



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 13

21 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.

#Be Kind Glen Eira — your story project

We are collecting digital photos, stories and videos which document the daily life of the Glen Eira community during the COVID-19 pandemic.

What is often missing from historical records are glimpses into the lived experiences of individuals and families during these times — things like letters, diary entries or photographs taken by people just like you.

We hope that the material and stories we capture now will help future Glen Eira communities understand what it was like to live through this time.

See page three for more details.

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.



We will get through
this together

Council services

Seniors Festival events coming in October

The *Seniors Festival* is held each year during the month of October. This year we are unable to hold face-to-face events, however we have put together a range of free online events for our seniors. Below are just two of the events we have on. All events can be found in the September and October editions of the *Glen Eira News*.

We encourage all senior residents who have access to the internet to give it a go.

If you have an email address, we can send you the link and an event reminder on the day of events. Contact seniorsfestival@gleneira.vic.gov.au and include your name and phone number.

Back to the 20s — Tuesday 6 October 6pm–7pm

Now that we're back in the 20s again, it's time to scrub up on the decadent fashion of the liberated flappers and their Oxford bag, boater-wearing beaus!

Join Nicole Jenkins — costumer, collector, Circa Vintager and award-winning author of the books *Love Vintage* and *Style is Eternal* for a whirlwind fashion ride through the most exciting of decades.



Bookings essential. Go to www.gleneira.vic.gov.au/seniorsfestival and find the booking link on the page. Participants will be emailed the link to the session on the day of the event.

Please note: this live session is not available to watch after the event.

Melodies for Seniors — Friday 16 October at 2pm

Make a cuppa, get comfy on your couch and join the fabulous Jennifer Lee, David Gould, Sandi Dodd and Brendan Scott for more than an hour of wonderful toe-tapping music.

All these great performers have appeared in many of our *Seniors Festival* concerts over the years and they are back to entertain you in your lounge room.

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



To watch this event: go to www.gleneira.vic.gov.au/seniorsfestival and follow the link or 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.

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 and 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.

Celebrate the Art of Erica McGilchrist is now available to watch on YouTube

On Sunday 6 September Council's Gallery Curator Diane Soumilas had an engaging conversation about the art of Erica McGilchrist (1926–2014) and her important contribution to Australian art with Linda Short, a Curator at State Library Victoria and Norman Rosenblatt, a collector of Australian art.

Erica was a local resident who explored environmental, feminist and humanitarian themes in her creative practice. To watch this wonderful online event type Glen Eira City Council YouTube into google. The video will be on the homepage.



Your Story — continued from page one

What kind of material would Council like to see for the Your Story project?

- How are you communicating with your family members, loved ones and friends? Have you had any funny or interesting video call catch-ups?
- What has been the biggest challenge for you?
- Have you been writing or keeping a journal? Would you like to share some of your words?
- Have you seen any acts of kindness in your community?
- Have you connected more with neighbours? Tell us how.

Email your submission to yourstories@gleneira.vic.gov.au or mail to 'Your Stories COVID-19 Collecting Project' c/o Community Wellbeing customer support officer PO Box 42 Caulfield South 3162.

Are you feeling isolated during COVID-19?

If you're feeling lonely or isolated due to the COVID-19 pandemic or you're self-isolating due to age or health conditions, you can access social, emotional or practical support via the Community Activation and Social Isolation (CASI) initiative. Support might include wellbeing check-ins, assistance with technology and collecting items from shops.

To access this service, call Victoria's COVID-19 hotline on 1800 675 398 and choose option 3, or call our Covid-19 Hotline directly on 9524 3733.

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 around our response to the pandemic.

The Hotline is available:

- Monday to Friday 8am-5.30pm (Tuesdays till 7.15pm)
- Weekends 9am – 5pm

Taking care of yourself

Dementia Week — 21 September–27 September

In 2020 there are an estimated 459,000 Australians living with dementia. The National Dementia Helpline is a free service that provides information and advice to:

- people living with dementia;
- people concerned about changes to memory and thinking;
- people living with mild cognitive impairment (MCI); or
- family, friends and carers of people living with dementia.

In addition to sharing information and advice, the team can connect people to Dementia Australia and community support services and programs. The National Dementia Helpline can be accessed via phone on 1800 100 500, online at dementia.org.au/helpline/webchat and email at helpline@dementia.org.au.

Test your brain

How many words can you make out of spring?

We have found 30.

How many words can you make out of garden?

We have found 39.



Spring in the garden with Margaret

Thanks again to Glen Eira resident Margaret, who has once again very kindly provided some gardening tips. Taking care of your garden can be a never-ending source of pleasure and healthy exercise. Gardening can be good for the body and the soul.

- Bulbs give a great display with a mix of early, mid and late flowering bulbs. Jonquils are first followed by freesias, daffodils and tulips. Then a range of colourful bulbs such as babiana, ixias, lachenalias, and bluebells follow.
- Apply fertiliser to daffodils and tulips as the flowers fade until the foliage yellows. This ensures good blooms next year.
- Feed azaleas, camellias and magnolias with a plant food formulated for acid-loving plants.
- As flowering finishes, prune camellias to the shape and height required.
- If the fungal disease of black spot infects your roses over summer, a good organic spray is one part full cream milk to nine parts water. Spray fortnightly as a preventative.
- Perennials such as shasta daisies, day lilies, phlox and coreopsis can all be divided now. Chrysanthemum plants should be lifted. Replant the new side shoots only.
- Never underestimate the value of geraniums and pelargoniums. There are many varieties to choose from, both old fashioned and new hybrids. Tip cuttings taken now are easy to propagate, grow in most soil types and do not require heavy feeding or watering.
- Annuals to plant now for summer flowering include petunias, zinnias, marigolds, cosmos and salvias.
- For the vegetable patch, plant lettuce, beetroot, spring onions, silver beet and carrots.

Department stores of yesteryear — part four

It seems appropriate to finish with the Myer Emporium, which we all know has become an institution in our city. Sidney Myer arrived in Melbourne as a penniless 21-year-old from Russia. He and his brother opened their first small drapery store in Bendigo in 1900. In 1911 Sidney bought adjoining properties on Bourke Street and the Myer Emporium was born.

Sidney Myer was known for his ethical approach to employment, and during times of financial strain like the Great Depression, instead of reducing numbers of employees, he lowered wages and increased the number of staff to offer as many people as possible the security of employment. Sidney Myer died suddenly in 1934.

The Mural Hall, a dining hall for 1,000 people and a venue for fashion parades and performances, was completed in 1933, as part of the sixth floor which was set aside for dining. Just before his death, Sidney Myer commissioned artist Napier Waller to design a mural celebrating famous women. Considering that a large percentage of Myer patrons are women, the mural can be viewed as a tribute to those shoppers who spent their time at the store. Did you ever visit the Mural Hall?

For many years Myer Emporium sales have drawn big crowds, as can be seen in this picture from the late 1930s. Many of us will have memories of the Boxing Day sales and the mad rush as the doors opened.

In 1956 to coincide with the Olympic Games in Melbourne, the first Myer Christmas windows went on display in the Bourke Street store. The Christmas windows were the brainchild of Fred Asmussen (1913–1974). Fred convinced management to allow him to create a grand Christmas display — where the use of merchandise was minimal — when Christmas was a prime selling time for retailers. The response to the windows was overwhelming, and Fred was given a hefty budget and the task of creating a series of six windows for the following November. Current world events often influenced the theme — in 1962 the theme was Santa goes to Space, with Santa appearing in a silver space suit and a perspex bubble helmet on his head. They have become part of the Melbourne Christmas tradition. What are your memories of visiting the Myer windows in the early years?

Let's finish with this fabulous 1936 quote from Norman Myer:

“Our close contact with the actual consumers enables us to form a fairly true idea of what they really want and how much they are prepared to pay for it. That is as far as it is humanly possible for mankind ever to know what women really want!”



Crowd of shoppers outside Myer, c. 1930s
Reproduced from S. Barber, *Your Store Myer: The story of Australia's Leading Department Store*, 2008.

Keeping fit — your brain

The saying ‘use it or lose it’ applies not only to our physical health but also to our cognitive health. In addition to following healthy lifestyle habits, such as eating a well-balanced diet and exercising regularly, you can keep your mind and memory sharp with brain training exercises. Here are a few things you can do to get the brain working and fit. Don’t forget to keep doing the exercises from edition 8 — they are good ones for challenging the brain.

Test your recall

Make a list — grocery items, things to do, or anything else that comes to mind — and memorise it. An hour or so later, see how many items you can recall. Make the list as challenging as possible for the greatest mental stimulation.

Refine your hand-eye co-ordination

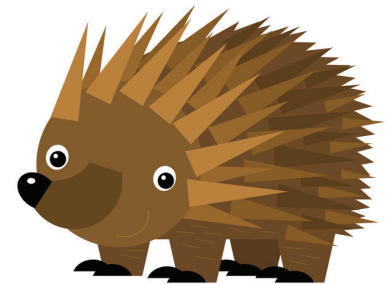
Take up a new hobby that involves fine motor skills, such as knitting, drawing, painting, or assembling a puzzle. Research has shown that doing jigsaw puzzles recruits multiple cognitive abilities. When putting together a jigsaw puzzle, you have to look at different pieces and figure out where they fit within the larger picture. A great way to challenge and exercise your brain.

Use your brain wisely

Take advantage of products such as calendars, planners, shopping lists and address books to organise all of your static information instead of constantly trying to remember key dates and items. Designate a place in your home where you will place common items such as your purse, wallet or keys. Clearing your mind of this routine information will leave space to retain new information.

Four Fun Facts — echidnas

1. A baby echidna is called a puggle.
2. During the mating season echidnas form a line known as an ‘echidna train’, with the female leading followed by up to 10 males. A smaller, younger male is often at the rear.
3. When the female is finally ready to mate, the males dig a trench in the ground around her. The males compete for mating honours by pushing each other out of the trench. The last one remaining gets to mate with the female.
4. This unique animal was actually named after Echidna — a creature from Greek mythology that was renowned as the ‘mother of monsters.’



Answer to how many words in spring

in, is, pi, sin, sip, rip, sir, nip, pig, gin, rig, pin, grip, pins, sign, rips, ring, ping, grin, spin, snip, sing, nips, rigs, pigs, pings, rings, spring, grips, grins.

Answer to how many words in garden.

an, Ed, ad, age, nag, dag, rag, ran, and, red, erg, era, gad, ear, end, den, are, gear, gran, rend, near, nerd, rage, rand, rang, read, grad, darn, dear, earn, dean, drag, aged, dare, anger, grade, raged, range, grand.