



PENINSULA VOICE

# News

## Welcome to edition 8 of the Peninsula Voice News.

We are pleased that the feedback from Edition #7, which was the first in the newly designed livery, was very positive as was the response concerning the new Peninsula Voice web site.

Peninsula Voice continues to provide the community the opportunity to have conversations about issues affecting our health and wellbeing and advocating for change.

Please [Contact Us](#) for further information or like us on Facebook, Twitter and LinkedIn via the links on the website.

*The Peninsula Voice Committee*

### Edition 8 October 2020

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Learning • Conversation • Engagement



## The New Normal

Some relief...at last!

We are heading towards the festive season with the likelihood of a progressive lifting of the lockdown restrictions, which have become a normal part of Melbourne life for some months.

It begs the question. Where to from here?

We have seen regular references to the phrase 'new normal'. The link below talks about what the 'new normal' will require in terms of keeping the Covid virus at bay long term.

<https://www.youtube.com/watch?v=Zz7La8ne3SE&feature=youtu.be>

As coronavirus restrictions ease, we still need to maintain physical distancing and good hygiene. Stay home if you're unwell and contact your doctor about getting tested. That has not changed.

There is also new normal associated with how we will live our lives when all the restrictions are lifted. There are many opinions floating about concerning how the world and our country in particular will look, post-pandemic. Most of it is pure speculation, however we have been presented with an excellent opportunity to make a sustained difference to our lives, rather than return to the same old-same old pre-Covid existence.

There have been remarkable initiatives taken by many people during the pandemic to help those less fortunate who have battled...including the homeless, people with disabilities, the isolated and lonely. It's a long list.

What a better world it would be if these initiatives were maintained and we became a consistently more tolerant society.

It is said that it takes a crises to bring out the best in people and we are witness to this since the start of the lockdown. Volunteering has been front and centre of the community reaching out to help those in need. This shouldn't cease because the restrictions are being lifted.

The virus has also exposed some serious community issues including, violence against women, mental health issues in all age groups, long-term unemployment and financial issues, amongst others. These issues must be addressed by Governments including Federal, State and local.

Research tells us that since the start of the pandemic, there has been a noticeable shift within the community in terms of just what it means to live a meaningful life.

The community is now more open to recognising the imbalances that exist within it. This is an ideal time to sow the seeds for future sustainable living, taking into account support for those who are doing it tough. Its not someone else's responsibility to make a contribution to a better community anymore...we all have a part to play.

Perhaps volunteering is just one facet of the 'new normal' worthy of consideration and action?



## Loneliness & Social Connection

As the country grapples with extended periods of isolation, physical distancing measures and a re-think of how we operate our day-to-day lives, we want to remind everyone of the importance of social connections and support – every day.

The risk of increased loneliness and social isolation at this time is worrying. While it is vital we adhere to physical distancing rules, we also need to prioritise maintaining healthy social connections and relationships, as these are the keys to good mental and physical health.

Relationships Australia firmly believes in the power of the Australian community to support its most vulnerable, to tackle loneliness and to work together to ensure healthy and safe relationships throughout the pandemic and beyond.

Encouraging social connection is the essence of Neighbour Day.

Knowing your neighbours and your broader community has never been more important. The 2020 theme for Neighbour Day focused on social connection and that theme holds true for 2021 – where we continue to highlight the need for meaningful connections that happen every day.

Every day is neighbour day.

### **We will not go back to normal.**

Normal never was.

Our pre-corona existence was not normal other than we normalise greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack.

We should not long to return, my friends.

We are being the opportunity to stitch a new garment.

One that fits all of humanity and nature.

*Sonya Renee Taylor*

# Spring into spring

Spring has finally sprung. With the weather warming and more hours of sunlight upon us, now is the perfect time to get active and build healthy year-round habits.

For those of us who are struggling to find the motivation to get started, here are five tips to bring back the gusto and jumpstart your healthy summer habits.

1. **Enlist an ally** - make exercise a shared event. Find a friend or family member to be active with so you can motivate and reward each other, or make some new friends through a class or club.
2. **Schedule it** - we're all aware of just how fast paced life has become, so working out when, where and how you can squeeze 30 minutes of exercise into your day is important. A great way to do this is to actually allocate time in your calendar - and stick to it! If you're in an office job you might also like to set a 'move alarm' every 20-30 minutes, which reminds you to walk around the block, go get a drink of water or simply stand up and stretch for a moment. And remember, every minute of exercise counts.
3. **Track your goals** - today, there are endless fitness gadgets available on the market, including activity trackers, which are a great tool to help you get motivated and stay that way. The small bracelet or watch-like devices not only count the number of steps you take, but they can also measure your sleep patterns, calories burned, heart rate

and much more. There's even special MedicAlert wristband ID tag that can attach to most activity trackers, so you can feel safe while you're out and about exercising.

4. **Enjoy it** - more often than not being active requires effort, that's why laziness often wins out. To overcome this challenge remember how good you felt after working out. Repeat the encouraging words you told yourself after your workout session or after you finished practicing your favourite sport. Remember that great feeling of being active, the feeling of accomplishment, or of hearing your favourite pump-up song just when you need it.
5. **Get up and get involved** - if you see someone, whether it's your children, a colleague, friend or neighbour exercising, why not take the opportunity to get involved. There's no better time to get active than right now. And no better person to do it with than the person who's already out there jogging, jumping, stretching or riding. Even if it means walking around the oval while your kids are at training or playing their game, every little bit of activity counts.

Remember, whatever it is you decide to do, stay sun smart whenever you're outdoors, and if you have any concerns whatsoever consult your GP - while you're there you might even like to schedule an annual check-up. After all, your health is your greatest wealth, so invest in it!

## Give a Gift this Christmas

Christmas should be a joyous occasion for us all. However, there are many families in our local community for whom it is a very stressful time, especially those who are unable to afford gifts for their children.

Mornington Community Information and Support Centre, with the support of a range of local churches, organisations and businesses, run a Present Room for families who have children on their parent's Health Care Card and who are struggling financially. Last year the program gave out 345 major presents to children who otherwise may have missed out at Christmas.

You can help by donating a gift. We invite you to donate an unwrapped toy or book for a child under 16 years (please no soft or stuffed toys). We have found that teenagers love a gift card or voucher.

You can drop them off at the Centre, 320 Main St Mornington from 23rd November to 11th December. This year, the Present Room will operate from The Corner Youth Centre from 14th - 18th December.

**For further information you can contact Stuart Davis-Meehan at the Centre on 59751644**



# Hope, Recovery, Resilience and Connection

With the recent lifting of restrictions has come another challenge...to recover as best we can the ground that was lost due to the pandemic.

The four pillars of **Hope, Recovery, Resilience and Connection** will play a central role in guiding us forward from now until...the release of a vaccine perhaps?

The authorities have been strident in their reminders for the community not to relax our vigilance and allow the pandemic to curse our lives yet again.

We all have a critical part to play to prevent a recurrence of Covid-19. We have been asked to wear face masks...an obvious action to minimise the spread of the virus, however observations in recent times suggests that not all of us are adhering to this important request.

Why not? Could it possibly be that there are members of our community who consider themselves exempt from doing anything that doesn't suit them? Are these folk being morally selfish by refusing to cooperate with instructions?

Perhaps its time to call these people out and to reinforce the message that they choose to ignore?

How do we do that without creating social disconnection and animosity, at a time when we all need to pull together to get ourselves to the other side of the pandemic.

Worth pondering isn't it? All thoughts gratefully received.

## An Observation (With thanks to Dave Radparvar)

Been feeling a bit overwhelmed and out-of-sync lately?

Like so many others, we become tired of not seeing friends and family. We become tired of feeling grief for so many who have fallen ill or lost their lives. We become tired of saying let's wait and see how things are next month?

**We become tired of feeling like life is on hold, and at the same time that it is passing us by.**

It's not easy, but we keep reminding ourselves to return to the wisdom of the stoics and focus on what is under our control, not what is outside it.

Regardless of what is happening that is outside our control, we can always choose how we react in the moment.

It's not easy to remember — and it's even harder to put them into practice — but these three simple sentences can become our mantra, when we feel challenged by the effects of the pandemic:

**We can be kind. We can be present. We can be grateful.**

**We can be kind** to our family, to our neighbours, to our friends and colleagues

**We can be present** with our children, with good books, with a nice coffee/tea and with the leaves growing in the Spring sunshine.

**We can be grateful** that no one in our family has been hospitalized due to COVID. We can be grateful that the grocery store remains open and is well stocked with food. We can be grateful that when things are challenging for us, that there are people we can turn to and ask for help.

In order to help us live these mantras, we can connect them to our existing activities and thought patterns.

When we are missing friends and family, we can remember to be kind to those near us.

When our glasses fog up from wearing a mask, instead of feeling frustrated, we can try to remember to be grateful for our health and the health of loved ones.

If we are also feeling overwhelmed with uncertainty, despair and longing, know that we are not alone.

We are all navigating this unique and uncertain time, each in our own way. These times are challenging and exhausting. But we can be certain of one thing: we will get through this, and we will be stronger for it.

With **kindness, presence and gratitude.**



## Spinach and caramelised onion cob loaf

Serve this modern twist on a cob loaf dip with classic sticks of carrot, celery and cucumber.

Prep: 20 minutes

Cook: 40 minutes

Servings: 8

### NUTRITION – per serve

ENERGY	1655 kJ
FAT TOTAL	20.7g
SATURATED FAT	11.9g
FIBRE	4.2g
PROTEIN	11.9g
CHOLESTEROL	57mg
SODIUM	439mg
CARBS (TOTAL)	38.4g



### INGREDIENTS

- 1 tablespoon olive oil
- 2 large brown onions, halved, thinly sliced
- 2 tablespoons brown sugar
- 1 tablespoon balsamic vinegar
- 1 garlic clove, crushed
- 2 bunches English spinach, trimmed, roughly chopped
- 1 large 20cm sourdough cob loaf
- 250g cream cheese, softened
- 300g tub sour cream
- 1/2 cup grated cheddar cheese
- 2 tablespoons chopped fresh basil leaves

### METHOD

#### Step 1:

Heat oil in a large frying pan over medium-low heat. Add onion. Cook, stirring occasionally, for 10 minutes or until softened. Add sugar and vinegar. Cook, stirring, for 3 to 5 minutes or until golden and caramelised. Add garlic and spinach. Cook, stirring occasionally, for 3 to 5 minutes or until spinach is just wilted. Set aside to cool.

#### Step 2:

Preheat oven to 180C/160C fan-forced. Cut a 3cm-thick slice off top of loaf. Set aside. Remove bread from centre of loaf to form a bowl. Cut bread into large cubes.

#### Step 3:

Place cream cheese and sour cream in a large bowl. Stir until smooth. Add cooled onion mixture, cheddar cheese and basil. Season with salt and pepper. Spoon into loaf. Replace lid. Place on a large baking tray with bread cubes. Bake for 15 to 20 minutes or until filling is warm (cover loosely with foil if bread is over-browning during cooking). Serve warm.



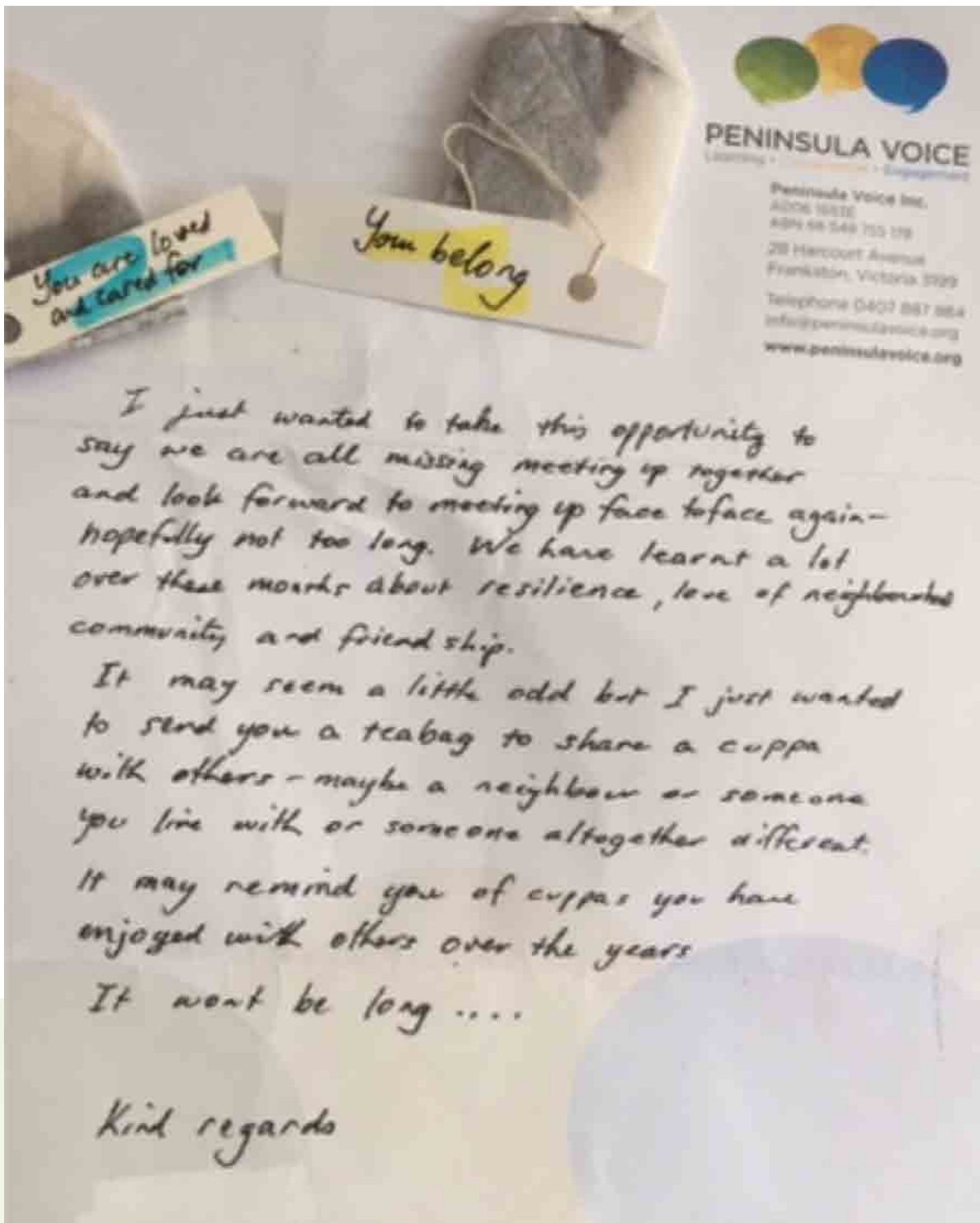
## A Thoughtful and Caring Gesture

Covid-19 has unearthed many examples of people reaching out to their community in the most creative and innovative ways.

One of our very own PV members did just that recently. Each of the PV committee members received a letter, in which were 3 tea bags and a covering note explaining the purpose of the gesture. The photo

illustrates the contents of the note and each tea bag has an attachment on which the words 'You Belong' & 'You are Loved and Cared For' are written...it was a truly creative and effective way of sharing good will amongst a group of like-minded people.

Well done...you know who.



## Facemasks and you: how to navigate what you're feeling

Thanks to COVID-19, wearing masks has become routine for a lot of us. Regardless of whether wearing one is mandatory, recommended in specific situations or purely a personal preference, here's how to navigate how you might be feeling.

As the coronavirus pandemic has evolved in Australia, the advice around whether – and when – to wear a face mask has changed significantly. In some parts of the country, putting a mask on whenever you leave the house has become part of the daily routine, while in other places, masks are the exception rather than the rule.

Still, given wearing a mask in public is a relatively new development regardless of where you live, you're not alone if it's something that triggers a reaction, and maybe several reactions, for you.

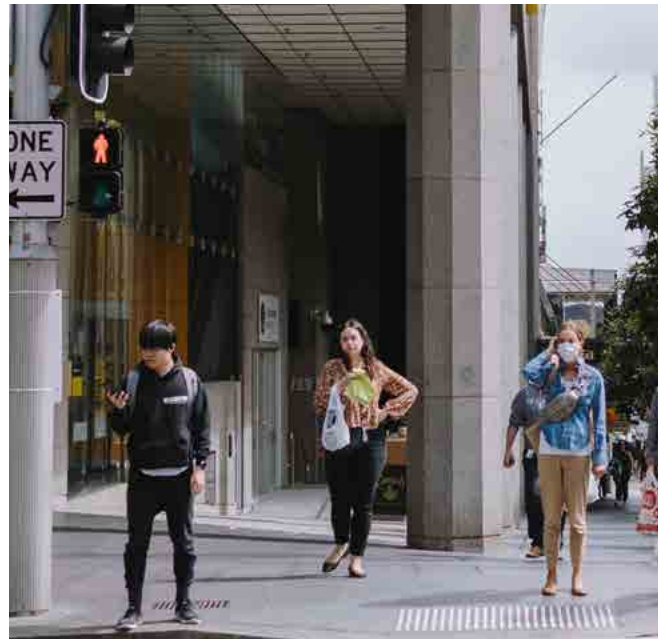
"Some people may find wearing masks reassuring because it makes them feel safer, but others may have mixed feelings or even find it unsettling," says Dr Amy Dawel, a cognitive and clinical psychologist at the Australian National University. "Plus, because mask-wearing is unusual in Australia, it's also a confronting reminder that things aren't 'normal' right now, which can provoke anxiety and worry for some people, too."

### Strategies that can help

If you do find wearing a mask – and seeing others do the same – uncomfortable or unnerving for any reason, keeping why we've been asked to do it front and centre in your mind can be useful.

"Remember that we're wearing masks to keep ourselves, our loved ones and our communities safe," says Dr Dawel. "On some level, it's the same reason why we put rubbish in public bins – it's a way in which we can make a positive contribution to our community and is something we should feel proud of. As a nation, we need to make mask-wearing acceptable and do whatever we can to have a bit of fun with it."

Dr Dawel says we also need to be conscious of finding ways to connect with others when we're wearing masks. "Masks obscure important non-verbal communication cues – like smiling – that we rely on to communicate positive intent towards others, which can make it feel like we can't 'read' people as well. Get creative – you may need to speak up and say 'Hi' or use a head nod or a wave to establish those connections instead."



### Helping kids feel comfortable

In parts of Australia where mask-wearing in public is mandatory or recommended, young children don't have to follow suit but they have had to get used to seeing other people wearing them.

Dr Leah Brennan, a clinical, educational and developmental psychologist from La Trobe University, says that fortunately, children are remarkably adaptable. "I live in Victoria and many parents and childcare workers I know have commented on how easily most children have adapted to adults around them wearing masks," she says. "Many have even noticed that children want to wear masks simply because everyone else is."

### Are we wearing masks?

One of our esteemed committee people has a great interest in statistics. It prompted a straw poll to ascertain whether the general community was wearing masks on any given day. The following are the results of the poll, which it is fair to say illustrates a disappointing outcome.

*97 People were observed:*

19 were exempt from mask wearing (joggers, cyclists and people carrying drink containers...some empty!

*Of the remaining 78 people who were wearing masks, the following observations were made:*

53 complied fully (68%)

25 did not comply (32%)

Of the non-compliers – 5 wore no mask at all, 10 wore a mask around their chin or neck, 10 wore masks that just covered the mouth but not the nose.

**WE CAN DO BETTER THAN THAT!**

# Pets improve physical and mental health



97% of pet owners say their pet helps them through tough times



69% of pet owners say that their pet has helped them cope with loneliness



56% say their pet has helped them maintain a healthy routine

100%



of pet owners admit that they talk to their pets



52% of pet owners say their pet motivates them to exercise



47%

Now take their pet into account even more when making decisions

*Pawshake*

## Peninsula Voice thought provoker...

**For a community to be whole and healthy, it must be based on people's love and concern for each other.**

***Millard Fuller***



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