

FREE

Ageing Well

Creating an age-friendly shire

Edition 9 – June 2021

In this issue:

- Planning to retire well 2
- Tips for discounts and savings 2
- Community Connections 3
- Mature age job seekers 4
- Awareness and access 5
- Ageing well in a changing world..... 6
- Regular health checks 6
- Quiz yourself 6
- Simple pleasures of grandparenting... 7
- Dementia-friendly social opportunities..... 8

Share your story with us!

Send contributions (max 250 words) to ageingwell@cardinia.vic.gov.au

Join our mailing list

Email: ageingwell@cardinia.vic.gov.au
Phone: 1300 787 624

View online or subscribe

Stay informed with *Ageing Well*. Latest opportunities, news and events. An enjoyable read with plenty of great information.
www.cardinia.vic.gov.au/enewsletters

How you Imagine Cardinia!

We thank you and the Cardinia Shire People's Panel for sharing your thoughts and ideas to help us develop the Community Vision, Council Plan, Budget and Financial Plan.

For more information

Phone: 1300 787 624
Web: creating.cardinia.vic.gov.au/imaginecardinia

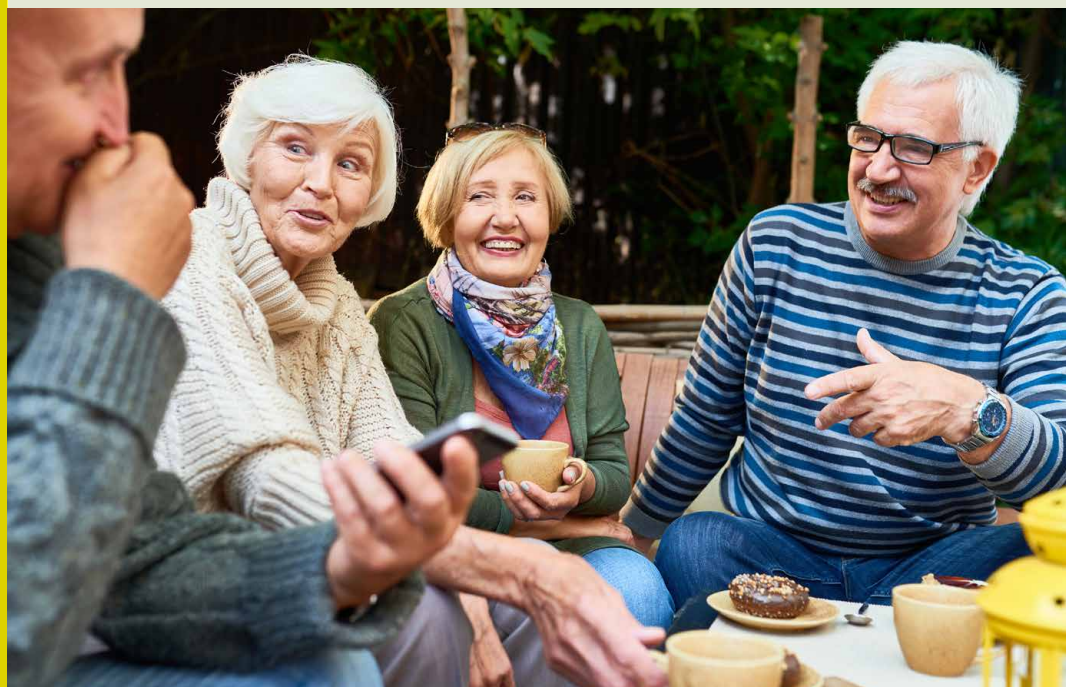
Finding fulfilment in retirement

I recall back in 1992, on the first day of my dad's retirement, he wandered into the kitchen around 12 noon to be told by my mother "I don't do lunch, get it yourself". Now, as harsh as that sounds, my mum had run the house for over 35 years, raised four children, juggled work and a busy social life. During those years, Dad relied on her heavily to manage the family's affairs, plus be his 'social secretary'. At the risk of sounding stereotypical, I recall this encounter with great affection. It was the start of a new phase in life for my parents. At 60 years of age, Dad was excited by the prospect of finding fulfillment in retirement. New activities, social groups, committees, new people to meet and time to consider volunteering to help others. Each of which have since added favourably to his quality of life.

Back in the early '90s, retirement was a decision you usually got to make yourself. Nowadays that is not always the case; pressure on businesses to survive beyond COVID-19 has meant a considerable number of people have found themselves having to retire early. Mature age job seeker numbers have increased and new employment services have emerged (see page 6). Other people have become isolated as restrictions have reduced human interaction and some activities have not resumed. If you would like to pursue new social opportunities, you can arrange to meet with a trained Ageing Well Community Connector who can link you into suitable local activities (more details on page 3).

The Community Directory is also a great place to start.

– Council's Ageing Well Facilitator Kelly Burdack



Financial guidance and support



Planning to retire well

The Financial Information Service (FIS) operates through Services Australia, previously known as Centrelink. It provides free, independent, confidential education and information and is available to everyone. This allows you to make informed decisions about your finances. You do not need to be receiving Centrelink benefits to be eligible. FIS can help you find the right information to assist you with your circumstances or refer you if needed.

Appointments can be made in person or online with a FIS officer who can assist you to plan for your retirement now or in your future. They can show you ways to build a stronger financial future and explain if aged care may affect your government payments, including the Age Pension.

Understanding aged care costs

FIS can help you understand your financial options to live independently, downsize or move into supported accommodation. A FIS officer can explain the meaning of financial words used in aged care documents and associated fees.

What FIS can't do

FIS officers are not financial planners, advisers or counsellors. They won't tell you what decisions to make.

For more information

Phone: **132 300 Monday to Friday, 8am–5pm**

Web: **www.servicesaustralia.gov.au/fis**



Tips for discounts and savings

Council rates

Eligible Health Care Card holders can apply for a rebate on their rates.

Web: **www.cardinia.vic.gov.au**

Phone: **1300 787 624**

Australia Post

Apply for a MyPost concession card. Save on stamps, document certification and redirection of mail.

Web: **www.auspost.com.au**

Phone: **13 76 78**

Energy

The Victorian Government's Power Saving Bonus can give eligible households \$250 toward their energy bills.

Web: **www.services.dhhs.vic.gov.au**

Phone: **1300 650 172**

Pet registrations

Pensioner concessions available for annual dog and cat registration fees.

Web: **www.cardinia.vic.gov.au**

Phone: **1300 787 624**

South East Water

If you have a valid concession card, you can register to reduce the amount you need to pay for water and sewerage services.

Web: **www.southeastwater.com.au**

Phone: **13 16 94**

Transport

Take advantage of discounts on public transport, car registration and taxi fares. Conditions apply.

Web: **www.services.dhhs.vic.gov.au**

Phone: **1300 650 172**

Victorian Seniors Card

Save money on tickets to attractions and shows, enjoy discounts on meals, coffee, and more. Get your card from Seniors Online Victoria

Web: **www.seniorsonline.vic.gov.au**

Phone: **9655 2100**

Community Connections

Continued from cover page

NEW

New Ageing Well Community Connectors

A number of senior volunteers have come together to deliver the trial phase of a new initiative called *Ageing Well Community Connectors*.

This free service has been established to support older residents to engage with local social activities and groups.

It will operate across Beaconsfield, Officer and Pakenham to provide older residents with 'one on one' support.

You or someone you care about can use this service to find opportunities to meet new people, learn hobbies or skills and gain a stronger sense of belonging in the community. Best of all, this free service is an opportunity to have a more fulfilling life.

Set up a time to meet with a Community Connector who will be happy to guide and support you through the process.

The great advantage of our community connectors is that through meeting others with common interests in your local community, you gain a stronger sense of belonging and develop a wider network of friendships. Most of all, you build and maintain a healthy level of resilience and enjoy a great quality of life.



Ageing Well Community Connectors service

Call our Customer Service team on 1300 787 624 to register your interest for this new service.

Email: ageingwell@cardinia.vic.gov.au

Updating your Community Directory

Council's Community Groups Directory is a great resource to find activities and groups that meet your needs and individual interests including:

- activity/interest groups e.g. arts, crafts, learning new skills, gardening, walking, gentle exercise
- senior groups e.g. Probus, Rotary, Senior Citizens, Mens' Sheds, U3A
- social and friendship groups e.g. coffee catch ups, lunches, day trips

Are you involved in a local activity or group that should be included in this community directory?

Could the contact details of your group have changed in the past year? If yes, let us know.

Simply go online, www.cardinia.vic.gov.au/communitygroups or call our Customer Service team for help.

For more information

Phone: **Customer Service 1300 787 624**

Web: www.cardinia.vic.gov.au/communitygroups

Mature age job seekers

Are you a job seeker?

Are you worried about job seeking as a mature age worker? Don't be daunted. Remember you bring a lifetime of experience, knowledge, reliability and strong work ethic to any role. These qualities alone set you apart from younger job applicants.

Although jobs have changed over the past few decades, employers still know and appreciate the value of mature age workers. It is important you embark on the journey with a positive, open-minded attitude. Advances in technology have changed the way we communicate and purchase goods and services, but these hurdles can easily be overcome with training and support.

Jobs Victoria

Jobs Victoria is a Victorian Government jobs program providing free, tailored support for older people to help them overcome barriers to employment and find work. With a network of 50 partners across the state, Jobs Victoria will help you get job-ready. A range of support is available including mentoring, upskilling, professional development, preparing your job applications and coaching to prepare you for interviews.

Jobs Victoria also works with employers, educating them about the benefits of a mature workforce. It pinpoints the types of skills and experience they require from new employees before matching them to the right job. By recruiting employers to think outside the box and be open to the benefits of a more diverse workforce, it highlights the strong work ethic, maturity and experience that many older job seekers can bring to a role.

For more information

Phone: **1300 208 575**

Web: **www.jobs.vic.gov.au**



Career transition assistance

Build your confidence and skills for success with Career Transition Assistance. This service is available for job seekers aged 45 years and over to help with:

- identifying transferable skills
- training and support
- writing job applications
- interview tips and techniques.

Applying for jobs requires time and good preparation. While jobs may have changed, you can upskill and take advantage of your transferable skills and experience. A flexible approach and an open mind may lead you to apply for an exciting position you never thought possible before!

For more information

Phone: **1800 805 260**

Web: **www.jobsearch.gov.au**

New Casey Cardinia jobs portal

Announcing this great new, free, one-stop employment portal, where you can:

- find local jobs quickly and easily
- receive job alerts
- create and/or upload your resume
- apply for jobs from any mobile device
- find education and training opportunities

Become a member now:

www.caseycardiniajobs.com.au



Awareness and access

World Elder Abuse Awareness Day

Every year, 15 June is set aside worldwide to raise awareness of elder abuse. Elder abuse is defined as any act causing harm to an older person, often carried out by a family member, a friend or a person in a position of trust, and comes in many forms:

- **physical**
- **social**
- **financial**
- **psychological**
- **sexual**
- **mistreatment or neglect.**

Elder abuse can be minimised by encouraging and supporting older people to ensure their financial, medical and legal affairs are in order and up-to-date.

Show your support by joining this free empowering presentation by Seniors Rights Victoria (morning tea provided)

World Elder Abuse Awareness Day

Community information session

Elder abuse is hard to picture, but it happens every day. What starts out small doesn't always stay that way for long.

15 June 2021

10 - 11:30am

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham

Bookings essential.

Phone: 5940 4728



TOGETHER we CAN
Act now to end Family Violence in Cardinia Shire

If you or someone you know may be experiencing elder abuse, contact one of the services below for support. In the case of an immediate danger, always call 000.

Additional support

Seniors Rights Victoria

Phone: **1300 368 821**

Web: www.seniorsrights.org.au

Safe Steps

Phone: **1800 015 188**

Web: www.safesteps.org.au

1800 RESPECT

Phone: **1800 737 732**

Web: www.1800respect.org.au

COVID-19 Online help hub

Phone: **1300 787 624**

Web: www.cardinia.vic.gov.au/onlinehelphub

Access Keys

For some residents, planning an outing to meet expectations is very important and needs to be organised in advance. Council has created customised accessibility guides called *Access keys* for all residents, in particular people with a disability or additional needs. We have keys for Deep Creek Reserve (encompassing Pakenham Golf Club, Eco Centre and the indigenous plant nursery), Pakenham Library, and the Cardinia Cultural Centre. All keys provide accurate and convenient information about venues and facilities to assist you with planning. Access keys can help you with the following aspects of an outing:

- considering a venue's suitability
- anticipating likely circumstances
- identifying accessible features, including toilets
- seeing the venue's layout

- identifying parking locations
- measuring distances from car parks to entrances
- determining ease of movement
- gaining an understanding of sensory elements.

For more information

Phone: **1300 787 624**

Web: www.cardinia.vic.gov.au/accessandinclusion



Ageing well in a changing world

In late 2019, Commissioner for Senior Victorians Gerard Mansour was tasked by the Department of Health and Human Services to produce the *Ageing well in a changing world* report. This report reflects the views of seniors on 'ageing well' through real-life experiences. It also presents a framework aimed to maximise wellbeing and quality of life by supporting future policy development and funding priorities.

This report is quite timely, given the World Health Organisation has declared 2020 to 2030 as the Decade of Healthy Ageing. It puts the spotlight on the need for individuals, governments, and society in general to work collectively to improve the lives of older people, their families, and the communities in which they live.

For more information

Read the *Ageing well in a changing world* report:
www.seniorsonline.vic.gov.au/ageing-well

Phone: **1300 13 50 90**

Web: www.seniorsonline.vic.gov.au

View online videos:

www.facebook.com/SeniorVicCommissioner/videos/2741849979477524

Regular health checks

Visiting your doctor regularly is important, even if you feel healthy. Regular visits enable your doctor to:

- check for current or emerging medical problems
- assess your risk of future medical issues
- support you to maintain a healthy lifestyle
- update your vaccinations.

Health checks can be incorporated into routine medical appointments by your local doctor who will advise how often these checks should be done and why it is required. It's also a good opportunity to ask your doctor about immunisations including pneumococcal, flu, tetanus-diphtheria-pertussis, shingles, herpes zoster vaccine and COVID-19.

During your health check, discuss your lifestyle to see what improvements can be made. This may be something you do regularly with a healthcare professional.



For more information

Web: www.betterhealth.vic.gov.au

Quiz yourself!

Test your general knowledge

1. What type of mines do you find in Coober Pedy, South Australia?
2. Which disease did Dr Jonas Salk successfully create a vaccine for?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Which Australian song mentions "eating a vegemite sandwich"?
5. When did Puffing Billy first run to Gembrook?
6. What famous explorer first climbed Mount Everest?

7. Who became Premier of the Soviet Union in 1958?
8. What famous baseball player married Marilyn Monroe in 1954?
9. What is the main ingredient of Vegemite?
10. Which member of the royal family became head of state in Great Britain in 1953?

Answers

1. Opal | 2. Polio | 3. Sputnik 1
4. Down Under by Men at Work
5. 1900 | 6. Sir Edmund Hillary
7. Nikita Khrushchev
8. Joe DiMaggio | 9. Yeast
10. Queen Elizabeth II

Shared stories

Simple pleasures of grandparenting

As a grandparent or great grandparent, you can share your family's stories and the traditions you have been part of through the years with those you most love. Sharing fun and love with grandchildren is precious, as we heard from some of our resident grandparents:



“Looking forward to great grandchildren!”

“There’s a warmth only family can give.”

“It’s fun to see my children wrestle with the same issues we did, i.e. sleep deprivation, arguments about eating veggies, toddler tantrums, homework...”



“Grandchildren represent hope for the future.”

“They wear us out, but then we can give them back!”



“You get to see the world through a new lens.”

“I couldn’t be any prouder watching my children as parents.”

“When we all get together, it’s amazing to think - it all started from us!”

“Enjoying young children without the ‘parental’ responsibility.”

“Getting the generations’ perspectives is so much fun.”



“Nobody told me how wonderful it would be.”

“They bring joy to my life.”



New dementia-friendly social opportunities

The Forget Me Not cafe program provides a social outlet for people living with the challenges of dementia and their loved ones. Come together and enjoy some fun in a caring, supportive environment. The Pakenham program has been established following the success of the Koo Wee Rup cafe. Each two hour session includes entertainment, games and refreshments. Enquiries welcome. We would love to hear from you. Pick up the phone and make an enquiry today to become part of our regular catch ups. Limited numbers per session. Bookings essential.

Cost: **Free**

Share your story with us!

We would love to hear from you. Contact the Ageing Well team or send us an item/story that highlights your ageing well in Cardinia experience! (max 250 words) to ageingwell@cardinia.vic.gov.au



Koo Wee Rup

Kooweerup Regional Health
Hewitt Eco House Community
Room 215 Rossiter Road,
Koo Wee Rup
Phone: **5997 9792**

Pakenham

Outlook Community Centre
24 Toomuc Valley Road,
Pakenham
Phone: **5941 1535**

Pick up a copy of your Ageing Well from the following locations or download a digital copy from www.cardinia.vic.gov.au/ageingwell

- Beaconsfield Community Complex, 8 O'Neil Rd, Beaconsfield
- Pakenham Library or Cardinia U3A Cnr John St &, Henry St, Pakenham
- Cardinia Cultural Centre, Corner Waterford Rise &, Lakeside Blvd, Pakenham
- Mobile Library, Beaconsfield Community Complex, 8 O'Neil Rd, Beaconsfield
- Cardinia Shire Council Civic Centre, 20 Siding Ave, Officer
- Cardinia Life, 4 Olympic Way, Pakenham

- Lang Lang Community Centre, 7 Westernport Rd, Lang Lang
- Bunyip Community House, Beswick St, Garfield VIC 3814
- Koo Wee Rup 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)

- 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

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.



www.facebook.com/CardiniaShireCouncil



Subscribe to our eNewsletters

www.cardinia.vic.gov.au/enewsletters



Creating an age-friendly shire