

Explore & Connect

Edition 26
Aug 2020 -
Sept 2020

Your Positive Ageing Newsletter

A message from the Mayor and Interim CEO

We have seen many changes in Mitchell Shire since our last newsletter and now we find ourselves back in stage 3 restrictions due to COVID-19. This has been a difficult time for many, but we must continue to work together and support each other through this difficult time.

We have had to change the way we deliver some of our face-to-face services and also temporarily close some services. You can view the latest information at

www.mitchellshire.vic.gov.au/COVID-19

We are still focused on delivering for our community and we appreciate your patience as we work through the best ways to do this. Rest assured, though our doors may be closed, we are still here and working for our community.

Another recent and significant change happening at Mitchell Shire is the announcement of our new CEO, Brett Luxford. Brett will join us at the end of August from his current role as Director Economy Investment and Attraction at Greater Geelong Council. We are delighted to welcome Brett to Team Mitchell.

Until next time, look out for each other and take care.

Mayor Cr David Lowe and Interim CEO Mary Agostino

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MITCHELL SHIRE COUNCIL



OUR DOORS MAYBE CLOSED BUT SERVICES CONTINUE. PLEASE CONTACT US:

- > (03) 5734 6200
- > mitchellshire.vic.gov.au
- > mitchell@mitchellshire.vic.gov.au

Get tested in Mitchell

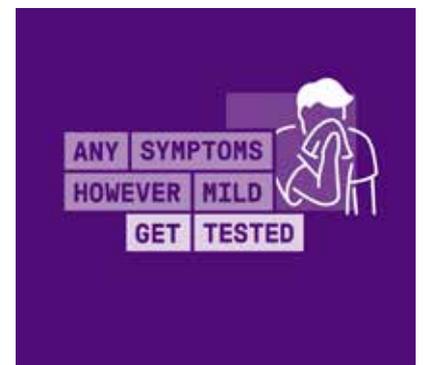
If you're not quite feeling yourself, and you have any of the symptoms below (no matter how mild) please get tested for COVID-19. Getting tested means you are keeping yourself, your friends, family, workplace and your community safe. We have three local testing sites:

- > **GP Respiratory Clinic Wallan (Nexus)**
7-11 High Street Wallan
Appointments are required: 5783 0043
- > **The Kilmore and District Hospital**
1 Anderson Road, Kilmore 3764
Appointment are required: 5734 2024
HOURS: 8am-5pm, 7 days

- > **Seymour Health**
1 Bretonneux St, Seymour 3660
Appointment are required: 0436 345 573
HOURS: 9am - 3pm, 7 days

Appointments are required at all three locations - find all the details on Council's website www.mitchellshire.vic.gov.au

If you don't have access to a mask or a face covering, please call Council on 5734 6200 or visit the DHHS website at www.dhhs.vic.gov.au/reusable-face-masks-covid-19



Local Service Contacts

During these uncertain times please know we are here to help. By calling **5734 6200**, Mitchell Shire Council's Customer Service team can connect you into the right service provider. Alternatively, you can call the following providers direct. Together we can work through this COVID-19 pandemic.

Nexus Primary Health

Website: www.nexusprimaryhealth.org.au
Email: info@nexusprimaryhealth.org.au
Phone: 1300 77 33 52

FamilyCare

Website: www.familycare.net.au
Phone: Wallan: 5734 1000
Seymour: 5734 4600

Goulburn Options

Website: www.goinc.org.au
Phone: 5792 3192

Lower Hume Primary Care Partnership

Website: www.lhpcp.org.au
Phone: 5735 2000

Seymour Health

Website: www.seymourhealth.org.au
Phone: 5793 6100

Kilmore Health

Website: www.kilmoredistricthospital.org.au
Email: KilmoreWeb@kilmorehealth.org.au
Phone: 5734 2000

Beyond Housing

Website: www.beyondhousing.org.au
Phone: 5735 2000

Mitchell Shire Council

Website: www.mitchellshire.vic.gov.au
Email: mitchell@mitchellshire.vic.gov.au
Phone: 5734 6200



Council Service Updates

Keeping fit at home

Mitchell Shire Leisure Services have a Seniors class live on Facebook at 10.30am each Friday. This free class can be viewed by going to

www.facebook.com/MitchellShireLeisureServices

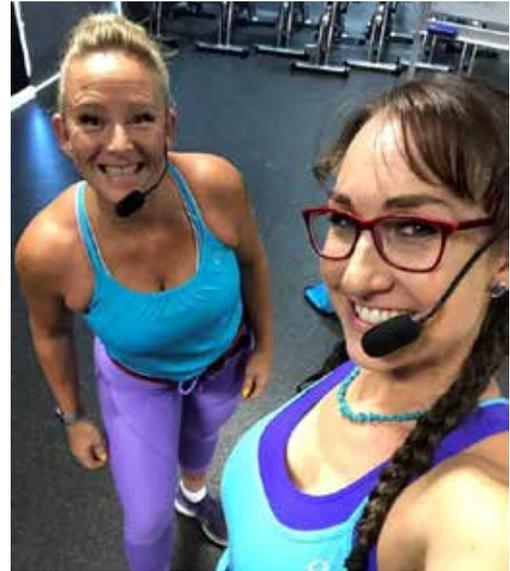
Libraries

Did you know you can get help over the phone to access Mitchell Shire libraries' electronic resources?

To book a time to get some one-on-one help call the Council's Customer Service Centre on 5734 6200.

For more information about electronic resources from our libraries, visit

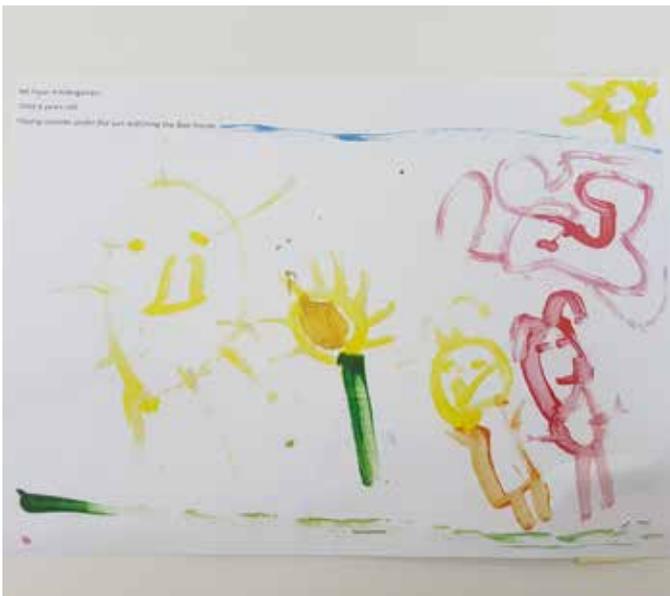
www.mitchellshire.vic.gov.au/our-region/libraries/eresources



Mitchell Shire kindergarten children using art to spread cheer

When COVID-19 saw some of the community separated from each other, the children at Mitchell Shire's kindergartens thought about our senior community members and wanted to reach out. Children from Creating Futures, Flowerdale, Marie Williams, Mt Piper, Pyalong, Wallan and Wandong kindergartens created bright and colourful artworks, showing scenes from their life or beautiful objects in the hopes that their work would encourage those who received it.

Artworks were distributed to seniors across Mitchell Shire with a note of encouragement showing that although we may be apart, we are a strong and thoughtful community.



Mitchell Shire Council acknowledges the traditional custodians of the land, those of the Taungurung and Wurundjeri People. We pay our respects to their rich cultures and to Elders past and present.

Seniors Festival Reimagined



The October Seniors Festival will be delivered very differently this year and the great news is, it has already begun!

This year's theme is 'In the Groove' and a fantastic series of videos featuring online performances, zoom interviews and story-telling are already available to view right now at www.seniorsonline.vic.gov.au/festivalsandawards.

There's no need to register or sign up, you can just visit the webpage, pick a video or performance to watch and view it directly on the website.

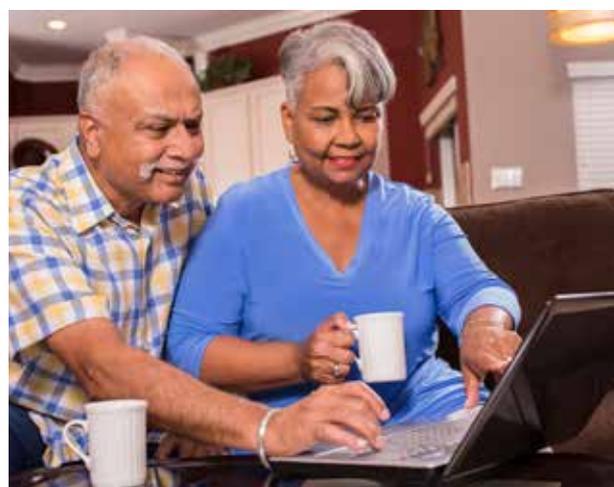
Be Connected

Do you have some basic computer or tablet skills but want to be able to do so much more?

Be Connected has a variety of online courses where you can build on your skills and learn to safely do more on the internet. To browse a list of topics to learn about visit

www.beconnected.esafety.gov.au/topic-library

For technology support for setting up a MyGov account to access Centrelink online services, Medicare online services and Australian Tax Office online services call **13 23 07**.



Gardening for health

Whether you are a home gardener, a community gardener or a visitor, a garden can be a source of exercise, stimulation and relaxation.

Most people enjoy being outdoors and digging in the soil, creating and watching their plants grow. People with disabilities, people who are unwell, older people and children can find it especially rewarding to spend time in the garden tending to plants and growing their own food.

Working in the garden provides benefits that include:

- > Enjoyment – from physical activity
- > Exercise – improves your endurance, strength, mobility and flexibility, and mental health
- > Relaxation – helps you reduce stress levels
- > Fresh food – provides you and your family with a healthy variety of inexpensive fresh food

With a little planning, garden beds, equipment and tools can be modified to make gardening accessible for children, older people and people with disabilities.

Getting involved in gardening can be as simple as:

- > Going for a walk in a garden
- > Creating your own small pot garden or larger vegetable garden

Gardening improves fitness and health

Most people can benefit from creating a garden – it is an enjoyable form of activity, maintains mobility and flexibility, and encourages use of all motor skills through walking, reaching, bending, digging, planting seeds and taking cuttings

Gardening improves endurance and strength, reduces stress levels and promotes relaxation.



It can also provide stimulation and interest in the outdoors.

Gardening and mental health

Gardening is good for your mental health. Simply being in a garden can lift your spirits, particularly if you spend a lot of time indoors.

Gardening with others in a community garden can give you a sense of purpose and drive to achieve an end goal. It also provides a sense of belonging and acceptance for those who may otherwise feel isolated.

Gardening can help with depression in several ways, including:

- > Being outdoors in a pleasant environment
- > Caring for plants and investing in their future
- > Experiencing the joy and satisfaction of harvesting produce from the garden

This information has been provided by the Better Health Channel at www.betterhealth.vic.gov.au

Help for volunteer groups

Volunteering may be difficult right now, but Mitchell Shire Council is preparing for the future with the Volunteering Mitchell Enhance Project which will help volunteer organisations use this time to gain extra skills, improve processes and prepare for recruiting new volunteers.

If you are part of a volunteer group or organisation and would like to take advantage of this project, please call the Community Development Officer – Liveability on 5734 6248 or email volunteeringmitchell@mitchellshire.vic.gov.au.

The Volunteering Mitchell Enhance Project is supported by the Victorian Government.



A word from COTA/Seniors' Rights Victoria

We've extended telephone information line hours.

Do you have questions about accessing services at home? Not sure where to go for information on pensions and concessions, housing, utilities, or something else? Our friendly Information Line staff can help to answer those questions and more.

Our Information Line now has extended hours and is staffed from 9.30am to 4pm every weekday.

Call us on **1300 13 50 90** or email through your query to askcota@cotavic.org.au.



Recipe Corner

Chicken and mushroom pot pies

A flexible winter warmer. You can swap the vegetables in this recipe for whatever you have in the fridge or swap the filo pastry for puff or shortcrust pastry.

Ingredients:

Spray olive oil

2 tablespoons olive oil

400g lean chicken breast, cut into 1cm pieces

2 small leeks, sliced

2 cloves garlic, crushed

300g button mushrooms, sliced

1/4 cup wholemeal plain flour

1 1/2 cups reduced fat milk

1/2 teaspoon cracked black pepper

4 sheets Filo Pastry

1 egg, lightly beaten

8 baby potatoes

2 bunches broccolini, trimmed

Method

1. Preheat oven to 200°C. Spray 4 medium sized ramekins or oven dishes with olive oil.
2. Place a medium heavy based pan over medium heat and add 1 tablespoon olive oil. Add the chicken and cook for 10-12 minutes or until cooked. Remove meat from the pot and set aside.
3. Add remaining olive oil to the pan and sauté leeks, garlic and mushrooms for 5-6 minutes, or until just softened. Add the flour and cook



for 1-2 minutes. Add the milk and black pepper and cook for a further 4-5 minutes or until thickened. Return the chicken to the pot and stir to combine.

4. Refrigerate mixture until cooled completely.
5. Meanwhile, bring a medium sized pot of water to the boil. Add potatoes and cook until tender, approximately 15 minutes, drain.
6. Bring a small pan of water to the boil. Add the broccolini and simmer for 4 minutes until tender. Drain.
7. Once chicken mixture has cooled, divide chicken mixture between ramekins/oven dishes. Roughly press down 1 piece of filo on top of every ramekin and brush with egg.
8. Bake for 20 minute or until golden. Serve with steamed greens and potatoes.

Recipe: Adapted from the Heart Foundation.

Have your say

This newsletter is a way for you to receive information about events, have your say and other information about what is happening in Mitchell.

We value your feedback about the Seniors Newsletter, so please contact us with your contributions to this newsletter or offer any feedback and suggestions as to what you would like to see in future editions via the details below.

If you would like to receive this newsletter regularly

and free of charge, we encourage you to sign up at www.mitchellshire.vic.gov.au/seniors, if this isn't an option please use the reply paid envelope on the back page of this newsletter.

Would you like to add a contribution?

Send it in to us at: community.development@mitchellshire.vic.gov.au or to: Community Development, Mitchell Shire Council, 113 High Street, Broadford 3658.

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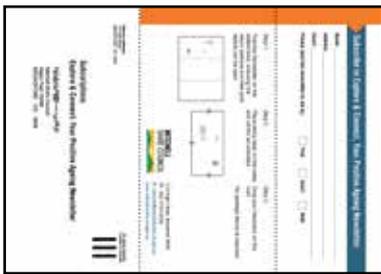
Name: _____

Address: _____

To sign up to receive this electronically visit www.mitchellshire.vic.gov.au/seniors and complete our online sign up form or email your details to community.development@mitchellshire.vic.gov.au

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