

WINTER 2021 ISSUE 17

AGEING WELL

Welcome to Ageing Well. In this edition we will focus on a key ingredient in the recipe for healthy ageing, we put a spotlight on volunteering, and share just some of the programs encouraging you to live an active and mindful life.



THE KEYS TO HEALTHY AGEING

The second part in our healthy ageing series.

Finding meaning and joy

As we age, life changes, and we may find we gradually lose things that previously occupied our time and gave life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. However, these changes do not mean this is a time to stop moving forward. Life in our later years can be a time of exciting new adventures if you let it.

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted.

If you're not sure where to get started, try some of the following suggestions:

Pick up a long-neglected hobby or try a new hobby. Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time. There are lots of opportunities at your local community centre and many are free or low cost.

Learn something new, such as an instrument, a foreign language, a new game, photography, dancing or a new sport. Learning new activities not only adds meaning and joy to life but can also help to maintain your brain health and prevent mental decline.

Get involved in your community. Try attending a local event or volunteering for a cause that's important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of

utilising and passing on the skills you developed in your career—without the commitment or stress of regular employment. A good place to start an enquiry about volunteering opportunities within your community is with your local council.

Travel somewhere new or go on a weekend trip to a place you've never visited. So often we live in a city but have never actually explored it, we often take for granted our home towns and be a tourist in your own town.

Spend time in nature. Take a scenic hike, go fishing or camping, have a picnic, or walk your dog in a different park.

Enjoy the arts. Visit a museum, go to a concert or a play, join a book club, or take an art appreciation class.

Write your memoir or a play about your life experiences.

The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.

Next edition – Staying connected



DOES YOUR GARDEN NEED SOME ATTENTION?

Whether you need help with pruning or mulching, we have a number of gardening programs that can meet your needs. Our Volunteer Gardening Program assists residents with an annual gardening service for a small contribution fee. Our actively ageing volunteers provide basic duties such as hand pruning of roses, light trimming of shrubs, small trees and hedges (height limits apply).

Volunteers can also assist with re-potting of plants, mulching of garden beds, raking of leaves, de-cobwebbing of outdoor areas. While we do not provide hand weeding, we can arrange a weed poisoning service through the Home Maintenance Program. You may need to first register with My Aged Care to receive this service, eligibility criteria and limitations apply and there may also be a short waitlist for this service.

For further details contact us on 8408 1532.

VOLUNTEER AND MAKE A DIFFERENCE

Volunteers contribute to the vibrant community life in our City. Volunteering is a great way to learn new skills, make friends, and give back to the community. While some volunteering comes with well-structured position requirements (like the graffiti removal and home gardening programs), many positions are more flexible while remaining functional.

Become a volunteer and contribute to our City in areas like:

- friendly visiting, bus driving, shopping and transport assistance
- assistance with home gardening for CHSP eligible clients
- graffiti removal
- helping out at special events, open days and displays
- assisting with libraries and community centre activities, programs and administration

If you are genuinely interested in people, enjoy giving back, are able to set aside some time regularly or be available for special projects, are a good listener with a sense of humour, and reliable then we would love to hear from you. We support all our volunteers with induction and training, insurance cover while volunteering and recognition of your valuable support.

To find out more about volunteering opportunities on 8408 1828 or visit charlessturt.sa.gov.au/volunteering



SAGES AT ARCH PATERSON COMMUNITY CENTRE

Are you wanting to create new friendships with likeminded people in a fun social environment? SAGES is a social support group for people who are 65+ living in the Charles Sturt community at the Arch Paterson Community Centre. We currently run services from 10am until 2pm each Wednesday and Friday. Service includes fun activities and resources, two course lunch, entertainment, guest speakers, staff support and subsidised transport if required (conditions apply).

We recently surveyed some of our participants and received feedback such as “we are very lucky to have this service” and “all the people have become part of my life and I look forward to seeing them every week”.

SAGES is partially funded by CHSP meaning it is low cost for all of our participants. A My Aged Care referral for social support groups is required. Participants are able to attend one group per week using this referral.

We would love to welcome you to SAGES. If this is of interest to you, please contact the Social Participation Coordinator on 8408 1355 for further program details.



CELEBRATING OUR COMMUNITY

We recently launched a new campaign, celebrating what means the world to our community.

If you know of an older person who is doing something that deserves some recognition, we want to hear from you. Whether they volunteer, have celebrated a recent milestone, have perfected a new skill or have accepted a new challenge, get in touch with us on 8408 1309. We'd love to share the story with our community.

TAI CHI AND FUNCTIONAL FITNESS

Tai Chi and Functional Fitness Wellness social programs are a great way to keep your mind and body healthy and are run by our Ageing Well team.

The programs support people aged over 65 to maintain their mobility and independence while staying socially connected.

If you have a referral through My Aged Care, the funded program can be offered at a subsidised fee of \$3.00.

As a further commitment to positive ageing in the City of Charles Sturt community, there are also a limited number of community positions for people without a My Aged Care referral for a fee of \$5.00. Eligibility and criteria may apply and priority will be given to those persons who access the program via My Aged Care.

All programs are run out of the Henley & Grange Community Centre. Want to find out more? For enquiries contact Lynn Morgan on 8408 1279 or 0477 992 284 or Amy Evans on 8408 1296.

These activities are funded through the Commonwealth Home Support Programme.

With the wet weather our annual gutter cleaning and gardening services are in high demand there may be a small waiting period for these services. Please be advised that it could be up to three working days before one of the Ageing Well team are able to return your call to book in the service.. We appreciate your patience.

WE'RE HOOKED

In 2019 several councils received a grant from the Office for Ageing Well to create the Fish Feeders program and recently we joined with the Cities of Onkaparinga, Marion, Holdfast Bay and Port Adelaide Enfield to celebrate the success of the program. Sixty "Fish Feeders" participants enjoyed a lunch of fish and chips and many funny fishing stories were shared. To make a good day even better, City of Charles Sturt won the "best fishing trolley" competition.

We welcome new recruits and would really love volunteers to continue to support the program. For enquiries please contact Robyn Janssan on 8408 1309 or rjanssan@charlessturt.sa.gov.au



WHAT'S YOUR MINDSET FOR LIFE?

Mindset for Life is a program designed for people in the second half of their life to think about what matters to them and how they want to design the rest of their lives for both pleasure and purpose.

It can help people make decisions about their work, their social life and their daily habits and activities.

The program is held in small informal groups and offers lots of opportunity for peer discussion and sharing ideas.

We have two Mindset for Life sessions on offer across the Cities of Charles Sturt and Port Adelaide Enfield.

Thursday 26 August 2021

The Lights Community and Sports Centre
9.30am to 1.00pm
To book please call 8405 6705

Wednesday 15 September 2021

City of Charles Sturt Civic Centre
9.30am to 1.00pm
To book please call 8408 1309

For more information about the program visit mindsetforlife.com.au

COMING SOON - STRENGTH FOR LIFE 50+ GROUPS

Keeping fit and active by focusing on strengths can benefit you both mentally and physically. Strength training can reduce the effects of chronic illnesses, increase your balance, and support mental wellbeing and independence.

COTA (Council of the Ageing) SA's 'Strength for Life' program promotes the health and wellbeing for people 50+. The CALD-friendly fitness sessions will be run by an accredited fitness provider and will be tailored to individual needs and capabilities.

This program will be offered at Arch Paterson Community Centre – 64 Blight Street, Ridleyton, 5008 at a very low cost to participants.

Keep your eye out for the full details. Want to be added to our expressions of interest? Contact the Social Participation Coordinator on 8408 1355.

COMMUNITY BUSES

Did you know that we have four community buses which can provide door to door trips to help support eligible residents to have access to their local shops.

We are always wanting to improve our services offered so if you have any suggestions for new shopping locations or if you or someone you know who might benefit from this program, please call Samantha on 8408 1369 to discuss further.

Supported by funding through the Department of Health's Commonwealth Home Support Program.



MAKING THE MOST OF YOUR GARDEN

If you love gardening and growing your own vegies but have trouble with movement, our Easy Gardens Program can support you by installing easy reach raised garden beds or Vegepods in your garden or patio area. Funded by the Commonwealth Government, the program provides a once-off garden modification service to help eligible residents maintain their home gardens and provide safer outdoor living.

We can also assist with:

- Adding weed matting with bark chips or pebbles
- Installing or relocating clothes lines with a safe walk pathway
- Installing synthetic lawn
- Replacing old letter boxes with easy reach sturdy cast stone mail boxes.

A referral from My Aged Care is required and a waiting list applies. Approved contractors are assigned to undertake works and a client contribution fee is negotiated in line with funding subsidy. For more information please contact the Ageing Well Coordinator Cosi on 8408 1529.



WE'RE HERE

If you have a question about a program or want to know about any of our services, please get in touch:

- Ageing Well - 8408 1309
- Council services - 8408 1111
- Libraries - 8408 1333
- Search our website or chat with us online charlessturt.sa.gov.au

- Connect via our Social Media
facebook.com/CityofCharlesSturt,
instagram.com/CharlesSturtSA

Other useful contacts:
My Aged Care - 1800 200 422



COMPANION ANIMAL PROJECT

Are you a dog owner over the age of 65 who may not be able to walk your dog as often as you would like? Or do you know a dog owner over the age of 65?

The Companion Animal Project has a waiting list of willing volunteers who have a love of dogs and would love to help exercise your pup. Once accepted into the Companion Animal Project, a volunteer will visit the older person's house at least once a week and take their dog for a walk around the local area.

There is no cost involved and all volunteers will have undergone a police clearance prior to commencing. Further information can be provided by phoning 8408 1111 or charlessturt.sa.gov.au/companion-animal-project. Please note that COVID-19 restrictions are in place for volunteers and dog owners.

Testimonials:

"My dog loves her walker. She gets excited when her harness is put on, watches at the door, knows the sound of the car and barks to let me know. The walker is very nice, reliable and loves my dog."

"My dog (a miniature poodle) has greatly improved with the walking support and is much appreciated as I cannot walk him due to my own incapacities. His health is greatly improved with regular exercise."



Meet Archie who loves his regular walks with Companion Animal Project volunteer, Sue. Archie has a patella issue at the moment, so his walking/jumping needs to be minimised until he can have his surgery. To help get around this, he loves getting a walk in his "doggy pram"!