



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 2

20 APRIL 2020

# HEALTHY AGEING



This is our second fortnightly *Healthy Ageing Newsletter special edition*. We will be sending these to you until the Government advises that physical distancing strategies are no longer required. We hope you find them full of information, tips and activities that keep you active in mind and body — even if you can't leave the house.

They will be sent by mail and available on our website. We hope you enjoy.

## Online magazines and e-books available from Glen Eira Libraries

While Council's library branches are closed for physically borrowing books, library members can borrow e-magazines and e-books online. For information on e-books available to borrow, instructions on how to download e-books including an instructional video, visit Glen Eira Libraries' website at [library.gleneira.vic.gov.au/browse/ebooks](http://library.gleneira.vic.gov.au/browse/ebooks)

Join online if you don't already have a membership at [library.gleneira.vic.gov.au/about-us/membership](http://library.gleneira.vic.gov.au/about-us/membership)

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

*We are all in this together*

## Council services

Council is still operating a range of services to help you remain living independently in your home. These include delivered meals, shopping and personal care. Contact Council's Service Centre on 9524 3333 for advice and information.

If you are over 65 years of age, you may need to call My Aged Care for a referral.

## COVID-19 advice and information

Through times of uncertainty, it's important to get accurate information from credible sources. We have listed places below where you can obtain information which is reliable and accurate. We know how important it is for you to be informed and feel in control.

- Information and Emergency Relief Packages for Victorians 1800 675 398.
- Australian Government Coronavirus (COVID-19) health alert.
- Download the Australian Government Coronavirus app.
- Health Direct — Coronavirus (COVID-19): Health Direct has also developed a COVID-19 symptom checker — an online, self-guided tool to help people find out if they need to seek medical help.
- Visit [www.multiculturalcommission.vic.gov.au/coronavirus-language-advice-and-information](http://www.multiculturalcommission.vic.gov.au/coronavirus-language-advice-and-information) for information in languages other than English.
- World Health Organization — Coronavirus disease outbreak.

## Word search

Find the following countries in the puzzle:

Australia; Austria; Brazil; Egypt; England; France; Germany; Greece; India; Iran; Italy; Japan; Myanmar; Niue; Russia; Scotland; Spain; Thailand; Uganda; Vietnam.

A	U	S	T	R	U	S	S	I	A	N	I	U	E	L
U	F	R	A	N	C	E	A	C	R	U	S	G	N	E
S	A	R	U	Y	C	B	R	A	O	I	T	A	G	N
R	U	S	S	I	A	R	B	V	S	T	S	N	L	G
E	D	E	T	C	U	A	M	I	C	H	L	D	A	L
G	G	E	R	M	A	N	Y	E	O	A	W	A	I	A
Y	R	G	A	S	U	Z	A	T	P	I	J	P	N	N
P	E	Y	L	S	S	B	N	N	E	L	I	A	D	D
T	E	I	I	T	T	R	M	A	R	A	K	R	I	F
T	C	T	A	T	R	A	A	M	I	N	D	S	A	X
R	E	A	E	D	I	Z	R	E	L	D	D	S	Z	N
U	S	L	S	P	A	I	N	A	N	P	S	I	A	L
W	I	Y	A	S	T	L	S	S	J	A	P	A	N	D

Answers can be found on page 6.

## Looking after yourself

### Do you need help with shopping?

We have expanded our shopping service during the pandemic. You can contact Council's Service Centre on 9524 3333 and ask to talk to an officer about our shopping service. The officer will let you know if you are eligible and how to access this service.

### Asking for help

Don't be afraid to ask family, friends and neighbours to help you. Some of the great things that come out in times of adversity are stories about neighbours getting to know and helping each other. We have heard of people putting notes in letterboxes offering help, knocking on neighbours' doors, then moving back one and half metres to say 'I'm here for you, do you need anything?'.

Remember that Emergency Relief Packages for Victorians 1800 675 398 are available if you are not able to get help with shopping.

### Feeling anxious?

For those feeling anxious right now, follow this quick meditation tip — **STOP**.

**S** — stop.

**T** — take three deep and slow breaths, feel the sensation of the breath flowing.

**O** — observe the body, notice any tension and actively let go.

**P** — proceed with your day.

The Government has advised that the best action we can take to reduce the risk of spreading COVID-19 is to practice social or physical distancing. If this is making you feel isolated, anxious or stressed, it can be useful to talk to someone. The organisations below are there to listen to you:

- Lifeline Australia 13 11 14 (24 hours a day)
- Beyond Blue 1300 224 636
- QLife 1800 184 527 (for LGBTI people)
- Relationships Australia 1300 364 277

Think about reaching out to your family, neighbours or a trusted friend. It may surprise you how open people are to supporting you right now. Give it a try.

## Crossword puzzle

	1	2	3	4
5				
6				
7				
8				

### Across

1. Seaweed variety
5. Featured character part
6. Opposite of rural
7. Nailfile
8. Mend with needle

### Down

1. Buddhist fate
2. Cinder
3. Acquire (skill)
4. Shetland animal
5. Prompted (performer)

Answers can be found on page 6

## Getting active in the digital space

### LGBTI+ Elders' Dance Club has gone digital

All The Queens Men is offering a free fortnightly online dance platform to connect the rainbow and allied community during these turbulent times.

- Sunday 3 May, 2pm–3.30pm
- Sunday 17 May, 2pm–3.30pm
- Sunday 31 May, 2pm–3.30pm
- Sunday 14 June, 2pm–3.30pm
- Sunday 28 June, 2pm–3.30pm

Visit <https://allthequeensmen.net/projects/digital-dance-club/> where you will find all the information you need to join in the dance fortnightly.

### At home with ballet — online with The Australian Ballet

Ballet is powerful magic. It can draw you out of your lounge room and into forests, castles and starry skies. It can make you forget your worries and feel the freedom and exhilaration of unbridled leaps and lifts. Throughout its centuries of history, ballet has always offered the most wonderful escape from troubled times. The Australian Ballet will show each ballet for two weeks absolutely free.

*Cinderella* (Alexei Ratmansky) — Friday 17 April–Friday 1 May

*Romeo and Juliet* (Graeme Murphy) — Friday 1 May–Friday 15 May

<https://australianballet.com.au/the-ballets/digital-season>

### Good news stories

If you are looking for some good inspiring news stories about the nice things people are doing, visit <https://www.goodnewsnetwork.org/>

### Free games

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

<https://www.seniorsonline.vic.gov.au/services-information/games>

*Take a deep breath  
and breathe out slowly*

## Keeping active

You know how important it is to keep moving. It's harder at home without the motivation of attending a class or meeting friends. Keep it up. Here are three more simple seated exercises to keep you moving. Add these to the exercises from the last edition of the *Healthy Ageing Newsletter*.

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

### Knee lifts

1. Start sitting with feet together.
2. Lift your right knee up off chair then return.
3. Repeat eight (8) times on right leg.
4. Repeat eight (8) times on left leg.

**Note:** work at a slow to steady pace.

### Forward arm movements (shoulder height)

1. Both arms by your side.
2. Take the right arm forward to shoulder height then return.
3. Take the left arm forward to shoulder height then return.
4. Repeat eight (8) times.

### Calf raises

1. Both feet flat on the floor sitting tall in your chair.
2. Feet should be together (or slightly apart) and facing straight ahead.
3. Lift both heels off the floor (keeping your toes on the ground).
4. Lower to the floor.
5. Repeat 10 times.

**Note:** work at a slow and steady pace.

Well done on adding these to your previous exercises. Keep up the good work and don't forget to check out the next group of exercises in our next *Healthy Ageing Newsletter*.

## Television trivia to test your mind

1. Name the television presenter who commenced as MC for HSV7's opening of television event in 1956, moved to GTV9 and remained there until retirement in 1978 and known for finishing each show with 'God Bless you, and you.'
  2. Name the popular fictional character played by Violet Carson in *Coronation Street*.
  3. Name the actors who played the much-loved characters Dave and Grace Sullivan?
  4. Name the country town where the popular Australian series *A Country Practice* was set?
  5. The famous line 'Book em Danno' came from which television series? Bonus question: name the character who said it often.
- Answers can be found on page 6.

## New superannuation scams being reported to Scamwatch

Times of crisis bring out the best and the worst in people. The Government recently announced that people suffering financial hardship can access their superannuation. We have been advised that scammers are already trying to take advantage of people who might want to have early access to their superannuation. These scammers are cold calling people claiming to be from organisations that can either help get access to your super or find out about your eligible benefit. You need to know that the Australian Taxation Office is co-ordinating the early release of super through myGov and there is no need to involve another organisation or pay any fees.

### Remember:

- Never follow a hyperlink to reach the myGov website. Instead, you should always type the full name of the website into your browser yourself.
- Never give personal details including your superannuation account or bank account details to someone who has contacted you.
- The Taxation Office will not be contacting you.
- Don't be pressured to make a decision immediately — take your time and do your homework.

For further information, visit

[www.scamwatch.gov.au/news/scammers-targeting-superannuation-in-covid-19-crisis](http://www.scamwatch.gov.au/news/scammers-targeting-superannuation-in-covid-19-crisis)

**Don't forget to smile**

### Answers to word search

A	U	S	T	R	U	S	S	I	A	N	I	U	E	L
U	F	R	A	N	C	E	A	C	R	U	S	G	N	E
S	A	R	U	Y	C	B	R	A	O	I	T	A	G	N
R	U	S	S	I	A	R	B	V	S	T	S	N	L	G
E	D	E	T	C	U	A	M	I	C	H	L	D	A	L
G	G	E	R	M	A	N	Y	E	O	A	W	A	I	A
Y	R	G	A	S	U	Z	A	T	P	I	J	P	N	N
P	E	Y	L	S	S	B	N	N	E	L	I	A	D	D
T	E	I	I	T	T	R	M	A	R	A	K	R	I	F
T	C	T	A	T	R	A	A	M	I	N	D	S	A	X
R	E	A	E	D	I	Z	R	E	L	D	D	S	Z	N
U	S	L	S	P	A	I	N	A	N	P	S	I	A	L
W	I	Y	A	S	T	L	S	S	J	A	P	A	N	D

### Answers to the crossword puzzle

Across	Down
1. Kelp	1. Karma
5. Cameo	2. Ember
6. Urban	3. Learn
7. Emery	4. Pony
8. Darn	5. Cued

### Answers to the television trivia

1. Sir Eric Pearce
2. Ena Sharples
3. Paul Cronin & Lorraine Bayly
4. Wandin Valley
5. Hawaii 5-O, Detective Lieutenant Steve McGarrett