

KNOX ACTIVE AGEING ADVISORY COMMITTEE

Thursday 2 February 2023

Time: 6.30pm to 8.15 pm

**Function Room 4, Civic Centre
Knox City Council, 511 Burwood Hwy, Wantirna South**

As this Advisory Committee has been established by Council and includes at least one Councillor and a staff member it is an Assembly of Councillors in accordance with the Local Government Act.

Councillors and staff are required to declare any conflict of interest that they may have in regards to any item discussed that is intended or likely to be the subject of a report to Council or a decision of an officer under delegation. In declaring a conflict of interest the Councillor or staff member must leave the meeting whilst the matter is being discussed. A definition of conflict of interest in accordance with the Local Government Act is provided in the Active Ageing Advisory Committee Folder.

Community representatives on the Committee are not subject to these provisions; however, they are required under their terms of appointment to declare any conflicts of interest that may arise for them from time to time. It will be a matter for the Chair to determine if the community representative is required to leave the meeting whilst a particular matter that is subject to a conflict of interest is being discussed.

1. Welcome and Apologies

Attendees: Anne Sherrard, Catherine Balaz, Diana Bossio, Fen Peng, Gary Cantwell, Lawrie Gaylard, Linda Keenahan, Lyn Maestri, Margaret Kimber, Cr Meagan Baker, Cr Nicole Seymour, Peter Burns, Pranee Birch, Rachel Bast, Rosemarie Rambert, Shoua Liu

Due to technology issues, the following people were unable to participate: Becky van Dam, Christine Pow, Neville Kurth, Marlene Franke

Apologies: Eddie Atacador, Judith Mercieca, Linda Black, Marilyn Beyer, Sally Clark

2. Conflict of Interest Declaration

No conflict of interest declared.

For background, this is a regular item and depending on what topics are being covered, Committee members will be requested to declare any private, financial or other interests of their immediate family (including spouses/partners and children) that they are aware of that could, or could be seen to, influence any advice they provide to KAAAC.

Cr Nicole Seymour provided an example that if the topic of Waste was being discussed, then any Committee member who had a close association to a senior representative at JJ Richards (Knox City Council's Waste provider), then they would be expected to declare this to the meeting Chair.

3. Confirmation of Minutes of Previous Meeting

Moved by Gary Cantwell, seconded by Cr Meagan Baker

4. Business Arising from Previous Meeting (Actions)

4.1 No business arising from previous meeting to discuss

5. Items for Discussion

5.1 Advisory Committee member introductions

- Linda Keenahan, Knox City Council.
Linda is the Age and Dementia Friendly Communities Project Officer within the Community Access and Support department. She is the Volunteer Manager and point of contact for KAAAC, Age Friendly Futures Project Team and Knox Dementia Advisory Group and also facilitates the Knox Digital Connection Stakeholder Group.
- Shoua Liu, Community Volunteer – community representative.
Shoua is new to KAAAC and has a background in international banking. He is passionate about three pillars of ageing: healthy diet; long life learning and welfare and security.
- Rachel Bast, Mountain District Learning Centre (MDLC) – industry representative.
Rachel has been reappointed to KAAAC after serving for two terms. She is passionate about ageing and is the Community Services Department Manager at MDLC who run a large social support program for seniors.
- Pranee Birch, Community Volunteer – community representative.
Pranee is new to KAAAC and is a retired Emergency Registered Nurse and a Knox City Council Meals on Wheels volunteer. She hosts a Facebook Group providing support and advice to Thai people living across Australia and Thailand. Pranee is keen to ensure people are supported to develop mental, physical and social health in order to live a good quality of life.
- Anne Sherrard, U3A Knox – community representative.
Anne is an outgoing community representative and was actively involved in U3A Knox. She has found her role on KAAAC very rewarding in terms of what has been achieved in particular seeing the Dementia Friendly community strategy launch.
- Lawrie Gaylard, U3A Knox – community representative.
This is Lawrie's second stint on KAAAC after a gap of several years. He has lived in Knox for over 50 years and has been actively involved in U3A Knox for over 12 years. Lawrie is interested in focusing on the social problems of seniors and would like to support people to reconnect after the pandemic.

- Catherine Balaz, Community Volunteer – community representative.
Catherine is a retired Salvation Army Manager. She has returned to KAAAC for a second time after a short break. She has a passion for life-long learning and is keen to support people transitioning out of the pandemic.
- Cr Meagan Baker, Knox City Council.
Cr Meagan is the Dobson Ward Councillor and represents constituents in Ferntree Gully, Lysterfield and Upper Ferntree Gully. Given Ferntree Gully has a large ageing population, Cr Meagan selected to participate as a representative on KAAAC because she is eager to seek feedback and understanding on the key issues experienced by seniors.
- Gary Cantwell, Community Volunteer – community representative
Gary has been reappointed to KAAAC for a second term and has lived in Knox for 57 years. He is a representative on the Age Friendly Futures Project Team and contributed to the development of the 2021-25 Child, Youth and Seniors Plan. He is a Knox Seniors Exercise Park Champion and volunteer mentor on the Living Our Best Life project. Gary has a very good insight to what is going on within the Knox community and is keen to support people in connecting socially.
- Peter Burns, Bridges Connecting Communities – industry representative
Peter is new to KAAAC and is the CEO of Bridges Connecting Communities which provides services and programs to clients through a large dedicated and caring volunteer community. One of Bridges largest programs is the Four Paws Pet Care Program whereby volunteers support clients to look after their pets by providing assistance in a variety of pet care needs including dog walking, grooming and occasionally, vet visits. Peter acknowledged the transition to accepting aged care support can be challenging for many people and would like to support the Knox community who are vulnerable.
- Lyn Maestri, Bridges Connecting Communities – industry representative
Lyn is an outgoing industry representative who worked for Bridges for nearly 10 years. Lyn is a Knox resident and is now a Welfare Officer at Ringwood RSL.
- Diana Bossio – Swinburne University of Technology – industry representative
Diana is a current member of KAAAC and is an Associate Professor within the Media and Communications Department. Diana has special expertise in seniors digital connection. In 2022, Diana lead a research project on digital connectedness of older people which was funded by the Department of Families Fairness and Housing and the Commissioner for Senior Victorians. Diana is currently leading an intergenerational project, funded by VicHealth and is working closely with Knox City Council and five other Councils within the Eastern Metropolitan Region.

- Fen Peng, Community Volunteer – community representative
Fen is new to KAAAC and has over 10 years experience working as a physiotherapist in both Australia and Taiwan. Fen is interested in promoting healthy ageing throughout the community.
- Rosemarie Rambert, Community Volunteer – community representative
Rosemarie is new to KAAAC and has recently retired after 30 years of teaching at a secondary school in Rowville. Rosemarie has an interest in life-long learning and is keen to see more activities available in Rowville.
- Margaret Kimber, Communications Advisor Marketing, Knox City Council
Marg was in attendance to discuss the garden waste service which is covered in Item 5.3
- Cr Nicole Seymour, Knox City Council
Cr Nicole is the Tirhatuan Ward Councillor and has represented constituents within Scoresby and parts of the suburbs of Knoxfield and Rowville for over 10 years. Cr Nicole was initially driven to join Council because as an active community member, she felt disappointed that not enough was being done to support young families. But was motivated to contribute to KAAAC after witnessing a distressing case of elder abuse and is pleased to report while Knox wasn't strong in supporting ageing 10 years ago, there has been a significant change over that time.

While KAAAC meetings are now being offered as a hybrid and are convenient, being able to meet face-to-face enables a much more rewarding experience. Cr Nicole expressed her disappointment that the outgoing members missed the opportunity to meet in-person due to holding online meetings over the pandemic.

Cr Nicole mentioned that each KAAAC member was identified as having something significant to contribute. Knox is a diverse community and the Selection Panel did their best to capture this within the new members. She acknowledged that people are often inspired to join an advisory committee because they have a particular issue they would like to change. But mentioned that Councils are bureaucratic and processes can take time. So encouraged KAAAC members to be patient and asked that they look back after a 12 month period to identify three things that have been able to contribute and to be assured that they are making a difference in our local community.

5.2 Child Safe Standards

Facilitator: Becky van Dam, Child Safe Advisor, KCC – Connected Communities

This item was not able to proceed due to technical difficulties and will be carried over to a future meeting.

5.3 Food & Garden bin service communications discussion

Facilitator: Margaret Kimber, Communications Advisor Marketing, Knox City Council

- 43% of general waste is made up of food scraps. As a result, the Victorian Government has mandated that food scraps need to be recycled and many Councils are now recycling their food scraps, combined with their garden waste. Knox has agreed to implement this in 2023 and there will be a staged change management approach as follows:
 1. Red bin lids will be replaced with green bin lids (and 16,000 households who currently don't have a garden waste bin, will need to be issued with one). This will occur from 1 May to mid-June 2023. (Retirement villages and apartment blocks may be delayed until later in the year, because they require different messaging).
 2. Kitchen caddies and a role of compostable liners will be issued.
 3. Residents will need to start placing (most) of their food scraps in with their green waste collection and the timing of the green bin will become weekly, whereas the regular waste bin will change to fortnightly. The cycle won't change until the first week of July 2023.
- There will be one waste management fee included in the rates for all three bins.
- Exemptions are available for households which have nappies, people living with chronic illness, disability or high medical needs.
- A question was raised as to whether Council participate in REDCycle (soft plastics). Council is supportive of this program which is managed by a separate organisation and encourages community to dispose of their soft plastics and packaging at their local supermarket.
- There is an opt out for households who are active composters, however, there is a process they need to complete to be deemed eligible.
- People with mobility issues and limited space in their townhouse/small property have an option to downsize from a 240 litre to a 120 litre bin.
- Knox City Council offers a Wheelie Bin Assistance Scheme which assists people with significant ambulatory disabilities to put their wheelie bin(s) out for collection where the applicant is unable to obtain other help to do so. To apply for assistance, residents need to complete an application form (attached with these Minutes) and demonstrate that their application has support from their medical practitioner or specialist, or physiotherapist.

Once the Waste team receives the application, they look at the location to see if the drivers can assist with presenting the bins on the kerbside and returning them back into the property after all bins are cleared. The application is then sent to the waste contractor (currently JJ Richards) for approval. Once approved, the new arrangement can commence.

- Marg acknowledged this change process may be confusing for residents and asked KAAAC members if they had any suggestions on how we could support community with this change process. Responses included:
 - Incentives might inspire people to embrace the new process eg offer a bag of compost to each home. This would then help people understand that while their waste is being taken away, it is returning as compost.

- Create a 250 word article and promote in newsletters such as Bridges Connecting Communities, retirement villages etc.
- In addition to printed material, 'talking points' within U3A, Community Houses and other community facing services may be beneficial.

5.4 Farewell to outgoing Committee members

Facilitator: Cr Nicole Seymour, KAAAC Chair

Outgoing members included:

- Anne Sherrard
- Judith Mercieca
- Linda Black
- Marilyn Beyer

Cr Nicole issued certificates to Anne Sherrard and Lyn Maestri who were in attendance and thanked them for their contribution.

5.5 KAAAC meeting schedule 2023 – key and other priorities

Facilitator: Cr Nicole Seymour, KAAAC Chair

KAAAC members are encouraged to review the 2023 meeting schedule and provide any feedback on the topics. A copy has been re-circulated with these Minutes.

Action: All to review the 2023 schedule and provide suggestions of topics you would like raised under Other Business

6. Other Business

- KAAAC members will be asked to provide authorization to share their email addresses with the group.
- KAAAC members are encouraged to attend the Building Connections Between Generations Forum which is scheduled on Wednesday 1 March 2023 from 6.45 pm to 8pm. This event seeks to bring together the community and various stakeholders to hear from three local speakers about the success and benefits of developing and implementing intergenerational programs.

Details of the forum will be shared with these Minutes or you can register via stickytickets.com.au/b72k6

- Come and Try sessions are available for the Seniors Exercise Park as part of 'Move Your Way'. These sessions will take place at Carrington Park Leisure Centre on:
Monday 20 February - 9.30 am to 10.30 am and 10.30 am to 11.30 am
Wednesday 1 March 2023 - 9.30 am to 10.30 am and 10.30 am to 11.30 am
Registrations are via stickytickets at:
https://www.stickytickets.com.au/1pzlc/move_your_way_seniors_exercise_park.aspx
- As part of Item 5.3, continence aid exemptions were mentioned. While nappy usage can be estimated, there is currently no data on continence aid usage and KAAAC members were invited to share their thoughts on how Council might be able to communicate this message. Acknowledging this is a sensitive topic, and not wanting to offend anyone, KAAAC members are encouraged to discuss this with their networks (with kindness, empathy and sensitivity) and report back.
 - A suggestion was to conduct a survey about how to make the product more environmentally friendly by putting a box if you are using these products yes/no.
 - People might be more inclined to share this information if they could remain anonymous.
 - Is this message best to come from Council or community?

Action: All to consider the topic of continence aids and their usage and discuss with respective network how this topic might be best communicated with community.

The meeting closed at 8.15 pm.

7. 2023 meeting dates

Thursday 30 March 2023 – 6pm for a 6.30pm start to 8 pm – Eastgate North Conference Room

Thursday 1 June 2023 – 6pm for a 6.30pm start to 8 pm – Eastgate North Conference Room

Thursday 27 July 2023 – 6pm for a 6.30pm start to 8 pm – Function Room 3, Civic Centre

Thursday 14 September 2023 – 6pm for a 6.30pm start to 8 pm – Function Room 3, Civic Centre

Thursday 30 November 2023 – 6pm for a 6.30pm start to 8 pm – Function Room 4, Civic Centre