

## Staying in Portarlington – Port Report December 2017

### Next year's program

SiP will host a number of forums for members and friends during 2018.

The first in late February the guest speaker will be naturalist **Trevor Pescott**. Trevor writes a regular Geelong Advertiser column on birds in the Barwon area, and is author of a new book *Birds and Botanists, A Field Naturalist's History for Geelong*. Make a diary note now, tell your friends and come along for an interesting talk and social get together over afternoon tea. Copies of Trevor's book will be available for purchase on the day. Details of venue and time will be in January's Port Report.

### Help in accessing the new My Aged Care system for assistance in staying at home

In addition to Thursday morning appointments with Bellarine Health for help in accessing the new My Aged Care system, please also note that COTA Vic has established an advisory service that will operate until December 22 this year - phone 1300 13 50 90 or email [CKeane@cotavic.org.au](mailto:CKeane@cotavic.org.au) if you are seeking assistance.

### January's book stall – do you have books and DVDs to give away?

SiP's annual book stall raises funds that contribute to our activities each year. We would love to receive your second hand books that others would like to read – fiction and non-fiction, adult and children. Also if you have DVDs, we would be pleased to have them. Please call Chris on 0438 404 867 (after Jan 1), or Annette 0409 196 711 (Dec 11 to 31) to arrange pickup or drop off.

### Tips for health living after 60 years

**Healthy muscles:** Muscle health can affect your ability to lead an independent lifestyle. Muscle loss can start from around 45 years of age and impacts on your ability to perform everyday activities. You can exercise your muscles at home with a set of small dumbbells.

**Healthy eating:** After 65 years you need more protein, calcium and vitamin D than in your younger years, to build and maintain muscles. Calcium and vitamin are important for bone health. Keep hydrated by drinking 8 glasses of water, non-alcoholic beverages or soups each day.

**Physical Activity:** Being active for 30 minutes each day will keep your heart healthy and your body functioning well. It's not too late to start - any activity is better than nothing! Start slowly and gradually build up. Walking isn't enough - you need to do a variety of diverse types of exercise to improve your muscle and bone health, such as strengthening exercises, balancing exercises, and an active lifestyle.

**Vitamin D:** Few foods are naturally rich in vitamin D so safe sun exposure is the best source. 20 – 30 minutes around midday in Victoria without sunblock on your arms will meet your daily vitamin D needs.

**SiP thanks the community** for support and interest during 2017, and extends season's greetings to all residents and visitors with best wishes for a happy, healthy and safe holiday period.

Jenny Wills (President) and Bruce Holmes (Committee Member)