



Summer edition Contents

What's on	2
Home maintenance service	3
Get involved	4
Australia Day Awards	5
Heat health tips	7

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 contact positive.ageing@nillumbik.vic.gov.au or call 9433 3345 and leave your preferred contact address.

Meet your Positive Ageing Advisory Committee

Council recently recruited 20 energetic and passionate residents aged 55 and over as volunteers to join the Positive Ageing Advisory Committee. These volunteers represent a range of age groups, townships, backgrounds and interests from across the municipality.

The aim of this re-invigorated group is to ensure Nillumbik has an older population that are informed, connected and supported to live well and age even better.

The Committee enables community representatives to discuss ideas, provide advice and action items related to positive ageing in Nillumbik. Keep an eye out for your local Positive Ageing representative in your community as they get out and about over the coming months.

To find out more, contact Council's Positive Ageing Officer on **9433 3345**.



What's on

Keeping men grounded – gutter cleaning

Did you know that gutter cleaning is one of the main causes of ladder accidents in people over 55? Clogged gutters can be a fire hazard and can cause water damage to your home.

To avoid these risks, call the Diamond Creek Men's Shed to arrange a gutter clean. They only ask for a small donation.

This offer is only available for local residents who are:

- over 55
- live in the Banyule or Nillumbik areas
- live in a one-story residence

To find out more or arrange a booking call **0400 301 263**.

Art for the brain

Facilitated by an experienced Art Therapist, this art group caters for people with Dementia, their loved ones or carers. Participants are encouraged to explore and express their creativity in a relaxing and supportive environment.

Time: 10am-11.30am
When: Monday fortnightly
Where: Allwood House, Hurstbridge

For information or to register your interest call Rose on **0447 755 876**.



Community Christmas Day lunch

If you are at a loose end or just plain lonely on Christmas Day then come along to this **free** community Christmas lunch in Diamond Creek.

Time: 12pm
When: Tuesday 25 December
Where: Uniting Church Hall, Diamond Creek

Transport available if needed. Relaxed and friendly atmosphere. Everyone welcome.

For information or to register your attendance contact Graham on **0419 361 487**.

2019 International Women's Day Dinner

Started by the Suffragettes in the early 1900's, the first International Women's Day was celebrated in 1911.



International Women's Day belongs to all communities everywhere - governments, companies, charities, educational institutions, networks, associations, the media and more.

Council's International Women's Day dinner is a local event designed to inspire, motivate and support residents, business owners and the broader community in championing equality.

Time: 6pm-9.30pm
When: Thursday 7 March
Where: Eltham Community and Reception Centre

Tickets will be available for purchase in early 2019.

Home maintenance service



If you are aged over 65 and living in your own home Nillumbik Aged Services may be able to help you with home maintenance.

The Home Maintenance Service offers assistance with a range of handyman jobs around your home, including:

- cleaning gutters
- replacing tap washers
- installing safety rails around the home
- changing light bulbs and smoke alarm batteries

If you have never accessed the Home Maintenance Service through Council, you will need to call My Aged Care on **1800 200 422** for a referral.

If you are a current Home Maintenance client of Nillumbik Aged Services call Margaret on **9433 3138** to book a service.

16 Days of Activism

Nillumbik Shire Council is committed to preventing violence against women and promoting gender equality. Council proudly supports the Victoria against Violence and global campaign - 16 Days of Activism against Gender-Based Violence.

The campaign starts on Sunday 25 November which is the International Day for the Elimination of Violence against Women and concludes on International Human Rights Day on Monday 10 December.

Council is working with the local community to host a variety of events to promote the campaign.

Keep an eye out in your local community during December as Nillumbik goes ORANGE to support the campaign to end violence against women and girls.

Yarra Plenty Regional Libraries

A range of programs and events are on offer throughout December at your local library.

Drop by for a visit or check out the 'what's on' section of the website to see a full list of events www.yprl.vic.gov.au

Diamond Valley Library
Civic Drive, Greensborough

Eltham Library
Panther Place, Eltham

Get involved!

In-Home Family Mentoring Program

Are you a local Nillumbik resident who can spare some time each week to support parents in the community? Council's In-Home Family Mentoring Program provides assistance to local families needing support and we need your help.

Support can be provided in a number of ways. It could be having a chat over a cuppa, providing a listening ear and advice. This can take place within the local community, or in a private home.

Mentors will spend up to four hours per week with families and also attend the occasional team meeting. Mentors will receive full training with ongoing support from the Family Support and Gender Equity Officer.

Volunteering to help parents and children can be very rewarding. Especially if you like meeting new people, want to develop new skills and build links within our community. To be included in the next round of training we need your application by 1 February 2019.

If you are interested and would like to discuss the role further contact Jodie Leahy on **9433 3165** or apply online at <http://bttr.im/3xqvm>



LinC Eltham & District Inc.

LinC has been supporting the community for more than 20 years and services the residents of Nillumbik and Banyule.

LinC provide a range of services for people in need including shopping, transportation, home assistance, visiting services, mowing and garden maintenance, and much more. The services provided vary depending on the skills and interests of the volunteers, and the needs within the community.

To find out more or to volunteer, contact LinC's referral centre on Monday or Wednesday 10am-12pm on **9432 3022** or visit www.lincnational.org.au

Nillumbik U3A

U3A is a voluntary organisation. Tutors and facilitators offer a variety of classes to capture a range of interests. Nillumbik U3A has over 500 members and more than 50 classes to choose from, with more classes introduced each term.

Some of the classes on offer include art, golf, yoga, exercise, history, music, and much more. There is something for everyone. U3A are a friendly group who firmly believe that ageing well involves active participation after you retire or semi-retire. Why not give it a go.

To find out more call **0468 300 764** or email u3a.nillumbik@gmail.com

Christmas Hampers

All Saints Anglican Church

All Saints Anglican Church in Greensborough have been hosting a free monthly community lunch since August 2013.

They also provide food hampers for vulnerable community members each fortnight. These services seek to connect with people in the community who are disadvantaged, elderly, disabled or marginalised from society.

During December All Saints Anglican Church provide people in need with Christmas Hampers and they need your help.

You can help by donating non-perishable food items for their Christmas Hampers including:

- Christmas cakes and puddings
- tinned ham, tuna or salmon
- tinned fruit
- shortbread biscuits
- tea, coffee or sugar
- any other non-perishable items are also welcome

Items can be dropped off at All Saints Anglican Church Bookshop and Coffee Shop at 14 Church Street Greensborough during business hours. Or contact the church office on **9435 5266**.



2019 Australia Day Awards



Do you know someone who has done something extraordinary who deserves to be recognised publicly?

Maybe they've coached the local footy team, gone over and above making costumes for school plays, or been a vital part of a local community group – whatever they've done, now is your chance to make sure they're recognised for the time that they've given to our local community to make it a better place.

The categories are:

- Nillumbik Young Citizen of the Year – aged between 16-30 years
- Nillumbik Citizen of the Year
- Nillumbik Senior Citizen of the Year – aged over 60
- Nillumbik Community Group of the Year
- Nillumbik Volunteer of the Year

Applications close 10 December 2018 at 5pm. Nomination forms are available at the Civic Centre, Civic Drive Greensborough or online at www.nillumbik.vic.gov.au/ausday

Community transport - become a volunteer driver

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 or one-on-one transport, we want to hear from you.

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

To submit your application visit:

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 feel this service will help you to live independently at home, 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.



Free Home Care Package information sessions

The Brotherhood of St Laurence offer groups or clubs free information sessions about Home Care Packages.

The sessions will cover:

- what the packages are
- how to access them
- how they can support you to remain healthy, happy and safe at home

To find out more or to book your session contact Edith Jones on **0490 441 784** or email ejones@bsl.org.au

How to survive the heat

Heat kills more Australians than any natural disaster. It's important to recognise the effects of extreme heat, who is at risk and how you can prepare yourself and others. These tips will help you survive the heat this summer:



DRINK WATER

- even if you don't feel thirsty, drink water
- keep a full drink bottle with you and take small sips of water frequently
- if your doctor normally limits your fluids, check how much you should drink during hot weather



HOT CARS KILL

- never leave kids, adults or pets in cars
- the temperature inside a parked car can double within minutes



KEEP COOL

- seek out air-conditioned buildings such as shopping centres, supermarkets, libraries, cinemas or community centres
- draw your blinds, use a fan and dress in light and loose clothing
- keep yourself cool by using wet towels, putting your feet in cool water and taking cool showers
- don't forget your pets – a cool bath, wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals



PLAN AHEAD

- keep up to date with weather forecasts and news reports
- if you must go out, wear a hat and sunscreen and take a bottle of water with you
- stock up on food, water and medicines so you don't have to go out in the heat
- visit your doctor to check if changes are needed to your medicines during extreme heat and store medicines safely at the recommended temperature
- prepare for power failures - ensure you have a torch, battery-operated radio, fully charged mobile phone, food items that don't require refrigeration, medications, plenty of drinking water and other essential items



CHECK IN ON OTHERS

- look after those most at risk in the heat – your neighbour living alone, older people, young children, people with a medical condition and don't forget your pets

For more information visit www.betterhealth.vic.gov.au/heat

Prepare for summer

Nillumbik residents are being urged to start their fire preparation and identify hazards on their properties to minimise fire risk.

You can help reduce the impact of fire and storm damage by conducting regular maintenance of your property. This includes clearing long grass, timber and wood stores, gutters and drains.

The CFA website has a range of ideas and information to help prepare and protect yourself and your property.

Do you have enough insurance?

The State Government is encouraging home owners and renters to check their level of insurance cover. Visit insureit.vic.gov.au for information about the 'Insure It. It's worth It' campaign.

Visit www.cfa.vic.gov.au

Bushfire safety

On hot, dry, windy days, if fires start they will spread quickly. The best way to protect yourself and your family is to leave, and leave early.

If the Fire Danger Rating is Code Red, Extreme or Severe you're risking your life if you don't take action.

It is important to plan what you will do in an emergency and prepare your family, pets and home and consider things such as electricity loss. Make sure that your family also knows and understands the plan.

Know where you are going and plan your journey, allowing plenty of time for any traffic issues.

If you are already prepared, be a good neighbour and check with people around you who may need help.

healthAbility - a healthy bite for good health

"My wife put my name down here at Healthy Bite Dental as a public client; lucky she did," says Montmorency resident, Martin. Martin was already missing several teeth and was overdue for a full oral health assessment.

Once in the care of Healthy Bite Dental he received teeth cleaning, restorations and fillings. "There were two teeth which could break off at any time and could not be saved. We knew if we didn't make dentures for Martin he would be left with missing teeth in the front of his mouth for quite a long period. By pre-empting the situation and commencing denture treatment immediately, we were able to fit Martin with the completed dentures so that he didn't have to live with missing teeth. The timing of the dentures was great, especially as midway through treatment one of the teeth broke!" says Dr. Izabella.



In total the dentures replaced nearly half of Martin's teeth, some of those spaces were empty for years. "I now feel better about myself, it does take a bit of getting used to with eating, but they are quite easy to take care of," says Martin. Martin has been complimented on his new dentures, with friends and family saying they fit perfectly with his own teeth. Dr. Izabella comments, "it's a nice uniform colour match so they look totally natural, suiting his personality. The dentures also support Martin's general good health as he has no restrictions on eating now."

After working as a painter and sign writer for his whole life, Martin knows what great skill it takes to get colours right, adding, "the colour match is amazing." Dr. Izabella says, "We have a very good laboratory that we work very closely with. Martin's case was very challenging due to the prominence of the front teeth so we had to take this into account; we checked how they were looking and we all gave a tick of approval."

What puts an even bigger smile on Martin's face is that he was able to access dental treatment without significant financial impact. Dr. Izabella explains it's largely due to Government subsidies assisting more people to get the treatment they need.

Martin jokes, "Now that my friends think I look like a 30 year old, I might go to Hollywood next!" Laughter echoes off the white walls of the consultation room, such is the spritely banter between Martin and Dr. Izabella. "Martin is a really big joke teller, every time he visits he comes in with two or three jokes. That is our routine and I enjoy it very much," concludes Dr. Izabella.

Martin looks forward to his visits too adding with a smile stretching from ear to ear, "The best thing is feeling better about myself."

Healthy Bite Dental is located at 917 Main Road Eltham. Call **9430 3100** for more information.

Recipe corner

Beetroot , lentil and feta salad

450 gram can whole baby beetroot, drained

400 gram can lentils, drained and rinsed

2 spring onions, finely sliced

2 teaspoons extra virgin olive oil

1 teaspoon red wine vinegar

50 grams rocket leaves

1/4 cup feta cheese, crumbled

ground black pepper to taste

Step 1

Cut any larger beetroots in half and combine with lentils, spring onions and rocket in a bowl.

Step 2

Whisk oil and vinegar, drizzle over salad and toss to combine.

Step 3

Transfer salad to a serving platter, scatter with feta and a sprinkle of pepper.

Notes

- To boost protein in this salad (and make it a meal), add some grilled chicken or lamb.
- Beetroot is a versatile vegetable that can be used in salads, dips, and sandwiches.
- Beetroot is rich in antioxidants and folate, which helps build healthy new cells.

Recipe courtesy of Nutrition Australia www.nutritionaustralia.org

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

Have a seniors event coming up you want to promote?

Send it to us at positive.ageing@nillumbik.vic.gov.au or Positive Ageing, Nillumbik Shire Council PO Box 476, Greensborough 3088 or complete the online form at www.nillumbik.vic.gov.au/events

