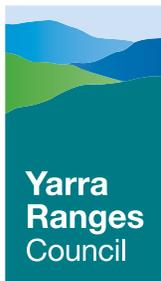


COVID-19  
EDITION 2



# HEALTHY & ACTIVE AGEING

IN THE YARRA RANGES



# MESSAGE FROM THE MAYOR



I hope you're all keeping well as we settle in to our 'new normal' way of living, while the COVID-19 pandemic continues to play out locally and abroad.

My thanks again to everyone who has played their part in helping flatten the curve and slow the spread of coronavirus.

While the rate of infections may have slowed however, there is no time for complacency and we must do everything we can to go about our daily lives while sticking to the government restrictions.

For our community, if you need any kind of support, we urge you to get in touch with us either by phone or online, and we'll do everything we can to assist.

By calling us on 1300 368 333, or emailing [mail@yarraranges.vic.gov.au](mailto:mail@yarraranges.vic.gov.au), you will be put in touch directly with our customer experience staff who will take your query and either answer it directly over the phone, or put you in touch with someone who can help.

I'd also encourage you to check out our community relief and support page on our website.

Here we have a whole lot of information on community relief organisations who are here to help you in a number of different ways, including food relief, mental health support, financial assistance and family violence support, just to name a few.

Or if you're a community member who wants to know how they can help, this page is also a great place to start to put you in touch with these organisations, and from there you can assist by either donating, or volunteering your time.

I'm also pleased to say that we now have four locations open for flu vaccinations, which are in Yarra Junction, Healesville, Upwey and Kilsyth.

The locations have been chosen as they allow for social distancing measures to be easily adhered to, keeping the community and our staff safe while the vaccinations are administered.

While it's important to note that the flu vaccination won't protect you from COVID-19, it will help prevent you from having the flu and COVID-19 at the same time, which could be quite damaging.

For more information, or to book in for your flu shot, please visit the immunisations section on our website, or give us a call.

Stay Safe

Cr Richard Higgins  
Mayor Yarra Ranges Council

## COVID 19 UPDATE

A State of Emergency has been declared in Victoria from 16 March 2020 until 11 May 2020 to manage coronavirus (COVID-19).

The Victorian Government is directing all Victorians to stay at home to help limit the spread of coronavirus (COVID-19). By staying at home and limiting your contact with other people, we can all reduce the spread of the virus.

**If you can stay home, you must stay home.**

The 'Stay at Home' period is currently from 30 March until midnight on 11 May 2020.

**Where you can get information:**

For updates go to:  
[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

You can also call the coronavirus hotline:  
1800 675 398

If you require a translator to help you, call the translating and interpreting service on 131 450 and ask for the coronavirus hotline.

## SENIORS FESTIVAL 2020

### A message from the Victorian Seniors Festival

This year we are bringing the Festival direct to your home through online performances, zoom interviews and story-telling, with three new broadcasts a week from 30 April.

2020 is the Festival's 38<sup>th</sup> year. We invite you to get in the groove - with performances from many of your favourites and some new performers for you to enjoy.

Working to social distancing rules, Tristan and Bec meet and host our performers from the comfort of their own homes using technology in ways we never knew were possible.

We've had a lot of fun creating and reimagining the Festival for you, and we hope you enjoy it - and sing along!

And get in the groove!

Here is the link to watch the broadcasts  
**[seniorsonline.vic.gov.au/festivalsandawards](http://seniorsonline.vic.gov.au/festivalsandawards)**

Reimagined radio to come too!

In June we will commence with radio broadcasts of plays, serials and music features. We will keep you informed about this and how to tune in.

## NEW INFORMATION HOTLINE - 1800 171 866

A National COVID Older Persons Information Line has been created to help older Australians get the critical information they need to stay healthy and safe during the pandemic, providing an accessible one-stop source for personal support, questions and up-to-date guidelines.



## GOT SOMETHING YOU'D LIKE TO ADD?

**Do you have something you would like to add to this newsletter? Photo, story, helpful information or keeping busy tips? We would love to hear from you.**

Get in touch by calling 9294 6816 or email [seniors@yarraranges.vic.gov.au](mailto:seniors@yarraranges.vic.gov.au) or via post: Attention April Paterson PO Box 105, Lilydale VIC 3140.

Yesterday I saw a guy spill all his scrabble letters onto the road.

I asked him  
“What’s the word on the street?”

**Did you know that our Parks and Bushlands team have 15 fauna cameras which are used to capture information day and night on the types of fauna we have in the area.**

The cameras are attached to trees for a period of two weeks and with a range of a few metres the cameras capture clear footage of a range of birds and animals. The area is usually baited with a mixture of oats, peanut butter and honey to help attract the elusive creatures of the bush.

Often the cameras show a range of native species including possums, wombats, wallabies, kangaroo’s, echidna’s, bush rats and birds. There is also often an array of pest animals including foxes, rabbits, black rats and black birds. The team are always excited when rare species like bandicoots, lace monitors or raptors are caught on film. One of the photo highlights has been the appearance of a brown goshawk with prey in its talons (middle picture below)!

From the information collected by the cameras the Bushlands team are able to make more informed decisions on weed removal and revegetation works.



# USEFUL RESOURCES

## YARRA RANGES COUNCIL

Yarra Ranges Council is currently assessing the situation regarding COVID-19. Our services are likely to change as the situation continues. Please stay tuned to our website for up-to-date information. [yrc.vic.gov.au/coronavirus](https://www.yrc.vic.gov.au/coronavirus)

## COUNCIL OF THE AGEING (COTA)

Find information about accessing services at home, pensions, concessions, housing, utilities. COTA information line can help. Available weekdays from 9.30 am to 4.00 pm call **1300 13 50 90** or email your query to [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)

## SENIORS VICTORIA

Seniors Victoria have a great web-page dedicated to games. Here you can get your daily dose of games. Updated every day, you can keep coming back for more challenges to test your brain.

[seniorsonline.vic.gov.au/services-information/games](https://seniorsonline.vic.gov.au/services-information/games)

## NATIONAL DEBT HELPLINE

Website provides information on COVID-19 financial survival guide. You can also speak to a financial counsellor to get advice for **free**. Call **1800 007 007** or [ndh.org.au](https://www.ndh.org.au)

## DEPT OF HEALTH & HUMAN SERVICES

Information, updates and advice about the outbreak of the coronavirus. [dhhs.vic.gov.au/coronavirus](https://www.dhhs.vic.gov.au/coronavirus)

## CORONAVIRUS HOTLINE

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated hotline **1800 675 398** open 24 hours, 7 days.

If you just want general information, you can call **1800 020 080**.

Please keep Triple Zero (000) for emergencies only.

# ONLINE ENTERTAINMENT IDEAS

## VIRTUAL GALLERY & MUSEUM TOURS

While we can't visit galleries, many galleries are now coming to us through virtual tours.

There are several galleries and museums with online exhibitions, including the following:

[museums.vic.gov.au/melbournemuseum/at-home/](https://museums.vic.gov.au/melbournemuseum/at-home/)  
[artsandculture.withgoogle.com/naturalhistorymuseum/](https://artsandculture.withgoogle.com/naturalhistorymuseum/)  
[guggenheim-bilbao.eus/en/guggenheimbilbaolive](https://guggenheim-bilbao.eus/en/guggenheimbilbaolive)



## VISIT THE ZOO

Zoos Victoria is currently live-streaming from some of the most popular enclosures at

Melbourne Zoo and Werribee Open Range Zoo. See what the snow leopards, penguins, giraffes and lions are up to.

[zoo.org.au/animal-house/](https://zoo.org.au/animal-house/)



## ONLINE GIGS AND CONCERTS

Bands, artists and orchestras are taking live shows online so audiences don't have to miss out. The Melbourne Symphony Orchestra (MSO), for example, is live-streaming shows over the coming weeks.

[youtube.com/user/TheMSOrchestra](https://youtube.com/user/TheMSOrchestra)



# TAKING CARE OF YOURSELF

As life as we know it changes and physical interaction is limited, being active is more important than ever.

Doing some form of exercise is an easy and free way to boost both your mental and physical health, and now is the ideal time to try a new activity.

If you're working or studying from home, or not currently working, you won't be getting the incidental exercise you normally do by commuting to and from an office or uni.

And if you're the kind of person who likes to get active in a group, your usual pursuits like gym classes and team sports are no longer an option.

When you add the above to higher-than-usual anxiety levels, you'll start to see why a stretch in your lounge room could really help right now!

Physical activity helps our body and mind in many ways, but here are a few of the key ones:

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood
- It can also lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety

- It also makes you feel like you achieved something
- Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke
- It also helps with weight management (and you tend to feel like eating a healthier diet when you're exercising regularly, too)
- And lastly, but definitely not least given the current situation, regular physical activity is great for your immune system.

A word of advice before you start: If you're new to exercise, start small – try maybe 10 minutes of yoga or walking a day, then gradually build up.

Even 10 minutes of movement a day can help your body and mind feel better. Encourage your loved ones, who you're no doubt spending a lot of time with right now, to take a moment to move their bodies too.

And please, if you're not feeling well, follow the advice of your health professional – including some rest. It's vital that we prioritise the health and safety of ourselves, family, friends and the community.

# YARRA VALLEY WRITER'S FESTIVAL

Your favourite authors and rich discussions, brought to your home.

The Yarra Valley Writers Festival is a month-long celebration of books and writing, hosted virtually. While the pandemic keeps us in our homes, we don't need to be socially distanced. Sign up with your friends and tune in to engaging, intellectual conversations, hear panel discussions, or participate in the book club.

The flagship event will be a live-streamed day (Sat 9 May) featuring the country's favourite writers discussing topics from the environment, their family, creating characters and of course, their newly released books, hosted by Festival Ambassador, local Michael Veitch.

Hear from writing heavyweights including playwright David Williamson boasting 50 years of writing under his belt and Stella Prize-winner Charlotte Wood. Songstress and writer Clare Bowditch will take fans through her memoir, *Your Own Kind of Girl*.

## LIVE STREAM EVENT

Saturday 9 May 9.30am – 8pm, Cost from \$15 - \$75

A live-streamed day of terrific conversations, connections and glorious Yarra Valley snapshots, hosted by Michael Veitch.

For more information and to book your spot visit [yarravalleywritersfestival.com](http://yarravalleywritersfestival.com)

**10:00 Saving the Environment: It's Not Fire & Brimstone, it's Science** | David Lindenmeyer

**10:35 Fire & Climate** | Tony Birch, Alice Bishop, Tom Griffiths & Michael Cathcart

**11:45 Writing About The Natural World** | Chris Flynn, Vicki Hastrich, Lia Hills & Robert Gott

**12:40 Place in the New World Order** | Alice Robinson, Meg Mundell, Karen Viggers & Elizabeth McCarthy

**13:50 A Writers Lot: 50 Years, but who's counting?** | David Williamson & Hannie Rayson

**14:45 How Weird Does Your Family Have to Be?** | Alice Pung, Rick Morton, Richard Glover & Michael Mackenzie (ABC)

**15:45 Road to Damascus** | Christos Tsiolkas & Angela Savage

**16:45 If I Tell You I'm Going to Have to Kill You** | Robert Gott, Emma Viscik, Angela Savage & Jock Serong

**17:45 The Weekend** | Charlotte Wood & Amanda Smith (ABC)

**18:45 Your Own Kind of Girl** | Clare Bowditch & Eliza Henry-Jones



## SUNDAY WRITERLY SESSIONS

### Pay as you feel (\$0-\$35)

One hour online discussions with various authors, perfect with a cuppa or a glass of wine taking place from your home at **3pm every Sunday in May.**

**Sun 3 - May** Grief and Other Memories | Indigo Perry (Darkfall), Eliza Henry-Jones, Julia Baird (Phosphorescence) & Kerrie O'Brien (The Age)

**Sun 10 - May** Getting On: The Griffith Review | Donna Ward, Charlotte Wood, Ailsa Piper & Ashley Hay

**Sun 17 - May** The Politics of Our Words | Guy Rundle (Crikey, Meanjin), Rick Morton (The Saturday Paper), Kerry O'Brien

**Sun 24 - May** Why Short Stories Have Big Impact | Sean O'Beirne (A Couple of Things Before the End), Josephine Rowe (Here Until August), Alice Bishop (A Constant Hum) & Alice Cottrell (Kill Your Darlings)

**Sun 31 - May** Charcoal Sketches | Sean Dooley & Michael Veitch

## BOOK CLUB

### 27 May, 24 June & 29 July at 6pm

An interactive and engaging monthly book club, taking place at 6pm on the last Wednesday of the month, hosted by YVWF Director Brook Powell and Ambassador Michael Veitch and joined by a variety of authors each session.

**Wed 27 May Tony Birch – The White Girl**

**Wed 24 Jun Chris Flynn - Mammoth**

**Wed 29 Jul Angela Savage – Mother of Pearl**

# TRIVIA

**1. Which word could mean 'chime' or 'circus area'?**

- a. Fair
- b. Ring
- c. Show
- d. Jangle

**2. Which word of French origin means to aid or encourage?**

- a. Abet
- b. Abhor
- c. Abate
- d. Abound

**3. Marinduque, Polillo and Luzon are islands of WHICH country?**

- a. Argentina
- b. Portugal
- c. Spain
- d. Philippines

**4. What animal name is given to Sirius, the brightest star?**

- a. The Horse Star
- b. The Bear Star
- c. The Dog Star
- d. The Lion Star

**5. 'Meant for someone else but not for me' is the second line to WHICH 1960s big hit?**

- a. Lily the Pink
- b. Hey Jude
- c. I'm a Believer
- d. Everlasting Love

**6. Approximately what percentage is China of the world's population?**

- a. 40%
- b. 10%
- c. 75%
- d. 20%

**7. Which US city is served by O'Hare Airport?**

- a. New York
- b. Los Angeles
- c. Chicago
- d. Boston

**8. Until 2007 the second largest, Lodz is now the third largest city in WHICH country?**

- a. Czech Republic
- b. Ukraine
- c. Poland
- d. Croatia

**9. Which old English coin was known as a 'bob'?**

- a. Shilling
- b. Penny
- c. Sixpence
- d. Half Crown

**10. The town of Timbuktu is on the edge of WHICH desert?**

- a. Syrian
- b. Gobi
- c. Sahara
- d. Arabian

# BRAINTEASER

## Brainteaser 1

What has a mouth, but cannot eat; moves, but has no legs; and has a bank, but cannot put money in it?

## Brainteaser 2

I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?



## Code Breaker

*Can you open the lock using the clues?*

**548** One digit is right and in its place

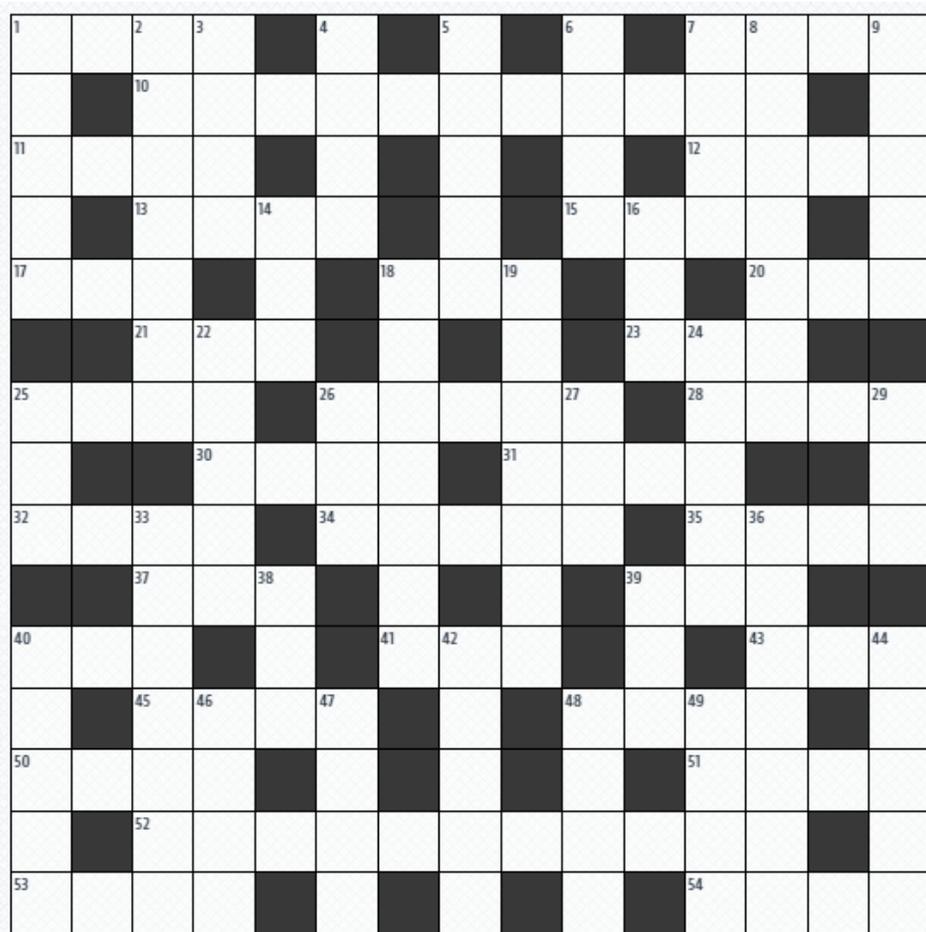
**530** Nothing is correct

**157** Two digits are correct but both are in the wrong place

**806** One digit is correct but in the wrong place

**647** One digit is correct but in the wrong place

# CROSSWORD



## Across

1. Scotch whiskey measure
7. Locate
10. Unable to adapt socially
11. Half
12. Printing error
13. Betting chances
15. Run of bell chimes
17. Solar body
18. Explosive materials (1,1,1)
20. Falsehood
21. Spy, writer, ... Fleming
23. US crime agency (1,1,1)
25. Coffee Seed
26. Furious
28. Decorated (cakes)
30. Valley
31. Keep in check
32. Carpentry fastener
34. Treacherous person, ... in the grass
35. Volcanic flow
37. Meadow
39. Actor, ... Gibson
40. Conger or moray
41. Papa
43. Horde
45. Pleasant
48. International trade fair
50. Cultivated (ground)
51. Cameo gemstone
52. Brutally killed
53. Fragrant flower
54. Russian ruler

## Down

- |                               |                        |                                  |                                  |
|-------------------------------|------------------------|----------------------------------|----------------------------------|
| 1. Computer devices, hard ... | 9. Monotonous buzz     | 26. Victor Hugo's ... Miserables | 42. First Greek letter           |
| 2. Pungent bleach             | 14. Lion's home        | 27. Because of, ... to           | 44. Loose underpants, ... shorts |
| 3. Cleaning girl              | 16. Imp                | 29. Gene acid (1,1,1)            | 46. Empty (threats)              |
| 4. Regulations                | 18. Diluted (paint)    | 33. Disease                      | 47. Flightless bird              |
| 5. Tennis great, ... Borg     | 19. Fooled             | 36. Nuts                         | 48. Fencing blade                |
| 6. Quickly (1,1,1,1)          | 22. Journalist's slant | 38. Curve                        | 49. Verse-writer                 |
| 7. Greek cheese               | 24. Holy book          | 39. Combine                      |                                  |
| 8. Peaceful                   | 25. Prohibit           | 40. Anesthetic gas               |                                  |

# Weekly Mental Health Check-in

## DURING CORONAVIRUS



### Feelings

Set an alarm on your phone, or a reminder in your calendar, so at a set time each week you can quickly do a check in on a scale from 0 ('not at all') to 10 ('extremely') of how stressed, anxious or down you are feeling.



### Body

Take a moment to notice any tension in your body like tight shoulders, chest, or jaw. Other signs that you might be feeling stressed include dryness of the mouth, difficulty breathing, and a racing heart.



### Sleep

If you are constantly struggling to get to sleep, waking in the night, earlier than usual and/or finding it difficult to get back to sleep, these are signs your mind is unable to switch off and relax.



### Thoughts

Are you always worrying about the worst-case scenarios? Focusing on the 'what if' scenarios is not useful and it is best to try to limit this as much as possible.



### Reactions & behaviour

If you find yourself frequently snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope, it is time to prioritise your mental wellbeing.



### Check-in buddy

Choose a check in buddy. This may be your partner, housemate or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.

If you feel you need support please call **Beyond Blue** on 1300 22 4636 or **Lifeline** on 13 11 14 both available 24/7.

## Coronavirus Survival Guide for the Over 50s, Retirees & Seniors

This booklet is designed to help keep YOU Safe and Healthy, with Up-to-Date Information and Articles from National and International Associations.

[livewellclub.com.au/coronavirus-survival-guide-for-over-50s/](http://livewellclub.com.au/coronavirus-survival-guide-for-over-50s/)

## PUZZLE ANSWERS

### Trivia Answers

1. b
2. a
3. d
4. c
5. c
6. d
7. c
8. c
9. a
10. c

### Brainteaser 1

A River

### Brainteaser 2

A Carpet

### Code Breaker

718

