

## CITY OF JOONDALUP

MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE  
HELD ON WEDNESDAY 15 SEPTEMBER 2004 AT 9.30AM  
IN CONFERENCE ROOM 3, CIVIC CENTRE, BOAS AVENUE, JOONDALUP

### 1. ATTENDANCES AND APOLOGIES

#### Committee Members:

Kevan Rowe	Chairperson / Community Representative
Allyn Bryant	Industry Representative – Association of Independent Retirees Inc
Lucy Morris	Executive Director, Community Vision – arrived 9.40am
Jane Murphy	Industry Representative – Australian Red Cross (attending in Audrey Poole's absence)
Margaret March	Community Representative
Diane Davies White	Industry Representative - Seniors Recreation Council

#### Officers:

Julie Eaton	Acting Manager Community Development Services
Yvette Peterson	Acting Coordinator Community Services
Jacquie Schelfhout	Administration Officer (Minutes)

#### Apologies:

Audrey Poole	Industry Representative - Australian Red Cross
Robert Kinloch	Industry Representative – COTA/NSA
Lew Thorstensen	Community Representative

The Chairperson declared the meeting open at 9.35am.

### 2. CONFIRMATION OF PREVIOUS MINUTES

**CORRECTION** - Dianne Davies White advised that, under the heading of 'Have a Go Day', the correct date should read 26 October 2004 (not 15 September).

**MOVED** Allyn Bryant, **SECONDED** Margaret March that the amended minutes of the meeting held on 18 August 2004 are a true and accurate record.

**CARRIED**

### 3. PRESENTATION – KEVIN ROWE

**'What are the latest issues and trends with regard to Diet, Eating and Obesity (with particular reference to seniors in the City of Joondalup)?'**

Kevin Rowe presented a short paper (copy attached) and read to his report. Additional comments from Kevin on the topic were:

- of the 40% that were not under a medical diet, 60% were obese
- people carrying a lot of extra weight were likely to see the problem as more of a personal choice and were not willing to discuss diet with him
- Body Mass Index was questioned with regard to assessment of people as obese or overweight when they are over 6 ft tall

Kevin advised that his source for data collection was questionnaires (not tabled) using members of organisations he is involved with.

Discussion ensued with regard to the connection between exercise and diet. Seniors could be encouraged to try a new sport or activity; Diane Davies White gave the example of a recently formed tee-ball team, a new sport to the group and one which is usually associated with their grandchildren. Diane also shared the experience of attending a Mensa conference in the USA where the majority of the participants were obese, therefore questioning the 'knowledge is power' philosophy on the topic of health, well being and longevity.

Acting Manager Community Development Services asked for feedback from the Committee with regard to physical activities for seniors.

Jane Murphy suggested a combined physical activity session with a healthy cooking/eating demonstration, incorporating a high profile chef if possible to make it appealing.

Diane Davies White spoke of the need to encourage physical activity ahead of the healthy eating push, as although the two go hand in hand, it seems easier to eat well if you are expending energy and trying to keep fit first.

Acting Community Services Coordinator asked if money was as big a problem as it seemed to be; is it stopping people from recreating or are people choosing expensive forms of exercise (gyms vs. walks). Allyn Bryant suggested seniors are opting for free clubs and activities; Margaret March reported that there are walking groups that do circuits around Whitford Shopping Centre (run by the Womens Health Works) plus other circuits further north. Acting Manager Community Development Services reported that the numbers are at a record high in the Active Walking Groups coordinated by the City. The Committee felt the City should be promoting low-cost strategies.

With regard to help for seniors to eat healthy meals when they are unable to prepare them, the Acting Community Services Coordinator asked Lucy Morris for information on the types of meals delivered to clients. Lucy reported that the diverse cook/chill meals they use adhere to strict standards regarding food groupings, nutrition and variety. With regard to the volunteers cooking meals in clients' homes, it has been found that many of the carers may not necessarily have the appropriate food preparation skills and experience expected and that this is the case right across the volunteer age range of 20-50+. With regard to community awareness of the service, Lucy commented that Community Vision do not advertise their services widely and rely on hospitals etc to refer people to the different service providers (not just Community Vision). Acting Manager Community Development Services commented that eligibility for government-subsidised help can be quickly determined and that clients can still access Community Vision's services regardless, but as a paid user.

## 5. GENERAL BUSINESS

### 5.1 Feedback from Council Meeting of 21 July 2004

*“Cmr Smith requested that it be conveyed to members of the Seniors Interests Advisory Committee that it is acknowledged that the Committee is taking a more strategic view with past comments raised by Commissioners.*

*Cmr Smith referred to comments from seniors in relation to “off peak” discounts and requested officers to be open-minded in this regard.”*

Acting Community Services Coordinator commented that Cmr Smith wanted to convey encouragement that the Committee is taking more strategic action and they (Commissioners) are very pleased with the initiatives.

### 5.2 Leisure Centres

It was confirmed that, following the approval of the budget at Council, fees have increased as from 1 September 2004. Letters were sent out to appropriate people and groups to notify the changes. Questions were asked as to whether there would be consideration in the future of re-introducing off-peak discounts. The off-peak discount had been dropped in favour of a 10% discount to seniors. However, Acting Manager Community Development Services advised that a complete review of all of the City’s activities is to be commenced in the near future. This review would incorporate a lot of input from the Acting Community Services Coordinator with an estimated completion date of June 2005. Committee was advised that the start date for the Craigie Leisure Centre Redevelopment is 6 October 2004. Acting Manager Community Development Services discussed the Council subsidised (free) use of facilities – excluding Craigie Leisure Centre - available to eligible junior and senior groups.

### 5.2 Forward Planning for Seniors

The Committee acknowledged that there are indications that the ‘Baby Boomer’ generation have different requirements for their retirement and that in 10 years’ time, the projects and facilities set up for this generation of seniors may not be utilised and so we need to plan ahead for this wave of change as the numbers of ‘boomers’ are high in the City of Joondalup. Kevin Rowe quoted 23% as the current senior population – figures provided by Centrelink to Kevin. Acting Community Services Coordinator commented that, from memory, the Australian Bureau of Statistics figures for seniors are 16-18% of the general population in the City.

### 5.3 Seniors Recreation Council – In Care Games

Diane Davies White reported a very successful in care games at Loftus Recreation Centre with 22 nursing homes involved in four different activities. The feeling was more like an Olympic meet with last year’s winners

triumphing again after apparently practising all year! There will be games in November in the City of Joondalup. They will also be run in Albany and Margaret River and are fantastic days. Acting Community Services Coordinator sought confirmation that Diane will be applying for funding for the medals and trophies etc. Diane commented that, with elections looming, representatives from both political parties would be invited.

### **5.3 Live Life Festival – Nov 15 – 20 2004**

Acting Coordinator Community Services advised that funding of \$20,000 has been received from the Department for Veterans Affairs to pay for the expo component of the Live Life Festival. The only part of this festival that is not fully funded is the 'Pot Pourri' concert and therefore tickets will be sold and the public are encouraged to support this part of the festival. Separate flyers are being produced for the concert, which is scheduled to commence at 7.00pm. Tickets will be available shortly from Arena Joondalup. Large posters have been produced and were offered to the Committee to take away from the meeting. The festival will be launched from Herb Graham Centre in the City of Stirling, continuing down to Joondalup and next year, the City of Stirling may host the event. The current sponsors will assess the success of the festival in order to decide whether to keep funding at the same level next year.

Acting Coordinator Community Services asked the Committee to consider the best way to promote the Seniors Interests Advisory Committee to the community, eg flyer, display board etc. It was felt flyers would be the most effective and would come back with ideas on content at the next meeting. The City will have an interactive display utilising a stationary bike with virtual rides through the City of Joondalup area (pedal to experience the scenery).

### **5.4 Meeting of Live Life Festival - Sub-Committee**

Scheduled for Friday 24 September 2004.

## **6. DATE OF FUTURE MEETING AND CLOSE**

The next meeting will be held on Wednesday 20 October 2004.

Robert Kinloch will be presenting his research on the latest trends in demographics.

Diane Davies White gave advance apologies.

The chair declared the meeting closed at 10.40am