

FREE

Ageing Well



Creating an age-friendly shire

Edition 13 – September 2022

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Share your story with us!

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Pop ups at Pakenham

Central Marketplace

Council's Ageing Well team will be at Pakenham Central Marketplace this month to meet shoppers.

Date: **Thursday 15 and**

Friday 16 September

Time: **10am–2pm outside Woolworths**

Carers social support group

This new group meets monthly for fun, friendship and laughter. Enjoy a space of understanding with others facing similar challenges.

When: **First Tuesday of every month**

Time: **10:30am - 12:00pm**

Venue: **Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham**

Cost: **Free**

Bookings essential. Ph: **5940 4728**

Enquiries: Moira **0438 799 716**

The 2022 Victorian Seniors Festival – takin' it easy!

The Victorian Seniors Festival celebrates its 40th year this October! This year's theme is 'Takin' it Easy'. We know many residents are delighted to be getting out and about again. We also recognise some people still feel cautious. So, the program this year includes a mix of live and online entertainment. Online performances are available by visiting www.seniorsonline.vic.gov.au/festivalsandawards Radio sessions can be accessed by visiting www.seniorsonline.vic.gov.au/festivalsandawards/listen-now. To find out which radio stations are participating, call the Victorian Seniors Card team on **1300 797 210** for details.

Register for the Seniors Card and take advantage of free public transport between 2–9 October. Travel into the city to participate in the 'Celebration Day' event at Federation Square.

If you prefer to stay local, 2 great low-cost events will be held in the shire: a live tribute to Louis Armstrong and Ella Fitzgerald at the Cardinia Cultural Centre and an old-time dance event at Pakenham Hall featuring the popular band *The Silhouettes*. This year's festival is very much a celebration of older people's resilience over the past 2 years.

In this edition, Council recognises the amazing contributions older residents make to their communities. Page 4 highlights the Cardinia Senior of the Year 2022 Ian Wake and recipient of the 2022 Stan Henwood Award Tim Ahern.

Council's Ageing Well team hopes you enjoy this year's festival.



The Silhouettes

Ageing Well Community Connectors - here to help

Council's Community Connectors program provides a unique, personalised service for residents aged 55 years and over to find out about suitable social opportunities. If you or someone you know would like to broaden your social network, this new program is a great place to start.

Council's Ageing Well Facilitator Kelly Burdack said: "Social 'prescribing' is a person-centred program that looks to improve overall wellbeing in non-medical ways."

"Just like a prescription your doctor writes when you are sick, the 'social prescription' is advice on opportunities available to you from one of our trained community connectors. The first step is to contact Council and ask for a connector to explore your interests and support you to link into activities that meet your needs."

Janet and Bob recently moved into the shire and were referred to the program. "I was amazed at how much was happening on the social front," said Janet. "We have met some great people. Bob has met a retired men's social group and attends the table tennis group at Beaconsfield Community Centre. I have enjoyed the Italian cooking classes at Outlook Community Centre. Our connector experience has been wonderful."

For more information:

Ageing Well team

Ph: **1300 787 624**

Email: **ageingwell@cardinia.vic.gov.au**



Ethan and Chelsea (Koo Wee Rup Secondary College)
Joyce Mills and Olive Stokes.

Grant supports community cookbook initiative

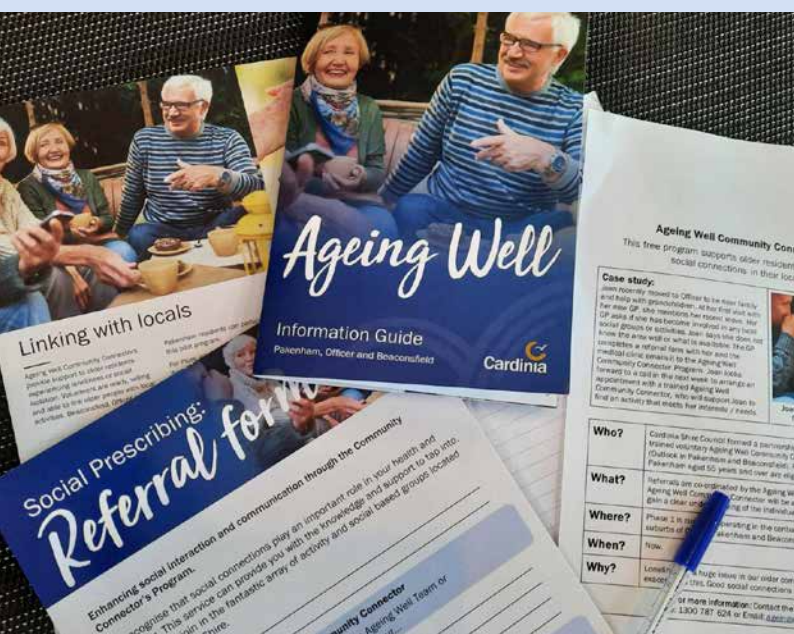
Koo Wee Rup Regional Health Service created an inspiring cookbook titled *Circle of friends – Cook Connect Community*, with funding received through Council's Community Wellbeing Support grants.

Primary Health and Innovation Director Aileen Thoms said: "We chose the stories of families, life on the land and connections of seasonal food to inspire you to put healthy food on the table."

"What better way to connect the community than through cooking and sharing food! This book takes us on a journey with Cardinia Shire community members, farmers and growers. It is a visual feast of local food culture, heritage and memories of family gatherings; celebrated healthy family recipes, handed down through generations, connecting people to place," Aileen said.

Online and face-to-face workshops provided opportunity to share stories about food, recipe choices and education on nutrition. The recipes were taste tested by Koo Wee Rup Secondary College students, Koo Wee Rup Men's Shed members, Koo Wee Rup Regional Health Service Ladies Auxiliary, volunteers and staff, who also contributed to the book. This partnership with The Cardinia Food Movement has put local farmers and producers on the map. This book is available for purchase.

Enquiries: Jenny **5997 9704**



Downsizing your home

Contemplating a downsize?

Has your family home started to feel too big for you? Would you like to be closer to loved ones? Can you picture yourself in a unit or a retirement village? Would you like some practical advice? Feel a bit unsure? Don't worry, you are not alone.

Downsizing involves a lot of decisions, like "what should I keep and what must go?". Emotional attachments are tested. Items are distributed to family, friends, and charities. If you are thinking about downsizing but feel slightly overwhelmed by all the decisions, we have some useful insights and practical tips for you from members of our Age Friendly Alliance Team who have already downsized.

Why did you choose to downsize?

- The kids had moved out for good. Suddenly we were living in a space far too big for us!
- The maintenance had become a burden
- We wanted to travel, had no one to maintain the house
- I wanted to be within walking distance of the town centre so that I could walk everywhere and not have to rely on a car.

What did you move into and why?

- We chose an independent unit in a retirement village to be part of a community
- We chose a unit because we were not ready for a retirement village. We plan to move into a retirement village in about another 6 years
- I moved back to live with my son and we share costs
- I chose a unit and have great community connections
- We chose a retirement village for the security and the onsite aged care option
- We wanted a unit in a lifestyle village with a small garden and needed our new space to be pet friendly

What tips can you offer someone who is contemplating downsizing?

- Know your financial situation and any impact on eligibility for the age pension
- Don't leave it too late. Do it while you still have the energy and can cope with change
- Look at the range of facilities and social opportunities to see if they meet your needs (bowls, gardens, dining spaces, pool)
- Consider what you need close by, such as doctors, shops, and transport
- Visit a variety of options before you decide (unit, retirement village, lifestyle village)
- Talk to other people about their experiences
- Get the house ready to be put on the market to maximise your return, such as painting, new carpet, or a garden makeover

- Make a plan and take one step at a time
- Declutter! Identify what you will keep, what must go, and what to give away
- Ask for support, don't do this alone
- Waiting lists can be longer than you expect, so start planning early
- Look at the standard of maintenance of the retirement village
- Observe if the residents are the best age group for you
- Be prepared to buy new furniture to fit a smaller space.

For more information:

Financial Information Services

Ph: **1800 227 475**

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



Victorian Seniors Festival 2022

Council recognises the enormous contribution that volunteers make to our local community and the vital role these volunteers play by strengthening and enhancing community connectedness.

Cardinia Shire Senior of the Year

Each year Council invites members of Cardinia Shire's community to nominate for the Australia Day Awards to recognise contributions to our community. Congratulations to Ian Wake who was awarded Cardinia Shire Senior Citizen of the Year 2022.

Through volunteer activities, Ian has a keen sense of community and civic responsibility. A Rotarian for over 50 years, he is a tireless organiser, using his leadership skills to be a positive role model and mentor. He is a member of our Cardinia Seniors Network and will be the lead organiser of the old time dance event for the Seniors Festival (see next page).

Rotary president Geoff Young said: "No matter what you ask Ian to do, he will do it! The effort he goes to for this club is unbelievable."

Ian's key achievements include:

- Rotary Club of Pakenham president
- Fundraising events for Rotary Club Pakenham projects including Royal Flying Doctor Service, Victorian Bushfire Relief and Rotary Park
- Pakenham Public Hall committee of management.

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



Stan Henwood Award

Council's Stan Henwood Award, acknowledging a community member who has made a positive, long-term contribution to Cardinia Shire, is presented at the Mayor's volunteer reception each year.

The 2022 award recipient was Tim Ahern who has been actively volunteering in the community since 1965. He has dedicated his time tirelessly to 20 different community groups across the shire. Tim still volunteers his time to the community and says he loves volunteering because it "helps make the community a better place to live".

"Volunteering helps create a better lifestyle for the next generation and I enjoy seeing results that other people can enjoy," Tim said.

Congratulations Tim!

For more information:

Visit www.cardinia.vic.gov.au/australiaday or www.cardinia.vic.gov.au/volunteer

Victorian Seniors Festival 2022

In addition to online and city-based events on offer throughout the Victorian Seniors Festival, Cardinia Shire Council is proud to support 2 local events.



The Syncopators

Old time dance event

The Silhouettes will feature at this fabulous old-time dance event. Includes afternoon tea and door prizes. Come along and enjoy some ballroom, old time, new vogue, rock 'n' roll, progressive and line dancing – you do not need to bring a partner. Hosted by Rotary Club of Pakenham.

Date: **Sunday 16 October**
Time: **1-5pm**
Venue: **Pakenham Hall,
cnr John and Henry streets**
Cost: **Free**
Includes afternoon tea (BYO drinks)
Bookings essential: **Ian Wake 0417 112 500**

Live show and Devonshire tea

A tribute to Louis Armstrong and Ella Fitzgerald

Enjoy Cardinia Cultural Centre's renowned pre-show Devonshire tea, then relax in the main theatre and enjoy the extraordinary talents of *The Syncopators* jazz band as they come together with Yvette Johansson, Australia's foremost 'Ella' exponent, to pay tribute to Louis Armstrong and Ella Fitzgerald. A delightful, entertaining, exhilarating show.

Date: **Wednesday 19 October**
Time: **11am-1pm**
Venue: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**
Cost: **\$13pp includes show
and morning tea**

Bookings essential: **1300 887 624**

Please note: visitors with mobility aids or wheelchairs must call to book tickets.

www.cardiniaculturalcentre.com.au

Mental health matters

The process of grief

Losing a loved one can be a shattering event. It affects people in a number of ways: emotionally, physically, and spiritually. There is no single, 'correct' way to grieve and misunderstandings about the grieving experience can cause difficulties for the bereaved person and others in their life.

Grief is a process, not an event. Although life may return to some sense of 'normality', many people continue to grieve in subtle ways for the rest of their lives. Grief can weaken your immune system, and cause lack of appetite, mental exhaustion and insomnia.

Many factors can influence your experience of grief, including:

- your age
- your relationship with the person who died
- the way the person died
- your religious, spiritual, cultural practices
- your access to emotional support.

Acknowledging your grief and taking steps to care for and support yourself is an important part of coming to terms with your loss.

For more information on dealing with grief and supporting a loved one through the process, visit the Better Health Channel at www.betterhealth.vic.gov.au/health/servicesandsupport/grief

Source: Better Health Channel

New grief support service

The Australian Centre for Grief and Bereavement Counselling and Support Service (BCSS) provides national bereavement support for individuals and families who need assistance following the death of someone close to them. The Australian Centre for Grief and Bereavement (ACGB) has recently established an aged care support service for aged care residents, home care recipients, their families and for those who have been impacted by the COVID-19 pandemic. This free service includes:

- individual grief and loss counselling
- bereavement support groups
- resources to assist organisations and individuals in supporting bereaved people.

For more information

The Australian Centre for Grief and Bereavement Counselling and Support Service (BCSS)

Ph: **1800 222 200**

Email: **info@grief.org.au**

Web: **www.aged.grief.org.au**

Griefline

Ph: **1800 642 066**

Web: **www.grief.org.au**



Mental health matters

Depression – more than a ‘low mood’

While we all feel sad, moody, or low from time to time, some people experience these feelings intensely for lengthy periods (weeks, months or even years), sometimes without any apparent reason. Depression is more than just a low mood – it is a serious health condition that impacts your physical and mental health. One in 6 women and one in 8 men will experience depression at some time in their lives. Depression is often not recognised; it can go on for months or even years if left untreated.

Risk factors for depression

While the exact cause of depression is not known, several factors can be associated with its development. Depression is often a combination of biological, psychological, social and lifestyle factors:

- significant adverse life events
- prolonged exposure to stress
- family history (depression can run in families)
- losing a loved one
- long-term isolation or loneliness

Local hubs offer mental health support

Community members experiencing mental health problems, including depression, now have access to mental health and wellbeing services through mental health and wellbeing hubs.

EACH is just one community health partner supporting people on issues such as anxiety, stress and fear that can lead to deterioration in wellbeing and mental health. Other services are also available, including Lifeline, Beyondblue and 1800Respect.

Support workers are on hand to assess needs and help develop coping strategies. If your concerns require more intensive support, additional links and referral to other health and social support services are also available. These mental health services are a great place to start if you or someone you care about needs support. No matter where you live, support is provided through a mix of face-to-face, telehealth, mobile outreach, and online settings.

- personality (some people tend to worry a lot, have low self-esteem, are perfectionists, or are particularly sensitive, self-critical, or negative)
- drug and alcohol use.

Serious medical conditions can also bring about depression through the associated stress and worry; especially if the health issue involves long-term management of a chronic condition or chronic pain.

Depression is treatable

The sooner a person seeks support, the sooner they can recover.

If you think your low mood may be more than just a fleeting moment or think you may be experiencing depression, contact your GP for advice.

Source: *Better Health Channel*
www.betterhealthchannel.com.au



For more information:

Mental health support services

EACH

Ph: **1300 375 330**

Web: **www.each.com.au/mental-health-wellbeing-hubs**

Lifeline

Ph: **13 11 14**

Web: **www.Lifeline.org.au**

Beyond Blue

Ph: **1300 22 4636**

Web: **www.Beyondblue.org.au**

1800RESPECT

Ph: **1800 737 732**

Web: **www.1800respect.org.au**

Access and inclusion

Scooter recharge stations

If you use an electronic mobility chair or scooter, you can recharge free at a community Power up site. These power outlets are located across the shire for users of electronic mobility chairs or scooters to recharge.

Locate a Power up station

Before you head out, find a Power up station at www.cardinia.vic.gov.au/accessandinclusion

Apply for a 'Power up' sign

If you would like a Power up sign at your business, visit www.cardinia.vic.gov.au/accessandinclusion

For more information:

Ph: **1300 787 624**

Email: accessandinclusion@cardinia.vic.gov.au



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

- Bunyip Community House 27 Main St, Bunyip
- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- 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 Library 400A Belgrave-Gembrook Rd, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, 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 Reserve 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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