

Our dear clients and friends!

Spring is here! The change of season often brings moments of reflection, and in this case, warmer weather and renewal. It's the perfect time of year to start anew and refocus your wellness priorities, whether that means eating better, exercising more, or both.

In this issue we would like to share some tips how older adults can stay healthy and active this spring.

Russian Ethnic Representative Council of Victoria (Russian Aged Care)

GO OUT INTO NATURE

Take a hike, go for a walk or a drive through the neighborhood, plan a visit to a local botanical garden, or just stop and smell the roses! However you and your loved one get out into nature, the health and wellness benefits can be enormous.

Just 15 minutes a day reduces the risk of heart disease, stroke, cholesterol and high blood pressure. It lifts your mood and maintains balance and coordination too.



SEE A SHOW

During the spring and summer months, many communities start to make outdoor entertainment much more accessible and hold "movies in the park" events. Elsewhere, lots of theatre companies start to take performances outside for the season.

ENJOY GARDENING

Gardening is a fulfilling and rejuvenating activity with plenty of healthy benefits for seniors. This fun and calming pastime can help decrease your risk for heart attack and stroke, increase strength and range of motion, relieve stress.



EAT OUTDOORS

With warmer temperatures, fresh air all around, and beautiful flowers and greenery in bloom, spring is a great time for al fresco dining. Pack a picnic, share a meal on the patio, or head out to a favorite local restaurant with outdoor seating.

ST. VLADIMIR'S GRAND BALL 2023



The Russian Ethnic Representative Council of Victoria has been hosting St. Vladimir's Balls for over thirty years. This is one of the events which keeps the spirit of the Russian community and culture alive, here in Melbourne.

This year it was a magnificent evening of entertainment, an explosion of sights and sounds filled with flowers, fashion, first-class dinner, jazz band and other musical and dance performances.

This year the theme of our ball was Spring, so all the entertainers remained close to this topic.

We also dedicated our ball to two great Russians - composer and writer. The anniversaries of Sergei Rachmaninov and Alexander Ostrovskiy presented us with the opportunity to share our love of their great work with our guests.



STORM WARNING

Spring is traditionally Victoria's most high-risk storm season, bringing with it potentially dangerous, unstable weather patterns, and the state's authorities and Victoria State Emergency Service want residents to be suitably prepared:

- Maintain your yard and balcony. Secure or store items that could blow around in strong winds.

Strong winds can pick up even large items such as outdoor furniture, trampolines and roofing iron causing damage to windows, roofs and cars. Try to keep items around your property tidy. Identify things which you may need to secure or put away if strong wind or a severe storm is forecast.

- Clean your gutters, down pipes and drains regularly to prevent blockages.

It is important to keep your gutters and down pipes clear as blockages can cause the water to overflow under the eaves into the roof cavity. Clear leaves from the valleys of your roof as these will make their way into the gutters in heavy rain.

- Trim trees and branches that could potentially fall on your home or property.

FLOOD STORM EMERGENCY
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You can always call us on 03 9415 6899 or email to chsp@rerc.org.au