



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 4

18 MAY 2020

# HEALTHY AGEING



## #Be Kind Glen Eira

We've all been affected by the COVID-19 pandemic in some form. That's why it is important as ever to remain kind to yourself and each other. Reach out to your friends, family, neighbours and those in need and remember that we're all in this together.

Be kind to yourself. While we are staying home, it is important that you look after yourself and give yourself some self-care and love.

Do things that make you feel good and smile:

- listen to music;
- read a book — perhaps that one you keep meaning to read;
- enjoy some fresh air and spend time in your garden;
- enjoy a treat;
- do some exercises to keep you moving; or
- call a friend or the family and have a “good old chin-wag”.



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

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

### Glen Eira City Council COVID-19 HOTLINE 9524 3733

Available Monday to Friday 8am–5.30pm (Tuesdays until 7.15pm)

The hotline is available to assist the community in navigating official Commonwealth and State information, finding out more about local support services, as well as Council's response to the pandemic.

### Glen Eira Working Together

Tune in to 87.8FM Mondays from 2pm.

The weekly program features live interviews with guests from key organisations and community groups, representatives from the health industry, the business world, emergency services the arts and more. The program is repeated Wednesdays at 1pm and Thursdays at 6pm.

### Glen Eira Home Library Service

Do you love to read? The Home Library Service will bring books (and other materials) right to your front door.

Books, magazines, DVDs and talking books can be great company. The library will bring you up to 15 selected items each month as part of this free service. Home Library Service staff will chat with you about your reading preferences.

This Service is available to eligible Glen Eira residents. Contact Council's Home Library Service co-ordinator on 9524 3684 or email [HomeLibraryService@gleneira.vic.gov.au](mailto:HomeLibraryService@gleneira.vic.gov.au) (10am–4pm, Monday to Friday).

**Please note:** library e-books, e-audiobooks, digital magazines and films are available to borrow 24 hours a day at [library.gleneira.vic.gov.au](http://library.gleneira.vic.gov.au)

## Sports trivia

1. Who was Australia's "Golden Girl of Athletics" during the 1950s?
2. Born in 1938, which tennis player was the first to win a grand slam twice?
3. Which famous Australian distance runner lit the Olympic flame at the 1956 Olympics?

Answers can be found on page 6

## Celebrating Indigenous culture

### National Reconciliation Week — 27 May–3 June

Relationships between Indigenous and non-Indigenous people are at the heart of reconciliation. Too often we look at differences and forget to focus on how much we have in common.

*National Reconciliation Week* is a great time to learn about our shared histories, cultures, and achievements, and to explore how we can contribute to reconciliation. Watch *Wominjeka Glen Eira* online on Sunday 31 May at 3pm for a beautiful celebration of Indigenous culture.

Two things many of us share is a love for gardening and cooking.

### Attracting native bees to your garden

Australia has more than 1,700 species of native bees and did you know most of them don't sting?

Native bees are important for biodiversity and are perfectly suited to pollinating native plants having evolved together over millions of years. They are also great pollinators of avocados; tomatoes; strawberries; rockmelons; watermelons; mangoes; passionfruit; and blueberries.

Landscaping can cause havoc for our native bee populations as they need a source of water and food, a safe nesting area, protection from pesticides/insecticides and from new pests and diseases through biosecurity measures.

You can support native bees by planting some of their favourites — daisies, flowering gums, lavender, grevillea, sage, rosemary and bottle brush.

### Honey damper

If all this talk of bees is making you think about honey, here's a recipe for damper that is delicious served with butter and honey.

Originally made from a flour of crushed spinifex seeds in hot coals, damper has been around for tens of thousands of years. If you're all out of spinifex seeds and don't have a fire handy, don't worry.

Just mix 250 grams of self-raising flour and ½ teaspoon of salt together, then rub in 25 grams of butter. Stir in 15 millilitres of milk to make a soft dough. On a lightly floured board shape into a soft, smooth ball. Put onto a tray and flatten slightly. Cut a deep cross in the dough and brush lightly with milk. Bake at 190°C for 30 minutes until golden.

### Wominjeka Glen Eira

Make a cup of tea and enjoy your honey damper watching *Wominjeka Glen Eira* online on Sunday 31 May, 3pm–5.30pm.

This is a beautiful celebration of Indigenous culture with Welcome to Country; smoking ceremony; music by Pirritu; and bush tukka and flora and fauna presentations with Cassie Leatham. Register at [arts@gleneira.vic.gov.au](mailto:arts@gleneira.vic.gov.au)



## Just letting you know ...

### Scams

A friendly reminder that there are plenty of unscrupulous people out there trying to part you from your money such as:

- impersonating government representatives;
- offering to help you access the money in your superannuation; and
- offers of assistance with online shopping.

Remember never give any personal information to someone who has contacted you.

For further information, visit

[www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams](http://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams)

### Victorian Seniors Festival — reimagined and happening now

The *Victorian Seniors Festival* has been reimagined and it will be brought direct to your home through online performances, zoom interviews and storytelling, with three new broadcasts a week. You are invited to get in the groove — with performances from many fabulous performers for you to enjoy. Check it out at: [www.seniorsonline.vic.gov.au/festivalsandawards](http://www.seniorsonline.vic.gov.au/festivalsandawards)

## Sudoku for fun and great for the brain

2	8		5	7		1		
	3	4		1	9			8
	9		3			4		
			8	9	3			1
			4		6			
8			1	2	7			
		9			2		1	
1			9	4		3	7	
		2		8	1		6	4

Each vertical column, horizontal column and box must have the numbers 1 to 9.

Answers can be found on page 6

## Keeping active

More seated exercises to keep you moving and stretching. Add these exercises to those from previous editions of the *Healthy Ageing Newsletter*. Enjoy and keep up the good work.

**Please note:** ensure you are doing your exercises in a safe space free of objects that you can knock into or trip over.

### Side leg movements

1. Move forward in your chair. Sit tall with feet together and flat on floor.
2. Take right leg to side creating a distance of approximately 30 centimetres between knees, foot finishes flat on floor, then return to feet together.
3. Take left leg to side. (as described above).
4. Repeat eight (8) times at a medium steady pace.

**Note:** ensure when leg goes to side the foot lands flat on floor and knee and ankle do not sag inwards.

### Shoulder rolls

1. Lift both shoulders up towards your ears.
2. Bring the shoulders back and down.
3. Repeat eight (8) times at a slow steady pace.

**Note:** breathe in as shoulders go up, breathe out as they go back and down.

### Feel good stretch

1. Sitting tall in your chair, feet together, stretch your arms forward placing your hands on your knees.
2. Staying stretched bring your arms slowly up together until they are above your head. Breathe in as arms go up.
3. Slowly take both arms out to the side moving downwards creating a circle. Breathing out as arms come down.
4. Repeat two to three times.

**Note:** if you are unable to lift your arms up, bring them forward to shoulder height, open out to each side at shoulder height, then down to your sides.

## More sports trivia

4. Which Australian swimmer won the women's 100 m freestyle at three consecutive Olympics?
5. What was Sir Donald Bradman's test batting average at the end of his career?
6. While studying medicine at Melbourne University Sir Ernest Edward "Weary" Dunlop participated in which sport in which he eventually represented Australia?

Answers can be found on page 6



## Bee facts

- *World Bee Day*, 20 May coincides with Anton Janša's birthday. In the 18th century, he pioneered modern beekeeping techniques in Slovenia.
- Smallest bee native to Australia, the *Quasihesma* Bee found in Cape York, is less than two millimetres (2mm) long and the largest is the Great Carpenter Bee of the tropical north and northern NSW. It is up to 24 millimetres long.
- Commercial honey bees (*Apis mellifera*) are not native to Australia. They were introduced from Europe in about 1822.
- A single honey bee may collect 1/12 teaspoon of honey in her lifetime.
- The honeybee has two sets of wings, which can be hooked together in flight so they flap as one at 16,000 times a minute.



*'You'll find that life  
is still worthwhile,  
if you'll just smile'*

*Charlie Chaplain*

### Sudoku answers

2	8	6	5	7	4	1	3	9
7	3	4	2	1	9	6	5	8
5	9	1	3	6	8	4	2	7
6	2	5	8	9	3	7	4	1
9	1	7	4	5	6	2	8	3
8	4	3	1	2	7	5	9	6
4	7	9	6	3	2	8	1	5
1	6	8	9	4	5	3	7	2
3	5	2	7	8	1	9	6	4

### Sports trivia answers

1. Betty Cuthbert won gold in 100m, 200m and 4x100m relay at 1956 Olympics.
2. Rod Laver.
3. Ron Clarke.
4. Dawn Fraser, 1956, 1960, 1964.
5. 99.94.
6. Rugby Union.

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)