

Positive Ageing Newsletter



Sew your own face-mask

The recommendation to wear a face mask in public is giving many people a chance to work out their own pattern for a face mask that fits well.

There are some great masks out there that are fun and pretty as well as being very practical. If you don't have access to the internet to search for on-line patterns and information, please ring and we can arrange for a pattern to be printed and mailed to you, together with instructions on wearing and washing face masks safely.

It seems everyone has their favoured pattern, much like the special family lasagna recipe.

📍 www.dhhs.vic.gov.au/face-masks-victoria-covid-19

Greetings from all of the Positive Ageing Team

Thank you for your patience and understanding as processes for providing our services changed. Changes were necessary to keep you, our staff, and our community, healthy and happy during this pandemic.

Change can be challenging, and also invigorating. We are trying to maintain connections, by ringing and speaking with you about how you, your family and friends are managing, as well as providing limited in-home services.

We are learning how wonderfully resilient, upbeat and inventive some of our community are. Many are learning new technological skills and have been Face-timing friends and family, using mobile phones, as well as joining in with Zoom-Café Program social meetings. Zoom, Skype and so many other mobile phone and computer programs are being used to talk and see people, albeit on screen, as visiting has been restricted.

Hobbies have been rekindled: knitting, crosswords, reading, listening to music, cooking, and gardening. Some have been watching church sermons on their computer. Some have noted they haven't had so many phone calls in all their life. It's not always easy to weed out the crank calls, and connect with the real, caring calls. Once we do, we are learning so much more about each other than ever before. Nurture and enjoy these positive connections.

There have been some hilarious moments too, with the computer or iPad/tablet sound not working, and people miming for others to un-mute themselves, and non-Zooming partners coming into the background and waving and saying hello to whoever is on-screen.

We do encourage you to keep phoning, give Zoom meetings a go, and keep on walking your neighbourhoods. Keeping in touch with neighbours, friends and family any way you can, is the best way to maintain good mental health, hope and contentedness.

Warm regards and all the best.

LATE CANCELLATION FEES

To avoid a late cancellation fee, please notify the office before 12pm, the day before your service is scheduled.

Cancellations, except for urgent after hours cancellations, must be received during office hours (Monday to Friday 8.30am – 5pm)

When the office is closed, Council's On Call service (0418 123 347) is available for urgent cancellations of services. On-Call hours are 7am to 8.30am and 5pm to 9pm on week days, and 7am to 9pm on weekends and public holidays.

CANCELLING DELIVERED MEALS

We need **three weeks' notice** if you are going to cancel your ordered meals.

Please consider your requirements if you are going away, or having family to visit. If any meals need to be cancelled, please contact the office as soon as possible to adjust your order.

If you cancel within the three week cancellation period of your order, you will be charged, whether or not the meals are provided to you.

Positive Ageing Advisory Committee update:

The Committee continues to meet regularly. We have all learnt how to use Zoom with some phoning in on landlines, some on mobiles, and some using computer / tablet devices. The Committee have been working towards the development of Council's Positive Ageing Strategic Plan. We want to ensure that Council continues to play an active role in ensuring people age well in their communities, after the handover of direct service delivery on 1 October 2020. Based on the Age Friendly Communities framework, we have identified issues and are developing strategies in the framework's 8 key areas which include:

- Transport
- Housing
- Civic and economic participation
- Respect and social inclusion
- Communications and information
- Social participation
- Public open space and buildings

Although we had planned to consult with the community further (prior to COVID-19), the Committee are confident the information gathered through consultations held between November 2019 and March 2020 is more than sufficient for us to get started. If you would like to get further information regarding this please contact Nicole Langtip **5261 0600** or nlangtip@surfcoast.vic.gov.au. We will ensure you are kept informed as the committee continues to accomplish its goals.

Safe Exercise at home

There is a new website to support older Australians to stay active – safely – at home.

Led by concerns that the 'stay at home' restrictions could exacerbate falls and poor physical function in older people, the website was developed by Australian physiotherapists, with expertise in exercise and other forms of physical activity, for older people and people with mobility limitations.

Watch videos, download flyers with exercises, and find many other resources on the website

www.safeexerciseathome.org.au

Winter: Be aware of risks in and around your home.

- Electric blankets and heaters can cause burns and other injuries. Check their settings are not too hot.
- Hot water bottles and heat packs can cause burns if placed directly on your skin so make sure they are wrapped in a towel or have a fabric cover. Also examine hot water bottles for leaks before you use one. Don't use them if they are cracked or worn. Rubber can perish from the inside so you may not be able to see if it's worn out.
- Faulty electrical items can overheat, may give you an electric shock and could potentially cause fires.
- Gas heaters can be deadly, and should be serviced every 2 years by a licensed gas fitter. Always check your gas heater is working correctly. Signs that something is wrong include difficulty lighting it, yellow flames, unusual smells or noisy or inoperable fans.
- The World Health Organization recommends a minimum indoor temperature of 18°C, and ideally 21°C if elderly people live in the home. If room temperatures fall below 16°C, respiratory illness risks increase. Cold homes are often also damp. Dampness is also a health risk, leading to mould growth, which may also contribute to respiratory issues. Mould growth is worse when there is also poor ventilation, such as when a house has windows that are kept shut, or doesn't have an extractor fan in the bathroom. Colder temperatures also narrows arteries and increases blood pressure, which can lead to heart attacks or strokes, especially if there is already a partial artery blockage. Living in a cold environment is also physiologically stressful for people who are old, sick or very young.



Digital Victorian Seniors Festival launched

In its 38th year, the Victorian Seniors Festival is in a new digital format - streamed directly into the homes of more than one-million Victorian seniors. Visit the Victorian Seniors Festival Reimagined to ensure you celebrate being a senior, and keep connected with your community.

www.seniorsonline.vic.gov.au/festivalsandawards

New online tool helping you stay healthy for longer

Whether you're 65 or 85, we all have evolving health developments that require action for us to continue to live the lives we want to.

The Positive Ageing Tool (PAT)'s Health Check is designed to be taken every six months to help you to monitor your ageing journey and equips you with important resources for staying active and healthy for longer.

The Health Check takes two minutes with five simple questions that either you can do or your loved one can do on your behalf. A simple health assessment to detect, and where possible, reverse early signs of frailty.

Take your test today at www.benetas.com.au/pat (Benetas is a Victorian aged care provider).

Out and about

Out & About is a free volunteer visiting service connecting with older lesbian, gay, bisexual, transgender and/or intersex (LGBTI) people living anywhere in Victoria.

Our peer volunteers are from the LGBTI community and visit at least once a fortnight for a social catch up. Activities may include having a coffee and a chat, watching a film, attending an LGBTI community event or sharing interests. LGBTI pride comes in all ages.

Out and about is available to LGBTI people if living at home and over 60 (over 50 if Indigenous), or LGBTI people of any age if living in residential aged care.

Referrals are easy and kept in the strictest confidence. You can refer yourself or someone else to our service. You don't have to be "out" as LGBTI to use our service. We respect your privacy, and take privacy and confidentiality very seriously.

We welcome all referrals but in particular from people who:- are socially isolated, live with disability (including dementia), access aged care services, live rurally or regionally, are transgender or gender diverse, intersex, bisexual, Aboriginal or Torres Strait Islander, multicultural, veterans, women, or live with HIV.

Contact: Phone **03 9663 2474** or **0466 218 921** or email outandabout@switchboard.org.au

www.switchboard.org.au/out-about/

FaceBook: www.facebook.com/switchboardvictoria/ and www.facebook.com/OutandAboutVictoria/



Stress and emotions can be contagious.

During lockdown we can become entrenched in negativity, unable to move out of the rut. To counter this add some physical and mental movement to every day to de-stress.

- 1) Each day take a few moments to focus on the good things about your day/life/world.
- 2) Exercise, get outdoors for a walk, even if only laps of your garden, or just sit by a window or in your garden and focus on breathing slowly, and deeply, using all of your lungs.
- 3) Move out of negativity and darkness, and feel positive and bright by laughing more. Watch some comedy on TV or the internet. Discover the world out there, albeit online, on the World Wide Web.



COVID19 INFORMATION FOR OLDER AUSTRALIANS

Dedicated COVID-19 free call support line for Senior Australians, their families and carers **1800 171 866**.

Aimed at supporting the mental health of those impacted by the spread of COVID-19. Or Call the National Coronavirus Help Line on **1800 020 080**.

Operating 24/7. If you require translating or interpreting services, call **131 450**.

For the latest advice, information and resources, go to www.health.gov.au or www.dhhs.vic.gov.au/coronavirus.

Secrets to healthy ageing – Defeat Ageism

How can we all grow old gracefully? Experts say the key is making a commitment to being happy and making good choices. Be your authentic self. Choose to be happy. Love the skin you're in. Love your wrinkles – also called your laugh lines, care lines, survival lines, medals of the passage of life lines. Years wrinkle the skin - giving up wrinkles the soul. It's time to talk about ageism and why Australia urgently needs a smarter conversation about ageing and older people. Take the pledge. Share your story.

www.everyagecounts.org.au/take_the_pledge

TAKE THE QUIZ – and encourage others to do so as well. It's a great way to start conversations about ageism.

www.everyagecounts.org.au/take_the_quiz

WATCH THE EVERYAGE COUNTS video, voiced by Bryan Brown.

Thinking all old people are the same, is thinking all young people are the same. An absurd notion.

Be bold. Be your beautiful self. Be useful and be valued for every day of your life. Don't have a Use By/Best Before date. And if you're not valued as an older person... Blow raspberries at anyone who thinks less of you because of your age.



Living Life a Little Differently

Explore from your home, and be inspired - Connecting with our community, culture and the environment can restore mental health during times of change, crisis and need.

Start exploring and connecting from home.

Some links to search for are:-

Geelong Regional Libraries www.grlc.vic.gov.au

Geelong Arts Centre www.geelongartscentre.org.au

Geelong Gallery www.geelonggallery.org.au

National Wool Museum View and explore the entire collection online or follow the museum on Facebook for educational videos and crafty activities.

www.geelongaustralia.com.au/nwm

Visit Museums Victoria on-line, or get lost on the Smithsonian Institute website - the world's largest museum, education and research complex.

www.museumsvictoria.com.au

Rainbow Trail Australia is all about creating and displaying colourful artworks that spread joy, hope and togetherness across the community. Find it on Facebook.

Zoos Victoria. Bringing the zoo to you. Animals at Home lets you check out live feeds from the snow leopard, lion, zebra, giraffe and penguin enclosures at the Melbourne and Werribee zoos, with special guest appearances from the Healesville Sanctuary.

www.zoo.org.au

Theatre productions Go to ABC iView for some awesome theatre productions

www.iview.abc.net.au/channel/abcarts

Films Try Vimeo for some great films www.vimeo.com/watch or SBS World Movies free to air channel.



www.surfcoast.vic.gov.au/COVID-19