



BeWell news



Welcome to the April 2024 edition of BeWell News!

It's been a summer of wild weather in Monash, with the heavy storms and winds on Tuesday 13 February 2024 causing significant damage. The clean up continues and we thank all of you for your patience, understanding and support of each other following this challenging weather event.

Council especially thanks the SES for their incredible support in making our roads, footpaths and properties safe in the days immediately after the storm. The SES team worked with Council staff

and other emergency services agencies to respond to more than 1,000 requests for help from the Monash community. Read more about the efforts in this edition.

In the face of extreme weather events, it is good to be as prepared as possible, including having extra supplies on hand and having a torch, radio and batteries. Store these in a handy spot and check regularly to make sure they are working.

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Feedback on  9518 3553

 communitysupport@monash.vic.gov.au

Next edition: August 2024

Public Holidays

- Anzac Day: Thursday 25 April
- King's Birthday: Monday 10 June



CITY OF
MONASH

BE PREPARED IN AN EMERGENCY

The recent wild weather is a good reminder to be prepared for whatever Melbourne weather brings. Preparing yourself can be simple.

Have these in an easy-to-reach place in your home:

- ✓ a back-up light
- ✓ a supply of batteries or battery charger
- ✓ a torch
- ✓ a battery-powered radio tuned to an emergency station (ABC Melbourne 774 AM).



MORE TIPS

Light

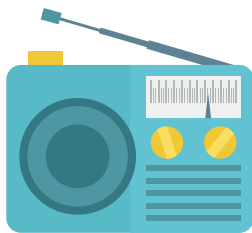
Don't leave batteries in the torch, and check them every six months. Consider wind-up torches that don't need batteries.



Radio (battery-powered)

Radio is often the best source of information in an emergency. Mark on the dial the frequencies of your ABC Local Radio station and other local services.

Select a radio that doesn't rely on electricity.



Chargers

Have a charger or charged battery pack for your phone. Also consider, keeping an older landline phone that is not reliant on power. Your telephone exchange may still operate even if the power is out.



To download a print-out checklist, click on the link below:

www.redcross.org.au/globalassets/cms/emergency-services/preparedness/checklist-get-packing.pdf

GET PACKING

Get your essentials together

Keep this handy checklist on the fridge until it's done!

Suggested survival items:

<p>Light</p> <p>WIFI: Don't leave batteries in the torch, and check them every six months. Consider wind-up torches that don't need batteries. If you can, use a torch with rechargeable batteries.</p>	<p>Water</p> <p>WIFI: Don't use tap water after an emergency until authorities say it's safe. If you don't have bottled water, you can boil tap water for 10 minutes to make it safe to drink.</p>
<p>Cash</p> <p>WIFI: Have small bills on you. If you have a credit card, make sure you have it with you. If you have a debit card, make sure you have it with you.</p>	<p>Food</p> <p>WIFI: Consider the needs of everyone in your household, including babies, children, and pets. Have a supply of food, including baby food, and a supply of water. If you have a pet, make sure you have enough food for them.</p>

Take your medicine

WIFI: Pack your medicine and essential supplies in a separate bag, and keep it with you.

Radio (battery-powered)

WIFI: Check on your ABC Local Radio station and other local services. Select a radio that doesn't rely on electricity.

Chargers

WIFI: Have a charger or charged battery pack for your phone. Also consider, keeping an older landline phone that is not reliant on power.

Protective clothing / blankets

WIFI: Consider the needs of everyone in your household, including babies, children, and pets. Have a supply of food, including baby food, and a supply of water.

Special medical supplies or equipment

WIFI: Consider the needs of everyone in your household, including babies, children, and pets. Have a supply of food, including baby food, and a supply of water.

Toiletries

WIFI: Pack your toiletries in a separate bag, and keep it with you.

First Aid Kit

WIFI: Pack your first aid kit in a separate bag, and keep it with you.

Pet essentials

WIFI: Consider the needs of everyone in your household, including babies, children, and pets. Have a supply of food, including baby food, and a supply of water.

Comfort the Aids

WIFI: Pack your entertainment items in a separate bag, and keep it with you.

Store and review your kit

WIFI: Store your kit in a safe, dry place, and review it regularly.

Set an annual reminder in your phone

WIFI: Set an annual reminder in your phone to check your kit.

Find an easy step-by-step process and full emergency kit checklist on the Red Cross website:

www.redcross.org.au/emergencies/prepare

NEW SHINGLES VACCINATION AVAILABLE FOR SENIORS



Did you know people aged 65 years and older, and First Nations people aged 50 and older, can now access a new shingles vaccine through the National Immunisation Program?

Shingles is a painful blistering rash caused by reactivation of the same virus that causes chickenpox. Although the new vaccine is free, there may be a consultation fee or administration cost to have the vaccine. Talk to your health professional for more information.

 www.seniorsonline.vic.gov.au/news/introduction-new-shingles-vaccine-national-immunisation-program

DETOX YOUR HOME IS COMING TO MONASH

Detox Your Home is back on at the Monash Recycling and Waste Centre (380 Ferntree Gully Road, Notting Hill) on Saturday 27 April 2024!

Register for the event and drop off your weed killers, cleaning products, cosmetics and other harmful chemicals for free.

Run by Sustainability Victoria, Detox Your Home is a drive-through event that helps residents dispose of toxic chemicals safely. These can't be put in kerbside bins or poured down the drain because of the risks they pose to human health and our environment.

Please note Detox Your Home does not accept walk-ins and registrations are essential.

Monash Recycling and Waste Centre will also be open on the day. Why not save a trip and bring items in for recycling too? Make sure to check your items can be accepted at either Detox Your Home or at the recycling centre.



REGISTER:  <https://detoxnottinghill2024.eventbrite.com.au>

Detox Your Home accepted items:

 www.sustainability.vic.gov.au/detoxyourhome

Monash Recycling & Waste Centre accepted items:

 www.monash.vic.gov.au/recycling-centre

MEDITERRANEAN DIET FOR HEART HEALTH

The Mediterranean diet is the traditional eating pattern of people from countries bordering the Mediterranean Sea, including Greece, Italy and Spain. This diet is based on healthy whole foods and includes very few processed foods.

What's in the Mediterranean diet?

Key foods in a Mediterranean diet are extra virgin olive oil, vegetables and fruits, wholegrain breads and cereals, and legumes or beans. Onion, garlic and other herbs and spices are used to add flavour to foods and dishes. Yoghurt, cheese and lean protein sources such as fish, chicken or eggs are also eaten.

Red wine is also a traditional part of this diet but is consumed only in small amounts and with meals.

Red and processed meats and sweets or sweetened drinks are only eaten in small amounts.

What are the benefits of the Mediterranean diet?

The healthy food combinations in the Mediterranean diet have antioxidant and anti-inflammatory properties. This can contribute to prevention and treatment of a range of chronic diseases.

Research shows that the Mediterranean diet can reduce risk of developing heart disease, including heart attack, and is also beneficial in helping people with existing heart disease to manage their risk factors such as cholesterol and blood pressure.

Following a Mediterranean diet can also help prevent type 2 diabetes or its complications, depression and cognitive decline.

Where can I learn more about the Mediterranean diet?

Dr Catherine Itsiopoulos, an Accredited Practising Dietitian and Mediterranean diet researcher has recently released a book titled *The Heart Health Guide* and has given Heart Research Australia access to three recipes of Mediterranean dishes featured in her book.



Download the recipes and read more at:

 www.heartresearch.com.au/mediterranean-diet

ABDOMINAL BREATHING TO REDUCE STRESS

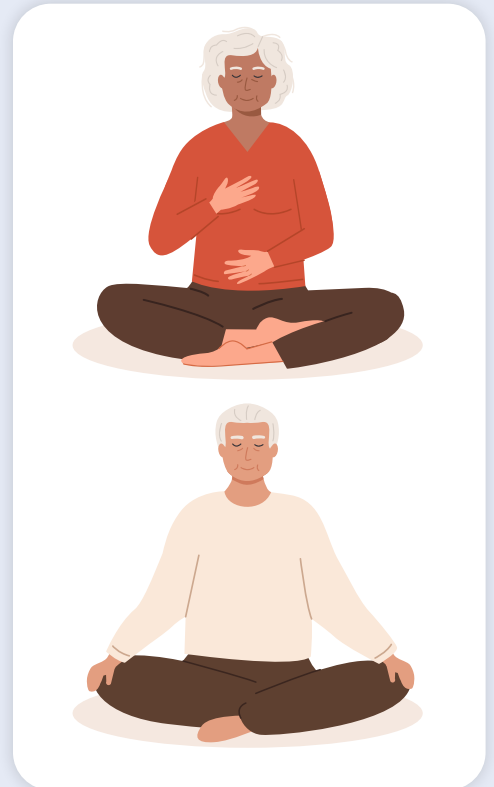
There are different breathing techniques to reduce stress and help you to relax. One of these techniques is to shift from upper chest breathing to abdominal breathing.

How to control abdominal breathing:

Find a quiet, relaxed environment where you won't be disturbed for 10 to 20 minutes. Set an alarm if you don't want to lose track of time.

Sit comfortably and raise your ribcage to expand your chest. Place one hand on your chest and the other on your abdomen. Take notice of how your upper chest and abdomen are moving while you breathe. Concentrate on your breath and try to gently breathe in and out through the nose. Your upper chest and stomach should be still, allowing the diaphragm to work more efficiently with your abdomen rather than your chest.

With each breath, allow any tension in your body to slip away. Once you are breathing slowly and with your abdomen, sit quietly and enjoy the sensation of physical relaxation.



www.betterhealth.vic.gov.au/health/healthyliving/breathing-to-reduce-stress

WHAT QUESTIONS SHOULD I BE ASKING MY HOME CARE PACKAGE PROVIDER?

There are four basic areas you should be asking questions around when searching for providers:

- **Who the provider is?**
- **What services they provide?**
- **What level of care you would be receiving?**
- **How much will it cost?**

Any additional questions you need to ask that can help you understand home care services or the system are also beneficial. You can ask your provider any manner of questions around the delivery of services and supports to you. Any question that helps clarify the delivery of care and services should be asked, no matter how 'stupid' the question seems.

Home care can be confusing, so getting any clarification you need by talking to providers can be useful and help get your head around how the home care system works.



www.agedcareguide.com.au/information/questions-to-ask-a-new-home-care-provider

COMPOSTABLE LINERS AVAILABLE

Are you using a kitchen caddy to collect food scraps and transfer them to your green bin? If you are, make sure the liners in your caddy are certified compostable.

Compostable liners are available at libraries and Council facilities.



Only certified compostable liners are accepted in your food and garden waste bin.

Liners or bags labelled eco, green, plant-based, biodegradable or degradable may contain plastic and are not accepted. Plastic bags are also not accepted.

How do I check if my liners are certified compostable?

It's easy! Always look for both things on the packaging of your liners:

1. The word "compostable".
2. The exact seedling logo in the image (right).

Where to buy certified compostable liners?

Council is making it easier to buy the right liners by making them available for residents to buy at these Council facilities:

- **Monash Civic Centre**
293 Springvale Road, Glen Waverley
- **Oakleigh Service Centre**
3 Atherton Road, Oakleigh
- **Monash Public Library branches**
6 locations. Visit www.monlib.vic.gov.au/branches
- **Monash Recycling and Waste Centre**
380 Ferntree Gully Road, Notting Hill

Please call the facility you are visiting to check we have stock.

You can also buy certified compostable liners at supermarkets, hardware stores and online (make sure to use our 2-step checklist).

They need to be 8 litres or larger to fit Council-provided caddies.



STORM DAMAGE HITS MONASH

Ongoing clean up

Due to the near unprecedented nature of the storm in parts of Monash, the clean-up of fallen trees and branches may take until early April as our teams remove and mulch these. Please be patient with our teams as we do this. If you have reported that clean up or collection is needed, our teams will have lodged the job and will get to it.

Victorian Government emergency relief payments

Emergency relief payments are available from the Victorian Government for eligible community members whose homes have been damaged by the storms. Information about these payments and eligibility criteria is available on the Emergency Victoria website, you can also call the **Vic Recovery Hotline** on **1800 560 760 (press 9 for an interpreter)**.



www.monash.vic.gov.au/storm-damage

CHANGE YOUR CLOCK, CHANGE YOUR SMOKE ALARM



Daylight Saving Time ends Sunday 7 April 2024. Moving your clock backwards is also a good reminder to check your smoke alarms.

The Country Fire Authority (CFA) and Metropolitan Fire Brigade (MFB) are concerned some households may be equipped with smoke alarms that aren't in working order, putting the occupants at risk in the event of a fire. The end of daylight saving is a great reminder to check the battery of your smoke alarm and check if the unit is more than 10 years old.

The CFA is also urging people check the location of their smoke alarms. Having working smoke alarms in the right places can help prevent fatal fires.

Most fatal fires start in lounge rooms and bedrooms. The CFA recommends smoke alarms be fitted in all sleeping and living areas to give people the best chance of an early notification and escape, regardless of where a fire starts. It is also ideal to install interconnected smoke alarms, so that when any smoke alarm is activated, all alarms are triggered.

<https://news.cfa.vic.gov.au/news/change-your-clock-check-your-smoke-alarms>

KNOW HOW TO IDENTIFY DOOR KNOCKERS

Are you worried about strangers knocking at your door? Have you felt pressured to let them in?

Council has recently received phone calls from residents concerned that people impersonating Council staff have been knocking on doors in Monash, seeking entry to their homes.

Some Council staff and representatives from our contractors may occasionally knock on your door to discuss important matters with you. However, it's important to know what to do to confirm the visitor's identity in case the person is impersonating a Council officer.

If someone knocks at your door, ask them to produce identification. All Monash Council staff, including contractors, are required to wear identification when they visit someone in their home.

Client services are pre-booked via our booking system for regular and occasional services. Council and contractors are unlikely to contact you on the weekend or outside of business hours. Assessment staff from other organisations may contact you, but they should also carry identification from their organisation.

Please remember that you have a right to know who is knocking at your door. You can:

- ask them for identification
- ask them why they need access to your home or property
- call a friend or a neighbour to assist
- call our Customer Experience team on 9518 3555 (business hours) and check they are Council staff
- ask them to leave.



If you are unsure and want to check if the person is from Council,
call us on ☎ 9518 3555 (during business hours).

If you are feeling unsafe, contact Victoria Police's assistance line on ☎ 131 444

If you or someone you know is in immediate danger, call Victoria Police on ☎ 000

MONASH COMMUNITY SAFETY REGISTER

If you're feeling unsafe at home, the Monash Community Safety Register may be able to help.

The Community Safety Register is a free service provided by Monash Council and South East Volunteers.

Open to people aged 50 and over, the program is designed to enhance your sense of safety. Eligible people who use the service receive a regular telephone call from a volunteer who can provide assistance, advice and referral to Victoria Police. Callers can provide support in English, Mandarin, Cantonese, Italian, Greek and Hindi.



Find out how you can join the program at:

 <https://sev.org.au/the-monash-community-safety-register/>

RESPITE SERVICES

Monash Council offers two different in-home respite services for clients.

Traditional respite service

The traditional respite service applies when the client and their carer live in the same household. It aims to give the carer a break from their caring duties.

Our care worker arrives at the home and takes a handover from the client's carer. At a prior assessment, a care plan will have been devised that has all the client's preferences and normal routines for the care worker to follow while on duty.

The Monash care worker and the client then engage in meaningful activities of the client's choice. This service is capped at four hours maximum per week. This can be a single four-hour session or two two-hour services. This aims to give the client's carer enough time for their own weekly needs.

Individual respite service

This service is offered when the client lives alone and has a carer who lives in a different house to the client.

This service is capped at four hours maximum per week. This can be a single four-hour session or two two-hour services.

The Monash care worker can visit, following a pre-assessed care plan, to engage the client in meaningful activities for up to four hours.

**NOW
4 HOURS
A WEEK**



Call My Aged Care on ☎ 1800 200 422 if you are interested in respite care

CONNECTING OUR OLDER LGBTI+ COMMUNITY

'Out and About' facilitates friendship between LGBTI+ seniors living at home and peer volunteer visitors.

Run by LGBTI+ support organisation Switchboard and funded by the Australian Government, this free service matches participants and volunteers based on shared interests and hobbies. The program coordinates catch-ups every two weeks for mutually enjoyable activities or hobbies, such as chatting over the phone, having coffee or tea at home or in a café, going for walks, seeing films, attending LGBTI+ community events and much more.

All eligible people are welcome. To be eligible, you need to:

- be on or waiting for a Home Care Package or live in Residential Aged Care
- identify as LGBTI (but you do not need to be open about your status).

The service is friendly, caring and supportive.

Please note Out and About is strictly not a dating or sexual service.

Watch a video about Dr Jennifer Glenister's experience of Out and About: 🌐 <https://youtu.be/WGRzJLywzts>



**For more info on becoming a recipient of the Out and About program:
Call ☎ 1800 729 367 or email ✉ outandabout@switchboard.org.au**

RAINBOWS DON'T FADE WITH AGE

Are you interested in the experiences and needs of older lesbian, gay, bisexual, trans/gender diverse, and intersex (LGBTI) people, and the services and people who support them as they age?

Then tune in every two weeks on Monday at 2pm to “Rainbows Don’t Fade with Age”, a community radio program presented by Val’s LGBTI Ageing and Aged Care, part of Rainbow Health Australia. You can listen live on Radio 3CR – 855AM, listen in or back via the web at www.3CR.org.au or via the community radio app.

Now in its second year, this award-winning show is Melbourne’s only radio show dedicated to all things LGBTI+ ageing and aged care.

The next show is on Monday 8 April then 22 April at 2pm and every two weeks after.



www.3CR.org.au

CONNECT WITH LGBTI+ PEOPLE IN MONASH

Power Neighbourhood House runs regular social catch-ups for LGBTI+ people, friends and allies over 40.

The free program runs monthly, and the next session is on Wednesday 10 April, 5.30pm-7pm.
Location: 54 Power Avenue, Ashwood

Contact Power Neighbourhood House on:

☎ 8849 9707

✉ office@powernh.org.au

🌐 www.powernh.org.au



LANGUAGE ASSIST

普通话 4713 5001
廣東話 4713 5002
Việt Ngữ 4713 5003

Ελληνικά 4713 5004
हिंदी 4713 5005
Italiano 4713 5008

한국어 4713 5010
සිංහල 4713 5020

தமிழ் 4713 5021
Other 4713 5000
languages

THE ESSENTIALS OF MAKING AND KEEPING FRIENDSHIPS

Making and keeping friendships over 60, or in any stage of life, requires some essential elements:

Openness and willingness to connect



Being open to new experiences, meeting new people, and putting yourself out there is essential in making new friendships. It's important to be willing to take the initiative to reach out and connect with others, whether it's through joining clubs, volunteering or attending social events.

Shared interests and common values



Having shared interests, hobbies or common values can serve as a strong foundation for building friendships. It provides a basis for connection and mutual enjoyment and can be a starting point for meaningful conversations and activities that strengthen the bond between friends.

Regular communication and interaction



Keeping friendships alive requires regular communication and interaction. This can be through regular catch-ups, phone calls, text messages or other forms of communication. Making an effort to stay in touch and show genuine interest in your friends' lives will help maintain the friendship over time.

Support and empathy



Being there for each other during both good times and bad is a crucial aspect of maintaining friendships. Offering support, empathy and understanding during challenging times, such as health issues, loss of loved ones, or other life changes, can deepen the bond and foster a sense of closeness.

Flexibility and adaptability



Friendships evolve and change over time, and being flexible and adaptable is important in maintaining them. Understanding that life circumstances may change, schedules may shift, and priorities may vary, and being willing to adapt to these changes can help keep friendships strong.

Quality over quantity



While it's important to be open to new friendships, focusing on quality over quantity is key in maintaining friendships over 60. It's not about having a large number of friends, but rather nurturing meaningful connections with a few close friends who bring joy, support and companionship to your life.

So, whether it's reconnecting with old friends or making new ones, remember that a little effort and being a good friend can go a long way in building and maintaining the relationships that enrich our lives.