

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG



GREATER  
DANDENONG  
*City of Opportunity*

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### June/July 2023

Following the Royal Commission into Aged Care you may be aware that the government is reviewing the aged care system with a view of creating a simpler and more effective system for older Australians. This includes:

- make sure aged care residents have access to a registered nurse in every aged care facility on site, 24 hours a day, 7 days a week
- enable a sector average of 215 care minutes per resident per day
- ensure better food for aged care residents
- provide tailored support for older people with disability
- increase access to culturally safe care for First Nations Elders and older Australians from diverse communities
- limit the amount home care recipients can be charged in administration and management fees
- redesign in-home aged care to meet the changing needs of older Australians
- empower older Australians to make informed choices
- introduce stronger regulation and independent oversight to protect older Australians from neglectful practices.

Council encourages everyone to continue to have their say about the aged care reforms.

Visit [agedcareengagement.health.gov.au](https://agedcareengagement.health.gov.au)  
Phone 1800 318 209 (Aged care reform free-call phone line)

For a free 20-page booklet visit:  
[www.health.gov.au/resources/publications/reforming-aged-care-in-australia](https://www.health.gov.au/resources/publications/reforming-aged-care-in-australia)

The Positive Ageing Team

# Get Involved



## Springvale Snow Fest

Every winter Council transforms Buckingham Avenue in Springvale into a huge, snowy street party.

Experience this award-winning winter carnival and street food festival with the whole family. Visit the snow play areas filled with real snow trucked in from the slopes of Mt Buller, enjoy a range of free activities and enjoy the most delicious street food from around the world.

Springvale Snow Fest ends with a spectacular fireworks display lighting up the Springvale night sky.

Join the fun on Sunday 30 July, from 12pm-7pm. Visit [snowfest.com.au](http://snowfest.com.au) for more information.

## Recycle Household Items

Declutter your home and reduce your waste to landfill by donating reusable items through the Homecycle program.

Smaller household items including clothes, linen, homewares, sporting equipment and small electrical items can be donated via the one-off kerbside Homecycle collection.

Just add your items to your kerbside yellow lid bin the day after your normal collection pick-up and the items will be collected for charitable donation.

Homecycle runs from Tuesday 13 June to Saturday 24 June. Visit [greaterdandenong.vic.gov.au/homecycle](http://greaterdandenong.vic.gov.au/homecycle)



## Seniors Festival 2023

The theme for this year's festival is "Learn Love Live" and across the month of October we will have a variety of events for our seniors to enjoy including social connections, speakers, activities, and dancing. Look out for our bumper next edition of Living Well for all the details.

## Community Transport

Community Transport provides safe, reliable and affordable, door-to-door transport to shopping centres and community venues. We have recently launched multiple stops on some of our existing bus trips for additional shopping options as well as transport to medical centres. We will be adding even more bus trips and venues over the coming months.

New transport options include:

- Home Co.
- Select medical centres
- Neighbourhood Houses
- Dandenong Hydrotherapy Oasis Pool

For more information and to enquire about venues please call us on 8571 5556.

# Shop Seasonal at Dandenong Market



It's no surprise most of us are looking for ways to save money on food bills while still enjoying fresh and nutritious meals.

Research shows a healthy diet costs low-income households 20-30 per cent of their disposable income. But a healthy diet remains cheaper than one dominated by highly processed foods and drinks.

Dandenong Market General Manager Ian Sumpter said poor quality food can affect a person's nutrition.

"This can contribute to significant (and expensive) chronic health risks in the long-run and worsen someone's standard of living."

Dandenong Market has an abundance of fresh fruits, vegetables, and other healthy foods at prices that are up to 50 per cent less than supermarkets. "We believe that healthy eating should be accessible to everyone, regardless of their budget," Mr Sumpter said.

"Every Market day, our traders offer the freshest and most affordable produce possible. We encourage everyone to shop seasonally: that is, to enjoy produce when it's in season.

"At the moment, we are loving apples, bananas, mandarins, oranges, pears, quince and delicious rhubarb.

"Our vegetable table has beetroot, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, leek, mushrooms, parsnip, silverbeet, snow peas, spinach, spring onions, and turnips.

"The Market is a smorgasbord of choice. And, on our website, we have more than 200 recipes using Market ingredients, so you can enjoy healthy, delicious meals without breaking the bank."

To stay up-to-date on the Market's latest specials and promotions, subscribe to the weekly newsletter.

There are 20 disability parks available across the Market's car parks, a lift from the multi-level car park and plenty of seating throughout the Market for regular rest breaks. Accessible toilets are also available.

"Everyone is welcome at Dandenong Market," Mr Sumpter said. "We look forward to seeing you soon and helping you save money on your next grocery trip."

Visit [dandenongmarket.com.au](http://dandenongmarket.com.au) for more information and to sign up for the Market newsletter.

# Day Trips



## Bookings open Tuesday 23 May 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**

## Moorabbin Air Museum and The Naked Racer Cafe

This museum has one of the most significant collections of aircrafts & engines in Australia. Afterwards enjoy lunch at The Naked Racer Cafe.

### Tuesday 6 June

Depart/Return: 10am - 3pm

Transport cost: \$12.60

Admission: Adult: \$10 Concession \$7

Lunch: Meals start at \$21



## Tyabb Packing House

It is one of the largest spaces dedicated to; antiques, deco, old wares, scientific, retro and vintage, along with memorabilia, fine art, jewellery and a secondhand bookshop covering every subject and old wares all within a historic packing shed.

### Friday 16 June

Depart/Return: 9.45am - 2pm

Transport cost: \$12.60

Admission: Free

Lunch: Purchase at cafe or BYO

## 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 knows what matters to you most.

### Thursday 22 June

10.00am - 11.30am

Room 1 & 2 Springvale Library 5 Hillcrest Grove, Springvale

Free morning tea. Bookings essential.





## Old Gipps town Heritage Park

Old Gipps town is an open-air museum and reconstructed pioneer township located in Moe. It portrays the settlement era of Gippsland from the 1850s through to the 1950s. Admission includes entry, guided tour and light morning tea.

**Wednesday 28 June**

Depart/Return: 8.45am - 3pm

Transport cost: \$18.80

Admission: \$20.50

Lunch: Purchase at café or BYO



## McClelland Gallery and Frankies Cafe Lunch

A unique, discovery-based experience of iconic Australian art and sculpture in an open air environment of 16 hectare of natural bushland. One hour guided tour included.

**Wednesday 5 July**

Depart/Return: 10am - 3pm

Transport cost: \$12.60

Admission: Adult \$10 Concession \$6

Lunch: Frankies Cafe meals from \$20



## Rose Cottage Restaurant Monbulk

Come and join us at this hidden gem nestled in the Dandenong Ranges, Rose Cottage Restaurant Monbulk. Enjoy a set two course menu in a homely cottage setting.

**Friday 14 July**

Depart/Return: 11am - 3pm

Transport cost: \$12.60

Admission: Free

Lunch: \$23.00 2 Course Lunch Menu





## Seniors Afternoon Dance

Come and join us in the Supper Room, Springvale Town Hall for an afternoon of singing and dancing with entertainer Steve Van.

**Tuesday 18 July**

Time: 1pm - 3pm

Admission: \$5

Main Hall, Springvale Town Hall

5 Hillcrest Grove Springvale

Free afternoon tea provided



## Pentridge Prison Tour H-Division: Unlocked

Experience the infamous history of Pentridge Prison. H-Division known as Hell Division to its inmates, this tour covers the dark heart of Pentridge.

**Warning:** This tour includes depictions of challenging subject matter.

**Wednesday 26 July**

Depart/Return: 9am - 3pm

Transport cost: \$18.80

Admission: Adult \$38, Concession \$35

Lunch: Purchase at cafe or BYO



## Dromana Indoor Market and Miller's Bread Kitchen

Over 90 indoor market stalls with an array of handmade items, plants, art and vintage goodies, what hidden treasure will you find?

A short walk away is Miller's Kitchen with a wide range of pastries, pies, sandwiches, coffee and more.

**Monday 31 July**

Depart/Return: 9.30am - 3pm

Transport cost: \$12.60

Admission: Free

Lunch: Purchase at cafe or BYO





# The Older Persons Advocacy Network

Self-advocacy means being able to speak up for yourself and make informed decisions and is a powerful tool to better represent yourself.

The Older Persons Advocacy Network (OPAN) has released a free self-advocacy toolkit to support your experience with the aged care sector.

If you are looking into or already using aged care services, or care for someone who is, the toolkit can give you the skills, information and resources you need to speak up for better aged care.

The toolkit has been funded as part of the National Aged Care Advocacy Program and is free to use.

The toolkit includes information on:

- Your aged care rights
- Your aged care options
- Solving common aged care problems
- Protecting yourself from harm
- How to get help with decision making
- Aged care costs.



For more information or to access the toolkit contact OPAN on 1800 700 600 8am-8pm Monday to Friday and 10am-4pm on Saturday or visit [opan.org.au](http://opan.org.au)

## Urgent Care When it's Not an Emergency



Dandenong Priority Primary Care Centre provides care for urgent but non-life-threatening conditions.

Care is available for everyone, with or without a Medicare card. Translators, Pathology and Imaging services are available onsite.

The centre is located at 1/134 Logis Boulevard, Dandenong South.

Open 7 days a week 7am-11pm.

For appointments phone 9087 8351, walk-ins accepted.

**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](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)**



(03) 8571 1000



[council@cgd.vic.gov.au](mailto:council@cgd.vic.gov.au)



[greaterdandenong.vic.gov.au](http://greaterdandenong.vic.gov.au)



TTY: 133 677

Speak and listen: 1300 555 727

Online: [relayservice.gov.au](http://relayservice.gov.au)



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