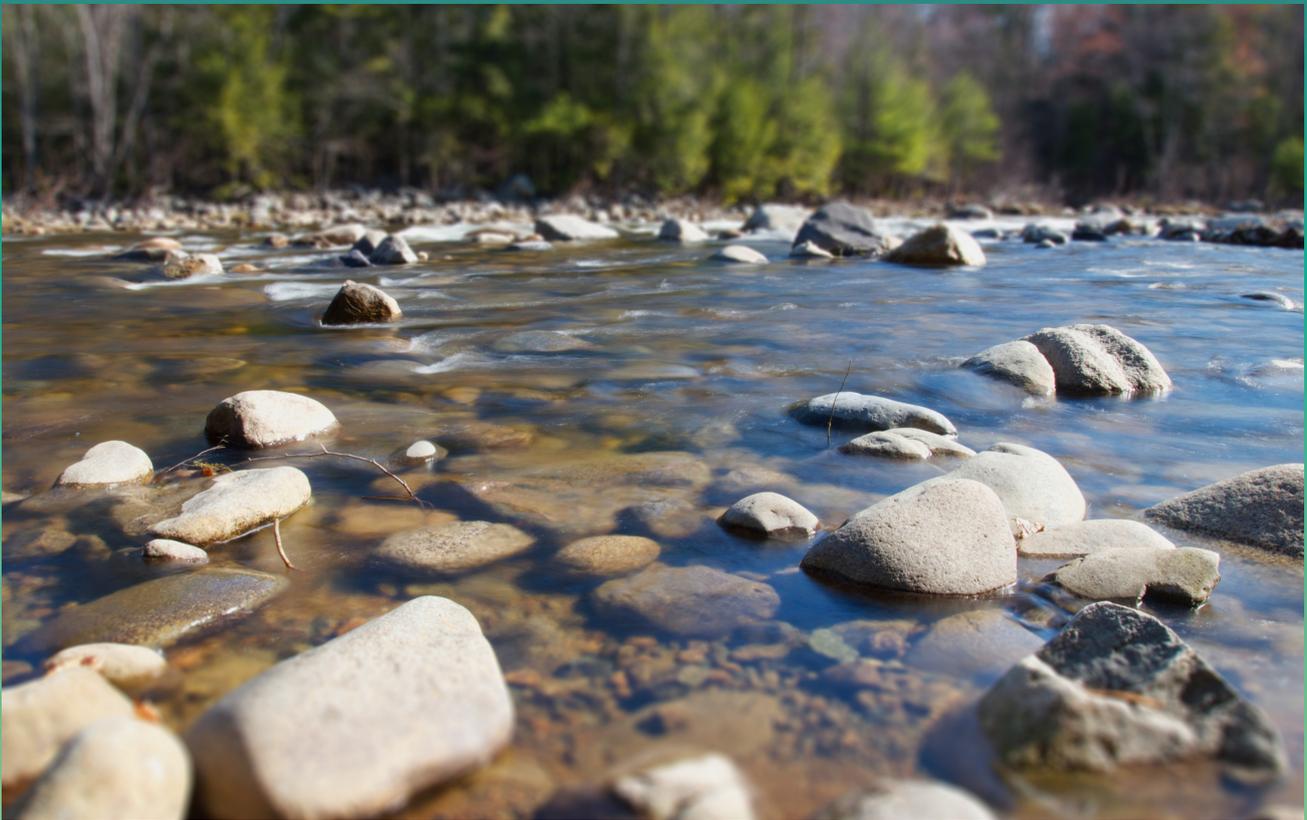


Mansfield Adult Continuing Education

Community Connect 55

Issue No. 18 | February



Fresh Food Drive is BACK!



Read more on page 6

In this edition...

- Editor's Letter
- COVID-19 Booster Information
- Age-Friendly Projects Update
- Get to Know Your Team
- Community News
- Health & Wellness Tips
- Fun & Facts

Breast Check

The BreastScreen Vic van is back, and free for women over 50



Read more on page 8

From the Editor

Hello readers!

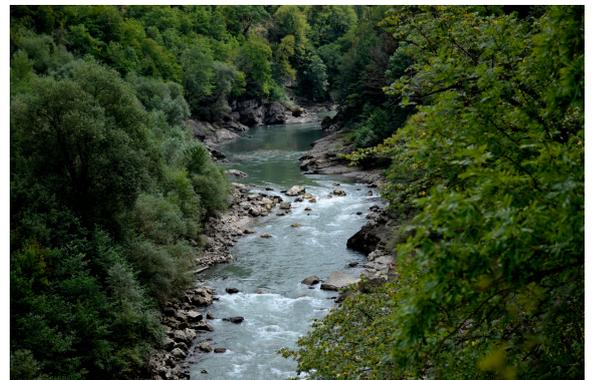
It is my pleasure to bring you issue 18 of this newsletter, and to welcome in 2022 with you all! We missed you in January, but hope you all had a lovely festive season with your friends and family.

What a start to the new year it has already been! Wild summer storms, Australian Open controversy, and the never ending adjustments to life with COVID-19. February also sees Beijing hosting the 2022 Winter Olympic Games. I hope you catch some of it!

Have you been enjoying the unfamiliar humidity, or hibernating like myself? My family and I have been spending many afternoons by the river, which reminds me to be ever grateful for this beautiful area we live in. How lucky we are to have access to stunning lakes and rivers in our backyards.

We hope you find something worthwhile inside this issue. Happy reading!

Bonnie



MACE

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

Editor Bonnie Clark
project.officer@mace.vic.edu.au
Phone MACE on 5775 2077

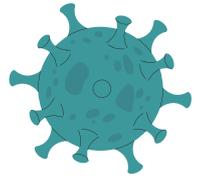


COVID-19 Booster Shots

COVID-19 Booster Shots have been rolled out around Victoria.

You are eligible for a COVID-19 booster dose if you:

- are 18 years and older, and
- had the second dose of your primary dose course of COVID-19 vaccination at least 4 months ago.



Booster doses are not mandatory, however they are recommended to maintain immunity against COVID-19.

Benefits of a booster dose

Two doses of COVID-19 vaccine provide very good protection, especially against severe disease.

A booster dose will make sure the protection from the first two doses is even stronger and longer lasting, and should help prevent spread of the virus.

A booster dose increases your protection against:

- infection with the virus that causes COVID-19
- severe disease
- dying from COVID-19.

A booster dose will continue to protect you, your loved ones and your community against COVID-19.

Booster doses will be free for everyone.

Who should get a booster dose

Booster doses are available to everyone 18 years and over who have had both doses of their primary course of a COVID-19 vaccine at least 4 months ago.

This includes:

- women who are pregnant
- severely immunocompromised people who received a third dose as part of their primary course at least 4 months ago.

***Information received via the Australian Government Department of Health. For more information, head to www.health.gov.au**

**Booster shot appointments can be made via the
Mansfield & District Hospital website - mdh.org.au**



Age-Friendly Community Update

Leaders Wanted for Weight & Strength Program

Our Weight & Strength Program is growing in popularity, and we need more Volunteer Leaders! Partnering with Mansfield & District Hospital, this program is ideal for community members who want an activity that adds strength to their usual exercise routine.

All Leaders are inducted into MACE as volunteers, are provided First Aid Training, and have access to the Active Ageing database of WASP units for their accreditation.

**Do you want to help over 55's gain more strength and flexibility?
Do you want to contribute to an Age-Friendly Community?
Do you have some spare time during the week?**

Call MACE now on
5775 2077
or email
projectofficer@mace.vic.edu.au



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

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

WHO AM I?

Born May 22, 1987.

I can fluently speak multiple languages such as Serbian, Italian, German and English.

I am a famous tennis player, having won 20 grand slam matches.

I gripped a Tennis Racket for the first time when I was just four years old. The racket was brought by my father.

I am considered to be one of the greatest tennis players in the history of the sport, however caused controversy in the 2022 Australia Open, towards which many people still feel contentious.

I am gluten intolerant.

Initials ND
Answer on page 12



Get To Know Your Team

BIO

Name

Vanessa van Clute

Your role within the team

Reception and Student Admin
at MACE

What is a fun fact about you?

I was born in Spain

What do you enjoy most
about the program/work you
do?

Being on reception, meeting and helping different
people every day

What is your specialty or
passion in regard to your
program/work?

Coordinating new room hire customers

What are your outside
personal interests?

Socialising and walking



HEALTH & WELLBEING

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

Sleep

Ensure you get 8 hours every night

Nutrition

Balanced diet, but enjoy a treat!

Movement

Walk daily

Stress Management

Glass of wine :)

Community News

TABLE TENNIS FAME

Our amazing Social Table Tennis crew made it to the big leagues! Featured in the Mansfield Courier (picture below).

We love our social table tennis group! They are a great bunch of fun loving, welcoming, and active community members.

Are you interested in joining?

When: Tuesdays or Thursdays

Time: 2pm - 4pm

Cost: \$3 per session

Venue: St Johns Hall

Contact: Bob Carpenter 0418 120 151
(Thursdays)

Trish Taylor 0411 819 884
(Tuesdays)



1st & 3rd Tue each month

MANSFIELD

We have a new look!

FRESH FOOD DRIVE

Sharing Produce in Our Community

St John's Church Hall
43 Highbury St Mansfield

PRODUCE DONATIONS
8:30 - 10:00am
Home Grown Produce - as much or as little as you can give - we appreciate it all.

PRODUCE COLLECTIONS
9:30 - 11:30am
Everyone and anyone is welcome to come and collect free, locally grown produce.

CAN'T MAKE IT? NEED PRODUCE PUT ASIDE?
Contact Lucy 03 5775 8800 • lucy.marks@mdh.org.au



BACK IN FULL SWING: Michael Lamin, Gunter Jarzombkowski, Warwick Robson and Ange Robinson battle it out at social table tennis at St Andrew's Hall on Thursday afternoon. **PHOTO:** Bob Carpenter

Community News



Scan the QR Code for more information on the LaunchMe program in your region



 Good Shepherd
LaunchMe

Kickstart your business

LaunchMe East Gippsland and North East Victoria

What is LaunchMe?

LaunchMe is a **free initiative**, giving you the opportunity to develop, finance and launch your own micro or small business. You will work alongside a business coach to build your business ideas with support from experts in your chosen field.

Get your business off the ground and watch it take flight.



CoachMe:

Work closely with a business coach to achieve your goals



NetworkMe:

Meet new people, and get support from business experts



MentorMe:

Connect with a local business mentor who'll give you one-on-one support along the way



SupportMe:

Use our tools and services to bring your ideas to life



UpskillMe:

Gain practical skills for your business and career such as financial literacy, marketing and sales



FinanceMe:

Get exclusive access to \$1000 of business support and tools to start or scale your business.

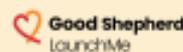
Eligibility: You are eligible if you have a Healthcare Card/Pension card, are on a low income, or your business turnover is less than \$75,000 (please contact us or visit the Launchme page using the QR code on the front to check your eligibility).

How do I get involved?

Email launchmebr@goodshep.org.au **Call** 1300 017 779

Website goodshep.org.au/launchmeVIC

Brought to you by:



Funded by:



In partnership with:



This program is jointly funded by the Victorian Government and Commonwealth Government under the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA)

Having a free business coach to help you start, run and grow your business is what the new Government Funded Good Shepherd LaunchMe program offers. The business coach is local to the North East, with knowledge in the 5 stages of business – define, plan, market, sell and operate, and can guide you on your business journey. The program also supports existing small businesses to reflect, revitalise and restart. There is also the added benefit of some funding to help support your business as well as access to professionals and experts who can provide that additional support you may need. The LaunchMe business coach can work with you on your business idea or existing small business throughout the Mansfield shire.

To learn more or to join the program visit: www.goodshep.org.au/launchmeVIC



Community News

Council Recommends MDH Provide Home and Community Care

"Mansfield Shire Council has formally recommended to the Commonwealth Government that Mansfield District Hospital becomes the main provider of home and community care services in the Shire after 30 June 2022. Council has made a decision to cease providing these direct services after 30 June 2022.

Council is currently the main provider of home and community care services in Mansfield Shire. The service agreement, which ends on 30 June, includes services such as home care, personal care, home maintenance, planned activities groups, carer's respite, Meals on Wheels and volunteer transport.

Reforms in the aged and disability sectors have had a significant impact on the way home and community care programs are funded, planned and delivered. As a result of the reforms, many councils across Victoria have had to reconsider how aged care services are delivered in their communities.

Council consulted with the community in April 2021 to consider its role in providing home and community care services under the reformed arrangements. The community said that it was important for a provider of these services to be local, have demonstrated capacity for a range of services, be trusted and accessible.

Mayor Cr James Tehan said Council was confident that Mansfield District Hospital met the community's needs and that other high quality agencies were already providing these services in the community.

"Our decision to recommend Mansfield District Hospital is based on its track record and capacity providing a continuum of services to our community. The Hospital meets the community's key concern of a trusted provider of home and community care services in Mansfield Shire," said Cr Tehan.

"While the Commonwealth Government will make the decision about who will become the main service provider, other agencies already operating in our community are also well-placed to deliver quality services. With this confidence, Council has therefore determined that it no longer needs to be the main provider of home care services in Mansfield Shire.

"There will be no reduction in service as a result of these changes. We will continue to work with the Hospital to support their application to the Commonwealth Government. When a new provider is selected, we will work with them to make sure there is a seamless handover.

"While we will no longer provide direct home and community care services, Council will continue to advocate and plan to ensure the needs of older people in our community are met." said Cr Tehan.

For more details about the change, Council is offering drop-in community sessions at the Council Chambers where community members are invited to speak directly with Council.

Community drop-in sessions

Tuesday 8 February, 10am to 12pm
Wednesday 9 February 12pm to 2pm
Thursday 10 February 2pm to 4pm

Community members with questions about the change are encouraged to contact Council directly on 03 5775 8555 or email council@mansfield.vic.gov.au

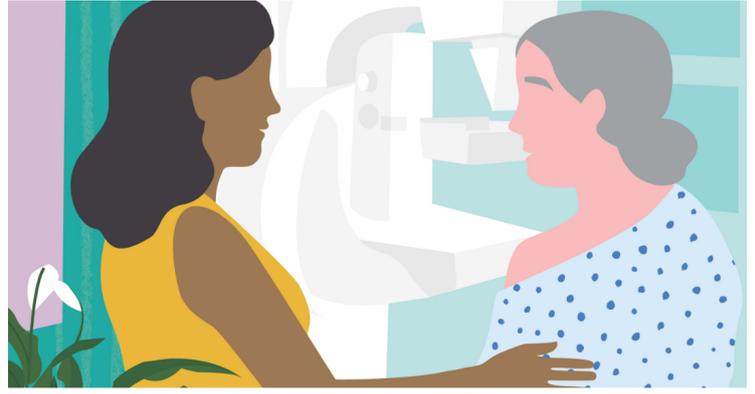
Release sourced from www.mansfield.vic.gov.au on February 1, 2022



Health & Wellness



Breast screening – finding cancer early could save your life



Book at breastscreen.org.au or call **13 20 50**



For interpreter assistance call 13 14 50

TTY 13 36 77



BreastScreen Victoria Van – Mansfield MSS visit

BreastScreen Victoria van returns to Mansfield with free breast screens

From 4 January – 24 February 2022, BreastScreen Victoria's hot pink van will return to Mansfield to provide free breast screens to the community.

Women aged between 50 and 74 should have a free breast screen every two years. They are the best way to find breast cancer early, before there are symptoms and when treatment is most successful.

All breast screens are with a female radiographer, in a friendly and safe environment. You don't need a doctor's referral or Medicare card, and screens only take 10 minutes.

BreastScreen Victoria has safety measures in place to protect clients and staff against the risk of COVID-19. This includes mandatory face masks and spaced out appointments to allow for physical distancing, and more cleaning in between appointments. More information about screening during COVID-19 can be found on the BreastScreen Victoria website.

The van will be at Highett Car Park – Cnr Highett and High St, Mansfield.

Appointments for the Mansfield van can be made online at breastscreen.org.au or by calling 13 20 50.

Health & Wellness

Summer Cup Mocktail

Try this recipe for a perfect hot summer day refresher!

Ingredients

- 1cm thick slice of cucumber
- 1 sprig mint
- few frozen red berries
- 120ml clear, sparkling lemonade
- ice



Method

STEP 1

- Chop the cucumber and mint sprig into small pieces. Bring 200ml water to the boil in a small pan and then add the mint and cucumber. Turn off the heat and leave for 2 mins. Add a small handful of frozen berries, let them defrost for a minute, then crush them lightly with the back of a spoon. Strain the mixture. This will keep in the fridge for up to 24 hours and will be enough to make four drinks.

STEP 2

- Pour 40ml of your strained mixture into a tall glass. Add a handful of ice and top up with 120ml lemonade. Garnish with whatever chopped fruit you like or some more frozen berries and mint leaves if you have them. Stir gently to combine.

To garnish - more frozen berries, chopped fruits, cucumber slice, mint, citrus - all optional

MANSFIELD DISTRICT HOSPITAL

WALK 'N' TALK



WHAT

We are a friendly group of people who walk together for our health. We enjoy a cuppa and a chat together after our walk.

WHERE

We leave from the Mansfield Library and meet back there for a cuppa afterwards. 2 Collopy Street, Mansfield.

WHEN

Every Tuesday morning at 10:00am, except public holidays.

Cost: FREE

This group operates in a COVID-safe manner.

ALL PARTICIPANTS ARE REQUIRED TO COMPLETE A MEDICAL FORM PRIOR TO PARTICIPATION. CONTACT US ON 03 5775 8800 FOR MORE INFORMATION.

MANSFIELD DISTRICT HOSPITAL

RIDDLE

Samuel was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen?

Answer on page 12

Time for some FUN!

New Years Resolutions Word Scramble

Unjumble the letters to reveal some new year habits!

NJOI HTE YGM _____

NDKRI RMOE TREWA _____

UTQI KOGSMNI _____

TSRAT A GEDRAUTIT RJLONUA _____

LOSFS EHTET DYALI _____

DERA NEO KOBO A NHOMT _____

OD OTN THI EHT ZNOSOE BNTOTU _____

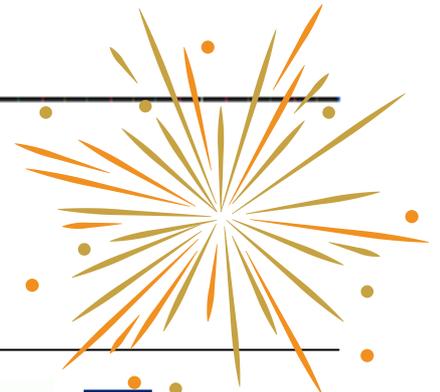
ECEMBO A RVTNEOLEU _____

PTOS GPTISAORCTNNAIR _____

NERAL A EWN ELGNAUGA _____

TQIT BGNITI LAINS _____

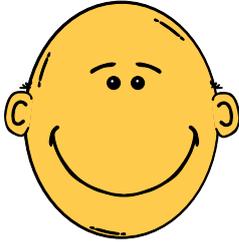
TUDETLCR UROY SEACP _____



Answers

RIDDLE ANSWER

Samuel is bald!



WHO AM I?

Novak Djokovic



- NJOI HTE YGM _____ **JOIN THE GYM** _____
- NDKRI RMOE TREWA _____ **DRINK MORE WATER** _____
- UTQI KOGSMNI _____ **QUIT SMOKING** _____
- TSRAT A GEDRAUTIT RJLONUA _____ **START A GRATITUDE JOURNAL** _____
- LOSFS EHTET DYALI _____ **FLOSS TEETH DAILY** _____
- DERA NEO KOBO A NHOMT _____ **READ ONE BOOK A MONTH** _____
- OD OTN THI EHT ZNOSOE BNTOTU _____ **DO NOT HIT THE SNOOZE BUTTON** _____
- ECEMBO A RVTNEOLEU _____ **BECOME A VOLUNTEER** _____
- PTOS GPTISAORCTNNAIR _____ **STOP PROCRASTINATING** _____
- NERAL A EWN ELGNAUGA _____ **LEARN A NEW LANGUAGE** _____
- TQIT BGNITI LAINS _____ **QUIT BITING NAILS** _____
- TUDETLCR UROY SEACP _____ **DECLUTTER YOUR SPACE** _____

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

For up to date information on Coronavirus:

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