthday also to our committee members Ian Miller & Jan Lind.**

### Lake Mac events

#### **This sounds like fun**

Charlestown Square Centre Court, Level One, Charlestown Square outside Myer. 3:00- 4.30pm Sunday 29 July 2025

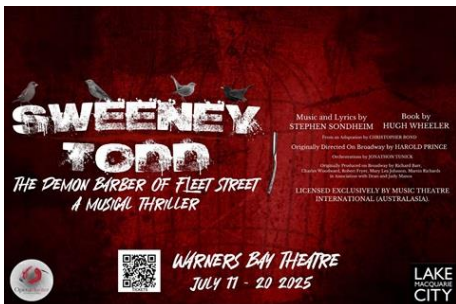
**One Song Sing** is the Hunter's very own pop up choir.

One song learned, sung and performed within an hour(ish).

Teach one song in one hour to hundreds of people.

We want people of all ages and singing abilities to sing one song..

This year, participants will learn and perform the popular song Halo by Beyonce.



**Sweeney Todd: The Demon Barber of Fleet Street**  
Come for the thrill, stay for the terror...but watch your neck!

Warners Bay Theatre, baramayiba, Warners Bay, 2284

With chilling music and a plot as sharp as Todd's blade, this Tony Award-winning masterpiece will slice through your expectations and leave you craving more.

Friday, 11 July 2025 7:30 - 9:30 PM  
Saturday, 12 July 2025 2:00 PM - 4:00 PM  
Saturday, 12 July 2025 7:30 PM - 9:30 PM  
Sunday, 13 July 2025 2:00 PM - 4:00 PM  
Friday, 18 July 2025 7:30 PM - 9:30 PM

**Spotlight on Louise**

Hi, I started working at Westlakes in March 2017 until June 2022, I then took a break. I returned in October 2024 and I am so glad to be back at Westlakes. Everybody has been so welcoming. Thanks for being fabulous, you are a great team.

I continue with my casual role at Opal aged care, I enjoy working between aged care and disabilities, I feel it's a good thing to do. I have a busy social and family life, that keeps me moving at a fast pace. I live in a lovely part of Lake Macquarie with my little mate "Moo".



My family has grown and I am now the proud "Nana" of 13 grandchildren. The latest arrivals Beau Rohan Ridley arrived on 13<sup>th</sup> June 2025, the 7<sup>th</sup> child to my son Luke & partner Stacey and Felix in January 2025 the 3<sup>rd</sup> child to Kody and Claudia. Mathew and Angela also have 3 children. My sister Lisa and brother Rick along with all the family are looking forward to my Niece, Reece giving birth soon to her first child. It will then be a fun trip to Cooma to meet and congratulate the little family.



**Lisa, Lou & Rick**



**Beau Rohan Ridley**



**Felix Ridley**

**Thank you Louise for sharing your story. We are all so happy to have you back with us here at Westlakes.**

**Here is a \$25.00 gift voucher to say thanks... Enjoy**

**Important contacts**

National Disability Insurance Agency Ph: 1800 800 110  
NDIS Quality & Safeguards Commission Ph: 1800 035 544  
Disability Advocacy Service -Hunter Ph: 49 27 0111  
Hunter Tenants Advice & Advocacy Services Ph: 02 49 27 657