

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG

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## August/September 2023

Welcome to the fourth edition of Living Well.

Thank you to those who contributed to our Social Connections survey. We appreciate you taking the time to tell us the types of activities you are interested in and we have used this information to create our Seniors Festival program.

Seniors Festival is celebrated every October and we have an exciting schedule for 2023 with information on page 7. The library will also be holding some events and details for these are on pages 7-10. We will also have day trips during Seniors Festival and these will be advertised in the next edition of the Living Well newsletter.

On page 3 we have an article outlining the review into Council's future role in aged and disability support services. There are details on the bottom of the article on how you can make contact with Council if you have any questions and how you can keep up to date with the review.

Don't forget to check out our day trips in August and September on pages 4-6. There are many opportunities to visit some unique places across Melbourne and to join with other older people. If you would like more information regarding our day trips please phone 8571 5556.

The Positive Ageing Team



# Get Involved



The Kindness Community provides a free meal service for disadvantaged community members in Greater Dandenong every Tuesday. Since its launch in March 2020, they have served over 10,000 meals. Their vision is to “break the cycle of poverty and isolation through essential support services and programs that build personal empowerment and community connection”.

The Mayor, Cr Eden Foster recently visited Council's Social Support Program at Mackay Street, Springvale South to see the great work being undertaken by participants and staff in knitting over 60 beanies that were donated to the Kindness Community and distributed to those in need.

To find out more about the Kindness Community email [info@kindnesscommunity.org.au](mailto:info@kindnesscommunity.org.au)



## Greater Dandenong Children's Festival

If you look after grandchildren and want to find some great activities to keep them entertained, consider the Greater Dandenong Children's Festival. Running across the September school holidays, the much-loved festival features workshops and activities aimed at children aged 5-12 years old. More information coming soon.

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

## Drum Theatre

If you would love to share a theatre experience with the little ones, The Drum presents *The Snow Queen* on Sunday 20 August at 2.30pm.

Based on the classic Hans Christian Anderson fairy tale, *The Snow Queen* is a beautiful ballet that portrays the heart-warming story of the young Gerda and her struggle against an evil and icy foe. *The Snow Queen* is full of magical imagery, intrigue, drama and suspense. This performance is suitable and enjoyable for all ages.

Phone the Drum Theatre on 8571 1666 for bookings or visit [drum.greaterdandenong.vic.gov.au](http://drum.greaterdandenong.vic.gov.au)



# Aged Care Reforms

## Review into Council's future role in aged and disability support services

The Commonwealth Government is making changes to aged care to improve outcomes for older people in our community.

We understand the aim of these changes is to provide more flexible and responsive services for older people who wish to stay safe and well in their own homes for as long as possible.

Greater Dandenong City Council, as a long time provider of Commonwealth subsidised aged care in home support services must now determine what impact the implementation of these changes will have on our Greater Dandenong community, and what Council's role will be in future to ensure the needs of our older residents and residents with a disability continue to be met.

Over the coming months, Council will undertake extensive consultation with our existing clients and their families, as well as a wide range of other interested community members and key stakeholders. We will soon share with you the various ways you can share your thoughts with us.

This aim of the consultation is to determine the current and future needs of our ageing community. The feedback received will help Council to identify what future service options will best meet the needs of our community.

Please be assured that no decision has been made yet as to Council's future role in aged care and disability support services, and no changes are currently being made to the services you receive.

If any changes to our current in home care services are deemed necessary, these will not take effect prior to June 2024, nor without a Council resolution.

We do understand that uncertainty can be very unsettling. Please know we are here to support our older residents.

If you have any questions, please email [agedcare@cgd.vic.gov.au](mailto:agedcare@cgd.vic.gov.au) or scan the QR code below to be taken to our web page: [greaterdandeong.vic.gov.au/aged-care-reforms](http://greaterdandeong.vic.gov.au/aged-care-reforms)





# Day Trips



## Bookings open Tuesday 18 July 2023 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 5556**

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

### Rivers of Yarrambat Lunch

Modern, glass-walled cafe in a sprawling garden centre, with an inventive menu and homemade cakes.

#### Wednesday 9 August

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



### Geelong Amazing Mill Markets

At the Amazing Mill Markets you will find a selection of vintage clothes, vintage furniture, collectibles, antiques, memorabilia, home decor, fine china, art, glass, coins, jewellery, books and records - to name a few.

#### Monday 14 August

Depart/Return: 8.30am-4pm  
Transport cost: \$22.00 (inc GST)  
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.

#### Thursday 24 August

Depart/Return: 9am-3.30pm  
Transport cost: \$22.00 (inc GST)  
Admission: Adult \$15, Concession \$12  
Lunch: Purchase at cafe or BYO







## 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 30 August**

Depart/Return: 9am-3pm

Transport cost: \$14.60 (inc GST)

Admission: Adult: \$38, Concession \$35

Lunch: Purchase at café or BYO



## Alowyn Gardens and Yarra Valley Chocolaterie

Beautiful seven acre display garden in the heart of the Yarra Valley. Featuring seven distinct garden areas with seasonal displays. Extensive plant nursery with interesting and unusual plants. Cafe with coffee, devonshire tea and cakes. We will be stopping at Yarra Valley Chocolaterie where you can purchase lunch or a snack.

**Tuesday 5 September**

Depart/Return: 9am-3.30pm

Transport cost: \$22.00 (inc GST)

Admission: Adult \$15 Concession \$12.50

Lunch: Purchase at Cafe, Chocolaterie or BYO



## 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 8 September**

Depart/Return: 11am-3pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: \$23.00 Two Course Lunch Menu







## 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 13 September

Depart/Return: 9am-2pm

Transport: \$14.60 (inc GST)

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

Lunch: Not included - Devonshire Tea only



## Tesselaar Tulip Farm & Emerald Bakery

More than a million spring flowering bulbs are on show, including over 900,000 Tulips. Live entertainment, delicious foods and so much more!

### Thursday 21 September

Depart/Return: 9am-3pm

Transport cost: \$14.60 (inc GST)

Admission: Adult \$34.00

Lunch: Purchase at cafe or BYO

## Como House & Gardens

Join us for a guided tour of the house for a glimpse into the opulent lifestyles of former owners, including the Armytage family, who lived there for over a century. Famous among Melbourne high society for its elegant dances, dinners and receptions, the home remains furnished with original family heirlooms. No charge to view the gardens.

### Wednesday 27 September

Depart/Return: 11am-4pm

Transport cost: \$14.60 (inc GST)

Admission: Adult \$15, Concession \$12

Lunch: Purchase at cafe or BYO





# Seniors Festival 2023



Seniors Festival is delivered throughout the month of October statewide. This year we will have popular day trips (details in the next newsletter), a Seniors Afternoon Dance on Monday 9 October and the Greater Dandenong Libraries will celebrate our seniors with a series of programs that aim to meet practical needs in a fun and enjoyable way.

This major state-wide festival for Victorians over 60 focuses on providing free or low-cost events and activities, across the month of October, designed to bring seniors together to enjoy themselves, learn new skills and make new friends.

Seniors online Victoria is currently planning the 2023 Festival activities and are pleased to say the free public transport week will run from 1-8 October 2023. They will be updating their website as the events come online so be sure to check it out in the coming months. [Victorian Seniors Festival](#)



## Seniors Afternoon Dance

Come and join us in the Main Hall, Springvale City Hall for an afternoon of singing and dancing with entertainer

**Monday 9 October**

Time: 1pm-3pm

Admission: \$5

Main Hall, Springvale City Hall

5 Hillcrest Grove, Springvale

Free afternoon tea provided

## Conversation Circle

Do you want to improve your spoken English? Come along to this friendly and relaxing conversation session, where a library staff member will provide fun games and interesting everyday topics to help you practise your English.

**Dandenong Library**

Wednesdays weekly 6pm-7.30pm

For more details or to book phone 1300 630 920 or

<https://libraries.greaterdandenong.vic.gov.au/libraries/events/conversation-circle-low-intermediate>





# Seniors Festival Events October 2023



## Singing Masterclass

Facilitator Julia will be playing the keyboard and singing hit songs from the 60s, 70s, 80s. Come and join in this fun singalong, and make request of your favourite songs.

Wednesday 4 October 11am-12pm  
Thursday 26 October 2pm-3pm

For more details or to book phone 1300 630 920  
or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## History Month

Greater Dandenong Libraries will be delivering a set of three sessions covering varied aspects of Victorian History. This program will be delivered using hybrid technology that allows both in person and online attendance within the community.

**The three sessions will be held at the Springvale Hub**  
Wednesday 4 October 6.30pm-8pm  
Wednesday 18 October 6.30pm-8pm  
Wednesday 1 November 6.30pm-8pm

For more details or to book phone  
1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Get Online Week

In this program you will learn how to use the popular website Snapfish to create a Keepsake. Enjoy learning the best way to put together your most valued memories with the support from library staff.

### Springvale Hub

Tuesday 17 October 10am-12pm

### Dandenong Library

Thursday 19 October 10am-12pm

For more details or to book phone  
1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)

Save the date



16 - 22 October 2023



# Seniors Festival Events October 2023



## Coffee Arvo and Line Dancing

Enjoy a well deserved afternoon tea or coffee after a line dancing afternoon with guidance from an experienced line dance instructor.

### Springvale Community Hub

Wednesday 18 October 2.30pm-3.30pm

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Narelle Fraser

Learn from an ex-Detective the best way to stay safe in your homes. Listen to some of the stories she has to share from her experiences in her profession.

### Springvale Community Hub

Wednesday 25 October 6.30pm-8pm

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Grandparents Story Time

Join your grandchildren in this special story time themed around grandparents. Enjoy storytelling, songs, and crafts. For ages 3+

### Dandenong Library

Thursday 12 October 10.30am-11am

### Springvale Community Hub

Thursday 12 October 10.30am-11am

For more details or to book phone 1300 630 920  
[libraries.greaterdandenong.vic.gov.au/childrens-programs](http://libraries.greaterdandenong.vic.gov.au/childrens-programs)





# Seniors Festival Events October 2023



## Book Club

Get online and join The DandEreaders. Read or listen to a book that is assigned each month from the OverDrive collection and later join the discussion meeting online.

Technical assistance is also provided to get you set up with OverDrive, and to show you how to access the link to the online discussion.

Wednesday 4 October 11am-12pm  
Thursday 26 October 2pm-3pm

## Coffee Club

Enjoy a morning cuppa with friends and library staff. Discuss your favourite books and share titles to read next. Take the time to browse our collection or place holds on books with help from staff.

### Springvale Community Hub

Monday 2 October and Monday 16 October  
11.30am-12.30pm

### Dandenong Library

Monday 9 October and Monday 23 October  
11.30am-12.30pm

For more details or to book contact: 1300 630 920  
or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Social Knitwork

Join in the fun with this knitting group. Make new friends while building on skills, sharing patterns, stories, and a good time.

### Dandenong Library

Wednesday weekly 10am-12.30pm

For more details or to book phone 1300 630 920 or  
<https://libraries.greaterdandenong.vic.gov.au/libraries/events/social-knitwork>





# Seniors Afternoon Dance



Monday 9 October

Band O' Gold



1pm-3pm



Springvale City Hall  
18 Grace Park Ave  
Springvale

Cost: \$5 payment at the door.  
Includes light afternoon tea.

Bookings essential, phone 8571 5556







## Celebrating our Centenarians

**Council wants to celebrate residents who have celebrated their 100th birthday.**

We would love to hear from residents or family members of people who are aged 100 years or older so we can celebrate our centenarians during Senior's Festival in October 2023.

To be eligible the nominated person must:

- be 100 years or older
- live in the City of Greater Dandenong
- consent to be nominated.

To celebrate a local centenarian email the Positive Ageing Team at [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au) or phone 8571 5556.



## Hydrotherapy classes at Dandenong Oasis

Hydrotherapy is the use of water for therapy, rehabilitation, exercise, relaxation and more. There are many benefits to hydrotherapy, it can help to decrease pain and swelling, increase function, strength and range of movement. It has been shown to improve mood and sleep in some, and support fitness and weight loss in others.

The Positive Ageing team have two classes each week for hydrotherapy at Dandenong Oasis and classes are open to people over the age of 65.

For more details and to book phone 8571 5556 or email [communitysocialsupport@cgd.vic.gov.au](mailto:communitysocialsupport@cgd.vic.gov.au)



## Social Support Group

Would you love to go out but require additional support?

We have the location for you.

With lovely staff, a range of indoor/outdoor activities and short excursions, there is something for everyone.

## Exercise Classes

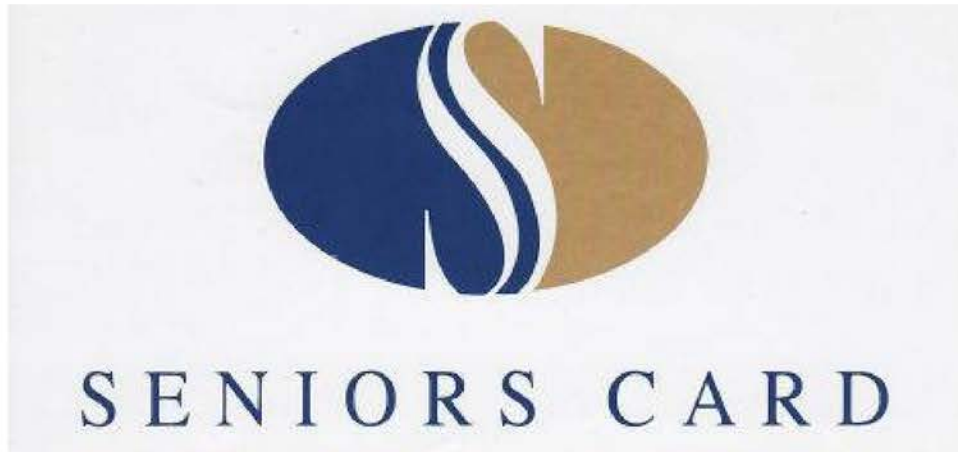
Our social support group provides a range of affordable exercise classes that can assist you to regain or maintain your strength and resilience, remain socially connected and living independently.

Exercise classes are run by a qualified physiotherapist and include a range of activities for people of all abilities. Classes are open to people over the age of 65.

Phone 8571 5556 or email [communitysocialsupport@cgd.vic.gov.au](mailto:communitysocialsupport@cgd.vic.gov.au) to find out how you can get involved.



# Victorian Seniors Card



The Victorian Seniors Card program is a free program that encourages you to keep active and engaged in the community.

You are eligible for a Victorian Seniors Card if you are:

- 60 years of age or over
- a permanent resident of Australia, residing in Victoria, and
- working less than 35 hours per week in paid employment, or fully retired.

You can apply for a Seniors Card online at: [cardoperations.force.com/SeniorsApplication/s/](http://cardoperations.force.com/SeniorsApplication/s/)  
Forms are also available at your local library.

The Victorian Seniors Card gives you access to a range of benefits including free and concession prices for public transport travel and an exemption from a Fishing License to fish in Victorian waters.

It also gives you access to a range of discounts on:

- accommodation
- food and drinks
- ageing and aged care services
- automotive care
- health and beauty
- house and home services
- professional services such as legal and real estate
- retail outlets
- utility bills.

Always remember to ask if there are any Seniors Card discounts wherever you visit.

For a full list of discounts and participating places visit [seniorsonline.vic.gov.au/discount-directory](http://seniorsonline.vic.gov.au/discount-directory)

If you are working more than 35 hours per week in paid employment, you can apply for the Seniors Business Discount Card.

Visit: [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au)

## **The Age Friendly Partners Program**

This program addresses consumer issues and social inclusion barriers that affect seniors, and partners with businesses to improve customer service.

Benefits include:

- discount energy plans with AGL Energy
- age friendly shopping precincts
- tech savvy senior workshops online or in public libraries.

For more information on the Age Friendly Partners Program visit [seniorsonline.vic.gov.au/get-involved/age-friendly-partners-program](http://seniorsonline.vic.gov.au/get-involved/age-friendly-partners-program)





## Free Public Transport October 2023

### **Eight days of free public transport Sunday 1 October to Sunday 8 October**

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from Sunday 1 October to Sunday 8 October.

#### **How to travel during the free travel period**

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. The system is set to automatically recognize Seniors myki cards so you can travel for free across this time.

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

#### **Where you can go**

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

- Melbourne trains, trams and buses
- regional trains, coaches and buses (including regional town bus services).

We recommend travelling during off-peak hours. You'll be more likely to find a seat.

#### **Useful information for booking travel in regional Victoria**

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station, agent or phone 1800 800 007 from 10am on Tuesday 5 September.
- Seats can fill quickly so book early. You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent.
- For larger groups, please visit [www.vline.com.au/grouptravel](http://www.vline.com.au/grouptravel) to submit a group booking request from 10am on Tuesday 5 September.
- If you book and can't travel, let us know prior as your seats can be allocated to other customers wanting to travel.

To plan a journey use Journey planner, download the free PTV app or phone on 1800 800 007.

## Dying to Know Day

Dying to Know Day (8 August) is an annual campaign that empowers all adult Australians to be strong self-advocates for their own future.

During August, adults at all stages of life are encouraged to take individual action to improve their knowledge around choices for their end-of-life.

Visit the website to find helpful guides, toolkits and resources to support taking action and having conversations with the people most important to you about your unique choices and wishes for your end-of-life.

Topics include preparing a will, securing your super and advance care planning.

Visit: [dyingtoknowday.com](http://dyingtoknowday.com)





# Carbon Monoxide Warning

Carbon monoxide poisoning can cause a range of symptoms including headache, nausea and vomiting, skin flushing, muscle pain, weakness, shortness of breath, dizziness, coordination difficulties, confusion, or chest pain. Symptoms can be mistaken for flu-like illness or food poisoning.

Very high levels of carbon monoxide can cause loss of consciousness, seizures and death.

Anyone concerned that they may have carbon monoxide poisoning should:

- immediately turn off all gas appliances
- open doors and windows to ventilate the area
- leave the property, keeping the doors and windows open if possible
- seek medical advice immediately or phone NURSE-ON-CALL on 1300 60 60 24
- in an emergency phone 000.

All gas appliances should be checked regularly to prevent leaks. Energy Safe Victoria recommends gas heaters should be serviced and tested every two years by a licensed or registered gas fitter. Visit [esv.vic.gov.au](http://esv.vic.gov.au) for more information.



**DANGER**  
**CARBON  
MONOXIDE**

# Useful Contacts

## My Aged Care

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Phone: 1800 200 422 (Monday-Friday, 8am-8pm and Saturday 10am-2pm)

## South East Community Links – Springvale Community Aid & Advice Bureau Division

A local service to assist people experiencing personal and financial difficulties by providing information, referral and support services.

5 Osborne Avenue Springvale

Phone: 9546 5255

Website: [www.secl.org.au](http://www.secl.org.au)

## Seniors Rights Victoria

Information on your rights and resources.

Email: [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au)

Phone: 1300 368 821

## Seniors Online

Information for Senior Victorians to participate in community life, maximise their health and wellbeing and age well.

Information on how to apply for a Seniors Card.

Website: [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

## Alfred Health Carer Services

Supports unpaid family members and friends who care for someone who is frail aged or has a disability.

Website: [www.carergateway.gov.au](http://www.carergateway.gov.au)

Phone: 1800 422 737

## OPAN (Older Persons Advocacy Network)

OPAN helps you understand and exercise your rights, access aged care services and solve aged care problems.

Website: [www.opan.org.au](http://www.opan.org.au)

Phone: 1800 700 600



**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)**

 (03) 8571 1000  
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 [greaterdandenong.vic.gov.au](http://greaterdandenong.vic.gov.au)



TTY: 133 677  
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