The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 54. June 2024

Whispers from the Willows
NEWSLETTER

Welcome to our newsletter for June.
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 June 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.

NEW MONTH.
new beginning.
NEW GOALS.
new focus.
new results.

The Willows

PRIVATE NURSING HOME

Here at The Willows Private Nursing home, we are proud to announce that we have received a scholarship from **The Maggie Beer Foundation.**

The primary focus of this foundation, which was founded in 2014, was to radically change food practices in Aged Care - to improve the emotional & physical wellbeing of each & every person.

The Foundation has changed the lives of thousands of people through their education & training of chefs & cooks in the Aged Care industry.

For more information - please have a look at the 'Dining in Aged Care' brochure or phone us at The Willows to discuss or ask any questions you may have.

MAGGIE BEER FOUNDATION

CREATING AN APPETITE FOR LIFE

https://maggiebeerfoundation.org.au/wp-content/uploads/2021/02/Essence_Final_Jan_2021.pdf.

From the Admin Desk

Hi All

The 2024 influenza season has begun, with activity expected to continue increasing rapidly over the next 6 to 8 weeks. COVID-19 activity is currently at moderate levels and expected to further increase. Respiratory syncytial virus (RSV) activity continues to be high. Acute respiratory outbreaks in residential aged care facilities, in particular COVID-19, have also increased in the last fortnight. It is anticipated that many people will be infected with COVID-19, influenza and/or RSV this winter, as all three viruses will be circulating at the same time. All our residents have had the flu vaccine, and we will be vaccinating for COVID-19 when they are due. People aged 75 years and over are recommended a COVID-19 vaccination every 6 months.

Please be mindful and don't visit if you have any cold or flu like symptoms.

rel8.app
A PLACE FOR FAMILIES

At The Willows we are constantly striving to improve the quality of care and the overall experience for our residents and their families. We are excited to partner with Rel8.app, an innovative mobile app to enhance the way you stay connected with your loved ones in our care facility.

Rel8.app provides a platform for you to see personalised stories, photos and videos of your loved ones, receive wellbeing updates (including care plans), view important notices and events or privately message our care facility members all in one place. We will also be adding our newsletter to the app.

Getting started

Getting started with Rel8.app is easy and we'll get you connected in just a few simple steps.

Once our facility has invited you to connect with a resident, you will receive an email invitation to activate your account and links to download the app.

Please be mindful and don't visit if you have any cold or flu like symptoms.

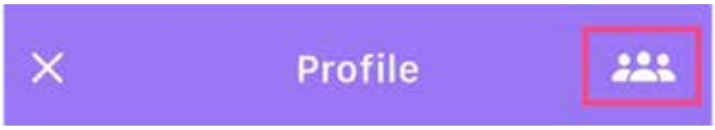
Download the app

Download the app via the App Store or Google Play or search for "Rel8.app".
Once you have activated your family admin account, you can now log in and enjoy all the stories and updates on your loved ones and invite more family members to help stay connected.

Inviting family members

1. To invite more family members to be connected to your loved one, navigate to your loved ones profile via the 'my family' button.

2. Select the 'connections' button in the top right navbar.



3. Select the 'add connection' button. Complete the invite form with the relevant family member information and select 'Invite'.

The invited family member will be placed in a pending queue until they have accepted the email invite.

You can view a more detailed guide to inviting family members on the Rel8 Support Portal.

Need help?

Having troubles or need some support? Sign up to the Rel8 Support Portal where you can view support articles and log a ticket or let one our team members know so we can assist.

We invite you to download the app and join us in this journey of connection and communication.

Hope you all have a great month.

Kind regards

Maryann Inbari - CEO

From the Lifestyle Desk

Welcome to the June edition of The Willows Private Nursing Home Newsletter!
It's hard to believe we are approaching the middle of the year already. Where has the time gone? You may notice some new friendly faces around, be sure to introduce yourself to our new care staff employees. Last week they had their orientation and are now joining us on the floor.

We look forward to seeing all our residents in their Winter woollies and hope we can catch some sunny corners here and there as Winter approaches. Meantime enjoy those glorious autumn trees scattered about the neighbourhood. Our new Table and Bingo games were so popular that we have to extend hours every session. Once again have a lovely day and remember Laughter is the best medicine.

Regards,
David, Tess and Lyssa

hello winter

yourhealth

What are colds?

Colds (or upper respiratory tract infections) are the most common cause of illness in children and adults.

Most colds are caused by a virus. There are over 200 types of viruses that can cause the common cold, which is why it's not possible to be immunised against a cold.

What causes colds?

Colds are more common in the winter months.

Cold weather by itself does not increase the chance of getting a cold. People are in closer contact with each other at this time of year because they stay indoors, and so are more likely to infect each other.

The viruses that cause colds are spread by sneezing, coughing and hand contact.

Symptoms of colds?

The symptoms of a cold include various combinations of:

- a stuffy or runny nose
- a sore throat
- headaches
- swelling of lymph glands
- sneezing
- a cough
- red eyes
- fever (occasionally)
- loss of appetite and, sometimes, nausea and vomiting.

The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more, and you recover fully without any ongoing problems.

There is no cure, but symptoms can be relieved.

There is no cure for the common cold. There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways:

The symptoms of a cold include various combinations of:

- Paracetamol can be given in appropriate doses if fever is present.
- Drink plenty of fluids.
- Nasal drops or spray will ease a blocked nose.
- Throat lozenges.

Children with a cold don't need bed rest.

There is no need for bed rest if your child has a cold – let the child decide how much activity they want to take part in.

Although children are unlikely to be hungry, make sure they drink lots of fluids. Appetite will return as the child starts to feel better.

Don't use medications.

These treatments are not necessary and should be avoided:

- **Antibiotics** – colds are caused by a virus and antibiotics will not help, even though they are often prescribed.
- **Cough medicines** – these are of no benefit. The cough is caused by irritation of the trachea (windpipe) or excess mucus, and cough medicine does not affect either of these symptoms.
- **Cold remedies and tablets** – preparations that can be bought over the counter at the chemist are usually not helpful and should be avoided.
- **Aspirin** – do not give children aspirin as it may lead to a serious acute illness called Reye's syndrome.

When to see the doctor.

Virtually all upper respiratory tract infections get better without any specific treatment.

See the doctor if you or your child:

- refuses to drink fluids
- vomits frequently
- complains of intense headaches
- has difficulty breathing
- has a high fever that does not respond to paracetamol
- shows no improvement in 48 hours
- shows any other signs that you are worried about

Prevention of colds.

It is difficult to avoid getting upper respiratory infections. There is no value in taking vitamins in the mistaken belief that this will increase resistance.

There are some ways you can try to prevent getting a cold.

Wash your hands.

The symptoms of a cold include various combinations of:

- Wash your hands regularly for at least 20 seconds, using soap and water or use a hand sanitiser that contains at least 60 percent alcohol.
- Wash your hands when you get home, arrive at other people's homes, at venues or at work.
- Wash your hands after blowing your nose, coughing, sneezing, or using the toilet.

Don't cough or sneeze into your hands.

- Cover your nose or mouth with a tissue, then throw it away and wash your hands.
- If you don't have a tissue, cough or sneeze into your elbow or upper sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Other tips include:

- Do not share drink bottles, glasses, crockery or cutlery other than with people you live with.
- Keep your distance – stay 1.5 metres away from people where you can.
- Do not go to work, childcare or school if you are sick.

JUNE BIRTHDAY CELEBRATIONS

Roderick	9th
Theresa	13th
Agnes	28th

10 Affirmations for tough days

In challenging times, use these mantras to help you through

Mistakes are just lessons that have yet to be learned.

Times are tough, but so am I.

I can't control what others do, but I can control how I react.

I have overcome obstacles before, and I will again.

I EXHALE WORRY, AND INHALE COURAGE.

I am smart.
I am strong.
I am capable.
I can do this.

I AM NOT DEFINED BY MY MISTAKES.

I let go of the things I cannot control.

I RISE IN THE FACE OF ADVERSITY.

I am doing my best, and that is enough.

How to protect your mental health when you're self-employed

Being your own boss is tough, and can threaten your emotional wellbeing, but there are some simple hacks that can help you enjoy the freedom and flexibility it offers

What motivated you to become self-employed? Perhaps it was the draw of being your own boss, the freedom and flexibility to work how you want when you want, or the appeal of there being no cap on your earnings.

You might have made the transition to self-employment fully prepared for what working for yourself entails. Or, like many people, you may have underestimated the effect being your own boss can have on your mental health.

Whether it's financial uncertainty, and the knowledge that a slow month could be right around the corner, the loneliness of working by yourself, or the stress of having to figure everything out on your own, self-employment can be taxing.

Throw in a pandemic and a cost-of-living crisis, and being your own boss can be a major threat to your mental health and emotional wellbeing.

A survey for the Association of Independent Professionals and the Self-Employed found that 50% of self-employed people worry about irregularity of income, 46% feel unprepared for retirement, and 39% feel anxious about not getting paid on time.

What's more, the same study found that two-thirds of freelancers are experiencing less demand for work post-pandemic, and are worried their income will drop as a result.

On top of all that, self-employment can create a cycle of overworking. When your income is directly linked to your output, and how much you earn depends on how hard you work, it's easy to suppress feelings of stress, overwhelm, and burnout in the name of earning a living.

"Self-employment can be hard on your mental health for lots of reasons – holding the sole burden of responsibility, financial instability, fewer boundaries around work demands – and

interestingly, the type of people drawn to self-employment may even be vulnerable to mental health issues by virtue of their personality features," says clinical psychologist Dr Gemma Harris (@theexdoctor).

If you're prone to perfectionism and high personal expectations, Gemma says you may be more likely to favour performance outcomes over self-care.

And, if you're a business owner who is driven by their internal critic, you might regularly find yourself in 'threat mode', a state which is associated with poor mental and physical health (read more on p66).

Perhaps you've been there: constantly fearing that you're one bad month away from collapse, or that a problem will arise and you simply won't know how to fix it.

If self-employment is crushing your spirit, there'll likely be some telltale signs. >>>

Checklist:

- Create your own wellness plan
- Check-in with yourself regularly
- Build stress-relieving moments into your day
- Set realistic goals (and cut yourself slack)
- Network with other self-employed people

> ***Reach out to fellow freelancers, and you might just find that they know exactly what you're going through***

"Common indicators of stress include disrupted sleep patterns, changes in appetite, increased anxiety and irritability, withdrawal and isolation, and reduced motivation," Gemma says.

You might also find that you increasingly feel overwhelmed and out of control, and you've lost the love for the thing you once adored doing. Be on the lookout for signs of burnout, too. It can manifest as a sharp drop in productivity, being physically and emotionally drained, and feeling helpless, trapped, defeated, or resentful.

Fortunately, minding your mental health while navigating the challenges of being your own boss is not a losing battle.

Gemma encourages you to set up a wellness plan, one that allows you to check in with yourself regularly.

"Self-employment can be a hard setup for mental health, so recognise that these challenges are very common and understandable," she advises. "The demands of self-employment can activate a chronic state of fight-or-flight, and so creating regular hacks to reset the body and mind are necessary."

These hacks could be regular breaks scattered throughout your day, deep breathing exercises when you feel stressed, or going out to meet a friend for a coffee when you need a chat or to vent. The trick is making these habits a priority.

Chances are, if you're working for yourself, you're a bit of a go-getter. Being ambitious is a great thing, but it can often lead to unrealistic goal-setting – a habit that only adds fuel to the overwork fire.

So, if you've set yourself ambitious business or financial targets, consider lowering the bar. It will allow you to take a more relaxed approach to business, and counter any feelings of failure you have when you fall short of those original goals. Given that financial instability is one of the biggest stressors, it makes good sense to put away some savings while you work as well.

One more thing that could be completely transformational? Make some self-employed friends. Networking might make you groan, but nobody understands the challenges of self-employment quite like the people who are doing it themselves. Reach out to fellow freelancers, and you might just find that they know exactly what you're going through.

As for that survey we mentioned before, it found that 83% of freelancers feel the rewards they get from self-employment outweigh the risks, so there are positives to take from that.

Self-employment can be a tough slog, but generally speaking, it gives you the freedom and flexibility to work when you want, so take advantage of that if you're feeling burned out. A half day on a Friday, or starting your workday an hour later, could make the world of difference.

In a world that glamourises being your own boss, and offers us only examples of businesses that have become overnight successes, it's little wonder that most of us are unprepared for just how tough freelancing can be.

There's comfort in knowing that you're not alone and that by reaching out, cutting yourself some slack, and taking a breather, you can find a way through.

The wellbeing wrap

New Zealand has announced a **ban on 'forever chemicals' in cosmetics**, set to be implemented from 2026

A temporary **LEGO florist landed in London** when LEGO transformed its Battersea Power Station store

79-year-old Luisa Yu recently achieved her dream of **travelling to every UN nation** – 193 countries total!

Community-owned pubs have increased 67% in the past five years in the UK, helping to save them from closure

REPRESENTATION MATTERS

Acknowledging the disparity between pages for men and women on the site Wikipedia, Lucy Moore, a UK-based Wikipedia editor, made it her mission to add at least one page for a woman from every country in the world. Her 532 entries share women doing incredible things, including Chinese activist and teacher Liang Jun, Nauruan weightlifter Maximina Uepa, and Fijian Paralympian Sainimili Naivalu.

An investment in the future

In an extraordinary act of kindness, 93-year-old Dr Ruth Gottesman donated $1 billion to the Albert Einstein College of Medicine, in the Bronx, New York, to be used to cover the tuition fees for all students going forwards. As a former professor at the college, Dr Gottesman is all too aware of the financial burden for newly qualified doctors in the US, who typically leave medical school with $200,000 of debt. This gesture will not only ease financial pressures on students, but will make the school more accessible, too.

Out of this world action

A US-based nonprofit, the Environmental Defense Fund (EDF), has partnered with Google in order to track methane emissions from space, and map this using Google's AI to various oil and gas pollution sources on Earth. EDF is launching its own satellite for the task, with the hopes that the information gathered can build a better picture of emissions hotspots in order to address them – which is vital since methane is estimated to be responsible for 30% of global warming.

A spoonful of ideas

A 17-year-old from India has developed a battery-operated spoon that can stabilise itself against the tremors associated with Parkinson's. Aarrav Anil created the tool in order to help his uncle, who has the disease, eat more comfortably. While similar products do exist, Aarrav's creation is believed to be much more affordable (potentially 50% of the cost), making it a potential game-changer for hospitals, as well as the estimated 7 million people in India with Parkinson's.

Good news for animal conservation! A study in Science Advances reports that African elephant populations have stabalised, growing 0.16% a year for the past 25 years. While this is encouraging, some areas still had severe decline due to poaching, showing how vital it is to continue efforts to protect these animals.

British Antarctic Survey (BAS) has donated six boxes of clothing suitable for extreme environments to homeless charity, Wintercomfort.

In a world-first, 13-year-old Lucas Jemeljanova, from Belgium, has been cured of an aggressive form of brain cancer, which is considered terminal. In a clinical trial, Lucas was randomly assigned a drug usually used to treat other forms of cancer – which he responded well to – and now, seven years later, is still cancer-free. He's been in remission for five years, and the only member of the trial to see the tumour completely vanish, while several others haven't relapsed in over three years. Hopefully this could be the start of saving more lives in future.

NOTIFICATIONS OFF

Australia is introducing a 'right to disconnect' law, allowing employees to ignore and not respond to messages from their boss outside of working hours, without receiving any penalties – however, bosses could face criminal action if they continue to break the rules on off-the-clock contact. The new law looks to address unpaid overtime, and protect the work-life balance and mental wellbeing of employees – something other countries might want to take note of!

SIBLING RIVALRY

Family feuds might prove challenging for parents to navigate, but new info from the University of Cambridge's Centre for Family Research could offer comfort. The study found that sibling squabbles can actually increase social skills, vocabulary, and development, while also encouraging a competitive spirit.

Wellbeing

5 spring garden jobs that also boost your wellbeing

Busy yourself with garden jobs that have the added bonus of benefiting your health

There's enough to keep even the most casual gardener busy in spring, but have you ever considered how you can use these chores to boost your wellbeing? Here, we're sharing some ideas for how to transform standard spring gardening jobs into mindful moments that could support your mind and mood.

Take care of nesting birds

Springtime is nesting time for many species, and all that hard work can really take it out of them. You can easily pick up some bird seed with your food shop, with many inexpensive varieties on offer. Position your bird feed in a quiet area of your garden, ideally out in the open so the birds have a good view of what's around them so they can remain safe from predators. Then, sit back, relax, and enjoy the mindful hobby of birdwatching.

Pruning and deadheading

Now's the time to get those secateurs out to start pruning back certain shrubs and climbers, as well as deadheading bulbs. A vital part of any kind of garden maintenance, pruning and deadheading can still sometimes feel like taking a step backwards – though, of course, it's actually the exact opposite.

When you're going through this job, take some time to consider areas in your life that you could cut back on in order to thrive in the future. That could be letting go of self-limiting beliefs, an unhappy relationship, bad habits, or anything else that feels like it's weighing you down.

Get planting

No matter what kind of gardener you are – whether you plant out beautiful border flowers, carefully guide climbing shrubs, grow your own fruit and veg, or concentrate on creating a biodiverse space – now is growing season, and it's time to get planting.

You'll probably already know where we're going with this metaphor, it's quite a pervasive one, but it's always worth a reminder of the way that the things we plant now will come back to us in the future.

Install a micro-pond

Early spring is the perfect time to install a pond. Don't be put off by the idea of a pond being a grand thing; micro-ponds can be as small as a bucket, or any other watertight container you have going spare. Simply add a layer of pebbles, fill it with water, add pond plants, and wait for the wildlife to turn up. Use this activity as a reminder of the impact of your actions, no matter how small.

Don't tidy up too much

There are 20 million gardens in the UK, making them a huge contributor to green spaces in the country, and so letting them breathe a bit makes a huge difference in the long-run. Pollinators and insects benefit hugely from dead plants left in the garden, as does the soil. So resist the temptation to tidy too much – stick to hard surfaces, like pathways, and let borders and grassy areas do their thing.

Beyond the satisfaction of knowing that you're making a difference ecologically speaking, there's a lesson here about letting go of control, ignoring the pull to consistently achieve high standards, and allowing the world to move around us.

Worry of the day

Do you often find yourself worrying about the future? Does it steal you away from the present moment? Here, we explore four techniques for managing worry, today

How often do we worry about tomorrow, next week, next year, even our old age? Before we know it, our minds have run away with us, dredging up worst-case scenarios of the future.

Why do humans tend to do this? We can spend hours ruminating and worrying about things that are outside of our control, and might never even happen. Karin Peeters is a coach and psychotherapist with some good advice about coming back to the present. When it comes to getting frank about worry, she says: "We believe that by worrying, we can determine the outcome. It gives us an illusion of control over the situation, while it is actually outside our sphere of influence."

We have been given 24 hours in a day, a small portion of time that is under our control. What if we simply focused on that? What if we just did what is in our power to do today, and left tomorrow's worries for another day?

Taming a wild mind full of worries may sound easier said than done – and, sometimes, help and support from professionals is needed to get to the root cause of anxiety. However, there are some small practical steps you can take to ease the stress and focus on today. Here are a few tips.

A today list

Instead of a to-do list, what about writing a today list instead? This way you can focus on the tasks that you are *actually* able to do today, rather than feeling overwhelmed by enormous tasks that you don't have time for.

Roughly sketch out your day, with the tasks you can fit in. Be realistic about what you have time for, rather than trying to do much.

If there's something big that needs to be tackled, is there a small bite-sized step that can be done today? No matter how tiny, it is a move forward. This can help make things manageable, while also avoiding procrastination.

For example, if your house is a mess, what little task can you add to your today list? It could be just cleaning the kitchen counter, or the oven, or dusting the surfaces. Everything else can be ignored!

Karin recommends using the 'urgent-important' matrix. This concept comes from US President Dwight Eisenhower who once said in a speech, "I have two kinds of problems: the urgent and the important. The urgent are not important, and the important are never urgent."

Karin explains how the method works: "For each task, check if it is urgent or not. Then check if it is important or not. In this way, you'll get four categories. Focus on what is urgent and important. Schedule time ahead for what is >>>

A worry is not necessarily a sign that things are going to end badly

important, but not necessarily urgent."

Mañana

In Spanish, the term 'por la mañana' is used for something that can wait for the next day. Tomorrow will be another day, you'll be rested, with a new level of energy. What might feel overwhelming today might feel easy tomorrow. It's OK to write a tomorrow list! Write down all the things that are occupying your mind, but can't get done today. Put your list aside, read it tomorrow, and see if it seems manageable. You can use it to craft your next day's 'today list', or it can be put off again for another time entirely.

Focused worry time

Sometimes our minds insist on worrying about the things that are outside of our control.

How can you tame your mind? One way is to spend some time focusing on the thoughts that demand your attention.

"Create designated worry time. When we assign a certain amount of time to worrying, let's say 10–15 minutes (definitely no longer than 30 minutes), we can let our thoughts run wild and really go for it," says Karin. "You can do so every day, at a similar moment in your daily routine, and give yourself full permission to worry in that scheduled time frame. Ideally, write the worries down. When worries pop up during the rest of the day, you can tell yourself, 'I am setting this aside for my designated worry time', and then you can get on with what needs to be done in the moment."

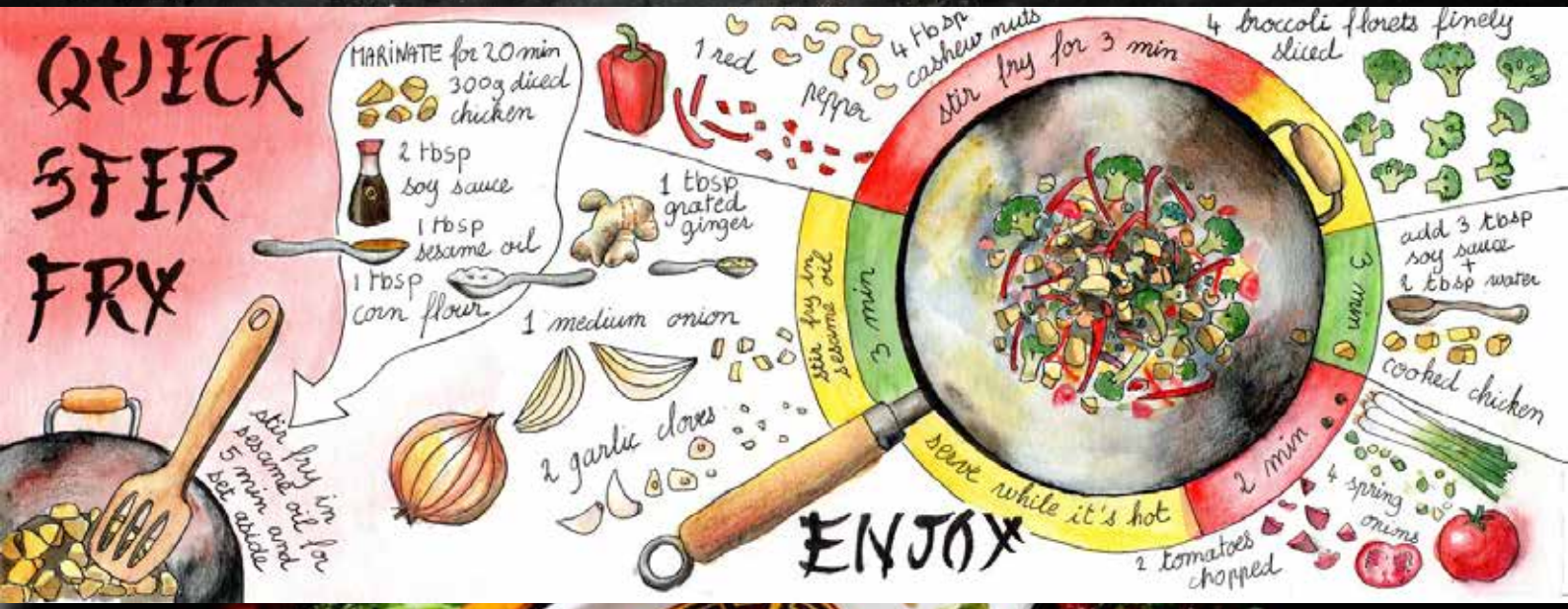
It'll be all right in the end

A worry is not necessarily a sign that things are going to end badly. Can you remember a time when you were concerned about something that ended up being all right in the end? Maybe it was hosting a party and worrying nobody would turn up, being terrified you would fail an exam, or heading into a job interview.

Journal about any times like these you can remember. How did you feel beforehand, and how did you feel after? These journal entries can be read and reread to reassure yourself of the many times when you worried and yet everything was OK in the end.

Sometimes our worries do stem from trauma from the past, or from a present-day crisis. There are times when concerns are very genuine and can't be packaged up neatly with a bow and left for another time. Journaling, or talking with a therapist, can help to untangle feelings and decipher what is a genuine concern, and what can be put aside.

from our kitchen
to yours


QUICK
STIR
FRY
MARINATE for 20 min
300g diced chicken
2 tbsp soy sauce
1 tbsp sesame oil
1 tbsp corn flour
stir fry in sesame oil for 5 min and set aside
1 red pepper
4 tbsp cashew nuts
1 tbsp grated ginger
1 medium onion
2 garlic cloves
stir fry for 3 min
4 broccoli florets finely sliced
stir fry in sesame oil 3 min
add 3 tbsp soy sauce + 2 tbsp water
cooked chicken
serve while it's hot
2 min
4 spring onions
2 tomatoes chopped
ENJOY

WHAT'S ON?

DURING THE MONTH OF JUNE

WILLOWS PICNIC DAY
10.00am Friday 21st

LADIES GROUP
2.00pm Friday 7th

ITALIAN GROUP
2.00pm Wednesday 12th
COOKING GROUP

KNITTING GROUP
2.00pm Friday 14th

ART GROUP THERAPY
2.00pm Every Monday

MENS CLUB
11.00am Friday 14th

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

HAPPY HOUR
2.00m Friday 28th

BUS OUTING
9.00am Wednesday 5th & 19th

BIBLE STUDY
11.00am Every Thurday

ZUMBA EXCERCISES
10.00am Every Tuesday

* Subject to change.

Cleaning tips our grannies taught us

As many people try to cut down on chemicals in their houses, maybe it's time to go back to some old-fashioned ideas about cleaning.
And with so many speciality products to reach for, chances are your spritzing and scrubbing arsenal is ready for any grimy job that comes up.
But home-cleaning tips from a bygone age can prove to be more effective than some modern-day methods.

Clean with borax

If you want to keep all your scrubbing booty in one box, this powdery white mineral is your go-to. A multi-use cleaner that's been around for decades, borax can be used to get rid of stains in the sink, mould and mildew, as well as smears on clothes and soft furnishings.

Leave dirty dishes to soak overnight

Before modern appliances were the norm, soaking gravy stains in warm, soapy water and avoiding harsh chemicals on your pretty bone china meant no needless scouring or rinsing.

Keep carpets smelling fresh with a drop of clove oil

Instead of carpet powder, put a couple of drops of clove oil into the vacuum nozzle when you are vacuuming and it'll help make carpets smell beautifully fresh, and clean. Clove oil is also antimicrobial and helps kill bacteria.

Try baking soda and vinegar

By combining these two products in a spray bottle, you'll have a non-toxic tool at your fingertips to clean the refrigerator, sanitise surfaces, remove tough stains such as tea and coffee, as well as a 'green' drain cleaner.

Buff up your brass

As well as looking shiny and smart, solid brass and copper knockers, switches, sockets and door handles contain antibacterial properties. Too much handling can reduce the effectiveness. Mix the juice of half a lemon with a teaspoon of baking soda until it becomes a paste, apply with a soft cloth, leave for around half an hour, rinse with warm water and dry.

Switch paper for cloth towels

Prewashed, 100 per cent cotton towels are lint free and can be used for any number of household tasks. Eco-friendly and sturdy, you can use them as tea towels, to clean silver and stemware, windows, surfaces and even your spectacles.

Use mayonnaise to get rid of water rings

How many times have you been told off for not using a coaster? Put a small dollop of mayo on a dry cloth and scrub the offending water mark and as if like magic, the stain will start to disappear. Genius!

Vinegar and windows

If you are struggling to get streak-free windows, try cleaning them with distilled white vinegar to keep them free of marks and sparkling.

safetravel

What does good travel insurance look like and why do you need it?

You've picked the destination, booked your hotels and planned the itinerary. But before you set off, there's one more decision you need to make.

Travel insurance can provide valuable protection and peace of mind in the case of unexpected events during your trip. Travel insurance isn't just about covering you in case you get sick or injured, it can also help you out if you lose your luggage, experience significant delays or if you're the victim of crime.

Selecting the right travel insurance might not be the most fun part of your holiday – who wants to swap scrolling recommendations on social media for comparing policies? So here are some simple tips to help you work out the right policy for you.

Why do you need travel insurance?

In an ideal world, you could have the perfect holiday and nothing would happen to distract from that. But unfortunately, that doesn't always happen. Travel insurance's primary function is to protect you from the unknown.

The most important thing to remember when you're looking at travel insurance is that, often, nobody else will cover you if something goes wrong. It's getting harder and harder to get refunds for delayed or cancelled flights, and missing luggage. If you end up getting injured or falling ill overseas there isn't a way to recoup your costs.

Medical costs in some countries may be far higher than you're used to paying, particularly for non-residents. There are also some countries that won't allow you to visit them without health insurance. So even if you're on the fence about the cover you'll need, you'll have to take out a policy.

What does good travel insurance look like?

Good travel insurance for you will be unique to your situation, but there are a couple of things to keep in mind:

Consider your needs: your travel insurance for a cruise around Europe will look very different from the cover you need for a skiing holiday in Japan. Make sure you check any specific exclusions of a policy that may mean your activities aren't covered.

Understand the different policies: just like other insurance types, travel insurance comes in different forms. You can select a policy that would just cover you for the basics, or one that has a higher level of care, but the cost will be significantly different.

Check your existing cover: many people don't realise they may already have travel insurance through their health insurance provider, a credit card provider, or a travel booker. Before you pay for more cover you don't need, check the offerings on your existing service providers.

Check the fine print: specifically, look at the days covered as some travel insurance maxes out at a certain point, and the excess. A good policy will only apply an excess once per claim, but some providers will apply it per traveller, or use different excesses for different claim types.

Are all travel insurance policies the same?

In short, no. All travel insurance policies, and all providers, are not the same. When you're comparing different options, make sure you're comparing like for like. If one policy is significantly cheaper than another one, it's likely something has been removed.

For travellers over 60, insurers may charge higher premiums, and there may be bigger excesses and restricted conditions. Consider a provider who specialises in coverage for older travellers or look at whether your existing insurance provider also offers travel insurance and can give you a discount.

Another consideration is for those with pre-existing medical conditions. The response from an insurer to a pre-existing condition will probably depend on the condition, but it can be anything from refusal of coverage to higher premiums, or just the removal of coverage for anything related to that condition.

There are a couple of things an insurer will consider:

- Has the condition been stable for 12 or more months?
- Have you recently had surgery or do you have a surgery planned?
- Have you received treatment in the past 12 months?
- Specific conditions such as coronary problems, lung disease, epilepsy or stroke, will usually require a medical assessment before your provider will issue coverage. You will need to declare these conditions to your provider; if you don't there will be issues if you have to make a claim.

Be aware: insurers are allowed to change the features of your policy based on a pre-existing medical condition they cannot discriminate based on assumptions related to a disability. If you believe you are entitled to cover and are being denied by an insurer, consider getting a letter from your medical specialist to support your claim.

Do I need to book travel insurance for a domestic holiday?

The primary thing we think of when it comes to travel insurance is cover for medical issues. Of course, if you're travelling domestically, that becomes less of an issue.

However, if you're planning a once-in-a-lifetime style trip with lots of connections, extravagant experiences, or carrying a lot of expensive luggage, it may still be worth it. Adding on travel insurance to the wider cost of your holiday might not change the bottom line much, but it could make a big difference financially if something happens while you're on holiday.

This article is general information. Please get professional advice.

10 Things You Didn't Know Had Names

1. Glabella

The space between your eyebrows is a glabella. That's also the name of the bone underneath that space that connects your brow ridges.

2. Paresthesia

Pins and needles. Crawling skin. The tingling sensation you get when your foot's asleep is known as paresthesia (you knew it had to have a -thesia in it).

3. Dysania

Dysania means having difficulty getting out of bed in the morning, and not just in the way that makes you want to crawl back under the covers. Though it's not officially recognized as a medical condition, it can impact people's lives in negative ways.

4. Griffonage

Illegible handwriting is called griffonage.

5. Aglets

The bits at the ends of shoelaces are called aglets.

6. Ferrule

The bit at the end of the pencil that holds the eraser in place is a ferrule—though it's not just for pencils. Ferrules are any thin bracelet that fastens or reinforces a tube or pole that might split.

7. Tittle

That thing you use to dot a lower case I, is called a tittle.

8. Caruncule

The triangular bump on the inside corner of your eye is the caruncule. It's just skin covering sweat glands, which is why it, too, can get itchy.

9. Philtrum

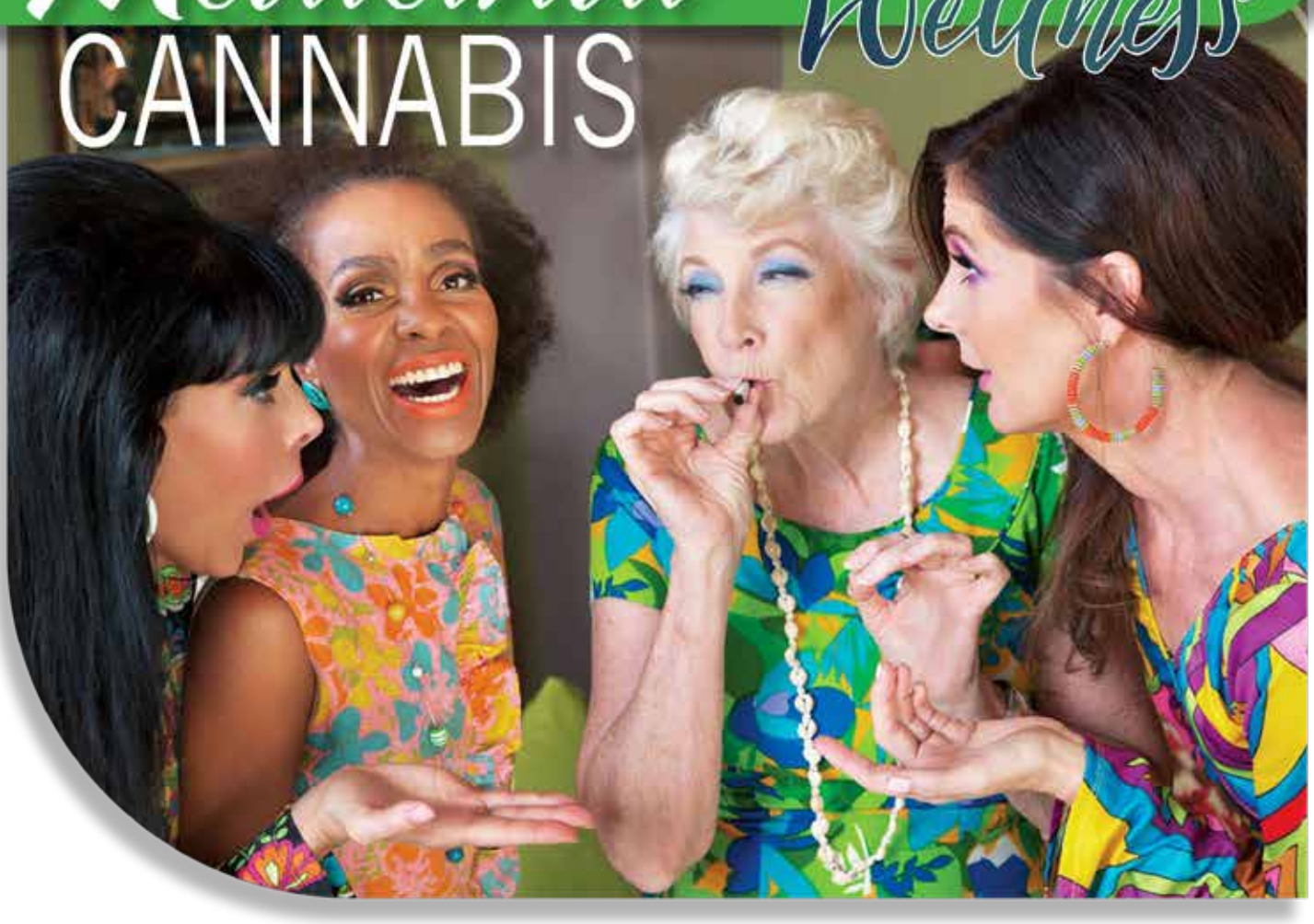
The fold of skin between your nose and upper lip is the philtrum. It's also called the medial cleft, but it comes from the ancient Greek for love charm.

10. Punt

The indent on the bottom of a wine bottle is called a punt.

Medicinal CANNABIS

Health & Wellness



Medical cannabis continues to be a hot topic, with an increasing number of Australians swearing by its medical benefits.

In 2016, the cultivation, production and distribution of medicinal marijuana was legalised in Australia. The decision allow the prescribing and dispensing of medicinal cannabis products.

For many, medical cannabis remains a bit of a taboo topic. Are there side effects? Is it addictive? How do I find out who is eligible to get a prescription?

As a carer, seeking solutions and strategies for your loved one's health and wellbeing is always a constant.

Can medical cannabis be one of those answers?

What is medicinal cannabis?

Deriving from the cannabis plant, (or more commonly known as marijuana), medical cannabis can relieve the symptoms of some medical conditions. While the cannabis plant contains 80 to 100 cannabinoids, most medical cannabis has two of these cannabinoids – tetrahydrocannabinol (THC) and cannabidiol (CBD).

THC is also the chemical that gets people high while CBD has no intoxicating effects and can treat a suite of symptoms including arthritis and lower back pain.

In Australia, the term medicinal cannabis tends to be favoured to help draw the distinction between the medicinal aspects of the plant and the use of marijuana as an illegal recreational drug.

Medicinal cannabis and marijuana – what's the difference?

Recreational cannabis (marijuana) is a drug which is illegal in most states and territories.

Marijuana is not a medicine. The amount of active ingredients in marijuana are unknown and it may also contain other impurities.

What are the different types of medicinal cannabis products available

With more than 100 different types of medicinal cannabis products on the market, most are taken orally. They include oils, pills and dried flower products. Medicinal cannabis products contain THC and/or CBD.

So why take cannabis?

Medical cannabis is usually used for the treatment of chronic pain (not related to cancer). This might include arthritis pain, lower back pain, neck pain and neuropathic or nerve pain.

Solutions containing THC and sometimes also CBD are used to treat these conditions. You take this medicinally cannabis orally (by mouth).

Medical cannabis can also treat anxiety, cancer-related symptoms, epilepsy, insomnia and multiple sclerosis.

People with epilepsy and anxiety most often use CBD-only products.

Research into uses for medicinal cannabis is happening both in Australia and worldwide.

What are the side effects of using medicinal cannabis?

Continual research is being undertaken to look at the possible side effects of medicinal cannabis. They may include difficult concentrating, dizziness, drowsiness, challenges with balance, thinking and memory. There also could be an increased or decreased appetite and impairments to cognitive function.

It is important to understand the risks if you don't follow the law.

What are the potential benefits of medicinal cannabis?

While there isn't enough research to prove that medicinal cannabis works, there are promising signs which show people with chronic or terminal illnesses report experiencing much less pain who don't get relief from other medicines.

In addition, medical cannabis also helps people with the side effects caused by other medicines.

There is also continued research being investigated around the use of medicinal cannabis for several other conditions including epilepsy, multiple sclerosis, nausea and vomiting due to chemotherapy, non-cancer chronic pain and palliative care.

How can you get medicinal cannabis?

You can only get legal medicinal cannabis products from your doctor, specialist, or by taking part in a clinical trial.

Your first step is to discuss medicinal cannabis with your doctor. Your doctor will decide if medicinal cannabis will help you and which medicinal cannabis product to prescribe.

Your doctor will also need to complete forms to get the necessary government approvals.

Once approved, your doctor can write you a prescription. You can take this prescription to any pharmacy to have your medicinal cannabis product dispensed.

The Pharmaceutical Benefits Scheme (PBS) doesn't cover medicinal cannabis. The cost of medicinal cannabis can vary from $50 to $1000 per week. This depends on your illness, the product and dose.

Medicinal cannabis regulation

In 2016, the Australian Government legalised access to medicinal cannabis.

Australia's **Therapeutic Goods Administration (TGA)** regulates the supply of medicinal cannabis.

Most medicinal cannabis products are unregistered drugs. This means that they have not gone through the same regulatory process as other prescription medicines. More information is available on the TGA website.

To prescribing these products your doctor must have approval from the TGA. This can be via the Special Access Scheme-B or Authorised Prescriber Scheme.

Some medicinal cannabis products are registered for use in Australia, including nabiximols and synthetic cannabinoids.

The laws are different in each state or territory. This may affect whether you can get access to medicinal cannabis.

You can check the laws in your state by visiting:

- ACT Health
- NSW Government
- Northern Territory Department of Health
- Queensland Health
- SA Health
- Tasmanian Department of Health
- Victoria Department of Health
- Healthy WA

Can I drive after using medicinal cannabis?

The simple answer is no. THC will impact your driving and can increase your risk of having a car accident. This risk can last for up to eight hours after taking oral THC products.

You should also not operate heavy machinery.

You may test positive for THC on roadside drug testing and must face the associated legal sanctions. There is no evidence that CBD effects driving. However, CBD can cause drowsiness, fatigue and low blood pressure.

You should discuss the impact of CBD on your driving with your doctor.

Can I grow my own medicinal cannabis?

Growing cannabis for your own use is still illegal except for in the Australian Capital Territory (ACT). In the ACT, the laws governing the growing, possession and use of cannabis have changed.

In other states, you will face a fine or prison sentence if you are caught using, growing, selling and/or supplying cannabis.

Other things to remember:

- Don't buy marijuana products from overseas.
- Don't smoke 'street' marijuana to try and your symptoms as this is illegal and you don't have any control over the dose or what is in the product.
- Smoking cannabis allows cancer causing substances (carcinogens) into your lungs with smoked cannabis containing at least 50 of the same carcinogens as tobacco.

QUESTIONS TO ASK YOUR GP

If you want to know about medicinal cannabis, talk to your GP. Be armed with lots of questions which may include:

- Can medicinal cannabis help my condition?
- Is it safe for me to use?
- How will the benefits from medicinal cannabis differ from my other medications?
- Can medicinal cannabis replace any of my current medications?
- Will it affect the other medications I take? If so, how?
- Are there any side effects or risks?
- Which medicinal cannabis product is right for me?
- How will medicinal cannabis affect my ability to do everyday tasks?
- Can I get funding or financial support for medicinal cannabis?

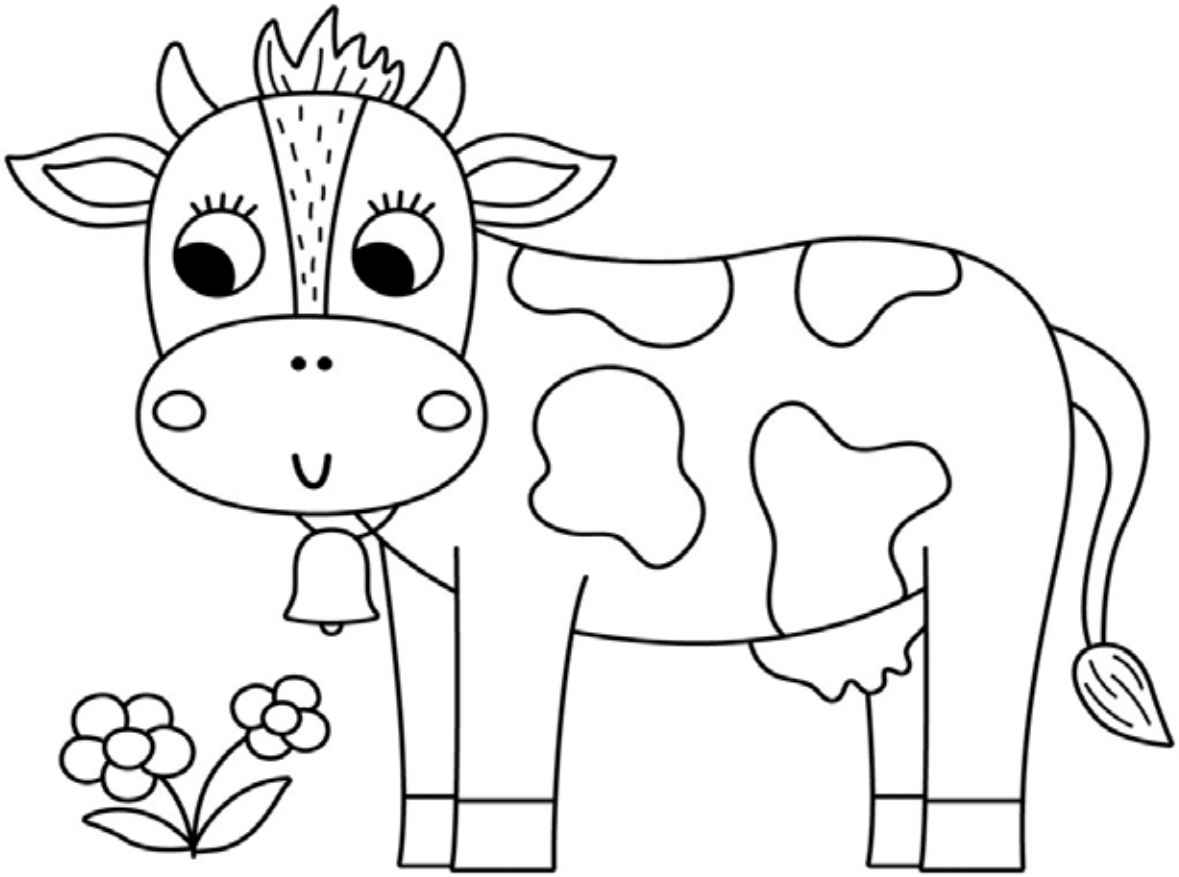
For further information, please visit the TGA website. ACG

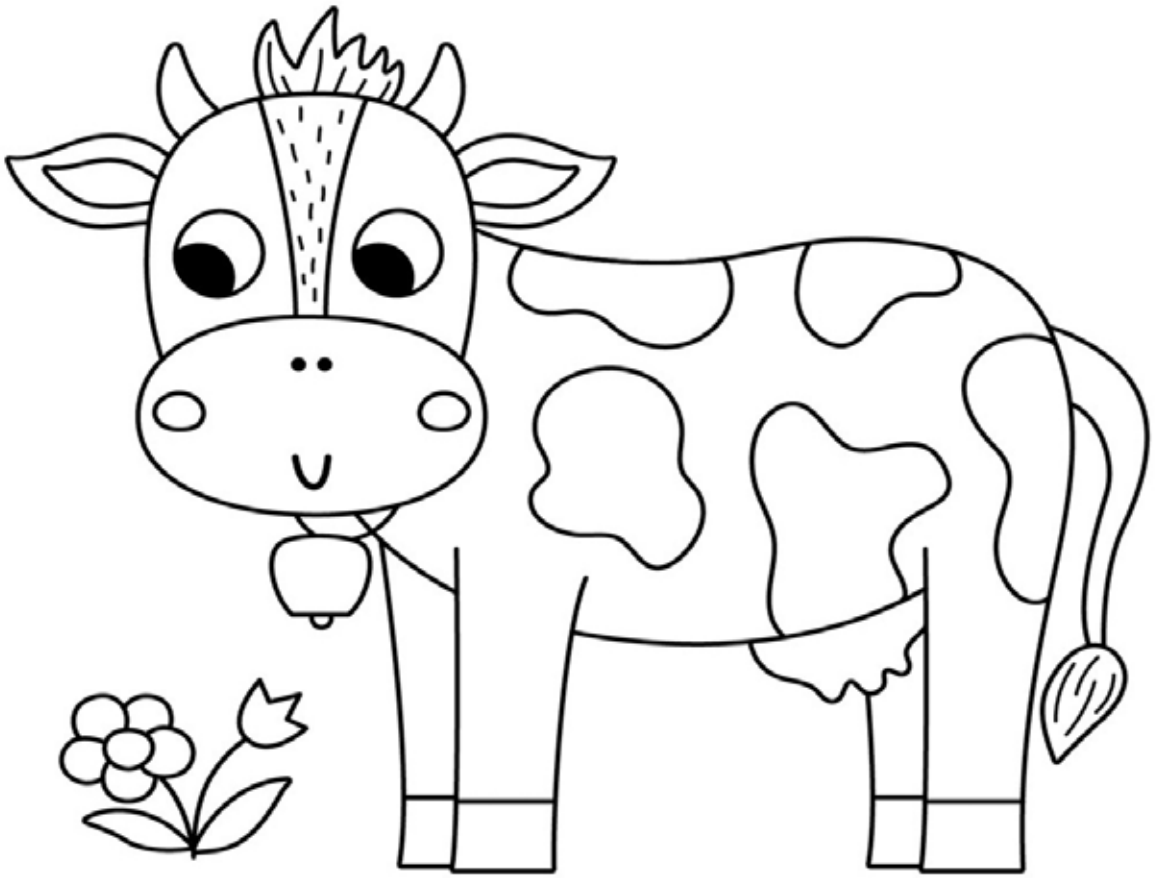
Senior Moments

SPOT THE DIFFERENCE

SPOT 5 DIFFERENCES AND THEN

COLOUR ME IN





Find the answers on the last page

BRAINPOWER

SUDOKU

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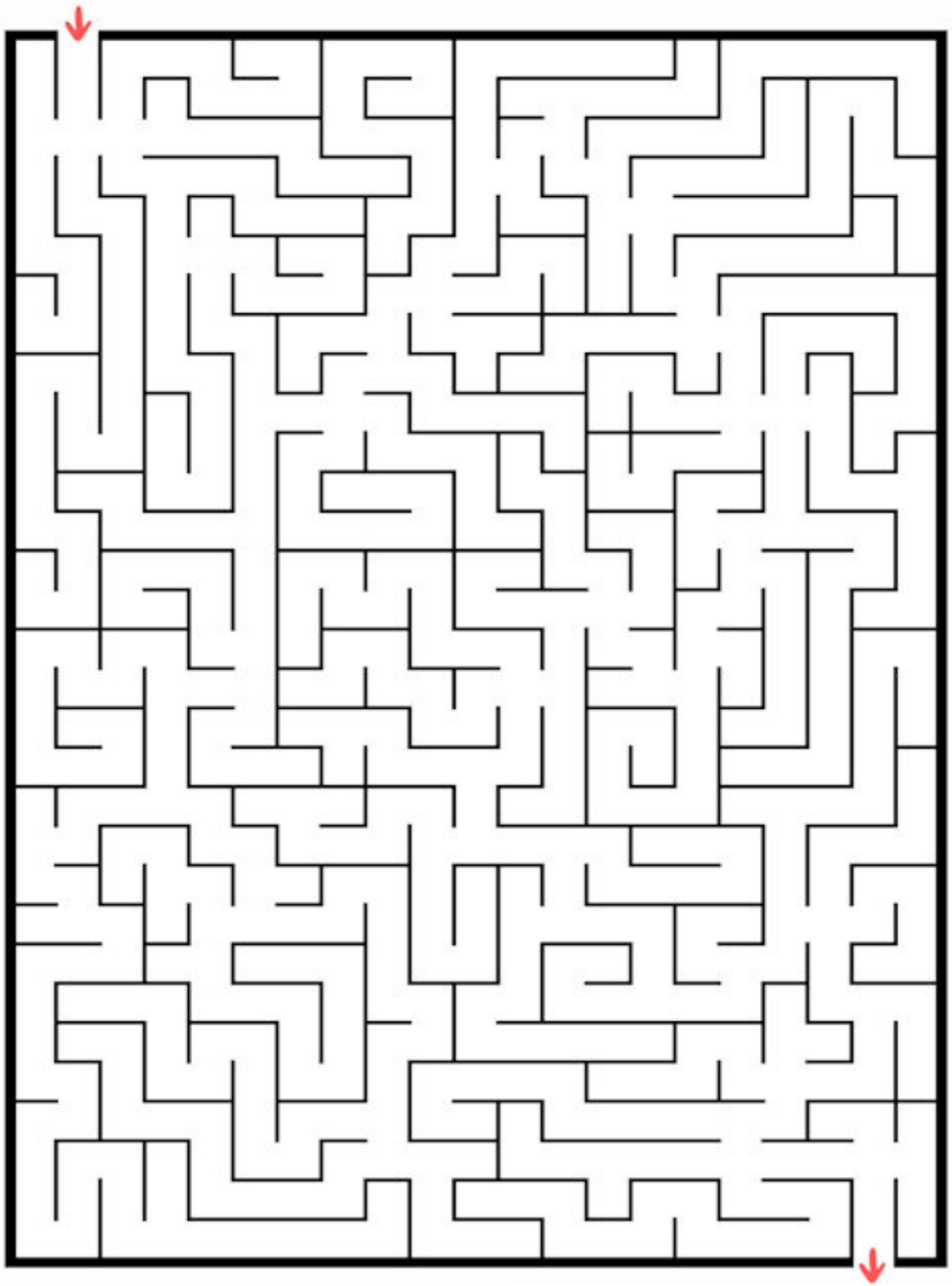
Find the answers on last page

FIND YOUR WAY THROUGH THE

MAZE

It's Not Easy



you're on your own

Answers

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5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
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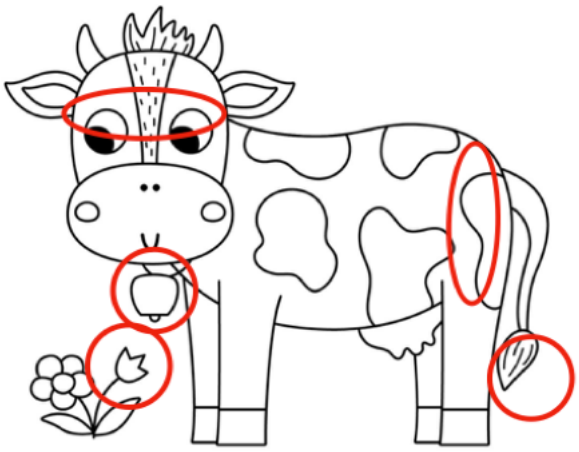
Spot the difference ANSWERS



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