

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG



GREATER  
DANDENONG  
*City of Opportunity*

### Highlights in this issue

- Opportunities to get Involved
- Heat Wave Information
- Day Trips
- December Seniors Afternoon Dance
- Celebrating our Centenarians
- Housing for the Aged Action Group Inc
- Social Connections Book

### December/January 2024

The Greater Dandenong Carols is a free family-friendly event to celebrate the Christmas season with our local community.

As a new addition for the 2023 event, Harmony Square will be transformed into a wonderful Christmas Market from 3pm with plenty of festive food and Christmas crafts. The Christmas Carol singalong will begin from 6pm with a variety of amazing performers.

Date: Friday 1 December

Time: 3pm–9pm

Cost: Free

Venue: Harmony Square, 225 Lonsdale Street, Dandenong

For more information visit [greaterdandenong.vic.gov.au/carols](https://greaterdandenong.vic.gov.au/carols)

The Positive Ageing Team would like to wish you and your family a very Merry Christmas and a safe and Happy New Year. We look forward to seeing you all in 2024.



# SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster



## DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



## HOT CARS KILL

Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.



## KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



## PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



## CHECK IN ON OTHERS

Look after those most at risk in the heat – your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

**SURVIVE THE HEAT**  
Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

For more information visit the Better Health Channel.  
Call NURSE-ON-CALL on 1300 60 60 24  
or see your doctor if you are unwell.  
In an emergency, call 000.





# Staying healthy in the heat

Heat stress occurs when the body is unable to cool itself enough to maintain a healthy temperature.

Heat stress can occur when you are dehydrated, experience a lack of air flow, are exposed to the sun or if you are in hot and crowded conditions.

Prepare to prevent heat stress on days where temperatures are forecast to rise above 30°C.

## How to prevent heat related illness

- Keep your fluids up – you need to drink more during hot weather regardless of how active you are. Don't wait until you're thirsty.
- Review medications with your doctor.
- Reduce caffeine and alcohol intake – limit tea, coffee and alcohol in hot weather as they have a mild diuretic action and could lead to dehydration.
- Take it easy – rest and stay indoors.
- Avoid exposure to heat – stay out of the sun as much as you can.
- Stay cool – wear light clothing, keep air circulating, use an air conditioner if available, take a cool shower or bath.
- Protect yourself outside – Slip, slop, slap, seek shade and slide on some sunglasses. Wear clothing with long sleeves and long pants.
- Limit physical activity – restrict your activity to cooler parts of the day.
- Keep up your energy levels – eat regular, light meals.
- Watch out for others – check in with people who may be at risk during long periods of hot weather.

## Where to get help

Phone Nurse on Call 1300 606 024, or in an emergency phone 000.

## Preparing for hot weather

- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Stock up on food, water and medicines so you don't have to go out in the heat.
- Store medicines safely at the recommended temperature.
- Look at the things you can do to make your home cooler such as installing awnings, shade cloths or external blinds on the sides of the house facing the sun.

## Preparing for a power failure

- Think about what you would do if a heatwave caused loss of electricity or disrupted public transport.
- Ensure you have a torch, fully charged mobile phone or a telephone that will work without electricity, a battery-operated radio and sufficient batteries.

# Get Involved

## Cash for containers

**Greater Dandenong residents are now able to earn money while recycling.**

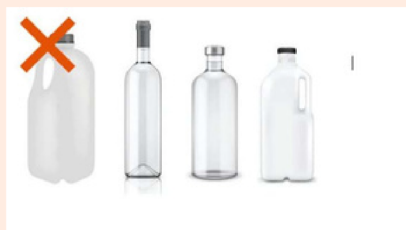
The state-wide Container Deposit Scheme will reward recyclers with a 10-cent refund for every eligible can, bottle and carton recycled at a collection point.

You can choose to keep the refund or donate it to a charity, community group, environmental not-for-profit, educational organisation or sports group.



### Eligible containers include:

- Non-concentrated fruit or vegetable juice
- Flavoured milk
- Beer
- Soft drink
- Mixed spirits.



### Ineligible containers include:

- Glass wine bottles
- Glass spirit bottles
- Juice bottles 1 litre and over
- Cordial bottles
- Milk (other than flavoured milk)
- Concentrated fruit or vegetable juice
- Health tonics.

**For more information visit  
[vic.gov.au/container-deposit-scheme](http://vic.gov.au/container-deposit-scheme)**



## Carer Card Program

The Victorian Carer Card recognises the significant contribution carers make to the lives of people they care for and the communities in which they live.

The card provides discounts and benefits to carers in acknowledgement of this contribution. Carer Card holders can now enjoy most of the discounts available to Seniors Card holders in more than 4,000 participating businesses across Victoria.

They have merged the Carer Card and Seniors Card discount directories so that Carer Card holders can access an even wider range of discounts, including:

- eating out
- shopping
- getting help with your finances
- leisure and recreation activities like seeing a movie at a Village cinema.

It's easy and free to apply for the Carer Card. Applications can be made online. Alternatively, forms can be downloaded from the website, or you can request that one be posted to you by telephoning the Carer Card team on 1800 901 958.

Applications may take four to six weeks to process.

For more information contact: 1800 901 958 or to apply online visit [www.carercard.vic.gov.au](http://www.carercard.vic.gov.au)



# Day Trips



## Bookings open Tuesday 21 November 2023 at 9am

- Participants must be a resident of the City of Greater Dandenong and be registered users of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

**Bookings/enquiries phone: 8571 5556**

**Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park**

### Caldermeade Farm Morning Melodies and Lunch 1

Caldermeade Farm presents Carol Taweel and a variety Christmas Show for morning melodies. A \$15 seniors lunch is available on the day.

**Tuesday 5 December**

Depart/Return: 9.15am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Morning Melodies seniors lunch special \$15 (no BYO)



### Caldermeade Farm Morning Melodies and Lunch 2

Caldermeade Farm presents Bobby James and a Golden Memories Christmas Show for morning melodies. A \$15 seniors lunch is available on the day.

**Friday 8 December**

Depart/Return: 9.15am -2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Morning Melodies seniors lunch special \$15 (no BYO)



### Mornington Main Street Market

Join us at Mornington Main Street Market where your shopping options are endless! Browse from the homemade crafts, home baked treats, home grown plants, produce and more. The Main Street Market has been running for over 40yrs and is Victoria's longest running street market.

**Wednesday 13 December**

Depart/Return: 9.30am-2pm

Transport cost: \$14.60 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO





## Rose Cottage Restaurant Monbulk

Come and join us at this hidden gem nestled in the Dandenong Ranges, Rose Cottage Restaurant Monbulk. Enjoy a set two course menu in a homely cottage setting.

### Friday 15 December

Depart/Return: 11am-3pm  
Transport cost: \$9.70 (inc GST)  
Admission: Free  
Lunch: \$23 two course lunch menu

## Healesville Sanctuary

Healesville Sanctuary, in the heart of the Yarra Valley, is world-renowned as the best place to see Australian wildlife in their natural habitat. Explore the 70 acre bushland haven to experience close-up encounters with some of Australia's unique and endearing wildlife.

### Monday 18 December

Depart/Return: 8.30am-3pm  
Transport cost: \$22 (inc GST)  
Admission: Adult \$46, concession \$41.50  
Lunch: Purchase at café or BYO



## Blue Hills Cherries & The Bramble Berry Farm

Our first destination is Blue Hills, Silvan for cherry picking and from there we head to Brambles Berry Farm to pick blackberries, blueberries and raspberries.

### Thursday 21 December

Depart/Return: 8.30am-3.30pm  
Transport: \$22 (inc GST)  
Admission: Blue Hills \$13.50 entry, cherries are weighed at \$15 per kilo upon exit  
The Bramble Berry farm, free entry and different size containers available for purchase on the day  
Lunch: Purchase at cafe or BYO





## Sky High Restaurant Lunch

Join us at the beautiful Sky High Restaurant, nestled amidst the hilly landscape and the cool fern glades of Mount Dandenong.

### Wednesday 3 January

Depart/Return: 11.15am-3pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Prices start from \$20, no BYO option

## Blue Lotus Water Gardens

Spanning over 14 acres the tropical themed gardens contain more than 40 different ponds, lakes and water features which produce the biggest display of lotus and waterlily flowers in the southern hemisphere. The grounds also contain an amazing array of exotic plants, garden exhibits, fountains, waterfalls, floral sculptures, walks and scenic views. Please note: a lot of walking is required.

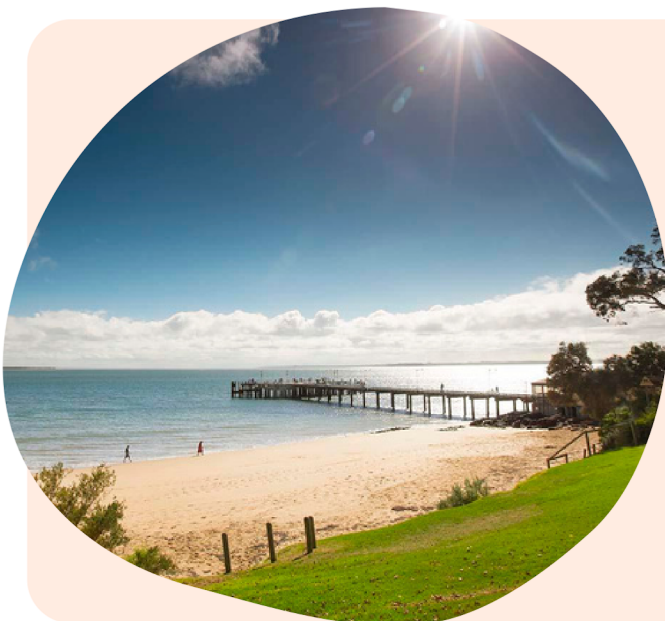
### Thursday 11 January

Depart/Return: 9am-3pm

Transport cost: \$22 (inc GST)

Admission: Adult \$TBA Concession \$TBA

Lunch: Purchase at café or BYO



## Phillip Island

Join us on a trip to Phillip Island. Our first stop will be at Phillip Island Chocolate Factory where you can experience the worlds largest chocolate waterfall, watch the chocolatiers at work and sit down and relax for morning tea in their cafe. From there we will travel to The Nobbies and hopefully see some seals on the rocks. Our last stop will be for fish and chips for lunch.

### Monday 15 January

Depart/Return: 9am-3.30pm

Transport: \$22 (inc GST)

Admission: \$18 (chocolate shop)

Lunch: Purchase at cafe or BYO



## Melbourne Zoo

Located within Royal Park in Parkville, Melbourne Zoo contains 3742 animals comprising 243 species from Australia and around the world. Popular exhibits include the Butterfly House, the Reptile House, the Great Flight Aviary, Wild Sea, Treetop Apes and Monkeys and Lion Gorge. Please note: a lot of walking is required.

### Friday 19 January

Depart/Return: 9.00am-3.00pm

Transport cost: \$22 (inc GST)

Admission: Adults: \$46, Concession \$41.50

Lunch: Purchase at cafe or BYO



## Fairfield Boathouse Lunch

Join us for lunch at Fairfield Park Boathouse, an enchanting riverside retreat. Step back in time and relax by the river, surrounded by the beautiful bush of the Yarra Bend Park.

### Wednesday 24 January

Depart/Return: 11.30am-3pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20, no BYO option

## Queenscliff Ferry

Join us on the journey across Port Phillip Bay from Sorrento to Queenscliff where we will disembark and explore the historic seaside village of Queenscliff with its elegant Victorian-era buildings, art galleries and more before returning on the ferry in the afternoon.

### Tuesday 30 January

Depart/Return: 8.30am - 4.30pm

Transport Cost: \$22 (inc GST)

Admission: Adult: \$34

Lunch: Purchase at café or BYO





# Seniors Afternoon Dance



Tuesday 12 December  
Golden Memories with Steve Van



1pm-3pm



Springvale Town Hall

5 Hillcrest Grove, Springvale.

Cost: \$5 (inc GST) payment at the door.  
Includes light afternoon tea.

Bookings essential, phone 8571 5556







On Friday 27 October we held our inaugural *Celebrating our Centenarians* event.

We had nine centenarians nominated by family or friends ranging in age from 100 years to 111 years of age.

On the day three centenarians attended the morning tea celebration, receiving flowers and sharing their stories and secrets to living to 100 years and beyond with Councillor Loi Truong and Greater Dandenong CEO Jacqui Weatherill.

We visited two centenarians on the day and the remaining four people will be visited later in November and we will share those pictures in the next edition of the Living Well newsletter.





## Housing for the Aged Action Group Inc.

Are you over 50 and need help finding affordable housing?  
Do you need support accessing aged care services in the home?

Housing for the Aged Action group (HAAG) is a community organisation that has been supporting older people to access safe, secure and affordable housing since 1983.

We all need secure and affordable housing to be safe and healthy as we age. That's why our Home at Last service supports people over 50 (45 if Aboriginal or Torres Strait Islander) experiencing housing insecurity or homelessness to find suitable housing. HAAG can also assist people interested or currently living in retirement housing to understand their options and assist with any disputes regarding contracts and fees, or with management.

As a Care Finder service, HAAG can support people to receive aged care services in the home, respite care, residential aged care and support to access other relevant services.

To access support today phone or email HAAG's Home at Last or Care Finder service on [haag@oldertenants.org.au](mailto:haag@oldertenants.org.au) or phone 1300 765 178.



## Positive Ageing updates

### Social Connections Book

The Positive Ageing team is busy putting the finishing touches on a social connections book that will provide you with information and opportunities to connect to others in our community.

Contact us if you would like your club featured in this publication, or if you would like to have a copy sent to you when it is completed.

### Event sharing

Is there an upcoming event you would like to share with the community? Contact us and we will be able to help you promote it.

### Subscribe to receive electronically

If you would like to receive this newsletter straight to your inbox, head to [greaterdandenong.vic.gov.au/living-well-greater-dandenong](http://greaterdandenong.vic.gov.au/living-well-greater-dandenong)

There is a list of locations on the back cover of where to pick up a copy of the newsletter or contact the Positive Ageing team.

### Contact details

Email us at [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au)  
Or phone us on 8571 5556.



**Collect from Customer Service Centres located at:**

**Dandenong Civic Centre**

**Parkmore Shopping Centre**

**Springvale Community Hub**

**Dandenong Oasis**

**Noble Park Aquatic Centre**

**Please contact the Positive Ageing team on 8571 5556 or  
email [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au) for more details.**

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**TTY: 133 677**

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Online: [relayservice.gov.au](http://relayservice.gov.au)**



**TIS: 13 14 50**

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Bunurong Country**