



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION II

24 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

We know Stage 4 COVID-19 restrictions are challenging for our community. We would like to thank everyone who is doing the right thing and keeping our community safe.

Remember to keep making those connections. When calling a friend or relative it may seem that you have nothing to say, but connecting remains one of the most important things we can do for ourselves and for others.

If a friend calls, take the time to listen. Why not make a regular time to catch up, make a cuppa and spend time just talking.

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



**We will get through  
this together**

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 11 September 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 has put together an activity pack full of fun things to do, to enjoy and to challenge your mind. The pack includes puzzles, trivia, activities to do, stories to read and more. If you would like to have the September issue of the Activity Pack sent to you, please contact our social support team leader on 9524 3333.

### Zoom online activities for seniors

Glen Eira Social Support is putting together some online activities for our seniors, including Music Interactive with Lynda. If you would like to join Lynda on Mondays at 1pm for a fun, interactive session of music, songs and movement we would love to hear from you. Lynda's special and infectious energy translates beautifully through the screen. This weekly session is free, however bookings are essential.

If you are interested in joining in these activities and would like to know more, email [socialsupport@gleneira.vic.gov.au](mailto:socialsupport@gleneira.vic.gov.au) and include your name, address and phone number. Please note: bookings may be required for some activities.

### Knitting for KOGO

If you have been knitting for Knit One Give One (KOGO) please note that the drop-off points are not taking deliveries at the moment. Please hold on to your knitting until further notice. We will update you as soon as we have more information.

### 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 from 8am to 5.30pm, Tuesdays until 7.15pm
- Saturday and Sunday from 9am to 5pm.

## Enid: The scandalous life of a glamorous Australian who dazzled the world

### Tuesday 8 September at 7pm — online event

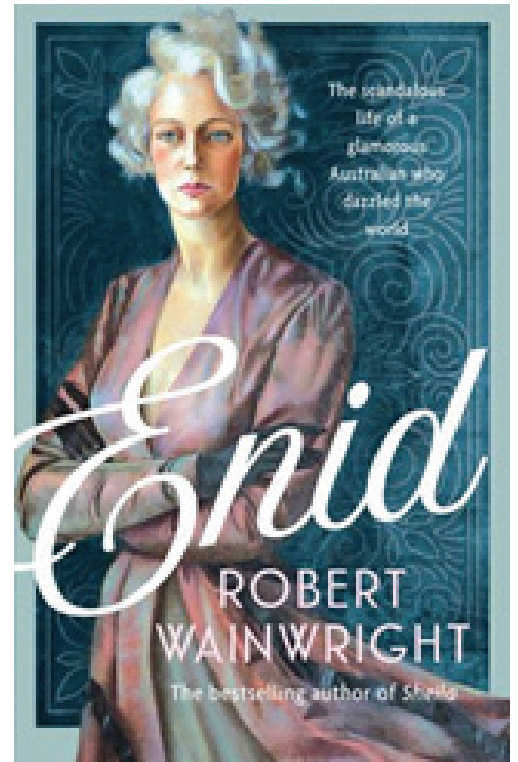
Robert Wainwright — bestselling author of *Sheila* — tells the story of a bewitching Australian socialite who fascinated the world. Enid captivated men with her beauty, outlived four husbands, spent two great fortunes and earned the nickname 'Lady Killmore'. From Sydney to New York, London to Paris and Cairo to Kenya, Robert Wainwright tells the fascinating story of a life lived large on the world stage. Join Robert as he restores the remarkable Enid to thrilling, vivid life.

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

Participants will receive a link on the day by email.

**Thank you to one of our readers, Edna who sent in this great saying by Muhammad Ali:**

**“Don’t count the days, make the days count.”**



### 1939 Movie trivia — a trip down Oscar lane

These films were made in 1939 and presented at the 12th Academy Awards ceremony on 29 February 1940.

1. 1939 was an exceptional year in movie making history. Can you name the film that won the *Best Picture Oscar* at the ceremony in 1940?
2. Judy Garland starred in this wonderful movie where we believed that “the dreams that you dare to dream really do come true.” Can you name the film?
3. This talented actress made four fabulous films in 1939 including *The Private Lives of Elizabeth and Essex* with Errol Flynn. She was nominated for her role in *Dark Victory* but did not win. Can you name the actress?
4. Laurence Olivier was nominated for his role in *Wuthering Heights*. He arrived at the ceremony with his fiancée, who was nominated for another film. Can you name the actress?
5. He surprised everyone by winning the *Oscar for Best Actor*. However, he gave a memorable performance as a teacher spanning 60 years. What is his name and what is the film?
6. James Stewart was nominated for his role in this film where he gives a speech about the ideals of freedom. Name the film?

Answers can be found on page 6

## Taking care of yourself ...

### Stroke Awareness Week — 31 August–6 September

A stroke happens when blood cannot get to your brain, because of a blocked or burst artery. As a result, the brain cells die due to a lack of oxygen and nutrients. The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. The F.A.S.T. test involves asking these simple questions:

**Face:** check their face. Has their mouth drooped?

**Arms:** can they lift both arms?

**Speech:** is their speech slurred? Do they understand you?

**Time:** is critical. If you see any of these signs, call 000 straight away.

### Eat well to age well

As you get older, it is important to continue choosing healthy foods and enjoying eating as an activity that you can look forward to. It is vital that we choose nutrient-dense foods to support healthy ageing, extend our active years and reduce the risk of lifestyle associated diseases.

Nutrition Australia has put together some fact sheets and recipes. For further information visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org) or call our community support officer on 9524 3333 to have the fact sheet and recipes sent to you.

Strawberries and blueberries are very good at the moment. With the crisp mornings still with us, why not have a warming breakfast of porridge topped with berries. You could also add almonds, passionfruit, kiwifruit or banana to make it an even heartier, healthier meal that tastes good.



### Brainteasers

1. You're in a cabin with no electricity. Come nightfall, you have a candle, a wood stove, and a gas lamp, but only one match. Which do you light first?
2. I am a word of six letters; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters are a fish; my whole is found in your room. What am I?
3. Give me food, and I will live; give me water, and I will die. What am I?

**Answers on page 6**

## Department stores of yesteryear — part two

In this edition we look at two iconic stores.

Foy and Gibson, commonly known as Foys, was one of Australia's earliest and largest department stores and established as a drapery in Smith Street, Collingwood in 1868.

The iconic store in Bourke Street was built in the 1930s on the site of the old Orient Hotel. Foys was famous for its toy department and the annual Christmas rooftop carnival — many a child was taken into the store to meet Father Christmas and receive a wrapped present. The rooftop fun park featured rides, a playground, a petting zoo, ponies to ride and even boats. Foys was taken over in 1955 by Cox Brothers and Woolworths in 1968, that ultimately closed the store. Do you remember the giant Santa?



*Foys Department Store 1957 John Woods photographer Museums Victoria*

One of Melbourne's most iconic stores Georges, began as George and George's Federal Emporium. Founded by brothers William and Alfred George, in 1880 they amalgamated with the Equitable Co-operative Store, located in a grand classical revival style building at 162–168 Collins Street in 1888. The motto for the store was *Quod facimus, Valde facimus* — what we do, we do well.

While Georges was predominantly for females the store knew how to cater to men as well. At Christmas, Georges had a special section for men who may have felt uncomfortable about coming into a women's store. Called the Knight Club, the service offered a discreet way for men to shop for the lady in their lives. Apparently, the gentleman would be shown a range of merchandise, and then it would all be gift wrapped and sent out — how delightful. The doors closed in 1995.



*Ladies Lounge, Georges 1908 Sear's Photographers State Library of Victoria*



*Millinery dept. Georges C1943 Fowler, Lyle 1891-1969 photographer State Library of Victoria*

## Keeping fit — your hands

One of the first things we may notice in the morning is how our hands have stiffened up. Add these four simple exercises to your daily routine to improve movement and strength. All exercises can be done sitting tall in your chair. Keep up the good work.

### Hand stretches

1. Stretch your fingers long and wide. Count to five then close your hands into a fist.
2. Repeat 8–10 times.

### Wrist stretches

1. Stretch your right arm forward with your hand in a fist. (Neutral position.)
2. Slowly lower your hand down at the wrist.
3. Slowly bring your hand back up at the wrist passing the neutral position.
4. Repeat 8–10 times on each hand.

### Hand squeeze

1. Using a tennis ball or a pair socks rolled into a ball, squeeze the object with your hands. Count to five. Ensure you use all fingers.
2. Gently release while still holding the object.
3. Repeat 8–10 times on each hand.

### Towel hand grip

1. Place both hands on top of and around a rolled-up bath towel or hand towel.
2. Grip and twist as if wringing out the towel. Hold for five counts and release.
3. Repeat 8–10 times, alternating the direction of the twist.

Thank you to Virginia, one of our readers who kindly sent in this delightful poem she wrote of her memories of primary school:

#### Injustice

After lunch  
we stand in line  
to walk back into class  
and I am told off  
for talking —  
How to explain  
that I am only  
talking to myself  
Whispering  
*The water is rising*  
*It's coming closer and closer*  
having just listened  
to the flood episode  
of *Blue Hills?*

### Answers to 1939 Movie Trivia

1. *Gone with the Wind*
2. *The Wizard of Oz*
3. Bette Davis
4. Vivien Leigh
5. Robert Donat, *Goodbye Mr Chips*
6. *Mr Smith goes to Washington*

### Answer to Brainteasers

1. The match
2. Carpet
3. Fire