

# Ageing Well

Creating an age-friendly shire

## Edition 3 – June 2019

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### Be part of Ageing Well 4th edition

Do you have a fun or inspiring story to share in our next edition? Send it to us for possible inclusion in our next edition.  
Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)  
Post: Ageing Well, Cardinia Shire Council, PO Box 7 Pakenham 3810

### You can be a winner!

**Win 2 FREE tickets to a  
Seniors Festival show**

See page 3 for details

### Would you like to go on our mailing list?

Email [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)  
or call 1300 787 624

### View online or subscribe

[www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au)



*The table tennis gang from Beaconsfield Community Centre Ageing Well*

## Have your say on ageing well

In recent months, Cardinia Shire Council's Ageing Well team conducted a series of community workshops across the shire involving residents aged 55 years and over, to gain a clearer understanding of what it means to 'age well' in Cardinia Shire. These sessions gave the community an opportunity to 'have their say' on the next five-year Ageing Well Strategy.

Council is continually assessing the needs of seniors in our community to address emerging trends and issues. Through advice from the Cardinia Age Friendly Alliance Group and community workshops, the strategy will set out how services, the community and Council can make Cardinia Shire a supportive place for seniors to remain, healthy, happy and active community participants.

The draft strategy will be available for public exhibition in the coming months for feedback.

More information: Phone **1300 787 624** or visit **[www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au)**

# Time for tea and tunes

## Are you living with or caring for someone with dementia?

The Forget Me Not Café has been established to give people living with dementia and their loved ones an opportunity to join in a social outing together. The café will be held on a Tuesday every 6 weeks, providing fun, entertainment and an amazing morning tea. Come along and meet others in this welcoming, supported environment.



<b>Where:</b>	Eco House Social Room, Koo Wee Rup Regional Health Service 215 Rossiter Road, Koo Wee Rup
<b>When:</b>	Tuesday 25 June Tuesday 13 August Tuesday 17 September Tuesday 22 October
<b>Time:</b>	10 – 12 noon
<b>Bookings:</b>	Call Angelique on 5997 9792
<b>Cost:</b>	Free
All abilities access	

# Getting help to understand aged care costs

The financial information service (FIS) based at Centrelink can help you understand your options to fund aged care. You can talk to a FIS officer who will give you free and independent information about the financial aspects of aged care.

### What they can do:

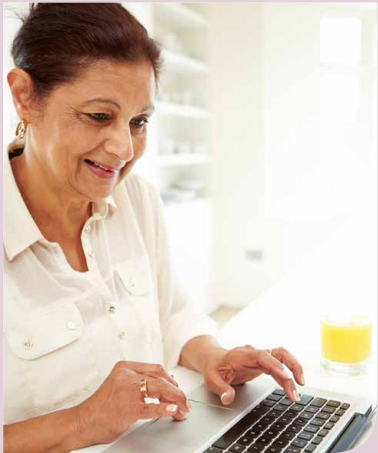
- Help you understand how the aged care system works
- Explain common financial terms used in aged care and what they mean
- Explain the aged care fees you can expect
- Talk to you about different options to fund aged care based on your circumstances
- Refer you to other support organisations

### What they don't do:

- They do not give or sell financial planning advice.
- FIS officers do not assess or make decisions about your pension.

Get in touch:  
Call **132 200** and say Financial Information Service when asked why you are calling.

You can also bring a support person with you for an appointment.



# In the spotlight... Bev Linnell

*Member of the Cardinia Shire Age Friendly Alliance Group*

## A bit about Bev

My husband John and I have been married over 30 years. We became residents of Pakenham 12 years ago. We downsized to a smaller garden, less upkeep and more time for family, and to pursue our interests and tackle the 'bucket list'! We enjoy music, reading, U3A, sprint car racing with the family, and steam train travel. We have three sons, eight grandchildren and four great grandchildren.

My most marvellous adventure was rail travel in Europe; postcard scenery all the way. We have restored a miner's cottage set among river gums on the bank of the Loddon River, Bridgewater. Four generations and friends have holidayed there – 'rocking chair memories for all'.

## Bev's work life

I began nursing at 39! I obtained a psychiatric nursing degree to work in aged care psychiatric teams (at Peter James Centre in Burwood and Mornington Peninsula Hospital), handling referrals for mental illness and dementia. I organised appropriate support for clients and loved ones, connecting them back into the community, respecting their individual interests and preferences.

## Bev's experience of retirement

Well, my brain didn't want to retire when I finished work! I knew social isolation can lead to loneliness, mental illness and physical frailty, so the first thing I did was join U3A. It has been wonderful meeting new friends in retirement with similar interests.

I have also gained much satisfaction from volunteering with Lifeline Crisis Counselling, being a community visitor at Northcliffe Lodge, reading at my grandchildren's primary schools, participating in the Compeer Program where I mentored a person recovering from a mental health illness, and the Cardinia Access and Inclusion Advisory Committee.

Thinking I may have some thoughts and experiences to offer, I joined the Cardinia Shire Age Friendly Alliance Group. I am thoroughly enjoying sharing knowledge and ideas among such a diverse group of people from our community.

Cheers, Bev



## Win free tickets to a Seniors Festival show

### Tell us how you are 'ageing well' in Cardinia Shire

Be in the running to win free tickets to the Seniors Festival show at Cardinia Cultural Centre in October! Tell us in 100 words or less how you are 'ageing well' in Cardinia Shire.

- **Entries close: 1 August**
- **Name and contact details are required.**
- **Email your entry to [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au) with the subject 'Ageing Well'**
- **Post your entry to 'Ageing Well' at Cardinia Shire Council PO Box 7, Pakenham 3810**

*Winner!*



# Best foot forward

Lawn bowls is a popular sport among older community members, no doubt due to its light physical demands and social opportunities including social days, day trips and festive events. ‘Belonging’ at your local club, as a player or a volunteer, could be a great fit for you!

Koo Wee Rup Bowling Club Secretary Rex Alexander said: “It’s a myth that you have to be the competitive type to enjoy bowls! We welcome and support everyone.”

Cockatoo and District Bowling Club Secretary Dan O’Connor said bowls nurtures great friendships.

**“We’re a social club with a bowling problem! The family friendly environment of our club works beautifully – at the end of the day, you choose to play socially or competitively,”** he said.

Call your local club to arrange an obligation-free visit.

## Bowling opportunities around the shire

### Cockatoo

2 McBride Street  
Dan O’Connor  
0417 554 573

### Emerald

C/- Emerald Senior Citizens  
Chris Borg  
0409 142 364

### Garfield

Beswick Street  
Secretary  
5629 2384

### Gembrook

4 Gembrook Road  
John Cascone  
0429 921 051

### Koo Wee Rup

Rex Alexander  
5996 1862

### Lang Lang

Nellie Street  
John Williams  
5997 5361

### Pakenham

Cnr Anderson  
and Henry streets  
David Laird  
0477 776 765



**Top Photo:** Lindsay and Rex bowling mates

**Bottom Photo:** Pauline, Gerry, Mary and Jill enjoy the sunshine and camaraderie



Members of the combined over 60’s team, game day faces in Echuca

## Back in the whites

Various studies show that it is never too late to get fit. Choosing activities you find interesting will ensure you are more likely to keep up an exercise routine if it’s fun rather than a chore.

Veterans cricket provides men in their 50s, 60s and over 70s with an opportunity to rediscover the pleasure of getting back in their cricket whites. Games are held on Sundays and Wednesdays all year round, so men can stay active and social.

Koo Wee Rup player Jim Armstrong said: “Last year, games played through the off-season boosted sales in thermal underwear!”

### Enquiries:

**Koo Wee Rup** – John Moore  
0431 009 649

**Iona** – Jon Martindale  
0447 304 888

Visit:

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

# World elder abuse awareness day

World Elder Abuse Awareness Day may be June 15, but in Cardinia Shire one day just isn't enough – Cardinia Shire's Age Friendly Alliance Group will be raising awareness in their communities for an entire month.

To help this cause, fridge magnets and support agency referral details will be distributed to key local medical centres during June to raise awareness of services available.

Cardinia Shire Mayor Cr Graeme Moore, who attended an alliance meeting recently to discuss raising awareness in the community, was pleased to endorse the development of the fridge magnet.

“Older community members’ safety, dignity and wellbeing matters. As you age, it is important for you to feel safe and that your rights are protected, including decision making, planning for your safety, having adult children at home, giving gifts, loans and debt.

**Right:** Cardinia Shire Council Mayor Cr Graeme Moore with the Age Friendly Alliance group displaying the magnets

“I hope that this fridge magnet provides confidence to all members of our community to act, especially if they suspect something is wrong,” he said.

For more information or to collect fridge magnets for distribution, contact Customer Service on 1300 787 624.



## What is elder abuse?

Elder abuse is any act that causes harm to an older person and can be unintentional or deliberate. Such acts can be carried out by someone known or trusted, and may be emotional, physical, financial, social, neglect or sexual.

Harm may range from the unintended effects of poor care or be deliberate physical harm, including emotional harm and financial loss. The older person may be dependent on the abuser for care or the abuser may depend on the support of the older person, such as for accommodation. The relationship may also be co-dependent; both the older person and the abuser depend on each other.

If you or someone you know may be experiencing elder abuse, contact the services below. If there is an immediate danger, contact emergency services on 000.

### Better Place

– 1800 639 523

### Men's Referral Service

– 1300 766 491

### Safe Steps Family Violence Response Centre

– 1800 015 188

### Seniors Rights Victoria

– 1300 368 821

### Victims of Crime Helpline

– 1800 819 817





# Get involved with Rotary

Rotary is a worldwide organisation of business, professional and community leaders. Clubs are non-political, non-religious and open to all cultures, races and creeds. Richly rewarding, Rotary gives you the opportunity to 'pay it forward' and to have a positive impact wherever you choose.

The magic of Rotary allows ordinary people to achieve the most extraordinary things. By using the powerful synergy of one, people unite to achieve exceptional change. Many ordinary members of Rotary have developed projects that have brought significant change while experiencing personal growth in an organisation that is respected worldwide for its high values and standards.

## What is Rotary Club Latitude 38?

Latitude 38 is a flexible style of Rotary Club, ideal for people with busy lives and those on a budget. Like every Rotary club, these clubs carry out service projects and develop and use members' vocational and personal skills to make a

difference to others, but Latitude 38 club meetings are conducted with technology so members can connect with each other and the world in an accessible, fun, flexible and affordable manner.

## Enquire through your local club:

### Bunyip and Garfield

– Lesley 0428 686 031

### Emerald and district

– Lorna 0408 769 491

### Koo Wee Rup and Lang Lang

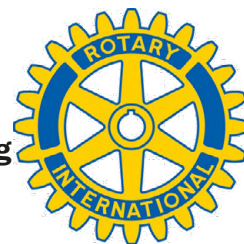
– Stuart 0417 666 680

### Pakenham

– Grant 0419 881 199

Find Rotary Club Latitude 38 on Facebook:

**[www.facebook.com/rotaryclublatitude38](http://www.facebook.com/rotaryclublatitude38)**



*Rotary on assignment in Cambodia*

## Tell us about your group or club

Through the first three editions of this newsletter, we have brought you a range of community based programs and highlighted social opportunities, such as senior citizens clubs, Men's Sheds and Older Men New Ideas, community and neighbourhood centres, physical activity groups, bowling clubs, University of the Third Age and Probus.

## But we know there are many more out there!

If you belong to or know of a great interest group, program or initiative, that can increase social opportunities for older people, please let us know.

**Contact: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au) or call the Ageing Well team on 1300 787 624.**

## Advance care planning – your choice, your plan



Everyone has the right to make their own decisions, but anyone can experience an injury or illness that means they are unable to make decisions, temporarily or permanently.

In Victoria, your choice to plan ahead now, should a time come when you are unable to make certain decisions for yourself, is protected by law.

A free seminar presented by Monash Health will help you learn how to plan ahead to ensure your preferences regarding medical decisions and enduring power of attorney are maintained as you intend. Bookings are not required.

### **Gembrook Community Centre**

4 Gembrook Rd, Gembrook  
Wednesday 14 August 1.30–2.30pm

### **Koo Wee Rup Senior Citizens**

1 Icke Road Koo Wee Rup  
Friday 5 July 11.30am–12.30pm

### **Lang Lang Senior Citizens**

Wednesday 3 July 12.30–1.30pm

### **Outlook Community Centre**

24 Toomuc Valley Rd, Pakenham  
Tuesday 25 June 10–11am

## Navigate the aged services maze

Council is hosting an Aged Care Community Navigator Hub, a 15-month national trial led by Council of the Ageing (COTA) Australia and funded by the Australian Government. This project will develop and test different models to support people to understand and engage with the aged care system.

A community hub located at Outlook Community Centre in Pakenham will provide a valuable and welcoming place where local volunteers share their knowledge of the aged care system with local people. The national trial is a timely announcement with the Royal Commission into Aged Care Quality and Safety hearing evidence around the challenges older people experiencing in trying to find their way around a complex aged care system.

Cardinia Shire Council has been successful in becoming one of 21 Australia wide sites to trial a “Community hub” for the My Aged Care system.

If you would you like to support this project as a volunteer or need advice on navigating your journey through the age care maze please call **1300 13 50 90** or visit **[www.agedcarenavigators.org.au](http://www.agedcarenavigators.org.au)**



*COTA and Outlook staff with volunteer Aged Care navigators*



## Get 'down to earth' – subscribe now

Down to Earth is Council's bi-monthly environmental e-newsletter, including events and information on wildlife gardens, energy saving, bin collections, detoxing your home, walking trails and parks around the shire.

To subscribe, visit:

[www.cardinia.vic.gov.au/enewsletters](http://www.cardinia.vic.gov.au/enewsletters)



*Vicky and Sheryl get earthy in the garden at Living and Learning, Pakenham*

## Is your home energy efficient?

Learn how to improve the energy efficiency of your home, reduce your household energy costs, and understand the benefits of solar energy. Attendance is **free** but bookings are required.

### Koo Wee Rup Regional Health Service

Monday 29 July 5–6pm

Bookings: 5997 9681

### Pakenham Library

Tuesday 30 July 12–1pm

Bookings: 5940 6200

## Get your newsletter!

Find your local pick-up point



*The Ageing Well publication is supported by your councillors*

## Council contacts

### Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer  
Open 8.30am–5pm,  
Monday to Friday

### Postal address:

PO Box 7, Pakenham 3810

**Phone:** 1300 787 624

**Fax:** 5941 3784

**Email:** [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)

**Web:** [www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au)

### After-hours emergencies:

1300 787 624

### National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

**TTY users** phone 133 677

then ask for 1300 787 624.

### Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727

then ask for 1300 787 624.

### Central Ward

- Pakenham Library or Cardinia U3A
- Cardinia Cultural Centre
- Mobile Library Beaconsfield Community Complex  
– O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Cardinia Life 4 Olympic Way, Pakenham

### Port Ward

- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- Bunyip Community House 27 Main St, Bunyip
- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Mobile Library points:
  - Bunyip, Main St 9.30am–1.45pm (Sat)
  - Bunyip Primary School 10.45am–12.15pm (Mon)
  - Garfield, Ritchie St 12.30–3.15pm (Mon)
  - Koo Wee Rup, V/Line Bus interchange 2.15–5.30pm (Fri)
  - Lang Lang Primary School 11am–1.45pm (Fri)
  - Maryknoll, Koolbirra Rd 12.30–1.30pm (Thur)
  - Nar Nar Goon Primary School 11am–12pm (Thur)
  - Tynong, Railway Ave 3.30–5.30pm (Tues)

### Ranges Ward

- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Mobile Library points:
  - Cockatoo Bowling Club 2.15–6pm (Thur)
  - Gembrook Community Complex, Gembrook Pakenham Rd 2.30–5.30pm (Tues)
  - Upper Beaconsfield, Charing Cross 10.45am–1.30pm (Tues)
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald



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