



GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 16

2 NOVEMBER 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.

## World Kindness Day — 13 November

Friday 13 November is *World Kindness Day*. The mission of the World Kindness Movement and *World Kindness Day* is to create a kinder world by inspiring individuals and nations towards greater kindness.

*World Kindness Day* is a great reminder that reaching out to give and receive kindness — especially during difficult times — can be uplifting.

What small things can you do?

Calling a friend, dropping a friendly note in a neighbour's letterbox, smiling at a shop assistant or saying hello to someone walking by are all small acts of kindness we can all try.

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



We are getting  
through this together

## Council services

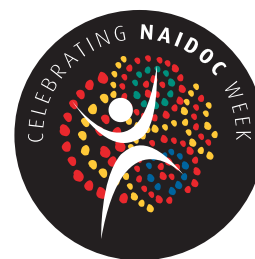
### NAIDOC Week 8–15 November — what does it mean to be an Elder?

NAIDOC Week is a chance for all Australians to celebrate the history, culture and achievements of Indigenous peoples. In Aboriginal and Torres Strait Islander culture Elders are held in high esteem and are usually addressed as Uncle or Aunty as terms of respect. However, it is not about age, it symbolises a lifetime of working for your community.

Glen Eira's *Volunteer of the Year 2020* Mary Torpy was recognised for her community work of more than 30 years. Mary is a perfect example of someone who would be referred to as 'Aunty' in an Indigenous community.

In Glen Eira, we acknowledge Aunty Carolyn Briggs from the Boon Wurrung, the Traditional Owners of the land Glen Eira now sits upon, as a respected Elder. Aunty Carolyn has worked passionately to recover and share cultural knowledge with present and future generations. In 2011, her achievements were recognised with a *Female Elder of the Year* award and in 2017 with her induction into the Victorian Aboriginal Honour Roll.

This year's NAIDOC theme — *Always Was, Always Will Be* — recognises that First Nations people have cared for this continent for more than 65,000 years.



**Always Was,  
Always Will Be.**

**8-15 NOV 2020**

### Melodies for Seniors — Friday 13 November at 2pm–3pm

Make a cuppa, get comfy on your couch and join fabulous vocalists Jennifer Lee and Paul Hogan for an hour of wonderful toe-tapping music.

With a show full of songs you know and love, including some by Connie Francis and Bobby Darin, you can sing along 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. If you would like the direct link emailed to you please contact Council's community wellbeing customer support officer on 9524 3333.



### They Shot Phar Lap, Didn't They? — Wednesday 18 November at 7pm–8pm

Phar Lap's 1930 *Melbourne Cup* campaign triggered extraordinary excitement across Australia, but it also spooked bookmakers. Rumours were swirling — would Phar Lap be stopped, whatever the cost?

Join racing historian and co-author of *They Shot Phar Lap, Didn't They?* Geoff Armstrong for a deep dive into the mayhem and intrigue surrounding Phar Lap's 1930 campaign and why a quiet suburban street in Caulfield was at the centre of the action.

Bookings are essential for this online event at [www.library.gleneira.vic.gov.au](http://www.library.gleneira.vic.gov.au)

When booking, press the purchase button when asked to continue. You will not be charged. Participants will be emailed the link to the session on the day of the event.

## Glen Eira Virtual Coffee with a Cop — Wednesday 25 November 7pm–8pm

Victoria Police and Council invite residents to take part in the third session of the new virtual series of *Coffee with a Cop*. Traditionally an informal face-to-face chat with the community, these events are now being delivered virtually to ensure police continue to be able to engage with local community members whilst keeping the community COVID safe.

The interactive Q&A series will be hosted by Glen Eira's Local Area Commander Inspector Katriona Kelly. An expert panel from Victoria Police, Council and local community safety partners will discuss current Glen Eira community safety partnership initiatives, including the new *Living Safely Program* and how Glen Eira can continue to be proactive about crime prevention through the fostering of positive and collaborative relationships between Victoria Police, Council and the community.

Listeners will also have the opportunity to ask guest speakers their questions anonymously on community policing or any other community safety topic in a relaxed and informal setting from the comfort of their own homes.

To book, visit <https://www.trybooking.com/BLTGS>



## Seniors Festival on DVD

Glen Eira City Council is looking to provide a limited number of free *Seniors Festival* DVDs to residents who were unable to watch the events online. The DVD would include *Melodies for Seniors — The Show Must Go On*, *An Evening with Jane* and some other festival events.

If you do not have access to the internet and would enjoy watching the festival on a DVD please contact Council's community wellbeing customer support officer on 9524 3333 to make your request. Requests close Friday 11 December.

## November Activity Pack now available

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

## Annual Report

Our *2019–20 Annual Report* is now live. This year we have highlighted some of our achievements and strategic work including our COVID–19 response and recovery; the development of Glen Eira's Community Vision; new active spaces in Glen Eira; and helping businesses go plastic-free. Check it out here: <https://annualreport2019-20.gleneira.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



## Taking care of yourself

### Movember — Men's health awareness month

The Movember Foundation is a worldwide charity which focuses its funding on three core areas which are major health issues facing men: prostate cancer, testicular cancer, mental health and suicide prevention.

While you may not want to grow a moustache or beard for charity, November is a good time to remind our senior male readers if you have any concerns about your health to speak to your medical practitioner. If it has been more than 12 months since a check-up, it's time to make that overdue appointment.

### World Diabetes Day — 14 October

As we get older, maintaining healthy eating habits can be challenging. The dietary needs of older people with diabetes are generally no different to those of other older people. Healthy eating can help you manage your blood glucose levels, cholesterol and blood pressure. It is important to eat a variety of nutritious foods and be as active as you can. Try to keep your weight stable and remember to drink plenty of fluids every day, preferably water.

The easy recipe below is from *Eating Healthy*: a guide for older people living with diabetes.

#### Salmon pasta for one

Ingredients:

- 90g spaghetti or other dried pasta
- ½ cup frozen peas
- 100g smoked salmon cut into pieces
- 1 tablespoon olive oil
- dill and basil leaves, chopped (optional)
- 1 tablespoon grated parmesan
- 1 handful of rocket or baby spinach

#### Method:

1. Cook pasta according to packet directions and drain.
2. Microwave peas for two minutes or until cooked through, then drain.
3. Toss pasta with salmon, peas and herbs. Mix olive oil through. Top with parmesan and serve with rocket or baby spinach.

Note: this dish is also delicious with pan-fried fresh salmon, tinned salmon or tuna.

### Music Trivia

1. On 27 January 1956 RCA Records released the first song by Elvis Presley that would become a number one hit in four countries. What was the name of the song?
2. *What a Wonderful World* was first released by Louis Armstrong in 1967. It was re-released in 1988 after featuring in a movie starring Robin Williams. What is the name of the movie?
3. Which famous musical team wrote the music and story for *Carousel*?
4. *American Patrol* was a famous march written in 1882. In 1942 it was recorded as a swing version by which orchestra?
5. *It's Impossible* was first written and recorded by Mexican songwriter Armando Manzanero in 1968. In 1970 it was translated into English and become a hit for which American singer?

## They're racing at Flemington

When the first *Melbourne Cup* was held in 1861 *The Age* described it as “... a carnival atmosphere prevailed with women in bonnets and full skirts, men in beaver hats and frock coats”. In the crowd “... there were men wearing cabbage-tree hats and sporting bushy beards; settlers in moleskins, or leggings and boots; and diggers from Ballarat who stood out in their red shirts.”

The first *Melbourne Cup* was won by Archer. Archer won again in 1862, therefore making it the first horse to win two *Melbourne Cups*.

The 1866 *Melbourne Cup* was presented to ‘Honest’ John Tait, owner and trainer of The Barb. This was Australia’s first great champion, winning 16 of 23 races. The moniker ‘Honest’ John may reflect the high regard Tait was held, or even a hint of irony. In 1868, Tait won the *Cup* with his second-string horse Glencoe, whom he had backed heavily at good odds before scratching his more fancied champion, The Barb.

The legendary Phar Lap won his first *Melbourne Cup* in 1930 as the shortest priced favourite in history and the only favourite to win at ‘odds on.’ Phar Lap won easily, despite carrying a weight of 62.6kg. In 1931 the extraordinary weight of 68kg proved too much and he finished eighth. Compare that against the great Makybe Diva when she won her third *Cup* in 2005 carrying 58kg.

Since the first horse thundered down the straight at Flemington, women have been matching handbags to shoes, and holding hats with one hand to save them from the Melbourne spring weather. The ladies have paraded about The Lawn in everything from crinoline cages to brief miniskirts. *Fashions on the Field* began as a competition in 1962 to attract more women to the races and hopeful entrants were enticed by a generous prize pool of 7,000 pounds. They could enter in two categories: outfits under 30 pounds and outfits more than 50 pounds.

For some time, *Melbourne Cup Day* has been a day for women to push the fashion envelope. Many of us will remember when English model Jean Shrimpton wore the famous sleeveless shift dress and left Melbourne’s elite gasping in disbelief at *Derby Day* in 1965. Many were shocked the dress sat above the knee and no gloves and hat were to be seen. She did however wear a jacket and hat on *Cup Day*.



*The Lawn at Flemington Melbourne Cup Day 1887*  
Kahler, Carl, 1856-1906, artist. State Library of Victoria.



*Melbourne Cup Day 1920*, Bruce Howard Collection, National Library of Australia.



*Melbourne Cup Day 1948*, National Library of Australia.

## Keeping fit — adding weights

You don't need to buy expensive equipment to get started with weights. Items in the house you could use are: bottles filled with water, cans of food and packets of spaghetti. These will be around 500g, but will be a start to increasing the workload for your muscles. Get two weights — one for each hand. Sit tall in your chair with both feet flat on floor for all exercises.

### Bicep curls (both arms at same time)

1. Place both arms down by your side (with weight in each hand, palms forward).
2. Bend both arms so hands come towards and close to your shoulders.
3. Return arms down by your side.
4. Repeat 8-10 times.

Note: shoulders and elbows do not move and elbows stay down and close to body.

### Forward arm movements (shoulder height)

1. Place both arms by your side, with a weight in each hand.
2. Take the right arm forward to shoulder height then return.
3. Take the left arm forward to shoulder height then return.
4. Repeat eight times.

### Overhead press — one arm at a time

1. Place right hand near shoulders palms facing forward weight in hand.
2. Raise arm up until straight overhead. Breathe in on upward movement.
3. Lower arm to starting position. Breathe out on downward movement.
4. Repeat eight times on right arm. Repeat on left arm.

Note: work at steady pace. If you are unable to take arms up go forward.

## Garden of Friendship

*When I feel a bit lonely or just a bit low  
To lighten my spirit, out gardening I go.  
It's a garden of friendship each plant that I tend  
Reminds me of someone and each one a friend.  
When I gaze on the beauty, friends' faces I see  
And think of the plants they have given to me.  
The bulbs and the seedlings, the cuttings and all  
If it wasn't for friends, I'd have no garden at all.  
In my garden of friendship, amidst colour and scent  
My friends are all with me and I am content.*



Thank you to June for this lovely poem written by her friend Valerie.

### Music Trivia answers

1. Heartbreak Hotel
2. Good Morning Vietnam
3. Richard Rodgers and Oscar Hammerstein II
4. Glen Miller and his Orchestra
5. Perry Como