

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG

### Highlights in this issue

- Dehydration
- Opportunities to get Involved
- Seniors Day Trips
- February Seniors Afternoon Dance

## February/March 2024

Welcome to 2024, we hope you all enjoyed your time over the festive period.

The Positive Ageing Team has been working hard behind the scenes and have a lot planned for the year. We welcome new bus drivers to Community Transport which will allow us to increase our shopping services, day trips and lunches. We will have different information sessions throughout the year and look forward to your feedback.

Please contact us if there are any topics we could include in this newsletter that you feel are important for the community to know about.

We have a volunteering opportunity for our day trip program, please see page 10 for more details.

Please note there is a new contact number for the day trip program, see page 5 for further details.

### Cheers to the New Year



# Dehydration



## What is dehydration?

Dehydration occurs when your body doesn't have enough water to keep it working properly. This can happen when your body loses too much fluid.

## What are the signs and symptoms of dehydration?

If you have mild to moderate dehydration, you might:

- be thirsty
- have a dry mouth, lips and tongue
- be dizzy or light headed, particularly when standing up
- have dark urine (wee) and not as much urine as normal.

If you have severe dehydration, you might:

- be extremely thirsty
- have a very dry mouth
- be breathing fast
- have a fast heart rate and a low blood pressure
- have a fever
- have little or no urine
- be irritable, drowsy, or confused.

If you experience any symptoms of dehydration, you should:

- move to a cool place
- loosen any tight clothing and remove unnecessary clothes
- drink small amounts of water, often.

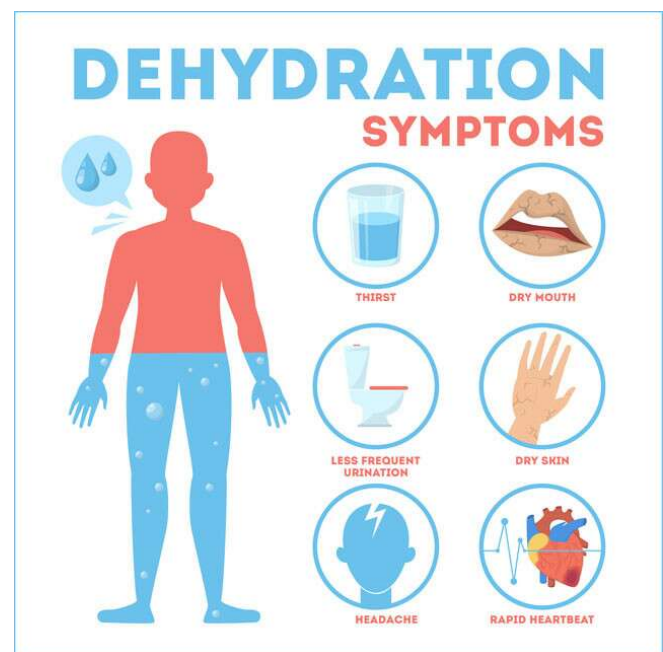
If your symptoms don't improve seek medical advice.

## Can dehydration be prevented?

Make sure you drink enough water each day. Have extra fluids:

- during hot weather
- when you're sick
- when you're exercising.
- 

Water is the best drink to hydrate your body. As a general guide, adults should drink around 2 to 2.5 litres of fluid a day.





# Be prepared for a heatwave

As summer continues it's a good time to think about how to get through days of extreme heat.

High temperatures can affect anybody, with heat-related illnesses ranging from mild conditions like heat rash and heat cramps, to life-threatening heatstroke.

If you feel mild effects get out of the sun, drink cool water and rest until you feel better.

If the situation is more serious and a person suffers seizures, collapses or loses consciousness phone 000 immediately.

Here are things you can do to help reduce the impact of heat.



## Plan ahead

Plan activities in the coolest part of the day, or plan them for another day. Plan to do activities in known cool places.



## Check in on those most at risk

Check in on others regularly. Look after those most at risk in the heat, including neighbours who live alone, older people, those with a disability, the young, people with a medical condition, as well as pregnant and nursing mothers.



## Drink water

Drink plenty of water even if you don't feel thirsty (check with your doctor if you normally have restricted fluids).



## Keep cool

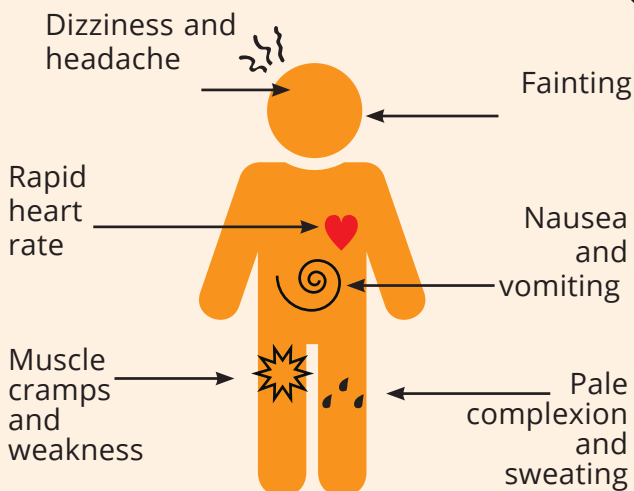
Keep yourself cool by using wet towels, putting your feet in cool water and taking cool showers. You don't need to cool your whole home during high heat. Close windows and doors and only use the coolest rooms in the property with a fan or air conditioner on low speed.



## Protect your pets

Make sure your pets have clean, cool water and shade. If the ground is too hot to rest the back of your hand against, it is too hot for your pet's paws.

## Heat Exhaustion



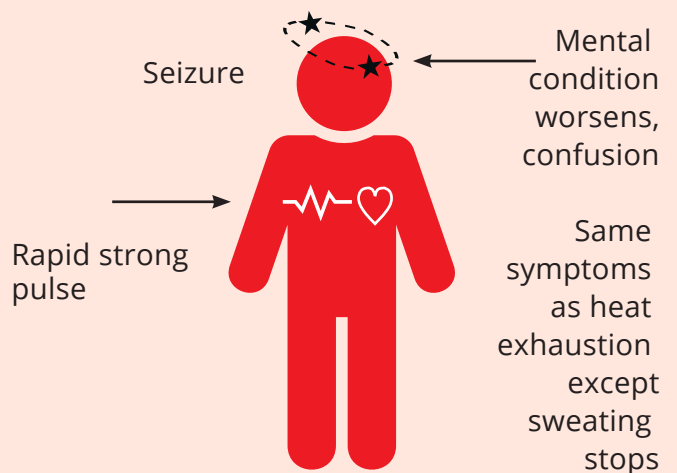
### What to Do:

1. See your doctor or call NURSE-ON-CALL on 1300 60 60 24
2. Lie down in a cool area, fan if possible
3. Drink water if not vomiting
4. Remove outer clothing
5. Wet skin with cool water

OR

## Heat Stroke

(A life threatening emergency)



### What to Do:

1. Call 000 immediately
2. Get the person to a cool area and lay them down, do not give fluids
3. Remove clothing, wet skin with water fanning continuously
4. Position an unconscious person on their side and clear their airway



# Get Involved

## National Advance Care Planning Week 18-24 March 2024

National Advance Care Planning week encourages you, regardless of your age or health status, to make your future health care preferences known. It enables you to make some decisions now about the health care you would like or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Council will be hosting a morning tea on Friday 22 March featuring presenters who will discuss all the information you need to start your advance care planning process.

Bookings essential 8571 5574.



From 1 November 2023, a two-dose course of Shingrix will be available for free for:

- people aged 65 years or older
- First Nations people aged 50 years and older
- Immunocompromised people aged 18 years and older.

For more information contact your GP or [health.gov.au/topics/immunisation/vaccines/shingles-herpes-zoster-immunisation-service](https://www.health.gov.au/topics/immunisation/vaccines/shingles-herpes-zoster-immunisation-service)

## World Hearing Day 3 March 2024

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.



Soundfair is a non-profit organisation committed to hearing equality. They understand hearing conditions are about more than just ears, and hearing care is about more than just devices.

Their services include, but are not limited to:

- hearing tests
- device fittings
- social and psychological support relating to hearing conditions
- tinnitus counselling and management support.

Medicare rebates are available on selected appointments.

Contact Soundfair for more information on 9510 1577 or [soundfairhearingcentre.org.au](https://www.soundfairhearingcentre.org.au).

Soundfair will host an informative session at Springvale Hub on Monday 4 March on hearing health, the importance of hearing checks and refurbishments of hearing aids for low-income individuals. Hearing checks will be available on the day.

Free light morning tea will be included. Bookings essential 8571 5574.



# Seniors Day Trips



## Bookings open Tuesday 23 January 2024 at 9am

- Participants must be a resident of the City of Greater Dandenong and be registered users of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

**Bookings/enquiries phone: 8571 5574**

**Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park**

## PHONE BOOKINGS UPDATE

Starting this year, we will be trialing a new phone system and number to assist us with the number of calls we receive when bookings open for day trips.

Please only phone this number **8571 5574 and remain on hold**. Please **DO NOT** hang up as your call **will be answered** by the next available staff member. There will not be a voicemail option and as long as you do not hang up your call will be answered.

To help us to move quickly through the calls please have your day trip preferences ready and if you need to discuss anything else we will return your call later in the day.

Our staff need to be spoken to with respect, calls that are inappropriate may be terminated.



## Cruden Farm

In 1928, journalist and newspaper executive Keith Murdoch gave his 19-year-old bride a small farm as a wedding present - Cruden Farm. Dame Elisabeth Murdoch left the property for people to enjoy. It features manicured gardens and peaceful walking areas set amongst interesting bushland and lakes. We will be stopping at Frankies Cafe for lunch afterwards.

### Monday 5 February

Depart/Return: 9.15am-2pm  
Transport cost: \$14.60 (inc GST)  
Admission: \$10  
Lunch: Purchase at café or BYO

## Queenscliff Ferry

Join us on the Searoad Ferries 40-minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula.

### Thursday 8 February

Depart/Return: 8.30am-4.30pm  
Transport Cost: \$22 (inc GST)  
Admission: Adult: \$34  
Lunch: Purchase at café or BYO





## Rivers of Yarrambat Lunch

Join us for a beautiful lunch at Rivers of Yarrambat from the All Day Menu or Vegan Menu. Enjoy a stroll around the Garden Centre or browse through the home, gifts and fashion store, you never know what you might find.

**Tuesday 13 February**

Depart/Return: 10.15am-3pm  
Transport cost: \$9.70 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20

## Steavenson Falls and Brunos Art and Sculpture Garden

First stop is Steavenson Falls. There is a short walk to view one of the most spectacular waterfalls in Marysville. We then move on to a guided tour of Brunos Art and Sculpture Garden.

**Friday 16 February**

Depart/Return: 8.30am-4pm  
Transport cost: \$22 (inc GST)  
Admission: Concession \$20  
Lunch: Purchase at Marysville Bakery or BYO



## Naked Racer Lunch & Premium Chocolate Shop

Located in the heart of Cheltenham, Naked Racer Cafe is a culinary pit stop that has undoubtedly become a hotspot with locals and travelers alike. The menu features a delectable array of all-day breakfast options and delicious lunches that will tempt the heartiest of appetites. For all of those with a sweet tooth, on our return trip we will stop at the Premium Chocolate shop.

**Monday 19 February**

Depart/Return: 11.30am-2.30pm  
Transport cost: \$9.70 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20







## Mornington Main Street Market

Join us at Mornington Main Street Market where your shopping options are endless. Browse from the homemade crafts, home baked treats, home grown plants, produce and more. The Main Street Market has been running for over 40 years and is Victoria's longest running street market.

**Wednesday 21 February**  
Depart/Return: 9.30am-2pm  
Transport cost: \$14.60 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO



## Walhalla Goldfields Railway

Take a train ride with Walhalla Goldfields Railway through the spectacular Stringers Creek Gorge. Not long after, Stringers Creek joins the Thomson River and travels across the historic and spectacular Thomson River Bridge to arrive at Thomson Station. Here you will disembark and wait for the return passage.

**Wednesday 28 February**  
Depart/Return: 8.30am-4pm  
Transport cost: \$22.00 (inc GST)  
Admission: Adult \$30, Concession \$25  
Lunch: Purchase at café or BYO



## Coal Creek Korumburra

Coal Creek is Gippsland's largest open air 53 building heritage village. There is a vast collection of original buildings and objects that tell the story of the coal mining, agricultural, transportation and social history of the southern Gippsland region.

**Friday 1 March**  
Depart/Return: 9am-1.30pm  
Transport: \$14.60 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO





## Soundfair Hearing Information Morning Tea

Join us at Springvale Library for a morning tea and presentation on hearing health, the importance of hearing checks and refurbishments of hearing aids for low-income individuals. Hearing checks will be available on the day.

**Monday 4 March**

10.00am-11.30pm

Rooms 4 and 5 Springvale Library, 5 Hillcrest Grove, Springvale

Free morning tea, bookings essential

## Puffing Billy

All aboard Australia's favourite steam train, Puffing Billy, located in the heart of the Dandenong Ranges. We will depart from Belgrave and stop off at Lakeside where you will be able to enjoy the sights before the return trip to Belgrave.

**Wednesday 6 March**

Depart/Return: 8.30am-3pm

Transport cost: \$14.60 (inc GST)

Admission: Adult \$61.00 Concession \$48.00

Lunch: Purchase at café or BYO



## Ballarat Begonia Festival 1

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern hemisphere.

**Tuesday 12 March**

Depart/Return: 8am-4.30pm

Transport: \$22 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO





## Ballarat Begonia Festival 2

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern hemisphere.

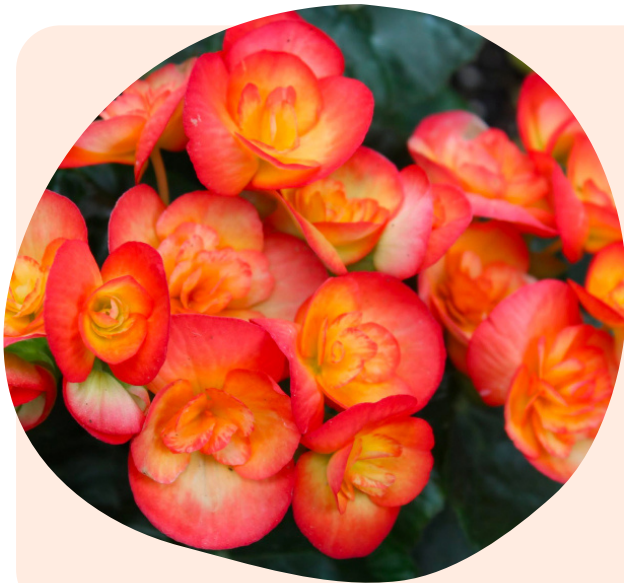
### Wednesday 13 March

Depart/Return: 8am-4.30pm

Transport cost: \$22 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO



## Ballarat Begonia Festival 3

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern hemisphere.

### Thursday 14 March

Depart/Return: 8am-4.30pm

Transport cost: \$22 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

## Tides Bar & Grill Lunch

Located in the lovely town of Tooradin, Tides Bar & Grill is a family owned restaurant that serves modern Australian cuisine. Seniors menu is available.

### Monday 18 March

Depart/Return: 11.30am-2.30pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20





## Advance Care Planning Morning Tea

Join us at Springvale Library for a morning tea and presentation on how advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and helps to ensure your loved ones and health providers know what matters most to you.

**Friday 22 March**

10.00am-1.30pm

Rooms 1 and 2 Springvale Library, 5 Hillcrest Grove, Springvale

Free morning tea, bookings essential



## Coombe Yarra Valley

Once the home of world famous opera singer Dame Nellie Melba, Coombe Yarra Valley is situated amongst seven acres of stunning gardens. One-hour garden tour includes Devonshire Tea.

\*Please note there is no entry to the house

Wednesday 27 March

Depart/Return: 9am - 2pm

Transport cost: \$14.60 (inc GST)

Admission: Adult \$30 Devonshire Tea and garden tour included

Lunch: Purchase at cafe or BYO

## Volunteering Opportunity

Do you, or someone you know enjoy meeting new people, love to have a chat and visit different venues? Yes? Then we need to hear from you!

Our Day Trip program is expanding, and we require more volunteers to help on our day trips. We are flexible with days and you will receive free entry to venues in exchange for minor support to other passengers.

Contact Tracey on 8571 5556 for more information.



**WE WANT YOU**



# Seniors Afternoon Dance



Wednesday 14 February



GREATER  
DANDENONG  
*City of Opportunity*



1pm-3pm



Springvale Town Hall

5 Hillcrest Grove, Springvale.

Cost: \$5 (inc GST) payment at the door.  
Includes light afternoon tea.

Bookings essential, phone 8571 5556



**Collect from Customer Service Centres located at:**

**Dandenong Civic Centre**

**Parkmore Shopping Centre**

**Springvale Community Hub**











**Dandenong Oasis**

**Noble Park Aquatic Centre**

**Please contact the Positive Ageing team on 8571 5556 or  
email [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au) for more details.**

**Subscribe to receive electronically:**

**[greaterdandenong.vic.gov.au/living-well-greater-dandenong](http://greaterdandenong.vic.gov.au/living-well-greater-dandenong)**

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Acknowledging  
**Bunorong Country**

