

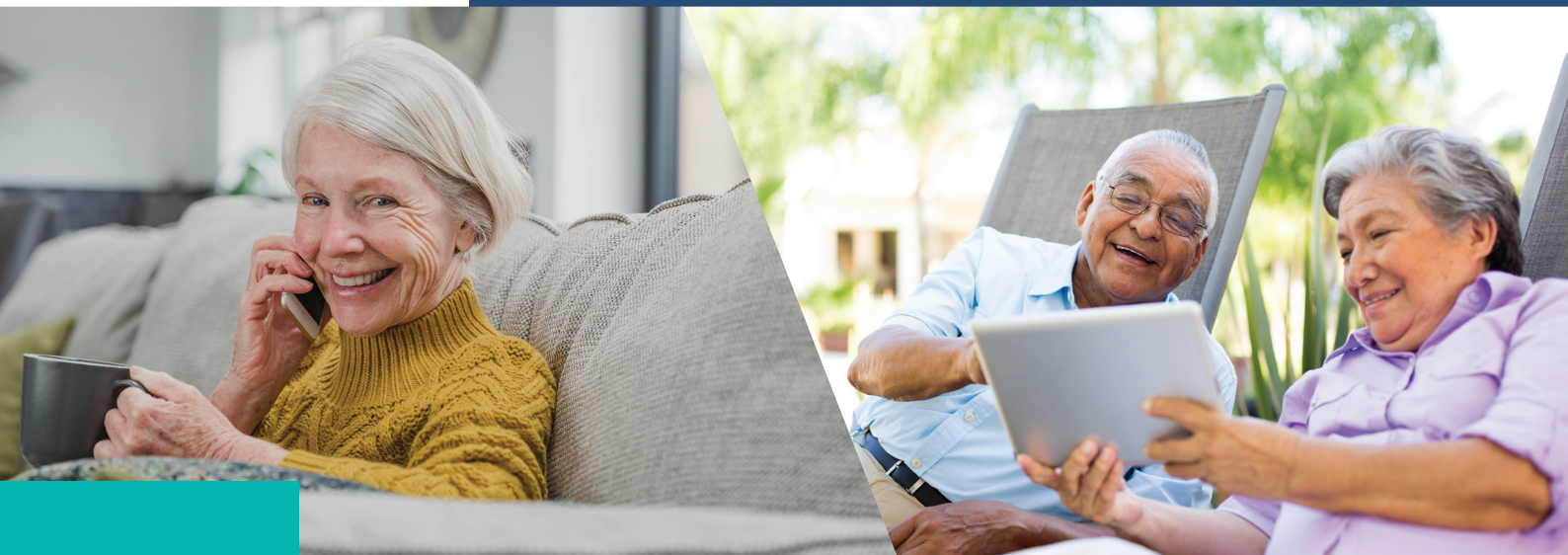


GLEN EIRA  
CITY COUNCIL

SPECIAL EDITION 9

27 JULY 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.

## #Be Kind Glen Eira

It is understandable during times like this that people may be feeling worried by the constantly changing alerts and media coverage regarding the spread of COVID-19.

Take time to phone a friend or family member as this may help release some of those concerns you are feeling. Simply knowing someone cares can do a lot for your mental and emotional wellbeing.

Let's continue to band together, support each other and be kind.

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



**We will get through  
this together**

## Council services

### Melodies for Seniors — online musical performance — Friday 14 August at 2pm

Make a cuppa, put your feet up and join the fabulous Jennifer Lee and Col Perkins for an hour of wonderful music. Jennifer and Col have appeared in many of Council's Seniors Festivals and now you will be able to watch them from your lounge room via our online show.

With a show full of songs you know and love, you can singalong as loud as you want.

To watch the show, type 'Glen Eira City Council YouTube' into Google. The video will be on the homepage.



### Virtual Coffee with a Cop — Wednesday 29 July at 7pm

Glen Eira City Council and Victoria Police are co-delivering Glen Eira's first Virtual Coffee with a Cop. Join our expert panel from Victoria Police, Better Place Australia, and Council, to talk about supporting senior citizens. Panellists will discuss the prevention of elder abuse and what Victoria Police and the health sector are doing to address this issue, as well road safety and the range of community support services available. Pose your questions directly to the panel, all from the comfort of your couch. Join us to discuss and learn more about important community safety issues in Glen Eira. Type in the event link: [tinyurl.com/yadtm9ys](https://tinyurl.com/yadtm9ys)

### The Art of Lucy Boyd Beck now available to watch on YouTube

On Sunday 4 July historian and author Colin Smith, and Council's Gallery Curator Diane Soumilas discussed the art and life of Lucy Boyd Beck (1916–2009) and her important contribution to 20th century Australian art. Watch this interesting discussion by typing 'Glen Eira City Council YouTube' into Google. The video will be on the homepage.

### Glen Eira City Council COVID-19 HOTLINE 9524 3733

Our hotline is available to assist the community in navigating official Commonwealth and State information, finding out more about local support services and responding to questions on Council's response to the pandemic. The hotline is available Monday to Friday from 8am–5.30pm (Tuesdays till 7.15pm).

### How to make face masks

It is now mandatory for adults living in metropolitan Melbourne and Mitchell Shire to wear a face covering when outside their homes. Wearing a face mask helps keep you and others safe. The government has developed a document on how to make a face mask.

If you are interested in receiving a copy of this document via mail or email. Please contact Council's Community Wellbeing Customer support officer on 9524 3333. Alternatively you can go to [www.dhhs.vic.gov.au/face-masks-covid-19](https://www.dhhs.vic.gov.au/face-masks-covid-19) and scroll down the page to find the article.

## Taking care of yourself — Tips to prevent falls

### Move your body and build your balance

Moving your body will improve your balance and posture, strengthen your muscles and bones, and improve your overall fitness and general wellbeing. Maintaining balance is the best way to avoid a fall. Get some walking in and take time to do some of the exercises provided in these newsletters including the balance exercises in Edition Five. Another great exercise to move your body and improve balance is TaiChi.

### Strengthen your legs

Strong legs can help you avoid slips, trips and falls. Make your leg muscles and bones stronger with exercises like standing up from your chair without using your hands or take part in activities using light weights at home. Domestic tasks such as gardening and cleaning can also help keep your muscles working and your body strong.

### Remove hazards

Make your home safer. Get rid of slip and trip risks such as rugs, mats and objects on the floor like power cords. Get assistance to move furniture to create larger walkways and keep everyday objects in easy-to-reach locations.

### Wear safe footwear

Wear shoes with a good grip that are flat and fit securely. Make sure your slippers are also supportive and non-slip. Do not walk around the house in socks. Shoes and slippers that have worn soles should also be avoided. Foot problems can affect your walking and balance. If you have any concerns with your shoes or feet consider consulting a podiatrist.

### Healthy vegies that are now in season

Here are four great vegies that are now in season and great sources of vitamins — you can roast them together for dinner.

**Broccoli** — high in many nutrients, including fibre, vitamins C and K, iron, and potassium. It also boasts more protein than most other vegetables.

**Brussel Sprouts** — high in fibre and a great source of vitamins A, B C and K. They are high in antioxidants that may benefit people with diabetes.

**Carrots** — one large carrot contains 241 per cent of the daily recommended intake of vitamin A, which is important for eye health. Carrots are also packed with antioxidants that are of great benefit to your health.

**Parsnip** — one cup of cooked parsnips contains almost six grams of fibre and 34 per cent of your daily recommended intake of vitamin C.

They are also an excellent source of vitamins B and E, potassium, magnesium and manganese. The high fibre content of parsnips also makes them an excellent choice for digestive health.





## The Roaring Twenties

There is no doubt the Roaring Twenties was a colourful decade. If you were born in 1920, you must be turning 100 this year — congratulations and well done you.

For many of us, all we know of these times is what we have learnt from books and films. Watching movies became increasingly popular during this period, which gave rise to Hollywood styles, extravagance and indulgence. This was ignited by the introduction of Henry Ford's Model T and the The Summit in Australia. Built in Sydney by Kelly's Motors Ltd between 1922 and 1926, it was equipped with a radio, a cigar lighter and electric stop lights. It also came with a 12-month warranty, which was unusual for cars of that era — very impressive.

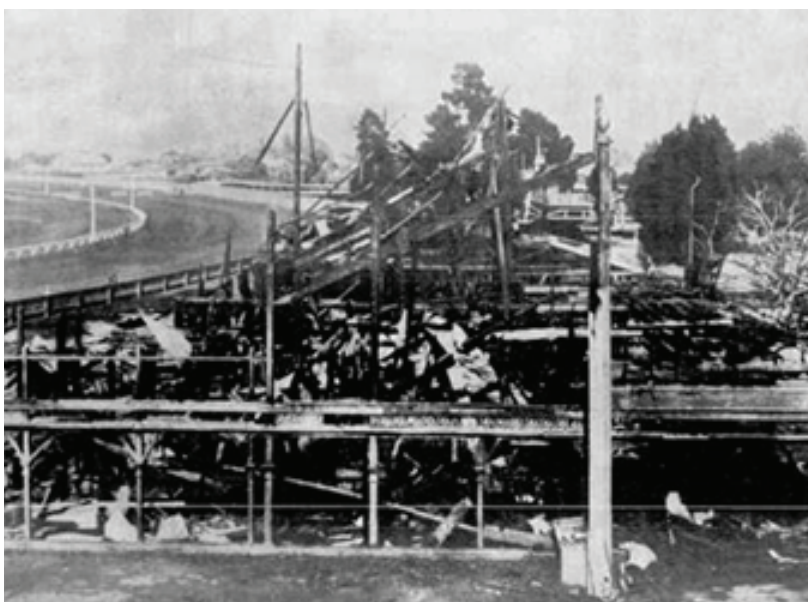
Movies and fancy cars of the era also conjure up images of the gangsters of the time. One such gangster was Joseph Theodore Leslie "Squizzy" Taylor, born in Brighton in 1888. There is plenty of evidence that he was a ladies man, a fancy dresser, a car collector, a bank robber and a suspected murderer.

There are tales of Squizzy and his connection to Caulfield and the *Caulfield Cup*. Some pockets of the racecourse's history hold puzzling secrets, none more so than the fire of 1922, the first of two blazes that threatened to ruin Victoria's grand racing tradition.

Although the arsonist involved in the 1922 fire was never prosecuted, police believed they knew who it was. It happened on the eve of the *Caulfield Cup*, when buildings around the course were set alight in the early hours of the morning. Shortly after 4am the members' stand, official offices, and the judge's box at Caulfield Racecourse was completely destroyed by fire, and the end of the public stand was slightly damaged.

It was strongly rumoured that the perpetrator was underworld figure Squizzy Taylor, who had been ejected and banned from the racecourse a short time earlier while awaiting a court decision over a string of crimes including breaking into warehouses. It was believed he took his revenge by setting the racecourse on fire.

Squizzy Taylor died in a shootout in Carlton in 1927 and is buried at Brighton General Cemetery. Five years after the first fire the New Guineas Stand caught fire. By the time the second race of the day was underway, the stand was well alight and spectators were fleeing the smoke and flames. It had been started by a fallen cigarette. Horses continued to race, even as firefighters struggled to get the blaze under control.



"Fire at Caulfield Racecourse", *The Australasian*, Saturday 28 October 1922.

## Roaring Twenties word search

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

## Roaring Twenties trivia

1. In the 1920s, a fashionable young woman who behaved and dressed in a bold unconventional manner was known as a what?
2. In 1928 Charles Kingsford Smith and Charles Ulm successfully completed the Trans-Pacific flight. What was the name of their plane?
3. Name the famous Australian singer who in the mid-1920s commenced a long series of farewell concerts.
4. Name this famous actor of the silent era. He married Mary Pickford in 1920, starred in numerous swashbuckling movies including *Robin Hood* (1922) and *The Black Pirate* (1926). His work is said to have set the standard for all swashbuckling films to come.
5. Name the famous American actress known as the 'It' girl who put rouge on her knees to show them off. One of her most famous films, *Wings*, would introduce a young Gary Cooper to the world.
6. *The Great Gatsby* was published in 1925. Name the author.
7. *Black Thursday* occurred on 24 October 1929. This date is the beginning of what event?

## Keeping fit — upper leg strength and balance

Here are two more seated exercises to keep you moving that are designed to strengthen your upper legs and improve balance. Keep up the good work.

### Seated Double Leg Lift:

1. Sit tall in your chair with both feet flat on the floor.
2. Lift both legs — try to straighten your legs.
3. Pull your toes towards you, then stretch your toes away from you.
4. Lower legs back down with control.
5. Repeat 8–10 times.

### Sit to Stand:

1. Sit forward on your chair with feet planted firmly on the floor, shoulder-width apart.
2. If you need support, rest your hands lightly on the chair either side of your thighs.
3. Lean a little forward and place your weight on the front of your feet as you stand up slowly, using your hands as little as possible if you can.
4. Pause briefly in the standing position, taking a full breath in and out.
5. Slowly sit back down in the chair. Don't allow yourself to collapse back downward.
6. Repeat up to eight times. Try to use your hands less and less, until you can do the exercise without their support.

### Word search answers:

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

### Trivia answers:

1. Flapper
2. Southern Cross
3. Dame Nellie Melba
4. Douglas Fairbanks
5. Clara Bow
6. F. Scott Fitzgerald
7. The Stock Market Crash and beginning of the Great Depression.