

# Ageing Well in Nillumbik

Staying Safe & Connected | Newsletter #2 | April 2020

## Hello readers

Welcome to the second edition of the special Ageing Well in Nillumbik Staying Safe & Connected Newsletter for April 2020. Thank you once again to everyone who has contributed to this edition.

For information, updates and advice about Coronavirus, please continue to monitor the Victorian Government's Department of Health and Human Services website [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

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

## Keeping your brain engaged with Living & Learning Nillumbik

While the regular face-to-face classes from Living & Learning Nillumbik (L&LN) are cancelled for Term 2 due to social distancing, the team and dedicated tutors are delighted to be able to offer online courses, and will support you to get online.

### Join an online course

You don't need to be a technical whiz to participate. Our tutors and staff will support you with getting online. Learn Italian, digital photography and creative writing from the comfort of your own home. Concession rates are available. Visit [livinglearningnillumbik.vic.gov.au/Courses-and-activities/Find-a-course-or-activity](http://livinglearningnillumbik.vic.gov.au/Courses-and-activities/Find-a-course-or-activity) for information on courses.

### Digital mentor

Now more than ever, being online is invaluable for social connection. If you, or someone you know, needs help with learning about their device and accessing the internet, there are great resources available at [beconnected.esafety.gov.au/](http://beconnected.esafety.gov.au/). Our team are working on ways to remotely support people to get online. Please register your interest by calling our customer support team on 9433 3744.

LIVING & LEARNING  
NILLUMBİK



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



## Support services

### Support for people living with dementia and their families

Dementia Australia has created some helpful resources with tips for carers and for people living with dementia to keep safe and connected during COVID19. There are ideas for ways to pass the time in self-isolation, tips for family carers on managing stress and anxiety and information about support services.

You can read them at **[www.dementia.org.au/resources/coronavirus-covid-19-helpsheets/tips-for-carers-families-and-friends-of-people-living-with-dementia](http://www.dementia.org.au/resources/coronavirus-covid-19-helpsheets/tips-for-carers-families-and-friends-of-people-living-with-dementia)**, or for further advice and support, contact the **National Dementia Helpline** on 1800 100 500.



**You are not alone and support is available.**

Our National Dementia Helpline is continuing to operate as usual, so please get in touch as questions and concerns arise, on **1800 100 500** or visit **[dementia.org.au](http://dementia.org.au)**

### Support for carers

Looking for a chance to unwind and socialise with other carers? Join Carers Victoria for Carers Corner, their new videocast for carers wishing to take some time out of their day to tend to their wellbeing and perhaps even learn something new. The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.

Starting on 20 April, join Carers Vic every Monday, Wednesday and Friday at 2pm via Zoom on your computer, mobile or by phoning the number below.

#### How to join

Join online **<https://zoom.us/j/99622135610>**  
Join via telephone, phone **+61 3 7018 2005**  
and enter the meeting ID: **996 2213 5610**  
followed by #

Carers Victoria will be running free 45 minute online mindfulness and meditation sessions for carers three times a week as of next week. Contact Carers Vic on 1800 514 845 or email **[education@carersvictoria.org.au](mailto:education@carersvictoria.org.au)**

### Other support services available

#### Beyond Blue

24/7 telephone support service providing free, immediate, short-term counselling and advice for those feeling worried or struggling to cope during the coronavirus pandemic.

Phone **1300 22 4636** or visit **<https://beyondblue.org.au>**

#### Lifeline

24/7 telephone crisis support. This is a confidential service providing support to anyone in Australia who is feeling overwhelmed, having difficulty coping or thinking about suicide. If life is in immediate danger, call 000.

Phone **13 11 14**

#### Ok to Talk

Is a service to connect people with a psychologist who is a good fit for them  
Visit **<https://www.oktotalk.com.au/>**

# Exercising together, in isolation

This week's health and wellbeing tip



**“Due to the restrictions all of the activities in the village have been suspended to observe the social distancing rules, however, where there is a will, there is a way to maintain your fitness and socialise at the same time and still observe the social distancing rules.**

**They even clean the hand rail before and after their exercises. It is a daily ritual at 10.45am. Some even use their balconies to join in but at a distance. They say that they will even wear their raincoats if needed to maintain their fitness.”**

**- Alan, Manager of the  
Kooringa Close Retirement Villiage, Eltham**

## Staying connected

This week's staying connected tip

**“In my Eltham Mens Shed, I phone 12 to 20 people (members and their partners) each day, and commit them to 'pay it forward' by calling and getting the recipient to 'pay it forward' by phoning 12 to 20 people each day...**

**Avoiding personal contact may be good to avoid virus; abandoning social contact at same time, is bad for short and long term health and well-being.**

**I also phone, email and SMS older members in my immediate residential community and health support groups that I'm involved with. If you can do the same, I encourage you to do so too!”**

**- Terry, North Warrandyte**

The above photos were sent in by Alan, Manager of Kooringa Close Retirement Village in Eltham.



# Gardening in North Warrandyte – at the time of Coronavirus

Written by Fiona from the Hurstbridge Sow and Grow Club

One of the unexpected benefits of this strange situation we all find ourselves in is that I'm spending nearly all my time in the garden. My salvias are flowering dramatically with a wide range of colours. I grow a lot of the *Salvia microphylla* and *Salvia greggi* hybrids and they come in every shade from deep blue through pinks and purples to lemon, orange and red.

It's strange what the coronavirus isolation makes everyone do. One of the unexpected consequences has been everyone buying up all the vegetable seedlings they can find. No logical reason as the farmers swear they are growing enough for the whole country but the deep need to feel self-sufficient is apparent. When I was last at the nursery, two women were arguing about the last punnet of kohlrabi seedlings. I wondered if they had ever actually eaten kohlrabi?

But I'm not immune. I am currently germinating vast quantities of celery, parsley, cabbage, kale and spring onions myself and I'll be able to supply most of the extended family with veggies. As I write, I'm picking the last of the cherry tomatoes and basil so I can clear the wicking garden beds for the new winter veggies. I usually start the new season's veggies off in their own small pots and grow them a bit until I can put them into the wicking garden beds and see them above the mulch.

I should probably say that gardening is a very personal thing and what works for me might not be the same as for other people. I've never been particularly good at following rules, perhaps some might think it's a bit late to be sowing cabbage or broccoli seeds but in my mind the soil is still warm so I'll try and see how I go. If nothing else, it's a very enjoyable way of spending my time!

Photograph below: Fiona's garden



## Five ways to stay mentally healthy

Discussions about the coronavirus situation and self-isolation can be stressful, impacting our mental health and wellbeing. It's natural to feel a range of emotions, such as stress, anxiety, boredom, or low mood, and many can feel distressed by the constant news and overwhelming information about the situation.

Here are five ways to stay mentally healthy, adapted from <https://headtohealth.gov.au/covid-19-support/covid-19>

- 1. Maintain a healthy lifestyle.** Set up a daily routine. Plan activities that are fun (such as reading, watching movies, hobbies), and that give you a sense of achievement (such as cleaning, completing work tasks).
- 2. Stay active.** Create an exercise routine that can be completed at home, to maintain physical fitness and reduce stress.
- 3. Eat well.** Plan and eat a variety of nutritious meals.
- 4. Stay connected with friends and family.** Via phone, chat, email, or video conferencing.
- 5. Access support.** If you are feeling overwhelmed, there are support services you can access (on page 2).