

Bayside Seniors Newsletter

spring/summer 2008-09

Highett, Beaumaris, Cheltenham, Brighton,
Hampton, Sandringham, Brighton East, Hampton East, Black Rock



Welcome

To this issue of the Bayside Seniors Newsletter. We hope that this edition has something of interest for everyone.

We would value any suggestions you may have to improve this newsletter and possible ideas for articles for future editions.

We wish you happy reading and a safe, enjoyable and healthy summer.

Kind regards,

Paula Clancy

Community Development Officer

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Your Bayside summer

Be SunSmart

Now is the time of year to protect your skin from damaging UV radiation.

When UV radiation levels reach 3 and above (from September – April) take the following five steps in combination to protect yourself from UV damage and prevent skin cancer:

1. Slip on some sun-protective clothing
2. Slop on SPF30+ sunscreen 20 minutes before you go outdoors and every two hours afterwards
3. Slap on a hat that protects your face, head, neck and ears
4. Seek shade
5. Slide on some sunglasses: make sure they meet Australian Standards

Also:

6. Plan your outdoor activities to avoid peak UV radiation times between 10am - 3pm
7. To check UV levels look for the SunSmart UV Alert, which is issued by the Bureau of meteorology when the UV index is forecast to reach 3 and above. You can find it on the weather page of your daily newspaper or at www.bom.gov.au/weather/uv

Talk to your doctor about the need and best approach for you to maintain healthy vitamin D levels without risking damaging sun exposure.

Depending on certain risk factors you may need more sun protection – discuss with your doctor.

For more information contact:

The Cancer Council Helpline: 13 11 20

Or visit www.sunsmart.com.au



Did you know?

Under stage 3a water restrictions, households with at least one member aged 70 years or over can water their gardens manually between either 6am - 8am or 8am - 10am on their designated watering days. Those under 70 can only water their gardens between 6am - 8am on their designated days.

For more information contact South East Water on 131 694 or visit www.southeastwater.com.au

Your safety

Bayside Seniors Register

What is the Bayside Seniors Register Program?

The program is designed to assist senior residents living in the City of Bayside feel safe.

It aims to give residents, relatives and friends peace of mind knowing that local police are proactive in monitoring seniors welfare. The program is ideal for isolated seniors living alone.

It has been established by local police and Bayside City Council and will be operated with the assistance of a team of volunteers who will be based at the Moorabbin Police Station.

What happens after you join?

You will be telephoned by a friendly volunteer to confirm your involvement in the program and answer any questions you may have. You may also request any of the following services:

- A home safety audit
- Receipt of a regular monthly phone call to check on your health and well-being
- Information about local services

To join the register or find out more phone 9556 6174 (Moorabbin Police Station)

“ Our mission: to promote safe and confident living for senior residents in the City of Bayside. ”

Your environment

Be a Bayside water-saver

Despite winter rain, Melbourne's dams have never been this low at this time of year (since the Thomson River Dam was built in 1984). We need to keep saving water to help to build our reserves for summer.

Did you know?

Households use 60 percent of Melbourne's water and indeed Bayside residents currently use more water than any other community in the South East Water service area.

What can you do?

You can save up to 42 litres of water by cutting your shower time from seven to four minutes and by installing a free water-saving showerhead.

Showerhead exchange locations, which is a free service, can be found at the four Bayside City Council branch libraries (Brighton, Beaumaris, Hampton and Sandringham) and at the Corporate Centre in Royal Avenue Sandringham.

Who can help?

If you are a frail older person or a person with a disability, Bayside City Council's Home Maintenance Service can exchange and install showerheads (both fixed and hand held units).

Fees for this assistance are based on a sliding fee scale in accordance with income levels.

Phone 9599 4381 to speak to Council's Information and Intake Officer.

Your well being

Strength training

revitalise your life
improve your health



Why do strength training?

If you:

- struggle to lift or carry groceries
- find climbing stairs tiring
- have type 2 diabetes
- want to have a more independent and active lifestyle

then you should find out more about strength training

How does it work?

Muscle strength is lost through inactivity as we age.

Strength training reverses this trend by using weights or even body weight as you exercise to build muscle strength and endurance.

Weights are introduced gradually as you progress.

What else can it do?

In addition to strengthening muscles, an individually designed program can:

- reduce body fat
- increase bone density

- improve balance
- help to manage type 2 diabetes
- improve quality of life and self confidence and more.....

Where to do strength training

Bentleigh Bayside Community Health Service (9575 5333) run a Living Longer Living Stronger™ strength training program that is endorsed by the Council on the Ageing (COTA).

Strength training sessions are held with qualified instructors in friendly groups with other seniors. They are an enjoyable social experience.

Before starting the program your doctor must complete a medical assessment and you also require a physiotherapist assessment, which can be arranged through your doctor or Community Health Centre.

To find out about other Living Longer Living Stronger strength training programs contact COTA on 1300 13 50 90 or visit www.cotavic.org.au



Do you have a companion pet?

The Wishbone Foundation provides care for your pet in emergency situations free of charge.

To qualify for assistance you must be receiving an Australian Aged or Disability pension and be referred by a hospital,

council or social worker.

For more information call Wishbone on 9578 3933

See their website for other pet care services:

www.thewishbonefoundation.org

Your services

Aged & Disability Services Social Support Program

Bayside City Council Social Support Program provides daily out-of-home group based activities from the Black Rock Activity Centre in Karrakatta Street. The activities offered are designed to maintain and enhance the physical, intellectual, psychological and social wellbeing of older people and people with disabilities. The service also assists in reducing isolation.

Activities are also provided away from the centre where clients get together on a regular basis at places of interest. This aims to increase socialisation and develop friendships and support networks.

Door-to-door transport is provided for all activities through Council's Community Transport Service.

Social support also provide the Bayside Social Outings Program (BSOP). The program provides a monthly social outing on council's community bus and creates an opportunity for older residents to establish new friendships, to reduce their social isolation, while visiting places of interest.

For further information please contact Council's Information and Intake Officer on 9599 4381.

Your Council news

Ageing Well Strategy

This strategy was developed to assist Council to better understand the needs of older residents and to identify the impact of an ageing population on the whole community.

Council now has a ten year strategy that will provide us with direction in responding to the needs and opportunities created by an ageing population. Five strategic objectives have been identified.

- Harness the opportunities that result from an ageing community.
- Promote good urban design, well-maintained infrastructure and transport systems to enable older people to participate fully in community life.

- Facilitate active community participation and lifelong learning to maintain health and wellbeing.
- Facilitate increased housing choices to support older residents to remain in Bayside.
- Ensure affordable, client focused and coordinated services support independence and allow older residents to remain living in their preferred home setting.

For more information or to obtain a copy of the strategy, please call Paula Clancy at Bayside City Council on 9599 4696

Your local area

Men's shed

What is men's shed?

- A community space designed and run for men by men.
- An opportunity for men to come together in a relaxed environment to exchange ideas, be creative in woodworking activities and have access to information regarding men's health issues.
- Provide opportunities to assist in projects, building items to help community needs.
- Aims to improve the mental health and general wellbeing of males.

Materials and tools are donated by local residents and local businesses. We would welcome any assistance you can provide with tools or equipment.

The men's shed is operated by volunteers, through the support of Bentleigh Bayside Community Health Service.

Open:

Tuesdays
9.30am-12pm

Location:

East Beaumaris Seniors
Community Centre
Bonanza Rd,
Beaumaris

Contact:

Bentleigh Bayside
Community Health
Service on 9575 5322
or John Knight on
0429 177 872

Your say...

We value your feedback on any improvements or suggestions you may have on the Seniors Newsletters so please contact us with your ideas by email to seniorsnewsletter@bayside.vic.gov.au or phone 9599 4696

Sudoku solutions:

Sudoku Six

5	1	3	6	2	4
6	4	2	5	3	1
1	2	6	3	4	5
3	5	4	1	6	2
4	6	1	2	5	3
2	3	5	4	1	6

4	3	9	7	5	2	1	8	6
7	1	2	8	6	4	3	5	9
5	8	6	9	3	1	2	4	7
3	4	8	2	7	5	9	6	1
9	5	1	3	8	6	7	2	4
2	6	7	4	1	9	5	3	8
1	2	4	5	9	8	6	7	3
8	9	3	6	2	7	4	1	5
6	7	5	1	4	3	8	9	2

Your library news

Entertainment at Bayside Libraries - it's all free!

Feel like listening to music or watching a film? Need a good laugh? Why not travel the world from the comfort of your couch?

Visit the Bayside Libraries and browse our large collection of videos, DVDs and music CDs.

A small sample of our collection includes:

- DVDs
 - Old time favorites like Laurel and Hardy, Dad's Army and Jane Eyre
 - Classic movies like The Singing Detective, TV series such as Inspector Rex and also various subjects like history and art
- CDs - Jazz, opera, instrumental, rock, pop, classical and movie soundtracks



- Videos - 'How to' videos, Agatha Christie's 'Poirot' series, the history of Port Philip Bay and cooking

You can also find these items online at - bayside.spydus.com/

Click on 'other search – advanced,' then select from 'collection' – either DVD, videos for adults or music compact disk.'

For details contact:

Heather Northwood or Natasha Kamenev, the Community Librarians on 9591 5912.

Zucchini and bacon slice

Cooking time:
45 minutes

Serves: 4

Ingredients:

- 1 onion, chopped
- 1 tablespoon canola oil
- 4 zucchini, grated
- 1/2 cup white self raising flour
- 1/2 cup wholemeal self raising flour
- pinch pepper
- 3 eggs, beaten
- 3/4 cup low-fat tasty cheese, grated
- 75g lean bacon, chopped

Method:

1. Set oven at 180°C.
2. Fry onion in oil.
3. Combine all ingredients except grated cheese.
4. Pour into slab pan. Sprinkle cheese on top.
5. Bake for 40-45 minutes.
6. Cut into slices and serve with salad.



Brain boosters

If you have never done Sudoku before, start with Sudoku Six

Brains Trusts

An opportunity to practice your word skills. Crosswords, anagrams, puzzles and word games all to keep you mentally agile and your memory firing. This is a fun activity with the emphasis on group answers and interesting information. The group may spend some time exploring the legacy of some outstanding wordsmiths, Shakespeare, Oscar Wilde and Dickens. Delighting in language and recalling your memory will keep your brain fit and your sense of humour entertained.

For more information call Hampton Community Centre on 9598 2977

Website:

hamptoncommunitycentre.com.au

Sudoku Six

Tip: start with one number at a time eg where can no.2 go in the lowest left box?

	1	3	6		
6		2	5		1
1	2		3		5
	5	4			2
4			2		
	3	5		1	6

Fill in the missing numbers. Each box of six squares, each column of six squares and each row of six squares contain all the numbers from 1 to 6 but only once per box, column or row.

This is a puzzle of logic - no calculations are required

Rated: Gentle to Moderate

	3		7		2	1		6
7		2	8		4		5	
5	8				1	2	4	
3	4			7	5	9		
		1		8		7	2	
2	6	7	4	1	9		3	8
1		4	5	9			7	
8		3		2	7		1	5
	7		1		3	8	9	2

Fill in the missing numbers. Each box of nine squares, each column of nine squares and each row of nine squares contain all the numbers from 1 to 9 but only once per box, column or row.