

KNOX ACTIVE AGEING ADVISORY COMMITTEE

Thursday 30 November 2023

Time: 6.30pm to 8.30pm

**Eastgate North Conference Room, Eastgate North Building,
Knox City Council, 511 Burwood Hwy, Wantirna South**

and via MS Teams

Attendees	Present		Present
Cr Nicole Seymour, Knox Councillor	Online	Cr Meagan Baker, (Chair) Knox Councillor	Yes
Catherine Balaz – Community Rep	Yes	Christine Pow – Community Rep	Yes
Eddie Atacador – Community Rep	No	Fen Peng – Physiotherapist	Yes
Gary Cantwell – Community Rep	Yes	Geoff Deacon – Community Rep	Yes
Gerard Meagher – Outplacement & Transition to Retirement Coach	Yes	Lawrie Gaylard – Community Rep	Yes
Linda Lim - EACH	No	Peter Burns – Bridges Connecting Communities	No
Pranee Birch – Community Rep	Yes	Rachel Bast –Mountain District Learning Centre	No
Rosemarie Rambert – Community Rep	No	Shoua Liu – Community Rep	Yes
Gail Power - KCC Manager Community Access and Support	Yes	Linda Keenahan – KCC Age and Dementia Friendly Communities Project Officer	Yes
Sheridan Stone – KCC Program Lead Social Connections	Yes		
Guests	Present		Present
Bree Bloomfield – KCC Intergenerational Project Officer (Item 7.1 – stayed for whole meeting)			Yes
Margaret Kimber – KCC Communications Advisory (Item 7.2) Lindsey Pettifer, Project Lead Kerbside Reform (Item 7.2)			Online

1. Meeting Opening

1.1 Welcome & Apologies

- Meeting commenced at 6.30 pm, Cr Nicole Seymour advised that she had arranged for Cr Meagan Baker to Chair the meeting.

- Cr Meagan welcomed Gerard Meagher to his first meeting as a KAAAC Industry Representative.
- Gerard explained he is a Transition to Retirement Coach and has a passion for making a difference, which motivated him to join KAAAC.

1.2 Conflict of Interest Disclosures

None declared.

1.3 Acknowledgement of Country

The Chair, Cr Meagan Baker acknowledged that Committee members were meeting on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and paid respects to Elders past, present and emerging.

1.4 Previous Minutes

- 1.4.1 Minutes of the Previous meeting taken on Thursday 14 September 2023 were confirmed by Gary Cantwell as a true and correct record.
- 1.4.2 There were no matters arising from the previous meeting.

2. Matters for Decision

2.1 KAAAC Mission statement for social isolation

Facilitators: Gail Power, KCC Manager Community Access and Support
Linda Keenahan, KCC Age and Dementia Friendly Communities Project Officer

KAAAC members were asked to workshop a draft objective for the KAAAC Mission statement to support the 2024 theme of social isolation. The following draft was agreed:

“To champion the voice and needs of seniors. Ensuring Knox is a welcoming, inclusive and connected community for all ages, where addressing loneliness and social isolation is a shared priority of Council and community together.”

Action:

Provide any feedback/amendments on the draft KAAAC Mission statement to Linda.

Refer to Appendix 1 for further details on what was discussed, including some of the topics that could be progressed as actions.

3. Matters for Discussion

3.1 Ageism Update

Facilitator: Breeanna Bloomfield, KCC Intergenerational Project Officer

Breeanna provided an overview of the 2023 projects and achievements. For details refer to the Ageism Update presentation slides that have been circulated with these Minutes.

Refer to Appendix 2 for a summary of the Intergenerational discussion and feedback captured for proposed 2024 Ageism campaign topics.

3.2 Food Organics and Garden Organics (FOGO) Waste service post implementation pulse check

Facilitators: Lindsey Pettifer, KCC Project Lead Kerbside Reform
Margaret Kimber, KCC Communications Advisor

Lindsey Pettifer provided an update on the roll out of the FOGO waste service. For details refer to the FOGO presentation slides that have been circulated with these Minutes. Responses to the queries raised are summarised below:

- Referring to the statistics shared which showed an approximate 45% reduction in rubbish over July, August and September 2023. Lindsey confirmed that a year-on-year analysis was conducted over a ten-year period from 2013 and 2023 and had shown similar results. Though the tonnage of green waste collected is impacted, depending on rainfall.
- Residents will be eligible for an additional roll of compostable food waste bags in March 2024.
- The stickers that are being allocated to identify dwellings who are recycling correctly, following random bin assessments, are receiving a positive response.
- People who wish to opt out of a FOGO waste bin are required to provide evidence such as photos showing how their food and garden waste can be fully recycled eg photos of a compost bin and how their green waste is being fully mulched or removed by garden providers such as Jim's Mowing. Where photographic evidence was not an option, the Waste team has conducted an inspection of the property to determine whether an exemption could be approved or not.
- Multi-dwelling residencies including Retirement Villages across Knox have now received their 120L or 240L bins. In some instances, the bins are being shared communally, while others have been allocated a bin per dwelling.
- The reason for excess rubbish is often due to a lack of understanding on what can and cannot be recycled. In instances where some households are continuing to report excess waste, the Waste team will endeavor to re-educate people on which items can and cannot be recycled.

Margaret Kimber requested feedback on the FOGO Communications strategy. Responses included:

- The strategy was effective and information was clear.
- There was no confusion.
- People appreciated the information being shared well in advance.
- "The campaign was the best they had ever seen implemented in terms of communication and how smoothly it was delivered!"
- The symbols of what you can and can't include worked really well.

Questions:

- Is there a decal/sticker/label that could be included on the bin that would help people understand the bin pick up cycle? Also a sticker showing which bin collection zone they are located would help.
- Could the online calendar be printed and made into a fridge magnet? The magnetic fridge calendars highlighting waste bin collection cycles, were previously well received and are useful for those who are unable to access this information online.

Action:

Investigate whether a magnetic fridge calendar (or even a decal to stick on the bin) showing waste bin collection cycles could be printed, as there is interest from senior residents and will assist those who are unable to access this information online.

3.3 Bright Ideas / Dementia Friendly / Every Age Counts

Facilitators: Sheridan Stone, Program Lead Social Connections
Linda Keenahan, Age and Dementia Friendly Project Officer
Breeanna Bloomfield, Intergenerational Project Officer

- Sheridan provided the following update on the Bright Ideas Network, Zest4Life and Knox Seniors Festival:
 - There is currently 1614 members who subscribe to the Bright Ideas e-newsletter and 348 residents who are receiving a hardcopy via post.
 - The Bright Ideas Network meetings are scheduled every six weeks and have been rotating across Knox at various community spaces.
 - Bus trips will be scheduled as part of Zest4Life from March 2024.
 - Sheridan will work with the Bright Ideas Network to plan a Wellbeing Expo and is keen to include topics such as Transitioning to Retirement and raise awareness on how people can remain healthy and active as they age.
 - The Virtual Reality digital goggles that Your Library showcased at the Seniors Festival launch day were popular and can be used as a reminisce tool.
- Linda provided an update on the Dementia Friendly Action Plan:
 - The Dementia Friendly Launch and Mini-Expo took place at the Knox Community Arts Centre on Tuesday 19 September 2023.
 - The Knox Dementia Friendly Information Pack was developed to support people living with dementia, their carers and families to help people understand what dementia is and the supports and services that are available to them. Hardcopies were provided at the meeting, and soft copies can be downloaded from our website: [Dementia Friendly Information Pack updated 2023-11-02.PDF \(knox.vic.gov.au\)](#)
 - Copies of the Information Pack have been sent to Geriatricians and GPs.
 - Attachment 5a – MIC Aged Care Navigation Program states that their service brochure is now available in 10 community languages: English, Arabic, Greek, Hungarian, Italian, Persian, Simplified Chinese, Traditional Chinese, Tamil and Vietnamese.

According to the 2021 census data, 27% of Knox residents speak a language other than English at home. These include: Mandarin (7.3%), Cantonese (3.5%), Sinhalese (1.7%), Green (1.1%) and Hindi (0.9%).
 - Feedback on other documents to include in the Information Pack were as follows:
 - Tips on how to manage dementia and live well eg: importance of social connection, maintaining a balanced diet and exercise

- Tips on how to care for someone with dementia, who you are living with including: communication, managing your emotions etc.
- Your Library has a digital library and members can download movies from ‘Kanopy’: [Kanopy - Stream Classic Cinema, Indie Film and Top Documentaries.](#)
- o Linda is seeking opportunities to meet with social clubs (including CALD communities) to run dementia awareness sessions in 2024.
- o A brain health cooking demonstration and reminiscence activity are also being considered.
- o Members of Your Library are able to download movies as part of their subscription.
- Breeanna advised that The Benevolent Society will shortly be transferring the EveryAge Counts campaign to a new independent legal entity to be known as EveryAge Counts Limited.

3.4 Other matters for discussion

- Gerard noted that unless people are connected to their local library, U3A Knox or other community group, it is challenging for those who are transitioning to retirement to discover what is available to them. How do people find this information if they aren’t connected to any group or service provider?

Gary mentioned there is a community directory that is available on the Living Our Best Life website: [Social Groups | \(knoxlearningalliance.org.au\)](#)

- Living Our Best Life has opened their 10th Talking Café (there are two in Knox: Crave café in Boronia and Coonara Community House in Upper Ferntree Gully) and the rest are spread across Maroondah, Manningham, Whitehorse and Yarra Ranges. A Talking Café is being considered for Wellington Village.
- Pranee expressed her interest in volunteering to run exercise and mindfulness classes. Linda will introduce Pranee to the U3A Knox President, as all U3A Knox Facilitators are members who volunteer their time.
- The 3G Network will be shutting down from 15 December 2023. Concerns were raised given the increasing fear of scams and that some users of the 3G network, may be ignoring the email notifications from their communications provider.

Action:

- **Add details of the 3G Network shutdown to the Bright Ideas newsletter.**
- Registered incorporated associations using model rules will automatically be governed by new model rules from 18 November 2023. Associations should review and circulate the new rules to members to ensure that everyone knows their rights and obligations. For details go to the Consumer Affairs Victoria website: [New regulations governing incorporated associations in Victoria - Consumer Affairs Victoria](#)

Action:

- **Ensure senior clubs in Knox are aware of the changes to the model rules used by registered incorporated associations, which will take place from 18 November 2023.**

4. Matters for Discussion

4.1 Upcoming Events

- Please refer to Appendix 3 to see a list of forthcoming events.

5. Meeting Finalisation

5.1 Review Actions to be taken

- Gail identified the following four Actions:
 1. Provide feedback on the draft KAAAC Mission statement (refer Item 2.1)
 2. Summary of the Intergenerational discussion covered under Item 3.1, plus feedback captured will be included with Minutes (see Appendix 2)
 3. Dementia Friendly feedback discussed will be noted in Minutes (see Item 3.3)
 4. Attach a list of the Upcoming Events that were covered in Item 4.1 (see Appendix 3)

5.2 Meeting Evaluation

- Going forward, more clarity and clearer communication is requested when members are required to prepare for a discussion prior to a KAAAC meeting. So that they are aware of what is required of them and can come prepared. This was raised following Item 2.1 KAAAC Mission statement for social isolation.

5.3 Next meeting

- Our next meeting will take place in February 2024 and the meeting schedule for the whole year will be circulated in due course.

Action	Who	Status
Provide any feedback/amendments on the draft KAAAC Mission statement to Linda.	All	
Investigate whether a magnetic fridge calendar (or even a decal to stick on the bin) showing waste bin collection cycles could be printed, as there is interest from senior residents and will assist those who are unable to access this information online.	Margaret Kimber	

<p>Add details of the 3G Network shutdown to the next Bright Ideas newsletter.</p>	<p>Sheridan</p>	<p>In Progress: a reminder will be placed in the first edition for 2024.</p>
<p>Ensure senior clubs in Knox are aware of the changes to the model rules used by registered incorporated associations, which will take place from 18 November 2023.</p>	<p>Sheridan</p>	
<p>Advocacy letter to be sent to the Minister (for Housing of Victoria, The Honourable Colin Brooks MP) requesting consideration be given to enable people to rent out a room, without the extra money having an impact on their income (there was a suggestion to refer to the international /exchange student framework that enables people to supplement their income without being taxed).</p>	<p>Camille</p>	<p>To commence: Advocacy to occur at completion of the project (November 2023) to maximize impact and have support from Knox City Council.</p>

Mission Statement Workshop Notes

The following statement was proposed and workshopped:

“To foster a connected and vibrant community by addressing social isolation and loneliness and promoting social inclusion for all residents.”

Feedback on the above mentioned statement included:

- Fits with Council’s vision
- Raise awareness of social isolation and remove the stigma
- Provide opportunities for people to share their lived experience of isolation
- Vibrant? Could we include the word and welcoming?
- Include words such as connected, supported, inclusive/belonging and equality
- For all residents? Or do we need to make it clear our statement is from an active ageing perspective?

Actions:

- We need to identify outcomes, so that at the end of 2024 we can reflect on whether we achieved our mission.
- Raise awareness of social isolation
- Loneliness and isolation
 - We need to understand the definition, before we can act
 - What are the reasons/cause?
 - Counselling / Dial a Buddy
 - Community partners eg U3A Knox could offer a friendship forming course
 - Empower clubs so that they know how to welcome new guests into their club
 - Friendship vs Acquaintances. How to move acquaintances into friends? Encourage ways for people to extend past seeing each other once a week at a course, workshop or setting.
 - Create networks within community

The actions might be:

“Locate the need, identify the reason and find solutions for loneliness and isolation.”

“Create meaningful and empowering avenues for defeating loneliness and isolation.”

“Creating pathways for turning loneliness and isolation into community belonging”.

- How do we find and connect people who are socially isolated and/or lonely?
 - A referral service eg Neighbours/GP
 - App – snap, send, solve!
 - GPs/Hearing Australia (Westfield)/Allied Health – Living Our Best Life Program and sign posting
 - Identify champions, so people know who they can approach within community
 - Empower community groups and partners to deliver services and refer.

Communication

- How do we reach/seek the people who aren't already accessing our services?
- Can we produce more than four hardcopy Knox News publications each year?
- We need to be able to leverage off all services that we offer

(Ageism) Intergenerational summary and feedback

Groups we currently partner with for intergenerational projects include:

- Retirement Villages and Age Care facilities
- Community groups eg Geoff Deacon is currently involved in the delivery of an intergenerational program called Knox Nocturnals. This is a collaboration between Rotary, Knox teenagers and the Empowering Communities Working Group. Other groups include: local Knox kindergartens, primary and secondary schools, Your Library and U3A Knox.

What other organisations/services could we partner with in 2024?

- Multicultural and religious groups/churches:
 - Shoua is on the Knox Multicultural Committee
 - Pranee offered to share any promotional materials with her Temple social group.
 - Eddie has created a diverse group with his Chess. Christine is keen to include a broader group with her Gin Rummy at the Knox Express Your Library.
- Private/Independent Child Care Centres and playgroups
- Gyms and exercise classes
- Community Houses are looking for new sessions to offer

Suggested topics for 2024 Ageism campaign

For background Knox has celebrated Ageism Awareness Day for two consecutive years and organized the following events:

- ‘A Question of Age: In Conversation with Jacinta Parsons’, which took place on Sunday 1 October 2023 at The Round in Whitehorse. Delivered by the Eastern Elder Abuse Network (EEAN) this was a collaboration between Knox City Council and other neighbouring Councils, Eastern Community Legal Centre, Elder Rights Victoria, Your Library, Women’s Health East and the State Government.

Feedback from Knox participants indicated that Nunawading was a bit too far for residents to travel and while scheduling the event on a Sunday coincided with International Day of Older Persons (1 October each year), a Sunday event proved to be a challenge when attracting participants and resulted in low attendance.

- Ageism Awareness Day at the Boronia Bowls Club took place on Friday 7 October 2022 and highlighted an intergeneration friendship between 8-year-old Levy and senior club member Patrick.

For details watch the following video:

https://youtu.be/bWdwVzq2IPg?list=PLWyR6eTY20713Le_OzDKgcW9Gs93gcsaA

- An article highlighting the intergenerational program between The Basin Kindergarten and Martin Luther Homes was featured in the November/December 2023 edition of the Knox News. You can view the article on our website: [Bridging the generation gap | Knox](#). The Australian Institute for Intergenerational Practice shared this article on their Facebook page on 19 November 2023 at 3.48 pm: [\(15\) Facebook](#)

- How can we include people who are isolated? For some they are stuck, and others don't know any other way than remaining isolated. Bree referred to an example where they selected people who were known to be isolated and connected them with more vulnerable children. It was hugely successful and the technique of tapping, connecting and encouraging is a great way to help people find their purpose.
- Adopt a grandparent/friend. See details of the Care for Kids Adopt-a-Grandparent programme: Adopt-a-Grandparent programme - CareforKids.com.au®
- There are also Big Brothers Big Sisters programs : Big Brothers Big Sisters Australia - Big Brothers Big Sisters
- Ageism in employment – raising topic of ageism at business expo events. Employers need to be aware that older people have value and that relying on younger people won't fulfill the skills shortages.

Promoting the Voices of 55s Exhibition

- The Voices of Over 55s photo exhibition and short film was created by the Bright Ideas Network in 2019 with the objective of challenging ageist stereotypes. It was initially displayed at Knox Community Arts Centre in November 2019, followed by Knox City Council's Civic Centre in December 2019.

Thereafter, it was intended that the exhibition would rotate throughout various community spaces, however, the Covid-19 lockdown and restrictions meant plans were stalled. That is until recently when Your Library hosted the exhibition at Miller's Homestead which attracted over 300 participants.

There are plans to showcase the exhibition at the new Knox Your Library when it opens at Westfield in 2024. Suggestions for other locations included:

- Community Houses
- Other Your Library locations
- U3A Knox Fairpark (when open)
- Return to Knox Civic Centre foyer and Rowville Community Centre and Carrington Park
- The Kindergarten Hubs
- Community Space at Westfield Knox and Stud Park Shopping Centre in Rowville
- Knox Netball facility
- Stamford Park
- Knox Historical Society
- StudPark shopping Centre – ** need to work out a way to show the movie!! Because that's the most powerful. Minimum of 2 weeks, ideally a month.
- Other comments relating to the Exhibition included:
 - The duration for each display should be a minimum of 2 weeks, ideally 4 weeks.
 - A request to include screenings of the film along with the photos. To view the videos refer to the following links:

Short film:
<https://www.youtube.com/watch?v=dZsGDfzG844&pp=ygUXa25veCB2b2ljZXMgb2Ygb3ZlciA1NXM%3D>

Full length:
https://www.youtube.com/watch?v=HEHKb7_M4_w&pp=ygUXa25veCB2b2ljZXMgb2Ygb3ZlciA1NXM%3D
 - Include a QR code and offer people a prize as an incentive to interact and explore the display
 - Consider ways to engage kids (Miller's included teddy bears in the room). Could link in with colleagues in the Youth Team to find ways of encouraging schools to visit the exhibition.

Upcoming events (note this is not a complete list)

Bright Ideas Network meeting - free

We are the voice of Over 55s in Knox. We work on events, project and issues that are important.

Date: Tuesday 12 December 2023

Time: 2pm to 3.30 pm

Location: Carrington Park Leisure Centre

A Very Musical Christmas Presented by SLAMS Music Theatre

Join esteemed local Music Theatre Company SLAMS for a merry, fun-filled Christmas music celebration!

Date: Tuesday 5 December 2023

Time: 11am to 12.15 pm

Location: Knox Community Arts Centre, Bayswater (9729 7287)

Cost: \$22 Adults, Concession \$20

Walk for Carers - free

Orana Neighbourhood House and Belinda Carney in Access and Inclusion are starting up a walking group for carers. Ideally for carers who are caring for someone with disability or mental illness.

Date: Thursday 7 December (and will continue in February 2024)

Time: 9.30 am

Location: Start at Orana Neighbourhood House, 62 Coleman Road, Wantirna South (9801 1895)

Knox Carols by Candlelight 2023 - free

Date: Saturday 9 December 2023

Times: Family activities: 4pm to 8pm | **Preshow entertainment** 5pm-7.30 pm |

Main Carols concert: 8pm to 10pm | **Fireworks:** 10pm to 10.15 pm.

Location: Wally Tew Reserve, Ferntree Gully

Bright Ideas Network meeting - free

We are the voice of Over 55s in Knox. We work on events, project and issues that are important.

Date: Wednesday 7 February 2024

Time: 2pm to 3.30 pm

Location: Ambleside Homestead, 3 Olivebank Road, Ferntree Gully

12 Superfoods for Brain Health

Our brain is the command centre for our nervous system and is involved in all of the functions of our body mind and emotions. It controls our ability to think clearly, to learn, to remember, make smart decisions, problem solve and have emotional equilibrium and proper sleep. The role of nutrition in supporting brain health is vital.

In this class we cover 12 brain boosting health foods when incorporated into your diet can improve brain health. They provide protection against free radicals, have anti-inflammatory effects, increase blood flow for optimal brain cell function. These foods have been found to improve mental health and lower the risk of age related cognitive decline.

Join us in this two-part workshop. Part one is theory where we discuss these amazing 12 brain boosting foods Part two is practical where try some of them and discuss how we can incorporate them into our diet.

Dates: Two-part workshop (theory & practical) Sat 17 & 24 February 2024

Time: 10-12pm

Location: Orana Neighbourhood House, 62 Coleman Road, Wantirna South (9801 1895)

Cost: \$60

Age Friendly Cities 2023 survey - small group sessions - free

Small group sessions will be scheduled to explore the common themes of the Age Friendly Cities 2024 survey and identify. Feedback from the survey and small group sessions will assist with the preparation of the progress report to be submitted to the World Health Organisation.

Option 1

Date: Monday 26 February 2024

Time: 1.30 pm to 3pm

Location: Eastgate North Conference Room

Option 2

Date: Tuesday 27 February 2024

Time: 1.30 pm to 3pm

Location: Eastgate North Conference Room

Option 3

Date: Thursday 29 February 2024

Time: 10.30am to 12pm

Location: Eastgate North Conference Room

Knox Regional Netball Centre Community Fun Day

Date: Saturday 24 February 2024 (originally planned for 3 December 2023)

Time: 10am to 2pm

Location: Knox Regional Netball Centre, 9 Dempster Street, Ferntree Gully

Knox Festival – free

Date: Saturday 2 March 2024

Time: 10am to 10pm

Location: Wally Tew Reserve, Ferntree Gully