

# YOUR Voice

City of Kingston Senior's Newsletter

Autumn 2024

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## Celebrating Kingston Centenarians

On 23 August 2024 Kingston Council will host the "One Hundred Years of Memories" Luncheon to celebrate the lives of Kingston residents who have reached 100 years of age.

Centenarians and two of their guests will be invited to attend the event which will include a two-course lunch, musical performance and presentations of gifts and certificates by Kingston's Mayor. If you, your family member or friend will celebrate a 100th birthday in 2024 or is older than 100, please call ☎ **0409 767 438** or ☎ **1300 653 356** or email ✉ [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au) by Friday 10 May 2024 to receive more information and to register for the event.

## Transport Information Sessions



Transport information sessions are for people who, due to health conditions, have limited access to public transport. Information provided at the sessions will include the multipurpose taxi program (half price taxi card program), community bus service, government subsidised transport programs, companion card and other topics related to assistance with transport and socialising.

**Tuesday 12 March 11am – 12.30pm**

Longbeach Place, 15 Chelsea Rd, Chelsea

**Monday 18 March 1pm – 2.30pm**

Clarinda Community Centre, 58 Viney St, Clarinda

**Tuesday 19 March 1.30pm – 3pm**

Moorabbin Activity Hub  
(formerly N.G. Wishart Senior Citizens Centre)  
964 Nepean Hwy, Moorabbin

**Wednesday 20 March 1pm – 2.30pm**

Council's Mentone Office, 34 Brindisi St, Mentone

For bookings, contact Council's Community Partnerships and Inclusion Officer on ☎ **0409 767 438** or email ✉ [alina.urbanczyk@kingston.vic.gov.au](mailto:alina.urbanczyk@kingston.vic.gov.au).

### KINGSTON

# community AWARDS

The Kingston Community Awards recognise the outstanding service and achievements of individuals and groups who live, work or study in the City of Kingston.

If you know an individual or a group in the City of Kingston who you think deserves to be recognised for their contribution to our community – nominate them today!

**Nominations close Friday 15 March 2024**

For more information and to nominate, please visit [kingston.vic.gov.au/community/awards/community-awards](https://kingston.vic.gov.au/community/awards/community-awards) or call **1300 653 356**.

## Kingston Seniors Services Expo

On 24 November 2023 City of Kingston hosted the annual Seniors Services Expo.

This event enables seniors and their families to discover services and opportunities for seniors, including:

- Commonwealth Home Support Program and Home Care Package providers
- Approved aged care service providers
- Retirement villages
- Respite and carer support
- Health and wellness services
- Social and recreational activities and much more!

Those interested in volunteering and employment in the aged care sector had the chance to meet representatives from various organisations and learn about local positions available.

For more information and to see a list of exhibitors who participated in the 2023 event, please contact Kingston Council on **1300 653 356** or email [info@kingston.vic.gov.au](mailto:info@kingston.vic.gov.au).

## Centenarian Story – Kath

Catherine Alice Erickson celebrated her 100th birthday in January 2024. Born in Shepparton in 1924, she grew up in the country NSW and Victoria with Bunda and Murrabit among some of her homes.

She attended Hillston Catholic Boarding School, but she hated it, so moved back to Murrabit after locals built a multi-purpose hall and found a teacher. After completing Murrabit Primary, she continued her study at Kerang High school. During school years, after classes, she was helping on the farm. Once completed her study, she left Murrabit to join the Women's Army Corp.

Kath met her husband Stan when the ship he was serving on, "The Australia", docked at Sydney Harbour as it was too big to dock in Melbourne. The sailors were transported to various locations, Stan to Melbourne, to catch up with family before being re-deployed. Kath's friend set up a blind date – one was a brunette and Stan was blonde. Kath told her friend: "I would only go on the date if I had the blonde one". They married in Murrabit in January 1946. Kath's bridesmaids both served in the Army with her.

After the war in the late forties, the young couple bought their first block of land in Parkdale. On the 12th June 1949 they purchased their first piece of wood for their home. Building supplies were hard to come by after the war had finished. Their home took around three (3) years to build. During this time, they rented a room in Swanston Street Mentone. The landlord Denis went on to become a lifelong family friend.

Kath worked many jobs post war including owning a milk bar. Her favourite job however was working on the TOTE at the greyhounds, horse racing and trots.

Kath and Stan had three children – a son and two daughters, three grandchildren and five great grandchildren. Stan passed away in 2012 at the age of 92. Kath still resides in the same home in Parkdale. Her early memory of Parkdale was all the jockeys training their horses on a Sunday morning around all the paddocks – "it drove us all crazy".

Congratulations Kath!





**Brotherhood of St Laurence**  
Working for an Australia free of poverty

## Brotherhood of St. Laurence (BSL) Banksia Day and Overnight Respite

12 Inglis Avenue, Frankston

Did you know that BSL Banksia Respite Services in Frankston is available to City of Kingston residents?

Banksia Day Program provides elderly people with a social experience in a dementia friendly setting, while allowing their carers to take a break. The 'day program' is open six days per week and offers a range of meaningful activities that promote health and wellbeing, social connections and learning opportunities. Activities may include group exercise, arts and crafts, games and trivia challenges as well as movie screenings, meals and refreshments throughout the day.

Banksia Cottage Overnight Respite is one of the few cottage style respite residences on the Mornington Peninsula, consisting of only 6 cosy rooms. Each individual bedroom is equipped with a comfortable hi-low bed, split system air conditioning, television with Netflix subscription and adjoining private ensuite all enabling easy movement of mobility aids and wheelchairs.

Banksia cottage offers a short-term 'home away from home' break for older people and for people who have a disability as a result of illness and/or dementia, while allowing their carers to take a break. The duration of your stay can be overnight, a weekend, a week or two weeks while carers take a holiday or have a rest. Staff at the cottage highly value client, carer and family involvement in planning client care to ensure they meet all your needs and to make your stay as enjoyable as possible.

Call 📞 **1300 147 147** to find out more.  
Eligibility criteria applies.



## COTA Care Finder Program

COTA Victoria's Care Finder Program helps the most vulnerable older people who would not be able to arrange aged care services without intensive support, and who do not have a carer or support person who can help. COTA Victoria's Care Finder assists those residing within the City of Kingston.

Services are free, providing you with personalised, independent information and guidance so that you can access the right aged care services for you. COTA Care Finder can help with:

- Support to register with My Aged Care.
- Attendance and further support at your assessment.
- Finding, shortlisting, and linking to aged care providers in your area.
- Completing forms and the explanation of aged care service agreements.
- Checking in with you once services are up and running.
- Solving other challenges and connecting you to other supports in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups.

Referrals can be made on someone else's behalf, providing they've given consent to contact COTA. For enquiries, or to make a referral to COTA Care Finder team, visit 📧 [tinyurl.com/cotavic-care-finder](https://tinyurl.com/cotavic-care-finder) call 📞 **1300 135 090** or email ✉ [carefinder@cotavic.org.au](mailto:carefinder@cotavic.org.au).





## BrainLink Services

201/44 Lakeview Drive,  
Scoresby

BrainLink is a not-for-profit charitable organisation dedicated to improving the quality of life of people affected by conditions of the brain and providing support to families in Victoria.

BrainLink Services connect individuals, families and carers affected by brain injury to the care, support and networks needed to live the healthiest and richest life possible.

Brain injuries are like fingerprints, each one is different. The effects of brain injury are often invisible to an unknown observer and adjusting to life with a brain injury can take some time.



Some of the conditions include stroke, traumatic brain injury, brain tumour, progressive neurological diseases such as Multiple Sclerosis, Parkinson's disease, Muscular Dystrophy, Motor Neurone disease and Huntington's disease, alcohol or substance abuse related brain injury, concussions, and epilepsy.

For more information visit

 [brainlink.org.au](http://brainlink.org.au)

call  1800 677 579 or


email  [info@brainlink.org.au](mailto:info@brainlink.org.au).

BrainLink's Carer Support Program specialises in providing support to unpaid carers (family or friends) of persons with a brain injury, who had a stroke, or have a degenerative neurological condition. BrainLink assists with building capacity and resilience of carers through connection, education, and respite opportunities. For more information contact the team via  [carers@brainlink.org.au](mailto:carers@brainlink.org.au) or on  0498 333 088.

## Carrum Community Activity Centre Inc. (CCAC)

38 Valetta Street, Carrum

CCAC is a friendly group that meets every Thursday at 10am for card making, exercise to music, floral decoration, movies, clothing and Knick Knack stalls. They also have bus trips on Friday once a month. CCAC are hoping to find a suitable tutor so they can resume their art classes on Thursdays from 12.30 – 2.30pm.

For all enquiries, please phone Shirley on  0401 075 515.

## Kingston University of Third Age (KU3A) new activities in Mentone and Cheltenham

37 Albert Street, Mordialloc

Did you know that Kingston University of Third Age has been established to provide activities to people who are over the age of 50 and are retired or semi-retired? KU3A offers more than 80 classes to around 700 of their members including art, exercise, craft, dance, games, languages, book and film groups, history, photography, Melbourne explorers, writing and more. No qualifications are required to join.

KU3A courses are non-competitive, without marks or exams. Activities are available in various locations including Mordialloc, Dingley Village, Keysborough and there are new groups in Mentone and Cheltenham:

### Mentone Activity Hub, 29 Venice St, Mentone:

**Tuesday 10am – 3pm:** Cards and Board games including Canasta, Bolivia and Rummikub.

**Thursday 11.30am – 4pm:** Turkish Social Cards and Games – Turkish social group playing variety of card and board games.

### Kingston Council Mentone Office, 34 Brindisi St Mentone:

**Monday 1.30 – 2.30pm:** Yoga, Yoga based gentle exercises, with some movements from other traditions.

**Friday 10am – 12.30pm:** Solo (Whist) a trick taking card game with trumps and bidding. Experienced players, inexperienced players, and beginners are welcome to join. However, an understanding of card games is an advantage.

### Cheltenham Library building, 12–16 Stanley Ave, Cheltenham

**Monday and Friday 11.30am – 3.30pm:** Social bingo and board games.

**Saturday 11.30am – 3.30pm:** Solo – card game.

For information, please call KU3A Office on  9580 8328 Monday to Friday 9.15am to 1pm or email  [u3akingstonoffice@gmail.com](mailto:u3akingstonoffice@gmail.com).

### Sip, Chat, Connect

Join a volunteer-run program aimed at connecting the community and bringing people together.

Meet new people, have a cuppa and try some of the activities on offer – puzzles, games and mindful art.

**Thursdays 10.30am – 12pm**

Clarinda Community Centre,  
Multipurpose Room,  
58 Viney St, Clarinda

Everyone is welcome, no bookings required.  
Cost \$2.



### Sip, Chat, Connect

**Thursdays  
10.30am - 12pm  
All welcome!**

**\$2**  
per session

Join our volunteer-run program aimed at connecting the community and bringing people together.

Meet new people, have a cuppa and try some of the activities on offer – puzzles, games and mindful art.



### Open Event at Healey Retirement Village

The Healey Retirement Village is hosting a special guest speaker that specialises in maintaining health and wellness. Gerard Quigley is a highly sought after subject matter specialist with a media presence, including as a guest speaker on 3AW's House of Wellness program. At The Healey, he will discuss growing older healthily, and retaining quality-of-life.

**Thursday 28 March, 10.30am**

42 Healey Street, Moorabbin

Bookings are essential, places are limited.  
For catering purposes, please RSVP by email  
✉ [info@thehealey.com.au](mailto:info@thehealey.com.au) or call Kelly on  
☎ **8376 6574**. They look forward to welcoming you!

### Cultural Diversity Week Celebrations

The Clarinda Community Centre, in conjunction with the Clarinda Library, is very excited to be celebrating Cultural Diversity Week.

Cultural Diversity Week is an annual event in Victoria that celebrates the power, influence and stories of Victoria's rich multicultural communities.

**Thursday 21 March, 9.45am – 12pm**

Clarinda Community Centre,  
58 Viney Street, Clarinda

You are invited to enjoy a fun morning of two live performances from an accordionist, and a flamenco duet (dancer and guitarist) and morning tea. All attendees are encouraged to come in their traditional dress.

For information call Clarinda Community Centre on  
☎ **8551 1200**. Bookings will open on 22 February.

### We're seeking your feedback!

We have some major community consultations happening this year, and we'd like to hear from you. Help shape the future of Kingston by telling us about your neighbourhood's liveability, our community facilities, our Arts, Events and Library services and our draft Gambling Policy.

Visit [yourkingstonyoursay.com.au](http://yourkingstonyoursay.com.au) to complete the online surveys, or request hard copy surveys by calling City of Kingston's Customer Care team on ☎ **1300 653 356**.



**YOUR  
KINGSTON  
YOUR  
SAY**



### How to protect yourself against scams

These days, scams that try to obtain our personal and financial information are incredibly common.

In fact, the Australian Bureau of Statistics reported earlier this year that two thirds of Australians aged 15 years and over were exposed to a scam in 2021-22.

To protect yourself and your loved ones, it's important to know how to identify a scam.

Scams come in many forms, including phone scams, email scams, texting scams and more. Unfortunately, it can be hard to spot a scam sometimes, as scammers can pretend to be contacting you from an organisation you are familiar with, such as your bank, or they might be pretending to be someone you trust, such as a loved one.

There are some steps you can take though to prevent being scammed. Importantly, you should never share your personal information if you feel unsure.

Scammers who pretend to be from your bank or a government institution will ask you to verify who you are by asking for your date of birth and other details. You should never respond immediately to a phone call, text message or email that is asking you to share personal information or your banking details.

If something doesn't feel right, it's best to check that the person contacting you is really who they say they are before handing over any information.

**For more information on how you can spot a scam and what to do if you think you've been scammed, please head to AccessCare's website via this QR code:**



### Access healthy meals through AccessCare

Did you know AccessCare offers a meal delivery service? This service is available to clients within the City of Kingston and is incredibly useful for people who have difficulty accessing nutritious meals at home. And best of all, there are no dishes to be cleaned afterwards!

To find out more about this service, please call our friendly team on ☎ **1300 819 200**.

### AccessCare's new bus calendar is available now!

In January, AccessCare launched its 2024 community bus social calendar. Running through to the end of June, this calendar is jam packed with fun day trips, lunches, activities and more. All the events are designed to help people in the City of Kingston to get out and about, exploring exciting attractions and meeting new people.

Just some of the destinations in the 2024 calendar include the Warratina Lavender Farm, Dandenong Market, the Hellenic Museum and a wide range of restaurants and cafes for lunch. Plus, there's the chance to attend the Morning Melodies, take part in a game of ten pin bowling and so much more.

If you would like to find out more about how you can get involved, or if you'd like a copy of the new calendar mailed to you, please email AccessCare at ✉ [info@accesscare.org.au](mailto:info@accesscare.org.au) or call us on ☎ **1300 819 200**.

### AccessCare Information Session

The City of Kingston AccessCare team is hosting a free information session for all Kingston residents –relating to home care. This session will provide helpful information on what in-home care is, how to apply for in-home support through My Aged Care, and how AccessCare can assist you, or your loved one aged 65 years and over, to continue living at home for longer. The morning and afternoon sessions enable you to pick the one that fits best with your schedule.

**Tuesday 23 April,  
10.30am – 11.30am or 6pm – 7pm**

City of Kingston (Mentone office)  
34 Brindisi Street, Mentone

It is a free event, but bookings are essential, so please contact AccessCare on ☎ **1300 819 200** or email ✉ [info@accesscare.org.au](mailto:info@accesscare.org.au).

Light refreshments will be provided.  
We hope to see you there!

**For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer ☎ 0409 767 438 or P.O. Box 1000 Mentone, VIC, 3194, or email ✉ [alina.urbanczyk@kingston.vic.gov.au](mailto:alina.urbanczyk@kingston.vic.gov.au)**

**City of Kingston**  
Inclusive Communities Team  
PO BOX 1000 Mentone 3194  
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☎ **1300 653 356**