

Living Well

POSITIVE AGEING IN GREATER DANDENONG



GREATER
DANDENONG
City of Opportunity

Highlights in this Issue

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Autumn 2023

Welcome to the Autumn edition of the Positive Ageing newsletter.

Our older people and social connection survey is still open. If you haven't had a chance to tell us what you think please complete the online survey or phone us. For more information see page 2.

We also currently have some vacancies on our Positive Ageing Advisory Committee. This committee provides advice to Council on matters related to older people.

You can also read more about Travellers Aid and some other services available to make your life easier.

Easter Hours 2023

The Positive Ageing team, Community Transport and Social Support Group will be closed on Friday 7 April (Good Friday) and Monday 10 April (Easter Monday). We reopen on Tuesday 11 April. For any enquiries, please phone 8571 5556.

You can access this newsletter and all the links by scanning this QR code.

The Positive Ageing Team



Get Involved

Have your say

We want to know how you successfully connect with others in your community.

We know people have many different experiences of feeling connected with those around them, and we want to hear about your experience.

Fill out a short survey on our website:
greaterdandenong.vic.gov.au/older-people-and-social-connection

You can also have your say on other local consultations including:

- a proposed cat curfew
- a proposed Tree protection Local Law
- Shape Springvale

Visit: greaterdandenong.vic.gov.au/have-your-say

Join the Positive Ageing Advisory Committee

The Positive Ageing Advisory Committee (PAAC) has been established to provide advice to Council on how we can promote positive ageing of our residents and on the implementation of the Positive Ageing Strategy 2017-25 for the City of Greater Dandenong.

It is an important forum for identifying current issues and advising Council about effective policy and service provision regarding older people in the City of Greater Dandenong.

The Committee meets at least every two months and is a voluntary position.

Visit: greaterdandenong.vic.gov.au/positive-ageing-advisory-committee-interest or phone 8571 5556 for more information.



Photography Competition

Are you a budding photographer?

Every year Council produces a Community Calendar which features photos taken in our Greater Dandenong

We are again running a photography competition.

We will select one winner each from each categories to take home cash prizes and the best entries will feature in our calendar. The categories include:

- Nature
- The Built Environment)
- Open category – an extra winner chosen from across the previous three categories.

Visit:

greaterdandenong.vic.gov.au/photography-competition



Travellers Aid



Do you need assistance travelling?

Travellers Aid assists people who require assistance when they are travelling or visiting Melbourne.

They are committed to ensuring that all Victorians can participate and have a team from a diverse range of backgrounds.

They operate from three service sites at Southern Cross and Flinders Street Stations in Melbourne and Seymour Railway Station in regional Victoria.

Services are provided with the highest level of care, respect and dignity and are designed to enable travellers with special requirements to fully participate in life activities.

How can they help?



Connection Assistance

A free Connection Assistance service assisting people transiting through Southern Cross Station and Seymour Station.



Mobility Equipment Hire

Electric scooters, manual wheelchairs, prams, walking canes and frames, crutches and more.



Companion Service

Trained volunteer companions to accompany people to and from essential appointments and services.



Crisis Travel

Travel assistance for people experiencing disadvantage or facing an emergency situation.



Personal Care

Assists people with a disability, impairment or are frail-aged when travelling through Southern Cross and Flinders Street Stations.



Station Lounges

Travel information, internet access, mobility equipment recharging, shower facilities, rest rooms and more.

Contact

For general enquiries, please phone (03) 9654 2600 or Travellers Aid website travellersaid.org.au

Day Trips



Bookings open Tuesday 21 March 2023 9am

- Participants must be a resident of the City of Greater Dandenong and become 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 one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

Bookings/enquiries phone: 8571 5556

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

Overnewton Castle

Built in 1849 by William Taylor in the township of Keilor, this Victorian Tudor style castle consists of over 35 rooms and acres of manicured gardens.

Tuesday 4 April

Depart/Return: 9am - 2pm

Transport cost: \$12.60

Admission: \$30 includes Historical 1.5hr tour of castle and garden and Devonshire tea.

Lunch: Not included - Devonshire Tea only



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

Thursday 13 April

Depart/Return: 9am - 3pm

Transport cost: \$18.80

Admission: \$30

Lunch: Purchase at café or BYO

Stevensons Falls & Brunos Art & Sculpture Garden

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

Tuesday 18 April

Depart/Return: 8.30am - 4pm

Transport cost: \$18.80

Admission: Concession: \$20

Lunch: Purchase at Marysville Bakery 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 28 April

Depart/Return: 9am - 1.30pm

Transport cost: \$18.80

Admission: Free

Lunch: Purchase at cafe or BYO



Mont De Lancey Homestead

Ever wondered what it would be like to live in the 1880s? A guided tour will include a commentary of life in the late 1880s, the 1880s homestead, 1920s St Mary's Chapel, Blacksmith's shop and vintage machinery workshop.

Wednesday 24 May

Depart/Return: 9am - 3.30pm

Transport cost: \$18.80

Admission: Adult \$15, Concession \$12

Lunch: Purchase at cafe or BYO



Melbourne Zoo

Melbourne Zoo contains more than 320 animal species from Australia and around the world. Many of the animals are now organised in bioclimatic zones, popular exhibits include the Butterfly House, the Reptile House, the Great Flight Aviary, Wild Sea, Treetop Apes and Monkeys and Lion Gorge.

Tuesday 30 May

Depart/Return: 8.30am - 3pm

Transport cost: \$18.80

Admission: Adult \$42.00 Senior \$38.00

Lunch: Purchase at cafe or BYO



Mother's Day Lunches



Happy Mother's Day

In celebration and appreciation for our mothers, grandmothers, aunts, sisters and special females in our lives we are having a week of lunches 8-12 May. You are able to book in for one lunch only.

Fun Fact: Did you know Mother's Day originated in Philadelphia by Anne Jarvis, whose mother had organised women's groups to promote friendship and health?

On May 12, 1907, she held a memorial service for her late mother's church in Grafton, West Virginia.



La Porchetta

Eat Live Love - Italian

La Porchetta Rowville

The first La Porchetta Restaurant was opened in 1985 and soon became renowned as a special place for great pizza, pasta and Italian-style menu.

Monday 8 May

Depart/Return: 11.30am - 3pm

Transport cost: \$8.40

Lunch: Meals start at \$19.90

No BYO option

Groove Train Knox City

Good dishes that will give your taste buds a pleasant jolt of goodness. The chefs combine the ingredients and spices to prepare modern Australian food with a Mediterranean, Italian or Asian twist. With over 100 dishes to choose from, we have something for everyone.

Tuesday 9 May

Depart/Return: 11am - 3pm

Transport cost: \$8.40

Lunch: Meals start at \$16.90

No BYO option



**THE
Groove
TRAIN**



SkyHigh Restaurant

Situated on the uppermost reach of the Dandenong Ranges amid cool ferny glades and lush towering native forests, SkyHigh is one of Victoria's premier tourist attractions.

Vegetarian, gluten friendly and vegan options available.

Wednesday 10 May

Depart/Return: 11am - 3.30pm

Transport cost: \$8.40

Lunch: Meals start at \$18

No BYO option



Rickett's Point Beaumaris

An iconic and unique venue situated on the Rickett's Point foreshore offering contemporary food.

Located on a Marine Sanctuary there are often sightings of dolphins, pelicans and black swans, along with unparalleled views of Port Phillip Bay.

Thursday 11 May

Depart/Return: 11am - 3pm

Transport cost: \$8.40

Lunch: Meals start at \$20

No BYO option

Caldermeade Farm

Enjoy locally sourced country fare in the natural settings of a commercial dairy. Award winning pies, filling lunches and scrumptious Devonshire tea and baked fresh scones. Don't get too carried away, you must save room for the house made ice cream using the farm fresh and creamy Jersey milk.

Friday 12 May

Depart/Return: 12pm - 4pm

Transport cost: \$8.40

Lunch: Meals start at \$20

No BYO option





Justices of the Peace



Justices of the Peace (JPs) are available at both Dandenong Library and Springvale Community Hub.

The service is free and staffed by volunteers. JPs can assist residents with:

- attesting the execution of a document
- witnessing a statutory declaration
- certifying true copies of an original document
- certifying a person's identity.

No appointments are needed but availability is best confirmed by phoning 1300 630 920.

Session Times

Dandenong Library

Monday: 10am - 3pm

Tuesday: 10am - 3pm and 6.30pm - 8pm (On the second and fourth Tuesdays of the month 10am - 3pm and 4pm-8pm)

Wednesday: 10am - 3pm

Thursday: 10am - 3pm and 6pm - 8pm

Springvale Library

Monday to Friday: 10am - 1pm and 4pm - 7pm

Community Wills Days



The Salvation Army offers Community Will Days where you can come along and have a Will prepared by a solicitor for a small contribution to The Salvation Army.

These events are a great way to make sure you have a legally valid and up-to-date Will which reflects your wishes.

Payments received from Wills Days help to support important local community programs.

Cost

The cost for a Will is \$100 per person or \$150 for a couple. There is a \$0.50 fee if you book online.

Bookings are essential.

Phone: 1800 337 082

Book online at:

salvationarmy.org.au/donate/wills-and-bequests/community-wills-days/



Keeping Well



Flu and COVID Vaccines

Annual Influenza vaccines are available from mid-April.

The flu vaccine is available for free to:

- people aged 65 years and older
- people with medical conditions putting them at increased risk including those with
 - cardiac disease
 - chronic respiratory conditions
 - chronic neurological conditions
 - immunocompromising conditions
 - diabetes and other metabolic disorders
 - renal disease
 - haematological disorders.

Along with influenza vaccination it is important to stay up-to-date with COVID-19 vaccinations including boosters. Influenza vaccines can be given on the same day as a COVID-19 vaccine.

For more information contact your GP.

Free Masks and RATs

Free Rapid Antigen Tests (RATs) and N95 masks are now available for all community members at the following locations:

- Dandenong Customer Service Centre
- Dandenong Library
- Jan Wilson Centre
- Springvale Community Hub
- Parkmore Council Customer Service Centre
- Drum Theatre
- Walker Street Gallery and Arts Centre

For more information phone Council on 8571 1000 or visit:

greaterdandenong.vic.gov.au/covid-19





National Advance Care Planning Week

20-26 March 2023

The time is now to talk about what matters most to you.

National Advance Care Planning Week encourages you, regardless of your age or health status, to make your future health care preferences known.

The campaign challenges everyone to discuss what living well means to you and to consider who you would want to speak for you, if you could no longer communicate or make your own health care decisions.

It's been successful in starting tough but important conversations across the country.

What is advance planning?

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Advance care planning helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences.

How do I get started?

There are three things you need to do to start advance care planning.

Be open - start thinking about your health, values and preferences.

Be ready - talk with family members or those closest to you.

Be heard - share your preferences to be ready for the future

A free, Advance Care Planning: Getting Started Guide is available to download at:

advancecareplanning.org.au or call 1300 208 582





Help paying your bills

There are many reasons you may struggle to pay your energy bills:

- higher energy prices
- change in income
- you're already experiencing financial distress.

There are a few things you can do to help.

Talk to your energy company

Energy companies usually have a hardship team. This team will be able to discuss your assistance options, such as paying smaller amounts more often or delaying the payment of a bill.

Concessions and grants

Eligible concession cardholders can receive discounts on their energy bills and you may also be entitled to a grant to help pay your bill.

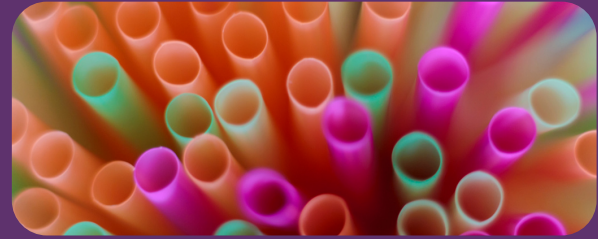
\$250 Power Saving Bonus Payment

A new round of the Power Saving Bonus program will commence on 24 March 2023. Victorian households will be able to receive a new \$250 payment, including any households that received a payment through the current round. You can apply for the new \$250 payment by returning to the website from 24 March 2023.

If you haven't yet applied for the current round of the \$250 Power Saving Bonus applications for the current round can be submitted up until midnight on 23 March 2023.

Visit: compare.energy.vic.gov.au

Short Snaps



Single-Use Plastics Ban

From 1 February 2023, single-use plastic drinking straws, plates, cutlery, drink stirrers, cotton bud sticks and expanded polystyrene food service items were banned in Victoria.



Book a Hard Waste Collection

Do you have things you need to get rid of? Booking a hard waste collection is free and easy.



What's On

Stay up-to-date with everything that is happening in Greater Dandenong by visiting our online events calendar or subscribing to our What's On newsletter.

More information:

greaterdandenong.vic.gov.au

Collect from Customer Service Centres located at:

Dandenong Civic Centre

Parkmore Shopping Centre

Springvale Community Hub

**Please contact the Positive Ageing team on 8571 5556 or
email positiveageing@cgd.vic.gov.au for more details.**

Subscribe to receive electronically:

greaterdandenong.vic.gov.au/living-well-greater-dandenong



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greaterdandenong.vic.gov.au



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