

Ageing Well in Nillumbik

Staying Safe & Connected | Newsletter #3 | May 2020

Hello readers

This is our third fortnightly Ageing Well in Nillumbik Newsletter special edition.

We will be sending these to you on a fortnightly basis until the government advises that physical distancing strategies are no longer required. We hope you find them informative and interesting, and we thank the community members who have contributed to this edition. These newsletters are sent by mail and email, and are available on our website. We hope you enjoy.

Keep up to date

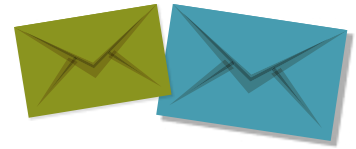
Please continue to monitor the Victorian Government's Department of Health and Human Services website for coronavirus updates
www.dhhs.vic.gov.au/coronavirus

If you need this document in another format please contact us on **9433 3111**.

Letters between generations

Thank you to those who have got in touch saying they'd like to take part in our intergenerational letter writing program.

We're in the process of collecting these letters for distribution. Thank you for your patience!



Do you have a friend or neighbour who might be interested in getting a joyful letter from a young person?

Please contact Fiona, Positive Ageing officer on **0437 676 617** or email positive.ageing@nillumbik.vic.gov.au

Apply now

COVID-19 Quick Response Grants

One-off grants from \$500 up to \$5000 are now available to community groups or not-for-profit organisations to help deliver innovative projects and initiatives that provide direct support to the community from the effects of COVID-19.

The grants encourage community led initiatives that aim to deliver broad community benefit with Council providing assistance and support to deliver.

Funding is available to assist with delivery for activities such as:

- Virtual events
- Online training
- Social networking
- Relief efforts

Applications are now open, apply online nillumbik.vic.gov.au/covid-19-QRG. Applications close 14 June 2020 or when all funds have been allocated.

For more information on how to apply contact Council's Customer Support Team on **9433 3111** or grants@nillumbik.vic.gov.au.



nillumbik.vic.gov.au

Exercising safely at home

Kirsten, Head of Fitness and Programs at Eltham Leisure Centre, sent in these exercises and photos for you to try out at home. Thank you Kirsten!

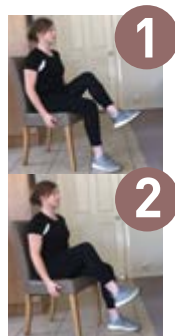
Seated Row - strengthens back muscles to help with posture

Start by sitting on the edge of a chair with back straight and feet flat on the floor. Hold your arms out in front of you with elbows bent and thumbs pointing to the roof. Draw the elbows back and squeeze your shoulder blades together. Complete 8-10 repetitions. If you would like to increase the difficulty, add some light weights in your hands (think hand weights or cans from the pantry!) or tie a resistance band to a door handle as another option to increase the challenge.



Knee Lifts - works your core muscles to help with sitting and standing

From your chair, lift your right knee slowly towards your chest, then slowly lower back to the beginning position. Alternate legs. Complete 8-10 repetitions on each leg. Increase the challenge by holding your knee at the top of the movement for five seconds.



Free COVID-19 support line for older Australians

Older Australians, their families and carers can now call a dedicated free call support line aimed at supporting the mental health of those impacted by the spread of COVID-19.

Talking to someone who understands and listens is an important outlet for anybody struggling to cope as the spread of the virus creates additional pressure on individuals and communities.

The phone line is staffed with advisers who can offer practical help and advice. Call the COVID-19 support line on **1800 171 866**, Monday to Friday, except public holidays, from 8.30am to 6pm.

Good habits for good soil

Thank you Don from Eltham for sending us this gardening tip!

“As your crops finish up, prepare the soil:

1. Spread horse manure
2. Include a light layer of blood & bone and potash
3. Use a garden fork (‘devil’s pitch fork’), and turn soil over. Using a fork instead of spade is much easier work with the same results
4. Buy a testing meter that spikes into ground to check p.h. level. Some veggies require a p.h. of five or six, others seven so a reading of seven is what I aim for

If you have enough space, it is advisable to rotate what veggies you plant in each bed and if possible rotate every four to five years. Never plant strawberries in a bed that has had potatoes or tomatoes in it as they produce a type of disease that can ruin strawberries.”

- Don, 87, Eltham

Your library at home

While the Yarra Plenty Regional Library (YPRL) branches are closed due to Coronavirus, nothing will stop the wonderful librarians at YPRL from bringing the library to you! Library members can access YPRL's extensive e-library and so much more! For information on e-books available to borrow, online newspapers and magazines, movies and free access to family history and genealogy archives, visit YPRL's website: <https://www.yprl.vic.gov.au/eLibrary/>.

The librarians are also providing tech help over the phone with those who want support with using their devices to access e-library resources.

Call **9408 7888** for more information, or visit YPRL's Facebook daily to ask questions of the librarians. From Cath, Community Coordinator at Eltham Library, **“the message we want to get out to the community is that we are still here to help!”**

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