

Ageing Well in Nillumbik

Winter 2021

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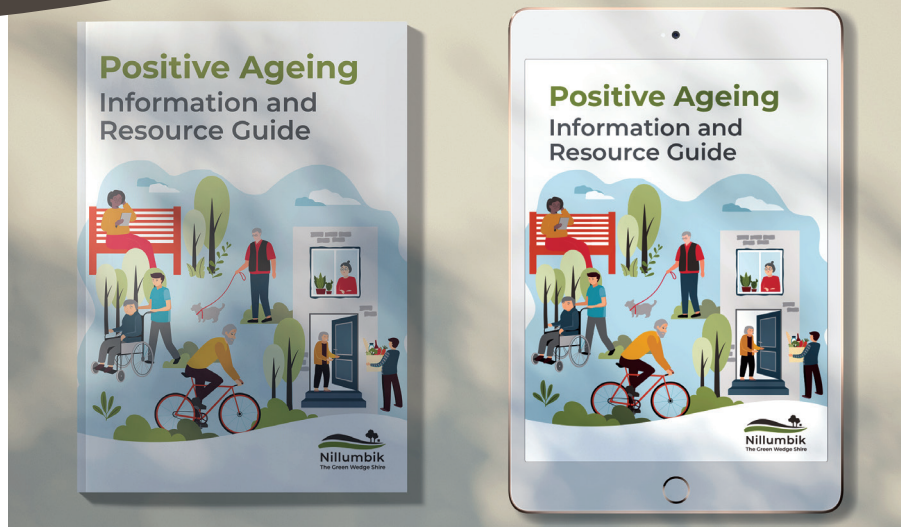
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Hello readers

Welcome to the winter edition of Ageing Well in Nillumbik. This edition is packed with lots of events and activities coming up over the next few months

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.



Positive Ageing Resource Guide

At Council, we often hear that it can be challenging for people to find out information about what's available in the community. We know that having reliable and accessible information is important for people to make independent decisions, and to access services, opportunities and activities.

We're pleased to announce that we have published a Positive Ageing Resource Guide, jam-packed with information about service providers, community organisations and groups, and government organisations to help you live and age well.

This publication is available on Council's website www.nillumbik.vic.gov.au/positive-ageing-resource or pick up your copy today from the following venues:

- Civic Centre, 34 Civic Drive, Greensborough
- Diamond Creek Living & Learning Nillumbik
- Edendale Community Environment Farm
- Eltham Living & Learning Nillumbik
- Hurstbridge Community Hub
- Panton Hill Living & Learning Nillumbik

or contact Council on **9433 3111** or positive.ageing@nillumbik.vic.gov.au and we will send you a hard copy.

Image above: Created by yeven_popov
www.freepik.com

Accessible Parking Permit Scheme

The Accessible Parking Permit (APP) Scheme replaced the Disabled Person's Parking (DPP) Scheme in March 2021.



The new scheme is administered through local Councils and an application form is required, either online or hard copy available through Council.

Residents who require a new permit, or need to replace a permit,

can apply via the new application process. The new scheme removes the need for reassessments for those with a permanent disability, and includes occupational therapists as assessors as well as GPs.

Current DPP holders will receive a letter a month before their permit is due to expire with instructions on how to apply under the new scheme.

If you require assistance in lodging an application, please call **9433 3111** to make an appointment with a council officer from the Community Safety team.

www.nillumbik.vic.gov.au/accessible-parking-permit

Intergenerational Story Telling program is running again

Council has once again partnered with Humankind Enterprises to run the Intergenerational Storytelling Program.

The six-week program aims to increase social connection for young and older residents. The program employs young jobseekers and pairs them with older community members, helping them record their stories and experiences.

If you'd like to participate please contact the Social Connection Officer on 9433 3111 or email **social.connection@nillumbik.vic.gov.au**.

Get in touch with the Positive Ageing Advisory Committee

Council's Positive Ageing Advisory Committee meet regularly to discuss, advise on and action ideas related to positive ageing in Nillumbik.

Council recognises the importance of including and amplifying the voices of older people so that we can create an age-friendly community for all Nillumbik residents to live and age well.

There are opportunities for residents who are not current committee members to get involved with the Positive Ageing Advisory Committee on an ad-hoc basis in subcommittees and working groups, with the aim of working collaboratively on specific projects, issues or areas.

Priority issues identified by the Committee include dementia, communications, social connections and recreation for older people.

To get in touch with the Positive Ageing Advisory Committee, or to enquire about current subcommittees and working groups, contact **positive.ageing@nillumbik.vic.gov.au** or call Positive Ageing Officer on **9433 3111**.



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

Stir a Cuppa for Seniors
because there's **no excuse**
for **elder abuse**

Elder abuse is everyone's business

Elder abuse is the manifestation of ageism and inequality in our society, and is defined as any act which causes harm to an older person, and is carried out by someone they know or trust. Elder abuse starts with disrespect, and can happen in any kind of family or relationship. Even if the abuser doesn't intend to hurt the older person, it doesn't mean that what they are doing is okay.

If you, or someone you know is experiencing elder abuse, please contact Seniors Rights Victoria who have a free confidential Helpline: 1300 368 821. Everyone has the right to be safe and age with dignity.

This information has been adapted from Seniors Rights Victoria, 'Concerned about an older person? A guide to understanding elder abuse for friends, family and concerned others' resource guide. The case study below is based on Seniors Rights Victoria's actual work, all names and identifying details have been changed, and the individuals in the photo are models.



"I love my grandchildren, and was very involved in their lives, often looking after them when my son Simon and his wife were working. But when Simon tried to get me to move out of my house into his to provide full time care for the children, I refused. When Simon told me I could no longer see him or the children, I was devastated. I called Seniors Rights Victoria, who gave me legal advice and supported me to get mediation for me and Simon, that I was able to see the grandkids again. I'm much happier now and I get to see my beloved grandchildren again."

Living, Dying and Grieving Well

The most important conversation you've never had.

We used to talk about death to prepare and plan for a future without us. It drew us closer together when we needed it most. These conversations were an act of love, bearing witness to a life well lived.

Sharing hopes and fears can create connections that wouldn't have happened otherwise, and can pass on knowledge of what matters most in the final moments of our lives.

Talking about death doesn't bring death closer. It's about planning for life, helping us make the most of the time that we have. However, starting the conversation, particularly with those close to you, is never easy. Still, families commonly report that it comes as a relief once the subject is brought out into the open.

Nillumbik Shire Council in collaboration with Banksia Palliative Care Service is hosting free information sessions to start these important conversations and give people courage and support to live, die and grieve well.

Dying Matters - all you need to know about palliative care

Learn about palliative care, who can benefit from it, how to access it and how it supports not only the ill person, but also their carers.

Morning tea provided.

When Tuesday 20 July 11am - 12pm

Where Hurstbridge Community Hub,
50 Graysharps Rd Hurstbridge

Bookings
palliative-care-nillumbik.eventbrite.com.au

Memory Concerns, Bringing death to life: grieving and celebrating life

Join us at Bridges Restaurant to talk about death, and how to support bereavement.

Enjoy a complimentary cake and coffee in celebration of Dying to Know Day.

When Friday 6 August 1:30 - 3pm

Where Bridges Restaurant,
1075 Heidelberg-Kinglake Rd, Hurstbridge

Bookings grief-and-bereavement.eventbrite.com.au

If you need assistance with transport to these events

Please call Council's Aged Care and Navigation Officer on **9433 3138**
or email agedcare@nillumbik.vic.gov.au



Staying Well As We Age

For many people life begins a new chapter as you get older. You've got more time for the things you've always wanted to do – visit new places, take up hobbies, or see more of friends and family.

However, some things can seem a bit harder. We start losing people close to us. Friends and family are often far away. Our bodies can slow down a bit, and we might have more health issues to worry about. These changes can increase the risk of anxiety and depression.

Nillumbik Shire Council in collaboration with St Vincent's Health Ageing Service is presenting free information sessions to give you tips and strategies on how to stay mentally healthy as you age.

Managing Low Mood; Are you feeling blue and what to do about it?

This session will look at the symptoms of depression and low mood and what to do if you or someone you love is feeling low.

When Friday 9 July 11am - 12:30pm

Where Eltham Library, Panther Place, Eltham
Morning tea provided.

Bookings

staying-well-managing-mood.eventbrite.com.au

Memory Concerns, Dementia Risk factors and Prevention Strategies

This session will explore the early signs of cognitive decline, and what we can do to keep our minds active and well as we age.

When Friday 10 September 11am – 12:30pm

Where Diamond Valley Library,
34 Civic Dr Greensborough
Morning tea provided.

Bookings

memory-concerns-dementia.eventbrite.com.au



What's on



Edible Hub Food Share

The second and fourth Saturday of each month, 10am to 11am

Hurstbridge Community Hub in the Edible Hub community garden (indoors in the Hub lounge)

Address: Graysharps Rd, Hurstbridge

Throughout the winter months, the Edible Hub will continue to provide free fresh produce to community. Come along and bring your home grown food and garden-related items to share. If there's not much going on in the garden, just bring yourself!

Where Hurstbridge Community Hub in the Edible Hub community garden (indoors in the Hub lounge)

Address Graysharps Rd, Hurstbridge

Contact Jules 0400 750 750 or ediblehubgarden@gmail.com

Eltham Little Theatre

Established in 1958, the Eltham Little Theatre Inc. is a non-profit, community theatre organisation based in Research, committed to promoting the performing arts and providing opportunity for community participation. Run entirely by volunteers, Eltham Little Theatre puts on up to five quality productions annually for patrons to enjoy. Production types can include comedy, drama, musicals, traditional music hall and short play festivals.

There are many ways to become involved with Eltham Little Theatre.

- Go to one of their shows.
- Help out backstage or assist patrons at Front of House.

**ELTHAM
LITTLE
THEATRE inc.**

The Little Theatre with a Big Heart - Your Community Theatre SINCE 1958
www.elthamlittletheatre.org.au

What's playing at the Eltham Little Theatre in 2021?

The Long Road

September 3 - 18

Eltham Little Theatre

When eighteen-year-old Danny is fatally stabbed in a random attack his family struggles to find meaning and forgiveness. His mother's determination to understand the atrocity brings her face to face with his killer and forces the family to confront the bitter senselessness of their loss.

Address 1603 Main Rd, Research

Contact Eltham Little Theatre
0411 713 095 or

info@elthamlittletheatre.org.au

www.elthamlittletheatre.org.au



Tennis on the Hill at Panton Hill

We are inviting all over 50's, to join us for
FREE social tennis at the Panton Hill tennis courts.

**Tuesday mornings, 9am-10.30am, followed by
morning tea in the club rooms.**

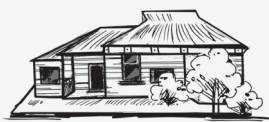
We can supply tennis racquets if required.

Please contact Janice **04589 10396** or Paul **04002 92264**
or email **crosswhite@bigpond.com**

Proudly supported by



Living & Learning Nillumbik



Diamond Creek
119 Cowin Street



Eltham
739 Main Road



Panton Hill
18 Bishops Road

Where
people share,
learn and
connect

Living & Learning Nillumbik host a wonderful range of programs to suit every interest. Term 3 starts on 12 July and is the perfect time to learn something new and meet new friends across the three sites in Eltham, Panton Hill and Diamond Creek. See below for some highlights of our upcoming programs.

Community gardens at Eltham and Panton Hill

Whether you're an experienced gardener or absolute beginner, everyone is welcome to join these groups to meet new people, share gardening skills, tips and tricks, and get your hands dirty.

Discovering Dance

Experience the benefits of dance with others who love to move. This is a fun way to exercise with a friendly, relaxed group. Explore different dance styles and learn basic and intermediate dance techniques.

When Every Thursday 15 July – 16 September, 9:45am – 10:45am

Where Eltham North Hall, 8 Cedar Avenue, Eltham North

Cost \$72 (10 sessions – concessions available)

Classes and groups at Diamond Creek Living & Learning Nillumbik.

Drama for seniors

Due to popular demand in term 2 we're starting another drama group in term 3. Come and join our delightful tutor Lynne for a unique opportunity for seniors to explore a new way of thinking. The classes will encourage spontaneity and originality in a friendly and compassionate atmosphere. Her goal is to make you laugh, have fun and explore your creative side.

When Friday 16 July – Friday 17 September, 10am – 11am (10 sessions)

Cost \$110 (\$99 concession)

Italian

Did you know that we have a comprehensive Italian program at Living & Learning Nillumbik? A series of beginner to conversation classes – the common factor is the regular peals of laughter echoing from the classroom. A beginner class is starting in Term 3. Now is your chance to start from scratch or join at your level.

When Tuesday 20 July to Tuesday 7 September, 9:15am – 10:45am. Other levels are at various times on Monday and Tuesday mornings.

Cost \$152 (\$137 concession)

Macramé Magic

Engage in some 70's nostalgia with this fun and interactive workshop and leave with your own macramé creation. You will learn traditional macramé knots and make your own plant hanger to keep.

When Saturday 14 August, 10am – 12:30pm

Cost \$54 (materials included)

Learn guitar

Our guitar program is expanding with two levels of classes now available. The introduction class starts at the basics while the beginner class assumes you have learnt the fundamentals. Both take place with a small friendly group and a skilled and entertaining tutor.

When Wednesday 21 July – Wednesday 8 September

Introduction class 8pm – 9:30pm Cost \$150

Beginner's class 6:50pm – 7:50pm Cost \$100

To enrol or enquire about any of the above, please call Living & Learning Nillumbik on 9433 3744 or email info.livinglearning@nillumbik.vic.gov.au



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 & 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 learn how to use an iPad?

We have several iPads available for older people in Nillumbik to loan 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 9433 3111 or email **social.connection@nillumbik.vic.gov.au**.

NILLUMBIK HISTORICAL SOCIETY

Ellis Cottage Reserve, off Main Hurstbridge Road, Diamond Creek



Welcomes you to

Searching for a Hero – An Ancestral Journey

An online enquiry from overseas, through Ancestry, leads to an incredible voyage of discovery, not only via online sources, but through exploration and travel to unexpected and distant places

A Talk by Jan Bailey

**(BA Hons-Archaeology) University of Melbourne
Grad Dip Ed La Trobe University**

Sunday 11th July 2021

2pm - 4pm

\$10 per person

with homemade afternoon tea

Ellis Cottage – Barn

RSVP by Wednesday 4th July to elliscottage@gmail.com

for further information please call - Maggie 0437 076 511 or Lynn 0407 364 302

Jan is a retired tertiary teacher, who has long been a passionate student of archaeology, fulfilling her fascination with yearly visits to excavation sites in the North-eastern Anatolia region of Turkey. She is an historian and researcher, and her other passion is the English language. Over many years she has honed her craft of writing and editing while working with both high-school and mature-age students, as well as transcribing and writing papers for publishing in archaeological journals, alongside her archaeology colleagues.

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 am having surgery soon and will not be able to drive for at least six weeks or maybe longer.

I will still be able to do my shopping myself but will need some assistance to get to the shops every week. Do you know of any available services which may be able to assist me?

Thanks, Betty



Dear Betty

There are services available to support you to remain living independently in your home and within your community for as long as you wish to. The Australian Government subsidises the cost of home support services for older people who are eligible. An assessment process determines which program and services may be suitable for you.

It sounds like you may benefit from the Community Transport service. Nillumbik Shire Council provides a Community Transport service which is an affordable, door-to-door service delivered by volunteer drivers. The service can be used to access shopping, social activities, community facilities and medical or health related appointments.

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 myagedcare.gov.au or by calling 1800 200 422.

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

Good luck with your surgery!

Take care, Stacie

Stacie
Aged Care Navigation and Advocacy Officer
Nillumbik Shire Council



We're here to help

If you have a question you would like answered please email Council's Aged Care Navigation and Advocacy Officer agedcare@nillumbik.vic.gov.au



Connecting our community

If you would like to promote your community group in the next Ageing Well in Nillumbik newsletter, please send any details to Positive Ageing at PO Box 476 Greensborough 3088 or email positive.ageing@nillumbik.vic.gov.au. Photos welcome.



Nillumbik Probus Club

Nillumbik Probus Club has been operating for 24 years, and is looking for new members. It is a club for both men and women.

In addition to monthly meetings, they also have a regular Book Club, Craft Club, Walks, Cinema outings, caravan and cabin trips, bus trips and more.

Guest speakers invited each month to talk about topical subjects.

When Second Wednesday of each month
9:45am – 12:00pm

Where Bridges Restaurant, 1075 Heidelberg-Kinglake Rd, Hurstbridge

Please contact the Membership Officer on 0402 348 217 if you are interested in joining or if you would like more information.

Eltham Senior Citizens

If you're bored at home and looking to make new friends, the Eltham Senior Citizens invites all seniors to come along to the club for a cuppa and activities every week day.

Monday Bingo

Tuesday Chinese club and cards

Wednesday Special day (occasional outings)

Thursday Line dancing, bingo, scrabble and fish and chips

Friday Line dancing and indoor bowls.

Where 903 Main Rd, Eltham

For more information, contact President Vivienne on 0419 109 742. Transport can be arranged.



Thinking about the COVID-19 Vaccine?

The following is adapted from information available from Australian Government Department of Health and the Victorian State Government Department of Health.

Vaccination is the most effective way to protect against COVID-19. Vaccines strengthen your immune system by training it to recognise and fight against specific viruses. When you get vaccinated, you are protecting yourself and helping protect the whole community. The COVID-19 vaccine will help us better control the spread of the virus.

You may have already been vaccinated, or your friends may have been. You may have been thinking about getting it in light of everything that is happening. No matter your age or what medical conditions you may have, you have the right to be involved in decisions about your care, including decisions about the COVID-19 vaccination. It is free, safe and voluntary.

Where to get the COVID-19 vaccine

Older Victorians are currently eligible to receive their COVID-19 vaccine. You can choose to get vaccinated at any of the following locations:

- vaccination centres
- local general practices
- Aboriginal Community Controlled Health Organisations
- Community Health Centres.

Not all GPs are delivering the vaccination but if you are aged 70 years or over and/or have a pre-existing medical condition, you are encouraged to talk to your usual GP about the risks and benefits of getting a COVID-19 vaccine and help you make an informed choice about what is best for you. Your GP will be able to advise where you can get your vaccination locally.

Which vaccine will I get?

People aged 50 years and over will receive the AstraZeneca vaccine. It has been advised that the AstraZeneca vaccine remains safe and recommended to people aged 50 and over.

This recommendation is based on the increased risk of severe illness from COVID-19 in older adults, and a potentially increased risk of thrombosis with thrombocytopenia following AstraZeneca vaccine in those under 50 years.

The Therapeutic Goods Administration (TGA) has approved two vaccines for use in Australia, the Pfizer/BioNTech (Pfizer) vaccine and the Oxford/AstraZeneca (AstraZeneca) vaccine. Both vaccines are very effective in preventing severe disease and death due to COVID-19 in adults of all ages.

Getting more information

There are new vaccine developments every day, and it is normal to have questions or concerns about getting a vaccine. This is a new vaccination program and these are new vaccines. It is important to get accurate, evidence-based answers to your questions.

For information about COVID-19 or COVID-19 vaccines, call the National Coronavirus Hotline 1800 020 080.

You can also call the Older Persons COVID-19 Support Line on 1800 237 981 between 6am – 10pm, 7 days a week to talk about any issues or concerns you have in relation to COVID-19.

The Australian Government Department of Health has a series of articles answering common questions about COVID-19 vaccines. Find out more here: www.health.gov.au/initiatives-and-programs/covid-19-vaccines

Information about the COVID-19 vaccines is available in 63 other languages: www.health.gov.au/resources/publication/covid-19-vaccines-common-questions-other-languages

They have videos in Auslan here: www.health.gov.au/resources/collections/covid-19-vaccination-videos-auslan

The Older Persons' Advocacy Network (OPAN) made a series of videos specific to older people: www.opan.org.au/covid19_vaccine, and includes topics such as vaccinating those with reduced capacity or dementia. OPAN provides free aged care advocacy services – call 1800 700 600 8am – 8pm Monday to Friday, 10am – 4pm Saturday.



Growing tips from Don

Our resident garden columnist Don sent through the following tips about growing cauliflower.

"I was planting my cauliflower in the greenhouse and I thought that being such a hard one to grow, a few words on cauliflower could be helpful for some readers.

Growing cauliflower can be difficult as it requires a cooler environment but one that doesn't subject it to the depths of winter. It is also very sensitive to heat so a little shade cloth could help. The heart will sometimes yellow so to try to avoid this, turn the leaves up over the heart and tie them together. Did you know that cauliflower has a high vitamin A content? Happy growing! And until next time"

- Don

be kind
NILLUMBIK



Share your stories with the community

If you have any tips or stories please email Council's Positive Ageing Officer at positive.ageing@nillumbik.vic.gov.au or call 9433 3111



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**.