

FREE

Ageing Well



Creating an age-friendly shire

Edition 14 – February 2023

In this issue:

- Protect yourself from hackers 2
- New Fire Danger Rating System..... 2
- Get techy get ready workshops..... 2
- Visit our shire's natural wonders ... 3
- Volunteer some - time! 5
- Cardinia Seniors Network..... 5
- Times of financial hardship 6
- Plan for your retirement..... 6
- Braintrack dementia app..... 7
- Social groups for carers 7
- Improving access 8

Share your story with us!

Send contributions (max 250 words)
Ageing Well, Cardinia Shire Council
PO Box 7, Pakenham 3810 Vic.

Join our mailing list

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

View online or subscribe

Stay informed with the latest
information, news and events.
Visit: cardinia.vic.gov.au/enewsletters

Grant applications open now!

Cardinia Shire's *Community Wellbeing and Support Grants* offer funding up to \$5,000 for eligible community groups to develop projects and services that contribute and support community health and wellbeing. Check if your group is eligible and apply. Applications close Friday 31 March 2023.

For more information:

Ph: **1300 787 624**
Web: cardinia.vic.gov.au/cwsg

It's summer – time to embrace new opportunities!

Our Ageing Well team sends its warmest New Year's greetings. This edition is loaded with news and information to start your 2023 off on the right foot. Find out how to become a volunteer, protect your personal information, find support available for financial hardship and learn how to download the latest emergency apps.

The Cardinia Seniors Network is holding a pop up information stall at Pakenham Central Marketplace this month. Drop by and find out what is happening in the shire. There will be free giveaways!

Hear about Heather's journey into retirement, highlighting the benefits of being involved in community life. (Refer to page 4). Have you started thinking about retirement? If so, we can help you start to prepare, even while you're still working. (Refer to page 6). Cardinia Life has opened a new purpose-built changeroom facility suitable for those with physical limitations or rehabilitating after surgery. (Refer to page 8) And finally, Nicci from the Cardinia Environment Coalition will inspire you to visit the beautiful reserves and parklands in our Shire, abundant with amazing flora and fauna. (Refer to page 3) Happy reading!

Enquiries:

Call the Ageing Well team on **1300 787 624** or visit cardinia.vic.gov.au/ageingwell and join in soon.



New fire danger rating system



MODERATE

Plan and prepare

HIGH

Be ready to act

EXTREME

Take action now to
protect life and property

CATASTROPHIC

For your survival, leave
bushfire risk areas

Council works with emergency service organisations throughout the year to develop programs that increase the readiness and preparedness of our communities to manage emergencies. At this time of the year, it is essential to have a clear understanding of the messaging around fire danger.

Fire danger ratings provide information for residents to take appropriate action to protect themselves and others in the event of a fire. The Fire Danger Rating system changed in 2022. Now, whether at home or travelling interstate, you will see the same system being used across Australia. Each fire danger rating now has a clear set of messages including the actions you can take to reduce risk of harm.

Fire Hazard Inspection Program

Council's Fire Prevention Officers inspected properties in the lead up to summer and continue to do so during CFA declared fire danger periods, to check if there are fire hazards that need to be addressed on private land. Fire hazards vary across the shire, assessed by the amount of rain, grassland curing rate and other local conditions.

Private properties found to have fire hazards, are issued with a Fire Prevention Notice, in accordance with the Country Fire Authority Act 1958. The notice outlines the works that must be done by the property owner to fix the issue. If you receive a fire prevention notice, read it carefully. Make sure the works take place by the date stated in the notice. After this date, the land will be re-inspected to see if the fire hazards identified in the notice have been fixed.

For more information:

CFA website: cfa.vic.gov.au
Vic Emergency website: emergency.vic.gov.au
Vic Emergency hotline: **1800 226 226**
Cardinia Shire Council
Emergency Management: cardinia.vic.gov.au

Download the VicEmergency app /mymizu app

Listen to ABC local radio or watch ABC news

Call **000** when an immediate threat to life or property

Get techy - get ready!

Free!

Council's Emergency Management team will hold two free workshops to help you gain an understanding of emergency apps on devices. Bring your smartphone, tablet, or iPad, and one of the team members will assist you to set up the VicEmergency and/or mymizu apps on your device, show you how to customise your settings with features such as watch zones, alerts and add your Get Prepared plan. Includes morning tea. Bookings essential.



Council's Emergency Management team workshops

Venue: **Outlook Community Centre,
24 Toomuc Valley Road, Pakenham**
Date: **Wednesday 22 February**
Time: **10.00am – 12.00pm**
Ph: **5940 4728**

or

Venue: **Beaconsfield Community Centre,
8 O'Neil Road, Beaconsfield**
Date: **Monday 27 February**
Time: **9.30 – 11.30am**
Ph: **8768 4400**

Enjoy nature

Visit our shire's natural wonders!

Did you know there are over 1,300 species of native plants and 414 species of native animals in Cardinia Shire? The Cardinia Environment Coalition has volunteers with a passion to protect and enhance the natural environment. Their 'Nature Reserves in Cardinia Shire' booklet will help you discover many beautiful reserves and parklands, abundant with amazing flora and fauna. It can be found on their website: cecinc.net.au. Some of the nature reserves in the booklet are:

- Trails close to townships, spot or hear a Superb Lyrebird in Gembrook Park
- Emerald Lake Park's paths wind through remnant tree ferns and towering heritage trees
- Beaconsfield Flora and Fauna Reserve, a known refuge for birds along Cardinia Creek
- Bunyip State Park, at over 16,000 hectares, supports a great variety of activities for visitors and provides habitat for a range of animals, including the great Powerful Owl
- Button grass trail, Bunyip, a 3km flat loop walk winding through woodland and wet heathland
- Mount Cannibal Flora and Fauna Reserve in Garfield, a 2.2km walking track with over 50 species of orchids! (Steep in some sections). A magical sight of mother nature with its regenerating bushland since fires in 2019, thanks to the care of many passionate and knowledgeable volunteers.



No doubt, you will feel inspired to visit one of these locations and become a nature volunteer!

Would you like to learn more about our projects?

Interested in volunteering with us? Please don't hesitate to get in touch with us to find out more!

Submitted by Nicci Starke, Landcare Facilitator, Cardinia Environment Coalition

For more information:

Cardinia Environment Coalition

Nicci Starke

Ph: **5941 8446**

Email: **info@cecinc.net.au**

Web: **cecinc.net.au**



Connecting in retirement

We recently spoke to Heather, a resident of Emerald, about how she settled into a new community and made the transition to retirement a success.

What has been most helpful in making the transition to retirement?

The transition from full time employment to retirement is a big life change. Suddenly you have no commitments or schedule. The initial feeling of freedom is like a holiday, but you know you must create a new routine. The Emerald University of the Third Age (U3A) gave me classes that aligned with my personal interests. It introduced me to likeminded people and offered new commitments to build my life around.

What do you enjoy most about being a member in the Emerald U3A?

The sense of belonging, making new friends, learning, and doing things I enjoy. I have also volunteered in various ways I had never imagined which has been very rewarding.

What was the biggest surprise about joining U3A that you did not expect?

I was surprised how involved I became and how much I now care about the organisation.

Any advice you would like to give?

I would encourage all retirees to try something new, particularly if it challenges you. We continue to grow and evolve throughout life. Retirement isn't the end of the road, so having a positive attitude certainly helps. Whatever you do, remember, the more you put into something, the more you get back. Believe in yourself. You can enhance the retirement experience for others too!

For more information:

Emerald U3A

Ph: **0490 805 743**

Web: **u3aemerald.org.au**

Email: **info@u3aemerald.org.au**

Cardinia U3A

Ph: **5941 4164**

Web: **u3acardinia.org.au**

Email: **info@u3acardinia.org.au**



*Enjoying friendships, from left:
Sandy, Heather and Jutta.*

Being connected

Cardinia Seniors Network

New!

Cardinia Shire Council formed the Cardinia Seniors Network to provide an opportunity for representatives from a wide range of community groups and organisations to meet and share their knowledge and contacts. This network has one clear focus, to build stronger relationships that ultimately benefit members of communities.

Check out the network's pop up dates and join us to find out what services and activities are available in the shire. Free giveaways!



Rod is very passionate about his community. He is a trained Ageing Well Community Connector and an active member of the Cardinia Seniors Network.

Pop up information stalls

Pakenham Central Marketplace

50 - 54 John St, Pakenham
Thursday 16 and Friday 17 February
10am - 2pm

IGA Bunyip

2/6 Main St, Bunyip
Thursday 16 March
10am - 12noon



Volunteer some - time!

If you believe in wellbeing for all and have a commitment to social betterment, volunteering is a great way to support others, give back and connect to your community. Now more than ever, volunteers are much needed. Your spare time (just a few hours a week) and your own personal life experience are extremely valuable. One of the many volunteering groups in Cardinia Shire may be for you!

Whether you're interested in gardening and the environment, sports and recreation, or just want to give back to the community, there is a volunteering opportunity for everyone. Here are some ideas to think about:

- Help make a difference in the lives of people with disabilities. Call Gabriel Norris at The Bridge
Ph: **8710 8520** or
Email: gnorris@thebridgeinc.org.au.
Web: thebridgeinc.org.au.
- Support a not-for-profit community group with your unique skills and personality

- If you love the outdoors and nature, help a gardening group or join the Cardinia Environment Coalition (see pg. 3)
- The L2P program (Learners permit to Probationary license), helps young learner drivers reach the 120 hours driving experience required before going for their license. (Call Brian Harlow, Koo Wee Rup Regional Health Services on Ph: **5997 9687**)
- Help on a committee
- Become a trained Ageing Well Community Connector and support residents aged 55 years and over to link into activities and strengthen their social connections. If you know someone that may need support, just contact our Ageing Well team
- Search our volunteers directory.

For more information:

Ph: **1300 787 624**

Email: ageingwell@cardinia.vic.gov.au

Web: cardinia.vic.gov.au/communityconnectors

Web: cardinia.vic.gov.au/volunteer

Supporting wellbeing

Times of financial hardship

Financial hardship is when you cannot pay your bills and debts when they fall due without undue stress. It can happen to anyone and is often triggered by events outside a person's control. Unplanned life events, job loss, reduction in work hours, illness, separation, changes to visa status each have an impact on earnings and savings. The flow on effects can be challenging.

Last year Ageing Well observed that 22% of people aged 55 and over felt there was a lack of support around financial security for pensioners, up from 16% in 2019*. The cost of living has now increased. Essentials like gas, electricity, water and rates have become harder to manage. Household budgets have been stretched to breaking point. The number of households experiencing financial hardship is greater than it has been for years. Chances are, you have neighbours, friends, and/or family in this position.

If your household is experiencing financial hardship, you may be eligible for some support:

- Fire services property levy concession - check your rates notice
- Municipal rates concession - Cardinia Shire Council assists eligible residents with concessions and payment plans
- Stamp duty concession - if you are buying a property, you could be fully or partially exempt from stamp duty
- The Utility Relief Grant - assists with electricity, gas or water bills. If eligible, this may assist you by removing up to \$650 from your Yarra Valley Water debt.

Submitted by Kay Dilger, Head of Financial Wellbeing, South East Community Links.

For more information:

South East Community Links

Ph: **9549 5288**

Web: **secl.org.au**

Department of Families, Fairness and Housing

Ph: **1300 475 170**

Web: **dffh.vic.gov.au**

Cardinia Shire Council

Ph: **1300 787 624**

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

* 2019 data based on residents aged 60 years+
Source: 2021 Cardinia Liveability Survey

Plan for your retirement

Have you started thinking about retirement?

If so, we can help you start to prepare, even while you're still working. Join us for a fun, friendly and informative evening. We will cover the 7 core principles of a happy and fulfilling retirement, payments and services, the age pension, income and asset limits, superannuation, concessions, My Aged Care and more...

- Where do you want to live when you retire?
- Do you want to travel?
- Do you want to keep your car?
- Do you want to join a social group?
- Do you want to do volunteer work?

It is important to plan early, to take control and increase your lifestyle choices.

Ensure you can enjoy financial security and strong social connections for a successful retirement.



Services
Australia



Presenters: **Paul Fleming,**

Aged Care Specialist,
Services Australia

Estelle Kelly,

Retirement planning specialist,
EK Coaching

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

Dates: **Tuesday 28 March 6 - 8pm or
Thursday 30 March 6 - 8pm**

Cost: **Free**

Ph: **5940 4728**

Bookings essential. Refreshments provided.



Supporting wellbeing

Braintrack Dementia app

A fantastic new app called *BrainTrack* has been developed by Dementia Australia. It is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your GP.



The app will help you explore this common concern, providing brain health information through fun, travel-themed games that test your cognition. This may lead to an earlier diagnosis of dementia, empowering you and your loved ones to better understand dementia

and manage a diagnosis on your terms. Embark on a brain health journey.

- Explore your brain health
- Learn about risk factors that can increase your chance of developing dementia
- Learn how to modify risk factors and strengthen your brain health
- Track results and monitor overtime, then share with your doctor to start a conversation

If you would like assistance to download this app, visit the Cardinia Seniors Network pop up information stand (details page 5). A little support makes a big difference.

For more information:
Dementia Australia
Web: dementia.org.au
Ph: **1800 100 500**



The Forget Me Not Café

This dementia friendly social group is a great way for carers to meet each other and bring along a loved one living with dementia in a fun, supportive environment. Refreshments provided. Participation is free. Bookings essential.

Dates: **Tuesday 21 February and 21 March, 10am-12pm**
Venue: **Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham**
Ph: **5940 4728**
Web: outlookvic.org.au



Dates: **28 March, and 30 May 10am-12pm**
Venue: **KRHS, Hewitt Eco House Community Room 215 Rossiter Road, Koo Wee Rup**
Ph: **5997 9655**
Web: kooweeruphospital.net.au

New walking group for carers!

This group meets at the Cardinia Cultural Centre for a leisurely stroll around the lake, followed by a guest speaker and morning tea. Become better informed about services and carer supports available. Bookings preferred. Wheelchair accessible. Toilets and car parking available. And it is all free!



When: **First Thursday of the month**
Time: **9.45am - 12noon (meet at entry)**
Where: **Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham**
Ph: **Moir 0438 779 716**
Web: pathwaysforcarers.com.au

Improving access

New *Changing Places* facility open at Cardinia Life

Your next visit to Cardinia Life, Council's indoor leisure and aquatic facility in Pakenham, just got easier! If you would feel more comfortable being able to change in a private space, this spacious shower and change room (known as the Changing Places facility) is perfect for you. With a seat in the shower and handrails in the toilet area, your next visit can be much easier. Just ask the friendly staff to direct you to these change rooms on arrival, and they will show you through. There is a wide variety of programs for older residents in the pool, gym and court areas ready for you.

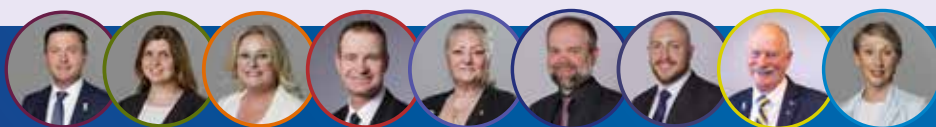


For more information:

Cardinia Life Leisure Centre

Ph: **5945 2888**

Web: **cardinaleisure.com.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)
- Upper Beaconsfield Community Centre, 10-12 Salisbury 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: 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.



facebook.com/CardiniaShireCouncil



Subscribe to our eNewsletters
cardinia.vic.gov.au/enewsletters


Cardinia

Creating an age-friendly shire