

# Ageing Well in Nillumbik

## Autumn 2022

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### Hello readers

Welcome to Ageing Well in Nillumbik, a quarterly newsletter to keep residents up to date with Council, community news, events and information to help you live well, and age even better. This edition is full of local events and activities. Enjoy and take care!

If you would like to be added to our mailing list you can email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or call **9433 3345** and leave your preferred contact address.

**If you need this document in another format please contact us on 9433 3111.**



### Ageing Disgracefully

Join us for morning tea to acknowledge World Elder Abuse Awareness Day with Christine Lister, who will be sharing her experience of 'Ageing Disgracefully'. This is a tongue-in-cheek look at the experience of ageing in today's world, and will encourage you to think about your own journey.

**When:** Wednesday 15 June 2022, 10:30am – 12pm

**Where:** Eltham Community and Reception Centre, 801 Main Rd, Eltham.

**Cost:** FREE

Morning tea provided.

RSVPs necessary for catering purposes.

To RSVP, go to [weaad-christine-lister.eventbrite.com.au](https://www.eventbrite.com.au/weaad-christine-lister) or call **9433 3345**.

If you have any questions, dietary requirements or need support with transport, please contact Council's Social Connection Officer on **9433 3111**.

We hope to see you there!

## Celebrating our grandparents

You are invited to a free morning tea for grandparents.



Visit the  
Nillumbik  
Parenting Hub  
website for more  
information  
[nillumbik.vic.gov.au/  
Parenting-Hub](https://nillumbik.vic.gov.au/Parenting-Hub)

Are you a grandparent?

We are looking to connect with grandparents to find out about your experience of grand-parenting and the supports you may need in your role.

Join us for morning tea and share your experiences with each other.

Please register for catering purposes. If you have any questions or need support with transport, please contact Fiona Vuong, Positive Ageing Officer on **9433 3345** or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

**Attendees are required to show proof of vaccination.**

We aim to ensure that people have equal access to the information presented in this session. For more details or to discuss how we can make these sessions more inclusive and accessible for you please contact **9433 3345** or [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

Wednesday 20 April, 10am – 12pm  
at Eltham Library  
[grandparentsmorningtea-  
eltham.eventbrite.com.au](https://grandparentsmorningtea-eltham.eventbrite.com.au)

Tuesday 26 April, 10am – 12pm  
at St Andrews Wadambuk Community  
Centre [grandparentsmorningtea-  
standrews.eventbrite.com.au](https://grandparentsmorningtea-standrews.eventbrite.com.au)

Thursday 5 May, 10am -12pm  
at Hurstbridge Community Hub  
[grandparentsmorningtea-  
hurstbridge.eventbrite.com.au](https://grandparentsmorningtea-hurstbridge.eventbrite.com.au)

In collaboration with Grandparents Victoria as part of the Nillumbik Parenting Hub Series.



# The Nillumbik **PARENTING HUB**

## Nillumbik Parenting Hub

**The Nillumbik Parenting Series aims to provide strategies and tools to help families strengthen their skills to positively support children and young people, and respond effectively during challenging times.**

The Parenting Series offers a range of online information sessions, covering topics including babies and toddlers, early years, youth and general parenting tips.

Book online: [nillumbik.vic.gov.au/People-and-family/Children-and-parents/Nillumbik-Parenting-Hub](https://nillumbik.vic.gov.au/People-and-family/Children-and-parents/Nillumbik-Parenting-Hub)

**Body Confident  
Children and Teens,  
Wednesday 6 April,  
7- 8.30pm**

**Online \$5 (free for concession  
card holders)**

Join the Butterfly Foundation to learn practical information and tips on promoting positive body image in the home throughout childhood and adolescence. This session is suitable for parents, carers and grandparents of children and teenagers.

**Cyber and Social Media  
Safety For Teens,  
Tuesday 21 June,  
7-8.30pm**

**Online, \$5 (free for concession  
card holders)**

Join YSafe for this parent education session on cyber and social media safety for young people. This session is suitable for parents, carers and grandparents of teenagers and older children.





Mayor Frances Eyre with Lorraine Hudson



Miranda Armstrong, Mayor Frances Eyre and Marlis Dopheide.

## Nillumbik's 2022 Australia Day awards

**Our joint Citizen of the Year Award recipients – who were also named Volunteers of the Year – are Eltham residents Miranda Armstrong and Marlis Dopheide. Miranda and Marlis (nicknamed 'M&M') have spent many years assisting refugees to move to Australia, secure housing and safety for their children, and start a new life.**

Both widows, M&M purchased a house together in 2013, had the property extended, and began offering a place for refugees to stay. They helped families and individuals fleeing countries like Syria and Somalia to find homes, and follow educational and professional pursuits. In 2021, M&M were instrumental in securing safe passage for two women from Afghanistan. The women's husbands (who M&M regard as family) were living in Australia and desperate to see their wives – who'd been trapped in Kabul when the Taliban took over – come to Australia. They were reunited in November.

### **Lorraine Hudson of Hurstbridge is our Senior Citizen of the Year.**

For more than three months in 2021, Lorraine spent three days a week preparing meals that she would hand out to community members in the heart of Diamond Creek.

In that period, Lorraine prepared 80-100 meals each week, including soups and sweet and sour chicken, in addition to hundreds of pasties and sausage rolls. The task required a commitment of 15-18 hours across each Saturday, Sunday and Monday.

Ageing Well in Nillumbik

The food Lorraine cooked was available to all – those who were struggling, those who were busy, and anyone who simply didn't feel up to cooking. Each Monday night, Lorraine held a stall outside DC Meats (run by her son Daniel, who supported her throughout the endeavour) where she distributed her meals, brightening the day of many locals who were doing it tough throughout the pandemic.

At the Australia Day 2022 Awards Ceremony, Mayor Frances Eyre thanked and congratulated the winners for their selfless contributions.

“ COVID has affected our community socially, financially and emotionally. However, through this adversity it's been so inspiring to see a sense of giving and a commitment to helping others shine through.

That all the Award recipients have been recognised for their tireless work to help ease the difficulties experienced by others, is a reflection of a strong local community spirit.”

Cr Eyre said.

## Dear Stacie...

### Do you have a question about the aged care system and the supports available to help you live and age well?

Council's Aged Care Navigation and Advocacy Officer is here to help. If you have a question you would like answered (either in the newsletter or confidentially), please email Stacie [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au) or call **9433 3138**.

*Dear Stacie,*

I get support through My Aged Care to help me stay living at home independently. Someone comes in and cleans my bathroom and goes with me to the supermarket to do my grocery shopping. I appreciate the support but I would like to provide some feedback about the services that I receive.

Can you help?

*Dora*



*Dear Dora,*

Thank you for your question. It can be difficult to give feedback or make a complaint but there is help available to support you in this process.

The organisation providing your services, called a service provider, is responsible for ensuring you receive quality care and services. Your rights are outlined in the Charter of Aged Care Rights and your provider must provide care that complies with the Aged Care Quality Standards.

If you're concerned about the care you are receiving, you have the right to raise your concern or make a complaint. Doing this will not affect the services you receive.

Discuss the issue with your service provider first, as it may be something they can resolve. You have the right to stop services at any time or to change service providers.

If the service provider cannot resolve your complaints, or you don't feel comfortable raising your concerns with them, there is support available.

You can contact ERA (Elder Rights Advocacy) on 1800 700 600. This service is free and confidential. Advocates from OPAN can provide you with information about your rights, they can help you resolve specific issues of concern or support you to make comments or complaints about aged care services. The advocacy service is free, confidential and independent.

If you would like any further information, please call me on **9433 3138** during business hours or email [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au)

*Take care, Stacie*

Stacie  
Aged Care Navigation and Advocacy Officer  
Nillumbik Shire Council



## We're here to help

If you have a question you would like answered please email Council's Aged Care Navigation and Advocacy Officer [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au)



## Voluntary Assisted Dying

**Voluntary assisted dying is available to Victorians who are approaching their end of life and meet strict eligibility criteria.**

This session is open to anyone who wants to know more about this law, how to access it and some considerations for themselves and/or their loved ones?

There will be plenty of opportunity for questions – please note the presentation will be about accessing voluntary assisted dying – it will not be a debate for or against.

This session will be presented by a clinician from the Voluntary Assisted Dying Navigator Service.

Thursday 28 April 2022,  
10.30am – 12noon  
Diamond Valley Library,  
34 Civic Drive, Greensborough

**Call 9433 3138 for more information.**

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## All You Need to Know About Palliative Care

**National Palliative Care Week in May seeks to raise awareness about the many benefits of palliative care that assure quality in life, dignity in death and support in bereavement.**



Palliative care is care that helps people live their life as well as possible for as long as possible, when living with a life-limiting or terminal illness. This care supports the physical, emotional, spiritual and social needs of people living with a terminal illness, their families and their care team.

Come along to this session to learn about palliative care and to start the conversation about living, dying and grieving well.

In collaboration with Banksia Palliative Care Service

Wednesday 25 May 2022, 1.30 – 3pm  
Hurstbridge Community Hub

To book: [aboutpalliativecare.eventbrite.com.au](https://www.eventbrite.com.au/e/about-palliative-care-tickets-29187289411)

Light refreshments provided.  
For more details or to book call **9433 3138** or email [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au)

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## Grief and bereavement information session

**As we age, we are more likely to experience bereavement as well as non-death related grief and loss.**

We may experience losses such as a decline in our mental and physical health, loss of memory, loss of home as we know it, changes to our identity and less independence.

Come along to this free session facilitated by the Australian Centre for Grief and Bereavement. Learn about the complexities of grief and bereavement in a safe environment.

Monday 27 June 2022, 10.30 – 11.30am  
Diamond Valley Library,  
Civic Drive, Greensborough

To book: [griefandbereavement.eventbrite.com.au](https://www.eventbrite.com.au/e/grief-and-bereavement-tickets-29187289411)

**For information, call 9433 3138.**



## Help us yarn bomb Nillumbik!

**Every year, June 15 marks World Elder Abuse Awareness Day. Elder abuse is the manifestation of age discrimination and inequality in our society.**

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. Please visit our website [www.seniorsrights.org.au](http://www.seniorsrights.org.au) or contact our free, confidential Helpline: **1300 368 821**.

To acknowledge World Elder Abuse Awareness Day in 2022, Nillumbik Shire Council are calling on residents help us raise awareness of Elder Abuse and Seniors Rights by knitting, crocheting or creating pompoms and other decorations in the colour purple.

**Drop in to Diamond Valley Library or Eltham Library during June and pick up a book (or two!) from their curated reading list of books that challenge ageist stereotypes and celebrate ageing.**

How to get involved:

- If you have your own purple yarn, make a pompom or knit or crochet any item e.g. a square or long rectangle, in any pattern or type of yarn – as long as you use the colour purple!
- For those that need it, free purple yarn and instruction packs will be available throughout May at locations listed below

Your work will be displayed throughout June as 'yarn bombs' on trees, poles and other objects around the various townships in Nillumbik, along with information about support services and to raise awareness of elder abuse.

Drop off your decorations before Friday 20 May to:

- Council offices, Civic Dr, Greensborough VIC 3088.
- Eltham, Diamond Creek or Panton Hill Living & Learning Centre
- Hurstbridge Community Hub
- St Andrews Community Centre

Or to arrange collection, please call Fiona Vuong (Positive Ageing Officer) on **9433 3345**.



## U3A... a university of the 'third age'

The term 'U3A' describes a relaxed learning model which originated in France in 1973. Today, U3As exist worldwide and provide classes and social activities for retirees and semi retirees (members of the 'third age'). In Victoria around 100 U3As exist statewide.

The term 'university' is used in its original sense to describe a community of people sharing ideas and knowledge, rather than in the academic sense.

Nillumbik U3A has around 700 members and runs around 75 different classes at any one time. Our members come from both Nillumbik and the surrounding suburbs

## What do we offer?

About 70 learning areas... Including languages, literature and writing studies, discussion groups and current affairs, philosophy, First Nations studies, technology and much more.

*Our practical classes include...* arts and crafts, food and wine, music groups, book clubs. *We play mind games, too...* cards, mahjong, cryptic crosswords.

*We also practice 'wellness'...* chi kung, tai chi, yoga, *and we love outdoor activities...* tennis, golf and bushwalking.

## Something for everyone!

## Where are our classes?

Throughout  
Nillumbik...

Diamond Creek  
Eltham,  
Hurstbridge,  
Wattle Glen,  
Yarrambat  
and  
some members'  
private residences.

## Membership fees?

One low, yearly payment entitles our members to participate in multiple classes and activities.

*Check us out  
on our website...  
[www.nillumbiku3a.org.au](http://www.nillumbiku3a.org.au)  
or visit our Head  
Office in Eltham  
to talk to our  
friendly members!*

**OFFICE HOURS**  
(school terms only)  
1-3pm Mondays  
10am-midday  
Thursdays

**WEBSITE**  
[www.nillumbiku3a.org.au](http://www.nillumbiku3a.org.au)  
**EMAIL or PHONE**  
[office@nillumbiku3a.org.au](mailto:office@nillumbiku3a.org.au)  
**0468 300 764.**

**Visit our  
HEAD OFFICE...**  
Eltham Central Pavilion,  
18 Panther Place,  
Eltham 3095.

*Turn into Panther Place, drive  
under the trestle bridge, then  
right again - shared space with  
sports clubs in large building  
overlooking playing field.*

*Expand your  
interests! Join...*

**NILLUMBIK  
U3A**

*... and enjoy classes,  
sports, games and  
social outings.*





# Get On With Life

Join us for a morning filled with enjoyable presentations and informative connections for all.

If you are over 50, this event is for you!



GERARD MANSOUR  
COMMISSIONER FOR  
SENIOR VICTORIANS



CAROL O'HALLORAN  
HOST OF TV SHOW  
'OVER 50 SO WHAT!'



TONY SHAW  
AFL LEGEND AND  
RENOWNED SPEAKER

**Wednesday 29 June 2022 (NEW DATE!)**

Eltham Community and Reception Centre  
801 Main Road, Eltham

Open at 8:30am for 9am start to 12noon

FREE Breakfast. Registrations essential via Eventbrite  
Call 9433 3186 BH or email [omnigowl@gmail.com](mailto:omnigowl@gmail.com)



Proudly supported by



## Pandemic Art – PANArt

The Nillumbik U3A's Painting and Drawing group's exhibition ran from mid-December 2021 to mid-January 2022 in the Eltham Library Community Gallery. Read on for an excerpt from group tutor Leanne Ipsen's opening speech.

“ I have always loved to draw and paint. ”

It is a natural reaction to me to recreate the people, experiences and landscape into memorable records. Tutoring Nillumbik U3A Painting and Drawing with Brenda Smith has been a passionate joy.

Twenty six of us have enjoyed sharing this passion and although Covid19 dramatically changed the course of our classes, we have managed to continue our art privately, producing a PANART booklet and series of demonstration films (thanks to Judy Vizzari's design and technical skills and a State Government Seniors Festival Grant).

Recording dreams of this journey has been lifesaving!



## A story From the OC/DC Band (Old Codgers/Diamond Creek)

**This article was submitted by a member of the Diamond Creek Men's Shed OC/DC Band.**

We had an interesting band practice a couple of Wednesdays ago as our music attracted a friendly fellow who, we found out later, had dementia (aged around 65 -70) and had been walking for hours in the heat from his home in Research along the trail.

We gave him some drinks and I asked him for his wife's phone number but he couldn't remember it. So we sat him down and played some music including "Sweet Caroline" and he was having a great time and was joining in. We gave him the mic, "SWEET CAROLINE... BAH BAH BAAHM..."

Well, shortly after that, he remembered his wife's phone number. I'm sure it was the music that enlightened him. Anyway, long story short, I rang his wife. Their son had been looking after him at home and had gone downstairs for a moment only to return and find him gone. She was relieved to find him safe and sound. He seemed much more alert and he would have been happy to stay. He had offered some money which we joked and said we should take as it would be our only paying gig for the year.

The fellows were all lovely to him and it was heartwarming to see we can show care and compassion to strangers in need - that made our day, more than the music.

To find out more about the Diamond Creek Men's Shed and how you can join email [enquiries@dcmshed.com.au](mailto:enquiries@dcmshed.com.au)

## Have your say

This newsletter is a way for you to receive information about current events, have your say and receive other information about what is happening in Nillumbik.

We value your feedback about the Ageing Well in Nillumbik Newsletter, so please contact us with your contributions to this newsletter or offer any feedback and suggestions as to what you would like to see in future editions.

## Contact us

Please contact Fiona  
(Positive Ageing Officer)  
on 9433 3345 or email  
[positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)



### National Relay Service

If you are deaf or have a hearing or speech impairment, please contact us through the National Relay Service. TTY dial **133 677** or Speak & Listen **1300 555 727** or [relayservice.gov.au](http://relayservice.gov.au), then enter **9433 3111**.



### Interpreter Service

If you need an interpreter, please contact TIS National on **131 450** and ask to be connected Nillumbik Shire Council on **9433 3111**.