

NOV 2020

ISSUE  
20

# SALISBURY

## Seniors



- Wellbeing
- Community Information
- Special Events

[www.salisburyseniors.sa.gov.au/seniors](http://www.salisburyseniors.sa.gov.au/seniors)



### FEATURED:

### THE SHOW MUST GO ON!

Keen to entertain, the 'Don't Act Your Age' theatre workshop performers delivered their annual show online, after COVID-19 meant they were unable to perform live.



**Page 3**

# CONTENTS

- |           |  |           |  |
|-----------|--|-----------|--|
| <b>03</b> | The Show Must Go On!                       | <b>12</b> | Budding green thumbs                   |
| <b>03</b> | Understanding disability                   | <b>13</b> | Raising awareness of elder abuse       |
| <b>04</b> | Embracing an Age Friendly City             | <b>13</b> | Spring Cleaning                        |
| <b>05</b> | Salisbury Seniors Alliance on the Lookout  | <b>14</b> | Salisbury Snapshots                    |
| <b>06</b> | Program for retirees wondering what's next | <b>16</b> | End of Year Centre Closures            |
| <b>06</b> | Living independently                       | <b>17</b> | News from Jack Young Centre            |
| <b>07</b> | New Team Members                           | <b>18</b> | News from Pine Lakes Centre            |
| <b>07</b> | Safety First                               | <b>18</b> | News from Para Hills Seniors Centre    |
| <b>07</b> | Transport Ease                             | <b>20</b> | Word from Jack's Café                  |
| <b>08</b> | Providing a local voice to seniors         | <b>21</b> | Around the country in 180 days         |
| <b>09</b> | Men's Health Week                          | <b>21</b> | Food Glorious Food!                    |
| <b>09</b> | Your Feedback                              | <b>22</b> | Special Events                         |
| <b>10</b> | A family home for all                      | <b>22</b> | Rainbow Hub                            |
| <b>10</b> | Your Aged Care Rights                      | <b>24</b> | Volunteers rise to the challenge       |
| <b>11</b> | Looking after your wellbeing               | <b>26</b> | Wellbeing Activities                   |
|           |  | <b>27</b> | City of Salisbury support and services |

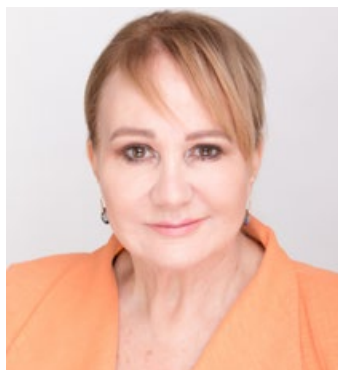
## MESSAGE FROM THE MAYOR

Hello Readers

It is wonderful to write to you through this edition of the Salisbury Seniors Magazine, which you may notice includes some new fresh design elements.

While it has been a challenging year, with many of the services that we provide for seniors in our local community affected by the onset of COVID-19, Council has worked tirelessly to adapt to offer activities and services to support your wellbeing, such as the provision of 150 care packages to vulnerable older community members.

Many of the articles you will find within this edition showcase how we adapted our programs to meet your needs, in line with COVID-19 requirements. The efforts of our senior centres to ensure the community stayed connected and engaged were felt through new virtual activities offered, such as online Zumba classes, and



other offline activities including art and gardening.

While we have been operating a little differently from normal during the pandemic, we hope to resume all of our face-to-face activities as soon it is safe to do, in line with State Government advice in response to COVID-19. If you need support during this time, there are a

number of resources available. You can phone the SA COVID-19 Mental Health Support Line on 1800 632 753. For general advice phone the SA COVID-19 Information Line on 1800 253 787. If you require interpreting services call 131 450.

I wish you all the very best and encourage you to continue to consider how you can keep yourself and others safe and well.

Yours Sincerely

**Mayor Gillian Aldridge OAM**  
Mayor of Salisbury

*Salisbury Seniors* is available at the Salisbury Community Hub, Jack Young Centre, Para Hills Seniors Centre, Pine Lakes Centre, Home Assist, libraries and community centres. Also available online: [www.salisbury.sa.gov.au/seniors](http://www.salisbury.sa.gov.au/seniors)

We welcome your feedback on this magazine. Please contact Arlene at [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au) or phone 8406 8591.

Cover: Don't Act Your Age Theatre Group

*Aboriginal and Torres Strait Islander peoples should be aware that this publication may contain images or names of people who may have passed away.*

# THE SHOW MUST GO ON!

*Keen to entertain, the 'Don't Act Your Age' theatre workshop performers delivered their annual show online, after COVID-19 meant they were unable to perform live.*

The show was presented via virtual conferencing program Zoom, which theatre director Alan, from Vintage Theatre Co-op, said worked well as an alternative way of keeping connected.

"We came up with the idea of writing monologues around the theme of You Gotta Laugh! - Online musings of the older person," Alan said.

"Each actor practiced their lines and then we



recorded them as they performed from their home."

The actors were excited about using Zoom as they could reconnect with each other to continue to develop their acting skills and also learn about the program. The recorded show was available online for one week, with audience feedback positive.

"It was good to sit back and relax in the comfort of my home and enjoy a collection of funny stories,"

said viewer Joan, while another viewer, Aaron, said he found the show entertaining.

"A tale or two were even inspiring."

## UNDERSTANDING DISABILITY

**In Australia, one in five people live with some form of disability, yet only 10 per cent of these are visible**

While 20 per cent of our community live with disability, 90 per cent of the disabilities are invisible and can include chronic illnesses that impact daily lives.

Council understands that disability can be exacerbated by a person's physical and social environment and is committed to making the City of Salisbury accessible and inclusive for all people. It recently launched its Ability Inclusion Strategic Plan 2020-2024 which is a framework to ensure its built and natural environment, services, programs and policies are inclusive for all.



The full plan is available online at [www.salisbury.sa.gov.au/aisp](http://www.salisbury.sa.gov.au/aisp), with a shorter 'easy to read' version as well as an audio or Braille copy available on request.

For more information contact Mike Taggart, Inclusion Project Officer, on 8406 8390 or email [mtaggart@salisbury.sa.gov.au](mailto:mtaggart@salisbury.sa.gov.au).



## CONVERSATIONS WITH SENIORS



Salisbury Community Hub opening Nov 2019

## Did you know that City of Salisbury has been recognised as a World Health Organisation Age Friendly City since 2015?

An Age Friendly City means that all aspects of a city including its buildings, streets, social programs and communication methods are designed to be suitable for people of all ages. The concept is that if a city is designed to be suitable for older people, it will also likely fit the needs of younger people.

For example, if a footpath is designed to suit a person who uses a mobility aid, it will also be accessible for a parent with a pram or a young person with a skateboard.

It is vital we cater to our older population, with more than 30 per cent of City of Salisbury's population aged over 50 - a figure which is forecast to rise.

The current Age Friendly Strategic Plan 2015-2020 is based on the World Health Organisation's eight domains of an Age Friendly City and extensive community consultation to understand the views and needs of our local population. The domains are:

- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services
- Outdoor spaces and buildings
- Transportation

Salisbury Seniors Alliance members and COTA SA Conversation participants have already provided



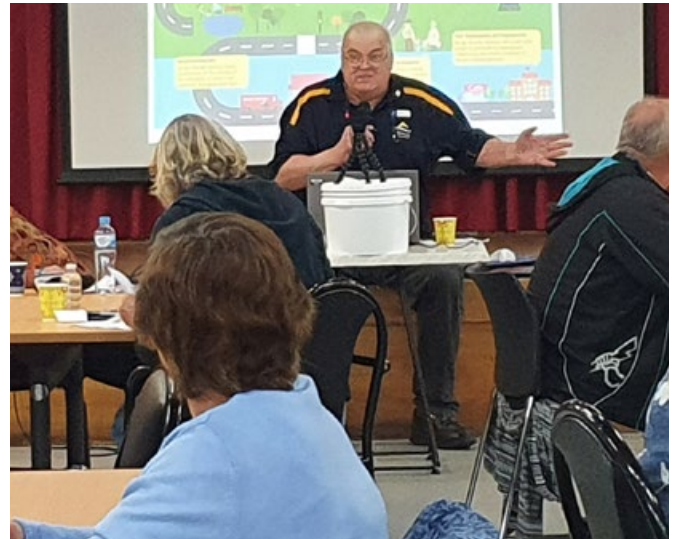


feedback on their priorities. We are now seeking feedback from people of all ages to inform the development of the new plan. If you would like to learn more about the 2015-2020 plan or contribute to the next plan, please contact City of Salisbury's Diversity & Inclusion Project Officer, Myfanwy, on 8406 8498 or [mmogford@salisbury.sa.gov.au](mailto:mmogford@salisbury.sa.gov.au).



Conversation with Seniors event in 2019

## SALISBURY SENIORS ALLIANCE ON THE LOOKOUT



Salisbury Seniors Alliance is a group of enthusiastic older residents who regularly meet with council staff to discuss and improve the age friendliness of the City of Salisbury. The Alliance works with Council to promote, engage, monitor and advise on the Age Friendly Strategic Plan and contribute an older persons 'voice' into decision making. Gavin, an Alliance volunteer, is pictured presenting at the COTA SA Conversation with Salisbury Seniors on Age Friendly cities held in September.

If you would like to learn more about the Alliance please contact Myfanwy on 8406 8498 or [mmogford@salisbury.sa.gov.au](mailto:mmogford@salisbury.sa.gov.au).



## HEALTH &amp; WELLBEING

## PROGRAM FOR RETIREES WONDERING WHAT'S NEXT

Although it is an exciting time, retirement can be daunting after a lifetime of being involved in the workplace.

If you have recently retired or are preparing to retire, the free Mindset for Life program could help you identify what will make your retirement a success.

Led by a peer convenor, you will join a small group of people who are in a similar situation to explore what makes a good retirement and the steps to achieve it. The program runs for three consecutive weeks and covers key topics of 'Reflecting Back', 'Looking to the Future' and 'Setting up for Success'. Each session is three hours and held once per week.

Previous participants have found the program beneficial in helping them to move forward into the next chapter of their lives.

"Mindset for Life demystified and challenged my previously held notions of retirement and ageing," said Vicki.

"We may have particular ideas about this transition but there are things we may not have even thought about."



Another past participant, Katrina, said the ongoing network, peer conversations and encouragement from others are positive attributes of the program.

"Mindset for Life has assisted me to think intentionally about my attitudes to ageing and take some actions to build new connections and set up some daily habits for my physical health and wellbeing," she said.

The Mindset for Life program is funded by an Age Friendly SA grant and is a collaboration between four SA councils and Think Human.

The next program is expected to be held in April or May next year.

To register your interest contact Jim Binder on 8406 8251 or email [jbinder@salisbury.sa.gov.au](mailto:jbinder@salisbury.sa.gov.au)



## LIVING INDEPENDENTLY

Living a happy, healthy life in the comfort of your own home is important for most.

Some people need a little more support to live independently at home. The Aged Rights Advocacy Service (ARAS) offers a Navigator Program to help seniors connect to services through My Aged Care. Trained, respectful and knowledgeable staff can help older people register for services such as cleaning, garden assistance or home nursing care.

This service is free. Just phone 8232 5377 or email [navigator@agedrights.asn.au](mailto:navigator@agedrights.asn.au) to connect to the service.



## HOME ASSIST

## TRANSPORT EASE

## Barbara's independence skyrockets with transport coupons

Barbara Gardiner loves to shop, whether it's getting her groceries, household goods, clothes, or just having her hair done.

Previously, a Salisbury Home Assist support worker would collect Barbara fortnightly at a predetermined day and time so she could run her errands at a shopping centre, before dropping her home a couple of hours later.

When this service, and in turn Barbara's independence, was threatened with the onset of COVID-19 earlier this year, Home Assist came up with a solution - transport coupons!

Barbara was one of many who were delighted with the coupon program.

"It's the best thing that has happened to me. I can now organise my own transport for whenever and wherever I choose," she said.

Barbara said the service change has given her a "new lease on life" and looks forward to using a transport coupon soon to catch up with friends.

To find out more about Council's Home Assist Program please 8406 8225, email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au) or visit [www.salisbury.sa.gov.au/has](http://www.salisbury.sa.gov.au/has)



## NEW TEAM MEMBERS

Salisbury Home Assist has welcomed three new community support workers who are keen to ensure that clients receive the most appropriate services.

Sonja, Wendy (both pictured) and Keith, are available where appropriate to come to your home and to discuss your needs before arranging the appropriate service. See inside back cover for more information.

They will also have a hands-on role in supporting you with achieving your goal to remain living well and independently in your own home.

## SAFETY FIRST

In response to the COVID-19 pandemic, Council worked quickly to modify the services available to all Salisbury's older residents.

Council was guided by the World Health Organisation, Commonwealth Department of Health, SA Health and Aged and Community Services Australia (ACSA) to keep its vulnerable community members, staff, volunteers and contractors safe.

The changes ensured essential services could be delivered, including;

- Access to medications and shopping from a list
- Medical transport
- Emergency maintenance
- Urgent modifications
- Access to meals from the Jack Young Centre

For details on councils response to COVID-19 visit [www.salisbury.sa.gov.au/COVID19](http://www.salisbury.sa.gov.au/COVID19)

## A LOCAL VOICE



*Bert and Margaret at PBA FM*

## PROVIDING A LOCAL VOICE TO SENIORS

After 16 years in community radio, Bert and Margaret have on-air allure down to an art when presenting their easy listening music program at PBA FM every Friday.

Perhaps it helps that the couple is equally as charming off air – their relaxed rapport a result of almost 50 years of marriage, the last forty spent living at Brahma Lodge.

Margaret and Bert met while both working in the navy and first got involved with community radio through the Vietnam Veterans Association before volunteering with PBA FM 11 years ago.

"If somebody had told me years ago I'd be on radio, I wouldn't have believed them," said Margaret.

"What we enjoy is the opportunity to pass on some happiness and fun to listeners, and when we get calls from people saying they've enjoyed the show, that's what really makes it."

The easy listening music show features tunes from



the fifties, sixties and seventies which are hand-chosen by Bert for their ability to stir up nostalgia, and transport the listener to happy memories.

"One week I had a man call up and I could hear his wife crying in the background," Bert said.

"I had played a tune that they had danced to when they had first met in the United Kingdom, years and years ago. They hadn't heard it since."

Another highlight was interviewing the Seekers' double bass player and singer, Athol Guy, while the pair also uses their relationship with listeners to share important information.



## MEN'S HEALTH WEEK

Shining a light on the prevention, early detection and treatment of men's health issues.

Men's Health Week, held 15 to 21 June provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs.

This year local radio station PBA FM featured an interview with former Channel 7 Adelaide TV news presenter Graeme Goodings (left). Graeme, a bowel cancer survivor and Prostate SA board

member, regularly presents to groups and promotes the need for men to take charge of their health.

In this candid interview Graeme speaks of his battle with cancer, the work he undertakes raising awareness of men's health and provides insight into his career in media. Following the recorded interview listeners heard from Jim Binder, City of Salisbury Wellbeing Coordinator, who provided health and wellbeing tips for men.

The Graeme Goodings interview is available via [www.salisbury.sa.gov.au/MensHealth](http://www.salisbury.sa.gov.au/MensHealth)

If you have any questions or concerns about your health visit your usual GP. Alternatively contact MensLine Australia which is a free telephone and online counselling service for men with emotional health and relationship concerns. Just visit [www.mensline.org.au](http://www.mensline.org.au) or phone 1300 78 99 78 from anywhere at anytime.

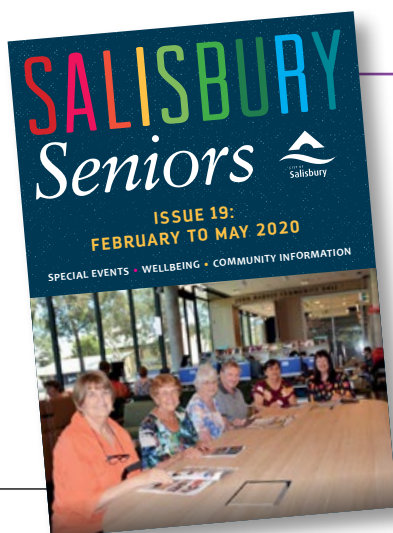


*Graeme Goodings was a special guest on Bert and Margaret's show*

As part of Men's Health Week earlier this year, Bert and Margaret featured an interview with special guest, well-known South Australian media personality Graeme Goodings, who is a bowel cancer survivor.

"A lot of men won't go to the doctor and perhaps this will give them a push to act before it's too late."

You can listen to Bert and Margaret on PBA FM 89.7 between 9am and 1pm every Friday.



## YOUR FEEDBACK

Earlier this year we asked readers for feedback on the Salisbury Seniors Magazine and the majority of respondents told us that they read the magazine from 'cover to cover' and loved the articles and images.

The editing team also reviewed the magazine and has found a way to produce more copies for its avid readers.

**THE  
RESULTS  
ARE IN!**

## AFFORDABLE HOUSING

# A FAMILY HOME FOR ALL

Keeping the family together was the priority for many, and for couple Peter and Nicole this was no exception.

Every pet lover knows that animals are a part of the family so when Peter and Nicole became homeless they never entertained the thought of giving up their beautiful American Staffy, Ms Jackson.

The couple were offered housing however Ms Jackson was not permitted, so the three lived together in their station wagon.

While the living conditions were cramped, the pair says they never regretted the decision.

“Ms Jackson alleviated some of our stresses, she was great company and made the day go by quicker,” they said.

“When the night fell Ms Jackson protected us as she would bark at people coming close to the car.”

After 15 months of living in their car, Peter and Nicole met Thuy, Salisbury’s Housing Support Officer. She was able to assist Peter and Nicole with hot meals through the local senior centre following the onset of COVID-19, and afterwards she worked with the couple to find accommodation for the family of three.

Peter said it was worth the wait to find housing that would keep them together.



“Life is wonderful now. Ms Jackson has weekly playdates with a neighbour’s dog and enjoys having the backyard all to herself.”

If you are experiencing homelessness or housing difficulties and aged over 50 please contact Thuy on 8406 8227 or email [ttnguyen@salisbury.sa.gov.au](mailto:ttnguyen@salisbury.sa.gov.au).



## YOUR AGED CARE RIGHTS

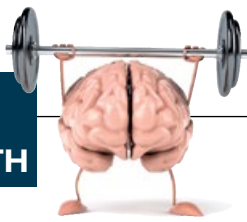
Whether you are receiving care or services at home, in the community or in residential aged care, you deserve to be treated with dignity and respect and to have your personal needs responded to.

It doesn't matter who you are, your life experience, identity, beliefs or culture, if you believe your services are not up to the standard that you expect, let someone know. Raising concerns isn't 'being difficult', it is a normal and important part of service delivery.

Source: [www.agedcarequality.gov.au/consumers/standards/resources](http://www.agedcarequality.gov.au/consumers/standards/resources)



## BRAIN HEALTH



# LOOKING AFTER YOUR WELLBEING

The COVID-19 pandemic has forced us to change our usual way of life. Here are some tips to help you thrive.

## Relationships matter

Maintaining relationships with people you trust is important for your mental wellbeing. Use the phone, video calls or social media to stay in touch with friends and family or look up your old friends and surprise them with a letter.

Also, if you are in a group and it has not returned yet, how about inviting the group to JYC to enjoy a dine-in meal?

JYC member, Steve, said that while his dance group has not come back yet, he still enjoys having lunch with friends from the group.

"It's great to finally see my mates again," Steve said.

"We can't dance yet, but we can catch up over lunch and have a good chat and a laugh."

## Talk about your worries

It is quite common to feel worried or helpless when faced with uncertainty, particularly during what is a difficult time for everyone. Talking with your family and friends about how you feel may help you feel better and could help them too.

## Do things you enjoy

When you are worried, lonely or feeling low, you may not want to do the things you enjoy. It is important that we recognise these feelings and then find a way to overcome them. Try focusing on your favourite hobby, learn something new or simply take time to relax. Hopefully this may give you some relief from worrying thoughts and feelings and helps to boost your mood.

## Help and support others

Now is the time to think about how you can help those around you - it could make a big difference to them and make you feel better too. Could you contact a friend, family member or neighbour to see



if they need a hand? It could be as simple as a bit of gardening, cooking a meal or popping over for some company.

## Keep your mind active

It is always important to keep your mind active - read, write, play cards, do crosswords, sudokus, jigsaws, colour-in, doodle, draw, paint, carve and make. Fix something broken, rake the garden, clean out the cupboard or look for a new tasty recipe. Find something that you like and do it.

## Here's a puzzle to get you started:

Hidden below are eight words which each have seven letters. Each word begins with the letter 'S' located in the middle of the grid. From the 'S' move one letter in any direction to the next letter to see if you can make a seven letter word. You can move horizontally, vertically or diagonally and all of the letters are used only once. Can you find the eight words?

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

## PROJECTS AND ACTIVITIES

# BUDDING GREEN THUMBS

City of Salisbury community centres were required to quickly think outside the box when COVID-19 restrictions came into effect earlier this year to ensure we continued to promote wellbeing under tough circumstances.

Among a number of new initiatives launched included 'How Does Your Garden Grow?', in which Salisbury Home and Community Services offered about 100 senior members of the community the chance to try their hand at gardening - regardless of their experience or existing resources.

Volunteers put together gardening packs that included either seeds, seedlings, herbs or succulents complete with instructions on how to sow, germinate and care for them.

The packs aimed to provide a meaningful project and motivate people to spend some time outside.

"I received a little package of flower seeds. I planted them and can't wait to share pictures of them growing and flowering," said recipient Deo Maya.

The daughter of another senior provided positive feedback.

"Mum planted the seeds in a garden pot outside her unit today. It gave her the incentive to plant some pansy seedlings as well," she said.

"This has encouraged Mum to get outdoors which is great at the moment with this beautiful weather we have been having.

"Being outdoors, mum meets and greets other residents in her community who are walking by and at a social distance talks about her garden and their gardens too."

As a part of the volunteer weekly calls to older people, project participants shared their growing stories which created meaningful conversations. One person captured this by commenting, "Thanks so much for the seeds. I'm very excited to give growing them a go. I am really happy to be getting calls from my volunteer, she really cares."

If you enjoy gardening or are new to the 'sport' there are plenty of gardening tips at [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening).



'Thank you for the packet of seeds' Nasiha



Bal Krishna is excited to see his seedlings



## COMMUNITY INFORMATION

## RAISING AWARENESS OF ELDER ABUSE

Each year City of Salisbury supports a range of activities to raise awareness of elder abuse and promote the rights of older people.

This year a purple themed 'yarn bombing' activity was held at Salisbury Civic Plaza/ Inparrinthe Kumangka, where more than 250 donated items made by local knitters, crocheters and crafty community members were hung from the trees.

Local community members ~~Mai and Andrea~~ volunteered to help set up the Plaza, adorning the trees with donations and posters and providing information on the types of abuse.

'It was great to be part of the yarn bombing project as it brought together senior members of the Salisbury community to work on a meaningful project during isolation,' said Andrea.

World Elder Abuse Awareness Day, held 15 June, raises awareness of physical, financial, emotional and sexual abuse and neglect that older people may be experiencing.



Elder abuse has become an increasing issue that affects older peoples health and human rights.

To help prevent elder abuse we must inform ourselves and others about signs of abuse which can include unexplained injuries, withdrawal from friends or family, being afraid to be alone or missing money or having an empty bank account.

If you are experiencing abuse contact the South Australian Elder Abuse Prevention Line on 1800 372 310 or the Adult Safeguarding Unit via [stopelderabuse@sa.gov.au](mailto:stopelderabuse@sa.gov.au).

## SPRING CLEANING?

If you have household furniture, appliances, domestic household items or electronics that you need to get rid of, you can use Council's free hard waste service - just choose from the Voucher System or the Home Waste Collection Service.

So if you would like to spruce up the place and get rid of the waste, please contact NAWMA on 8259 8100 or visit [www.salisbury.sa.gov.au/hardwaste](http://www.salisbury.sa.gov.au/hardwaste).





## SALISBURY SNAPSHOTS



1. Irene says, "COVID can't stop me" as she completed the card making kit that was sent out as part of activity pack deliveries.
2. Stepping through COVID with Line Dancing Group at Para Hills Seniors Centre.
3. Lillian was grateful to receive a care box delivery from volunteer Phil.
4. Louisa says nothing can keep me away from Songsters at Para Hills.
5. Mary and Lucy using borrowed Strength for Life equipment.
6. Janet practising one of the safety protocols in place at the Salisbury Seniors Centres – using hand sanitiser.
7. Thank you Wendy for the many masks you made for the community.
8. Joan and Hilary enjoying each other's company 1.5 meters apart at Jack's Cafe.





9. Hema preparing activity packs for Pine Lake Centre participants.

10. Joan was really happy to get an activity pack which has helped her do some puzzles and brain gym at home. She is thankful that the resources were modified with big writing to help with eyesight.

11. Richard was one of the many members happy

to be back at JYC enjoying morning tea after COVID-19 restrictions on face to face programs were lifted.

12. Maxine and Shirley showing us how take-away meals were popular even though the centre was closed.

## SENIORS CENTRES

# End of Year Centre Closures

*Our three senior centres close for a short period at the end of the year to plan exciting activities for the New Year. For more details, read below.*

## Jack Young Centre

### ACTIVITY GROUPS

Last day for group activities is Friday 19 December 2020. Group activities will resume on Monday 11 January 2021.

### JACK'S CAFÉ MEALS

Last lunch meals will be on Tuesday 22 December 2020 and resume on Monday 11 January 2021.

*Note: Frozen meals are available from Wednesday 6 January 2021.*

### JYC

Jack Young Centre will be closed from Thursday 24 December 2020 and reopen on Wednesday 6 January 2021.

## Para Hills Senior Centre

Last day for group activities is Friday 19 December 2020. Group activities will resume on Monday 11 January 2021. For further information please ring 8406 8587.

## Pine Lakes Centre

Closure dates vary for individual groups.

For further information please ring 8406 8525.

We wish you a very happy and safe festive season and look forward to seeing you all again in 2021.



When restrictions began to ease in July, Council has been successful in modifying face-to-face versions of many programs and have been able to welcome these groups back into our centres.

Some of the modifications have included reducing the numbers of people attending any one group, using larger rooms to run the groups and setting up a suite of COVID safe procedures such as temperature testing, stricter regimes of hand hygiene and reducing the number of commonly touched surfaces.

The centres also enlisted the help of Council's wonderful team of volunteers to help communicate with and support our members in the transition to our 'new normal' way of delivering programs.

We've had a great response from members about the manner in which we have opened our doors.

What you said about our services during COVID-19 restrictions...

*"Our gratitude to the JYC and staff at the Salisbury Council. It is heart-warming to know that people care in this very stressful COVID19 environment."*

*"I have really looked forward to those calls."*

*"Thank you for what you have done.  
It has not been easy for you."*

*"An excellent job and happy to have been involved in a small way."*

*"Please thank everyone who looked after me.  
Lunches were great."*

*"Thank you for being awesome."*

*"The meals are great and I still got to see your smiling faces."*

*"JYC offered a lot of support and we are grateful for the support."*

*"Staff and volunteers were very caring and considerate to our needs and phone calls to check up on us."*



## NEWS FROM JACK YOUNG CENTRE (JYC)

### Keeping connected

For many of us, the onset of the COVID-19 pandemic earlier this year significantly affected the way we do our business.

City of Salisbury's three senior centres – Jack Young Centre, Para Hills Senior Centre and Pine Lakes Centre – were not immune and had to act quickly and creatively in order to continue to provide the valuable services that form a central part of the social lives of so many of their members.

When the centres were forced to close in late March, Council launched its Connection Project – a model for connecting seniors socially with their community through virtual and other alternative platforms.



Val following the center's protocols

The project started with volunteers contacting members to conduct basic welfare calls to make sure they had access to essentials like food and medications and it grew from there.

From there, it was determined that about 80 per cent of people who usually participate in face-to-face social groups were keen to take part in a virtual alternative.

This meant big changes like not being in the same room as fellow participants, undertaking modified versions of activities or even giving completely new activities a go.

The goal of maintaining social programs, in any form possible, was to ensure we had an outlet to continue to positively impact the wellbeing of our members. We did this by providing opportunities for seniors to feel connected, cared for, informed, to try something new and to have fun.

Some important aspects of delivering programs in this way included offering a variety of ways for connection - online, via phone calls or using at home delivery packs - and relying on the trusted and strong relationships that already existed between members, volunteers and the centres.

The response from seniors has been phenomenal with many indicating our work has had a positive impact on many aspects of their social, emotional, physical and spiritual wellbeing.

One member, Muriel Russo, said the provision of colouring packs had helped her get through what was a difficult and isolating time.

"These were a great outlet for creativity and restlessness in home," Muriel said.

Others reported similar feedback on the newly-created private Salisbury Seniors Community Facebook group.

For those members who continued to access the JYC meal service, the ability to pop in and grab a meal and a quick conversation with a staff member made all the difference.

## SENIORS CENTRES

## NEWS FROM PINE LAKES CENTRE

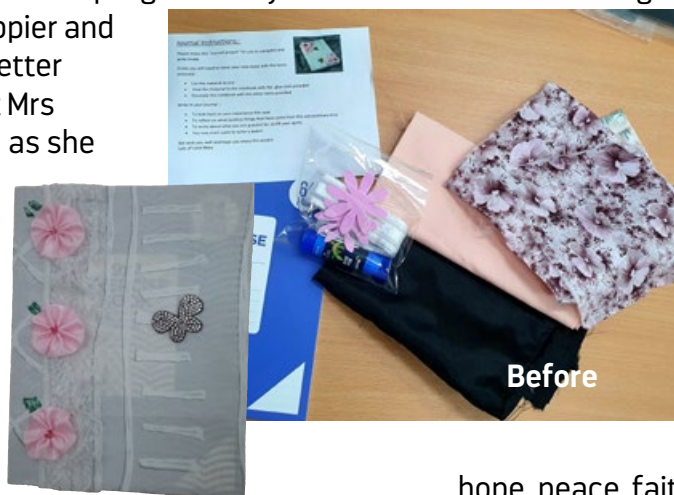
## A busy centre offering a range of interesting activities for everyone

The usually busy Pine Lakes Centre fell quiet during the COVID-19 pandemic with staff working off site organising a range of practical activities to support the cultural seniors during the isolating period. The activities, designed to support members' mental, spiritual, physical and social wellbeing, were gratefully received from volunteers who delivered them straight to the members door.

## Gratitude package

Staff put together a Gratitude Package complete with a journal for seniors to record the positive things that were happening in their lives. This package is particularly helpful as research has found that people who keep a gratitude journal reported feeling happier and have significantly better health. For recipient Mrs Jones, this rang true as she felt immediately better.

"You saved my day," she said when she received the package, 'I have many things to be thankful for every day'.



After

## Interfaith package

Members of the Intercultural Group were given packages with an interfaith prayer booklet and a project to make their own prayer bead bracelet (mala). The booklet was designed to build understanding and appreciation of the group

members' different beliefs to strengthen their connection with each other. The bracelet, a tradition representative of many religions including Christianity, Islam, Buddhism, Hinduism, Sikhism and Jainism, is used during a recitation of mantra or prayer and meditation. Group members received instructions on how to create and decorate their bracelet beads to instil

hope, peace, faith, health and oneness. During meditation the beads help the individual focus, relax and enhance their self-awareness.

## NEWS FROM PARA HILLS SENIORS CENTRE

## Staying engaged in activities via Zoom has been a positive experience for many

Since July we have modified many of our programs including setting up a suite of COVID-safe procedures, such as temperature testing and stricter hand hygiene regimes, and introducing a COVID safe marshal. Volunteers have been wonderful in helping to explain the new requirements and members are feeling positive stating, 'I'm a bit frightened about going out and about too much but I'm happy to come here as you're making sure we do it safely' and 'I'm so happy to be back and doing what I love'.

During COVID-19 the centre offered virtual activities such as Zoom Zumba and Tai Chi via Zoom. Leslie, a

Zumba participant, said "dancing Zumba together on Zoom was great because we got to see each other and have a laugh together".

Positive feedback on the Tai Chi sessions was also received with participants reporting that the breathing activity helped to centre and refocus emotions.

Participants Christine and Kay (pictured) were thankful that staff offered small-group training sessions to learn how to set-up and use Zoom on their own devices.



## Health for you package

In many cultures women are responsible for the care of others such as family members and friends, so staff put together a package for the female members of the Bhutanese, Bosnian, Intercultural and Italian social programs. It provided information, items and resources to help women stay positive and take care of their health and included health and wellbeing items, including a book marker with positive affirmations.

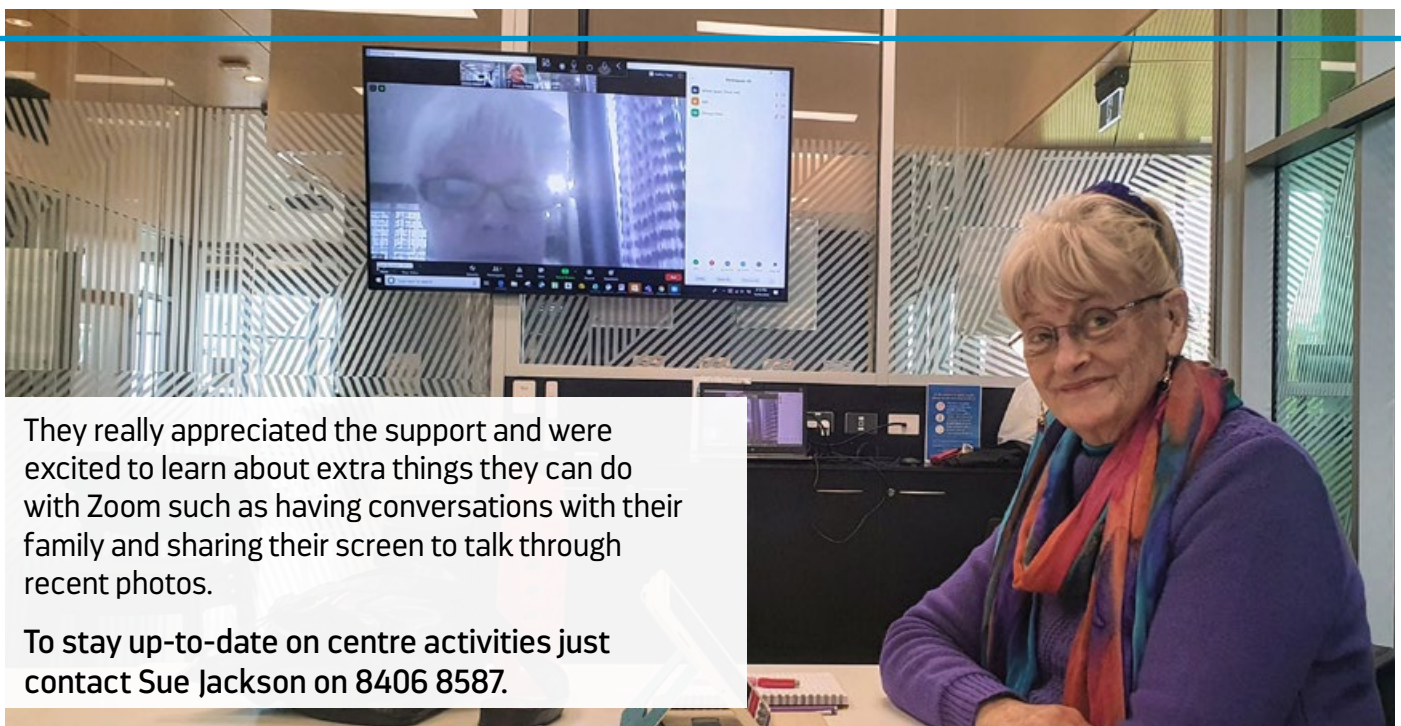
The staff put together other packages for gardening, grief and loss and mandalas. They hoped that the members who received packages were comforted with the thought that while each was physically apart, they felt together when they undertook the activity. This social connection is furthered with members encouraged to share their thoughts and experiences of the activities with other members of the group, family and friends.



Maya engrossed in colouring in the Mandala pictures she received as an in-home activity.

The staff are focussed on providing stimulating activities that support the individual members wellbeing. For more information, contact the Program Coordinator, Mary Ceravolo on 8406 8579.

*If you are interested in learning more on how to live a good quality of life and have a good sense of wellbeing, you may like to read the Wellness Workbook for Savvy Seniors available at [www.salisbury.sa.gov.au/ncp](http://www.salisbury.sa.gov.au/ncp) or, for a printed copy, contact Susantha on 8406 8364 or [sathurugiri@salisbury.sa.gov.au](mailto:sathurugiri@salisbury.sa.gov.au)*



They really appreciated the support and were excited to learn about extra things they can do with Zoom such as having conversations with their family and sharing their screen to talk through recent photos.

To stay up-to-date on centre activities just contact Sue Jackson on 8406 8587.

## SENIORS CENTRES

## WORD FROM JACK'S CAFÉ

## Delicious take away meals and tasty treats

When it was forced to close dine-in meals, JYC ramped up its take away options offering frozen and freshly cooked meals for pick up for older community members living in the City of Salisbury. Customers remarked that the take away service was great - they would chat with the friendly JYC staff and hear all the latest news while picking up a delicious meal or two.

The centre also offered baking activity packs encouraging seniors to have a go at making sweet biscuits at home.

"Who would have thought that after 67 years I would be baking for the first time in my life," said service user, Graham.

"The cookies taste really good too."

Ann meanwhile made the Milo biscuits and thanked JYC for the recipe and ingredients, saying the biscuits were delicious.

Some recipients shared their biscuits 'over the fence' with neighbours or invited a family member over for a cuppa and taste test.

If you would like to have a go at making the biscuits you can follow the recipe below:

**Ingredients**

1 egg  
125g butter  
170g (3/4 cup) caster sugar  
190g (1 1/2 cups) self-raising flour  
65g (1/2 cup) Milo  
Sprinkles – optional  
White chocolate melted – optional



**Tip from Cafe Services Coordinator Michelle:**

**Melting chocolate in the Microwave**

*Put the double boiler away and melt the milk chocolate in the microwave.*

*Break the chocolate into pieces or buy the chocolate buds and microwave for 30 seconds at a time, stirring in between until the chocolate has melted.*

**Instructions**

1. Preheat oven to 160 degrees Celsius (fan forced) and line two flat baking trays with baking paper. Set aside.
2. Cream the caster sugar and butter until pale.
3. Add the egg and beat to combine.
4. Add the Milo and self-raising flour and mix to combine.
5. Roll the mixture into tablespoon sized balls and place onto the prepared trays, remember to leave a gap as when they cook they will spread. Press the balls down slightly.
6. Bake for 15 minutes. Allow to cool on the tray for 10 minutes before transferring to a wire rack to cool completely.
7. Optional: When the biscuits are completely cooled decorate with a small amount of melted white chocolate and sprinkles.



## WELLBEING ACTIVITIES



## AROUND THE COUNTRY IN 180 DAYS

A group of 24 enthusiastic seniors has notched up 23,000km worth of steps in about six months, without leaving the Salisbury region.

Keen to continue exercising when COVID-19 restrictions were introduced, the group started a virtual walk around Australia, taking in the sights of the country and picking up more walkers along the way.

A weekly update was provided to those involved, showing where the total kilometres walked by the group would have taken them – from Adelaide

River, to Humpty Doo, Kakadu National Park, Darwin, Cocklebiddy and Robin Falls.

A detailed travel log was compiled by one of the walkers, Lyn, who provided information and pictures of the amazing countryside and wildlife which inspired and educated walkers on their journey.

If you would like to increase your activity then you might consider joining a walking group, or join in a virtual one via [www.10000steps.org.au](http://www.10000steps.org.au)

For more information on local groups or how to get started with your fitness goals please contact Jim Binder on 8406 8251 or [jbinder@salisbury.sa.gov.au](mailto:jbinder@salisbury.sa.gov.au)

## FOOD GLORIOUS FOOD!

Join us at the December COTA SA Conversations with Salisbury Seniors to discuss the topic Food Glorious Food - celebrating the wellbeing and social aspects of food.

Come learn about nutritional wellbeing, different ways to enjoy food (including tips to dining alone) and share new recipes.



### TUESDAY 8 DECEMBER

9.30am to 12 noon

FREE

Jack Young Centre (or webinar option)

**Bookings Essential:**

[www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)

**Enquiries:** 8406 8368

## SPECIAL EVENTS

## PARALOWIE GARDEN

Date	Time	Session	Details
Tuesday 10 November	9.30am to 11am	<b>*Open Morning</b>	Visit our garden, see our latest endeavours. This day is free.
Thursday 12 November	1pm to 2.30pm	<b>Growing Veggies over Summer</b>	This talk covers which ones to grow, preparing the soil, how to sow and maintain. Bookings essential by Wednesday 11 November
Tuesday 17 November	1pm to 2.30pm	<b>Natural Pest control in the Veggie Patch</b>	Talk on dealing with common pests. Bookings essential by Monday 16 November
Thursday 19 November	9.30am to 10.30am	<b>Shading for Veggies Beds</b>	View different ways to shade. Learn about how to make sturdy effective shades. Bookings essential by Wednesday 18 November
Tuesday 24 November	9.30am to 11am	<b>Veggie Gardens in Small Places</b>	Discussion on creative and practical options to set up a productive garden in small areas. Bookings essential by Monday 23 November



## RAINBOW HUB SUPPORTS WELLBEING OF OLDER LGBTI PEOPLE

COTA SA's Rainbow Hub works to ensure it helps to meet the needs of the more than 70,000 Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) South Australians aged 50 and over.

In addition to advocacy and events, the Rainbow Hub:

- Assists people in navigating aged care services for themselves or their loved ones

- Coordinates community visitors for people who would like more social contact

- Provides aged care awareness training

The Hub encourages contact from LGBTI people interested in a social visit. Additionally, if you are reliable, friendly and have some spare time, the Hub is seeking volunteers to join their visiting program.

For details and resources, to subscribe to the newsletters, or volunteer visit:

[www.cotasa.org.au/rainbow\\_hub/about.aspx](http://www.cotasa.org.au/rainbow_hub/about.aspx)



# ACTIVITIES CALENDAR

Date	Time	Session	Details
Thursday 26 November	9.30am to 10.30am	<b>Wicking Beds</b>	Learn about the benefits, basic design elements and management of wicking beds in this information session. Bookings essential by Wednesday 25 November
Tuesday 1 December	9.30am to 11am	<b>Making a Veggie Bed in a Small Place</b>	In this session we build a raised garden bed. Learn how to set it in and construct. Bookings essential by Monday 30 November
Thursday 3 December	9.30am to 11.30am	<b>Making a Wicking Bed</b>	Participate in, or watch us, making a wicking bed. We'll discuss sourcing materials and you will learn how to fit it together. No prior building skills necessary. Bookings essential by Wednesday 2 December
Thursday 10 December	9.30am to 11am	<b>Open Morning</b>	Visit our garden, see our latest endeavours and come and meet the team. This day is free



**\$4 each person**

Paralowie Garden  
Corner Halba Crescent and  
Waterloo Corner Road,  
Paralowie

**Bookings essential.**

Phone 8406 8251

\* If the temperature is forecast for over 33 degrees for Elizabeth the night before the



## AGE BETTER WITH OUR SUPPORT BY:

- attending lunches + events
- reading our free newsletter
- getting help understanding aged care
- joining our visitors program
- training aged-care workers

[www.cotasa.org.au](http://www.cotasa.org.au)  
or call 08 8232 0422

Powered by  
**COTA**  
SOUTH AUSTRALIA  
For older Australians

## VOLUNTEERS

## VOLUNTEERS RISE TO THE CHALLENGE

On an average day, City of Salisbury volunteers provide reception, hospitality, transport and tutoring to help our community meet their needs.

The Social Participation and Diversity Team has around 130 volunteers who help in a variety of roles at our senior centres, Home Assist program and groups for seniors from different cultural backgrounds.

However, this all changed with the uncertainty of the onset of COVID-19 earlier in 2020.

Volunteer roles were suspended to allow Council to process and understand the new measures and restrictions that were required to be implemented to keep volunteers and the greater community safe.

*'To all our volunteers thank you for your understanding, patience and care during the COVID pandemic. I hope you are all going well and look forward to you all returning safe and sound'*

**Michelle, Council's Volunteer Development Officer**

As a result, the once active and social volunteers were unable to provide the face-to-face support that they previously enjoyed and, while they understood the need for abrupt changes, for some this naturally took a toll.

Fortunately, staff were busy in the background thinking up creative ways to keep seniors connected through new activities. Volunteers immediately rose to the challenge to support seniors in a different way from the norm.

New activities including regularly phoning clients from their home to check how they were going, roles such as delivering packages and compiling activity packs to keep seniors busy and delivering packages including 'one-off' food parcels were some of the new tasks for the volunteers.

Working on their own, or in very small teams, the volunteers assembled puzzle packs and herb



Elva making a wellbeing phone call

growing kits and then delivered the parcels to the customers door with a smile.

This flurry of activity provided volunteers with a renewed purpose, with many enjoying the new tasks and change for continued connection with others.

The exercise also left many volunteers realising that while their core motivation was to help others, volunteering had also benefitted them personally.

*Hari, thanks so much for delivering the strength for life program'*

**Dhanmaya, participant**

"Helping deliver packages to seniors has been an absolute joy for me; it has given me real meaning and purpose in a time when I could've ended up feeling really down and my mental health could've



taken a big hit,” said volunteer Steve.

Another volunteer, Irene, who has spent her life giving her time to others, understands the impact volunteering has on her life.

“I wouldn’t know what to do without it,” she said.

Wendy, who benefitted from Irene’s company during the period, joked that the relationship with Irene “stopped her from going around the bend.”

Mayor Gillian Aldridge OAM thanked all volunteers for the ongoing support during a testing period.

“City of Salisbury is forever grateful to its resilient, accommodating and adaptable volunteers who selflessly gave their time and energy to support seniors in the local community this year,” Mayor Aldridge said.

*‘I was so happy to receive my activity package from Colin, a Home Assist volunteer. I was very grateful.’*

### **Joy, participant**

“COVID-19 has brought to the public’s attention the volunteer spirit that connects people together and creates strong, vibrant communities which are able to overcome any challenge and look forward to the future with optimism.

“Thank you to all our volunteers for putting your care and concern into action for others. We couldn’t have continued to support seniors in our local community without you.”

If you would like to volunteer in your local community just visit [www.salisbury.sa.gov.au/volunteering](http://www.salisbury.sa.gov.au/volunteering) or [www.northernvolunteering.org.au](http://www.northernvolunteering.org.au)



*Thank you Bill for assistance in the kitchen!*

**Jenna, JYC staff**

## WELLBEING ACTIVITIES



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

Address details on back cover

Activity	Time	Cost	Location	Enquiries
Acoustic Music Group	Thu - 12 noon to 2pm	\$3*	Para Hills Seniors Centre	8406 8587
Beginners Performing Guitar Group	Mon - 12.30pm to 2.30pm	\$3*	Para Hills Seniors Centre	8406 8587
Backgammon	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Brain Gym - Para Hills	Tue - 10am to 11.45am	\$3*	Para Hills Seniors Centre	8406 8587
Brain Gym - Salisbury	Wed & Thu fortnightly - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Chess & Checkers	Tue - 12.30pm to 4pm	\$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 - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Creative Writing	Tue - 9.30am to 11.30am	\$3*	Jack Young Centre	8406 8525
Dance For Health	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Dementia Information	Thu - 3.30pm to 4.30pm	FREE	Jack Young Centre	8406 8525
Duplicate Bridge	Mon - 1.15pm to 3.30pm	\$3*	Jack Young Centre	8406 8525
Indoor Bowls - Para Hills	Tue - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Salisbury	Mon & Fri - 1pm to 3.30pm	\$3*	Jack Young Centre	8406 8525
Knitting Group	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Painting and Drawing	Mon - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Parkinson Support Group	Fri fortnightly - 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
Scrabble - Para Hills	Tue - 12.30pm to 2.30pm	\$3*	Para Hills Seniors Centre	8406 8587
Scrabble - Salisbury	Mon - 10am to 12 noon	\$3*	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	Tue - 11am to 11.45am	\$7*	Para Hills Seniors Centre	8406 8587
Tai Chi - Salisbury	Mon - 9am to 10am	\$7*	Jack Young Centre	8406 8525
Ukulele Classes - Para Hills	Mon & Wed - 10am to 11.30am	\$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 - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Yoga All Levels	Mon - 10.30am to 11.45am or Wed - 6.30pm to 7.45pm	\$10	Pooraka Farm Memorial Hall and Community Centre	8406 8488
Yoga (chair based)	Wed - 11.30am to 12.30pm	\$10	Salisbury East Neighbourhood Centre	8285 2055
Zumba - Para Hills	Tue - 10am to 11am	\$5*	Para Hills Seniors Centre	8406 8587

\*Free come and try, then regular minimum amount.



## 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, short term and seasonal/spring 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.

## 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](http://www.salisbury.sa.gov.au/volunteering) or contact Sue on **8406 8276**.

\*Eligibility criteria applies. For more information contact **8406 8225** or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

# 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)

📍 1 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, Wilkinson Road, Para Hills SA 5096  
📅 Monday and Friday: 9am to 2pm, Tuesday and Thursday: 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 8525  
🌐 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