

YOUR Voice

City of Kingston Senior's Newsletter

Spring 2024

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Kingston Seniors Festival 2024

The Kingston Seniors Festival will return in October with over 130 free or low-cost events and activities for people aged 55+.

The month-long festival recognises the important contribution older people make to our community and celebrates ageing positively. It is an opportunity to learn about the activities, clubs and groups available in the community.

There's a calendar of events to enjoy across our local community groups, senior's clubs, community centres and neighbourhood houses. Learn new skills, listen to music, participate in a workshop, make new connections and most importantly, have fun!

All events and activities are listed in this year's booklet. You can collect the booklet from September 2024 at the following locations:

- » Kingston Libraries
- » Chelsea Activity Centre
- » Westall Hub
- » Patterson Lakes Community Centre
- » Clarinda Community Centre
- » Select supermarkets

For more information:

📞 1300 653 356

✉ info@kingston.vic.gov.au

🌐 kingston.vic.gov.au/seniors-festival



8 days of FREE public transport!

The state government is providing eight days of free travel during the Victorian Seniors Festival! From Sunday 6 October to Sunday 13 October, you can explore Melbourne and regional Victoria.

Remember to carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual. You won't

be charged as the system is set to automatically recognise Seniors myki cards during this period.

For more information about the Victorian Seniors Festival and the many events on offer, please visit seniorsonline.vic.gov.au/victorian-seniors-festival

SAVE THE DATE!

Kingston Services Expo 2024

Tuesday 12 November | 10am - 3pm

Kingston City Hall | 979-985 Nepean Hwy, Moorabbin



'Ask and Connect'

Our Services Expo is back again this year. It is a great way to learn about the services that can support you and find ways to stay active in the community.

It's an opportunity to:

- » Meet approved aged care providers, including Kingston's own AccessCare team
- » Talk with disability service providers
- » Learn more about other support services, including financial, legal, carer support, palliative care, mental health and navigating the aged care system and NDIS
- » Find information about low-cost community activities, exercise programs and social groups
- » Discover paid or volunteer employment opportunities
- » And more.

There will be various information sessions on level 3 (lift available) including:

10am	Considering Home Care or Residential Care – what we need to know by Aged Care Specialist Officer, Services Australia
11am	Aged Pension – your choices by Financial Information Services Officer, Services Australia
12pm	Achieve Your Dreams by keynote speaker Fiona Demark
1pm	Aged Care Reform by representative of Department of Health and Aged Care
2pm	A pathway to NDIS by representative of Brotherhood of St Laurence NDIS Team

The Expo is free to attend and held at Kingston City Hall, close to Moorabbin train station and bus stop.

The parking time limits in the following areas will be lifted for the day except in areas marked with red signs or 15-minute restrictions.

- » 1P/2P parking within the service lane immediately around City Hall
- » The 2P zone on Station Street
- » The 2P zones in Tuck Street.

Those who do not have transport can use Kingston Community Bus service at no charge. Transport will be provided from the following locations:

- » **9.30am** – Westall Community Hub, 35 Fairbank Rd, Clayton South
- » **9.50am** – Clarinda Community Centre, 58 Viney St, Clarinda
- » **9.30am** – Patterson Lakes Community Centre, 54/70 Thompson Rd, Patterson Lakes
- » **9.50am** – Chelsea train station
- » **10.10am** – Aspendale train station
- » **10.55am** – Dingley Village Neighbourhood Centre, 31B Marcus Rd, Dingley Village
- » **11.15am** – Mentone, Coles Car Park, Brindisi St, Mentone
- » **11.25am** – Parkdale Library, 96 Parkers Rd, Parkdale.

After the event, the buses will provide transport from City Hall back to the same locations, please see the departure times:

- » **12pm** – To Westall and Clarinda
- » **1.30pm** – To Dingley Village
- » **12.30pm** – To Aspendale, Chelsea and Patterson Lakes
- » **1.50pm** – To Mentone and Parkdale.

To book Community Bus transport, call 📞 **0409 767 438** or email ✉ community@kingston.vic.gov.au or alternatively leave a message on 📞 **1300 653 356**.

National Secure Your Home Day

28 – 29 September 2024

National Secure Your Home Day is facilitated by Neighbourhood Watch Australasia. It provides an opportunity to share information on strategies to strengthen the security of your home and reduce your risk of being a crime target.

To learn more and to register for a free National Secure Your Home Day Kit, visit secureyourhomeday.com.au. If you don't have a computer, visit your local library and ask for assistance.

Here are some top tips to secure your home:

- ✓ Always keep all doors and windows locked, even if you are at home.
- ✓ Remove all valuables from your car. Keep it locked and safely inside your garage if you have one.
- ✓ Get to know your neighbours. Good relationships with your neighbours can help you feel safer and you can keep an eye on each other's homes.
- ✓ Join a Neighbourhood Watch Group by visiting nhw.com.au/find-a-group or call **8335 6002**.

Financial Information Sessions

A Financial Information Services Officer from Services Australia will deliver three information sessions, each covering a different topic.

All sessions will be held at **Mentone Activity Hub, 29 Venice St, Mentone**.

Friday 6 September from 11am – 12pm

Superannuation – contributions, caps and income streams from your superannuation.

Friday 13 September from 11am – 12pm

Downsizing your home – what you need to know!

Friday 20 September from 11am – 12pm

Age pension – your choices – assets test, limits, income, rates and more!

Bookings are required. To book, call **0409 767 438** or email community@kingston.vic.gov.au or alternatively leave a message on **1300 653 356**.



Transport Information Sessions

Transport information sessions are for people who, due to health conditions, have limited access to public transport.

Information provided at the sessions will include the multipurpose taxi program (half price taxi card program), community bus service, government subsidised transport programs, companion card and other topics related to assistance with transport and socialising.

Tuesday 17 September
1pm – 2.30pm

Dingley Village Neighbourhood Centre, 31B Marcus Rd, Dingley Village

Wednesday 18 September
11am – 12.30pm

Patterson Lakes Community Centre, 54/70 Thompson Rd, Patterson Lakes

Tuesday 24 September
11am – 12.30pm

Chelsea Activity Hub, 5 Showers Ave, Chelsea

For bookings, contact Council's Community Partnerships and Inclusion Officer on **0409 767 438** or email community@kingston.vic.gov.au

The Fight Parkinson's Peer Support Group

This year, the Fight Parkinson's Moorabbin Peer Support Group celebrates a 5-year milestone. The peer support group provides mutual support and information to locals diagnosed with Parkinson's disease, their families and their carers. It meets on the second Thursday of each month in Mordialloc.

Parkinson's is a chronic neurological condition with a range of complex symptoms unique to each individual. According to the World Health Organization (WHO) neurological disorders are now the leading cause of disabilities in the world, and Parkinson's is the fastest-growing neurological disease. Research shows that more than 219,000 Australians are living with Parkinson's, and 82% of people with Parkinson's are over 64 years of age at the time of diagnosis. For more information visit betterhealth.vic.gov.au/health/conditionsandtreatments/parkinsons-disease.

Medication and support from healthcare professionals can help manage the symptoms, and several promising research projects are seeking ways to slow the disease's progress.

The Fight Parkinson's Moorabbin peer support group is supported by people in the local community, including members of the Rotary Club of Mordialloc and health professionals. The group includes guest speakers and members, as well as fun times like trivia and board games.

The meetings offer a safe environment for participants to share their journey with others, stories and tips, art and music electives, trivia and newsletters, with participants contributing stories, photos and jokes. There is also a book exchange and information table with the latest articles and resources for those living with Parkinson's.

The group welcomes anyone interested in joining. Contact Fight Parkinson's on [8809 0400](tel:88090400) or info@fightparkinsons.org.au.



Fight Parkinson's is a registered charity and the leading source of specialised information and health services. Free advice and resources are available on [1800 644 189](tel:1800644189) and their website fightparkinsons.org.au

What is Dementia? – Carers Information Session

Clarinda Community Centre, 58 Viney Street, Clarinda

Thursday 26 September, 10.30am – 2.30pm

The session will provide information about the symptoms and practical tips and strategies for carers who are supporting someone living with dementia or showing signs of cognitive changes and decline.

The session will be presented by Alfred Health Carer Services, a service partner of Carers Gateway. If you would like to attend the session you need to register or already be registered with Carer Gateway.

To register your interest in attending the event, please click the following link forms.office.com/r/dJ3swHkGA8 or scan the QR Code:



'Embrace it and don't let go'

Bill and Betty's experience with the Dementia Rehabilitation Program

Receiving a dementia diagnosis can be challenging. It was a heartbreaking discovery for Bill and his wife, Betty, who is now also his carer.

After a hospital visit, a social worker suggested the Dementia Rehabilitation Program, provided by Encara and funded by South Eastern Melbourne Primary Health Network (PHN), to Bill and Betty.



The 12-week in-home program enhances independence and wellbeing through allied health-led activities. The program offers podiatry, physiotherapy, occupational therapy and optional art and music therapy.

Initially hesitant about art therapy, Bill and Betty found it surprisingly beneficial and said it helped Bill come out of his shell. Visits from the program's professionals also aided Bill's mobility and Betty's caregiving confidence.

"The program helped me a lot, just knowing I'm doing the right thing," Betty explained.

Dementia affects nearly half a million Australians, with almost 1.6 million involved in caregiving. It's a progressive disease without a cure, impacting cognitive function and daily activities.

The program is available to individuals aged 65+ and has recently expanded to include residents of the Cities of Greater Dandenong, Kingston and Frankston.

Bill and Betty highly recommend the program. "To anyone given the opportunity to join, we would say embrace it with open arms and don't let it go!"

Encara accepts all referrals for the program, including self-referrals. For more information, visit encara.com.au/in-home-dementia-rehabilitation



Cheltenham Ladies Probus Club

NEW MEMBERS WELCOME

Rediscover the fun of socialising

Cheltenham Bowling Club **Thursday**
2 Wilson St, **12 September,**
Cheltenham **10am – 11.30am**

Come along to the visitor Meet and Greet Morning Tea, make some new friends and see why Probus is so popular.

The committee and club members would like to invite you to join their activities. The Club meets monthly, and you will be entertained by guest speakers and listen to shared stories. You can also join a coffee/chat group, visit local cafés or go for lunch with like-minded people.

You can join the knitting group to make scarves, gloves and beanies for those in need or connect with passionate Mahjong players.

On sunny, warm days, you can enjoy the Club's morning teas in the local park or attend occasional bus tours. Most importantly, you can make new friends, have a bit of fun and always have something to look forward to.

The Club's monthly meetings are held on the second Thursday of the month at Cheltenham Bowling Club. The venue is accessible to all, close to public transport, with good parking and an easy drive from Nepean Hwy via Centre Dandenong Rd. For more information, call Betty on ☎ **0414 442 033**.

Mentone Community Garden Open Day

9 Venice St, Mentone

Mentone Community Garden Club would like to invite you to visit the garden on the Open Day on 13 October 2024 from 10am to 2pm. There will be talks, demonstrations and plant giveaways. The garden is scooter accessible from the Remo Street gate.

For more information, call Joanne on ☎ **0417 590 011**.

Chelsea Activity Hub

5 Showers Ave, Chelsea
 ☎ 9581 3045

Move and Connect

on Mondays 10am – 11am,
 \$5 per session

A movement to connect with your mind and body using various activities from relaxation to expression through movement from a place of ability.

Mahjong

on Mondays 10am – 1pm
 and Fridays 9.30am – 12.30pm,
 \$2 per session

There is ongoing tuition available, so come along and learn how to play the ancient game of Mahjong. Tea and coffee will be provided.

Weekly Movie

on Thursdays 1pm onwards, Free
 Flyer available for future movie screenings. Tea, coffee and biscuits provided.

Between the Pages Book Group

on the fourth Monday of the month, 1pm – 3pm, Free

Come along and chat with others about a book you've recently read. Tea and coffee provided.

City of Kingston
 Inclusive Communities Team
 PO BOX 1000 Mentone 3194
 ✉ info@kingston.vic.gov.au
 ☎ 1300 653 356

For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer
 ☎ 0409 767 438 or
 P.O. Box 1000 Mentone, VIC, 3194, or email ✉ alina.urbanczyk@kingston.vic.gov.au



Free aged care information sessions



The City of Kingston's AccessCare team is offering information and advice about in-home aged care services at our FREE drop-in sessions at Clarinda Community Centre and Chelsea Library.

No appointment is required; you can just pop in to speak with an aged care professional about your personal needs. AccessCare's team can provide advice about everything from registering with My Aged Care to receive support services in your own home through to understanding how Home Care Packages work.

Clarinda Community Centre
58 Viney St, Clarinda
 Second and fourth Monday
 of every month
 10.30am – 12.30pm

Chelsea Library
1 Chelsea Rd, Chelsea
 Every second Thursday
 10am – 12pm

To find out more, please get in touch with AccessCare's friendly team on ☎ 1300 819 200.

Home Care Packages with AccessCare

Did you know that the City of Kingston offers Home Care Packages through AccessCare, the Council's own in-home care provider?

For 30 years, AccessCare has supported Kingston's senior community members to live independently and with dignity in their own homes.

With our team of support workers, aged care advisors, community nurses, home maintenance officers and more, AccessCare is available to help you live your life, your way.

To find out more about how you can get a Home Care Package with AccessCare in the City of Kingston, please call us on ☎ 1300 819 200 or visit 🌐 accesscare.org.au

