Happy Festive Season

We would like to wish you all a happy Festive Season, good health, happiness and prosperity in 2020.

Summer is on its way

With summer approaching we would like to tell you about some strategies for coping with the extreme heat.

For more information and/or to access resources in languages other than English, please visit health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat/heatwave-community-resources or call 9581 4948 to request a copy of the brochure.

continued overleaf...
Coping with the heat
- Drink plenty of water, even if you don’t feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or airconditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

How you can help others
- Keep in touch with sick or frail friends and family. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat. Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.
- If you observe symptoms of heat-related illness, seek medical help.

Your feedback sought on the DRAFT Urban Cooling Strategy

More people die from extreme heat related events than any other ‘natural’ event – it is a hidden risk to many in our community, particularly older people. As heat builds in our city, we are committed to reducing its impacts.

The City of Kingston DRAFT Urban Cooling Strategy establishes a vision for creating a cool Kingston and outlines actions across five Strategic Directions:

1. **Urban Greening** – increasing vegetation and canopy cover across our municipality
2. **Planning and Building** – facilitating cooling efforts on residential, commercial and industrial property
3. **Cool Council Buildings and Assets** – incorporating cool materials and elements into Council buildings, roads, paths etc.
4. **Emergency and Health Response** – focusing on the most vulnerable to heat impacts in the community, working to increase their knowledge, skills and networks to lessen the impacts of urban heat
5. **Education, Engagement and Partnerships** – this Strategic Direction underpins the others – building the understanding of the impact of extreme heat on health and wellbeing, and how to reduce the impacts of heat.

We are seeking your feedback on the Draft Urban Cooling Strategy. Visit [yourkingstonyoursay.com.au](http://yourkingstonyoursay.com.au) to review the Strategy and share your opinion.
Mordialloc Rotary Club

While living all his life in the City of Bayside, it is in the City of Kingston where Jack Cooper has been doing his community work.

Jack has always been involved in community groups. Not only was he a Scout Master, he was one of the first Senior King Scouts in Victoria. He was a member of the Hampton Rovers and still attends their annual reunions after 62 years.

He loved hiking and skiing, and was president of a skiing club for 25 years. Later he loved playing squash, tennis and soccer and then he focused on golf. Jack has been a member of Woodlands Golf Club for almost 50 years and he enjoyed playing until he was 88.

Jack’s greatest community commitment has been to the Mordialloc Rotary Club, of which he was a foundation member in 1971. He has fulfilled all the committee positions, received six separate Paul Harris Fellowship Awards for exceptional service to Rotary and continues to serve the Club. In 1975 Jack initiated the club’s Art Show to promote local artists and this event ran for over 40 years.

Jack was also involved in the creation of the Gnome and Fairy Festival which continues to run today. Funds raised during the Festival go back to the community through Australian Rotary Health – a research arm of Rotary focused on Youth Mental Health.

Jack was also involved in the establishment of Aspendale Mordialloc Probus Club in 1986. He says he is hoping never to retire. He wants to keep active and involved in supporting his community.

We wish him great health, everlasting energy and thank him for his passionate commitment.

Mordialloc Rotary Club

The Mordialloc Rotary Club has a proud history of 48 years of community service. The members have a wide range of business, professional and community experience and they put this to use in the Club’s projects and programs.

Their projects include building a playground on the Mordialloc foreshore, an annual Jumble Sale to raise money for local and overseas projects, support for a monthly social gathering of elderly, blind citizens, an annual Art Show, the Kingston Koorie Network to encourage the engagement of school children of Indigenous background, the Rotary Foundation Group Study Exchange for young professionals to study overseas, Emergency Relief for Australian disasters, fresh drinking water for a village and six schools in China, creation of a Community Garden in Mentone, Wheelchairs for children in developing countries, assisting people with disabilities through the Salvation Army Kingston Garden Centre and regular fundraising sausage sizzles at Bunnings in Mentone to support local community and international projects.

Mordialloc Rotary Club also partners with local primary and secondary schools in programs for young people and with Rotary Foundation humanitarian and educational programs. Their youth programs include National Youth Science Forum for year 12 students, Rotary Four Way Speech Contest for year 10 students, Model United Nations Assembly for year 11 students and Rotary Youth Program of Enlightenment for year 9 students.

Their plans for the current year include the continuation of their Golf Day, which contributes valuable funds to Interplast, an organisation that sends a team of volunteer plastic and reconstructive surgeons and other health professionals to provide services and training in 17 countries across the Asia Pacific region. The Club will continue with the Rotary program to rid Australia of the eye disease Trachoma. They will continue fundraising to support Australian Rotary Health research into youth mental health through the “Lift the Lid” on mental illness campaign. The Club will also be supporting a local Parkinson’s Support Group.

An upcoming highlight will be the Gnome and Fairy Festival in Mordialloc in March 2020. The Festival is held each year at the George Woods Reserve and is firmly established as a popular community event for young families.

The Club is open for new memberships. For more information, please visit the Club’s website mordiallocrotary.org.au or contact the President Ernie Williams on 0403 046 448.
Enough is Enough!

Kingston has some of the highest losses to poker machines in the state – with annual losses of more than $85million. Kingston currently rates third in the state for the highest number of licenced venues, the sixth highest for number of poker machines and within the top 10 for amount of money lost. *Enough is Enough!* Kingston Council and our community are calling on the Victorian Government to make urgent changes to gaming laws to reduce the devastating impact of poker machines in Kingston. Sign our petition to show your support.


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**Gambler’s Help Southern – reduce harm from gambling**

Reaching our ‘senior’ (wisdom) years, into our 60’s and beyond, many of us could have experienced children leaving home, loss of partner, loss of parents, loss of friendships due to death or moving home. We may no longer be employed, we could potentially experience a chronic illness and/or disability, we may not be as active as we once were. We may be struggling with finding ourselves on our own, experiencing difficulties in making new connections and feeling lonely. We all deal with loss and being alone in different ways. Some of us will try to find help, but others may try to avoid feelings of loneliness by drinking too much alcohol or gambling.

Counsellors working with Gamblers Help Southern find it is not unusual for people to speak about how gambling and/or drinking can be an escape from feelings of loneliness, anxiety or isolation – “just not having to spend time in empty home”.

Gamblers Help counsellors can encourage you to learn strategies you can use everyday to make you feel more comfortable.

Free and confidential financial and therapeutic counselling services are available to anyone experiencing gambling-related harm, including the person who is gambling, their partner, family members, colleagues or friends. One-to-one, couple, family and group counselling, no waiting list and no cap on number of sessions. Interpreters are available. To book appointment, please call 9575 5353 (Monday – Friday 9am – 5pm).
**Services for Seniors**

**‘The Hive’ – New Program in Braeside Park**

Grow Well • Eat Well • Be Well

Are you interested in being part of a diverse cultural community that grow, learn and share cultural crops? Grow Well, Eat Well, Be Well brings together the sharing of different cultures through growing vegetables and herbs using raised garden beds. You will have a chance to learn how to care for the environment as well as participate in various health related educational sessions.

**Location:** Braeside Park Visitor’s Centre, Lower Dandenong Road, Braeside

**When:** Monday – Friday 10am – 2pm

For more information, please contact Mary Ann DeSa on 9767 1900.

**New Program for Culturally and Linguistically Diverse (CALD) Carers**

Carer Support and Respite Program for people of CALD backgrounds is now available in Cheltenham. Carers who do not receive services are encouraged to contact the service provider. Carer support is provided to meet the individual needs of the carer and include peer support, return to work support, information, education, socializing and outings. If the carer needs a break, appropriate respite will be arranged.

For more information about the program, please contact Angela – Carer Support Coordinator from Monday to Wednesday on 9767 1927 or on 0407 548 372 or byangelan@smrc.org.au

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**Polish Community Council of Victoria (PCCV) – Volunteer Visiting Program**

PCCV is a community-based charitable organisation whose primary aim is to provide quality care services and social support to seniors of Polish background. Their Community Visitors Scheme Program (CVS) offers one-on-one visits to seniors who live in their own homes and who receive services through the Home Care Package program. CVS volunteers also visit groups of seniors who live in residential aged care facilities.

The program aims to reduce the sense of loneliness and social isolation of seniors and improve their health and wellbeing through companionship and friendship. This service is free.

PCCV are looking for volunteers. If you are a good listener and genuinely care about the wellbeing and happiness of elderly people please call 9569 4020 to discuss volunteering opportunities.

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**Westall Hub Seniors Social Group (WHSSG)**

WHSSG is inviting you to come and join in a free and fun program for seniors and grandparents who are not involved in any social group or activities. Please come along, meet new friends and have fun over a cup of tea.

**Where:** Westall Community Hub (35 Fairbank Road, Clayton South)

**When:** Friday 10am – 12pm

To register, please call Westall Hub on 9581 3050 or call Sudha on 0430 544 431.

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**Vision Impaired People’s Aid Foundation (VIPAF)**

VIPAF assists vision impaired people, their families and carers to socialise in a safe and secure environment.

**Where:** Uniting Church House, 49 Railway Parade, Seaford (Diagonally opposite the Seaford Station)

**When:** Monday 1pm – 3pm & Thursday 9.30am – 12pm

0458 831 313

VIPAfoundation@gmail.com

Seaford LPO, P.O.Box 330, Seaford, VIC, 3198

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**Life Activities Club Cheltenham – Tai Chi Bird Program**

Tai Chi can improve your balance, flexibility and concentration by strengthening your muscles to prevent falls. Get all these benefits in a social setting with the chance to meet new friends.

Sessions are held at Cheltenham East Community Centre, 41 Follet Rd, Cheltenham.

For more information call Ellie on 0412 992 145 or Heather on 9584 9317.
Delivered Meals announces new supplier

We are pleased to announce we have selected Ranahans Fine Food as our new Delivered Meals supplier. Ranahans Fine Foods are a family owned and operated company that has been operating for over two generations. With Ranahans Fine Food we are able to offer you the following benefits with your Delivered Meals service:

• New 8 week menu with more meal choices to select from.
• Long term stable supplier, giving you consistency with your meals service.
• Appealing and tasty soft texture meal options.

Sample of our menu

Here's some of the tasty and nutritious meals we now have on offer:
• Creamy pumpkin soup
• Minestrone soup
• Roast beef, roast potatoes, pumpkin and peas
• Chicken schnitzel, wedges, peas and baked pumpkin
• Sweet potato and bacon quiche, potato gems, carrots and peas
• Cheesy vegetable rolls, carrots, peas and beans
• Ham salad / roast vegetable salad
• Raspberry cheesecake
• Banana cake and custard

Here are some of our texture modified meals:
• Roast chicken with vegetables
• Roast lamb with vegetables
• Roast beef with vegetables
• Apricot chicken with vegetables
• Salmon, lemon sauce and vegetables
• Chicken and spinach ravioli with tomato base sauce and vegetables

Reducing loneliness with delivered meals

With our service we encourage a daily delivery service as we know that this monitoring reduces loneliness and the chances of falls or being admitted to hospital. Research by Kali Thomas from Brown University, U.S.A. looked at the effect of home meal delivery on quality of life. “Our research supports the hypothesis that the delivery, in addition to the meal itself, has numerous positive impacts on clients’ lives”, said Dr Thomas.

To enquire about Delivered Meals please call 1300 819 200

Services over the holiday season

Over the holiday season from Monday 23 December to Friday 3 January some of our services will be closed or operating at reduced capacity.

Domestic assistance

We are not providing domestic assistance during the period Monday 23 December to Friday 3 January inclusive. We pride ourselves on our high standards of service however over this period we have many employees who are unavailable. We would like to support our valued employees by allowing them to be with their friends or family at this time.

Personal care, respite and shopping

These services will continue to be provided for those that require it.

Volunteer transport and home maintenance

Operating as needed.

Delivered Meals

Meals will be delivered for public holidays in the days prior.

Community Bus

The bus will only provide shopping runs over this period.

For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer 9581 4948 or P.O. Box 1000 Mentone, VIC, 3194, or email alina.urbanczyk@kingston.vic.gov.au