

# Ageing Well News & Information

**Newsletter**  
July / August 2023



## Getting Involved: Woodworking

**Are you a retired builder, cabinet maker, chippy or have experience in woodworking?**

**Are you a people person, like to keep things organised and have time to spare?**

The Community Workshop, run by the Rotary Club of Morialta has recently extended it's workshop facility and is looking to grow the program. The group is now looking at expanding and are looking for the right people to help develop the program. We know that in retirement, it is vital to stay connected with others, to engage in meaningful activities and to enjoy the things that we do. Initiatives such as the Community Workshop provide opportunities to work with others, to use the skills, talents and abilities developed over a lifetime and to give back to the community.

If you are interested in putting your woodwork skills to use and getting involved in a great community initiative at an exciting time of growth please contact Bianca on 8366 9272 or email [bconnelly@campbelltown.sa.gov.au](mailto:bconnelly@campbelltown.sa.gov.au)

## Going Digital: Getting Involved and Staying Safe

The world around us is becoming increasingly digitalised, and as an older person, you may be feeling the pressure to adapt to the online environment. The Internet can feel like a daunting place, particularly as we hear about scams, hacks and viruses. Studies show, however, being digitally present and learning how to use technology and the Internet can have immensely positive effects on the general wellbeing of older people, and can help you connect and engage with others around you.

There's a stigma that 'older people struggle to learn how to use basic technology'. This stereotype promotes a harmful and false ideology about ageing, and as older people are aware of it, they may fear embarrassment seeking help in learning to use technology, and therefore avoid the situation all together.

**Digital Literacy** refers to a range of skills that help you use technology safely and effectively and to participate in the digital world.

Despite what some believe, many older people have positive attitudes towards technology and acknowledge the benefits of its use for reaching others, staying in touch and meeting new people. Using the Internet can help you maintain bonds with loved ones, reconnect to your community and form new social networks – helping you to maintain higher levels of wellbeing. Video calling services including FaceTime, Skype, Messenger, WhatsApp and Zoom will allow you to see and speak with family and friends, and social media platforms can help you interact with others who share common interests.

**Want to Learn More?** There are many free ways to get help and learn about technology. The Campbelltown Library runs excellent free digital literacy and digital help programs (see page 6), and the below Be Connected Program is run by the Australia Government.

Free online presentations



Be Connected

Every Australian online.

## Be Connected Presentations

eSafety's free online Be Connected presentations provide older Australians with the knowledge and skills to use technology with confidence and keep safer online.

Join our live streamed presentations to be stepped through the essentials, in an easy to understand format with our knowledgeable and friendly presenter.

**Audience:** Older Australians

**Location:** Online

**How to book:** Register to book your spot at [beconnected.esafety.gov.au/bookings](https://beconnected.esafety.gov.au/bookings)

### July

- 11 - Government websites
- 13 - Smart home technology
- 25 - Technology for health
- 27 - Can you spot a scam?

### August

- 1 - Protect yourself against scams
- 3 - iPhone basics
- 15 - Selling safely online
- 17 - Transport apps

### September

- 5 - Android phone basics
- 7 - Smart home technology
- 19 - Government websites
- 21 - Technology for health

## Dying to Know Day - 8 August 2023



*“Australians on the whole, don't talk openly about death and dying. It's one of those topics that makes people feel uncomfortable, which is really interesting, cause we can talk about most things openly, but not about death and dying. That causes a lot of problems because people aren't prepared for it.” Ken Hillman, intensive care clinician, professor of intensive care at the University of New South Wales.*

Thinking about what happens at the end of life is an important topic for everyone to think about at any stage of life. Many people don't want to accept that their partners, parents, grandparents, partners, relatives and close friends will eventually pass away, but it happens. Having a meaningful end-of-life conversation can prevent a host of unnecessary suffering, both for the dying person and their loved ones. Dying to Know Day is an annual campaign that encourages and empowers all adult Australians to be strong self-advocates for their own personal planning when it comes to their future. This includes talking about and organising:

- Preparing a Will
- Understanding Enduring Guardianship
- Advanced Care Planning
- Securing your Super
- Planning a Send-Off

During August, adults at all stages of life are encouraged to take individual action, hold events, gatherings at home, and much more, all to improve their knowledge around choices for their end-of-life. Throughout the website you'll find helpful guides, toolkits and resources to support taking action to 'get dead set' and having conversations with the people most important to you about your unique choices and wishes for your end-of-life.

#GetDeadSetMyWay. Visit <https://www.dyingtoknowday.com> for more information.

## Tell your Story: Seeking Stories and Experiences of Ageism

Council is developing a training tool for Local Government staff that focuses on the ageist assumptions and unconscious bias that impacts older people in our community every day. As part of this project, we want to share stories of older people in our community who have been treated in negative ways solely because of their age.

### *An Example*

*In a customer service environment, an older person begins a conversation with the customer service officer. The officer begins to speak in a very slow, loud and condescending manner to the older person, making assumptions that the older person is hard of hearing and has difficulties understanding.*

*This decision is made purely based upon the assumptions that because of their age, they need to be spoken to in this way. The behaviour makes the older person feel upset, embarrassed and inadequate.*



Your story might be something that has happened as part of a customer service experience, in the workplace or in a voluntary role, whilst exercising and keeping fit, using technology, or just going about your daily business. If you would like to help contribute to the development of the training and share your story, please contact Bianca on 8366 9272 or email [bconnelly@campbelltown.sa.gov.au](mailto:bconnelly@campbelltown.sa.gov.au) by the end of July.

### **Foodbank Mobile Food Hub**

The Foodbank Mobile Food Hub provides help in the form of low-cost grocery items for individuals and families in financial distress. Free fresh fruit, vegetables and bread are also available.

The Foodbank mobile van is at St Martins Anglican Church, 3 Gorge Road Paradise every second Wednesday from 12:30 - 1:30pm.

The next dates are: 12 & 26 July 2023, 9 & 23 August 2023

For more information contact 8351 1136 or email [reception@foodbanksa.org.au](mailto:reception@foodbanksa.org.au)



## Nutrition into Ageing

Nutrition is critical for health and wellbeing at all stages of life. Healthy behaviours throughout life, in particular eating a balanced diet and engaging in regular physical activity contribute to reducing the risk of disease and improving physical and mental capacity in older age. Even though many older adults need fewer calories, they need just as high or even higher levels of some nutrients, compared to younger people. This makes it very important for older people to eat a variety of whole foods, such as fruits, vegetables, fish and lean meats. These healthy staples can help you fight nutrient deficiencies, without expanding your waistline.



Council recently held Nutrition into Ageing sessions at the ARC Campbelltown, where nutritionist and personal trainer Mel Gillard spoke to community and Fit for Life members about nutrition into ageing. In the session Mel shared useful and practical tips on how older people can maintain nutrition.

### Top Nutrition Tips

- ◆ Great sources of protein – meat, poultry, seafood, eggs, dairy (especially Greek yoghurt and cottage cheese), nuts and legumes
- ◆ Eat protein each day. 1-1.2g of protein per kilo of body weight as a minimum per day (e.g. if you weigh 75kg, eat at least 75g - 90g of protein)
- ◆ Drink enough liquid – at least 1.7 litres per day (this is roughly 7-8 cups). This includes water, tea, water based coffee and low fat or skim milk or milk alternative, sugar free drinks in moderation
- ◆ Everything in moderation – eat the cake, sometimes!
- ◆ Watch:
  - \* Alcohol intake
  - \* Refined sugars (white, brown, palm sugars and high-fructose corn syrup)
  - \* Saturated fats (animal fats, full-fat dairy and some oils. Sometimes called ‘solid fats’ because they solidify at room temperature)
- ◆ Fruit is great, but some are high in sugar.  
*Enjoy sparingly: mangos, grapes, cherries and pears*  
*Enjoy great low sugar options: strawberries, raspberries, kiwi fruit, rockmelon and papaya*
- ◆ Enjoy a range of both fruit and vegetables each day

# What's on at **CAMPBELLTOWN** Library

Where indicated, event bookings are required and can be done through eventbrite  
For any enquiries please contact the library on 8366 9299 or [library@campbelltown.sa.gov.au](mailto:library@campbelltown.sa.gov.au)

## REGULAR PROGRAMS

### Digital Help Drop Ins

**Every Monday, Wednesday, Friday  
1pm-3pm and Saturday 10am-12pm**

Campbelltown Library IT Suite

Adult | Free | No bookings needed

### Absolute Basics—Computers for Beginners

**Every Wednesday 10am-12pm**

Campbelltown Library IT Suite

Adult | Free | Booking essential

### Beyond the Basics—Intermediate Computing

**Every Tuesday 1pm-3pm**

Campbelltown Library IT Suite

Adult | Free | Booking essential

### Makerspace Drop In

**Every Monday 1—5pm**

**Every Tuesday 6pm-8pm**

**Every Sunday 1:30-3:30pm**

Makerspace

Adult | Free | No bookings needed

### Sewing and Craft

**Every 3rd Tuesday 6 -8pm**

**Every Thursday 10am-12pm**

Makerspace | Adult | Free | No bookings needed

### Introduction to Virtual Reality

**Every 1st and 3rd Monday 2:30-4:30pm**

Makerspace

Adult | Free | Bookings essential

### Campbelltown Gardening Group

**Every 1st Tuesday 11am-12pm**

Makerspace

Adult | Free | No bookings needed

### RAA Presents Years Ahead

**Wednesday 5 July 11:30am - 12:30pm**

Library Meeting Room

Adult | Free | Booking Essential

### John Eden Savill—Cartoonist & Horse Trainer

**Wednesday 26 July 1 -2pm**

Library Meeting Room

Adult | Free | Booking Essential

**Bookings: [www.campbelltownlibrary.eventbrite.com](http://www.campbelltownlibrary.eventbrite.com)**

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## **AGE 50+ ADULT PROGRAMS**

All sessions are free || Campbelltown Library IT Suite || Bookings Essential

### **Computer Mouse Skills**

**Wednesday 5 July 11am-12pm**

### **Photos with your Android Camera**

**Tuesday 15 Aug | 10am-12pm**

### **Online Security & Scams Awareness**

**Tuesday 25 Jul | 10am-12pm**

### **Learn a language with Transparent**

**Wednesday 16 Aug | 11am-12pm**

### **Introduction to the Libraries SA App**

**Wednesday 26 Jul | 11am-12pm**

### **Budgeting in Excel**

**Tuesday 22 Aug | 10am-12pm**

### **Photos with your iPhone Camera**

**Tuesday 8 Aug | 10am-12pm**

### **Introduction to LinkedIn Learning**

**Wednesday 23 Aug | 11am-12pm**

### **Introduction to the Road to IELTS App**

**Wednesday 2 Aug | 11am - 12pm**

### **Typing Test**

**Wednesday 30 Aug | 11am-12pm**



**Bookings: [www.campbelltownlibrary.eventbrite.com](http://www.campbelltownlibrary.eventbrite.com)**

## Local Events

### Voice to Parliament Community Chat

Join us for a chat with local First Nations residents talking about Voice to Parliament: what it is and what it means to them.

The chat includes:

- An overview of what the Voice to Parliament is and how the referendum works
- Local First Nation residents will share their view on the Voice to Parliament
- Time for networking over refreshments

When: Wednesday 12 July 7 - 9pm

Where: Campbelltown Council Chambers

This is a free event. Bookings via Eventbrite

<https://www.eventbrite.com.au/e/voice-to-parliament-community-chat-tickets-638546428557>

Or contact Tracy on 8366 9214.



### VIEW Club Campbelltown/Payneham

VIEW offers a network for women to connect in the community, to enjoy social activities and develop lasting friendships while supporting the work of The Smith Family: providing long-term educational support for Australian children in need. VIEW Campbelltown/Payneham invite you to a monthly luncheon and interesting guest speaker each month.

When: Second Thursday of the month at 11am for 11:30am start.

Where: San Giorgio La Molara Community Club

11 Henry St. Payneham 5070

For further information and bookings please contact Jan 0419 847 087 or Jennie 0418 364 512.



### Community Connections Cafe

Everyone is welcome at the Community Connections Café. Meet friendly faces and connect with the Campbelltown Community whilst enjoying a chat over coffee & morning tea, get active with some chair exercise followed by a delicious lunch. Coin donation.

When: Second and Fourth Wednesdays of the month 10:30am

Where: Campbelltown Memorial Oval

For further information contact 8366 9222

A Local Community Initiative By



Supported By





# Campbelltown Pizza Festival

**Tantalise your taste buds this July with the Campbelltown Pizza Festival!**

The Campbelltown area has long been known as having a large and vibrant Italian community and it's still a secret haven for pizza lovers with authentic Italian restaurants dotted all over the place.

The Campbelltown Pizza Festival returns in 2023, with some of the region's best pizza and pasta restaurants hosting events and serving up delicious menus to tantalise your taste buds.

The festival will be held throughout the month of July to showcase the wonderful local pizza venues in the Campbelltown area. Participating pizza festival venues will be offering up pizza and pasta specials, and each venue will showcase South Australian entertainment.



## Dining Events

**Café Settebello - Tuesday 4 July 6 - 9pm**

Bookings: 8336 5599

\$20 pizzas all night (\$5 extra for seafood) & Live Music.

**Café Va Bene - Wednesday 5 July 5:30 - 8:30pm**

Bookings: 8365 3637

Monster Calzone Challenge.

**Brookside Cellars - Saturday 8 July - 12 - 3pm**

Bookings 8366 9222

17 Moore St Tranmere. Live Music. Pizza.

**Rezz Hotel - Thursday 20 July 5:30 - 9:30pm**

Bookings 8337 2888

20% off all pizzas. Live Music.

**Da Mario Pizzeria - Wednesday 26 July 6 - 9pm**

Bookings: 7365 1477

Live Entertainment. Pizza.

**Fine Food Cucina - Friday 28 July 6 - 9pm**

Bookings: 7337 4899

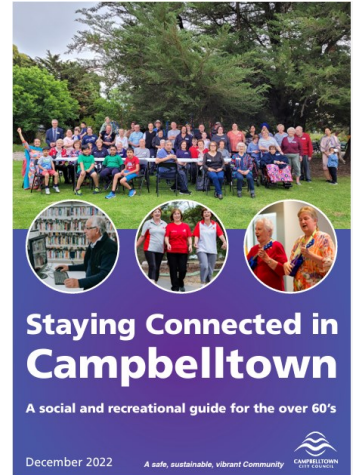
Pizza and Pasta. \$50 adults \$25 kids. Live Music.

## Arts and Culture

Living longer is one thing, but how do we increase our chances of staying well, maintaining a healthy brain and a healthy mind as we approach the twilight years? Staying both mentally and physically active is important for social, cognitive and emotional wellbeing as well as delaying, or preventing, the onset of dementia.

Creative activities offer a promising approach to engage thinking, emotions, creativity and imagination; and complement physical activity to promote well-being in older adulthood. Engagement in creative activities is associated with a range of benefits, including improved mood, social connection, life-long learning and living a satisfying, happy life.

There are so many ways for community members to get involved in arts and culture in Campbelltown. In Council's Staying Connected in Campbelltown guide you can find many community ways to get involved.



Original artwork by local artist, James Parker recognising the diverse arts community in Campbelltown

# SALA South Australian Living Artists Festival

The South Australian Living Artists (SALA) Festival is a state-wide festival of visual art. The SALA Festival was established in 1998 to promote and celebrate the many talented visual artists in South Australia. Each year, SALA takes the work of around 8,000 emerging, mid-career and established South Australian artists to more than 500 venues across the state.

## Exhibition: TWogether

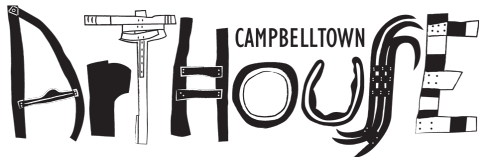
In 2023, ArtHouse Campbelltown and Ripples Community Arts Inc come together to host a joint exhibition entitled TWogether.

Exhibition Dates: Saturday 5 - Saturday 26 August

Days and Times: Wednesday - Friday 10am - 2pm, Saturday, Sunday 12 - 4pm

Opening Event: Friday 4 August 6:30 - 8:30pm (bookings required)

Bookings: <https://www.eventbrite.com.au/o/campbelltown-arthouse-30580386684>



## Exhibition: Finding Solace - Along the Path and Away from Here

The Campbelltown Community Arts Grants Program proudly supports SALA Exhibition *Finding Solace: Along the Path and Away from Here* by artists Beiha-Malen Yanez and Chloe Bower.

Exhibition Dates: Tuesday 1 - Thursday 31 August

Opening Event: Sunday 30 July 3pm

Contact: [catlinwines.com.au](http://catlinwines.com.au)

0411 326 284

Venue: Catlin on Magill, 563 Magill Rd Magill



## What's on in Campbelltown

JULY 2023		
Thu 6	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Sat 8	Pizza @ Brookside	Brookside Cellars Community
Sun 9	Repair Café & Magill Sunrise Market	Campbelltown Memorial Oval
Wed 12	Community Connections Café	Campbelltown Memorial Oval
Thu 13	Voice to Parliament Community Chat	Campbelltown Council Chambers
Thu 20	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Wed 26	Community Connections Café	Campbelltown Memorial Oval
AUGUST 2023		
Thu 3	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Sun 6	Lochend House Open Day	Lochend Drive
Wed 9	Community Connections Café	Campbelltown Memorial Oval
Sun 13	Repair Café & Magill Sunrise Market	Campbelltown Memorial Oval
Thu 17	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Wed 23	Community Connections Café	Campbelltown Memorial Oval
Thu 31	Café Connect	Clay Cup Café, Rostrevor Baptist Church

**To receive this newsletter straight to your email inbox,**

**subscribe by contacting Bianca Connelly**

**8366 9272 ~ [bconnelly@campbelltown.sa.gov.au](mailto:bconnelly@campbelltown.sa.gov.au)**