

Mansfield Adult Continuing Education

# Community Connect 55

Issue No. 16 | November



Photo by: Laura Benson



## On the Lookout for WASP Leaders

Do you want to contribute  
to the health and wellness  
of your community?

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## Remembrance Day

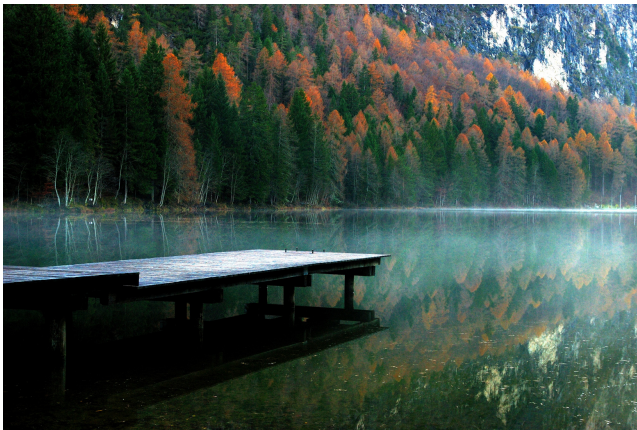
11.11.2021

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# From the Editor

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**Hello readers!**

It is my pleasure to bring you issue 16 of this newsletter.

We have entered that time of year where every day of the week produces a different form of weather! From warm to storm, and chilly nights to boot!



November is a busy month for all of us, with Christmas just around the corner. The shops are already stocking stockings and spreading merriment. In no time at all we will be hearing carols everywhere we go!



This months edition includes a feature piece for Remembrance Day. Lest We Forget.

Happy reading, and I am delighted to be sharing this and future newsletters with you all.

Bonnie

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## 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](mailto:project.officer@mace.vic.edu.au)  
Phone MACE on 5775 2077





# Remembrance Day

**11.11.2021**

On 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War. From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Pèronne, and the breaching of German defences at the Hindenburg Line in September.

By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead.

**On the 11th of November at 11am Australians observe one minute's silence in memory of those who died or suffered in all wars and armed conflicts.**

Commemorate wherever you are – at home, school or work.

## **Remembrance Day National Ceremony**

Traditionally on Remembrance Day the Australian War Memorial hosts the nation's key commemoration.

The ceremony includes a formal wreath laying and the observance of a minute silence at 11am.

The ceremony includes the participation and support of Australia's Federation Guard and the Band of the Royal Military College, Duntroon.

Information regarding the 2021 Remembrance Day National Ceremony will be available on this website leading up to the ceremony.

[www.awm.gov.au](http://www.awm.gov.au)

## **Watch the National Commemorative Service**

The National Commemorative Service will be broadcast live from the Australian War Memorial on ABC iView.

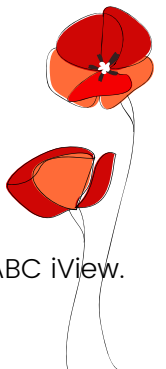
## **Last Post Ceremony**

Each day the story of one of the fallen servicemen or women listed on the Roll of Honour is told at the Last Post Ceremony. Tickets to attend the Last Post Ceremony can be found via the following link [www.awm.gov.au/visit](http://www.awm.gov.au/visit), alternatively this will be broadcast live via webcam on the Memorial's YouTube channel and Facebook page.

## **Virtual Visit**

Virtually visit the Hall of Memory and tomb of the Unknown Soldier.

Go to [www.awm.gov.au/commemoration/remembrance-day](http://www.awm.gov.au/commemoration/remembrance-day) and click 'Explore'



# COVID-19 Digital Certificate

## How do I access my COVID-19 digital vaccination certificate?

### 1. Create My Gov Account

[www.my.gov.au](http://www.my.gov.au)

Create an account (or login if you already have one).

You will need an active email address AND be able to access it during the set-up process. This is best done from a computer (rather than your phone). You will also need your phone close by – a login access code (set of 6 numbers) will be sent to your phone for account verification.

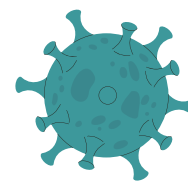
Make sure you record your login details for future reference.

Follow the instructions on the screen to prove your identity. You may need a passport or your Medicare card to do this step.

When you are set up, scroll down the page to “Link another service”.

#### Select Medicare

Follow the instructions. You will need to be able to enter details for all the people listed on your Medicare card (e.g. birth dates). Make sure that you have this information before you start!



### 2. Download Medicare app onto your phone

	Android	Apple
Download the Medicare app onto your phone	Go to Google Play Store > Search ‘Express Plus Medicare’ > Install	Go to Apple Apps Store > Search ‘Express Plus Medicare’ > Get > Install *Note – you may need your Apple ID password
Sign in	You will need your myGov login details for this step. A code will be sent to the mobile number that you used to set up your myGov account with.	
Immunisation History	Scroll down the page and click on ‘immunisation history’. Click on the green button that says ‘View COVID-19 digital certificate’	
Save certificate	Save offline – this allows for your certificate to appear as an app on your phone home screen	
Add to wallet ** See next page for details to add to your Services Victoria app**	Install <b>Google Pay</b> from the Google Play Store. Note you DO NOT have to add a credit card for this app to work for storing the certificate. Click on “Add to Google Pay”. Your digital certificate will be added to Google Pay for easy viewing.	Click on ‘ <b>Add to Apple Wallet</b> ’. If you use Apple Pay on your phone, your digital certificate will be added to the wallet for easy viewing.

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# COVID-19 Digital Certificate

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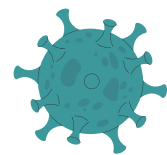
## Adding to Service Victoria App

This is the orange app on your phone that you use to check in at places of business. If you don't already have it, please download (Play Store or Apple Apps Store).

To add access to your vaccination certificate on your Services app, follow these steps:

- Login to your Medicare app on your phone
- Follow the link to "Proof of vaccinations"
- "View History"
- Scroll down and click on "Share with check in app"

Congratulations – you now have access to your COVID-19 digital vaccination certificate on your Services Victoria app.



## What if I don't use a smartphone to check in or don't have a MyGov account?

If you don't have a smartphone and / or don't have a MyGov account, you can request a hard copy of your vaccination statement from Services Australia on 1800 653 809, but it could take up to 14 days to get to you via the post.

**You will need to work out a way to have your vaccination status available – either on your phone or a paper certificate.**

**If you have any questions, contact MACE on 5775 2077.**

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# Age-Friendly Community Update

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## Leaders Wanted for Weight & Strength Program

Our Weight & Strength Program is growing in popularity, and we need more volunteers! Partnering with Mansfield & District Hospital, this program is ideal for community members who have limited movement or just want a class 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 qualifications.

**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 couple of hours a week?**



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



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

For information: [www.mansfield.vic.gov.au](http://www.mansfield.vic.gov.au)  
and search 'age-friendly communities'

### RIDDLE

What gets harder to  
catch the faster you run?



Answer on page 12



# Get To Know Your Team

## BIO



Name

Bonnie Clark

Your role within the team

Project Officer at MACE

What is a fun fact about you?

I studied Native American Health with the Eastern Band of Cherokee Indians

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

Interacting with lovely people and providing programs that really make a difference.

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

Ensuring people feel heard and valued, doing what is wanted and needed for the community.

What are your outside personal interests?

My horses, dogs, and son! Hiking, kayaking and generally enjoying the beautiful area we live in.

## HEALTH & WELLBEING

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

Sleep

Sleep is the key to less stress in my life! I try to avoid any screen time before bed, do stretches and meditate before I lay down, and ensure I keep a diary next to me for any stray thoughts!

Nutrition

I try to include lots of fresh food in my day. I try to choose local food that supports local people.

Movement

I do a lot of walking. With the dogs, or on my own out on the trails. I also work as a stable hand so I am physically challenged in that role.

Stress Management

Lots of breathing, physical activity, and talking! I strongly believe in talking through what is going on.

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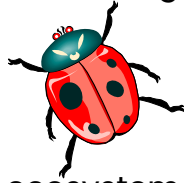
# Community News

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## BUG CITY

Bonnie Doon Community Centre are hosting an INSECT HOTEL workshop

**Monday Nov 15 at 11 am**



Insects are valuable to the ecosystem because they pollinate our flowers and fruit, they are a food source for birds and play a significant role in nutrient cycling. In fact, without beneficial insects and bugs our gardens would be sad places indeed. For example, a ladybird bug is capable of devouring 5000 aphids thereby keeping your rose from being sucked dry of vital plant juices. So why not help them out by building them a home in your garden? Insect hotels can come in many forms and sizes and once you have grappled with the basics, you can go on to build an entire hotel complex if you so desire. But for starters, we are offering you to construct a basic yet attractive and functioning insect hotel for just \$10.

**No special skills required. Class size is limited so booking is vital.  
Call Gabi or Lisa on 5778 7722**

## Christmas Baking Workshops

Learn to make & decorate Christmas themed cupcakes, cookies and gingerbread houses.

Fun filled workshops just in time for Christmas.

**DATE**  
**Gingerbread House Workshop**  
**- Sat 27 Nov**

**Fondant Cupcake Workshop**  
**- Sat 11 Dec**

**TIME**  
**10am - 1pm**

**COST**  
**\$80**  
**(incl ingredients)**

**VENUE**  
**MACE**



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## WHO AM I?

11th of November 1974

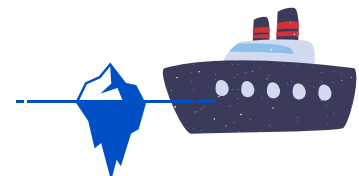
I was born in Los Angeles, California. I am an actor, producer and environmentalist. I earned an Academy Award nomination for my supporting role as a developmentally disabled boy in What's Eating Gilbert Grape.

I achieved international fame in Titanic, an epic romantic film which was the highest grossing film of its time.

I have been in many movies including, Catch Me If You Can, The Great Gatsby, The Aviator, and others.

Initials - LD

Answer on page 12





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# Community News

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## Have you heard about Startup Shakeup?

Startup Shakeup is a not-for-profit that supports Startups (new businesses), Shakeups (existing businesses doing things differently), and Innovators. They are passionate about building regional economic growth and supporting local businesses to solve local problems.

They have recently received funding to complete a study on digital access, affordability & capabilities for those running small businesses across North East Victoria.

With all the stop-start of recent lockdowns and other natural events, it is more important than ever to be able to use online systems and capitalise on the potential for small business growth and success.

Startup Shakeup would like to ask for your support as a valued business owner to assist them in creating a snapshot of local businesses Digital Business Capacity through completing this online survey.

Their aim is to understand the digital capacity of those working in SMEs (Small & Medium Enterprises) in all different industries within the region. This will allow them to build a roadmap of programs, support, and workshops to address areas of biggest needs. With this understanding, they can build responses that enable every business to access & use digital tools effectively.

Please click the button below to enter your details (so there isn't double ups), then follow the survey link to start.

Please note survey results are confidential and anonymous:

[https://startupshakeup.co/sme-digital-literacy-survey-business-page/?mc\\_cid=8f34a421cb&mc\\_eid=UNIQID](https://startupshakeup.co/sme-digital-literacy-survey-business-page/?mc_cid=8f34a421cb&mc_eid=UNIQID)

If you would prefer to complete the survey over the phone, please contact Bree Nightingale at [bree@startupshakeup.co](mailto:bree@startupshakeup.co) or 0404 530 561



[startupshakeup.co](http://startupshakeup.co)



# Health & Wellness

Mansfield & District Hospital now have a HEALTH NAVIGATOR to assist with complex health needs



Hello! I'm Jacqueline, MDH's...

## Health Navigator

Let me answer a few of your questions about this brand new role.



### What is a Health Navigator?

In a nutshell, the Health Navigator position was implemented to **find and address barriers** that people with **complex health needs** face when accessing health services.



### Who needs this service?

The service is specifically funded for people that have **chronic health conditions** and who have **complex health needs**. These people require **multidisciplinary services** and don't have the capacity or supports already in place to navigate or effectively utilise these services themselves.



### What specifically will the Health Navigator do?

I will work **alongside the client**, basing my activities on their individual needs. These activities could look like;

- Developing the client's health literacy and building their capacity to manage their health condition.
- Strengthening their support network.
- Linking and facilitating access to health and community services.
- Acting as a single point of contact for the client amongst a number of providers.
- Liaising with providers on the client's behalf.
- Coordinating the client's supports in order to ensure timely and streamlined care.

I will also work **alongside clinical and non-clinical health providers**.

This will look like;

- Building and strengthening relationships and integration between care providers across Mansfield and Benalla.
- Facilitating smooth client transitions between services.
- Engaging with hospital discharge staff and GPs to facilitate care coordination.

And finally, I will take a **community health approach** in identifying and addressing social, physical and geographical barriers to healthcare.



Please go ahead and contact me if you'd like to chat more about this role, or if you have someone in mind you think could benefit from this service.

Ph: 5775 8804 email: [jacqueline.macintosh@mdh.org.au](mailto:jacqueline.macintosh@mdh.org.au)

I currently work Tuesdays, Thursdays and Fridays and am located at the PCC office at MDH.

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# Time for some FUN!

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Make your own lovely Spring Bonnets!

## Materials:

Paper plates

Paper bowls

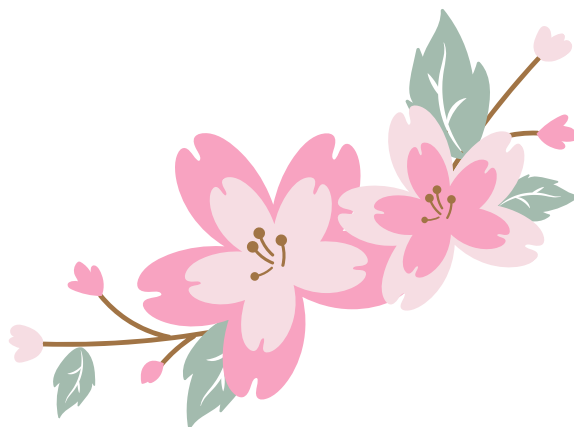
Glue gun and tacky glues

Acrylic paints

Brushes/sponge applicators

Ribbons, lace, silk flowers

Table coverings or place mats for surface protection



## Directions:

Pre-glue a paper bowl to the bottom of a paper plate to form a bonnet using tacky glue and dry overnight.

Paint your bonnet with colour(s) of your choice. Choose the flowers and ribbons you want to decorate the bonnets with and arrange on the bonnets as desired.

Glue the ribbon/lace down first, then the flowers/leaves, using the glue gun.

Make a small loop of ribbon to affix on the back of the bonnet to hang, using glue gun.



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# End with a laugh!

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My wife told me to stop impersonating a flamingo.  
I had to put my foot down.

**If life gives you melons, you might be dyslexic.**

A recent study has found that women who carry a little extra weight  
live longer than men who mention it.

**My boss told me to have a good day. So I went home.**

A TV can insult your intelligence but, nothing rubs it in like a computer!

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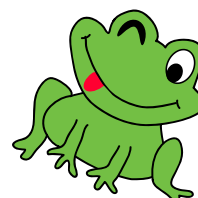


## RIDDLE ANSWER

Your shadow

## WHO AM I?

Leonardo DiCaprio



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

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

**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)

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