

Positive Ageing Together Newsletter



June/July 2023

Lifestyle Capital of Victoria

Welcome to the June/July Edition of the Positive Ageing Newsletter!

The weather may be getting colder, but don't let that stop you from taking advantage of all the exciting opportunities available over the next couple of months!

Financial Knowledge is Power! Come along and learn essential tips and tricks from an expert in the field. More information on [Page 3](#)

Looking for a rewarding volunteer opportunity? Check out the L2P Learner Driver Mentor Program on [Page 4](#)

Do you know a dedicated volunteer who offers their time to the community? Nominations are open for Frankston City Volunteer Awards. Find out more on [Page 5](#)

If you have any ideas you would like to submit or have events and activities you would like to promote, please contact the Positive Ageing Team by emailing PositiveAgeing@frankston.vic.gov.au or call 0438 902 205.

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Wingham Park Senior Exercise Equipment



Looking for an exciting way to stay active and connect with others?

The Wingham Park Senior Exercise Equipment is open and ready for use! The outdoor exercise space includes several stations specifically designed to help improve balance, strength, functional movement and mobility.

Exercising outdoors is beneficial for both physical and mental health and can greatly reduce stress and improve our mood. It is a great way to socialise and have some fun.

There are instructional signs located within the Park as well as QR Codes to help you get started.

Follow the steps below:

1. Open the camera on your smart phone
2. Line up the QR Code in the camera frame and open the notification message
3. If there is no notification message and nothing happens then you may need a QR Code application



Some mobile phones have an in-built QR Code scanner in their camera, however some mobile phones will require you to download a QR Code application ('mobile app').

How does a QR Code work?

QR is short for Quick Response and it can be read quickly by a mobile phone. Some mobile phones have an in-built QR Code scanner in their camera, however some mobile phones will require you to download a QR Code application ('mobile app').

Session information

Our trained volunteers are looking forward to showing you how to use the equipment!

Senior Exercise Champions Charmaine, Kev, Lyn, Sharon, Veronica, Fran and Wayne are available every Friday morning.

Book a one-on-one session [here](#) or contact 0438 902 205

When: Every Friday 9:30 AM -12PM

Where: Wingham Park
103 Ashleigh Avenue, Frankston

Cost: Free (Bookings essential)

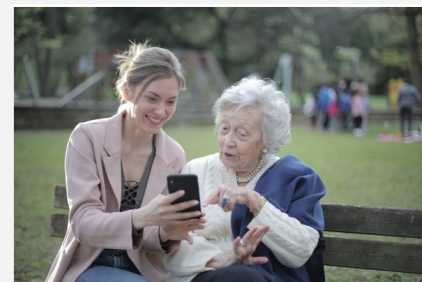
Enquiries: positiveageing@frankston.vic.gov.au or
Johanna Varghese - Positive Ageing 0438 902 205



Financial knowledge is power – a presentation for Older Adults

A rare opportunity to hear from Julie Dewberry, a Financial Information Service Officer from Services Australia (formerly Centrelink). Julie will be speaking to seniors about the following topics:

- Thinking about a granny flat or life interest arrangement
- Planning for or entering aged care
- Other changes in circumstances like illness or disability, divorce or becoming a carer



When: Wednesday 14 June 10:30 AM - 12:30 PM

Where: Karingal PLACE - 103 Ashleigh Avenue, Frankston

Cost: Free (Bookings Essential)

Bookings: <https://www.trybooking.com/CHOWI> or contact Frankston Council's Positive Ageing team on 1300 322 322

Elder Law

Alfred Health Carer Services is partnering with Peninsula Community Legal Centre (PCLC) and Frankston City Council to deliver an information session on 15 June 2023 on Elder Law.

The information session will be delivered by an expert lawyer from PCLC, William Betts, and will cover the following topics:

- Wills
- Estate Planning
- Delegated decision making/Powers of Attorney



William Betts is the Crime and Civil Law practice manager at PCLC and is a family violence duty lawyer at the Frankston Specialist Family Violence court. William also works in PCLC's specialist elder law clinic and has considerable experience providing advice and community legal education to older people.

When: Thursday 15 June 10AM - 11AM

Event type: Carers/Online

RSVP: Thursday 8 June

Express interest in attending this session by clicking [here](#)

Contact Alfred Health Carer Services Events Team for extra information:

Phone: 03 9076 6644

Email: carerevents@alfred.org.au

L2P Learner Driver Mentor Program

Looking for a volunteer opportunity with a difference?

The TAC L2P Program is a state-wide initiative funded by the TAC and the Department of Transport and Planning (DTP). The Frankston program is managed by Frankston City Council, and is supported by local sponsors, including: Lions Club of Frankston, VACC AUTO Apprenticeships, Rotary Peninsula 2.0 and Simply Red Signs. The program assists eligible learner drivers between the ages of 16 – 21 who don't have access to supervising drivers, to gain the 120 hours of driving needed to obtain their driver licence. Through this program, learners develop their skills, knowledge and confidence on the road and have greater access to education and employment opportunities once they have their licence.



With the assistance of volunteer mentor driving supervisors, the program provides an opportunity for young people to interact with positive adult role models, and gain the confidence, skills and experience needed to get their probationary licence.

Role of Volunteers

To become a volunteer with the TAC L2P program, mentors must:

- Be over 21 years of age
- Hold a full Victorian drivers licence
- Be prepared to have a Working With Children Check, Police Check and Driver History and Licence Check; and sign a Mentor Code of Conduct
- Have experience and / or an interest in working with young people
- Have good communication skills
- Be able to participate in the supervising driver/mentor training
- Commit to supervising a learner driver in driving sessions for a minimum of 1 - 2 hours per week and for a minimum of one year

If you are interested or for further information, please contact:

Sally Taylor

Frankston TAC L2P Project Officer

Phone: 0408 165 110

Email: L2P@frankston.vic.gov.au



National Volunteers Week

This year's theme for National Volunteer Week is Change Makers.

In Frankston City, we are blessed to have many Change Makers who selflessly offer their time to help others in Frankston City. We have 16,800 volunteers in our City whom we thank for their contribution.

Do you know a dedicated volunteer who offers their time to the community and deserves to be recognized for their contribution? You can nominate them in the Frankston City Volunteer Awards.

Applications are now open for nominations celebrating volunteers in five different categories. These are:

- Service
- Leadership
- Initiative
- Youth
- Teamwork

Applications must be received by 26 June, 2023.

To nominate a volunteer, click [here](#) or visit the **Impact Volunteering Volunteer Awards** page on the Frankston Council website



Senior Social Clubs and Groups



On Sunday 30th April, the Chinese Senior Citizens Club of Frankston & Peninsula organised an exciting bus trip to Marysville. Thirty-three members attended and they also invited along twelve members from Raduga Russian Senior Citizens Club.

The group visited Stevenson falls, Bruno's Art and Sculpture Garden and finally a salmon farm. The day was full of beautiful scenery, happy times and lot of laughs.

It is great to see collaboration between our Seniors Social Clubs and Groups and we are excited to see the connections and collaborations grow!



Community Care

Providing services sensitive to people's needs

Historically, Older LGBTI people have a shared experience of discrimination and prejudice. Many LGBTI elders have experienced violence, isolation, and stigma throughout their lives.

As people age, they may have less access to support from family or carers compared to the rest of the population and have been identified as a special needs group in aged care. In an effort to make a positive difference in the lives of LGBTI elders, Community care at Frankston City Council are working towards a more inclusive service.

All of our staff have attended training that promotes a better understanding of the needs of older LGBTI people, increasing staff confidence to deliver safe and inclusive services.

We offer a number of services to assist all people over the age of 65 to maintain their independence in their own homes.

We promote a practice of non-discrimination. Provide services in a manner that are sensitive to people's needs. Provide a safe environment regardless of sexual orientation or gender identity.

We provide:

- Home care services
Helping you with some of the heavier home cleaning tasks around the home,
- Personal care services
Assisting with showering and dressing,
- Assistance with shopping
- Meals
- Home maintenance
- Social support

For more information about these services and to find out if you are eligible. Call the Community Care intake line on 97841933



Glass Recycling Bin

Frankston City Council is preparing residents for a change in the way they recycle. A new Victorian Government initiative is introducing the new purple – lid bin for glass recycling across Victoria.

The new bin is part of a Victorian Government commitment to reduce waste to landfill by 80% and improve the quality of recycled materials.

The bin will be rolled out to eligible residential households throughout September with our first collection occurring in October.

Council have been busy preparing residents for the change through several information sessions.

To view upcoming information sessions in May, please view our website at :

<https://www.frankston.vic.gov.au/My-Property/Waste-and-recycling/My-bins/Glass-recycling-bin>



iPads for Loan for Seniors

Frankston City Libraries have an exciting new iPad loan program open to seniors that live in the Frankston City Council.

The program is for a three month loan of an iPad, providing an opportunity to try out the device and become more familiar with the technology.

This program also includes three one-on-one tech help sessions to help you navigate the new device, teach you the basics and help troubleshoot any problems you may be having.

For more information, contact Frankston Library on 03 9784 1020 or email libraryenquiries@frankston.vic.gov.au



One-on-one Tech Help

If you are struggling with your own personal device, one-on-one tech help is still available!

Spend 1 hour with one of our 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.

We can help with:

- settings on your devices/accessing Wi-Fi
- downloading eBooks and eAudiobooks
- completing online forms
- sending and receiving emails
- downloading and using apps
- Websites/social media/photos

For more information, contact Frankston Library on 03 9784 1020 or email libraryenquiries@frankston.vic.gov.au

Be Connected Presentations- Frankston Library

eSafety's free online Be Connected presentations provide older Australians with the knowledge and skills to use technology with confidence and keep safer online.

Join our live streamed presentations to be stepped through the essentials, in an easy to understand format with our knowledgeable and friendly presenter:

- Helpful Apps - June 22 2:45PM - 4PM
- Government Websites - July 11 9:45AM -11 AM
- Can you spot a scam? - July 27

To make a booking, email libraryevents@frankston.vic.gov.au or call 03 9784 1020





Frankston City Libraries

Justices of the Peace

Justices of the Peace (JPs) services are available at Frankston library. This service is free and staffed by volunteers. JPs can assist residents with the following:

- Attesting the execution of a document
- Witnessing a statutory declaration
- Witnessing an affidavit for use in court
- Certifying true copies of an original document
- Certifying a person's identity

Justices of the Peace are volunteers and there may be times when they are not available as scheduled. No appointments are needed but availability is best confirmed by phone 03 9784 1020

If you require further information about this service at the library, please email libraryenquiries@frankston.vic.gov.au.

For more information on The Royal Victorian Association of Honorary Justices, please visit <https://www.rvahj.org.au/>

When: Wednesdays 3PM- 7PM
Saturdays 10 AM - 1 PM

Where: Frankston Library

Cost: Free (Please call 03 9784 1020 to confirm on the day)

Frankston Combined Probus Club

What is Probus?

Probus is all about Friendship, Fellowship and Fun in Retirement

Probus opens the door to new experiences and friendships.

Stay active by participating in a wide range of activities.

Some of the activities our club offers:

Short and Long walks, Bike Rides, Classic Film Night,
Luncheons, Dinners, Outings and Cultural Events,
Happy Hours, Picnic In The Park (during daylight saving months),
Book Club Caravan and Cabin Holiday Film & Dinner

You are invited to attend our General Meetings every 3rd Friday of the month at 10AM (but advisable to come 9.30 for meet and greet and learn more about what our club has to offer)
We have an interesting guest speaker every month.

When: 3rd Friday of each month 10AM

Where: Frankston Bowls Club Yuille Street, Frankston (opposite Williams Street)

Inquiries: Secretary: Leah Wallis Email: fcprobus@gmail.com



Steps to Protect Yourself and Others

With increasing cases and hospitalisations, now is an important time to take steps to help reduce transmission and to get your 2023 booster vaccine.

Protecting yourself from getting infected is the best way to protect yourself and the community.

These six steps can help you stay ahead of Covid:

1. **Wear a mask:** a high-quality and well-fitted mask can protect you and others from the virus.
2. **Get your 2023 booster:** new bivalent vaccines targeting Omicron variants are available at your GP or local pharmacy.
3. **Let fresh air in:** open windows and doors when you can, it reduces the spread of the virus.
4. **Get tested:** if you have symptoms, take a rapid antigen test.
5. **Stay at home:** if you have Covid, you should stay at home for at least five days and until you have no symptoms.
6. **Talk to your doctor:** if you are at risk of falling very sick, you may be eligible for COVID and influenza medicines – and early testing and diagnosis are important. With expanded criteria, more people are now eligible for COVID medicines.

2023 Boosters

Victorians who have not had a COVID vaccination or confirmed infection in the past six months can now receive their 2023 booster. This is irrespective of how many prior doses a person has received. Vaccination continues to provide the best protection against becoming severely unwell or dying from COVID-19.

For those not infected or vaccinated in the past six months, a 2023 booster is **recommended** for:

- All adults aged 65 years and over
- Adults 18-64 years who have medical comorbidities or disability with significant or complex health needs

For those not infected or vaccinated in the past six months, a 2023 booster should be **considered** for:

- Adults 18-64 with no risk factors for severe COVID
- Children and adolescents aged 5-17 who have medical comorbidities or disability with significant or complex health needs

Victorians are encouraged to book a free booster appointment through their local GP or pharmacy. You can find your nearest vaccination provider through the [Health Direct Service Finder](#).

RATs available through local councils

All Victorians are eligible to pick up two free packets of RATs through their local council.

The council RAT distribution program is currently operating across the municipality including Frankston North Community Centre, Frankston South Community Centre, Karingal Place, Frankston Civic Centre and Langwarrin Customer Service Centre. The program is now open to all Victorians with all eligibility requirements now removed.

Individuals can collect up to two packets for themselves plus up to two packets for each household member per visit while people with a disability or their carer can collect up to four packets of tests.

Testing, especially with any compatible COVID symptoms, is critical to help with early detection and to protect others. It also allows for appropriate care and timely treatment. Contact details for participating councils can be found at the [Coronavirus website](#).

Antivirals and other medicines

Oral antiviral medications remain highly effective against all currently circulating subvariants to reduce severe disease and prevent death.

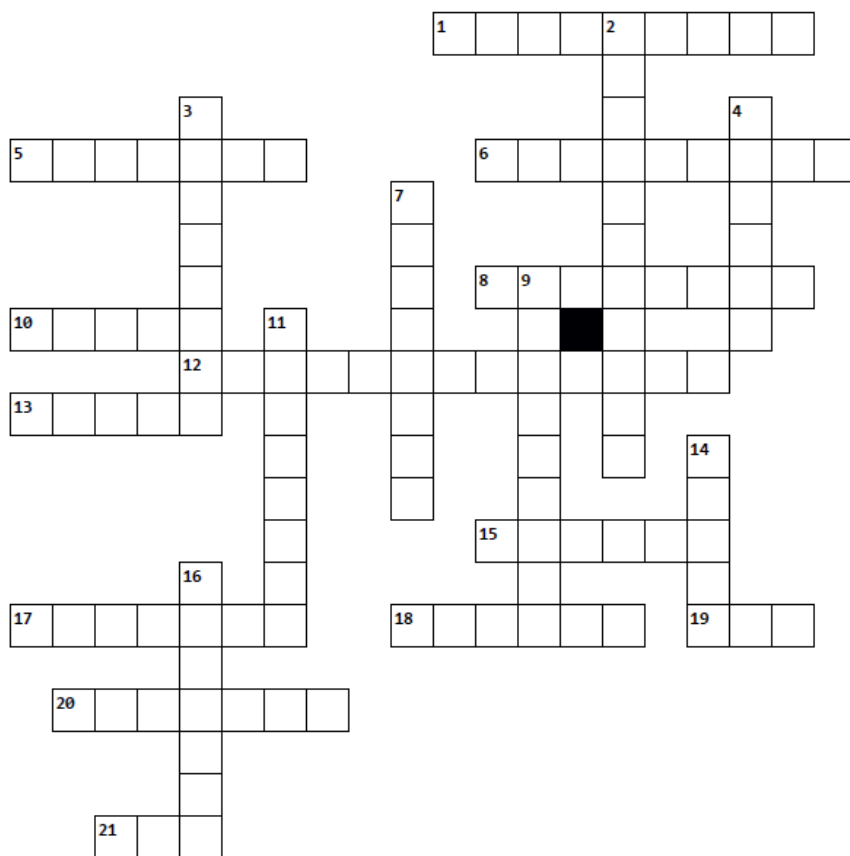
Early testing for COVID and diagnosis are essential to access COVID medicines. For most COVID medicine to work best, you must take it within five days of getting sick – the earlier the better.

Information on eligibility can be found at the [Coronavirus website](#).

Mindful Colouring



Crossword



Across

1. Piece of debris that survives passage through the Earth's Atmosphere
5. What is the name of the force holding us to the Earth?
6. Item used for looking into Space?
8. What the Universe contains many of?
10. Famous dwarf planet that is mistaken as a planet
12. Name of the first man to set foot on the moon
13. There are billions of these in the Universe
15. What planet is famous for the rings that surround it?
17. Closest planet to the Sun
18. Physicist who discovered gravity
19. What do the planets revolve around?
20. Famous Astronomer and Philosopher
21. What is there none of in space?

Down

2. What is the name of a place that uses telescopes and other scientific equipment to research space and astronomy?
3. Number of galaxies and stars in the Universe
4. Transport used to travel in space?
7. Impact that caused the extinction of the Dinosaurs
9. Person who travels into Space?
11. Galaxy that the Earth is located in?
14. Hottest planet in our Solar System
16. What planet is famous for the big red spot on it?

Sudoku

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

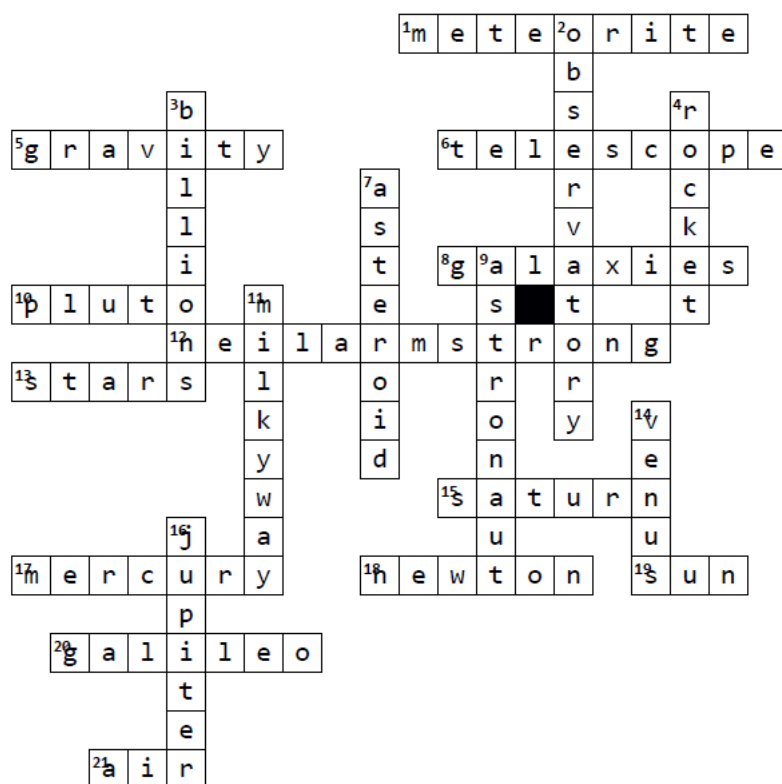
Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Answers



Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Contact us

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

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 0438 902 205