

2020 KINGSTON SENIORS FESTIVAL

reimagined



 kingston.vic.gov.au/seniorsfestival

 [cityofkingston](https://www.facebook.com/cityofkingston)
 1300 653 356

 my community life


City of
KINGSTON

WELCOME TO THE

2020 KINGSTON SENIORS FESTIVAL

reimagined

THE KINGSTON SENIORS FESTIVAL CELEBRATES AGEING POSITIVELY THROUGHOUT THE MONTH OF OCTOBER, RECOGNISING THE IMPORTANT CONTRIBUTION OLDER PEOPLE MAKE TO OUR COMMUNITY.

As a safety precaution in response to the COVID-19 pandemic, Council made the decision to cancel this year's Festival.

Nevertheless, COVID-19 can't stop us from honouring our Seniors.

Kingston's Seniors Festival Reimagined 2020 Booklet was produced in collaboration with local Seniors' groups, clubs and organisations who, every year, work tirelessly to deliver over 100 events and activities for the community.

Read stories of active seniors, learn about services specifically for older people and let's celebrate positive and active ageing in Kingston.

Please be cautious during this time and follow the health and safety advice from the Victorian and Commonwealth Governments.

To help slow the spread of coronavirus (COVID-19), all Victorians should:

- regularly wash or sanitise their hands.
- keep at least 1.5 metres from those you don't live with.
- stay home if you feel unwell.
- get tested for coronavirus (COVID-19) and self-isolate while you wait for the results – even if you have mild symptoms. These could include: fever; chills; cough; sore throat; shortness of breath; runny nose; loss of sense of smell or taste.
- wear a face covering / mask whenever you leave your home, unless a lawful exception applies.

For additional information and resources on coronavirus (COVID-19) for older people, their family, friends and carers, please see the Department of Health and Human Services' website at [dhhs.vic.gov.au/information-older-people-and-seniors-covid-19](https://www.dhhs.vic.gov.au/information-older-people-and-seniors-covid-19)

DISCLAIMER

Please note, some photographs in this publication were taken prior to requirement to wear masks in public place. The City of Kingston does not have control or responsibility for the content on the websites listed in this booklet. The information has been listed in good faith in the expectation that content is appropriately updated by the organisation. The material outlined in this booklet was accurate at the time of going to print.

KINGSTON COMMUNITY SUPPORT HOTLINE

Kingston Council and local support services are working together to support our community during the COVID-19 crisis.

Phone our Community Support Hotline during business hours on **1300 653 356** for information or support including emergency food aid, home support, financial counselling/assistance, family violence support or mental health services.

*we're here
to help*

A MESSAGE FROM THE CEO

THE CITY OF KINGSTON PROUDLY PRESENTS KINGSTON'S SENIORS FESTIVAL *REIMAGINED* BOOKLET.



Julie Reid, Chief Executive Officer, City of Kingston

Every year, The Seniors Festival is a time to connect with our community, meet new people and above all, celebrate what it means to be a senior.

As we are all aware, 2020 has not turned out like every other year. COVID-19 restrictions mean that many of the events we had planned for Seniors Festival have been postponed. But this hasn't stopped us from celebrating our Seniors.

Kingston is a proudly diverse city with residents coming from more than 150 countries, speaking 120 languages and following more than 28 different faiths. Kingston is home to more than 47,000 people aged

55+ and they play a pivotal role in our community. In this year's booklet, we have included stories of active seniors, health and wellbeing tips, and updates about Council and Statewide services. We have also included some positive and uplifting stories from our local community.

We encourage you all to reach out to your family, friends and neighbours during this global pandemic and to support each other. According to *'Ageing is Everyone's Business': A Report on Isolation and Loneliness Among Senior Victorians 2016*, there is strong evidence that older people who are

socially engaged are happier and healthier than those who are socially isolated. Socially engaged seniors have better levels of health and wellbeing.

Many of our seniors are active in local community groups and are the lifeblood of volunteering duties that keep many of our support services running.

On behalf of Council, I would like to say a special thanks to all the volunteers who commenced planning for what would have been a fantastic Seniors Festival this year. We look forward to working with you again when it is safe to do so for next year's event in 2021.

A MESSAGE FROM KINGSTON WOMAN OF THE YEAR 2020

JUNE REA WAS NAMED KINGSTON'S 2020 WOMAN OF THE YEAR AT A CEREMONY CELEBRATING INTERNATIONAL WOMEN'S DAY IN MARCH THIS YEAR.

June is a tireless advocate for the vulnerable in the community and has been a dedicated volunteer with The Office of the Public Advocate's Community Visitors program for sixteen years.

She works tirelessly to ensure the human rights of the vulnerable in our community are upheld. This includes the safeguarding of the rights of residents to ensure inclusion within the community is

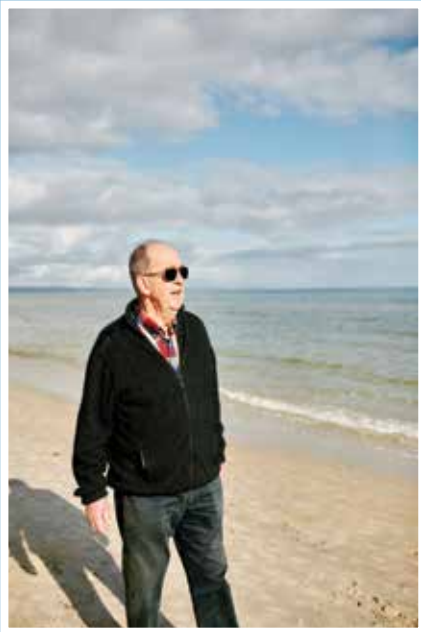
maintained and their links are strengthened.

She was awarded the Victorian Premier's Volunteer Champions Award and was also shortlisted for Victorian Volunteer of the Year.



June Rea, Kingston's 2020 Woman of the Year

June shares, *"As a senior myself, my personal experience of volunteering has enriched and enhanced my senior years thus proving that age is not a barrier to gaining new knowledge and experiences. I recommend keeping active both in body and mind by finding your calling and contributing to the community in a manner that fulfils your life. The Kingston Seniors Festival highlights the valuable wisdom and collective culture of senior life experiences. It helps us to feel included and valued thus giving everyone the opportunity to participate fully in society. I encourage you to look after your health and wellbeing and embrace the wisdom and experience that has come with healthy ageing. Let's acknowledge and celebrate our contributions as valued members of this community."*



This year's cover star Len.



This year's cover star Margaret.



This year's cover star Lena.

ABOUT

OUR COVER STARS

LEN CUBITT volunteers at the Chelsea Activity Hub where he coordinates weekly movie sessions. He also assists with other programs including Tai Chi and Gentle Exercise and has been a member of the Hub's Working Group for the last 5 years. Len has a long association with the Kingston Seniors Festival helping plan events each year. Len is semi-retired after an active working life as a forensic engineer.

MARGARET CROOK has been a volunteer with the Mordialloc Community Centre for 20 years, was made a Life Member in 2012 and was Volunteer of the Year in 2016. Margaret plays an active role in supporting programs run out of the Centre, including bus trips, the *Mordi Munch* and the weekly Seniors exercise class. For the last 10 years Margaret has been running the Centre's Biggest Morning Tea to raise funds for the Cancer Council, always a popular event.

LENA FERGUS began volunteering at the Mordialloc Community Centre in 1992. She has been instrumental in the establishment of several programs at the centre including the craft market and *Mordi – Gras*. She volunteers at the Centre's café and sits on the Committee of Management. Lena is a Life Member having been recognised for her contributions to the local community and was awarded the Centre's Volunteer of the Year in 2013.

Margaret, Lena and Len have been long term supporters of the Kingston Seniors Festival and are strong advocates for older people in their community.

VALE

NORMA ETCHELLS

THE KINGSTON COMMUNITY HAS LOST A MUCH-LOVED MEMBER THIS YEAR, LOCAL CHELSEA RESIDENT, NORMA ETCHELLS.

Norma was an energetic volunteer at the Chelsea Activity Hub over many years and was a strong advocate for older people. She was actively involved in the planning of the annual Kingston Seniors Festival and graced the cover of the Festival booklet in 2018.

Her active life in the community began during the Chelsea Renewal Project over ten years earlier and she took on leadership roles in the community with enthusiasm, commitment and passion.

Norma's friend and fellow volunteer, Kay Cubitt remembers her:

Norma's impact was evident daily as she endeavoured to set high standards. A great organiser, she was always thinking up ideas to further enhance the Chelsea Activity Hub and increase its use. She was a 'positive ageing thinking person' who coped with severe health issues every day, but never grizzled, she 'just got on with it'. Norma was always interested in people and willing to learn new activities, especially in the Crafty Crafter sessions. To the end, Norma was knitting Trauma Teddy Bears and urging me to keep going. She could not wait to get back to the Hub as she was a 'people person' and greatly missed connecting with everyone. Norma was a strong, determined and lovable chief volunteer who we all miss terribly. Her strong influence will remain in our Hub life activity.



KINGSTON LIBRARIES

ALTHOUGH OUR LIBRARIES HAVE BEEN CLOSED TO HELP SLOW THE SPREAD OF COVID-19, THE KINGSTON LIBRARY TEAM IS WORKING HARD TO ENSURE WE'RE STILL AVAILABLE TO SUPPORT THE COMMUNITY.

From the services you know and use, to new online programs, there's many ways you can connect to the library. We're always here to cover your borrowing needs, but there's so many more free resources and services available.

From book groups, to author talks or online events for the Seniors Festival, there's always something to look forward to. Pop into a branch when we open or keep an eye on the Kingston Libraries Website or Facebook page to know what's happening at your local library and in your community.

Some of our popular services that are always available include:

HOME LIBRARY SERVICE

Kingston Libraries offers a free home delivery service to local residents who are unable to access the library independently.

Eligible community members receive an ongoing monthly delivery of items that have been especially selected to match the member's interests.

Volunteers or library staff are paired with members to create a friendly, familiar service.

WHAT CAN I BORROW?

You can loan up to 40 items each month. We can provide popular library items, including:

- books (including large print)
- talking books
- DVD's
- magazines
- items in community languages.

Want to know more? Please contact the Home Library Service on:

 1300 135 668

 homelibrary@kingston.vic.gov.au

ASK A LIBRARIAN

Have a question and not sure where to get the answer? Ask A Librarian!

From general interest enquiries to local history questions or even business queries, our team of friendly librarians are on hand to help you find answers.

We can even provide tech support. Now is a great time to try electronic resources available in our [eLibrary](#). So long as you have your own device and an internet connection, we can help support you to borrow our eBooks, eAudiobooks, and digital magazines.

We love a challenge, so get in touch and Ask a Librarian for any help by contacting us on:

 1300 135 668

 AskALibrarian@kingston.vic.gov.au





SUSTAINABILITY

IN KINGSTON

TAKE ADVANTAGE OF FREE WORKSHOPS AND WEBINARS TO HELP BUILD YOUR SUSTAINABLE LIVING SKILLS AND KNOWLEDGE. COMPOSTING, ENERGY EFFICIENCY, REDUCING WASTE IN THE HOME AND MANY OTHER TOPICS ARE COVERED. HERE'S A SAMPLE!

GARDENS FOR WILDLIFE

The Gardens for Wildlife program encourages and supports the Kingston community to enhance their gardens by planting locally indigenous and native plant species to provide shelter, nesting habitat and food sources for native wildlife.

With increased urbanisation comes a decrease in natural habitat and a fragmentation of plant and animal communities. By increasing habitat in our residential gardens, as a community, we can create opportunities for wildlife to thrive and move through our neighbourhoods.

Gardens for Wildlife is a free program available to all Kingston residents and offers educational resources, garden advice, workshops and special events to learn about modifying your garden to attract local wildlife. More information at

📧 kingston.vic.gov.au/G4W

CONNECTING WITH NATURE IN OUR LOCAL AREA

The many Parks and Natural Reserve Areas in Kingston offer great opportunities to exercise and enjoy nature:

- Aspendale-Carrum Foreshore Reserve
- Heights Park, Chelsea Heights
- Bradshaw Bushland Reserve, Mordialloc
- Kingston Heath Reserve, Cheltenham
- Caruana Woodland Reserve, Dingley
- Mentone-Mordialloc Foreshore Reserve
- Epsom Conservation Reserve, Mordialloc
- Mordialloc Creek Reserve, Mordialloc
- Grange Heathland Reserve, Clayton South
- Rowan Woodland Reserve, Dingley

HOW TO RECEIVE REGULAR UPDATES

Subscribe to the Greening Our Place e-newsletter and find out about free sustainability webinars, community workshops and other events at:

📧 kingston.vic.gov.au/Community/Sustainability-and-Workshops/Sustainability-Workshops

For more information, contact the City of Kingston's Environmental Planning team on 📞 9581 4713.



NUTRITION MADE EASY WITH MEAL DELIVERIES

Make it easy for yourself to get the nutrition you need by having a meal delivered to your door by the City of Kingston. We offer a variety of delivery options and can provide meals to suit your dietary needs.

The City of Kingston also offers a full range of in-home services to support you to remain living in your own home including housework, personal care, transport, shopping, social activities and respite as well as Home Care Packages.

To find out more please call ☎ **1300 819 200**, our friendly team are ready for your call.

📧 accesscare.org.au

✉ info@accesscare.org.au

📘 [facebook/
accesscarmelbourne](https://facebook.com/accesscarmelbourne)

WHY WE NEED BETTER NUTRITION AS WE AGE

IT IS LIKELY THAT WE ARE GOING TO EAT LESS AS WE AGE. THAT'S WHY WE CAN REQUIRE MORE NUTRITIOUS FOOD TO MEET OUR NEED FOR VITAMINS, MINERALS AND ENERGY. AMONG OTHER THINGS, AS WE GROW OLDER WE NEED TO PAY PARTICULAR ATTENTION TO:

CALCIUM INTAKE

Calcium in our bodies is used for strengthening bones and teeth, regulating our muscles and heart function, helping our blood to clot and our nerves to convey messages around the body. From the age of 50 for women (70 for men), we begin to draw down our calcium reserves and need to consider adding more to our diet. Otherwise our bones can become brittle and break easily. Adding approximately 20% more calcium to our diet can help. Good sources of calcium include milk, milk products, green leafy vegetables, tofu and soy products, fish, seeds and nuts.

VITAMIN D

You may be aware that one of the best sources of vitamin D is sunlight. If we become more sedentary and confined to the indoors as we age, our natural exposure may decline. Vitamin D also helps us absorb calcium, so it's more important as we get older. Dietary sources of vitamin D include fatty fish such as sardines and salmon, milk, egg yolk, mushrooms and fortified foods such as some cereals.

OMEGA-3s

Essential fatty acids are needed for good health at all stages of life, but may also provide benefits for mental health and assist in protecting against

many degenerative diseases of the brain such as dementia. Nuts, fish, avocado and beans are excellent sources of Omega-3s.

FIBRE

Relying on processed foods can have many negative consequences as we get older. Fibre is important for the functioning of our digestive tract, can lower cholesterol and reduce the risk of stroke. A high fibre diet is the cornerstone of healthy nutrition. You can increase your fibre simply by eating more wholefoods. Wholefoods are plant-based foods that are unprocessed such as legumes, fruits and vegetables.

KAY GETS BACK ON HER FEET

LATE LAST YEAR, KAY HAD A BAD FALL AND BROKE HER LEG. WHILE HER LEG RECOVERED OVER TIME, HER CONFIDENCE DIDN'T. SHE STOPPED GOING FOR HER DAILY WALKS AND FOUND IT DIFFICULT TO GET AROUND HER OWN HOME. KAY RELIED ON HER WALKER FOR EVERYTHING.

Kay, aged 70, is an AccessCare client and lives alone with the support of services, including transport, meals, shopping, home maintenance, leisure and community activities, as well as allied health assessments to enhance her independence.

Kay was sceptical when her Care Manager, Gayle, suggested she try physiotherapy. Nevertheless, she trusted Gayle so reluctantly agreed.

Kay's goal was to improve her mobility and get back to her daily walks.

The physiotherapist initially worked with Kay on static exercises and progressed to dynamic balance and stepping practice over a period of three months. Week by week, Kay's confidence gradually improved, as did her skills and balance.

"This has given me the freedom I need as a human being. I wasn't able to take two steps without my walker and now I'm barely using it around the house", says Kay.

Kay is looking forward to the future and taking more control over her life, getting out into the community when it is safe to do so.

If you would like to know more about AccessCare's Home Care Packages please call the friendly team on [1300 819 200](tel:1300819200).



Kay is in the middle of her physio session and working on her balance by walking the dots with Michael from Transform Physio.

SFC SENIORS *fit* CLUB

KINGSTON
ACTIVE



SFC is a diverse program that is designed for the older adult.

The program focuses on elements that will improve mobility, balance, strength and cardiovascular fitness in a safe and sociable environment.

Benefits of SFC

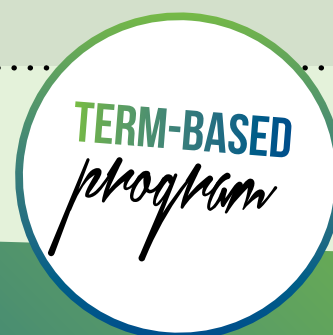
- ✓ Reduces impact of illness
- ✓ Improves sleep
- ✓ Helps maintain independence
- ✓ Reduces risk of heart disease and stroke
- ✓ Falls prevention

CALL US TODAY FOR PROGRAM DETAILS



KINGSTONACTIVE.COM.AU

WAVES LEISURE CENTRE t 9559 7111
111 Chesterville Rd Highett



KINGSTON ARTS CENTRE

KINGSTON ARTS CENTRE HAS CREATED NEW WAYS TO STAY CONNECTED WITH OUR COMMUNITY. THERE IS A RANGE OF ACTIVITIES DESIGNED TO KEEP EVERYONE ENTERTAINED.

For further information and to find out what's on online, please visit kingstonarts.com.au

kingston**arts**
www.kingstonarts.com.au

kingston**arts**
is creating
new ways
to stay
connected.



KINGSTON COMMUNITY GROUPS

FOR OLDER PEOPLE

THERE ARE MANY COMMUNITY GROUPS IN KINGSTON FOR OLDER PEOPLE. THESE GROUPS ARE WELCOMING PLACES TO MEET NEW PEOPLE, EXPAND YOUR SOCIAL CIRCLE AND HAVE FUN. JOINING A COMMUNITY GROUP HELPS YOU BECOME INVOLVED IN YOUR LOCAL COMMUNITY.

GROUPS INCLUDE:

- Seniors Groups
- Probus Groups
- Multicultural Groups
- Senior Citizen Clubs
- Special Interest Groups

Many of these groups meet on a weekly basis in community facilities and organise activities for their members.

In response to the evolving impacts of the COVID-19 pandemic, community groups will resume their activities when it is safe to be out and about.



For a list of community groups in the City of Kingston, please visit mycommunitylife.com.au

The free
online guide
to what's
happening on
your doorstep.

discover all
that our city
has to offer

Find events, volunteer
opportunities, and
information about local
groups and clubs.

Or list your event,
activity or club.

If you are a local
not-for profit group
or club, jump on
mycommunitylife.com.au
and start promoting!



New look
website
—
more to
come

discover Kingston with...

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mycommunitylife.com.au

2020 VICTORIAN

SENIORS FESTIVAL REIMAGINED



THE VICTORIAN SENIORS FESTIVAL 2020 HAS BEEN REIMAGINED INTO A RANGE OF ONLINE OFFERINGS FOR YOU TO ACCESS TO THE END OF OCTOBER.

Back for its 38th year, the Festival provides an opportunity for older Victorians to enjoy specially curated content, delivered direct to your home through online performances, ZOOM interviews and story-telling. There will be new broadcasts each week.

Enjoy all this and don't forget to get in the groove!

Please see seniorsonline.vic.gov.au/festivalsandawards for the program.



THE OLDER PERSONS

COVID-19 SUPPORT LINE

THE OLDER PERSONS COVID-19 SUPPORT LINE INFORMS, SUPPORTS AND CONNECTS OLDER AUSTRALIANS.

Some older people are vulnerable to COVID-19 but less connected to the internet and in need of ways to access information for their circumstances.

Older Australians, their families, friends and carers can FREECALL 📞 **1800 171 866** if they:

- would like to talk with someone about the COVID-19 restrictions
- feel lonely or worry about a loved one
- care for someone and need some information or someone to talk to
- need help or advice about changing the aged care services they are receiving
- need help to access new care services or essential supplies such as shopping
- have concern about themselves or family member living with Dementia
- would like to arrange a one-off or regular wellbeing check for themselves or someone else.

The Older Persons COVID-19 Support Line
📞 **1800 171 866**, 8.30am to 6pm weekdays.

SENIORS RIGHTS VICTORIA

SENIORS RIGHTS VICTORIA PROVIDES INFORMATION, SUPPORT, ADVICE AND EDUCATION TO HELP PREVENT ELDER ABUSE AND SAFEGUARD THE RIGHTS, DIGNITY AND INDEPENDENCE OF OLDER PEOPLE.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual. It can also include mistreatment and neglect.

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

**EVERYONE HAS THE RIGHT TO BE SAFE.
NO ONE DESERVES TO BE ABUSED.**

Elder Abuse is one of the worst manifestations of ageism and inequality in our society and most commonly occurs in the family. Whilst elder abuse is believed to be greatly under reported, the World Health Organisation estimates that it affects between 1 to 10 per cent of older people worldwide.

Services include a Helpline, specialist legal services, short-term legal support and advocacy for individuals.

If you or someone you know is experiencing elder abuse, please contact the free and confidential Helpline:
☎ 1300 368 821.

Further information about Seniors Rights Victoria and Elder Abuse at
[☞ seniorsrights.org.au](http://seniorsrights.org.au)



COUNCIL ON THE AGEING

(COTA) VICTORIA

COUNCIL ON THE AGEING (COTA) VICTORIA IS THE LEADING NOT-FOR-PROFIT ORGANISATION REPRESENTING THE INTERESTS AND RIGHTS OF PEOPLE AGED 50+ IN VICTORIA.

It is a member-based organisation run by, for and with older Victorians.

COTA Connects is a free monthly e-newsletter packed with news, tips, tools and events for older Victorians. To subscribe to the online newsletter and to view previous editions, please see
[☞ cotaviv.org.au/news/cota-connects](http://cotaviv.org.au/news/cota-connects)

COTA's free telephone information service for older people is available from 9.30am to 1pm weekdays on ☎ **1300 135 090**. Alternatively, you can email the service at ✉ askcota@cotaviv.org.au

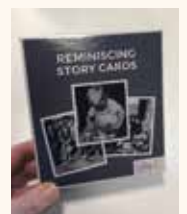


For further information about the programs and events delivered by COTA, please see
[☞ cotaviv.org.au](http://cotaviv.org.au)

COTA'S REMINISCING STORY CARDS

Reminiscing Story Cards assist older people to tell their stories through a series of questions.

The Cards provide a black and white photo matched to each question and come with instructions.



Reminiscing Story Cards encourage conversation about:

- Beginnings – family, childhood, school, friendships, work and relationships.
- Strengths and successes – happy experiences and achievements.
- Challenges and wisdom – values and traditions, legacy and lessons learnt.

For more information, please see ☞ cotaviv.org.au



OUT & ABOUT

A FREE SERVICE REDUCING SOCIAL ISOLATION IN THE LGBTI COMMUNITY.

Out & About is a peer service connecting lesbian, gay, bisexual, transgender or intersex (LGBTI) people across Victoria. Out & About aims to reduce social isolation and loneliness experienced by older members of our LGBTI community by creating community connections and encouraging (intergenerational) friendships.

Out & About connects friendly LGBTI volunteer visitors with people living at home

or in aged care as part of the national Community Visitors Scheme. Regular social visits may include having a chat over coffee or tea, watching a film, going for a walk, participating in a hobby, game or other enjoyable social activity.

Any member of the LGBTI community can access the service, whether or not they are open about their LGBTI status. Out & About staff and volunteers respect the privacy of clients.

People are eligible for this free service if they:

1. Identify as lesbian, gay, bisexual, transgender, intersex or questioning (LGBTI)
2. Live anywhere in Victoria
3. Are over 60 (50+ if Aboriginal & Torres Strait Islander, living with HIV or trans/gender diverse) or younger people living in residential aged care.

FURTHER INFORMATION:

📞 0466 218 921 ✉️ outandabout@switchboard.org.au

Please note: COVID-19: our service continues with options of virtual/phone/mail contact. New referrals are welcome.

LONELINESS: AN EMERGING HEALTH CHALLENGE

ACCORDING TO THE *AGEING IS EVERYONE'S BUSINESS: A REPORT ON ISOLATION AND LONELINESS AMONG SENIOR VICTORIANS 2016*, THERE IS STRONG EVIDENCE THAT OLDER PEOPLE WHO ARE SOCIALLY ENGAGED ARE HAPPIER AND HEALTHIER.

Physical distancing does not mean seniors need to be socially isolated. There are several ways to stay connected.

1. REACH OUT TO FAMILY AND FRIENDS

Stay in touch with the people close to you. This can also include people in your social groups and clubs, church or neighbours.

2. USE NEW TECHNOLOGY

FaceTime, Zoom, Skype, Facebook, online activities and more. Doing the basics is easy and can be fun. Support to set up an account is available from Be Connected (outlined below) or Kingston Libraries.

3. ACCEPT HELP FROM OTHERS

Remain open to accepting support from family members, friends, health care providers and social service agencies.

4. KINGSTON COMMUNITY SUPPORT HOTLINE

If you are feeling lonely or would like to talk with someone, phone Council's Community Support Hotline during business hours on **1300 653 356**.

5. FRIENDLINE

If you don't have anyone to connect with, FriendLine is available on Tuesdays, Wednesdays and Thursdays from 6pm to 8pm and weekends from 2pm to 5pm on **1800 424 287**. You can call and chat to a trained volunteer.

And when it is safe to do so:

6. JOIN A GROUP

Join a Seniors club or group. Further information is available throughout the booklet or by searching on the My Community Life website at

mycommunitylife.com.au

Planned Activity Groups, Community Bus services and social outings are also available. Please call AccessCare on **1300 819 200** for further information and the eligibility criteria.

7. FIND OUT ABOUT HOME VISITING PROGRAMS

There are a range of different community visiting programs where people come to your home to visit you for a cuppa, help with the gardening or go for a walk with you. Call My Aged Care on **1800 200 422** to find out more.

BE CONNECTED

BE CONNECTED IS AN AUSTRALIAN GOVERNMENT INITIATIVE COMMITTED TO INCREASING THE CONFIDENCE, SKILLS AND ONLINE SAFETY OF OLDER AUSTRALIANS.

It provides a range of free tutorials to help you learn more about technology in your own time and at your own pace.

Online tutorials to practice your computer skills at home include:

- The absolute basics, such as what is a computer, laptop, tablet, smartphone, and the Internet;
- Getting to know your device and learning how to use a keyboard, mouse, touchscreen, and computer;
- Getting started online with the Internet, using online forms, email, search engines, and an introduction to Internet safety;
- Safety first and how to create safe passwords, make online payments safely, avoid scams and tricks, how to download and save documents, and where to get help and support;
- More online skills such as shopping online, connecting with friends using social networks, how to use a digital camera, as well as how to watch TV and listen to music or the radio online;
- Connecting to others with video calls using Skype, WhatsApp, and Facetime.

Kingston Libraries can also support you with the tutorials.

Be Connected can be found at: beconnected.esafety.gov.au. You can ring the Be Connected helpline on **1300 795 897**.

PREPARE FOR THE

SUMMER AND EXTREME HEAT

AS SUMMER APPROACHES, IT'S IMPORTANT TO PROTECT YOURSELF FROM EXTREME HEAT.

The first thing to recognise and acknowledge is that older bodies don't respond to heat in the same way as younger ones.

Being hot for too long can cause several problems, the worst of which is Heat Stroke. Heat stroke is a medical emergency and requires immediate attention. Common symptoms of heat stress include dizziness, high body temperature, shortness of breath, headache, flushed skin and a racing heart.

Health problems associated with hot weather ARE preventable.

THE KEY THINGS TO REMEMBER THIS SUMMER ARE:

Keep Cool

Keep your Body Cool

- Drink cold drinks and eat smaller, cold meals such as salads and fruit.
- Wear loose fitting, light coloured clothing.
- Stay out of the sun.
- If you must go outside, apply sunscreen, wear a hat and stay in the shade and take the most shaded route to your destination.
- Plan your day to be indoors during the hottest part of the day, avoid going outside between 11am and 5pm.
- Put wet towels or cool packs on your arms or neck or put your feet in cool water.
- Spritz your face with cool water.
- Take cool showers or baths.
- Minimise physical activity and do household chores early in the morning when it's coolest.

Keep your House Cool

- Close windows and doors to keep the heat out. Close curtains and blinds.
- Use air conditioning if you have it. Fans can also be effective.
- Open windows at night if you can let in cool air.

- Know which room in your house is the coolest (this will often be on the ground floor on the south side) and go here in the hottest part of the day.
- Try not to use your stove and oven.

Drink Plenty of Water

- Drink plenty of water even if you do not feel thirsty – check the colour of your wee – if it's pale then you're drinking enough.
- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid alcoholic, hot or sugary drinks including tea and coffee which can make dehydration worse.
- If you go outside, carry a bottle of water with you.

Look out for each other

- Keep in contact with elderly friends, neighbours and relatives during a heat wave in case you or they need any help.
- Look out for your pets in the heat. Keep them where it's cool and with plenty of water. Avoid walks during the hot part of the day. Leave out cool and clean water for wildlife and birds.

Plan Ahead for the Heat

- Keep an eye on the weather forecast.
- Prepare yourself, house or apartment before the heat arrives.
- Know who to call if you need help.
- Follow your doctor's advice if you have any medical conditions. Ensure that you have the medication you will need.
- If you feel unwell, seek medical advice from your doctor or nearest hospital.
- Know where to find your emergency kit in case of power failure. Have a torch and batteries on hand should a power failure occur.

For more information call:

NURSE-ON-CALL – a telephone helpline that provides immediate expert health advice from a registered nurse, 24 hours a day, 7 days a week. Contact ☎ **1300 60 60 24** for health information and advice. NURSE-ON-CALL can also give you information about health services in your area.

In an emergency, call
☎ **000 immediately.**

Source: this information was adapted from NSW Health's 'How to stay healthy in the heat' advice.



DO-IT-YOURSELF TOOLS TO

FIGHT THE GAMBLING URGE

THE COVID-19 RESTRICTIONS ARE CAUSING UNCERTAINTY ABOUT JOBS, AND ANXIETY ABOUT OUR HEALTH AND SOCIALISING. MANY PEOPLE ARE FEELING ISOLATED BUT SOME WHO GAMBLE ON POKIES ARE FEELING RELIEVED. DOES THAT SOUND LIKE YOU?

With gambling venues closed, do you:

- feel a weight is lifted off your shoulders
- remember the person you were before gambling took over
- have money to spend on other things
- have time to enjoy other activities, even with the current limitations?

As restrictions ease, it's important to remind yourself that you already have the tools you need to help manage your gambling urges, stay in control, or quit for good.

- Right now, when you can't gamble, **write down 3 positive things** about how you feel. Keep these somewhere safe and when the urge comes, read them back to yourself.
- **Plan ahead** – if an opportunity to gamble on an event, or at a specific time, is coming up, make plans to do something else instead.
- If you feel the urge to return to a venue:
 - Close your eyes and think about the name or branding of the venue – now think about something you don't like (a type of food or shop you don't like).
 - Think about winding the car window down and getting far away to a favourite place.
 - Repeat these thoughts for a few minutes and repeat them each time you feel the urge. This is you **taking control** of pathways in your mind and turning them into a road leading out.

- People often think they're gambling to relieve stress. But gambling can cause more stress. **15 minutes of physical exercise a day** can reduce your stress levels.
- **Helping other people** with their troubles can have a huge positive effect on the way you see yourself and your sense of worth. You could volunteer for a cause you're passionate about or look around and see someone close to you who needs a hand. If you feel the urge and you know someone else who struggles with gambling, **reach out to ask if they need help**. Let them know that you are going through the same experience. Helping someone else can turn the urge on its head.

Whatever you call it – the gambling urge, the itch, the bug, the addiction – you can come up with a plan and beat it.

WANT TO TALK THROUGH YOUR PLAN?

Gambler's Help services are available 24 hours a day on 📞 **1800 858 858**. In some areas, video calls are also available.

- You don't need a referral to phone Gambler's Help.
- The information you share will be kept private.
- Every single contact with Gambler's Help is free.



RIGHTSIZE YOUR HOME

BY SENIORS FESTIVAL FAVOURITE, *THE DOWNSIZING CONNECTIONS GROUP*

ARE YOU THINKING OF DOWNSIZING? NOT SURE WHERE TO BEGIN? FEELING OVERWHELMED ABOUT THE TASK AHEAD? YOU ARE NOT ALONE. JULIA DYER FROM THE DOWNSIZING CONNECTIONS GROUP IS HERE TO HELP.

Moving from the family home can be a daunting prospect, stirring up a variety of emotions. If it is time to transition, however, moving into a more manageable home and creating a better lifestyle will lead to a happier and healthier you.

One of the biggest challenges you may need to tackle is decluttering. Most of us have collected, received and kept many items over the years. Now is the time to work through what is important to you and redistribute the rest.

HERE ARE SOME TIPS TO HELP YOU TRANSITION INTO A NEW RESIDENCE:

- ✓ Ask for support. Do not try and do this alone.
- ✓ Be kind to yourself, this can be a challenging time.
- ✓ Take the time to carefully consider what is important to you.
- ✓ Move through each process one step at a time and follow a plan.
- ✓ As you complete each task, reward yourself along the way.

If you are looking for independent advice or support, contact Julia Dyer on 📞 **0404 293 485** or email ✉ info@downsizingconnections.com.au or join Julia's ZOOM session on Monday 5 October.



Further information on page 18.

LIFE LONG LEARNING

THE UNIVERSITY OF THE THIRD AGE (U3A)

LEARNING IS LIFELONG.

The University of the Third Age (U3A) is a not for profit worldwide educational self-help organisation. It draws on the wealth of knowledge and experience of its members to set up study groups and to organise recreational activities.

U3A Kingston is a community of over 700 members sharing knowledge and skills. There are more than 70 courses and tutors, and many of these can now be found online.

Potential students can choose from a wide range of courses in languages, computers, art, music, recreation, philosophy, humanities, wellbeing, science and more.

U3A Kingston is located at The Courthouse,
37 Albert Street in Mordialloc.

Find more information about U3A Kingston and joining fees at:

📞 9580 8328

✉ u3akingstonoffice@gmail.com

🌐 u3akingston.com.au



WAYAPA WUURRK

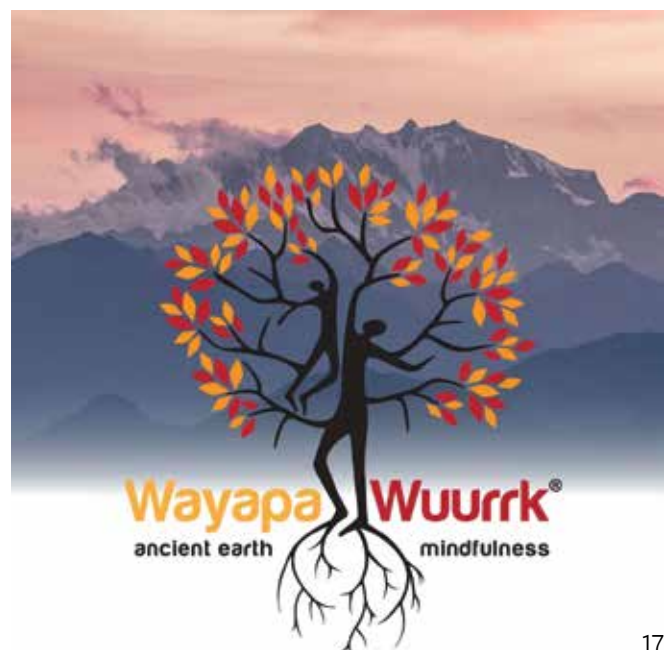
WAYAPA WUURRK IS AN EXPRESSION THAT ENABLES THE TRANSMISSION OF INTERGENERATIONAL WELLBEING. IT CREATES BALANCE BETWEEN OUR SYSTEMS OF KNOWING, BEING AND DOING WITH MOVEMENT, REIMAGINING AND A PERSONAL ACTIVATION OF EARTH'S STEWARDSHIP.

Reconnecting back to the Earth feels like returning to the embrace of our collective Mother, Mother Earth, as that feeling sums it up perfectly. The Earth provides the water, air and food our bodies rely on. It is the enabling platform for mind, body, spirit wellness.

Parkdale Secondary College in partnership with the Derrimut Weelam Gathering Place (DWGP) will deliver a Wayapa Wuurrk workshop in the new year. Facilitated by Alana Marsh, the workshop is designed for Seniors to experience cultural mindfulness, narrative meditation and physical movements. Further information will be available on the DWGP's Facebook page at facebook.com/derrimutweelamgatheringplace

To learn more about Wayapa Wuurrk, please see

🌐 wayapa.com



KINGSTON SENIOR FESTIVAL REIMAGINED

ONLINE EVENTS

MONDAY 5 OCTOBER			
1.30pm – 2.30pm Free	Downsizing and Decluttering Workshop <i>hosted by Mordialloc Community Centre and Downsizing Connections Group</i> Thinking of Downsizing and not sure where to begin? If you are feeling overwhelmed, you are not alone. Join Julia who will share sound independent advice, as well as an effective 5-step decluttering plan. You will leave feeling more confident and in control about your next move.	Online presentation via Zoom	Bookings are essential, please email ✉ kathy@mordicc.org.au and provide your name, email address and best contact number. A ZOOM link will be sent to you before the event.
MONDAY 12 OCTOBER			
2pm – 2.45pm Free	Tai Chi Class <i>hosted by Mordialloc Community Centre</i> Join Shon for a live Tai Chi class. Shon, who is an experienced instructor, will help guide you with balance, breathing and to stay focused.	Online presentation via Zoom	Bookings are essential, please email ✉ kathy@mordicc.org.au and provide your name, email address and best contact number. A ZOOM link will be sent to you before the event.
FRIDAY 16 OCTOBER			
2pm – 3pm Free	Vocalist Cindy Dean <i>hosted by Kingston Libraries</i> Vocalist Cindy Dean sings hits from the 1930s to the 1980s.	Online presentation via Zoom	Bookings are essential, please go to kingston.vic.gov.au/library/seniors-festival Registrations open 28 September. Following registration, a link to access the event on the day will be sent to your email address. For further information, contact Kingston Libraries on ☎ 1300 135 668 or ✉ library@kingston.vic.gov.au
SATURDAY 17 OCTOBER			
7.30pm – 8.30pm Free	Author Talk – Online Event <i>hosted by Mentone Public Library</i> Dr Cheryl Threadgold OAM discusses her new book, <i>In the Name of Theatre: the History, Culture and Voices of Amateur Theatre in Victoria</i> .	Online presentation via Zoom	Bookings are essential. Please register by contacting Mentone Public Library at ✉ mentonepubliclibrary@gmail.com
MONDAY 19 OCTOBER			
2pm – 2.45pm Free	Bollywood Class <i>hosted by Mordialloc Community Centre</i> Join Kubra for an online Bollywood dance class. You will learn a choreographed Bollywood routine.	Online presentation via Zoom	Bookings are essential, please email ✉ kathy@mordicc.org.au and provide your name, email address and best contact number. A ZOOM link will be sent to you before the event.

TUESDAY 20 OCTOBER			
11am – 12pm Free	Cooking Demonstration: Simple, Healthy, Delicious and Cheap <i>hosted by Kingston Libraries</i> Learn some delicious, easy meals with dietitian Kate Wengier of Foost. Gain some great cooking and eating tips. Note: demonstration only.	Online presentation via Zoom	Bookings are essential, please go to kingston.vic.gov.au/library/seniors-festival Registrations open 28 September. Following registration, a link to access the event on the day will be sent to your email address. For further information, contact Kingston Libraries on 📞 1300 135 668 or ✉ library@kingston.vic.gov.au
THURSDAY 22 OCTOBER			
9.30am – 10.15am Free	Zumba <i>hosted by Mordialloc Community Centre</i> Join Naki for a fun filled Zumba routine.	Online presentation via Zoom	Bookings are essential, please email ✉ kathy@mordicc.org.au and provide your name, email address and best contact number. A ZOOM link will be sent to you before the event.
THURSDAY 29 OCTOBER			
2pm – 3pm Free	Healthy Living Apps for Seniors <i>hosted by Kingston Libraries</i> Transform your mobile device into a health coach and journal on the go with these popular health apps. Presentation by Stay In Touch.	Online presentation via Zoom	Bookings are essential, please go to kingston.vic.gov.au/library/seniors-festival Registrations open 28 September. Following registration, a link to access the event on the day will be sent to your email address. For further information, contact Kingston Libraries on 📞 1300 135 668 or ✉ library@kingston.vic.gov.au
6pm – 8.30pm USD \$6.99 or approx AUD \$10	The Power of Art <i>hosted by Kingston for Human Rights Inc</i> Online opening of the Annual Children's Art Exhibition 2020. See how children express their views on the theme of 'Freedom' through the powerful medium of art. Followed by the highly acclaimed William Kelly documentary 'Can Art Stop A Bullet'. Filmed on five continents with contributions from over 20 artists, thinkers and activists, this documentary explores the power of art to take a stand against violence in the world. Includes a Q&A at the end of the screening.	✉ fanforce.tv.com/programs/kfhr-casab	For further information, contact Kingston For Human Rights Inc at kingstonforhumanrights.org



'THOSE WERE THE DAYS'

- 1 Which World Heritage building, built in 1879, stands in Melbourne's Carlton Gardens?
- 2 One racehorse has won the Melbourne Cup three times. Which horse?
- 3 Who was Victoria's first female Premier?
- 4 Who is the person known as the Oracle of Omaha?
- 5 What year was Decimal currency introduced in Australia?
- 6 What is Victoria's southernmost land point?
- 7 Which Football club long associated with Moorabbin bears the name of another Melbourne suburb?
- 8 What date did WWII end?
- 9 Which Australian Prime Minister set a beer-drinking record?
- 10 Who carried the Olympic Torch into the stadium to light the flame at the 1956 Melbourne Olympic Games?

'Those Were the Days' Trivia Quiz was kindly organised by the Patterson Lakes Combined Probus Club. For further information about joining this club, please contact Cheryl on ☎ 0434 367 288.

Answers are on the bottom of page 25.

IPHONE FOR SENIORS

BOOK REVIEW



IPHONE FOR SENIORS IN EASY STEPS 6TH EDITION PROVIDES EASY TO FOLLOW INSTRUCTIONS ON HOW TO USE ALL MODELS OF IPHONE WITH OPERATING SYSTEM (IOS) 13. KINGSTON LIBRARIES ALSO HAS THE 5TH EDITION. BOTH ARE PRINT EDITIONS.

This book is written in plain English, in a larger font, provides clear step-by-step instructions and is accompanied by colour illustrations.

In addition to stepping you through the basics and covering the most commonly used features and recreational activities, other items that may be of particular interest to seniors include:

- how to set up **Siri** to enable you to access content through verbal instruction
- the **reachability** feature, which enables you to access items in the top half of your screen with one hand
- **VoiceOver**, which tells you what an item is on the screen when you tap on it
- **assistive touch**, which enables access to items by simply tapping on them
- features that can increase the size of text and images on the screen

You can also download *iPhone for Seniors for Dummies* 9th edition (2020) from our BorrowBox e-library collection. This book assumes you've never laid hands on an iPhone before and guides you through basic steps using nontechnical language. Most of the features listed above of interest to seniors are handily gathered together in Chapter 10.

For general assistance with technology go to the Australian Government's Be Connected website ☞ beconnected.esafety.gov.au, which provides access to a range of free self-paced tutorials to help you learn more about technology in your own time, at your own pace.

Once you're starting to get the hang of things you may like to explore our *At Home with Kingston Libraries* webpage ☞ kingston.vic.gov.au/library/at-home, which is a portal to online Library activities.

Book Review by Carolyn Milton, Marketing and Promotions Librarian, Kingston Libraries

STORIES ABOUT KINGSTON

MERRIEGUM REST HOME AT DINGLEY

THE MUSSERTS CAME TO DINGLEY IN 1947 AND SETTLED ON A SEVEN-ACRE PROPERTY PURCHASED FROM CHARLEY GARTSIDE (GARTSIDES CANNING FACTORY).

Gwen Mussert was a single mother with two young children. In those days there was little or no social welfare, so you either did what you had to do to take care of yourself and your family, or you sought charity from the Church or other such groups. Gwen Mussert was the kind who took care of her own. Gwen's first source of income was from working on Gartside's canning lines, which she supplemented by selling eggs from the roadside. Vegetables for the table came from her own garden, or what could be traded from the neighbouring market gardens.

At this time the disease Tuberculosis (TB) was a World-wide killer and Australia was not exempt. Gwen had a nursing background, and she somehow wrangled it that the nearby Heatherton Tuberculosis Sanatorium moved a small number of chronic patients to her care at her Dingley home. Unimaginable today! With government controls and regulation as it is such facilities are only within the reach of multi-million-dollar businesses. The income paid to her by the Health Department for caring for these poor young people kept the family

afloat. Over time Gwen built a creditable reputation with the health authorities with patient survival ratings which ranked very favourably with the official sanatoria.

In the absence, then, of drugs to combat TB, Gwen's nursing strategy was fresh air and good, solid food. Her patients got much of both. She fed up her young patients with copious quantities of old fashioned 'stodge' food and accommodated them in bungalows away from the household which were built so as to totally expose the patients to fresh air. Summer and Winter these 'TBs' endured total exposure to Mother Nature – and it worked, most recuperated.

Gwen's housing of people afflicted with a disease that was contagious when in a confined environment did not go down well with many of the Musserts' neighbours who lobbied hard for her to be closed down and the family cast out of the district. But Gwen Mussert was always up for a good fight, and her and her TB patients survived until the worst of the epidemic was over in the early 1950s.

Contiguous with the TBs, Gwen gave over rooms in the family home to dependent elderly people; those who needed care, but either didn't have family, or whose family couldn't (wouldn't) care for them. This was a time when care of the elderly was largely the realm of the charities, augmented by a few small private operators. Government controls were few, so the cost of regulation had not yet impacted. At the same time, the absence of regulation gave opportunity to unscrupulous practices, and the emergence of a well-run, ethical establishment was welcomed. Gwen never lacked for want of residents.

Merriegum grew like topsy, with ugly additions added on to the original two bedroom farmhouse as the demand for its services grew. But, eventually, a new era of high-powered government regulation came to squeeze out the smaller private care provider. Gwen Mussert succumbed to her own advancing years, and to the pressure of regulation Merriegum closed and was bulldozed in the mid 1960s.



GERTRUDE MCKENZIE

A FEISTY FEMALE FROM THE 50s

FOLLOWING THE SUDDEN DEATH OF MY HUSBAND I RESIGNED FROM MY JOB AS A DRAMA TEACHER AND MOVED BACK TO MELBOURNE. I FOUND MYSELF BUYING A HOUSE IN WARREN ROAD, MORDIALLOC AND THE STARS BEGAN TO ALIGN!

An elderly friend was certain that he had been at a meeting in my Warren Road lounge room decades earlier with a female aviator who had her own flying school at Moorabbin Airport. Months later I read a feature article in the Leader by aviation historian Neil Follett. He was hoping to locate relatives of one Gertrude McKenzie, a pioneer in aviation and a Mordialloc councilor in the 1950s. My brain whirled, what an exciting project to cover for my annual International Women's Day lunch!

I did some more research and decided that this feisty female deserved theatrical recognition! Gertrude was the only woman in the Commonwealth to have her own flying school. She also countered misogyny around her Council role by saying "The idea

that women can't occupy public office went out with button up boots."

A visit to the National Australian Aviation Museum in Moorabbin saw me chatting to Chairman of the Restorers' Group, Graham Malcolm. Suffice to say airplane restoration and theatrical presentations did not seem a great fit for Graham, even as we stood under a wonderful yellow de Havilland Moth hanging gracefully above us in the big hangar. Nevertheless, we agreed that I could write and present Gertrude's story in the museum provided I do the same for the other exhibits.

I approached Cheryl Threadgold and Jim Williams and we agreed that a collaborative process would do justice to the amazing work of the aviation restorers at

the museum, while highlighting Australia's aviation's heroes.

Work began and we wrote the plays for the first season of LOTS – Legends of the Skies.

The success of the concept of researching and presenting "aviation stories that should not be forgotten" has seen us build an impressive list of writers. Presenting theatre in a tin shed, surrounded by tin and steel is not the easiest path of theatre but here we are heading towards LOTS Season 8 after presenting almost 50 stories that indeed should not be forgotten. All this arising from that feisty female from the 50s – pioneer in aviation, Mordialloc councilor, and Mayor in 1959. A woman who should not be forgotten.

Article by Maggie Morrison, President and Director of Legends of the Skies (LOTS) Theatre Inc

Legends of the Skies (LOTS) Theatre Inc is producing a media production of the show in the old time radio style for Series 8. Further information can be obtained by searching for Legends of the Skies (LOTS) Theatre Inc at My Community Life at www.mycommunitylife.com.au

KNITTING AND CROCHETING

FOR THE DISADVANTAGED



ASPENDALE GARDENS COMMUNITY SERVICES' (AGCS) KNITTING AND CROCHETING GROUP IS PART OF THE KNIT ONE GIVE ONE (KOGO) INITIATIVE. KOGO IS A GROUP OF OVER 7000 VOLUNTEERS WHO KNIT ITEMS THAT ARE DISTRIBUTED TO THE HOMELESS AND DISADVANTAGED.

The AGCS group are creating simple squares that are sown together to create beautiful warm blankets for the homeless.

So if you want to help the disadvantaged through this great program, please contact AGCS on ☎ **9587 5955** or email at ✉ enquiries@agcsinc.org.au

In the meantime, if you would like to get started, you need the following to create your square:

- 4mm needles and 8 ply wool (acrylic or acrylic blend preferred).
- Cast on 40 stitches.
- Knit until you create a square (usually 40 rows but may vary depending on your tension).
- Cast off (Please leave "tails" at the beginning and end of your square).
- Happy knitting!



GROWING PLANTS

IN CONTAINERS

MANY SENIORS HAVE LIMITED OUTDOOR GARDEN SPACE TO GROW EDIBLES. SO WHY NOT RECYCLE YOUR CARDBOARD BOXES FROM HOME DELIVERIES, OLD BUCKETS, POTS, WATERING CANS, HOLLOW LOGS AND MORE INTO ATTRACTIVE CONTAINERS TO GROW HERBS AND VEGETABLES.

Some items, like an old esky, can be converted into a wicking garden or self-watering system.

Become creative with painting and decorating pots to add Spring and Summer colour to your space.

It is good to grow nearby flowering plants to attract bees for fertilising any fruiting plants. Select a good quality soil mix and add any home compost. Most vegies and herbs like a minimum 6 hours sunlight a day.

Plant seeds or seedlings from a variety of lettuces, silverbeet, chard, spring onions and dwarf beans or the trailing ones if you set up a trellis.

Don't forget about your favourite herbs such as parsley, chives, mints, thyme and rosemary for taste and healthy phytonutrients in your cooking.

In a larger pot plant, plant cherry tomatoes or other varieties of tomatoes that produce an abundance of sweet fruit with your basil.

You may like to try growing indigenous foods like apple berry by, finger limes, native pepper or lemon myrtle.

Article by Joanne Cody from the Mentone Community Garden Club. Find out more about this local garden group or how to become a member at www.mentonegardenclub.org.au

INTERVIEW WITH

SENIORS FESTIVAL EVENT ORGANISER

KATHY MAYBERRY FROM MORDIALLOC COMMUNITY CENTRE

KATHY MAYBERRY IS THE COMMUNITY DEVELOPMENT TEAM LEADER AT THE MORDIALLOC COMMUNITY CENTRE (MCC). SHE HAS WORKED WITH MCC FOR THE LAST 3 ½ YEARS.

WHAT DO YOU DO AT THE MCC?

I facilitate and organise seniors programs and events. Every year, I organise about 15 events for the annual Kingston Seniors Festival.

WHAT DO YOU LOVE MOST ABOUT SENIORS FESTIVAL?

I love the laughter and the celebration of local seniors. Seeing everyone living their life to the fullest, from 55 to 100+ is wonderful. I enjoy the excitement and frivolity of festival time.

WHAT IS YOUR FAVOURITE EVENT TO ORGANISE FOR SENIORS FESTIVAL?

The MCC launch concert at Shirley Burke Theatre is my favourite event because it's the beginning of the fun to come. The concert is always very popular and sets the bar for a fantastic, eventful month of celebration and festivities.

WHAT DO YOU LIKE DOING WHEN YOU ARE NOT WORKING?

Walking the dog, socialising, coffee with my friends and planning holidays to Bali with my family.

WHAT ARE YOU DOING TO ADJUST DURING COVID?

Gym workouts to keep me mentally and physically focused, meditation, gardening and home maintenance. I'm also looking after my three adult sons and husband, checking in on people, and planning events for Seniors Festival for 2021!



WHAT WOULD YOU LIKE TO TELL KINGSTON'S OLDER POPULATION?

I have a deep admiration for the seniors I am surrounded by daily and would love to bottle their energy and enthusiasm. I want to tell seniors to keep living their lives to the fullest. I found a quote on the internet a few weeks ago that read: "be bold, be courageous and be your best" and I wish that for our seniors during this moment.

Interview with Kathy occurred on the phone on Tuesday 4 August 2020.

THANK YOU

THANK YOU TO ALL THE GROUPS, CLUBS AND ORGANISATIONS LISTED BELOW WHO HAD COMMENCED PLANNING EVENTS FOR THIS YEAR'S KINGSTON SENIORS FESTIVAL WHICH WAS UNFORTUNATELY CANCELLED IN RESPONSE TO THE COVID-19 PANDEMIC.

Please refer to the My Community Life website to find out more information about them at

 mycommunitylife.com.au

- | | | |
|---|---|---|
| » Aspendale Gardens Community Centre | » Friends of Edithvale Seaford Wetlands Incorporated | » Mentone Community Garden Club |
| » Aspendale Senior Citizens Club | » Friends of the Grange | » Mentone Public Library |
| » Chelsea Community Church of Christ and Care Works | » Greek Elderly Citizens of Clayton & Districts | » Mordialloc Community Centre |
| » Chelsea Heights Community Centre | » Kingston Chinese Senior Citizens Club Inc | » Mordialloc Neighbourhood House |
| » Chelsea Lawn Tennis Club Inc | » Kingston for Human Rights Inc. | » Oakleigh Coptic Social Club |
| » Chelsea Probus Club | » Kingston Interfaith Network | » Parkdale Secondary College |
| » Chelsea Seniors Festival Volunteers | » Kingston Libraries | » Patterson Lakes Combined Probus Club |
| » Cheltenham Community Centre | » Kingston Turkish Senior Citizens | » Pilipino Elderly Association South East Region (PEASER) |
| » Circolo Pensjonati Italiani di Oakleigh a Clayton | » Lemnian Community of Victoria | » The Hellenic Odyssey |
| » Clarinda Cafe Bazaar | » Lively | » Unified Filipino Elderly Association, Inc (UFEA, Inc) |
| » Clarinda Senior Social Club | » Longbeach PLACE Inc. | » University of the Third Age (U3A) Kingston |
| » Downsizing Connections Group | » LOTS Theatre Inc | |
| » Friends of Braeside Park Incorporated | » Mentone Community Assistance and Information Bureau Inc | |


THOSE WERE THE DAYS' TRIVIA QUIZ ANSWERS




Answers:


1. Royal Exhibition Building; 2. Maccybe Diva; 3. Joan Kirner; 4. Warren Buffett; 5. 14th February 1966;
6. South Point, Wilsons Promontory; 7. St Kilda Football Club; 8. 2nd September 1945; 9. Bob Hawke;
10. Ron Clarke.




LANGUAGE LINE & COUNCIL CONTACT DETAILS

 PO Box 1000
Mentone, VIC 3194

 1300 653 356
 info@kingston.vic.gov.au
 kingston.vic.gov.au

 Language Line:

  131 450
TIS National