

FEB 2022

ISSUE
23

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

www.salisbury.sa.gov.au/seniors



COVER:

**WAYNE AND MIKAYLA -
THANK YOU TO OUR VOLUNTEERS**

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MESSAGE FROM THE MAYOR

Hello Readers,

It was with great delight that I accepted the invitation to attend the

Salisbury Seniors Alliance for a presentation on key highlights of their work. Their vital work ensures the voice of older people are heard and suggestions are integrated into our strategic plans.

Another one of our plans - Council's Ability Inclusion Strategic Plan - details recommendations including providing opportunities for people with disability to build their confidence and leadership skills. To support this, we offered 9 workshops enabling and encouraging people to get involved in their local community.

The International Day of Older Persons theme for 2021 was 'digital equality for all ages' and Council now

provides a number of opportunities for the community to learn about technology and how to be safe online. I recommend the Connect and Thrive Program for seniors as its slower paced and participants can ask many questions.

This edition celebrates volunteering. The front cover photo is of Wayne and Mikayla, the A Local Voice article features Bruce Newstead, a valuable volunteer 'buddy' at the Jack Young Centre and the Thank-you to our volunteers article acknowledges National Volunteer Week.

Lastly, I would like to acknowledge Council's Community Health and Wellbeing Division that won the 2021 Minister for Health and Wellbeing – Excellence in Public Health Award. This Award acknowledges the work undertaken to continue to deliver services while focussing on your safety.

Looking forward to a wonderful 2022 with you all.

Yours Sincerely

Mayor Gillian Aldridge OAM

Mayor of Salisbury

A LOCAL VOICE

OUR 'BUDDY' BRUCE ISN'T HITTING THE BRAKES ANYTIME SOON

Bruce Newstead is one of the first faces new members meet at the Jack Young Centre (JYC).

The Paralowie resident started volunteering at Jack Young in 2015 and now takes new members under his wing in his role as a 'buddy', introducing them to other people and the activities on offer at the Centre.

"There's all these programs on offer at Jack Young, but because you're by yourself, you feel, sort of, shy and you find it hard to mix and mingle as much," Bruce said.

"A buddy, like me, will help you adjust to this new environment, meet people and discover what activities you might like to try."



Bruce Newstead

Every Wednesday and Friday morning, you'll find the grandfather of three making strides in the Heart Foundation Walking Group. Leaving from the Jack Young Centre at 9am, the social group can attract anywhere from 8 to 24 people depending on the day and best of all it's free.

"I like to keep physically fit, but I've also learnt so much about my local area from going on these walks, it's funny all the things you notice when you walk regularly."

To relax after a walk, Bruce loves nothing more than joining the Jack Young's painting classes using acrylic and watercolours to capture sceneries, birds and flowers.

"I've been painting on and off for more than 35 years and I was a member of the South Australian Art Society."

"I like doing sceneries and I'm working on one with two birds and I've been doing some flowers too."

Bruce loves his independence and his role at the Jack Young Centre, a place he says gives him purpose and a zest for learning.

"I've got a lot to offer, I want to be a part of it and I've got no intentions of switching off."

For information on Jack Young Centre programs visit www.salisbury.sa.gov.au/jyc



HEALTH & WELLBEING

HABITS : ‘DO OR NOT DO – THERE IS NO TRY’ (YODA, STAR WARS)

Remember the song ‘I’ve got more bad habits than anyone’ by Billy Field in 1981? Well it seems we all have little habits that we would like to change.

There are two kinds of habits – ones that serve you and those that don’t. So how do you replace those that do not serve you with something you want?

As Ralph Aldo Anderson said, “*the only person you are destined to become is the person you decide to be*”.

Follow the steps below to create more positive habits:



Step 1: Write down the habit you want to see yourself doing.

Be as specific as possible, for example, include what and when:

I will do two balance exercises every day while holding the bench top. My first exercise will be shifting my weight from one leg to another; and my second exercise will be standing on one leg for 15 seconds.



Step 2: Read aloud your new habit every day.

It’s a good idea to keep it on the fridge, stuck on a mirror or as a reminder in your mobile phone.



Step 3: Start with a plan and make it simple.

The point of the plan is not to get you there faster, but to get you started. For example, every time I boil the kettle I will do two balance exercises while holding on to the kitchen counter.



Step 4: Have a picture in your mind of the goal you are trying to achieve.

For example: improved balance.



Step 5: Take simple productive actions (or baby steps) and repeat them constantly over time.



Step 6: Start to create momentum, reflect on each completion and success and celebrate.

If you catch yourself doing something right, reward yourself and say “Yes!” and give yourself a pat on the back or whatever works for you.

DISABILITY

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

The theme for International Day of Persons with Disabilities (or IDPWD) held on 3 December 2021 was 'Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world'.

Council's Inclusion Project Officer Mike Taggart explained that people of all ages with disability told us they want more opportunities to develop their confidence and leadership.

"Peer networks have been proven nationally as effective ways to develop local leadership and advocacy," he said.

Council recognises the need to support people with disability so that they have the confidence and leadership skills to participate in strengthening inclusion strategies. The Ability Inclusion Strategic Plan 2020 – 2024 is the City of Salisbury's own strategy for inclusion and covers accessibility for all areas of our services and events.

One such action is the signing of a Statement of Collaboration with Julia Farr Association (JFA) Purple Orange, a social profit organisation with a mission to create a better world for people with disability, to participate in its state-wide 3-year

'SKILL' (Strengthening Knowledge, Ideas, Links and Leadership) project.

The cities of Salisbury and Playford supported a co-design group to develop nine disability-led workshops which were held weekly in the Salisbury Community Hub during August and September last year.

Mayor Gillian Aldridge OAM spoke at a workshop and participants commented on what they learned:

- "I explored community access to programs."
- "This workshop proves those with lived experience have much to share to empower those who are still navigating the system."
- "I will contact 1 or 2 community centres to ask about IT courses and other activities."
- "I will get in contact with my Council!"
- "I will advocate for myself better."

An outcome of the workshops was the establishment of a peer network. If you are interested in joining a peer network, please contact Andrew Gibson from JFA Purple Orange on 0413 854 863 or andrewg@purpleorange.org.au

For a copy of the Strategic Plan visit www.salisbury.sa.gov.au/aisp or contact Mike on 8406 8390 or mtaggart@salisbury.sa.gov.au



"People with disability of all ages told us they want more opportunities to develop confidence and leadership. Peer networks have been proven nationally as effective ways to develop local leadership and advocacy" council's Inclusion Project Officer Mike Taggart said.

Left: Community members with the Mayor at SKILL Workshop 8 at Salisbury Community Hub on 22 September 2021

HOME ASSIST

YOUR HOME ASSIST

Home Assist provides domestic assistance, home maintenance, home modifications, medical transport and social transport trips for eligible people over 65.



Gary on his way to a home maintenance job

The Home Assist team are a busy bunch providing a range of services to eligible seniors.

One of the rewarding factors working in this team is that customers provide feedback on their experience. Be it a compliment, comment or complaint, feedback helps the team to understand what is working well and areas for improvement.

Compliments, comments and complaints can be given in person, by phone or in writing. Where a complaint is received a staff member will follow up quickly and work collaboratively with the individual on the solution.

If you are an existing customer and would like to provide feedback, contact the Home Assist team on 8406 8225 or email has@salisbury.sa.gov.au

AWARDS/ RECOGNITION

CITY OF SALISBURY WINS PUBLIC HEALTH AWARD

Council's Community Health and Wellbeing Division won the 2021 Minister for Health and Wellbeing - Excellence in Public Health Award.

The Division won the award for their proactive and adaptive approach to delivering essential services to seniors during the COVID-19 lockdowns.

The award was presented by the Minister for Public Health and Wellbeing, Hon Stephen Wade MLC and the Chief Public Health Officer SA Health, Professor Nicola Spurrier. The award recognises outstanding contributions to public health by local councils and their vital work in keeping individuals, families and communities safe, well and thriving through public health action.

"Salisbury provides vital in-home and centre based services – a lifeline for many of our senior residents who may not drive, be unable to use technology, have little family or support, or who have health conditions that make it difficult to leave their home. I'm so pleased to recognise the efforts of our team and the community, who have worked so well together. Everyone has done their very best to follow the health advice given." - Mayor Gillian Aldridge OAM

For more info: www.salisbury.sa.gov.au/award2021



L-R: Professor Nicola Spurrier, Jenna Romaine, Leslie Wightman, Mayor Gillian Aldridge OAM, Arlene Jasper, Hon Stephen Wade MLC.

COTA CONVERSATIONS

THE POWER OF CONNECTION

As Mother Teresa said, "The most terrible poverty is loneliness and the feeling of being unloved."



In October 2021, the COTA SA Conversation with Salisbury Seniors topic 'Connect, Thrive and Live - Building resilience, reducing loneliness and improving wellbeing' highlighted how important social connections are for each and every one of us.

Some of the key takeaway messages from our guest presenters were that:

- Positive social connections can contribute to people living longer lives
- Loneliness and isolation can have a negative impact on health and wellbeing (equivalent to that of smoking over 15 years)
- It's important for health and wellbeing for (most) people to be and feel connected to others
- It's important for those who want to make new connections that they are supported to do this in ways that are meaningful to them

So, what can you do, or encourage others to do, to reduce the risk of social isolation and increase your connections with others?

- Manage chronic conditions and promote brain health to optimise function and mobility
- Regularly engage in both physical and social activities
- Be open to alternate transportation options
- Volunteer when you can

- Use technology to expand your social network and to increase the frequency of contact (especially between different generations) and try to avoid relying on social media as face to face contact is very important!
- Create meaningful relationships and regularly catch up with friends and family or join in your community
- Find an activity you enjoy that gives you a taste for life, such as painting, music and walks. You are bound to meet like-minded people along the way
- Reach out to friends or neighbours who might be isolated or feel lonely

Together, it is possible to make a breach in the walls of solitude affecting older adults & build bridges of belonging...How are you helping ?

If you are feeling lonely or isolated, contact one of councils senior centres detailed on the back of this magazine for advice and support.



SAVE THE DATES

COTA SA Conversations with Salisbury Seniors 2022

Tuesday 17 May, 9.30 to 12.30
Tuesday 11 October, 9.30 to 12.30

Book a ticket or find out more at
www.salisbury.sa.gov.au/cotaconv or
8406 8368

COUNCIL NEWS

STORIES WILL BE **GROWN** AND **SHARED** AT **BURTON'S NEW HUB**

Everyone has a story to share and you could keep it forever by using the podcast and recording studio planned for the new Burton Community Hub, expected to open in July.

The Hub will have a strong focus on emerging technology and the latest in green screen, film, audio and gaming equipment.

A series of programs and tutorials on using this technology are in the pipeline for all ages from beginner to intermediate levels.

Along with a range of library services, meeting rooms and facilities available for the community and businesses to book and use, there will also be the communal garden and The Workshop.

The Workshop will host a variety of community centred programs for community members to access where they can create personal and community-based projects. The Hub's design will be fully accessible. National Disability Insurance Scheme (NDIS) registered, centre based groups will be included as part of the scheduled programming.

An exciting addition will be the communal garden, a dedicated food producing area with programs and events aimed at introducing people of all ages to interesting gardening topics and opportunities to experience the natural environment.

This new Hub replaces the former Burton Community Centre and the Salisbury West Library. The latter remains open until the construction of the Hub is completed in the second half of 2022.

Mayor Gillian Aldridge OAM is looking forward to the creation of the modern new site.

"The Burton Community Hub will bring together a range of services within one vibrant, adaptable space to be used by the whole community," Mayor Aldridge said.

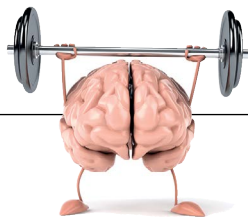
The Burton Community Hub is being developed by Council in partnership with the Federal Government.



A QUICK LOOK AT THE NEW BURTON COMMUNITY HUB TIMELINE



BRAIN HEALTH



BRAIN BOOSTING FOODS

Our food choices play a vital role in our overall health and wellbeing. This not only includes parts of our bodies, such as our heart and muscles, but our brains also.

There are certain foods that help maintain or improve healthy brain functioning and that can decrease the likelihood of developing neurological conditions.

Nutritionists believe the best strategy for brain health is to follow a diet that includes a variety of fruit, vegetables and wholegrains. Sourcing protein from fish and choosing healthy fats is also beneficial.

Here are some examples of healthy brain foods.

Wholegrains: For us to focus and concentrate effectively, our brains need a reliable and steady source of energy in the form of glucose. Wholegrains release energy slowly, which helps us to stay mentally alert throughout the day. It may be tempting to reach for high-sugar snacks to get a burst of energy, however, this can often result in a 'crash' a short time later. Choose wholegrains such as cereals, grainy bread, rice and pasta.

Oily Fish: Essential fatty acids are vital for normal brain function. They cannot be made by the body and must be obtained through our food. Oily fish contain these fatty acids in a ready-made form which the body can easily use. This includes salmon, trout, herring and sardines. There are also plant-based alternatives including soya beans, pumpkin seeds and walnuts.

Blueberries: Research suggests that blueberries may be effective in improving short-term memory loss. Other dark coloured fruits and vegetables may also have the same benefit including blackberries and red cabbage.

Broccoli: Broccoli is high in vitamin K, which is known to boost cognitive function and brain power. 'Cognitive function' is another way of saying 'information processing' or our 'thinking abilities.' Broccoli helps to maintain chemicals in our central nervous system which are essential for normal cognitive function. Other foods which offer the same benefit include cauliflower, cabbage, kale, hard cheeses and prunes.

Dementia Australia has a good fact sheet called "What you eat and drink and your brain." You can find out more at www.dementia.org.au

BRAIN GYM PUZZLE

Hidden in this grid are seven letter words, can you find all eight? Each word begins with the central S and you can move one letter in any direction to the next letter. All of the letters are each used exactly once. Can you find the eight words?

Answers page 27

G	N	L	K	R	T	E
E	I	E	O	X	A	E
K	R	N	I	H	M	N
E	A	Y	S	E	A	P
R	E	P	P	A	W	O
N	E	A	G	U	E	O
R	N	E	S	A	D	E

Q&A WITH LOCAL SENIORS

Q&A WITH LOCAL SENIORS

Get to know a few members of our seniors centres. We asked them the following questions and here's what they said.

1. What group or activity do you attend at JYC ?
2. What is the best thing about the living or visiting local Salisbury Council area?
3. What is your favourite season, and why?
4. Describe yourself in 3 words.
5. What advice would you give your younger self?



MAXINE MCHUGH (PHSC)

1. "Relaxation group at PHSC"
2. "There are lots of great walking places with flat ground for seniors."
3. "Autumn, I love the coolness and the rustic leaves. I don't enjoy the heat. I have so much energy in autumn."
4. "Happy and love mixing with people"
5. "Just to be happy"

KYM WATSON (JYC)

1. "Woodburning group, Men's Group, Wednesday walking group and I also have the meals at the centre"
2. "It is very comfortable after living in the same house for 35 years. I have really good neighbours"
3. "I like spring the best. New start for things in spring"
4. "Easy going. Positive. Humorous."
5. "Listen to your mother"



LEOPOLDA COSGROVE (JYC)

1. "Crochet group and Meals at the centre"
2. "Good quality and cheaper fruit and vegetables.
It's also very easy to access JYC via public transport."
3. "I love winter, especially watching the rain while travelling on the bus."
4. "Outgoing. Friendly. Supportive."
5. "Respect older people"



BARBARA ELLIOT (PHSC)

1. "Brain Gym, Craft group, Book club and the Friday Group at PHSC"
2. "It is a very friendly area that is community minded. I live in Para Hills West and I love the open spaces around the Paddocks area."
3. "Autumn because it has settled weather. Spring can be up and down, Summer too hot and winter too cold."
4. "Easy going. Positive. Humorous."
5. "Be more patient, don't force things."



RICHARD JACKSON (JYC)

1. "Friendship group. Walking Group. Meals at the centre"
2. "Getting to know people and friends. Feeling like you are always included and belong somewhere"
3. "I really like spring and summer because it's easier to get outdoors and go walking"
4. "Well read. Foodie. Sociable"
5. "Just keep doing what you like doing. Enjoy life and keep moving"



JULIE MARSHALL (PHSC)

1. "Fantastic Friday group at PHSC"
2. "Friendly neighbours"
3. "Spring – the weather and roses blooming"
4. "Outgoing, Cheerful, Caring."
5. "Enjoy every day while you have good health."



INTERESTED?

If you would like to tell us about yourself, just respond to the same questions, let us know what centre you attend and email:
jyc@salisbury.sa.gov.au

IN SHORT

WOMEN'S HEALTH

Seven women from the Aboriginal Social Group attended the Salisbury Pop Up BreastScreen SA Mobile Screening Unit at the Salisbury Community Hub late last year.

For many this was their first screening or first in several years. To encourage participation, Marita from BreastScreen SA attended the Aboriginal Health and Wellbeing Expo earlier in the year and was a guest speaker at the group a month prior to the day.

Due to the popularity and high demand in the north, BreastScreen SA Mobile Screening Unit is scheduled to return to the Salisbury Community Hub on 26 April 2022 for four weeks.

Find out more at www.breastscreen.sa.gov.au/book



Aboriginal Social Support group community members during their visit to the mobile unit.

SENIORS RAINBOW CONNECT



Are you over 65 years old and identify as LGBTIQ+?

Salisbury Home and Community Services provide services designed to support older people to live positive, independent and connected lives within the local community. We're committed to ensuring our services are inclusive for all older community members.

On Thursday 31 March 2022, 10 am - 12 noon we're hosting a morning cuppa for older people who identify as LGBTIQ+.

We're interested in knowing more about what's important to you and to talk about our available services.

This event is subject to COVID-19 restrictions and conditions at the time of the event.

For further information contact Leslie on 8406 8328 or visit www.salisbury.sa.gov.au/LGBTIQ+

COVID-19 INFORMATION

Just a reminder of some good ways to stay informed as we steer our way through the unfolding COVID-19 situation.

Many people have been working hard to stay informed and COVID-safe.

SA Health is the trusted source of COVID-19 information in South Australia. They provide information via phone lines, websites and Facebook.

Details

- SA Health Website: www.sahealth.sa.gov.au
- SA COVID-19 Information Line: 1800 253 787
8am to 8pm - 7 days
- SA COVID-19 Mental Health Support Line: 1800 632 753
8am to 8pm - 7 days

SA Health is a trusted source of COVID-19 information in South Australia.

See SA Health updates as they happen:

www.facebook.com/sahealth

FALLS PREVENTION AND STUDY

BALANCING ACT

A study at Flinders University is taking a new approach to falls prevention. The research, led by physiotherapist Nicky Baker, is investigating the relationship between postural sway – the body's sense of balance – and stumbling.

PhD candidate Ms Baker said most research to date had concentrated on people who have already fallen, rather than those who are stumbling and may only notice the signs of unsteadiness for the first time.

"Stumbles and trips are usually disregarded because without the fall, there's no injury or embarrassment and we forget about it", Ms Baker said.

"But they are more common than falls and usually lead to a fall."

The study is aiming to understand changes in postural sway in people who stumble.

"We are using a small sensor, placed on the lower back, to measure postural sway as people do everyday activities. We are also testing to see if the sway changes when people are distracted or fatigued," Ms Baker said.

"Once we understand what happens with sway, we can target interventions to counteract the stumbling. This will ultimately prevent falling.

"No one ever thinks they will fall until they do, and then it comes as a huge shock, often with subsequent pain, disability and a loss in confidence. This study aims to intervene early and reduce the risk of falls," Ms Baker said.



Nicki undertaking a balance test with Fiona at Jack Young Centre

For more information, please contact Nicky Baker on nicky.baker@flinders.edu.au or call 7221 8745.

VOLUNTEERS



Mai volunteering at Jack Young Centre

THANK YOU TO OUR VOLUNTEERS

National Volunteer Week, held Monday 16 -Sunday 22 May, is Australia's largest annual celebration of volunteers and their important contribution to our communities.

During the Week, Council formally acknowledges the contribution our volunteers make to our local community, whether it's helping our centres and libraries deliver activities, removing graffiti, transporting seniors, providing social support for people with disability and culturally and linguistically diverse seniors, or being on an advisory committee like Salisbury Youth Council and Salisbury Seniors Alliance. Volunteers really do make a difference.

Find out about volunteering with council at www.salisbury.sa.gov.au/volunteering or call 8406 8276

GARDENING

SUMMER GARDENING TIPS

Look after your summer stone-fruit trees after the fruit has been harvested.

Prune back branches around 60 cm, however if too much leaf growth causes the tree to be shaded by itself, and the fruit is not ripening, a light prune of around 30 cm can help.

Temperature variants disrupt the growth cycle and ripening of produce. Shades like shade cloths and umbrellas over crops are easy to pullover in heat waves and remove when it cools.

Mulch can attract earwigs, slaters, slugs and snails so keep it to a minimum and using shades first can reduce the amount of mulch you need. Check water requirements by putting your finger in the soil. If soil sticks to your finger when you poke it in the ground, it's fine to leave watering for a while if the root systems are well established. If not, give a thorough water.

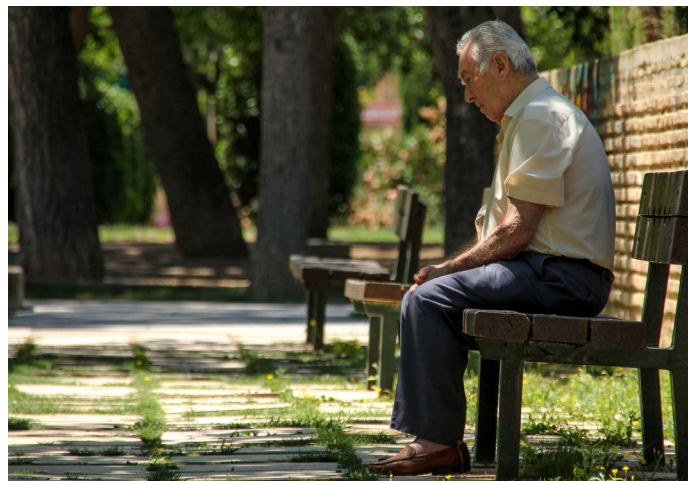
There is still time to put in new crops. Try some beans, zucchini, lettuce and basil.

Try planting a variety of lettuce for a fresh salad.



PHYSICAL ELDER ABUSE

PHYSICAL ABUSE



Physical abuse is a form of elder abuse. It is the use of physical force that results in hurt, pain or injury to an older person.

Physical abuse can happen when the perpetrator:

- Hits, pushes or shoves the older person
- Misuses medications
- Physically restrains the older person
- Restricts movement
- Confines the older person to one room
- Is violent or aggressive, including around the older person

Because of the ageing process, an older person might incur injuries more easily and take longer to recover. It is not uncommon for the older person to explain the injuries or bruises as a fall or knock. This can happen if the older person is fearful of talking about the abuse, as it might provoke even more abuse from the perpetrator.

If you or someone you know is experiencing elder abuse call the South Australian Abuse Prevention Phone Line on 1800 372 310, Monday to Friday 9am to 5pm.

Source: www.seniorsrights.org.au/elder-abuse/physical-abuse

NAVIGATOR TRAIL

NAVIGATING THE AGED CARE SYSTEM

The Aged Rights Advocacy Service (ARAS) provides the Aged Care System Navigator Trial to seniors in the northern metropolitan suburbs, Gawler and Barossa.

Navigating the aged care system can be complex so it's handy to know that free support is available to help people work through different areas like:

- Registering with My Aged Care
- Getting an individual assessment
- Choosing a provider for different home care services and/or Home Care packages (services could include social support, cleaning, home maintenance, home modifications, transport, meals and nursing).

In partnership with the Jack Young Centre, an ARAS Navigator staff member is available at JYC every Wednesday morning for those who need free information and support with My Aged Care.

"Scott's specialty is understanding the My Aged Care system, process for assessment and getting referrals for the services you need. He even has a few tricks up his sleeve to make the process quicker!" Diane

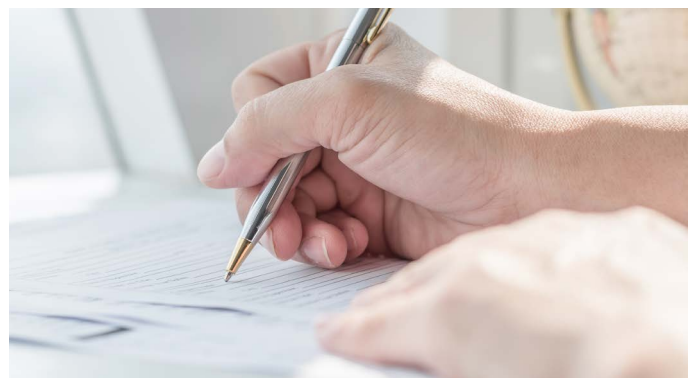
Call 8406 8525 to make a booking or find out more at www.sa.agedrights.asn.au/aged-care-navigators-trial



Above: Aged care Navigator Trial coordinator Scott having a chat with Diane at the Jack Young Centre.

DECISION MAKING

THE SUBSTITUTE DECISION-MAKER TOOLKIT PROJECT



Are you a Substitute Decision-Maker (SDM) for a friend or family member? Have you appointed an SDM under your Advance Care Directive? Your experience and ideas can help develop a toolkit for SDMs.

A person with decision-making capacity can plan for a time when they can no longer make their own decisions, by appointing someone to be their SDM under an Advance Care Directive (ACD).

As an SDM, you may be required to make decisions about someone's lifestyle, living arrangements and healthcare.

The Office of the Public Advocate with support from Office for Ageing Well (linked with SA Health) will design and develop a toolkit about the SDM role.

The resources will provide clear, consistent and accessible information and education about the role of SDMs appointed under an Advance Care Directive. It will also help individuals appointing an SDM feel more confident that their wishes will be honoured.

A focus group will be held with members of the Salisbury Friendship Group to obtain guidance on the toolkits' content and design. Your ideas and experience are also welcome through an online survey at <https://forms.office.com/r/yJrRpmkHu5> Open until 31 March 2022.

For project updates, information about ACDs and the SDM role www.opa.sa.gov.au or contact belinda.lorek@sa.gov.au

SALISBURY SNAPSHOTS



1. Leanne sharing her amazing voice at the JYC Music in the Courtyard event
2. The Three Amigo's (Wayne, John & Bill) entertained with a selection of classical hits and Christmas carols
3. Lorraine and Betty celebrating Melbourne Cup 2021 at JYC
4. Graham and John enjoying a coffee at Jack's Café
5. Nothing stops the JYC Heart Foundation walking group from their weekly exercise
6. Staff members sharing information for older people through stalls at Para Hills, Ingle Farm, Salisbury Downs and Burton shopping centres
7. Peter, Lolita and Lucy enjoying delicious food and great music during JYC's lunchtime event in the courtyard



8. Para Hills Guitar group performing at the Para Hills Seniors Centre Music Afternoon eventz
9. Kathy and Lynne all ready for the Para Hills Spring into Summer mini-market event at Para Hills Community Hub
10. Ann and Gordon participating in the meals and promo incentive at the senior centres
11. Aisa with son Malik at the Nostalgic Connection with Love exhibition launch at Pine Lakes Community Centre
12. Para Hills Songsters provide a welcoming performance for guests arriving at the COTA SA Conversation with Salisbury Seniors hosted in the Salisbury Community Hub

ACHA HOUSING FORUM

ASSISTANCE WITH CARE AND HOUSING PROGRAM

Residents aged 50 and over living in the Salisbury area are invited to a Housing Forum at the Para Hills Community Hub in February.



Housing is one of the most impactful determinants of a person's overall health. This Forum will focus on providing information on housing options and support services to assist older people in remaining independent and in their homes. The Forum will address the question asked by many older people 'Should I stay or should I go?'. Guest speakers from Centrelink and the Catalyst Foundation will be available to answer your questions and concerns about housing.

Tip: If you are searching for private rental properties make sure your application is correct and that you have already applied for bond and rent in advance from Housing SA.

For more information contact Thuy Nguyen, Housing Support Officer on 8406 8227 or email ttnguyen@salisbury.sa.gov.au or visit www.salisbury.sa.gov.au/housing

The Housing Forum is on Friday 25 February 2022. This event is subject to COVID-19 restrictions, please check out our website here closer to the date www.salisbury.sa.gov.au/houseforum

TECHNOLOGY

SENIORS AND TECHNOLOGY

The International Day of Older Persons 2021 theme was 'Digital Equity for All Ages', acknowledging the growing use of technology and the need for digital inclusion and safety.

'Connect and Thrive' is a program for seniors to learn about using their devices and maintain their safety online. It offers:

- Learning skills for everyday use
- Slow paced sessions
- Information explained in a way that makes sense
- A chance to build your confidence by practicing with instructors
- Time to ask any questions you have

This project is supported by funding from Office for Ageing Well through the SA Ageing Grant.

Find out more at www.salisbury.sa.gov.au/digitalliteracy or call 8406 8525.



Shirley Light

SALISBURY SENIORS ALLIANCE

SALISBURY SENIORS ALLIANCE PRESENTATION TO THE MAYOR

Special guest Mayor Gillian Aldridge OAM recently attended the Salisbury Seniors Alliance meeting.

The Salisbury Seniors Alliance (SSA) members invited Mayor Aldridge to their November meeting for a presentation on their work over the last few years. Alliance Deputy Chairperson Gavin prepared the presentation noting key highlights, member biographies and photos. Mayor Aldridge heard about the single-use-plastics exhibition led by the Alliance and local primary school students, the consultation to shape the updated Age Friendly Strategy and their advocacy project for better road safety and wayfinding around the City.



L-R: Linda, Carmela, Angela, Mayor Gillian, Helen and Gavin

The Alliance has been involved in many Council decisions. A recent example is the idea to incorporate 'seniors carparking' across the City. In response, Council will be trialling this initiative in the Sexton Carpark as part of the John and Church Street upgrade. The SSA will be working directly with the project team. Well done to the Salisbury Seniors Alliance for another productive year!

You can find out more about the group at www.salisbury.sa.gov.au/ssa

AGED CARE REFORM

COUNCIL OF ELDERS: A VOICE FOR OLDER AUSTRALIANS

The 2021-2022 Federal Budget outlines a number of initiatives directly responding to the Royal Commission into Aged Care Quality and Safety.

One of the 148 recommendations from the Commission was the establishment of a Council of Elders.

The Council will have a critical role in making sure that senior Australians have input into shaping the governance of the aged care system. Supported to consult, Council will meet six times a year and take on the important role of representing and voicing the views of senior Australians across the country.

For details on the Council of Elders go to: www.health.gov.au (search Council of Elders).



SENIORS CENTRES

PARA HILLS SENIORS CENTRE

Start your 2022 with great new programs and activities to keep you busy, happy and connected.

Para Hills Senior Centre is looking forward to offering an action packed 2022 program with plenty of exciting new things for you to try and of course, offering a number of great special events.

New groups in 2022 are our Wednesday's 'Café Club', Wednesday's 'Just play it' and Thursday's 'Friends are Fun' so come along and give them a try. We'd love to see you.

And we haven't forgotten those of you who might be reluctant to leave your home due to COVID-19 this year. We're offering The Package Club, and more Grab and Go Activity packs for those who love to keep busy.

The Package Club

Are you bored, lonely or looking for connection?
Is getting out the house challenging or worrying?
Does your health prevent you from getting out regularly? Are you looking for something fun to do or a way to connect with others in your community?
Is using technology a bit of a challenge for you?

Seniors who have a My Aged Care social support referral are eligible, (if you don't have this and are eligible we can help you get one). The cost is **FREE**.

You will receive:

- A special surprise package to your door once a month that will include something to do and some opportunities to connect with neighbours, friends and the wider community
- A nice chat with the friendly volunteer making your special delivery
- A monthly phone call from a member of The Package Club team

If you are interested in The Package Club, or want to find out more, call Sue on 8406 8544

5 REASONS TO JOIN THE PACKAGE CLUB

1. Try new things or rekindle an old interest
2. Meet new people and expand your social networks
3. Receive up to date reliable community and health information
4. Become an active member of the Salisbury seniors community
5. Be the first to know about opportunities to connect and make the most out of life



Members playing Mario Kart game

Grab and Go Activity packs

We are excited to announce the arrival of our 'Grab and Go Activity packs'. Available from Para Hills Seniors Centre and the Jack Young Centre reception desks, you are welcome to collect one when leaving either centre.

Packs are **FREE** and include a variety of fun and challenging activities designed to flex your grey matter. Begin some interesting and thought-provoking conversations with your friends and neighbours. Think quizzes and trivia, crosswords, word searches, conversation starters, reminiscence activities and everything in between!

A new pack will be available at the beginning of every month and if you can't make it into a centre to collect a pack just give us a call and we can put you on the mailing list.

The Package Club and Grab & Go Activity Packs are available at the Jack Young Centre.

For more details, call Sue on 8406 8544 or visit reception at Jack Young Centre or Para Hills Seniors Centre.

PINE LAKES COMMUNITY CENTRE

The cultural diversity of our community brings many great events for all of us to learn about and embrace.

Diwali

4 November 2021 was Deepavali (also known as Diwali) – Festival of Lights. On this day Hindu, Sikh and Jain faiths celebrate the victory of good over evil, light over darkness and knowledge over ignorance. Around the world, this is one of the most important and widely-celebrated festivals by Hindus. It is generally celebrated over a week with a range of traditional rituals, celebrations and events.

Find out more at www.sbs.com.au/news/what-is-diwali



Celebration of Lakshmi Puja, one of the important rituals performed during the festival of Diwali to invite Goddess Lakshmi in their homes.

Lunar New Year













At the start of each year is Lunar New Year, also known across the globe as Chinese Chunjie, Vietnamese Tet, Korean Solnal, Tibetan Losar and Spring Festival. The festival is typically celebrated in many Asian countries and begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later. For those who are celebrating the Lunar New Year we wish you good health, lots of love and prosperity.

For Chinese people, 1 February 2022 marks the year of the Tiger. There are 12 Chinese Zodiac signs named after an animal; Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. Each animal has its own unique characteristics.

Each significant event is recognised and celebrated in their own unique and specific way, however common themes like wishing for good health, prosperity, family and togetherness make them similar in essence.

For information on programs at Pine Lakes phone 8406 8513 or visit www.salisbury.sa.gov.au/plc

Chinese Zodiac Signs

											
<i>Rat</i>	<i>Ox</i>	<i>Tiger</i>	<i>Rabbit</i>	<i>Dragon</i>	<i>Snake</i>	<i>Horse</i>	<i>Sheep</i>	<i>Monkey</i>	<i>Rooster</i>	<i>Dog</i>	<i>Pig</i>
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031

SENIORS CENTRES

JACK YOUNG CENTRE IN 2022



As we glide into the latter part of 2021 we reflect on the year that was a rollercoaster of uncertainty and challenges coupled with comradery and fun.

This year sees the growth of virtual programs across our centres.

With the ongoing challenges around public health and other barriers such as the fluctuating health of some people, extreme weather or just life getting in the way, we have quickly developed a number of virtual programs to ensure our members can stay connected and busy.

These activities are undertaken in your own home or out in the community and include opportunities for regular contact sessions with others. They are all about older people feeling connected, cared for and enjoying themselves. We are also offering The Package Club and Grab and Go Activity packs.

Read more about these packs in the Para Hills Seniors Centre section of this magazine, and of course, we continue to host a variety of activities, fun and connection via our Salisbury Seniors Community Facebook Group. So why not join us and keep up to date on what we get up to! If you need some help, just contact JYC reception.

If you are feeling a bit peckish, now is the time to visit Jack's Café. Michelle, Melissa and the volunteer team love being in the kitchen and preparing all our usual favourites and the popular weekly specials. There have been many studies about the importance of eating good quality, nutritionally diverse food, but are you also aware of the many social benefits of eating out in our café?

Coming along for a meal means a lot more than enjoying delicious, great quality food, you can also enjoy the positive impact on your life such as:

- Opportunities to meet someone new and connect socially
- Access current, reliable information and programs that are aimed at making life better
- Relief from loneliness and depression
- Mental stimulation and social inclusion
- A good time and maybe a laugh or two!

Staff have been busy planning special events and programs, some of which are advertised in this magazine and we hope these can go ahead depending on more updates and directions from SA Health between now and then.

For all the information about how you can get connected and involved look out for our regular upcoming event calendars, talk with our reception staff, or check our Facebook group.

For many years, older people have been telling us the best way to promote our programs and services is through word of mouth. We encourage you to share with older people what we have on offer and how they can get involved as well.

Looking forward to seeing you around the centres.

JACK'S CAFE

Beef Mechado

Beef Mechado, a traditional Filipino dish, will be a meal served at the cafe during Harmony Week in March. It is a super saucy stew loaded with tender beef and potatoes. The sauce is made from a combination of canned tomato sauce, soy sauce, garlic, onions, pepper and bay leaves.

Ingredients

- 3 cloves garlic crushed
- 1 large onion sliced
- 1 kg beef chuck cubed
- 226g tomato sauce (Passata)
- 1 cup water
- 3 tablespoons cooking oil
- 1 slice of lemon with rind
- 1 large potato cubed
- 1/4 cup soy sauce
- 1/2 teaspoon ground black pepper
- 2 bay leaves (or Laurel leaves)
- salt to taste

Directions

1. Heat cooking oil in a pan then sauté the garlic and onion
2. Add beef and sauté for about 3 minutes or until colour turns light brown
3. Add tomato sauce and water then simmer until the meat is tender. Add water as needed. Note this can take 1 to 2 hours depending on the quality of the beef
4. Add soy sauce, pepper, lemon rind, bay leaves and salt then simmer until excess liquid evaporates.
5. Add potatoes and cook until the potatoes are soft

Place on a plate and serve hot with rice.
Share and enjoy!

What is Jack's Cafe serving up?

Jack's Café provides a wide variety of food at the Jack Young Centre (JYC) for dine in and take away (available fresh or frozen). The menu is designed to appeal to many different tastes, encourage diversity in the food we eat, and focuses on providing healthy and nutritious options.



How to sauté?

Pronounced 'saw-TAY' this is a cooking method where you have a hot pan and hot oil and add the food quickly moving it around and turning it over so the pan stays hot and the food cooks evenly.

How to 'simmer'?

Simmering is a gentle cooking method that releases flavours, tenderises ingredients, absorbs or evaporates liquid while maintaining the 'shapes' of the individual ingredients. To simmer, just reduce heat so that you can see a few bubbles on the surface, these bubbles are important as they move flavours through the dish.

For weekly specials available at Jack's Café visit www.salisbury.sa.gov.au/jyc or call 8406 8525

STAFF NEWS

TREES FOR LIFE

Want to make an invaluable and significant difference to South Australia's environment? Consider becoming a Trees for Life volunteer and make a 'green' difference.

Council's Michelle Hodshon volunteered with Trees For Life, growing native seedlings for landholders and community groups.

"I didn't have the time to commit to a formal volunteer role so when I found out I could grow native plants in my own backyard I signed up straight away," she said.

"The Trees For Life team were a great support and provided me with online training and advice.

"In all I grew 180 native plants and just imagine the impact on our environment if we all grew and donated natives."

For information on becoming a Trees For Life volunteer visit www.treesforlife.org.au/Volunteer or email info@treesforlife.org.au



Seedling set-up



Michelle with the seedlings in the car boot ready for delivery to the landholder

EVENTS

SPECIAL EVENTS

Activities and Events Update

We know you are keen to come along to our activities and events however COVID-19 safety measures sometimes make it tricky for us to hold them.

Visit www.salisbury.sa.gov.au/events regularly (especially a day prior) to find out if the activity or event is going ahead as planned or cancelled. If you cannot access the internet, just phone us on 8406 8525 for details.

All going well, we look forward to seeing you at the **Salisbury Fringe Festival, Music in the Courtyard, Harmony Week, Chat & Learn, Mini-Market Day, Gardening Workshops, Technology sessions and much more.**

You can also join our monthly newsletter by visiting www.salisbury.sa.gov.au/chwevents



WELLBEING ACTIVITIES



Please note most of our wellbeing activities offer a FREE come and try session, to see if you like the activity before an ongoing cost is applied. In response to the changing COVID-19 environment some activities might be unavailable, so check with the applicable centre for specific dates and times.

Address details on back cover

ACTIVITY	TIME	PRICE FROM	LOCATION	ENQUIRIES
Beginners Performing Guitar Group	Mon - 12.30pm to 2.30pm	\$3*	Para Hills Seniors Centre	8406 8587
Backgammon (& other games)	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Brain Gym - Para Hills	Tue fortnight - 10.15am to 11.45am	\$3*	Para Hills Seniors Centre	8406 8587
Brain Gym - Salisbury	Wed (1st & 3rd) - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Computer Tutoring	By appointment	\$5*	Jack Young Centre	8406 8525
Craft - Para Hills	Tue - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Craft - Salisbury	Mon - 9.30am to 12 noon	\$3*	Jack Young Centre	8406 8525
Creative Writing	Wed - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Dance For Health	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Dementia Information	Thu - 3pm to 4pm	FREE	Jack Young Centre	8406 8525
Easy Does It Exercise Group	Mon - 12pm to 1pm	\$7*	Para Hills Seniors Centre	8406 8587
Friends Are Fun	Thu 10am to 12noon	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Para Hills	Tue - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Salisbury	Mon & Fri - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Knitting Group	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Painting & Drawing	Wed - 10am to 12 noon OR 12.30pm to 2.30pm	\$3*	Jack Young Centre	8406 8525
Parkinson Support Group	Fri fortnight - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Prime Movers (chair based) Exercise Group	Tue - 11.30am to 12.15pm (agile)	\$5*	Jack Young Centre	8406 8525
Prime Movers (chair based) Exercise Group	Tue - 12.30pm to 1pm (low impact)	\$5*	Jack Young Centre	8406 8525
Singing Group	Thu - 9am to 10am	\$3*	Para Hills Seniors Centre	8406 8587
Social Bingo	Thu - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Table Tennis - Salisbury	Thu - 8.30am to 10.15am	\$3*	Jack Young Centre	8406 8525
Tai Chi - Para Hills	Wed - 9am to 10am	\$7*	Para Hills Seniors Centre	8406 8587
Tai Chi - Salisbury	Mon - 9am to 10am OR beginners 10.10am to 11.10am	\$7*	Jack Young Centre	8406 8525
Ukulele Classes - Para Hills	Mon & Thurs - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Ukulele Classes - Salisbury	Thu - 10.30am to 12 noon	\$4*	Jack Young Centre	8406 8525
Wood Burning - Para Hills	Tue - 10am to 12 noon OR 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Wood Burning - Salisbury	Tue & Thu - 10am to 12 noon OR Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Zumba - Para Hills	Tue - 9am to 10am	\$5*	Para Hills Seniors Centre	8406 8587

*First session free. Ongoing cost may vary depending on eligibility.

OTHER WELLBEING ACTIVITIES

HEART FOUNDATION WALKING GROUPS

Mawson Lakes	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
Ingle Farm	 Mon & Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 8258 5655
Para Hills	 Tue - 9am	 FREE	 Carpark corner of Bridge Rd & Kesters Rd	 8263 7333
Parafield Gardens	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
Salisbury	 Wed & Fri - 9am	 FREE	 Jack Young Centre 2 Orange Avenue, Salisbury	 8406 8525
Salisbury North	 Thu - 9.30am	 FREE	 Bagster Road Community Centre Bagster Road, Salisbury North	 8250 4167
Salisbury North	 Sat - 9am	 FREE	 Happy Home Reserve Carpark Corner Waterloo Corner Road & Davis Street, Salisbury North	 0401 652 609

SOCIAL RIDES PROGRAM

Connect with the award winning Cycle Salisbury initiative and join other cyclists on a 'low level' (short distance and low difficulty) social ride along the picturesque Little Para River and Dry Creek trails or on local roads.

Different days and times every month. Call **8406 8251** or email jbinder@salisbury.sa.gov.au to register to receive monthly ride listings or go to www.salisbury.sa.gov.au/cyclesalisbury

PARALOWIE GARDENING PROGRAM

Paralowie Garden runs a wide range of workshops, courses and group activities during the year. For further information visit www.salisbury.sa.gov.au/gardening or contact **8406 8525**.

STRENGTH FOR LIFE PROGRAM

This program promotes health and wellbeing through strength training. Once off up-front fee from \$30 for an individual exercise program, then only a maximum of \$7 per session. Different days and locations are available. For more information, please contact Jim at the Jack Young Centre on **8406 8251** or COTA SA on **8232 0422** or visit www.cotasa.org.au

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Aboriginal, Bhutanese, Bosnian, Italian, South East Asian (e.g. Filipino) and Vietnamese. There is also an Intercultural group for people of any background. These programs assist people to maintain their social participation, reduce social isolation and receive information in their own language. For details contact **8406 8513** or go to www.salisbury.sa.gov.au/cultural

Disclaimer: Please note that special events and wellbeing activities details may change between the time of publication and when you make contact. Please make contact with the person/centre prior to attending an activity.

COUNCIL SERVICES

YOUR LOCAL COUNCIL HELPING YOU TO LIVE A GOOD LIFE

The City of Salisbury provides a wide range of support and services* for seniors in our local community, such as:

Seniors Centres

- Leisure, recreation and learning programs.
- Health and fitness programs.
- Dine in, take-away or frozen meals.
- Social support groups.

Domestic Assistance

- Regular and short term cleaning.

Social Support

- Shopping, friendly visits and linking to social activities.

Transport

- Social trips to places of interest, medical appointments and getting to social activities.

Home Maintenance

- Any type of minor home maintenance such as gardening, gutter cleaning, changing light bulbs and fixing leaking taps.

Minor Home Modifications

- For safety and access reasons such as grab rails, ramps, key safes and hand held showers.

Housing Support Program

- Information about housing options.
- Assistance to find secure accommodation.

*Eligibility criteria applies. For more information contact **8406 8225** or email has@salisbury.sa.gov.au

Gardening Program

- Various gardening workshops.

Inclusion Project

- Inclusion of people with disability in Council's services, programs, planning and decision-making.
- Appropriate access to the city's footpaths, parks, buildings, events and information.
- Disability and Access Inclusion Network (DAIN).

Activities for People with Disability

- Social, recreation and leisure programs.
- Woodwork/metal work at The Shed.

Health and Wellbeing

- Activities and information supporting seven dimensions of wellness: physical, social, emotional, intellectual, vocational, environmental and spiritual.

Information and Conversations

- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics.

Volunteer Opportunities

To volunteer with Council, please visit www.salisbury.sa.gov.au/volunteering or contact Sue on **8406 8276**.

SERVICE CONTACT DETAILS



CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8222 Fax: 08 8281 5466
✉ city@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/seniors



HOME ASSIST

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8225
✉ has@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/has



JACK YOUNG CENTRE (JYC)

📍 2 Orange Avenue, Salisbury SA 5108
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8525
✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/jyc



PARA HILLS SENIORS CENTRE (PHSC)

📍 Para Hills Community Hub, 22 Wilkinson Road, Para Hills SA 5096
📅 Monday to Friday: 9am to 3pm
☎ 08 8406 8587
🌐 www.salisbury.sa.gov.au/phsc



PINE LAKES CENTRE

📍 16 Homestead Place, Parafield Gardens SA 5107
📅 Monday to Friday: 8.30am to 4pm
☎ 08 8406 8513
🌐 www.salisbury.sa.gov.au/plc



VOLUNTEER SERVICES

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 9am to 5pm
☎ 08 8406 8276
🌐 www.salisbury.sa.gov.au/volunteering