

Positive Ageing Together Newsletter



February / March 2022

Lifestyle Capital of Victoria

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

As we begin 2022, it is exciting to see many of Frankston's major events and activities begin to return. Frankston's annual Waterfront Festival returns in February. For all the activities you can expect to see at this year's festival go to pages 4 & 5.

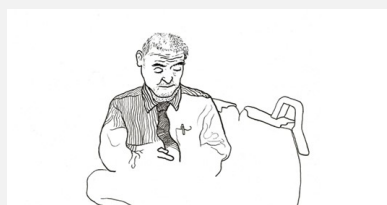
February brings the announcement of Senior Australian of the Year. You can read about Victoria's Senior of the Year for 2022, Gayle Hamilton, and the work which has led to her receiving this award on page 8.

As always, you can keep up to date with what Council activities and services have returned by going to Frankston.vic.gov.au or call Council's amazing Customer Service team on 1300 322 322.

We hope you enjoy this edition of the newsletter and we look forward to keeping you up to date with all the amazing local activities and important local information in 2022.

Warm regards, The Positive Ageing Team

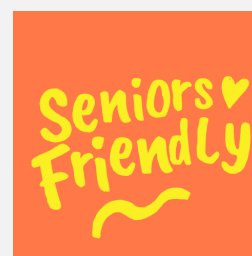
Inside this edition



Page 3
The Frankston Line



Pages 4 & 5
**The Waterfront
Festival 2022**



Page 9
**Seniors Friendly
Small Business**

Community Recovery Call Centre

Frankston City Council's Community Recovery Call Centre and referral service is here to help impacted community members navigate and connect with the services and resources they need during these difficult times. The information needed on services may involve food relief, legal information and discussion on elder abuse to name a few.

If you need help finding the right support please phone Frankston City Council on 9768 1387 for the Community Recovery Call Centre.

Opening hours are Monday – Friday 8.40am to 5.00pm.

'On My Kenyan Plate' with Dr Winnie Waudo FrankTALK and cooking demonstration

Dr Winnie Waudo is passionate about food, creating, testing recipes, watching culinary methods and devouring dishes prepared with love.

On My Kenyan Plate is an invitation to this story on food, culture and a place called Kenya. Winnie honours her upbringing with *On My Kenyan Plate*, creating a testament true to the teachings of her parents and the moulding of the society she had the privilege to grow up in.



Join in this FrankTALK and cooking demonstration with Dr Winnie Waudo at Carrum Downs Library, as part of the Libraries After Dark.

When: Thursday 10 February 7pm – 8pm

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

Cost: Free bookings required

Enquires: To book, please call 9784 1020 or visit

Library.Frankston.vic.gov.au/FrankstonLibraries/Events/Winnie-Waudo

The Frankston Line – Art Exhibition

Kenny Pittock is an interdisciplinary artist and his artwork offers a sentimental yet refreshing and humorous perspective of Australian contemporary culture and a celebration of the seemingly mundane. The Frankston Line is a playful exhibition of line drawings celebrating Frankston.



When: On display until Saturday 12 February

Where Glass Cube, Cube 37, 37 Davey Street, Frankston 3199

Cost: Free

Enquiries: For more information, please visit ArtsCentre.Frankston.vic.gov.au/Whats-On/Art-Exhibitions/Kenny-Pittock or call 9784 1060

Heather Morris in-conversation

Heather Morris is the author of *The Tattooist of Auschwitz* and *Cilka's Journey*, which together have sold eight million copies worldwide. Now she brings us an astonishing new story that will break your heart, but leave you amazed and uplifted by the courage and fierce love of three sisters, whose promise to each other kept them alive in a place without hope.



Three Sisters, and Heather's other bestselling titles can be purchased on the night thanks to Robinsons Bookshop.

When: Monday 14 February 7 pm – 8 pm

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

Cost: Free – Bookings essential

Bookings: To book, please visit ArtsCentre.Frankston.vic.gov.au/Whats-On/Events-directory/Heather-Morris-in-conversation or call 9784 1060

The Waterfront Festival



The Waterfront Festival is our chance to play by the bay! Come down to the foreshore and enjoy two days of fun in the sunshine. You will hear the sound of local live music fill the lawns, the waft of Victoria's best food trucks floating past your nose and stacks of fun activities for the family. This year you are in for a treat with not 1, not 2 but 3 stages at the festival!

Frankston City Council is thrilled to announce big voices, including Sneaky Sound System, Jack Jones, Andrew Swift, Gretta Ziller and Spirit Lines will headline the festival with many more artists!

The Ventana Fiesta precinct will be bringing colour and vibrancy to The Waterfront Festival in 2022, with a precinct full of intercultural celebrations, colour and cuisine, this is not to be missed.

With a larger footprint across the Frankston Foreshore we have jammed packed plenty of entertainment in to keep you occupied throughout the weekend, including:

- Market stalls
- Beach activities
- The Dreaming Space family entertainment
- Amusement rides and show bags
- Live music and roving entertainment
- Food trucks and garden bar
- Free activities and much more!

SATURDAY 19 – SUNDAY 20 FEBRUARY



FRANKSTON FORESHORE

GARDEN BAR ♦ VENTANA FIESTA ♦ MARKETS

SNEAKY SOUND SYSTEM

JACK JONES ♦ ANDREW SWIFT ♦ GRETTA ZILLER ♦ SPIRIT LINES

WATERFRONTFESTIVAL.COM.AU



We are ready to celebrate the return of The Waterfront Festival in 2022 with a bang, with our much loved fireworks display, filling the sky on Saturday at 9.45pm! Make sure you secure your spot for the best views of a sparkling display of fireworks set to dazzle and delight all.

In 2022, the Ventana Fiesta (formerly known as the Ventana Street Fiesta) is thrilled to be bringing the colourful Latin America, Iberian, Italian and Caribbean cultures and communities to The Waterfront Festival! With new a precinct full of intercultural activities for the entire family to enjoy, it will be a weekend not to be missed.



COVID Safe Event Information

Frankston City Council is committed to providing safe and enjoyable events. This event will be conducted in line with current public health advice and as per Council's COVID Safe Plan, including:

- All persons entering the site will be required to sign in via the VicServices QR code registration on arrival
- As per the State Government mandate, all persons entering the event site will be required to be double-vaccinated with the COVID-19 vaccine to be permitted to enter the event site; unless they have a valid exemption.

When: Saturday 19 – Sunday 20 February

Time: Saturday 12 pm – 10 pm

Sunday 12 pm – 8 pm

Where: Frankston Foreshore

Cost: Free Entry

Enquiries: For more information please visit

[DiscoverFrankston.com/Whats-On/Event/1319088-The-Waterfront-Festival](https://www.discoverfrankston.com/Whats-On/Event/1319088-The-Waterfront-Festival) or contact Frankston City Council on 1300 322 322 or email FrankstonEvents@Frankston.vic.gov.au

Clean Up Australia Day

Participating in a local 'Clean Up' event for Clean Up Australia Day is a great opportunity to enjoy your favourite park, beach, or bushland reserve and to get to know your local community. Every piece of rubbish picked up makes a difference! There are several Clean Up events all around Frankston, with some groups even holding regular Clean Ups throughout the year.



When: Sunday 6 March

Where: Throughout Frankston's parks, beaches, and reserves

Enquiries: To find a local clean up event, please visit

www.CleanUpAustraliaday.org.au/Join-a-Clean-up

The Big Picture Fest

Frankston City will become a canvas for some of the best street artists as The Big Picture Fest returns for its fifth year.

Wander the City Centre streets and be prepared to witness masterpieces being created right before your eyes, don't forget to visit past works as you soak up the creative energy around you.

When: Monday 14 – Sunday 20 March

Where: Various locations throughout Frankston CBD

Cost: Free – Bookings essential

Enquiries: For more information please visit

DiscoverFrankston.com/Whats-On/Event/1370740-The-Big-Picture-Fest

or contact 1300 322 322 or email

FrankstonEventes@Frankston.vic.gov.au



Do you live with dementia, or care for someone living with dementia?

The University of Melbourne is recruiting participants across Australia now for this **free telehealth trial**.

HOMESIDE is an international study investigating the effects of music and reading activities for people living with dementia and their family caregivers.

Who is the study for?

This study is for people living with dementia and their family (or informal) caregivers. You can participate in the study if:

- You or your loved one has a diagnosis of dementia OR significant memory problems.
- You are or you have a family caregiver.
- You live together at home.

During the HOMESIDE project:

- Everything will take place face-to-face (via an online mode)
- You will participate in the study for 6 months.
- You will receive training from experienced professionals to use music or reading activities at home.
- You will receive training from experienced professionals to use music or reading activities at home.
- You both will be asked to fill out questionnaires at 3 time points.

Programs will:

- Be tailored to your individual preference and needs.
- Offer opportunities to share meaningful moments together.
- Support you to use reading and music in your daily life.
- Offer opportunities to sing together, to listen to music and stories, to dance, to play music, to read, and to communicate with each other.

To find out more about participating, please visit www.HomesideStudy.com/Australia, email Homeside-Australia@UniMelb.edu.au or call 9035 3057

Victorian Senior Australian of the year 2022

Gaye Hamilton – Deputy Chancellor of Victoria University

No-one can question Gaye Hamilton's unwavering and longstanding commitment to Melbourne's west – whether as Chancellor or Deputy Chancellor of Victoria University, Chair of the Western Bulldogs Community Foundation, Board member of Western Chances, or in her many previous voluntary roles. But 2020 and 2021 were particularly challenging.

The COVID-19 pandemic hit the west of Melbourne harder than most parts of Australia and Gaye's wise head enabled the region's anchor institutions to navigate it successfully.



Victoria University went on to be voted number one in Australia for employability – a remarkable achievement in a sector hit hard by COVID-19.

Gaye guided the Western Bulldogs Community Foundation to redirect all programs to digital creative platforms, ensuring ongoing engagement with the community and those in greatest need, during Melbourne's extensive lockdowns.

With generosity, humility and a team-oriented spirit, Gaye is driven by social justice, equity and respect in her drive to see barriers removed and communities thrive.

Frankston Walking Group

There's a reason why walking is one of the most popular forms of activity in Australia. Joining Heart Foundation Walking will help you to reduce stress, be more alert, have a healthier body and build strong relationships. Meet the Frankston Walking group at the entrance of George Pentland Gardens and enjoy a 30-45 minute walk

When: First Monday of every month 9.30 am

Where: Cnr Foot Street & Williams Street, Frankston 3199

Cost: Free

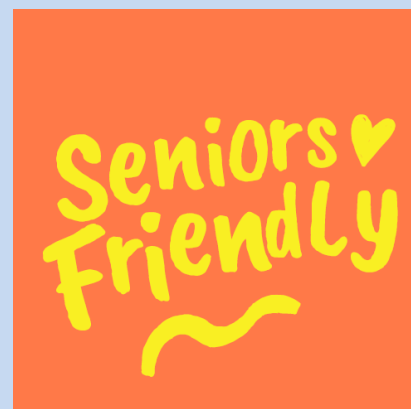
Enquiries: For more information please contact the walk organiser Michelle on 0412 321 354 or visit www.Walking.HeartFoundation.org.au/walking/group/frankston-walking-group

Seniors Friendly Small Businesses

A Council initiative recognising the importance of small businesses as places for older people to connect with others is launching in 2022.

The Seniors Friendly Small Business project will identify and promote local businesses that are friendly, welcoming and accessible for older people. The project was kick started by the Age Friendly Frankston Ambassadors (AFFA), an advisory committee established in 2019.

The AFFA meets every two months to discuss challenges facing older adults within our community and members identified small businesses as a key place to promote connection within the community.



Ambassador, Brian, says the idea that staff within small businesses may be the only interaction some older people have throughout the day is the project's main driver.

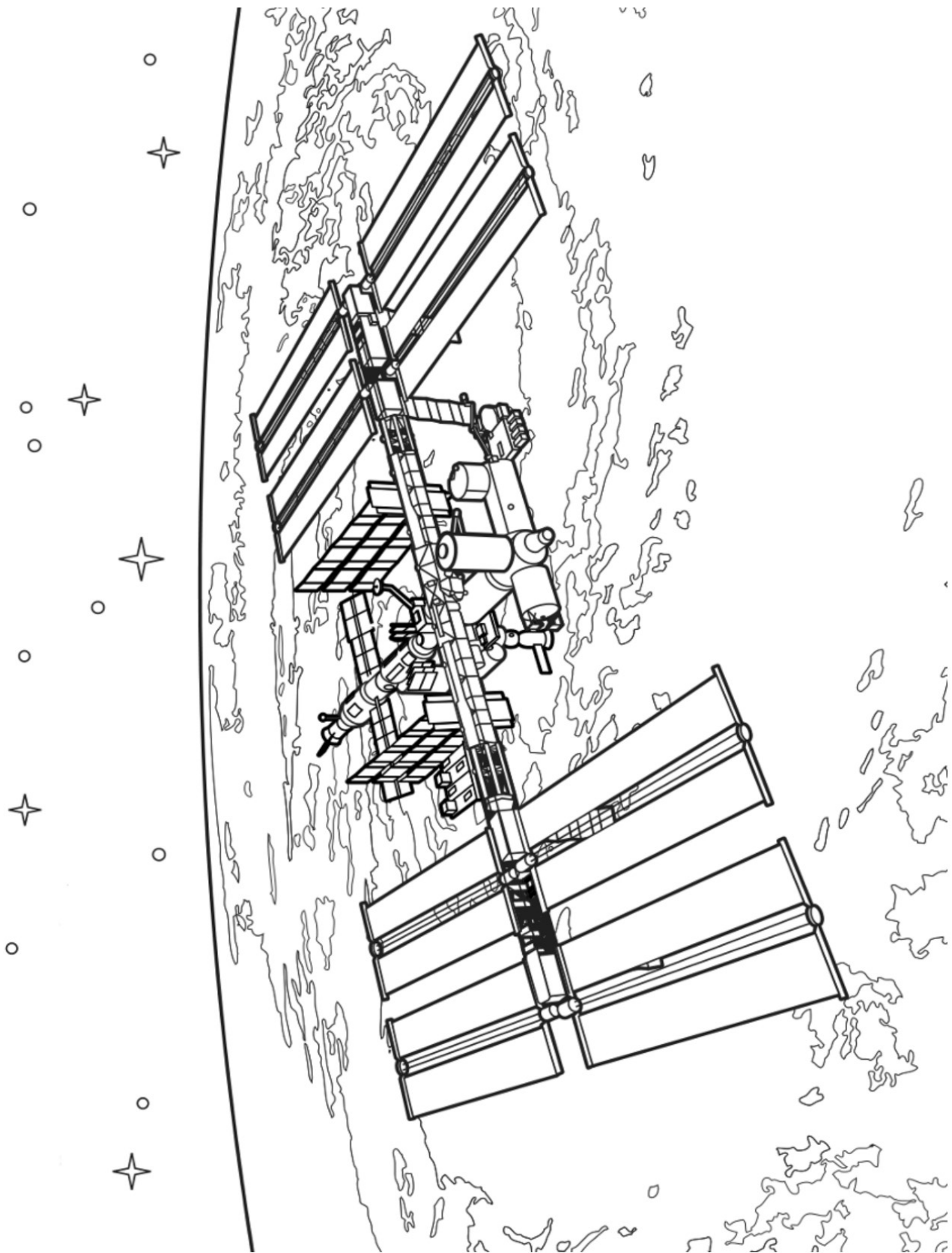
"We want to make sure every older resident has a chance to have the same meaningful daily interactions that so many of us take for granted. Social isolation is a huge issue for older Australians and there are lots of little things we can all do to ensure no one ever feels lonely," Brian said.

The AFFA describes senior-friendly businesses as those who remember customers' names, are physically easy to access, keep an eye out for people and generally create a welcoming and inclusive environment, particularly for older people.

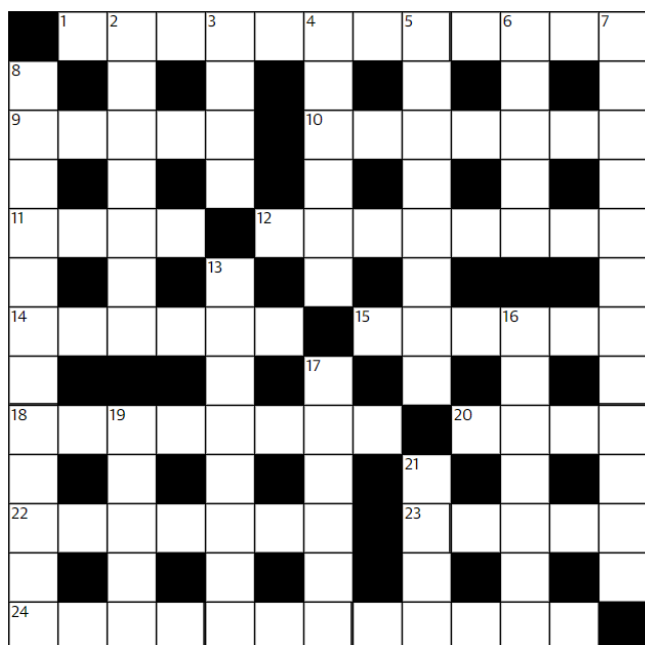
Enie Meeny café in Frankston is the first business to be nominated, who were recognised for welcoming of everyone regardless of age, gender or ethnicity.

The Ambassadors will work directly with small businesses across Frankston City in the coming months.

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



Crossword – courtesy of theguardian.com (No. 16 116)



Across

- 1 Association such as at Liverpool or Everton? (8,4)
- 9 Imitative of the past (5)
- 10 Aerial (7)
- 11 Something that scurries sideways (4)
- 12 Magnetic coil of wire – no oldies (anag) (8)
- 14 Involve (6)
- 15 Fire on a hill that can be seen from a distance (6)
- 18 Colour supplement? (8)
- 20 One should avoid falling into one of these (4)
- 22 Watering holes (7)
- 23 It's as good as a mile! (1,4)
- 24 Scattered about (4,3,5)

Down

- 2 Exist longer than (7)
- 3 Norse god (4)
- 4 Female warrior from Scythia? (6)
- 5 Covered in soap suds (8)
- 6 Slang – jargon (5)
- 7 You'll need this to get on! (8,4)
- 8 Test, say (7,5)
- 13 Kind of Italian restaurant (8)
- 16 Paris-based jewellery and wristwatch manufacturer (7)
- 17 Fresh (6)
- 19 Benefactor (5)
- 21 Party – hit – try (all informal) (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

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

Sudoku #2 – intermediate

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

Answers

	1	F	2	O	3	T	B	4	A	L	5	L	C	6	L	U	7	B
8	C		U		H			M		A		I		O				
9	R	E	T	R	O			10	A	N	T	E	N	N	A			
	I		L		R			Z		H		G		R				
11	C	R	A	B		12	S	O	L	E	N	O	I	D				
	K		S		13	P		N		R								
14	E	N	T	A	I	L		15	B	E	A	16	C	O	N			
	T				Z			17	U		D		A		G			
18	M	A	19	A	Z	I	N	E		20	T	R	A	P				
	A		I		E		U		21	B		T		A				
22	T	A	V	E	R	N	S		23	A	M	I	S	S				
	C		E		I		E		S		E		S					
24	H	E	R	E	A	N	D	T	H	E	R	E						



Sudoku #1 – easy

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

Sudoku #2 – intermediate

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

Contact us

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

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 9784 1046