The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 32. August 2022

Whispers from the Willows
NEWSLETTER

Welcome to our newsletter for August.
We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our August issue. Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.
Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

Hello August

From Head Office

Thank you for all the support you have shown us through the current COVID outbreak and lockdown. All the residents are doing well and are in good spirits. We will continue to update you on their progress daily.

There will be no activities scheduled until the outbreak is over. As always please call me if you have any questions or concerns.

Maryann Inbari - Facility Manager Organisational & Financial Controller

YOUR WELLBEING IS OUR #1 PRIORITY

A message from
Management at

The Willows

HOW TO LOVE YOURSELF

August edition

Schedule downtime

Spend time in nature

Validate your feelings

Invest in your growth

Forgive your mistakes

Embrace your imperfections

Stories from our residents

Bruce Begnell

Story of my life

Bruce Begnell was born in Sydney in 1934. Bruce has lived in Homebush all his life, worked in Homebush abattoirs as a beef slaughter man from the age of 15 to 55 in 1988. That year the abattoir closed to make way for the Sydney Olympics in 2000.

Bruce was a keen footballer playing rugby league captain & coaching local teams in Homebush, Burwood & Auburn areas for 18yrs, during that time he did a diploma massage therapy course.
Bruce has four children, two from a previous marriage, son Bruce & daughter Joy & two stepsons Ben & Kurt, six grandchildren & eight great grandchildren.

He had always been very social & outgoing, loves dancing, travelling & going on cruises.

AUGUST BIRTHDAY CELEBRATIONS

Sylvie DuLaurens
Betty Nicholls

Health & Wellness

10 Common Food Safety Mistakes

Handling foods safely is much more than throwing away spoiled milk or washing your fruits and vegetables. While these actions are important, there are several more common food safety mistakes that can result in major consequences.

Avoid these 10 common yet dangerous food safety mistakes.

Mistake #1: Tasting food to see if it's still good

Never taste your food to check if it has spoiled. You can't taste, see or even smell all bacteria that causes food poisoning, and tasting just a tiny bit of contaminated food can cause serious illness. Throw away all expired food before harmful bacteria grows. Consider composting expired plant-based foods such as vegetables, fruits, bread and vegetarian leftovers.

Mistake #2: Putting cooked or ready-to-eat foods back on a plate that held raw meat

Never let raw meat, poultry or seafood touch cooked meat or any ready-to-eat foods, as this can cause cross-contamination. Foodborne pathogens from raw meat can easily spread to ready-to-eat foods and cause food poisoning. Always use separate plates, cutting boards and utensils to keep raw meats, poultry and seafood separate from ready-to-eat foods.

Mistake #3: Thawing food on the counter

Never thaw food on the counter. Harmful foodborne pathogens multiply rapidly when foods are in the danger zone between 4°C and 60°C. Instead, always thaw foods in the refrigerator, cold water or in the microwave.

Mistake #4: Washing meat or poultry

Never wash raw meat or poultry because the water can easily spread bacteria to your sink, counter-tops and other kitchen surfaces. Only wash raw fruits and vegetables.

Mistake #5: Letting food cool before putting it in the fridge

Don't leave food out of the refrigerator for more than two hours or one hour if it is over 32°C outside. Illness-causing bacteria can grow rapidly when perishable foods are left in the danger zone – between 4°C and 60°C. Always refrigerate foods in a timely matter. If you are on a road trip or picnicking, pack perishable foods in a well-insulated cooler with ice or cold packs.

Mistake #6: Eating raw cookie dough (and other foods containing uncooked eggs and flour)

Never eat any raw eggs because they may contain Salmonella or other harmful bacteria. Instead, cook eggs thoroughly and avoid foods that contain raw or undercooked eggs. Even raw dough without eggs should not be consumed as raw flour may contain E. coli and cause people to get sick.

Mistake #7: Marinating meat or seafood on the counter. Using raw meat marinade on cooked food.

Never marinate meat, poultry or seafood on the counter or use the same marinade for raw meat and cooked food. If you marinate on the counter, harmful germs can multiple rapidly when in the danger zone – between 4°C and 60°C. In addition, if you use the same marinade on raw and cooked meats, the harmful bacteria from the raw food can spread to the cooked food. Always marinate raw meat, seafood and poultry in the refrigerator and only reuse marinade if you bring it to a boil just before using.

Mistake #8: Undercooking meat, poultry, seafood or eggs

Cooked food is safe only after it's been heated to a high enough internal temperature to kill harmful bacteria. In order to avoid eating undercooked foods, you must use a food thermometer – the only way to determine if cooked foods are safe to eat. Do not rely on sight, smell or taste to tell whether your food is done.

Mistake #9: Not washing your hands

Illness-causing bacteria can survive in many places – including on your hands. Always wash your hands for at least 20 seconds with soap and warm, running water before and after handling food.

Mistake #10: Not replacing sponges and dish rags

Ironically, sponges and dishrags are some of the dirtiest tools in your kitchen. Sponges and dish rags can hold harmful foodborne pathogens and cause a serious health risk. Always sanitise your sponges at least every other day and replace them every week or two for best protection against germs.

WHAT HAPPENS TO YOUR DIGITAL DATA WHEN YOU DIE?

When a loved one passes away, knowing what to do with the belongings they left behind is often a difficult task at a difficult time.

Even if they left a will or other instructions, locating every item, account or any other asset can be a truly herculean task at a time when these things are the last thing on your mind.
Adding to the complexity, so much of lives today lives in the digital space. Personal emails, photos and text messages are just some of the data stored on cloud servers around the world owned by the tech giants.

If you're gasping at the thought of leaving all that digital info to strangers, you're not alone. So can you give your digital life to someone else when you're gone? It turns out the answer depends on who your data is stored with. Apple has recently introduced its Legacy Contracts feature, which allows you to nominate a trusted contact to be given access to your iCloud account in the event of your death.

You can nominate a Legacy Contact in the privacy settings of an Apple device and a unique code will be sent to them. If you pass away, this contact can send this code (along with a copy of your death certificate) to request access to your iCloud and everything stored in it.

Any photos, videos, iMessages, emails, files, calendars and contacts stored on Apple's servers will be accessible by the nominee.
It's not possible to nominate items you might prefer your relatives didn't see, so be careful who you pick as your contact. Legacy contacts will not be able to view or access payment information, subscriptions, licensed media, or Keychain information.

Google, owner of the Android operating system, has a slightly different approach your digital footprint after death. In true Google style, it is highly customisable. Google's Inactive Account Manager allows users to nominate a contact to receive access to your Google account once it has been inactive for a certain period of time.

Unlike Apple, you can nominate precisely which data you would like your contact to have access to, and have the rest automatically deleted. You can also nominate no contact at all, and instead have your entire Google profile deleted after a period of inactivity.
Social media sites such as Facebook and Instagram give users the choice to either have their accounts permanently deleted, or 'memorialised after their deaths. If a user chooses to have their account memorialised, they can nominate a trusted contact to manage the account.
You may think it possible to leave instructions on your digital life in a will, but the fact this data is stored on hardware owned by private organisations makes this difficult.

When setting up these accounts, users enter into agreements subject to terms and conditions that don't always mean you truly own your data. Some legal firms say that there are still legal steps you can take to prepare your digital assets for when you pass away.

NOTE: Please speak to your lawyer or a legal expert before proceeding based on this above article.

livewell

7 ways pets improve your health

Pets make excellent companions, they're also good for your physical and mental health. However, if you are struggling to look after yourself, talk to your health care professional before you take on caring for a pet.

Pets reduce stress

Many people feel stress. Research shows that just patting a pet can ease stress and reduce your blood pressure. Even watching fish swimming in an aquarium reduces stress. It can also help you relax and practise mindfulness.

Pets provide companionship

Pets can be affectionate, accepting, loyal, honest and consistent. If you feel isolated with little support, a pet can help reduce your loneliness.

Pets fulfill the human need to touch

Most people feel better when they have physical contact with others. Simply patting a pet can lower your heart rate.

Pets require routine and organisation

Most pets require a routine of feeding, cleaning and exercise. This can give you purpose and motivation which can help your self-esteem, wellbeing and mental health.

Pets provide a sense of purpose

A pet can provide you with a sense of purpose, which helps improve mental health conditions like depression and anxiety. If you have a pet, you are never alone and you are also responsible for looking after them.

Pets increase your social interaction

Pets create opportunities for better social interaction, especially if you join an animal club or attend pet shows. Going to pet-friendly events, beaches or parks can also help increase your social network. You could make new friends just by taking your dog for a walk or waiting at the vet, due to the shared interest in your pets.

If you have a fear of social situations, or social phobia, a pet can help with slowly introducing you to other people who also have pets and enhance your mental health.

Pets improve your fitness (dog owners)

If you own a dog, they need regular walks, and this exercise is good for you too. Exercise, like walking, has many benefits for your mental health and wellbeing. You can also use the time walking your dog to improve your fitness and make the most of the outdoors to help you further develop mindfulness and relaxation.

Studies have shown that dog ownership is linked with a lower risk of death over the long term, which is possibly due to a reduction in the risk of cardiovascular disease. If you have a fear of social situations, or social phobia, a pet can help with slowly introducing you to other people who also have pets and enhance your mental health.

If you are considering getting a pet, you should think carefully about whether you can look after a pet, as well as affording all the costs that go with the experience.

WHAT'S ON? During August

International Beer Day
AUGUST 5

International Women's Day
AUGUST 8

International Cat Day
AUGUST 8

International Lion Day
AUGUST 10

International Left Hander's Day
AUGUST 13

Take advantage of senior discounts

Senior discounts are there for a reason, so don't forget to use them!

Carry with you a proof of age card and you'll find you can save on a huge number of things, from public transport and dining out to museum entries and cinema tickets.

If you don't see a discount listed, it can't hurt to ask.

Watch this space in every issue for a Tip of the Month

DID YOU KNOW

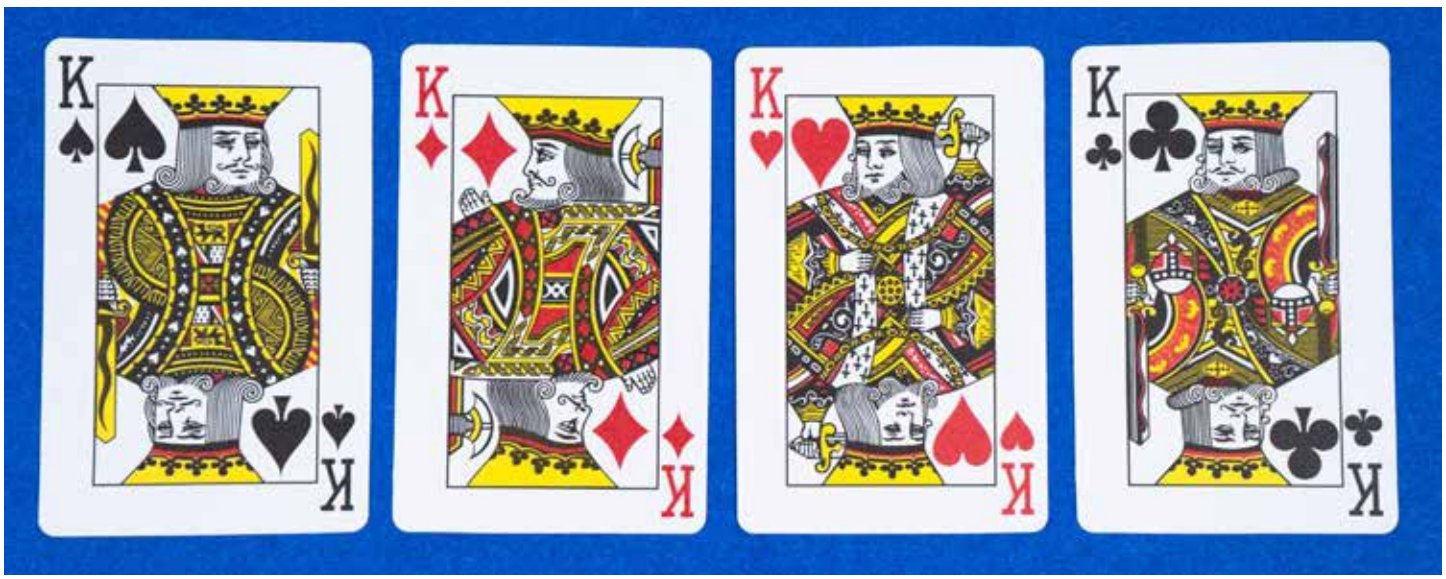
Who are the four Kings in a deck of cards?

The four kings on a modern deck of playing each have a distinct appearance. But do these royals represent specific historical or mythical figures? While they did briefly have identities assigned to them by some card producers, in general, they no longer have names to put with the faces. Learn about the history of the kings of spades, hearts, diamonds, and clubs.

The Four Kings

Many believe the four kings in a deck of cards represent great rulers of the past. If you face a trivia question, the following name assignments are your best bets, although these designations haven't been in use for centuries and are disputed.

- **King of Spades:**
  David, King of Israel from the Old Testament
- **King of Clubs:**
  Alexander the Great, King of Macedonia, who conquered a vast region and lived from 356 to 323 BCE.
- **King of Hearts:**
  Charlemagne, King of France and the first Holy Roman Emperor, who lived from 747 to 814 AD.
- **King of Diamonds:**
  Roman Caesar Augustus. Some sources say the king of diamonds is Julius Caesar, not Augustus.



From the Food Studio

Recipe for Hot Apple Cider

1. In a saucepan, add:

4 cups of apple juice...

...¼ tsp grated nutmeg...

...a few apple slices...

...and 1 cinnamon stick

OPTIONAL add a splash of spiced rum!

2. Heat the mixture, stirring frequently

3. Pour in to mugs and garnish with cinnamon sticks

DO YOU REMEMBER?

THE VIEW MASTER

Who here had a View-Master when they were younger? That iconic red plastic View-Master with its reels of colourful images that transported us to faraway lands or allowed us to re-live our favourite scenes from television shows and movies. It was all the rage in the 1970s, and many kids would spend hours looking through their View-Masters to pass the time. The View-Master was a window into another world, whether it was images of distant places, wild animals, or famous landmarks.

Who still has their View-Master?

COLOUR ME IN

ThinkTime

TRIVIA

15 facts about all-things EYES

Did you know that the eyes themselves are not what actually allow you see? They are simply a conveyance for messages sent from the brain, via the optic nerve.

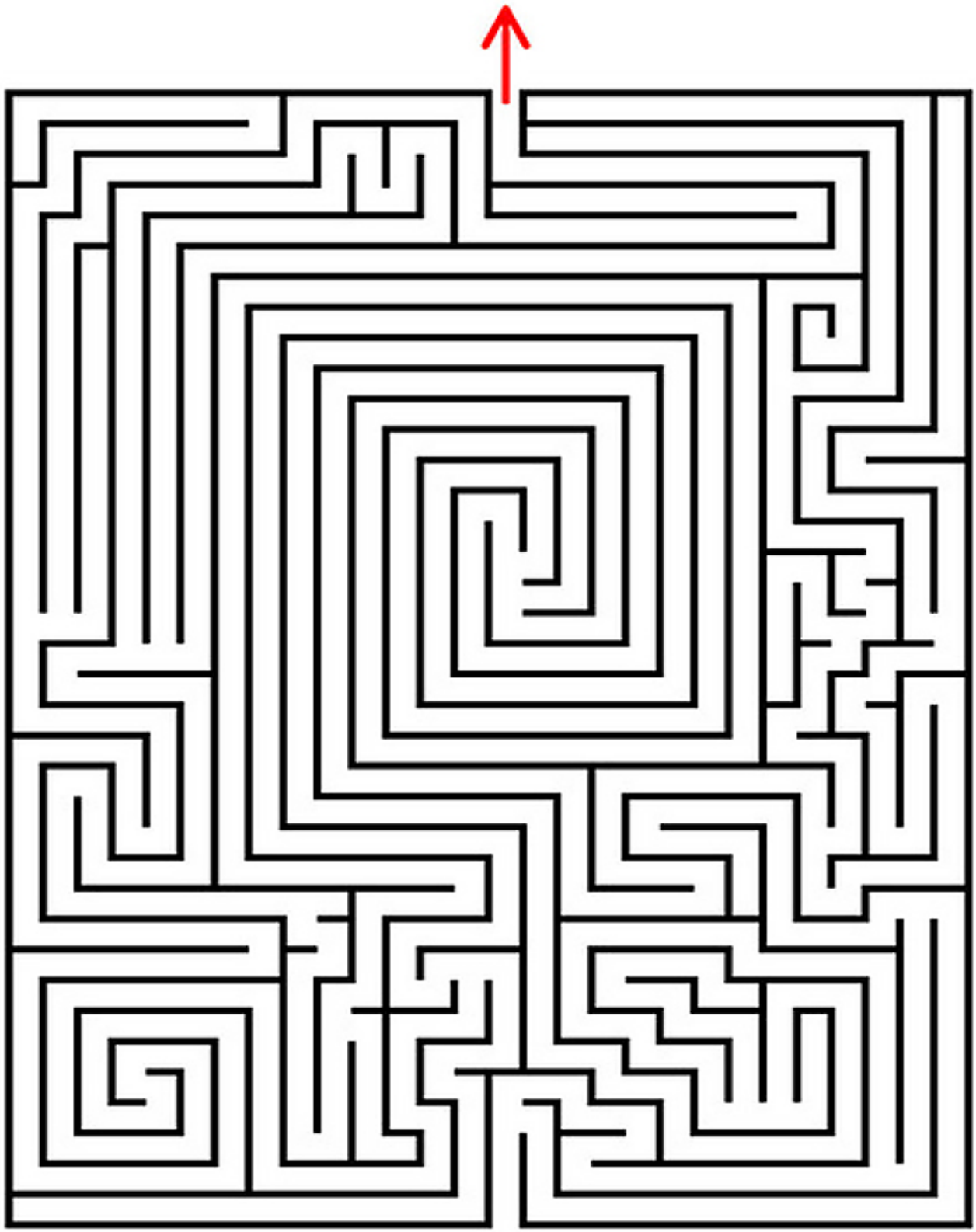
Similarly, did you know that only one-sixth of your eye is even visible to the outside world? Or that your eyes are comprised of more than two million intricately connected working parts?

And that's just the beginning!

Here are 15 fascinating facts about the eyes.

1. Your eyes focus on 50 different objects every second.
2. The only organ more complex than the eye is the brain.
3. Your eyes can distinguish approximately 10 million different colours.
4. It is impossible to sneeze with your eyes open.
5. Ommetaphobia is a fear of the eyes.
6. 80 percent of all learning comes through the eyes.
7. Your eyes can detect a candle flame over 2km away.
8. Your iris (the coloured part of your eye) has 256 unique characteristics; your fingerprint has just 40.
9. Heterochromia is the medical term for having two different coloured eyes.
10. Only 1/6 of your eyeball is visible.
11. Your eyes are comprised of rods and cones. Rods allow you to see shapes, while cones are responsible for detecting and deciphering colours.
12. The average person blinks 12 times a minute (bet you just blinked!).
13. The shark cornea is nearly identical to the human cornea and has even been used in human eye surgery!
14. Your eye is the fastest contracting muscle in the body, contracting in less than 1/100th of a second.
15. The optic nerve contains more than one million nerve cells.

FIND YOUR WAY THROUGH THE MAZE



Answers on the last page

FEELINGS & EMOTIONS

Choose the correct option.

a) hysterical
b) depressed
c) jealous

a) lazy
b) busy
c) happy

a) frustrated
b) disgusted
c) peaceful

a) interested
b) terrified
c) bored

a) hot
b) hurt
c) hungry

a) ecstatic
b) exhausted
c) embarrassed

a) lonely
b) loving
c) relaxed

a) comfortable
b) furious
c) nervous

a) excited
b) exhausted
c) tired

a) happy
b) hot
c) cold

a) sad
b) surprised
c) scared

a) puzzled
b) pessimistic
c) proud

a) amazed
b) ashamed
c) upset

a) bored
b) sleepy
c) worried

a) confident
b) surprised
c) helpless

a) glad
b) joyful
c) lonely

a) happy
b) hurt
c) hysterical

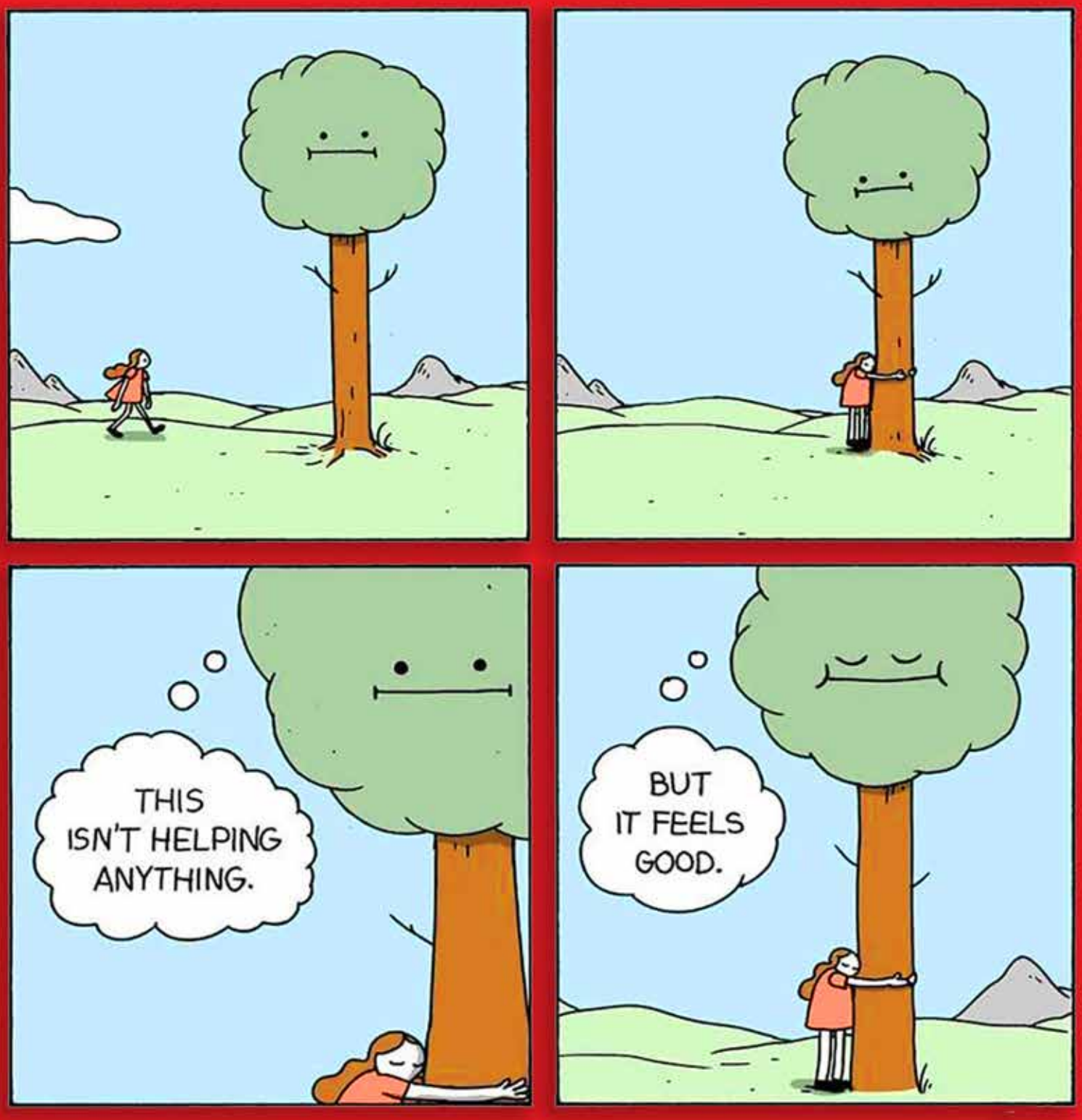
a) tired
b) comfortable
c) sleepy

a) enthusiastic
b) embarrassed
c) hostile

a) exhausted
b) excited
c) ecstatic

It is what it is

It is what it is



Did You Know?

WE HAVE THE FOLLOWING SERVICES THAT VISIT THE WILLOWS AND ARE AVAILABLE TO ALL RESIDENTS

DENTIST

PODIATRIST

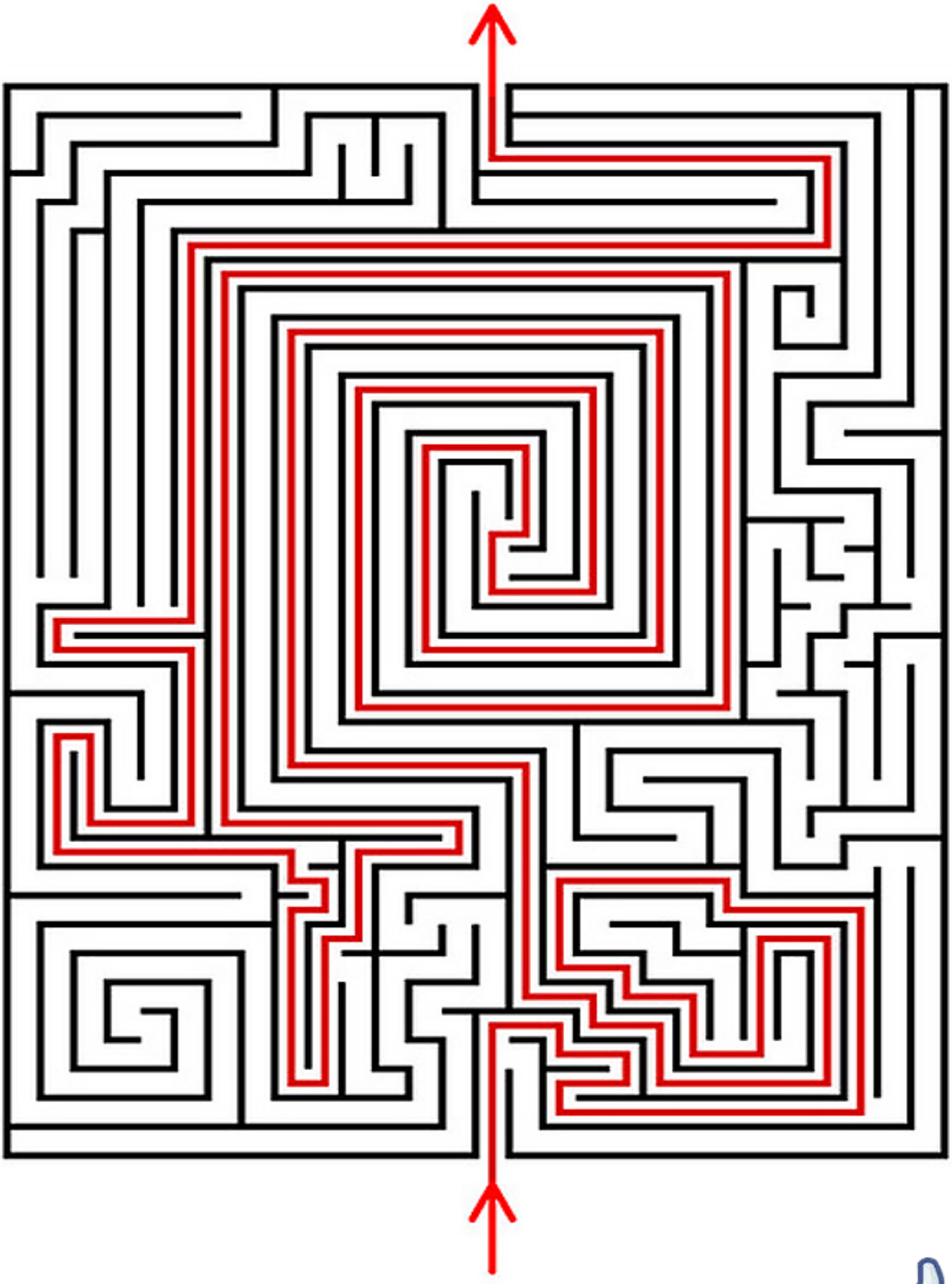
DOG THERAPY

HAIRDRESSER

ART THERAPY

HOLY COMMUNION

Solution to FIND YOUR WAY THROUGH THE MAZE



Remember to LIKE and FOLLOW US on FACEBOOK