

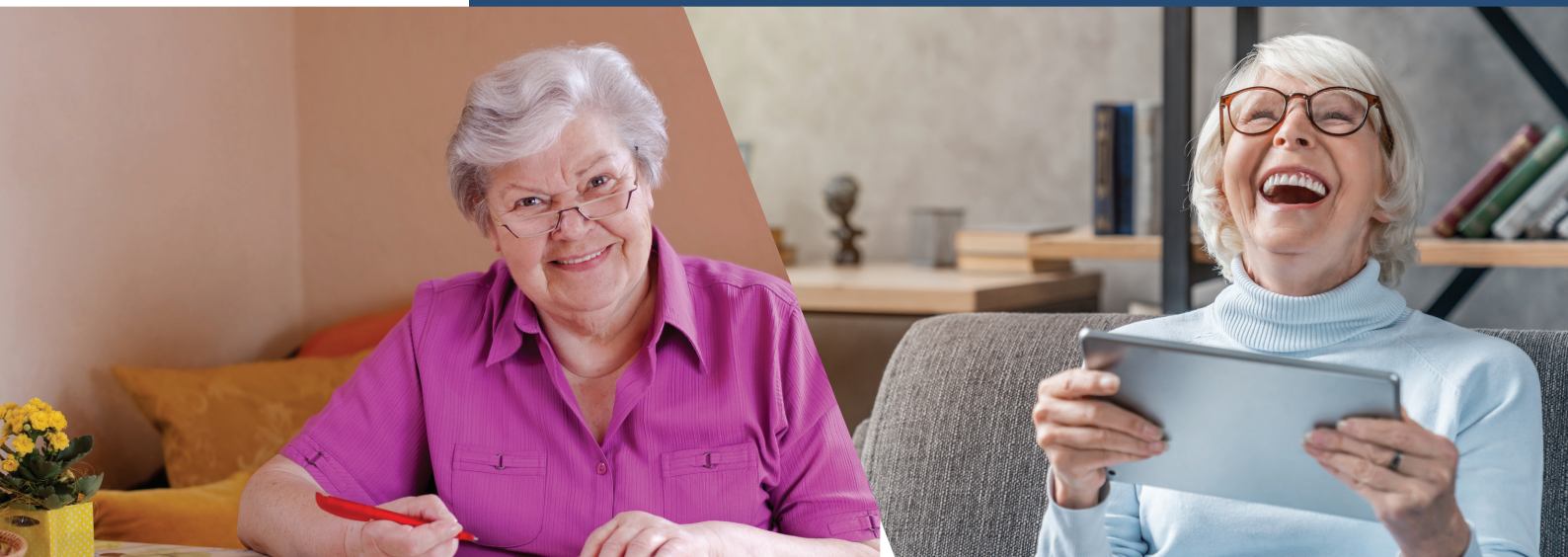


GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 14

5 OCTOBER 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.

Seniors Festival online 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 that we hope you will enjoy.

All events can be found in the October edition of the *Glen Eira News*. We encourage all senior residents who have access to the internet to give it a go!

Sit back, relax and enjoy the events from your lounge room.

See page 2 for more details.

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



Council services

Seniors Festival online in October

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 address. Below are just three of the many fabulous events coming up. To watch them, go to www.gleneira.vic.gov.au/seniorsfestival and follow the link. These events will also be available after the event if you miss it.

Melodies for Seniors — Friday 16 October at 2pm–3.15pm

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

These great performers have appeared in many of our *Seniors Festival* concerts over the years and 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.

Friday evening with Jane — Friday 23 October at 6.30pm

What a great way to spend a Friday evening. Make a cuppa or pour a glass of wine, sit back relax and join the delightful Jane Clifton as she takes a journey back through her fascinating life and what she is up to now.

Jane Clifton is an actress, singer, writer and registered marriage celebrant. Jane has also managed to carve out a five-decade-long show-business career. She has performed in stage roles, made top 10 singles, written three crime novels and a memoir.

Jane will always be best remembered for a role she played 40 years ago: Margo in *Prisoner: Cell-Block H*.

Indigenous inter-generational storytelling with Auntie Fay Stewart-Muir

Thursday 29 October at 10am

Join us for a very special storytelling event. You can watch on your own or with your grandchildren as this is perfect for all ages.

Auntie Fay Stewart-Muir, an elder of the Boon Wurrung, Wamba Wamba and Wergiai clans, is an author and educator who was recently inducted into the Victorian Honour Roll of Women. Auntie Fay is particularly passionate about working with children to share culture, language and knowledge, and provide an opportunity to learn about First Nations' culture and history from a First Nations' perspective.



Zoom online activities for seniors

If you are interested in joining in these activities and would like to know more email socialsupport@gleneira.vic.gov.au and include your name, address and phone number.

Activity Pack now available

The October Activity Pack is full of fun things to do, to enjoy and to challenge your mind and is now available by contacting the Council's social support team leader on 9524 3333.

Victoria to Beatrice — Monday 26 October at 6pm

Join Glen Eira Libraries for an online event with Nicole Jenkins as she guides us through the history and impact of British royal wedding gowns over the last 170 years. These pieces reveal details about the women who wore them, their status and future roles and changed the way we celebrate our own marriages.

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

Participants will be sent a link on the day by email.

Glen Eira Libraries Home Library Service is back!

The Home Library Service is back and will bring books and other materials right to your front door. Contact Council's Home Library Service co-ordinator on 9524 3684 or email homelibraryservice@gleneria.vic.gov.au

Glen Eira City Council COVID-19 HOTLINE 9524 3733

The Hotline is available:

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

Spring word search

A	C	Z	X	S	L	A	T	A	D	G	H	M	L	A
B	A	B	I	E	S	S	A	S	S	V	G	R	O	W
V	I	X	Z	X	E	X	M	J	W	G	Q	A	S	Q
S	P	R	I	N	G	T	I	M	E	X	Z	I	P	V
O	F	V	T	L	K	J	H	G	F	D	S	N	R	Z
I	B	N	F	H	Q	W	B	L	O	O	M	W	O	D
L	C	X	L	S	P	I	L	U	T	Y	T	R	U	V
V	O	C	O	S	X	Q	O	U	G	M	N	F	T	X
R	F	V	W	F	R	S	S	A	R	G	F	V	F	R
Z	E	O	E	X	E	D	S	O	X	O	O	G	H	C
F	O	Z	R	C	A	W	O	A	D	X	A	V	B	A
P	D	W	S	W	C	A	M	I	S	B	L	U	B	A
F	Z	A	W	B	M	A	L	T	Q	Z	X	I	R	X

Find the following:
Springtime,
Tulips,
Love,
Soil,
Babies,
Blossom,
Rain,
Flowers,
Bloom,
Lamb,
Foal,
Swoop,
Birth,
Egg,
Grow,
Nest,
Bulbs,
Grass,
Sprout

Taking care of yourself

Breast Cancer Awareness month — October

This month is *Breast Cancer Awareness Month* and helps remind us that finding breast cancer early provides the best chance of surviving the disease. Remember, you don't need to be an expert or use a special technique to check your breasts. Changes to look for include:

- A new lump or lumpiness, especially if it's only in one breast.
- A change in the size or shape of your breast.
- A change to the nipple, such as crusting, ulcer, redness or inversion.
- A nipple discharge that occurs without squeezing.
- A change in the skin of your breast such as redness or dimpling.
- An unusual pain that doesn't go away.

Most changes aren't due to breast cancer, but it's important to see your doctor without delay if you notice any of these changes.

National Carers Week — 11 October–17 October

Did you know that more than 700,000 Victorians are carers? This means they provide unpaid care and support to family members and friends with a disability, mental illness, chronic health issue or age-related condition. They are relatives and friends who assist with a variety of personal care, health care, transport, household and other activities.

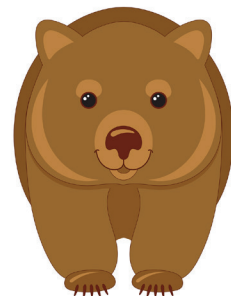
Many people with a caring role do not identify as carers and do not access information, services and support. To the many carers in our community — thank you. If you or someone you know is a carer and would like more advice or support, you can contact Carers Victoria at www.carersvictoria.org.au or call 1800 514 845. You can also visit the Carers Gateway at www.carergateway.gov.au or call them on 1800 422 737.

Due to Covid-19 restrictions, we cannot celebrate *Carers Week* together in person this year. However, we will be offering a range of online activities. If you are a carer and would like to know more about these activities, please contact Glen Eira City Council's Carer Support Services project officer on 9524 3333 or email them at carersupport@gleneira.vic.gov.au

If you are a carer and don't have email or internet, we would still like to hear from you. We can provide support over the phone, and as restrictions ease, Council will be planning more social activities for carers to connect in the community.

World Wombat Day — October 22

1. A group of wombats is called a wisdom of wombats.
2. Wombats are famous for doing cubed-shaped poo — they pump out about 100 of these a day. This is due to a very slow digestive process.
3. Though wombats have short legs they can run up to 40 km/ph.
4. A wombat's bum is filled with hard cartilage. When attacked, it runs into a burrow and sticks its bum out. This absorbs any damage and prevents it from being eaten.



Celebrating local resident Erica McGilchrist (1926–2014)

Erica McGilchrist was born in Mt Gambier in 1926. A young Erica took classes and danced with Les Ballets Contemporains in Adelaide and later with the Modern Dance Company in Melbourne. Paralleling this interest were art classes which she began at aged 10. In 1946 she graduated from Adelaide Teachers College, but within two years had given up teaching to go to Melbourne to dance. Soon art won out over dance and she held her first of many exhibitions in 1951.

In 1958 Erica was awarded the *Helena Rubinstein Mural Prize* and her mural was installed at the Women's University College in Melbourne. She also held the first art therapy sessions at Kew Mental Hospital in the early 1950s and painted sets and costumes for the Ballet Guild. In 1960 Erica pursued postgraduate work in Munich at the Akademie der Bildenden Künste due to a grant. She then held exhibitions in Munich and London.

In 1967 Erica was the first woman to be commissioned to design a Christmas stamp. In 1979 11 artists, including Erica, were commissioned to each decorate a tram. Her tram, no. 497 was designed on a patchwork quilt in folk art style, and represented patches of cloth stitched together. Her design paid homage to the contributions of women and of migrant peoples to our culture.

Erica was a highly regarded artist as well as an educator, environmentalist and activist for women's art, co-founding the Women's Art Register in 1975.

Erica's work is well represented in Council's art collection, after she donated more than 70 artworks in 2001. These works include paintings, drawings and textiles that feature the environmental, feminist and humanitarian themes she explored. In 1995 Caulfield Arts Complex held an exhibition of her work and a retrospective was also held at Heide Museum of Modern Art in 2014. Her 1970 work *Trio*, from the *Enigmas* series, is considered a major painting in her career.

Erica held more than 40 solo exhibitions. In 1992 she received the *Medal of the Order of Australia* for her contributions to women's art. She lived and worked from a studio in Caulfield for more than 40 years. Erica McGilchrist died on 9 May 2014.



Image: Erica McGilchrist
Trio 1970 from the series *Enigmas*
Synthetic polymer paint on canvas
152.5 x 100 cm, Glen Eira City Council
Art Collection courtesy of the
Estate of Erica McGilchrist.



Image: Erica McGilchrist, *Nature Strip No 11* 1976 Synthetic polymer paint on canvas, 122 x 488 cm overall
Glen Eira City Council Art Collection, gift of Erica McGilchrist 1989, courtesy of the Estate of Erica McGilchrist.

Keeping fit — your hands and arthritis

12 October is *World Arthritis Day* and as many of us know the hands can be one of the most affected areas. In edition 11 we looked at some exercises for the hands. Here are three more to add to your workout.

Make an 'O'

1. Start with your left hand out and fingers straight.
2. Curve all of fingers inward until they touch your thumb, forming an 'O'.
3. Hold this position for a few seconds, then straighten your fingers again.
4. Repeat this exercise a few times a day on each hand. Do this stretch whenever your hands feel achy or stiff.

Thumb bend

1. First, hold your left hand out with all your fingers straight.
2. Bend your thumb inward toward your palm.
3. Try to stretch for the bottom of your pinky finger with your thumb. If you can't reach your pinky, don't worry. Just stretch your thumb as far as you can.
4. Hold the position for a second or two, then return your thumb to the starting position.
5. Repeat 10 times. Then do the exercise with your right hand.

Finger bends

1. Start by holding your left hand out with all your fingers straight.
2. Bend thumb down towards your palm. Hold for three seconds then straighten thumb back up.
3. Bend your index finger down toward your palm. Hold three seconds then straighten.
4. Continue with each finger on left hand and then repeat entire sequence on right hand.

Answer to word search spring

A	C	Z	X	S	L	A	T	A	D	G	H	M	L	A
B	A	B	I	E	S	S	A	S	S	V	G	R	O	W
V	I	X	Z	X	E	X	M	J	W	G	Q	A	S	Q
S	P	R	I	N	G	T	I	M	E	X	Z	I	P	V
O	F	V	T	L	K	J	H	G	F	D	S	N	R	Z
I	B	N	F	H	Q	W	B	L	O	O	M	W	O	D
L	C	X	L	S	P	I	L	U	T	Y	T	R	U	V
V	O	C	O	S	X	Q	O	U	G	M	N	F	T	X
R	F	V	W	F	R	S	S	A	R	G	F	V	F	R
Z	E	O	E	X	E	D	S	O	X	O	O	G	H	C
F	O	Z	R	C	A	W	O	A	D	X	A	V	B	A
P	D	W	S	W	C	A	M	I	S	B	L	U	B	A
F	Z	A	W	B	M	A	L	T	Q	Z	X	I	R	X