

Ageing Well

Creating an age-friendly shire

Edition 5 – February 2020

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Ageing Well

You are invited to share your funny or inspiring Ageing Well story with our readers.

In 250 words or less, send in your story for possible inclusion.

Email: mail@cardinia.vic.gov.au

Post: Ageing Well,
Cardinia Shire Council,
PO Box 7 Pakenham
3810

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In the spotlight Tina Kendall (OAM)

Age Friendly Alliance member

I have lived in Cardinia Shire with my husband Dallis for over 30 years. We met when I was 17 and he was 21 and have been married for 45 years. I worked in aged care and child care while Dallis ran a busy trucking business (long haul), and still found time to be very involved with our children's schools and sporting groups. We have three children and seven gorgeous grandchildren.

In 2011, at 59, Dallis was diagnosed with Lewy Body Dementia. He coped really well with this news – all he wanted was for us to make the best possible decisions for our family's future. One of those decisions was to move to Koo Wee Rup. We knew about the excellent reputation of Koo Wee Rup Regional Health Service. With the possibility that one day Dallis may need to go into care, we would be close to excellent health services.

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In the spotlight (from cover story)

Tina Kendall (OAM) - Age Friendly Alliance member

We bought our home in Koo Wee Rup in 2013. I gave up work to care for Dallis. We renovated our house to improve accessibility. Since our dementia diagnosis, Dallis has also received a Parkinson's diagnosis. He has been in care now for three years. The Koo Wee Rup community has wrapped its arms around us; we feel very welcome. I now work and volunteer at KRHS.

I enjoy reading and knit beanies for preemie babies and the homeless. I appreciate the camaraderie of our local walking group a couple of days a week and am involved with the Koo Wee Rup Country Women's Association and the Senior Citizens group. I am a volunteer at our local Opportunity Shop, my grandchildren's school, KRHS

(including the peer support program), the Cardinia Age Friendly Alliance group, the Cardinia Dementia Friendly Alliance group and the Ready2Go program in Koo

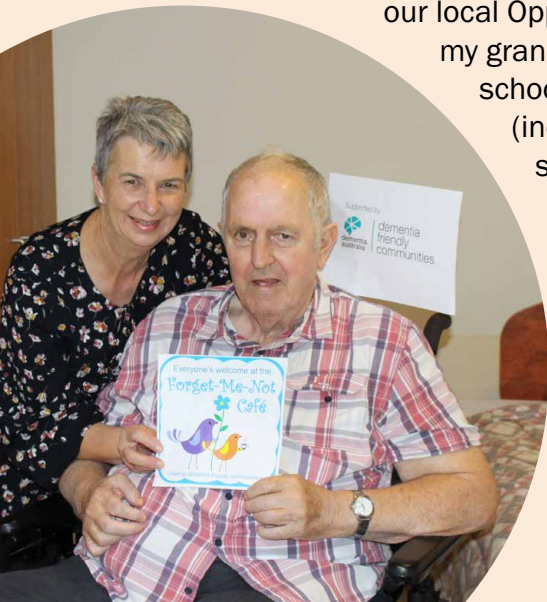
Wee Rup. This enables me to meet older people in our community and help others to stay informed, active and feel connected. Last year, the Koo Wee Rup township committee surprised me with their Australia Day citizen's award.

Over the years, Dallis and I enjoyed many visits. Over the years Dallis and I have enjoyed many visits to Western Australia to see our son's family. Last year I was lucky to travel on The Ghan and the Indian Pacific with a group of friends. Then in September, I visited Singapore with Koo Wee Rup Secondary College's senior band to see my granddaughter perform. It was wonderful to share this experience with her.

I am trying to 'age well' by staying active, being socially connected, volunteering, trying to eat well, staying busy and trying to live the best life I can. My husband is safe, happy and well looked after. I am grateful for the care and support. It makes me feel happy and at ease.

Editor's note: Tina omitted mentioning she has recently been awarded the Medal of the Order of Australia (OAM) which recognises those who have made outstanding contributions to their communities.

Congratulations Tina!



Be phone smart

Would you be lost without your mobile phone?

If lost or stolen it could be used to:

- access your money
- delete your photos
- pose as you on social media
- make international calls
- steal your identity

Do you know how to keep your phone secure?

Ask yourself:

- Have I changed my passwords recently?
- Do I trust the public Wi-Fi network I am connecting to?

- Have I logged out of websites properly when I am finished?
- Should I only do my online banking using my own data/Wi-Fi?
- Is it safe for me to open links or attachments in emails?
- Am I connecting to Bluetooth safely?

Enquiries: Australian Communications and Media Authority **1300 850 115** or **www.acma.gov.au**



Ukulele mayhem – it’s U-Bute!

When 40 ukulele enthusiasts hit the chords to their favourite 50s and 60s hits, the enthusiasm and energy in the room is nothing short of joyous mayhem! And no wonder – surprisingly, most of this group have never played an instrument in their life.

The ukulele is an easy instrument to learn; a few basic chords and boom! You’ll be ready to join our group. You don’t need to know how to read music either – band leader Jennifer has that all sorted with easy chord directions.

Lead by the effervescent and bubbly Jennifer, this group meets regularly for jam sessions and entertains on request for small groups.

“We don’t take ourselves too seriously. If you look like you know what you are doing, everyone will think you do! We are a fun, bright and caring group,” says Jennifer.

Michelle, a member of the group, said it provided great support during her rehabilitation from a serious health event. She said:

“Music is great for your brain. Learning the ukulele helped me regain my memory and definitely gave my mental wellbeing a boost.”

The benefits of playing the ukulele are endless. It’s great therapy for arthritic hands too.

New members welcome. All you need is your own ‘uke’.

Enquiries: Outlook Community Centre **5941 1535**.



New non-urgent police number **131 444**

Victoria Police has a new 24-hour phone number for non-urgent matters. If you need information or advice, but it is not an emergency, call **131 444** Always dial **000** in an emergency



How are you *Ageing Well?*

It appears everyone finds their own 'recipe' for ageing well. What ingredients would you have in your list?

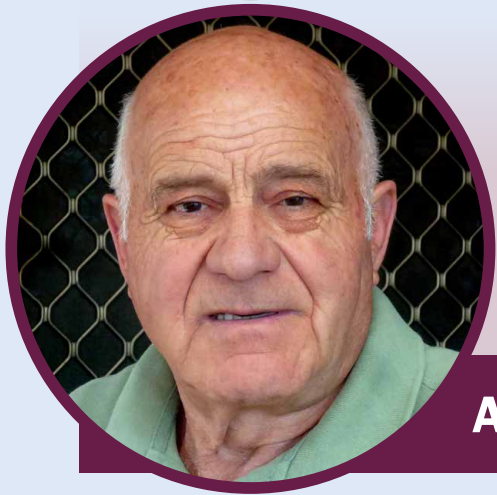


Diana – Pakenham

The year Tommy Dorsey's was born Billboard published its first singles record chart. #1 was 'I'll never smile again'.

I enjoy living in Cardinia – it is a five-minute drive to everything I need. My husband and I get out for a walk daily. We have found it to be a peaceful area with friendly people. I recommend visiting your local church for groups and volunteering opportunities.

Outgoing, fun, reader



Tony – Bunyip

World War 2 finished the year I was born.

My secret for ageing well is to volunteer. Helping every day makes every day enjoyable! I am in committees. I love to help my community thrive. Establishing the Bunyip and District Soccer Club has been a dream come true.

Active, positive, energetic



Maria – Tynong North

The year I was born the Korean War began.

Ageing well is having freedom to do what I want and not having to stick to clocks/times. I delight in being retired. I am actively involved with the National Disability Insurance Scheme. I recommend visiting the Mecwacare website at www.mecwacare.org.au

Friendly, helpful, organiser



Sandra – Emerald

The year I was born President Lyndon Johnson signed the civil rights act outlawing discrimination based on race, colour, gender, religion and sex. My passion for exercise has led to me becoming a fitness instructor. I recommend the Pakenham Living Learning website www.livinglearning.org.au

Enthusiastic, happy, kind



John – Pakenham

Sergei Prokofiev’s musical *Peter and the Wolf* premiered in Moscow the year I was born. I enjoy Tai Chi and the theatre. Cardinia Shire is a safe and friendly area, with easy access to public transport. I love visiting family interstate. I recommend visiting the Tai Chi Academy website at www.goldenlion.com.au

Traveller, theatre patron, independent

To ‘age well’ we need our own mix of ‘social ingredients’ that boosts our connections and overall wellbeing. Members who enjoy belonging to their Mens Shed group share their thoughts.



Alby

“I did not realise how important being part of a group was”

I have lived in Pakenham for 38 years. I am 77 years young! I have two sons and one daughter. I am the youngest of 12 children. My mother died when I was four years old so from the age of nine, I was raised in an orphanage. By coincidence, my wife was also raised in an orphanage. My working life consisted of driving trucks, taxis and buses.

I have been involved in a few groups over the years: the Lions, U3A and Pakenham Men’s Shed. My wife encouraged me to join the Men’s Shed 12 years ago. I did not realise how much the genuine camaraderie, mateship, and support offered by this group would come to mean to me. Together, we really talk and help each other with life’s challenges.

Did you know that there are more Men’s Sheds than McDonalds in Victoria!

How are you Ageing Well?



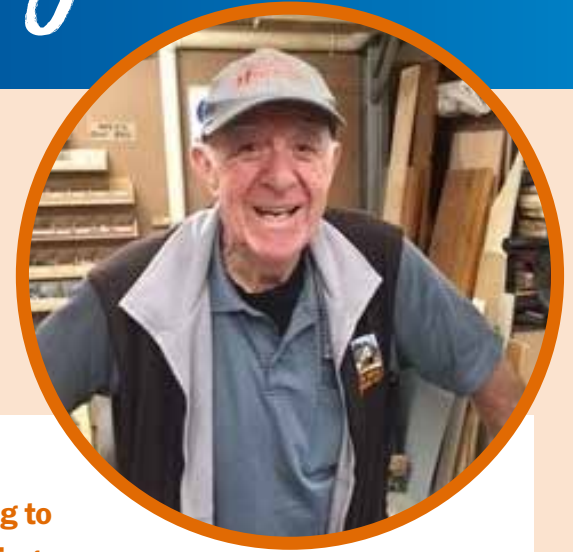
Gerald

“Rather than feeling isolated I joined a group!”

I have had my trials and tribulations. In my mid 40s I had a serious workplace accident and after many years of surgery, became a below-knee amputee. Through hard work and determination, I walked out of rehabilitation eight weeks later.

I live alone so I knew I had to get out and be with people. When I joined the Men’s Shed, I was unsure whether it would be a good fit for me. But now I have some great mates – we talk about everything and anything!

I have also become involved in volunteering and find giving back to the community extremely rewarding. I volunteer at a few places including the local primary school, where I assist with the community meals, in the kitchen, setup and welcoming guests on arrival. It feels great. I am also involved with the John McGreal Foundation supporting homeless people. I help the Bless Collective which operates the food van each week at Burke Park.



Stuart

“I belong to something more powerful than I realised”

I came to Australia from Northern Ireland as a young child with my mum. I was adventurous at school – they practically had to chain me to the desk! I left school at the age of 14 and got my first job as a steward on a P&O cruise ship. I waited tables in France and then Egypt at the fancy Cairo Club. I even tried my hand as a tour guide in India before resettling in Australia. After two years of national service I married. I have three daughters and five grandkids.

I pursued a career in the textile industry. When a business opportunity came along in the 1980s, I mortgaged my home and went to a textile fair in Germany. Three years later I was a millionaire until the 1990 recession hit me hard – all I salvaged was my home.

My mates at the shed have been a great support over many years. I am currently the treasurer and as the blokes say I am also ‘King of the barbecue’.

For further information on groups in your area contact Customer Service on 1300 787 624



Stay healthy in the heat

Did you know more people have died during an extreme heat event than in any natural disaster in Australia?

During extreme heat, it is easy to become dehydrated. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke which is a medical emergency and can result in permanent damage to your vital organs, or even death, if not treated immediately.

Heatwaves are becoming a regular feature of the Victorian summer, so it is important to plan ahead. Consider how you can look after yourself and others during extreme heat.

Some simple things will help you stay safe in the heat:

- Plan ahead – schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen.

- Keep cool – seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.
- Drink plenty of water – always take a bottle with you.
- Help others – look after those most at risk in the heat, perhaps a neighbour living alone, older people, young children, people with medical conditions, and don't forget your pets.
- Hot cars can kill – never leave a person or a pet in a hot car. The temperature inside a parked car can double within minutes.

If you or anyone you know feels unwell on a hot day call NURSE-ON-CALL on **1300 60 60 24** for advice, or call **000** in an emergency.

This information has been provided by the Better Health Channel at www.betterhealth.vic.gov.au

Working with children

If you enjoy working with children and want to support your local community, then supervising at a school crossing, ensuring the safety of children and adults during busy school times may be for you!!

Jackie has been a school crossing supervisor for 17 years, said: “I love engaging with members of the community across all ages, cultures and walks of life.”

Supervisors are required to undertake a police check and obtain a Working with Children Check.

Enquiries: Customer Service on **1300 787 624**



School crossing supervisor Jackie on the beat.

Questions about dementia?

Call the National Dementia Helpline
1800 100 500

A free and confidential service where you can chat with caring and experienced professionals about dementia and memory loss concerns for yourself or others.

Monday-Friday | 9am-5pm

Freecall **1800 100 500**

National Relay Service
users phone
1800 555 727

Supported by



dementia
friendly
communities

Forget-Me-Not Cafe 2020

These 'cafe style' social gatherings are held every six weeks, for people living with dementia and their loved ones to come together and enjoy a fun, supportive environment.

Garden Party

25 February

Easter

7 April

Singalong

26 May

Xmas in July

7 July

Koo Wee Rup Regional Health,
Hewitt Eco House Community Room
215 Rossiter Road, Koo Wee Rup

Enquiries: 5997 9792



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

Web: 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

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- 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

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- 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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Creating an age-friendly shire