

Glenelg Shire Council

Aged & Disability Services News



November 2011

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Keeping safe throughout summer—Heatwaves

As we come into Summer, we need to remember to take care of ourselves and others during the hot weather. Heatwaves can affect anybody and cause illnesses such as heat cramps, heat exhaustion and heat stroke.

Here are some ways you can look after yourself and look out for family, friends and neighbours who may need help coping with the heat.

- Keep hydrated by drinking water, even if you are not thirsty
- Spend as much time as possible in cool or air-conditioned buildings
- Keep yourself cool with damp towels and taking cool showers
- If you must go out, stay in the shade and take plenty of water
- Wear a hat and light, loose fitting clothing
- Avoid strenuous activities
- Close curtains and blinds to block out the sun

Bushfire Plans—Start planning Now!

It is time to start planning and implementing your bushfire plans. You will need to implement your bushfire plan on Code Red Days. The safest option is to leave early on Code Red Days. You will need to decide where you will go e.g. a larger town, family or friend's house.

You should be prepared to leave if you are on your own, unwell and do not have the correct fire fighting equipment.

For more information call the Victorian Bushfire Information Line
1800 240 667 or TTY 1800 122 969

Senior's Great Day Out 2011

Another successful year for the Senior's Great Day Out was enjoyed by approximately 280 senior's. The Civic Hall's atmosphere was buzzing.

After an enjoyable bus ride and a yummy morning tea, Mayor Bruce Cross commenced proceedings and the Planned Activity Group coordinator Rosie Collins was MC.

The Ragtime Rollers were the first to begin the entertainment for the day and their music had lots of people up dancing, clapping and singing. They played some of the 'old time favourites' like 'When the saints go marching in'. They had the civic hall rockin' for 90 minutes.

A delicious picnic lunch was supplied to all seniors in attendance that was catered by Cafe on Percy.

After lunch Tracey Stafford from Glenelg Outreach and her team motivated everyone to move to her 'well for life' exercises to music. People were up and out of their chairs enjoying some exercise!!

Rosie Collins and Brad Charman got everyone singing along to their old time favourites. Rosie was on the guitar and Brad was belting out the rhythm on the bass guitar. They got the crowd all 'pumped up' for the main act.

The 'Dean and Jerry Show' wowed the crowd at how authentic they were!! Their performance involved skits, singing and dancing. They were simply wonderful and the crowd responded very well.

Soon the day was over and after a lovely afternoon tea we all headed home. We hope that we see you all next year for fun and frivolity. Next year will mark 30 years of Senior's Events, so it's sure to be another great show to celebrate.



Spring Mowing

We hope you have enjoyed the spring mowing service. It will soon be finishing on Friday 16 December. Your property maintenance will then go back to every 4 weeks.

Flood Relief Concert in Casterton

A Flood Relief Concert was held in Casterton on Monday 10 October. A small but cozy crowd attended for a morning tea of delicious scones. The Gramm-a-phonies provided the entertainment for the morning.

The Gramm-a-phonies, who are brothers, took us through their colourful family history. There was a tale of love found but it was sadly lost. This delightful duo played favourites throughout the years with passion, spontaneity and a retro twist.

The crowd left smiles on their faces and a bounce in their step.



Days of Significance

November

- 1 Melbourne Cup/ All Saint's Day
- 6 Eid Al-Adha (Muslim)
- 11 Remembrance Day
- 12 143rd Casterton Show
- 13 World Kindness Day
- 14 World Diabetes Day
- 25 White Ribbon Day
- 26 Al-Hijra (Islamic New Year-Muharram)
- 30 St Andrew's Day (Scotland)

December

- 1 World Aids Day
- 3 International Day of Persons with Disabilities
- 6 St Nicholas Day
- 8 Bodhi Day (Enlightenment Day Buddhist)
- 10 Human Rights Day
- 21-28 Hanukkah (Festival of Lights, Jewish)
- 22 Summer Solstice
- 25 Christmas Day
- 26 Boxing Day
- 31 New Year's Day

PAG's Corner....

The Life Program "Sensory Garden" is now well under way. The courtyard is now adorned with tables, chairs and planter boxes with blooming flowers, making it an ideal and pleasant area to be used for BBQs and quiet time.

The outdoor settings and planter boxes were all made by the men attending the Life Program on a Thursday. And what a great job they did. Over the past weeks they have set about planting flowers and produce to be used in the cooking program. The scent of herbs, such as rosemary and mint and the bright flowing plants makes for a sensory delight.



Men's Group Sensory Garden



Building the planter boxes

Concessions for Summer Cooling Costs

With the new Annual Electricity Concession, Concession card holders who previously only received electricity concessions in winter, ending on 31 October each year, are now receiving savings over the warmer summer months as well. The concession provides a discount of 17.5 per cent on electricity costs throughout the year. Those qualifying for the Medical Cooling Concession will receive both concessions.

Card holders should check their electricity bill to ensure they are receiving their concessions correctly.

Do Not Call

You can list your home, personal mobile or fax number to reduce telemarketing calls. Registration is free and are valid for 5 years.

Once your numbers are listed on the register, telemarketers and fax marketers must not contact you.

Some groups can still contact you after you register. These include charities, research companies, political parties and educational institutions.

The Do Not Call Register is managed by the Australian Communications and Media Authority on behalf of the Australian Government.

Register easily by phone on:1300 792 958

Do Not Knock

Are you sick of salespeople door knocking on your door?

Consumer Action has released a “Do Not Knock” sign, which warns sales representatives that they are in breach of the law if they knock on a door to which the sticker is affixed. If you would like a sticker, they are available from Community Connections, 4 Gawler Street, Portland or 92-94 Thompson Street, Hamilton or by calling **1300 361 680**

If you have a Do Not Knock sticker clearly displayed in front of your house, and a salesperson subsequently knocks on your door, you should **complain about their conduct** to that company.



Did you know?

In an emergency, if your mobile phone is out of service range you can call **112** to speak to Fire, police or ambulance.



rebuilding confidence

Most older Victorians lead healthy and active lives. They enjoy strong and supportive relationships with family, friends and carers and rightfully maintain the freedom and independence to make all of life's decisions. Yet age can often be accompanied by vulnerability and that vulnerability is sometimes exploited.

Elder abuse is mistreatment of an older person that is committed by someone with whom the older person has a relationship of trust such as a partner, family member, friend or carer. Elder abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

Sometimes family, friends and carers may not know that their actions amount to elder abuse. Seniors Rights Victoria seeks to prevent elder abuse from occurring by offering free legal advice and information as well as a range of educational and advocacy activities. We are committed to safeguarding the rights, dignity and independence of older Victorians.

Seniors Rights Victoria values the contributions of older Victorians. Our experienced people are available to offer support and assistance. We honour the trust shown to us and respect the choices our clients make.

If you would like further information, or wish to organise a meeting, please contact us via telephone, mail or email and we will respond promptly. If you need legal advice or to speak to a lawyer or advocate, please call 1300 368 821. We cannot provide legal advice by email.

Phone: 1300 368 821

E-mail: info@seniorsrights.org.au

Postal: Level 4, 98 Elizabeth Street, Melbourne, 3000.

Call our helpline on 1300 368 821



Blue Chockie Mousse Serves 4

Ingredients

- 1 punnet blueberries
- 200g Dark Chocolate
- 300ml Thickened Cream

Taken from the book:

4 Ingredients

By Kim McCosker & Rachael Bermingham

Method

1. Evenly place blueberries into the bottom of four small ramekins.
2. Melt chocolate in a bowl in the microwave, stir every 15 seconds until melted. Remove and allow to cool.
3. Beat the cream until soft peaks form, then fold in the melted chocolate.
4. Spoon the mixture over the blueberries and serve immediately!



Make a Move

The Make a Move program will now be held at the start of February 2012. All the participants who have registered will be contacted again as the dates are finalized.

Glenelg Shire Council's Christmas Closure

The Glenelg Shire Council offices will be closing over the Christmas and New Year period.

Offices will close at 1pm on Friday 23 December 2011

Offices will re-open at 8.30am on Tuesday 3 January 2012

During this period the Aged and Disability Services Unit will only be providing previously arranged, essential Personal Care services. This Will include showering, medication prompting and meal preparation.

The after hours emergency number will still be operating on **5522 2204**



Glenelg Shire Council Aged and Disability Services Unit

**P.O. Box 152
Portland, 3305**

**Phone: 03 55 222 204
1300 Glenelg**

Fax: 03 55 222 290

E-mail:

hacc@glenelg.vic.gov.au



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

The Home and Community Care program provides a range of services to community members to enable them to remain in their homes.

Services include:

- Home Care
- Personal Care
- Property Maintenance
- Planned Activity Groups
- Respite Care
- Meals on Wheels

Services are provided throughout the Shire. You can self refer or be referred to the service. If you need additional services, please give us a call and we can arrange to talk to you about your needs.

HACC Shopping List



- * Gel toilet cleaner
- * Ajax Jiff Crème Cleanser and Gel
- * Earth Choice Dishwash Liquid
- * Earth Choice Bathroom & Tile Cleaner
- * Earth Choice Laundry Detergent
- * Earth Choice Floor
- * Handy Andy
- * Vileda mop & Vileda bucket
- * Vileda Bath Magic
- * Paper towel
- * Microfiber cloths

*** Please no substitutes ***

Contacting Glenelg Shire Council if you are deaf, have a hearing or speech impairment

If you are deaf, have a hearing impairment or a speech impairment contact us through the National Relay Service.

www.relayservice.com.au

- TTY users phone **133 677** then ask for **(03) 5522 2200**
- Speak and Listen users phone **1300 555 727** then ask for **(03) 5522 2200**
- Internet relay users connect to **www.relayservice.com.au** then ask for **(03) 5522 2200**

