



Hugh Rogers State President

May 2011

FIRST ASIA PACIFIC CONFERENCE ON AGEING (APCA) IN SINGAPORE,
THURSDAY 24TH TO SATURDAY 26TH MARCH 2011

Conference Theme: Dignity and Grace of Ageing

I had the pleasure, accompanied by SRC Administrator, Dawn Yates and Volunteer Martin Yates of attending the first Asia Pacific Conference on Ageing in Singapore, where I presented a paper on "Healthy Ageing Through Activity in Western Australia".

The conference opened with a welcome dinner held in the Conference venue at Miranda Marina Hotel. The conference was opened with a dinner on the Thursday evening, which was well attended with approx 220 conference delegates attending. During the evening the opportunity to network with other people working and interested in the field of ageing was good. The conference Key Note speakers were from Switzerland, Singapore, Japan, Australia, USA, China, Taiwan, Hong Kong, UK and Malaysia. Attendees from Singapore, Malaysia, Hong Kong, Miranmar, Japan, UK, China & Victoria were all very interested in what SRC is doing in WA.

Contact was made with the organisers of the conference Prof. Kua Ee Heok, President, Gerontological Society Singapore, Mr Laurence Wee, Chairman Asia Pacific Conference on Ageing, and members of the committee. It is anticipated that further discussions will be entered into in the future.

Other contacts made were with Council for the Third Age, an organisation with very similar beliefs and goals for the ageing population. The Council for the Third Age, Vice President Alice Chin was very interested in the programs SRC is running and felt our two organisations had many parallels in what is trying to be achieved.

The other organisation very interested in SRC was the Presbyterian Community Services, Eldercare division. They were interested in the Aged Care Games and after Hugh's

presentation discussed the games in depth and took the rule book with them to look at using the activities within their activity centre.

The conference was very interesting with a lot of emphasis on research into the diseases associated with ageing and the progress or lack of progress for treatments or cures that is being achieved world wide.

The Active Ageing segment of the conference at which I presented a paper titled “Healthy Ageing Through Activity in WA” was well attended with 85 conference members. The presentation explained about SRC’s ethos of Healthy Ageing Through Activity, it’s programs and the support we receive from Department of Sport & Recreation & Dept for Communities and other non government agencies. There was a great deal of interest in the Aged Care Games, Aboriginal Seniors Activity/Information days, Have a Go Day and Pole Walking. It would appear that in Singapore especially, many seniors are still working at the age of 65+ with the focus being on re-employment not retirement.

The members at the conference were amazed by the size of WA and the number and variety of clubs/groups available to Seniors in the field of sport and recreation.

Certificates were presented to all delegates and presenters at the end of the conference.

In closing, this being the first Asia Pacific Conference on Ageing, it was a great start to subsequent conferences being planned for the future.



SRC SENIORS BALL

The Annual Ball this year will be the “The Pearl Ball” a Seniors Recreation Council event, held in the Astral Ballroom at Burswood Entertainment Complex on Wednesday 6th July 2011.

We are again proud to announce that the Burswood Entertainment Complex is the major Sponsor of this event and due to their support, we are able this year to offer tickets for a cost of \$32.50 per head. As usual parties booking a table of 10 will have an added saving, (book for 10 pay for 9 \$292.50).

The Ball will commence at 1pm finishing at 4.30pm with a live Band “Offspring”, a variety of styles of dancing with something for everyone, afternoon tea and floorshow starring Kate Hindle, a young Country singer from Collie. There will be a door prize and many other prizes donated by Burswood Entertainment Complex and Have a Go News.

For further details and to book your tickets phone Mary on 9492 9772. Tickets will be limited so phone early to book your place as this is an event not to be missed.

Hugh Rogers

“Remember “Find thirty minutes of physical activity everyday for good health”