

Ageing Well in Nillumbik

Spring 2021

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Hello readers

Welcome to the Spring edition of Ageing Well in Nillumbik. This edition provides updates of events and activities from October to December, puts a spotlight on locals who are active in the community, and profiles community groups that you might be interested in joining. Happy reading!

If you would like to be added to our mailing list, you can email 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.



View the Seniors Festival Program 2021, page 14

Seniors Festival 2021

Welcome to the Nillumbik Seniors Festival 2021.

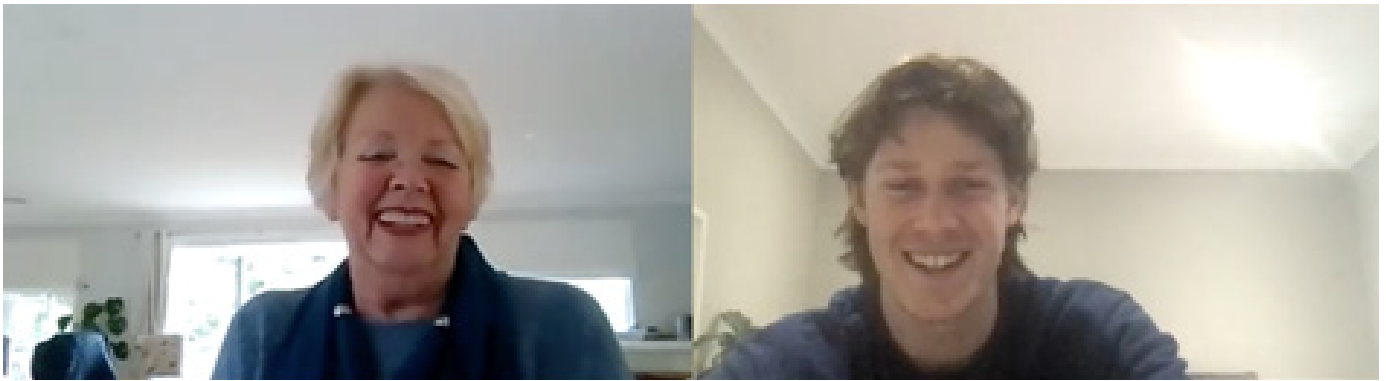
The festival celebrates positive and healthy ageing, and begins on 1 October, which is the International Day of the Older Person. Keep reading for more about the program – featuring a range of online and in-person events throughout October to December.



All events will be subject to the current Victorian Government COVID-19 restrictions and requirements. Due to the ongoing uncertainty, you must book ahead so organisers can contact you if event details need to change at last minute.

The State Government's Victorian Seniors Festival Reimagined program is all online this year. They have curated a special program for you to enjoy, featuring video broadcasts and radio programs from a range of cultures, meeting artists and practitioners in their studios and workspaces and much more.

All video and radio programs are available to watch and listen to at Seniors Online: seniorsonline.vic.gov.au/festivalsandawards



Patricia and I laughing about the prospect of seeing herself in my writing one day - Max

Intergenerational Storytelling Program

Council and HumanKind Enterprises have partnered again for the 2021 Digital Intergenerational Storytelling Program.

This program involves young Story Collectors recording the stories of older Storytellers via Zoom and on the phone. Each week, on the call, they talk about everything from their childhood memories to the current state of the world. The youngest Story Collector is 19, and the oldest Storyteller is 91.

Three weeks as a Story Collector by Max Hughes

When I applied for a role as a Story Collector with Council, I didn't really know what to expect.

The concept of an intergenerational program, that aimed to build bridges between young and older generations, was an exciting opportunity, and something I thought I could really learn from. Throughout the first three weeks of the program, my initial expectations have been surpassed. There is something special about sustaining a connection with six different people that I had not anticipated before I commenced the position. It is what makes the work so rewarding.

I'm fascinated by the stark contrasts, between growing up over half a century ago and my teenage experience. Having open conversations with all the storytellers, regarding what we do and don't understand about our respective generations, helps me think about what I take for granted, and conversely, what we've lost over time. I'm content spending the hour listening to stories that take me back into someone else's life.

That experience is powerful enough, but I've also been lucky enough to find friendships, that go beyond the defined structure of the program.

We find time before and often after our allotted sessions to just chat, often about how we're pulling ourselves through lockdown, or about a shared interest. I look forward to Tuesdays, because in a way, it's just like catching up with six different friends, and in the process, learning about their life. We find ways to stay connected throughout the week and follow on from unfinished discussions.

To find out more about the Digital Storytelling Program, contact Council's Social Connections Officer on **9433 3111** or **social.connection@nillumbik.vic.gov.au**

Taking action on climate change

In December 2020, we asked you to share your thoughts on climate change and what action Council should take. Almost 800 people completed the survey and we have used this feedback to help develop our *Draft Nillumbik Climate Action Plan 2022–2032*.

To have your say on Council's draft Climate Action Plan:

- Visit participate.nillumbik.vic.gov.au/climate-action for details of upcoming drop in sessions, and to download a copy of the *Draft Nillumbik Climate Action Plan 2022–2032*
- Contact Council's Environment Project Officer on **9433 3141** to request a hard copy of the plan or to provide feedback.



Community groups and individuals are already taking action right across Nillumbik. One of those people is Pam Jenkins.

Pam is 69, and has been living in Diamond Creek since 1985. Born in Tasmania, Pam worked as a midwife in Cornwall, England, before meeting her husband and moving to South-East Asia with him and their young children. The children are now grown up, and Pam is passionate about supporting local food production and sustainability. Read on for more about what motivates Pam to do this work.

What are you doing?

I am a committee member of the Local Food Connect, and organise small tours of local sustainable gardens. These tours help people starting out on their sustainable gardening journey... there are lovely exchanges that take place during the tour and after, over cups of tea or coffee.

I was also an initial supporter of the Chute Street Planter Boxes. It is great fun when the grade three and four students from Diamond Creek Primary School come to assist with maintenance. I also help run and work on the Hurstbridge Edible Hub garden, where there is a small food forest consisting of fruit trees, perennial vegetables and a selection of insect attracting plants.

Why are you taking climate action?

If not me then who? My mantra is acting local and thinking global on various issues related to sustainability and climate change.

If I take the issue of food production, we need to care about what we eat, where it comes from, and consider if its production is harming or helping the planet. How far does it travel before it gets to our table? We need to treat the Earth's resources as precious and rare. I do what I can in my small corner of the world and hope that others are doing the same in their small corners and together we can be the way forward to a fairer, greener future.



Creating new beds at the Hurstbridge Edible Hub.

Preparing for emergencies

Nillumbik Shire Council in partnership with Country Fire Authority (CFA) are running two community information sessions around bushfire and emergency preparedness.

These sessions have been developed to support people in our community who may need additional support in the event of a bushfire or emergency, including:

- Older people with a disability or medical condition
- Older frail aged people
- Family carers or concerned friends and loved ones
- People with a disability of all ages and their carers.

The sessions will feature practical tools, resources and expert advice, to support people to create their own personal emergency preparedness plan that is specific to their unique circumstances.

We are running two sessions, both with the same content.

Eltham session: 9 November 2021, 10am-12pm at Eltham Community Reception Centre

Hurstbridge session: 10 November 2021, 10am - 12pm at Hurstbridge Community Hub

Registrations necessary

Due to ongoing uncertainty regarding COVID, you must book ahead. This allows us to get in touch with you if anything needs to change at last minute.

To register **emergency-preparedness-workshop.eventbrite.com**

For more information, or to discuss access needs, please contact Council's Positive Ageing Officer on **9433 3345** or email **positive.ageing@nillumbik.vic.gov.au**

Financial, personal and medical matters information session

The events of 2020/2021 may have prompted thoughts about your health, finances and family. The benefits of planning for the future may be more important than ever.

Council invites you to learn about the legal processes you can put in place now to look after financial, personal and medical matters should anything unexpected happen.

This information session will be presented by the Office of the Public Advocate and will cover:

- Enduring Powers of Attorney: What are they and who can make what decisions?
- Medical treatment decision making: Who has authority to make decisions if you can't?

Morning tea provided.

Date Thursday 2 December 11am-12pm

Venue Eltham Library

Bookings essential
financial-personal-medical.eventbrite.com.au
or call **9433 3138**

Need assistance with transport?

We may be able to assist you. Please call Council's Aged Care and Navigation Officer on **9433 3138** or email **agedcare@nillumbik.vic.gov.au**





Aged Care Information Sessions

Aged Care Information Session

Wednesday 17 November 11am-12pm,
Hurstbridge Community Hub,
50 Graysharps Rd, Hurstbridge.

All you need to know about home support services, home care packages or residential aged care. Presented by an experienced aged care assessor. There will be time for questions and answers.

Registration essential:
residential-aged-care.eventbrite.com.au

For more information, contact the Aged Care Navigation and Advocacy Officer on 9433 3138, or email agedcare@nillumbik.vic.gov.au

These events will be subject to the current Victorian Government COVID-19 restrictions and requirements.

Spring Outdoors 2021

It's spring! And with this glorious weather, there's no better time to get outside and back in touch with nature.

We're excited to again present our annual Spring Outdoors program in partnership with Banyule and Manningham councils.

There is a great range of online and outdoor activities to enjoy throughout September, October and November.

There will be talks and workshops for home growers and nature lovers, school holiday activities for the kids as well as a number of sustainability events.

In-person events are subject to Victorian Government COVID-19 restriction and may switch online if required.

For the full calendar of events, head to nillumbik.vic.gov.au/spring-outdoors



Caring for the carer

No matter who you are, taking on a caring role is significant, and brings both challenges and rewards. Many people caring for someone might not call themselves a 'carer'.

You might be supporting your partner, and see it as part of being a good spouse. You could be looking after your adult child who lives at home. Or you may be dropping meals off to a neighbour or friend who lives alone and needs support.

There are a number of services to support you in your caring role.

A good place to start is to contact the Carer Gateway on **1800 422 737** or go to **carergateway.gov.au**. They will help you access services and supports, including counselling, respite care, peer support with other carers and financial support.

The person you care for may also be eligible for additional supports, such as cleaning, assisted shopping or personal care services.

Contact Council's Aged Care Navigation and Advocacy Officer Stacie on **9433 3138** or **agedcare@nillumbik.vic.gov.au** for more information.



The Carer Collective

There is a new local carer support group in Nillumbik in the making, made for carers, by carers.

The Carer Collective's vision is to create a space to come together, feel heard, reflect and learn new ways to improve their mind, body and spirit, in a judgement free zone. This could be via free regular in-person and or online meetings, carer 'wellbeing packs', planned special events, walks in nature and guest speakers throughout the year.

They would love to hear what you want most out of this initiative.

Visit **www.carerscollective.com.au**

to find out more and register your interest!

To acknowledge carers this Carers Week (10-16 October), Merri Health Carer Services is delivering a limited number of gift packs to carers registered on Carer Gateway (before Carers Week). Register with Carer Gateway by calling **1800 422 737**.

If you are not a carer, but you know of a friend, neighbour or family member who is providing care for someone, you can nominate them to receive a care package this October. We will need their consent to receive a gift pack.

Contact the Positive Ageing Officer on **9433 3345** or email **positive.ageing@nillumbik.vic.gov.au**

COVID-19 PANArt 2020

17 December
- 16 January, 2022

When COVID-19 sent Australians into a pandemic reality in 2020, all Australians were forced to develop new ways to be and work together.

These events, especially the lockdowns, inspired the artistic reflections of Nillumbik University of the Third Age Painting and Drawing Class members. The resulting PANArt collection of paintings, drawings, film and text evidence their ongoing journey of discovery in this changing world. Eltham Library Community Gallery (ELCG), 1 Panther Place, Eltham.

Please check website for updates in opening hours: ypril.vic.gov.au/locations/eltham-library

Artwork to right:
Still Life, after Chris Canning – Anthony Guilfoyle (detail)

ELTHAM
LIBRARY
COMMUNITY
GALLERY



End of Life and Funeral Facts

Article written by The Last Hurrah Funerals

Did You Know?

- It is absolutely legal to make your own coffin, as long as it meets the standards of the Cemetery and Crematoria Act. Look for a funeral director that supports this without adding exorbitant fees.
- You can keep your loved one at home after death for a vigil or home funeral. Holistic funeral directors offer cooling beds that can help you safely facilitate this, and allow you a slow, unhurried farewell.
- Cardboard coffins are absolutely safe, legal and inexpensive! Look for a funeral director that stocks cardboard caskets; they are often free with any funeral service.
- People living with a life-limiting illness who access palliative care early are statistically more likely to live longer and with a better quality of life.
- You can make an Advanced Care Directive, appoint a Medical Power of Attorney, and an Enduring Power of Attorney in case you become incapacitated. These are all void after death, so be sure to make a funeral plan, and tell at least two people. This is better than putting it in your will, which may not be opened until after your funeral arrangements are made.

- A funeral or memorial can take any format you want. Serve drinks on arrival! Have the person's favourite music playing as people arrive. Let people sign or write on the cardboard coffin. There are no limits or formats you have to follow.



Cardboard coffin, lovingly decorated by the family.

If you have any questions or queries about this article, contact:

The Last Hurrah Funerals
lasthurrahfunerals.com.au
or call **0430 378 388**



**Gabby Seymour will be presenting
during Seniors Festival through Nillumbik Shire Council.**

See page 16 for details.

**View the Seniors Festival Program
page 14**

What exercise is best for your bones?

By Gabby Seymour

Gabby is a Senior Physiotherapist at Back In Motion Eltham who has a special interest in Bone Health and is an Onero-qualified practitioner.

Bone health is a huge component of our general health. 66 per cent of Australians aged over 50 have osteoporosis or osteopenia; there are over 173,000 broken bones each year due to poor bone health, and these fractures are largely preventable¹. As a part of management of low bone mineral density, exercise is strongly recommended.

Weight bearing, impact loading and resistance training are the most effective forms of exercise for bone. This includes activities standing on your feet involving jumping, using weights and gym equipment. These exercises also contribute to the size, strength and capacity of our muscles, which help to maintain mobility, balance and prevent falls.

For individuals with low bone mass, supervised exercise is recommended to ensure that the benefits of impact loading and resistance training can be applied safely. Healthy Bones Australia supports the Onero program, a licensed, supervised, bone-targeted high intensity resistance and impact training that has been shown through published research to reduce risk of osteoporotic fracture and improve bone health.

To find out more about the Onero program, or other options to exercise safely and maximise your bone health, contact Gabby, g.seymour@backinmotion.com.au or call **9439 6776**.

References:

1. Healthy Bones Australia - healthybonesaustralia.org.au



Bushwalking enthusiast, Gerard Vander



Gerard Vander
joined Diamond Valley Bushwalking
Club in 2009.

At almost 81 years of age, he is an enthusiastic regular walker with the club and completes walks around Kinglake and the Yarra Ranges, uphill and down dale for 13...14...15km. He says his favourite places to walk are along the Yarra and beyond Beasley's into Warrandyte.



Gerard beside the Yarra River.

Gerard has been married for 55 years, has three children and 10 grandchildren and, yes, some of them are walkers too!

With a career of over 33 years in the army, Gerard says that walking was nothing strange for him, particularly walking in the bush. A 10-day trek across the Great Victoria Desert carrying everything, including 10 litres of water, prepared him for anything.

When he started bushwalking, compass and paper maps were his friends. Now technology is there for him too with his mobile phone and downloaded walk apps, it's all part of finding his way around the bush.....

Gerard's advice to us all:

Give bushwalking a go.

Don't walk too far,
build gradually to longer
walks and walk with a friend.

This will keep you safe,
improve your health and give you
the chance to have fun. He says
that life with a challenge is great
for motivation and wonderful for
your health.

The Diamond Valley Bushwalking Club

The Diamond Valley Bushwalking Club is based in Eltham and is affiliated with Bushwalking Victoria. The club offers a variety of walks catering for all levels of fitness and ability ranging from a ramble (6-8 km) to a hard walk (20km or more).

Email enquiries@diamondvalleybwc.org.au

Web diamondvalleybwc.org.au

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 or call **9433 3138**.

Dear Stacie,



My husband lives with Parkinson's Disease. We live together in our own home and I help him with his daily activities where necessary. I need to have an operation soon and will need two weeks to recover. My husband will not be able to stay safely at home alone for these two weeks. Are there any options available to support my husband while I cannot care for him?

Thank you, Anya

Dear Anya,

Your husband may be eligible for residential respite care. This respite is available for older people who have a carer to help them with their day-to-day care needs. Residential respite in an aged care home is available for a few days through to a few weeks at a time. Your husband will need an assessment from the Aged Care Assessment Team and if eligible, the assessor will work with you both to find a suitable aged care home.

The first step is to contact My Aged Care. This is the starting point for all enquiries relating to aged care services. Visit myagedcare.gov.au or call **1800 200 422**.

If you would like any support regarding this process or any further information, you are welcome to call me on **9433 3138** during business hours or email 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



The Probus Club of Eltham

FUN, FRIENDSHIP AND FELLOWSHIP IN RETIREMENT

Probus provides you with the opportunity to join a social Club in your local Community to meet retirees on a regular basis, listen to interesting speakers and join together in activities.

We welcome new members.

THE PROBUS CLUB OF ELTHAM

Venue: Greensborough RSL, 111 Main Street, Greensborough

Date/Time: Meeting held on the 2nd Tuesday of each month from 10:00am

Visit our website: <https://www.probusouthpacific.org/microsites/elthamcombined/Welcome>

To find out more, contact our Secretary Wendy Haszler
Phone: 0491 719 876 or Email: elthamprobusinc@gmail.com

Come and join us for morning tea to find out more about PROBUS.



2021

Thrive Community Garden Inc.

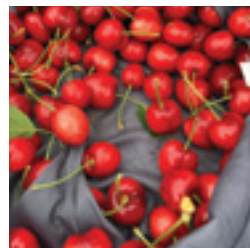
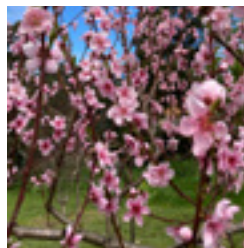
Are you interested in joining a community garden?

Give Thrive Community Garden Inc a call on **0499 734 787** or email info@thrivecommunitygarden.org.

They often run garden tours, and would love to show you around. Just get in touch to find out the dates for their next tour.

Address 31 Watkins St, Diamond Creek

Opening hours 1-3pm Saturdays



Share your stories with the community

If you would like to promote your community group in the next Ageing Well in Nillumbik newsletter, please send details to Positive Ageing at PO Box 476 Greensborough 3088 or email positive.ageing@nillumbik.vic.gov.au. Photos welcome.





Carey (in the middle, wearing blue) and members of Hurstbridge OM:NI

OM:NI Men's Discussion Group Hurstbridge

Article written by Julie Q

My brother Carey has a stroke in 2013 resulting in a brain injury. This significantly impaired his expressive speech – limiting his speech to “cats”, “no”, and certain expletives. He also has reduced strength in his right arm and leg. When he first went back to live by himself in Hurstbridge, he was very depressed. He was unable to drive so was reliant on others to take him to the shops and was very isolated.

Carey was encouraged to join the local community group, OM:NI Hurstbridge Men's Discussion Group. OM:NI stands for Older Men New Ideas. At first, Carey did not want to go and it was with quite a bit of persuasion that he attended his first meeting.

From that point on, Carey did not miss a meeting. Before OM:NI, Carey's depression reached points where he would have preferred to have not survived the stroke.

The OM:NI Group gave him back mateship, a sense of being part of the community, social gatherings and support. You cannot put a price on how much being a part of something can change your whole outlook on life.

OM:NI has resulted in my brother wanting to continue living his life and has made him feel part of the community which he loves so much. I have deep gratitude to the OM:NI Hurstbridge Group members who embraced Carey and made him feel like himself again.

To find out more about an OM:NI Discussion Group near you, call Peter on **0425 623 664** or Philip on **0431 828 942**

Welcome to the Seniors Festival Program 2021

All events listed are subject to current Victorian Government COVID-19 restrictions and guidelines.

Event category

social



arts & crafts



information & education



music & entertainment



health & wellbeing



gardening & nature



Important information

- Need assistance booking?
Call Council's Positive Ageing Officer on 9433 3345
- Do you need transport to attend an event listed in this program?
Contact Community Transport on 9433 3723 or community.transport@nillumbik.vic.gov.au. Eligibility may apply, limited seats available.
- Keep up-to-date, scan the QR or visit nillumbik.vic.gov.au/seniors-festival



Online events

Some events listed in this program are online, and will require you to have an internet enabled computer or device such as a smart phone, and be able to download Zoom.

You'll be provided with the Zoom meeting link when you register for the event. If you would like assistance with downloading and using Zoom, call Council's Positive Ageing Officer on 9433 3345.

PROGRAM OF EVENTS

social



Visits to Montsalvat

FREE

Monday 7, 14, 21 and 28 October
10am-4pm

BOOK

Free entrance to the iconic artist's colony in Eltham.

Where Montsalvat, 7 Hillcrest Avenue Eltham.

Information phone 9439 7712

Poetry reading

FREE

Wednesday 1 December
3.30-5.30pm

BOOK

Join poet Anne M. Carson for a celebration of poetry to close Seniors Festival for 2021.

We'll hear poems submitted by residents to the inaugural Age on the Page poetry challenge. The poems explore issues surrounding ageing, with themes that challenge ageism including wisdom, independence, stereotypes, what it means to be an elder, and identity.

Where Bridges Restaurant,
1075 Heidelberg-Kinglake Road, Hurstbridge

Registration required phone 9433 3345
nillumbik.vic.gov.au/poetry-challenge

Intergenerational storytime and seed planting

FREE

BOOK

Thursday 28 October | 1.30-2.30pm

Invite your grandchild or favourite young person to share stories on friendship. With a special reading by local author Vikki Conley of her beautiful books *Ella and Mrs Gooseberry* and *Amira's Suitcase*.

Where online

www.facebook.com/YarraPlentyRegionalLibrary

YPRL and Council have organised a limited number of 'friendship bags' for children in time for Children's Week 2021 (23-31 October).

These free bags contain pencils, a book on friendship, seed packets and information on support services for children. To find out more about how you can get a bag for your grandchild, please contact Positive Ageing Officer on 9433 3345 or positive.ageing@nillumbik.vic.gov.au





Community lunch and movie

BOOK

FREE

Thursday 25 November | 11am-3pm

Enjoy a locally sourced community lunch and screening of *Judy*, the movie about Judy Garland's life. Starring Renee Zellweger. Hosted by St Andrews Film Society.

Where Wadumbuk, St Andrews Community Centre, 35 Caledonia St, St Andrews

Registration required phone 0499619240, email to book dawnmcdonnell@yahoo.com

health & wellbeing



Be In Motion exercise booklet demonstration online session

BOOK

FREE

Tuesday 5 October | 10-10.45am

Be In Motion Exercise At Home



Join Jackie for a free demonstration of the exercises from the 'Be In Motion' booklet so you can work out at home. These exercises are the core basics that help the human body stay strong, prevent falls and keep you feeling confident to enjoy the activities you love.

Registration required phone 9439 2266 or email Betty active.movers@alignedleisure.com.au

Call 9433 3345 for your copy of the booklet, or visit nillumbik.vic.gov.au/be-in-motion to download your copy today.

Exercise session with Gabby

BOOK

FREE

Wednesday 24 November | 11am-12pm

Join Gabby, Senior Physiotherapist at Back In Motion Eltham and Onero qualified practitioner to learn more about your bone health and practical balance exercises for home.

Where Allwood House, 901 Main Rd, Hurstbridge

Registration required phone 9433 3345 or email positive.ageing@nillumbik.vic.gov.au

First Aid Information Session

BOOK

FREE

Tuesday 26 | 10.30-11.15am

Michelle Devereux, a First Aid and CPR educator from the Richmond Institute will provide a free 45 minute session about understanding, responding and assisting people who may present signs or symptoms of stroke, anaphylaxis, asthma, choking and heart attack.

Registrations required

If you are interested please email active.movers@alignedleisure.com.au and we will send you the link for the session and additional videos to increase your knowledge.



Learn how to felt

FREE

BOOK

Friday 19 November | 12noon – 2pm

Come along and learn the art of Wet Felting, the process of producing fabric by combining and compressing loose fibres of wool.

Wet Felting - uses water, soap and friction to cause the fibre to open-up and then bind together.

The creations are unique and fun to make. We will also have a demonstration of 3D needle felting on the day. All materials provided.

Where Allwood Neighbourhood House Inc. 901 Heidelberg-Kinglake Rd, Hurstbridge

Registration required phone Vicki 0438 596 344

gardening & nature



Backyard Guinea Pigs

COST

BOOK

Saturday 2 October | 10-11.30am

Great for the grandkids!

Join farmer Rae and learn the basics of keeping guinea pigs at home.

Online workshop

with Edendale Community Environment Farm

Cost \$10 per screen

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au

Growing heirloom tomatoes

FREE

BOOK

Saturday 2 October | 11.30am-3pm

Calling all home gardeners! Growing tomatoes at home is a wonderful backyard crop for summer. Join Penny Woodward at this workshop, and learn how where and how to grow tomatoes, the health benefits of eating tomatoes and more.

Online workshop

with Edendale Community Environment Farm

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au

Home composting for beginners

FREE

BOOK

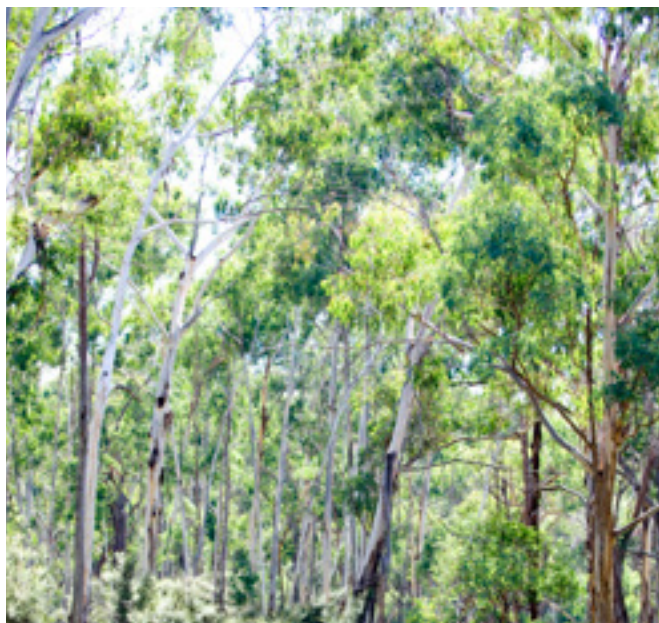
Saturday 23 October | 2-3.30pm

Are you home compost curious but not sure where to start? Join Edendale Farm to learn the basics of home composting, including how to set one up and maintain it, and common problems people experience and how to deal with them.

Online workshop

with Edendale Community Environment Farm

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au



Forest bathing

FREE

BOOK

Wednesday 8 November | 1-3pm

Experience the splendour of forest bathing; a mindful meditation for all your senses. Forest bathing means taking in all of one's senses, the forest atmosphere.

Not simply a walk in the woods, it is the conscious and contemplative practice of being immersed in the sights, sounds and smells of the forest. Allow yourself to sip in the smells, take in the contours, textures and colours of the forest while being serenaded by bird song and the whispering of the wind.

Where Bunjil Reserve, meet at 4th entrance opposite 160 Rodger Rd, Panton Hill near the corner of Lawrence Rd

Registration required phone 9433 3345 or email positive.ageing@nillumbik.vic.gov.au

Making sense of your energy bills

FREE

BOOK

Thursday 4 November | 6-7pm

Council has partnered with the Australian Energy Foundation to provide residents with free, expert advice on how to reduce energy consumption and avoid hefty bills.

Get help understanding your bills, tips on shopping around for the best energy tariff, and find out if you are eligible for the \$250 Power Saving Bonus.

Online Zoom link will be provided when you book

Registration required

www.energy-bills-nillumbik.eventbrite.com.au

Downsizing and decluttering

FREE

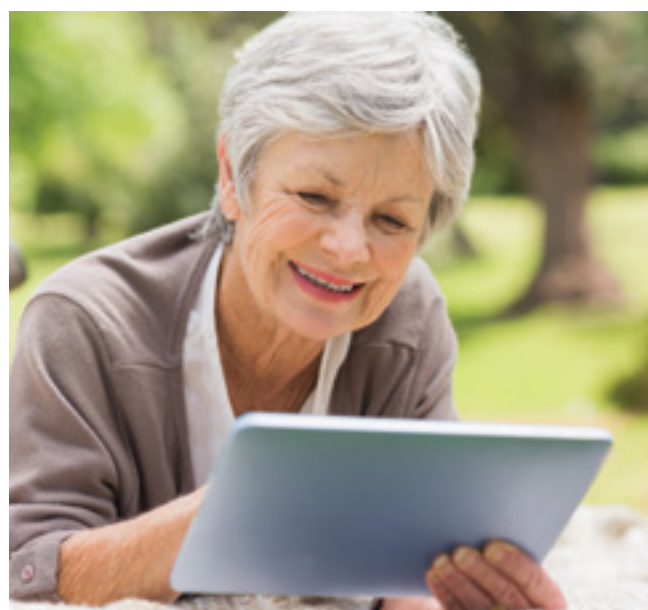
BOOK

Monday 18 October | 10.30am-12pm

Looking to downsize and not sure where to begin? Join Julia from Downsizing Connections on Zoom and learn how to feel more confident and in control on your downsizing journey and leave with a strategic plan.

Online Zoom link will be provided when you book

Registration required phone 0404 293 485 or email info@downsizingconnections.com.au downsizingconnections.com.au/events



Living & Learning Nillumbik

Where
people share,
learn and
connect

To celebrate Seniors Festival 2021 Living & Learning Nillumbik has teamed up with Bolton Clarke to offer the community a range of FREE health and wellbeing information sessions. These sessions are packed with practical advice and strategies to help you get the most out of life. Each one-hour session focuses on a different topic:

CPR and Defibrillation, Monday 11 October 10am

What's more important than knowing how to save a life? Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator.

Falls Prevention, Tuesday 12 October 2pm

One third of people over 65 fall at least once per year. In this session learn why we fall and how to reduce the risk of falling. Learn how to fall-proof yourself!

Master Your Mind, Thursday 14 October 10am

Is stress affecting your day-to-day life? Create a toolbox of techniques to manage stress. Take a deep breath. Mindfulness starts now.

Understanding Dementia, Thursday 21 October 10am

Almost one in 10 people over 65 have dementia in Australia and as we age this number increases substantially. This session will explain what dementia is, its causes, signs and symptoms as well as how to reduce the risks.

Healthy Bladder, Monday 25 October 10am

4.8 million Australians live with bladder weakness. Learn simple tips and exercises to improve control and prevent future bladder problems.

Healthy Skin, Tuesday 26 October 2pm

Your skin changes as you age and is less able to protect and heal itself. Learn how to improve and maintain skin health.



Diamond Creek
119 Cowin Street



Eltham
739 Main Road



Pantom Hill
18 Bishops Road

Bookings are essential and places are limited. Book quick!

To book please phone us on 9433 3744 or email info.livinglearning@nillumbik.vic.gov.au



REWIRE MUSICAL MEMORIES CHOIR Nillumbik

What is the choir?

The Rewire Musical Memories Choir for Nillumbik is a **FREE, 12-WEEK, STUDENT-RUN, PILOT PROJECT** that aims to support residents living with dementia, their families, and carers to continue to be vibrant and active members of their communities and to provide opportunities to stay socially connected.

Cost?

FREE for all participants for the duration of the 12 week program.

Join us anytime during the 12 weeks! If the project is successful and the choir continues after 12-weeks, there may be a small membership fee.

1:1 Information Session - If you're interested, Nick will make a time to call or visit you to provide more information.



A community choir for people living with dementia, their families, and carers.

Why join this choir?

Music is an enjoyable and powerful part of our lives. It connects us with the moments in our lives. It is there for us through tough times and also in our most joyous moments. When we listen to those special songs, we remember those moments. Singing with others brings us closer together, as we share our songs, and feel the great physical and social effects of singing.

Where?

During lockdown/restrictions - ONLINE using Zoom Video Platform

After lockdown/restrictions - Hurstbridge Community Hub
50 Graysharps Rd, Hurstbridge, 3099

When?

Fridays (Sept 3rd - Nov 19th) 1:30-3:30pm
Afternoon tea provided

Proudly supported by



For more information, please contact Nick Murray (Masters of Music Therapy Student) ph: 0406485791 or email: nlmurray@student.unimelb.edu.au and visit <https://www.rewire.org.au/us/>

Have your say

We value your feedback and ideas about the Ageing Well in Nillumbik. Please contact us with your suggestions as to what you would like to see in the future.

Please contact 9433 3345 or email 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, then enter 9433 3111.



Interpreter Service

If you need an interpreter, contact TIS National on 131 450 and ask to be connected to Nillumbik Shire Council on 9433 1111.