

COME TO THE SHOW



Henry Olunga with members of the Adelaide Symphony Orchestra.

ASO and *The Voice* star bring *Sunset Symphony* to Marion

For the first time, the Adelaide Symphony Orchestra will join star of TV's *The Voice* Henry Olunga for a sunset picnic concert in Warriparinga Wetlands on Saturday 9 November.

Mr Olunga and the 47-piece Adelaide Symphony Orchestra (ASO) headline Marion Council's *Sunset Symphony* which also features wetland tours, family craft, and an Indigenous dance performance.

Food trucks and caterers will sell cuisine from around the world, along with water and soft drinks. Alcoholic beverages will be available for purchase from event sponsor Patrilli Wines.

Concert-goers can also bring a picnic.

Gates open at 5pm, with the Adelaide Symphony Orchestra performing between 7pm and 9pm.

Up to 5000 tickets are available, with discounts for Marion residents.

Find out more www.sunsetsymphony.com.au

Carer Connect

Take a break from your caring role and have a day out, enjoy relaxing activities, information and time to chat with other carers. A delicious light lunch will be provided and each carer will receive a meal for two that can be taken home so that you can have a night without cooking.

The next session will be held on Wednesday 27 November 2019. To enable your attendance on site care (respite) for the person for whom you care is available. Phone to book: 8375 6703

Aged Care changes 1 July 2019

New "Charter of Aged Care Rights"

The new Charter provides the same rights to all consumers, regardless of the type of Australian Government funded care and services they receive including residential care, home care, flexible care and services under the Commonwealth Home Support Programme. If you have had services from us over the past 2 years, you would have received 2 copies of this document with a reply paid envelope for your convenience if you wish to sign and return 1 copy to us. We encourage you to contact us if you haven't received the letter or have any questions we can assist you with.

"Aged Care Quality Standards"

From **1 July 2019** all Australian Government funded age care providers are required to meet the Aged Care Quality Standards.

The Aged Care Quality Standards focus on quality outcomes for consumers. This will make it easier for consumers, their families, carers and representatives to understand what they can expect from a service. It will also encourage innovation, excellence and continuous improvement across the aged care sector. For more information visit the Department of Health website. <https://www.agedcarequality.gov.au/consumers/standards/resources>

"Aged Care Quality and Safety Commission"

The Aged Care Quality and Safety Commission independently accredits, assesses and monitors the performance of aged care services against the Standards. If you have a concern or complaint that you have not been able to resolve by talking with your service provider, the Aged Care Quality and Safety Commission (the Commission) can support you, with information and options, to resolve your concern with the service provider. To lodge a complaint visit the [Aged Care Quality and Safety Commission's website](http://www.agedcarequality.gov.au/consumers/standards/resources) or phone 1800 951 822.

POSITIVE AGEING & INCLUSION NEWSLETTER



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POSITIVE AGEING & INCLUSION

Monday to Friday 8.30am - 5pm

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to the *Positive Ageing & Inclusion* Spring edition of our Newsletter.

What a lovely season to reconnect

with you all after a few missing editions of our newsletters. Quiet does not mean idle! We continue to be busy and hope to share some of what we have been doing in the following articles such as the *Wellbeing Programs*, new initiatives and adapting to the new *Aged Care Quality Standards*. We hope you will enjoy the *Spring Newsletter* and consider joining some new programs.

Happy reading.



Remember Daylight Saving

Sunday **October 6, 2019**, will be the start of Daylight Saving. Before turning those clocks forwards 1 hour also consider checking your smoke detectors, as it's a handy way of remembering to keep them maintained and functioning well. If you are having difficulties doing this yourself our Home Maintenance Officer can assist you with battery operated smoke detectors. Phone us to book a time or request a trade register of electricians for hard wired detectors. PH: **8375 6649**

Mobility Recharge Points

The RECHARGE scheme provides a FREE charging point for mobility aids to top up their batteries whilst out and about. The City of Marion is a proud member of the scheme. RECHARGE Points are available across a number of locations within our facilities including libraries, neighbourhood centres, some parks and our customer service building. Logos are displayed above or near the power point which have been designated for use. You can simply arrive at the destination during opening hours and plug into the RECHARGE point. You will need to supply your own charging cable.



Wellbeing Programs

Moving Towards Wellness

Would you like to learn to manage an ongoing health issue?

Moving Towards Wellness is a 6 week program that has a focus on practical skills and strategies to better manage your health and increase your wellbeing. Improve your confidence and capacity to self-manage your nutrition, activity, fatigue, frustration, pain and communication with family, friends and health professionals.

6 x 2.5 hour sessions weekly.



Feeling Stronger

Feeling Healthier

This fitness program is tailored to individual needs and is conducted by an Accredited Exercise Physiologist at Southern Cross Care (SA), our partner in this program. You will use specialised equipment suitable for your fitness level. Let us work with you to improve your strength, balance and confidence. Transport available if required.



Positive Ageing The Secret To Feeling Good

This **Wellbeing and Resilience** program will help you be the best version of yourself and live life to the fullest. You will learn practical skills to help cope with day-to-day adversities.

- Discover and capitalise on your strengths
- Improve your confidence and optimism
- Build positive relationships
- Develop problem solving skills

6 x 2.5 hour sessions weekly

Wellbeing Programs

Moving for Life Your Way

Learn exercises you can do easily and regularly in your own home while doing daily activities. Improve your flexibility, strength and balance so you can continue doing the things that are important to you.

- Go at your own pace
- Exercise when you want
- No need for expensive equipment
- Safe, simple and effective exercises

You will receive a FREE Active Ageing Australia "Moving for Life Your Way" booklet with photographs and instructions that clearly show how to do each exercise. Plus two home visits by our trained staff, one to get you started and another to see how you are progressing. If you prefer you may wish to meet our staff at your local neighbourhood centre.

New Initiatives

Cuddly Companion

Assisting you to keep your pet healthy with regular exercise. Let us provide a volunteer to regularly walk or exercise your pet. We ask you to participate in the walk or sit and watch so you can be part of the fun.

The Cuddly Companion program is offered to eligible residents of the City of Marion who are finding it difficult to maintain responsible pet ownership due to frailty associated with disability or age related health conditions. All animals need to be screened by the Cuddly Companion Coordinator for suitability to the program.

Contact
Positive Ageing & Inclusion
on 8375 6649



Initiatives continued

Are you looking for an opportunity to go fishing or have always wanted to try fishing? Our friendly Fish Feeders group is aptly named because like many people who enjoy fishing, more fish are fed than caught. Why not take this wonderful opportunity to experience the benefits of being

outdoors, taking in our amazing coastal views whilst enjoying the company of others. Register your interest and discuss transport options if required.

Commencing Thursday 3rd October 2019

All aboard



We are pleased to announce the addition of a third

community bus to our fleet. Council has granted a two year trial period of a third community bus as a response to identified community need. We would like to hear from you to better understand your transport needs and destinations of choice. This will ensure the additional bus meets our community needs and is as inclusive and effective as possible. You will soon receive a survey in October's rates notice, also available on the City of Marion website "Making Marion". We would appreciate any feedback you can provide.

Isolation & Loneliness

Australian research indicates many older people experience isolation or loneliness. This can have a detrimental effect on a person's health and wellbeing leading to depression and anxiety, cognitive decline, weakened immune system, increased physical limitations and sensory issues.

Human beings are wired to connect. Our connection to others enables us to flourish.

One of the most effective ways to reduce loneliness is to feel connected to your community by becoming active members of your neighbourhood through volunteering or participating in community programs or groups.

The City of Marion offer a range programs and activities to enhance and maintain your health and wellbeing. There are opportunities to learn, be active, connect with others and improve your quality of life. Join us at one of our four Neighbourhood and Community Centres.

Opportunities to connect

Marion Movie Morning

This program is an opportunity to socialise and make new friends and is supported by our friendly volunteers in conjunction with Events Cinema Senior Club. Enjoy a monthly movie with free morning tea.

Bus Trips – Tuesday and Friday day trips, Wednesday evening.

Don't stay home when you can venture beyond your local area, enjoy a drive, tours, lunches and the opportunity to socialise. The City of Marion Community Bus will pick you up and return you home after an enjoyable outing.