



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION I

6 APRIL 2020

# HEALTHY AGEING



**We are now experiencing a period of disruption to our lives that some of us have never experienced before. We can resist it and become anxious, overwhelmed and fearful or choose to accept it and work with it. These newsletters will hopefully give you some ideas for staying healthy, safe and connected during this trying time.**

## Anxiety about coronavirus (COVID-19)

It is important to get accurate information from credible sources, such as those listed below. This will help you maintain perspective and feel more in control.

- Download the Australian Government Coronavirus (COVID-19) app from the Apple App Store or Google Play.
- Visit Health Direct — Coronavirus (COVID-19) website at [www.healthdirect.gov.au/coronavirus](http://www.healthdirect.gov.au/coronavirus)

Both of the above resources have a COVID-19 symptom checker — an online, self-guided tool to help people find out if they need to seek medical help.

- World Health Organization — coronavirus disease (COVID-19) outbreak

If you don't have access to the internet, you can get the latest news and information from your newspaper and on radio. If you suspect you may have coronavirus (COVID-19), please call the dedicated hotline on 1800 675 398.

BENTLEIGH.  
BENTLEIGH EAST.  
BRIGHTON EAST.  
CARNEGIE.  
CAULFIELD.  
ELSTERNWICK.  
GARDENVALE.  
GLEN HUNTLY.  
MCKINNON.  
MURRUMBEENA.  
ORMOND.  
ST KILDA EAST.

## Coronavirus scams

There are always people looking to make a quick but dishonest dollar in the world and unfortunately scammers are taking advantage of the spread of coronavirus to exploit and play on the fears of Australians. Scams to be aware of include:

- selling products that claim to be a cure for coronavirus;
- selling a vaccine to prevent coronavirus;
- phone calls, emails and texts offering to sell face masks and other protective equipment to guard against catching coronavirus (these never arrive);
- asking people to invest in the research and production of a vaccine for coronavirus;
- impersonating official organisations such as World Health Organisation and Department of Health requesting personal information; and
- door knocking impersonating Government health workers to gain entry to your home to decontaminate your living areas.

There is no known vaccine or cure for coronavirus and a vaccine isn't expected to be available for 18 months or so.

Be wary of emails, texts and phone calls from people claiming to be experts. Never give your personal details or banking information unless you started the inquiry. If you are concerned, contact your bank or visit [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

*We are all in this together*

## Movie trivia to test your mind

1. *Cheek to Cheek* was written by Irving Berlin in 1935 and nominated for the Best Song Oscar for 1936 — It lost to *Lullaby of Broadway*. In the movie, Fred Astaire sings the song to Ginger Rogers as they dance. Can you name the film?
2. Name the actor who played Maxim de Winter in *Rebecca*.
3. Charlton Heston was possibly best-known for playing historic figures (fiction and non-fiction) including *Ben Hur*, *El Cid*, *General Gordon* and *Michelangelo*. Can you name the famous person he played in the 1965 film *The Greatest Story Ever Told*?
4. *A Star Is Born* has been brought to the screen four times. Can you name the two leads in the 1954 version?
5. The suspense thriller *Vertigo* was made in 1958. Can you name the director, lead actor and actress?

Answers can be found on page 6.

## Need help with shopping for essentials?

If you are able to get to the supermarkets, Coles, IGA and Woolworths have introduced dedicated shopping times for the elderly and people with a disability.

**Coles Community Hour:** Mondays, Wednesdays and Fridays, 7am–8am.

**IGA:** Times differ between stores. Contact your local IGA to find out when it is best for you to shop.

**Woolworths:** Monday to Friday, 7am–8am.

You will need to present a government-issued identification card, such as your pensioner concession card, companion card, health care card, seniors' card or disability card.

**Coles Online Priority Service (COPS).** — Coles is rolling out their online food and grocery essentials to elderly and vulnerable members of the community, including retirement and nursing homes as soon as possible. Please check start dates and further information online.

**Woolworths Priority Delivery Hubs** — Woolworths has introduced 41 Priority Delivery Hubs for online orders, with a focus on meeting the increased demand from priority assistance customers which includes the elderly, people with disability, those with compromised immunity and people in mandatory isolation. **Please note:** there are no priority stores in Glen Eira, the closest store is Woolworths Oakleigh.

### Delivered Meals Service

Council's Delivered Meals Service is still available. Contact My Aged Care on 1800 200 422 for a referral.

### Food delivery services

You can contact local restaurants and catering services to ask if they will deliver meals. Businesses such as Hello Fresh and Lite and Easy are still delivering food.

### Emergency Relief Packages for Victorians

Victorians self-isolating due to coronavirus with no access to food and essential supplies, may be eligible to receive emergency relief packages from the Victorian Government. The packages will be delivered to your door.

For information on your eligibility and to request assistance, phone Victoria's dedicated hotline on 1800 675 398.

The hotline can also refer people to other support services if needed.

## Guess the song

1.  
2.  
3.  
4.   
5.    
6.  

Answers can be found on page 6.

## Simple seated exercises to keep you moving

Sitting tall on your kitchen or dining room chair (not couch).

Take three deep breaths in and out, continue to breathe throughout the exercises.

Don't forget to recheck your posture is nice and tall throughout your exercises.

Put some music on in the background, It makes it most enjoyable.

### March

1. March in your chair by lifting your feet up and down off the floor (your knees are coming up and down too and lifting off the chair).
2. Try to do this for about a minute.

### Shoulder raises

1. Lift your shoulders up and then lower down at a nice steady pace.
2. Repeat 10 times.

### Hand pumps

1. Close (make a fist) your hands and then open and stretch your fingers.
2. Repeat 10 times.

### Hand pumps with forward arm extensions

1. As you close your hands bring them to your shoulder.
2. Extend both arms forward as you open and stretch your hands.
3. Repeat 10 times.

## A little quick crossword puzzle

1	2	3	4	
5				6
7				
8				
	9			

#### Across

1. Destiny
5. Vanilla slice topping
7. Succeed — make the ...
8. Vaccine
9. Drains

#### Down

1. Seedy fruit
2. Land measures
3. Little crown
4. Come to rest (3.2)
6. Opals and pearls

Answers can be found on page 6

## Feet workout

### Exercise A

1. Start with feet flat on the floor.
2. Extend your right leg forward.
3. Stretch right foot away from you then bring your foot back towards you.
4. Repeat 10 times.
5. Change to your left leg and repeat.

### Exercise B

1. Extend your right leg forward then bring your right foot towards you.
2. Move the foot to the right then left in a pendulum action.
3. Repeat 10 times.
4. Change to your left leg and repeat.

### Exercise C.

1. Rotate your right ankle 10 times each way.
2. Change to left leg and repeat.

### Leg extension

1. Sitting with feet flat on the floor.
2. Extend your right leg forward (aim to bring it to the height of the chair).
3. Bring it back down with control.
4. Extend your left leg forward.
5. Bring it down with control.
6. Repeat this exercise 10 times (for both legs).

Well done — keep up the good work! Don't forget to check out the next group of exercises in our next *Healthy Ageing Newsletter*.

*Take a deep breath  
and breathe out slowly*

Here are some ideas to keep you entertained at home if you have access to the internet:

### Virtual gallery and museum tours

While we can't visit galleries, many galleries are now coming to us through virtual tours. There are several galleries and museums with online exhibitions, including the following:

<https://museumsvictoria.com.au/melbournemuseum/at-home/>

<https://artsandculture.withgoogle.com/naturalhistorymuseum/>

<https://www.guggenheim-bilbao.eus/en/guggenheimbilbaolive>

### Visit the zoo

Zoos Victoria is currently live-streaming from some of the most popular enclosures at Melbourne Zoo and Werribee Open Range Zoo. See what the snow leopards, penguins, giraffes and lions are up to.

<https://www.zoo.org.au/animal-house/>

### Online gigs and concerts

Bands, artists and orchestras are taking live shows online so audiences don't have to miss out. The Melbourne Symphony Orchestra (MSO), for example, is live-streaming shows over the coming weeks.

<https://www.youtube.com/user/TheMSOrchestra>

**Don't forget to smile**

### Answers to the movie trivia

1. Top Hat
2. Laurence Olivier
3. John, The Baptist
4. Judy Garland and James Mason
5. Alfred Hitchcock, James Stewart and Kim Novak

### Answers to guess the song

1. House of the Rising Sun by The Animals
2. Dancing Queen by Abba
3. Fly Me to the Moon by Frank Sinatra
4. Baby Elephant Walk by Henry Mancini
5. How much is that Doggy in the Window? by Patti Page
6. Candle in the Wind by Elton John

### Answers to the crossword puzzle

- | Across   | Down      |
|----------|-----------|
| 1. Fate  | 1. Figs   |
| 5. Icing | 2. Acres  |
| 7. Grade | 3. Tiara  |
| 8. Serum | 4. End up |
| 9. Saps  | 6. Gems   |

If you have access to the internet, checkout the Seniors Online website for free games including sudoku, word search and code-cracker.

[www.seniorsonline.vic.gov.au/services-information/games](http://www.seniorsonline.vic.gov.au/services-information/games)