

Mansfield Adult Continuing Education

Community Connect 55

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Photo by: Bonnie Clark



**Everything you need to know
about COVID-19 Vaccinations**

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**'Change Your Story'
Adult Learners Week**

Read more on page 8

From the Editor



Hello readers!

It is my pleasure to bring you the second edition of this newsletter since my appointment.

Spring has finally sprung! I don't know about you, but I've certainly been appreciating the slight hint of warmer weather approaching. I have thoroughly enjoyed taking in all the beautiful bursts of blossom on my walks around Mansfield recently!

As Leo Tolstoy in 'Anna Karenina' shares, "Spring is the time of plans and projects." Can you feel your motivation rising with the temperature? Now is the time to put spring cleaning plans in place!

This month's edition includes some tips and tricks to early spring gardening. May we all have time to get out and do the things we enjoy.

Happy reading, and I look forward to sharing this and future newsletters with you all.

Bonnie



MACE

Mansfield Adult Continuing Education
Enabling Communities Program welcomes
newsletter content of interest for our diverse
group of over 55s.

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COVID-19 Updates

We hope you are all staying safe and well in the current state of Victorian lockdowns and restriction changes. Be sure to check in with your loved ones, and reach out for support if needed.



24/7 Coronavirus Hotline 1800 675 398

If you suspect you may have coronavirus (COVID-19) call the dedicated hotline – open 24 hours, 7 days a week.

Current restriction level changes

Public health advice for Victorians will be updated as a result of changes in the pandemic environment.

Keep informed about the latest at:

www.dhhs.vic.gov.au/coronavirus



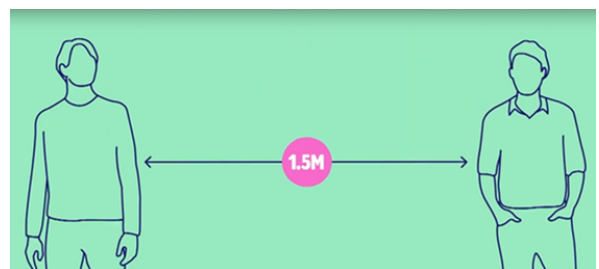
Older Persons COVID-19 Support Line

1800 171 866

The Older Persons COVID-19 Support Line has been set up to provide information, support and connection for older Australians during the period of social distancing measures in response to the COVID-19 pandemic.

Older Australians, their families, friends and carers can free call 1800 171 866 if they would like to talk about the COVID-19 restrictions and its impact on them, are feeling lonely or worried about a loved one, or would like information or help accessing services.

More information about the Older Persons COVID-19 Support Line is available on the Department of Health website.



Vaccination Facts



With frequent new COVID-19 vaccine developments, it's normal for people to have questions or concerns, and possibly feel unsure about getting a vaccine. To provide evidence-based information to the community, the Department of Health's website is a great resource for you to refer to so that you can make informed decisions.

COVID-19 vaccines – Is it true?

www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true

Provides clear information addressing common questions and concerns, and separating misinformation from the facts. This resource includes evidence-based responses to a broad range of questions including:

- Were COVID-19 vaccines developed too quickly to be safe?
- Can COVID-19 vaccines connect me to the internet?
- Can COVID-19 vaccines alter my DNA?
- Is the vaccine rollout a cover to collect DNA?
- Do I have to pay for the COVID-19 vaccine?
- Were COVID-19 vaccines rushed through approvals or given emergency use authorisations in Australia?



Answers to common questions on COVID-19 vaccines is available in 63 languages.

Misinformation and truths about COVID-19

Another excellent resource is the Department of Home Affairs' website which features misinformation and truths about Coronavirus (COVID-19)

covid19inlanguage.homeaffairs.gov.au/misinformation-and-truths-about-coronavirus providing the facts to common misinformation about COVID-19 and vaccination.

Local Information

Mansfield has an operating vaccination hub. To make an appointment you can either:

Book online through the Mansfield District Hospital Website

www.mdh.org.au

or

Call 1800 675 398

or

Fill out the Vaccination Booking form on the hospital website and take to Hospital Reception.

The COVID-19 Vaccination Clinic will then call you with an appointment time.

Age-Friendly Community Update

MSOAST

Mansfield Shire Offers A Seat to Town

is an Age Friendly community transport project.

THE MSOAST Facebook page is live at:

www.facebook.com/msoast

Like and follow the page to stay up to date and informed with all things MSOAST.

The MSOAST project needs you!
We are seeking people to be community connectors.

If you are interested in seeing the MSOAST project roll out in your community and would like to volunteer, please contact Vanessa on 5775 2077 (at MACE) or email: msoastmansfield@gmail.com



HEADING TO TOWN?

Take a seat!

Mansfield Shire Offers a Seat to Town (MSOAST) connects volunteer drivers with those who cannot otherwise drive themselves. While designed as an age-friendly app - MSOAST can be used by young and old. Drivers simply register where they are going anyway, such as their local commute, and riders simply find them in the app and give them a call and ask for a lift!




BROUGHT TO YOU BY







TRAVEL AROUND MANSFIELD SHIRE AND TO SURROUNDING COMMUNITIES



EASY TO USE

Seat to Town was designed from the ground up to be age friendly and easy to use.



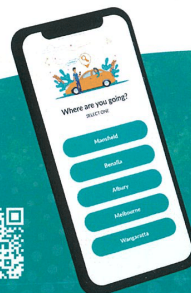
GREAT SUPPORT

We have community connectors around the shire who are happy to get you started.



TOTALLY FREE

MSOAST is funded via a grant, so there is absolutely no cost to drivers or riders!



seat to town

Get started as a rider today by downloading the app from App Store or Google Play. If you need help, give MACE a call and they will connect you with a community connector.

Become a driver by visiting seattotown.com or visit MACE and register your commute. You don't have to go anywhere you're not already going.

VISIT SEATTOTOWN.COM FOR MORE INFORMATION

The Age-Friendly projects improve quality of life and assist people ageing the best they can.

For information:
www.mansfield.vic.gov.au
 and search 'age-friendly communities'



Get To Know Your Team

Tracey Dalziel has recently been appointed the Supervisor of Home and Community Care for Mansfield Shire Council, replacing Carolyn Garlick. We welcome Tracey to this important role! She is already well known by many of our readers, having worked within the Home and Community Care team for many years.



BIO

Name	Tracey Dalziel
Your role within the team	Supervisor Home & Community Care
What is a fun fact about you?	At age 61ish, life is a fun fact!
What do you enjoy most about the program/work you do?	I love the work I am doing at the moment. Making a difference to people is very rewarding
What is your specialty or passion in regard to your program/work?	Helping others
What are your outside personal interests?	Hanging out with my daughter. She keeps me on my toes!

HEALTH & WELLBEING

What strategies or tips would you like to share on how you manage the following aspects of your life?

Sleep	I like to get to bed around 10pm, read for a bit. Then I have no problems sleeping.
Nutrition	Eat healthy foods, drink plenty of water, and still enjoy those treats in moderation.
Movement	I love playing with my 4 dogs (Thor, Frankie, CC, and Pie), 4 horses (Reggaemusic, Hammer, Flash, and Jack), and my 2 cats (Blue and Petie). Gardening and many other maintenance jobs keep me active.
Stress Management	Getting on the lawnmower and leaving my phone in the house. It's a 5 hour break!

Community News

Mansfield Croquet Club

Fun and friendship whilst being active. Mansfield Croquet Club enables members of the local community to engage in physical exercise and mental stimulation in a non-threatening and enjoyable activity in the open air.

Prospective new members are most welcome to come along and try out this addictive game of croquet and discover for themselves its remarkable appeal.

The group meets Mondays and Wednesdays at the Lords Ground Reserve, Mansfield.

For enquiries, contact Irene O'Meara on
0407 500 052

9am ~ 12pm

Mondays and Wednesdays

Cost: \$2 per session



WHO AM I?

I was born September 13, 1916, in England

I am one of the most famous authors in the world with over 250 million copies of my books sold worldwide

I was a fighter pilot in World War II before I started writing books

I invented over 250 new words

At least 18 of my books have been made into movies, some more than once!

Answer on page 12



HAVE YOUR SAY

The first Community Vision for Mansfield Shire has been released for feedback.

After months of collaboration with the wider community, Mansfield Shire Council has shared the draft Community Vision 2040.

Now is the time to share your reflections on the Vision by connecting through Engage Mansfield. Comments are welcome until 7 September.

There are five domains covered in the Community Vision, each providing a clear vision for Mansfield Shire in 2040. The domains group the themes of the community's priorities. They are:

- Community and People
- Health and Wellbeing
- Environment and Place
- Infrastructure and Services
- Prosperity and Economy

More information on each of these, and on the project, can be found at engage.mansfield.vic.gov.au/vision



Change Your Story

Adult Learners Week – September 1 to 8

The first week of September is Adult Learners Week. We want to take this opportunity to celebrate all our Adult Learners at MACE.

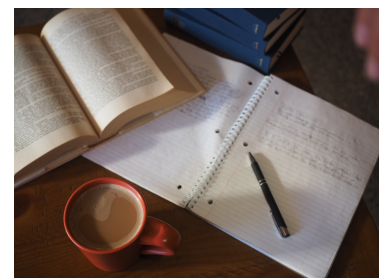
Mental Health is just as important as physical health, and learning is a great way to keep your mind sharp! Learning gives us knowledge of the world around us. It can help us transform into something new – something better. Why not begin or continue your renewal by joining a course at MACE?

During Adult Learners week in 2020, local Mansfield resident Wendy Mahoney was awarded The Centre's Anne Pennington Award. Individuals are nominated for their enjoyment of, and engagement with, learning, as well as development of knowledge and skills, care and encouragement of others, persistence and teamwork. Wendy commenced study as a starting point to re-join the workforce, beginning her journey at MACE. It didn't take long for her to discover her love for learning, and she changed her story by going on to further education in Disability Support. Wendy truly demonstrated her commitment to learning, and has shown how it can transform your life.



One positive thing about living in a pandemic is our increased access to the digital world. It is now more possible than ever to learn what you want, where you want. Now is as good a time as any to make the most of that opportunity. MACE is a friendly place, where you can get support for your learning journey, online or in person. We are dedicated to creating an environment which prioritises the individual learner and gives access to those who have not had access before. It is never too late to learn something new!

Adult Learners Week is a UNESCO initiative supported in Australia by the Commonwealth Department of Education, Skills and Employment and coordinated by Adult Learning Australia. Find out more here – www.adultlearnersweek.org



Health & Wellness Tips

It's Women's Health Week – September 6 to 10

Jean Hailes Women's Health Week is a week dedicated to all women across Australia to make good health a priority.

Women's Health Week is a great reminder to set aside time for your health and well-being. Make an appointment for a health check, get active, and connect with family and friends. Good health starts with you.

Women's Health Week is a nation-wide campaign of events and online activities – all centered on improving women's health and helping you to make healthier choices.

What can you do?

Sign up to the Jean Hailes newsletter. Then, on each day of Women's Health Week, you'll receive an email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information produced is based on research and reviewed by an expert medical team.



Head to www.womenshealthweek.com.au to find out more.

If you are in need of additional support, these services may be useful.

Emergency Ambulance		Phone: 000
Mansfield District Hospital		Phone: 5775 8800
Mansfield Shire Council, Coronavirus support line		Phone: 1800 672 243
Australian Department of Health	www.health.gov.au	Phone: 1800 020 080
My Aged Care	www.myagedcare.gov.au	Phone: 1800 200 422
Victorian Department of Health & Human Services	www.dhhs.gov.au	Phone: 1800 675 398
Council on the Ageing COTA	www.cota.vic.gov	Phone: 1300 135 090
National Seniors Australia	www.nationalseniors.com.au	Phone: 1300 765 050
Dementia Australia Helpline	www.dementia.org.au	Phone: 1800 100 500
Beyond Blue	www.beyondblue.org.au	Phone: 1300 224 636
Lifeline	www.lifeline.org.au	Phone: 131 114
Scam Watch	www.scamwatch.gov.au	Phone: 1300 432 273
Stay Smart Online	www.staysmartonline.gov.au	Phone: 1300 292 371
<u>For up to date information on Coronavirus:</u>		
For Victorian updates:	www.dhhs.vic.gov.au/coronavirus	Phone: 1800 675 398
For national updates:	health.gov.au/news/latest-information-about-novel-coronavirus	
For international updates:	who.int/westernpacific/emergencies/novel-coronavirus	
World Health Organisation resources:	who.int/health-topics/coronavirus	

Spring has Sprung!

Early Spring tips from Better Homes & Gardens

1. Clean up flower beds

Clear away dead leaves or any other debris from winter storms from the soil surface where you are planning to plant annual flowers and veggies. Remove protective winter mulch from around perennials and ornamental grasses (hedge trimmers make it easy to give grass clumps a clean, even look), and cut back last year's dried foliage. Remember to wear gardening gloves, especially when working with plants with prickly leaves such as lungwort, to keep your hands protected from cuts and scrapes.



2. Divide perennials

A good time to divide many perennials is just before their spring growth has begun. Dividing perennials is a budget-friendly way to fill your garden with more plants or share them with friends. It's also good for keeping your existing perennials healthy; sometimes, if your plants grow in a large clump, the middle can thin out after a few years, leaving a bare spot. Dividing the clump will encourage new growth.

3. Add fresh mulch around perennials

One of the easiest ways to make your yard look polished is to add a fresh layer of mulch to garden beds. This also helps the soil retain moisture for your plants, and keeps down weeds. It often takes more mulch than it seems to cover a bed, so it's a good idea to get a little more than you think you'll need or you'll likely end up having to go back to the store. Spread mulch evenly with your gloved hands or use a rake, being careful not to layer it on too thickly around your plants because this could cause problems such as diseases. Keeping the layer level also helps it stay in place whenever it rains heavily or is windy. (If you have downspouts that tend to wash away mulch, one fix is to remove mulch where rainwater empties, and replace it with river rocks).



4. Prune trees and shrubs

Now is the time to trim fruit trees if you didn't prune in winter. Prune before buds begin to break into bloom or you'll stress the tree and get a tiny crop (or possibly none). It's also a good time to prune summer-blooming trees and shrubs, like potentilla and butterfly bush, just before they push out new growth.

5. Perform basic maintenance of hardscaping

Check stonework for frost heaves, particularly in paths and edging. Check the general condition of your deck or patio and make any needed repairs. Clean off outdoor furniture so it's ready when you are for relaxing after a busy day in the garden.



6. Plant veggies

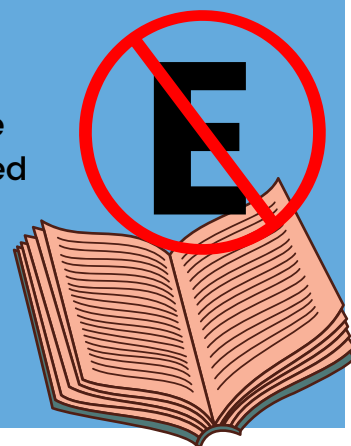
Hardy, cool-season vegetables, like potatoes, artichokes, peas, and some lettuces, germinate best in cool soil, so plant them in early spring once the soil has thawed. They should be ready to harvest by early summer.

www.bhg.com/gardening/yard/garden-care/spring-gardening-checklist

Time for some FUN!

DID YOU 'KNOW-E'?!

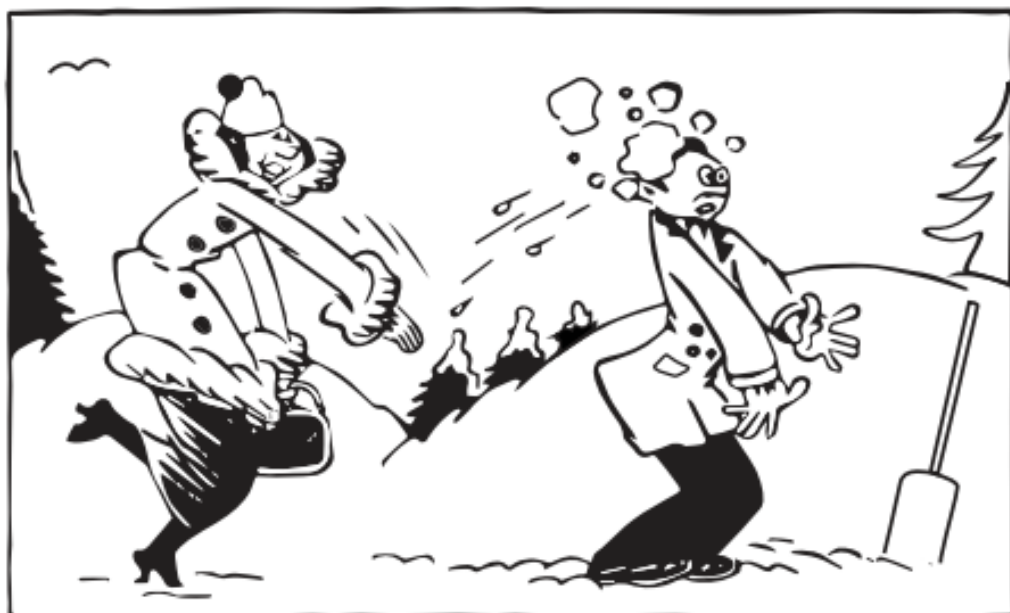
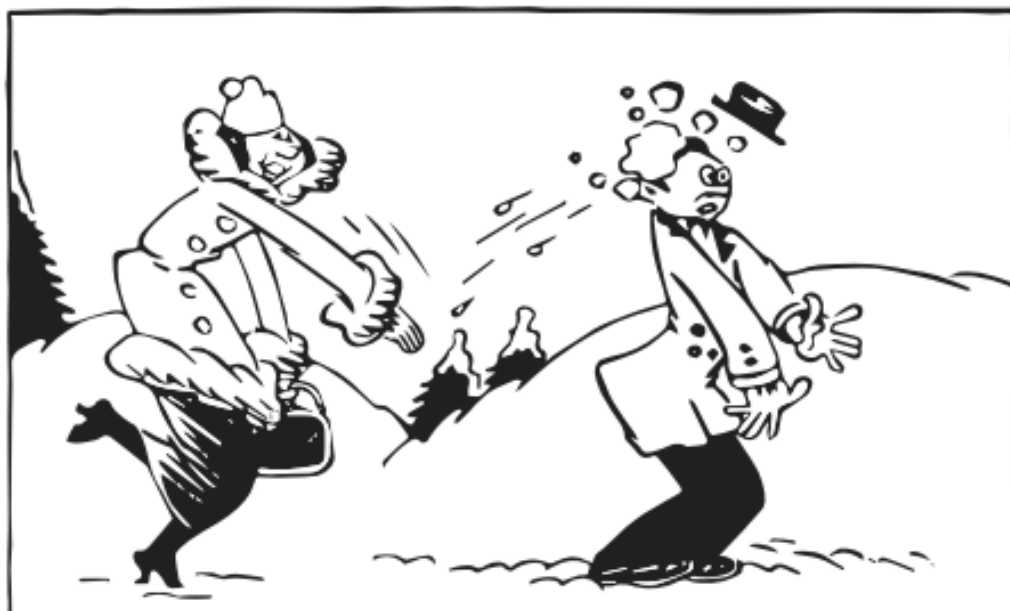
Back in 1939, American author Ernest Vincent Wright published *Gadsby*, a 50,000-word novel that doesn't use the letter 'e' once. What's more, it's not the only novel that ditched the letter. Author Georges Perec also wrote the French-language book *La Disparition* without the letter 'e' in 1969. That's even more astounding when you consider that 'e' is the most commonly used letter in the English (and French!) language.



RIDDLE

What kind of cheese is made backwards?

Answer on page 12



SPOT THE DIFFERENCE

There are 10 to find!

Answers on page 12

End with a laugh!

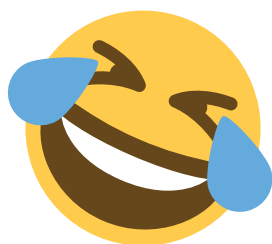
Why do golfers take an extra pair of socks when they go golfing?
In case they get a hole in one!

What do you call a factory that makes okay products?
A satisfactory.

To the guy who invented zero, thanks for nothing.

A man sued an airline company after it lost his luggage.
Sadly, he lost his case.

Did you hear about the mathematician who's afraid of negative numbers?
He'll stop at nothing to avoid them



RIDDLE ANSWER

Edam (m-a-d-e)

WHO AM I?

Roald Dahl

