

Bayside Seniors Newsletter

autumn/winter 2009

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



Welcome

To this issue of the Bayside Seniors Newsletter. We hope you find the news and activities of interest.

We would value any suggestions you may have to improve this newsletter and possible ideas for articles for future editions. Look for the article on Activities for Seniors in Community Centres on page 6 and 7 as there are some great activities you can try.

We wish you a safe, enjoyable and healthy winter. Keep warm!

Kind regards,

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This newsletter is available online:
http://www.bayside.vic.gov.au/aged_and_disability.htm - publications tab

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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 seniorsfeedback@bayside.vic.gov.au or phone Jess on 9599 4373.



Your Bayside winter

Protect yourself. Protect others. H1N1 Influenza 09 (Human Swine Flu)

We all have a role to play. Protect yourself. Protect others.

We expect this will be a significant flu season, with a new strain of flu in the community, as well as other seasonal flu strains.

Help protect yourself and others from flu by taking these steps if you feel unwell:

- People with mild flu-like illness should stay home.
- People who are moderately unwell with flu-like symptoms should call ahead then visit their doctor.
- Only people who are seriously unwell should visit a hospital emergency department.

Close contacts and people living in the same house as someone with flu-like symptoms will not be placed into quarantine. Only people who are at higher risk of complications from flu will be given antiviral medication.

Good hygiene remains vital.

Good health hygiene can reduce the chance of you getting the flu or passing it on to others.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in a plastic-lined rubbish bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

What is Human Swine Flu?

Human Swine Flu (H1N1 Influenza 09) is caused by a new influenza virus.

What are the signs and symptoms?

The symptoms of Human Swine Flu in people are similar to the symptoms of regular flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

Your safety

Tips on personal safety from Victoria Police in partnership with Rotary International:

When you're at home:

1. Even in the daytime ensure you secure doors and windows.
2. If a caller/stranger asks you to use a phone, direct them to the nearest public phone, or make a call for them.
3. Close curtains as soon as indoor lights are turned on.

When you're out and about:

1. Be aware of what is around you, and act confidently in all that you do.
2. If possible, walk only on busy, well lit streets.

When answering the door:

1. Don't let strangers into your home before you are very sure who they are. Ask for identification, and if you are still not satisfied, ring the organisation they claim to represent, to verify who they are.

2. Be cautious of a tradesperson at your door who tries to tell you your house needs repair.
3. Make sure you have a chain fitted and a door viewer. These help you speak to strangers without letting them in.

Using the telephone:

1. Don't give your telephone number or reveal any information about yourself to unknown persons.
2. Don't let strangers know that you are home alone or when you will be away from the house.
3. If you receive an obscene or abusive telephone call don't try to talk to the caller, just hang up. If calls persist contact your telephone company.

Your Council news

Bayside Older Adults Advisory Group (BOAAG)

The Bayside Older Adults Advisory Group is an important point of contact between Council and older adults. The committee of 15 members represent the broader seniors community through involvement in a bi-monthly meeting that is held at Councils Corporate Centre. Cr Michael Norris chairs the committee. The meetings provide an opportunity for council to consult with residents and community members in order to:

- Obtain advice on issues and initiatives important to active and frailer seniors in Bayside.

- Receive feedback on proposed strategies and initiatives from all areas of council.
- Identify the needs and priority for services relevant to seniors.

Council will advertise for new BOAAG members during September this year. Membership will be sought on the basis of providing a representative range of interests and expertise on matters relating to older adults. Group members will live or work in the municipality and be able to attend meetings. For further information contact Jess Sprunt on 9599 4373 or email jsprunt@bayside.vic.gov.au

Your services

Aged Services

Bayside City Council provides a range of services to assist frail older people, people of all ages living with a disability and the carers of these people, to remain at home in the community for as long as they wish and are able.

Anyone can make a referral for the service, including residents, a relative or friend of a resident, a nurse, a GP or another service provider.

The types of services available through Council include:

Assessment (an assessment officer will work with you, your carer and family to develop a comprehensive care plan that meets your individual needs)

Domestic assistance (cleaning, laundry, shopping)

Home maintenance (minor household repairs not requiring qualified tradespeople)

Personal care (showering, feeding, monitoring of medication)

Respite care (assistance to carers to allow them to have a break from their caring responsibilities)

Meals on wheels (home delivered meals)

Social support (range of activities enabling social interaction)

Community bus (outings, trips to shopping centres and other community facilities)

Resident transport (assistance to get to medical appointments)

The services are funded by Commonwealth Government, State Government and Bayside City Council so that only part of the cost needs to be paid by the recipient.

Council staff providing services have undergone police and reference checks. They are also trained to do the work.

For further information phone 9599 4381 Monday to Friday from 8.30am to 5pm and speak to the Intake and Information Officer who can discuss eligibility and provide more detailed information on these services or visit www.bayside.vic.gov.au

Did you know?

Council can provide information on services in the following languages:

- Chinese
- Italian
- Russian
- Greek
- Polish

For further information contact the Information and Intake officer on 9599 4381 between 8.30am to 5pm.

Your Seniors Festival



Fit and Active Forever Expo

As part of Councils commitment to Ageing Well in Bayside we will be holding a "Fit and Active Forever" Expo at Hampton Community Centre on Wednesday 23 September 2009 as part of the Seniors Festival. The Expo will be a fun filled day with come and try activities including yoga and feldenkrais. There will be useful information stalls and refreshments for all. It's going to be an exciting day and a chance to network with your local community and find out where those activities you've always wanted to join are held!!

Information will be available on the Bayside website, corporate centre and libraries, or contact seniorsfeedback@bayside.vic.gov.au for more information.

Bayside Seniors Festival activities

If you would like to be kept informed about the opportunities coming up as part of this year's Senior Festival please register your email or mail address with us!

We aim to develop a database of local residents who would like to be kept informed about the many activities or programs that will be available to access. Register at seniorsfeedback@bayside.vic.gov.au or call Jess on 9599 4373.

Sudoku solutions:

Sudoku Six

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

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

Your local community



Activities for Seniors at local Community Centres

Bayside's Community Centres run a range of courses and programs for adults of all ages and abilities, which may be of interest to you. The centres run social, educational and recreational activities in a welcoming and supportive environment. Socialise, make new friendships, be stimulated by new learning and gain confidence in your ability to learn and to achieve new things.

Hampton Community Centre

Activities of interest to Seniors include:

- Creative writing, book club, mental aerobics and French
- Sustainable gardening, gentle exercises, strength training and meditation
- Computer courses, social networking and special event trips

For more information ph 9598 2977 or visit www.hamptoncommunitycentre.com.au

Sandybeach Centre (Sandringham)

Activities of interest to Seniors include:

- Poetry, painting, drawing and get to know your digital camera
- Choir, cooking on a budget, bridge and solo
- REACH – is a department at Sandybeach that provides a variety of programs and support including activities such as Tai Chi, life stories, music alive and swimming
- Volunteering opportunities within the REACH program are available also.

For more information ph 9598 2155 or visit www.sandybeach.org.au

Castlefield Community Centre (Hampton)

Activities of interest to Seniors include:

- Social bridge group
- Chat and Patch
- Painting
- Volunteering

For more information ph 9598 0662 or visit www.bayciss.org.au

Brighton Recreational Centre

Activities of interest to Seniors include:

- Yoga, meditation, feldenkrais and strength for life
- Painting, pottery and bridge lessons

For more information ph 9592 3033 or visit www.brightonrec.com.au

Highbett Neighbourhood House

Activities of interest to Seniors include:

- Introduction to computers (no cost for beginners)
- Gentle exercises

For more information ph 9555 3797 or email hnch@aanet.net.au



Senior Community Centres

As well as the large range of activities offered by Baysides Community Centres, there are several Senior Community Centres that run many activities and social events, and are always looking for new members. Senior Community Centres are run out of Council owned buildings and are overseen by a committee that is elected each year from the members. Senior Community Centres are a great place to spend time, meet new friends and participate in activities that you wouldn't do at home. Centres are fully accessible and have friendly members waiting to welcome new comers. Senior Groups currently running in Bayside are:

- Beaumaris Seniors
- Brighton Seniors
- Brighton Greek Seniors
- Brighton Italian Seniors
- Hampton Seniors
- Hampton Russian Vigor
- Highett Seniors
- Highett Greek Seniors
- Sandringham Seniors

For more information on how to join these groups contact Jess Sprunt on 9599 4373 or email seniorsfeedback@bayside.vic.gov.au

Upcoming events

Turn of the 20th Century Splendour art exhibition – The art of Margaret Baskerville and Charles Douglas Richardson.

Running until Saturday 24 October

Thursday and Saturday 2-5pm

Enquiries 9599 4444

Fit and Active Forever - Seniors Expo

Wednesday 23 September

Enquiries 9599 4373

seniorsfeedback@bayside.vic.gov.au

Winter recipe

Easy Pumpkin Soup

Ingredients:

500g pumpkin peeled and diced

1 carrot diced

1 stick of celery diced

1 cup water

1 cup milk

¼ teaspoon turmeric

¼ teaspoon nutmeg

¼ teaspoon ground coriander

½ teaspoon paprika

Method:

1. Place pumpkin, carrot and celery in a large casserole dish with 1 cup of water and spices. Cover and microwave on high for 8 minutes or until soft (1200W). Alternatively simmer in a pot 20 minutes or until soft.
2. After cooling add milk then puree using a blender or food processor.
3. Reheat for 3 minutes on high
4. Serve garnished with parsley

Brain Boosters

Sudoku Six

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

If you have never done Sudoku before start with Sudoku Six

Tip: start with one number at a time eg where can no.6 go in the middle right box?

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

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

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. **Solutions on page 5**