



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 5

1 JUNE 2020

HEALTHY AGEING



#Be Kind Glen Eira

Moongala House's *Butterfly Project* is a community art project that addresses isolation and loneliness. Due to COVID-19, it won't be hosting workshops, but it has been busy making kits, so residents can decorate their own butterflies at home. They will later be used to create butterfly wall-hangings to be displayed throughout the community. If you are interested in participating in the program and receiving a home kit, please contact Moongala House's office on 9570 3468.



*We will get
through this together.*

Don't forget to be kind to yourself. While 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.

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

Council services

Glen Eira City Council COVID-19 HOTLINE 9524 3733

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. The hotline is available Monday to Friday 8am–5.30pm (Tuesdays until 7.15pm).

Glen Eira Home Library Service

Love reading? Books, magazines, DVDs and talking books can be great company. The Home Library Service will bring books (and other materials) right to your front door. 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 (10am–4pm, Monday to Friday).

Need help with technology

Lively — ready to help

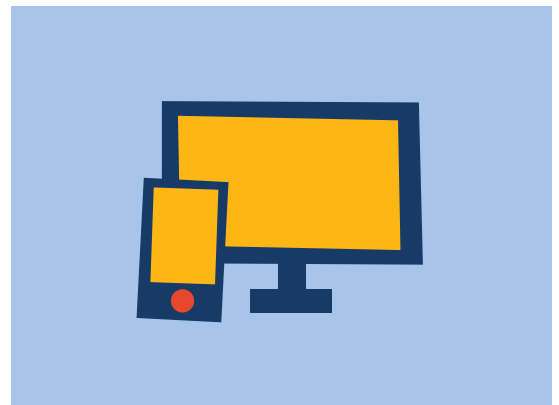
Do you have a computer but not confident with using it? Do you want to check out things available on the internet? It can be a bit daunting to get started. If you prefer to have someone talk you through the process, Lively is currently providing free support to seniors who are feeling isolated and lonely. You can have up to two hours per week of flexible time with a Lively helper, offering help with technology, social support and/or practical support as needed.

For further information, give their friendly staff a call on 9070 4746, or fill in the online form at www.lively.org.au/covid-19

Be Connected program

The Australian Government is running the *Be Connected* program that facilitates online learning.

If you provide some basic information on your interests, a free learning program will be developed for you. It's very easy to use. For further information, visit beconnected.esafety.gov.au



Quick quiz

1. Name this Victorian town ... Clue: a royal body of water.
2. Name this Victorian town ... Clue: a male owns land.

Answers can be found on page 6

Taking care of yourself ...

Winter is now here, so stay home, stay warm, stay safe but when the sun is out, try to take a little time to enjoy the fresh air.

June is Bowel Cancer Awareness Month

While this is not something we perhaps like doing, this month is a good time to remind ourselves to 'check our stools'. Remember bowel cancer is one of the most curable types of cancer if caught early. If you have any concerns, consult your GP.

Flu vaccination time

It is winter time and therefore the annual flu has begun. The *National Immunisation Program* provides free vaccines to those most at risk, including all Aboriginal and Torres Strait Islander people aged six months and older, and people aged 65 years and older. Take time to consult with your GP about your suitability for a flu vaccine.

Scams — just letting you know ...

During a crisis like COVID-19, you may be using online services more, so it is important to think about who might be really contacting you. They may find you by:

- calling you or coming to your door;
- contacting you via social media, email or text message;
- setting up websites that look real, and impersonating government, business or even your friends; or
- collecting information about you so that when they make contact they are more convincing.

The pokies are shut ... So what now?

Glen Eira City Council and Gambler's Help Southern understand that loneliness and isolation can be risk factors for experiencing increased harm from gambling. If you are gambling online, there are some strategies to reduce your risk and stay safe online:

1. Set a time limit — think about how much of your time you want to set aside for play and once you've reached it get into the habit of switching off.
2. Set a money limit — when we are not physically handing over money or using a bank card it is easy to lose track of our spending. Keep track of your account.
3. Break up your routine — if you are online at the same time every day, do something different with that time. Ring a friend, do a crossword, or try some meditation.
4. Know the odds — remember the chances of winning are not in your favour and gambling is designed to make the company rich, not you.

If you are concerned about yourself or a loved one's gambling, the team of professional counsellors at Gambler's Help Southern are continuing to provide free and confidential support to the community through phone and video counselling. For further information, contact Gambler's Help Southern on 9575 5353 Monday to Friday 9am–5pm or 24/7 hotline 1800 858 858 or visit gamblershelpsouthern.org.au

Share your story ...

Meet Gretta. A long-time resident of Glen Eira, Gretta loves spinning, crochet and knitting. Gretta was taught to crochet and knit by her mother as a child and hasn't stopped since. After retiring more than 30 years ago, Gretta took up spinning with the Murrumbeena Spinners and still spins today. In a chat with Council's Active Ageing Officer Cheryl Kennedy, Gretta said that despite missing her spinning group, exercise classes and other much-loved activities during this time, it has been an opportunity to finish the rugs that she had intended to finish for a while. Gretta knits and crochets for family and charities and she has literally done thousands of beanies in her time. Gretta also makes sure she catches up with friends with regular chats on the phone which has certainly helped over the last couple of months.

Thank you Gretta for sharing your story.

If you would like to share your story, perhaps you have completed a giant puzzle or taken up painting again or your love of getting out in your garden has made this time easier, we would love to hear from you (with or without a photo).

Email ckennedy@gleneira.vic.gov.au or contact Council's community wellbeing customer support officer on 9524 3333.



A little quick crossword puzzle

1	2	3	4	
5				6
7				
8				
	9			

Across:

1. Be stoical, grin and ... it
5. Eyed lustfully
7. Sprightly
8. Nominal
9. Tennis barriers

Down:

1. Craft
2. Goad (3,2)
3. Much the same
4. Rent out again
6. Studies

Answers can be found on page 6

Some local history

Did you know that Chesterville Road played a significant role in Australia's defence efforts during WWII?

In 1942, a six-acre parcel of land on the corner of Keys and Chesterville Roads was requisitioned by the Navy and a wireless radio receiving station (or listening station) was set up. Temporary huts were built, and American and Australian personnel worked the station.



Local Moorabbin despatch riders during WWII. Reproduction scanned from J. Cribbin, Moorabbin: A Pictorial History 1862–1994, page 121.

Moorabbin was considered an ideal location as it was relatively free from electrical interference but close enough to Allied Command quarters in Melbourne.

The intercepts were of such importance that they could not be transmitted by telephone or radio. Despatch riders were regularly seen travelling along South and Chesterville Roads through the sea of market gardens; their destination a building in Queens Road near St Kilda.

Fun facts

- Baby porcupines are called 'porcupettes'.
- A snail can sleep for three years.

Movie song trivia — name the song

1. This song won the *Oscar* for the best original song in 1940 and was featured in a much-loved Disney animated movie based on an Italian children's novel.
2. In 1956, Doris Day sang this *Oscar* winning song in the Alfred Hitchcock film *The Man Who Knew Too Much*.
3. Nominated in 1956 for an *Oscar*, this song was written by Cole Porter for the film *High Society*. It was sung by Bing Crosby to Grace Kelly as they sailed on his yacht. The yacht had the same name as the song.
4. The music was written and sung by Barbara Streisand and won the *Oscar* for the best original song in 1976. The film has been made four times about when a star is born.
5. The music of this *Oscar* winning song was written by Burt Bacharach for the 1969 film starring Paul Newman and Robert Redford. This line is in the final verse 'Cause I'm never gonna stop the rain by complaining'. Johnny Farnham also made it a hit.
6. This song was a hit on the Broadway stage in 1949 and on film in 1958. In the film Emile sings this song to Nellie about 'When you find your true love, when you feel her call you across a crowded room'.

Answers can be found on page 6

Keeping fit — let's talk about balance

Here are three exercises to assist with improving your balance. Ensure you use a sturdy chair or better still a table or bench. For all exercises and particularly when standing it is important that footwear is supportive (no slippers). Enjoy and keep up the good work.

Please note: start all exercises facing the chair or table and holding on with both hands. Stand tall, shoulders back, abdominals tucked in, looking straight ahead. Avoid leaning forward over your chair or table.

Heel toe raises

1. Standing with feet hip width apart and facing straight ahead to boost your stability.
2. Lift both heels so you are balancing on the balls of both feet. Hold three (3) seconds.
3. Lower back down gently.
4. Roll back onto both heels lifting toes on both feet off the floor. Hold three (3) seconds.
5. Lower back down gently.
6. Repeat 8–10 times.

Side leg raises

1. Feet together facing straight ahead.
2. Lift right leg to side so that your foot is about 30 centimetres off floor (or as best you can). Ensure your foot faces forward towards chair or table.
3. Lower gently back to feet together.
4. Repeat 8–10 times on right leg.
5. Repeat 8–10 times on left leg.

Note: ensure you use the muscles in your legs rather than a swing action.

Single limb stance

1. Standing with feet hip width apart and facing straight ahead.
2. Lift one leg off the floor — you may choose to lift knee up forward or lift foot up behind (whichever is comfortable).
3. Hold for 10 seconds if you can. Over time aim to hold longer.
4. Repeat on other leg.
5. Repeat on both legs if you feel comfortable to do so.

Crossword puzzle answers

1 B	2 E	3 A	4 R	
5 O	G	L	E	6 D
7 A	G	I	L	E
8 T	O	K	E	N
	9 N	E	T	S

Quick quiz answers

1. King Lake.
2. Mansfield.

Movie song trivia answers

1. When You Wish Upon A Star.
2. Que Sera Sera.
3. True Love.
4. Evergreen.
5. Raindrops Keep Fallin' On My Head.
6. Some Enchanted Evening.

Correction to Special Edition 4: honey damper recipe on page 3, it should read 175 millilitres of milk (not 15).