

Living as a Senior

in Launceston

Newsletter

Edition 20, April 2020



Mayor's Message

Welcome to the autumn edition of Council's Living as a Senior in Launceston Newsletter for 2020.

What an unprecedented time we are having at the moment with the outbreak of COVID-19. The City of Launceston is actively monitoring the outbreak of coronavirus and is constantly liaising with health authorities. If you think you might have COVID-19 because of recent travel or contact with a confirmed case, please phone the Tasmanian Public Health Hotline on 1800 671 738.

Due to COVID-19, the City of Launceston has decided to schedule the Seniors Morning Tea for later in the year. The health and safety of our community is our highest priority. We will be in contact when this date has been released.

On a brighter note, Music in the Park was once again a very successful series of events held throughout January. We had close to 1,400 people attend these free sessions in our beautiful City Park.

The standard and mix of musical styles featured this year was just wonderful. It is great that each year a consistent number from our community come to these events and experience the joy they provide. How fortunate we are to have so much musical talent available in our beautiful city.

In January we also experienced as part of MONA FOMA the incredible King Ubu puppet extravaganza. The three night event was a huge success for locals and visitors with the Cataract Gorge grounds alive with entertainment.

Our annual fuel reduction burn program started on Monday 16 March and will continue through until May. In total, 16 fuel reduction burns have been planned at locations across the municipality with multiple burns at some sites.

Whilst we all endeavour to keep up to date with changes in regard to COVID-19, please do look after your mental health and take any opportunity to chat with friends and family via text or phone, or read that book that you haven't started as yet.

Even with so much going on at the moment please remember your flu vaccinations and to replace your smoke alarm batteries.

Look after yourself and stay safe.

Albert van Zetten
Mayor

Celebrating Seniors Morning Tea and Information Session

At this time the Seniors Morning tea will be postponed until later in the year. A date has not been scheduled as yet.

For more information please contact Community Development Project Officer Yvette Harmey on 0363 233288 or

Yvette.Harmey@launceston.tas.gov.au



Restricted visits to residential aged care facilities

The Australian Government has put restrictions in place to protect residents and workers in residential aged care facilities. You *may* be allowed to enter an aged care facility if you are:

- A person providing care and support to a resident of the facility
- The visit lasts less than two hours
- The visit involves no more than two visitors per resident at any one time
- The visit takes place in the resident's room, outdoors or in a private area that is designated by the facility for the purpose of the visit

Even if you meet the above criteria, there are still restrictions on whether you can enter. Please contact the aged care facility directly to receive updated information.

Supermarkets open exclusively for the elderly

Supermarket chains Woolworths and Coles have adjusted their trading hours to help seniors shop for necessities in less crowded aisles. Doors are open from 7am-8am on selected days exclusively for the elderly and disadvantaged.

Please check Coles and Woolworths websites for updated information.

Harvest Launceston online

Due to COVID-19 Harvest Launceston is now an online market. Grab your fresh Tasmanian produce by ordering between Saturday and Wednesday 3pm for delivery the following Saturday (Market Day)

Go to: www.harvestmarketonline.org.au



Fitness at home

Healthy Tasmania is now hosting Facebook live sessions designed to get people thinking about ways to stay healthy while in self-isolation. Healthy Tasmania has even hosted City of Launceston Mayor Albert van Zetten in their workout! Look up Healthy Tasmania on Facebook and join in on the fun. LAFIT will also soon be operating short online daily workouts. Keep an eye on the City of Launceston website for more information.



Meet Sheila— Living as a senior in Launceston

The City of Launceston is currently putting together the Access Framework. This framework will outline actions to ensure the best possible outcomes for our residents living with a disability and those caring for those living with a disability.

Launceston resident Sheila shares her story.

Sheila (84) arrived in Launceston from England via East Africa when her husband John got a job at the Launceston Hospital. Only one of her three children still lives in Launceston, with the others in Hobart. Unfortunately, John passed away many years ago and Sheila has not driven since then. Although Sheila is very active and in good health for her age, she recognises that as people age, they acquire different infirmities and she is no exception to this. Her frustration with ageing is the impact this has on her ability to get out to the events and activities she enjoys.

Sheila is a well respected poet, and a published author. She is an active user of the School for Seniors and often leads book sessions. Her interests also include art, film and she loves the sound of the accordion so enjoys some of the music sessions. The library is one of her favourite destinations - she finds the staff incredibly welcoming and accepting of all user needs. Being an avid reader, Sheila loves the library but she is also very happy to sit and chat with the many like minded people who gather around the café or meeting rooms simply to be able to chat to other people.

Access to information and transport is Sheila's biggest barrier to participation in all these activities. She has struggled with the recent bus changes and finds it very difficult to source the new timetables.

Being more active than some of her fellow students at School for Seniors, she does find it worrying that others are now not able to access the School and hence membership is declining. Similarly, she enjoys participating in some of the seniors exercise classes at the Launceston Aquatic Centre as she thinks it is a beautiful venue but she does struggle with the steps, and notes that others find the car parking difficult.

New Waste Contractor for City of Launceston

You will notice that the kerbside collection of your waste and recycling will be undertaken by Veolia starting 6 April 2020. Veolia are currently collecting FOGO in Launceston. Collection days will remain the same but there may be changes to collection times so please make sure your bin/s are at the kerb by 6am on the day of collection.

Bear with us during this changeover phase and if a bin is missed please contact our Customer Service Centre on 6323 3000 or via email contactus@launceston.tas.gov.au so that we can organise to have your bin collected.

The Council has recently announced that it has closed its waste transfer station at Remount Road for non-essential users to fall in line with the State Government's COVID-19 control measures.

This announcement will not affect regular household rubbish, recycling and FOGO services.

The closure is temporary for a four-week period.



Coronavirus Health Information

Please call 1800 020 080 if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

State and Federal health authorities are the lead agencies in developing and implementing Australia's response to the COVID-19 pandemic.

For the latest advice on how to manage your health and what to do if you feel unwell, visit the Department of Health website here:

www.coronavirus.tas.gov.au

If you need support:

Lifeline anytime of the day or night on 13 11 14. Lifeline Text is also available nightly, 6pm -midnight, (AEDT) on 0477 13 11 14.

Beyondblue is 24/7 at the Beyond Blue Support Service on 1300 22 4636 or at beyondblue.org.au/getsupport for online chat (3pm-12am AEST) and email.

For practical tips and advice about managing feelings of uncertainty, stress and anxiety associated with the coronavirus (COVID-19) outbreak, and links to several reliable information sources, visit bb.org.au/33e5eOL

Head to Health if you are trying to improve your own mental health, or support somebody else with mental health issues. Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. www.headtohealth.gov.au/

COVID-19 Fact Sheet for Older Australians

COTA Australia and the Australian Government have released a COVID-19 Fact Sheet for Older Australians providing authoritative advice to promote clarity and avoid confusion for those at risk. For further information visit www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-older-australians



Volunteer Recognition Awards now open!

The 2020 City of Launceston nominations for this year's Volunteer Recognition Awards are now open. The Awards are open to anyone over the age of 12 who volunteers in the Launceston municipality.



Contact Us

Customer Service

Town Hall
18 - 28 St John Street
Launceston

Ph. 6323 3000

contactus@launceston.tas.gov.au

Opening hours

Monday to Friday
8.30am to 5pm
Emergency (24 hours):
Ph. 6323 3333

National Relay Service

The City of Launceston is National Relay Service (NRS) friendly. If you have a hearing or speech impairment, call us through the NRS and ask to be connected to phone 6323 3000. Internet relay users can visit www.relayservice.com.au.