

## Letter from the editors

Welcome to the 13th edition of Community Connect 55.



From the depths of winter came a shining light – in July a new Project Officer commenced at MACE. Some of you will know Bonnie Clark, who is now working with us to bring you this Newsletter. We are very pleased to welcome Bonnie to the MACE team, and in particular to this CC55 newsletter.

I am enjoying working with Bonnie, whose editorial input for the newsletter will be noticed! As usual there is much of interest happening in Mansfield, some of which we have captured again this month. Happy reading! Elin

*Hello readers!*



*It is my pleasure to be introduced by the wonderful Elin. I am grateful, as I'm sure you all are, for the effort and consideration she has put into the Community Connect 55 Newsletter. Elin has set the bar high, and I hope to meet expectations!*

*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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By the time this newsletter circulates, we hope cases of coronavirus in Victoria have eased, and we are able to get out and about again. Well done to you all for sticking it out! We know times are tough, but we are in this together.

**24/7 Coronavirus Hotline**

**1800 675 398**

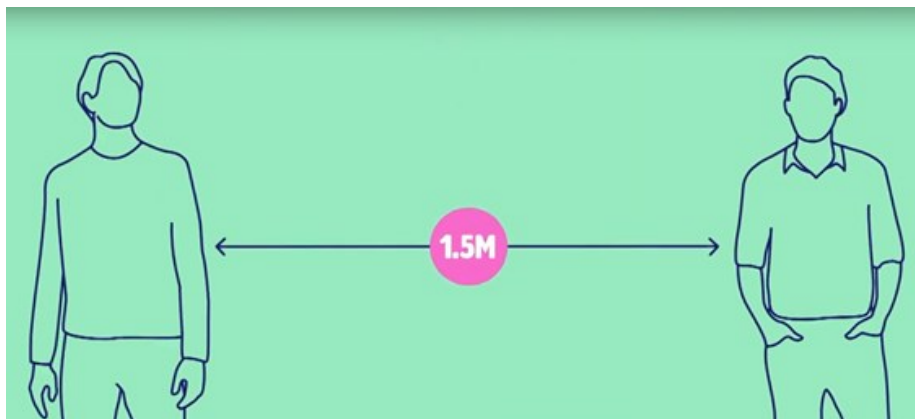
If you suspect you may have coronavirus (COVID-19) call the dedicated hotline – open 24 hours, 7 days a week.

New changes may occur to slow the spread of COVID-19.

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

Keep informed on the latest at:

**Victorian updates: [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)**



**Cough and sneeze into your elbow - Keep at least 1.5 metres distance from others**

**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.

## COVID Vaccines—the truth

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](http://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's website which features [Misinformation and truths about Coronavirus \(COVID-19\)](#) ([covid19inlanguage.homeaffairs.gov.au/misinformation-and-truths-about-coronavirus](http://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 via the Mansfield District Hospital Website**

<https://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.



### Daniel Radcliffe was allergic to his *Harry Potter* glasses.

He had an allergy to nickel, and they were quickly replaced with hypoallergenic specs.

Also, did you know that his glasses had no lenses? This was to stop the reflection from anything happening behind the scenes. The glass lens was added in post-production.





## Age-friendly

# WASP Project update

**WASP** (Weight and Strength Program) – Our group volunteer Leaders have either completed or are close to finalising their Active Ageing Australia training, and several have completed their First Aid certificates.

We are still keen to hear from you if you wish to be a volunteer Leader, and gain free qualification in Easy Moves and First Aid.

Participants – now is the time to express your interest, and register!

Please contact us if you have any queries, or referrals.

The exciting news is that our Merton group Leaders are fully trained, assessed, and keen to start their group. See the notice on this page for how you register to enjoy regular gentle activity – in Merton!

Our program physiotherapist, Jane Morrissey will attend the first activity session to ensure participants are fit for gentle exercise.

Check the MACE website and/or Facebook for updates about the program.

# WASP

## Weights & Strengths Program

*Gentle Activity for Over 55's*

Engage weekly in *Easy Moves* activities including gentle movement / stretching, and light weights.  
Good for limbs, hamstrings, lower back/trunk, shoulders, hips and neck.  
A physiotherapist oversees suitability for involvement.  
Enjoy gentle guided exercise with trained supportive leaders, and a cup of tea afterwards!

**MERTON WASP group starting soon**

**Merton Memorial Hall**

15 sessions at \$3 each

Enrol now by calling any of the numbers below

MACE – 5775 2077  
Marg Sayer – 0409 955 809  
Marg Fitzgerald – 0418 126 730





**Central Hume**  
Primary Care Partnership



**MANSFIELD**  
DISTRICT HOSPITAL

## Get To Know People in Our Team

Profile name	Elin Ree
Your role within the team?	Education & Quality Officer, and Enabling Communities Manager at MACE
What is a fun fact about you?	I was a national barefoot waterski champion when I was younger.
What area of program / work do you enjoy the most?	Any aspect which involves learners or facilitating learner pathways.
What is your specialty or passion in regard to your program / work?	Opportunities where I can contribute to making Mansfield a better place to live.
What are your outside personal interests?	Bushwalking, gardening, music, reading, & community projects!



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

Sleep	Regular and early-ish bedtime helps. No computer screens before bed.
Nutrition	All the food groups, as much organic as possible, variety, and regular fasting is a treat.
Movement	Love, love, love being embraced by the Aussie bush to nurture the soul.
Stress management	Being organised is the main tool, and being tolerant of difference. Prioritising self-care . Take a deep breath / time out, and meditate every day.

## Who Am I?

I began drawing cartoons during my childhood; my first subject being drawings of horses. I dropped out of school at 16 and tried to join the army. I was rejected due to my age but ended up serving as an ambulance driver in France.

I have received more Academy Awards and nominations than anyone else.  
I won 22 Awards in total.

Before starting a famous company, I almost sold vacuum cleaners for a living.  
I was the voice for Mickey Mouse from 1928 to 1947.

My initials are WD

(Answer on page 7)

## Community News

### Mansfield Multicultural Group

Celebrating cultural diversity and raising awareness  
of multiculturalism in Mansfield

All are welcome to our social gatherings,  
2nd Tuesday of the month, at MACE

For further information, or to register your interest:

**MACE - 5775 2077 or Miriam Caminos - 5776 2325**



NEMA is organizing Hari Merdeka, an event to celebrate Indonesian and Malaysian Independence.

Saturday 21 August 2021  
at the Cultural Cottage  
3 The Close, Wangaratta

Experience the taste of Indonesia and Malaysia, join in the games and singing!

PH: 03 5721 2090

E: [nema@nema.org.au](mailto:nema@nema.org.au)

Facebook: NEMA-North East Multicultural Association



More information about your local Aboriginal Gadhaba group can be obtained here:

**Email inquiries to:** [gadhabaglan@gmail.com](mailto:gadhabaglan@gmail.com)

**Website:** [www.gadhaba.com.au](http://www.gadhaba.com.au)

The *Ngobi-an Gadhaba Indigenous Garden* at the Mansfield Botanic Park was officially opened on 6th July. Lovely place to walk - check it out.

There is a video of the launch up on the Gadhaba website.

As the plants grow, there will be many edible and medicinal species to sample.

### HAVE YOUR SAY

Mansfield Shire is in the process of developing a Community 2040 Vision. This Vision will not only shape and guide future Council planning and activity, but also provide shared goals for everyone across the Shire to collectively work towards.

This will be a vision created by community, for community, and we want to ensure you have your say!

There are lots of ways to get involved including:

- Attend a workshop (or request a special workshop for your community group)
- Be part of the deliberative panel who'll have the final say on the vision to be presented to Council
- Complete a short survey
- Host a community conversation

More information on each of these, and on the project, can be found at [engage.mansfield.vic.gov.au/vision](http://engage.mansfield.vic.gov.au/vision)

# Community News

## BONNIE DOON COMMUNITY CENTRE

Did you know, you can access medical services at the Bonnie Doon Community Centre?

Bonnie Doon Medicentre (first Thursday of each month) with Dr. Will Twycross OAM, MBBS, DRCOG, DA, DTPH

Please call the Community Centre on 5778 7722 to make appointments

# Mansfield Fresh Food Drive

Would you like to be involved in the Mansfield Fresh Food Drive? We are currently looking for community members to volunteer their time and to donate their produce. See below for more details.

### VOLUNTEERING

Involves:

- Maximum of 3-4 hours, once per month.
- Tuesday mornings from 8:30am to 12pm.
- Sorting produce and welcoming families when they arrive, as well as set-up and pack-up.

### PRODUCE DONATIONS

Involves:

- Donating excess home grown produce; fruit, veg, herbs, eggs.
- Drop off to St John's Church Hall on 1st & 3rd Tuesday of each month, 8:30am-10:30am.
- As much or as little as you have; any donation is appreciated.

## How does the MFFD work?

**Step 1:** We engage with home fruit & vegetable growers in our community who often find themselves with an excess of produce come harvest time.



**Step 2:** We invite growers to donate their excess produce; as much or as little as they may have.



**Step 3:** Our volunteers will accept the produce from growers & sort it to present to families.



**Step 4:** Local families attend to collect produce at no cost to them. Our volunteers are there to provide assistance and answer any questions the families may have.



Get in touch:  
lucy.marks@mdh.org.au  
03 5775 8800



## Who Am I Answer

Walt Disney



## Health Tips—Are you OK?

### SEPTEMBER 9 IS R U OK? DAY

#### A CONVERSATION CAN CHANGE A LIFE

R U OK? inspires and empowers everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling.

You don't need to be an expert to reach out, you just need to be a good friend and a great listener.

Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Got a feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK?

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.



For some great resources on getting a conversation happening, head to [ruok.org.au](http://ruok.org.au)

### Self Check In

We all need a little pick me up from time to time. Thanks to Gabi from Bonnie Doon Community Centre for these check in tips!

- **Reflect on your strengths:** What are you good at?
- **Think back to the times when you got through a difficult situation.** What did you do to cope? What are your skills?
- **You are certainly not alone!** Think of a person who helped you in the past. If there was somebody to help you then, it is likely that there is somebody available now.
- **Think about the positive things in your life right now.** It doesn't have to be anything huge, even small things like enjoying the sunshine or a good book, having a good night's sleep, eating something yummy or, best of all, living in Australia.







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

For information: [www.mansfield.vic.gov.au/residents/community/age-friendly-communities-project](http://www.mansfield.vic.gov.au/residents/community/age-friendly-communities-project)



To support our over 55 years community, if you would like to get involved with the Newsletter, MSOAST or as a WASP volunteer leader or participant, please contact: Elin or Vanessa – 5775 2077, or [elin.ree@mace.vic.edu.au](mailto:elin.ree@mace.vic.edu.au)

**Riddle Answer:**

There aren't any—it's a one-story house!

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

<b>Emergency Ambulance</b>		<b>Phone: 000</b>
<b>Mansfield District Hospital</b>		<b>Phone: 5775 8800</b>
<b>Mansfield Shire Council, Coronavirus support line</b>		<b>Phone: 1800 672 243</b>
<b>Australian Department of Health</b>	<a href="http://www.health.gov.au">www.health.gov.au</a>	<b>Phone: 1800 020 080</b>
<b>My Aged Care</b>	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>	<b>Phone: 1800 200 422</b>
<b>Victorian Department of Health &amp; Human Services</b>	<a href="http://www.dhhs.gov.au">www.dhhs.gov.au</a>	<b>Phone: 1800 675 398</b>
<b>Council on the Ageing COTA</b>	<a href="http://www.cota.vic.gov">www.cota.vic.gov</a>	<b>Phone: 1300 135 090</b>
<b>National Seniors Australia</b>	<a href="http://www.nationalseniors.com.au">www.nationalseniors.com.au</a>	<b>Phone: 1300 765 050</b>
<b>Dementia Australia Helpline</b>	<a href="http://www.dementia.org.au">www.dementia.org.au</a>	<b>Phone: 1800 100 500</b>
<b>Beyond Blue</b>	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	<b>Phone: 1300 224 636</b>
<b>Lifeline</b>	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	<b>Phone: 131 114</b>
<b>Scam Watch</b>	<a href="http://www.scamwatch.gov.au">www.scamwatch.gov.au</a>	<b>Phone: 1300 432 273</b>
<b>Stay Smart Online</b>	<a href="http://www.staysmartonline.gov.au">www.staysmartonline.gov.au</a>	<b>Phone: 1300 292 371</b>

**For up to date information on Coronavirus:**

**For Victorian updates:** [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus) **Phone: 1800 675 398**

**For national updates:** [health.gov.au/news/latest-information-about-novel-coronavirus](http://health.gov.au/news/latest-information-about-novel-coronavirus)

**For international updates:** [who.int/westernpacific/emergencies/novel-coronavirus](http://who.int/westernpacific/emergencies/novel-coronavirus)

**World Health Organisation resources:** [who.int/health-topics/coronavirus](http://who.int/health-topics/coronavirus)