

SUMMER 2022/23 ISSUE 19

AGEING WELL

Welcome to Ageing Well. In this edition, we explore one of the key factors to healthy ageing, you'll find opportunities to connect with the community, tips on how to spot and protect yourself from scams, as well as available programs and services to help you live independently and age well.



City of
Charles
Sturt

MEANS
THE WORLD

THE KEYS TO HEALTHY AGEING

The fourth part in our healthy ageing series.

Get active and boost vitality

Don't fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that ageing involves physical changes, but it doesn't have to mean discomfort and disability. Not all illness or pain is avoidable but many of the physical challenges associated with ageing can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

And it's never too late to start! No matter how old you are, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, adults who take up exercise later in life, for example, often show greater physical and mental improvements than their younger counterparts—because they aren't encumbered by the same sports injuries that many regular exercisers experience as they age. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.

Exercise

A Swedish study found that exercise is the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But it's not just about adding years to your life, it's about adding life to your years. Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost, and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline, and dementia.

Eat well

As you age, your relationship to food may change along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. But now, more than ever, healthy eating is important to maintain your energy and health. Avoiding sugary foods and refined carbs and loading up on high-fibre fruits, vegetables, and whole grains instead will help you feel more energetic, while eating with others is a great way to stay in touch with friends.

Get plenty of sleep

Many adults complain of sleep problems as they get older, including insomnia, daytime sleepiness, and frequent waking during the night. But getting older doesn't automatically bring sleep problems. Developing healthy sleep habits can help you get enough quality sleep each night. Make sure your bedroom is quiet, dark, and cool, avoid artificial light from screens for at least one hour before bed, and increase your activity levels during the day. A soothing bedtime ritual, like taking a bath or playing music can help you wind down and get a good night's sleep.



AGEING WELL HUB

We are excited to let you know that the Ageing Well team has made our home in the Civic Library, Woodville. Our new location makes us more visible and closer to you! We have the Ageing Well Hub where you can drop by to check our collections, information board, brochures, or visit us in person. We are also keen to receive information booklets to display at the hub for other people to read.

In addition, you may take pictures with Carers SA sculpture, Câlin, sitting proudly at our Ageing Well Hub. Câlin, which means hug in French, is a symbol of connection, togetherness, and support in recognition and celebration of all the unpaid carers.



SUMMER IN THE GARDEN



Summer has finally arrived! It is the time of the year where you can enjoy the longer warmer days and entertain family and friends outside. But something out there may be waiting to spoil the occasion. Our Summer Insect Spray program will surely keep unwanted bugs from ruining the fun.

If you find it hard to maintain the garden this summer and need an extra hand, our actively ageing volunteers are here to assist you through our Volunteer Gardening Program. We provide basic duties such as light trimming of shrubs, small trees, and hedges, repotting of plants, mulching of garden beds, raking of leaves, and de-cobwebbing of outdoor areas. We do not offer hand weeding but can arrange a weed poisoning service. For further details, contact Mike on 8408 1532.



COMMUNITY CONNECTEDNESS

A strong social connection is valuable at any age and as people grow older, the risk of experiencing loneliness increases. Being part of a community and having meaningful connections with others can help prevent loneliness and encourage you to feel more optimistic. The Ageing Well team offers diverse programs and services that may help you build and maintain meaningful relationships with others.

SAGES

SAGES, named for wisdom, learning and experience, is a social support group held at Arch Paterson Centre on Wednesdays and Fridays for people who are 65 and over. Participants enjoy social engagement, fun activities, seated exercise, hearty meals, guest speakers, and entertainment. In 2022, we had a variety of entertainers ranging from singers, bands, furry friends, dancers, and magicians! We offer many different guest speakers sharing valuable information to educate and inspire our participants. We are always happy to see new participants join our program and get connected with the local community. If you are looking to make some new friends and join the fun, contact Lissy or Caroline on 8408 1355 to chat about eligibility and program specifics.

MEN ON THE MOVE

A community based social support group, Men on the Move aims to connect like-minded men to connect and create friendships through socialisation and common interests. Some studies show that men are at more risk of social isolation and loneliness and MOTM's focus aims to combat this through regular engagement and new experiences together. If you are a male, over 65, living in the Charles Sturt community and this is something you are interested in, contact Lissy or Caroline on 8408 1355 to chat about eligibility and program specifics.

INDIVIDUAL SOCIAL SUPPORT (1:1)

We provide an opportunity for socially isolated residents to reconnect with the community, giving individuals the opportunity to improve their quality of life through one-on-one companionship and support. Staff are matched together with clients who have similar interests to spend some quality time together. This service is not a "one size fits all" so it will be tailored to your preferences, eg going for a drive; having a coffee; a walk along the beach front – just to name a few! If this interests you, contact Cynthia on 8408 1846.





RESPIRE PROGRAM

It is common for carers to feel reluctant about using respite. You may worry about leaving the person you care for or feel that nobody can look after them as well as you do. However, it is also important for you to take regular breaks as it gives you time to re-energise, enjoy different activities, and concentrate on other relationships. Respite can also be a break for the person you are supporting. It can give them the opportunity to meet new people and to experience a new environment and change of routine. Our service is flexible, and we will work with you and your loved one to provide a meaningful and suitable arrangement. Contact Cynthia on 8408 1846 to discuss your respite needs.

SHOPPING AND FRIENDSHIP

Shopping can be a lot more fun when spent with friends than doing it alone. We offer shopping assistance to take eligible residents to local shops, where our Community Support Officers can assist you with grocery shopping, bill paying, the chemist, and banking. It is also fun to go in groups through the community shopping bus every fortnight to meet friends and build relationships with others. For more information, contact Sarah on 8408 1367 for shopping services and Samantha on 8408 1369 for community bus queries.

HELP IN THE HEAT

Telecross REDi of the Australian Red Cross assist vulnerable and isolated people cope with extreme weather events. This is a free phone support that checks on you regularly to make sure you are coping well during declared heatwaves. Register yourself or a loved one who may be at risk during extreme conditions on 1800 188 071.





NEW FACES



Mike

Having previously worked at City of Charles Sturt for seven years, I have recently returned as the Maintenance Coordinator of Ageing Well. I coordinate home maintenance and gardening services for older residents to enable them to feel supported to stay living in their own homes. I supervise the Home Maintenance Officer and a group of wonderful volunteers. The best part of the job is assisting older residents with small jobs that make a big difference to their daily lives. I am very passionate about Port Adelaide Football Club, fishing, and keeping fit, plus I love dogs (all dogs!).



Hannah

I started my role as the Community Engagement Officer Ageing Well in September 2022. My role revolves around engaging with the community to promote and raise awareness of Ageing Well programs, services, and activities. I will also be supporting the delivery of Advance Care Directive peer-led workshops in the upcoming year. The best thing about my work is being part of the team where I am able to improve the health and wellbeing of our older residents. Being a nanna's girl myself, it brings me joy and satisfaction to think I can play a part to help our residents to live independently and age well.



Sue

I moved from NSW to Adelaide for family and lifestyle, where I joined the Ageing Well team as a Community Support Officer in July 2022. Prior to this role, I worked in aged care for many years as an Outings and Activities Officer. What I love most about my current job is being able to help our clients in their day-to-day needs, from shopping, socialization, and even fishing! I enjoy outdoor activities, gardening, fishing, the beach, and golf. I am looking forward to living and working in the Charles Sturt community.



Danielle

I started my position as Community Support Officer in June 2022. With all my experience being in an aged care facility setting, it was a change to learn how to work in the community but something I now couldn't imagine not doing. In my role, I assist clients over 65 with weekly or fortnightly shopping, as well as social one-on-one outings and in a group setting at the beautiful centres within our City. Our clients help me as much as I help them, being new to the state from Port Macquarie NSW, the clients and staff have made me feel comfortable and at home.



BENEFITS OF VOLUNTEERING

Did you know that volunteering has many benefits for seniors? Volunteering strengthens communities but, at the same time, it also helps the person who serves. Here are seven benefits of volunteering.

1. It keeps your brain active and is good for your mental health.
2. It prevents loneliness and isolation.
3. It gives you sense of purpose and achievements.
4. It increases physical activity, so you stay healthy and independent as you age.
5. It helps you engage with old interests and learn new skills.
6. It helps you feel part of a community.
7. It's an avenue to meet new people, which can make you feel more connected and valued.

Volunteering opportunity: Companion Animal Project

If you love dogs and would like to achieve those step goals, then this volunteer opportunity might be for you. Our Companion Animal Project volunteer visits a resident's home at least once a week to walk resident's dog around the local area.

On the other hand, if you are a dog owner over the age of 65 who may not be able to walk your dog as often as you would like, you may want to take advantage of this great program at no cost. Please note that COVID-19 restrictions are in place for volunteers and dog owners.

If you are interested in becoming a volunteer and contribute to our city through other opportunities like friendly visits, bus driving, shopping and transport assistance, graffiti removal, social support, and home gardening assistance, you may contact us on 8408 1111 or visit charlessturt.sa.gov.au/volunteering.

LET'S CHANGE AGED CARE TOGETHER

A range of changes are being made to aged care so every older Australian can access high quality and safe care whenever and wherever they need it. It aims to improve home support programs, strengthen safety and quality in residential care, and increase the employment of skilled, diverse, and compassionate workforce.

Your voice will help design and implement these changes by getting involved through surveys, webinars, online workshops, and consultation papers.

For more information, visit agedcareengagement.health.gov.au



BEWARE OF SCAMS

With the increasing prevalence of scams, there are ways to identify key scam signs to protect yourself and your loved ones. Be cautious when someone:

- You don't know messages you out of the blue
- Asks you to click on links or open attachments
- Pressures you into buying or taking an action urgently
- Asks for your passwords or personal and financial details
- Asks to remotely access your computer
- Requests payment through unusual methods, like gifts cards or cryptocurrency
- Offers something that is too good to be true-like winning prizes or shopping deals

Here are some tips on how protect yourself from scammers

- Evaluate whether a message or call is fake
- Pause before giving money or personal information to anyone
- Avoid clicking on unverified links
- Only contact organisations using information from their official website
- Set up extra steps through Multi-Factor Authentication
- Use face, fingerprint, or voice authentication to lock devices or accounts
- Ask banks and services to add more checks
- Contact bank as soon as you lose money or personal information or notice any unusual activity on your accounts
- Seek help from IDCARE (1800 595 160), report scams to www.scamwatch.gov.au or online crime to www.cyber.gov.au if you've been victimised

Visit beconnected.esafety.gov.au for free cybers safety courses and resources or charlessturt.sa.gov.au/community/events-and-activities for council's digital literacy events.

COMING SOON

Advance Care Directive (ACD)

We are here to help you plan ahead.

In the upcoming year, we will assist you in completing an Advance Care Directive that allows you to make clear legal arrangements for your future healthcare, preferred living arrangements, and other personal matters, if the time comes that you are unable to communicate them yourself. For more information, contact Hannah on 0417 878 077 or refer to the ACD kit provided with this newsletter.

Healthy Choices

Support for becoming a 'healthier and happier' you.

If you are thinking about starting the New Year off by making some resolutions about being healthier and happier but not sure where or how to start, then the Healthy Choices program may be for you. Starting in February 2023 and based at Ngutungka (West Lakes) and the Civic Centre (Woodville), our FREE 6-week program offers a personalised approach to health through education, coaching, and goal-based sessions with supervised UniSA students. To find out more, contact Anthea on 0421 694 945 or HealthyChoices@unisa.edu.au