

Ageing Well in Nillumbik

Newsletter, Spring 2019

Contents

What's on	2-5
Seniors Festival	2-5
Dying to know day	5
Healthy Active Ageing Expo	6
Volunteer opportunities	7
Recipe corner	10

Hello readers

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

Take care,
Katie Camilleri
Positive Ageing Officer

If you would like to be added to our mailing list you can email positive.ageing@nillumbik.vic.gov.au or call 9433 3345 and leave your preferred contact address. If you need this document in another format please contact us on 9433 3111.

2019 Seniors Festival

Join us this October for the 2019 Victorian Seniors Festival.

Victorian Seniors Festival October 2019

seniorsonline.vic.gov.au

#VicSeniorsFestival

Get into it!

VICTORIA State Government

There will be more than 2,500 free or low-cost events being run across the state, including a range of fun events and activities happening right here in Nillumbik!

See pages 2-5 inside for what's on in Nillumbik this October for Seniors Festival.

What's On

September

Dementia Awareness Month

Australians are being encouraged to get involved in Dementia Awareness Month this September to help improve the lives of people living with dementia, their families and carers.

Dementia Awareness Month is Dementia Australia's national awareness-raising campaign held every year throughout September.

Events supported by Nillumbik Shire Council:

Worried about your memory?

FREE

BOOK

Tuesday 3 September

11.30am–1pm

This session provides information on memory and common changes that may occur with ageing. It provides strategies for improving memory, when to seek help about your concerns and services provided by Dementia Australia.

Suitable for members of the general public who are concerned about their memory and dementia or who are worried that someone they know may have dementia.

Where Hurstbridge Community Hub, 50 Graysharps road Hurstbridge.

Additional information Lunch provided following the session. Bookings essential for catering purposes. Please contact 9433 3345 to RSVP by Monday 26 August.

Understanding Dementia

FREE

BOOK

Wednesday 11 September

11.30am–12.30pm

This session provides information on memory and common changes that may occur with ageing. It provides strategies for improving memory, when to seek help about your concerns and services provided by Dementia Australia.

Suitable for members of the general public who are concerned about their memory and dementia or who are worried that someone they know may have dementia.

Where Peppercorn room, Diamond Creek Living & Learning Centre - 119 Cowin Street Diamond Creek

Bookings essential [understanding-dementia.eventbrite.com.au](http://www.understanding-dementia.eventbrite.com.au) or 9433 3345.

Become a Dementia Friend – It starts with you

FREE

Who are Dementia Friends?

The people in our community who want to make a positive difference in the lives of people living with dementia.

Why become a Dementia Friend? Every 3 seconds someone in the world develops dementia.

Knowing how to help and understand the challenges they face you can make people living with dementia, feel accepted and safe.

How do I start?

Visit Dementia Australia's website dementiafriendly.org.au and create a Dementia Friends account. From there you can listen to people with dementia share their stories and be guided through 3 videos (5 minutes each) designed to increase your understanding of dementia and its impacts.

Additional information about dementia and support call the National Dementia Helpline on 1800 100 500 or visit dementia.org.au.

Dementia Australia is the national peak body and charity for people of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information to Australians impacted by dementia.

October

Seniors Festival

An exhibition of knitted wall hangings and artwork at Montsalvat

FREE



Thursday 26 September – Monday 21 October, all day

Launch – Thursday 26 September, 6.30pm–8.30pm

Where Long room, Montsalvat, 7 Hillcrest Avenue, Eltham

Information u3a.nillumbik@gmail.com

Diamond Valley Sports and Fitness Centre

FREE

BOOK

Any Monday, Wednesday and Friday in October 11am–1pm

Get moving with five FREE Senior Gym Sessions at Diamond Valley.

Where Diamond Valley Sports and Fitness, Centre, 44 Civic Drive, Greensborough

Bookings register for your free Senior Gym Session passes at Diamond Valley Sports and Fitness Centre

Information info@diamondvalleysfc.com.au

Phone (03) 9435 8444 **in person** 44 Civic Drive, Greensborough

Eltham Leisure Centre Active Movers Classes

FREE



Throughout October

Eltham Leisure Centre will be hosting FREE Active Movers classes throughout Seniors Month.

Where Eltham Leisure Centre, 40 Brougham Street, Eltham

Information for timetable of classes, visit elthamleisurecentre.com.au, in person, or contact Emma Pacconi on **9439 2266**

Art Exhibition at Gennaros

FREE

Tuesday 1 – Thursday 31 October All day

Where Gennaro's Pizza Restaurant, 720 Main Road, Eltham

Information u3a.nillumbik@gmail.com

Stories of Yarrambat

FREE

Tuesday 1 – Thursday 31 October
Opening hours

Where Diamond Valley Library, Civic Drive, Greensborough

Information contact Diamond Valley Library 9434 3809

Art Exhibition at Eltham Leisure Centre

FREE

Tuesday 1 – Thursday 31 October
Launch – Saturday 5 October
3.30pm–5.30pm

Workshops – Thursday 10 October
and Thursday 17 October
3.30pm–5pm

Where Eltham Leisure Centre, 40 Brougham Street, Eltham

Information
u3a.nillumbik@gmail.com

Hurstbridge Men's Shed Open Days

FREE

Every Wednesday in October
10.30am–2pm

Where The Men's Shed, Hurstbridge Community Hub, 55 Graysharps Road, Hurstbridge

Information contact Brian on 0448 089 825 or Guy on 0404 311 193

Travel Safe on Metro Trains



FREE

BOOK

Thursday 3 October
9.30am–1.30pm

Discover the benefits of a senior's Myki card, find out where to get assistance when travelling and understand the role of Authorised Officers on the network.

Where starting at Hurstbridge Community Hub, 50 Graysharps Road, Hurstbridge

Bookings essential book your seat at traveltraining.eventbrite.com.au or call 9433 3345

Cooking demonstration – One meal multiple ways

FREE

BOOK

Thursday 3 October, 10am

Where healthAbility, 917 Main Road, Eltham

Bookings contact healthAbility on 9430 9100 and advise of any special dietary requirements

Visits to Montsalvat

FREE

Monday 7, 14, 21 and 28 October
10am–4pm

Free entrance to the iconic artist's colony in Eltham.

Where Montsalvat, 7 Hillcrest Avenue, Eltham

Information contact 9439 7712

Bus trip to Bolobek Garden Lover's Plant Fair

BOOK

Sunday 6 October
9am–4pm

Two twelve seater buses will leave Hurstbridge (near Kindergarten and Water hydrant) at 8.45am or the Civic Centre, and Greensborough at 9am, returning 4pm headed to the Bolobek Garden Lover's Plant Fair.

Where Bolobek Gardens, 370 Mount Macedon Road, Mount Macedon

Cost Garden and Fair entry \$10

Bookings essential contact Sandra Verdam on 0437 352 378

Making Connections Morning Tea

FREE

BOOK

Monday 7 October
10.30am–11.30am

Where Billy's Desk Restaurant, Shop 1, 6-20 Luck Street, Eltham

Bookings essential spaces are limited. Book online at making-connections-morning-tea.eventbrite.com.au

Information contact Linda on 0402 910 240

Nillumbik University of the Third Age (U3A) Mini expo

FREE



Tuesday 8 October
9.30am–12pm

Where Diamond Creek Senior Citizens Centre, Corner Elizabeth and Gipson Streets, Diamond Creek

Information
u3a.nillumbik@gmail.com



BOOK

2019 Seniors Festival Launch

Friday 4 October

Doors open 11am for 12pm start at the Eltham Community and Reception Centre.

Enjoy a 2 course meal with friends and experience the magic, the emotion and the brilliance of Buble with a performance from the Australasian Michael Buble Tribute Show. Glenn Starr and his big band deliver 60 minutes of unforgettable music.

Cost \$25, includes meals and entertainment.

Bookings essential, purchase online at: seniors-festival-launch.eventbrite.com.au contact Madelyn Elliot on 9433 3157 for assistance.



Eight days of free public transport for Victorian Seniors Card holders

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from **Sunday 6 October to Sunday 13 October.**

How to travel during the free travel period

- Remember to always carry your Seniors Myki and Victorian Seniors Card with you on public transport.
- Touch on and off as usual, you won't be charged.
- On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.



Try Before you Ride

FREE

Tuesday 8 October
10am–2pm

Find out how you can travel safely on the public transport system. Boost your confidence by practicing boarding and disembarking a stationary train, an accessible tram, bus, and accessible taxi and V/Line coach.

Where Box Hill Interchange, Corner Whitehorse Road and Station Street, Box Hill

Information contact 1800 800 007 or visit ptv.vic.gov.au/more/travellingonthe-network/accessibility/trybeforeyou-ride

Be Healthy and Active – Falls Prevention

FREE

Thursday 10 October
10.15am–11.15am

Where Pantom Hill Living & Learning Centre, 18 Bishops Road, Pantom Hill

Book online at falls-prevention.eventbrite.com.au or call Nillumbik Shire Council on 9433 3345

Yarrambat Heritage Museum Open Day

FREE

Sunday 13 October
11am–3pm

Where Yarrambat Heritage Museum, Yarrambat Park, Yan Yean Road, Yarrambat

Information no bookings required
For more information contact John Szekfy on 9435 5320 or Brendon Smith on 9436 1356

Karaoke Choir of Diamond Creek

FREE

Monday 14 October
1pm–3pm

Singalong with the Diamond Creek Karaoke Choir. Featuring all-time favourites from the 50s, 60s and 70s, with words displayed. Afternoon tea provided.

Where Diamond Creek Uniting Church, corner Wensley Street and Hurstbridge Road, Diamond Creek

Information no bookings required.
Contact Graham Ford on 0419 361 487



Discover on the Green Expo

Monday 7 – Friday 11 October

Local community groups, business and organisations will be showcasing their activities and services to older people and their families in the plaza.

Come along for free and connect with a range of information, community groups, activities and services available to assist you to live and age well in Nillumbik.

Level 1, Greensborough Plaza, Main Street, Greensborough

Hear Our Voices Music Festival

FREE

BOOK

Saturday 12 October
2.30pm–4.30pm



Where St John's Anglican Church, 1 Main Street, Diamond Creek (via Hyde Street, additional parking is also available at Tobin Brothers, Diamond Creek)

Cost free, or a gold coin donation

Bookings eventbrite.com.au/e/hear-our-voicesmusic-festivaltickets-65352684639

Information contact via email zara@rewire.org.au



African Drumming workshop, lunch and performance

BOOK



Friday 18 October
Workshop and Lunch, 12pm
Performance by Drum Connection Seniors, 2.15pm

Where Allwood Neighbourhood House, 901 Main Road, Hurstbridge
Cost \$5

Bookings essential bookings open 1 October, email Annie Fletcher on annie@drumconnection.com.au or phone 0407 102 578

Be Healthy and Active – Healthy Brain, Healthy Body

FREE

Monday 21 October
1pm–2pm

Where Eltham Living & Learning Centre, 739 Main Road, Eltham

Bookings online healthybrainhealthybody.eventbrite.com.au or call Nillumbik Shire Council on 9433 3345

Mont Park to Springthorpe project

FREE

Wednesday 23 October
2pm–3pm

Explore the former Mont Park Hospital and Asylum and Macleod and its environments.

Where Diamond Valley Library, Civic Drive, Greensborough

Information contact Diamond Valley Library 9434 3809

Diamond Creek Men's Shed Open Day

FREE



Thursday 24 October
10am–12pm

Where 55 Challenger Street, Diamond Creek

Information no bookings required. Email enquiry@dcmsshed.com.au or contact Raymond Beveridge on 0419 384 429

Community Bands

FREE

Saturday 26 October
2pm–3pm

Join Jeremy de Korte Librarian and Archivist at the Victorian Bands' League where Jeremy will discuss the history of community brass and concert bands in Nillumbik and Banyule.

Where Eltham Library, Panther Place, Eltham

Information contact Yarra Plenty Regional Library yprl.vic.gov.au nillumbik.vic.gov.au

Musical Afternoon with the Open Door Singers Community Choir

BOOK



Sunday 27 October
2pm

Where Diamond Creek Community Centre, 28 Main Road, Diamond Creek

Cost \$10

Bookings essential trybooking.com/BDWKD or email u3a.nillumbik@gmail.com

What's coming up at Yarra Plenty Regional Libraries

Using DNA for Family History Research

FREE

Family Historian Craig Smith will discuss the consideration you should make in deciding to take a DNA test and what types are relevant to genealogy, where to buy a test and interpreting your results

Diamond Valley Library
Wednesday 25 September 2pm – 3pm

Eltham Heritage Walk in partnership with Eltham District Historical Society

FREE

Many historical and culturally significant sites are within reach of Main Road Eltham. Join us for a local history walk and loop of some of these sites starting at our own award winning library. Walk is not recommended for children under 12 years old

Eltham Library, Tuesday 15 October, 10am–12.30pm

Submerged: stories of Australia's shipwrecks

FREE

This exhibition highlights 14 compelling stories in Australia's maritime history. Presented by the Australian National Maritime Museum and the Australian Maritime Museums Council

Diamond Valley Library: Tuesday 26 November 2019 – Tuesday 10 December 2019

Watsonia Library: Thursday 12 December 2019 – 6 January 2020

Immigration and Shipping

FREE

Discover resources and learn research tips to reveal your ancestor's arrival in Australia

Wednesday 27 November
2pm – 3pm

Looking Forward, Looking Back; Summer Fun in Yarra Plenty

FREE

Local history groups and artists reflect on summer recreation over the decades

Eltham Library Community Gallery
Thursday 5 December 2019 – 6 January 2010

Save the date

Healthy & Active Ageing Expo

When: Sunday 1 March 2020

Time: 10am - 4pm

Location: Eltham High School

The inaugural Healthy and Active Ageing Expo is a free event for Nillumbik and Banyule residents, to showcase a range of health and wellbeing activities and services within the local community.

It will enable people of all ages to connect with business or organisations that provide information and services to support healthy, active and connected living.

There will be a range of exhibitors from fitness centers, health professionals, service providers, community organisations and clubs, and there will be free activities such as:

- Healthy cooking demonstrations, tastings and recipes
- Bike n Blend smoothies
- Health checks
- Massages
- Information sessions
- Fun exercise activities
- Giveaways and so much more!

This exciting, inaugural Expo is a collaboration between Nillumbik Shire and Banyule City Councils.

Interested in participating as an exhibitor at the Expo?

Local community organisations, businesses and clubs involved in health, wellbeing, nutrition, outdoor recreation, sport and exercise for people aged 55 and over, are invited to 'Apply now' and complete the Exhibitor Expression of interest (EOI) Form.

Not only is it a great way to connect to your market, it is an excellent networking opportunity and can assist your business/organisation to:

- Raise awareness of your services and activities
- Showcase your products and business
- Promote come and try days, memberships and volunteering opportunities

Interested?

Visit [our website](#), search for 'Healthy & Active Ageing Expo' and complete the Expression of Interest form at the bottom of the page before Sunday 22 December 2019.

Before you apply, please ensure you download and read the Exhibitor Information Pack.



Nillumbik U3A

U3A Nillumbik is a volunteer organisation offering seniors/retirees great activities. We introduce interesting new classes each term to our members. Some being introduced in term 3 include:

- Conversations with Mummies
- Dreamtime to the present – Our Aboriginal Story
- Evolution & Genetics
- Try Lawn Bowls

If you would like to view all the classes we offer or join our friendly organisation, please visit our website or contact us for more information.

Website: nillumbiku3a.org.au

Email or call:
u3a.nillumbik@gmail.com
0468 300 764

Volunteers needed for Austin Health

Volunteers are critical to the delivery of exceptional care and service to Austin Health patients, carers, families, staff and community.

Volunteers work in roles that enhance the patient experience at all of our sites including Austin Hospital, Heidelberg Repatriation Hospital, Royal Talbot Rehabilitation Centre, the Olivia Newton-John Cancer, Wellness and Research Centre, and our Op Shops in Heidelberg and Diamond Creek.

Applications are currently open for a range of volunteer roles, including in our new activity program with dementia and delirium patients. You can view and apply for our current roles here: bttr.im/tgd3f.



16 Days of Activism against Gender-Based Violence

Grant applications open

Nillumbik Shire Council is offering grants of up to \$500 for community led projects to help end violence against women as part of the upcoming 16 Days of Activism Against Gender-based Violence campaign.

The campaign starts on 25 November to mark the International Day for the Elimination of Violence against Women and ends on International Human Rights Day on 10 December.

Applications for the grants open on 29 July and close on 20 September 2019. Organisations interested in applying for a grant can do so by visiting:
nillumbik.vic.gov.au/16daysofactivism

Successful recipients will host their events during the 16 Days of Activism, from 25 November to 10 December.

Nillumbik's Health and Wellbeing Plan 2017-2021 and the Gender Equity Policy 2018 provide a framework for Council to deliver actions to improve gender equity and prevent violence against women.

healthAbility

Social Support Groups

Our Social Support Groups provide activities to help older people and people with disability to live a healthier, more rewarding and socially engaged life.

There are many reasons to join one of our Social Support Groups:

- Affordable recreational, leisure and social activities
- Meeting people and making new friends
- Staying connected to the community and social interaction
- Maintaining skills needed for living independently
- Keeping the body and mind active
- Respite for carer/s

Recently we were lucky enough to help a very special healthAbility Social Support Group member, Anatole, celebrate his 100 year young birthday.



Anatole was surrounded by his other group friends and family on his special day and even had the opportunity to play a one of his favourite games with a giant chess set. Everyone enjoyed the celebrations especially the yummy cake!

If you are interested in joining one of our Social Support Groups please see our website. healthability.org.au/services-support/home-community-support/social-support-groups





Are you interested in helping reduce depression, anxiety and loneliness in older people living in residential aged care?

The National Ageing Research Institute (NARI) is a national leader in research that focuses on improving the quality of life and health of older people. We are looking for volunteers to help deliver a befriending service to older people living in residential aged care. Befriending involves having a conversation with a person about everyday topics and events in a friendly way without discussing health problems or emotions.

We want to know whether undertaking befriending with older people living in residential aged care helps reduce symptoms of depression and anxiety and decreases their loneliness

Volunteers will be asked to visit a resident once a week for a period of four months. They will undergo a training session prior to beginning the befriending visits and will be provided with support throughout the program. After the befriending program they will be asked some questions about their experience.

All volunteers have a valid police check prior to participating in the program, including the training. This can be organised for you by NARI.

If you are interested in being involved or would like more information, please contact Prof Colleen Doyle (email c.doyle@nari.edu.au or phone (03) 8387 2305).

This study has been funded by the National Health & Medical Research Council and *beyondblue* and has been approved by the Austin Health Human Research Committee (reference number HREC/45941/Austin-2018).

Recipe corner



Warm roasted vegetable salad (serves 4)

Recipe Courtesy of the Heart Foundation

Ingredients

- 400g sweet potato, cut into 2cm pieces
- 2 zucchinis, halved lengthways, thickly sliced
- 1 red onion, peeled and sliced into 6 chunks
- 3 tablespoons olive oil
- 1 teaspoon dried oregano
- 150g cherry tomatoes
- 3 large flat mushrooms, sliced into chunks
- 1 teaspoon baby capers, drained, chopped
- 1 tablespoon lemon juice
- 1 teaspoon Dijon Mustard
- 1 bunch parsley, roughly chopped
- 50g spinach leaves
- 25g reduced fat feta cheese

Method

1. Preheat oven to 200°C.
2. Place sweet potato, zucchini, and red onion on a lined baking tray, drizzle with 1 tablespoon olive oil and dried oregano. Roast for 20 minutes.
3. Add tomatoes and mushrooms on the tray and drizzle with 1 tablespoon olive oil, then return to the oven for a further 10-12 minutes until vegetables are tender and golden.
4. For the dressing, whisk capers, lemon juice, Dijon mustard and remaining 1 tablespoon olive oil.
5. In a large bowl, gently toss roasted vegetables, parsley, and spinach leaves. Add the feta and dressing and toss gently. Serve warm.

Have your say

This newsletter is a way for you to receive information about current events, have your say and receive other 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 to this newsletter or offer any feedback and suggestions as to what you would like to see in future editions.

Please contact Katie Camilleri on (03) 9433 3345 or email positive.ageing@nillumbik.vic.gov.au.



Have a seniors event coming up you want to promote?

Send it in to us at positive.ageing@nillumbik.vic.gov.au or to Positive Ageing, Nillumbik Shire Council, 34 Civic Dr, Greensborough VIC 3088.

Nillumbik Shire Council

Civic Drive (PO Box 476) Greensborough Victoria 3088
03 9433 3159 | nillumbik@nillumbik.vic.gov.au



nillumbik.vic.gov.au