



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 3

4 MAY 2020

HEALTHY AGEING



Council services

Council is still operating a range of services to help you remain living independently in your home. These services include: domestic assistance; personal care; unescorted shopping; delivered meals; and home maintenance.

Contact Council's Service Centre on 9524 3333 for advice and information.

If you are over aged 65, you may need to contact My Aged Care on 1800 200 422 for a referral.

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



*We will get
through this together.*

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 for information in languages other than English.
- World Health Organization — Coronavirus disease outbreak.

Brain teasers

1. A man is looking at a photograph of someone. His friend asks who it is. The man replies: 'Brothers and sisters, I have none. But that man's father is my father's son.' Who was in the photograph?
2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
3. What makes this number unique: 8,549,176,320?
4. What five-letter word becomes shorter when you add two letters to it?
5. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?

Answers can be found on page 6.

Fun facts

- Gene Autry is the only person to be awarded stars in all five categories on the *Hollywood Walk of Fame* (film, television, music, radio, and live performance).
- There is a Boring in Oregon USA, a Dull in Scotland and Bland in New South Wales Australia. In 2014 they formed The League of Extraordinary Communities.
- At the 1908 Olympics, the Russians showed up 12 days late because they were using the Julian calendar instead of the Gregorian calendar.
- In 2009, Scottish scientists searching for the Loch Ness Monster found 100,000 golf balls instead.

Assistance with food and meals for older Australians impacted by COVID-19

If you are an older Australian in crisis, uncomfortable with, or unable to access the internet to order groceries, and your support networks are unavailable, you can contact My Aged Care for help on 1800 200 422.

To meet immediate needs, people who are isolated, have no other supports, and are in crisis, will be able to receive assisted access to basic food and groceries.

The My Aged Care contact centre can refer you directly to services in your local area. Services can be set up quickly for up to six weeks without the need for an assessment. You can also arrange this directly with your provider if you prefer.

Home medicines service

This service is a temporary program and is available for:

- people isolating themselves at home on the advice of a medical practitioner, or for confirmed COVID-19 cases;
- people aged over 70;
- Aboriginal and Torres Strait Islander people aged over 50; or
- people with chronic health conditions or who are immunocompromised.

Each single delivery to an eligible person's home must include at least one PBS medicine or a RPBS medicine. You can order other items to be delivered to you from the pharmacy if it is part of the same order.

There is no cost for you, however, you can receive the service no more than once per month. Speak to your pharmacy about joining the program.

Kindness is best medicine whether you give it or take it.

Word target

Your target is to create as many words as you can of four (4) letters or more, using the letters once only and always including the letter in the middle of the wheel. No foreign words and no proper names. There is one nine-letter word, which uses all the letters. Good luck.

H	P	D
I	A	E
E	E	C

Answers can be found on page 6

Life! Program — help for people at risk of developing type 2 diabetes and cardiovascular disease

Type 2 diabetes, heart disease and stroke can be prevented or delayed if you work to lower your risks. Being active, maintaining a healthy weight and eating healthy and balanced meals are just some of the simple lifestyle changes you can make to reduce your risk.

Funded by the Victorian Government and managed by Diabetes Victoria, the *Life! Program* is the biggest prevention program of its type in Australia. The *Life! Program* is a free Victorian healthy lifestyle program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Run by expert health professionals, the program is delivered as an online or a telephone health coaching service.

You may be eligible if you have been diagnosed with one or more of the following:

- heart attack or stroke;
- kidney disease;
- high cholesterol;
- high blood pressure; or
- high blood glucose levels.

To find out if you would benefit from the *Program* and information on joining, visit www.lifeprogram.org.au or contact 13 74 75.

Ready for a cuppa and a conversation?

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and their friendly volunteers are ready to talk about anything and everything.

Chat over the phone on 1800 424 287

6pm–8pm, Tuesday to Thursday or 2pm–5pm, Saturday and Sunday

Chat online at www.friendline.org.au

1pm–4pm, Tuesday to Thursday

What words can you find hidden in the word “VICTORIA”?

We have found 35 words with three (3) or more letters but you may find more.

Answers can be found on page 6

Keeping active

Here are three more seated exercises to keep you moving and stretching. We have now added some simple stretch exercises to your program. Add these exercises to those from the previous editions of the *Healthy Ageing Newsletter* to achieve a range of movement. Enjoy and keep up the good work.

Bicep curls (both arms at same time)

1. Sitting tall in your chair with both feet flat on floor.
2. Place both arms down by your side (hands in a fist as if holding a weight and palms facing forward).
3. Bend both arms so hands come towards and close to your shoulders.
4. Return arms down by your side.
5. Repeat 12 times.

Note: shoulders and elbows do not move and elbows stay down and close to body.

Neck stretches

1. Sitting tall and looking straight ahead.
2. Tilt your head to the right, hold position for a few seconds, then return.
3. Repeat on left side.
4. Turn your head to the right, hold position for a few seconds, then return.
5. Repeat on left side.
6. Tilt your head down, hold position for a few seconds, then return.
7. Repeat once more all directions.

Note: do at a slow pace and ensure your body is not moving during movements.

Seated leg stretch

1. Sit a little forward in your chair keeping upper body tall.
2. Take the right leg forward heel on floor and toes pulled towards you.
3. The leg should be as straight as you can.
4. Hold the stretch for 20–30 seconds.
5. Repeat on your left leg.

*Take a deep breath
and breathe out slowly.*

Some more fun facts

- Babe Ruth kept a cabbage leaf under his baseball cap to keep cool.
- There's a village in Norway called Hell, and it freezes over every winter.
- Barry Manilow's hit, *I Write the Songs*, wasn't written by him.
- A group of flamingos is called a "flamboyance".

Do you need a purpose to get up each day, one that involves making a difference to someone's life?

How about knitting or crocheting for charity?

KOGO (Knit One Give One) is a Glen Eira-based charity that distributes handmade knitted and crocheted items to people in need. With so many people impacted by this epidemic there is a greater need for more items than usual.

Items needed for adults, children and babies include: scarves; beanies; socks; gloves; children's jumpers and cardigans; knitted toys; cot blankets, baby jackets and booties; blankets; and knitted blanket squares. Preferred patterns can be found on the website at www.kogo.org.au/patterns You can knit in any yarn or colour, however, KOGO suggests you use darker or neutral colours for adult items.

Beginners may like to start with a basic scarf pattern or squares that can be assembled by KOGO volunteers into blankets. (Kogo Straight Squares Blanket — please use eight (8) ply wool with four (4) millimetres needles — squares will measure 20 centimetres x 20 centimetres cast on 40 stitches and knit in garter stitch until square measures 20 centimetres.)

To find out where you can drop off your finished items, visit KOGO's website at www.kogo.org.au

If you are unable to purchase wool or needles but wish to begin knitting, Council can post two (2) balls of eight (8) ply wool and size four (4) millimetres plastic needles to your home. We can also post you patterns if you are unable to access the internet or download the patterns. Please contact Council's Service Centre on 9524 3333 and ask for your request to be forwarded to Council's community wellbeing customer support officer.

Answers to the brain teasers

1. His son.
2. The river was frozen.
3. It has each number, zero through nine, listed in alphabetical order.
4. Short.
5. The letter "S".

Answers to the target answers

Four-letter words: ACED; ACHE; ACID; AIDE; APED; CAPE; CHAI; CHAP; CHIA; EACH; HEAD; HEAP; PACE; IDEA; and PAID.

Five-letter words: ACHED; APHID; CHEAP; PACED; PEACE; and PEACH.

Six-letter words: APIECE and HEAPED.

Nine-letter word: HEADPIECE.

Answers to the hidden words in "Victoria"

ACT; ACTOR; AIR; AORTIC; ARC; ART; ARTIC; CAR; CART; CAT; CAVORT; COAT; COIR; COIT; COT; IOTA; OAR; OAT; ORCA; RAT; RATIO; RIOT; ROTA; TACO; TAR; TARO; TIC; TOC; TRIO; TRIVIA; VAT; VIA; VICAR; VIATOR; and VICTOR.

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