

Mansfield Adult Continuing Education

Community Connect 55

Issue No. 19 | March



Rosehaven Hospice

ROSEHAVEN HOSPICE

Have you heard about Rosehaven's additional services?



Read more on page 7

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IWD 2022



March 8 is International Women's Day. An opportunity to celebrate the wonderful women in our community!

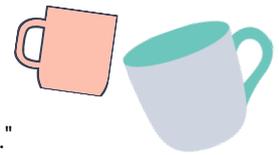
Read more on page 9

From the Editor

Hello readers!

It is my pleasure to bring you issue 19 of this newsletter. I don't know about you, but I am certainly grateful to feel the beginnings of a weather change. Hasn't this been the muggiest summer you have felt in a long time?!

That reminds me of a joke I once heard..



Husband says to his wife, "it's really muggy outside today."
She looks at him and replies, "if I go outside and all of our mugs are on the lawn, I'm leaving you!"

Husband: quietly sips coffee from a bowl...

February brought us 22/02/2022 - a rare and special date as it's a palindrome and an ambigram (a word or design that retains meaning when viewed from a different direction or perspective. Specifically, a rotational ambigram reads the same when viewed upside down - I had to google that one!). And it fell on a Tuesday (twos-day)!

My son and I wandered down to Botanic Park on the weekend to check out the new benches generously installed by the Rotary Club of Mansfield in the rotunda. How privileged we are to have such wonderful community groups dedicated to the wellness of our town! And such great events like Targa! We hope you enjoyed having such a popular event come to Mansfield.

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

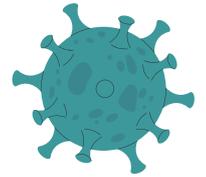


COVID-19 Booster Shots

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.

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!

Download on the App Store | GET IT ON Google Play

BROUGHT TO YOU BY
MACE | ISSIMO | VICTORIA

TRAVEL AROUND MANSFIELD SHIRE AND TO SURROUNDING COMMUNITIES

Time	Driver	Destination	Contact
8:00am Today	John Donevan	Merrigig → Mansfield	0425 203 109
11:00am Today	Emma Hallberg	Bonnie Doon → Mansfield	0425 712 829
5:00pm Today	John Donevan	Merrigig → Mansfield	0425 203 109
5:00pm Today	Emma Hallberg	Bonnie Doon ← Mansfield	0425 712 829
2:00pm Tomorrow	Terry Kernan	Jamieson → Mansfield	0422 503 193
3:00pm	Sammy McNeal		

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 a spare few hours a week?

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

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 in the best way they can.

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

Get To Know Your Team

BIO

Name

Tasha Logan

Your role within the team

Physiotherapist for the WASP program

What is a fun fact about you?

I LOVE sit ups!

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

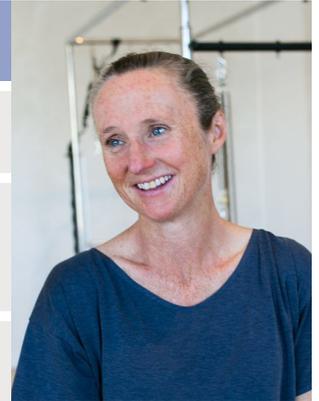
I've just started out, but the WASP program has so much to offer and those involved with it are genuinely keen to make exercise accessible & enjoyable

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

Helping people to move well throughout their lives and in particular maintaining health and well being as we grow older

What are your outside personal interests?

Growing things - vegetables, animals, children!



HEALTH & WELLBEING

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

Sleep

Getting up at the same time each day helps our sleep cycle stay in good shape

Nutrition

Lots of fresh food and growing some of your own - you too can have an over supply of zucchini!

Movement

Move often and do some form of exercise you enjoy. Try WASP! :)

Stress Management

A few deep breaths really help - it slows our heart rate and decreases muscle tension

Community News

We would like to invite interested community members to join us for a BBQ breakfast to check out to club and have a try at the game!

Wednesday 6th April at 8.30am

Call and let us know you're coming -
Lorraine 0409 336 899

Mansfield Croquet is a wonderful friendly club. We play for fun so no pressure and a great social setting. Monday and Wednesday mornings at Lords Oval. Visitors welcome.

Mansfield Croquet Club



Clean Up Australia!

March 6 is national Clean Up Australia Day!

This year, MACE staff and volunteers are doing their part to help keep our beautiful town clean and tidy.

We would like to invite members of the community to join us.

Monday 7 March, 9am-10am
at the Mansfield Recreation Reserve (37 Highett Street, at the memorial gate entrance)

Gloves and bags provided.



Are you a carer looking for employment?

We have the program for you!



The Carers Employment Support Program offers:

- One on one case management
- Recommend & provide training and short courses
- Source local employment opportunities
- Support you through your own journey and carer role

Carer Employment Support Program
Melanie Elliott
0423 913 577
melanie.elliott@thecentre.vic.edu.au

www.thecentre.vic.edu.au



Carers Employment Support Program

About the program The Carers Employment Support Program assists Carers to gain employment in their field of choice.

What we offer

- One-on-One Case management
- Development of a tailored plan to achieve goals for Training and Employment Readiness that will provide options for learning and skills development
- Participation in programs to develop confidence, self-efficacy and work skills
- Referrals to access other support networks
- Employment opportunities will be identified by our team
- Post placement support will be provided where necessary

Contact

Melanie Elliott
0423 913 577
melanie.elliott@thecentre.vic.edu.au

www.thecentre.vic.edu.au

Community News

Rosehaven do more than end of life care!

Rosehaven is a community owned and operated hospice offering short term respite and end of life care to the people of Mansfield and surrounds. But did you know about the other services offered?

Community outreach support

Rosehaven offers this service free of charge to people in community that are registered with local palliative services or are living with a life limiting illness. Services we can offer – in home respite, advocacy, assistance with navigating My Aged Care, memoir writing, walking animals, dog walking/feeding, bin buddies, transport to appointments, shopping, company/friendship, cooking and many more as needed and negotiated.

Respite

Rosehaven provides in house personalised respite in a home like environment. We offer day respite Tuesday – Thursday 10am – 4pm, this could be anything from an hour to a whole day. Overnight respite in the last week of the month Tuesday – Thursday or by negotiation.

Equipment loan

Rosehaven has a shed full of support equipment available for short term use, from electric beds/scooters through to over the toilet seats, lifting machines, walkers wheel chairs etc.

Equipment is checked by our OT and is on a no fee basis, although donations are welcome.



Bereavement facilitated support groups

Rosehaven will be hosting a facilitated Bereavement Support group in 'Bob's Shed'. Session will be facilitated by volunteers with training and experience in mental health and grief support roles. Participants will be given the opportunity and support to explore their experiences and different aspects of grief in a safe environment. The development of peer support networks will be encouraged.

This will be an open group allowing flexible attendance. All Mansfield and district community members are welcome regardless of whether they or their deceased person have been in contact with Rosehaven previously.

Sessions will be held on the second Tuesday of the month run between 10am and 11am, including time for a social cuppa.

No referral is required, although registration of interest is preferred and can be made to manager@rosehaven.org.au

Friends of Rosehaven – Welcoming weekly Wednesday's

On a Wednesday morning we have our volunteers come together and have a cuppa and a chat, all whilst getting a few household/garden tasks attended to. This is an opportunity for people to come together, be social, make new friends, all whilst supporting Rosehaven and the work that we do.

Palliative Care Victoria recognised training

Rosehaven is committed to improving quality of life outcomes to people in a time of need. We offer training for our volunteers that may be interested in supporting people and their families with a life limiting illness. The training is a 2 day course, with specialists in different fields presenting, ensuring a high quality training and that our volunteers (Rosehaven angels) feel confident and comfortable to provide support. There will also be a half day orientation at Rosehaven once training has been completed.

Next training session is coming up on the 3rd and 4th of March if people are interested in becoming one of our Rosehaven Angels, we still have a few vacancies, although spots are filling quickly. Interest can be made to manager@rosehaven.org.au or call 5775 3161

Community News

FREE Technology Sessions for OVER 55's

Have you heard about MACE's Smart Phone and Tablet's Demystified program?! Well we want to bring it to you! We are currently taking EOI's from outlying communities who are interested in learning more about their Smart Phones or tablets but can't make the trip to Mansfield township to participate. The program is aimed at increasing knowledge of IT to make it easier to book appointments in town, access the internet, and to introduce outlying communities to the MSOAST ride share program. If you are interested in bringing FREE technology sessions to your community, contact

Project Officer Bonnie Clark on 5775 2077 or email projectofficer@mace.vic.edu.au

WHO AM I?

I was an Australian social reformer who worked for the rights and welfare of women and children.

I was the first woman elected as a member of Parliament in 1921.

I was one of the founding members of the Karrakatta Club that outwardly campaigned for women to position themselves in life with degrees, jobs and roles that were equal to their male counterparts.

I have a university named after me.

My face features on an Australian currency note



Initials EC
Answer on page 12

RIDDLE

I always run, but I never walk. I have a bed, but I don't sleep. I have a mouth, but I don't eat.



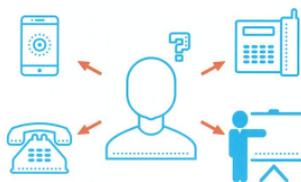
Answer on page 12

WHO ARE WE?

Accessible Telecoms is a project that provides information on which phone, tablet, accessory or app will allow you to stay connected.

We can help you find the right information, equipment, or training service.

Accessible Telecoms is a free service that can be used by anyone including people with disability, their families and carers.



Accessible Telecoms in an initiative of the Australian Communications Consumer Action Network ACCAN.

ACCESS OUR SERVICE



Visit accessibletelecoms.org.au



Call us for free on 1800 442 300



Send an SMS to 0438 454 413



Fax (02) 6947 3723

9am to 5pm
Monday to Friday,
in all States and Territories



ACCESSIBLE
TELECOMS

A free information service for seniors and people with disability



aacan

ACCESSIBLE TELECOMS CAN HELP

- Find out about the accessibility features of different phones.
- Learn more about which mobile device allows for sign language or works with your hearing aid.
- Locate communication training sessions near you.
- Discover new equipment like proximity switches, eye gaze accessories and more to help you get connected.

If you can't find it on our website, contact us; we are here to help you!

LOOKING FOR ANSWERS?

Are you looking for a phone that is easy to use?

Looking for a device to work with your braille display?

Need a keyboard app that will help you communicate over the phone?

Want to know which emergency pendant or phone alert system is right for you?



Accessible Telecoms can help you make the most of the NRS

If you have difficulty making and receiving calls because you are Deaf, hard of hearing and/or have a speech impairment, the National Relay Service (NRS) can help you.

Visit Accessible Telecoms for more information on using the NRS.

National
Relay
Service



Health & Wellness

International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on March 8th, International Women's Day (IWD) is one of the most important days of the year to celebrate women's achievements and raise awareness about women's equality.

IWD 2022 campaign theme: #BreakTheBias

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all #BreakTheBias.

Why don't you take a moment today to appreciate the wonderful women in your community?



SPECIAL LOCAL EVENT

In support of International Women's Day 2022, the team at the WiNE (Women in the North East) Network are proudly hosting a Luncheon event at the

Ranges Restaurant, Mansfield Golf Club
THURSDAY, MARCH 10, 2022 AT 11:45 AM – 1:45 PM

This year's theme is **#BreakTheBias** and we are thrilled to have keynote speaker Mandy McCracken leading a panel of local women.

Spaces are limited so it is essential that you register online for this event. The cost is \$35 including an arrival drink and luncheon.

Please note that the event will be run within COVID-19 guidelines and will require proof of double vaccination and QR code check-in upon entry.

Contact WiNE at www.womeninnortheast.com.au



Time for some FUN!



Name that music group

Using the pictures, name these famous bands



1



2



3



4



5



6



7



8



9



10

Have a LAUGH

SHORT STORY

Late one night a man is driving down the road, speeding quite a bit. A policeman notices how fast he is going and pulls him over. He says to the man, "Are you aware of how fast you were going?"

The man replies, "Yes I am. I'm trying to escape a robbery.

The policeman gives him a sceptical look and says, "Were you the one being robbed?"

The man casually replies, "No, I committed the robbery."

The policeman looks shocked that the man admitted this. "So you're telling me you were speeding...AND you committed a robbery?"

"Yes," the man calmly says. "I have the loot in the back."

The policeman begins to get angry. "Sir, I'm afraid you have to come with me." He reaches into the window to take the car keys out of the ignition.

"Don't do that!" the man yells fearfully. "I'm scared you will find the gun in my glove compartment!" At this point the policeman decides to call for backup.

Soon policemen, cars, and helicopters are flooding the area. The man is cuffed quickly and taken to a police car. However, before he gets in, another policeman walks up to him and says, while pointing to the policeman that pulled him over, "Sir, this officer informed us that you had committed a robbery, had stolen loot in the trunk of your car, and had a loaded gun in your glove compartment. However, we found none of these things in your car."

The man replies, "Yeah, and I bet that liar said I was speeding too!"



Answers

NAME THAT MUSIC GROUP

1. Queen
2. The Beatles
3. Def Leppard
4. The Doors
5. The Red Hot Chili Peppers
6. The Eagles
7. The Rolling Stones
8. Earth Wind and Fire
9. Beach Boys
10. The Who



WHO AM I?

Edith Cowan

RIDDLE ANSWER

A river

ONE LINERS

I just burned 2,000 calories.
That's the last time I leave
brownies in the oven while I
nap.

I just found out I am colour
blind. The diagnosis came
completely out of the purple!



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