

Council is establishing a Positive Ageing Advisory Committee

The Positive Ageing Advisory Committee will collect and consider evidence, ideas and community input about how Council can best create an age friendly Surf Coast where older people are valued, supported and empowered to live well, including but not limited to investigating these topics:

- social inclusion, social and civic participation,
- built environment, transport and housing,
- community support and health services.



Committee members must be prepared to give advice to Council on important issues affecting older people and people with a disability. These voluntary roles are highly valued and genuinely make a difference for people in Surf Coast Shire communities.

Information on how to apply for a position on the Positive Ageing Advisory Committee will be posted out to clients, promoted in the local paper and be on Council's website in September.

Join your local Senior Citizen Clubs

Surf Coast Shire is lucky enough to have five Senior Citizen Clubs across the shire. They are:

Torquay Senior Citizens Centre
Anglesea and Aireys Inlet Senior Citizens Club

Moriac and District Senior Citizens Club
Winchelsea Senior Citizens Club
Lorne Community Connect

The clubs offer a wide range of activities and events for members

including social lunches, Bingo, cards, and much more. For more information on joining your local Senior Citizens Club please contact Olivia Naughtin on **5261 0831** or visit www.surfcoast.vic.gov.au/SeniorCitizenCentres.

Grand Final Eve and Melbourne Cup public holidays

We will be closed on Grand Final Eve (Friday 28 September) and Melbourne Cup Day (Tuesday 6 November). Due to the 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 these changes.

Please contact the office as early as possible if you wish to cancel services on these days.

Best wishes to you all for a lovely Spring and Seniors Festival month of October.

Victorian Seniors Festival 7 to 14 October 2018

Events across Surf Coast Shire

Seniors Festival is a great opportunity to get out and about, meet new people, get active and enjoy new experiences. This year, Council is working in partnership with community groups to offer a series of local, community-run events. Some events on offer include:

- high tea in Lorne
- art exhibition in Torquay
- gardening exercise class in Aireys Inlet
- luncheon and games in Winchelsea
- interactive history workshops and lunch in Anglesea
- open house days in Anglesea and Torquay.

To find out more details about Seniors Festival events please visit www.surfcoast.vic.gov.au/SeniorsFestival or look for the Surf Coast Seniors Festival booklet in your local café, doctor's office or community centre.

Free public transport 7-14 October 2018

Carry your Seniors Myki and Victorian Seniors Card with you on public transport, and touch on and off as usual. You won't be charged.

On regional services that don't use Myki, show your Victorian Seniors Card to the conductor or bus driver.

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- V/Line regional trains and coaches and buses
- Regional town bus services

For more information about the Seniors Festival or the free transport contact Seniors Online on **1300 797 210** or go to www.seniorsonline.vic.gov.au/festivalsandawards/

Dementia-friendly choir

Baptcare, Cloverdale Baptist Church, Corio

Register your interest by contacting Baptcare on 5247 7700 or commcare.barwon@baptcare.org.au.

After seeing the uplifting power of song in other communities, Baptcare with the support of Dementia Australia, are excited to launch a dementia-friendly choir in Geelong.

It's been created for people living with dementia or memory loss and their carers.

It's a chance to connect with others in a fun, friendly and stimulating environment. You don't need to be a great singer – just open to sharing some great music including some of the old favourites.

A qualified choir conductor will be on hand to assist, and there will be light refreshments.

Carers are encouraged to take part!

Amitie Quilt Cafe

You Can Patchwork runs on the first and third Tuesday of every month. Learn at your own pace. Free.

Sit and Sew runs every Wednesday 10.30am to 2.30pm. Free. A wonderful opportunity to use Amitie's big tables and work area and meet some like minded people. Set up for the day and sew and chat away and make new friends.

Mindfulness Friday. On the first and third Friday of every month. \$20. Learn the technique of simple quilting by hand, and how it can help manage anxiety, stress. A bonus is meeting other lovely quilters!

Grand Final Party Sit and Sew. \$40. Saturday 29 September. Includes morning tea and lunch.

Enjoy the café's delights whilst you are there.

Call the store book your place on **4241 2109**.

. Open Tuesday to Sunday from 10am until 4pm at 87 Beach Road, Torquay. Visit www.amitie.com.au for more information.

#Every3Seconds

#Every3Seconds someone in the world develops dementia.

#Every3Seconds is a joint campaign between Dementia Australia and 22 other dementia organisations across the globe, highlighting that dementia is the global

health and social challenge of the century.

More than 50 million people are living with dementia worldwide and the figure is predicted to increase by 10 million in 2018.

ITN Productions and Alzheimer's Disease International (ADI) have developed a series of 23 films that capture the voices of people impacted by dementia and the work being done around the world to support them.

The films will be released globally in September to support Dementia Awareness Month.

Visit www.dementia.org.au to find out more or watch the films.

Musical Mornings

Season Two 2018



The Musical Mornings program (at 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 each performance and a two course lunch at a restaurant.

There are some tickets available at \$40 each. To check availability and to book your tickets please call Julia on **5261 0600** or e-mail juliac@surfcoast.vic.gov.au.

Thursday 8 November

Great Songs of the war years – with tributes to Vera Lynn, Bob Dylan and Normie Rowe and more.

Thursday 6 December

Christmas with Sylvie Paladino

Dementia support

Dementia Australia provides a range of support, information and counselling to people experiencing memory loss or dementia - as well as support to their families.

They also regularly provide family information sessions from their Geelong office, located at 318 Pakington Street, Newtown. The next family information session is:

- **Coping with changes in behaviour**
Wednesday 3 October, 1pm to 3:30pm

Bookings are essential, so please contact the Geelong office on **5229 6979** to register or speak with a dementia specialist about other supports.



LATE CANCELLATION FEES AND URGENT AFTER HOURS CANCELLATIONS

To avoid a late cancellation fee, please notify the office before 12pm the day before your service is scheduled. A late cancellation fee will apply if the cancellation is received after 12pm.

Cancellations, except urgent after hours cancellations, must be received during office hours (Monday to Friday 8.30am to 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.

National Stroke Week

Monday 3 to Sunday 9 September 2018
Every step counts towards a healthy life

Stroke Foundation is encouraging all Australians to discover how easy it is to do their part to prevent stroke. It's estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle. There are some risk factors for stroke which can't be prevented like age, family history and prior stroke. If you're male, your risk is also higher.

Talk to your doctor and take charge of your own health. Remember to:

1. Eat well
2. Stay active
3. Be smoke free
4. Moderate alcohol intake
5. Visit your doctor for a health check to help manage blood pressure, Type 2 Diabetes and atrial fibrillation (irregular heart beat).

For more information, visit <https://strokefoundation.org.au/About-Stroke>.

Spy-style walking stick could hit the street

James Bond had a ring with a camera inside it. Inspector Gadget had a bowler's hat with an extendable propeller. Maxwell Smart had a shoe phone.

And now Australia's seniors could be getting about using a walking stick with GPS tracking, an alarm and wi-fi connection.

Created by Master of Design student Xia Zhang, a student at the Swinburne School of Design, was inspired by the program's theme 're-imagine ageing'.

Called Leef, the smart walking stick is also equipped with an app that connects to all of the added features, indicates battery life and provides tracking for carers to locate the person. It can also supply health data like the number of steps walked each day.

Functions include a built-in light to guide people walking outside at night. The light is powered by a rechargeable battery inside the handle. An alarm button can be pushed if in trouble, or the app can detect lack of movement and the location of the stick. Carers are notified through the support through the app, allowing them to attend quickly.

For this and many more amazing products, contact Leef Independent Living Solutions on **03 9532 8622**, www.leef.com.au or www.facebook.com/LeefIndependent.



Want your Positive Ageing newsletter sent by email?

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