

VACANCIES IN EXERCISE CLASSES

The benefits of exercise include better mental, emotional, physical health and it also provides opportunity for social interaction. Specific exercises can help you to improve your balance and reduce risk of falling, increase your strength, improve your overall body composition (more muscle, less fat) and raise your self-confidence.

Winter can be a difficult time to muster the motivation for exercise. So why not give an indoor class a go to get you through the winter months?

We have several vacancies in the exercise classes at the Community Hub, Goolwa, including:

Strength for Life – Mondays, 10am-11am

Strength for Life is a Council of the Ageing (COTA) program designed to meet the needs of people 50 years and over. Our qualified fitness instructor will tailor a strength training program specific to your needs and goals.

\$7 per session.

Keep Fit Strength & Balance — Wednesdays, 10am-11am & 11am-12noon

Keep Fit – Strength & Balance is a chair-based version of the popular Keep Fit classes. It is a great way for people experiencing mobility and balance challenges to continue participating in exercises aimed at re-building strength, balance, coordination and overall fitness.

\$5 per session subsidised or \$10 non-subsidised.

Active Stretch: Thursdays, 9am-10am

Active Stretch focuses on stretching muscles, increasing flexibility and improving core strength for good posture.

The class utilises exercises on a mat, fit balls and therabands to achieve this.

\$5 per session subsidised or \$10 non-subsidised.



COMMUNITY CONNECT CONTACT INFORMATION

Community Connect Goolwa

The Community Hub
1 Loveday Street Ph. 8555 7230
Monday - Friday 8:30am - 4:30pm

Community Connect Strathalbyn

Strathalbyn Library
1 Colman Tce Ph. 8555 7277
Monday - Friday 9:30am - 3:30pm



Community Connect Newsletter

Winter 2019



Connecting Communities

Welcome to the Winter edition

This edition gets off to a cracking start with many articles focusing on great information and dates for upcoming events. This newsletter aims to inform readers with on-trend research and ideas. We hope you enjoy all of the included features. Some information I really enjoyed recently is included below and inspired me to get out of the house and go for a windy beach walk! It was exhilarating!

Spending time in nature is a great way to ward off the winter blues

There's no denying it – winter is well and truly upon us, and for many people that can mean a slight change in mood. With fewer daylight hours, it's natural to feel less motivated and a little 'off' in the winter months. Winter is a really important time to focus your energy on looking after your mental health and wellbeing. Getting a regular dose of nature is a great way to achieve this. Spending time in the great outdoors can help reduce your stress levels, improve your concentration and generally help you to feel happier. Article accessed online 14/6/19 www.environment.sa.gov.au/goodliving/posts/2018/06/winter-wellbeing.

On behalf of the Community Connect Team

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- September — Dementia Awareness Month
- Vacancies in exercise classes



Supported by the
Australian Government
Department of Health





Need advice on My Aged Care?

COTA SA's experienced volunteer Aged Care Peer Champion, Maureen is available to provide free independent information, support and practical assistance to help you understand aged care services in your own home and navigate My Aged Care.



Aged Care Peer Champion, Maureen Franklin

Maureen can provide:

- One-on one support at a mutually convenient time.
- Information sessions at your club or social group.
- Drop in to see her at Goolwa Library every Wednesday, 10am - 12pm

Maureen Franklin, Aged Care Peer Champion
0499 036 790



COTA SA gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health

SOUP FOR THE SOUL

Fight off the winter chills with a bottomless cup of hot soup, crusty bread and good company.



Tuesday 16 July
12noon to 1pm
Community Hub, 1A Loveday St
Cost: \$3 entry

Bring a friend or fly solo. If you wish, stay and try cards or craft from 1pm. **RSVP for catering purposes to the Community Hub Reception on 8555 7230.** Transport available if required. Please request at time of booking.

Dementia awareness and bolstering your brain health

September is 'Dementia Awareness Month.' There are almost 450,000 Australians living with dementia and this number is expected to increase as the population continues to age. Dementia refers to a collection of symptoms that are caused by disorders affecting the brain - it is not one particular disease. There are many different types of dementia that affect people in different ways.

Early signs of dementia include progressive and frequent memory loss, personality change, withdrawal, and loss of ability to perform everyday tasks. See your GP if these symptoms are recognised. Sometimes other things such as medication, infections or depression can cause similar symptoms, so it is essential to identify and address the cause. If it is dementia, an early diagnosis can mean earlier access to support, information and medication if available.



Dementia Australia provide a wealth of information about dementia, and support to people and their families experiencing dementia. To find out more, visit the Dementia Australia website at www.dementia.org.au or call the **National Dementia Helpline** on **1800 100 500**. While dementia cannot yet be prevented or cured, the good news is you can reduce your risk of dementia by adopting a 'brain healthy' lifestyle.

Your Brain Matters! 5 Simple Steps Towards Better Brain Health

'Your Brain Matters' is a dementia risk reduction program created by Dementia Australia. By being physically active, mentally challenging your brain, and being socially engaged, you can grow new brain cells (known as neurons) and strengthen connections between them at any age. So it's never too early or late to take up the 5 simple steps to maximise your brain health!

STEP 1: Look after your heart – a healthy heart means you're more likely to have a healthy brain. Steps 2 and 4 will help keep your heart in good order.

STEP 2: Do some kind of physical activity – choose something that you enjoy so you will be more likely to do it regularly. This could be going for a walk, joining a swimming class or working in the garden.

STEP 3: Mentally challenge your brain – by doing this you'll be encouraging your brain cells to make new connections. Playing games like cards, using the computer, knitting or even learning a new routine in a dance class are all ways to get the grey matter working.

STEP 4: Follow a healthy diet – nourish your brain with plenty of veggies and fruit, wholegrain breads and cereals, and include lean meats and fish and low fat dairy. Drink plenty of water and limit your alcohol intake. Save foods that are high in fat, salt or sugar for sometimes and in small amounts.

STEP 5: Enjoy social activity – staying connected with friends is an important way to keep your brain active. Find ways to be social that are comfortable for you, e.g. invite a friend for coffee, or join a local interest group.

If you're interested in accessing more brain-related resources have a look at the books and DVDs in the Brain Hub collection located at Strathalbyn Library. Alternatively, visit www.yourbrainmatters.org.au for information, tips and challenges to keep your brain healthy and reduce your risk of dementia.

THE ADELAIDE GUITAR FESTIVAL RETURNS TO GOOLWA

Treat yourself to a special taste of the Adelaide Guitar festival with a selection of celebrated international guitarists performing live at the Goolwa Library. Artists include Alana Jagt (Indie Pop and Rock), Alain Valodze (Latin American and Classical) and Mike Bevan, pictured (Jazz and Brazilian).



Sunday 28 July
For 2pm start, finish at 3pm

Goolwa Library, 11 Cadell Street, Goolwa
\$5 payable at the door



Bookings essential: Community Hub Reception 8555 7230
Transport available if required. Please request at time of booking.

A study published in the Journal of American Geriatrics Society has found that wearing a hearing aid can slow the progress of dementia by up to 75 per cent. Over 2000 participants took part in the UK study over 18 years, completing word memory tests at several time points and monitoring the rate of memory decline before and after getting a hearing aid. While the hearing aids didn't halt or reverse decline in memory, they did slow it down by 75 per cent, compared to a separate group who underwent surgery for cataracts who experienced, on average, a slowing down of their memory decline by 50 per cent. Dr Piers Dawes suggested that isolation, stigma and the resultant lack of physical activity that are linked to hearing and vision problems might have something to do with cognitive decline for all older adults.

This study also highlights the importance of seeking help if you are experiencing issues with your hearing or eyesight, particularly if you have also received a diagnosis of dementia. There are many services available that can assist you in managing hearing and sight loss through advice and appropriate equipment, as well as community support groups. A few of these great resources are listed below. If you would like to attend one of the community support groups, but do not have access to transport, please contact Community Connect staff to discuss alternative transport options on 8555 7277 (Strathalbyn office) or 8555 7230 (Goolwa office).

Australian Government Hearing Services Program :Reduce the impact of hearing loss by providing access to hearing services, such as hearing assessments, fully subsidised hearing devices, advice and support on how to use your device, and low cost repairs and batteries for your device. For more information phone 1800 500 726 or visit www.hearingservices.gov.au

Hearing Loss Support Group: A group for people experiencing hearing loss to come together and meet each other, provide support and hear from interesting guest speakers.

When: 10am Tuesday 20 August

Location: ACE space, MOSHCC, 24 Daranda Tce, Milang

Contact: Bob Spence on 0412 080 331

Glasses SA: Helping eligible South Australians obtain low cost glasses or no cost contact lenses. Phone 1300 762 577 or visit www.sa.gov.au/topics/care-and-support/financial-support/concessions/GlassesSA

Not By Sight Alone: A group for people with low vision and their supporters or carers. They meet monthly to share company and information, hear from interesting guest speakers and enjoy a musical performance or two!

When: 2nd Wednesday of the month, 10:30am to 12noon-ish

Location: Christ the King Anglican Church,
40 Hutchinson St, Mt Barker

Cost: \$1 donation

Contact: Margie on 0437 738 069

Information sourced from
www.telegraph.co.uk/science/2018/10/11/hearing-aids-slow-dementia-75-new-study-finds/



New Aged Care Quality Standards

From 1 July 2019 the Commonwealth Home Support Program (CHSP) will be required to meet eight standards of care. Those standards will be known as Aged Care Quality Standards and as a program Community Connect will need to be able to demonstrate those standards are met. For the consumer there are statements on what those standards look like when delivered.

Standard 1 - Consumer dignity and choice

I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.

Standard 2 - Ongoing assessment and planning with consumers

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.

Standard 3 - Personal care and clinical care

I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

Standard 4 - Services and supports for daily living

I get the services and supports for daily living that are important for my health and wellbeing and that enable me to do the things I want to do.

Standard 5 - Organisation's service environment

I feel I belong and I am safe and comfortable in the organisation's service environment.

Standard 6 - Feedback and complaints

I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

Standard 7 - Human resources

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 8 - Organisational governance

I am confident the organisation is well run. I can partner in improving the delivery of care and services.

New Charter of Aged Care Rights

In addition to the new Aged Care Quality Standards, the Australian Government has introduced a new Charter of Aged Care Rights. This will come into effect from 1 July 2019, and will provide the same rights to all consumers, regardless of the type of Commonwealth subsidised care and services they receive.

The Charter of Aged Care Rights is easy to read and focusses on high-level consumer rights. The new Charter will make it easier for consumers, their families, carers and representatives to understand what they can expect from an aged care service. The new Charter reads as follows:

I have the right to:

1. safe and high quality care and services
2. be treated with dignity and respect
3. have my identity, culture and diversity valued and supported
4. live without abuse and neglect
5. be informed about my care and services in a way I understand
6. access all information about myself, including information about my rights, care and services
7. have control over, and make choices about, my care, personal and social life, including where choices involve personal risk
8. have control over, and to make decisions about, the personal aspects of my daily life, financial affairs and possessions
9. my independence
10. be listened to and understood
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly
13. personal privacy and to have my personal information protected
14. exercise my rights without it adversely affecting the way I am treated

Aged care service providers, such as Community Connect, must give consumers a copy of the new Charter signed by the provider, and ensure that the consumer or their authorised person has been given a reasonable opportunity to sign a copy of the Charter.

The purpose of requesting the consumer's signature is to allow them to acknowledge they have received the Charter and had assistance to understand it. Consumers are not required to sign the Charter and can commence, and/or continue to receive care and services, even if they choose not to sign the Charter.

If you receive services or programs through Community Connect, you will be given a copy of the new Charter at your initial assessment or your next review.

If you have any questions regarding the new Aged Care Quality Standards or the new Charter of Aged Care Rights and how they relate to you when accessing Community Connect services and programs, please don't hesitate to contact Community Connect staff on 8555 7230 (Goolwa office) or 8555 7277 (Strathalbyn office).

Information sourced from www.agedcare.health.gov.au/quality/aged-care-quality-standards and www.agedcare.health.gov.au/quality/single-charter-of-aged-care-rights

Are aches and pains giving you grief?

Do you suffer from aching hands or sore joints caused by arthritis? Are you looking for a natural, non-invasive way to soothe those aches and pains and loosen up your joints?

Heat and wax therapy offered at the Community Hub in Goolwa may be exactly what you are looking for. Our trained volunteers will apply warm paraffin wax to your hands and wrap them, allowing the gentle heat to permeate the sore joints and connective tissues for up to 20 minutes. Meanwhile, enjoy the soothing effect of a warm wheat bag around your neck and shoulders. Once the paraffin wax has done its job, the wax will be gently peeled from your hands (don't worry – it doesn't pull on hairs or skin), leaving your hands feeling soft and smooth. After the treatment, stay on for a cuppa and chat before heading off, relaxed, into the rest of your day.

When: Mondays, Wednesdays and Fridays, 9am to 10:30am.
Location: Community Hub, 1 Loveday St, Goolwa.
Cost: \$3 subsidised or \$5 non-subsidised.



For more information or to book please contact
 Community Connect staff (Goolwa office) on 8555 7230

Let's do lunch!

Do you enjoy good company over a good meal? Would you like to try out some of the pubs, cafes and restaurants in Strathalbyn and nearby towns?

Join us for our monthly 'Lunch at the Local.' We aim to visit venues that are affordable and accessible within Strathalbyn and surrounding townships. The group is friendly, welcoming and they enjoy a good laugh.

When: Third Monday of the month, 12noon to 2pm-ish
Location: Various locations
Cost: Purchase your own food and drink



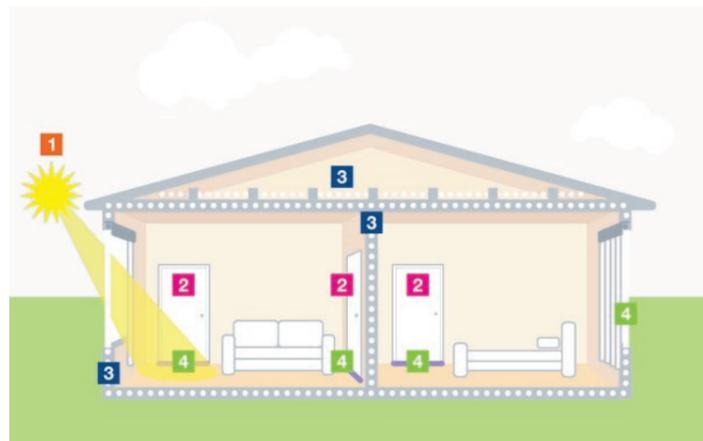
We'll save you a seat at the table

For more information, to make a booking, or discuss transport options, please contact Community Connect staff (Strathalbyn office) on 8555 7277.

HEATING YOUR HOME EFFICIENTLY IN WINTER

No one wants to spend more than they need to when heating their home. Reducing the amount of heating you need to stay comfortable can be as easy as making some simple and practical changes.

Before turning your heater on this winter, make sure your home is well-insulated, draught-proofed and that you are only heating the areas you need.



1. Let the sunshine into your home

Open curtains and blinds during the day and move anything blocking the light, such as external shading. Tiled or concrete floors can store warmth from the sun and help warm the home into the evening. Shut curtains and blinds at night time to help keep the warmth in.

2. Only heat the areas you need

The larger the area you heat, the more energy you will use. Divide your home into sections or zones by closing doors and, if you have a ducted heating system with zone controllers, turn off rooms that are not in use.

3. Insulation

Insulation is any material that reduces the amount of heat transferred in to or out of your home through the ceiling, walls, windows, doors and floor. Insulation will help keep your home warmer in winter, reduce your need for heating appliances and lower your heating costs.

4. Draught proofing

Cracks and gaps can cause draughts and lose large amounts of heat from your home. Simple changes, like using draught excluders under doors, sealing strips around doors and window frames and filling gaps, could help reduce your heating costs.

When heating your home:

- Set your heater's thermostat to 18–21°C or as low as you feel comfortable with. Every degree lower may reduce the running costs by up to 10%.
- Choose the best heater for your needs based on the size of the area you need to heat. A heating specialist can help you with this decision.
- Adjust your heater's louvres towards the floor, as hot air rises. Keep any louvre blades dust free and clean filters regularly.

Article sourced from www.sa.gov.au/topics/energy-and-environment/using-saving-energy/heating
sa.gov.au/energy



EASTER LUNCH

A Shared Easter Lunch with Mount Compass Kindy and Lifestyle Group

Every term, Alexandrina Council's Community Connect program works with Mount Compass Lifestyle Group to run a session called 'The Long Table Lunch' which focusses on healthy eating and building social connections over food.

On Monday 8 April, we hosted a second round of our shared Long Table Lunch with Mount Compass Kindy. The twelve Lifestyle Group members worked together seamlessly to prepare the tasty treats in time for our guests, drawing on individual's cooking skills, as well as leadership and organisation skills, and attention to detail. Twenty-seven kindergarten students along with their teachers and a parent or two joined us for the 'Easter-themed' lunch comprised of Easter bunny fruit platters, an Easter bunny dip platter and Hot Cross Scones straight from the oven. The children even had the opportunity to decorate their own cupcake, with many great designs taken home. The children were very careful with their cake-decorating and displayed excellent sharing skills, making sure to leave enough decorations for their fellow students.

Our Easter-themed recipes were shared with the children so they could make the tasty treats with their families over the Easter long weekend.

Community Connect and Mount Compass Lifestyle Group would like to thank Mount Compass Kindy for being involved in the Easter Long Table Lunch



ADVOCACY

What is an informal advocate?

An informal advocate is someone of your choice whom you have asked to assist you in an informal capacity during your contacts with a service, e.g. carer, family member or support person. They may assist you to gather and understand information, or help you to communicate about your needs, wishes and rights if you feel you are unable to do this on your own.

What is a formal advocate and how do I find one?

A formal advocate is a person or an agency you choose to act in a formal capacity on your behalf. A formal advocate may be a member of a regional consumer group or a representative from one of the organisations below. You can learn more about how an advocate can help you, and engage an advocate to assist you by contacting one of the organisations below.

Older Persons Advocacy Network www.opan.com.au 1800 700 600

Aged Rights Advocacy Service
16 Hutt Street
Adelaide SA 5000
Ph: 8232 5377
aras@agedrights.asn.au

Equal Opportunity Commission SA
Level 17, 45 Pirie Street
Adelaide SA 5000
Ph: 8207 1977
Toll Free: 1800 188 163
eoc@sa.gov.au

NAIDOC WEEK



NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by all Australians. The week is a great opportunity to participate in a range of activities and to support our local Aboriginal and

Torres Strait Islander communities. This year's NAIDOC Week theme is *Voice. Treaty. Truth. Let's work together for a shared future.*

Join us for NAIDOC Week celebrations in Alexandrina. Both events are free to attend and family friendly.

NAIDOC Week Celebrations — Strathalbyn

Thursday 4 July, 11am to 2pm

Eastern Fleurieu School Performing Arts Centre, East Terrace, Strathalbyn

FREE

Celebrations will include Welcome to Country and Flag Raising Ceremony, boomerang and spear throwing demonstration, Yulunga—Traditional Indigenous Games, story-telling in Kondoli the Whale, music, craft activities and a light lunch.

NAIDOC Week Celebrations — Goolwa

Sunday 7 July, 11am to 2pm

Signal Point Gallery, Wharf Precinct, Goolwa

FREE

Celebrations will include Welcome to Country and Flag Raising Ceremony, Smoking Ceremony, Ngarrindjeri dance workshop, story-telling in Kondoli the Whale, craft activities and a light lunch.

For enquiries please contact Alexandrina Council's Community Development Officer on 8555 7000.

ACTIVE AGEING WEEK

Active Ageing Week takes place during the week of 1-7 October, 2019 and aims to raise awareness and celebrate the positivity of ageing today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way. Active Ageing Week challenges society's diminished expectations of ageing by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life — physical, social, spiritual, emotional, intellectual and vocational.

The objective of Active Ageing Week is to give older adults the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the lifespan. Why not take the opportunity to try new physical or recreational activity during Active Ageing Week. There are many opportunities available in Alexandrina including walking hockey (see below), exercise classes (see back page for ideas), swimming and fitness classes at the Fleurieu Aquatic Centre (www.fleurieuaquaticcentre.com.au) and walking groups (visit www.walking.heartfoundation.org.au/walking to find your local group). You're bound to find an activity to suit your needs and preferences.

Information sourced from www.activeageingweek.com/about.php



WALKING HOCKEY COMING TO GOOLWA



Coming late September, Goolwa Hockey Club will be launching the first 'Walking Hockey' competition in South Australia, the fourth in Australia. 'Walking Hockey' is a modified version of Field Hockey. It comprises of a quarter sized pitch, 7 players a side, pushing only (no big hits or big swings), no lifted balls, no goal keepers and of course no running. With no running, the emphasis is on team work and stick skill, meaning that it is easier for people to enjoy and get into the great game of hockey.

This will be launched as a social get together to begin with, then working on becoming a social competition. Goolwa Hockey Club will be hosting this at the Goolwa Recreation Ground on Sunday afternoons, working around the cricket, and will be open for tea/coffee on these afternoons.

Cost: \$20 for a 10 game season. Casual rate is \$2 per game. Includes equipment use.

For more information or to register your interest in playing, please contact Brendon Newcombe (President, Goolwa Hockey Club) on 0416 881 530 or goolwahockeyclub@gmail.com

