

Positive Ageing Newsletter



December 2018

Christmas and New Year Public Holidays

On public holidays, your services may need to be rescheduled. This could involve changes to the time and day, and the Community Care Worker who attends. You will be notified to discuss any changes. Please contact the office as early as possible if you wish to cancel services rostered for public holidays.

The office will be closed on Christmas Day, Boxing Day 25-26 December 2018, and New Year's Day, 1 January 2019, as well as Australia Day's day in lieu, 28 January 2019. When the office is closed, On-Call will be available for urgent issues relating to the services we provide. Please call **0418 123 347** for On-Call assistance.

Best wishes to you all for a lovely Summer and 2019.

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. On-Call hours are 7am to 8.30am and 5pm to 9pm. On-Call should only be used to request urgent cancellations of services.

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.

Positive Ageing Advisory Committee is up and running!

We were overwhelmed with the amount of interest expressed and unfortunately could not offer everyone a position. A sincere thank you to all who expressed interest in being part of the Committee.

The 11 community member positions are now filled. We believe we have a great cross section from the community to work with Council on the future direction for our community.

The Positive Ageing Advisory Committee Members are:

- **Community Members:** Jenny Mathison, Magdalena Wheatland, Brian Butterworth, Elizabeth Bills, Kristen McDonald, Pam Aylward, Keith Perkin, Gary Allen, Christine Brooks, Deb Campbell
- **Councillor:** Margot Smith (delegate); Martin Duke (substitute delegate)
- **Council Officers:** Nicole Langtip (Project Manager Positive Ageing), Carolyn Trowell (Coordinator Positive Ageing), Jill Moodie (Manager Community Strengthening)

Our first meeting was held on 9 November, and consisted of:

1. Welcome and introduction of members
2. Introduction to Positive Ageing information
3. Feedback and deliberation of Guiding Principles (the important things from clients' perspectives, which will guide our decision making and recommendations.)

Our next meeting is set for 7 December 2018.

We will ensure you are kept informed as the committee accomplishes its goals.



Staying healthy in the heat

Heat stress and heat related illness

Heat stress occurs when our body is unable to cool itself enough to maintain a healthy temperature. Normally the body cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising. Pay attention to weather reports – temperatures above 37°C are particularly dangerous. Act to prevent heat stress on days when the temperature is predicted to rise above 30°C.

Causes of heat stress and heat related illness

- Dehydration
- Lack of airflow
- Sun exposure
- Hot & crowded conditions

Prevention of (best way to manage) heat related illness:

- Keep up your fluids – you need to drink more during hot weather regardless of how active you are. Don't wait until you're thirsty. Take note of the colour of your urine – brown or dark yellow suggests dehydration.
- Review medications with your doctor – if you take medications, ask your doctor if you are at increased risk of heat stress in hot weather.
- Reduce caffeine and alcohol – limit tea, coffee and alcohol in hot weather as they have a mild diuretic action.
- Take it easy – rest and stay indoors.
- Avoid exposure to heat – stay out of the sun as much as you can.
- Stay cool – wear light clothing, keep air circulating, use an air conditioner if available, take a cool shower, bath or sponge bath.
- Protect yourself outside – Slip, slop, slap, seek shade and slide on some sunglasses. Wear clothing with long sleeves and long pants.
- Limit physical activity – Restrict your activity to cooler parts of the day.
- Don't remain for long periods in parked cars. Never leave children or pets unattended.
- Keep up your energy levels – eat regular, light meals.
- Watch out for others – check in with your older, frailer or unwell people, who may need assistance with tasks during long periods of hot weather or coping with the heat.

Where to get help

Nurse on Call Tel **1300 60 60 24** and in an emergency call triple **000**.



www.Betterhealth.vic.gov.au

Preparing for hot weather

- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Stock up on food, water and medicines so you don't have to go out in the heat.
- Store medicines safely at the recommended temperature.
- Look at the things you can do to make your home cooler such as installing awnings, shade cloths or external blinds on the sides of the house facing the sun.

Preparing for a power failure

- Think about what you would do if a heatwave caused loss of electricity or disrupted public transport.
- Ensure you have a torch, fully charged mobile phone or a telephone that will work without electricity, a battery-operated radio and sufficient batteries.

LOVE LISTENING TO THE LOCAL RADIO WHEREVER YOU ARE?

If you have a Smart Phone, try Google's free App **TuneIn Radio**. This allows you to listen to any radio station, anywhere in the world! TuneIn brings you live sports, music, news, podcasts, and internet radio from around the world. Listen to the audio you love on any device and let the moments move you. Be curious! Learn lots! Enjoy just listening! From chart toppers to newly discovered gems, immerse yourself into the world of talk, with the top podcasts, music and sport in every category.

Everybody has a story to tell. Is it time to tell yours?

Irma Dymke often wanted to record her life story but didn't know where to start until presented with a set of memory prompting cards created through COTA Victoria's Inspiring Life Stories project. The Torquay based great-grandmother has a rich family history after growing up on a farm in the Kiewa Valley near Wodonga, feeding the calves and chickens, and driving from the age of five before graduating to tractor work 'when I finally could reach the foot pedals on my own'.

She attended a one-teacher primary school before coming to Melbourne for high school, where she was inspired to become a teacher and later, school principal. 'Some of my family have read it. I thought the grandchildren might get bored but they were surprised at learning more about me,' Irma said.

Reminiscing reminds you of all that you've seen and achieved. Sharing your story means your children, grandchildren and friends benefit too.

Irma said the 45 Reminiscing Story Cards beautifully presented photo cards will guide you to remember and reflect on your story. Developed in conjunction with Swinburne University, the cards are helpful because they break down the sharing of stories into three stages: beginnings; strengths and successes; and challenges and wisdom.

COTA Victoria offer 3 packages. The inclusions are:

1. The Reminiscing Story Cards for personal or group use, including a complementary phone call explaining how to use the cards for \$35 (plus postage).
2. The Cards, guidance of a trained Story Guide by phone and support for the tech-savvy senior and family members to compile the stories into a 5000-word, beautifully presented story booklet with up to 15 family photos for \$295.
3. The Cards and personal support from a story facilitator for a minimum of three visits to complete the story booklet for \$595. (Additional story sessions, length of story and images can be added for an additional cost.)

Reminiscing in a supportive environment, with a focus on strengths and positives, potentially lifts moods, reminds us of our families, our resourcefulness and depth of experience.

For more information contact COTA Victoria on phone **03 9655 2100** or by emailing cotavic@cotavic.org.au Website <https://cotavic.org.au/>

Musical Mornings

Season One 2019

The Musical Mornings program (with the Geelong Performance Arts Centre theatre) is promoted by the Positive Ageing unit as a great opportunity for Shire residents to socialise and enjoy live entertainment. The ticket includes transport from your nominated township pick up point to GPAC, an allocated seat for the each performance, and a two course meal lunch at a restaurant.

A season ticket (4 dates) is \$160. (Yes, 4 dates. GPAC have only 4 shows this season, not 5.) Please call Julia on **5261 0600** to check availability and to book your tickets or e-mail juliac@surfcoast.vic.gov.au

- **Magic - The Songs of Olivia Newton John**
Thursday 28 February
- **Pirates to Pinafore**
Thursday 7 March (Yes, only 1 week apart!!)
- **Michael Cormick and Rachael Beck**
Thursday 4 April
- **B Sharp Big Band**
Thursday 4 July

Preventing elder abuse is everyone's business

It is estimated that more than 50,000 people aged 60 and over across Australia are experiencing elder abuse.

Elder abuse is any act which causes harm to an older person, and which is carried out by someone they know and trust, such as a family member or friend. Elder abuse can be financial (the most common abuse), physical, psychological, social, or sexual, and can include neglect (intentional or not).

To discuss an incident of elder abuse, contact the free and confidential Helpline of Seniors Rights Victoria 1300 368 821 or go to the My Aged Care website www.myagedcare.gov.au/legal-information/elder-abuse-concerns



Beach wheelchairs

Hire the Sandcruiser in Torquay and Anglesea. Enable people with a disability access to the beach over the summer season. To ensure the availability and manage collection of a beach wheelchair, please book ahead by phone:

Go Ride a Wave.

1/15 Bell St, Torquay 3228. p. 1300 132 441

YMCA Anglesea Recreation Camp.

1535 Great Ocean Road, Anglesea 3232. p. 03 5263 1512

For further details about the Sandcruiser beach wheelchair visit the website www.sandcruiser.com.au

Join your local library on wheels

Would you like to access more than 400,000 items including books, magazines, movies and audiobooks?

The Surf Coast Mobile Library stops at Aireys Inlet, Anglesea, Deans Marsh, Lorne and Winchelsea. New members are welcome to hop on board and enjoy their library on wheels. Library members can browse the full library catalogue, and request items to be delivered via the mobile service. Items can be returned to the mobile or any of the 16 libraries in the GRLC network. You can also access free WiFi, computers and iPads on the mobile library, as well as printing, scanning and photocopying facilities. Friendly staff members will help you become a library member – a process that is easy and free.

Residents wishing to become members are asked to bring proof of ID to the mobile library, and membership can be confirmed within minutes.

For a copy of the latest timetable, visit

www.grlc.vic.gov.au/locate/mobile-libraries

Life's better together - Life Activities Clubs

Embrace life. Make opportunities to enjoy social interaction, energise your body and enhance your mind in the company of like-minded people.

There are walking groups, Knit, giggle and sew groups, singing, snooker, art and exercise, yoga and so much more. Life Activities Clubs support people to manage their transitions and enhance their lives through educational, social, physical and recreational opportunities and experiences.

With so many activities on offer, there's something for everyone. Take a glimpse into the world of Life Activities Clubs-view our YouTube video or visit our website at www.life.org.au

When English isn't an option

Maybe you volunteer with refugees or migrants to Australia, travelling overseas, or reading non-English restaurant menus – A Smart Phone App Google Translate might be the best thing you can use!

You can read menus, street signs, and even have a conversation. The instant translator can be very helpful when having a conversation or asking questions of a local when travelling. The App can translate from voice to text – if someone speaks into the phone's microphone, it will show the translation on the screen. Very handy.

Want your Positive Ageing newsletter sent by email?

Send us an email to scsservicedelivery@surfcoast.vic.gov.au with your request. We do not share your email address or any client information, and will only use your email to send you the Positive Ageing Newsletter.

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