

THE AGEless

For those who know their age is just a number

Issue 9 : Winter 2018



A kitchen to connect community

We're back in the kitchen! After six years, Connect Victoria Park is moving back in (part-time) to build community and benefit Village Hub members. It's the new Connect Community Kitchen project.

Starting July 3, our Tuesday lunches will be prepared and served by our own team, coordinated by Susan Saxby. You may remember Susan from the time she worked with Manna.

"I am excited to get the community involved", said Susan. We are inviting Village Hub members to volunteer a few hours on a Tuesday and help Susan make lovely lunches.

"The kitchen is an important part of our organisation and the local community", said Connect Victoria Park's CEO, Luke Garswood.

Built in 1960, Connect's kitchen was the second Meal on Wheels service in WA, providing tens of thousands of meals per year. The service was discontinued in 2008, and for the past six years,

the kitchen has been operated by Manna to provide meals to people who are homeless.

"We'll share space with Manna and make the kitchen a vibrant, exciting place for the community to share food", said Luke.

Susan will also coordinate our special Luncheon events. In the next few months, we hope to start a cooking group on Saturday mornings and invite the Vic Park community to learn cooking skills. Over time, Connect Community Kitchen will collaborate with locals growing produce, add evening cooking sessions, and create our own label for jams and preserves. Most importantly, adds Luke, the idea is to create a Community Chest to provide a hamper of meals and treats to people needing a neighbourly hand if they are experiencing health issues or other hardship.

Interested in volunteering to prepare and serve Tuesday lunch? Get in touch: 9361 2904

From the Editor

Welcome to our Winter Edition of THE AGEless!

This edition is full of news about the progress we are making with the new Village Hub and the opportunities available to the Victoria Park community – especially everyone over 55 – to join in.

We are very excited about some of the changes at The Homestead – in particular our new Connect Community Kitchen project. As you will see in the article, we have a long history of sharing hospitality and good meals from our kitchen, and we look forward to being involved in doing this again for our community.

We are starting with our Tuesday Community Lunches and then extending to a Saturday morning of cooking and sharing skills. We will keep you posted on other ways we hope to bring food and community together as they develop.

Another big change is the role of our members in shaping and driving the Village Hub. Members are being creative and developing new ways of coming together and being active. Our new Members' Drop In Day on Fridays, the Out & About Group, Nordic Pole Walking, the Social Cycling Group and Chair Yoga are just some examples of members driving the agenda. As we say 'age is just a number', so if you are interested in healthy ageing, we have many ways for you to get involved.

Finally, we hope that you can experience some more of these changes at the official Village Hub Launch and Expo on August 17! We hope you can join us!

Assistive Technology lets you embrace life



Assistive Technology (AT) enables people to fully participate and contribute to the world, irrespective of age or ability. The AGEless talked to Jocelyn Franciscus, who became an ambassador for AT after an accident that damaged her spinal cord.

How did you become an AT advocate?

It started when I was working as an occupational therapist, but it became an obsession when I had an accident resulting in a spinal cord injury 8 years ago. I was thrust into the world of AT. I have quadriplegia, which means my four limbs were affected by spinal cord damage. My neck injury meant I could move my arms but had no finger movement. An "aha" moment was the first week out of hospital, when I was given a first generation iPad. It opened up my world by giving me the independence to write emails and search the web. Nowadays I work for a ground breaking project called AT Chat, which helps people access information in an easy to understand, peer-to-peer format. Now my interest is how all disabilities and ages use AT.

With an accident like yours, there is a choice to curl up and cry or accept the challenge of a new life. How did decide not to give up? It's ok to allow yourself to grieve and adjust. If you try to gloss over those feelings, they tend to pop up later. Having a spinal

cord injury was such an identity crisis for me, but it taught me a lot about myself too. There was never a singular moment in which I thought "today I'll adapt and be happy". It was incremental, small decisions each day. I wasn't prepared to stop embracing life.

To learn more about AT Chat, contact the Independent Living Centre: 9381 0600 or ilc.com.au

How does assistive technology help you on a day-to-day basis? My iPad gives me a better connection with the world, and I now use it as a home automation tool, with lights, doors, aircon linked in. AT is absolutely pivotal in my daily life. From hoists to pressure relieving mattresses, adapted utensils, the list is endless! I'm thankful for every piece of AT as they all have an important purpose.

Technology may seem complex, are there examples of simple solutions to make life easier? Indeed it's a common misunderstanding about AT. There's a wide variety of low-tech AT: adapted cutlery, jar openers, grip

matting, long handled sponges. There's even AT you make yourself, like sock aids. Not to mention home modifications like ramps, grab rails, etc.

What are the most useful AT pieces for older people? It depends on the person's needs. Besides walking aids, frames and wheelchairs, there are tip-and-pour jugs and cutting aids. Popular options are sit-to-stand recliners, pick up sticks, and dressing aids such as button hole loops, sock aids. Personal safety alarm systems and voice-activated home automation are also available. I encourage people to talk to a therapist about their needs.

How affordable is AT? Is there support in WA? There's some very low cost AT as well as relatively expensive home modifications. There are different pathways to access funding assistance, the Independent Living Centre (ILC) is good help in exploring specific needs and eligibility.

What advice would you give to people who may be reluctant to use technology? Start with cheaper, low tech items that you are going to use, like a jar opener. If you want to try something more complex, get assistance from a family member or call an ILC therapist. You'll never know the possibilities it will open up until you give it a go!

The Village Hub's Health & Wellness series will explore Assistive Technology in a session presented by the Independent Living Centre on 12 July, at 3.30pm and 5.30pm. Please RSVP on 9361 2904

The Village Hub goes out & about



Sprouting from the Village Hub Working Group, the Out & About group have been actively working on a calendar of outings to share with other members:

July

Crown Casino Day | July 6 – ride together to Burswood and enjoy a delicious lunch for as little as \$10.

Holly Wood Show | July 24 – a free show at Perth Town Hall: a bit country, a bit rock 'n roll, a lot of sing-along.

August

City Walking Tour | August 10 – a free guided tour of art in the City, starting at 10.15am.

September

Kings Park Festival | Date TBA – explore hundreds of wildflower varieties bursting into bloom.

For details and bookings, please contact Cindy at The Homestead (Mon, Wed & Fri).

It's official! Let's launch Village Hub

It's time to officially launch the Village Hub and the Vic Park community is invited!

The Village Hub received funding support from Town of Victoria Park and Lotterywest in late 2017, and Annette Hoskisson and Flavia Pardini commenced work on the project in January.

Six months later, with 169 members, the Village Hub has set up a Help Centre, run events and classes, collaborated with other community organisations in Vic Park and, most importantly, started the conversation about members helping members, building community, sharing skills and the joy of life.

And that's just the beginning! We are actively working on getting members involved in running the Hub, and will develop more resources, a local business directory and discount scheme.

On August 17, we're inviting members and dignitaries to The Homestead to showcase what the Village Hub is about. In addition to launching our new offices and the new Connect website and Village Hub members' portal, we'll have a small expo on the courses and classes currently available.

We look forward to seeing you at the launch!

Friday, August 17, from 10am to 12pm

Light refreshments will be served

RSVP essential – Call Reception 9361 2904



Italian Long Table Lunch

Italians sit at the table for hours sharing the goodness of food and friendship, and we're bringing a bit of that tradition to The Homestead! Chef Marco Marini of JoJo's has designed a special menu, Susan Saxby and the Connect Community Kitchen will deliver a tasty Italian feast to be shared.

You can't miss it!

August 7, from 11.30am to 2.30pm

\$25 Village Hub members/\$35 non-members
(including wine, beer & soft drinks)

Assistive Technology at your fingertips!

Did you know you can find simple assistive equipment, technology and basic home modification solutions in stores like Bunnings or your local chemist?

The ***Making Choices, Finding Solutions*** guide contains useful tips and advice to find the right equipment to help you perform daily tasks.

Jocelyn Franciscus with the AT Chat project (interview on previous page) recommends the guide, as well as an appointment with an Independent Living Centre therapist.

Call 08 9381 0677 or send an email to alliedhealth@ilc.com.au to arrange a hard copy of the guide for yourself.



What's on...

Mondays

Social Cycling Group - Free! New!
Meet at 9.20am at The Homestead

Ballroom Fit
1 – 2pm
\$7 members | \$10 non-members
10 week course from July 16
\$63 members | \$90 non-members
Ballroom, Latin, New Vogue. No partner or experience required.

Tuesdays

Podiatry
8.30am – 12.30pm
\$20 members | \$25 non-members
Bookings are essential.

Community Kitchen New!
8.30am – 1.30pm
Volunteer to help prepare Community Lunch. Express interest at reception.

Community Lunch
12 – 1.30pm
\$8 members | \$10 non-members
Share a tasty meal at The Homestead.

Carpet Bowls
1 – 2.30pm \$2.00

Wednesdays

Walking Group
9 – 10am \$2.00
Walk to the foreshore, share a cuppa.

Crafty Friends \$2.00
9.30 – 11.30am
Share your craft over a cuppa.

Chair Yoga New!
2 – 3pm
\$7 members | \$10 non-members
10 week course from July 18
\$63 members | \$90 non-members
Suitable for all levels, this session stretches all parts of the body.

Thursdays

Tai Chi
9.30 – 10.30am
\$7 members | \$10 non-members
10 week course from July 16
\$63 members | \$90 non-members
Gentle and graceful, it improves balance and flexibility. Suitable for all levels.

Nordic Pole Walking New!
10.30 – 11.30am
\$7 members | \$10 non-members
Turn walking into an all-body exercise.

Tech Savvy Sessions
11am – 4pm \$2.00
10 weeks from July 19
Roger Meakes from the Digital Hub helps you with basic computer tasks.

Art Therapy New!
6 – 8pm
4 weeks from July 26
\$45 members | \$55 non-members
materials provided | advanced payment
Be creative with diverse media, explore life aspects in a fun & supportive way.

Fridays

Chapters (Creative Writing)
9.30 – 11.30am \$2.00
Join this friendly community writing group, share your work & get feedback.

Gardening Club Free!
9.30 – 11am
Meet at The Homestead, get growing!

Members' Drop In Day New! Free!
12 – 3.30pm
There's soup (\$3), good conversation and a movie at The Homestead.

Saturdays

Bingo
11.30 am – 3pm
Have fun with friends. Eyes down 1pm.

Special Events



Noble Falls Estate
Thursday 26 July | 9.30am – 3.30pm
\$50 members | \$70 non-members
Drive through the hills to Noble Falls for a lovely two-course lunch. Spot native animals, taste samples at Wine Dungeon, visit The Old Soap Factory.



Stringy Bark Winery
Thursday 30 Aug | 9.30am – 3.30pm
\$50 members | \$70 non-members
Enjoy wine tasting before lunch at this lovely Chittering Valley winery. On the way back we stop at Golden Grove Orange for some produce.



Ye Old Quindanning Inn
Thursday 27 Sept | 9.30am – 3.30pm
\$50 members | \$70 non-members
Enjoy morning tea at Wungong Dam then drive to Quindanning Inn for lunch. Stop in Armadale on the way back to view some local arts & crafts.

Classes and events have limited spaces, bookings are advised. Coach trips require advanced payment. For further information, check our website, phone 9361 2904 or visit us at The Homestead during office hours (8.30am–4pm)



CONNECT VICTORIA PARK INC.

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