

Ageing Well

Creating an age-friendly shire

Edition 7 - Sept 2020

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Community Activation and Social Isolation (CASI) initiative

If you're feeling lonely or isolated due to the COVID-19 pandemic, access support or get connected with your local community via the CASI initiative.

Call the COVID-19 hotline on **1800 675 398** and choose option 3, or Council on **1300 787 624**

More information on the COVID-19 pandemic is available on www.dhhs.vic.gov.au/coronavirus or call the dedicated hotline Phone: **1800 675 398**

Victorian Seniors Festival 2020 reimagined

This year's Victorian Seniors Festival theme is 'in the groove' – it will celebrate ageing and the amazing contributions older people have made to their communities. In this edition Council recognises the incredible contribution of Officer resident Robert Porter, our Cardinia Senior of the Year 2020 (see his full story on page 3).

The 2020 festival has been moved online this year due to COVID-19 restrictions. Usually at this time of year, Council is busy supporting local events, however they have been suspended to protect the health of our residents.

The annual Seniors Festival celebrations are always a wonderful opportunity for our senior community to have fun and get involved, and this year is no exception.

The festival may look a little different this year, but there's still a great range of exciting online events, entertainment and music, and opportunities for our senior community to take part and stay connected.

This year, you can enjoy a myriad of performances, interviews, storytelling, plays, serials and great music, as the festival is delivered directly into your home, through online performances and radio.

Featuring performances by Lonnie Lee, The Gram-O-Phonie Brothers, Tania Kernaghan, Kutcha Edwards and more. The radio program includes nostalgic and contemporary music, plays from long-established works by Alan Hopgood and Agatha Christie, and plays commissioned by the Victorian Seniors Festival. Plus, a fantastic mix of spoken word, poetry and prose from Australian writers and performers.

Council's Ageing Well team hopes you enjoy this year's festival. For performances visit www.seniorsonline.vic.gov.au/festivalsandawards and for radio visit www.seniorsonline.vic.gov.au/festivalsandawards/listen-now or call the Victorian Seniors Card team on **1300 797 210** for details of participating radio stations. Or call Council's Customer Service Team on **1300 787 624**.



Creative COVID-19 responses

Shop local – you can do it!

Many businesses have come up with creative solutions to address the COVID-19 crisis and local businesses often employ residents. As a local customer, you can help by shopping local to support local business owners and help keep the local economy active.

Cardinia CAN was established in response to COVID-19 and is run by local volunteers. The 'CAN' stands for 'customer awareness network'. Through its Facebook page, Cardinia CAN brings businesses and customers together in one place, raising customer's awareness of products, services and special offers available in Cardinia Shire.

Throughout the pandemic, Facebook has become an important information sharing platform and offers other services such as 'Eat Drink Cardinia' and 'A guide to Cardinia', plus Bunyip Bendigo Bank's new business directory, established to support local business. You can pick up a copy from the bank. Interested businesses can request a listing.

During these trying times, working together has never been more important. Find these groups on Facebook or contact them directly.

Cardinia CAN David 0417 887 108

Eat Drink Cardinia Michelle 0402 576 757

A guide to Cardinia Ben 0434 350 540

Bunyip Bendigo Bank Nicole 0439 103 953



#shoplocalcardinia #shoplocal
#bekindcardinia

U3A Emerald responds to COVID-19

U3A Emerald was so excited to move into their new home in the Hills Hub in February, but when COVID-19 arrived everything was shut down. Luckily, they are an inventive group and they quickly discovered ways to stay in touch and keep learning.

President Pat said U3A scheduled 18 video conference groups using Zoom, including 'Friday drinks', an informal online get together that has been a big hit.

"With the support of our tech savvy members, we helped others make the leap to Zoom too, including a 90+ year old member, a complete novice," Pat said.

Regular calls to stay in contact with all members has been a priority. Groups such as the creative writers have switched to emailing stories back and forth and the gardening group is growing seedlings for delivery to U3A in Mallacoota for bushfire-affected residents.

Emerald U3A was quick to obtain a COVID-19 Community Connection Grant, to create a virtual classroom with a video recording studio. Tutors have delivered watercolour, needlework and even line dancing classes virtually, then sent recordings by email. This has proven very successful, while meeting physical distancing and personal hygiene protocols!

Inventiveness and optimism have carried U3A Emerald through, but nothing compares with the excitement of the first few days in the Hills Hub.

When restrictions ease, we will delight in seeing each other face to face again!

For more information
Phone: **0490 805 743**
Email: **info@u3aemerald.org.au**
Web: **www.u3aemerald.org.au**



Recognising seniors

Cardinia Shire Senior of the year

Each year we invite members of Cardinia Shire's community to nominate deserving individuals and groups for an Australia Day Award that recognises people who have been willing to lend a helping hand, shown concern for the environment or participated in sport, arts or cultural endeavours. They share the aspirations of all Australians in respect to tolerance, democracy, equity and equality of opportunity. Senior Citizen of the Year is awarded at this time and this year's recipient is Robert Porter from Officer.

Robert has been involved in volunteer activities in his local community for many years. As chair of Officer Recreation Reserve for more than 40 years, Robert has tirelessly carried out extensive volunteer maintenance works at the grounds. He has also been a long-term president of the Officer and District Community Association. Achievements under his presidency include the relocation of the Officer Memorial Gates, the annual Anzac Day dawn service and

Remembrance Day service. Robert also played a key role in retaining the Officer Union Church in community hands and is a trustee and committee member. He is past chairman of the Officer Primary School Council and has also been a volunteer coach for Officer junior football teams. Robert was the inaugural winner of the Stan Henwood Award for his volunteer work.

We congratulate Robert on being our 'senior of the year' and thank him for his contribution to our shire.

Enquiries: Cardinia Shire Australia Day Awards contact Council's Customer Service Team on **1300 787 624**.



In the spotlight

Janice Daldy is a member of the Cardinia Age Friendly Alliance Group. She enjoys discussing ageing well issues with her peers and the accompanying social interaction.

Janice grew up in Noble Park. Her father managed the lease of two trotting tracks. A keen hobby rider herself, this was ideal for Janice.

"My father was most pleased to tell his friends that I found horses far more interesting than boys," said Janice as she fondly recalls riding around the local area, through the tunnels where what is now known as Sandown Racecourse was being constructed.

When Janice married, she moved to the hills to raise her son Jason in Monbulk. Years later, she relocated to Yellingbo to have more space for her animals: five horses, three dogs and six cats. In the late '70s and early '80s, Janice and Jason became heavily involved with the Monbulk Pony Club.

"We used to ride from the Monbulk Pony Club grounds to Kurth Kiln National Park at Gembrook to camp

overnight with the pony club kids, then ride back the next day."

Janice's held various administrative roles during her working life, but her favourite job was working as a veterinary nurse in Dandenong for eight years.

Janice enjoys the quiet life and is an avid reader. In line with her love of nature, she moved to Bunyip three years ago after 15 years in Pakenham. She has three grandchildren and one great grandchild. She stays connected to her friends and is a regular Probus group member. Since being gifted an iPad recently, she is working to overcome her feelings of uncertainty around technology with the help of her tech guru Sue. A bright and positive lady, Janice recently fostered a rescue dog which has been welcomed by her two cats.



Nourish your emotional health

Top 10 tips to nourish your health

The world has been topsy-turvy this year due to COVID-19. Social distancing and restrictions have left many people feeling isolated, alone and anxious. When COVID-19 restrictions ease, returning to normal everyday activities may be surprisingly challenging. Some people may worry about getting out and about again. What, where, who is safe?



If you're feeling overwhelmed, be reassured this is a very normal response. However, it's important to go easy on yourself. Beyondblue has compiled a list of self-care activities you can do from home to help you feel a little better and give you a sense of control during these uncertain times.

1. Remember regular physical activity is good for your physical and mental wellbeing.
2. Take 10 to be 'Zen' – when we feel anxious or stressed, our thoughts tend to speed up. Take 10 minutes to close your eyes and focus on breathing slowly and create a sense of calmness.
3. Stay in touch and check in on your friends. Ask how they are feeling and share your own experience
4. If you feel lonely or isolated, check out forums online such as Forums Beyond Blue COVID-19
5. Make a healthy meal. In stressful times, good nutrition is important. There is nothing better than a tasty, healthy homemade meal.

6. Stay informed but limit your media intake to 1–2 times a day and use trusted sources
7. Make a relaxing music playlist with your favourite songs – happy listening!
8. Declutter gradually, just five minutes here and there, rather than trying to overhaul an entire space in one go.
9. Watch or read something uplifting and allow yourself some escapism. Distractions can be a good thing.
10. Learn something new like drawing or playing a musical instrument. Now is a great time to start! Be curious, keep learning - it can be a wonderful distraction.

Source: Beyond Blue. If you are feeling worried or struggling to cope during isolation, you can contact the Coronavirus Mental Wellbeing Support Service on **1800 512 348**

For more information visit
www.coronavirus.beyondblue.org.au



Ready for a cuppa and a chat?

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations are casual and anonymous, and our friendly volunteers are ready to talk about anything and everything. No personally identifiable information is requested by this service.

Chat over the phone on 1800 424 287
Tuesday to Thursday 6–8pm
Saturday and Sunday 2–5pm

or

Chat online at: www.friendline.org.au
Tuesday to Thursday 1–4pm



friends
for good

Keeping in touch through technology

Local opportunities to learn technology

Perhaps a positive outcome of COVID-19 has been the increase of people who have overcome their fear of learning new technology. From mobile phones, iPads and computers, to the internet and online zoom meetings – this shift in attitude has seen many reap the benefits of increased contact with family and friends during the restrictions.

- Do you want to use your mobile for more than just calls?
- Would you like to learn Facebook and Messenger?
- Would you like to understand the internet?

To upgrade your skills or join as a beginner, you can contact your local community centre.

If you prefer to learn at your own pace in the comfort of your own home, look up free online courses on Be Connected at www.beconnected.esafety.gov.au.

Everything from how to access the internet, how to make video calls, to setting up your device. Plus, articles on a range of subjects, including how to spot a scam and how to stay safe online.



Beaconsfield Community Centre

8 O'Neil Road, Beaconsfield – 8768 4400

Bunyip Community House

Beswick Street, Garfield – 0481 895 509

Cockatoo Community House

23 Bailey Road Cockatoo – 5968 9031

Emerald Community House

356-358 Belgrave-Gembrook Road,
Emerald – 5968 3881

Lang Lang Community Centre

7 Westernport Rd, Lang Lang – 5997 5704

Living and Learning Pakenham

6B Henry St, Pakenham – 5941 2389

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham – 5941 1535

Upper Beaconsfield Community Centre

10-12 Salisbury Rd, Beaconsfield Upper – 5944 3484



A computer tale

The computer swallowed Grandad!

Yes, honestly, it's true

He pressed 'Control' and 'Enter' and disappeared from view

It devoured him completely, the thought just makes me squirm

He must have caught a virus, or been eaten by a worm

I've searched through the recycle bin and files of every kind

I've even used the internet, but nothing did I find

In desperation I asked my dad, my searches to refine

The reply from him was negative, no trace was found online

So, if, inside your 'Inbox', my Grandad you should see

Please Copy, Click and Paste him, and send him back to me!

By Anon

So here I am, reflections of a 60-year-old

by John King, Emerald

So here I am, I just ticked over into
my seventh decade
It's been a roller coaster
Highs and lows
I guess I've had some luck
Luck comes in two flavours as you know
Life teaches you that it's not all about
sex and money
Although both are great
Looking back, I pursued everything a
little too much
But as I get older, I have fewer regrets
I'm surrounded by a beautiful, crazy,
loving family
Just what I've always wanted
Fortune has brought me here
To the safety of the harbour of my home
They say you're wealthy when you're
healthy
A few aches and pains but nothing
too serious
I got my seniors card in the mail the
other day
I'm living high on the hog
Looking forward to the next thirty years
Sixty is the new forty. Isn't it?

A bit about John

An Emerald resident for 37 years, John loves the community feel of his small town. Always a friendly face up the street. His children attended local schools and now his granddaughters do. He completed a youth workers course as a mature age student and has worked in youth mental health for 23 years. Now a "senior" of the hills community, John is pictured here with Isabelle, one of his four beautiful grandchildren.



Young and old enjoy the Forget-Me-Not cafe gathering.

Mentoring the next generation

Kooweerup Regional Health Service Youth Mentors program supports young people to become strong resilient adults. It began 10 years ago with a small local group.

Our multi-disciplined team of youth workers, ex-teachers and trained volunteers, along with community groups such as the nearby men's shed, gardening group, the Forget-me-not dementia friendly cafe gatherings, and Outlook Disability Service group, have all added to the success of this program. Our young people are encouraged to engage with a diverse range of people with varying levels of ability.

Our youth team act as positive role models, working with young people in team building activities, games, and learning new skills like metalwork, woodwork and horticulture. We create a cooperative, non-competitive atmosphere and when participants are presented with challenging situations, we use the opportunity for them to learn appropriate emotional responses and improve confidence.

Building rapport with someone from an older generation is a unique opportunity for participants, while sharing experiences has built new and valuable relationships.

Enquiries contact Kooweerup Regional Health Service's Youth and Community Development Worker Brian Harlow on 5997 9687

The story behind the Koo-Wee-Rup Men's Shed Computer Class

Computers haven't always been part of my life. In fact, for half my years in this world, they didn't exist. How on earth did we live without them? Now, as today's seniors, we surely had to be a hardy lot to get by without any electronic help in our daily lives, without a PC, a mobile phone, an iPad, texting, facebook friends and other time-consuming social network sites.

In the beginning, there was the abacus to calculate and solve maths problems. In 1973, there was the comptometer, logarithm tables, and the slide rule; all available for me as a professional engineer to work out fluid flow problems for the gas and petrochemical industries. I had always used a slide rule during my student and early working life. Even in the Royal Artillery in 1952 I used a slide rule to work out angles of gun elevation, times of flight of the explosive shell and its trajectory etc. Like today's iPhone, I wouldn't leave home without a slide rule. I truly mean that, and I may still have a couple sleeping in the cupboard somewhere!

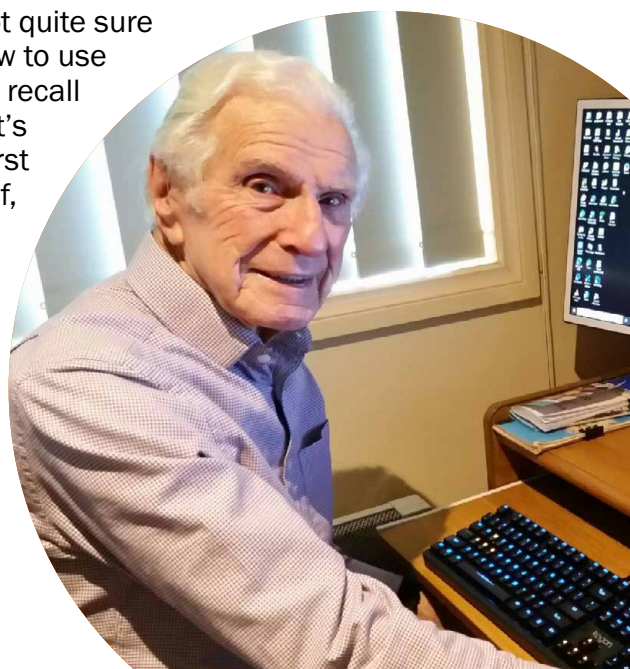
In 1974, someone bought me a newfangled calculator, a tiny box with a screen of mini red letters and figures – very expensive – a box that could work out everything the slide rule and log tables could do but in a fraction of the time; absolute magic. Believe it or not my boss during those years became quite angry when he saw me using it. “What's wrong with a slide rule?” he said. “Using that thing you've got there means that anyone and everyone will now be able to easily do the fluid flow calculations; jobs will be lost and all of your time that was spent on your educational years will mean nothing”. For me, calculating fluid flows and pipeline valve sizing was now a doddle, completed oh-so-quickly. We have come a long way since then with the advent of the word processor and the birth of the personal computer that combines calculations with printing and report writing. Today it is impossible to imagine life without a PC, asking the internet all sorts of questions, managing all our digital photos and videos, downloading music and movies, and speaking to people overseas at no cost at all via a web camera.

When I retired, I quickly realised that not all my contemporaries had had the same opportunity I had. A lot of my friends had missed out on using computers during those early evolving days of programming. They became quite scared of these machines that seemingly thought for themselves and even more scared when their grandchildren became experts overnight. Becoming aloof and above it all seemed the best way to go and not to even think about it, and, in fact, they developed a hardened resistance to even thinking about one. Some even hoped that computers would just go away! “We didn't need them when we were young and we don't need them now,” they would often say. The truth is, using a computer provides older Australians with a special way of connecting to their community from their home, using technology to access services and pursue interests that are meaningful and appealing.

It started 10 years ago at the Koo-Wee-Rup Men's Shed. I am not quite sure how I became involved with teaching my fellow senior friends how to use computers, but it is something I really enjoy doing now. I can still recall one of my first elderly pupils asking me: “What's a mouse – what's it for?” It would be about six weeks later when he sent me his first email – rather a rude video actually – he was so proud of himself, and so he should be. Another first email said: “See you at 9am tomorrow.” I liked that.

At the Men's Shed you can participate in a 1-hour session. Any longer brings on 'too much information' syndrome. Quite a lot can be covered in that time. Working at your own pace, you will be able to access the internet, set up your own email address, create letters, posters, and photoshop a photograph and send photos to your friends etc.

Enquiries phone:
0435 085 002 Geoff Stokes, Koo Wee Rup



Access is key

MLAK key improving access

The Master Locksmiths Access Key (MLAK) allows people with disability or medical conditions to 24/7 access public toilets, some elevators and adaptive playground equipment like the Liberty Swing. To obtain an MLAK key, complete an application form and have written authority from your doctor. Cost: \$20

Download the printable form from:
www.masterlocksmiths.com.au/mlak/

Enquiries: 1800 810 698



COVID-19 Community Survey

Help us better understand your needs so we can continue to support our community. This anonymous survey will remain open throughout the COVID-19 pandemic. It only takes 15 minutes to complete.

Visit www.creating.cardinia.vic.gov.au/covid19survey or request a paper copy by contacting Council on **1300 787 624**

Pick up your newsletter!

During COVID-19 restrictions collect your copy of *Ageing Well* from these pick-up points, local supermarkets, post office and general stores or download a digital copy from www.cardinia.vic.gov.au/ageingwell

Central Ward

- Woolworths Arena Princes Hwy, Officer
- Coles Village Lakeside, Lakeside Blvd & Princes Hwy, Pakenham
- Pakenham Post Office 117 Main St, Pakenham
- Woolworths Marketplace – Pakenham Central Marketplace, 50-54 John St, Pakenham
- Woolworths, 28 Sylvia Rd, Beaconsfield

Port Ward

- Bunyip IGA 2/6 Main St, Bunyip
- Koo Wee Rup Post Office 48 Station St, Koo Wee Rup
- Koo Wee Rup Woolworths 25/29-65 Station St, Koo Wee Rup
- Lang Lang IGA Port 30/32 Westernport Rd, Lang Lang
- Maryknoll General Store 2 St Joseph's Square, Maryknoll
- Tynong General Store 40 Railway Ave, Tynong

Ranges Ward

- Cockatoo IGA 5 Fairbridge Ln, Cockatoo
- Emerald IGA 342 Belgrave-Gembrook Rd, Emerald
- Emerald Woolworths 83-385 Belgrave-Gembrook Rd, Emerald
- Gembrook IGA 83-85 Main St, Gembrook
- Upper Beaconsfield Food Works 7&8/4 St Georges Rd, Beaconsfield Upper
- Upper Beaconsfield General Store 39/47 Beaconsfield-Emerald Rd, Beaconsfield Upper

Council contacts

Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer

Postal address:

PO Box 7, Pakenham 3810

Phone: 1300 787 624

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.

