The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 45. September 2023

Whispers from the Willows NEWSLETTER

Welcome to our newsletter for September.
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 September 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.

Interesting facts about September

- September is the ninth month of the year in the Julian and Gregorian calendars.
- The third of four months to have a length of 30 days, and the fourth of five months to have a length of fewer than 31 days.
- In the Northern Hemisphere, the meteorological autumn begins on 1 September and the beginning of the traditional autumn is 21 September. In the Southern Hemisphere, the meteorological spring begins on 1 September and traditional spring begins on 21 September.
- September marks the beginning of the ecclesiastical year in the Eastern Orthodox Church. It is the start of the academic year in many countries of the northern hemisphere, in which children go back to school after the summer break, sometimes on the first day of the month.
- The meaning of September comes from ancient Rome – 'Septem' is Latin and means seven.
- September was originally the seventh of ten months in the oldest known Roman calendar, the calendar of Romulus c.750 BC, with March (Latin Martius) the first month of the year until perhaps as late as 451 BC.
- After the calendar reform that added January and February to the beginning of the year, September became the ninth month but retained its name. It had 29 days until the Julian reform, which added a day.
- The September equinox takes place in this month, and certain observances are organized around it. It is the Autumn equinox in the Northern Hemisphere, and the Vernal equinox in the Southern Hemisphere. The dates can vary from 21 to 24 September.
- September was called "harvest month" in Charlemagne's calendar. September corresponds partly to the Fructidor and partly to the Vendémiaire of the first French republic.
- September is called Herbstmonat, harvest month, in Switzerland.
- September's birthstone is the sapphire.
- The birth flowers for September are the forget-me-not, morning glory and aster.

From the Admin Desk

Hi All

It is great to be heading into spring. The sun is shining, and the days are warming up. We are looking forward to being outdoors again. Our new software for medications, BESTMED is up and running and we are looking forward to a more streamlined and efficient medication administration. We have also consulted with our dietician and are waiting for a new summer menu which will be implemented shortly. Management have consulted with the residents and hope we have managed to capture all their personal requests.

Happy Father's Day to all our dads. The Willows will be hosting a Father's Day afternoon tea at 2.00pm on Friday 1st September and would love to see you all there to celebrate with you.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - CEO

From the Lifestyle Desk

Hi Everyone

Welcome to the first month of Spring. We hope you're as excited as we are by the sunshine. The days are warming up, there's the scent of jasmine in the air, and the flowers are coming out of their winter hibernation. We always think Spring is the most beautiful season in Sydney – what do you think?

The Willows have lots to celebrate this month, with Father's Day coming up on the first Sunday of September but will be celebrating on Friday 1st September. We would like to wish all of the dads, Stepfathers, Grandfathers, and Great Grandfathers a very happy Father's Day! We are looking forward to spending the day celebrating the wonderful men in our lives.

If there is anything we can do to improve your life here at The Willows Private Nursing Home, please don't hesitate to chat with us. Enjoy the Spring weather and we'll see you soon!

Cheers,

David and Tess

yourhealth

ALZHEIMER'S A CHANCE TO CHANGE COURSE

Healthy people over 65 with a high level of a certain blood biomarker are 35 times more likely to transition to mild cognitive impairment or Alzheimer's, according to new collaborative research from Macquarie University and the CSIRO.

The biomarket can appear years before the onset of dementia symptoms — and there are hopes this could be early enough for people to make lifestyle changes to help head off the disease.

The human body has a number of ways of breaking down and producing the compounds, or metabolites, necessary to keep it functioning. The kynurenine pathway (KP) is one of these ways, producing metabolites that serve functions including protecting the neurological system and coordinating the immune response.

NEUROTOXIC METABOLITES

While some metabolites are protective, others can become toxic in high enough amounts. When it is not functioning properly, the KP produces increased levels of neurotoxic metabolites, which can ultimately lead to the death of neurons, the cells that transmit messages in the brain.

Dysfunction in the KP has previously been found to be caused by chronic inflammation in the body, and associated with problems ranging from Alzheimer's and multiple sclerosis to schizophrenia and bipolar disorder.

Dr David Lovejoy from Macquarie Medical School said his team looked at samples from 239 people with an average age of 75, 166 of whom went on to develop Alzheimer's. The samples were taken every 18 months as part of a long-term study of healthy older Australians.

"We found someone with increased levels of 3-HAA is 35 times more likely to progress to Alzheimer's than someone with normal levels," he said.

"This is the first time higher 3-HAA levels have been shown to be an early warning sign of the disease.

"In the past, 3-HAA has been observed to actually decrease after a diagnosis of dementia, but nobody has ever looked back to measure it in the lead-up.

"So, we were surprised to see increased 3-HAA levels strongly predicting risk of developing MCI that leads to a diagnosis of dementia.

"Increased levels of the 3-HAA metabolite have been shown to impair the immunological response to the build-up of amyloid in the brain, one of the key 'bad-actors' in the development of Alzheimer's."

PREVENTATIVE MEASURES

At this early stage, the process of testing for 3-HAA is at laboratory stage, but there is every reason to believe that it will be possible to develop a rapid blood test in the future.

"In theory, if you found your levels were high, you would get a brain scan to determine whether there was also a build-up of amyloid plaques, which is an indicator of Alzheimer's, and begin taking preventative measures," Lovejoy said.

"We don't know yet whether increased levels of 3-HAA leading up to dementia can be reversed. That is something that needs more research, but there are so many exciting possibilities here.

"There would also be the potential to use such a test to check whether new Alzheimer's therapies were working.

"In theory if levels of 3-HAA began to fall, it might indicate that the treatment was having the desired effect."

LIFESTYLE CHANGES

Alzheimer's is one of a number of diseases — including heart disease, stroke and certain types of cancer — that count inflammation in the body one of their root causes.

Acute inflammation is healthy, aiding in the recovery process after injury or illness. Chronic inflammation, on the other hand, is detrimental to many aspects of our health.

In the case of Alzheimer's, inflammation of the neurological system is one of the key culprits, as it increases the toxicity of amyloids and tau proteins, which build up in the brain.

Fortunately, Lovejoy said there are lifestyle changes anybody can make at any age that help reduce chronic inflammation:

- Follow a Mediterranean diet, which is low in red meat and processed foods and rich in vegetables, legumes and beans, nuts, fish and healthy oils such as olive oil. Include as many bright-coloured foods as possible, such as leafy greens and red berries.
- Get at least 30 minutes of cardiovascular exercise every day, such as walking, swimming or cycling. To be beneficial, cardiovascular exercise needs to raise your heart rate, but there's no need to do anything too strenuous, like running.
- Reduce your alcohol consumption. The current Australian advice is to drink no more than four standard drinks a day, and no more than 10 drinks a week.

"These are all the things that also contribute to maintaining a healthy weight," Lovejoy said.

"They're changes we know we should make but might struggle to put into place.

"If you do these things, you'll reduce your risk of a number of serious diseases, and you'll have a sweeter life as you get older."

Lovejoy is a researcher in Macquarie Medical School and the Macquarie University Centre for Motor Neurone Disease.

This study was funded by the National Health Medical Research Council.

If we avoid everything that makes us anxious it can hold us back and lead to more problems.

Should I be scared?

Sometimes our imaginations can run away with themselves. That doesn't make the feelings this causes any less real, but we shouldn't let fear control our lives.
Get as many real facts and information as you can about the scary thing then ask yourself:

***Are my fears based on fact, or just what I think might happen?**

***What's the worst that could happen – is that really likely?**

It's also important to realise what steps people take to keep themselves safe in situations that could be dangerous. For example, heights are scary because we might fall. Climbers use ropes and wear safety gear to reduce the risks of falling and getting injured.

How can I face my fears?

Every time we face up to a fear, its hold over us gets weaker.
Here are some steps you can try:

1. Relax, be calm

If you're in the grip of feeling scared about something, It's really hard to think clearly. Take time out to calm down – you could try a relaxation exercise.

2. Talk about it

Try talking about your fear with someone you know and trust. If you would rather talk about what is bothering you over the phone, remember you can call Childline on 0800 1111. Talking about your fears often shrink them down to a size we can deal with.

3. Take small steps

Think about how you could break it down into more manageable chunks. If you're scared of crowds, for example, you could try finding a small crowd to be in for a little while – like a queue at a supermarket checkout. Then, you could move on to being in the lunch queue at school. Once you've accomplished that, you could try going to a bigger event.

What if I still get scared?

Your fear might never disappear completely, but if you keep trying you will learn how to manage it.

If you still feel anxious, try checking out relaxation exercises to help you feel less stressed.

SEPTEMBER BIRTHDAY CELEBRATIONS

Harold Terlich 19th

Fred Cooper 23rd

Losana Rambuli 25th

BATTERY & CHARGING SAFETY

Many of today's portable devices contain rechargeable lithium-ion batteries, which are light-weight, energy dense and long lasting. Devices such as phones, tablets, power-banks, computers, toys, appliances and tools, as well as mobility equipment such as electric bikes and scooters, are certainly convenient and make our lives easier. Unfortunately, Fire and Rescue NSW has seen a significant rise in fires related to lithium-ion batteries in many applications. It is important that we all understand the risks and be prepared if things go wrong.

How to identify a lithium-ion battery

Lithium-ion batteries (LiB) come in various formats (i.e. cylindrical, flat, rectangular, pouch, and device specific) and can be difficult to identify as there is currently no requirement or standard for labelling or marking. Most Lithium-ion batteries will have some form of printing on them which contains either the words "lithium ion", "Li-ion", "Li-po", "Lithium-polymer", or some other variation of "Li" to denote the chemistry. If the battery is rechargeable and has "Li" or "Lithium" printed on it, you can safely assume that it is a lithium-ion battery.

Non-rechargeable or disposable lithium batteries, or lithium metal batteries should also be treated with caution as they can expel molten flammable metal and emit toxic gasses during a fire. Small fires involving single use, disposable lithium batteries should be treated as a Lithium-ion battery fire. Where large amounts of lithium metal batteries are used or stored, specialist Class D dry powder extinguishers may be required.

Why do lithium-ion batteries catch fire?

Lithium-ion batteries are highly energy-dense and contain electrolytes that are highly flammable. There are several situations that can lead to lithium-ion batteries catching fire, including:

- Overcharging or use of non-compliant charging equipment
- Overheating or exposure to heat or extreme temperatures
- Physical abuse (e.g. dropping, crushing, piercing, and/or vibrations)
- Short-circuiting, battery cell malfunctions or system faults
- Defects or contamination introduced during manufacture

When lithium-ion batteries fail they can undergo thermal runaway. This involves violent bursting of one or multiple battery cells, hissing and release of toxic, flammable and explosive gases, and an intense, self-sustaining fire that can be difficult to extinguish.

BE AWARE & CAREFUL!

Prevent Digital Eye Strain

BY KIMBERLY BLAKER

Internet technology connects us to a world of information, entertainment, social interaction, and more. Some of us earn a living pounding on computer keys, so it can also be essential to our financial survival. But too much time on digital screens can cause problems with vision.

Computer vision syndrome, also known as digital eye strain, occurs because the eyes have to work harder to view a computer or digital screen. Letters in words are often less sharply defined, the contrast between the letters and background is lower, and screen glare can interfere with vision as well.

DIGITAL EYE STRAIN

Computer vision syndrome causes vision problems and eye discomfort. As the American Optometric Association (AOA) explains, it results from extended viewing of computer screens, e-readers, tablets, and cell phones. The more time spent on digital devices, the worse the discomfort becomes. People who spend two or more consecutive hours looking at a computer screen every day are more likely to experience computer vision syndrome symptoms.

Computer vision syndrome symptoms include eyestrain, dry eyes, headache, blurred vision, and neck and shoulder pain. The symptoms may be worsened by poor lighting, glare on a digital screen, improper distance between the eyes and the screen, poor sitting posture, and uncorrected vision issues.

STEPS TO TAKE

Fortunately, there are several solutions to prevent or cure computer vision syndrome. The first step, experts say, is to schedule an eye exam with an optometrist. Uncorrected and under-corrected vision problems can be a major contributor to digital eye strain. Even if you already wear contact lenses or glasses, you may find you also need to wear computer glasses. Computer glasses will have a correction for the specific distance to a computer and may have special lenses as well.

The AOA says some people unconsciously try to self-correct their computer vision issues by holding their heads at an odd angle to better see the screen. That doesn't help your eyes or the neck strain you've probably developed.

When using a computer, position the screen at an arm's distance away (about 20 to 28 inches is recommended). Most people find it most comfortable to look down towards a computer screen, so try positioning it four to five inches below eye level. Increase the font size to reduce strain as well. You can also reduce overhead lighting to eliminate glare.

Prolonged exposure to blue light is likely a contributor to macular degeneration and vision loss.

Vision therapy can help combat digital eye strain by training the eyes and the brain to work together more effectively. This especially helps people who have issues with their eyes focusing during computer work.

Rub your hands together briskly to warm the palms, then cup your hands over your closed eyes. The muscles around your eyes will relax as you sit and breathe for a few minutes. Take "blink breaks" to keep the eyes from getting too dry. Squeeze your eyes shut several times for two seconds each time to lubricate your eyes. Check with your optometrist for additional vision training ideas.

Finally, follow the easy-to-remember 20-20-20 rule that's recommended by the AOA. Every 20 minutes, take a 20-second screen break by looking at something 20 feet away. It helps the eyes to alternate between near and far focus. Try holding your thumb 10 inches from your eyes. Focus on it for 15 seconds, then look at something 20 feet away for the same amount of time.

Source: American Optometric Association.

For every 20 minutes of screen time, take a 20-second screen break by looking at something 20 feet away.

In addition to computer vision syndrome, exposure to blue light is another digital screen hazard. Blue light comes from many sources. This includes and comes primarily from sunlight as well as LED and fluorescent lighting. But smartphones, flat-screen TVs, computers, and electronic notebooks also emit significant amounts of blue light.

The problem is that our eyes can't block blue light. So it penetrates the eye lens and cornea, then it reaches the retina. Prolonged exposure to blue light is likely a contributor to macular degeneration and vision loss. Harvard researchers have also found that blue light affects our circadian rhythm and throws off the body's biological clock. Night-time light exposure appears to be particularly unhealthy. Numerous studies have linked exposure to light at night (while working the night shift) with breast and prostate cancer, heart disease, diabetes, and obesity.

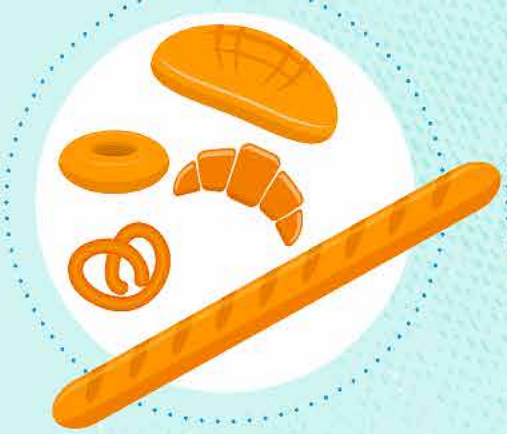
Harvard researchers also point out that even dim light affects our circadian rhythm and interferes with melatonin secretion. The lack of sleep that results from it then increases the risk of depression. So, there are multiple good reasons to try to reduce blue light exposure.

Minimizing screen time is one of the most obvious ways to reduce exposure. Also, shut down devices with digital screens two to three hours before bed, if possible. If not, at least dim the screen light in the evenings. If you like having a nightlight, use a dim red light instead. This has the least impact on the circadian rhythm and eyes.

20 ESSENTIAL TIME-SAVING HACKS FOR THE KITCHEN

PREPARE
COOK
CLEAN
STORE

1



Use 10 recipes that require similar base ingredients

2

Use tongs to squeeze the most out of your citrus fruits

3

Tenderize poultry with a lemon juice rub

4

Quickly prepare potatoes by par-boiling, place in cold water, and removing the skin

5

Slice soft foods (cheese, cake) with unscented dental floss

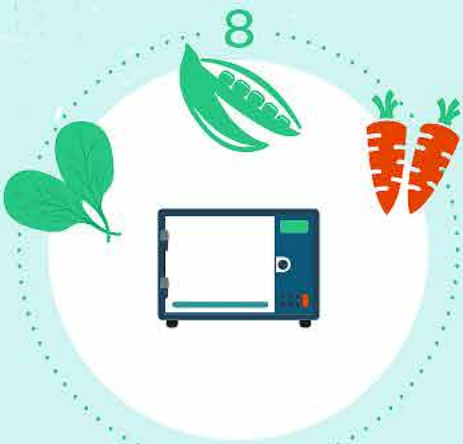
6

Place a wooden spoon over a boiling pot to stop it overflowing

7

Grill fish on top of lemons to avoid it from sticking and for added flavor

8



Microwave carrots, mushrooms, peas and spinach for quicker results

9

Use the 'paddle' attachment on your mixer to perfectly shred chicken

10

Let meats rest for 5 minutes after cooking

11

Place a lemon wedge in the bottom of your bin to reduce odor

12

Regularly pour boiling water down your drain to avoid clogs

13

Microwave white wine vinegar to make microwave stains easily cleanable

14

Scrub wooden boards with salt and ½ a lemon to get rid of grime

15

Grate a potato to clean gunk from inside your cheese grater

16

Chop each weeks veg at once, and freeze in ziplocked bags

17

Remove leaves from root veg to keep the nutrients in the veg

18

Precook your week's meals and organise in microwavable containers

19

Store fruit and veg in a bowl of water to prevent browning

20

Store veg (onions, garlic, mushrooms) in a brown bag for freshness

EATING OUT

VS.

EATING AT HOME

HEALTH

1 in 4 of eat fast food daily

Daily diet has grown to 2700 calories each day

When eating outside:

CALORIES

When eating at home:

CALORIES

200 less

Home cooks consume 200 fewer calories and 16g sugar daily

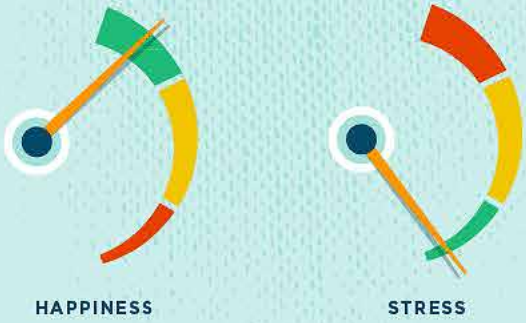
COST

Home cooking can cost up to 50% of a fast-food alternative

HAPPINESS

Less than 33% of families eat together at home

20% of meals are eaten in the car



We're significantly happier and less stressed eating at home

Here are some tips to help you take better pictures with your smartphone camera:

Clean Your Lens

Mast's top tip for better photos is to make sure your lens is clean. "If you do nothing else, this will improve the quality of your smartphone photos," she said.

Lighting is Key

Good lighting is the foundation of a good photograph. Try to shoot in natural light whenever possible and avoid using the flash if you can. If you're indoors, try to position yourself near a window or a source of light.

Focus on Framing

Framing is the technique of positioning your subject in the frame to create a visually appealing image. Use the rule of thirds, which involves dividing the frame into thirds both horizontally and vertically, to create a more balanced composition.

"Look around you for natural framing options," Mast added. "Use these details to give greater context to the story told through your photo. You'll often find that by slightly shifting your view as a photographer, you can frame your subject naturally using elements already present in the foreground or background."

Follow the Rule of Thirds

Move the focal point of your photos slightly off-center to make use of blank space. "This is the golden rule of photo composition, which says that the focal point – the main subject – of a photo should fall on the lines created when you divide the photo frame into thirds, vertically and horizontally," Mast explained.

Use Your Grid

The grid on your phone can help you follow the Rule of Thirds. "Most smartphones have a grid option that can help you align your shots more easily. The grid divides the frame into nine equal squares, which can be used as a guide to position your subject and create a more balanced composition," she added.

Keep it Steady

Shaky hands can ruin a good shot. Mast recommends holding your phone horizontally with both hands. She explained that it's easier to hold your phone steady and it feels more like a regular camera. You can also use a tripod or stabilize your phone against a solid object if possible. Alternatively, try holding your breath or resting your elbows on a stable surface to reduce shake.

Change Your Perspective

Taking a photo of your grandchild? Try to get down on their level or use an angle that's different than just pointing your camera down from your standing position. Be creative and challenge your own perspective.

Zoom With Your Feet, Not With Your Phone

Move closer to your subject if possible. While phone cameras have come a long way, don't rely only on the zoom to get closer as it can affect your image quality. "Even top quality digital single-lens reflex or mirrorless telephoto lenses can have some distortion, so use your feet first to zoom when possible," Mast recommends.

Take the Photos and Practice

Whether you're taking photos of your food, flowers, pets, or grandkids, Mast says to take pictures of what matters to you. "The beauty of digital photography is we have a camera at our disposal. I'm a huge believer in taking photos and I am not a photo minimalist, BUT it is also absolutely key to use that delete button."

yourhealth questions

Question 1:

My husband has been complaining that I'm not hearing everything he says. If I had hearing loss, wouldn't I certainly know it?

Answer:

Hearing can decrease gradually over many years, and many people don't realize it until someone else points it out.

Spouses, family members and close friends usually notice the changes first. I have had patients tell me they are hearing fine even though they struggle to hear conversation in restaurants or don't hear the birds outside. "I'm fine as long as only one person talks at a time", "I hear my husband talking, but he seems to mumble more now", "I can't understand why I hear the furnace going but not voices on the television". These are all very common statements. Many times these statements indicate some degree of hearing loss.

But because these changes have occurred gradually, the person has adapted to hearing less and less. I often say that if we could turn back the clock to a time when someone was hearing normally and then give them their hearing loss all at one time, they would be surprised to see how much they are missing.

If there is any question about your hearing, a hearing evaluation is an easy way to determine what you are missing. Hearing loss does not always mean needing hearing aids. Hearing loss can be caused by many factors including wax in the ears, problems in the transmission of the sound to the hearing nerve, and in many cases learning some communication strategies to assist you in certain situations. This information is usually discussed during your hearing evaluation.

Question 2:

What is statin therapy and what are the side effects of this drug?

Answer:

Statins are a class of medications used to lower cholesterol. They work by inhibiting an liver.

Statins are very commonly used to lower cholesterol in patients who are at increased risk for cardiovascular disease. They also may have other beneficial effects, currently being studied, such as being anti-inflammatory.

There are occasional side effects including muscle pains (myalgias) and rarely liver dysfunction, which should be closely monitored by you and your prescribing physician.

There has been some evidence that statins can increase your risk for diabetes, but in most cases the benefits of preventing cardiovascular disease outweigh that risk.

The amount of cholesterol lowering depends on the type and dose of statin prescribed.

Question 3:

I have been having palpitations and skipped heartbeats for several months.
My EKGs and blood work are normal. Is this all stress and anxiety?

Answer:

Palpitations are frequently caused by anxiety. On the other hand, anxiety can be caused by palpitations. Sometimes it is difficult to determine what is causing what.
Typically, if you have no history of heart disease, if there is no history of cardiac arrest in your family, and the episodes of palpitations are brief, the palpitations are not a life-threatening condition. If, however, you have some history of a heart problem (like a heart attack), or if someone in your family has had heart issues, or if the palpitations are continuous for minutes to hours, then further evaluation would be recommended.

ECGs done in the office can often be normal because they just happen to miss the palpitations. There are many different types of ECG monitors you can use at home to try to capture these episodes. If the episodes last long enough, there are portable hand-held monitors that you can carry around with you and quickly record your rhythm when it happens. If the episodes are too brief and are gone before you have a chance to pull out your portable monitor, you can wear a continuous monitor for 24 hours, and up to 30 days if necessary. If the palpitations are bothersome enough, you can explore these methods of capturing them so your physician can evaluate them in depth.

Question 4:

What is the difference between type 1 and type 2 diabetes?

Answer:

In type 1 diabetes, the body does not produce insulin. Only 5-10 percent of people with diabetes have this form of the disease. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Type 1 diabetes is caused by genetics and other unknown factors that trigger the onset of the disease.

In type 2 diabetes, either the body does not produce enough insulin or the cells become resistant to the insulin. Type 2 diabetes is the most common form of diabetes. It occurs in about 90-95 percent of all cases of diabetes. It was previously known as adult onset diabetes. Type 2 diabetes is caused by genetics and lifestyle factors.

Using insulin does not mean you have type 1 or "the bad type of diabetes". People with type 2 diabetes may also be using insulin to manage their blood sugar. There is no such thing as the "good" or "bad" type of diabetes. Both types of diabetes greatly increase a person's risk of developing complications if blood sugars are not well controlled.

Question 5:

I've been noticing slight tremors, some speech difficulties and stiffness in my 72-year-old dad.
Could these symptoms be related to Parkinson's disease? How is it diagnosed?

Answer:

The most common signs of Parkinson's Disease include tremor, slowed movements (perhaps observed as stiffness), and unstable gait. So this is possible with your father. Speech difficulty, however, is less common and may suggest the presence of another neurological condition that may look like Parkinson's Disease.

It is best to have him seen by a neurologist for a thorough history, examination and appropriate blood testing and imaging.

Question 6:

I have had asthma since childhood. As an adult, I find that when I'm really stressed or anxious, my asthma gets worse. Is there a correlation? Also how can I tell the difference between an asthma attack and an anxiety attack?

Answer:

Stress and anxiety can either trigger asthma or mimic it.

With asthma, there would tend to be some wheezing, cough or chest tightness.
Also, asthma would respond to Albuterol but anxiety would not.

If it is asthma, there are a lot of controller medications that can help keep it under control. There are also several medical and behavioral options for treating anxiety/stress that your primary provider could help you with.

Question 7:

I wake up with my right hand numb. My thumb and middle finger seem the worst.
It takes a while for the numbness to wear off. I work in a grocery store, so I'm always on my feet and on the register.

What should I do?

Answer:

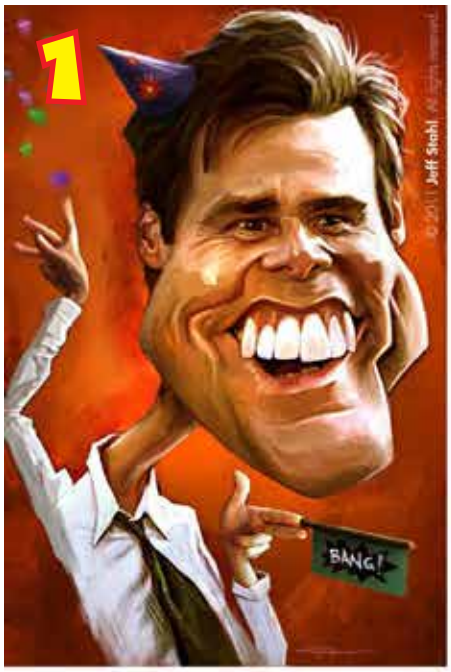
Numbness in the hand could be due to a number of factors. Typically we describe this as a "neuropathy" which means the nerve is not working normally. We have nerves that travel throughout our body and when they are not working normally, it is typically due to one of the following: compression of the nerve, irritation of the nerve (from surrounding tissue), or from chemicals in the body that cause the nerve to malfunction (i.e. high blood sugar).

In this case - numbness of the 1st(thumb), 2nd and/ or 3rd digit of the hand is very classic for carpal tunnel syndrome. This condition is due to compression (entrapment) of a nerve that supplies the hand - called the median nerve. In many cases this can be treated with a wrist brace and anti-inflammatory medications. It can also help to modify certain activities at work or home, such as repetitive activities like gripping. In some cases where these steps don't help, an injection of cortisone into the wrist, or surgery of the wrist, can provide relief.

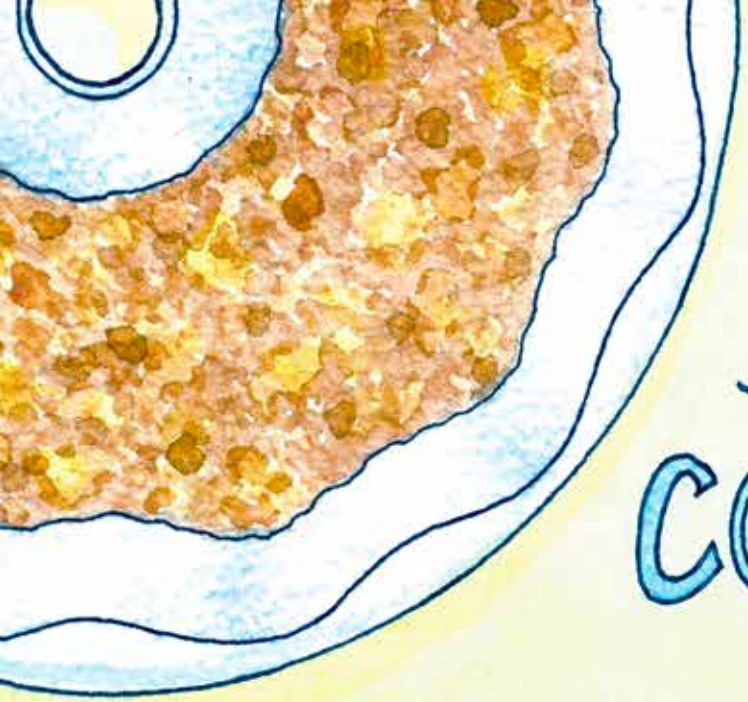
I would suggest seeing your family doctor, who can evaluate the condition and prescribe the best treatment.

CAN YOU NAME THESE FAMOUS CARICATURE ICONS?

ANSWERS ON THE LAST PAGE



from our kitchen
to yours



Grandma Frances' coffee cake

for the cake

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 cup sour cream
- 2 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla

for the topping

- ⅓ cup sugar
- 2 tsp. cinnamon
- ½ cup nuts

Cream butter + sugar; add eggs, baking powder, baking soda + vanilla; add flour + sour cream alternately; pour half of batter into a well-greased bundt pan; mix together topping + sprinkle half over the batter in the pan; pour in remaining batter + sprinkle with remaining topping. Bake at 350° for 35-40 minutes, or until a tester comes out clean.

AWESOME FACTS

1. **Avocados are a fruit, not a vegetable.**
   They're technically considered a single-seeded berry, believe it or not.
2. **The Eiffel Tower can be 15 cm taller during the summer,** due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.
3. **Trypophobia** is the fear of closely-packed holes. Or more specifically, "an aversion to the sight of irregular patterns or clusters of small holes or bumps."
4. **Allodoxaphobia is the fear of other people's opinions.**
   It's a rare social phobia that's characterised by an irrational and overwhelming fear of what other people think.
5. **Australia is wider than the moon.** The moon sits at 3400km in diameter, while Australia's diameter from east to west is almost 4000km.
6. **Human teeth are the only part of the body that cannot heal themselves.**
   Teeth are coated in enamel which is not a living tissue.
7. **It's illegal to own just one guinea pig in Switzerland.**
   It's considered animal abuse because they're social beings get lonely.
8. **The Ancient Romans used to drop a piece of toast into their wine for good health** - hence why we 'raise a toast'.
9. **The heart of a shrimp is located in its head.** They also have an open circulatory system, which means they have no arteries and their organs float directly in blood.
10. **Baby rabbits are called kits.**
11. **Venus is the only planet to spin clockwise.** It travels around the sun once every 225 Earth days but it rotates clockwise once every 243 days.
12. **Nutmeg is a hallucinogen.** The spice contains myristicin, a natural compound that has mind-altering effects if ingested in large doses.
13. **M&Ms are named after the businessmen who created them.**
    But what do the M's stand for? Forrest Mars and Bruce Murrie, who apparently didn't have the best relationship as Mars leveraged Murrie out of his 20% share of the business before it became the biggest-selling sweet in the US.
14. **The real name for a hashtag is an octothorpe.** The 'octo' refers to the eight points in the symbol, but according to the Merriam-Webster dictionary the 'thorpe' part is a mystery.
15. **The actors who voiced Mickey and Minnie mouse got married in real life.**
    Russi Taylor (Minnie) and Wayne Allwine (Mickey) tied the knot in 1991.
16. **You can hear a blue whale's heartbeat from over 2 miles away.**
    Blue whales weigh an average of between 130,000 and 150,000kg, with their hearts weighing roughly 180kg.

WHAT'S ON?

DURING THE MONTH OF AUGUST

LADIES GROUP
2.00pm Friday 15th

SPIRITUAL SERVICES
Every Sunday 11.00am
VIDEO TV and LAPTOP
Catholic Mass, Italian, Arabic, Greek, Orthodox, Tamil and Croatian Mass

FATHER'S DAY PARTY/HIGH TEA
2.00pm Friday 1st

ITALIAN GROUP
2.00pm Wednesday 13th

BIRTHDAY CELEBRATIONS
2.00pm Friday 22nd

ART GROUP THERAPY
2.00pm Every Monday

MENS BUSINESS
2.00pm Friday 8th

GARDENING
Last Friday of the Month

HAPPY HOUR
2.00pm Friday 22nd

BUS OUTING
9.00am Wednesday 20th

KNITTING GROUP
2.00pm Wednesday 27th

BINGO
1.00pm Every Monday

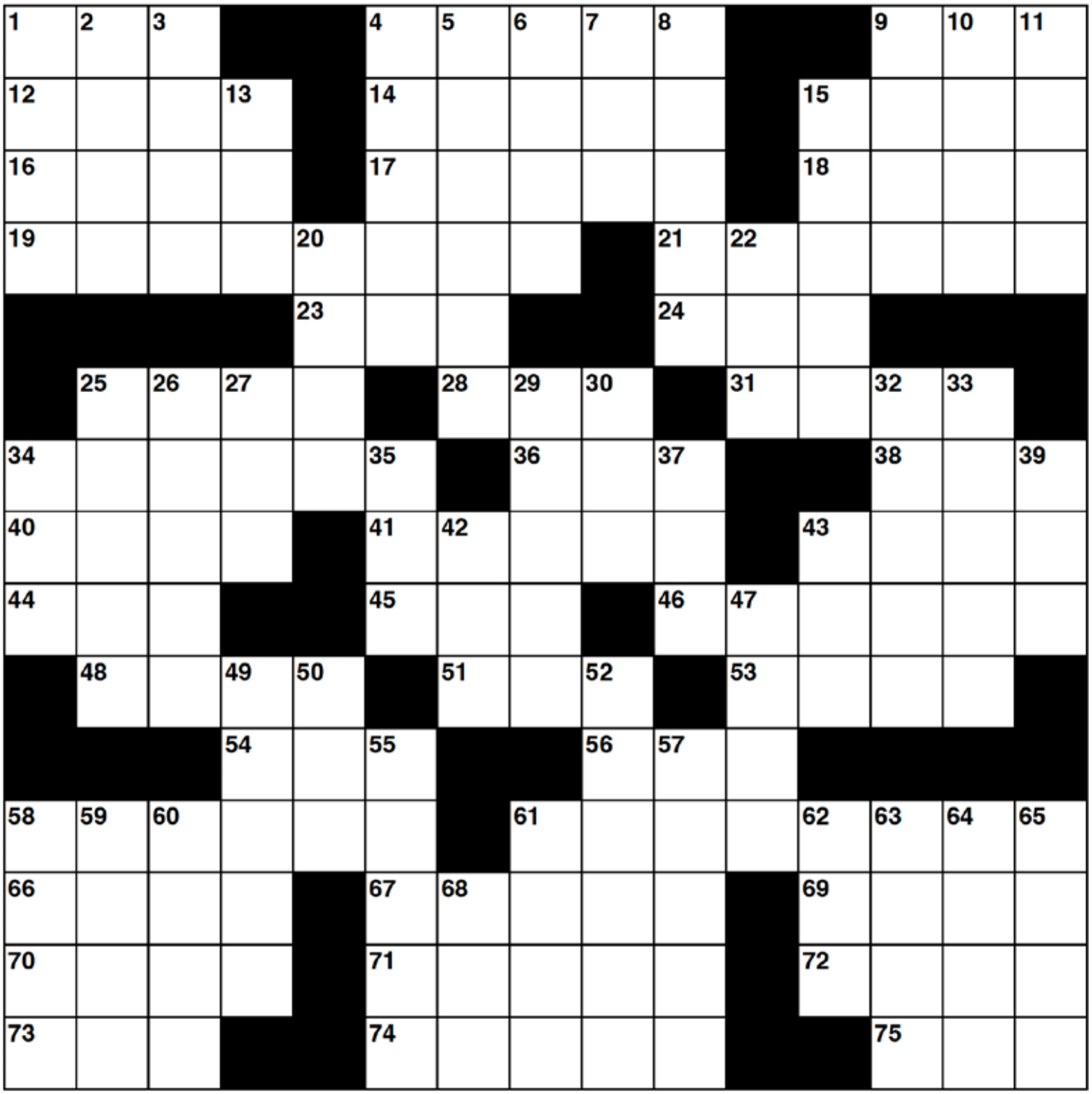
* Subject to change.

have fun.

COLOUR ME IN

BRAINPOWER

CROSSWORD

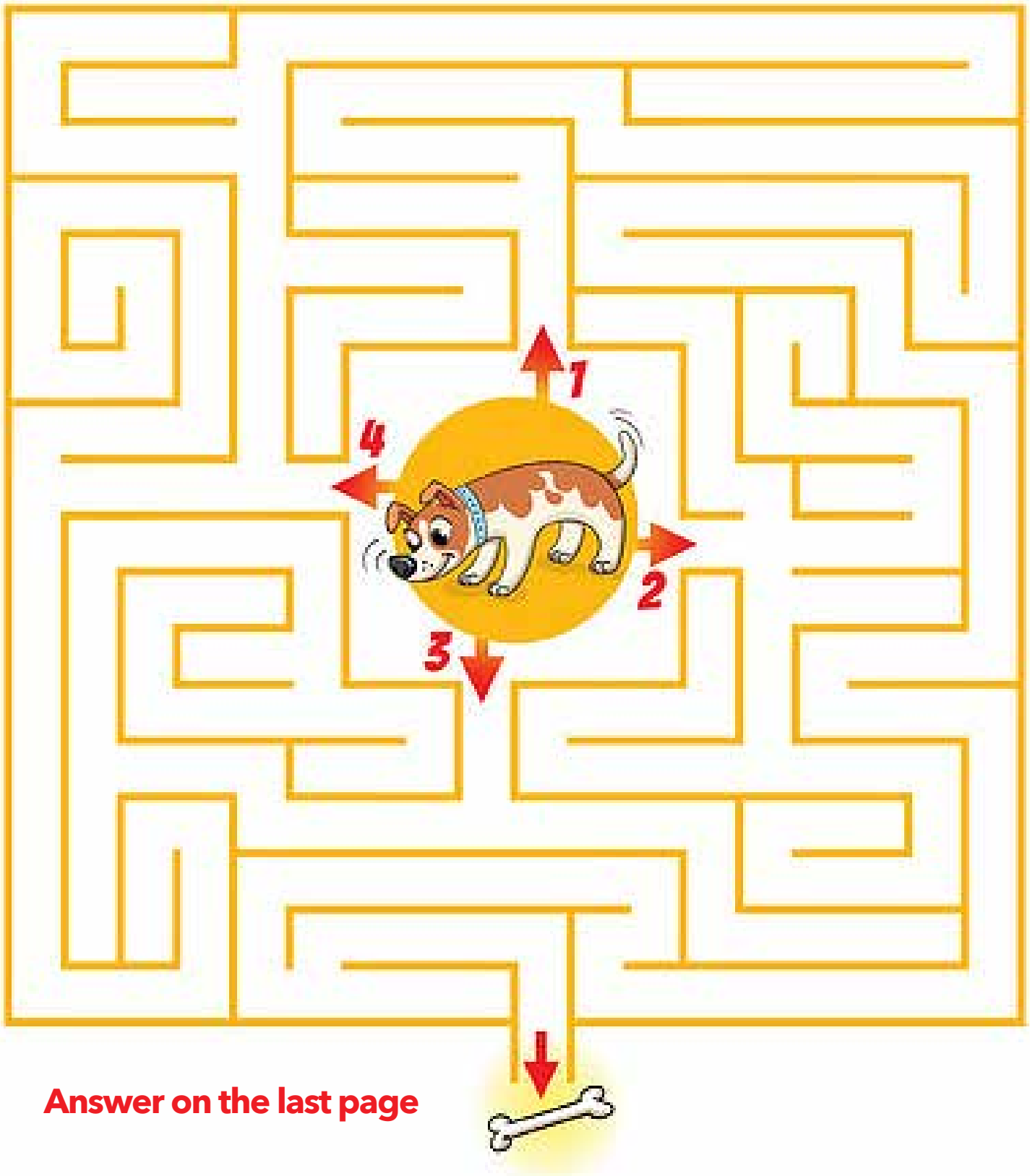


Answers on last page

FIND 10 DIFFERENCES ?

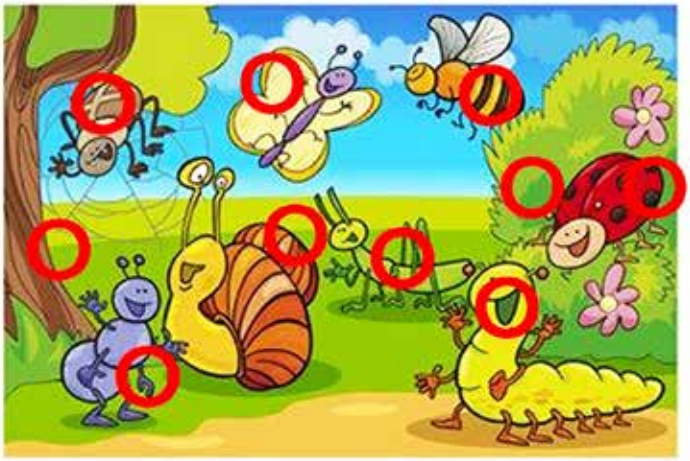
Answer on the last page

FIND YOUR WAY THROUGH THE MAZE



Answer on the last page

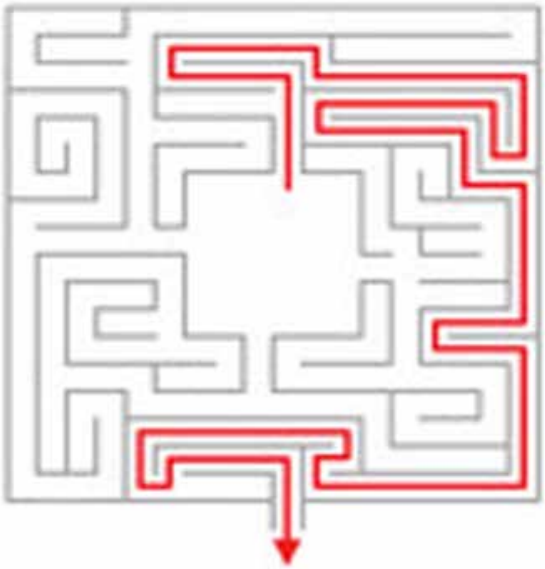
FIND 10 DIFFERENCES?



Answers

1 S	2 P	3 A		4 P	5 A	6 C	7 E	8 S		9 C	10 A	11 L
12 W	I	N	13 D	14 A	D	O	P	T	15 T	I	R	E
16 A	L	T	O	17 P	O	L	A	R	18 O	A	T	S
19 B	L	I	Z	20 Z	A	R	D	21 A	22 C	R	O	S	S
				23 O	L	E		24 P	A	S		
	25 A	26 F	27 R	O		28 D	29 A	30 B		31 P	O	32 S	33 H	
34 P	R	A	I	S	35 E		36 L	O	37 O			38 C	O	39 P
40 S	C	U	M		41 V	42 A	L	O	R		43 F	O	U	L
44 T	E	N			45 E	K	E		46 B	47 L	O	W	S	Y
	48 D	A	49 S	50 H		51 C	N	52 S		53 O	G	L	E	
			54 W	E	55 B			56 H	57 O	G				
58 B	59 O	60 L	E	R	O		61 T	O	B	O	62 G	63 G	64 A	65 N
66 A	R	I	D		67 O	68 L	I	V	E		69 N	A	T	O
70 G	A	L	E		71 T	O	N	E	S		72 P	R	O	S
73 S	L	Y			74 S	T	E	L	E			75 S	P	Y

SOLUTION TO FIND YOUR WAY THROUGH THE MAZE



ANSWERS TO NAME THE CARICATURE ICONS

1. JIM CARREY
2. ANGELINA JOLIE
3. MICK JAGGER
4. PRINCESS DIANA
5. MORGAN FREEMAN
6. DOLLY PARTON
7. ANGELA LANSBURY
8. MR. BEAN
9. ALAN ALDA

CROSSWORD

Answers

Hope you enjoyed our newsletter

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