

**FREE**

# Ageing Well



## Creating an age-friendly shire

**Edition 17 – February 2024**

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**Share your story with us!**  
 Send contributions (max 250 words)  
 Ageing Well, Cardinia Shire Council,  
 PO Box 7, Pakenham 3810 Vic.

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 Email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)  
 Web: [www.cardinia.vic.gov.au/seniors](http://www.cardinia.vic.gov.au/seniors)

**Survey about this newsletter**



It's time to hear your feedback on this newsletter. A survey is available online [www.cardinia.vic.gov.au/ageingwellsurvey](http://www.cardinia.vic.gov.au/ageingwellsurvey)

To get a printed copy, contact our Ageing Well team (email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)) or call the Cardinia Customer Service team on **1300 787 624** and ask for a copy to be posted to you with a free reply-paid postage.

### Pets - all the therapy we need

*Below: Rhona, Hank and Pippen.*

Did you know, Australia has one of the highest rates of pet ownership in the world? Here in Cardinia Shire we have 16,276 pets (12,992 dogs and 3,284 cats) registered through Council. Given pets are so popular, we decided to go out and ask a few residents why. We were heartened by what they said their pets meant to them. Here is what they said.

- we enjoy the constant love and companionship
- my dog is my best mate. He makes me feel needed and depended on
- my dog keeps me physically active
- my cat is the best company and gives me a greater sense of purpose
- our cat and dog keep us busy and need us in different ways
- having a pet boosts your emotional wellbeing.



So, despite a few negatives - *chewed sunglasses, socks with holes, scratched furniture* - our investigations determined that 4-legged friends add to people's quality of life.

It was also evident that pets, like people, live in a variety of circumstances. From residential-style homes, units, retirement villages and in aged care settings, pets are cherished companions. Like Pippen (6mth old Poodle) pictured above, who lives with Rhona and Hank, at Evergreen Retirement Village. Rhona says, "having a dog is a great way to meet people and chat. We get so much fun out of our dear little Pippen."

**Read more about Cardinia Shire's companions on P4.**

### Remember to slip slop slap!

Remember Sid? The friendly seagull with the catchy jingle in the 80's? Launched in 1981, Slip, Slop, Slap was one of the most successful health campaigns in Australia's history. Sid was the cheerful seagull in boardshorts, a t-shirt and hat who danced his way across our TV screens.

Nowadays, we know that the risk of skin cancer increases as we age and is the most common type of cancer.

**More details on sun protection on P5.**

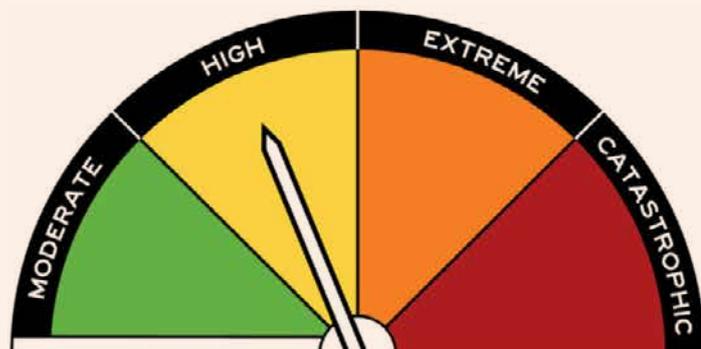
# Safety matters

## Fire danger season

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.



## Keeping hydrated in the heat

Free water pouches are available for your summer activities! They are reusable, made from BPA free materials, with an activated carbon filter system. They clip easily onto your pants or backpack and are ideal for walking, exercising or travelling.



### Enquiries:

The Ageing Well team **1300 787 624**

Download the VicEmergency app

Download on the App Store | GET IT ON Google Play

www.emergency.vic.gov.au

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 and 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: [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

Vic Emergency website: [www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)

Vic Emergency hotline: **1800 226 226**

Cardinia Shire Council Emergency Management: [www.cardinia.vic.gov.au/fire](http://www.cardinia.vic.gov.au/fire)

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.

### 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

## New website expands enjoyment of the outdoors

Council's brand-new website, *Cardinia Outdoors*, makes finding new places to visit easier. Including an easy search function, maps and details of local amenities (drinking fountains, natural shade, seating, walking paths, car parking, rubbish bins and agility equipment) at parks, reserves, and off-leash dog areas.

### Enquiries:

Cardinia Customer Service **1300 787 624**

Visit [www.cardinia.vic.gov.au/outdoors](http://www.cardinia.vic.gov.au/outdoors)

# Keeping men connected

## Men's Sheds brimming with pride!

Research shows that men can be more reluctant to talk about their emotions than women and less likely to ask for help. This reluctance to ask for help can result in many negative effects for men, such as poorer physical health, increased isolation, and a higher risk of substance abuse. A relationship breakdown, retrenchment or early retirement from a job, physical or mental illness are just some of the problems that men may find difficult to deal with on their own.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. You can find all of this and more by joining your local Men's Shed!

Men's Sheds provide a safe and busy environment where men can enjoy the atmosphere of old-fashioned mateship. And, importantly, there is no pressure. "Our members come from all walks of life," says Geoff from the Cardinia Men's Shed in Pakenham. "The bond that unites us is that we are men with time on our hands and like to be involved in something meaningful."

### "Come along to hubby day care!"

"Some of our guys have come to check us out on the insistence of their partners, tired of 'their retirees' getting under their feet. Most blokes come back when they see we're not all about the tools," he said.

Men's Sheds are run by Management Committees, committed to a safe and happy environment where men are welcome to work together on community projects or a project of their choice in their own time - or to just have a yarn and a cuppa!

Men's Sheds have become a powerful tool to address mens health and wellbeing, encouraging them to become more productive and active.

If you need some additional support to be happy, healthy and active, head to P6 for some handy information.



## No to baseball caps! Men's Sheds support wide brimmed sunhats.

Baseball caps may be a trendy fashion item, but they fall way short of providing adequate sun protection. Skin cancer is higher in men than women (ABS 2018) due to repeated sunburns from wearing the wrong headwear. Wide brimmed hats provide best coverage for the face, neck and ears.

Right: Adam, member of the Lang Lang Men's Shed, wears his hat everywhere!



John, Ian and Adam check out the veggie garden at the Koo Wee Rup Men's Shed

### For more information:

Contact your local shed and make a time to drop in for a guest visit. The first 3 new members at each shed will receive a FREE sunhat!

- Bunurong (Pakenham):** Ken Birch, 0438 296 460
- Bunyip:** Lew Brown, 0408 949 600
- Cardinia (Pakenham):** Geoff Fluck, 0438 334 030
- Emerald:** Tom Connolly, 0490 851 835
- Hills/Cockatoo:** Graeme Thomas, 5968 9473
- Koo Wee Rup:** George Fittock, 0403 030 027
- Lang Lang:** Ian McFarland, 0458 875 777
- Upper Beaconsfield:** Noel Ling, 0414 443 735

# Outdoors in summer

## Outdoor pools open

Cardinia Shire has 4 outdoors pools, open until mid-March.

- **Emerald Lake Park** – 25m wading pool, depth between 0.5m and 1m Free entry.
- **Garfield** – 33m outdoor pool, 12m program pool and toddler’s pool. Kiosk, BBQ area, accessible bathroom, hoist, and shaded seating areas for visitors.
- **Koo Wee Rup**– 33m outdoor pool, 12m program pool and toddler’s pool. New accessible changing facilities through Council’s Access Upgrade program.
- **Pakenham** – 50m outdoor pool.

During the hot weather, a weather policy ensures that they are only open when the forecast temperature is 26 degrees or above, so it’s best to check your pool is open before you go.

Casual entry is \$5.10 for Seniors Card / Concession Card holders (prices as of late 2023). If you swim more than twice a week, consider a membership.

A visit to the pool is great value for money and cheaper than a coffee! Each pool offers shading, a kiosk and easy parking.



Carol from Pakenham is a regular at Pakenham’s outdoor pool.

Cardinia Life also has a heated indoor pool, at 4-6 Olympic Way, Pakenham, perfect for year-round swimming, with an accessible changeroom facility, a hoist and aqua wheelchairs. Casual entry for Concession/Seniors Card holders is \$6.50.

### For more information:

Aligned Leisure (Cardinia Life)

Ph: **5945 2888**

Web: [www.cardinialeisure.com.au](http://www.cardinialeisure.com.au)

## Pets - all the therapy we need

*Continued from cover page...*

Cats have interesting lives too! Georgia brings Stormy, her 6-year-old cat, to Koo Wee Rup Regional Health during the school holidays to mingle with the residents and enjoy a pat. Stormy has become a favourite for the residents. “She is always up for a cuddle and the occasional treat”, says Georgia. If you have a pet and would like to bring some joy to others, maybe you could try contacting your local Aged Care facility and organise to make a visit?



Georgia and Stormy with Fred at Koo Wee Rup Regional Health Service.

For those looking for an opportunity to engage with some 4-legged friends, maybe visit your local off-leash dog area? Enjoy watching the dogs as they run around and play! Michael regularly takes his German Shorthaired Pointer, Dizzy, to the off-leash dog area at Alma Treloar Reserve in Cockatoo. “He just loves to run. He is my best mate- he keeps me active”, says Michael.

Several off-leash dog areas are located around Cardinia Shire. Visit Council’s new mini website for a full list of off-leash dog areas and so much more.

[www.cardinia.vic.gov.au/outdoors](http://www.cardinia.vic.gov.au/outdoors)

Finally, just to finish with a tip, remember to renew your pet registrations by 10 April.



Dizzy at the off leash dog park area at Alma Treloar Reserve, Cockatoo.

# Outdoors in summer

## Remember Slip Slop Slap!

Continued from cover page...

Skin cancer develops when skin cells get damaged by overexposure to ultraviolet (UV) radiation from the sun. UV radiation varies depending on the time of day, where you live and cloud coverage. Whenever UV Index levels are above 3, it is important to protect your skin. So, try these tips,

- slip on sun-protective clothing: cover your shoulders, neck, arms, legs and body
- slop on sunscreen that's rated SPF 30+ or higher, broad-spectrum and water resistant
- slap on a hat that shades your face, neck and ears
- seek shade under trees, umbrellas and buildings
- slide on sunglasses that wrap around your face to protect your eyes and surrounding skin.

Many of us back in the day didn't realise the harmful effects of UV radiation from the sun. Summer is a good time to have your annual skin check, so speak to your local doctor or contact the Cancer Council Victoria.

### FOR SALE

**Wide brimmed sunhats!**  
See full details on page 3.

Finally, if you have a mobile phone, download the SunSmart app for sun protection alerts, UV data, the 7-day weather forecast and a sunscreen calculator, or call the Cancer Council Victoria for more information.

### SunSmart app with sun protection alerts.



#### For more information:

Cancer Council Victoria  
Web: [www.cancervic.org.au](http://www.cancervic.org.au)  
Ph: 9514 6100

Sunsmart  
Web: [www.sunsmart.com.au](http://www.sunsmart.com.au)  
Ph: 13 11 20



## Best budget tips

In our last edition of Ageing Well, we put a call out for you to share your best budget tips. Check out your top tips to help save time, money and energy!

Congratulations to Tina from Koo Wee Rup who won 2 free tickets to the Seniors Festival show for her best budget tips!

- ★ borrow books from your public library and use their free / low-cost services
- ★ visit your local Neighbourhood House and access their free WiFi
- ★ withdraw a certain amount of money each week as your 'budget' to help you spend less
- ★ use cash so you can control your spending
- ★ review sales catalogues for bargains
- ★ before you go shopping take note of what's in your pantry and fridge so that you only buy what you need
- ★ choose products with refill options to help you save money and reduce waste

- ★ plan a mid-week shop to get only what is needed
- ★ bulk up meals with tinned or frozen vegetables
- ★ cook in larger quantities and freeze portions to use less power and save on energy bills
- ★ download the 'Petrol Spy' app to your mobile phone to keep on top of the best fuel prices in your area.



If you are experiencing financial hardship, see P6 for more information.

Cardinia Support

# Community supports

## Getting the right kind of help to access the My Aged Care system

Getting the right kind of help is key to maintaining independence and confidence, especially if you live alone or just need a bit of help to stay living in your home. Help through the My Aged Care system can include; housework, shopping, and travel to medical appointments based on a thorough assessment.

### Care Finder - a new service

The Australian Government has taken steps to make My Aged Care easier to understand. Care Finder is a new free service, set up to help older people apply for support through the My Aged Care system, which is especially helpful if you don't have someone at home to support you. The purpose of this support is to enable you to continue to enjoy the quality of life you deserve, maintain your independence, and feel safer too - plus, your family will feel better, knowing you are in good hands.

### Free Care Finder Information sessions

Session 1: Understanding the My Aged Care system and how to access the Care Finder program

**Tuesday 12 March, 10am-12pm**

Session 2: My Aged Care and your application

**Tuesday 19 March, 10am-1pm**

Venue: Cardinia Civic Centre, Council Chambers  
20 Siding Avenue, Officer

Cost: FREE (refreshments provided)

#### Bookings essential:

Contact the Ageing Well team

Ph: **1300 787 624**

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

We understand that the My Aged Care system can be complex and overwhelming. It can feel uncomfortable asking friends or family for help. Getting the right kind of help is easier with a Care Finder team member.

Your Care Finder team member will work with you to find the services you need, attend appointments with you and help you through the My Aged Care system's assessment process. They can also help you access other supports in the community, too!

#### For more information:

Call one of the organisations below and ask to speak to someone in their Care Finder team.

#### Wintringham

Ph: **9034 4824**

Email: **intake@wintringham.org.au**

Web: **www.wintringham.org.au**

#### Monash Health

Ph: **9792 7747**

Email: **communitysupportoptions@monashhealth.org**

Web: **www.monashhealth.org**

If you need an interpreter, please call **131 450**

A full list of care finder organisations can be found by visiting the My Aged Care website

**www.myagedcare.gov.au/help-care-finder**

Wintringham



Cardinia Support



## Find the local support you need

Visit Cardinia Support for a range of social, health and community services.

- Social groups
- My Aged Care
- Aged care and support
- Aged care facilities / Retirement villages
- Physical activity programs
- Health and wellbeing
- Disease and chronic health conditions
- Victorian Seniors Card.

Scan the QR code or visit **www.cardiniasupport.com.au**



# Health matters

## Support groups on the rise

There are many benefits to being part of a support group, including feeling less alone, sharing a common lived experience, and information and care.

Check out the support groups below, and let us know if you would like us to promote others!

### Do you know someone living with diabetes?

The Cardinia Diabetes Support group provides an opportunity for those living with diabetes to become better informed and meet others who understand what living with diabetes is like. This Pakenham group meets on the second Wednesday of every month. All welcome!

Enquiries: Call Olive **0408 390 593**

### Do you know someone living with arthritis?

Cardinia Life can support you to improve your physical health and wellbeing, if you have any form of musculoskeletal condition. Offering a range of warm water and chair based exercises conducted by trained and qualified member volunteers and social activities.

Enquiries: Call Diane **0499 198 999**

### Do you know someone living with dementia?

The Forget Me Not café style program aims to bring together people living with dementia and their loved ones in Pakenham and Koo Wee Rup and the surrounding areas. The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia.

Enquiries: Call Vicki (Pakenham) **5940 4728**  
Call Joanne (Koo Wee Rup) **5997 9655**

### Do you know someone who is a carer?

Offering all carers, of people living with chronic health conditions, physical decline, disability, mental illness a chance to get together and learn more about services and supports available to them whilst having a cuppa and a chat.

1st Thursday of the month at Outlook Community Centre,  
24 Toomuc Valley Rd, Pakenham

Enquiries: Call Taryn **5940 4728**

If you belong to a support group that we have not highlighted here, please email the group's details to [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)



*Prue collecting her 60 day prescription from Vanessa at Beaconsfield Pharmacy*

## New 60-day prescriptions!

Did you hear that 100 common medicines listed on the Pharmaceutical Benefits Scheme (PBS) can now be issued as a 60-day prescription? This means less visits to the GP! Plus, you can receive twice the medication for the cost of a single prescription. More than 300 medicines will be available as 60-day prescriptions. This will include medicines for conditions such as cardiovascular disease, high cholesterol, osteoporosis, Parkinson's disease, hypertension, glaucoma and more, saving you money. Ask your GP or check the medicines list for increased dispensing quantities.

### For more information:

Web: [www.pbs.gov.au](http://www.pbs.gov.au)

## Health advice at your fingertips

It's reassuring that free advice is just a phone call away, 24 hours a day, with Vic Health's Nurse-On-Call service and Safe Script! You can seek health professional advice on all medications, including over the counter, complementary or herbal. Get help to manage your medications, especially if you are about to start, stop, or change anything to do with your medications. If you think your situation is an emergency, call triple zero (000). Store this information carefully.

### For more information:

#### NURSE-ON-CALL

Ph: **1300 606 02**

Web: [www.health.vic.gov.au/primary-care/nurse-on-call](http://www.health.vic.gov.au/primary-care/nurse-on-call)

#### Safe Script

Ph: **1800 737 233**

Web: [www.safescript.vic.gov.au](http://www.safescript.vic.gov.au)

# Stay informed



## Information pop ups

We'll be holding another information stall soon! This is your opportunity to come and make enquiries and collect information on a wide range of services and activities specifically for our older community members.

Date: **Thursday 8 February**  
Time: **10am - 12pm**  
Venue: **Heritage Springs Shopping Centre**  
**1 Livingstone Blvd, Pakenham**

### Supporting our diverse ageing community.

- **connect**
- **live well**
- **feel safe**
- **be active**
- **be informed**

Are you part of a community group and would like to represent them as part of the Cardinia Seniors Network? If so, we would love to hear from you.

#### For more information:

Contact us on **1300 787 624** or [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)



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

- 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)
- Moy-Yan Neighbourhood House Beswick Street, Garfield

- 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](mailto:mail@cardinia.vic.gov.au)

Web: [www.cardinia.vic.gov.au](http://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.



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Creating an age-friendly shire