

FREE

Ageing Well

Creating an age-friendly shire

Edition 11 – February 2022

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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

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

What's on Cardinia festival

The *What's On Cardinia Festival* kicks off this month, enriching the shire's creative scene. We'll be connecting local artists and creatives with local businesses in a month-long festival. Be part of the fun. There's something for everyone. Head to whatsoncardinia.com.au for more information.



Welcome 2022 – it's great you're here!

Welcome to 2022. It is time to reset and start exploring new opportunities.

Your local community centre has a variety of affordable programs like art classes, social and support groups. Learn a new language (for all those overdue holidays you deserve!) or how to play the ukulele. Check your local community centre (page 7) to see what's on offer.

If you or someone you know feel hesitant or unsure about getting involved and would like a bit of help from a trained community connector, let us know. This is a great new service supported by our Ageing Well team. One of our mature age volunteers can help you find a suitable social group or activity you will enjoy (see page 7).

Get your 2022 off on the right foot – grab a cuppa, sit in your favourite spot and browse through this edition of *Ageing Well*. Be open to the notion that 2022 is your year. A new year – a renewed you! Our qualified nutritionist and dietitian offer their support to help you age well with food (pages 6 and 7); we have some tips on staying safe this summer (page 4) and Estelle Kelly gives us some insights into making the most of retirement (page 3). Why not join her in person at one of her workshops in March? You may never look back!

In the words of CS Lewis: "You are never too old to set another goal or dream a new dream." Happy reading all!



Supporting local producers

New directory to access local produce

The Cardinia Farm and Food Directory is a free online resource developed by a group of passionate volunteers known as the Cardinia Food Movement. Its purpose is to connect local farmers, producers and retailers to residents across our shire. Each have opened their doors and hearts to the community, making it easier than ever before for you to visit farm gate stalls or try the 'U-pick' experience.

This is a unique opportunity to meet local farmers, growers, and producers at their place of business and appreciate the fruits of their labour firsthand. Your support will help increase the consumption of locally grown and produced foods and beverages.

The directory also contains information on retailers who stock local produce. Show your support by visiting a cafe, bakery, butcher or restaurant that sources local goods. Help boost our local economy.

For more information:

Visit cardiniafarmandfood.org.au/ or call our customer service on 1300 787 624

Family business on the land for over 100 years

Reflection from Heather Arnold (Cora Lynn)

In 1903, my great grandfather James Rouse was granted 55 acres of land on Murray Road at Cora Lynn. Here he established a dairy farm which he operated with his son Joe. When Joe married Eva, they raised their family of 7 children on the farm which had become totally self-sufficient, including the dairy, chickens, a small orchard with many different fruit trees, and a vegetable garden. The children worked on the farm before and after school.



This photo is my grandmother Eva Rouse with my Aunt Nancy on the farm at Cora Lynn (c. 1926).

After they left school, the two boys Jim (my uncle) and Frank (my father) worked together on the farm. They continued with dairying and began to grow potatoes.

Jim and Frank bought a Fergie tractor to replace the horses and eventually gave up dairying to grow potatoes full time for the crisping industry, i.e. growing potatoes for the production of potato chips. The farm is now owned by my sister Karen and her husband – and they still grow potatoes!



Nurturing successful retirements



Resources for a successful retirement

From Associate Certified Coach Estelle Kelly*

We all know what we are retiring *from* – less certain is what we are retiring *to*.

Most people look forward to retirement as a time of taking life easy after years of hard work. Retiring can be a great stage of life when you know what you want in retirement; but it's not surprising that retirement is one of the top 10 most stressful life events.

Retirement dreams often don't go beyond the thought of not having to battle traffic every morning or face up to a disagreeable boss at team meetings. It can be hard to imagine what life will be like when you retire.

One concern is always going to be “Do I have enough money to retire?” Of course, finances need to be considered in our retirement years; however, research has shown that aspects of health, social connection, and emotions, cognition and motivation also play a large part in retirement success.

Finance and health are considered the main factors in being able to enjoy retirement. Having these sorted, increases our ability to recreate our life without work and create a new sense of purpose for our life. When we retire, we can lose some of our identity and sense of security. The question of who you might become in retirement, will be influenced by the remaining resources, i.e. social, emotional, cognitive and motivational levels, all of which are within our control.

Social resources are next in importance after finances and health; being socially connected is especially important to the feeling of belonging in our society.

Emotional, cognitive and motivation are next and learning to manage these can be challenging and are often influenced by our ‘self-talk’. Being able to think clearly, manage strong emotions in a healthy way, and be proactive will support a meaningful retirement. It is possible to transform our life and become a higher vision of ourselves.

To learn more about retirement and access resources to support you in retirement visit Estelle's free podcast on website **retirementlife.coach**

(*Estelle is a member of the International Coach Federation with over 20 years' experience in the education and welfare sectors).

FREE

Free retirement workshops with Estelle Kelly The retirement tune up!

Where: Outlook Community Centre,
24 Toomuc Valley Rd, Pakenham

When: Tuesday 8 March 10am–12pm
(refreshments provided)

Cost: Free

Bookings essential on 5941 1535

Are you new to retirement and need a tune-up? You get your car serviced and you have dental check-ups, so why not a retirement check-up? This fun, friendly, informative session covers 7 core principles of a happy and fulfilling retirement. You will feel invigorated, empowered, and energised! Includes presentation by the Financial Information Service, Services Australia.

Get retirement ready!

Where: Outlook Community Centre,
24 Toomuc Valley Road, Pakenham

When: Tuesday 22 March 6–8pm
(supper provided)

Bookings essential on 5941 1535

If you are thinking about retiring in the next 5 years, this workshop is for you. Packed with fresh ideas and helpful information, it will prepare you for this significant change in your life. Become your own retirement expert!

Includes presentation by the Financial Information Service, Services Australia.



Keep your cool this summer

Every summer we can expect a period of days that push the thermometer to extremes in hot weather. It is easy to become dehydrated and develop cramps, heat exhaustion, or suffer from heatstroke. Heat can have an even greater impact if you have an underlying medical condition.

Tips to keep cool this summer

- Plan ahead, shop for essentials on cooler days.
- Avoid exercise during the hottest part of the day and stay hydrated.
- Close curtains and blinds to keep out direct sunlight and close off unused rooms.
- Store medicines at recommended temperatures.
- Dress in light cotton clothing.
- If you must go outside, wear a sunhat, take water and an umbrella for shade.
- Check on others who might be at risk in the heat, such as older neighbours, pets, young children and people with medical conditions.
- Keep pets in a cool area with access to plenty of water.

More information:

If you or someone you know is unwell call NURSE-ON-CALL on **1300 60 60 24** for 24-hour health advice or contact your doctor. In an emergency, call **000**.



Water for wildlife

We must remember that our native wildlife will be at risk of heat stress this summer too. Here are a few suggestions for you to help protect them.

- Put water out at ground level; use shallow buckets or trays (avoid metal bowls) and don't forget to add a rock or piece of wood for tiny critters.
- Place fresh water in a bird bath or up in a tree.
- Keep water clean, refilled and in the shade.
- Provide artificial shade, like an umbrella in open spaces.

You can make a wildlife water station and help put water in the mouths of thirsty animals. Animals Australia has joined with DoSomething in an exciting initiative. Find out more at: animalsaustralia.org



More information:

If you think an animal is suffering from heat stress, call Wildlife Victoria on **8400 7300**.

Energy efficiency in summer

Does your energy bill spike in summer? Council has developed a household energy efficiency handbook to help you reduce the effects of rising temperatures, which in turn can reduce your utility costs.

Understanding your electricity bill is one way to reduce your costs. What you see on your energy bill will help you understand your usage patterns and behaviour but allow you to compare the market and possibly switch to a better deal. Check if you are on the best deal – there may be a better offer available.

More information:

Phone: **1300 787 624**

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

Web: compare.energy.vic.gov.au

Call your utility supplier directly

Be safe in summer

Responding to an emergency

Emergency Management Victoria communicates warnings of emergency events that may threaten life or property, including the nature of the emergency and what you should do. The website has a real-time map display with incidents across the state, including floods, storms, fires and more.

The degree of danger is described with 3 warning levels. It is important to understand what these mean.

Advice – an emergency is occurring in your local area. You need to access information and monitor conditions.

Watch and act – a fire or flood is heading towards you. Conditions are changing and you need to act now to protect your safety and wellbeing.

Emergency warning

– you are in imminent danger and need to take immediate action. You will be impacted by fire or flood.

Throughout summer, stay alert to emergencies affecting your community and ensure you have developed and rehearsed your emergency plan. If an incident occurs, the best response is to remain calm and stay focused on what needs to be done.

More information:

- Vic Emergency website: emergency.vic.gov.au
- Vic Emergency hotline: **1800 226 226**
- Download the **VicEmergency App**
- Listen to **ABC local radio** or watch **ABC news**
- Call **000** when an immediate threat to life or property

Police report increase in scams

Victoria Police have reported that scammers are getting increasingly sophisticated in their attempts to elicit money or personal details. Online deceptions have a significant, long-lasting effect on victims and their families, not only significant financial impact, but also emotional and mental anguish.

This has perhaps become even more of a concern during the COVID-19 pandemic, when online shopping has significantly increased.

One way to reduce your risk is to avoid clicking on unsolicited links or making immediate purchases; delay making the purchase until your own time.

If you think you may have been exposed to a scam, contact police immediately. Reports of online scams are taken extremely seriously. You can report online at cyber.gov.au or call **1300 292 371**.

Source: Detective Senior Sergeant Kay Morgan and Acting Detective Sergeant Paul McNulty are members of the Cardinia Safer Communities Partnership Committee. This committee includes representatives from Council, Victoria Police, Victorian Government departments and key agencies, organisations and the community, taking a 'whole of community' approach to creating a safer shire.

Protect yourself against scams and cybercrime

The Federal Government's E-Safety Commissioner is hosting free webinar presentations to help you stay safer online. Topics include:

- staying safe on Facebook
- all you need to know about data and public Wi-Fi
- safer online shopping and banking
- protect yourself against scams
- selling safely online
- connecting to others
- how to use smart home technology
- how to use zoom to make video calls
- helpful apps for your smart device
- how to use government websites.

More information and to register:

Free webinar for online safety

Visit: beconnected.esafety.gov.au/bookings

Call Casey Cardinia Libraries

Ph: **5940 6200**

Web: cclc.vic.gov.au

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

Always dial 000 in an emergency

Ageing well with food

From nutritionist Megan Bourke*

You don't need to eat superfoods to be healthy – a balanced diet rich in a variety of whole foods will do that. The food we put into our bodies has a significant impact on how strong and healthy our bodies can be. Food is a powerful resource to use for dealing with and preventing all sorts of ailments, such as arthritis, poor brain function, weak bones and even our mood. Healthy food can increase the quality and longevity of life.

Omega 3 fatty acids are good fats for your body and brain and can help reduce inflammation and cholesterol. Omega 3 fats are highly concentrated in the brain, so can help improve brain cognition and even help with mood, increasing our happy hormones. These fats are found in foods such as seafood, walnuts, flaxseeds, chia seeds, cod liver oil, olives and olive oil.

Ideally, omega 3 fats should be eaten every day. Easy sources include tinned tuna (in oil) for lunch or walnuts and flaxseed added to your cereal for breakfast.

Aches, pains, and sore joints can be common as our bodies age. Adding anti-inflammatory spices like turmeric, cinnamon and ginger can be effective in reducing inflammation. Add half a teaspoon of each

of these spices with a touch of black pepper, to ½ cup pineapple juice to give you an anti-inflammatory hit every day.

Lots of food options can help the body age well, e.g. add flavour to foods with herbs and spices instead of adding salt. Ageing well requires a little bit of work and knowledge, but the benefits are so rewarding it's worth it.

As always, if you have any concerns about your health or diet, speak to your doctor or other healthcare professional.

*Megan Bourke, from Nutritional Balance, has over 10 years' experience and comes from a family of coeliacs where food intolerances are common. She believes good gut health and balanced gut flora is the foundation to good health. You can visit Megan's website for more information mamamegs.com



Garden beds accessible for all



Raised garden beds have become an easy solution for people with health issues or disability, to continue gardening as a hobby. Raising the garden bed to waist-height helps avoid the need to bend over while also offering a stable structure to support balance.

If you have been approved for a government funded home care package, you may be eligible to have a raised garden bed, enabling you to continue doing something you enjoy safely and independently in your home and improve your health and wellbeing.

More information:

My Aged Care on **1800 200 422** or discuss with your home care provider.

Web: myagedcare.gov.au/

Join the Friends for Good Carers Matching Service

This free service will match you with a like-minded carer to share regular phone conversations. We hope that carers will make new and genuine friendships through this program. We will help to find the best match and support you.

For more information:

Ph: **9691 6300**

Email: admin@friendsforgood.org.au



Free guided supermarket tours

We have teamed up with Megan (page 6 Ageing well with food), to offer you in-person local supermarket tours. Join Megan browsing the aisles of your favourite goods and learn how to identify hidden sugars and saturated fats in ingredients lists. If it claims to be 'fat free', is it loaded with sugar or salt?

Join us for a free 1-hour supermarket tour with local nutritionist Megan who will demystify nutritional claims on packaging and high-profile brands. You'll learn how to compare product labels to understand how to make healthier choices.

Bookings essential. Contact the relevant location.

Cost: Free but bookings are essential. Nominate the time that suits you best when you register.

Location: Woolworths – Pakenham Central
Marketplace 50 John St, Pakenham
(meet at main entrance)

Date: Tuesday 15 March,
9.30am or 11am (1-hour tour)

Bookings essential on: **5940 4728**
or email: communitycentre@outlookvic.org.au

Location: Woolworths – Emerald
383 Belgrave-Gembrook Rd, Emerald
(meet at main entrance)

Date: Wednesday 23 March,
9.30am or 11am (1 hour tour)

Bookings essential on: **1300 787 624**
or email: ageingwell@cardinia.vic.gov.au

Location: IGA – Bunyip
2/6 Main St, Bunyip
(meet at main entrance)

Date: Thursday 31 March,
9.30am or 11am (1 hour tour)

Bookings essential on: **0481 895 509**
or email: manager@bdch.com.au

Free workshop on how to read food labels

Did you know how important it is to read food labels to understand how healthy a product really is?

In this free workshop, dietitian Joanna explains how to interpret ingredient lists and nutritional information on food labels, so you can make healthier, informed choices next time you shop. Bring along some favourite items from your pantry for Joanna to review and discuss.

Bookings essential for one of two free workshops

Phone: **5940 4728**

Email: communitycentre@outlookaust.org.au

Where: Outlook Community Centre,
24 Toomuc Valley Rd, Pakenham

When: Monday 21 March, 10–11am
Wednesday 23 March, 10–11am

Spaces limited. Please only attend one session.

Community centres open for all!

Community centres are a fantastic way to meet local people with similar interests and offer programs full of activities. **If you or someone you know is not feeling confident about reconnecting, contact Council's Community Connectors Program for assistance on 1300 787 624.**

Beaconsfield Community Centre

8 O'Neil Rd, Beaconsfield

Ph: **8768 4400** Web: bncinc.org.au

Bunyip and District Community House

Beswick St, Garfield

Ph: **0481 895 509** Web: bdch.com.au

Cockatoo Community House

23 Bailey Rd, Cockatoo

Ph: **5968 9031** Web: taskforce.org.au/cch

Emerald Community House

356-358 Belgrave-Gembrook Rd, Emerald

Ph: **5968 3881** Web: emeraldcommunityhouse.org.au

Lang Lang Community Centre

7 Westernport Rd, Lang Lang

Ph: **5997 5704** Web: langlang.net/llcc.html

Living and Learning Pakenham

6B Henry St, Pakenham

Ph: **5941 2389** Web: livinglearning.org.au

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham

Ph: **5941 1535** Web: outlookaust.org.au

Upper Beaconsfield Community Centre

10-12 Salisbury Rd, Beaconsfield Upper

Ph: **5944 3484** Web: ubcc.org.au

Access and ageing in Cardinia Shire

Council's Access and Ageing team oversees the implementation of Council's Ageing Well and Access and Inclusion Disability strategies.

The Ageing Well Strategy demonstrates Council's dedication to serving the needs of our shire's rapidly growing ageing population. Our older residents are respected members of our community who offer value through their knowledge and wealth of experience, offering significant benefit to our shire.

The Access and Inclusion Disability Strategy also demonstrates Council's commitment to people with disability having full equity, inclusion and participation as they live, work, learn and explore Cardinia Shire. An action plan is aligned with this strategy ensuring it is delivered.

More information:

Call our Customer Service team on **1300 787 624**

Web: cardinia.vic.gov.au/ageingwell

Web: cardinia.vic.gov.au/accessandinclusion

Grants to support community wellbeing

Council grants of \$1,000 to \$5,000 are available for eligible community groups and associations to develop projects and services that contribute to community health and wellbeing. Grant applications are open now.

More information:

Phone: **1300 787 624**

Web: cardinia.vic.gov.au/cwsg



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

- 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

- 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)

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald
- 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)

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: 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.



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Cardinia

Creating an age-friendly shire