



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 7

29 JUNE 2020

# HEALTHY AGEING



We hope you are enjoying the *Healthy Ageing Newsletters* each fortnight and find them full of information, tips and activities that are keeping you active in mind and body. We aim to stay connected to you during this time as we all make changes to stay socially connected.

## #Be Kind Glen Eira

Council's Community Development and Care team has been staying social through isolation by regularly checking-in on many of our older clients. We have had great chats about toilet rolls, the old days of rationing with coupons, what's for dinner and even how to use Zoom.

It's been good to hear stories of friends making regular calls to check-in; people turning their skills to helping a charity by knitting much needed pieces; and neighbours leaving a note in the letterbox to check if their older neighbour needs anything and is okay.

Let's continue to band together, support each other and be kind.



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

## Council services

### Glen Eira Libraries: Dressing Marilyn — online Thursday 9 July, 6pm–7pm

Marilyn's costumes and personal wardrobe reveal much about her personality, public persona and the times that she lived through, with their combination of Hollywood va-va-voom and at the other end of the spectrum — a love of simplicity and beautiful fabrics.

Join fashion historian and author of books *Love Vintage* and *Style is Eternal*, Nicole Jenkins, as she presents an intimate look at the style and sartorial glamour of one of the most famous women of the twentieth century.

This is an online event and participants will be emailed the link on the day of the event.

To book online, visit [library.gleneira.vic.gov.au/whats-on/events-calendar/dressing-marilyn](http://library.gleneira.vic.gov.au/whats-on/events-calendar/dressing-marilyn)

### Council Service Centre front counter now open

Our Service Centre front counter at Glen Eira Town Hall is now open from 8am to 5pm for the community. As part of our efforts to reduce the risk of Coronavirus COVID-19, we will only be accepting cashless transactions.

### 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 responding to questions on Council's response to the pandemic.

The hotline is available Monday to Friday 8am–5.30pm.

## Would you like to help improve bereavement support for older people?

The Melbourne Ageing Research Collaboration, led by the National Ageing Research Institute, is conducting a research project on grief and its effects on quality of life and healthcare use in older people. To participate, you need to be:

- Aged 65 years or older.
- Currently living in Australia.
- Able to read and write in English.
- Experienced the death of a significant person in your life at least six months ago or longer.

To participate in this study, you are invited to complete a 25 minute online survey at <https://bit.ly/grief-survey>

If you prefer a paper-based version, please contact Dr Katrin Gerber at the National Ageing Research Institute phone: 03 8387 2662 or email: [k.gerber@nari.edu.au](mailto:k.gerber@nari.edu.au)

All participants who return a completed survey enter into a draw to win one of five \$200 Coles-Myer gift cards.

## Taking care of yourself ...

Winter is now here, stay warm, stay safe but when the sun is out, take a little time to enjoy the fresh air. Don't forget to stay in touch with friends and family and be kind to you.

### Time for a check-up?

With the 'stay home' message clearly in our minds, many older people have not been visiting their GP. It is important that you are still seeing your specialist if you have had a serious illness, if you have concerns about a health issue that you consult your doctor, or perhaps you are overdue for a regular check-up. If you have been leaving that appointment for 'another day' then this is your friendly reminder to make that appointment today.

### Diabetes Awareness Week 12–18 July

Many people with type 2 diabetes display no symptoms. As type 2 diabetes is commonly (but not always) diagnosed at a later age, sometimes signs are dismissed as a part of 'getting older'. In some cases, by the time type 2 diabetes is diagnosed, the complications of diabetes may already be present. Some of the symptoms include:

- being excessively thirsty;
- passing more urine;
- feeling tired and lethargic;
- always feeling hungry; and
- having cuts that heal slowly.

Key to managing type 2 diabetes is achieving and maintaining a healthy body weight, making healthier food choices and being as active as you can be, every day. If you are concerned at all have a talk to your GP.

### Great tips for the kitchen and you

- Plan meals and snacks ahead of time so it doesn't seem like such a chore to think of healthy menus on the spot. This will also ensure you are eating a variety of foods.
- Use a casserole dish, slow cooker or single pot to cook a lean cut of meat and vegetables. Eat one serve and freeze the rest.
- Stir-fries, curries and rice are great one pot meals — add plenty of vegetables.
- Root vegetables like potatoes, carrots, parsnips, turnips, sweet potatoes and onions are often great bargains and keep well and are great in soups and stews.
- Add fresh vegetables and fruit or fresh wholemeal toast and salads to delivered meals.
- Buy fruit at different stages of ripeness — one that's ripe and ready to eat, another that's ready for tomorrow and one for a few days from now.
- Over-ripe tomatoes can be used in casseroles and pasta sauce.
- Tinned tuna or salmon (in spring water) is cheap and versatile. Use it in omelettes, salads, casseroles, pasta and rice.

### Do you have a good tip or recipe to share?

If you have a great recipe using leftovers or older fruit and vegies, write to Council's active ageing officer, PO Box 42, Caulfield South or [ckennedy@gleneira.vic.gov.au](mailto:ckennedy@gleneira.vic.gov.au)

## Winter in the garden with Margaret

Glen Eira resident, Margaret has very kindly provided some winter gardening tips. Twenty five years ago, Margaret joined the Moorleigh Horticulture Club now Bayside Garden Club and then a year later, the Ladies Probus Garden Club. With a great love for gardening, Margaret tries to spend up to two hours most days in her garden. Thanks Margaret for your tips.

Margaret suggests — don't let the garden take a holiday during the winter months, there is still plenty of work to be done and it is good exercise.

- Bearded iris will benefit greatly from a light dusting of garden lime at this time of year.
- Give your daphne a boost with a once a year dose of Epsom salts. Dissolve one teaspoon in one litre of water and pour around the roots.
- Hydrangeas are pruned in mid-winter. First remove any dead, damaged or weak growths, then cut back stems that bloomed last summer. Leave the stems that failed to bloom as these will bloom next summer.
- Prune bush roses and climbing roses to produce an open framework. Remove all dead, dying and spindly growth first then the older branches. Shorten the main growths to two thirds of their length. Prune ground cover roses back to about one third using hedge shears. After pruning spray with lime sulphur.
- Dahlias can be lifted now and stored in a shaded spot.
- Plektranthus, salvias and Mexican sage bushes are starting to fade and will need to be cut back to ground level next month.
- Seedlings that can be planted in June include alyssum, pansy, violas, wallflowers, peas, silver beet, lettuce, and spring onions.

## Fun facts

- An ostrich's eye is bigger than its brain.
- Ostriches have three stomachs.
- Lacking teeth, ostriches swallow pebbles to grind their food. An adult ostrich carries about 1kg of stones at any one time.
- All of the hens place their eggs in the dominant hen's 3m-wide nest, her own are given the prominent centre place; each female can determine her own eggs amongst others.
- Contrary to popular belief, ostriches do not bury their heads in the sand: the myth originates from the bird's defensive behaviour of lying low at the approach of trouble and pressing their long necks to the ground in an attempt to become less visible.



## Tip

Chatting on the phone with local resident Yvonne recently, she gave us a tip: if you love old movies, check out Channel 92 (Gem) on your TV, especially on Saturdays.



## A moment in history ...

On 10 July, it will be the 80th anniversary of the commencement of *The Battle of Britain* also known as *The Air Battle for England*. Many of you might remember this moment in history. It was the first battle in history to be waged exclusively in the air. Did you know about 20 per cent of pilots who took part in the battle were from non-British countries including: 145 Poles; 127 New Zealanders; 112 Canadians; 88 Czechoslovaks; 10 Irish; 32 Australians; 28 Belgians; 25 South Africans; 13 French; 9 Americans; 3 Southern Rhodesians; and individuals from Jamaica, Barbados and Newfoundland.

On 20 August 1940, Winston Churchill said: “Never was so much owed by so many to so few”.

## Name the dance trivia quiz

1. Named after a harbour city in South Carolina this dance featured in the 1923 Broadway hit *Running Wild*. Some steps involve twisting of the feet and kicks and taps with the feet.
2. This popular, energetic dance was known for its acrobatic swings and lifts during the 1930s and 1940s. Originating in the United States it spread internationally by the armed forces.
3. This dance originated in Cuba in the early 1950s with a basic footwork pattern of one-two-three, \_\_\_\_\_, one-two-three. It is one of the five dances performed in the Latin American program of the *International Dance Championships*.
4. This dance form originated in the Italian Renaissance and then popularized in the 17th century by King Louis XIV, a passionate dancer himself. It rose to glory in the 19th century and is still much-loved today. Learning from a young age is recommended.
5. By the late 1700s this dance craze spread throughout Europe, but critics were outraged. Some felt this dance would “corrupt any honest young woman who performed it”. However, Austrian composers were inspired by it.

## A little quick crossword puzzle

1	2	3	4	
5				6
7				
8				
	9			

Across:

1. Egyptian cobras
5. Garden statue
7. Painters tripod
8. Nightmare, bad \_\_\_\_
9. Slips up

Down:

1. Grew old
2. Animal trap
3. Difficult question
4. Smudge
6. Spreading trees

Answers can be found on page 6

## Keeping fit — let's talk diabetes and exercise ...

Everybody benefits from regular exercise. If you have diabetes or are at risk of diabetes, exercise plays an important role in keeping you healthy. Keep doing the exercises that have been provided over the last weeks to help you with this. You need to exercise for a least 30 minutes on most days of the week. This can be broken down into shorter sessions of 10–15 minutes each two to three times per day.

Keep up the good work. This week we have not given you specific exercises but remind you of the benefits of exercise for a person with diabetes:

- Insulin will work better, which will improve your diabetes management.
- Helps maintain a healthy weight.
- Lowers your blood pressure.
- Reduces your risk of heart disease.
- Reduce stress.

Anything that gets you moving may help, here are some suggestions for you: walking; gardening; dancing; home exercise plan; weight training; Tai Chi; golfing; cycling/exercise bike; and chairbased exercises.

**Note:** it may be necessary to reduce your insulin dose prior to exercise. Insulin adjustment varies with each individual. Discuss appropriate adjustments to suit your exercise schedule with your doctor or credentialed diabetes educator.



### Answers to crossword puzzle

1 A	2 S	3 P	4 S	
5 G	N	O	M	6 E
7 E	A	S	E	L
8 D	R	E	A	M
	9 E	R	R	S

### Answers to name the dance trivia quiz

1. Charleston
2. Jitterbug
3. Cha-cha-cha
4. Ballet
5. The Waltz

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)