

A community for all ages



MORNINGTON
PENINSULA
Shire

Edition 27
Summer 2021-22

What's inside

- Australian Ageism Awareness Day
- Staying independent: Getting around the Peninsula
- Why we volunteer
- 16 Ks in 16 Days: Steps for Respect
- Stay safe this Summer
- Umbrella Dementia Cafés
- 'SHAPE' study
- Exploring Rehabilitation, Ageing and Independent Living
- Were you born overseas? We'd love to hear your story!



Ageing well on the Mornington Peninsula

And so we come to the end of 2021!

Inside the Summer edition, you'll find information on the inaugural Australian Ageism Awareness Day and the 16 Days of Activism.

Learn about travelling safely around the Peninsula, why our wonderful volunteers do what they do, and support for people living with dementia. There are also some tips for coping with Summer heatwaves and an invitation to join the conversation on rehabilitation, ageing and independent living.

From all of us here at the Shire, we wish you a safe and joyful Christmas and New Year. We look forward to connecting with you in 2022.

To join the mailing list or view electronically:

- ➔ mornpen.vic.gov.au/PositiveAgeingNewsletter
- ➔ positiveageing@mornpen.vic.gov.au



Mornington Peninsula Shire acknowledges and pays respect to the Boon Wurrung/Bunurong people, the Traditional Custodians of these lands and waters.

We are committed to the cultural safety of older people of Aboriginal and Torres Strait Islander, culturally and linguistically diverse and LGBTI backgrounds.

Australian Ageism Awareness Day



On 1 October, Australia's first ever Ageism Awareness Day was organised by EveryAGE Counts. The day supported the growing social movement to shift attitudes and positively influence the way Australia thinks about ageing and older people.

A virtual launch event was held as part of the 'Ageism. Know it. Name it' campaign from EveryAGE Counts.

More than 430 people attended the online event which touched on several issues related to ageism and inspired a huge response from participants via Chat.

The event was facilitated by Marlene Krasovitsky, co-chair and campaign director of EveryAGE Counts.

On the panel were the Hon Kay Patterson AO (Age Discrimination Commissioner), the Hon Robert Tickner (former Minister for Aboriginal and Torres Strait Islander Affairs) and Monica Trapaga (actress, presenter, jazz singer and Ageism Awareness Day Ambassador).

The campaign slogan 'Know it. Name it' reminds us by calling out and acting on the way we speak and think about ageing and older people will be a key driver to end ageism.

After the event, Deputy Mayor Councillor Lisa Dixon, PACE members and other Shire staff, gathered at a virtual morning tea to reflect on the topics raised at the launch.

The distinction between 'ageism' and 'age discrimination' was discussed. The group also talked about their personal experiences of ageism and acknowledged that respect for elders is a two-way street.

PACE Chair Winston Trood said:

"People need to also be aware of the role of language in combatting ageism and to be conscious of their individual responsibility in raising awareness of the issue...the event is a good beginning for conversations."

Please check out the EveryAGE Counts website for resources to address ageism in your community and to take the pledge to stand for a world without ageism:

everyagecounts.org.au

Rethink how we think about ageism

The Framing Age Message Guide aims to help everyone better understand how to communicate issues about age and ageing. The guide helps reduce ageist attitudes, stereotypes and behaviours; the very issues driving elder abuse.

The guide was produced by Common Cause Australia who were commissioned by a regional consortium of multi-agency Elder Abuse Prevention Networks (EAPNs) across Victoria.

Download your copy of the guide from the Southern Melbourne Primary Care Partnership website: smpcp.org.au

For more information:

info@smpcp.org.au 8587 0241



Staying independent

Getting around the Peninsula

Transport to access everyday activities is vital to for people to stay connected and maintain a high quality of life. This can be challenging if you're unable to drive or access public transport. The guide offers information on transport options available to both residents and visitors on the Peninsula.

Whether you have a permanent disability, temporary impairment, don't drive or just need some assistance while travelling, there are options available. Medical transport is available for people living with medical conditions or disabilities who are unable to access other forms of transport.

For more transport options, or to access the guide, pick up a copy from our libraries and customer service centres in Rosebud, Mornington, Hastings and Somerville. You can also download a digital copy from

mornpen.vic.gov.au/transport

For more information: 5950 1605

communitytransport@mornpen.vic.gov.au



Why we volunteer...

Having lived through so much uncertainty over the past two years, and with so many volunteering opportunities put on hold, it's important to hear why volunteers do what they do.

People volunteer for so many different reasons, and across numerous programs, clubs and locations all around the Mornington Peninsula. The benefits of volunteering are well-known and include increasing the connection people have with their community and reducing social isolation.

Here's what some of our volunteers have shared:

I really love to volunteer because I get a great deal of satisfaction out of helping someone who is unable to get to the Library themselves. One of my Home Library ladies has told me that I safely bring the outside world into her home just by chatting about what I have been doing in my life.

There is a real sense of pride that the service I am providing is so appreciated by the Home Library borrowers. I love to read myself, so it is a delight to see the joy on their faces as they choose from a bag full of books.

I could always just select books for them, but this way they can have some independence and choose what they would like to read.

Sue, Home Library Volunteer

I volunteer because I wanted to "give back" as my life has been fortunate and good. However, in volunteering I have received far more than I ever anticipated. I have met wonderful people: staff at the Shire, fellow volunteers and, best of all, some amazing older members of our community. I feel like I am with my grandma again, how fortunate am I to be invited into this gentle woman's life?

Trish, Home Library volunteer

With so many volunteering opportunities in our community, there's sure to be something that interests you and fits in with your availability.

To find out more, visit

volmornpen.com.au

Or register your interest for the following volunteering programs with the Shire:

Meals on Wheels

vso.meals@mornpen.vic.gov.au

Home Library Service

HomeLibrary.Service@mornpen.vic.gov.au

TAC L2P Program

l2p@mornpen.vic.gov.au

Not online but interested in volunteering for one of these three programs?

Call the Shire's friendly Customer Service team and request that your contact details be passed on to our Volunteer Management team.

5950 1000

I volunteered for L2P because I recognise how important having good role models for young drivers, and how critical having a licence is for so many jobs. I enjoy my time chatting with my mentee and hearing about her life, in this flexible volunteering role.

Simon, TAC L2P mentor

I am extremely happy to be back volunteering. It makes me feel good and makes the clients happy. It's a win-win situation and I look forward to volunteering every week!

Andrea, Meals on Wheels mentor

It gives me a reason to get out of bed for the day and I look forward to seeing the clients.

Bob, Meals on Wheels volunteer

My parents lent themselves to many voluntary programs and in doing so gave our family a blueprint for helping others.

Having benefitted from the generous voluntary contribution of others in my youth, I now gain a satisfaction from helping others.

Mike, TAC L2P mentor

I volunteer to continue to make a positive contribution to the community, it is the thing I miss most since retiring. I get the satisfaction of seeing a young person develop, learn new skills and the shared elation when they get their licence. I also find that I get first-hand insights into the perspective of young people rather than making assumptions. Although it is a reality check to discover that none of the learners were born when Port Arthur and 9/11 happened. (Too afraid to ask if they know who the Beatles are).

Chris, TAC L2P mentor

L2P gives me the opportunity to interact with a generation that represents our future. As my grandchildren are interstate, the L2P mentees fill that void. I never cease to be amazed by them.

Richard, TAC L2P mentor

Having enjoyed a successful professional life and been lucky enough to receive understanding and kindness during my own early and often uncertain days, I decided to use my experience to "pay it forward". The L2P program has provided me with the opportunity to open up local young people to the possibility of achieving their provisional drivers licence. I see my role as much more than just a driving mentor, I also aim to improve their self-esteem where needed, and assist their growth into capable, considerate and qualified drivers. I feel immense pride in spending 120 hours together, a relatively short presence in their lives.

Gerry, TAC L2P mentor

16 Ks in 16 Days: Steps for Respect

Stamping out violence against women of ALL ages

The Respecting Seniors Network (RSN) is a group of local people and organisations in the Mornington Peninsula and Frankston region who work together to help end elder abuse and family violence. We're proud to be a foundation and steering committee member of the RSN.

This year the RSN launched the 16 Ks in 16 Days – Steps for Respect campaign as part of the state-wide 16 Days of Activism Campaign which ran between 25 November – 10 December.

The 16 Ks in 16 Days participants were set the goal to walk this distance in recognition of victims and survivors of family violence.

This campaign sent a strong message that Frankston and the Mornington Peninsula stand united against ageism, sexism and violence in our community.

This year the RSN partnered with Zonta Mornington Peninsula and Zonta Melbourne South East to highlight that women of all ages – not just younger women as commonly depicted – are victims of intimate partner violence.

If you or someone you know is experiencing violence, you can contact 1800RESPECT on ☎ 1800 737 732

If you are in danger, call ☎ 000



Stay safe this Summer

Heat waves kill more Australians than any other natural disaster. Here are some things you can do to reduce the impact of heat:

- **Plan ahead** Travel or be outdoors at the coolest parts of the day, choose sheltered or air conditioned options where possible.
- **Keep cool** Use wet towels on your body, rest your feet in a tub of cold water or have a cool shower. Use fans and air conditioners on low speed.
- **Drink water** Even if you don't feel thirsty (seek advice from your GP if you have been advised to restrict fluid intake)
- **Check in on those most at risk** If you are able to, reach out to a family member, friend or neighbour who might be vulnerable to the impact of heat.
- **Protect your pets** Ensure animals have shade to rest in and water to drink. If the ground is too hot for you to rest your hand comfortably, it is too hot for your pet's paws.
- **Recover** Your body can take multiple days to recover from heat stress, so continue to drink water and keep yourself as cool as possible.

If you or anyone you know feels unwell, call Nurse On Call for free health advice 24 hours a day: 📞 1300 606 024

In an emergency, call 📞 000



A message of thanks

John was overwhelmed with the support shown by the Mornington Peninsula community to the Recycle For Sight glasses collection drive at Bentons Square.

In all, 763 pairs of glasses were donated during Seniors Festival month, which is a truly wonderful result. These glasses will now be sorted and distributed to those less fortunate in our community and overseas.

Both the Lions Club of Mount Martha and Bentons Square would like to sincerely thank everyone who donated glasses.

A collection box will now be available in front of Woolworths for ongoing glasses donations.

210 Dunns Road, Mornington 3931

Photo: John Thomas, President of the Lions Club of Mount Martha

Umbrella Dementia Cafés

Umbrella Dementia Cafés is a charity fighting the social isolation that comes with living with dementia.

They create community support groups called 'cafés' to help not only people living with dementia but their partners, carers and families too. Their mission is to empower the 'village' to support those living with dementia.

They have two cafés on the Peninsula, one in Rosebud and another in Sorrento. During lockdown they moved to online cafés and connected on a whole new level! Now they're back in person and ready to demonstrate the importance of staying linked into your local community.

Over the next 12 months they're aiming to bring more awareness about the importance of social inclusion for people with dementia.

If you have a fun and creative fundraising idea or can help host fundraising events, Umbrella Dementia Cafés want to hear from you!

They rely solely on generous donations of local community business and families to stay true to their mission of improving the social health and well-being of people living with dementia

Umbrella Dementia Cafés is a deductible gift recipient charity and a little goes a long way.

Contact Rebecca Thorburn, Operations Manager or visit the website:

☎ 0401 364 696

✉ rebecca@umbrelladementiacafes.com.au

🌐 umbrelladementiacafes.com.au





The SHAPE study

After receiving a diagnosis of dementia, it's important individuals and families have access to support and advice to regain control and plan for the future. This study will test a new online training and support group for people in the early stages of dementia, with an e-learning program for their carers. This will place people with dementia at the centre of their care and teach skills for decision-making, symptom management and healthy living.

People with dementia will be invited to attend the online group once a week for 10 weeks. All group members will be given a 'SHAPE iPad', where they can join the group at the touch of a button! The SHAPE study is an international research trial, funded by the National Health and Medicinal Research Council (NHMRC) in collaboration with Neuroscience Research Australia (NeuRA) and the University of New South Wales (UNSW).

Is this study right for you?

They're looking for people who:

- Have a formal diagnosis of dementia
- Are aged 65 and older
- Are comfortable with engaging in an online group setting
- Can communicate and read in English
- Have a care partner who is willing to participate as well.

What will you get from participating?

- Feeling more in control and able to maintain and improve health and wellbeing
- Greater confidence talking about the future with family and friends
- Gaining more knowledge of dementia and strategies to manage the changes
- Additional support for the whole family.

For more information, please contact Jana Koch:

✉ shape@neura.edu.au ☎ (02) 9399 1116

Exploring Rehabilitation, Ageing and Independent Living (RAIL)

An innovative new portrait exhibition

RAIL worked with a range of community stakeholders to ask for their help to inform the centres mission and research priorities. Using an innovative approach, contributors were asked to bring objects in to represent their personal experience of rehabilitation, ageing and independent living.

For more information on the exhibition:

- 📍 artscentre.frankston.vic.gov.au/whats-on
- ☎ 9784 1060

An online exhibition video will be available from the Monash University RAIL website:

- 📍 monash.edu/medicine/spahc/rail

Join the Monash University RAIL Research Centre as they host this free narrative portrait exhibition and community conversation.
Friday 3 – Tuesday 21 December
Cube Gallery, Frankston Arts Centre

Participants sought

RAIL is seeking people with dementia who are unsteady on their feet but don't use a walking aid. Enrol in a six-week training program at your home to improve your walking confidence.

Eligibility criteria

- Aged 65 or older
- Dementia or cognitive impairment diagnosis, or a dementia supplement in your home care package
- Fell in the past 12 months, or you are unsteady when walking or turning
- Not currently using a walking aid
- Have a carer who can support practicing using a walking aid.

What will you get from participating?

- Free home visits and training by an experienced physiotherapist
- Free walking aid if using one is safe for you.

For further information, please contact Dr Angel Lee

- ✉ angel.lee@monash.edu
- ☎ 0421 136 625



An image from the debut photographic exhibition by the new RAIL Research Centre at Monash University.

Community conversations with the RAIL Research Centre

A vital component of the work being conducted by Monash University's RAIL Research Centre is collaborating with those who are experts in these areas: people with a lived experience of rehabilitation, ageing and independent living.

To accompany the Narrative Portrait Exhibition, RAIL Research Centre stream leads – Dr Natash Brusco (rehabilitation), Professor Keith Hill (ageing) and Associate Professor Libby Callaway (independent living) – will be hosting a series of community conversations at the Frankston Arts Centre Cube Gallery:

Monday 6 December 10am – 12pm

Community conversation
on rehabilitation
(morning tea provided)

Monday 6 December, 1 – 3pm

Community conversation
on ageing
(afternoon tea provided)

Tuesday 7 December 1 – 3pm

Community conversation
on independent living
(afternoon tea provided)

If you are someone with a lived experience of rehabilitation, ageing or independent living, and would like to join these small consumer group conversations, please register online or via email:

📍 bit.ly/3qWQOR7 📧 spahc.rail@monash.edu



Photo: Previous consultation activities



Were you born overseas? We would love to hear your story!

The Victorian Parliament is conducting an Inquiry into support for older Victorians from migrant and refugee backgrounds and is looking to hear about your experience living in Victoria.

They'd like you to share:

- What helps you live a happy life?
- What makes life easier for you?
- What makes you feel safe?
- How do you stay active and learn new things?
- What help do you need with your physical health, mental health or disability?
- Can you find information and help you need?

If you're aged 60 or older and currently live in Victoria, but were not born here your story will help the Government know what help you need and how they can better support you.

You don't need to speak English well to tell your story! There are instructions in 20 languages, including Chinese, Dutch, Greek, and Italian available on the website:
parliament.vic.gov.au/4815

To upload a film of your story, visit:

parliament.vic.gov.au/4812

Send it in the mail to:

Legislative Assembly
Legal and Social Issues
Committee
Parliament House,
Spring Street
East Melbourne VIC 3002

You can also send an email with your story or any questions to:

oldervictoriansinquiry@parliament.vic.gov.au

If you need any assistance, please call [8682 2843](tel:86822843)

Please tell us your story by Monday 31 January, 2022.

If English isn't your first language, there is an online Easy English Guide that explains the inquiry and how you can make a submission:

bit.ly/3lkdhNL

Have your say

As a community newsletter, we would welcome your input. What type of information would you like to see each season? Do you have a community event that you would like to advertise?

Please email your ideas to:

positiveageing@mornpen.vic.gov.au

We are committed to Positive Ageing.

For a copy of the Positive Ageing Strategy:

[5950 1000](tel:59501000)

positiveageing@mornpen.vic.gov.au