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Hello Ageing Well readers

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

Katie Camilleri
Positive Ageing Officer

If you would like to be added to our mailing list email positive.ageing@nillumbik.vic.gov.au or call 9433 3345 and leave your preferred contact address.

Ageing Well in Nillumbik Action Plan

The Ageing Well in Nillumbik Action Plan 2019-2022 has been developed as part of an integrated set of Council plans to contribute to community outcomes. The Plan has a specific focus on priorities, actions and activities that strengthen, benefit and resource older people, their carers and families across Nillumbik. The new Plan will not be a standalone strategy (as it was previously), it will take cues from Council's current Council Plan and the Health and Wellbeing Plan 2017-2021.

Council's Positive Ageing Advisory Committee provided feedback into the development of the new framework and plan that will guide the delivery of key priorities and actions.

This feedback will ensure that positive ageing is supported and integrated across all of Council.

A copy of the Ageing Well in Nillumbik Action Plan can be downloaded from our website at nillumbik.vic.gov.au/positiveageing or call Council's Positive Ageing Officer on 9433 3345 to receive a copy in the post.



What's on

Healthy eating and nutrition - FREE

Delivered by Bolton Clarke under the Be Healthy & Active Program this information session will teach you about healthy eating habits and how you can get the most out of your meals every day.

Time: 10am
When: Wednesday 10 April
Where: Living & Learning Eltham
739 Main Road
RSVP: Bookings essential.
Call 9433 3345 to book your place

Safe travel on Metro Trains - FREE

This information session delivered by Metro Trains promotes safe independent travel. You'll also get tips on how to use the Myki ticketing system and information about how to get assistance when travelling on the rail network.

Time: 9am-1.30pm
When: Friday 10 May
Where: Hurstbridge Community Hub
50 Graysharps Road
RSVP: Bookings essential.
Call 9433 3345 to book your place.

Healthy bladder - FREE

Delivered by Bolton Clarke under the Be Healthy & Active Program this information session is all about bladder health. Learn simple tips and exercises to improve control and prevent future bladder problems.

Time: 1pm
When: Friday 24 May
Where: Living & Learning Diamond Creek
119 Cowin Street
RSVP: Bookings essential.
Call 9433 3345 to book your place.

2019 Seniors Festival information sessions

Come along to this information session to find out how your community group or organisation can get involved in the Seniors Festival during October.

One-off grants of up to \$500 will be available to help groups and organisations fund their event or activity. Information packs will be provided at the session with details about grant applications and Council representatives will be available to help you get your ideas off the ground.

Session 1

Time: 10am
When: Wednesday 3 April
Where: Hurstbridge Community Hub
50 Graysharps Road

Session 2

Time: 7pm
When: Wednesday 3 April
Where: Civic Centre, Council Chambers
Civic Drive, Greensborough

To RSVP or for information, contact Council's Positive Ageing Officer on 9433 3345 or email positive.ageing@nillumbik.vic.gov.au



What's on

Autumn lunch and entertainment

Join members of Council's Community Support team for a two course lunch and live entertainment.

Frank Benedetto will perform some of jazz and swing's most popular songs. Frank is one of Melbourne's ultimate modern day crooners and combines a mixture of individual styles to each of his performances.



Time: 11am for a seated lunch at 12pm
When: Friday 5 April
Where: Eltham Community and Reception Centre
801 Main Road
Cost: \$25 per person (two course lunch)
RSVP: Bookings essential as places are limited.
Visit trybooking.com/BADZQ

For information or help with your booking, contact Madelyn Elliot on 9433 3157.

Tech help

Have a question about technology? Diamond Valley Library are there to help. These sessions are provided by library staff or an experienced volunteer.

Time: 10am
When: 8, 20, 29 March
12, 17, 26 April

Where: Diamond Valley Library
Civic Drive, Greensborough
RSVP: Bookings required.
Call 9434 3809 to book your place.

Brain games

Bring your iPad or Android Tablet, download brain games, have some fun and meet new people. BYO device or use one of the iPads available from the library.

Time: 10am-11.30am
When: Friday 15 March and Wednesday 24 April
Where: Diamond Valley Library
Civic Drive, Greensborough

Starting your family history

Not sure where to start, or what genealogy resources are available? Book a half hour or one hour session with a library staff member.

Time: 2pm-4pm
When: Saturday afternoons by appointment
Where: Diamond Valley Library
Civic Drive, Greensborough

Yarra Plenty Regional Libraries offer a range of other programs and events throughout the year. Visit the Diamond Valley or Eltham Library or visit their website to see what's on yprl.vic.gov.au





Tech, Tea and Tales

Tech, Tea and Tales is a free, 5-week program offered to older people in Nillumbik to develop new technology skills and connect with younger generations through the sharing of stories.

- ✓ *Get your technology questions answered*
- ✓ *Have a yarn*
- ✓ *Get to know young people from your community*

The program connects you with a local young person for an hour each week. If you have one, bring your tablet, smartphone or laptop and any questions you need answered (devices also available at the Centre). You can also choose to share and record stories or reflections from your life - an optional but great way to give back to your community and share your experiences with younger generations.

Available at St Andrews Community Centre from the 8th of April, 2019. Join in for 50 minutes/week on Monday afternoon or Wednesday morning. BYO device or borrow at the Centre. Transport available.

To find out more and to register, contact Katie on 9433 3345

Diamond Valley Community Support

Diamond Valley Community Support (DVCS) is a not-for-profit charity that provides emergency relief and other assistance to people facing financial and personal hardship.

Volunteers are the backbone of our organisation and we have a number of positions available at our op shops, community markets and Greensborough office at various times throughout the year.

Volunteering with DVCS provides the opportunity to support the local community, learn new skills, develop friendships and make a positive impact.

Email Kerri Wellington at volunteers@dvsupport.org.au or call 9435 8282 for information.



Do you need help cleaning your gutters?



Is your house single-storey with easy access to the gutters?

Clogged gutters can be a fire hazard or cause water damage to your house.

For a small donation, the Diamond Creek Men's Shed is offering to clean gutters for local residents who are at risk using a ladder.

Also available for hire, for a small fee, is high reach fruit picking, window cleaning, hedge trimming and tree lopping equipment.

Contact the Diamond Creek Men's Shed on **0400 301 263** for information, pricing and booking.

Community transport

We welcome applications from people who would like to assist transporting eligible residents to access their community.

If you are interested in becoming a volunteer driver for Council's Community Bus, Saturday Bus or one-on-one transport, we want to hear from you.

To find out more visit nillumbik.vic.gov.au/transport

To submit your application visit:

Saturday Bus - <http://btrr.im/t5nqc>

Community Bus - <http://btrr.im/571s5>

One-on-one transport - <http://btrr.im/spxiy>

Don't drive and need transport?

Council works with a wonderful team of volunteers to provide a community transport service.

Community transport can assist eligible residents to access the community for:

- shopping
- services
- social activities
- medical appointments
- visiting family or friends

If you think this service will help you to live independently, contact My Aged Care on **1800 200 422**.

The Regional Assessment Service will assess your needs and a referral can be made to Council to enable you to access our transport services.





NATIONAL VOLUNTEER WEEK

Making a world of difference

20-26 May 2019

Join us for National Volunteer Week and help celebrate Nillumbik's wonderful volunteers! A program of events will be held across the Shire, including Council's annual Volunteer Appreciation Event on Wednesday 22 May.

Volunteering is a great way to give back to the community but it's also a great way to learn new skills, keep active and meet new people. A number of opportunities are available to suit your interests and schedule including environment, driving and transport, arts and culture, mentoring, advocacy and much more.

To find out about opportunities in Nillumbik, visit nillumbik.vic.gov.au/volunteer or contact our Community Development Officer for Volunteering on 9433 3147 or email Volunteering@nillumbik.vic.gov.au to find out more about how you can volunteer in your community.



Diamond Valley Prostate Support Group

The Diamond Valley Prostate Cancer Support Group (DVPCSG) is a community volunteer group affiliated with the Prostate Cancer Foundation of Australia and the Cancer Council of Victoria.

The group welcomes any man, his partner or family member to participate with the hope that their prostate cancer journey is made easier.

The group provides information, education from health professionals and resources along with like-minded people who share their experiences.

The DVPCSG values your privacy and the group has agreed on the following actions:

- What is shared in the group remains confidential
- We respect each person's opinion
- We do not give or ask for medical advice
- We show compassion and support
- We participate in community events to promote awareness
- We participate in some fundraising activities to cover the costs of our group and its promotion

Meetings run from 6.45pm to 8.30pm on the third Monday of every month at Living & Learning Eltham.

For information visit dvpcsg.org.au

CarerLinks North: supporting carers

CarerLinks North is a program of Merri Health and has been supporting carers in the Northern region for over 20 years through a range of services. Many people don't necessarily identify as being a carer outside of their relationship as a spouse, a daughter, a son, or a friend.

CarerLinks North's services include:

- Information provision
- Emergency and short-term respite
- Counselling
- Dementia support
- Education & training
- Peer support
- Support for young carers
- Health and wellbeing coaching

Health and Wellbeing Coaching is a free, nationally recognised program focused on working with carers to look after their health and wellbeing. Carer health and wellbeing coach Collette Arnheim, said carers are supported to create a personalised care plan that addresses their health concerns.

She said "We work together on what is important to you and discuss simple ways to maintain your wellbeing between appointments. This could be by linking you to peer support groups, preparing a meal and exercise plan, and sharing coping strategies".

As a full time carer of his father, Loddy Micucci has benefitted from the program which has helped him to reach his goals of increasing his physical activity levels. "Health coaching made me realise that it was okay to take time and also supported me and guided me in how to do that," Loddy said.

For information about health coaching or other services offered by CarerLinks North call **9495 2500**.



Steps to Wellbeing

Healthy ageing, as we know, involves more than just looking after our physical health. Social and mental wellbeing are also important determinants for enjoying a meaningful, high quality life into older age.

In the northern and eastern suburbs, Steps to Wellbeing is providing free and confidential support for people wanting to improve their sense of wellbeing and to address anxiety, stress and depression.

The program offers a range of support options, from one-on-one coaching to group sessions and phone or video conferencing.

People accessing support from Steps to Wellbeing may be experiencing a significant life transition, increased life stressors or showing signs of anxiety or depression. These signs can include low mood, feeling overwhelmed, low energy, feelings of hopelessness, fear, nervousness or worrying, and social isolation.

Steps to Wellbeing is a free service available to all people aged 16 or over who live, work or study in Banyule, Boroondara, Knox, Manningham, Maroondah, Monash, Nillumbik, Whitehorse, Whittlesea, parts of Murrindindi, Mitchell and Yarra Ranges.

You can refer yourself, or be referred by a health professional. Visit stepstowellbeing.org.au for information or call 8691 5450.

Council's 2018 Aged Services Survey

The Aged Services Survey was developed to help Council better understand the community's needs regarding ageing in Nillumbik.

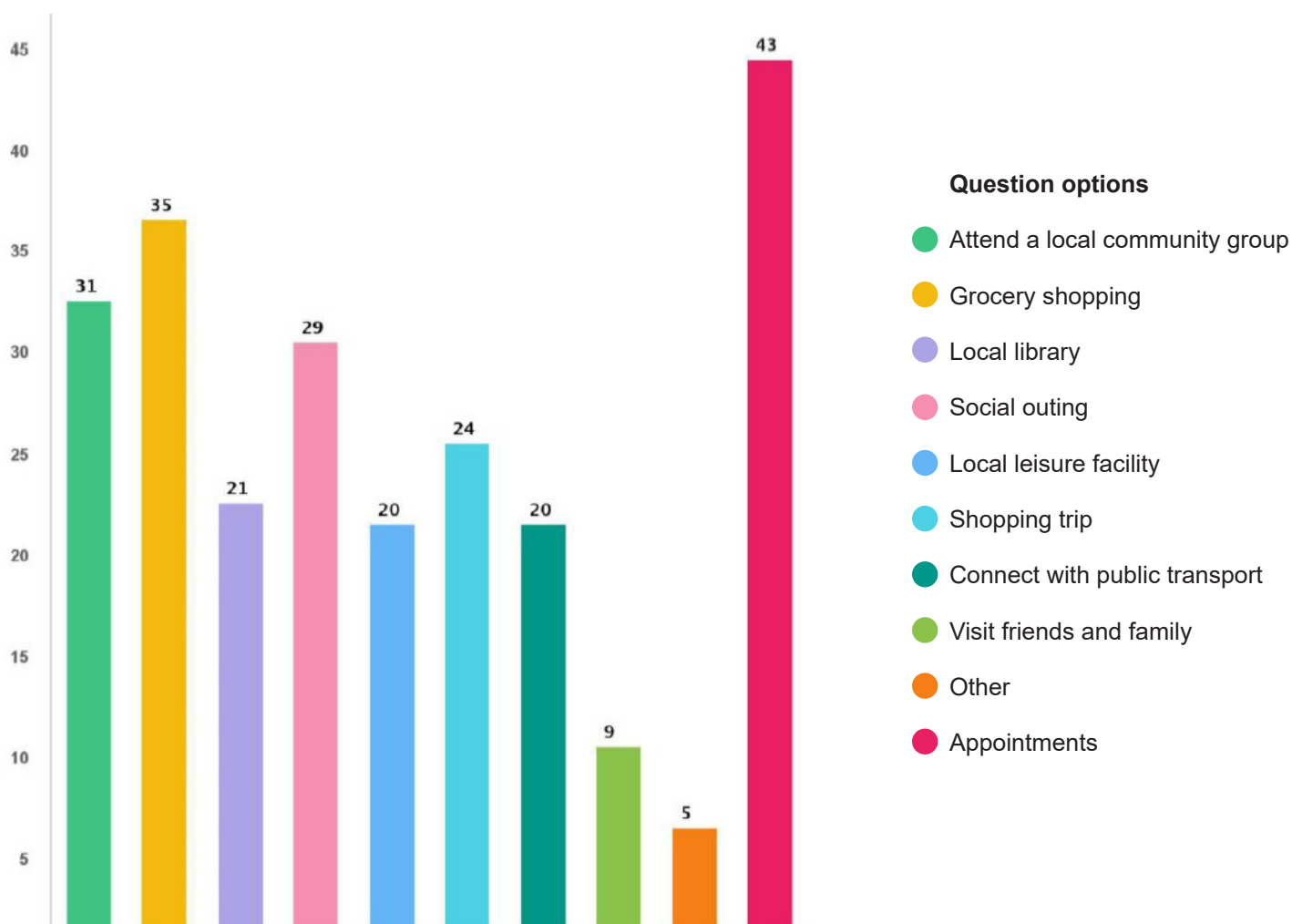
Community feedback identified three major priorities to help older people to live and age well in their community:

- Accessible community transport, particularly for residents in rural Nillumbik
- Addressing social isolation and loneliness
- Support navigating the Commonwealth Government's My Aged Care service system in the short term to assist residents to access services they need.

The survey was available via Council's online engagement platform 'Participate Nillumbik' and hard copies were also supplied. The survey period commenced on 9 October 2018 and concluded on 30 November 2018. A total of 87 responses from people aged 55+ were received.

Highlights from the findings are featured below:

If additional community transport services were provided, where would you want these services to go?



Are there any programs, initiatives or ideas you know of that might help reduce social isolation and loneliness for older people?

"a volunteer programme so isolated or lonely people can get visits from volunteers if they want to have someone come to their home?"

"u3A - classes in a range of areas."

"Omni Diamond Creek and Eltham, (Older men new ideas) Mens shed Eltham for gardening and wood working and social participation."

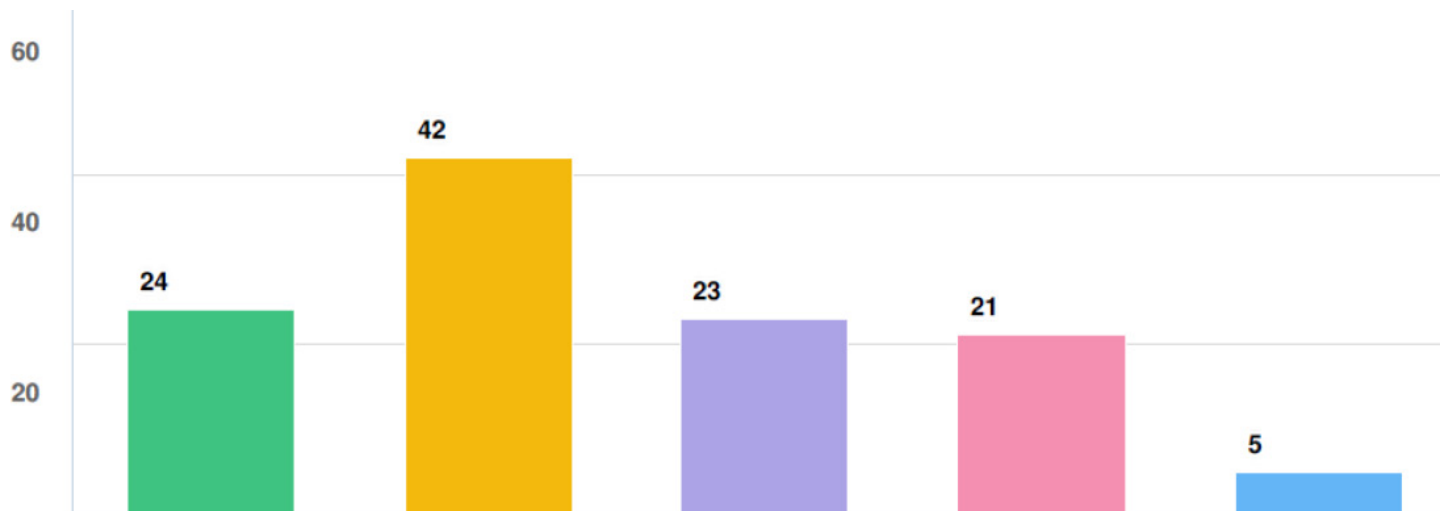
"Nillumbik community living and learning centres"

"U3A and Nillumbik Neighbours provide good and regular social interaction"

"I am involved in U3A, I sing in the choir, I go to church and I go to exercise class. These could be promoted more."

"Strong people stay young - run by HealthAbility - I have been attending for 8 years and enjoy physical exercise, friendship and fun"

How can Council support you to understand, accept and benefit from the new My Aged Care system?



Question options

- Training workshops
- Information / fact sheets / video
- One-on-one support
- I don't need any support
- Other

For a full copy of the survey report visit participate.nillumbik.vic.gov.au/ageingwell or contact 9433 3345.

A century of caring

Marjorie Taylor had a hundred good reasons to smile on her birthday.

The Eltham great-grandmother turned 100 on Thursday 10 January and received congratulations from the Queen, as well as a visit from Nillumbik Mayor Karen Egan who brought with her a framed letter of congratulations, a bunch of flowers and good wishes from all of the councillors.

Cr Egan said Nillumbik had one of the highest life expectancy rates in Victoria and she expected many more residents to reach the three digit milestone.

"Huge congratulations to Mrs Taylor and her family. She's a shining example of ageing positively," Cr Egan said.

Marjorie was born in Footscray on 10 January 1919. She qualified as a hairdresser and ran her own salon in the city during WWII before she married Benjamin Taylor, a former Shire Councillor, and moved to Eltham.

The mother of four has always lived up to her motto "there's no such thing as being bored."

Over the years Marjorie has volunteered at St Margaret's Anglican Church in Eltham, Anglicare, Link, Foodshare and a host of other community groups.

Meanwhile residents over the age of 55 are being reminded to keep an eye out for their local Positive Ageing Advisory Committee member who will be representing them to help them live healthy active lives.

Twenty committee members have been appointed to support Council in reviewing the 2013-2018 Positive Ageing Plan and provide Council with feedback to help form the new 2019 – 2022 action plan, due to be released early this year.

The committee is a diverse group from townships across the Shire and represents a wide variety of ages, backgrounds and interests.



Recipe corner

Butter-less butter chicken

Cooking time: 20 minutes

Preparation time: 20 minutes

- 1 tablespoon canola oil
- 2 onions, finely diced
- 4 garlic cloves, crushed
- 1 tablespoon grated fresh ginger
- 2 tablespoons no added salt tomato paste
- 1 tablespoon cumin
- 1 tablespoon garam masala
- 1 tablespoon brown sugar
- 1/2 teaspoon dried chilli flakes
- 1/2 teaspoon turmeric
- 2 (about 250g each) skinless chicken breast fillets, trimmed of all visible fat
- 400g can no added salt diced tomatoes
- 3/4 cup reduced fat thick natural yoghurt
- 300g green beans, trimmed and steamed
- Coriander sprigs, to garnish
- 1 tablespoon toasted flaked almonds, to garnish
- 2 cups cooked basmati rice, to serve

Step 1

Heat oil in a deep non-stick frying pan over medium heat. Add onion and cook for 10 minutes. Add garlic and ginger, cook 2 minutes. Add tomato paste, cook 1 minute.

Step 2

Reduce heat to low and stir in the cumin, garam masala, brown sugar, chilli flakes and turmeric. Cut the chicken into pieces and add to the pan. Cook, stirring, for 2-3 minutes.

Step 3

Add the tomatoes, yoghurt and 1/4 cup water, stir to combine. Bring to the boil then reduce heat to low and cook, uncovered, for 15-20 minutes or until the chicken is cooked and the sauce has thickened.

Step 4

Serve with cooked basmati rice and the steamed beans. Garnish with coriander sprigs and toasted flaked almonds.

Recipe courtesy of the Heart Foundation heartfoundation.org.au

Reminder to survive the heat with these 5 tips



Drink plenty of water



Never leave anyone in a car



Stay somewhere cool



Plan ahead



Check in on others

Visit betterhealth.vic.gov.au/heat

Have your say

This newsletter is a way for you to receive information about current events, have your say and receive information about what is happening in Nillumbik.

We value your feedback about the Ageing Well in Nillumbik newsletter, so please contact us with your contributions or offer any feedback about what you would like to see in future editions.

Contact Council's Positive Ageing Officer Katie Camilleri on **9433 3345** or email positive.ageing@nillumbik.vic.gov.au

