

Ageing Well in Nillumbik

Autumn 2021

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Hello readers

Welcome to the Autumn 2021 edition of Ageing Well in Nillumbik. This is a quarterly newsletter to keep you up to date with Council, community news, events and information to help you live well, and age even better.

If you would like to be added to our mailing list email positive.ageing@nillumbik.vic.gov.au or call **9433 3345**.

If you need this document in another format please contact us on 9433 3111.



Seniors Social Lunch at Eltham Community Reception Centre

We are delighted to invite you to 2021's Seniors Social Luncheon!

Come along and enjoy a two-course meal with friends and neighbours and be entertained by Ben Clarke's live music in the beautiful Eltham Community and Reception Centre.

Doors open at 11.30am for a 12pm start.

Cost \$25 per person.

Bookings are essential as spaces are limited.

Bookings online via

<https://seniors-social-lunch.eventbrite.com.au> or contact Iwona Trickett on **9433 3148** or social.connection@nillumbik.vic.gov.au.

If you have any questions or dietary requirements please contact Iwona.

We hope to see you there!

Social Connection Grants

Are you part of a community group – like a seniors club, or a historical society or gardening club, and looking for some additional funding?

Council is offering grants of up to \$500 to not-for-profit organisations and community groups to deliver activities and initiatives that will foster social connectedness for members and the broader community, with a focus on older people. It can be used for community events and activities, items such as equipment and promotional material and more. Grants are available until Sunday 30 May 2021.

For more information contact Iwona Trickett, Social Connection Officer on **9433 3148** or email social.connection@nillumbik.vic.gov.au.



Women's leadership program

Nillumbik Shire Council is on the lookout for women who are passionate about their community to be part of the Nillumbik Women's Community Leadership and Connections Program.

This is an exciting opportunity for women to be part of a program that will help you build the skills and networks to become a more confident, active and engaged leader and community connector in Nillumbik.

The program encourages participants to work together with Council and peers to develop a project that builds community resilience and supportive networks for women across the Shire.

Whether you are already an active leader in your community or looking to take the first step, we encourage anyone ready to invest in themselves and join a collaborative group of like-minded women to apply!

Applications are now open and close Sunday 11 April 2021.

For further details visit nillumbik.vic.gov.au/gender-equality or contact Anna Maio on **9433 3186** for more information.



Become a Wiser Driver

Are you a driver aged 55 and over and interested in maintaining your driving skills as you age?

Join us for a free four-week Wiser Driver program which will cover topics including:

- Challenges for older drivers
- Safety tips for wiser driving
- Impact of medication while driving
- Driving safety rules
- Car safety features
- Roadworthy vehicles
- Planning for the future
- Alternative travelling methods
- Where to find Vic Roads resources
- Resources to support you in driving confidently.

Delivered by Access Health and Community and funded by VicRoads, the Wiser Driver course provides the opportunity for older drivers to upgrade their skills and build upon their experience in the company of their peers in a friendly and relaxed environment.

There are two programs to choose from:

Hurstbridge Community Hub

Location Graysharps Road, Hurstbridge

Dates Friday 16 April , 23 April, 30 April and 7 May 2021.

Time 2- 4pm.

Eltham Living and Learning Nillumbik Centre

Location 739 Main Road, Eltham

Dates Monday 3 May, 10 May, 17 May, 24 May 2021.

Time 10am to 12pm

No driving lessons or tests involved.

Morning and afternoon tea will be provided.

Participants are required to attend all four sessions.

For bookings contact Council's Positive Ageing Officer on 9433 3345 or

positive.ageing@nillumbik.vic.gov.au,

or go to [Eventbrite](#) and search 'Ageing Well in Nillumbik'.

Hurstbridge: <https://hurstbridge-wiser-driver.eventbrite.com.au>

Eltham: <https://eltham-wiser-driver.eventbrite.com.au>

It's great to see events and activities starting to come back.

Here are some local events happening in April, May and June that you might be interested in.



Aged care information sessions

Are you wondering if you can get some help with day-to-day tasks around the house? Maybe you need some respite care while your family or carer is away? Or perhaps it's time to look into aged care homes?

There are many services that can help you maintain a good quality of life as you get older. If you are just starting out on your aged care journey, come along to one of our three free information sessions. Refreshments provided.

Home Support Services information session

Details this session will cover home support services, what services are available and how do I access these services?

When Monday 29 March, 10.30am - 11.30am

Where Hurstbridge Community Hub

Address 50 Graysharps Rd, Hurstbridge

home-support.eventbrite.com.au

Home Care Packages information session

Details Am I eligible for a home care package? What services are available?

When Monday 19 April, 2pm – 3pm

Where Eltham Community and Reception Centre

Address 801 Main Rd, Eltham

home-care.eventbrite.com.au

Residential Aged Care information session

Details What should I know when considering a move into a residential aged care facility?

When Wednesday 12 May, 6.30pm – 7.30pm

Where Nillumbik Shire Council

Address Civic Dr, Greensborough

aged-care.eventbrite.com.au

If you need assistance with transport to these sessions

Please call Council's Aged Care and Navigation Officer Stacie Synon on 9433 3138.



Native plant and book sale

Come along and find a huge range of plants

Details Come along and find a huge range of plants, including unusual species, grafted plants, and indigenous plants - plus a good range of books on related topics, all at excellent prices.

When Saturday 24 April, 10am - 4pm

Where Eltham Community and Reception Centre

Address 801 Main Rd, Eltham

Contact Australian Plants Society Yarra Yarra Inc. Call **0433 513 433** or email apsyarrayarra@gmail.com.

Edible Hub Food Share

Details Come along and bring your home grown food and garden-related items to share, or if there's not much going on in the garden, just bring yourself!

When the 2nd and 4th Saturday of each month, 10am - 1pm

Where Hurstbridge Community Hub - Edible Garden

Address Graysharps Rd, Hurstbridge

Contact Jules Jay 0400 750 750 or ediblehubgarden@gmail.com.



Do you care for someone living with dementia?

RECRUITING PARTICIPANTS
ACROSS **AUSTRALIA** NOW FOR THIS
FREE TELE-HEALTH TRIAL



Now offering
face to face
sessions
delivered
online!

ABOUT HOMESIDE

HOMESIDE is an international study investigating the effects of music and reading activities for people living with dementia and their family caregivers.

Previous research indicates that such activities like music and reading may help to increase wellbeing, strengthen relationships, and improve care.

In our study, HOMESIDE, this effect will be investigated comprehensively for the first time.



".... the opportunity to
experience shared
meaningful time
together"

Who is the study for?

This study is for people living with dementia and their family (or informal) caregivers. You can participate in the study if:

- You or your loved one has a diagnosis of dementia OR significant memory problems
- You are or you have a family caregiver
- You live together at home



Our approach

When you participate in this study, you will be randomly assigned to either a home-based:

- music program
- reading program
- a control group (no program)

The programs are designed to be delivered by family caregivers, who will receive **face-to-face sessions delivered online** from qualified health professionals.



DURING THE HOMESIDE PROJECT:

- Everything will take place face-to-face (via an online mode)
- You will participate in the study for 6 months
- You will receive training from experienced professionals to use music or reading activities at home
- You both will be asked to fill out questionnaires at 3 time points

THE MUSIC AND READING PROGRAMS WILL:

- Be tailored to your individual preferences and needs
- Offer opportunities to share meaningful moments together
- Support you to use reading and music in your daily life
- Offer opportunities to sing together, to listen to music and stories, to dance, to play music, to read, and to communicate with each other

TO FIND OUT MORE ABOUT PARTICIPATING, SIMPLY CONTACT US
homeside-australia@unimelb.edu.au

(03) 8344 4449
www.homesidestudy.eu

Dear Stacie...

Do you have a question about the aged care system and the supports available to help you live and age well?

Council's Aged Care Navigation and Advocacy Officer is here to help.

If you have a question you would like answered (either in the newsletter or confidentially), please email Stacie agedcare@nillumbik.vic.gov.au or call **9433 3138**.

Dear Stacie,

I am 75 years old and live by myself. I can do most things around my home but I have started feeling a bit unsure about climbing a ladder. I don't feel as safe as I used to. Are there any services available to support older people like me that need a bit of help to live independently?

Thanks, Rupert



Dear Rupert,

Thanks for your enquiry. Ladders can be really dangerous. Every year in Victoria, over 2,600 people are hospitalised as a result of falling from a ladder at home. Men aged 60 years and older are most likely to suffer injuries from a ladder fall – we definitely don't want you to become a statistic!

There are services available to support you to remain living independently in your home for as long as you wish to. The Australian Government subsidises the cost of home support services for eligible older people.

It sounds like you may benefit from a service like home maintenance that can help with tasks like cleaning gutters and changing smoke alarm batteries. Depending on your care needs, services can be accessed through either the

Commonwealth Home Support Programme or a Home Care Package.

The first step is to contact My Aged Care. This is the starting point for all enquiries relating to aged care services. This can be done online at www.myagedcare.gov.au or by calling 1800 200 422.

If you would like any support regarding this process or further information, you are welcome to call me on 9433 3138.

Take care, Stacie

Stacie
Aged Care Navigation and Advocacy Officer
Nillumbik Shire Council





Here's what resident Glenys had to say:

"Thanks to my digital mentor. I think you taught me well and I have enough knowledge to keep me motivated to use my laptop for now. My sister had an eightieth birthday last week and I did a PowerPoint presentation on her life. I was pretty chuffed on how it turned out and she was thrilled with it also. Her son showed her how to put it on the TV and her grandkids had a great laugh at Nana when she was little, and happy that they were featured also. So thank you for all your help."

Be Connected

Would you like to connect to the internet or learn more about your device?

Living and Learning Nillumbik can help!

Our friendly and supportive tutors can help you learn the basics of using digital devices and the internet, including:

- talking to or seeing family and friends who live far away
- finding new friends who share interests and hobbies
- researching your family tree
- being safer while online
- accessing online services
- shopping and selling online, safely and securely

Living & Learning Nillumbik volunteer digital mentors provide FREE one-on-one digital tutoring over the phone and in person.

Call **9433 3744** or email **info.livinglearning@nillumbik.vic.gov.au**.

Loan an iPad for free

Would you like to experience using an iPad?

We have several iPads available for older people in Nillumbik to borrow for free.

This new program aims to assist older people with digital skills and improve social connections.

Council's friendly Living & Learning Nillumbik digital mentors are available to help you get started.

To arrange a loan call Council's Social Connections Officer Iwona Trickett **9433 3148** or email **social.connection@nillumbik.vic.gov.au**.

Looking for social connections?

As things settled into a 'COVID normal', many people may be looking to reconnect with community groups and activities.

Take a look at Council's online community directory here to search for a community group you can join.

nillumbik.vic.gov.au/community-directory

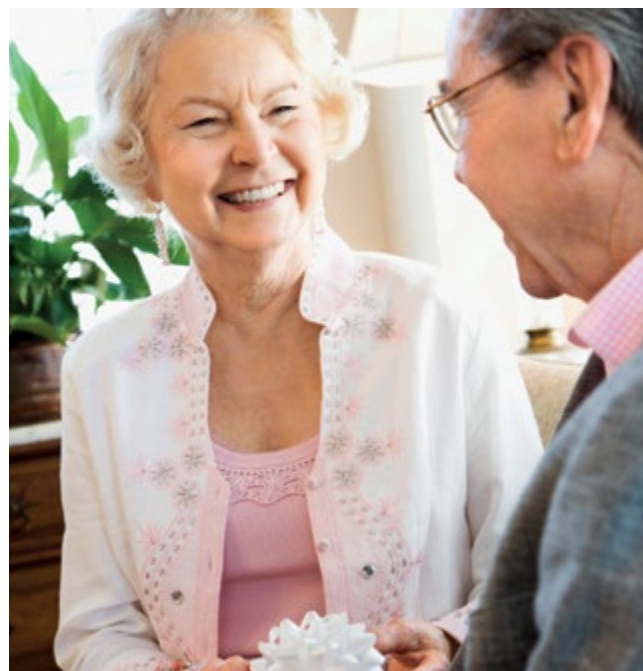
The Eltham Rotary Club has developed a listing also available online. Contact Kevin 0418 108 893 or admin@rotaryeltham.org.au for a copy.

If you are looking to connect socially, or you're organising a social event, activity or experience for older people please get in touch.

Council's Social Connections Officer can link you with community groups and provide information about local activities you can get involved with.

Phone **9433 3148** or email

social.connection@nillumbik.vic.gov.au.



Living Well Ageing Well Diversional therapy



Merri Health
Healthcare that moves with you

Are you looking for more meaning and purpose in your life and want to feel more connected to your community?

We work with people who may be experiencing social isolation or loneliness and work together to improve physical, emotional, psychological, spiritual and social wellbeing.

We offer personally tailored care packages, which include a number of one-on-one sessions at home, and link you to opportunities in your community.

Our service is offered to people who are over the age of 65 (or 50 years and over for Aboriginal and Torres Strait Islander persons) living in the North Metro regions of Melbourne. Referral via My Aged Care [ph. 1800 200 422].



Contact us:

 1300 637 744

 LivingWellAgeingWell@merrihealth.org.au

Trauma Teddies

We are still receiving a steady trickle of Trauma Teddies for the Red Cross that have been knitted by residents – thank you so much.

If you enjoyed knitting a Trauma Teddy and would like to participate again or would like to meet other like-minded knitters, please get in touch with Iwona Trickett, Social Connection Officer on 9433 3148 or email

social.connection@nillumbik.vic.gov.au.



Don's planting calendar for Autumn

Thank you Don for sharing your planting tips!

"Before you start planting, work out how much of each vegetable you need, then plant about a third of your requirements, leaving space for future planting. Your soil should have been fertilised after the last harvest, but if not, spread some manure, blood and bone, and potash, then turn the soil over. Spray on Seasol and your soil should give you a very good crop."

April, May, June

- Carrot
- Lettuce
- Onion
- Parsley
- Parsnip
- Snow and sugar peas
- Rocket
- Silverbeet
- Spinach
- Spring onion

Onions take a long time to grow, so plant them in April for harvesting in August or September. If you are sowing seeds directly, you need to plant them about 5cm apart. You can grow seeds to seedling stage in the greenhouse so you get an early start.

You might not need so much parsley, so a few seedlings in a corner near your rocket or spinach should do. Sow any time from March to June, this is an annual plant so no need to be replaced each year."



Share your tips with the community

If you have any tips you'd like to share, please email positive.ageing@nillumbik.vic.gov.au or call 9433 3345.



Connecting our Community

Be Kind to Others

Thank you to Don for sharing his story of kindness.

"I am still gardening, but a few months ago I experienced something that is worthy of a mention. I was shopping at Woolworths in Eltham and went to the self-service to pay, but after entering all the items, I discovered that I did not have my wallet. I called the attendant to cancel my purchases but a lady next to me reached over and placed her credit card on my machine saying, at 37 degrees outside, she did not

think it good that an older person should have to come out again. Although I asked her if I could transfer the money back to her, she smiled and said no. Her gesture made me think of my departed wife and makes me very pleased to find we still have wonderful people living here in Nillumbik."

Don

Share your experiences of kindness

If you want to share your experience of kindness in our community, email positive.ageing@nillumbik.vic.gov.au or call 9433 3345.

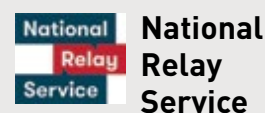
Have your say

This newsletter is a way for you to find out about current events and what is happening in Nillumbik.

We value your feedback and ideas about the Ageing Well in Nillumbik Newsletter, so please contact us with your contributions and suggestions as to what you would like to see in future editions.

Contact us

Please contact Fiona on **9433 3345** or email positive.ageing@nillumbik.vic.gov.au.



If you are deaf or have a hearing or speech impairment, please contact us through the National Relay Service. TTY dial **133 677** or Speak & Listen **1300 555 727** or relayservice.gov.au, then enter **9433 3111**.



If you need an interpreter, please contact TIS National on **131 450** and ask to be connected Nillumbik Shire Council on **9433 3111**.