

Giveaway



Stylish easy-fold reading glasses

FOR the thousands of seniors who use store-bought reading glasses, the problem is often where to put them when they are not in use without breaking them or having to use a bulky carry case.

There is a new, stylish solution. Venti20 has introduced Pocketblade reading glasses, which look great, are slimline and durable. The arms rotate to cover the lenses and act as the case. When you need to use them, just unclick, open and twist.

■ Venti20 Pocketblade readers come in six colours and patterns, at optical strengths from +1.0 to +3.0. Price \$29.95. For information 1300-799-667. To buy online or find your nearest store visit www.venti20.com.au

■ The Senior has two pairs of Venti20 Pocketblades to give away to each of two winners (random strengths/colours). To go in the draw write your name, address and phone number on the back of an envelope and post to The Senior, Glasses Giveaway, Locked Bag 747, Flemington Vic 3031. Entries close January 1, 2012. Conditions on puzzles page.

Youth gives way

CLAREMONT and SouthPort Aged Care Limited will develop a residential aged care facility on the site of the former St Vincent's Boys Home.

"As part of the Aged Care Land Bank initiative, the Victorian Government has signed a long-term lease giving Claremont and SouthPort Aged Care Limited the go-ahead to develop the South Melbourne site," said Minister for Health and Ageing David Davis.

"This will ensure older people living in South Melbourne have access to modern residential aged care facilities, close to family and friends."

The City of Port Phillip will contribute \$3 million to establish the new facility.

The historic main building on Cecil St is currently being developed by MacKillop Family Services and will not form part of the new facility.

Mr Davis said the State Government was continuing to expand the Aged Care Land Bank to address the shortage of facilities in inner-suburban areas.



OLD FOR NEW – Health Minister David Davis, with Claremont SouthPort Aged Care directors Lyn Allison and Peter Manger, inspects an old classroom in the former St Vincent's Boys Home.

Everybody gains from respite

RESPITE – an interval of relief. For some people respite means getting out into the community; for others it means having someone come into the home to help.

Care Connect believes respite is important for the carer and the care recipient. It helps carer wellbeing and can develop the independence of the recipient.

It offers a range of government and self-funded programs that could support you as a carer or the person being cared for.

In the north-west region they include respite for older carers; children's and young person's respite; adult disability flexible respite (including groups); Home and Community Care children's respite; and mental health respite.

In the southern region there is respite for older carers. There are also respite retreats in Rosebud and Daylesford.

■ Care Connect 1800-116-166, or visit www.careconnect.org.au



HEALTHY ADVICE – Coburn Gardens resident Ivy Burgess gets some expert diet tips from instructor Alain Young.

Free fitness info

YOU know you probably should lose a bit of weight and "get physical", but where do you start?

Residents of Brooklyn Gardens and Coburns Gardens are well on the way to getting their health on track with first-hand advice from health professionals.

They are taking part in the Life! Program, a six-session course where seniors are taught how to manage weight and illnesses.

The residents get free advice from a dietitian and exercise physiologist thanks to the program run by Diabetes Australia (Victoria).

The first of the seminars in October focused on type 2 diabetes.

Sessions will continue over the next eight months.

■ Brooklyn Gardens and Coburns Gardens, Coburns Rd, Brookfield, 1800-445-464, www.gardenvillages.com.au

■ Retirement villages interested in the Life! Program, Diabetes Australia (Victoria), Alain Young 0404-501-195, email alain@equip4life.com.au