

Your Positive Ageing Newsletter

A message from new CEO, Brett Luxford

I just wanted to take this opportunity to say 'hello' and highlight how excited I am to be joining Mitchell Shire Council.

I feel honoured to be given the opportunity to lead this organisation and look forward to continuing to build on, and further develop, the great work that has been happening across the Shire.



I certainly join the organisation at a very challenging time for all Victorians. Like all, I look forward to the day that we can have some greater interaction outside of the online environment, but at the moment safety and beating COVID-19 is the real challenge we all face, so our digital way of communications will continue for some time.

We would love to hear about your experiences during COVID. Your ideas about what supports would be helpful for recovery are important. Please call us on 5734 6200 to register your interest in taking our survey.

Our Customer and Library Services Centres and Leisure Centres are now open and we look forward to seeing you. You can view the latest information at www.mitchellshire.vic.gov.au/COVID-19

Please take care and stay safe.

CEO Brett Luxford

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turn to page 6 for your chance to win!



One of the prizes up for grabs.

WAYS TO CONTACT US:
(03) 5734 6200
mitchellshire.vic.gov.au
mitchell@mitchellshire.vic.gov.au



Seniors Festival Reimagined

This year's Victorian Seniors Festival theme is *In the Groove* and a fantastic series of videos featuring online performances, zoom interviews and story-telling are available to view for the rest of 2020 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.

This edition of the Explore & Connect Positive Ageing Newsletter is also full of puzzles with prizes to be won. See details on page 6.



Get prepared for emergencies this Summer

2020 has been a very different year for all of us living with COVID-19. But amidst all that's different and uncertain, some things remain the same and the need to be ready for emergencies is one of them.

Whether it's making sure your home is ready for summer bushfire season, or it's taking some time to put a plan together for unexpected events like power outages, there are lots of simple things you can do even whilst in isolation to keep you safer and prepared for emergencies.

Red Cross has a range of easy to use, free resources and checklists – like the medication list below - to help you get organised. To get your copies visit www.redcross.org.au/prepare

Visit www.cfa.vic.gov.au/plan-prepare for resources to help you prepare your property for summer and develop a Bushfire Safety Plan.

Any plan for emergencies is a great start, but for some specific advice on preparation for:

Floods visit www.ses.vic.gov.au/get-ready/floodsafe

Storms visit www.ses.vic.gov.au/get-ready/stormsafe

Current medications

Write down below any medication you are currently taking. Remember to attach copies of concession cards, health insurance cards and prescriptions to this plan. You may also want to identify where you keep the medication in your home in case you have to evacuate quickly or someone needs to get it for you.

Information you can record about your medication should include:

- > The medical condition and medication name
- > Dosage and times taken
- > The name and contact details of the prescribing doctor
- > The location of the medication in your home



CURRENT MEDICATIONS

Medical condition	Medication	Dosage	Times taken	Prescribing doctor (include contact details)	Location of medication in the home

Recipe Corner - Chicken and mushroom pot pies

A flexible recipe, you can use what's in the fridge. 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.



Get ready to claim your worm farm or compost bin subsidy



Up to 50 per cent off at participating retailers

For details visit www.mitchellshire.vic.gov.au/worm-compost. Hurry, offer valid for November.



Detox your Home event: Dispose of many household chemicals, 10am-2pm, Saturday 28 November, at Wallan Resource Recovery Centre. Registration essential at www.detoxyourhome-wallan.eventbrite.com.au



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.

Community Activation and Social Isolation (CASI) initiative



We're all here to help

The Victorian Government has partnered with local councils to deliver the Community Activation and Social Isolation (CASI) initiative. The service provides direction and helps people who might be feeling alone or people who have lost their regular networks during the COVID-19 pandemic.

To access streamlined support people can now phone the Victorian Government COVID-19 hotline on 1800 675 398 and press 3 to speak to an Australian Red Cross volunteer.

For callers requiring localised support, they will then be linked with a local community connector within Mitchell Shire Council who can arrange help and services. You can also contact service providers directly for assistance.

STATE GOVERNMENT

Coronavirus hotline 1800 675 398
www.dhhs.vic.gov.au/coronavirus

Restriction levels and testing
Data dashboard and areas of concern
Support and assistance

FINANCIAL SUPPORT

Financial assistance
www.moneysmart.gov.au/covid-19

Financial support
Material aid (eg. food relief)

Job loss and income support
www.vic.gov.au/lost-your-job-or-income-due-coronavirus-find-support

MENTAL HEALTH SERVICES

Beyond Blue Coronavirus Hub

1800 512 348
www.beyondblue.org.au

Struggling to cope during the pandemic?
Our trained counsellors are available 24/7,
please contact Beyond Blue

LifeLine

13 11 14
www.lifeline.org.au

For 24/7 support if you are experiencing a personal crisis or
have suicidal thoughts, please contact LifeLine.

KidsHelpLine

1800 55 1800
www.kidshelpline.com.au

For phone and online counselling for young people
aged 5 to 25, contact Kids Help Line.

LOCAL SERVICES



Mitchell Shire Council

www.mitchellshire.vic.gov.au
mitchell@mitchellshire.vic.gov.au
5734 6200

Information about Council services affected by COVID
Linking up with support and assistance



Beyond Housing
www.beyondhousing.org.au
 5735 2000

Emergency Accommodation
 Transitional Housing
 Community Housing
 Social Housing – Tenancy Plus
 Indigenous Tenancies at Risk
 Private Rental



FamilyCare
www.familycare.net.au
 1800 663 107

ChildFirst
 Family violence – children, men and women
 Men’s counselling
 Carer support services
 Disability IntroRec support services
 Child and family support services



Goulburn Options Inc
www.goinc.org.au
 5792 3192

Disability support services
 NDIS Services
 Support Coordination
 Daily Living/In Home Support
 Social and Community Participation
 Individual and Group Activities



Lower Hume Primary Care Partnership
www.lhpcp.org.au
facebook.com/lowerhumeppcp

A voluntary alliance of health and human service organisations, ‘working together for healthy communities’.



Nexus Primary Health
www.nexusprimaryhealth.org.au
info@nexusprimaryhealth.org.au
 1300 77 33 52

Alcohol and other drugs
 Counselling services
 Family violence – children, men and women
 Financial counselling
 Gambler’s help financial counselling
 General practitioners
 Mental health support services
 Community support – personal care services in the home, meals on wheels, home maintenance



Seymour Health
www.seymourhealth.org.au
 5793 6100

COVID 19 testing and urgent care
 Inpatient medical
 Emergency



The Bridge Youth Service
www.thebridge.org.au
shepparton@thebridge.org.au
 5799 1298

Youth specific support in:
 Housing assistance
 School and education support
 Mentoring
 Family and relationship support
 Pregnancy, parenting and family support
 Early Intervention for AOD



The Kilmore and District Hospital
www.kilmoredistricthospital.org.au
KilmoreWeb@kilmorehealth.org.au
 5734 2000

COVID-19 testing and urgent care
 Maternity care including domiciliary services
 Inpatient medical
 Aged care services including respite
 District nursing and hospital in the home

Competition activities

In celebration of the Victorian Seniors Festival this edition of the Explore & Connect Positive Ageing Newsletter includes puzzle activities and there are prizes to be won, made with care by Mitchell Shire local businesses.

For your chance to win identify the hidden word using the letters in the yellow squares in the crossword and the winning word jumble answer.



Prize images are indicative only.

Enter by completing the competition form on the back page or email your answers along with your name and address to community.development@mitchellshire.vic.gov.au.

Entries must be received by Monday 4 January 2021 and winners will be chosen randomly from correct responses.

Sudoku

The Rules of Sudoku

The classic Sudoku game involves a grid of 81 squares.

The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares.

Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

Puzzle 1. Easy

5				3		8		6
		7	9					
		4		6				1 2
	1				7			8
		5	8	1	9	4		
	4		6					9
7	2			4		1		
					6	3		
9		6		7				8

Puzzle 2. Medium

7			3	4		9		
	1		2	9	5			
		6						
		1	4			3		
6	5		1		3		4	9
		4			8	1		
						7		
		8	6		1		3	
	7		9	5				6

Puzzle 3. Hard

1		6						9
				1	3			6 8
		7		6				
		4		7		3		
8	1		5		4		9	7
		9		2		8		
					8			5
5	6		3	9				
4							9	3

Crossword - In and around Mitchell Shire

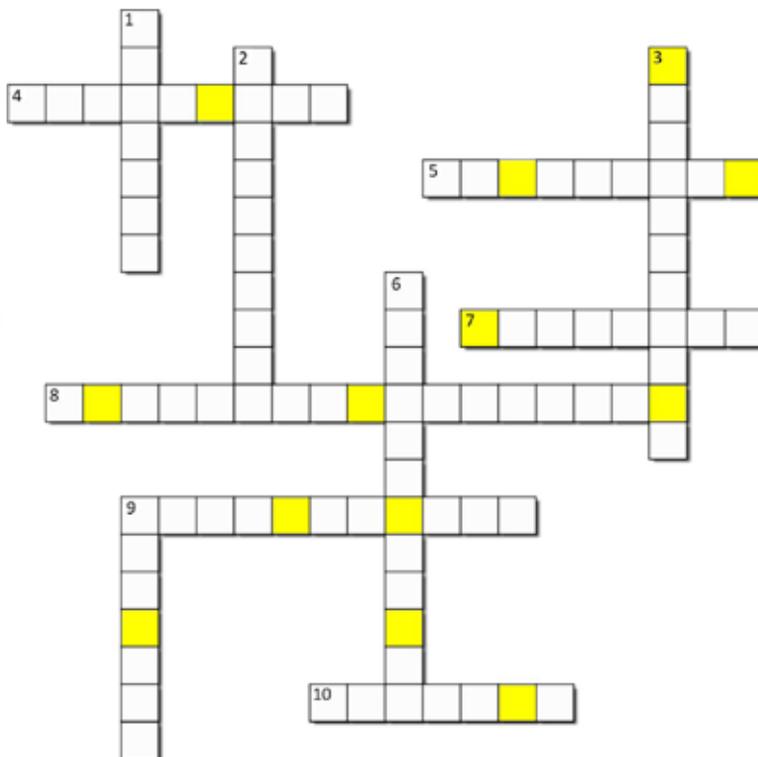
Hint: The clues are taken from www.mitchellshire.vic.gov.au

Across

4. A high school was opened in 1960 in this township north of Kilmore
5. An infamous bushranger was born in this southern Mitchell Shire township
7. Make a stop for lunch on the way to or from Heathcote, this small town has a reputation for its outstanding food and hospitality
8. Located in Kilmore, this building features Victorian Romanesque style architecture
9. First used during WW1 as a military area, the rumble of military practice can still be heard from there today
10. Located 60km from Melbourne, this town was a major stop over during the gold rush for people travelling from the ports and Melbourne to the goldfields

Down

1. A former sheep station, this township south of Seymour has a name derived from the phrase 'wild water'
2. It is worth the effort for the breathtaking views
3. Local waterway and the name of this township
6. The reserve surrounding this provides habitat for several nocturnal mammals, the watchtower is located here



9. In this town you will find a timber trestle bridge that's well worth a look

Competition Item - See the back page to enter. For your chance to win identify the hidden word using the letters in the yellow squares in the crossword.

_____ S _ _ S _ _ _ _ _
 Clue: Victorian positive ageing celebration.

Word Jumbles

Townships of Mitchell Shire

- DVREGIEBE _____
- DFRRDOOBA _____
- OMKRLEI _____
- PAUAPYNCAKL _____
- OANLYPG _____
- EMSYURO _____
- ATLKOLORA _____
- BOAOTCR _____
- ALTORWO _____
- LNLAAW _____
- NWDNAGO NDA AHTECOHET IOJCNUTN _____

Landmarks/Places to visit in Mitchell Shire

LUANAAITRS ILTGH SEHOR EARLMMOI PKAR

Clue: A beautiful piece of Seymour named for its military past.

RTEGA RIATVICNO ARLI IRLAT

Clue: Extending 134 kilometres from Tallarook, through Yea to Mansfield you can explore this place to visit by horse, bike or on foot

HMEU ADN EHOVL ONEMTMUN

Clue: This landmark is located in Kilmore

Competition Item - See the back page to enter.

MWTAYRA HTEEIGRA ETRCEN

Clue: A place to explore our transport past in Bylands

Enter the Competition!

Name: _____ Phone: _____

Address: _____

Jumble answer: _____ Hidden word: _____

Mail this page by following the instructions below or email your answers along with your name, address and phone number to community.development@mitchellshire.vic.gov.au

All entries must be received by Monday 4 January 2021. Prizes winners will be drawn on Friday 11 January 2021. Terms and conditions apply, to view visit www.mitchellshire.vic.gov.au/seniors

Step 1.

Fold the Newsletter on the dotted lines, ensuring the return address and free post details can be seen



Step 2.

Place sticky tape on the sides and centre as indicated



Step 3

Drop your subscription in the mail.

No postage stamp is required.



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Ph: (03) 5734 6200

E: mitchell@mitchellshire.vic.gov.au

www.mitchellshire.vic.gov.au

Delivery Address:
113 High Street
BROADFORD VIC 3658

No stamp required
if posted in Australia



Competition Entry Explore & Connect: Your Positive Ageing Newsletter



Mitchell Shire Council
Reply Paid 70358
BROADFORD VIC 3658