



PROBUS CLUB NEWSLETTER August 2025

Join our facebook group - Jamberoo Probud Club - to stay up to date

Contacts:

President: Robert Lee 0418 401 570

Vice President: Leo Paternoster 0416 096 949

Vice President: Fiona Turner 0403 956 637

Secretary: Shirley Johnston 0411 154 077

Treasurer: Bruce Johnston 0414 272 098

Events Officer: John Pearce

Apologies: Ian Facey

Welfare: Maiya Kenny

Publicity Officer: Susan Alexander

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Jamberoo Probud Club 2025-2026 Committee

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President	Robert Lee
Vice President	Leo Paternoster
Vice President	Fiona Turner
Secretary	Shirley Johnston
Treasurer	Bruce Johnston
Membership Officer	Ian Facey
Events Officer	John Pearce
Publicity Officer	Susan Alexander
Newsletter Officer	Shirley Johnston et al
Welfare Officer	Maiya Kenny
Guest Speaker Officer	David Hall
Member Speaker Officer	Kevin Gilbert
Liaison Officer	Marj Micallef

Question: HOW CAN YOU HELP IN RUNNING THE CLUB?

Answer: By contacting John Pearce to offer ideas for Club Events

By volunteering to assist a Committee Member

By sending contributions for the Newsletter

By recommending a potential Guest Speaker

By becoming a Member Speaker

Emails:

John (for Club Events)

jambrooprobusoutings@gmail.com

Jim (for Humour contributions):

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Kevin (for a Member Speaker opportunity):

kag_pag@bigpond.com

Kim (for What have Members been up to?):

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Shirley (for all other enquiries):

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Membership Officer

If you can't make the next meeting, please remember to email Ian Facey with your apology at jamberooprobussmembership@gmail.com

Welcome to new members Diane and Noel Samways

Birthdays

Happy Birthday Wishes to the following members who celebrate birthdays in August:

Susan Alexander, Jennie Breeze, Kerry Brennan, Marea Gardner, Robert Lee, Kim Oborn, Cheryl Pearce, Denise Sims, Fiona Turner, Robyn Wilde



Welfare Officer's Report June 2025 - Maiya Kenny

JAN ALLEN has recovered from her hip operation and rehab, then two weeks ago caught the flu. As she is still coughing she decided it best to give this month's meeting a miss.

JULIEANNE DOUGLAS had a fall in Seville ten days before the end of their trip and shattered her left shoulder. She's home and has to wait 7 weeks to have it operated on.

KERRY BRENNAN has had another fall so please keep her in your thoughts and prayers.

It was good to see **BRIAN CASSELL** back at the meeting.

MARJ MICALLEF has recovered from her surgery and rehab and achieved her goal of going to Perth to visit with her son and granddaughter.

Keep those immune systems strong and stay healthy everyone ... winter is nearly over!

If you know of anyone who is injured, ill or feeling under the weather please let me know because sometimes it's good to have a chat.

Take care
Maiya 0407536702



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President's Report July 2025

As an ex cocky and coal miner, being President is an interesting learning curve, which I am very much enjoying. Someone once told me that being president is being like the captain of the ship; well, I was never a good sailor, so please, if I'm venturing off course, correct me.

We are very blessed in Jamberoo Probud with people who have volunteered their time for the many and various positions, and they are all operating at warp speed. Without their time and great effort to organise members' engagement in all the club's activities, events and tours we wouldn't have a club, so Jamberoo Probud should be very proud of the capped 100 membership.

Our Calendar is starting to fill for the rest of the year, but please come forward and discuss with our committee members any suggestions regarding activities, events or tours that we could investigate. Sky diving, swimming with sharks etc have been mentioned, however our insurance company may not look too kindly on these types of outings.

I look forward to enjoying our time that we all spend in fellowship.

Cheers

Rob Lee

Upcoming Guest Speakers

August	Gillian Opie	Downsize and Organise
September	David Butcher	The Local Vet Who Built a Zoo

Upcoming Member Speakers

August	Peter Jeffries
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Member Speaker Carole Parsons was introduced by David Hall.

Carole spoke about her life growing up in Rose Valley, Gerringong. This included her early family life, work life, meeting her future husband, Dave and their life together.





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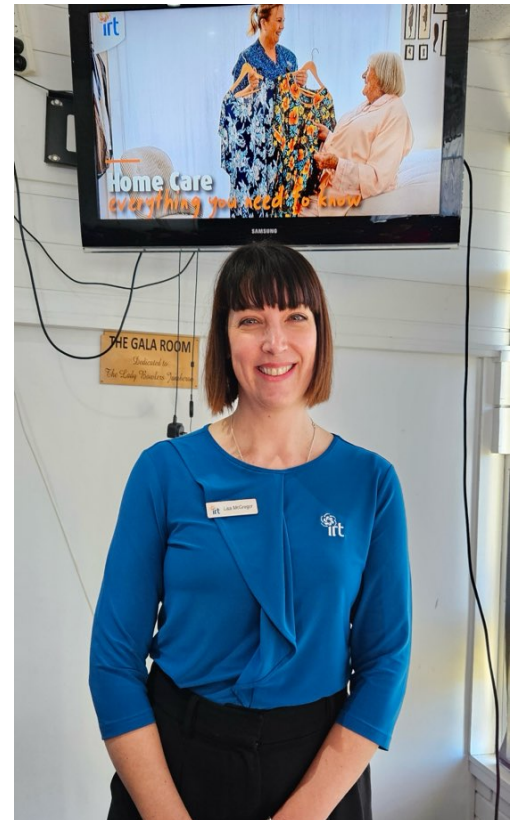
Guest Speaker: Lisa McGregor, Customer Development Manager, Illawarra Retirement Trust

Over 80% of older Australians want to see out their retirement in their own home. Home Care is a government subsidised support service designed to provide assistance to seniors to help with daily living and care around their home, including domestic assistance, social and shopping outings, transport to and from appointments and social events, allied health professionals such as podiatrists, physiotherapists and occupational therapists. and also access to equipment (GEAT - goods, equipment and technology). The result is a better quality of life and the ability to stay at home longer.

The benefits of Home Care are: choice and control over the care you would like to receive; personalised care tailored to your specific needs; and the opportunity to stay independent and keep doing the things you love.

Homecare Funding Options

1. The Commonwealth Home Support Programme (CHSP) – entry level, ongoing or short-term support services. (CHSP is not income tested so people receiving it make a contribution towards the services they receive. Domestic services, for example, on average cost between \$12 and \$20 per hour, which is a heavily subsidised rate).
2. Home Care Package
3. Paying privately.



Packages and Government Funding

- Level 1: Basic care needs (around \$10,000 per year)
- Level 2: Low level care needs (over \$18,000 per year)
- Level 3: Intermediate care needs (over \$40,000 per year)
- Level 4: High level care needs (just over \$60,000 per year.)

There is currently a long wait for assessment, so if you need help sooner you can pay privately for services from a reputable provider. To avoid this, people are encouraged to register now and apply for a package when eligible.

Obtaining a Home Care Package

Step 1: Register with My Aged Care or start a service. Everybody over 65 can be registered (over 55 if Aboriginal or Torres Strait Islander). Go online to the My Aged Care website or call them. Once the application is successful you will receive an Aged Care number which will stay with you for life and is used to manage your services.

Step 2 Get your needs assessment to determine if you qualify and the type of services you could receive. Wait times for assessment are currently about 6 months for level 1, 12-18 months for level 4

Step 3: Once you receive your package, start living a better life at home.



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Navigating the Website and Applying for Assistance or a Package

1. Check your eligibility. There are currently two assessment teams: the Regional Assessment Service (for CHSP) and the Aged Care Assessment team (more clinical and can provide a package, but with a 12 month wait). It is expected that these two teams will combine in November to speed up the process.
2. Face-to-face assessment (more commonly over the phone). It is advisable to have another person with you to gain a clear understanding and obtain the right support.
3. Income and Asset Assessment. Depending on your income, you may be required to pay a fee. Currently, full pensioners pay no contributions towards care, part pensioners and fully self-funded retirees may need to pay an income tested fee (\$0-\$37.70 per day), and the government pays the remaining cost of services.
4. Your assessment review and outcome will arrive in the mail with your dedicated number and relevant information.

If navigation assistance is needed, the Illawarra Retirement Trust offers a customer service line 7 days per week to provide assistance in navigating the My Aged Care website.

The cost of home care services depends on the level of care you need, the services you select, the provider you choose and whether you are eligible for government support. There are currently variations between providers; after 1 November the government will cap fees to 10%, but rates will increase. The costs deducted from your package include administration fees, care management fees, Home Care service costs, and product service costs (eg walking aids). Obtaining legal and financial advice is recommended, especially if on a part pension or self-funded, to assist in determining any income tested fees.

Once you are approved and assigned your package, you can name your provider. It is wise to check before approval. There are around 50 providers in the Illawarra but some of them are small and outsourced. You can transfer between providers if another better suits your needs.

In November the Support at Home Program is due to commence, based on a new classification system with eight levels, defined service lists and funding allocated quarterly rather than annually. The doubling of levels allows for a more accurate amount of funding to meet people's needs. Anyone in the system before 12 September 2024 can keep their funding surplus or transfer it to another provider. If approved before that date you can continue to use the funding as you wish (No Worse Off). If you are approved after that date you are allowed to keep \$1000 or 10%. You will not receive an upgrade to the next level unless you have less than \$10,000 of funding in surplus. There will also be a sliding scale for cost of services, from no charge for clinical care, 5%-50% for independence (personal care, transport and social support) and 0%-80% for everyday living (domestic, garden, meals), depending on income and assets.



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Upcoming Events



August:

Wednesday 13 August 2025 11.45 for 12.00 noon

Anniversary Lunch at Oak Flats Bowling Club

\$50 pp payment to Treasurer by 31 July

Thursday 21 August 2025 10.00 am

Visit to HARS Historic Aircraft Museum, Albion Park.
After the tour, lunch is at Golden Loy Chinese Restaurant
193 Princes Highway at Albion Park Rail.

NOTE BYO ALCOHOLIC BEVERAGES AND GLASSES

Tour cost: \$30.00

Lunch Cost: \$17.50

Payment by 7 August 2025

September:

Wednesday 10 September 2025

10.30 am TBC

Visit to Thirlmere Railway Museum and lunch at Welcome Inn \$10.00 Concession entry to the Museum.

Lunch at own expense

October 27 - 31 2025,

Tour to Central NSW including, Cowra, Orange and Parkes.
Cost includes travel, accommodation, breakfasts, 2 lunches,
all dinners wine tasting Japanese Garden entry and Parkes
Telescope

Cost: \$1051 Shared

\$1493 Single

Final Payment to Treasurer by 25 September 2025



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Jamberoo Probud 7th Anniversary lunch 13th August.

\$50pp Oak Flats Bowling Club

Alternate drop

Menu

Bread roll and butter

Entrée:

Salt & Lemon Pepper Squid rocket & salad, lemon, aioli

Thai Beef Salad mint, coriander, mesclun, tomato, red onion, cucumber

Main:

Grilled Barramundi chill prawns. Seasonal vegetables, mashed potato

Lamb Shanks red wine jus. Seasonal vegetables, mashed potato

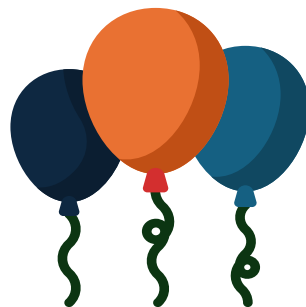
Dessert:

Celebration cake

Tea and coffee

Please advise Helen of any dietary requirements. 0409080838

Bookings close 31st July.





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Jamberoo Probud - Upcoming Events Calendar Snapshot

When is It?	What is It?	Where is It?	What does it Cost?
Wednesday 13 August 2025 11.45 for 12.00 noon	Anniversary lunch	Oak Flats Bowling Club	\$50.00 per person
Thursday 21 August 2025 10.00 am	Visit to Historic Aircraft Restoration Society (HARS) Lunch at Golden Loy Albion Park Rail	Shellharbour Airport Albion Park Rail	Tour: \$30.00 Lunch: \$17.50
Wednesday 10 September 10.30 am	Visit to Thirlmere Railway Museum and lunch at Welcome Inn	Thirlmere 10 Barber Road, Thirlmere	\$10.00 concession Lunch at own expense
27-31 October 2025	Tour	Cowra, Orange and Parkes	\$1051.00 Shared \$1493.00 Single

For the latest on our Upcoming Events, be sure to check our Facebook page