



Positive Ageing Together Newsletter

August—September 2024 Edition

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Spotlight on Death and Dying

As winter slowly loosens its grip and spring peeks around the corner, we are excited to bring you the latest from our vibrant neighbourhood. Whether you've been here for years or just arrived, our newsletter is your guide to what's happening and what's ahead in Frankston.

In this edition, we're celebrating our community's spirit— sharing upcoming events you wont want to miss, and all the little things that make living here so special.

This edition's SPOTLIGHT—we have highlighted an important topic: "Death and Dying'. Its an opportunity to explore how our community supports one another during difficult times and how we can all prepare for the inevitable with compassion and understanding.



Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, the Traditional Custodians of these lands and waters.



Please contact us at positiveageing@frankston.vic.gov.au or call 0438 902 205 if you no longer wish to receive the local newsletter, your address details have changed, you would like to submit ideas or you have events and activities you would like to promote. Your feedback helps us keep our community updates accurate and relevant.

Seniors News

Pride in Ageing

LGBTI+ pride comes in all ages.

Feeling connected to community is vital for mental and physical health, offering identity, purpose and security. However, older LGBTI+ individuals often face significant barriers to belonging due to ageism, stigma, discrimination, and a lack of understanding within both mainstream and LGBTI+ communities. This dual exclusion can lead to feelings of isolation and a loss of community, impacting their overall well-being.

Pride in Ageing is a program of Switchboard Victoria.

Their goal is to: reduce social isolation for older LGBTI+ people, tackle ageism and build long-term improvement and change for older LGBTI+ people.

This Victorian Government funded program focuses on empowering older LGBTI+ individuals. By collaborating with local partners and community members the initiative aims to develop culturally safe and locally relevant solutions that are peer-designed.

Are you an LGBTI+ person over 60 living in outer urban, rural or regional Victoria? Pride in Ageing will be holding co-design sessions with older LGBTI+ people across Victoria from July to September 2024.

Places will be limited so register your interest by visiting www.switchboard.org.au or contact Rowena Doo 0492 805 485



3G Network switch off.

Australia's mobile networks are phasing out 3G services to boost 4G and 5G capabilities. Telstra has postponed its 3G network shutdown to August 31, 2024, while Optus plans to begin shutting down 3G from September 1, 2024. TPG Telecom/Vodafone has already completed its 3G network switch-off. If you have a device affected by these changes, it's crucial to act promptly upon receiving notifications from your provider to avoid disruptions in connectivity, especially for voice and emergency calls.

The transition primarily affects older 3G devices, but some 4G devices may also lose the ability to make voice calls or access emergency services once 3G networks are phased out. It's recommended that users with older or internationally purchased 4G devices check compatibility and follow guidance from their service providers.

For more information and support, visit your provider's website or www.3gclosure.com.au.

Remember, refrain from testing your device by calling Triple Zero, and only use trusted sources for information to avoid scams.



Hot Tips for Seniors

Dementia Rehabilitation Program

Encara’s team of Allied Health Professionals deliver a 12 week in-home no cost Dementia Rehabilitation program which aims to improve access to allied health led rehabilitation activities, enhancing independence and wellbeing.

The program offers podiatry, physiotherapy, occupational therapy, aromatherapy and optional art and music therapy.

‘Embrace it and don’t let it go’ Bill and Betty’s experience with the Dementia Rehabilitation Program.

“The program helped a lot just knowing that I’m doing the right thing. They really involved and guided us based on where we needed help” Betty shared.

Encara accepts all referrals including self-referrals, family referrals or health professional referrals including GP’s, specialist, care partners and other allied health professionals.

Visit Encara’s website at www.encara.com.au/in-home-dementia-rehabilitation for more information or call 1300 761 965.



Library of Things—Coming Soon

Discover the Library of Things, a curated selection of unconventional resources ranging from gadgets to tools, kits, and electronics, all yours to explore for free with a library card. You will need to attend a one-off induction session and then you will be able to borrow from the whole Library of Things. Here is a sneak peak of what will be available: Kodak film scanner, sewing machine and overlocker, garden tools, cake decorating tools, food dehydrator and more...

Coming Soon to Frankston, Carrum Downs and Seaford Libraries. Check out www.libraryfrankston.vic.gov.au

FIRE SAFETY VISITS

FREE Smoke Alarm Installation

Only working smoke alarms save lives

72% of fatal house fires start in the bedroom and occur while a person is sleeping

Do you have working smoke alarms in your home?

If you do not have working smoke alarms in your home, you are risking your life and the lives of your loved ones.

You will not hear a fire or smell the smoke while you are sleeping and by the time it reaches you, it will be too late.

By law, all homes are required to have working smoke alarms in living areas, but CFA also recommends having them installed in bedrooms.

CFA is offering to install free smoke alarms powered with a 10 year lithium battery in the homes of people **who cannot purchase, install or maintain their alarms themselves.**

If you would like to have smoke alarms installed in your home or know of someone in your community who could benefit from this service, please get in touch with our team today.

Contact us to book a free visit

E: firesafetyoutreach@cfa.vic.gov.au

Learn about Home Fire Safety & Smoke Alarms cfa.vic.gov.au/homefire

Changing the Focus

Participate in the “Changing the Focus” physical activity program for people living with mild dementia or cognitive impairment .

We are seeking people with mild dementia or cognitive impairment and their carers to participate in a supported physical activity program

Take part in a physical activity program in the local community or at home for 12 months.

Please call the researcher as listed below.

A researcher will explain the study to you and check that you are eligible to participate.

For further information:

Please call Dr Angel Lee (Monash University) on (03) 9904 4662 email: angel.lee@monash.edu OR Ms Lisa Licciardi (Monash University) email: lisa.licciardi@monash.edu

Funded by Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme.



Hot Tips for Seniors



Indoor Walking Group at Karingal Hub

Peninsula Health and Karingal Hub Walking Group is back up and running. Over the last 20 years the group has met three mornings a week (before the centre opens) to enjoy a safe and leisurely walk. It is a fantastic chance to make new friends catch up with old friends and maintain an active lifestyle. It is held inside so you don't have to worry about uneven footpaths or the weather.

When: Monday, Wednesday and Friday (during school terms only)
 Time: 7.45am-8.45am
 Where: Karingal Hub Shopping Centre. 330 Cranbourne Road Frankston
 Meet out the front of TK Maxx



Frankston City Council Community Bus

Frankston City Council offers a Community Bus service to residents at \$2 per trip, providing door-to-door transportation within Frankston. This service is designed for residents needing regular fortnightly or weekly trips, with priority given to those who do not drive or use public transport. Passengers must be able to independently use the bus steps and manage on their own at their destination. To check eligibility or inquire about the service, residents can contact the Council's Intake Officer at 9784 1933. The Community Bus operates Monday to Friday with limited seating, following a fixed timetable to various locations across Frankston.

Destination	Day	Frequency
Frankston City Library	Monday	Fortnightly
Karingal Shopping Centre	Wednesday to Friday	Fortnightly
Bayside Centre – Shopping in Frankston	Wednesday & Thursday	Fortnightly
Frankston Power Centre & Bunnings	Monday	Each 4 weeks
Local Senior Clubs	Monday & Tuesday	Weekly
Peninsula Aquatic and Recreation Centre	Friday	Weekly

New Recycling Stations in Frankston

We're thrilled to launch our new Recycling Stations across 4 locations!

- Seaford Library
- Carrum Downs Library
- Frankston Library
- Karingal Place

Drop off your household batteries, CD'S, DVD'S, VHS tapes, floppy discs, light globes, old mobile phones, X-Rays, eyeglasses, contact lenses and more.

These stations are made from 100% post consumer recycled waste and offer a convenient and free service to dispose of hard to recycle household items.

To find out more contact Customer Service 1300 322 322 or www.frankston.vic.gov.au Recycling Station Program



Hot Tips for Seniors



E-Mobility Scooter Recharge Points

Frankston City Council, in collaboration with Monash University Occupational Therapy students have introduced new recharge points for electric mobility scooters and wheelchairs.

The provision of Recharge Points aims to help electric mobility aid users stay connected with their community without fear of being left stranded with a flat battery.

Users must bring their own charging cord with them, then simply park their scooter on the mat provided and plug in to recharge while enjoying the brochures, books or events on offer.



Recharge Point Locations:

- Frankston Civic Centre 30 Davey Street, Frankston
- Frankston Arts Centre 27-37 Davey Street, Frankston
- Frankston Library 60 Playne Street, Frankston
- Seaford Library 1/6R Broughton Street, Seaford
- Carrum Downs Library 203 Lyrebird Drive, Carrum Downs

For more information call 1800 322 322 or email disability@frankston.vic.gov.au



Mental Health & Wellbeing Local - Free support in your community

Local connections is a free service that works with you to improve your wellbeing through building meaningful connections. If you're 26+ and would like to improve your social connections and wellbeing, this service is for you.

The service aims to empower you to sustainably engage in a variety of community based activities to improve social connection and reduce feelings of loneliness. Examples include volunteering, arts activities, group learning, gardening, conversation groups, carpentry, games, healthy eating support and a range of sports.

They offer one-on-one and group supports and advice through Wellbeing Navigators and Peer Workers who are there to listen and help you explore the services and supports right for you and your situation.

If you have further questions, visit Ground Floor, 454 Nepean Hwy Frankston or call 1800 000 525 or visit betterhealth.vic.gov.au/mhwlocal



Community Centre News

Frankston South Community Centre

Death Café—have you ever heard of such a thing? Either had I until I recently attended one at Frankston South Community Centre .

Its a place where people, gather to eat cake, drink tea and discuss death.

It is a group directed discussion of death with no agenda, objective or themes.

There are actually 782 Death Cafes in Australia.

It's a great space to come together and talk about your thoughts, feelings and experiences with death and dying in an open and compassionate environment.

Frankston South will be hosting a Death Café Workshop

The second in a series of 3

When: 11.30am—12.30pm Friday 1st September 2024

Where: Frankston South Community & Recreation Centre.

Towerhill Rd Frankston

There are also casual Death Café sessions held monthly also at FSCC as listed.



Frankston North Community Centre

Legal Aid (Peninsula Community Legal Centre)

PCLC is an independent, not-for-profit organisation that has been providing free legal services since 1977.

They provide high quality services that are accessible and responsive to the needs of our community.

When: Wednesday (fortnightly) 9am—2.30pm by appointment

Where: Frankston North Community Centre 26 Mahogany Ave Frankston

Contact: 9783 3600

Mahogany Indoor Bowls

Social gathering where indoor carpet bowls are played in mixed teams.

When: Wednesday 9.30am—12.00pm

Where: Frankston North Community Centre 26 Mahogany Ave Frankston

Contact: 8773 9545

Cost: \$3



Frankston Senior Groups News

Peninsula Art Society

Art classes at Peninsula Arts Society

Creating art in the well-equipped cosy studios is a delightful way to spend those chilly winter days.

Classes available in watercolor, acrylic and oil painting plus mixed media and mosaic.

For class enrolment information visit www.peninsulaartsociety.org.au or call 9775 2640

They are located at 159 Overport Road Frankston South



Probus Club of Frankston

For a morning filled with friendship, fellowship & fun, come on down to the Frankston RSL Bowls Pavilion.

We meet on the first Wednesday of the month at the Bowls Pavilion for a general meeting followed by morning tea and a guest speaker.

Our other regular activities include movies, Brunch days, discussion groups, walks and luncheons.
New members are welcome!

When: First Wednesday of Every Month

Time: 10 am (meeting commences)

Where: Frankston RSL – Old Bowls Pavilion at the rear of the RSL

183 Cranbourne Road, Frankston 3199

Contact: Clyde – 0478 753 702

Email: enquiries.probusfrankston@gmail.com



Frankston Senior Groups News

Frankston Friendship Club

Frankston Friendship Club's purpose is to bring seniors from diverse backgrounds together.

Outings are arranged on a monthly basis for both men and women.

The cost varies according to the venue and transport costs.

There is a small annual membership fee.

When: First Wednesday of the month at 10.30am

Where: St Francis Xavier Church in the Xavier Centre

Contact: Suzy Baddock 0419 367 778 or Rae Higman 0417 538 830

Chinese Senior Citizen Club

The Chinese seniors have been very busy this year.

In February they welcomed the Chinese New Year with a lively celebration at the Frankston Library, featuring a Tai Chi performance and a traditional Chinese lion dance in collaboration with the library.

April bought a delightful day trip to Warburton Redwood forest, offering members a chance to reconnect with nature.

In May they marked the Chinese Dragon Boat Festival with over 70 members joining in. The event included dance performances, singing, Mahjong games and delicious treats such as rice pudding and hamburgers.

It was a fantastic day enjoyed by all. Join in the fun, new members welcome.

When: Tuesday 9.30—3.30pm

Where: Orwil Street Community House 16 Orwil St Frankston

Contact: Ming Yang 0488 990 499



Why join a senior group?

Provides social activities such as games , craft, music, dance , food and outings.

Provide genuine community and social engagement.

Promote active and healthy living.

Provide learning opportunities and peer to peer support.

Head to Frankston City Council Active Ageing Website www.frankston.vic.gov.au to find a full list of local groups

Frankston Art Centre News

Some Enchanted Evening

Celebrating the 81st Anniversary of the legendary partnership between musical maestros Richard Rodgers and Oscar Hammerstein.

Join us in the theatre for a whimsical journey in an enchanted concert of exquisite songs and beautiful music, including tunes from *Carousel*, *The King and I*, *South Pacific*, *The Sound of Music* and many more.

When: Friday 9th August 2024 10.30am and 1.30pm

Where: Frankston Art Centre

Cost: \$22—\$24

Contact: Book online at thefac.com.au or call 03 9784 1060



Tenori

Witness the talents of powerhouse singers: David Kidd, Stewart Morris and Andrew Pryor. Having met whilst touring with The Ten Tenors, they bring their sense of fun and sophistication to classic from the worlds of Opera, Music Theatre, Jazz and everything in between.

When: Friday 6th September 10.30am and 1.30pm

Where: Frankston Art Centre

Cost: \$22—\$24

Contact: Book online at thefac.com.au or call 03 9784 1060



Kate Miller-Heidke: Catching Diamonds Tour 2024

Kate Miller-Heidke is an award winning singer-songwriter who traverses the worlds of folk, pop, opera and musical theatre. After long months locked away writing songs, she's hitting the road to play in dozens of beautiful theatres around the world.

Kate will be playing her greatest hits and most beloved pop songs, as well as performing tracks from her original musicals "Muriel's Wedding the Musical" and the new "Bananaland", some unexpected covers, taking requests, and telling stories from across her varied career.

Accompanied by guitarist Keir Nuttall

Support Act Georgia Mooney 7.30—8pm

When: Friday 20th September 2024 7.30—9.50pm

Where: Frankston Art Centre

Cost: \$79.90

Contact: Book online at thefac.com.au or call 03 9784 1060



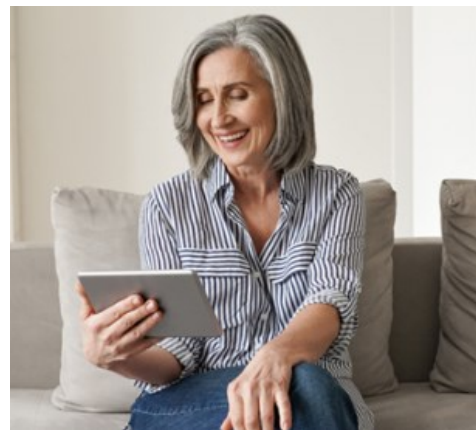
One-on-one Tech Help

Spend time with one of the tech team looking at your phone, tablet, iPad, laptop or other device.

One on one sessions are available at our Frankston and Carrum Downs branches.

They can help with;

- Settings on your device
- Downloading eBooks and eAudiobooks
- Completing online forms
- Sending and receiving emails
- Photos
- Downloading and using apps
- Social media
- Websites
- Accessing Wi-Fi and more



Sessions are available for up to a maximum of one hour.

Visit the Frankston City Library Website to book in www.library.frankston.vic.gov.au or call 9784 1020

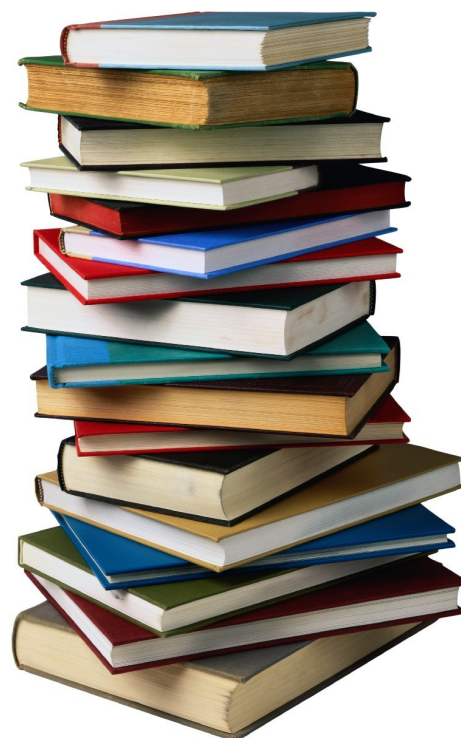
Home Library Service

Frankston City Libraries Home Library Service is a free service available to residents of Frankston City who are unable to visit the Library due to illness, frailty, disability or short-term mobility restrictions.

Our volunteers deliver a range of resources at an agreed time and frequency.

Items available include books, magazines, large print books, talking books, films & documentaries, and music CDs.

If you or someone you know would like this service, or you would like to volunteer, please email libraryenquiries@frankston.vic.gov.au or phone [03 9784 1020](tel:0397841020).



Spotlight on Death and Dying



**One size does not fit all.
Have you discussed your final arrangements?**

It's time to **GET DEAD SET** about end of life.
Help create a world where we all know what to do when someone is **dying, caring or grieving**.
Learn how, at a Dying to Know Day event near you this August.
Visit www.dyingtoknowday.com to find out more.

Dying to Know Day
is Stressful
8 August 2024

Proveda

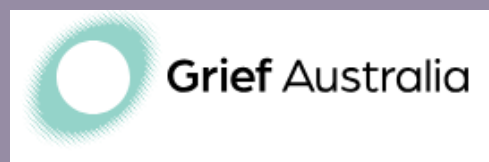
Grief Australia—a guiding voice through the universal human experience of grief.

Grief Australia is an independent, not for profit organisation, striving to change the way Australia lives with grief.

The website has many resources available such as bereavement in the workplace, supporting someone who is grieving and grief anniversaries and significant events.

There is also counselling and support groups available, the MyGrief App and a directory to find certified bereavement professionals.

Visit www.grief.org.au or call 03 9265 2100 or Freecall 1800 642 066



Palliative Care cookbook

Palliative care is a multi-disciplinary holistic concept of care for people living with an advanced, progressive potentially terminal illness. The Palliative Care Centre at Golf Links Road is a modern purpose built 15 bed facility that provides comprehensive care and support to patients in the advanced stages of progressive life-threatening illness, where care in the community is no longer appropriate.

The Palliative Care Team have unveiled their latest initiative: the release of a staff fundraiser recipe book. The recipe book was curated to honour all those who have graciously shared homemade treats with the team over the years. All proceeds from the sale of the cookbook go towards enhancing patient care in the Palliative Care Unit.

Cookbooks can be purchased for \$20 each and collected from the Palliative Care Unit at Golf Links Rd or posted directly to you for an additional charge of \$10 . Visit www.donations.peninsulahealth.org.au



End of Life Doula -is not a new concept in fact many cultures have supported the practice of people staying in their homes to die being looked after by family and community for thousands of years.

An End of Life Doula is a non medical role that provides support, options and education assisting the dying and those around them have their end of life just as they want it, to preserve the quality of life, well being and self worth up to and beyond the end of life as we know it.

A Doula can guide the dying person and/or their family members and people close to them through the process (usually for a fee). A Doula can let them know what to expect and act as an advocate for their vision and choices with medical and nursing staff, the hospital or other care providers, funeral homes, and other personnel involved. A Doula provides a shoulder to cry on, an empathetic ear and is resourceful and understanding of your journey as it unfolds.

Palliative Care Australia have [End of Life Doula](#) and [Palliative Care Factsheet](#) and “Recommended Questions to ask “ are available at www.palliativecare.org.au

Spotlight on Death and Dying (Continued)



Bereavement assistance

Victorians that are experiencing financial hardship can still give their loved ones an inexpensive and dignified funeral. Bereavement Assistance is a not-for-profit funeral director, registered with Australian Charities and Not-For-Profit Commission.

They provide low cost, dignified funeral services for those in the Victorian community who have limited or no funds and where the alternative is a 'pauper burial' or an expensive funeral that relatives or friends cannot afford.

In addition they give charitable means-tested services to disadvantaged families struggling financially.

For more information visit www.bereavementassistance.org.au or call (03) 9564 7778 (24 hours).

Advanced Care Planning, Medical decision maker forms and Support person forms

Planning for your future health care and communicating your treatment preferences.

These forms help you to make decisions now in regards your choice of health care if you were to become seriously ill and not able to communicate your preferences or make treatment decisions. It is not a complicated process but it does require careful consideration.

Everyone should consider advance care planning, regardless of your age or health. Ideally you should start planning when you're healthy—before there's actually an urgent need for a plan.

You can find Advanced Care Planning Forms, Medical Decision Maker forms and Support Person forms at www.advancecareplanning.org.au which is funded by the Australian Government Department of Health and Aged Care. Checklists and Instructions for completing these forms are available.

If further help or advice is required contact National Advance Care Planning Support Service on 1300 208 582

Good Mourning is a wonderful Australian podcast that shines a light on what loss is really like with honesty, hope and humour. Hosts Sally Douglas and Imogen Carn are two mates who are authentic, truthful, and a little bit swearsy, and on a mission to help others feel less alone. Available on any major podcast app.

Don't be Caught Dead is a fantastic podcast that encourages open conversations about dying and the death of a loved one. The stories are unique and untold as people tend not to discuss death. Catherine Ashton is the host and interviews people such as Death Doula's, funeral directors, Doctors, and those that work in Palliative Care. You can find the podcast on any of the major podcast apps or visit www.criticalinfo.com.au

My loved one has died, what do I do now?

This is a simple guide that aims to help ease the stress and uncertainty of dealing with estates and end-of-life arrangements. It will save you time, money and confusion. The guide covers the first hours, days, weeks and months after a loved one dies, stepping you through prioritised list of tasks you will need to complete, from the funeral arrangements to finalising the estate. "My loved one is dead, what do I do now"? Is available for download at a cost of \$38

Learn more at www.criticalinfo.com.au or call Catherine on 0419 883 443

