

## Your Positive Ageing Newsletter

### Outgoing treasurer marks 16 years service

At the Broadford Senior Citizen's Club annual general meeting in February 2021 the Club celebrated 16 years of service by outgoing club treasurer Jan Robinson.

At the meeting, attended by Mitchell Shire Councillor Bill Chisholm, club president Joan Zytek presented the long-time club member with a plaque on behalf of the club members and Jan wished the new Treasurer Ron Boulder luck in the important role.

Mitchell Shire has a strong community group and sporting club scene with over 200 groups and clubs. None of these are possible without the hard work of our volunteer committee members like Jan, Joan and Ron. If you would like to give back to your community and make new friendships visit our community directory to browse the many clubs and groups you can join.

Find groups at [mitchellshire.vic.gov.au/our-region/community-directory](http://mitchellshire.vic.gov.au/our-region/community-directory)

### What's Inside

Dancing isn't just for the loungeroom

National Volunteer Week 2021

Smoking and eye disease: take control

COTA Australia event

Youth Council takes aim at fast fashion

Community Training Workshops

Have your say on Mitchell 2050

Recipe corner:  
Banana Hotcakes with Blueberry  
Maple Sauce



**Councillor Bill Chisholm with Broadford Senior Citizen's Club outgoing treasurer Jan Robinson and president Joan Zytek.**



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.

## Dancing isn't just for the lounge room

Throughout the last year many of us had to relegate dancing and fun to our own lounge rooms but the Wallan U3A has brought dancing back with COVID safe ballroom dance lessons every Tuesday 1pm to 3pm at the Wallan Multipurpose Centre.

Whether you're interested in learning to waltz or foxtrot, rumba or swing this class teaches at least eight different styles with a focus on dancing as gentle exercise.

Singles and couples are welcome, for details call Theo on 0415 352 025.



## National Volunteer Week 2021



It's about to get much easier to volunteer in Mitchell Shire. With support from the Victorian Government Mitchell Shire Council will launch the new Volunteering Mitchell website during National Volunteer Week 2021. Community groups have already started connecting to the website and Mitchell Shire Council will support community groups to have a presence on the website as it grows to become a one stop shop for discovering the diversity of volunteer opportunities in Mitchell Shire.

If you're a part of a Mitchell Shire community groups who would like help to become

**NATIONAL** 17-23 MAY 2021  
**VOLUNTEER**  
RECOGNISE. RECONNECT.  
REIMAGINE. **WEEK**

featured on the new website contact the Community Development team at [community.development@mitchellshire.vic.gov.au](mailto:community.development@mitchellshire.vic.gov.au) or call 5734 6200 to speak to the Community Development Officer – Liveability.

[www.volunteeringmitchell.com.au](http://www.volunteeringmitchell.com.au)

# Smoking and eye disease: take control

Smoking is a major factor contributing to the early development of age-related macular degeneration. Age-related macular degeneration is the most common cause of blindness in the Western world.

Recent studies have found a link between some common eye problems and cardiovascular (heart) disease. In particular, people with age-related macular degeneration were found to have double the risk of death from a heart attack or stroke than those without the condition.

Cigarette smoking speeds up the development of atherosclerotic plaques (collections of cholesterol and fat), in the walls of arteries. These are like porridge, gradually blocking arteries so that blood flow becomes limited.

Nicotine and carbon monoxide in cigarette smoke are thought to be important causes of arteries losing their elasticity. This means that arteries respond less well to fluctuations in pressure and are more likely to rupture.

## How the eye is affected

The macular area of the retina has the finest blood supply in the body, serving the retinal receptors that enable us to see minute detail clearly. Obstruction and failure of the blood supply to the macula happens even before other body functions may be affected. This blood vessel damage causes a gradual failure of vision. New vessel growth and leakage can result in scarring of the retina and severe vision loss.

The average age that people present with age-related macular degeneration in the first eye is about 65 years. The second eye becomes impaired at a rate of about 12 per cent each year and about 60 per cent of patients are legally blind in both eyes by their 70th birthday. There is no effective medical or surgical cure for age-related macular degeneration, but rehabilitation advice helps people to live more independently.

## The impact of vision problems

Age-related macular degeneration has extensive implications. People who have it:



- > Cannot easily read or see detail on the TV
- > Cannot easily recognise faces
- > Cannot drive
- > May confuse medication labels and are at risk of other illnesses
- > May fall more easily and suffer more serious complications from falling
- > Lose independence and may require residential care earlier than if their vision was normal

Quitting smoking, or not starting in the first place, is a way to ensure that good vision is maintained for as long as possible. Through its low vision clinics, Vision Australia provides optical and other devices to enable people with macular degeneration to make best use of their remaining vision and continue to live independent and fulfilling lives.

## Where to get help

- > Your doctor
- > Your local community health centre
- > Vision Australia blindness and low vision services. Phone 1300 84 74 66

This information has been provided by the Better Health Channel at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

# Will Australia's aged care system be fixed?



Unpacking the findings of the Royal Commission into Aged Care Quality & Safety



In an online community conversation, COTA Victoria will consider the royal commission recommendations. Can these outcomes inspire the generational change needed for our broken aged care system? And what do older people think about the findings?

Speakers include:

- Aged care and e-health consumer advocate, **Judy Gregurke**
- Monash University Department of Forensic Medicine and geriatrician, **Professor Joseph Ibrahim**
- Victorian aged care consumers and family members.

**When:** Thursday, April 15  
11 am—1 pm

**Where:** Online via Zoom

Facilitated by SRV Education Co-ordinator **Gary Ferguson.**

To register your attendance at this free event call 1300 13 50 90 or go to [tinyurl.com/cota-15-april](https://tinyurl.com/cota-15-april)

COTA Victoria is supported by the Victorian Government.

## Youth Council takes aim at fast fashion

The Mitchell Youth Council is taking action against the impact of climate change and has fast fashion in its sights.

The Clothes Swap Project is an initiative of the Youth Council to promote sustainable fashion purchases and educate people about the negative environmental impacts of “fast fashion”. The term “fast fashion” refers to cheaply produced and priced clothing that is fast-tracked to stores. The practice encourages people to buy cheap new clothes to keep up with the latest trends, but they come at a high cost ethically and environmentally.

To help combat this trend, the Youth Council will host a clothes swap at the Wallan Multi-Purpose Community Centre on Saturday 15 May. Drop off points will be set up across the Shire leading up to the event.

People are encouraged to swap clean, undamaged items of clothing they no longer wear, need or want using a token system at the event. There will also be sewing workshops to encourage up-cycling – taking unwanted



clothes that would otherwise be thrown away and reinventing them.

For more information on the Clothes Swap Project visit [www.mitchellshire.vic.gov.au/youth-services](http://www.mitchellshire.vic.gov.au/youth-services)

The Clothes Swap Project is possible thanks to a \$9185 grant from the Department of Environment, Land, Water, and Planning as part of the Community Mini-grant program.

This project was funded by the Community Mini-grant Program, a part of Climate Ready Hume, a Victorian Government initiative, aiming to support positive climate change.

## Free community workshops in 2021

Mitchell Shire Council is pleased to offer a series of free community workshops for volunteers and community members in 2021.

### **Mitchell Shire's COVID-19 Recovery and 2050 Community Vision**

**27 April 2021 and 29 April 2021**

This workshop will focus on Mitchell Shire's COVID-19 Community Recovery Plan and the Mitchell Shire 2050 Community Vision.

### **Elder-abuse Awareness Presentation**

**22 June 2021**

This session, delivered by Seniors Rights Victoria, will cover information on the rights of older persons, risks, prevention of elder abuse and the assistance and support available through Seniors Right Victoria.

### **Data for story telling: get grant-ready**

**18 August 2021**

This session will show community groups how to access up-to-date information and how to interpret and use this information to support your grant applications.

### **Accidental counsellor workshop**

**2 December 2021**

This workshop provides the techniques and strategies to successfully support friends, family or other community members who are distressed, upset or requiring emotional support.

You can register for all workshops using the link below or call Community Development on 5734 6200 or email [community.development@mitchellshire.vic.gov.au](mailto:community.development@mitchellshire.vic.gov.au) for more information or assistance with your booking [mitchellshirecouncil.eventbrite.com.au](http://mitchellshirecouncil.eventbrite.com.au)

## Recipe Corner: Banana Hotcakes with Blueberry Maple Sauce

These hotcakes can be made one day ahead. Keep in a container in the fridge. To serve, warm in each serving in a microwave oven for about 30 seconds, or wrap hotcakes in foil and heat in 180C oven for about 15 minutes. Sauce is best made just before serving.

### Ingredients:

- 1 ¼ cups buttermilk
- 2 extra large eggs, separated
- 1 tbs brown sugar
- 1 cup self-raising flour
- 1/3 cup (weight 40g) oat bran
- 1 tsp ground cinnamon
- ½ cup mashed ripe banana (180g)
- Olive oil cooking spray
- Fresh strawberries to serve
- 2 large bananas (350g) sliced, extra to serve

### Blueberry Maple Sauce :

- 2 x 125g punnets blueberries
- 2 tbs maple syrup

### Method:

1. Whisk buttermilk, egg yolks and sugar in a jug until well combined.
2. Combine flour, oat bran and cinnamon in a large bowl. Make a well in centre.
3. Add mashed banana and buttermilk mixture. Whisk to form a smooth, thick batter.
4. Beat egg whites in a separate bowl until soft peaks form. Fold whites into batter in two batches.



5. Heat a large, non-stick frying pan over medium heat. Spray with oil. Add ¼ cup of the batter. Repeat to make three hotcakes, allowing room for spreading. Cook over a medium heat for about 2 minutes or until bubbles appear on surface of batter. Turn hotcakes. Cook for a further 2 minutes or until browned on both sides. Transfer to a plate. Cover to keep warm. Continue process with remaining batter make 12 hotcakes altogether.
6. To make sauce, place blueberries and maple syrup in a small saucepan. Bring to the boil. Gently boil for about 2 minutes, stirring occasionally until berries collapse slightly and become syrupy.
7. To serve, top warm pancakes with sliced banana, warm blueberry maple sauce and sliced strawberries.

**Recipe: Adapted from *The Heart Foundation*.**

## Have your say

### Community input sought

Mitchell Shire Council is seeking community feedback for a number of projects.

Visit [www.engagingmitchellshire.com](http://www.engagingmitchellshire.com) for more information and to have your say on these projects and more. Some of these projects include:

- > **Rural Land and Activities Review** - Community ideas and submissions on two draft plans will help inform future planning decisions in

Mitchell Shire's small towns and rural areas. Submissions and feedback are invited until **9am, Friday 11 June**.

### Newsletter feedback

Please contact us with your seniors events, article contributions, including pictures of your art, craft, building, baking, feedback and content suggestions on (03) 5734 6200 or email: [community.development@mitchellshire.vic.gov.au](mailto:community.development@mitchellshire.vic.gov.au).

# Mitchell 2050 Community Vision

This is a once-in-a-generation chance to make your mark on our community's future. Your input will help shape the Community Vision, the Council Plan and the Health and Wellbeing Plan. Share your views with us today to take Mitchell to 2050.

To get involved, complete the questions below and mail your survey response (instructions overleaf) or go online at [www.mitchell2050.com.au](http://www.mitchell2050.com.au)  
Survey closes **10 May 2021**.



**When you imagine Mitchell Shire in 2050, what do you wish for?**

**What do you love most about your community and why?**

**What do you, your family or community need or find is missing in Mitchell Shire?**

**What is needed to improve how we connect across Mitchell?**

**What's needed to improve the health and wellbeing of our community?**

**What is most important to you as we grow and change?**

**What is needed to support the creation of jobs in Mitchell?**



# Get involved – mail in your survey response

Full Name: \_\_\_\_\_ Gender:  Female  Male  Other

What town do you live in: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Other languages spoken at home: \_\_\_\_\_

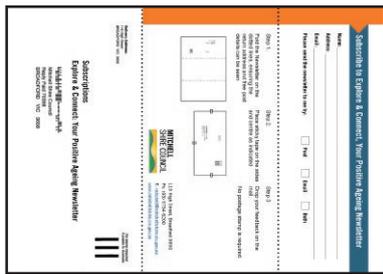
Yes, please sign me up for updates



**Privacy Statement.** The collection and handling of personal information is conducted in accordance with Council's Privacy Policy which is displayed on Council's website [www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au) and available for inspection at, or collection from, Council's customer service centre/s. Please refer to the Privacy Policy for further information about your rights and Council's obligations.

## 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 form in the mail.

No postage stamp is required.



113 High Street, Broadford 3658

Ph: (03) 5734 6200

E: [mitchell@mitchellshire.vic.gov.au](mailto:mitchell@mitchellshire.vic.gov.au)

[www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)

### Delivery Address:

113 High Street  
BROADFORD VIC 3658

No stamp required  
if posted in Australia



## Community Vision 2050

## Explore & Connect: Your Positive Ageing Newsletter



Mitchell Shire Council  
Reply Paid 70358  
BROADFORD VIC 3658