



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 12

7 SEPTEMBER 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.

## R U OK? Day

Thursday 10 September

Asking a friend or family member if they are okay is very important during these difficult times.

*R U OK? Day* is a national awareness day to encourage us all to remember to check in with family and friends who may need some extra support. Remember to also be prepared to listen and check back in. That phone call, connection and question can make a big difference in someone's life.

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

Hello.  
R U okay?

It's good  
we can talk  
about it



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

### Are you feeling isolated during COVID-19?

If you're feeling lonely or isolated due to the COVID-19 pandemic you can access social, emotional or practical support via the Community Activation and Social Isolation (CASI) initiative. To access the service, call Victoria's COVID-19 Hotline on 1800 675 398 and choose option three, or call Council's Covid-19 Hotline directly on 9524 3733.

Glen Eira City Council has received funding from the Victorian Government to deliver the program to the Glen Eira community, in partnership with the Red Cross, Department of Health and Human Services (DHHS) and our local providers.

Examples of support that might be provided:

- Wellbeing check-ins.
- Assistance with using technology to stay connected with family and friends.
- Help with online applications.
- Linking you with online social and community activities.
- Running errands.

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

Our Hotline is available to assist community members navigating official government 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

### Give it a go — the simple way to access Council's online events

Don't like using the internet because it just seems too hard? During COVID-19 restrictions we can't provide our face-to-face activities, so we are making many events easy to access via our YouTube channel. We encourage all our seniors who have an iPad or computer to join in many of Council's online events. All you have to do is visit [google.com](https://www.google.com) and type Glen Eira YouTube into the search bar. You will be taken to our homepage where you can press on our event logo and enjoy the show — it is as simple as that.

Council has lots of events we would love you to enjoy. In October we will have even more with this year's *Seniors Festival* all online. If you miss the event you can watch it later.

Please note: events may take up to 24 hours to load on to the homepage, but you can find past live events by clicking on uploads.

## Melodies for Seniors — Friday 11 September at 2pm

Don't forget we have this great event on just for you. Make a cuppa, get comfy on your couch and join the fabulous Jennifer Lee and Brendan Scott for an hour of wonderful toe-tapping music.

With a show full of songs you know and love, you can singalong as loud as you want. To watch this event, type Glen Eira City Council YouTube into Google. The video will be on the homepage. It will also be available after the event if you miss it.



Don't forget the *Melodies for Seniors* August show with Jennifer Lee and Col Perkins is still available to watch on our YouTube channel too.

## Zoom online activities for seniors

Glen Eira Social Support is putting together some online activities for our seniors. If you are interested in joining in these activities and would like to know more, send an email to [socialsupport@gleneira.vic.gov.au](mailto:socialsupport@gleneira.vic.gov.au) and remember to include your name, address and phone number. Please note: bookings may be required for some activities.

## Activity Pack now available

Glen Eira Social Support has put together an Activity Pack full of fun things to do, to enjoy and to challenge your mind. The September Activity Pack is now available by contacting the Council's social support team leader on 9524 3333.

## Who said that? Who wrote that?

1. "I coulda' had class. I coulda' been a contender. I could've been somebody." This famous line was spoken by one of the greatest actors of all time in a classic film made in 1954. Who is the actor?
2. "A bear, however hard he tries, grows tubby without exercise." Can you name the author who wrote this line for a children's book that has been loved for generations?
3. "Louis, I think this is the beginning of a beautiful friendship." Can you name the famous actor and the name of his character who spoke this last line in the famous 1942 film?
4. "It is a far, far better thing that I do, than I have ever done; it is a far, far better rest I go to than I have ever known." This line is from a novel published in 1859 about two cities. Who wrote these memorable words?
5. "After all, tomorrow is another day." Can you name the character who spoke this line in the book and the film of the same name? Can you also you name the author?



## Taking care of yourself

Spring has sprung! While the days are still chilly in September, it is good to see the flush of spring with the blossoms taking bloom. The days will begin to warm and bring more opportunity for us to enjoy the fresh air.

### Community Visitors Scheme

Maintaining friendships and meeting new people helps us feel like we belong. This can benefit our physical, mental and emotional health ... no matter what our age. COVID-19 challenges us to find new ways of keeping connections alive. This is especially true for many older people at this time. Through the free Community Visitors Scheme (CVS), friendships are nurtured between older Victorians and trained volunteer visitors. Face-to-face visits have been replaced with phone visits, letters, cards and online visits (where possible). For more information, email the CVS State network member at [cvs@smrc.org.au](mailto:cvs@smrc.org.au) or call 0421 330 230.

### Supporting LGBTI seniors

Switchboard Victoria's *Out and About* program is a community visiting service specifically for lesbian, gay, bisexual, transgender and/or intersex (LGBTI) older people. Our volunteers offer safe, welcoming friendship and social connection for LGBTI seniors across Victoria. New referrals are welcome. Contact the *Out and About* co-ordinator on 0466 218 921 or email [outandabout@switchboard.org.au](mailto:outandabout@switchboard.org.au)

### Pumpkin soup — a healthy, hearty meal

Pumpkin soup served with grainy toast is so good at this time of the year. It is an economical, healthy and hearty meal. It is also quite easy to make and will freeze well for two to three months.

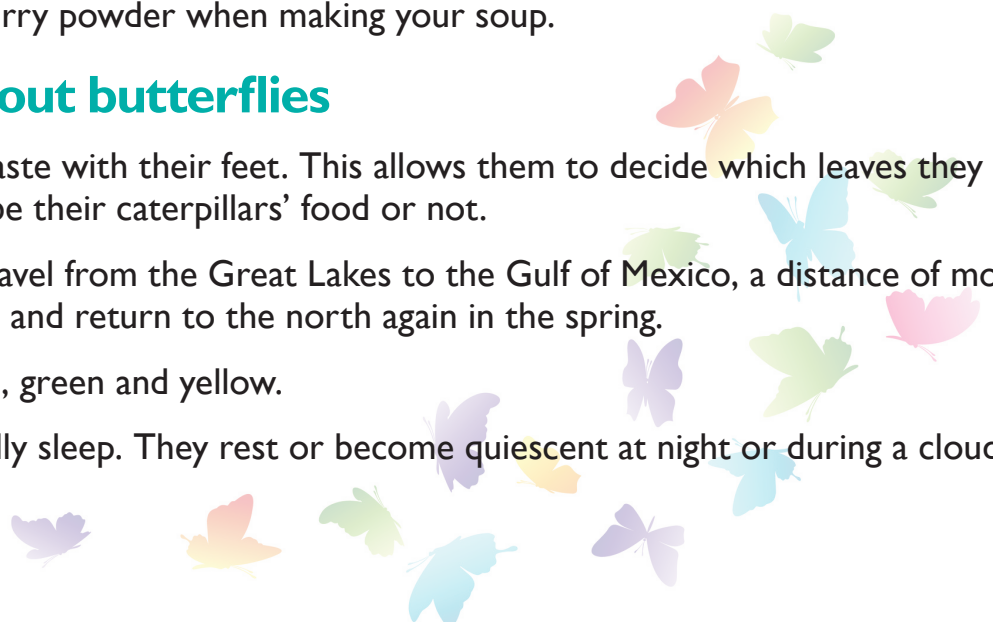
Pumpkins are high in vitamins and minerals while low in calories. It is a great source of beta-carotene, a carotenoid that your body converts into Vitamin A, which can strengthen your immune system.

If you want to give some extra taste, add spices like paprika, cumin or even curry powder when making your soup.



### Four fun facts about butterflies

1. Many butterflies can taste with their feet. This allows them to decide which leaves they should lay eggs on to be their caterpillars' food or not.
2. Monarch butterflies travel from the Great Lakes to the Gulf of Mexico, a distance of more than 3,000 kilometres, and return to the north again in the spring.
3. Butterflies can see red, green and yellow.
4. Butterflies don't actually sleep. They rest or become quiescent at night or during a cloudy or cool day.



## Department stores of yesteryear — part three

### Do you remember these stores?

In the 1850s, Charles Ball and nephew William Welch founded Ball & Welch on the Victorian Goldfields. The emporium at 180 Flinders Street was completed in an American Romanesque style in 1899. Neither Ball or Welch lived to see it.

Ball & Welch was one of the first stores in Melbourne to erect neon outdoor advertising, reportedly visible from the Dandenong Ranges. In its heyday, Ball & Welch was a leading family draper, supposedly having 26 assistants who were devoted to the sale of lace alone.



*Ball & Welch at night during Royal Visit. 1954  
State Library of Victoria*

Do you remember Hicks Atkinson & Sons? This department store operated until 1963 and retailed the designs of others as well as commissioning exclusive product. The store was at 348 Collins Street and later at 395 Bourke Street. The company was taken over in 1958 by Reid Murray. It collapsed in 1962, spelling the end of Hicks Atkinson & Sons.

Here is another one to test your memory — Payne's Bon Marche drapery was founded in Bourke Street in 1885 by Irish businessman John Payne. John started as a draper's assistant at the age of 12 in Ireland. He opened his first business in Melbourne in 1878. In 1909, a new main store was erected at 138 Bourke Street. By 1928, Payne's Bon Marche Pty Ltd, opened its second display store at 157 Bourke Street, while operating its main store across the road. Paynes Bon Marche would also fall victim to the Reid Murray collapse.

Melbourne's first department store, the large Mutual Store emporium was located on the corner of Flinders and Degraeves Streets. The company, established as a profit-sharing co-operative between shareholders and staff, was incorporated in 1872 but suffered a significant setback when fire destroyed the original building in 1891. Architects Reed, Smart & Tappin, who had designed the Melbourne Town Hall and the Royal Exhibition Building, designed the new building. The store closed in 1965. The current building is heritage listed.

We hope you are enjoying the journey of the department stores of yesteryear. Unfortunately, all these stores are now part of history. In our next edition we will finish this journey with one store that still exists today — Myer.



*The Mutual Store (before the fire) David Syme & Co.  
1891 State Library of Victoria.*

## Keeping fit — your back

Add these four simple exercises to your daily routine to improve movement and strength. All exercises are done sitting tall in your chair, feet flat on the floor. Keep up the good work.

### Shoulder rolls

1. Roll both shoulders over slowly. Repeat 8–10 times.

### Side stretches

1. Place hands on your shoulders with elbows up at shoulder height.
2. Slowly tilt to the right side, come back to centre then slowly tilt to the left side.
3. Repeat 4–8 times. Relax arms.

Note: when you tilt do not lean forward or backward.

### Upper body twist

1. Cross your arms over your chest, looking straight ahead. (Neutral position.)
2. Gently and slowly turn to the right. Come back to neutral position.
3. Gently and slowly turn to the left. Come back to neutral position
4. Repeat 4–8 times.

### Stretch it out

1. Place both hands on top of your legs sitting tall. (Neutral position.)
2. Take both arms forward and up slowly reaching for the ceiling, breathing in as you go.
3. Bring your arms forward and down towards your feet, breathing out. Feel your back stretching gently as you go.
4. Slowly bring yourself up to neutral position, as you do your hands will come up along the front of your legs. When you reach neutral position take a deep breath in and out.
5. Repeat 4 times.

Thank you to Virginia for sharing another poem about primary school memories:

### Mystery

Mother dressed me in  
grey tunic, white shirt, green tie  
green bows on plaited hair —  
a new teacher stopped me  
What school did you go to before?  
How could I answer?  
Why would she even ask?  
I've always been here at  
Colac West State School.

### Answer to Who said that? Who wrote that?

1. Marlon Brando in *On the Waterfront*.
2. A A Milne in *Winnie the Pooh*.
3. Humphrey Bogart as Rick Blaine in *Casablanca*.
4. Charles Dickens in *Tale of Two Cities*.
5. Scarlett O'Hara in *Gone with the Wind*; by Margaret Mitchell.