



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 10

10 AUGUST 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 during this pandemic. We aim to stay connected to you during this time as we all make changes to stay socially connected.

#Be Kind Glen Eira

During these uncertain times remember that it is as important as ever to remain kind to yourself and each other.

Take time to phone a friend or family member as this may help release some of those concerns you are feeling and also let them know they are thought of.

Do things that make you feel good and smile: listen to music, read a book, enjoy a treat, do some exercises to keep you moving or check out some of our online programs to keep you entertained.

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

Melodies for seniors — online musical performance — Friday 14 August at 2pm

Make a cuppa, put your feet up and join the fabulous Jennifer Lee and Col Perkins for an hour of wonderful music. Jennifer and Col have appeared in many of Council's *Seniors Festivals* and now you will be able to watch them from your lounge room via our online show.

With a show full of songs you know and love, you can singalong as loud as you want.

To watch the show, type Glen Eira City Council YouTube into Google. The video will be on the homepage.

If you can't make it, the video will be available after the event.



Activity pack — coming soon

Glen Eira Social Support is putting together an activity pack full of fun things to do, to enjoy and to challenge your mind. More information and details on how to have one sent to you will be in the next edition.

Australian fashion designers of the 60s–80s — Tuesday 18 August at 6.30pm

Australian post-war culture took an exciting turn when Prue Acton set up in Flinders Lane, making clothes for teenagers like herself — fun new fashion that simply wasn't available in the 1950s, when fashion meant grown-up glamour for older women like their mums.

Soon after, Prue was followed by other trailblazers and a new generation of Australian women discovered locally-made fashion that reflected their Anitipodean lives. Please join Nicole Jenkins, fashion historian and author of books *Love Vintage* and *Style is Eternal* as she revisits this creative and innovative period in Australian fashion.

To book: participants will be emailed the link to the session on the day of the event.

Bookings are essential. Visit <https://library.gleneira.vic.gov.au/>

Celebrating 1960s fashion in Melbourne — now available to watch

This engaging conversation about Melbourne's vibrant and innovative fashion scene in the 1960s is now available to watch. The event features local residents Debra Dascal (daughter of fashion designer Simon Shinberg) and Brian Samuel (director of Melbourne fashion label Miss Hartnell 1965–1973), together with fashion historian Tom McEvoy and Council's Curator Diane Soumilas.

To watch this event: type Glen Eira City Council YouTube into google. The video will be on the homepage.

Live Sunday Sessions: Tales of Bricks and Mortar — Sunday 23 August at 3pm

Writer Aron Lewin is on a mission to record and share stories about the many long-standing shops, restaurants and cafes loved by communities including a few Glen Eira favourites.

Join Aron and photographer Tatiana CC Scott for a chat about the Tales of Bricks and Mortar project, and why supporting local matters.

To book: go to www.gleneira.vic.gov.au/GEArts and you will find the link to book with trybooking.

Glen Eira City Council COVID-19 HOTLINE 9524 3733

Our hotline is available to assist community members navigating official Commonwealth and State information, finding out more about local support services and responding to questions on Council's response to the pandemic. The Hotline is available:

- Monday to Friday from 8am–5.30pm, Tuesdays till 7.15pm
- Saturday and Sunday from 9am to 5pm

Do you have ABC iview?

Here is some wonderful viewing to enjoy:

The Merry Widow performed by the *The Australian Ballet*. This is a lively tale of love, money and class, played out against the glitter and opulence of the belle epoque. The music is performed by *Opera Australia Orchestra*. This ballet is available until 20 August.

If you love movies, David Stratton's *Stories of Australian Cinema* is highly recommended. In this three-part series, revered film critic David Stratton tells the story of Australian cinema, with a look at films that have captured the spirit of the nation with candour, emotion, humour and originality.

Department stores trivia

1. What department store did Kris Kringle work at in the 1947 classic *Miracle on 34th Street*?
2. Can you name the store in London with the motto "All Things for All People, Everywhere"?
3. Considered one of Melbourne's earliest department stores, it was known for the giant Santa that looked down onto the street below. Name the store.
4. Can you name the store considered to be the world's first department store? In 1876 the original shop was given a new building, with skylighted interior courts designed by engineer Alexandre-Gustave Eiffel and architect Louis-Auguste Boileau.
5. This Melbourne store had the motto *Quod facimus, Valde facimus — What we do, we do well*. Can you name the store?

Taking care of yourself ...

Wound Awareness Week — 17–23 August 2020

Chronic wounds are a hidden affliction that are alarmingly common. People over 65 are more at risk of having a chronic wound. With a lack of awareness, many people don't access the treatment they need, and they suffer from their wound for much longer than they have to.

It is important that the community-at-large can identify the wound warning signs, which include pain, fluid, smell and more than 30 days to heal.

Pain and heat: wounds that are red, swollen, hot and painful.

Odour: wounds with a strange or unpleasant smell.

Excess fluid: wounds that have a thick, yellowish fluid.

Slow healing: wounds taking longer than a month to heal.

If you are concerned about a wound, consult your medical practitioner as soon as possible.

Citrus fruits now in season and oh so good for you

Let's be honest — winter isn't everyone's favourite season, however it is a time when citrus fruits are plentiful and delicious. Citrus fruits are an excellent source of vitamin C — a nutrient that strengthens the immune system. In fact, just one medium orange has all the vitamin C you need in a day.

Citrus fruits also have good amounts of other vitamins and minerals that your body needs to function properly, including B vitamins, potassium, phosphorous, magnesium and copper.

Additionally, they are rich in plant compounds that have various health benefits, including anti-inflammatory and antioxidant effects. These compounds include more than 60 varieties of flavonoids, carotenoids and essential oils, and they are responsible for many of citrus fruits' health benefits.

So, let's get into these great fruits including oranges, lemons, kiwifruit, limes, mandarins and grapefruit. Aim to consume whole fruits, rather than a lot of fruit juice, as its high sugar content can lead to health problems.



Brainteaser

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning their head or body, or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?

Department stores of yesteryear

Melbourne and shopping have gone hand-in-hand since the 1880s. At its peak the city flaunted more than a dozen department stores, and many of us have great memories of going to the city and visiting our favourite ones. Did you shed a tear when Georges closed its doors in 1995?

Let's look back at some of the department stores of yesteryear.

Do you remember Manton's? Established in 1925, Manton's main competitor was Myer. Its slogan was 'It's smart to be thrifty.' The store was noted for its window and interior fashion displays, and lively print advertising campaigns, including stylish designs in pencil and watercolour as seen in this image to the right.

Manton's fortunes waned by the 1950s and in 1955 was bought out by GJ Coles & Co for two million pounds. The site went on to become Coles' No. 1 Variety Store at 236 Bourke Street.



*Afternoon frock of flowered taffeta with organdie trimmings, 1929, Manton's.
State Library of Victoria*



*Lyle Fowler, 1891–1969, photographer
State Library of Victoria*

The Coles No 12 store at 301 Bourke Street was not a department store, but for many, a trip to the city often included lunch at 'Coles Caf'. The cafeteria took up an entire floor and had seating for more than 1,000 people. It was described as 'truly a sight worth seeing, with its beautifully coloured tiled walls and artistic ceilings'. Did you often have lunch there? Did you order their famous lime spider?

Buckley and Nunn opened its doors in 1851 as a drapery store and, in its heyday, competed creditably with Myer. In 1939, female nightwear was shown in shop windows. In fact, similar displays had caused pedestrian congestion on the footpath from as early as 1912. In the 1920s, the store's tea room was reputedly a fashionable meeting place for ladies. Some linguists have even offered the company name as a plausible eponym for the phrase 'Buckley's chance'.



*Buckley & Nunn Tearoom. 1949 Fowler, Lyle
1891–1969 photographer*

Keeping fit — upper leg strength and balance

Here are two more exercises that are designed to strengthen your legs and improve balance. Keep up the good work.

Standing squat

1. Stand behind your chair with feet facing straight ahead and hip width apart.
2. Look straight forward with your chest up and keep your heels planted. Push your hips back to lower into a squat. You can hold onto the chair or allow your arms to reach out forward from your shoulders.
3. After a one or two second pause return to the standing position.
4. Repeat 8–10 times.

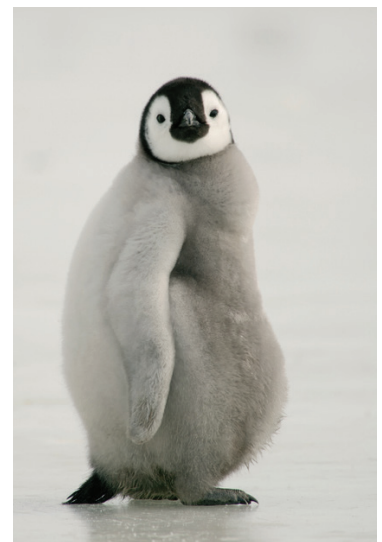
Note: maintain your knees in-line over your ankles and don't allow knees to cave inwards.

Tandem or staggered stance

1. Stand tall beside your chair with your feet together, looking straight ahead.
2. Place right foot in front of the left so heel touches the toe.
3. Hold your balance for 10 seconds (try not to hold the chair if you can).
4. Now place your left foot in front and repeat.
5. Repeat again, and while holding your balance, turn your head slowly to the right and then to the left.

Five fun facts about penguins

- A group of penguins in the water is called a raft.
- Penguins don't have teeth. Fleshy spines inside their mouths help them swallow fish. The protrusions face backward to help guide the catch down their throats.
- Emperor penguins incubate eggs on their feet. Male penguins keep them warm under a loose fold of skin. They stay that way for months until the eggs hatch, not even leaving to eat.
- Apparently pudgy penguins make good mates. Due to the intense fasting involved, females often seek out chubbier guys who can go weeks without food as the ladies take a turn to hunt for fish.



Answers to department store trivia

1. Macy's
2. Harrods
3. Foys (Foy & Gibson)
4. Le Bon Marche
5. Georges

Answer to brainteaser

Place apple on one person's head.