

Positive Ageing Together Newsletter



June / July 2022

Lifestyle Capital of Victoria

Welcome to the third edition of the Positive Ageing Together Newsletter for 2022

There is a lot to see and do in Frankston this June and July! Hopefully this edition includes an activity or event worthy of braving the winter weather to attend.

Frankston Libraries have a range of interesting activities to attend through the Libraries After Dark program, you can find out more on pages 6 & 7.

Find out more about World Elder Abuse Awareness Day and the information session and screening on page 3.

With help from readers of this newsletter, the first of the Seniors Friendly Small Businesses have been announced! The businesses are listed on page 8.

If you have any ideas you would like to submit or have events and activities you would like to promote throughout this year. Please contact the Positive Ageing Team by emailing PositiveAgeing@Frankston.vic.gov.au or call 9784 1046.

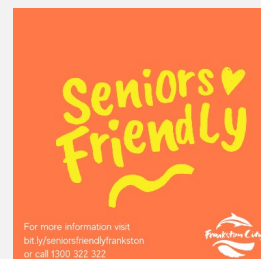
Inside this edition



Page 5
World Elder Abuse Awareness Day event



Page 6
Libraries after dark



Page 9
Seniors friendly small business

Pathways for carers

Are you the carer of a person with a disability, mental illness or an elderly person in Frankston City?

Come along to connect with other carers and spend time outdoors for a gentle stroll along Frankston Foreshore Boardwalk. Complimentary morning tea with guest speaker after the walk.

In person walks are dependent on weather and current COVID-19 restrictions. Supported by: Orwil Street Community House, Frankston City Council, Brotherhood of St Laurence and Interchange Outer East.

When: Thursday 2 June 9.30am – 11am

Where: Frankston Pier, 9N Pier Promenade, Frankston 3199

RSVP: To RSVP, please contact Orwil Street Community House on 9783 5073 or by emailing Mangaer@orwilst.org.au

What are fungi doing in our bushlands?

With the drop in temperatures and increase in soil moisture that autumn brings, you may have begun to notice a range of fungal forms emerging within the environment. Fungi and mushrooms (fungal 'fruiting bodies') abound with folklore, mystery and even fear. But what are they doing?



Join Dr Sapphire McMullan-Fisher as she helps to unpack some of the mystery of how fungi are essential contributors to ecological health within our bushland areas. Dr Sapphire has been involved in fungal research since the 1990s, and received her doctorate from The University of Tasmania on 'Surrogates for cryptogam conservation – associations between mosses, macrofungi, vascular plants and environmental variables.'

When: Thursday 2 June 7pm - 8.15pm

Where: Online

Cost: Free – Registration Essential

Bookings: To book, please visit

eventbrite.com.au/e/what-are-fungi-doing-in-our-bushlands-tickets-320401648957

World Elder Abuse Awareness Day (WEAAD)

To commemorate **World Elder Abuse Awareness Day** (WEAAD) on the 15th June, you are invited to a compelling screening of the Four Corner's program, *State Control*; a program about guardianship laws in Australia.



This will be followed by an information session presented by **Peninsula Community Legal Centre**. Experienced elder law lawyer and sought after speaker, Will Betts, will be discussing Powers of Attorney and wills. He will also be speaking about the **Elder Law Service**, which offers free legal advice to people aged 65 and over.

The Better Place Australia Elder Abuse Prevention Service will be talking about what Elder Abuse is, the different forms of Elder Abuse, and what options are available for anyone experiencing any form of abuse from family or significant others, including where to seek help.

Join us for morning tea and feel free to wear a touch of purple to support WEAAD!

When: Wednesday 15 June 10am – 12.30pm

Where: Lyrebird Community Centre, 203 Lyrebird Drive, Carrum Downs 3201

Cost: Free – Bookings Essential

Bookings: To book, please contact postiveageing@frankston.vic.gov.au or call 9784 1895

Mornington Peninsula Bonsai Society club nights

If you are a person who is interested in Bonsai or has some trees, feel free to come along on the night, we would love to meet you. It is wonderful to be able to discuss with other people who have an interest in Bonsai.

When: Deciduous trees: Wednesday 15 June 7pm – 10pm

The different Bonsai styles: Wednesday 20 July 7pm – 10pm

Where: Moorooduc Hall, Corner Derrill & Bentons Road, Moorooduc 3933

Cost: Free

Enquiries: For more information, please contact Jillian on 0407 361 989

Jonathan Thompson – The impossible dream

Inspired by the everyday Jonathan reinterprets the world around him through his bronze sculptures and redefines and reshapes his ideas through his unique artistic processes.

Jonathan invites the Frankston Community to view & vote for their favourite sculpture which he hopes to have enlarged and fabricated into a public art work celebrating Disability Arts in Frankston.



When: Opening Event: Thursday 16 June 5pm – 7pm

Exhibition: 2 June to 24 September Tuesday-Friday 11am – 4 pm Saturday 9am – 2pm

Where: Frankston Arts Centre, 27-37 Davey Street, Frankston 3199

Cost: Free – Bookings Essential

Bookings: To book for the opening event please visit

artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/Opening-Event-Jonathan-Thompson

Seaford farmers market

Run by the Rotary Club of Frankston, the Seaford Farmers Market has a huge variety of produce direct from farmers and other food producers; fresh fruit, free range eggs, vegetables, meats, jams, preserves, breads, pastas, dog treats and much more.



When: 3rd Sunday each month Sunday 19 June & 17 July 8 am – 1 pm

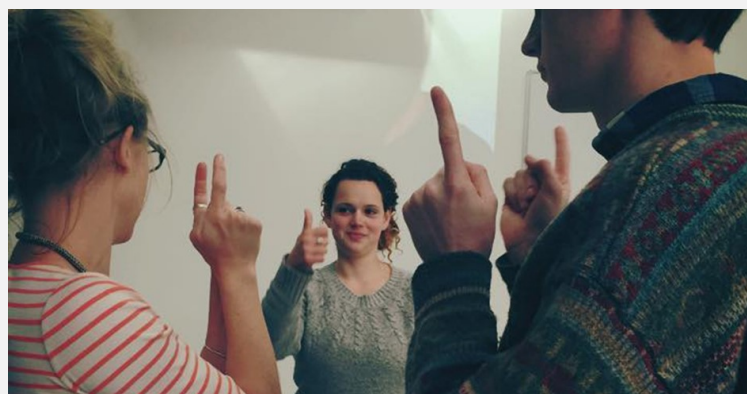
Where: Seaford Farmers' Market, Broughton Street, Seaford 3198

Cost: \$2 entry – proceeds go towards community projects

Enquiries: For more information please call Alan on 0419 870 698

HATCH – beginners Auslan for artists & arts workers

Are you an artist or art worker interested in learning Auslan? This workshop caters to artists and arts workers who would love to be introduced to a basic working knowledge of Auslan. Suitable for absolute beginners, you will learn simple signs, phrasing and technique to help you become more aware of access needs for the Deaf and Hard of Hearing Community. Session presented by Auslan Stage Left for ages 16+



When: Tuesday 12 July 6.30pm – 8.30pm

Where: Cube 37, 37 Davey Street, Frankston 3199

Cost: Free – Bookings Essential

Bookings: To book, please visit artscentre.frankston.vic.gov.au/Whats-On/Classes-Workshops/HATCH-Beginners-Auslan-for-Artists-Arts-Workers or call 9784 1060

FAC open exhibition 2022 - belonging

The FAC Open Exhibition is a group show from a call out for submissions across all visual art mediums to explore the theme of Belonging. The theme is open to broad artistic interpretation and may be approached from a personal, social or cultural perspective. The winning artist is awarded \$1,000 and an FAC Exhibition and Opening Event opportunity in 2023.



When: Opening Event: Thursday 28 July 6pm – 8pm

Exhibition: 28 July to 25 August Tuesday-Friday 11am – 4pm, Saturday 9am – 2pm

Where: Cube 37, 37 Davey Street, Frankston 3199

Cost: Free – Bookings Essential

Bookings: To book for the opening event please visit artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/FAC-Open-Exhibition or call 9784 1060

Libraires After Dark

Are you looking for free things to do after hours in Frankston City?

Then join us at Carrum Downs library on Thursday nights until 10pm and experience Libraries After Dark in person! Along with all the normal borrowing, computers and printing services, we have a range of activities, workshops, author talks and games.

Or just come in for a cuppa and a chat.

Where: Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs 3201

Cost: Free – No bookings required

Enquiries: For more information please visit

library.frankston.vic.gov.au/FrankstonLibraries/Library-Services/Libraries-After-Dark

or call 9784 1020



Mindful colouring night

Have you tried mindful colouring? It's the simple and engaging way to meditate without having to close your eyes! We're hosting an evening of mindful colouring-in as part of Libraries After Dark and we would love to see you there. Come along and connect with your community. Children and adults are welcome!



When: Thursday 2 June & 30 June 6pm – 10pm

Jigsaw puzzle night

Jigsaw puzzles exercise both sides of the brain simultaneously and can improve short term memory. What's not to love? Join us for this Libraries After Dark event and enjoy puzzling with your local community. We'll provide the tea, coffee, biscuits and puzzles so you just bring yourself.



When: Thursday 9 June 6pm – 10pm

Book chat

Join one of our Librarians for a relaxed and informal chat about your favourite books, movies, series or even poems. Or, just come along to talk about what you're currently reading and watching.

When sharing with others, we can hear different ideas, get information about the latest and most popular authors or be inspired to try something new.



You are welcome to join in the chat or to just come and listen.

When: Wednesday 13 June 5.30pm – 6.30pm

Board games night

Challenge yourself with chess or jump into a game of Jenga! We have heaps of board games just waiting to be used at Libraries After Dark. Come alone or bring a friend to this fun and friendly board game night at Carrum Downs Library



When: Thursday 16 June 6pm – 10pm

Origami night

If you've always wanted to try origami but are not sure where to start, then this is for you! Or perhaps you are already a pro and you have some folding skills to share. Come along to Libraries After Dark, enjoy a warm drink and a biscuit and let's see what we can create together.



When: Thursday 23 June 6pm – 10pm

Library events

To keep up to date with all the amazing events happening from Frankston City Libraries you can visit library.frankston.vic.gov.au/FrankstonLibraries/Events and can subscribe to the Frankston City Libraries eNewsletter by visiting library.frankston.vic.gov.au/FrankstonLibraries/Library-Services/eNewsletter

Seniors friendly small business

The Age Friendly Frankston Ambassadors are excited to announce some of our first Seniors Friendly Small Businesses. These are businesses that have been nominated by community members as being friendly, welcoming and accessible, particularly for older people. We encourage you to go and see for yourself!

- Eeny Meenie, 96 Young St, Frankston
- Ducky Brown Gateway, 230 Cranbourne - Frankston Rd, Langwarrin
- Little Olly's, Oliver's Hill Boat Ramp, Frankston South
- 38 South, 131 Nepean Hwy, Seaford
- Coffee on Kareela, 53 Kareela Rd, Frankston
- Frankie's Coffee and Eats, 317 Ballarto Rd, Carrum Downs
- 2 Boys and a Beagle, 59 Kareela Rd, Frankston

To nominate a local business you consider to be Seniors Friendly, or for more information, please visit the following website, bit.ly/seniorsfriendlyfrankston or call the Positive Ageing team on 9768 1324



Influenza (flu) vaccine

Yearly influenza vaccination is recommended for people aged 6 months and over. Anyone who wants to protect themselves against influenza can talk to their immunisation provider about getting vaccinated.

The following people are more at risk of complications from influenza and are eligible for annual influenza vaccination free under the National Immunisation Program:

- Aboriginal and Torres Strait Islander people aged 6 months and over
- Children aged 6 months to under 5 years
- Pregnant women at any stage of pregnancy
- People aged 65 years or over.

People aged 6 months or over who have medical conditions that mean they have a higher risk of getting serious disease.

The National Immunisation Program vaccines are available through doctors/ general practices, community health centres and pharmacies

For more information please visit health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine



U3A Frankston

U3A Frankston has had a great start to 2022. Our membership base is growing, our choir is singing again and we are grateful to Positive Ageing for running a competition for six new memberships. As the year progresses we are now looking to increase our course offerings so if you fancy yourself as a tutor in literature, history or could help run a crafts course, we would love to hear from you.

Check out our website or email us on office@u3af.org.au or ring on 9770 1042

I look forward to welcoming you

Andrea McCall—President

Winter dose COVID-19 vaccinations

The Australian Technical Advisory Group on Immunisation (ATAGI) has approved a winter dose of COVID-19 vaccine to increase vaccine protection before winter, for people at greatest risk of severe illness from COVID-19.

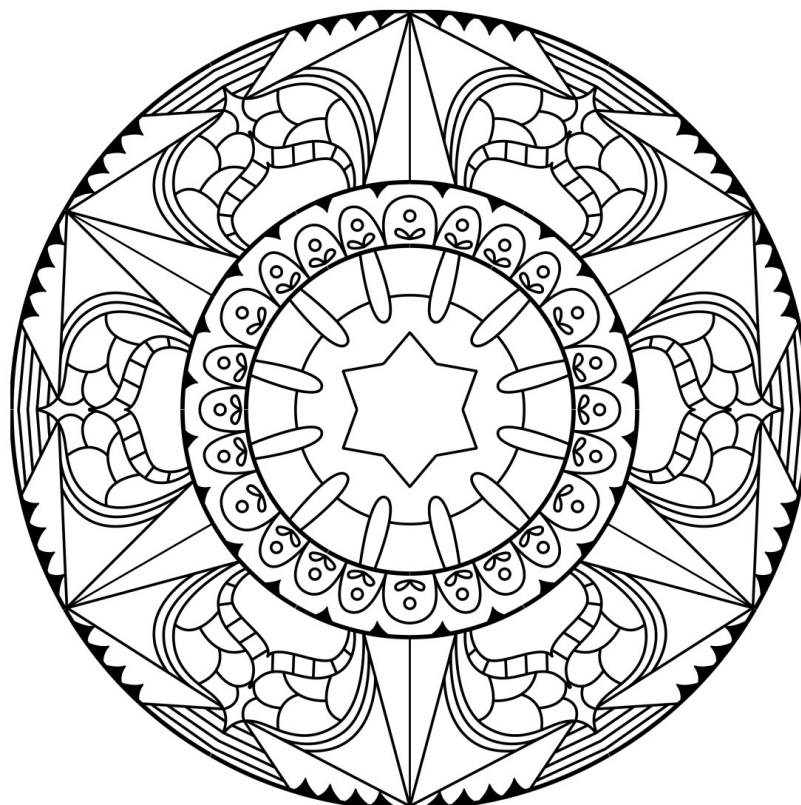
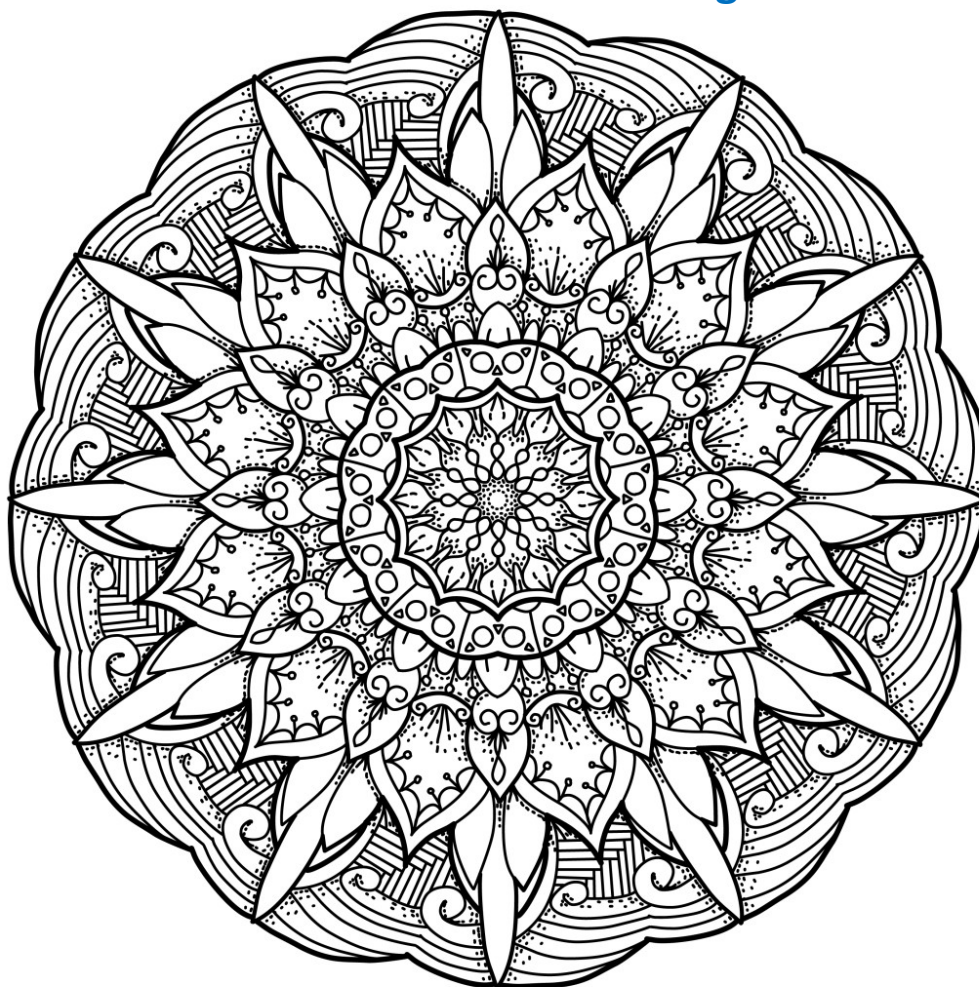
Eligible people who have received their primary vaccination and third dose will be able to receive their COVID-19 vaccine winter dose. Those eligible are:

- adults aged 65 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older who are severely immunocompromised
- Aboriginal and Torres Strait Islander people aged 50 years and older.

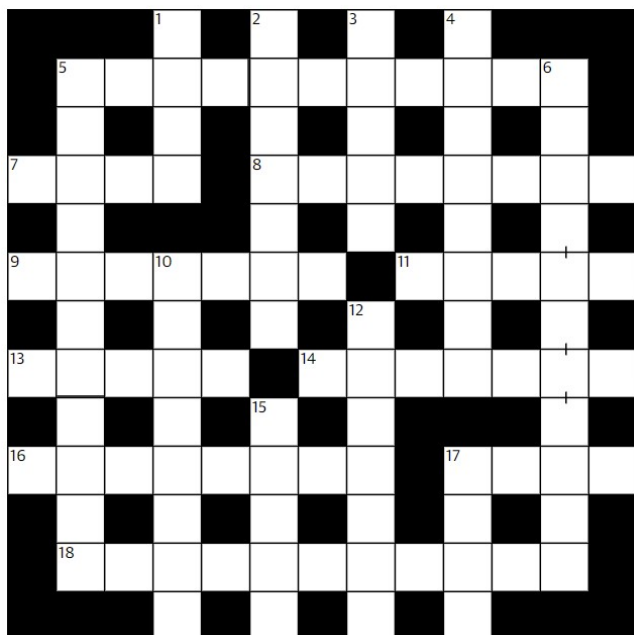
They can receive their winter dose 4 months after receiving their third dose, or from 4 months after a confirmed COVID-19 infection, if infection has occurred since the person's third dose.

You can book a winter dose appointment online at portal.cvms.vic.gov.au or by calling the Coronavirus Hotline on 1800 675 398 from 8am to 8pm 7 days a week. You can also book your appointment at your local GP or pharmacy.

Mindfulness Colouring



Crossword – courtesy of theguardian.com (No. 16 183)



Across

- 5 Dog – call us jerks (anag) (4,7)
- 7 Hideous (4)
- 8 City where Torvill and Dean won gold in the 1984 Winter Olympics (8)
- 9 Attempts to convert base metals to gold (7)
- 11 Cerebral organ (5)
- 13 Oink (5)
- 14 A Highlander's fur or leather pouch (7)
- 16 Banquet activity (8)
- 17 Lash (4)
- 18 Coin expert (11)

Down

- 1 Painful (4)
- 2 Galling (7)
- 3 Loan shark practice (5)
- 4 Court liar (8)
- 5 Vessel that returns blood from the head (7,4)
- 6 Plant of the buttercup family – am I novelist? (anag) (4-2-1-4)
- 10 Dishy – substantial (8)
- 12 Pithy remark (7)
- 15 Woozy (5)
- 17 Dam (4)

Sudoku

Fill in the numbers 1 to 9 exactly once in every row, every column and in every 3 x 3 grid.

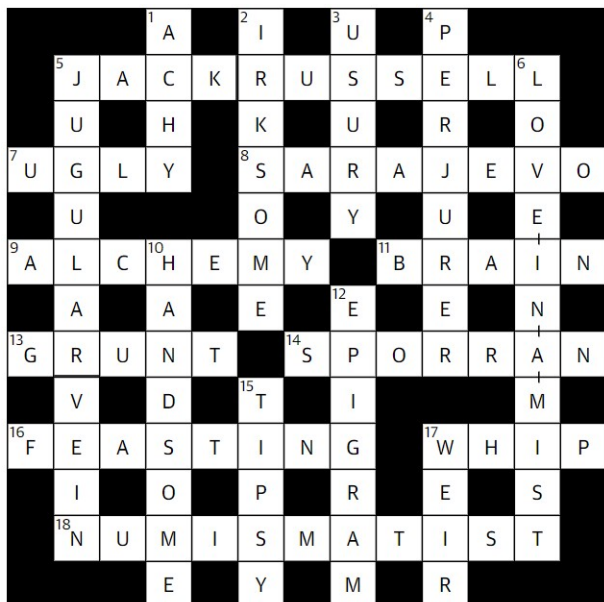
Sudoku #1 – easy

	8	1				3	5	6
2		6		3		8		
		3	5					1
6			2	9		7		
	7			8			3	
		9		1	3			2
5					2	6		
		8		7		4		5
3	2	4				1	9	

Sudoku #2 – intermediate

7		1	8					2
			4	6				
			2			5		1
		8					2	6
		4				1		
1	2					7		
9		2			5			
				1	6			
5					8	6		7

Answers



Sudoku #1 – easy

7	8	1	4	2	9	3	5	6
2	5	6	1	3	7	8	4	9
4	9	3	5	6	8	2	7	1
6	3	5	2	9	4	7	1	8
1	7	2	6	8	5	9	3	4
8	4	9	7	1	3	5	6	2
5	1	7	9	4	2	6	8	3
9	6	8	3	7	1	4	2	5
3	2	4	8	5	6	1	9	7

Sudoku #2 – intermediate

7	3	1	8	5	9	4	6	2
2	8	5	4	6	1	3	7	9
4	9	6	2	3	7	5	8	1
3	5	8	1	7	4	9	2	6
6	7	4	5	9	2	1	3	8
1	2	9	6	8	3	7	5	4
9	6	2	7	4	5	8	1	3
8	4	7	3	1	6	2	9	5
5	1	3	9	2	8	6	4	7

Contact us

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 9784 1046