



GLEN EIRA
CITY COUNCIL

EDITION 34 — JULY 2019

HEALTHY AGEING



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The *Healthy Ageing* newsletter has been produced to provide older adults with valuable information about how to access local services, programs and events to maintain health, wellbeing and independence.

Victorian Seniors Festival

To honour seniors in the Glen Eira community, Glen Eira City Council celebrates the *Victorian Seniors Festival* by holding low cost and free events during October.

The *Festival* features an array of events, a chance to try new activities, relax and be entertained and learn more about what's available in your area.

BENTLEIGH.
BENTLEIGH EAST.
BRIGHTON EAST.
CARNEGIE.
CAULFIELD.
ELSTERNWICK.
GARDENVALE.
GLEN HUNTLY.
MCKINNON.
MURRUMBEENA.
ORMOND.
ST KILDA EAST.

The State Government will provide eight days of free public transport for Victorian Seniors Card holders in metropolitan and regional Victoria from Sunday 6 October to Sunday 13 October.

The *Glen Eira Seniors Festival* program and the *Victorian Seniors Festival* program will be available in late August at all Glen Eira libraries, Council's Service Centre, senior citizen centres and community houses. For further information or to have a hard copy posted to you, contact Council's Service Centre on 9524 3333.

Latest scams to affect people over 65 years — people claiming to be from National Broadband Network (NBN)

More than 4,700 NBN scam reports have been made to the consumer watchdog in the first five months of this year. Those over aged 65 account for 60 per cent of those losses, being fleeced of more than \$330,000.

The NBN is Australia's new broadband network. The NBN is how you will (or maybe already do) get the internet for your home or business.

The NBN is a wholesaler, which means you don't buy internet services from them directly. You will need to purchase an internet plan through your preferred phone or internet provider.

Current NBN scams include:

- Scammers pretend to be from the NBN or an internet provider and claim there is a problem with your phone or internet connection, which requires remote access to fix. The scammer can then install malware or steal valuable personal information, including banking details.
- Scammers pretend to be the NBN attempting to sell NBN services (often at a discount) or equipment to you over the phone.
- Scammers pretend to be the NBN and call you to advise you only have 24 hours to connect to the NBN or you will miss out.

- Scammers may also call or visit people at their homes to sign them up to the NBN, get them a better deal or test the speed of their connection. They may ask people to provide personal details, such as: their name, address, date of birth, and Medicare number or ask for payment through gift cards.
- Scammers call you during a blackout and offer you the ability to stay connected during a blackout for an extra fee.

Remember:

- Never give an unsolicited caller remote access to your computer.
- Never give out your personal, credit card or online account details to anyone you don't know — in person or over the phone — unless you made the contact.
- If you think a scammer has gained access to your personal information, such as bank account details, contact your financial institution immediately.

Further information about NBN scams is available online at:
nbnc0.com.au/scamadvice.



Staying updated with technology

We live in the information age where questions can be answered in an instant, and if we take advantage of being informed and connected then we can gain the knowledge and know-how necessary to help ourselves and improve our lives. There are many apps available to make everything from banking, paying bills online, shopping online to getting reminders much easier. Getting digital literacy training can give older adults the skills and confidence to access information and services online.

Indeed, getting some simple training in using computers, ipads, and smartphones can help seniors to stay connected with their families, friends, and communities. This is especially important for seniors who wish to live independently and age at home.

Useful things you can do with a computer:

- browse the internet;
- use email;
- manage your finances;
- play games;
- download and watch movies;
- listen to music;
- stay in touch with friends and family;
- shopping online; and
- edit your own photos.

A good place to start learning or updating your technology skills is with Glen Eira libraries. Free IT workshops are available as is one-on-one tech support.

IT workshops

Current workshops available:

- basic computer skills; and
- internet searching basic and email.

Bookings are essential as numbers are limited. To book, visit library.gleneira.vic.gov.au or contact 9524 3700.

Tech bar — one-on-one tech support

Are you puzzled by technology? Want to read an e-book but not sure where to start? Come along to these drop-in sessions and library staff will assist with your queries. A selection of devices are available to assist in answering your questions or you are welcome to bring your own device.

These sessions are offered weekly and are free. Bookings not required but wait times may apply.

- Carnegie Library and Community Centre — Mondays, 10am–11am
- Bentleigh Library — Wednesdays, 3pm–4pm
- Elsternwick Library — Wednesdays, 3pm–4pm
- Caulfield Library — Thursdays, 3pm–4pm

The VIC bag ban

The Victorian Government will implement a state-wide ban on lightweight plastic shopping bags from November 2019.

The ban applies to ALL retailers — including supermarkets, greengrocers, bakeries, pharmacies, clothes stores, restaurants, cafes, markets, food outlets, and many more.

The ban will apply to all lightweight plastic shopping bags, which have a thickness below 36 microns, including degradable, biodegradable and compostable bags.

The majority of these bags end up in landfill and around 10 million end up as litter, polluting our environment and endangering our wildlife.

When the ban comes into effect, it will be illegal for any retailer in Victoria to provide lightweight plastic shopping bags and for suppliers to withhold or give misleading information about non-compliant bags.



Pride Book Club

Join our quarterly *Pride Book Club* dedicated to the reading of fiction and selected non-fiction books which represent many facets of the diverse LGBTQI community. Share your love of reading and meet new people in an informal, relaxed and inclusive environment.

For further information, go to library.gleneira.vic.gov.au

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Wednesday 21 August, 7pm–8pm

Carnegie Library and Community Centre — Tech Room



TIME FOR TEA

Glen Eira Libraries presents a special day of workshops all about tea
Saturday 17 August. Carnegie Library and Community Centre — Boyd Room



FUN FERMENTS

10am–11am

Learn how to make your own kombucha at home with natural herbs and fruit. Explore how to use kombucha to create sourdough buckwheat bread and delicious cashew nut cheese. Learn simple and tasty fermenting techniques to save money and support your gut to be healthy and happy. Please refrain from wearing perfumes to this session.

Strictly for adults and teens ages 15 and over. Tickets \$6. Bookings essential and open 9am, Saturday 20 July. No refunds. See the back page for details.



CHINESE TEA JOURNEY

12.30pm–1.30pm

Journey to the ancient origins of tea and discover how it has evolved through the ages. Taste tea from all across China, including its birth place. Join us in sipping exquisite tea from traditional glass cups as we explore Chinese tea culture, drinking etiquette and the beautiful 'Gong Fu' tea ceremony. Please refrain from wearing perfumes to this session.

Strictly for adults and teens ages 15 and over. Tickets \$6. Bookings essential and open 9am, Saturday 20 July. No refunds. See the back page for details.



TEA LEAF READING

3pm–4pm

Join 8th generation tasseomancist, Annie O'Reilly, as she teaches us the wisdom of tea leaf reading. Bring along a cup and learn about tea, symbology and tasseomancy 101 in this special and unique session.

What to bring: a shallow, wide teacup that is pale (preferably without decoration inside) and its saucer.

Strictly for adults and teens ages 15 and over. Tickets \$15. Bookings essential and open 9am, Saturday 20 July. No refunds. See the back page for details.



Dying to Know Day

Thursday 8 August

Dying to Know Day is designed to encourage all Australians to develop new knowledge and attitudes about how to deal with death, dying and bereavement and supporting each other at the end of life. It inspires local initiatives and promotes information to enable all Australians to discuss and plan their wishes. Planning ahead means we have the opportunity to communicate what we do and don't want for our final goodbye.

For more information and to find out about activities and events in Melbourne during August 2019, visit www.dyingtoknowday.org/

Your Final Checklist

Use this checklist as a way of starting a conversation with family.

- Have you written a will? Is it up-to-date?
- Have you nominated your power of attorney?
- Where are your important documents and do your family know where to find them?
- Have you written your advanced care plan?
- Have you told your loved ones what medical interventions you want or do not want and under what circumstances?
- Have you written an emotional will? Do you know what an emotional will is?
- What type of funeral do you want?
- Do you want to be buried or have your ashes scattered?
- Have you discussed your end of life plans with family and friends?

For a complete copy of *Your Final Checklist*, visit www.dyingtoknowday.org/

Kindly reproduced from Groundswell Project information.

Dying To
Know day
8th August
www.dyingtoknowday.org

WOULD YOU LIKE A COMPANION TO VISIT YOU AT HOME?

You may be eligible for the Community Visitors Scheme!

If you are currently receiving a **Home Care Package** (or are on a wait list for one) you may be eligible for the Government funded *Community Visitors Scheme (CVS)*.

This **free service** is designed for people who are feeling lonely or socially isolated and would benefit from regular weekly or fortnightly visits with the intention of developing an ongoing friendship and social connectedness.

The visits are purely social and can be spent doing activities that both parties enjoy, such as chatting, reading, hobbies, going for a walk or watching a favourite TV show. A number of our visitors have developed a genuine friendship with the person they visit.

WOULD YOU LIKE TO VOLUNTEER?

Make a difference to someone's life!

If you would like to **make a difference** to the life of an older person who may be experiencing loneliness or social isolation, then perhaps consider volunteering as part of the *Community Visitors Scheme*.

Many people living in the community or in aged care facilities do not have regular visitors or may be socially isolated due to health and mobility issues.

A friendly visit from a regular volunteer visitor can make a tremendous difference to the wellbeing of a person.

For further information, call or email our volunteer co-ordinator:
8587 0296 | volunteers@cbchs.org.au



www.cbchs.org.au