



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 18

30 NOVEMBER 2020

HEALTHY AGEING



We hope you have been enjoying the *Healthy Ageing* newsletters each fortnight and found them full of information, tips and activities that are keeping you active in mind and body during this pandemic. We have aimed to stay connected to you during this time as we all made changes to stay socially connected.

Be Kind Glen Eira

With restrictions now easing and the weather on the improve many of the members of our seniors community will be starting to enjoy getting out and about again.

We have many wonderful parks that you can enjoy and they are great for catching up with friends or family.

We hope you will take the opportunity to venture to some of our local businesses that have struggled during this time. They need the support of our residents.

So, enjoy getting out and about if you can, however stay safe and well.

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

Melodies for Seniors — Friday 11 December at 2pm–3.15pm

We invite our senior residents to join us for some festive joy with *Melodies for Seniors — Sounds of the Season*. Make a cuppa, put your feet up and join the fabulous Jennifer Lee, Sandi Dodd and Brendan Scott for 75 minutes of wonderful toe tapping music.

Jennifer, Sandi and Brendan have appeared in many of our concerts and they are going to bring some festive cheer into your lounge room via our online show. With a show full of songs, you know and love, including some great festive standards you can sing along as loud as you want.



Jennifer, Sandi and Brendan have appeared in many of our concerts and they are going to bring some festive cheer into your lounge room via our online show. With a show full of songs, you know and love, including some great festive standards 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 our community wellbeing customer support officer on **9524 3333**.

December Activity Pack now available

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

Zoom online activities for seniors

If you are interested in joining in these activities and would like to know more send us your email address to socialsupport@gleneira.vic.gov.au Activities include Tai Chi and music therapy. Please include your name, address and phone number. Please note bookings may be required for some activities.

Seniors Festival on DVD

We are looking to provide a limited number of free *Seniors Festival* DVDs to residents who were unable to watch the *Festival* online. The DVD will include *Melodies for Seniors — The Show Must Go On*, *An Evening with Jane* and some other *Festival* events.

If you know a senior who does not have access to the internet and would enjoy watching the *Festival* on DVD, please contact our community wellbeing customer support officer on 9524 3333 to make your request. Requests close Friday 11 December.

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.

Council services

Living Safely Program

We understand that feeling safe and secure in our homes, streets and public places is important and contributes to the building of strong, resilient communities. Glen Eira enjoys a high level of community safety, with the fourth lowest rate of crime in Greater Melbourne during 2019.

In November, we launched the *Glen Eira Living Safely Program* to help residents enhance the security of their homes and cars. In partnership with Victoria Police, Neighbourhood Watch and the Glen Eira Neighbourhood House Network, the *Program* provides residents with a *Crime Prevention Kit* of practical tools and information on how to improve their home and car security practices. The *Kit* includes our Home Security Checklist to help residents identify potential issues and increase the security in and around their homes, and a wheelie bin sticker with the *Program's* crime prevention messaging: “We Watch Out”, “We Lock Up” to remind residents and their neighbours to lock their houses and cars in order to deter opportunistic thieves.

To find out more about the *Program* and how to order your free *Crime Prevention Kit*, please visit **www.gleneira.vic.gov.au/crimeprevention** or contact our community wellbeing customer support officer on 9524 3333.

Community Ambassadors — connecting our community

COVID-19 has been difficult for many of us and restrictions on movement and activity meant that many people have experienced high levels of social isolation. For those residents without close friends or family — or without access to the internet — it has been even harder to stay connected and access support and information. We have now employed several community ambassadors as part of our participation in the Working for Victoria initiative to work as part of COVID-19 response team to help support these residents.

These team members will be out and about in the community, visiting some of our facilities, parks and local shopping precincts. Working in teams, they will provide information to support community members who may have been impacted by the current pandemic, connecting them with services and support that might be beneficial to them. As restrictions continue to ease, ambassadors will also be providing information about local activities and events available in Glen Eira.

For further information, contact Council's Service Centre on 9524 3333.

International Day of People with Disability — 3 December

The 2020 campaign message gives us all something to think about on this day.

When you see someone with disability, what do you think?

Do you see joy, connection, people enjoying everything that life has to offer?

Do you see the achievement, physically, intellectually? Do you see a fulfilling career?

Beauty, talent, challenge the way you think disability.

See the ability in disability.

Taking care of yourself...

Thunderstorm asthma

During grass pollen season people may notice an increase in asthma and hay fever. Grass pollen season (October through December) also brings the chance of thunderstorm asthma. Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

Having good control of your asthma or hay fever can help reduce your risk of thunderstorm asthma. If you have a history of asthma or hay fever, or are experiencing wheezing, breathlessness, a feeling of tightness in the chest or a persistent cough, speak to your GP today about whether you might have asthma, and check if you should have an asthma reliever puffer—which is available from a pharmacy without a prescription.

Where possible avoid being outside during thunderstorms from October through December — especially in the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it onto recirculate.

Berries are delicious, full of goodness and in season.

Berries are some of the healthiest foods you can eat, as they are low in calories but high in fibre, Vitamin C and antioxidants.

Just think of all that nutrition in a bowl of berries!

Strawberries are one of the best sources of vitamin C with one cup providing 97 per cent of the minimum daily target. They are proven to reduce risk factors for heart disease and help control blood sugar.



One cup of raspberries provides over 50 per cent of the minimum daily target for Vitamin C. Raspberries also contain manganese and vitamin K, which both play a role in bone health. And they supply smaller amounts of Vitamins E and B, magnesium, copper, iron, and potassium.

Blueberries are popular berries that serve as a great source of vitamin K and good amounts of fibre, Vitamin C and the antioxidant anthocyanins.

Blackberries contain a wide array of nutrients including potassium, magnesium and calcium as well as Vitamins A, C, E and B. They are also a rich source of anthocyanins, powerful antioxidants that give blackberries their deep purple colour.

Sports trivia

1. In the 1970s Australian Cricket had three Chappell brothers who played first class cricket. Can you name all three brothers?
2. In the 1970s this female Australian tennis player became No 1 and in 1980 she was the first mother to win Wimbledon in 66 years. Can you name the player?
3. Can you name the captain of the Melbourne Football Club in 1960?
4. Kieren Perkins won Olympic Gold in 1992 and 1996 in what race?

Snapshots in time — our movie theatres

From the 1920s to the 1950s going to the movies was a very popular past time and local theatres were in abundance. In one of our early editions we talked about The Classic in Elsternwick so today we look at three more. Do you remember these?

The Renown in Elsternwick was built in 1916 and opened as the Phoebe Theatre with the very popular Hazel Dawn production *Niobe*, sourced through Paramount Pictures. Hoyts purchased the Phoebe Picture Theatre early in 1921 for £45,000. It was renamed the Renown. The grand reopening was on the evening of 1 June 1921. On the night Caulfield Mayor Cr Packer spokespoke glowingly of the extensive refurbishment and then officially declared the packed theatre open. In 1954 alterations were made to accommodate 20th Century Fox's big screen process CinemaScope. The theatre partially burnt down in 1970 and was demolished the following year.



Image courtesy National Film and Sound Archive
The Renown, Elsternwick.c.1940s.

The Bentleigh Theatre opened in May 1926 under the management of Mr Keil, screening two nights a week but by 1928 it was six nights a week. In early March 1930 the first talkie was shown. In 1933 the theatre was taken over by Hoyts. For the last two years it was managed by Roma Adams. The Theatre closed in June 1984 thus being the second last Hoyts suburban theatre to close. Some of the original façade still exists along Nicholson Street.



Photography by Lyle Fowler. Image courtesy State Library Victoria. Hoyts Bentleigh, corner Nicholson Street and Centre Road, Bentleigh. C.1940s.

The Camden Theatre opened in 1935 with RCA high-fidelity equipment. On the 28 October the *The Argus* Newspaper reported that "About 800 people, including workmen, who built the theatre, were present. The theatre which cost £28,000 can accommodate 1630 people. It was open to the public on Saturday. The current programme is *Naughty Marietta* and *Sequoia*."



Image: source unknown
Camden Cinema, Hawthorn Road, Caulfield South, 1962.

Do you remember those films? *Naughty Marietta* starred the popular musical duo Jeanette MacDonald and Nelson Eddy. The Theatre did have a renovation in 1953 however in 1962 it was sold to Brunswick Bowling Company.

Keeping fit — stretching

Do these stretches at the end of your workout when your muscles have warmed up. Sit tall in your chair with feet planted flat on the floor. Don't forget to breathe. Well done — keep up the good work.

Shoulder and arm forward and overhead stretch

1. Sitting up tall in your chair with your shoulders back and down.
2. Interlace your fingers and bring your arms forward at shoulder height stretching both arms.
3. Hold for 20 to 30 seconds then relax.
4. Interlace your fingers again and bring your arms up above your head stretching both arms. (If you find this difficult do the forward arm stretch only.)
5. Hold for 20 to 30 seconds then relax.

Lumbar flexion stretch

1. Sitting up tall in your chair with your shoulders back and down.
2. Place your feet slightly out in front of you flat on floor.
3. Place your hands on your knees. Slowly slide your hands down your legs all the way to your feet. (Or as close as you can go.)
4. Hold for 20 to 30 seconds and slowly slide your hands back up, returning to start position.

Hip flexion stretch (buttocks)

1. Sitting up tall with your shoulders back and down.
2. Lift right leg up to your chest, bending at the knee, and hug the leg with your hands.
3. Hold for 20 to 30 seconds and then return to start position.
4. Repeat stretch with left leg.

Note: Ensure your shoulders are back and down throughout the exercise.

Celebrating Hanukkah 10–18 December

The festive season has ARRIVED. This year Hanukkah is celebrated from the 10 to 18 December. Happy Hanukkah to all those who will be celebrating during this time.



Sports trivia answers:

1. Ian, Greg and Trevor
2. Yvonne Goolagong Cawley
3. Ron Barassi
4. 1,500 metres freestyle