

# Ageing Well in Nillumbik

Staying Safe & Connected | Newsletter #4 | June 2020

## Hello readers

### Welcome to the fourth edition of the special Ageing Well in Nillumbik Staying Safe & Connected newsletter

Thank you once again to everyone who has contributed to this edition.

Please continue to monitor the Victorian Government's Department of Health and Human Services website for coronavirus updates  
[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

## Thank you volunteers!

National Volunteer Week (18-24 May) is an annual week-long celebration to acknowledge the incredible and generous contribution of our nation's volunteers.

The Nillumbik community has a rich legacy of volunteerism and it's been heartening to see the extraordinary surge in volunteering during the COVID-19 pandemic, both formal and informal. Many in our community have reached out to help others, while taking care to stay safe.

NATIONAL 18-24 MAY 2020  
**VOLUNTEER**  
WEEK  
CHANGING COMMUNITIES.  
CHANGING LIVES.

"Volunteers are our community leaders. Volunteers are at the front-line of community change because they know that we do better, together"

- Nicky Forster, Volunteer Development Officer



### Volunteers are the backbone of our community.

On 19 May 2020, as part of National Volunteer Week, our Councillors, CEO and staff showed their appreciation by waving for volunteers and sharing their messages of thanks at their virtual briefing.



[nillumbik.vic.gov.au](http://nillumbik.vic.gov.au)

# A message from the Victorian Seniors Festival

Victorian  
Seniors  
Festival  
Reimagined  
2020



## Victorian Seniors Festival Reimagined 2020 broadcasts

This year we are bringing the festival direct to your home through online performances, zoom interviews and story-telling, with three new broadcasts a week from 30 April.

2020 is the festival's 38th year. We invite you to get in the groove - with performances from many of your favourites and some new performers for you to enjoy.

Working to social distancing rules, Tristan and Bec meet and host our performers from the comfort of their own homes using technology in ways we never knew were possible.

We've had a lot of fun creating and reimagining the festival for you, and we hope you enjoy it - and sing along!

And get in the groove!

Visit the link to watch the broadcasts: [www.seniorsonline.vic.gov.au/festivalsandawards](http://www.seniorsonline.vic.gov.au/festivalsandawards)

Reimagined radio to come too!

In June we will commence with radio broadcasts of plays, serials and music features. We will keep you informed about this and how to tune in.

## Volunteer in Nillumbik

### We want to hear from you

Help us plan what volunteering will look like in coming months. Volunteering in Nillumbik will be experiencing changes in coming months as we support the community towards a COVID-safe recovery, and we would like you to help us plan for them.

All perspectives on volunteering are welcome whether you are:

- A long-standing volunteer who is currently stood down from your active role
- A committee member of a voluntary community group
- Have just become involved in a local mutual aid or informal community support activity
- Used to volunteer but don't anymore
- Wish you could find the time to volunteer

Visit [participate.nillumbik.vic.gov.au/volunteering](http://participate.nillumbik.vic.gov.au/volunteering).

For information contact Nicky Forster - Volunteer Development Officer on **9433 3147**, or email [volunteering@nillumbik.vic.gov.au](mailto:volunteering@nillumbik.vic.gov.au), or write to PO Box 476, Greensborough VIC 3088.

## Free legal will kit

This self-help kit is a simple and effective way to bring peace of mind to yourself and your loved ones without the cost of seeing a solicitor.

Without a Will you cannot control who inherits your assets. This free download includes all the easy to understand instructions and information you need to prepare your own will.

Visit [www.seniors.com.au/funeral-insurance/discover/download-free-legal-will-kit](http://www.seniors.com.au/funeral-insurance/discover/download-free-legal-will-kit)



## Community Training Program

Community Training is a series of free workshops presented by Nillumbik Shire Council over the year for individuals, community groups, clubs and not-for profit organisations in Nillumbik who provide activities, programs and services within the Shire.

If you are a volunteer, work for a not-for-profit community group or are interested in starting or joining a group, such as a local club or committee, this program will be suitable for you.

These free workshops provide opportunities for individuals and volunteers of local not-for profit community groups to build their capacity and develop new skills, as well as meet and network with other community groups throughout Nillumbik. Spaces are limited and registrations are essential.

Visit [nillumbik.vic.gov.au/Living-in/Community-Training-Program](http://nillumbik.vic.gov.au/Living-in/Community-Training-Program), email [community@nillumbik.vic.gov.au](mailto:community@nillumbik.vic.gov.au) or contact Anna Maio on **9433 3186** for more information about the upcoming sessions listed below:

### Free Online Training

#### The new normal: what does this mean for your community group?

**Friday 12 June 2020**  
**10.30am-11.45am**

This session will help community groups to consider what happens next and plan for the transition. It will provide ideas for how to plan how to go forward with your group, steps to help identify where your community need your support, activities to navigate the half in/ half out mode.

## Free support for seniors

Lively is offering free and flexible support for seniors during this challenging time.

If you need help staying safe and connected at home, Lively will match you with a young person, who'll work with you to provide social and practical support for up to four FREE hours per week during the COVID-19 pandemic.

#### **Social connection:**

- Friendly phone calls with our helpers to relieve loneliness and isolation.
- Technology assistance to help you stay in touch with friends and family (eg video calls)

#### **Bare necessities**

- Support with picking up groceries and medications or paying bills online.
- Other flexible support as determined by you and your helper.

#### **Health and safety**

- Smart plugs from Umps Health to monitor your health and safety in the home, and to alert family or caregivers of concerns, including help setting them up.
- Ensuring you can talk to a GP and other essential health services over the phone or video (telehealth) when you need it.

If you would like to discuss how Lively can help or arrange immediate support, give them a call on **9070 4746**.

## Know your rights

### We all have the right to feel safe, and to live free from abuse, mistreatment and neglect

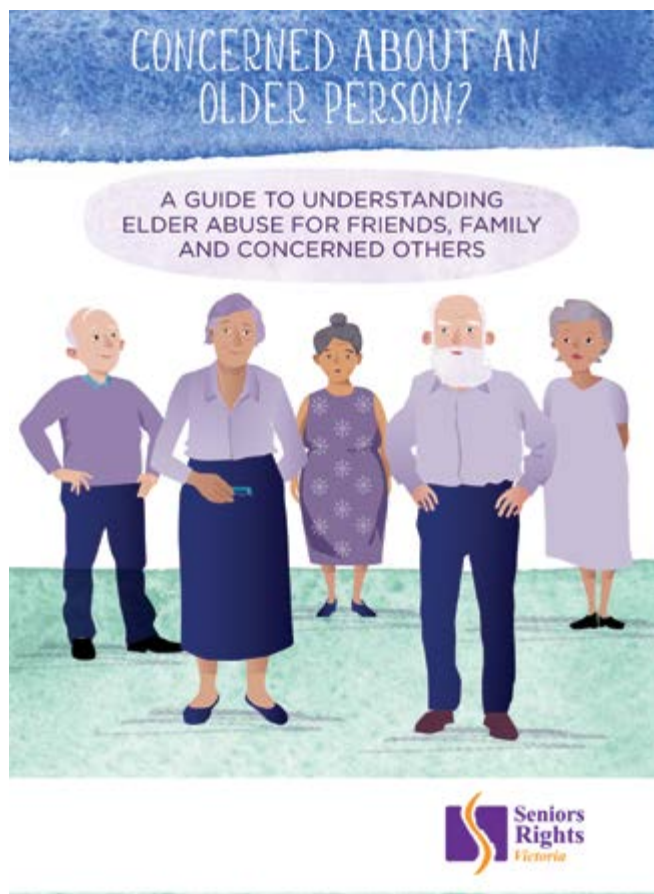
Every year, 15 June marks World Elder Abuse Awareness Day, an internationally recognised day to highlight the worst manifestations of ageism and inequality in our society. Elder abuse can happen in a family or relationship, when someone in a position of trust causes harm to an older person. This harm can be through neglect or physical, emotional, sexual, social or financial abuse.

Older people who might be isolated can be particularly vulnerable.

It is upsetting to see or think about an older person you care about being taken advantage of or mistreated - but there are things you can do to offer help or support.

Any of the following could be a warning sign of elder abuse:

- The older person seems fearful, worried or withdrawn
- They seem nervous or anxious with certain people
- Family and or friends are denied access to the person
- They no longer go out socially or get involved in activities
- Unexplained injuries such as bruises, broken bones, sprains, cuts etc
- Unpaid bills, unusual activity in bank accounts or credit cards
- Changes to a Will, title or other documents
- Disappearance of possessions
- Poor hygiene or personal care
- Absence of needed health items: hearing aids, dentures, medications.



Free booklet *Are You Concerned About An Older Person?*  
Available through Seniors Rights Victoria.

Seniors Rights Victoria can help any Victorian aged 60+, or any Indigenous Victorian aged 45+, on matters relating to elder abuse and ageing.

**If you, or someone you know may be experiencing elder abuse, contact Seniors Rights Victoria on their free, confidential helpline on 1300 368 821.**

If you are concerned or if you want some more information, a free booklet *Are You Concerned About An Older Person?* is available by phoning the helpline or emailing [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au). Alternatively, you can access the booklet here.

If you feel unsafe or are concerned for someone's safety, please call 000.

## Additional Support

### Free Food Collection

**Day** Saturdays

**Time** 9-11am (or when food is gone)

**Venue** Diamond Creek Church,  
32 Wensley Street, Diamond Creek  
(opposite Aksorn Thai and the police station).

Brought to you by  
SecondBite and Rotary Club of Diamond Creek.



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### Diamond Valley Community Support - Emergency Relief

Diamond Valley Community Support provide emergency relief by means of food vouchers, food parcels, financial assistance and other material to those in need.

For further information contact **9435 8282** or visit their website.



## Draft Housing Strategy

### Council has prepared a draft Housing Strategy for the Shire of Nillumbik and we invite you to review and provide feedback on the draft

The draft Housing Strategy sets a vision and plans for a range of housing opportunities to meet the needs of projected population growth in the Shire over a 15-year period.

The draft Housing Strategy identifies suitable locations for housing growth, particularly in those areas close to services, jobs and public transport. The strategy applies to all land within Nillumbik's residential zones and activity centres only and has regard for existing neighbourhood character, housing capacity, community needs and State Government policy requirements. The Housing Strategy does not apply to land within the Green Wedge Zone or Rural Conservation Zone.

At the Ordinary Meeting on 26 May 2020, Council endorsed the draft Housing Strategy for public consultation between **1 and 29 June 2020**. Council is receiving written feedback on the draft Housing Strategy until 11.59pm on 29 June 2020.

The draft strategy can be downloaded from Council's Participate Nillumbik site at: **[participate.nillumbik.vic.gov.au](https://participate.nillumbik.vic.gov.au)**

This website provides options for giving written feedback, contains a copy of the draft Strategy and other resources, and identifies upcoming opportunities to attend on-line question and answer sessions that will be conducted by Council.

#### **Not able to get online?**

Post a submission to Leigh Northwood, Strategic Planning Lead, Nillumbik Shire Council, PO Box 476, Greensborough 3088.

If you have any queries please contact Council by phone on **9433 3111** or email **[strategic.planning@nillumbik.vic.gov.au](mailto:strategic.planning@nillumbik.vic.gov.au)**

# Gardening

## Don's Gardening Tips

Thank you again to Don (87) from Eltham, for sending in tips for planting in May. Let us know if you've tried any of Don's tips for growing, by calling **0437 676 617** or emailing [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

## Planting in May

### Rocket, peas and beans

"Rocket is the vegetable to plant now as it will not be good for planting for a few months so get it in early.

Peas & beans can also be planted this month then they can be planted from August to December."

### Lettuce

"Lettuce is a good all round veggie. I always use iceberg variety as it grows quickly, it has a sweet taste & you can just pick a leaf off as you want. When watering lettuce try to water without going on the plant but only get the ground wet as lettuce does not like to be drowned."

## Has Queensland Fruit Fly reached your property?

Queensland fruit fly (QFF) (*Bactrocera tryoni*) is a significant horticultural pest that has recently been found in Nillumbik and surrounding areas.. Queensland Fruit Fly (QFF) is one of Australia's worst horticultural pests. It is a serious threat to commercial fruit growers, hobby farmers, and home gardeners. The QFF lays her eggs in many common fruits, 'fruiting vegetables' and some native fruits. Inside the fruit the growing larvae cause the flesh to rot, making it unsaleable and undesirable to eat. QFF populations can increase very quickly!

## Nillumbik residents can help prevent Queensland Fruit Fly

Nillumbik residents can help prevent the fruit fly from spreading and reduce the risk of the QFF finding a suitable home in Nillumbik.

We've produced three short educational videos to spread the word about Queensland Fruit Fly. You can view them on the webpage or from YouTube.

[www.nillumbik.vic.gov.au/qff](http://www.nillumbik.vic.gov.au/qff)

[www.youtube.com/NillumbikCouncil](http://www.youtube.com/NillumbikCouncil)

If you or your neighbours have found Queensland Fruit Fly in your harvest this season, please take the time to map and detail the infestation with the mapping tool here [participate.nillumbik.vic.gov.au/qff](http://participate.nillumbik.vic.gov.au/qff)

This information will help us to plan potential pest management options including where 'neighbourhood action groups' could be useful in helping neighbours work together to eradicate and prevent the spread of QFF.



# MAKE YOUR OWN QUEENSLAND FRUIT FLY TRAP






## ACTIVITY 1

### Ingredients

-  1 tablespoon of Vegemite
-  1/2 cup of cold water
-  1/4 cup of brown sugar
-  1 finely chopped banana peel

### What you need

-  3 x 1.25 litre plastic bottles
-  Scissors
-  String

### How

1. Combine ingredients in mixing bowl.
2. Pierce two holes in neck of each 1.25 litre plastic bottle as shown in diagram.
3. Remove lid and pour 1/3 of mixture into the plastic bottle.
4. Top up with cold water until the bottle is half full.
5. Replace lid.
6. Attach string under lip of lid to prevent string slipping off.
7. Hang securely in vulnerable trees and garden beds.

## ACTIVITY 2

### Ingredients

-  1 teaspoon vanilla essence
-  2 teaspoon cloudy ammonia
-  1/2 cup sugar
-  2 litres water
-  1 finely chopped apple



### What you need

-  3 x 1.25 litre plastic bottles
-  Scissors
-  String
-  Stricky Tape

### How

1. Combine ingredients in mixing bowl.
2. Cut off the top 1/3 of each bottle.
3. Remove the cap, turn the top half upside down and place inside bottom 2/3 of bottle.
4. Secure the two pieces of bottle together with sticky tape.
5. Pierce two holes one either side, close to the top of the bottle.
6. Insert the string through the holes as indicated in diagram.
7. Pour the mixture into the bottle 2 cm below the bottle neck opening.
8. Hang securely in vulnerable trees and garden beds.

## WOULD YOU LIKE TO HELP IMPROVE BEREAVEMENT SUPPORT FOR OLDER PEOPLE?

The Melbourne Ageing Research Collaboration, led by the National Ageing Research Institute, is conducting a research project on grief and its effects on quality of life and healthcare use in older people.

To participate, you need to be:

- a) Aged 65 years or older.
- b) Currently living in Australia.
- c) Able to read and write in English.
- d) Have experienced the death of a significant person in your life at least 6 months ago or longer.

To participate in this study, we invite you to

### Complete a 25-Minute Survey

The survey can be accessed online via this link:

<https://bit.ly/grief-survey>

If you prefer a paper-based version, please leave us a message with your name and address and we will post a survey to you:

**Dr Katrin Gerber at the National Ageing Research Institute**  
Telephone: 03 8387 2662 - E-mail: [k.gerber@nari.edu.au](mailto:k.gerber@nari.edu.au)

All participants who return a completed survey enter into a draw to **win one of five \$200 Coles-Myer gift cards.**

This study has been approved by the Human Research Ethics Committee of Deakin University (Reference Number 2019-433).



Melbourne  
Ageing Research  
Collaboration



Health  
and Human  
Services



An Australian Government Initiative



## Libraries now open for Click & Collect services

### Read all about it!

Our libraries are now open for Click & Collect services including:

**Click & Collect** - The physical collection has been reopened and you can place a hold online to pick up from your local library branch.

**Family Fun Bundles** - Email your order to your local library and pick up the bundle with the Click and Collect service.

**Print & Collect** - The library will print up to 30 black and white pages for free. Upload your print job by 11am and pick it up after 3pm the same day.

For details about how to access these services, go to [www.yprl.vic.gov.au](http://www.yprl.vic.gov.au)



## Crafty community during lockdown

**Veronica (66) from Greensborough sent in a fabulous matching top and hat set that she sewed during lockdown.**

If you've been feeling creative during lockdown – please send any photos of your creations to [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

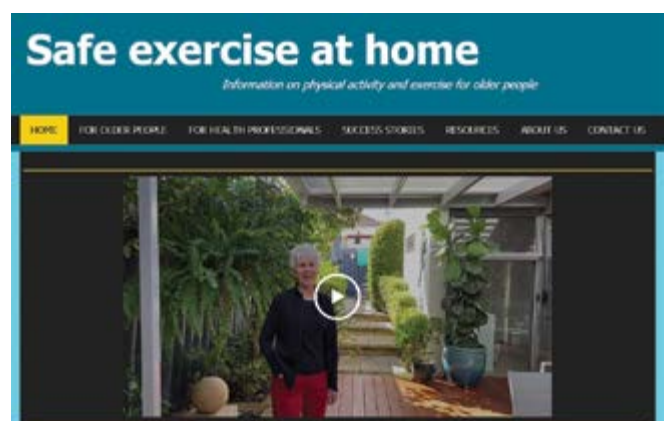


Veronica (66) from Greensborough wearing her amazing lockdown creation.

## Exercising safely

Leading physiotherapists concerned that the 'stay at home' restrictions could exacerbate falls and poor physical function in older people have developed a new website to support older Australians to stay active – safely – at home.

The **Safe Exercise at Home** website [www.safeexerciseathome.org.au](http://www.safeexerciseathome.org.au) was developed by physiotherapists from across Australia with clinical and academic expertise.



## Exercising at home

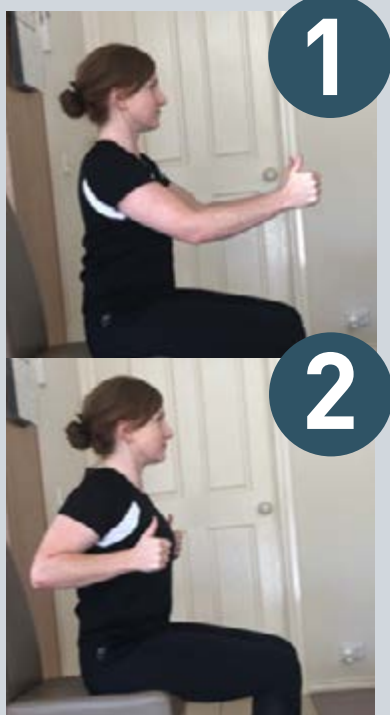
In the last edition of the Ageing Well in Nillumbik Special COVID newsletter, we shared some exercises from Kirsten, Head of Fitness and Programs at Eltham Leisure Centre. We're thrilled to be able to share more exercises from Kirsten for you to try out at home. Thank you Kirsten!

### Seated row

#### Strengthens back muscles helping posture

Start by sitting on the edge of a chair with back straight and feet flat on the floor. Hold your arms out in front of you with elbows bent and thumbs pointing to the roof. Draw the elbows back and squeeze your shoulder blades together. Complete 8-10 repetitions.

- Some light weights in your hands can increase the difficulty (think hand weights or cans from the pantry!)
- Tie a resistance band to a door handle as another option to increase the challenge.



### Overhead arm raise

#### Strengthens shoulders and arms

Start seated with back straight and feet flat on the floor. With elbows bent and hands just beside the shoulders, extend the arms up overhead, pausing at the top before lowering back to the start position.

Complete 8 - 10 repetitions.

- Some light weights in your hands can increase the difficulty (think hand weights or cans from the pantry!)



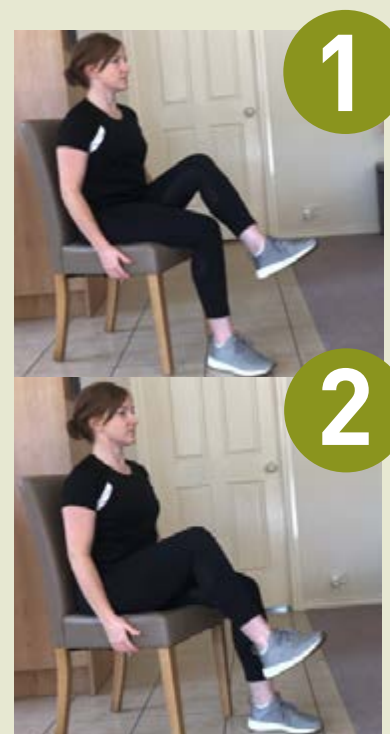
### Knee lifts

#### Works your core muscles to help with sitting and standing

From your chair, lift your right knee slowly towards your chest, then slowly lower back to the beginning position. Alternate legs.

Complete 8 - 10 repetitions on each leg

- Increase the challenge by holding your knee at the top of the movement for 5 seconds.



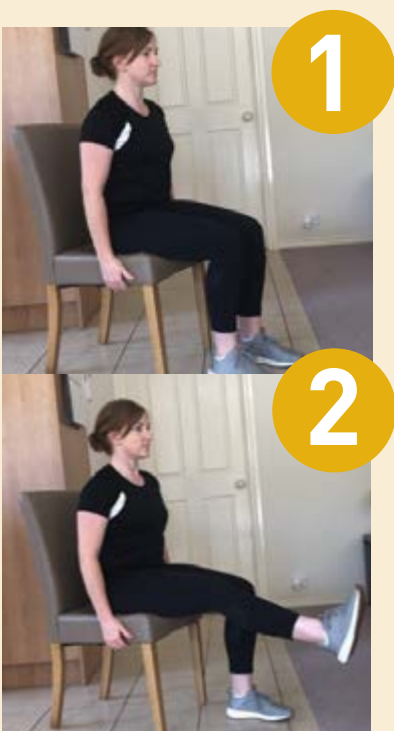
## Knee extensions

### Strengthens leg muscles

Start by sitting on the edge of a chair with a straight back, knees bent with feet flat on the floor. Holding on to the sides of the chair, lift your right foot off the floor and straighten the right leg. Slowly lower to the start and repeat on the left side.

Complete 8 – 10 repetitions on each side.

- Keep your knee slightly bent as you lift the leg, aiming to not lock out your knee.



## Sit to stand

### Improves lower body and core strength

Start by sitting in your chair with feet flat on the floor and looking straight ahead. As you stand squeeze your bottom (glutes) and stand nice and tall. Complete 8 – 10 repetitions.

- Increase the difficulty by completing without using the arms of a chair.
- You can also increase the difficulty by holding on to some small weights.



## Wall push ups

### Strengthens the muscles in the chest and shoulders

Facing a wall, place your hands on the wall shoulder width apart and elbows below shoulder height. Walk your feet back slightly. Bend your elbows to bring your chest close to the wall, then pushing through your hands return to the start position. Complete 8 – 10 repetitions.

- Increase the difficulty by stepping your feet further away from the wall.
- You can progress by moving from the wall to using your kitchen bench.

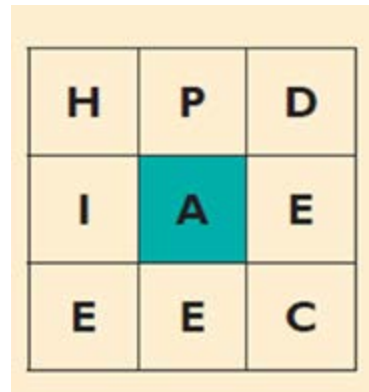


# Activities and brain teasers

## Word target

Your target is to create as many words as you can of four (4) letters or more, using the letters once only and always including the letter in the middle of the wheel.

No foreign words and no proper names. There is one nine-letter word, which uses all the letters. Good luck.



### How many words can you find?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_

- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_

### Turn upside down for answers to activities above:

**Answers: Word target:** Four-letter words: ACED, ACHE, ACID, AIDE, APED, CAPE, CHAI, CHAP, CHIA, EACH, HEAD, HEAP, PACE, IDEA, and PAID. Five-letter words: ACHED, APHID, CHEAP, PACED, PEACE, and PEACH. Six-letter words: APIECE and HEAPED. Nine-letter word: HEADPIECE.

## Brain teasers

Your target is to create as many words as you can of four (4) letters or more, using the letters once only and always including the letter in the middle of the wheel. No foreign words and no proper names. There is one nine-letter word, which uses all the letters. Good luck.

- 1. A man is looking at a photograph of someone. His friend asks who it is. The man replies, 'Brothers and sisters, I have none. But that man's father is my father's son.' Who was in the photograph?**
- 2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet, and without using a bridge or boat. How did the dog do it?**
- 3. What makes this number unique: 8,549,176,320?**
- 4. What five-letter word becomes shorter when you add two letters to it?**
- 5. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in anger. You may find me in the sun, but I am never out of darkness. What am I?**

## Be Kind Nillumbik



We've launched the Be Kind Nillumbik appeal, aimed at helping lighten the increasing impact of the global virus.

Under the banners of *Be Kind to Yourself*, *Be Kind to Others*, *Be Kind to Business* and *Be Kind Be Creative*, Council is encouraging the community to band together and show kindness.

Council will be sharing messages of kindness, and supporting communities to set up kindness initiatives through our social media channels. The power of community now lies in kindness – from local residents offering to help each other, right through to local services sharing health and business updates. It is about making sure people feel supported and connected to their community.

We will be showcasing our community's responses to inspire others to **#bekindnillumbik**. Anyone with ideas on how to help each other, particularly those most vulnerable, are urged to get in touch with Nillumbik Shire Council so that we can share the kindness with everyone in the community.

### Looking for some inspiration of how you can get involved?

Offering a helping-hand to your neighbours is a great way to assist your community during this time. Simply cut-out the 'Hello neighbour' template below, fill in with your details and drop the letter in your neighbours' letterbox. This is just one way you could help be kind to others in your street and your wider community.

## Keep in touch

### Nillumbik Shire Council

Civic Drive (PO Box 476)  
Greensborough Victoria  
3088

[nillumbik.vic.gov.au](http://nillumbik.vic.gov.au)



[positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

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



Hello! I am your neighbour and I would like to help

My name is: .....

I live locally at: .....

My phone number is: .....

If you need support, I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Other:.....

COVID19 is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (1.5m distance). Wash your hands regularly. Items should be left on your doorstep. Care for one another and share your stories.

be kind  
NILLUMBIK