

SUMMER 2021/22 ISSUE 18

AGEING WELL

Welcome to Ageing Well. In this edition we look at the best ways you can stay connected, show you how to download your COVID-19 digital certificate and share the latest events and services that will keep you ageing well.



City of
Charles
Sturt

MEANS
THE WORLD

THE KEYS TO HEALTHY AGEING

The third part in our healthy ageing series.

Staying Connected

One of the greatest challenges at any age is maintaining your support network. Staying connected isn't always easy - career changes, retirement, illness, and moving out of the local area can take away close friends and family members. In later life, getting around may also become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether you live alone or with a partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people that you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are many ways to be with other people. It doesn't matter what you do, so long as you find ways to get out of the house (if possible) and socialise.

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbour who you like to walk with, a lunch date with an



old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

Make an effort to make new friends. If you lose people in your circle, it is vital to make new connections so your social life doesn't decline. Meeting people through common interest groups at local community centres is a great way to make new friends.

Spend time with at least one other person every day. Whatever your living situation (whether you have a partner or not), you should aim to see someone every day. Regular face-to-face contact helps you

ward off depression and stay positive. Even if you can't catch up with a friend, taking a trip out to the library or a place with people that you can engage with is a positive step!

Find support groups in times of change. If you or a loved one is coping with serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

Volunteer. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values.

CALD RESEARCH PROJECT

The Cities of Charles Sturt and Port Adelaide Enfield are together embarking on a research project with the goal of better understanding the needs of ageing culturally and linguistically diverse (CALD) individuals.

The findings of this project will help to shape the strategic direction of both Councils to better support CALD communities to age well.

Whilst both Councils have a range of programs that support older people, it has been identified that more could be done to support older people from a CALD background. This is important, because ageing in a foreign land comes with some distinct challenges.

This project is particularly interested in gaining a better understanding of the needs of older people from new and emerging communities, who traditionally would not be accessing Council services.

The CALD project will consult with individuals, associations and service providers across both Council areas to gain a better understanding of the needs of these communities. This program will also aim to create new connections with key community members and leaders, so they can be better embedded in our decision-making processes.

In doing so, Charles Sturt and Port Adelaide Enfield Councils can be more responsive to these needs.

Contact Aldin Shauki on 8408 1111 if you are interested in being involved.

NEW FACES



Welcome to Monicka Geisler who has started with Ageing Well as our Customer Service Officer. This is what she has to say about her journey so far.

'I believe we are all put on this earth for a reason. I have always had a strong passion to look after, care and help anyone for any reason. Especially when it comes to their wellbeing. I love to listen to people who have already experienced life for some time. Furthermore I love to have a good chat. I like to engage with people in a one on one or group situation. Helping people in any shape, way or form is something very close to my heart. I can't tell you how excited I was when I became a part of the City of Charles Sturt Ageing Well Team. From my first to last contact with a member of our community, I feel proud that I have made a difference to so many of our ageing community. I look forward hearing from you. I look even more forward to helping you with your needs.'

TRADING PLACES

As clients from Sages at Arch Paterson would know, Coordinator Lissy Oxford is on maternity leave having recently given birth to her daughter.

Caroline Brandon has joined us as the Social Programs Coordinator in Lissy's absence and is based at the Arch Paterson Centre. You might already know Caroline, who has been with us for many years running social groups as our Home Assist team member.

Caroline's empty seat in Home Assist is now filled by Annie Carbone, who joins us from our Council's Customer Contact team.

It certainly is a case of musical chairs here at Ageing Well, but we are sure you will welcome both Caroline and Annie to their new temporary roles.



REJUVENATE YOUR GARDEN IN THE NEW YEAR

Our gardening volunteers are currently enjoying the Christmas/Summer break and when they return they would love to assist you with tasks around your garden.

Once the heat of summer has subsided, it is a great time for deadheading roses and flowering shrubs and replenishing garden beds with mulch in preparation for winter.

Contact us on 8408 1532 to enquire more about our Volunteer Gardening program.



MEANINGFUL AGEING PROJECT

In 2020 we received a grant from the Office for Ageing Well to present a series of Meaningful Ageing Workshops. Guided by South Australia's Plan for Ageing Well 2020-2025, we created wellness presentations to benefit our residents to age well, build resilience and take their learnings back into the community.

COVID-19 put a little pause on the workshops, but with the support of the Office for Ageing Well we continued the workshops through to November 2021. A few of our presentations included:

- Overcoming grief and loss in downsizing
- Understanding aged care costs and estate planning
- Dimensions of Wellness
- Ageing in diversity for LGBTQIA + people
- Scams and digital safety
- Building resilience and wellbeing using individual strengths.

Testimonials:

"Thank you. I find interactive more useful than reading books on this matter."

"The workshop exceeded my expectations because it presented some fresh approaches to the topic of loss and grief – a departure from the 'textbook' style."

"Clear presentation, with a singular strong point to make about dealing with loss. PowerPoint presentation reinforced the message. A well spent hour and a half."

We hope to continue Ageing Well Presentations in 2022 and beyond and would welcome any suggestions you have on what might help you age well in our community.

If you would like to join our mailing list or provide feedback, please contact Robyn Janssan on 8408 1309 or email rjanssan@charlessturt.sa.gov.au



NEED HELP AT HOME WITH YOUR SHOPPING?

Did you know that our team are able to assist you with your food shopping? Whether you need transport to and from the shops, help carrying your shopping bags, or someone to do your shopping for you, we are here to help. Our staff can also help with paying bills, going to the chemist or even the bank. Please contact Sarah on 8408 1367 to discuss further.

HOW TO ACCESS YOUR COVID-19 DIGITAL CERTIFICATE

As millions of Australians come out of lockdown, one of the requirements of gaining greater freedom is to show proof of your COVID-19 vaccination.

You can access your digital certificate through your myGov account or the Express Plus Medicare app. The certificate can then be printed out or you can choose to save it to your smartphone so that you can show proof of your COVID-19 vaccination when you are out.

How to access your COVID-19 digital certificate through myGov

You will first need to link your myGov account to Medicare. If you need help with this, a step-by-step guide is available on the Australian Government's Be Connected website at beconnected.esafety.gov.au. If you already have Medicare linked to your myGov account, you can follow these steps to get your COVID-19 digital certificate.

1. Sign in to myGov (my.gov.au)
2. Select the Proof of COVID-19 Vaccination quick link.
3. Select View history.
4. Scroll down the page and select View COVID-19 digital certificate.



The COVID-19 digital certificate includes your name, date of birth, the dates you received each vaccination and the type of vaccine received (Astra Zeneca, Pfizer, etc). To print your digital certificate, look for the printer icon in the top right-hand corner of the page.

We also have one-on-one digital help volunteers available at some of our libraries that can assist you with this or other digital issues. To access this service please visit our website at www.charlessturt.sa.gov.au/digi-learn or call us on 8408 1333.

SAGES SOCIAL GROUP

Are you wanting to get out and about more in your community, reduce loneliness, create new friendships and try different things?

Our SAGES Social Group currently has spots available for our Wednesday sessions from 10am-2pm at our Arch Paterson Centre.

But what is SAGES Social Group, you might ask? The group is a weekly social program for men and women aged 65+ years who are living at home in our Council area. It offers a low-cost option for participants to become more socially active and includes a:

- morning tea
- two course lunch cooked onsite by our wonderful Cook
- variety of fun activities and resources, such as playing Snooker/Pool, board, card and group games, chair-based exercise program, entertainment and guest speakers on interesting and relevant topics.

Subsidised transport is available if required (conditions apply).

SAGES Social Group is funded by the Commonwealth Home Support Program and a My Aged Care Referral for Social Programs is required. This can be easily obtained by calling My Aged Care on 1800 200 422 and letting them know you are interested in attending our program.

We would love to welcome you to our SAGES Social Group. Give our Social Participation Coordinator a call on 8408 1355 to learn more.

ARE YOU LIVING YOUR BEST LIFE?

Exercise, diet, sleep and mindfulness can help us be the best version of ourselves.

We have a team of trained instructors that provide a variety of wellbeing programs throughout the year that can help support your physical and mental health.

This includes physical group exercise for all mobility levels, including seating and individual, with sessions such as Tai Chi for Health, Arthritis, Memory and Seated Tai Chi and Tai Chi for Rehabilitation (which our instructors have recently developed their skills for) available.

For further information please phone Lynn Morgan on 0477 992 284.



A LIBRARY THAT COMES TO YOU

If visiting your local library is getting a little harder, our Home Library Service offers a free alternative, a personalised delivery that brings the joys of the library right to your door.

Offered to Charles Sturt residents who cannot visit the library due to age, frailty, injury, vision impairment or disability, the service is managed by a friendly team who will work with you to deliver library materials specific to your interests and capabilities. So, no matter if you are a romance, crime or sci-fi fan, or you enjoy true crime, biographies, puzzles, and magazines, this service provides access to all the collections you would normally see in your local library.

We can also offer a more tailored approach. For those with vision impairments, in addition to our general collection of large print books, talking books and CDs, we provide audio-read Envoys or Daisy Players, loaded with your favourite titles or authors.

In addition to residences, our team also visit residential facilities, retirement villages, and supported independent living residents.

To find out more about the Home Library Service, or to apply, call 8408 1333 or visit www.charlessturt.sa.gov.au/home-library-service



KEEPING YOUR HOME MAINTAINED, SECURE AND SAFE



Summer is well and truly upon us and you may be looking for a helping hand to keep your home or garden looking its best.

Our Home Maintenance Officer can be that extra pair of hands to help with a variety of services around your home, from fitting or adjusting door and window locks, minor carpentry and plastering, gutter cleaning (single storey only) to tap repairs and garden tidy up.

Clients are welcome to call Ageing Well Team on 8408 1529 to discuss your home maintenance needs and an assessment can be booked to determine whether our Home Maintenance Officer can carry out the work (in most cases), or whether the work will require a trade or specialist expertise.