

FREE

Ageing Well



Creating an age-friendly shire

Edition 20 – February 2025

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www.cardinia.vic.gov.au/enewsletters

Cardinia communities unite!

Without a doubt, when communities unite and individuals come together to support one another, it creates a strong sense of belonging and shared purpose.

Shared experiences and understanding strengthen our social fabric. This also means that in times of crisis, we are better equipped to provide a greater level of support and resources to those in need.

The Cardinia Seniors Network is a unique forum that brings older members of our community together to share information, collaborate, address common challenges, celebrate cultural diversity, and create a more inclusive environment.

For more information about this network, including details about the upcoming Ageing Well information pop-up event, as well as groups and activities for older adults, please refer to page 8.

The power of a united community lies in its ability to be stronger together, through its diversity. Your Ageing Well team at Cardinia Shire Council feels privileged to be part of this journey.

We are dedicated to helping you build lasting relationships and create a resilient, thriving shire where everyone feels valued and connected.

Seniors shining at Cardinia Life's sports day event.



FREE

Dementia and carer's information sessions

Tuesday 4 March 2025

Session 1

Understanding dementia – you're not alone!

Has dementia entered your life and you think you are the only one who doesn't quite understand it? Well, you're not alone! Come and learn what dementia looks like. Feel better informed to support those you care about.

Learn about the Forget Me Not Cafe – dementia friendly social groups in Cardinia Shire. Be introduced to Carer Gateway and the benefits of becoming a registered carer.

Time: 11am - 12.15pm

Session 2

An introduction to the Carer Gateway and registration process

Are you caring for a loved one with a chronic health condition or a diagnosed disease such as arthritis, cancer, kidney disease, chronic obstructive pulmonary disease, Parkinson's, diabetes, dementia, osteoporosis or stroke?

The Alfred Health Carer team explains the wide range of Carer Gateway services and programs you can access "free" once you become a registered carer.

Time: 1pm - 2pm

Tuesday 6 May 2025

Session 1

Carer Gateway '101' – learning the basics

Are you caring for a loved one with a chronic health condition or a diagnosed disease such as arthritis, cancer, kidney disease, chronic obstructive pulmonary disease, Parkinson's, diabetes, dementia, osteoporosis or stroke?

Hear about a range of great services and programs available to you free as a registered member of Carer Gateway.

Hear all about the Carers Social Support Group, in Cardinia Shire.

Time: 11am - 12.15pm

Please note you must be registered with Carer Gateway to attend these sessions.

Session 2

Practical matters in dementia care, tips and strategies

For those caring for someone with dementia, come and explore practical matters in dementia care, with useful tips and strategies, and questions and answers.

Hear from carers who attend the Forget Me Not café and the Carers Social Support Groups.

Time: 1pm - 3pm

This series of sessions provides crucial and valuable information to help carers better support their loved ones by addressing their own needs through a personalised approach. It also offers an opportunity to increase your awareness of the services available to assist you as a carer. Learn how to become a registered carer on 4 March so that you are eligible to attend a session on 6 May.

Presented in partnership with Alfred Health Carers, Dementia Services Australia, Dementia Australia and Cardinia Shire Council.

Sessions held at Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham.

See session titles, descriptions and times above. All sessions are free and include refreshments.

How to book: Phone 5940 4728 or visit www.cardinia.vic.gov.au/carersessions2025



AlfredHealth



FREE

Community information sessions

Understanding My Aged Care and Care Finder

Presented by: COTA Victoria and Care Finder organisations

My Aged Care provides support such as cleaning, shopping, and personal care to eligible seniors. To access these services, you need to have an assessment.

If you or someone you know needs home support to stay safe and independent, this session will help get you started. Information covered will include:

- How to register for My Aged Care
- The application and assessment process
- How to book an appointment with an Aged Care Specialist Officer
- The Care Finder service

Session 1:

When: Thursday 27 March, 11am–12pm

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

Session 2:

When: Wednesday 28 May, 1–3.30pm

Where: Koo Wee Rup Seniors Citizen Centre,
1A Icke Rd, Koo Wee Rup

Bookings and enquiries can be made by calling the Ageing Well team on **1300 787 624** or by email to mail@cardinia.vic.gov.au.

Translated information about My Aged Care and services is available in multiple languages (Italian, Punjabi, Sinhalese, Simplified Chinese (Mandarin), and Hindi.

Download a copy here: www.cardinia.vic.gov.au/MyAgedCare-Resources or contact the Ageing Well team to request a copy in the mail.

For more information on My Aged care and support services, please visit:

www.cardinia.vic.gov.au/agedcaresupport

More sessions coming to you!

Planning is underway for more information sessions to run in other locations across the shire during 2025!

FlexiPay direct debit is here!

Now you can set up your FlexiPay direct debit with help by staff at Outlook Community Centre.

FlexiPay enables you to pay your rates in smaller amounts, weekly, fortnightly or quarterly. Bookings essential. Don't forget to bring your Rates Notice!

Bookings: 5940 4728

Venue: Outlook Community Centre
24 Toomuc Valley Road, Pakenham

For more information:

Ph: **1300 787 624**

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

Financial information services for retirees

Presented by: Services Australia

Looking forward to the best lifestyle you can afford? Consider your answer to this question with the Services Australia's Financial Information team who will explain their services, entitlements, eligibility and more:

- Income and asset tests
- Selling your home
- The Age Pension
- Concessions
- Deeming
- Income streams
- Income support payments

Join us for an informative, friendly evening. Refreshments provided.

When: Tuesday 18 March, 6 - 8pm or
Thursday 20 March, 6 - 8pm

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

Bookings: 5940 4728



Shared stories

Uplifting stories amongst us...

We would like to thank those who have contributed their stories to share with you... these are all true stories, although names may have been altered for anonymity.



Glenys, Mary and Marriane

Teddies bring love

Mary from Evergreen Retirement Village, Pakenham, learned to knit teddy bears from another resident. Last year, inspired by childhood memories, she put out a call for knitters to join her to make teddies - the response was overwhelming!

Since then, the group has lovingly crafted hundreds of teddies, donated as gifts to comfort children and adults in need of a hug. They have received heartfelt 'Thank You' letters from the Paediatric Clinic in Main Street Pakenham, Ambulance service, SES and Casey Hospital for their generosity.

If you would like to participate, contact Sharyn Allsopp at Evergreen Retirement Village on **5940 3477**.

A heartwarming dementia story

June from Pakenham lives with dementia, supported by her husband and a dedicated Support Worker. When showering became challenging, they sought guidance from Dementia Australia.

The solution was to transform her routine into a pamper day. This client-centred approach focused on relaxation, turning a difficult task into a tranquil experience.

Retirement 'refocus' on wellbeing

Retirement presents the opportunity to refocus on your wellbeing. At 68 years of age, Mick, a retired PE teacher and Principal, rediscovered the importance of self-care to optimise his wellbeing (something he lost sight of during his busy career).

Mick says, "Since retirement, I have made it a priority to include exercise in my daily routine."

Mick has found regular resistance exercise has improved his mobility. It is also preventing the decline of muscle and motor function.

Mick can be found at Cardinia Life often, on the treadmill or in a cycling class. "You cannot take care of other people if your tank is empty," he states.

Get started today, contact Cardinia Life on **5945 2888** or visit **www.cardinialeisure.com.au**.

Mick enjoying a fitness class at Cardinia Life



This new method not only improved her personal care experience, making her feel great, but also strengthened the trust and rapport between June and her carers.

See page 2
for information
sessions on
dementia and
Carer Gateway.

Health and wellbeing

Exercise to reduce falls - build strength and balance

Many older adults limit their physical activity out of fear of falling, which ironically can heighten the risk of falls. Improving your strength and balance can help you maintain independence and social connections. Keep moving in any way you can, for as long as you can.

These home exercises have been designed by an Occupational Therapist at LiveUp, a national initiative focused on healthy ageing and offering a variety of helpful resources.

Consult with your healthcare practitioner prior to undertaking a new exercise program. If you feel any pain doing these exercises, stop immediately and talk to your doctor. For further information about Liveup visit www.liveup.org.au.

Seated exercises

Sit on the edge of a sturdy chair with your feet flat, shoulder-width apart.

1. Sit-to-stand transitions

Bend knees, lean slightly forward. Push through your legs and stand up tall (keep nose over your feet). To sit, bend knees again, push hips towards back of the chair, slowly lower until seated. Repeat 3-5 times.



Image 1: Sit-to-stand transitions

2. Leg extensions

With a straight back, raise your leg upwards until straight. You may alternate between pointing and flexing your foot. hold for 5 seconds, then lower. Alternate 3-5 times.



Image 2: Leg extensions

3. Hip marching

Hands by your side, slowly, lift your right knee as high as comfortable, then down in a slow, controlled manner. Alternate with left knee. Repeat 3-5 times.

Image 3: Hip marching



Stan Henwood Award

This award recognises a resident's positive, long-term contributions to the community.

Nominations close 7 March 2025.

Visit www.cardinia.vic.gov.au/stanhenwood

Community Capital Works Grants

Strengthening local community networks and activities and the wellbeing of our residents.

Applications close 20 March 2025.

Visit www.cardinia.vic.gov.au/ccwg

Health and Wellbeing

Standing exercises

Standing tall, use a chair, bench or wall for stability.

4. Sea legs

Imagine you're on a ship that's swaying from side-to-side. Legs wide apart and slightly bent. Slowly shift your weight from one foot to the other for 30 seconds.



Image 4: Sea legs

5. Heel and toe flexes

Slowly rise up onto the balls of your feet and raise your heels off the ground. Hold position for 2 seconds. Slowly lower your heels back to the ground. Repeat 3-5 times.

Next, slowly bring your toes up off the floor. Hold position for 2 seconds. Repeat 3-5 times. Alternate with left knee. Repeat 3-5 times.



Image 5: Heel and toe flexes

6. Knee bends

Feet shoulder-width apart. Bend your knees to partially squat down. Keep your knees above your toes. Squat as low as you can without feeling pain, until your heels begin to lift off the ground. Then stand back up. Repeat 3-5 times.



Image 6: Knee bends

Additional resources

'Strong Movers' strength and balance classes

Cardinia Life, 4-6 Olympic Way, Pakenham

Check with your local community centres and senior citizens group.

Ph: **5945 2888**

Web: www.cardinaleisure.com.au/fitness/group-fitness/

Pakenham Health Centre

Henty Way, Pakenham

**Group and individual programs in Community Rehabilitation, Aged and Community Care.*

Ph: **5941 0500**

Monash Health Falls and Balance Clinic

The Kingston Centre, 400 Warrigal Road, Cheltenham

**Specialist assessments for falls, reduced balance and mobility.*

Ph: **9265 1411**

Web: www.monashhealth.org/services/falls-and-balance-clinic/

**GP referral required*

Cardinia Support

Council's Ageing Well services are listed in this directory, including information on senior community groups, organisations and services.



Ph: **1300 787 624**

Web: www.cardiniasupport.com.au

Be safe in the heat

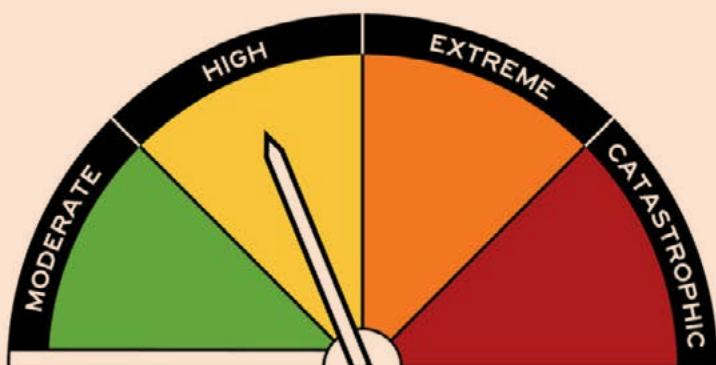
Heat health time!

Extreme heat can lead to dehydration, cramps, heat exhaustion, and heatstroke. It can also interfere with medical conditions and medications.

Be prepared: Consult your doctor or call NURSE-ON-CALL (1300 606 024) to discuss your fluid intake and medications. In an emergency, always call 000.

Heat health tips

- Shop for essentials on cooler days
- Shut off unused rooms, draw curtains and blinds
- Drink water all day, eat hydrating foods like fruit and salad
- Wear light, breathable clothing
- Visit air-conditioned locations - libraries, shopping centres
- If going outside, wear a sunhat, take water, seek shade



Fire danger season

The Country Fire Authority (CFA) declares the Fire Danger Period for Cardinia Shire, using Bureau of Meteorology (BoM) data, forecasting ratings up to four days in advance based on weather and local conditions.

Understanding the Australian Fire Danger Rating messaging is crucial. It's fire danger levels help you know when to enact your bushfire survival plan with clear actions to reduce risk.

Council's Fire Prevention Officers inspect properties throughout the summer season. You can report fire hazards online or call Cardinia Shire Council. If you receive a fire prevention notice, complete the required works by the due date.

Are you and your property prepared for an emergency situation? Get helpful tips and resources to prepare for emergencies online at www.cardinia.vic.gov.au/PrepareForEmergency

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

For more information:

CFA website: www.cfa.vic.gov.au

Vic Emergency website: www.emergency.vic.gov.au

Vic Emergency hotline: **1800 226 226**

Cardinia Shire Council

Emergency Management team

Ph: **1300 787 624**

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

Download the VicEmergency App

Listen to ABC local radio or watch ABC news

Call 000 when an immediate threat to life or property.



'Ageing Well' information pop-ups!

Members from various seniors' groups promote activities and opportunities, plus information on local community services. Drop by and say hello!

Garfield Pop-up:

When: Thursday 20 February,
9.30 – 11.30am

Where: 81 Nar Nar Goon-Longwarry Rd,
Garfield (Outside Brewsters
Cafe & Foodstore)

Pakenham Pop-up:

When: Thursday 10 April,
11am – 1pm

Where: Pakenham Library,
Crn John & Henry St, Pakenham



L–R: Deputy Mayor Cr Alanna Pomeroy, Cr David Nickell, Cr Trudi Paton, Mayor Cr Jack Kowarzik, Cr Liz Roberts, Cr Casey Thomsen, Cr Samantha-Jane Potter, Cr Collin Ross, and Cr Brett Owen.

Meet your new Council

Council elections were held last October. Each of the nine Cardinia Shire Council Wards is represented by one councillor.

Ward boundaries ensure each councillor represents roughly the same number of voters.

You can check your ward and councillor online at:
www.cardinia.vic.gov.au/mayorandcouncillors

Pick up a copy of your Ageing Well Newsletter from the following locations or download a digital copy from **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**

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.



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