



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 20

28 DECEMBER 2020

HEALTHY AGEING



We hope you have enjoyed the *Healthy Ageing Newsletters* each fortnight and found them full of information, tips and activities that kept 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.

This is the last special edition of the *Healthy Ageing Newsletter*. We hope you have enjoyed reading them during 2020.

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 except January.

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

May 2021 be a year full of happy times for all.



**We have got
through this together.**

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

Council services

Services to help you remain independent in your home

Council operates a range of services to help you remain living independently in your home. These services include: domestic assistance; personal care; unescorted shopping; delivered meals; and home maintenance. Contact Council's Service Centre on 9524 3333 for advice and information.

Making connections — Council's 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.

Council's *Social Support Program* based at 118 Leila Road, Carnegie 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 exercise, tai chi, 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 Social Support on 9524 3333 for further information.

Council's drop and collect bus service

Council operates a drop and collect bus service for residents to Bentleigh shopping centre. Residents can shop, catch up with a friend for coffee or perhaps visit the library at their leisure during the two-hour visit. If you would like further information on the door-to-door service, contact Social Support on 9524 3333.

If you are aged over 65, you may need to contact My Aged Care on 1800 200 422 for a referral on the above services.

The Gardens of Rippon Lea Estate still available to watch on YouTube

Gardening legend Jane Edmanson OAM chats with the National Trust's Gardens Manager Justin Buckley about why Rippon Lea Estate is truly one of a kind. In this special online event, Jane and Justin shared their unique insights into the environmental and historical significance of this much-loved suburban oasis. If you missed this wonderful event, you can still view it on Glen Eira City Council YouTube.

To watch this event: type Glen Eira City Council YouTube into Google. The video is on the homepage.

Glen Eira City Council COVID-19 HOTLINE 9524 3733

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

Taking care of yourself ...

Getting out and about again

After months of self-isolation during 2020 due to COVID-19, reconnecting with others is more important than ever, especially for older people. The physical distancing and self-isolation measures recommended to help stop the spread of COVID-19 have left many of us feeling socially isolated and lonely. Getting back to having visitors, in a COVID-safe way, is vital for both our mental and physical wellbeing. Many older people are really pleased that they're able to get back to going about their daily lives. Equally, and understandably, some people may feel less confident about the world opening back up again. This reaction is to be expected and is completely natural.

Going at your own pace is as important as is self-motivation. Something as simple as going for a walk around your local area and having a chat with your neighbours (even if you don't know their names) — while observing physical distancing — is a great place to start. If you're not feeling confident to meet a friend at a café, why not meet at one of Glen Eira's lovely parks. It's a great opportunity to chat and walk.

If going out has become physically more difficult, this may be due to the fact your body did less during 2020. Going for short walks and building up your strength is a great start. Do a few exercises to strengthen your upper legs. Revisit the exercises we featured in our *Healthy Ageing Newsletter* edition nine, as they are good for strengthening the legs.

Most important though is to have a go.

Bushfire smoke awareness

While summer months are a great opportunity to get out and about and after the past year we are all eager to do so. However, with summer also comes the bushfire season. While we do live some distance from bushfire areas, as we have found in the past, they can still greatly affect our air quality here in Melbourne. It is recommended you actively look after any medical conditions you have and take steps to reduce the smoke that you breathe.

Seek cleaner air. Where possible, stay indoors with the doors and windows shut. When conditions clear, open doors and windows and ventilate your home. If you have an air conditioner, set it to recirculate to avoid bringing in smoke from outdoors. Many large public spaces, such as libraries and shopping centres, are air-conditioned and can provide some improvement over the outside smoky conditions.

Avoid outdoor physical activity. Indoor physical activity is fine as long as indoor air quality is good.

Note: most face masks do not filter out particles in bushfire smoke and must be correctly worn and fitted. P2/N95 masks are effective if fitted properly but can make it harder to breathe.

Something for the brain

Word search — summer

Have fun and find the following words in the puzzle.

Roses; Summer; Sunflower; Walks; Salad; Mango; Icecream; Picnic; Beach; Sand; Hot; Pool; Splash; Bathers; Fun; Sunhat; Hibiscus; Sandals; Happy; and Lemonade.

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

Movie trivia

1. In 1942, *Casablanca* starred Humphry Bogart and Ingrid Bergman. Who played Captain Louis Renault?
2. Humphry Bogart's character owned a café. What was the name of the café?
3. How many children did Captain Von Trapp have in the movie *The Sound of Music*?
4. Can you name Gene Kelly's female co-star in *An American In Paris*?
5. In 1935, Cary Grant and Katharine Hepburn made the first of four movies together. It was *Sylvia Scarlett*. They made three more, can you name one of those films?
6. *The Philadelphia Story* was later made into a musical in 1956 and renamed. Can you name the film and the three leading actors (two actors and one actress)?

Brain teasers

1. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?
2. A sundial has the fewest moving parts of any timepiece. Which has the most?

Answers can be found on page 6

Snapshots in time — Greenmeadows Gardens

The whole south west corner of Balaclava and Inkerman Road was once part of a sprawling mansion and estate called Greenmeadows Estate built by William Clarke in 1863. The Lempriere family was prominent locally, and owned it from at least 1867. William J Lempriere was a foundation Councillor for the East St Kilda riding and successful merchant. William was injured in the disastrous Windsor railway crash in 1887, where six people were killed and more than 100 injured when two passenger trains collided near Windsor Station. He later died in hospital from his injuries. His son and grandson were both former Councillors for the City of Caulfield.



Greenmeadows House, no date. The basic plan form of the house remains today at number 19 Meadow Street.

Greenmeadows boasted a grand villa fronting onto Meadow Street with sweeping lawns and a rear cow paddock. The first subdivision of the northern part of the property occurred around 1901. In 1912, Caulfield City Council purchased the paddock to develop a recreation reserve. The watering hole was filled and the ploughed fields levelled. Hundreds of flowers were planted and winding paths led to a beautiful floral display in the centre. The River Red Gum that stands grandly in the gardens is estimated to be more than 200 years old and a remnant of what was once a dense forest. The whole of Elsternwick and Ripponlea was once a dense forest of River Red Gums. The River Red Gum was used by Aboriginal people for a variety of purposes: bark to make shelter and canoes, sap to seal burns and leaves to make aromatic steam baths. The gates are original to the early park and residents paid 25 pounds towards their cost. The gardens feature palm trees as they were very popular in the 1920s.

The work of gardener Robert Williams and a dedicated group of local residents is uncovered in the following article from *The Prahran Telegraph* 1915.

As the wayfarer strolls down Hotham Street, the boundary between the cities of Caulfield and St. Kilda, towards Ripponlea, he may be tempted to turn up Talbot Avenue by the sign of the "Greenmeadows Park," and as he mounts the gentle ascent of carpet of green sward and bright-hued flowers lies before him. It is a locality which has made wonderful progress of recent years, ornate villas arising on all sides, and in the midst lies three and a-half acres of ground which the Caulfield Council had the forethought to purchase in the Greenmeadows Estate for the benefit of their citizens residents in that part of the municipality. Eighteen months since it was an open paddock, with a ditch in the centre, about the last place where one would expect to find a garden of any sort. To-day it is a blaze of floral beauty and the delight and pride of the residents.



Keeping fit — two stretches

Two stretches to complete our 20 editions of exercises. Do these when your body is warmed up, ie. at end of session. Keep up the good work.

Front upper body stretch

1. Feet flat on floor, sitting up tall in your chair with shoulders back (can be done standing).
2. Place both arms straight down by your side but approximately 20 centimetres away from your body.
3. Press arms gently back so your shoulder blades come close together.
4. Hold 20–30 seconds then release. Repeat.

Standing calf stretch

1. Stand tall behind chair feet together facing straight ahead.
2. Take right leg back stretching from hip to toe. Lower heel to ground ensuring back foot facing straight ahead and leg is straight.
3. Bend left knee forward while the right knee is stretching.
4. Hold stretch 20–30 seconds then repeat on other leg.

Word search — summer answers

Roses; Summer; Sunflower; Walks; Salad; Mango; Icecream; Picnic; Beach; Sand; Hot; Pool; Splash; Bathers; Fun; Sunhat; Hibiscus; Sandals; Happy; and Lemonade.

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

Movie trivia answers

1. Claude Rains
2. Rick's
3. 7
4. Leslie Caron
5. Holiday (1938), Bringing Up Baby (1938), The Philadelphia Story (1940).
6. High Society. Bing Crosby, Frank Sinatra and Grace Kelly.

Brain teasers answers

1. His son
2. An hourglass — it has thousands of grains of sand.