



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 19

14 DECEMBER 2020

HEALTHY AGEING



We hope you have been enjoying our fortnightly *Healthy Ageing* newsletter. We have aimed to stay socially connected with you, with helpful tips and activities to keep you active in the mind and body during the pandemic.

As 2020 draws to a close, we hope it is a happy time for you and your family. Best wishes for the festive season. Stay healthy and safe.

Our last special edition of the *Healthy Ageing Newsletter* will be 28 December. Look out for lots of information on staying connected and keeping healthy, as well as what's happening locally in the *Glen Eira News* each month in 2021.

The *Healthy Ageing Special Edition* newsletters have been an opportunity to connect with you during this difficult year. The overwhelming positive feedback we have received has been most appreciated.

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



**We have got
through this together**

Council Services

Making connections — our Social Support Program

The satisfaction that comes from sharing a sense of connection is important for us all. During 2020, the importance of connecting for so many older people was even more evident when faced with continued isolation and loneliness.

Our *Social Support Program* is located at 118 Leila Road, Carnegie and is a wonderful opportunity for senior residents to make connections. In the new year we look forward to welcoming residents to join in a range of activities including strength training and chair-based exercises, art and craft, board games, discussions, musical entertainment and outings.

If you or someone you know would benefit from attending one of our groups, please contact us on 9524 3333 for further information.

Do you need support during the festive season?

This has been a difficult year as we know and for many as we approach the festive season, the feeling of isolation and loneliness can increase.

Our community ambassadors are here to support our residents during these times. If you or someone you know would like to chat with one of our community ambassadors, please contact us on 9524 3333.

Glen Eira City Council COVID-19 HOTLINE: 9524 3733

The hotline is available Monday to Friday, 8am to 5.30pm (Tuesdays until 7.15pm) and weekends, 9am to 5pm.

Please note: Council office holiday closures

Closes 3pm Thursday 24 December and opens at 8am on Tuesday 29 December.
Closes 3pm Thursday 31 December and opens at 8am on Monday 4 January 2021.

Melodies for Seniors — August to December available on YouTube

Our *Melodies for Seniors* events are still available to watch on YouTube. With shows full of songs you know and love, there is plenty to enjoy over the holiday period.

To watch these events, type **Glen Eira City Council YouTube** into Google. The videos will be on the homepage. If you would like the direct link emailed to you, contact our community wellbeing customer support officer on 9524 3333.



I'm older, I can

Let's create a society where people of all ages are valued and respected.

The Southern Melbourne Primary Care Partnership invites people over 60 to share things you 'can do' so we can change community expectations about what it means to get older.

Add your comment online at https://www.surveymonkey.com/r/web_positive_ageing

When your experiences are more visible to everyone, it counters assumptions about what older people can and cannot do. Positive attitudes to ageing are good for all of us.

By sharing your statements with the wider community, we can help to change expectations about what it means to get older — and work together to create a society where every person is valued, connected and respected, regardless of age and health.

Find out more about this project at www.facebook.com/ageingchallengeyourthinking

Did you know?

The greatest generation — those born in the 1920s and aged in their 90s today — have quietly become the fastest growing group of older people in Australia. The rate of people living to their 90s, nonagenarians has grown by 67 per cent in the past decade — much higher than any other ten-year age group over 60.

Festive season word search

Have fun and find the following words in the puzzle:

Presents, Santa, Reindeer, Snow, Elves, Angel, New Year, Lights, Sing, Gifts, Candles, Dasher, Hanukkah, Garland, Rudolf, Snowman, Chimney, Yule, Fun, Festive, Kiss, Happy, Carols, Hugs.

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Taking care of yourself

Dealing with the summer heat — Heat Wave Strategy

Heat affects everyone, so it's good to be prepared and understand what you can do to keep healthy and well during the hot weather.

During extreme heat, it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which should be treated immediately. Extreme heat can also make existing medical conditions worse.

Remember on days of extreme heat, it is important that you:

- Drink plenty of water even if you don't feel thirsty. If your doctor normally limits your fluids, check how much water to drink during hot weather.
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Keep your windows/doors closed to keep the cooler air inside your house, close your curtains and blinds to keep the sun out.
- Turn on your air conditioner or fan if you have one.
- Wear lightweight, loosely fitting clothes.
- Prepare for a power failure and ensure you have a torch. If you have a mobile phone, ensure that it is fully charged.
- Call someone if you begin to feel unwell and ask for help.
- Call NURSE-ON-CALL on **1300 60 60 24** for 24-hour health advice or call/see your doctor if you are unwell.
- In an emergency, call **Triple Zero**.

Stone fruit is now in season and full of nutrients

Peaches, nectarines, plums and apricots are some of the stone fruits at their best in summer. Full of nutrients, they can also be wonderful additions to salads and desserts.

Peaches are high in fibre, vitamins (in particular C and A), and also contain antioxidants which can help protect your body. They contain both soluble and insoluble fibre that contributes to smooth digestion and a lower risk of gut disorders.

Nectarines contain lots of vitamins and minerals including beta-Carotene, which the body can turn into vitamin A and in turn support the normal function of the immune system.

Plums are a good source of vitamin C and are high in anti-inflammatory antioxidants.

Apricots are packed with nutrients and may benefit your health by providing antioxidants and improving digestion. They are rich in vitamins C and A, and are also high in several B vitamins as well as E and K.



Did you know?

The Christmas tree

The Christmas tree tradition, as we know it today, is said to have come from Germany. In the 16th century, devout Christians brought decorated trees into their homes.

It is also believed that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree.

In 1846, Queen Victoria and Prince Albert were sketched in the *Illustrated London News*, standing with their children around a Christmas tree. Unlike the previous royal family Victoria was popular, and what was done at court immediately became fashionable — not only in Britain, but other parts of the world. The Christmas tree had arrived.



The Queen's Christmas Tree
Osbourne House Christmas
Tree illus. in Godey's Lady's
Book December 1850

In England, the fir and spruce are popular, while in Australia the pine is the Christmas tree of choice.

New year traditions around the world

Celebrating the new year has been happening for thousands of years — although it was not always on 31 December. It was Julius Caesar that instituted 1 January as the beginning of a new year.

In Australia, firework displays have very much become part of our tradition. The first official New Year's Eve fireworks display was in Sydney in 1976. The festivities have become more elaborate over the years from when we were kids, and bought crackers and sparklers to celebrate in the neighbourhood.



Around the world, there seems to be a strong connection with New Year's Eve to ward off bad spirits and bring good luck.

In Ecuador, to banish any ill fortune or bad things that happened in the past year, Ecuadorians set fire to scarecrows filled with paper at midnight on New Year's Eve.

The twelve grapes of luck is a Spanish tradition that consists of eating a grape with each clock bell strike at midnight to welcome the *new year*. Eating the 12 grapes leads to a year of good luck and prosperity according to tradition.

In Denmark, smashing plates against your friends front door is involved. You are very popular if you find a pile of broken plates on the doorstep after midnight. Apparently this brings good luck. So the more smashed plates, the more you'll get.

In Scotland, traditional gifts include a lump of coal to lovingly place on the host's fire, along with shortbread, a black bun and whisky to toast to a happy new year. Showing up empty handed is not only rude, but also bad luck.

In Japan, Buddhist temples ring their bells 108 times, 107 before midnight and one after to symbolize the 108 human sins in Buddhist belief and to get rid of the 108 worldly desires.

Keeping fit in the warmer weather

When you exercise in hot weather, keep these precautions in mind:

- **Watch the temperature.** Pay attention to weather forecasts and heat alerts.
- **Get acclimatised.** It can take one to two weeks to adapt to the heat of summer. As your body adapts to the heat over time, you can gradually increase the length and intensity of your workouts.
- **Know your fitness level.** If you're unfit or new to exercise, reduce your exercise intensity and take frequent breaks.
- **Drink plenty of fluids.** Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids.
- **Dress appropriately.** Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. If possible, wear a light-coloured, wide-brimmed hat and light-coloured clothing outside.
- **Avoid the midday sun.** Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas or do a water workout in a pool.
- **Wear sunscreen when outside.**
- **Understand your medical risks.** Certain medical conditions or medications can increase your risk of a heat-related illness. Talk to your doctor about precautions.

Festive season word search answers

Presents, Santa, Reindeer, Snow, Elves, Angel, New Year, Lights, Sing, Gifts, Candles, Dasher, Hanukkah, Garland, Rudolf, Snowman, Chimney, Yule, Fun, Festive, Kiss, Happy, Carols, Hugs.

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