

Positive Ageing Together Newsletter



April / May 2022

Lifestyle Capital of Victoria

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

There is a lot to see and do in Frankston this April and May! Frankston Libraries have a range of exciting activities and events to attend you can find out more on pages 2, 3 & 4.

Read about the amazing work of both the Victorian Senior of the Year Valmai Dempsey and Frankston's Senior of the Year Erminio (Minio) Rossetto on page 5.

The Positive Ageing team is excited to be giving away **five Frankston U3A memberships** to readers of the newsletter. To be in the running and to learn more about Frankston U3A see page 6.

After a two year hiatus, we need your ideas for what you want to see at years Frankston Seniors Festival. Go to page 7 to see how you can help.

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
Seniors of the Year



Page 6
U3A Frankston



Page 9
Home library service

FrankTALK with Victoria Purman

As we approach ANZAC Day, this FrankTALK with Victoria Purman compels us to reflect on the experience and sacrifice, not always obvious when thinking about war. *The Nurses' War* gives the reader a true and honest insight into the experience of Australian nurses in WW1.



When: Tuesday 5 April 11am

Where: Frankston Library, 60 Playne Street, Frankston 3199

Cost: Free – Bookings Essential

Bookings: To book, please visit library.frankston.vic.gov.au/FrankstonLibraries/Events/Victoria-Purman or call 9784 1020

Book club information night

Learn about the fabulous titles and book club packs we have available to borrow, receive information about accessing them and find out how your own book club can use our specific Book Club collection to broaden your reading list! We will also be launching a new Starter Book Club on the night and you are invited to become a new member.



This is a great opportunity to discover new books and authors, explore and learn about Frankston City Libraries' Book Club program and to meet new people in a relaxed, safe and welcoming environment.

When: Wednesday 6 April 5.30pm – 6.30pm

Where: Frankston Library, 60 Playne Street, Frankston 3199

Cost: Free – Bookings Essential

Bookings: To book, please visit library.frankston.vic.gov.au/FrankstonLibraries/Events/Book-Club-info-night or call 9784 1020

Party in the Park

Get your party shoes ready, Party in the Park is back in 2022 at the picturesque Cruden Farm! We are getting back to nature with our 'Garden' theme. Let's share with our little ones all the wonderful magic that happens in the garden, while enjoying a day filled with colour, laughter and stories. With plenty of free activities for the kids and lots of local educational information for the adults.

When: Sunday 10 April 10am – 2pm

Where: Cruden Farm, Langwarrin 3910

Cost: Free entry

Enquiries: For more information, please call 1300 322 322 or visit discoverfrankston.com/whats-on/event/1321543-party-in-the-park

Book chat

Join a group of locals and a friendly Librarian for a relaxed and informal chat about your favourite books, movies, series or even poems. 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'll be welcomed to join in the chat or to just come and listen.

When: Wednesday 20 April 10.30am – 11.30pm

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

Cost: Free – No bookings essential

Enquiries: For more information, please visit library.frankston.vic.gov.au/FrankstonLibraries/Events/Book-Chat or call 9784 1020

Dunkley Candidates Forum

Frankston City Council will be hosting an opportunity for community members to hear from their local candidates directly in the lead up to the federal election. There will be an opportunity to submit questions in person and online, providing candidates the opportunity to respond with their views. All Dunkley candidates are invited to participate, with community members able to attend in person at a local venue or tune in online with the event livestreamed directly to Council's Facebook page.

When: Wednesday 4 May 7pm – 8.30pm

Where: Venue to be confirmed

Cost: Free

Enquiries: For more information, please visit frankston.vic.gov.au/Things-To-Do/Whats-On/Dunkley-Candidates-Forum or call 1300 322 322

Frankston City: A city of readers

Join us for a free event where we sit down with some of the Peninsulas brightest literary stars to chat with ABC journalist, author and lifelong local, **Paul Kennedy** to discuss the beauty that is a favourite book.



Paul will be joined by **Garry Disher**, with over 50 titles to his name, including his series of crime novels that follow *Detective Inspector Challis*, through the Mornington Peninsula.

Peninsula born author, screenwriter and producer, **Christian White** will also join the panel. Christian has topped the best sellers list, as well as taking out number one spot on Netflix in 41 countries for the series, *Clickbait*, that he co-created, in addition, he has premiered the horror/drama film *Relic* at the 2020 Sundance Film Festival.

Filmmaker **Summer DeRoche**, will also take part in the panel; Summer has been writing, directing and editing sort films for the best part of the last decade, including, *'The Globe Collector'*, *'Ruby'* *'Coming Home'* and *'Small'*.

Ever since she was a small girl reading Famous Five & Nancy Drew, **Vikki Petraitis** dreamed of being a writer. Naturally, she became a true crime author. Vicki now spends her time podcasting, presenting and writing and we are thrilled to have her joining us on the panel.

Paul will be discussing with the panel, their favourite books, the title that catapulted them head first into a writing career plus many more burning questions that we want to know about the readers, behind the writers.

When: Wednesday 11 May 7.30pm

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

Cost: Free – Bookings Essential

Bookings: To book, please visit library.frankston.vic.gov.au/FrankstonLibraries/Events/City-of-Readers or call 9784 1060

Victorian Senior Australian of the Year 2022 – Valmai Dempsey

Starting as a cadet volunteer while still in primary school, for more than 50 years Valmai (Val) Dempsey has dedicated her life to St John Ambulance. She's one of the Australian Capital Territory's longest-serving volunteers and, year after year, she still dedicates more hours than any other volunteer.



In 2020, Val faced her biggest challenge yet as a St John Ambulance volunteer – first with the 'Black Summer' bushfires, followed by the COVID-19 pandemic. In response, she led 40 fellow volunteers as they supported fire-affected communities during the emergency that stretched over many weeks.

Then when the pandemic hit, Val displayed unwavering commitment to the St John team, despite heavy impacts on team morale. Without hesitation, she personally contacted every volunteer to check they were 'doing OK' in terms of welfare, mental health and morale. It is these tireless commitments to St John that has led many in the community to know her lovingly as 'Aunty Val'.

Frankston Senior Citizen of the Year 2022 – Erminio (Minio) Rossetto

Erminio (Minio) Rossetto was named the 2022 Senior Citizen of the Year for his voluntary community work with the Kananook Creek Association and the Long Island Tennis Club.

Like so many who generously donate their time, Minio is a modest volunteer who prefers to avoid the limelight and 'get on with the job,' - although his contributions to the Frankston City community are truly outstanding.

Minio, who migrated from Italy to Frankston when he was four, has performed over 40 years of voluntary community work with the Kananook Creek association and 20 years as groundsman and caretaker of the Long Island Tennis Club.

Minio said: "When you see something that could use some work, you get in and improve it – and that's what I did. When I moved to Gould Street I thought Kananook Creek looked a bit shabby. I spoke with Robert Thurley, who I went to school with, and he said 'come and volunteer' – it all started there.

"We have always had such a good team of volunteers around us and I couldn't do it without my wife, Claire."



U3A Frankston is back

We are back at Karingal Place and open for classes for all older members of our community. We are following all health and safety guidelines and have introduced purifiers into all our classrooms. We are offering over 60 courses along with BeConnected training for the less computer literate.

Some of our classes only run till June, some all year. We also offer a couple of classes on Zoom, so get onto our website www.u3af.org.au, email office@u3af.org.au or call 9770 1042.

We welcome you all and look forward to seeing you at some stage this year.

Best wishes, Andrea McCall President U3AF

Frankston U3A Membership Giveaway

The Positive Ageing Team have five U3A Frankston memberships to give away! If you are retired or semi-retired and want to become more active, make new friends and expand your skills and learning opportunities, then Frankston U3A is for you. This membership is valued at \$100 and will give you access to as many classes as you'd like from April 26 to December 2022.

If you'd like to be in the running to win of these memberships, simply email positiveageing@frankston.vic.gov.au to register your interest or call 9784 1895 by Monday 18th April 2022. Names will be drawn on the 19th April 2022 and winners will be notified.



Are you eligible for a COVID-19 booster dose?

If you are aged 16 and over and you had your second dose 3 or more months ago, you are due for your third dose now.

To book your booster appointment:

visit: covid-vaccine.healthdirect.gov.au/booking or call the Coronavirus hotline on 1800 675 398. If you need an interpreter, press zero (0) after calling the hotline.



WE NEED YOUR IDEAS!

FRANKSTON CITY COUNCIL
**SENIORS
FESTIVAL**
OCTOBER 2022

After a two year hiatus, we want to know what activities YOU would like to see in this year's Seniors Festival. **All ideas welcome**, please email positiveageing@frankston.vic.gov.au using the subject line/heading *Frankston Seniors Festival idea* or call 9784 1895 from Tuesdays to Thursday.

Information session for clubs and groups

If your group or club is interested in holding an event in this year's Seniors Festival in October you are invited to attend this information session and morning tea on **Wednesday, 27th April at 10.30am** at Frankston North Community Centre.

Local help for seniors - \$250 power bonus

"Wow, so easy, I'm going to let my neighbor know to give you a call" Sonya

"Well that was quick, thanks for doing the computer bit" Barry

"Great, the \$250 is coming at just the right time" Olivia

Seniors from Seaford, Langwarrin, Carrum Downs, Frankston and Karingal have found it super easy to apply for their \$250 Power Saving Bonus at Belvedere Community Centre or Langwarrin Community Centre. It's a simple process of ringing to make an appointment then bringing their paperwork with them to the centres. The staff take about 15 minutes to complete the online claim and eligible applicants can choose to receive their money by direct deposit into their bank account or by cheque.

The time for applications has been extended until June 2022, both Belvedere and Langwarrin Community Centres are happy to take your call to discuss if you are eligible, give them a call.

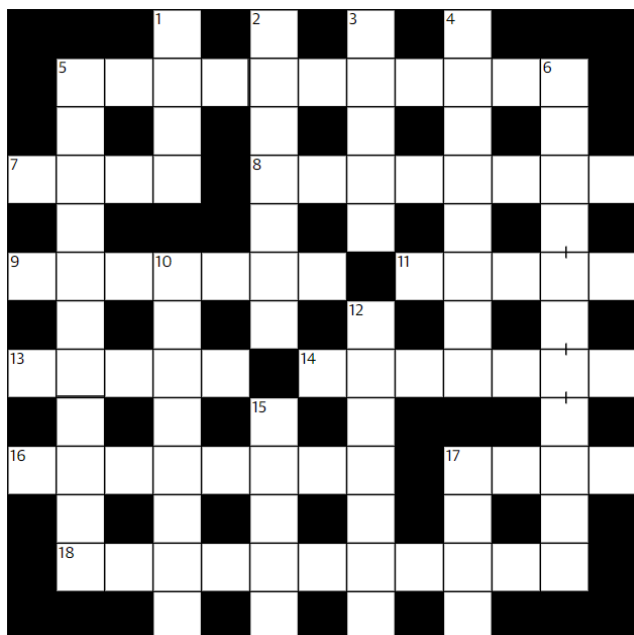
- Belvedere Community Centre Seaford 9776 9822
- Langwarrin Community Centre 9789 7653



Mindfulness Colouring



Crossword – courtesy of thetheguardian.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

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 and documentaries, and music CDs.



If you or someone you know would like this service, or you would like to volunteer, please email the library at libraryenquiries@frankston.vic.gov.au or phone 9784 1020.

You can get your COVID-19 vaccine at home

An at-home appointment means a healthcare professional (such as a doctor or nurse) visits your home to give you a COVID-19 vaccine.

The Vaccinations at Home service is intended for eligible people who may face some challenges attending a health care setting for their usual medical needs. Eligibility criteria for this service include but not limited to:

- people with an injury, chronic health issue, or frailty affecting mobility
- people with moderate to severe physical or psychosocial disability
- people with moderate to severe mental health or behavioural issues not otherwise classified as a psychosocial disability
- 5 to 11 year-olds who are not able to visit a vaccination service for the any of the reasons listed above
- people over 70
- People in Public Sector Residential Aged Care or Private Sector Residential Aged Care Settings where a group vaccination service may have previously visited, and an individual who needs dose 1, 2 or 3 of vaccination

Depending on wait times, it may take a little longer for you to get vaccinated via this service compared to attending a vaccination clinic, general practice or pharmacy. To book an at-home appointment, call the COVID-19 hotline on 1800 675 398. If you need an interpreter, press zero (0) after calling the hotline.

Local information translated into community languages

The Victorian State Government's Department of Fairness, Families and Housing is supporting Frankston City Council to translate information for local support services into other languages.

Over the coming months we will be translating information about accessing COVID-19 vaccinations, what services are available for people from a Culturally and Linguistically Diverse (CALD) backgrounds and information about local emergency relief services (including food relief and information for people experiencing or at risk of experiencing homelessness).

If you or someone you know would benefit from receiving information in their own language and would like to be sent the upcoming translated information, please contact Andrew on 9784 1046 or email PositiveAgeing@Frankston.vic.gov.au

Writer's Bloc Cafe

When: Monday – Friday 8 am – 3 pm

Where: Frankston Library, 60 Playne Street, Frankston 3199

It's time for a new chapter... The Writer's Bloc Cafe is Now Open! Featuring fresh, local, handmade food & beverages that you can afford every day, our tailored menu offers a variety breakfast, morning tea, lunch and afternoon tea options.

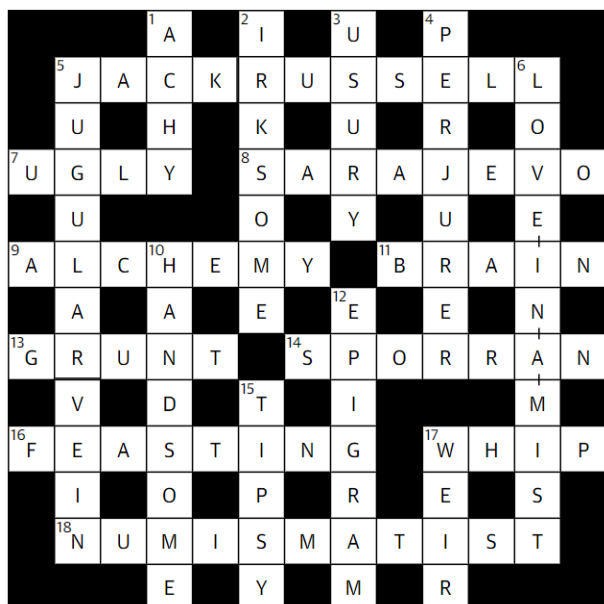
Conveniently located in the foyer of Frankston Library, it is the perfect stop when visiting the library or as a destination for lunch. Our customers are welcome to enjoy drinks and snacks within the library or sit and enjoy a break in the forecourt if weather permits.

Car parking is available in the Frankston Arts Centre for up to 2 hours free, with great accessibility and only a short walk through to the café.

- Bring a friend and receive one free hot drink when you purchase one hot drink
- 10% seniors discount applies



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