

A community for all ages



MORNINGTON
PENINSULA
Shire

Edition 29
Winter 2022

What's inside

- Let's keep active at Mornington Community House
- PTV's FlexiRide Rosebud trial continues
- Seniors Festival will be back in 2022!
- 15 June is World Elder Abuse Awareness Day
- A message from PACE
- Pathways for Carers
- Winter wellness
- Know your COVID-19 symptoms
- Enjoy your first Australian Decorative and Fine Arts Society lecture for free



Ageing well on the Mornington Peninsula

**The temperature may be dropping,
but there's still so much to see and do
on the Peninsula this winter!**

Our 13 neighbourhood houses and community centres will be warm and welcoming, and the FlexiRide Rosebud trial will continue throughout winter to help make travelling around easier no matter the weather.

World Elder Abuse Awareness Day is in June, so you'll find more information on how you can stay safe, informed and supported inside.

We've also put together some tips on how to stay healthy this winter, with information on how to access assistance if you need it.

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 LGBTQIA+ backgrounds.



Did you know?

We have 13 neighbourhood houses and community centres on the Peninsula providing learning and training opportunities, information and support services, and ways to stay active, make new friends and volunteer in your community.

Bentons Square Community Centre

145 Bentons Road, Mornington

📍 bentonssquare.org.au 📞 5977 2468

Crib Point Community House

7 Park Road, Crib Point

📍 cpch.org.au 📞 5983 9888

Dromana Community House

15 Gibson Street, Dromana

📍 dromanacommunityhouse.com

📞 0417 467 734

Good Shepherd Community House

6 Wallaroo Place, Hastings

📍 goodshep.org.au/

community-house-wallaroo/

📞 5970 7000

Hastings Community House

185 High Street, Hastings

📍 hastingscomhouse.com

📞 5971 9198

Mount Eliza Neighbourhood House

90-100 Canadian Bay Road, Mount Eliza

📍 mountelizanh.com.au 📞 9787 8160

Mount Martha House Community Centre

466 The Esplanade, Mount Martha

📍 mountmarthahouse.com.au

📞 5974 2297

Rye Community House

27 Nelson Street, Rye

📍 ryech.org 📞 5985 4462

Seawinds Community Hub

11A Allambi Avenue, Capel Sound

📍 seawindscommunityhub.com.au

📞 5982 2204

Somerville Community House

2/21 Worwong Avenue, Somerville

(formerly Blacks Camp Road)

📍 somervillecommunityhouse.com.au

📞 5977 8330

Sorrento Community Centre

860-868 Melbourne Road, Sorrento

📍 sorrentocc.org.au 📞 5984 3360

Willum Warrain Aboriginal Association

10C Pound Road, Hastings

📍 willumwarrain.org.au 📞 5979 1391

Let's keep active at Mornington Community House

Even during the colder months, the following groups can support and encourage you to stretch, stay active and catch up for a chat.

Gentle Mindfulness Yoga (5pm Mondays): practice coordinates movement to your breath. You'll learn to stay in the moment without judgement or expectation.

Pilates Sculpt and Burn (6pm Mondays and Thursdays): All experience levels can join these low-impact exercises to improve flexibility and postural alignment.

Chair Yoga (9.15am Wednesdays): a gentle form of yoga using a chair for support.

Join the **Walk and Talk** social group, and then return to Mornington Community House for a cuppa and a chat **(9.30am Thursdays)**.

Share positivity and a walk with the **Mornington Well Wishers (9am Saturdays)**.

For booking information or to find out what's on at **Mornington Community House:**

3/91 Wilsons Road, Mornington

📍 morningtoncommunityhouse.com.au

📞 5975 4772



PTV's FlexiRide Rosebud trial continues

We're nearly halfway through the 12-month Public Transport Victoria bus trial, providing you with a faster and more convenient way to travel around Safety Beach, Dromana, McCrae and Rosebud.

FlexiRide Rosebud replaces Route 886 and Route 787 between Safety Beach and Rosebud.

The service operates from **8am – 3.45pm on weekdays** and has no fixed route (please note it does not operate on weekends or public holidays).

Passengers can book a trip from their nearest physical or virtual bus stop, via the FlexiRide app or by calling 📞 8710 6377

If you have accessibility needs, please book via phone and let the operator know what you need. Passengers with accessibility needs may be able to be picked up from their homes.



Seniors Festival will be back in 2022!

We're delighted to be putting together an exciting program of events throughout October to celebrate the 40th year of the Seniors Festival.

Online events will return, as will live events across the Peninsula.

The Seniors Festival is a chance to celebrate, to experience something new, and to learn about how you can stay active, informed and connected.

Stay tuned for more information in the spring edition of this newsletter, the local paper and online:

- mornpen.vic.gov.au/seniorsfestival
- seniorsonline.vic.gov.au/festivalsandawards

15 June is World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) is held annually to highlight the worst manifestation of ageism.

First established by the International Network for the Prevention of Elder Abuse (INPEA) as an annual commemoration in 2006, WEAAD was officially recognised by the United Nations General Assembly in 2011. Individuals, communities, municipalities and organisations continue to come together around the world to hold events on 15 June to raise awareness of elder abuse.

Older people have the right to live safely, be treated with dignity and respect, and to make their own decisions. Elder abuse is when these rights are denied, resulting in harm.

For WEAAD, the Peninsula Advisory Committee for Elders (PACE) will be providing **information tables with free resources** and support services available to you or anyone you know who may be experiencing elder abuse:

Wednesday 15 June
Rosebud Plaza
McCombe Street, Rosebud

Thursday 16 June
Hastings Street Market
High Street, Hastings,
outside the newsagent

A message from PACE

With World Elder Abuse Awareness Day approaching, it's important we understand what elder abuse looks like.

In December 2021, the Australian Institute of Family Studies (AIFS) completed its National Elder Abuse Prevalence Study. The final report details the spread and forms of elder abuse found across Australians living in the community:
📍 aifs.gov.au/national-elder-abuse-prevalence-study

According to AIFS, **1 in 6 people** have experienced elder abuse. The rate is higher for women than for men. Elder abuse was more prevalent than the researchers anticipated. They concluded it was not limited to close relationships, such as family members/carers.

Elder abuse can also be experienced from a neighbour, tradesperson, a friend or acquaintance – in situations where there is an imbalance of power. AIFS found the most common form of elder abuse was psychological, but it can also be physical, sexual, financial or neglect.

Anyone can experience elder abuse, but the most vulnerable to abuse are isolated: divorced, separated or widowed; mortgagors and renters; and/or those who are

experiencing socio-economic disadvantage. In light of this study, PACE have decided to adopt the broader definition (see below) of elder abuse used in the study to better advocate for the community.

Help is available:

Peninsula Community Legal Centre
(Rosebud/Frankston) 📞 9783 3600

Better Places Australia (Frankston)
📞 1800 639 523

Seniors Rights Victoria 📞 1300 368 821

1800 RESPECT 📞 1800 737 732



Elder abuse is a single or repeated act, or failure to act, including threats, that results in harm or distress to an older person. These occur where there is an expectation of trust, and/or where there is a power imbalance between the party responsible and the older person.



Mornington Peninsula Pathways for Carers

Are you the carer of a person who is elderly, or lives with a disability or mental illness? Then we invite you to connect with other local carers and spend time outdoors having a gentle stroll through the park together.

Pathways for Carers walks provide carers with peer support, access to information and resources, as well as the opportunity to stay active and connected with nature and their local community.

A guest speaker and complimentary morning tea at a local café will follow each week. The walks are wheelchair accessible, and toilets and carparking are available.

Walks occur on the first Friday of each month:

- 1 July
- 5 August
- 2 September
- 7 October
- 4 November
- 2 December

Meet at 9.45am for a 10am start

McCrae lighthouse playground
676 Point Nepean Road, McCrae

To register: 📧 pathwaysmornpen@gmail.com

To learn more or to enquire about setting up another walk in Victoria:

📞 9758 5522 (Michelle, Project Manager, Interchange Outer East)

🌐 pathwaysforcarers.com.au



Winter wellness

Winter is here, which means a likely increase in the spread of colds, flu and COVID-19.

Follow the winter checklist and stay healthy and active:

- umbrella
- raincoat
- COVID-19 booster vaccinations
- flu vaccination
- hand sanitiser
- face mask (for crowded areas and medical/care facilities)

If you've already had COVID-19, the best protection is a vaccine booster to protect you from getting it again. If your last vaccine was over three months ago, it's likely your immunity is waning – meaning you don't have as much protection as possible against the disease.

With borders reopening, the influenza virus is expected to make an unwanted return. The best defence is getting the flu vaccine. Contact your GP or local pharmacy for information about vaccines, and look for Peninsula Health's mobile vaccination bus at markets, libraries and community hubs.

Know your COVID-19 symptoms

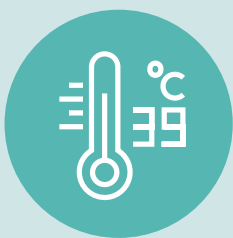


Mild

Feeling a bit unwell but still able to walk around the house and continue normal activities. e.g. runny/blocked nose, sore throat, coughing, tiredness, nausea, loss of taste or smell.

What to do

- Rest
- Drink plenty of water
- Eat healthy meals
- Keep taking your usual medicine(s)



Worsening

Feeling very unwell and struggling to take care of yourself. e.g. shortness of breath, coughing up mucus, severe muscle aches and pains, feeling very weak and tired, shaking and shivering, temperature over 38 degrees Celsius.

What to do

- Call your GP, or Nurse On Call (☎ 1300 606 024) for advice.



Severe

Having difficulty breathing and cannot take care of yourself. e.g. chest pain, coughing up blood, feeling dizzy or fainting, confusion, lips or face turning blue, trouble keeping your eyes open.

What to do

- Call 000 and tell them you have COVID-19.



ADFAS Mornington Peninsula members enjoy a recent visit to the Lyon House Galleries in Kew

Enjoy your first arts lecture for free

Are you interested in the arts? You're invited to attend your first Australian Decorative and Fine Arts Society (ADFAS) lecture free of charge.

ADFAS Mornington Peninsula provides the opportunity for those interested in arts and culture to enjoy a stimulating program of lectures and other events, including excursions to Melbourne and beyond.

ADFAS offers a diverse suite of lectures, presented by specialists from the UK and elsewhere.

Friday 10 June, 5.30-6.30pm

Architect Garry Martin will give a talk on Exploring the Sacred in Art and Architecture.

Friday 8 July, 5.30-6.30pm

Dr Grace Cochrane AM will give an Overview of Australian Studio Glass.

Both lectures are held in the **New Peninsula Community Centre**
370 Craigie Rd, Mount Martha

Bookings essential ☎ 9787 2092

You're invited to attend either of these talks to see if ADFAS membership might appeal to you. There is no joining fee and half yearly memberships are \$75 per person.

After the lecture, members mingle over sandwiches and a glass of wine.

📍 adfasc.org.au/mornington-peninsula

Have your say

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

✉ positiveageing@mornpen.vic.gov.au