

# Ageing Well in Nillumbik

## Summer 2020/2021 edition

### Contents

News and updates	2-3
What's on	4-5
Dear Stacie...	6
Connecting our community	6-8
Free exercise booklet	9
Community Engagement Policy	11-12

### Hello readers

Welcome to the Summer 2020/2021 edition of Ageing Well in Nillumbik. This is a quarterly newsletter to keep you up to date with Council, community news, events and information to help you live well, and age even better.

Hope you are enjoying the warmer weather and had a restful festive season.

If you would like to be added to our mailing list you can email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or call 9433 3345.

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



### Loan an iPad for free

**We are excited to announce Council has a small number of iPads available for older people in Nillumbik to loan.**

The aim of this program is for older residents to experience the use of an iPad and the opportunities available online.

The program aims to empower older people with digital skills and improve their connection to family, friends and their local community.

**Council's friendly Living & Learning Nillumbik Digital Mentors are available to help you get started!**

Would you, a family member, or friend aged 50 and over benefit from loaning an iPad? We would love to hear from you.

**Contact** Social Connections Officer

**Phone** 9433 3148

**Email** [social.connection@nillumbik.vic.gov.au](mailto:social.connection@nillumbik.vic.gov.au)

### Reducing cost, saving energy

**Would you like to make your home warmer in winter or cooler in summer – and save money on energy bills?**

Council have partnered with the Australian Energy Foundation to provide residents with FREE 20-min phone consultations to access expert advice on how to reduce energy consumption and avoid hefty bills. Contact the Australian Energy Foundation on **1300 23 68 55** and mention that you are a Nillumbik resident or book your appointment online. If you need assistance or further information, please call Kate Shannon, Environment Project Officer on **9433 3141**.

[bookings.aef.com.au](http://bookings.aef.com.au)



### Waste Art Sculpture

Clean Energy Nillumbik (CEN) was formed to support Nillumbik's transition to 100% renewable energy, and cut greenhouse gas emissions.

This year, CEN is supported by Council to bring a range of great events to assist residents with renewable and sustainable living. Events have included Sustainable House Day, Speed Date a Sustainability Expert, Electric Vehicle Forum and most recently, the Waste Art Sculpture.

Local artist Lachlan Plain's sculpture, Family Unit (pictured above), is built entirely from electronic waste. It represents the way human connection is being augmented by technology,

even though human desire is to simply connect with other humans.

It also highlights the rapidly growing problem of e-waste as we update our appliances on a regular basis. These items are rich in re-usable materials such as the metals contained in casings, wiring and circuit boards, plastics used for buttons and handles, and glass used for screens and doors. Instead of these items ending up in landfill for thousands of years, see the CEN or Council websites for programs to recycle various appliances.

[www.cleanenergynillumbik.org.au](http://www.cleanenergynillumbik.org.au)





Image courtesy of Judy Vizzari Precious possessions – the house, the garden and Agatha Acrylic. From Nillumbik U3A Drawing & Painting PANArt Collection – see page 8 for more

## Respect Is... Listening to Older Women

In November 2020, Council took part in the **16 Days of Activism Campaign** which aims to raise awareness about gendered violence against women. Council invited seven older women to talk about their experiences and perspectives on 'Respect'. Thank you to Deanna, Jan, Jenny, Kathleen, Pamela, Pat, and Sabi for your generosity in sharing what respect means to you.

Watch the video online via [nillumbik.vic.gov.au/16-days](https://nillumbik.vic.gov.au/16-days).

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## Emergency Preparedness

**If you live in a bushfire risk area, it's a good time for you to develop or review your Bushfire Survival Plan.**

There are many planning templates suitable for people who have a disability, chronic or acute medical condition, or who are older. Visit the CFA's website for more information by following this link [www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan](https://www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan).

### Do you need help with technology?

Get help with your devices from a friendly digital mentor at the Eltham Lions Club Rooms

**Saturday 23 January** at 10am or 12:30pm

**Wednesday 17 February** at 10am or 12:30pm

For more information, call Peter from the Eltham Lions Club on **9068 3923**, 2 Youth Rd, Eltham 3095.

## Looking for Social Connections?

Council's Social Connection Officer focuses on establishing and fostering social connections - reducing social isolation for older people through encouraging and promoting participation in local activities, events and experiences.

**If you are looking to connect socially or have a social event, activity or experience for older people to participate in, please get in touch.**

The Social Connection Officer can link you with community groups and provide information about local activities to connect you socially.

Phone **9433 3148**

Email [social.connection@nillumbik.vic.gov.au](mailto:social.connection@nillumbik.vic.gov.au)





## Art in the Time of COVID-19

Looks set to become one of the most important exhibitions of this time.

Initiated in response to the COVID-19 pandemic, the exhibition is taking form with 40 artists from all media in the midst of creating artworks ready for exhibition at Montsalvat.

**Entry fees** adults \$14, concession \$10, children 5-12 \$8, under 5 free.

**Put this 'not to be missed' exhibition in your 2021 diary!**

**Location** Montsalvat, 7 Hillcrest Ave, Eltham

For more information: **contact** Simon Doyle Coordinator Arts and Cultural Development, email [simon.doyle@nillumbik.vic.gov.au](mailto:simon.doyle@nillumbik.vic.gov.au), phone **9433 3758**, website [nillumbik.vic.gov.au/covid-art](http://nillumbik.vic.gov.au/covid-art)

Image pictured above on right: Courtesy of Michelle Hamer *Relax we're doing great*, 2020



## International Women's Day

### #ChooseToChallenge

Join Council during 8 – 12 March 2021 to celebrate International Women's Day with free virtual events, face-to-face events and activities including but not limited to:

- International Women's Day event with keynote speaker Carly Findlay
- Local women's businesses brochure with vouchers
- Local female author readings
- Women's health information sessions through the lifespan
- Local artist creative writing story
- Art Gallery and online exhibition of local female artists
- Stilt walkers 3 days in 3 areas of the Shire
- Free Qi Gong class with Helen Lascelles.

**Keep an eye out for the full calendar of events by checking Council's website or by calling Council on 9433 3165.**





## A different Home Harvest

### Coming up in early 2021

Home Harvest celebrations will look a little different this year - but the satisfaction and pleasure of sharing your home-grown harvest will remain.

#### Join the Home Harvest community

Connect with us on Facebook (search: Home Harvest Community Hub) to share in the highs and lows of growing your own produce. Get tips, tricks and invitations to workshops, webinars and cooking demonstrations along the way too.

**In early 2021, look out for your new Home Harvest Seed Library at the Eltham and Diamond Valley Libraries, Edendale Farm and Hurstbridge Hub.**

[facebook.com/HomeHarvestCommunityHub](https://facebook.com/HomeHarvestCommunityHub)



## Eltham Library Community Gallery

### Coming up in 2021

Artists and arts groups have remained positive and flexible throughout the challenges of 2020, and have continued to create incredible artworks ready to bring you an exciting program in 2021.



(Image pictured above) Courtesy of Tara Stubley - *One Night I Burned the House I Loved (After Leonard Cohen)*

Dear Stacie...

**Do you have questions about the aged care system and 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](mailto:agedcare@nillumbik.vic.gov.au) or call **9433 3138**.

*Dear Stacie,*



Due to the COVID-19 restrictions I haven't been to visit my parents for a few months.

Today I went to see them and noticed that the house was pretty messy, which is unusual. When I went to make a cup of tea the fridge and pantry were almost bare. They said they were finding it difficult to do some of the household tasks like vacuuming. My Dad usually drives but he said he now finds it stressful, especially parking at the supermarket.

Are there any services which could support my parents to remain living independently?

*Thankyou, Concerned Daughter*

*Dear Concerned Daughter,*



Thank you for your question. There are services available to support your parents to remain living independently in their home for as long as they wish to. The Australian Government subsidises the cost of home support services for older people.

It sounds like your parents may benefit from services like **domestic assistance, home maintenance** and a **transport service**. Depending on their eligibility and care needs, services can be accessed through either the **Commonwealth Home Support Programme** or a **Home Care Package**.

The first step is for your parents to contact **My Aged Care**, this is the starting point for all enquiries relating to aged care services. Visit [myagedcare.gov.au](http://myagedcare.gov.au) or phone **1800 200 422**.

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

*Take care, Stacie*

Aged Care Navigation and Advocacy Officer. Nillumbik Shire Council



Experts In Caring, Re-assuring Private In-Home Nursing

**Are You and Your Family Needing a Post COVID Break Over the Coming Holiday Period, But Worried About Leaving Your Loved One Who Needs In-Home Health Care?**

As providers of a broad range of specialist in-home nursing services we understand the stress that caring for loved ones at home can cause for those responsible for their care. And after the pressures of our COVID lockdown we know how many carers and their families are desperately in need of a break with a stress-free holiday.

We are here to offer a helping hand with a range of expert, caring and re-assuring in-home nursing services to Melbourne's North East and surrounds including:

- Palliative Care, symptom management & support
- End of Life Care at home
- Overnight Nurse in-home support and care
- Wound Dressings, Medications, Pain Management, Stoma Care, Diabetic Care
- Hospital in the Home/After hospital discharge care
- Well-being visits as often as you need

Contact us now, to discuss your loved one's in-home health care needs and how to maintain continuity of care by our exceptional and caring nursing team while you take a break.

Call 0417 515 025 or email: [info@wattletreehealthgroup.com.au](mailto:info@wattletreehealthgroup.com.au)

[www.wattletreehealthgroup.com.au](http://www.wattletreehealthgroup.com.au)



## Community Transport Volunteers Needed

**Could you spare one day a week or fortnight to volunteer for a valuable community service?**

Council is looking for more Volunteer Community Transport Drivers in 2021.

Volunteers are needed to drive our community bus (car licence needed), or provide one-to-one transport where volunteers use their own car to transport passengers and are reimbursed for the kilometres travelled.

The service provides door-to-door transport for older people, people who have a disability and/or their carers to access the community. Passengers can use the service for social and community activities, shopping, medical and health-related appointments.

If you would like to volunteer email [community.transport@nillumbik.vic.gov.au](mailto:community.transport@nillumbik.vic.gov.au) or phone **9433 3723**.



## Trauma Teddies

Thank you to all the knitters who got involved in the Red Cross Trauma Teddies knitting project during lockdown. Due to the project being such a success, we have partnered with North East Healthy Communities to continue this initiative. Everyone can get involved in the project but to make sure Nillumbik's older community members feel connected, we will be delivering premade packs to older people. To find out more and participate, follow the link to our website [Nillumbik.vic.gov.au/trauma-teddies](http://Nillumbik.vic.gov.au/trauma-teddies) or call 9433 3148.

We've started collecting completed Teddies – here are some Teddies taking over Council's Community Transport Bus!





Images pictured above, left to right: Image courtesy Anthony Guilfoyle *Mt Buller View*, Image courtesy Jan Aitken *By the Bay*

## Art is fun and anyone can play!

**The following article was sent in by Judy Vizzari from the Nillumbik U3A's Drawing and Painting group.**

What do you do when COVID-19 forces you into lockdown? Well, when you're committed to art and can't wait to get back to your weekly art classes, isolation can be a bit of a problem. Thankfully, our Nillumbik U3A Drawing & Painting Group has solved that dilemma and in the process, we're sharing the joy of art with the wider Nillumbik community.

Led by tutors Leanne Ipsen and Brenda Smith and with the encouragement of Fiona Vuong, Nillumbik Shire's Positive Ageing Officer, our group of 30 members, received a Victorian Government grant to enable us to share our members' work and to promote home-based 'art-start' learning. We called it the PANArt Project – short for Pandemic Art.

We have created and printed a 60 page booklet that features over 100 full colour plates of PANArtwork and the story of our COVID journey – and we would love to share this with you! We have filmed several "how-to" videos, which are uploaded to Nillumbik U3A's YouTube channel and there's even a possibility that our PANArtwork may be exhibited early this year.

Nillumbik U3A's Drawing & Painting Group members are proud to be continuing the artistic links associated with our beautiful region and we are enthusiastic about reaching out to those dealing with the challenges which COVID-19 has presented.

To receive a **FREE copy of the PANArt Project Book**, please contact Fiona on **9433 3345**, limited copies available.

To access the digital copy of the PANArt Project Book, visit [The PANArt Project Book](#).

Watch instructional videos on the **Nillumbik U3A's Youtube Channel**, including:

- The Setup (with Leanne),
- En Plein Air Painting (with Leanne)
- Watercolour Painting (with Brenda).





**BE IN MOTION**  
Exercises you  
can do in your  
lounge room

## Be in Motion – Exercises you can do in your lounge room

Aligned Leisure in partnership with Council have developed a free exercise booklet that you can complete at home. Guided by Aligned Leisure instructors, this booklet has been designed to introduce older people to various exercises in a gym style programming.

**The booklet contains one FREE PASS per person to attend one of the five Nillumbik sport and recreation facilities operated by Aligned Leisure.**

From February, pick up your copy of this FREE BOOK at any of the following venues:

- Diamond Creek Community Centre
- Diamond Creek Living & Learning Centre
- Eltham Leisure Centre
- Eltham Library
- Eltham Living & Learning Centre
- Hurstbridge Hub
- Panton Hill Living & Learning Centre.

Alternatively, phone **9433 3345** to receive your copy by mail. Limited copies available.

There are three different phases of difficulty, suitable for beginners. The book includes a specifically designed home program aimed at improving the four pillars of health for older adults:

- 1. Strength**
- 2. Aerobic fitness**
- 3. Balance**
- 4. Flexibility**

Please see right for an example of a 'Strength' pillar exercise and its three progressions/phases.

### Seated Knee Raise

#### Phase 1: Marching single leg

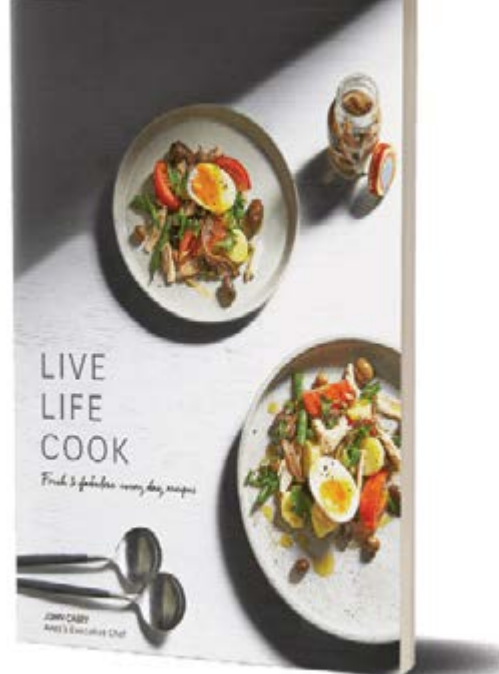
- Start with sitting on a chair with a nice tall posture
- Gently contract your abdominal muscles by squeezing your belly button into your spine
- Slowly bend one leg up and down at a time as if you are marching like a soldier
- Your foot should be 5-10cm off the floor

#### Phase 2: Double Leg

- Start with sitting on a chair with a nice tall posture
- Gently contract your abdominal muscles by squeezing your belly button into your spine
- Grasp the side of your chair
- Slowly bend one knee up
- then the other so that both feet are off the ground-
- Slowly return to ground before repeating

#### Phase 3: Straight Leg

- Start with sitting on a chair with a nice tall posture
- Gently contract your abdominal muscles by squeezing your belly button into your spine
- Slowly straighten one leg out as far as you can, followed by the other leg
- Slowly return to ground before repeating
- You might feel a slight leg stretch.



## Fried Eggs in Capsicum Rings with Bacon & Spinach

### **SERVES 2**

**Preparation time** 15 mins

**Cooking time** 10 mins

#### **Ingredients:**

- 1 red capsicum, de-seeded and sliced into 4 x 1.5cm rings
- 4 eggs
- 4 slices bacon
- ½ cup loosely packed spinach
- Extra virgin olive oil, for frying
- Salt and pepper

#### **Method:**

1. Heat a splash of olive oil in a frying pan over medium-high heat.
2. Place capsicum rings in the pan and cook for 1 minute on each side.

3. Break an egg into each ring and cook until whites are set, around 5–10 minutes.
4. While the eggs are cooking, grill or pan fry the bacon with some olive oil. When the bacon is almost ready, add the spinach leaves and cook for approximately 30–40 seconds.
5. Serve with salt and pepper and a side of bacon and spinach.

#### **Nutrition Tip**

Capsicum is another great source of vitamin C — use different varieties to add colour to any dish.

**Thank you to John from Live Life Cook for sharing this recipe!**

Watch him prepare this dish on Facebook here [facebook.com/livelifecook](https://www.facebook.com/livelifecook)

We have five copies of John's cookbook 'Live Life Cook' (RRP \$25) to give away to the first five people who contact us on **9433 3345** or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) with YOUR favourite recipe to include in the next edition of this newsletter.

'Live Life Cook' is full of healthy vibrant recipes, designed to meet the changing nutritional requirements of over 65's – so get in touch today!

## Provide your feedback today

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 the future. Please contact Fiona on **9433 3345** or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)



# Draft Community Engagement Policy

The new Local Government Act 2020 states that Council must adopt and maintain a Community Engagement Policy by 1 March 2021.

**The purpose of the Community Engagement Policy is to demonstrate Council's commitment to engaging the Nillumbik community in planning and decision-making through appropriate, effective and inclusive practices.**

The first phase of community consultation was undertaken from 26 October to 15 November 2020, prior to drafting this policy. Through a survey we asked community to share their thoughts on Council's current engagement practices and areas where we could improve. Thank you to the community members who provided their input so far.

**We received feedback that the following engagement principles were important to community:**

Transparency	Effective two-way communication with clear and relevant information
Timeliness	Fair and reasonable opportunity for community to give input
Keep it simple	Easy to understand language and less jargon
Opportunity	Multiple options to participate in the engagement processes

Council's approach to community engagement is guided by the International Association of Public Participation (IAP2) framework for community engagement. Council will apply the IAP2 framework in its community engagement processes based on the activity and context of the subject and the time and resources available.

The five levels of engagement are:

**Inform, Consult, Involve, Collaborate and Empower.**

**The principles that are included in the draft policy are:**

Clear Remit	Clearly define the objectives and scope of the community engagement process, by describing the decision to be made, taking into account relevant legislation, and making clear how the community's input will influence Council decision making
Inclusive and Diverse	Provide participants in community engagement with relevant, objective, accessible and timely information and resources to allow informed participation
Transparent	Commit to providing participants with feedback at key stages throughout the project.

## When we engage

Council will engage on matters that affect our community and whenever it believes that community engagement will result in a better outcome for the community and better informed decisions. Opportunities to give feedback and input will be made available for a minimum of 3-4 weeks.

## Who we engage

For each engagement we will identify the communities or stakeholders who are impacted and seek to engage with them to ensure we have representative feedback to guide our project or decision making.

## How we engage

Our community tell us that clearly understanding the scope and potential impact of a decision, the type of influence they can have on a decision and being made aware of the outcomes of participating in engagement are the key drivers of participation.

Council will apply deliberative engagement practices where legislation requires it such as the Long term Community Vision, four Year Council plan, Financial management plan, Asset Management Plan, and when it is suitable to the scope, complexity and impact of the project or decision.

## Where can you read more

A full copy of the Community Engagement Policy is available at [participate.nillumbik.vic.gov.au/community-engagement](https://participate.nillumbik.vic.gov.au/community-engagement) or upon request.

# We are now inviting our community to provide any further input into the Draft Community Engagement Policy before 26 January 2021.

## Options to submit your feedback and be involved with the engagement process:

- You can submit your feedback at [participate.nillumbik.vic.gov.au/community-engagement](https://participate.nillumbik.vic.gov.au/community-engagement) or attend a 'virtual' community conversation on Thursday 14 January at 11am.
- Register via [nillumbik.vic.gov.au/community-conversations](https://nillumbik.vic.gov.au/community-conversations) or by calling **9433 3345**.
- Alternatively, you can complete the below and send it back to **Engagement and Marketing Officer, Nillumbik Shire Council, PO Box 476 Greensborough VIC 3088**.

All community feedback received will be collated and be presented at the next Future Nillumbik Committee meeting on 9 February 2020 for Council consideration.



## Draft Community Engagement Policy survey

### Q1. How do you prefer to engage/provide feedback to Council? (please tick your answer)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Attend a focus group      | <input type="checkbox"/> Via Social Media (Facebook, | <input type="checkbox"/> Send a letter |
| <input type="checkbox"/> Complete an online survey | <input type="checkbox"/> Instagram)                  | <input type="checkbox"/> Other _____   |
| <input type="checkbox"/> Call directly to Council  | <input type="checkbox"/> Via Advisory Committees     | _____                                  |

### Q2. Do you have any further suggestions for the Community Engagement Policy?

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### Q3. Any additional comments?

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For more information please email [engagement@nillumbik.vic.gov.au](mailto:engagement@nillumbik.vic.gov.au) or speak to our Engagement and Marketing Officer **9433 3111**.

### Would you like to be contacted in future about other opportunities to provide feedback? (please tick your answer)

Yes  No

Name: \_\_\_\_\_

Phone or email: \_\_\_\_\_

Nillumbik Shire Council is collecting your information for the purpose of informing the community engagement policy. The information collected will not be shared with third parties unless we are permitted to or required to by law. If the information requested is not provided or only provided in part, we will not be able to contact you to follow up on your interest in this program. You can access the personal information held by Council about you by contacting Council's Privacy Officer **9433 3271** or by email [privacy@nillumbik.vic.gov.au](mailto:privacy@nillumbik.vic.gov.au)