

MINUTES OF THE MEETING OF THE
SENIORS COORDINATING COMMITTEE
ON WEDNESDAY 15 APRIL 2020 4:00PM
Via Teleconference

Due to the COVID-19 Pandemic this meeting was held via Zoom

1. ATTENDANCE:

PRESENT:

Mayor Damien Ryan
Councillor Jamie de Brenni (*Chair*)
Councillor Catherine Satour
Geoff Sloan, General Member
Lowell Wood, Dementia Australia
Fran Kilgariff, Council of the Ageing (COTA)
Kate Lewis, Anglicare NT
Sue Jones, National Seniors of Central Australia
Belinda Staniforth, Catholic Care NT
Nerida Holmes, Relationships Australia (*Guest*)

OFFICERS IN ATTENDANCE:

Sabine Taylor, Director Corporate Services
Jeanette Shepherd, Manager Community and Cultural Development
Clare Fisher, Manager Library Services
Kiri Milne, Community Development Officer
Telly Ociones, Executive Assistant (*Minutes*)

13th Alice Springs Town Council Seniors Coordinating Committee	17 Jul - 19	21 Aug - 19	18 Sep - 19	16 Oct - 19	20 Nov - 19	19 Feb - 20	18 Mar - 20	14 Apr - 20
Mayor Damien Ryan	✓	A	Meeting cancelled – no quorum	✓	✓	✓	A	✓
Councillor Jamie de Brenni	✓	A		✓	✓	A	✓	✓
Councillor Catherine Satour				✓	✓	A	A	✓
Councillor Glen Auricht	✓	✓						
Edna Saunders	✓	✓		--	✓	✓	✓	--
Ian Towns	✓	✓		✓	✓	A	A	--
Lowell Wood	✓	✓		✓	✓	✓	✓	✓
Fran Kilgariff	✓	✓		A	A	✓	✓	✓
Shauna Hartig	✓	✓		✓	✓	✓	A	A
Sue Jones	A	A		✓	✓	✓	✓	✓
Kate Lewis	✓	✓		✓	✓	✓	✓	✓
Val Hoey		✓		✓	✓	--	✓	A
Geoff Sloan	✓	A		A	✓	A	✓	✓
Rhiannon Fletcher / Belinda Staniforth		✓		✓	A	A	A	✓
Bronwyn Arnold	✓ Proxy	✓ Proxy		--	--	--	--	--

✓	Attended	A	Apology received
✓ Proxy	Proxy attended in place of committee member	--	No attendance and no apology recorded

The meeting commenced at 4:00pm.

An audio recording of this Zoom meeting was made for minute taking purposes

APOLOGIES:

Shauna Hartig, Country Women's Association

Val Hoey, Alice Springs Seniors Citizens Association

Robert Jennings, Chief Executive Officer

2. DISCLOSURE OF INTEREST:

Nil

3. MINUTES OF THE PREVIOUS MEETING:

RESOLVED:

That the minutes of the Seniors Coordinating Committee meeting held 18 March 2020 be confirmed as a true and correct record of that meeting.

Moved: Fran Kilgariff

Seconded: Lowell Wood

4. BUSINESS ARISING FROM PREVIOUS MINUTES:

Nil

5. DEPUTATION:

Nil

6. OTHER BUSINESS:

6.1 Influenza Vaccine

Following advice from the Department of Health, it is recommended a vaccination be sought for influenza. Influenza viruses change from year to year, forming new strains. Getting the flu and COVID-19 at the same time can make one very ill. It is also important to get the flu shot because preventing the flu can help to prevent crowding in hospitals and health service providers, which are already bracing to be strained with COVID-19 cases.

A free vaccine for influenza is available to the following groups:

- Anyone aged 65 years or older, regardless of medical conditions
- All children aged six months to under five years
- Anyone aged six months and over with a medical condition that may increase their risk of severe influenza infection

To make a booking, contact the Community Health Clinic on (08) 8951 6711 or call your GP to arrange a free vaccination. Some GPs may still charge a consultation fee.

Lowell Wood advised the Federal Department of Health has given a directive that all aged care workers must also have the vaccination. At the moment there is a shortage on vaccine supply nationwide and stocks are expected to arrive in June.

Fran Kilgariff added that visitors to aged care facilities are required to have an up to date flu vaccine.

Councillor de Brenni suggested approaching Dr in the House and find out if they are able to provide vaccination to seniors who are insecure to go out to clinics or hospital.

ACTION:

Community Development Officer to contact Dr in the House and enquire if they can provide home service vaccination to seniors and the cost involved.

6.2 Update from Manager Library Services

The Manager Library Services gave the following update:

- Book'a'Book service - is a new takeaway and delivery service for Alice Springs Public Library members. Borrow up to 40 items per card with Lucky Dip or request specific titles and Library staff will take care of the rest. All care will be taken with Library items. Covers are sanitised on returning and lending. All items quarantined for 72 hours after return. Items are packed in paper or cardboard to decrease cross-contamination. Items can be picked up from the Library entrance by appointment, or delivered by Library volunteers to your door. To avail of this service, fill out a Book'a'Book order form via <https://alicesprings.nt.gov.au/recreation/library/services> or contact the Library on 8950 0555 from 8:00am to 6:00pm Monday to Friday.
- Looking at creating on the Library website: a good list of online resources that people can access such as basic 'how-to' instructions and advice; a social inclusion package including spoken English and adult literacy
- Organising a Library linkup which will pair volunteers and customers (*who are feeling lonely and isolated*) to catch up with a regular phone call and keep human community connection.

The Manager Library Services asked the Committee for ideas/suggestions on how the Library can support seniors through online programs and information sessions that might be of interest.

Fran Kilgariff asked if the Library has games and jigsaw puzzles that people can borrow.

The Manager Library Services advised these are not available but the Library is working with Community and Cultural Development Unit on creating activity packs that can go out with the Book'a'Book packages.

ACTION:

The Manager Library Services will check with Australian Seniors Computer Clubs Association (ASSCA) to see if they have new online materials for seniors.

Councillor de Brenni passed on his appreciation to the Library team for providing this great service to the community.

6.3 COVID-19 Update from the Committee

- Fran Kilgariff – working from home for COTA. All the seniors she spoke to on the phone are well served and did not require extra assistance.
- Lowell Wood – Dementia Australia is keeping up phone calls especially to the more vulnerable clients. Staff are contacting family members to ensure they are having face to face contact on a regular basis with family. Help sheets and strategies are provided on the website for carers to use. Dementia Australia has given directive to extend the no face to face contact until 4 July, at this stage.

- Councillor de Brenni – essential services especially in the building industry are working together to ensure the welfare of seniors are well looked after. Lifeline Australia reported a positive feedback that they did not get a significant increase in calls (*which they were expecting*) with COVID-19 pandemic. Councillor de Brenni congratulated the Mayor and the Council team for the commitment made by Council in supporting the community during these uncertain times.
- Nerida Holmes – Relationships Australia is still open for business but providing client counselling service through teleconferencing, phone and zoom.
- Mayor Ryan – Council Executives have been meeting twice a week for the last four weeks to discuss about COVID-19 pandemic. The CEO has been regularly meeting with Police, Health Authorities and Government to ensure that Council will have a well coordinated response for the community and for the Council workplace. CEO and Directors meet every fortnight with all Council units/facilities keeping staff informed on Council's progress through the emergency management phase. Elected Members have been regularly briefed and are providing strategic direction to officers. Council has a pandemic response plan to ensure that staff and community are supported during these uncertain times. Provisions made for redeployment, work from home and work flexibility arrangements to support staff and further the Council's response during the pandemic. Council is working very hard in response to COVID-19 and continuing to do so for the community.

6.4 Seniors Stories Project: Old Stories, Young Eyes

After speaking with members of the community and some members on this Committee, it was identified that the seniors community have incomparable knowledge and a lived experience of world changing events, having lived through conflict, loss and restriction.

The Old Stories Young Eyes project is looking to share the stories of older people in the community of how they lived through a life or world changing event, such as through war. Questions will be centred around how seniors overcame the experience, lessons learnt, household tips, tips to combat boredom and loneliness. Ideally the content will be no more than one minute long, with just the response recorded.

The project could look at responses from different backgrounds such as someone from a multicultural background, someone having served in military, etc. At this stage, Council officers are aiming for four different stories / people to interview, with the responses run as a community service announcement, either on television or radio and Council's social media.

In addition to the filmed component, Council officers are looking at a photo series of seniors responding to the same questions with the response on a whiteboard, which will allow for seniors in care facilities or social isolating to have their voices heard also.

Fran Kilgariff suggested to include this project in Tuesday's Seniors section in the Advocate.

Councillor Satour supports the project. The elderly people in the community have a lot of great stories to tell and would love to share their stories.

ACTION:

Community Development Officer to liaise with Councillor Satour and Fran Kilgariff to get names of people who can participate in this project.

6.5 Yarning Chair Sessions

The Alice Springs Public Library will be conducting yarnning chair sessions with Eleonor Hogan, a local historian, who will be interviewing interesting local Alice Springs people.

This program will feature diverse voices from people regarding their personal history rather than old stories via podcast. The podcast will run for 20 to 40 minutes. Marilyn Cavanagh is one of the Library staff who is working on getting some personalities to take part in this project.

6.6 Healthy Living Program at Home

Council is working on various activities/exercise programs to do at home for the community during the COVID-19 isolation. These include:

- Healthy at Home Series – a series of community announcements designed to provide health and wellbeing information. Segments will include exercise, healthy eating and gardening which will be screened on Imparja Television. Filming date and airing dates are yet to be confirmed.
- Health & Wellness Centre (HAWC) at Home – working with clients by providing modified home-based activities/exercise program. Weekly phone calls are held with clients to check how they are progressing.
- Heart Foundation Walk - a steps challenge/competition is being developed to keep the group motivated and moving.

6.7 Library's 40th Anniversary

The Alice Springs Public Library is calling out to the community to share their photos of visiting the Library, which will be collated to a coffee table history of the Alice Springs Public Library book, as part of the 40th birthday celebration of the Library in its current building.

7. **NEXT MEETING:**

Wednesday, **20 May 2020** at 4:00pm via teleconference

8. **CLOSURE OF THE MEETING:**

The meeting closed at 4:40pm.