

# Ageing Well in Nillumbik

## Winter edition

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### Hello readers

Welcome to the special Ageing Well in Nillumbik Winter edition newsletter. Thank you once again to everyone who has contributed to this edition.

If you would like to be added to our mailing list 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**.

### Current restrictions in Victoria

Stay at home restrictions have been reinstated across metropolitan Melbourne and Mitchell Shire.

Please continue to monitor the Victorian Government's Department of Health and Human Services (DHHS) website for current advice.

[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

The re-introduction of restrictions can be distressing, and we encourage you to continue to look after yourselves, and check in with your friends and neighbours if you are able.

It's normal to feel anxious, confused, or worried. Look after yourself though and remember that you are not alone. Please reach out to one of the following services below if you need support. They are there to help and to listen.

#### 1. Lifeline

☎ Phone **13 11 14**

🕒 24/7 24 hours

Lifeline provides 24-hour crisis support and suicide prevention services.

#### 2. Older Australians

**COVID-19 Support Line**

☎ Phone **1800 171 866**

Monday to Friday 8.30am-6pm

Offers support to older people who are feeling lonely or distressed, troubled or confused, or need to talk to someone about their concerns caring for an older person during COVID-19.

#### 3. Coronavirus Mental Wellbeing Support Service

☎ Phone **1800 512 348**

🕒 24/7 24 hours

Operated by Beyond Blue, it offers phone counselling from trained mental health professionals. It can also assist with referrals to other providers such as services that offer financial support.



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



**Nillumbik**  
The Green Wedge Shire

# Assistance for older adults in Nillumbik

## Community Activation and Social Connector

Are you feeling lonely, socially isolated and/or need help or assistance during this time of COVID-19 for eg. food relief?

Council can help connect and link you into appropriate local organisations for support.

☎ Phone **1800 657 398** or **9433 3144**

✉ Email

**community.activation@nillumbik.vic.gov.au**



## Navigating the Aged Care system

Do you or someone you know need assistance understanding what supports and services are available for older adults in Nillumbik?

Council has a new service which can assist - Aged Care Navigation and Advocacy officer:

☎ Phone **9433 3138**

✉ Email

**community.activation@nillumbik.vic.gov.au**

## Social connection

Would you like opportunities to socially connect with others? Do you have ideas about what you would like to do to feel connected to your local community? Would you like to know more about what social opportunities are available in Nillumbik?

Council has a new service which can assist - Social Connections officer:

☎ Phone **9433 3148**

✉ Email **social.connection@nillumbik.vic.gov.au**

## Community Transport

Are you an older adult who requires assistance with transport? Do you need support travelling to your health related appointments or accessing the shops for essential shopping?

Council can help!

☎ Phone **9433 3723**

✉ Email

**community.transport@nillumbik.vic.gov.au**



# Updates

## Important changes to Commonwealth Home Support Programme (CHSP) and Home and Community Care Program for Younger People (HACC PYP)

For many years Nillumbik Shire Council has been providing the CHSP and HACC PYP programs funded externally by the Commonwealth and State Governments as well as internally by Council.

The delivery of in-home services has been sub-contracted to an external provider for the past 25 years, the latest sub-contractor being mecwacare.

From 1 July 2020, Nillumbik Shire Council ceased providing in-home services.

The external funding provided by the State and Commonwealth Governments was transitioned across to mecwacare directly from 1 July.

### **Nillumbik Shire Council no longer provides the following in-home services:**

- Delivered Meals (Meals on Wheels)
- Domestic Assistance
- Home Maintenance
- Home Modifications
- Other Food Services
- Personal Care (Assistance with Self Care)
- (Flexible) Respite
- Social Support Individual

### **Council will continue to provide the following service types:**

- Community Transport
- Social Support Group

If you would like more information about Council's Community Transport Program, or Social Support Group (Nillumbik Neighbours in Panton Hill), please call Council on **9433 3384**.

## Housing Strategy

Council would like to thank our community for taking the time to read and make a submission to the draft Nillumbik Housing Strategy.

### **We advise that at Council's Ordinary Meeting (OCM) on 23 June 2020 Council resolved to:**

1. Abandon the current draft Nillumbik Housing Strategy.
2. Prioritise a new Nillumbik Neighbourhood Character Strategy and Community Reference Group to inform any future Nillumbik Housing Strategy.
3. Advise all submitters of this change via email/mail and on the Nillumbik website and other communication channels.

Minutes of the OCM of 23 June can be obtained from Council's website [www.nillumbik.vic.gov.au/Minutes-and-Agendas](http://www.nillumbik.vic.gov.au/Minutes-and-Agendas).

As a result of the OCM, no further work will occur on the draft Nillumbik Housing Strategy at this point in time and consultation on the document has now ended. It is noted given the above advice, the draft Housing Strategy will not be considered at the Future Nillumbik Committee meeting scheduled for August.

If you have any questions regarding this matter, please contact Council's Strategic Planning Unit on **9433 3111** or email [strategic.planning@nillumbik.vic.gov.au](mailto:strategic.planning@nillumbik.vic.gov.au).

# Our community during COVID-19

## Click & Post - Yarra Plenty Regional Libraries

Since you can't go out and collect items from the branch anymore, Yarra Plenty Regional Libraries (YPRL) are bringing them to you!

If you click to place a hold, YPRL will post your books and items to you! They will even be gathering the holds that have already been placed and will start sending them out.

### How does it work?

Place your holds online.

YPRL's wonderful staff will contact you when your holds are ready, to arrange a delivery to your home.

All item due dates will be automatically extended until after lockdown restrictions end (although the return chutes will also be open 24/7).

Don't know how to place a hold?  
Call a friendly YPRL librarian and they will talk you through it.

☎ Phone **9408 7888** for more information

📘 Visit YPRL's Facebook.

[www.yprl.vic.gov.au/blogs/post/click-post](http://www.yprl.vic.gov.au/blogs/post/click-post).



## Coronavirus - Check in on the Older Person's experience

Over the past few months, the Coronavirus pandemic has dramatically affected the lives of older people (and in fact all people). Victoria is now entering a new phase of the pandemic, where increased community transmission means Melbourne has returned to lock-down.

This is not the end of the journey – many older people will continue to face challenges as they re-engage with their communities in some area, or return to isolation in others.

COTA Victoria (Council of the Ageing Victoria) is urgently seeking your anonymous feedback to inform future work around the Coronavirus.

1. Describe what older Victorians are saying they need to support them over the coming months as the pandemic continues to challenge us.
2. Help the Victorian Government and local government plan for future emergencies by sharing what could have been done better to support older people in the response to COVID-19.
3. Share what older people are experiencing and strive for this to be heard.

Please take COTA Victoria's online survey now: [surveymonkeys.com/r/Z3Y2M5Z](https://surveymonkeys.com/r/Z3Y2M5Z). The survey should only take you a few minutes to complete. Thank you for sharing your experiences – we're listening.

If you have trouble accessing the online survey but would still like to provide feedback, please contact COTA Victoria's Policy Officer Lauren Henley:

☎ Phone **9655 2140**

✉ Email [lhenley@cotavic.org.au](mailto:lhenley@cotavic.org.au).

< Categories
Intro
Quick Exit X

**To help me find the right services I'll ask you a few questions**  
 All of your answers are private and anonymous.

**I'm looking for help for**

- A client or consumer
- Myself
- A friend or family member

## Ask Izzy – Support

Ask Izzy is a mobile website that connects people who are in crisis with the services they need right now and nearby.

Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.

Visit website [www.askizzy.org.au](http://www.askizzy.org.au)



## Gardening

### Don's tips for planting in August and September

Thank you again to Don (87) from Eltham, for sending in tips for planting in August and September.

Let us know if you've tried any of Don's tips for growing, by calling **0437 676 617**.

"I have spoken before about greenhouses but you can achieve good results by using for instance a used ice cream container with soil and placed in a sunny spot with clear plastic cover or take it inside and place on a sunny window. What I would do is buy a bag of Scotts Osmocote garden soil, then scatter seeds of your choice into the soil.

Water afterwards, keeping soil damp but remember seeds can rot before germinating when the seeds become seedlings, so don't over water. Instead of paying \$5 for about 6 seedlings, you could get more like 50 to 100 for less by this method.

I love August and September as firstly it's time for strawberries, then in September so many veggies are ready to be planted! Beans, carrots, capsicum, parsnip, rocket, spinach, watermelon, peas, potatoes, so now is the time to make sure your soil is ready. After your last planting was cleared from the garden bed, it should have been fertilized but if not then I suggest a layer of manure (I use horse manure but weed it before using) then water in Seasol with a spread of Mighty Lifter. After your plants start to grow, water spray in Powerfeed.

Until 5 years ago my wife Gloria was the gardener, but when she passed away I took up gardening so that I could take flowers to her every few weeks, which I still do. African daisies are very hardy and seem to produce flowers all year so I have many bushes in different colours. Lavender and roses were her favourite.



Don and his late wife Gloria

Roses should be pruned each June to get the best results and should be sprayed with Confidor.



Here are some homemade mixtures Gloria used to use with great success:

To kill aphids use this white oil mixture:

1. Combine by 2 cups of veggie oil and 1/2 cup of dish-washing liquid mix
2. Shake well
3. Put 2 tablespoons of concentrate in spray bottle to 1 litre water (don't use hot water)
4. If you have black spot: Mix 2 tablespoons of bi carb with 1 litre water & a drop of dish-washing liquid
5. Spray every fortnight.

Well I hope this is helpful and I assure you that these mixtures of Gloria's do work, as she was a truly wonderful and intelligent woman. When we retired she took on lead lighting and refitted our windows, I would not even attempt it."

- Don



Photo taken at central Dunmoochin looking in the direction of Hurstbridge.

## Have you heard of Dunmoochin?

David wanted to share the experience of being a Dunmoochin resident during COVID-19.

The Dunmoochin community is only 4 km out of Hurstbridge and happily uses the town facilities. We live in countryside, on wooded ridgelines along 2 dirt roads with no vision of housing from the main bitumen, or road signs to signal our presence.

We are 35 properties on Barreenong and Dunmoochin Road's mostly housed in mudbrick homes that have quite different architecture from the usual urban or rural model. Fences are old and decrepit or missing and often without gates. Our homes are not connected to mains gas, water or sewerage. Water can be an issue during drought and may need to be trucked in.

The mudbrick home's reflect the heritage left by the original Dunmoochin community of artists encouraged into the area by Clifton Pugh in 1992. His original property, called Dunmoochin, is now set up as a foundation providing accommodation and community for artists, often from overseas. It has galleries and is popular on the Open Studio weekends held annually.

### How are we going during isolation?

The community is close and that at least reduces the feeling of isolation. We are used to being surrounded by good friends, often greeted as they walk their dogs on the road, given that the dirt roads are also our footpaths.

It would be true to say that everybody knows everybody. We have a community vegetable garden, a native seed propagation facility and several local yoga classes each week.

We practice concern every fire season. Our homes would be difficult to defend, the roads are windy, hilly, narrow and potholed and we wisely would not be depending on a personal call by a fire truck if the fire was wide spread. We discuss these risks with a fire expert at annual Community Fireguard meetings and our Personal Fire Plans reflect the risk. We have strong communications via WhatsApp with a social and a separate emergency channel. We consult the Vic Emergency App frequently during summer. It is our least favourite season, also with temperatures high, tanks low, dust everywhere, snakes somewhere and smoke hopefully absent.

The Dunmoochin Landcare group concentrates on our threatened flora and fauna species and has published a conservation management plan in 2 volumes. Pest plants and animals are a major issue. We are fortunate to have a number of environmental and conservation professionals in our midst.

We live in a special habitat shared with our close wildlife neighbours.

*- David*

## Keeping busy during isolation

Shirley (82) resident from Eltham, has kept herself very busy during isolation completing this beautiful blanket.

Shirley is looking forward to when we can all resume some normality.

“Normally I would be out exercising with ‘Strong People Stay Young’ plus sewing with the Living and Learning Centre”

- Shirley

Sabi, a resident from Hurstbridge, decided to create her own companions during isolation whilst watching some DVDs at home.

Great job Sabi, they look fantastic (see image to right).



## CommuKnitty Crafters

A project for people across the Shire of Nillumbik aged 50+ to craft items for children in need.

We are looking for knitters aged 50+ to create Trauma Teddies for the Australian Red Cross, who then give Trauma Teddies to children who are experiencing illness or trauma.

### How it works

Council will provide interested CommuKnitty Crafters with a pack that includes enough wool and stuffing to create one bear, pattern instructions and knitting needles.

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When you have crafted your Trauma Teddies, contact us for pick up. The teddies will then be delivered to the Red Cross to distribute.

### Interested in being involved?

For any questions or more information on how to become a CommuKnitty Crafter contact Fiona, Positive Ageing Officer:

☎ Phone **0437 676 617**

✉ Email **positive.ageing@nillumbik.vic.gov.au**





Details of PANART artworks created by local residents

## PANART- Pandemic Art

“Two Classes of enthusiastic Seniors found that we could no longer meet for weekly ‘painting and drawing’ class from March 16th. All U3A (University of the Third Age) classes in Victoria were closed as the pandemic was declared.

What to do?

It was at this stage that we decided to become an art co-operative. Our tutor Leanne Ipsen would present the challenge for the week such as ‘Looking through the window’, drawing in the style of Margaret Preston, painting a kitchen chair for example and we would paint or draw at home and email our finished work for everyone to enjoy. Leanne would give some helpful comments. Gradually over the three months we built up our Virtual Collection 2020 – which we have called PANART.

I hope the creative work gives you as much delight as it gave us. Yesterday we all came together in a ‘Zooming into Art’ party. Look what our local group achieved!”

- Brenda

Nillumbik U3A Painting and Drawing Class

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# Exercising at home

It is more important than ever to continue to keep active and healthy, as winter encroaches. If you want some more exercises to try out, please get in touch on **0437 676 617** or email Fiona at [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au).

## Seated row

**Strengthens back muscles helping posture**

Start by sitting on the edge of a chair with back straight and feet flat on the floor. Hold your arms out in front of you with elbows bent and thumbs pointing to the roof. Draw the elbows back and squeeze your shoulder blades together. Complete 8–10 repetitions.

- Some light weights in your hands can increase the difficulty (think hand weights or cans from the pantry!)
- Tie a resistance band to a door handle as another option to increase the challenge.



## Overhead arm raise

**Strengthens shoulders and arms**

Start seated with back straight and feet flat on the floor. With elbows bent and hands just beside the shoulders, extend the arms up overhead, pausing at the top before lowering back to the start position.

Complete 8 – 10 repetitions.

- Some light weights in your hands can increase the difficulty (think hand weights or cans from the pantry!)



## Knee lifts

**Works your core muscles to help with sitting and standing**

From your chair, lift your right knee slowly towards your chest, then slowly lower back to the beginning position. Alternate legs. Complete 8 – 10 repetitions on each leg

- Increase the challenge by holding your knee at the top of the movement for 5 seconds.



Thank you once again to Kirsten, Head of Fitness and Programs at Eltham Leisure Centre. Keep an eye on their social media pages over the coming weeks for new exercise videos for older adults.

## Knee extensions

### Strengthens leg muscles

Start by sitting on the edge of a chair with a straight back, knees bent with feet flat on the floor. Holding on to the sides of the chair, lift your right foot off the floor and straighten the right leg. Slowly lower to the start and repeat on the left side.

Complete 8 – 10 repetitions on each side.

- Keep your knee slightly bent as you lift the leg, aiming to not lock out your knee.



## Sit to stand

### Improves lower body and core strength

Start by sitting in your chair with feet flat on the floor and looking straight ahead. As you stand squeeze your bottom (glutes) and stand nice and tall. Complete 8 – 10 repetitions.

- Increase the difficulty by completing without using the arms of a chair.
- You can also increase the difficulty by holding on to some small weights.



## Wall push ups

### Strengthens the muscles in the chest and shoulders

Facing a wall, place your hands on the wall shoulder width apart and elbows below shoulder height. Walk your feet back slightly. Bend your elbows to bring your chest close to the wall, then pushing through your hands return to the start position. Complete 8 – 10 repetitions.

- Increase the difficulty by stepping your feet further away from the wall.
- You can progress by moving from the wall to using your kitchen bench.



## Be Kind Nillumbik



The Be Kind Nillumbik campaign is aimed at helping lighten the increasing impact of the global virus.

Under the banners of *Be Kind to Yourself, Be Kind to Others, Be Kind to Business* and *Be Kind Be Creative*, Council is encouraging the community to band together and show kindness.

The power of community now lies in kindness – from local residents offering to help each other, right through to local services sharing health and business updates. It is about making sure people feel supported and connected to their community.

We will be showcasing our community's responses to inspire others to **#bekindnillumbik**. Anyone with ideas on how to help each other, particularly those most vulnerable, are urged to get in touch with Nillumbik Shire Council so that we can share the kindness with everyone in the community.

### Looking for some inspiration of how you can get involved?

Offering a helping-hand to your neighbours is a great way to assist your community during this time.

Simply cut-out the 'Hello neighbour' template below, fill in with your details and drop the letter in your neighbours' letterbox. This is just one way you could help be kind to others in your street and your wider community.

## Keep in touch

### A reminder:

The Customer Service desk in Greensborough is closed, but you can call our Customer Service team on 9433 3111, Monday to Friday, 8.30am-5pm.

### Nillumbik Shire Council

Civic Drive (PO Box 476) Greensborough Victoria 3088

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



Information in this publication is correct at the time of printing but may be subject to change.



*Hello!* I am your neighbour and I would like to help

My name is: .....

I live locally at: .....

My phone number is: .....

If you need support, I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Other:.....

COVID19 is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (1.5m distance). Wash your hands regularly. Items should be left on your doorstep. Care for one another and share your stories.

*be kind*  
NILLUMBİK