

A community for all ages



MORNINGTON
PENINSULA
Shire

Edition 28
Autumn 2022

What's inside

- Public Transport Victoria updates
- HOMESIDE study
- Do you have a library membership?
- Update from PACE
- Delys Sargeant Age-Friendly Awards
- Merger of two choirs on the Southern Peninsula
- Free rapid antigen tests for eligible card holders
- Are your vaccinations up to date?
- What's on at PCLC?



Ageing well on the Mornington Peninsula

Welcome to our first edition for 2022!

When was the last time you visited a library? Read about the services you can access at our four library branches. We also have a special feature on the Delys Sargeant Age-Friendly Awards as we reveal our 2021 winners!

We have exciting new updates from Public Transport Victoria and the Southern Peninsula Choir, as well as information on the new HOMESIDE dementia support program and new resources available from the Peninsula Community Legal Centre.

With a spike in COVID-19 cases causing uncertainty in our community, we have put together some resources to help you feel more informed.

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.

Exciting Public Transport Victoria updates

PTV has introduced a new on-demand bus service – FlexiRide – and are changing bus routes 787 and 886.

This will give residents in Safety Beach, Dromana, McCrae and Rosebud a faster and more convenient way to travel.

FlexiRide Rosebud

This 12-month trial replaces bus routes 787 and 886. A flexible ridesharing service operating between 8am – 3.45pm on weekdays needs to be pre-booked for the route to be determined.

For more information:

- 📞 8710 6377
- 👉 ptv.vic.gov.au/flexiriderosebud
- 📲 Download the FlexiRide app

Changes to bus routes 781 and 887

PTV has listened to our Better Buses campaign and these routes will be upgraded to better connect residents and tourists to local attractions, work, education and other transport services.

Route 781 will be extended from Frankston to Dromana and provide better service coverage in the Mount Martha area.

Route 887 will extend from Frankston to further into the Rosebud residential area and will travel express between Dromana and Frankston. The quicker and daily route will provide residents with direct access to the Monash University Peninsula Campus, Frankston Hospital and Frankston station.

To plan your journey, contact PTV:

- 👉 ptv.vic.gov.au/journey
- 📞 1800 800 007

Do you live with dementia or care for someone who does?

We're looking for participants to take part in a free TeleHealth trial exploring the effects of music and reading or word-based interventions for people living with dementia and their carers.

The HOMESIDE study will train and support the carers during this six-month trial and aims for people with dementia and their caregivers to share meaningful moments together.

The music and reading programs will:

- Be tailored to your needs
- Support you to use reading and music daily
- Offer opportunities to listen to music, dance, sing, read and communicate together.

If you are interested, please contact:

- 👉 homesidestudy.eu/australia
- 👉 homeside-australia@unimelb.edu.au
- 📞 9035 3057





Your Mornington Peninsula Libraries membership opens up a whole world of possibilities

You can borrow books, magazines and DVDs for free. Simply download eBooks and eMagazines to your smart device and access movies via Kanopy. We have online craft courses and workshops with CreativeBug and more than 5000 courses available via LinkedIn Learning for Libraries.

We offer free access to computers and Wi-Fi in our branches and a Click/Phone and Deliver service to your home anywhere in the Shire if you can't make it into one of our branches.

We have an amazing variety of events and programs on offer in our libraries too.

You could attend a technology class or writing class, learn about family history or listen to an author. You could try a tai chi session attend a workshop about gardening, beekeeping or join our yack and yarn group.

Come and reconnect with your local library and all it has to offer. Don't have a membership yet? Joining is free and easy.

Visit us online

ourlibrary.mornpen.vic.gov.au

Pop into your local branch at: Somerville

1085 Frankston-Flinders Road ☎ 5950 1638

Hastings 7 High Street ☎ 5950 1710

Mornington Vancouver Street ☎ 5950 1820

Rosebud McDowell Street ☎ 5950 1230

An update from PACE

The Peninsula Advisory Committee for Elders (PACE) says 'Thank you' to Winston Trood

This year sees the retirement of Winston Trood, PACE Chair from 2017 to 2021. Winston mentioned elder abuse as the single issue which has had the biggest impact on him.

As a result, over the years PACE has organised several forums to raise public awareness of the issue, as well as providing attendees with avenues for advice and action.

On behalf of PACE and our community, we thank Winston for his dedication and commitment to the role.

We welcome **Leonie Kingsbury** (previously Deputy Chair) as the new Chair of PACE, with **Jane Clarke** as Deputy Chair.

PACE will continue to represent older members of the community on a range of issues, with Leonie particularly keen to focus on elder abuse, housing and homelessness, and the needs of older people in our COVID-normal world.

A history of the Delys Sargeant Age-Friendly Awards

In 2002, Council endorsed a five-year Elder Citizens Strategy to develop opportunities and services for older people on our Peninsula. One of the key outcomes was to establish a community advisory committee.

Subsequently, Delys Sargeant was invited to be the Foundation Chair and assist in establishing this new committee. Delys Sargeant was a local resident, a member of the Council on the Ageing (COTA) Policy Council and a prominent sociologist with considerable research experience and knowledge of ageing. The first meeting was held on 25 May 2006, and the committee continues to meet to this day.

In collaboration with PACE, in 2014 we established the Delys Sargeant Age-Friendly Awards, in recognition of Delys' extraordinary community advocacy work. The awards recognise a local initiative, club, community group, service, business, or person of any age contributing to building a stronger community for older people on our Peninsula.

The awards promote values such as respect and inclusion for older people, combatting ageism, and giving value to the contribution older people make to our community.

The 2021 winners were announced at Council on 14 December 2021. To view the Council meeting please visit our YouTube channel: [youtube.com/MornPenShire](https://www.youtube.com/MornPenShire)



For more information on PACE:

[mornpen.vic.gov.au/PACE](https://www.mornpen.vic.gov.au/PACE)

pace.issues@gmail.com

call the Positive Ageing Officer ☎ 5950 1733

2021 Delys Sargeant Age-Friendly Awards

The Shire and PACE congratulate the following award winners:

Mayor's Senior Achiever Awards

Elder of the Year

- Lorenzo 'Laurie' D'Alia Rosebud Italian Club

Senior Achievers

- Meredith Studdert Specialist prostate cancer support nurse, The Bays Hospital
- Janet South Nepean Historical Society, Sorrento Museum
- Lynda 'Lou' Howard Orbis Support Services

PACE Age-Friendly Community Awards

Age-friendly community services or programs

- Peninsula Writers Club • Southern Peninsula U3A
- Hastings Community House

Innovative clubs for older people

- Mornington U3A
- Mount Eliza Neighbourhood House

Encouraging diversity and inclusive opportunities for older people

- Lorenzo 'Laurie' D'Alia Rosebud Italian Club

Age-friendly local business

- Naomi Bailey Rosebud CPAP (Continuous Positive Airway Pressure) Services

Promotion of Intergenerational Opportunities Awards

- Mount Martha Yacht Club • Peninsula Obedience Dog Club
- Peninsula Writers Club • Southern Peninsula Choir

These awards are a great opportunity to celebrate the age-friendly work being done by, for and with older community members. The awards also serve to remember Delys Sargeant (OAM), who was a driving force behind creating opportunities for older people on our Peninsula.

Stay tuned for an announcement on the nomination period for the 2022 Delys Sargeant Age-Friendly Awards! [📍 mornpen.vic.gov.au/delys-sargeant-awards](https://mornpen.vic.gov.au/delys-sargeant-awards)



Merger of two choirs on the Southern Peninsula

Southern Peninsula Choir and the Flinders Singers came together at a meeting in December 2021 to formalise the merging of the two choirs. Both choirs have long histories of singing and performing on the Southern Peninsula: until recently, Flinders Singers was part of Flinders Probos, and the Southern Peninsula Choir had its origins in the Southern Peninsula Interchurch Choir based in Rosebud.

Benefits of the merger include an expanded membership and improved representation of the 4 voices (soprano, alto, tenor and bass, known together as SATB), which will enhance the quality of performances. The merged choir will be known as the Southern Peninsula Choir (Incorporating Flinders Singers). Antony Ransome will continue as choir director and Serena Carmel as pianist. The repertoire will include a range of music with a focus on classical and light classical, performed at public concerts as well as venues such as aged care facilities.

Five Centuries of Choral Music

Brought to you by Southern Peninsula Choir, incorporating Flinders Singers, conducted by Antony Ransome. The programme will include works by Wilbye, Handel, Haydn, Fauré, Brahms and Mendelssohn. Also featuring solos from the entrants in the 2021 Raising Our Voices Scholarship program.

Saturday 30 April, 2022 at 2pm
Rosebud Memorial Hall
994 Point Nepean Road, Rosebud




Bookings via:  trybooking.com/BXBXU

Want to be a member?

Southern Peninsula Choir annual membership is \$20 plus \$150 for the first semester (which covers rehearsals and performances from 1 February – 14 June).

Rehearsals are in Rosebud
every Tuesday between 4-6pm.

To enquire please contact:

 southernpeninsulachoir@gmail.com
Anne Boscutti (President)  0408 414 141
John Lemcke (Secretary)  0438 041 154

Free rapid antigen tests (RATs)

If you hold a Commonwealth Seniors Health Card, Department of Veteran's Affairs Gold, White or Orange Card, Health Care Card, Low Income Health Card or Pensioner Concession Card you can access free RATs from a local community pharmacy.

You will need to attend in person, present your eligible Commonwealth concession card and give consent for the pharmacy to record your card's details. The pharmacy will provide a minimum of two free RATs for each eligible card holder (maximum five per month).

To report a positive rapid antigen test result online please visit: [📍 coronavirus.org.au/report](https://coronavirus.org.au/report)

To speak with someone on the Coronavirus Hotline for support or guidance please call [📞 1800 675 398](tel:1800675398)

Are your vaccinations up to date?

With more people on the Peninsula during school holidays and long weekends, it's time to get your booster!

If you have tested positive, please complete your seven days of isolation and then when feeling better, book in for your third dose.

A COVID-19 infection will provide some natural immunity, but this will decrease over time. People considered most at risk are eligible for a fourth vaccination from Monday 4 April (four months after their third dose).

This is recommended for:

- Adults aged 65+
- Aboriginal and Torres Strait Islander peoples aged 50+
- residents of aged care/disability facilities
- people aged 16+ who are severely immunocompromised.

Your GP, pharmacy, pop-up hubs or the community vaccination clinic at Rosebud Hospital can provide your next dose. If you can't easily leave your home, request an in-home appointment by calling [📞 1800 675 398](tel:1800675398) (Press 0 for an interpreter)

Don't forget free flu vaccinations are now available for over 65s.





What's on at PCLC?

In March, the Peninsula Community Legal Centre (PCLC) hosted a forum supported by the Shire focusing on common elder law issues.

The forum was opened by the Commissioner for Senior Victorians, Gerard Mansour, who spoke about the impact of COVID-19 on older community members, as well as the residential aged care and volunteer sectors.

The keynote address was provided by John Corcoran AM of Russell Kennedy Lawyers who discussed the impact of the Royal

Commission into Aged Care since the findings were released in February 2021.

Speakers from PCLC and the ANZ Bank also spoke about issues such as looking out for financial scams, and delegating financial and medical decision-making. A lively Q&A session followed the presentations.

If you couldn't attend but want to know about the Royal Commission findings or how to spot financial scams, look out for a recording of the forum on the PCLC website soon:

📍 pclc.org.au

This forum also launched PCLC's new monthly elder law clinics, offering free advice for the community on elder-specific legal issues as well as more general civil issues.

The elder law clinics will be held on the third Friday of every month at PCLC's Rosebud office: 1375 Point Nepean Road.

For more information or to book an appointment, phone 📞 9783 3600

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