

FREE

Ageing Well



Creating an age-friendly shire

Edition 18 – June 2024

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Have a story idea?

If you have a “story idea” for this newsletter, please contact us for a chat. We would love to hear from you.

The Ageing Well team
Cardinia Shire Council
Ph: **1300 787 624**
Email: ageingwell@cardinia.vic.gov.au

Get your next newsletter direct!

Many options to receive our newsletter;

- request a printed copy by post
- collect from pickup point (see p8)
- large print format
- read online
- subscribe today to join the mailing list



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For more information:

Email: ageingwell@cardinia.vic.gov.au
Web: www.cardinia.vic.gov.au/seniors

Beaconsfield - a vibrant lifestyle

Beaconsfield, nestled in Cardinia Shire, offers serene surroundings with hills, rivers, and a tight-knit community. Represented by Cr Brett Owen in Beacon Hills, it attracts retirees and families with well-planned estates. Numerous parks and easy access to transport makes commuting hassle-free. It seamlessly combines natural beauty with modern convenience, making it a delightful place to call home. Resident Jenny, since 1995, shares why “Beacy” is perfect for her family’s needs. (See p5).



▲ Ageing Well Expo panel members and presenters: MC Lehmo, Pat, Mary, Graeme, Pam, Moira and Geoff.

Ageing Well Expo a hit

With comedian Anthony “Lehmo” Lehmann as MC for a lively atmosphere the event highlighted physical and mental health in ageing, including a panel discussion with seniors sharing their lived experiences.

Exhibitors Monash Health and Services Australia provided valuable information and resources. Cardinia Shire Deputy Mayor Cr. Graeme Moore praised the expo for fostering community connections and proactive ageing.

Work Bonus alleviates financial strain

Thanks to the Work Bonus, eligible pensioners can now maintain more of their pension while working.

The Work Bonus allows you to maximise your earnings without negatively impacting your pension rates. It offers financial flexibility for pensioner couples, and individuals.

The way it works

Effective from 1 July 2023, single pensioners can earn up to \$504 per fortnight and still receive the maximum pension rate. You can accumulate any unused portion of the \$300 fortnightly Work Bonus concession in an income bank, capped at \$11,800, which offsets future assessable income – a great benefit for those in intermittent or occasional employment.

Importantly, all pensioners over the Age Pension age, including recipients of Carer Payment and

Disability Support Pension, qualify for the Work Bonus. The application process is streamlined, requiring pensioners to keep Services Australia informed of all work income. For additional information and assistance, contact Services Australia.

You are invited to attend the Cardinia Jobs and Skills showcase on Thursday 20 June. See full details in the article below.

Read on and check out opportunities to build your skills and knowledge about job searching.

For more information

Contact: **Services Australia (formerly Centrelink)**
Ph: **13 2300**
Web: **www.servicesaustralia.gov.au**
Work Bonus | Department of Social Services, Australian Government (dss.gov.au)



FREE event

Jobs and Skills Showcase!

Thursday 20 June, 10am - 1pm

Cardinia Cultural Centre

40 Lakeside Boulevard, Pakenham

Come along and join a free 1 hour information session to build your skills and knowledge about job searching. Cardinia Shire Council, in partnership with Workforce Australia, has organised this event to enhance ties between employers and local job seekers.

Job seeker sessions

- 10.30am** CV and cover letter writing
- 11.15am** Interview techniques
- 12.00pm** Skill development and further training
- 12.30pm** Networking and job search strategies

Enquiries: **mail@cardinia.vic.gov.au**

Bookings: **1300 767 624**

(ask for Rosie, Council's Economic Development Officer)

Community support

Unite to end elder abuse

On June 15 worldwide, a spotlight is focussed on elder abuse through World Elder Abuse Awareness Day (WEAAD), to unite communities against the mistreatment of older people. Elder abuse, often perpetrated by known individuals appears in many forms, financial, emotional, psychological, physical, sexual and social. Our homes typically symbolise safety and family connection, however in some instances, the home can become unsafe due to family actions.

In Cardinia Shire, residents joined in the Warm Safe Home Project, creating art to express the meaning of a safe home. They recalled aspects of their grandparents' homes, and shared their insights about feeling safe as they grew older. This project has encouraged conversations about the right to a violence-free and fear-free home.

From 3 to 14 June, you can visit the World Elder Abuse Awareness Day display at Myli Pakenham library, cnr of John and Henry Streets. Meanwhile, if you or someone you know is experiencing elder abuse, refer to the contact details provided here. In case of emergency, call 000.

For more information:

Human Rights Commission

(Resources available in 20 languages)

Ph: **1800 353 374**

Web: **www.humanrights.gov.au**

Seniors Rights Victoria

Ph: **1300 368 821**

Web: **www.seniorsrights.org.au**



Care Finder service

Care Finder is a free service that offers a solution to the complexity of navigating support through the My Aged Care system. It exists to support people who have no one who can support them – to learn about, apply for and set up services, to maintain a deserved quality of life, independence, and enhanced safety at home or in residence. Care Finder staff will guide you through assessments and facilitate access to appropriate community supports.

For more information:

Wintringham

Ph: **9034 4824**

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

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

Care Connect

Ph: **1800 940 633**

Email: **carefinderenquiries@careconnect.org.au**

Web: **www.careconnect.org.au**

Monash Health

Ph: **9792 7747**

Email: **communitysupportoptions@monashhealth.org**

Web: **www.monashhealth.org**

Wintringham

care
connect

Monash
Health



Challenge ageism

Here is something you do not come across every day - a reflection about ageing. We encourage you to consider sharing this with younger family members or discuss with friends at your next get-together for a thought-provoking conversation.

I felt it deeply

They call us 'The Elderly'
We were born in the '40s, '50s and '60s
We grew up in the '50s, '60s and '70s
We studied in the 60s, 70s and 80s
We were dating in the '70s, '80s and '90s
We got married and discovered the world in the '70s, '80s and '90s
We ventured into the '80s and '90s
We stabilised in the 2000s
We got wiser in the 2010s
And we are going firmly through and beyond the 2020s
Turns out we've lived through EIGHT different decades...
Two different centuries. Two different millennia.
We have gone from a telephone with an operator for long distance calls to video calls to anywhere in the world.
We have gone from slide projectors to YouTube, from vinyl records to online music, from handwritten letters to emails and text messages.
We've come from listening to live footy matches on the radio to black and white TV, to colour TV and now flatscreen 3D-HD-TV.
We once went to the video store to choose a Saturday night movie. Now we can watch a movie any day of the week on Foxtel or Netflix.
We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.
We wore shorts throughout our childhood, then trousers, flares and blue jeans.
We've dodged polio, tuberculosis, swine flu and COVID-19.
We rode tricycles, bicycles, and mopeds, we've driven petrol or diesel cars, and now we drive hybrid or electric.
Yes, we've been through a lot but what a great life we've had!
They could describe us as "Exennials".
We are the people who were born in that world of the fifties, who had an analogue childhood and a digital adulthood.
We have kind of "seen-it all"!
Our generation has lived through and witnessed more than any other in every dimension of life.
It is our generation that has literally adapted to "CHANGE".
A big round of applause to all the members of a very special generation, which will be UNIQUE. Keep on keeping on!

Author Unknown



CARDINIA
CULTURAL
CENTRE

WINTER –
SPRING 2024
SEASON

ALIVE WITH
CREATIVITY
Cardinia

Sip and See Schedule

Winter – Spring 2024 Season at CCC.

Michael Cormick Sings Bacharach

Wednesday, 17 July

Lucy Durack: At Last

Wednesday, 21 August

Dear Doris

Wednesday, 18 September

Swinging with the Royal Australian Navy Big Band

Wednesday, 16 October

Simply Brill

Wednesday, 6 November

The Humbuckin' Pickups: Christmas Special

Wednesday, 11 December

All tickets are \$22 and include morning tea at 10am.

Book at the Box Office:

Web: www.cardinia.sales.ticketsearch.com

Ph: 1300 887 624

Social connections

Visitor schemes increase connection

Exciting news for Cardinia Shire residents! The Aged Care Volunteer Visitors Scheme allows participants to build connections, share stories, and is an opportunity for those experiencing social isolation to create meaningful moments together. Delivered by Mecwacare and Rainbow Connection, you can foster friendships to help combat social isolation. Trained local volunteers are ready to visit you if you face loneliness, isolation, or mobility challenges and receive government-subsidised aged care or a Home Care Package through My Aged Care. The program embraces diversity, welcoming individuals of all cultural backgrounds.

How to arrange a visit

If you are interested in arranging a visit, contact Mecwacare or Thorne Harbour Health's LGBTIQ+ Rainbow Connection service. All details are confidential and will only be used for the matching process. Let's build connections, share stories, and create meaningful moments together!

Become a visitor volunteer

For those with free time, becoming a volunteer visitor offers a rewarding way to make a difference through companionship and shared stories. Visits can occur at home, in aged care facilities, or public venues.

- ▼ *Engaged in the Aged Care Volunteer Visitors Scheme, Jacinta (left) serves as a volunteer visitor. She regularly visits Susan, a Beaconsfield resident, and Home Care Package client. They both find joy in their shared moments.*



Contact Mecwacare or Thorne Harbour Health:

Mecwacare

Ph: Jackie 0475 669 017

Email: volunteers@mecwacare.org.au

Web: www.health.gov.au/our-work/aged-care-volunteer-visitors-scheme-acvvs

Thorne Harbour Health

Ph: David 9863 0426

Email: rainbowconnection@thorneharbour.org

Web: www.thorneharbour.org/services/community-support

Beaconsfield - a vibrant lifestyle

Continued from cover story...

Hi, I'm Jenny, a 61-year-old Beaconsfield resident for three decades. We chose this area for its excellent schools, sports facilities, and proximity to the Dandenong ranges and city trains.

My career began in mainframe computers at Telecom and Datatask, later shifting to merchandise IT and retail for flexibility while raising my kids. After 11 years at Noni B in Pakenham, I retired. My husband still works part-time.

Beaconsfield's vibrant lifestyle suits my active nature. My days are now filled with painting, walks, and basketball, including participation in the World Masters Games. I discovered a passion for painting during COVID, starting with online research, then joining the Beaconsfield Community Centre's painting class. The camaraderie, encouragement, and expert guidance has boosted my skills and confidence.

Completing a painting brings me immense joy. So far, being open to joining a class with like minded people has been the highlight of my artistic journey.

Having lived in "Beacy" for so many years, I never knew how much my local community centre had to offer! I would recommend to everyone to check what their local community centre has to offer.



- *Jenny was inspired to paint a Greater Kudu from her travels to Africa.*

Wake up to better sleep!

Did you know that your brain operates on a 24-hour internal clock known as the 'circadian rhythm'? This natural cycle influences our daily activities, prompting us to be active during the day and restful at night. It synchronizes crucial bodily processes, such as body temperature and melatonin secretion.

As we age, our sleep needs change. Adults typically require around 8 hours per night. This is why aligning with your circadian rhythm is key to achieving quality sleep. Long-term sleep deficiency heightens the risk of chronic health issues like heart disease and diabetes.

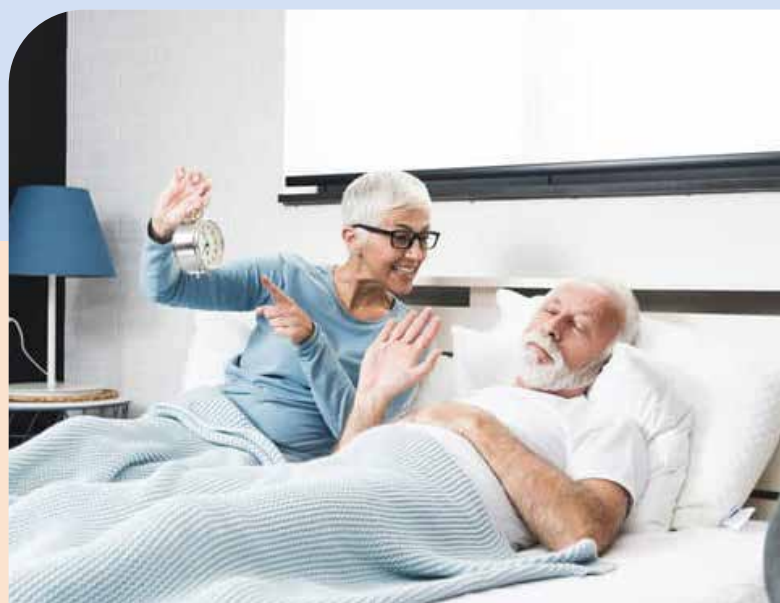
Insufficient sleep affects concentration, judgment, coordination, memory, and mood. Anxiety and stress can increase agitation, impacting sleep quality and leaving you feeling alert when you want to wind down.

In essence, insufficient sleep disrupts how you feel, think, work, learn, and connect with others. Prioritising your body's natural rhythm is crucial for overall well-being, and aligning with your internal clock can significantly enhance your overall health and vitality.

So let's make getting enough sleep a priority for a brighter and more energised day ahead. Remember, quality sleep supports healthy brain function and physical health.

10 Tips to sync your body clock

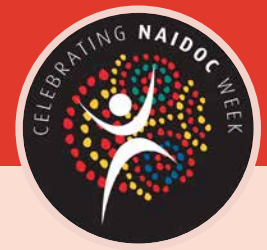
- 1 Rise at the same time daily to set your body clock
- 2 Soak in early morning sunshine
- 3 Sleep when tired
- 4 Exercise daily, preferably in the morning
- 5 Avoid mentally stimulating activities near bedtime
- 6 Relax your mind before sleep (bath, reading, warm milk)
- 7 Limit daytime naps to 30 minutes
- 8 Skip caffeine close to bedtime
- 9 Face your alarm clock away from you to prevent disturbances
- 10 If sleep eludes you, try a relaxing activity for 30 minutes, such as reading or watching TV.



For more information:

Web: www.sleephealthfoundation.org.au

Ph: **03 7067 6932**



NAIDOC week 2024

NAIDOC week celebrations will be held next month. From 7 to 14 July, Australia celebrates and acknowledges the rich history, culture, and achievements of the Aboriginal and Torres Strait Islander peoples. It provides all Australians with an opportunity to engage in festivities that honour the world's oldest living cultures. Council recognises the Bunurong and Wurundjeri peoples as the traditional custodians of Cardinia Shire's lands, paying respect to elders past and present for preserving traditions, knowledge, language, and culture spanning over 65,000 years.

▼ This work was commissioned by Council to represent the three pillars of reconciliation relationships, respect and opportunities. Created by Dixon Patten, a proud Yorta Yorta and Gunditjmara man and has bloodlines from Dhudhuroa, Wiradjuri, Yuin, Wemba Wemba, Barapa Barapa, and Monaro.



A chat with Annie

We caught up with Annie Cockburn for a chat to learn more about her experience as a Torres Strait Islander. The Torres Strait Islands is a cluster of 270 islands in the Torres Strait and one of Australia's First Nations. Home to just over 10,000 people, this group of islands lies between Northern Australia's Cape York Peninsula and New Guinea. A Torres Strait Islander and resident of Cardinia Shire for 25 years, Annie hails from Darnley Island in the Eastern group. Reflecting on her culture, Annie highlights Cowrie Shells, once used as currency, and emphasises the islanders' unique love for fish and shellfish. Being an Islander, Annie loves her seafood. "I get annoyed at all the red meat and chicken at barbeques, Torres Strait Islanders love fish and shellfish! We are different to mainland Australia."

As a child Annie was part of the stolen generation. She was adopted into a large family with siblings from different cultural backgrounds. As a survivor of the stolen generation, Annie has raised her son Jackson to respect his elders and listen to them. She would love to see greater respect of elders by all young people, metaphorically saying "get up off your seats and let those older than you sit down!"



For more information:

Web: www.naidoc.org.au and www.cardinia.vic.gov.au/firstnationspeople

Be informed

Ageing well pops up again!

Supporting our diverse ageing community.

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

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.

Take the opportunity to visit us, make enquiries, and collect information relevant to your needs at our next information stall. If you cannot attend and have any questions, please do not hesitate to contact your Cardinia Shire Ageing Well team.

Cardinia
Ageing Well

Woolworths (Outside)

Thursday 6 June

25/29-65 Station St,
Koo Wee Rup
10am – 12pm

Enquiries: **1300 787 624**

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

Web: **www.cardinia.vic.gov.au/ageingwell**



Pick up a copy of your Ageing Well 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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