



Whispers from The Willows NEWSLETTER

Welcome to our newsletter for January.

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 January 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.

WELCOME

2025

Happy New Year

**HAPPY NEW DREAMS, NEW DAYS,
NEW DESIRES, NEW WAYS**



**JANUARY
BIRTHDAY
CELEBRATIONS**

Maria Alvarez	1st
Teresa Gilio	8th
James Pan	28th

From the Admin Desk



Hi All

Welcome to 2025. I hope you all had a wonderful festive season, and I wish you all love, peace and happiness for this coming year.

We had a wonderful festive season at The Willows and the residents and families had a great day celebrating. We have almost finished our renovations. We have redone the kitchen, the flooring in the entire facility and we have been painting and giving the home a bit of an uplift.

We look forward to seeing you soon and sharing another year together.

Maryann Inbari - CEO



From the Lifestyle Desk



Hello everyone!

Welcome to our first edition of our Newsletter for 2025! We hope you have all had a wonderful Christmas and New Year break and were able to spend time with family and friends. Thank you to all who made 2024 such a great year for us. Many thanks to all who helped celebrate Christmas & New Years at The Willows Private Nursing Home. We look forward to a successful 2025 and look forward to celebrating Australia Day with everyone at the end of the month!

Please continue to check our notice boards for new and exciting activities.

Kindest Regards,

Rhaine, Tess and David

Grandma's Remedies



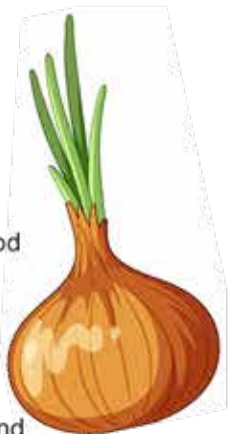
Time-Tested Recipes and Treatments Passed Down Through Generations

In an era of modern medicine and scientific solutions, the wisdom of days gone by can often be overlooked. Yet, nestled within the family traditions lie invaluable remedies that have stood the test of time. Because, while modern medicine offers advanced solutions, there's something to be said for the simplicity and effectiveness of grandma's remedies, which continue to stand the test of time. From soothing teas to homemade salves, these time-bound recipes and remedies are a great way to continue preserving family health for generations to come.



ONION SOCKS FOR FEVERS

Placing onions in socks to cure a fever is a traditional remedy, believed to draw out toxins and reduce body temperature. The method involves slicing onions and placing them in socks worn overnight. Advocates claim that the onion's natural sulphur compounds and antioxidants penetrate the skin, promoting detoxification and alleviating fever symptoms.





2

CLOVES FOR TOOTH ACHE

Cloves have long been used as a natural remedy for toothache relief. Their active compound, eugenol, possesses analgesic and anti-inflammatory properties, offering temporary pain relief. Chewing on a whole clove or applying clove oil directly to the affected tooth can numb the area and reduce inflammation. While cloves provide short-term relief, they do not address underlying dental issues, and prolonged use may irritate oral tissues. Dental consultation is crucial to address the root cause of toothache and ensure proper treatment.



3 GINGER TEA FOR DIGESTIVE WOES

A long-cited remedy for an upset stomach is to brew a pot of ginger tea, and it has certainly stood the test of time. Ginger, with its natural anti-inflammatory properties, helps ease nausea, bloating, and indigestion. Whether grated fresh or used in powdered form, this spicy root has been a staple in traditional medicine for centuries. A steaming cup of ginger tea after a heavy meal can work wonders when it comes to calming the digestive system and restoring balance.

4 EUCALYPTUS STEAM FOR RESPIRATORY RELIEF

For generations, eucalyptus steam inhalation has been a go-to remedy for respiratory congestion and sinusitis. Adding a few drops of eucalyptus essential oil to a bowl of hot water and inhaling the steam can help

clear nasal passages and relieve congestion. This natural decongestant opens airways and promotes easier breathing, providing much-needed relief during cold and flu season.

5 TURMERIC PASTE FOR WOUNDS AND INFLAMMATION

In many cultures, turmeric is revered for its potent anti-inflammatory and antimicrobial properties. A go-to remedy for minor cuts, scrapes, and bruises, is to apply a paste made from turmeric powder and water directly to the affected area. Not only does it help disinfect wounds and prevent infection, but it also reduces swelling and promotes faster healing. With a variety of uses, it's easy to see why this golden spice has been a staple in traditional medicine for centuries, prized for its healing abilities.

6 CHICKEN SOUP FOR THE SOUL (AND COLD)

There's a reason why chicken soup is hailed as the ultimate comfort food during times of illness. Not only does it provide nourishment and hydration, but it also boasts medicinal benefits. The warm broth helps soothe sore throats and ease congestion, while the vegetables and chicken provide essential nutrients to support the immune system. A homemade chicken soup, simmered slowly, has long been praised as a tonic that has the power to heal both body and soul.

7 APPLE CIDER VINEGAR FOR DIGESTIVE HEALTH

Apple cider vinegar has long been touted for its numerous health benefits, particularly in promoting digestive health. A natural cure for bloating and indigestion, try a tablespoon

of apple cider vinegar diluted in water before meals. This acidic elixir helps stimulate digestion, balance pH levels, and promote the growth of beneficial gut bacteria, and - while its strong taste may take some getting used to - the benefits of apple cider vinegar are well worth it.

8 MUSTARD PASTE FOR CONGESTION

A mustard plaster is a traditional remedy used to alleviate congestion and coughs. Made by mixing mustard powder with flour and water to create a paste, spread it on a

cloth and apply to your chest to ease congestion. The mixture generates heat, which is believed to help loosen mucus and ease breathing by promoting circulation. Advocates suggest it provides relief from respiratory ailments like colds and bronchitis. Do exercise caution when applying the mixture, to avoid skin irritation. And - as with any home remedy - consulting a healthcare



9

GARLIC FOR EAR INFECTIONS

Garlic and olive oil have been long been used as a natural remedy for ear infections. This remedy involves heating two tablespoons of olive oil in a pan, before adding a minced clove of garlic, and keeping the mixture on a low heat to infuse the oil. Strain the garlic, allow the oil to cool and apply a few drops of the mixture into the ear canal. The garlic's antimicrobial properties combined with the soothing effects of olive oil are believed to help alleviate pain and clear up infections. While anecdotal evidence suggests its effectiveness, consulting a healthcare professional is essential for proper diagnosis and treatment, especially in severe or recurrent cases of ear infections.



professional is recommended, especially for those with sensitive skin or respiratory conditions.

10 PEPPERMINT OIL FOR HEADACHES

When a pounding headache threatens to derail your day, reach for a bottle of peppermint oil. Applied topically to the temples and forehead, peppermint oil provides a cooling sensation that helps alleviate tension and soothe headaches. Its analgesic and muscle-relaxing properties make it a popular choice for natural headache relief. Additionally, inhaling the scent of peppermint oil can help improve focus and mental clarity, providing relief from brain fog and fatigue.

11 CHAMOMILE TEA FOR RELAXATION

In a world filled with stress and anxiety, grandma's remedy for a peaceful night's sleep often involved sipping on a cup of chamomile tea. Chamomile, with its calming properties, helps promote relaxation, reduce stress, and improve sleep quality.

Whether brewed as a tea or used in aromatherapy, chamomile has a gentle sedative effect that soothes the mind and body, making it an ideal bedtime beverage for those struggling with insomnia or restless nights.



Quality in Aged Care Compliance

Every aged care provider needs to meet a number of government regulations and standards to protect and enhance the safety, health, and wellbeing of older people receiving care. Checking compliance is the process of making sure providers meet these requirements and taking action when they do not.

And here at The Willows Private Nursing Home we are 100% compliance across 8 Standards.

QUOTE

“

When we were small children, we all played dress-up & everybody had a good time. So why stop?



**Could the
future of aged
care be found
in artificial
intelligence?**

**FUTURE
IS NOW**





ROBOTICS IN AGED CARE

There's no doubt about it: artificial intelligence is everywhere right now. From AI therapy to chatbots that book travel, it's a new mode of technology that comes in many forms. And with AI impacting everything from how we shop to how we socialise, it's important to know that there is a myriad of ways in which we can all benefit from its rapid rise.

Much like many other industries, elderly care is being impacted by this new wave of technology. Both robotic care systems and robot caretakers are being developed and researched with the aim of enhancing the lives of older individuals while reducing the burden on human caregivers.

Robotic care systems are designed to assist the elderly in various aspects of their day-to-day routines, ranging from mobility support to alleviating loneliness and providing cognitive stimulation. These elderly care robots are also equipped with features that ensure the safety and well-being of their users, such as fall detection and medication

management. Additionally, robot assistance has the potential to empower seniors to maintain their independence for longer, by allowing them to reside in their own homes longer than they might have otherwise been able to.

In recent years, there have been significant advancements made in robotics to cater to the needs of the ageing population. Robot caregivers have the potential to contribute to improved care quality, staff efficiency, and overall well-being for older adults. The integration of robots into aged care systems is an ongoing process, with promising results and a renewed focus on enhancing the golden years for seniors through innovative technological solutions.



**Robot caregivers
have the potential
to contribute to
improved care
quality**



Benefits of care robots in elderly care

- **REDUCED RELIANCE on human caregivers:** by automating certain tasks, care robots can lighten the workload of human caregivers, freeing up time for them to focus on more demanding aspects of care.
- **ENHANCED SOCIAL interaction:** While care robots cannot replace the companionship of other humans, they can provide some level of interaction and stimulation for elderly individuals who may otherwise feel isolated.
- **INCREASED SAFETY in the home:** assistive robots can monitor the environment and help to mitigate any risks, ensuring that older adults can continue living safely in their own homes.
- **ACCESSIBILITY:** robot assistants can be available 24/7, providing continuous support to elderly individuals without putting excessive pressure on human caregivers.

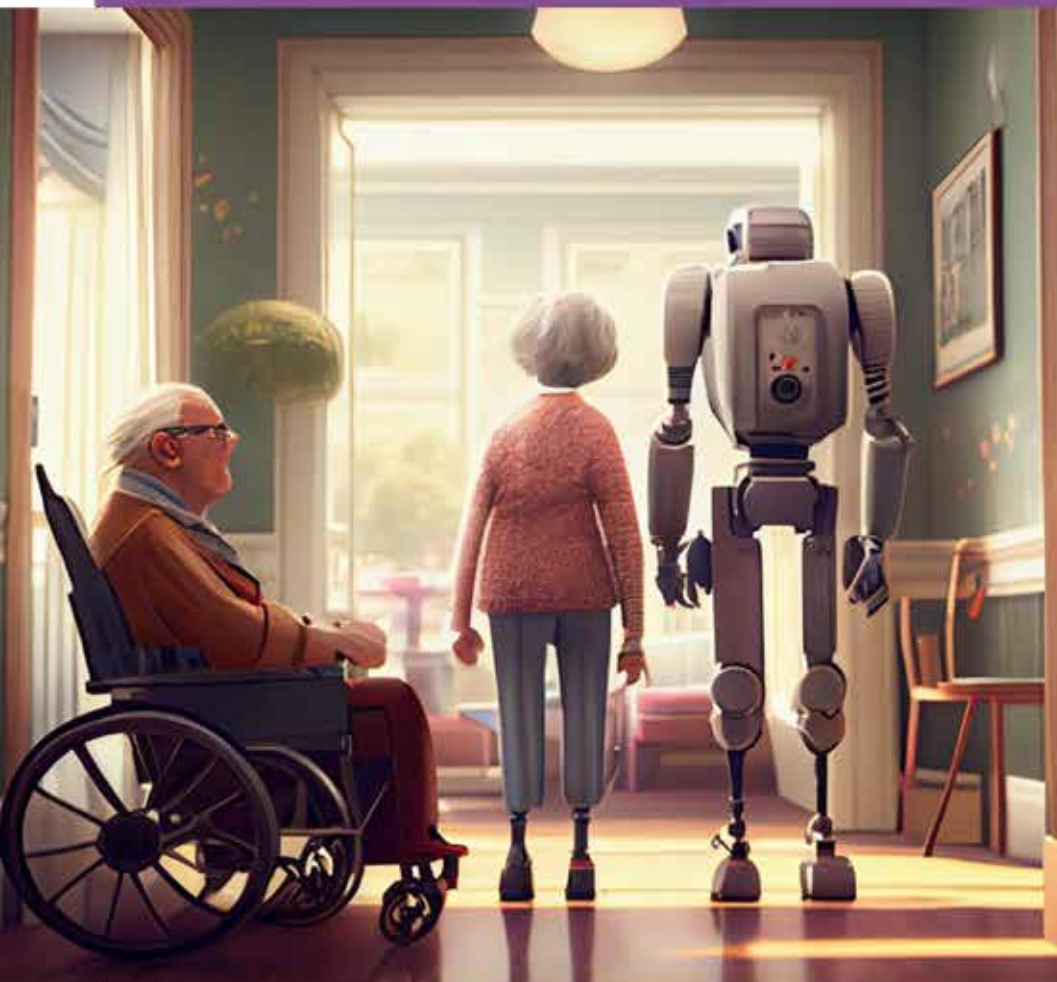
The need for robotics in aged care

The global ageing population is increasing, which has led to a growing demand for caregivers and nursing homes. This imbalance between the number of older adults needing care and the availability of caregivers has made robotics in aged care an essential solution to address these challenges. With the advancements in technology, robot caregivers and robot caretakers have been developed, promising to assist and support elderly individuals.

Robotic assistance for elderly care is gaining more attention, as it has the potential to enhance the quality of life. Care robots can provide essential aid, such as carrying items, ensuring medication adherence, and offering emergency alerts to ensure the safety of older adults. These functions enable senior citizens to maintain their independence for longer and potentially reduce the need for higher levels of care.

Robots for elderly care also play a significant role in providing social interaction and companionship, tackling the issue of loneliness among the aged population. Socially assistive robots can engage older adults in conversation and cognitive activities, offering emotional support and reducing the feeling of isolation. This has been shown to have a positive impact on their mental well-being and quality of life.

Furthermore, robots in aged care can assist



professional caregivers by alleviating their workload. They can perform tasks such as patient monitoring, lifting, and moving items, making the job less physically demanding for the caregiver. By introducing robots into the caregiving process, it can potentially reduce staff turnover and provide a higher level of care for older adults.

While there is still progress to be made in the development and adoption of care robots, their potential to improve and innovate the landscape of aged care is undeniable. Addressing key ethical and practical concerns, robot caregivers and care robots have the potential to transform the future of aged care, ensuring the well-being and support of older adults in need.

Types of care robots and their applications

Care robots have emerged as an innovative solution to address the challenges faced by the ageing population. They offer various forms of assistance, from companionship to physical support, and are being increasingly used in nursing homes and other aged care facilities.

Paro is a renowned example of an interactive care robot specifically designed for elderly individuals with dementia, by providing companionship and emotional support to residents, aiming to reduce anxiety and loneliness. The technology behind this social robot allows it to respond to touch, voice, and light, creating a comforting



presence for older adults.

Service robots are another important category within the realm of aged care. These robots assist with daily tasks such as serving food, fetching medicine, and carrying items, helping improve the quality of life for senior citizens. Service robots' efficiency and untiring nature make them invaluable carers within a nursing home setting.

When it comes to physical assistance, certain care robots focus on areas such as mobility, exercise, and emergency support. Some robots aid in lifting older individuals who may have difficulty standing up independently, while others provide walking assistance to promote physical activity and prevent falls. Additionally, specific care robots can monitor vital signs and alert nursing staff in the event of a medical emergency, ensuring prompt assistance is provided when needed.

Care robots not only support residents and carers in nursing homes but also empower older adults living alone, offering both companionship and a vital safety net. As technology advances, we can expect to

see care robots catering to an even wider range of needs, seamlessly integrating into the lives of ageing populations and making a positive impact on their well-being.

Activities performed by care robots:

Care robots are becoming an essential part of aged care, assisting elderly individuals in various ways to improve their quality of life. These are some of the key activities performed by these robots.

1 Assisting with daily activities: care robots can aid elderly individuals in completing day-to-day tasks such as preparing meals, helping with personal hygiene, and doing light housekeeping. These assistance tasks can promote a sense of independence and self-reliance for the elderly.

2 Enhancing mobility and independence with robotic devices: robotic devices have been developed to offer support with mobility and stability. For example, some robots can help lift people in and out of chairs and beds, whilst others can provide physical support when walking or standing.



3 Fall detection systems and preventing accidents:

robots equipped with fall detection systems can monitor the movements of elderly individuals and send alerts when a fall is detected. This can help prevent accidents and enable timely medical intervention if required.

4 Cognitive training and rehabilitation through robotics:

some care robots are designed to provide cognitive stimulation and rehabilitation. These robots can engage elderly individuals in activities like memory games, puzzles, and exercises, which can contribute to maintaining cognitive abilities and slowing down cognitive decline.

5 Housekeeping: care robots can assist with housekeeping tasks, such as vacuuming, dusting, and folding laundry. This can help maintain a clean and organised living environment, which is particularly important for older adults.

6 Medication reminders and management:

ensuring medications are taken correctly and on time is crucial for the elderly. Care robots can be programmed to remind individuals of their medication schedule and, in some cases, even dispense the appropriate dosages.

7 Cognitive stimulation:

engaging in social and cognitive activities can help maintain mental well-being. Care robots can facilitate activities such as leading sing-alongs, playing games, or providing companionship for the elderly.



Paro is a renowned example of an interactive care robot specifically designed for elderly individuals with dementia.



Impact on human care and relationships

The implementation of robotics in aged care has a significant influence on the nature of human care provided to the elderly, as well as their relationships with caregivers and their social environment. The use of personal robots, robot maids, robots in nursing and robotic nurses offers benefits in terms of enhancing the overall quality of care and reducing the workload on human caregivers.

However, there are ethical concerns and challenges that arise in the adoption of robotics within the aged care environment. Ensuring the safety and well-being of elderly patients is crucial, and care must be taken not

to undermine the power of human connection that elderly individuals require. Striking a balance between utilising robotic assistance and preserving human interaction is essential for maintaining meaningful relationships between patients, healthcare providers and caregivers.

Furthermore, the integration of robotics in aged care also raises questions around the ethical implications of delegating tasks to machines that were traditionally performed by humans. While robots can provide assistance with physical and cognitive tasks, it is important to ensure that the use of technology does not lead to a reduction in the quality of care provided to elderly patients.

Another ethical concern is the potential for elderly individuals to become overly reliant on robotic assistance, leading to a loss of independence and autonomy. It is important to ensure that the use of robotics in aged care is not seen as a replacement for human interaction and care, but rather as a complementary tool that can enhance the quality of life for elderly individuals.

It's important to remember that while robotics can have a beneficial impact on the quality of human care within the elderly care sector, the importance of human interaction and connection must not be overshadowed in the pursuit of technological advancements.

How to get a HOME CARE PACKAGE?

A SIMPLE FIVE STEP GUIDE

1 CALL MY AGED CARE TO REQUEST AN ASSESSMENT.

- Call 1800 200 422 and request an assessment from My Aged Care (MAC).
- You will be asked a series of questions to determine if you need an in person assessment from the Aged Care Assessment Team (ACAT).
- Even if you don't need support immediately, start the process early as the wait can be long.

2 AN ACAT ASSESSOR WILL VISIT YOU AT HOME.

- During your appointment the ACAT Assessor will ask you more questions to determine the level of care you need, what you're eligible for and your priority.
- The four levels of support you will be assessed for are:
 - Level 1** - basic care needs.
 - Level 2** - low level care needs.
 - Level 3** - intermediate care needs.
 - Level 4** - high care needs.

3 RECEIVE YOUR RESULTS.

- You will get a letter from MAC letting you know the outcome of your assessment.
- If you are eligible for support you will be approved for a specific level (1,2,3 or 4).
- You will be placed in the national queue and have to wait until a package becomes available to be assigned to you.

4 YOU ARE ASSIGNED YOUR PACKAGE.

- When you reach the top of the queue you will receive another letter confirming you have been assigned a Package- Congratulations!

- You may be assigned a lower level while you wait for your higher level package to become available.

5 CHOOSE A HOME CARE PACKAGE PROVIDER.

- After you have been approved for a package you will need to find a government approved Home Care Package Provider.
- A Provider is required to administrate your package for you.
- Make sure to do your research to find the right provider for you.
- When you choose your Provider you will give them the unique
- Referral Code on your letter from MAC so that they can accept your package and start your funding.



Please discuss with a professional before making any decisions.

PERSONAL ALARMS FOR SENIORS

As the population ages, ensuring the safety and well-being of seniors becomes increasingly important. Personal alarms have emerged as a crucial tool for providing seniors with a sense of security and independence. In Australia, a variety of personal alarms are available, each designed to meet different needs and preferences. This article explores the various types of personal alarms for seniors, their differences, and why one might be chosen over another.

1

Pendant Alarms

Pendant alarms are wearable devices, often worn around the neck or wrist, that allow seniors to call for help at the push of a button. These alarms are simple to use and are ideal for seniors who live alone or are at risk of falls. Pendant alarms can be monitored or nonmonitored.

MONITORED PENDANT ALARMS

Monitored pendant alarms are connected to a monitoring centre that operates 24/7. When the alarm is activated, trained personnel respond and can dispatch

emergency services if needed. This type of alarm provides an added layer of security and peace of mind for both seniors and their families.

NON MONITORED PENDANT ALARMS

Nonmonitored pendant alarms typically alert a predetermined list of contacts, such as family members or neighbours, when activated. While they do not offer professional monitoring services, they are often more affordable and still provide a reliable way for seniors to get help quickly. →



The Ultimate Guide to Personal Alarms



Personal alarms
are invaluable
tools for
enhancing
the safety and
independence
of seniors

2

Fall Detection Alarms

Fall detection alarms are equipped with sensors that can detect a fall automatically and send an alert without the senior needing to press a button. This feature is particularly beneficial for seniors who may be prone to losing consciousness or becoming disoriented after a fall.

Examples of Fall Detection Alarms

LifeGuardian: This device includes an accelerometer to detect falls and automatically alerts the monitoring centre.

VitalCall: Known for its reliable fall detection technology, this alarm can differentiate between normal movements and falls, reducing false alarms.

3

GPS Tracking Alarms

GPS tracking alarms are designed for seniors who are still active and may spend time outside their homes. These alarms use GPS technology to track the wearer's location, making them ideal for seniors with dementia or Alzheimer's disease who may wander and become lost.

BENEFITS OF GPS TRACKING ALARMS

Location Tracking:

Family members can track the senior's location in real-time, providing peace of mind.

Geofencing: Some devices allow for setting up geographic boundaries. If the senior crosses these boundaries, an alert is sent to the carers.



WEARABLE FASHIONABLE ALARMS

The LiveLife Watch Alarm combines the technology of a smartwatch with the functionality and safety of a personal mobile alarm. In case of emergency, press the side button to alert your elected emergency contacts. Features include digital and analogue watch faces, fall detection technology, step counter, and more.

4

Mobile Alarms

Mobile alarms function similarly to mobile phones and include additional features such as GPS tracking and fall detection. They are portable and can be taken anywhere, allowing seniors to call for help from anywhere, not just within their home.

EXAMPLES OF MOBILE ALARMS

Seniors First Mobile Alert: Combines mobile phone functionality with emergency alert features, suitable for active seniors.

Safe Life Mobile Alarm: Offers nationwide coverage and includes features like fall detection and GPS tracking. →



5

Home Based Alarms

Home based alarms are typically installed in the senior's home and include a base unit connected to the phone line or internet. These alarms are ideal for seniors who spend most of their time at home.

TYPES OF HOME BASED ALARMS

Landline Based Alarms:

Use the home's landline to connect to a monitoring centre. They are reliable but require a landline connection.

Mobile-Based Alarms:

Use mobile networks to connect to the monitoring centre. These are ideal for homes without a landline.

Choosing the Right Alarm

ASSESSING NEEDS AND

LIFESTYLE: The first step in choosing the right personal alarm is to assess the senior's needs and lifestyle. Factors to consider include:

- **Activity Level:** Active seniors who spend time outside may benefit from mobile or GPS tracking alarms.
- **Health Conditions:** Seniors with a high risk of falls or medical

conditions that may cause sudden incapacity should consider fall detection alarms.

- **Living Situation:** Those living alone may prefer monitored alarms for added security.

BUDGET CONSIDERATIONS

Cost is another important factor. Monitored alarms typically have ongoing monitoring service fees, while nonmonitored alarms have a one-time purchase cost. It's essential to weigh ➔

the benefits of professional monitoring against the budget.

EASE OF USE

The alarm should be easy for the senior to use. Devices with large buttons, simple interfaces, and clear instructions are preferable. It's also important to consider the senior's comfort with wearing the device, whether as a pendant, wristband, or carrying a mobile unit.

RELIABILITY AND SUPPORT

Choosing a reputable provider with good customer support is crucial. Look for providers with positive reviews and testimonials, and check if they offer support and maintenance services for the devices.



FALL DETECTION PENDANTS

VitalCALL, Australia's original provider of in-home safety alarms, offers Personal Emergency Response Advanced devices with 24/7 monitoring and automatic fall detection alerts. As a registered provider to NDIS and My Aged Care, government funding is available for eligible customers, enhancing safety and independence for seniors and those with medical conditions.



Conclusion

Personal alarms are invaluable tools for enhancing the safety and independence of seniors in Australia. By understanding the different types of alarms and their features, families can make informed decisions to best meet their loved ones' needs. Whether it's a simple pendant alarm, a sophisticated fall detection device, or a GPS tracking system, there's a personal alarm that can provide peace of mind and security for every senior.

WHAT'S ON?

DURING THE MONTH OF JANUARY



SPIRITUAL SERVICES

Every Sunday 11.00am VIDEO TV & LAPTOP

Catholic Mass, Italian, Arabic, Greek,
Orthodox, Tamil and Croatian Mass

BIRTHDAY PARTY

2.00pm 3rd & 10th January

LADIES GROUP

2.00pm Friday 6th TEA & GLEE

KNITTING GROUP

2.00pm Friday 13th

ART GROUP THERAPY

2.00pm Monday 9th & 23rd

MENS CLUB

KARAOKE 2.00pm Friday 27th

FLOOR GAMES

2.00pm Thursdays - 5th Quoits,
12th Tenpin Bowling, 19th Lawn Bowls

MENTAL STIMULATION

11.00am Every Wednesday

BUS OUTING TBA

BIBLE STUDY

11.00am Every Thursday

GENTLE EXERCISES

10.00am Every Day

HAPPY HOUR

2.00pm Friday 20th

BINGO GAMES

1.30pm Tuesdays - 3rd Alphabet Bingo,
10th Numeral Bingo, 17th Animal Bingo,
24th Shape Bingo, & 31st Vegies Bingo

PARLOR GAMES

1.30pm Mondays - 2nd Snakes & Ladders,
16th Banana Gram, 31st Qwirkie
(Or Residents Choice)

* Subject to change.



BACK IN TIME

Pinball



Pinball is a game that has evolved significantly over time, from its early origins in France to the high-tech, multi-sensory experiences of modern pinball machines. Here's a brief history of pinball, from its beginnings to the present day:

Bagatelle: The precursor to Pinball

The history of pinball can be traced back to the 18th century in France, where a game called bagatelle was popular. Bagatelle was a tabletop game that involved using a stick to shoot balls up a board with pegs, trying to land them in scoring holes at the bottom. The game was simple but addictive, and it became popular throughout Europe.

The Birth of Pinball

In the 19th century, bagatelle evolved into a new game called pinball. The first pinball machines were mechanical and used a spring-loaded plunger to launch the ball onto a playing field. Players used flippers to keep the ball in play and score points by hitting targets on the playing field.

Modern Pinball

The first pinball machine to feature flippers was "Humpty Dumpty", which was released by the Gottlieb company in 1947. Prior to the introduction of flippers, pinball machines relied on gravity and the player's skill at nudging the machine to keep the ball in play. However, the addition of flippers allowed for a more strategic style of gameplay, and helped to transform pinball into the game we know and love today.

In the 1960s and 1970s, pinball machines continued to evolve, with new features like multi-ball play, electronic scoring, and more complex playing fields.

By the 1980s, pinball machines had common features between them that we both came to expect and helped define what pinball is. Most machines featured a spring-loaded plunger to launch the ball onto the playing field, flippers to keep the ball in play, and slingshots to bounce the ball around the playing field.

In addition to these basic features, pinball machines of the 1980s and 1990s often featured more complex playing fields than their predecessors, with multiple ramps, video modes, and engaging mechanisms (or toys). Pinball machines became a staple of arcades and bars, and many people developed a love for the game that would last for decades.

The Decline of Pinball

In the 1980s, video games like Space Invaders and Pac-Man began to overtake pinball as the dominant form of arcade entertainment. Pinball manufacturers struggled to keep up with the rapidly evolving technology of video games, and sales of pinball machines began to decline. While pinball never completely disappeared, it did experience a significant decline in popularity in the late 1990s and early 2000s. During this time, many pinball manufacturers went out of business, and the number of pinball machines in arcades and other public spaces dwindled.

The Resurgence of Pinball

In the last decade or so, pinball has experienced a resurgence in popularity. Part of this is due to the efforts of dedicated pinball enthusiasts who have worked to keep the game alive, as well as the growth of competitive pinball leagues and tournaments. In addition, new pinball manufacturers have emerged, such as Jersey Jack Pinball, Spooky Pinball, and Australia's own Haggis Pinball. These companies have released a number of popular and innovative pinball machines in recent years, featuring cutting-edge technology and immersive gameplay experiences.

Recently the pinball industry has been thriving, with new manufacturers and designers entering the market and creating innovative new machines that appeal to both casual players and hardcore enthusiasts. This has helped to keep the game fresh and exciting, and has contributed to the recent surge in popularity.

Overall, it's an exciting time to be a pinball fan, and the future of the game looks bright.



*from our kitchen
to yours*



SUMMER SURPRISE *with Maggie Beer*

One of Australia's most
well-known and best-loved cooks,
Maggie Beer has been on an
important mission – a food mission
for older Australians that is.

For more than five decades,
we have grown to witness
and experience her unbridled
passion and joy around
food. Maggie's grassroots,
no-nonsense approach to
wholesome and local
produce has been the
catalyst for creating

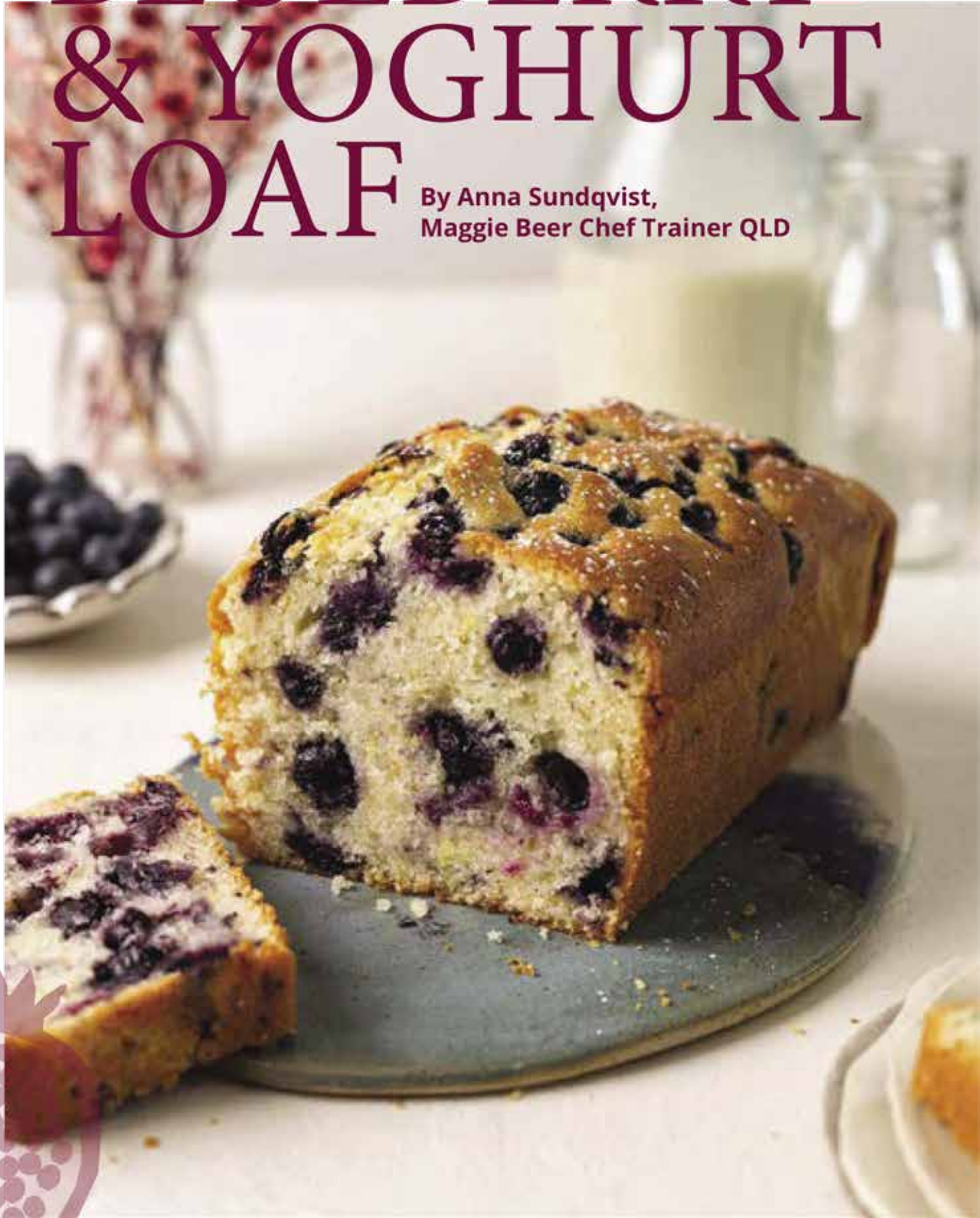
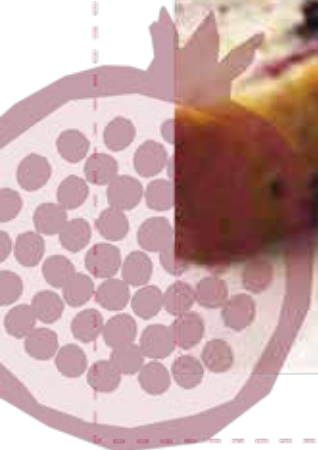
hundreds of mouth-watering
recipes which have been
embraced in homes all
around Australia.

To learn more about her
online training modules,
please visit The Maggie
Beer Foundation website at
maggiebeerfoundation.org.au



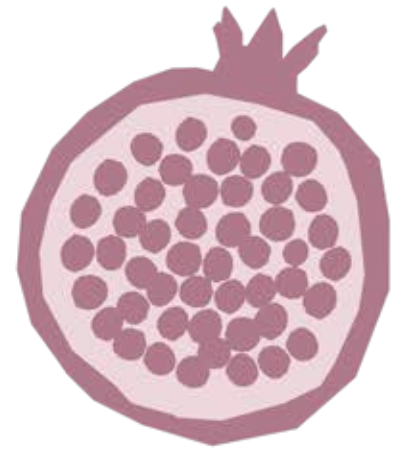
Lemon, BLUEBERRY & YOGHURT LOAF

By Anna Sundqvist,
Maggie Beer Chef Trainer QLD





This is a one bowl loaf. It's quick, and produces a light, lovely cake that is perfect for morning or afternoon teas.



Preparation 15 minutes

Cooking 60 minutes

Makes 8-10 portions

Cost low

Season all

Ability easy

Store in a airtight container in a cool, dry place. Freezes well.

Keeps 3 days

Equipment oven

INGREDIENTS

150 grams

unsalted butter

200 g caster sugar

2 eggs

150 g ($\frac{1}{2}$ cup)

Greek-style yoghurt

Zest and juice from

1 medium lemon

225g (1 $\frac{1}{2}$ cup)

self-raising flour

150 grams fresh or frozen blueberries

METHOD

1. Preheat oven to 160C. (fan-forced)
2. Place butter, sugar, eggs, yoghurt, lemon zest and juice in a bowl and whisk to combine.
3. Add flour and whisk until well combined.
4. Fold through blueberries (toss blueberries in a tablespoon of flour if using frozen. This will stop them from sinking to the bottom) and spoon into a loaf tin lined with baking paper.
5. Smooth the top and bake for 1 hour – 1hr 10 minutes or until cooked when tested with a skewer.
6. Allow to cool before transferring to a wire rack.



TIP
For added protein, substitute $\frac{1}{2}$ cup of the flour with almond meal



IS MOISTURISER FOR BEAUTY OR HEALTH?

During a skin check, we come across many questions.

A common issue is dry skin. People often ask if moisturising the skin keeps it healthy and protects from skin cancer. When dry skin is present, you may see flaking, redness or broken skin. It can be itchy. Chronic dryness weakens the skin. It can look thickened, thinned, irritated or scaly. It is less flexible, easily damaged and slower to heal. This is a particular problem for people at risk of infection or poor healing, such as diabetes, vascular issues, and when we are older.

Regularly using simple moisturiser after your shower can significantly improve dry skin and help keep it healthy. For drier skin, try using thicker ointment from a tub. Unfortunately, moisturising alone does not stop skin cancer. But many sunscreens are good moisturisers. Skin cancer is easier to see when dry skin is well managed before your skin check. We find fewer troublesome non-cancers, and better wound healing after procedures.

Skin care



**SPEAK TO A HEALTH
PROFESSIONAL FOR ADVICE**

Varicose Veins

Varicose veins are bulging, enlarged veins. Any vein that is close to the skin's surface, called superficial, can become varicosed. Varicose veins most often affect the veins in the legs. That's because standing and walking increase the pressure in the veins of the lower body.

For many people, varicose veins are simply a cosmetic concern. So are spider veins, a common, mild form of varicose veins. But varicose veins can cause aching pain and discomfort. Sometimes they lead to more-serious health problems.

Treatment involves exercising, raising legs when sitting or lying down, or wearing compression stockings. A procedure may be done to close or remove veins.

Varicose veins might not cause pain. Symptoms of varicose veins include:

- Veins that are dark purple, blue or the same color as the skin. Depending on skin color, these changes may be harder or easier to see.
- Veins that look twisted and bulging. They often look like cords on the legs.

When there are painful symptoms of varicose veins, they might include:

- An achy or heavy feeling in the legs.
- Burning, throbbing, muscle cramping and swelling in the lower legs.
- Worse pain after sitting or standing for a long time.
- Itching around one or more of the veins.
- Changes in skin colour around a varicose vein.

When to see a doctor

If you worry about how your veins look and feel and self-care measures haven't helped, see your healthcare professional.





TURN THAT FROWN UPSIDE DOWN!

It may seem strange, but there are physiological and psychological advantages of smiling. Yes, you read right - there are scientific benefits of a single smile!

When we smile, we release endorphins. These are known as neurotransmitters and give us a happy and pleasurable feeling. Even a forced smile will make you feel a little happier!

Smiling can also improve stress by reducing levels of the stress hormone cortisol, which in turn can support cardiovascular health and overall immune function.

Smiling is contagious and fosters positive social interactions. It can improve your likeability, trustworthiness and approachability, which can strengthen your relationships with other people. Studies have shown that people who smile more frequently tend to live longer lives.

And let's not forget the benefits to our physical appearance! Smiling engages our facial muscles helping to tone them and, over time, potentially reduces the signs of ageing.

Overall, incorporating more smiles into your daily life can have benefits for both your physical and mental wellbeing, as well as for your relationships with others. It's a simple yet powerful tool that can positively impact your life in a variety of ways!

WHAT MAKES YOU SMILE?

The impact of a smile can be profound and far-reaching, influencing both the individual who smiles and those who receive it. A smile has the ability to uplift one's mood almost instantly.

When you smile, your brain releases endorphins, neurotransmitters that are responsible for feelings of happiness and pleasure. Smiling is also a universal signal of friendliness, warmth, approachability and empathy - those who smile are perceived more positively by others. A smile is contagious and has the power to influence the mood and behaviour of those around you. By sharing a genuine smile, you can brighten someone else's day, inspire positivity and create a ripple effect of kindness and compassion. Why not send a smile someone's way today?



ASTROLOGY

WELL-BEING

Written in the stars?

Can awareness of star signs positively influence your wellbeing, or is becoming dependent on your horoscope destructive?

I'm such a Pisces!" I cry to my husband, bursting into tears as I bury my head into his chest. It happens quite regularly, in all honesty – usually when I'm feeling panicked, anxious, or vulnerable.

While I have various 'tried-and-tested' coping mechanisms to endure my darkest days, it helps to remind myself that I'm not alone, or 'weird'. That there are millions of other people who are born under the star sign Pisces, and feel just as I do.

And, for a short time, it's a real comfort.

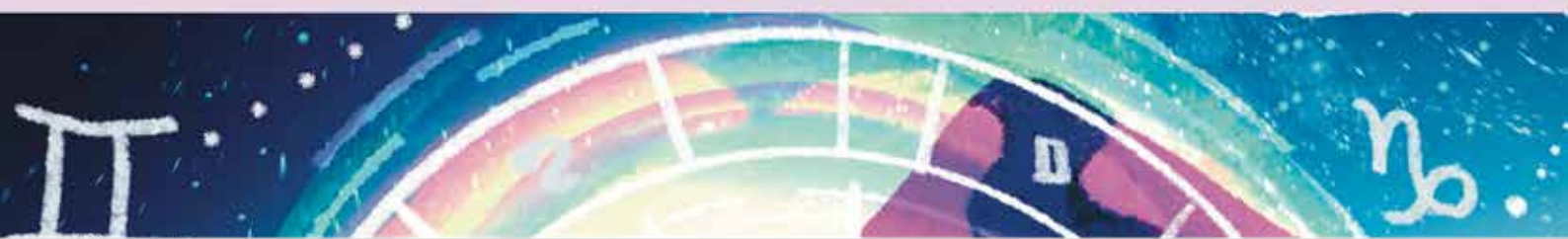
Let me guess what you're thinking: star signs and horoscopes are for the back pages of your nan's magazines, alongside the £3-a-minute number you can call to find out the initials of the person with a secret crush on you – right?

I, like I'm sure many people do, once thought that star signs and horoscopes were rubbish. That they were made up by magazine editors as a way to prey on the vulnerable, lonely, or grieving. But now, I believe that to be wrong.

I believe that having a healthy relationship with my star sign and horoscope has directly brought

me joy, guidance, and true psychological benefits over the years. Whenever I've felt lonely, or 'different', my star sign has reminded me that I'm part of something bigger. At times, it's aided me in understanding both my mood and purpose, thanks to what's been written in the stars since the first millennia.

While there's no scientific evidence to support the premise of the Zodiac, the tradition of looking upon celestial bodies for guidance is peppered throughout history. Some believe divination practices date back to the >>>



It can be a coping mechanism to believe in astrology – that it can help people feel ‘resilient’ when life feels complex

Sumerians, or ancient Egyptians – the oldest known civilisations.

However, star signs are to be taken with a pinch of salt, too. I recognise that there has to be a balance. There are many external factors that influence our mood, mental health, and wellbeing. For example, my husband and I apparently belong to the least compatible signs in the Zodiac, and we’ve been together for a decade. However, I still find comfort in knowing that, while I’m unique when it comes to my personality, lifestyle, and relationship, my traits and behaviours aren’t. To me, it’s a kind of therapy.

“For some people, horoscopes can bring a sense of comfort and belonging that they can relate to certain personality traits within a group – though it’s important to note that these characteristics are usually generalised,” Belinda Sidhu, a psychotherapist and counsellor, explains. “This can also help with a sense of validation – particularly when a horoscope seemingly resonates

with an individual’s feelings and experiences.”

Being a Pisces, I’ve found my unpredictable emotional state exhausting at times. It’s the star sign of creativity and imagination (I’m a writer, so tick), compassion, and love – but it means my emotional sensitivity is high. While I’m in tune with others, I’m overly sensitive, constantly worry about hurting people, and am vulnerable to criticism (tick, tick, tick).

I’ve felt alone – powerless and miserable that it was ‘just me’ who felt this way. That I was ‘wrong’, and ‘broken’. That was until I started to invest in my star sign a few years ago, thanks to my friends.

When my anxiety was high, I found astrology apps recommended by my starry-eyed pals gave me much-needed direction. Resounding wisdom from apps guided me into making good decisions on the days I needed it most. I could do with it what I pleased, but it felt like a consolation to have a self-help guide of sorts in my pocket.

Soon, I started to delve into my moon and my rising signs – and it made total sense. I felt seen for the first time in, perhaps, ever. Now, whenever I’m feeling low, anxious, or recognise the start of panic symptoms, it helps to initially guide my life and thoughts with my horoscope.

Inbaal Honigman, a celebrity psychic with more than 30 years

of experience, believes astrology is a “fun way to learn about different personality types, and to see where each person fits in the world”. She says: “Astrology doesn’t decide who’s better or worse – everyone is free to be themselves.

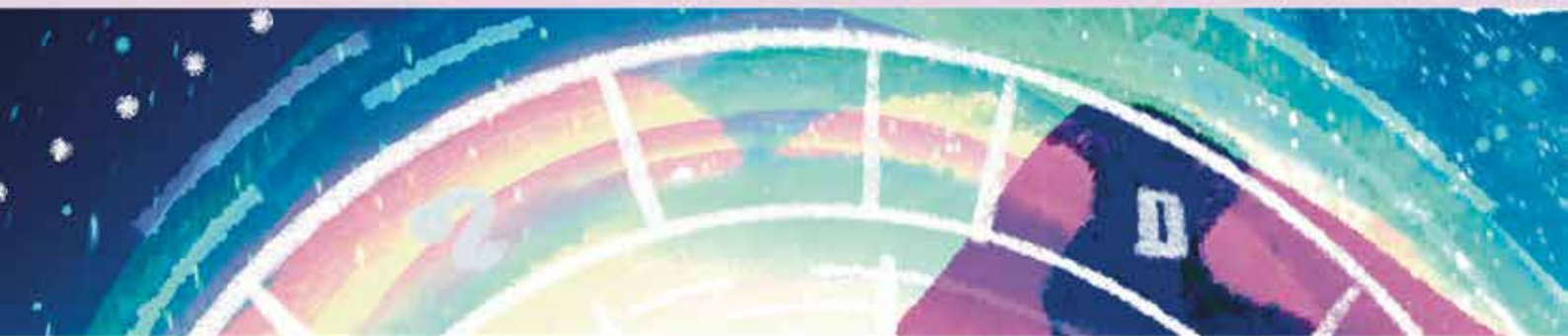
“I feel that’s a wonderful psychological benefit, as it’s very common to feel uneasy about this personality trait, or that personality trait. Astrology says that all characteristics are fine, whether outgoing or bookish, loud, or reticent, everyone is their own selves.”

Astrology is not a science, but some researchers believe being in tune with your star sign could have psychological benefits, too (though there’s little scientific evidence to prove this). I find that rings true for me, especially on the darkest of days where I feel lacking in direction.

“The predictions or advice that horoscopes offer may provide a sense of reassurance or guidance, particularly if someone is going through a tough time – it may even bring a sense of hopefulness,” psychotherapist Belinda Sidhu notes.

“In addition, any predictions could also be used as a tool for self-reflection – prompting individuals to reflect on their lives, thoughts, feelings, and behaviours.”

A study by Dr Mark Hamilton in *Comprehensive Psychology*, published in 2015, suggests that it can be a coping mechanism to >>>



believe in astrology – that it can help people feel “resilient” when life feels complex. The same research presents astrology’s value as a “heuristic scheme for understanding the complicated universe in which we live” – basically meaning that it can help people learn something for themselves through short-term goals and solutions.

Another study, written by Dr Paul Clements and published in *Culture and Religion* in 2020 claims that astrology “offers a spiritual understanding, self-knowledge, and self-determination” which, in turn, “instructs the project of self-identity”. Astrology, therefore, becomes a tool that can be turned to for comfort.

In a similar vein, while I recognise that I’m overly sensitive and have a tendency to overthink just about everything, I’m aware that I have social anxiety, too. And that I struggle with my mental health, and that deserves medical help and intervention – not just a reliance on divine reason.

“Some individuals may become dependent on horoscopes, relying on them heavily for guidance,” Belinda says. “This can affect your ability to make

healthy decisions for yourself, and take responsibility for your actions and what’s happening in your life. If an individual becomes heavily dependent on their horoscopes and receives a perceived negative prediction, this may cause unnecessary anxiety and stress.”

Mental illness shouldn’t just be ignored or accepted as part of your life, just because your star sign or horoscope implies that you have a tendency to it. It’s important to work with the Zodiac as a way of understanding yourself and the world around you – not as a rigid prediction of what’s to come, or a failsafe overview of your identity.

Horoscopes can provide a daily dose of positivity, but it’s worth remembering that they’re written from the perspective of a ‘one-size-fits-all’ approach. That we choose to focus on the parts that are positive, and can shoehorn into our lives, often for temporary satisfaction.

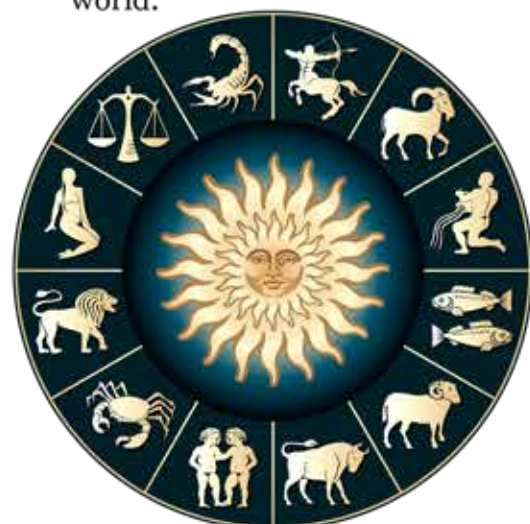
“Treat horoscopes like advice from nanna,” Inbaal Honigman says. “It can be very knowledgeable and have some really big ‘hits’, but try not to worry too much about

the ‘misses’, as the advice in horoscopes is quite generalised.”

Ultimately, horoscopes and star signs themselves as a ‘higher power’ of sorts, can provide control and reassurance when we need it the most. If anything, they can give us the confidence and inspiration to just try, while it’s our intuition that should guide us.

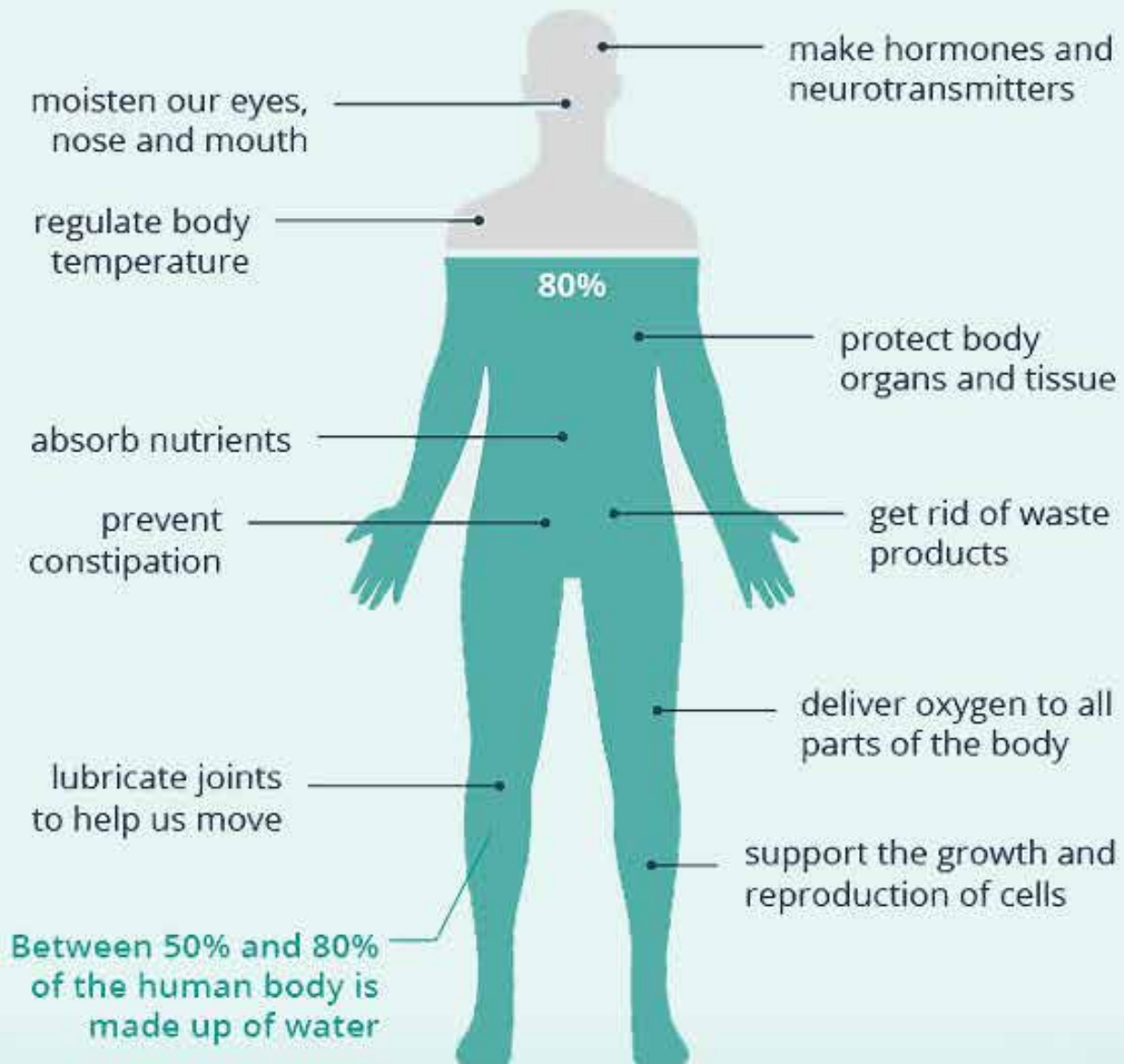
“Horoscopes also provide a bit of fun and entertainment – something you can share and discuss with your friends,” Belinda Sidhu adds. “And we know there are many psychological benefits to socialising and spending time with others.”

I know, for me, that my head is no longer in the clouds, but in the stars, and it’s something that’s opened up a whole new way of looking at myself and the world.



water & health

Drinking plenty of water every day is important for good health. Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

Food Quality & Safety

Is it safe to put opened canned food in the fridge?



We've all done it. Opened a can of food, and rather than storing or disposing of whatever is left, just put the can straight into the fridge. But is this dangerous?

Getting it wrong when it comes to food preparation or storage can cause all sorts of nasty health issues, even death - but what about tinned food?

While around 4.1 million Australians suffer from food poisoning every year, according to the Food Safety Information Council it is rare that this occurs from tinned food. However, it does and can occur. "Historically there have been cases of botulism from cans that weren't sealed properly," Lydia Buchtmann, spokesperson for the Food Safety Information Council, tells us.

While most of us know botulism due to its wrinkle-freezing properties, it is also a food borne disease, which can cause serious illness. "When botulism - *Clostridium botulinum* - grows in food, usually due to it being heated, or stored in conditions which allow the spores to germinate, it can cause food poisoning symptoms," says Buchtmann.

How to store food from cans

"Once opened, canned foods are often highly perishable," says Dr Ronald McCoy, spokesperson for the Royal Australian College of General Practitioners. "Opened canned food should be treated in the same manner as regular food and should not be stored any longer than its uncanned version." According to Buchtmann, you shouldn't store an opened tin or can in the fridge once opened, as "the tin or iron can dissolve into the food, giving it a metallic taste". This tends to occur in the tins of the more acidic tinned foods, such as fruit juices and tomatoes.

If you are a regular user of tinned foods, then it may be worth investing in proper storage to lengthen the life of your leftovers.

If you still have food left in the tin, decant these into an airtight sealed container, (preferably with a glass bottom), in the juices, brine or sauce they are tinned or canned in, for maximum longevity. If possible, label the container with the date it was stored. You can also use plastic lids to preserve the food, but advises Buchtmann, remember to treat the food as perishable food once it is opened. "Store in the fridge and use it or freeze the contents within three days."

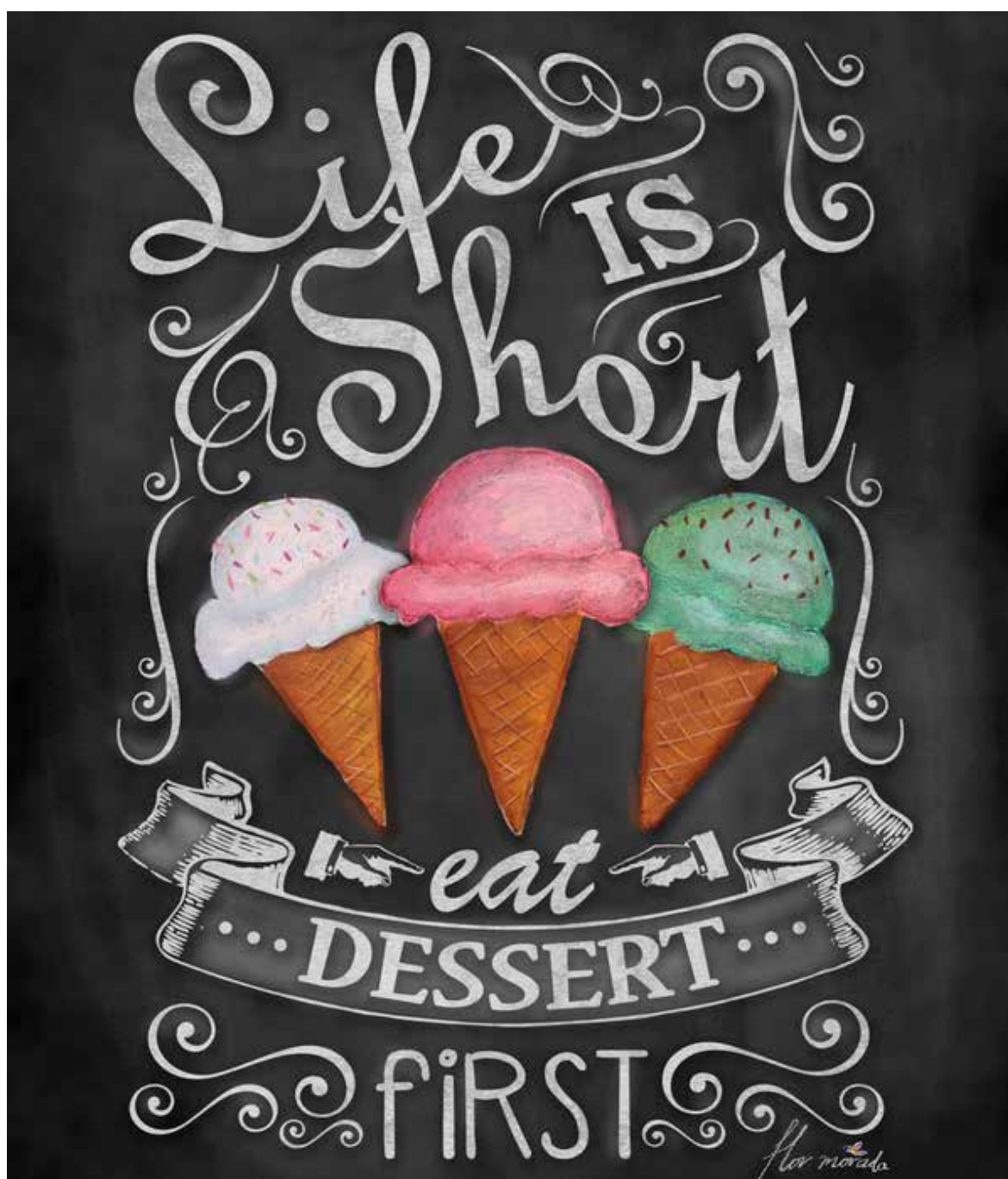
The good news is that not all tinned foods need to be decanted. "Some dry foods or very sugary or fatty ones like jam or peanut butter can be stored in the open tin in a cool, dry, place," says Buchtmann. "Check what the label says about storage, but if it says to refrigerate do so. Some foods like jam which used to be kept unrefrigerated now have less sugar content, which is good for our health, but means it may need to be refrigerated, so once again check the label instructions."

Are use-by dates necessary?

According to the Food Standards Agency, if your canned food has a shelf-life of less than two years, it will have a 'best-before date' on the label, or tin. While you can eat the produce after this date, they might have lost some quality or nutrition.

Many cans will have a shelf life of longer than a year so won't be required to have a best before or use by date, but make sure it doesn't linger forever in the back of your pantry by storing the newest can (or any food package) at the back of the pantry so you use the oldest ones at the front first. Don't forget to clean out your pantry a few times a year and discard out-of-date food.

DISCLAIMER: Please make the correct decisions using professional advice and not from this above article.



Burial or cremation

When you pass away, the person given the responsibility to dispose of your body is the executor under your will. If there is no will, the person with the right to apply for administration of your estate, such as the spouse or next of kin, will have this responsibility. This is in addition to balancing any practical, cultural, and religious factors.

Recently, the State of NSW was involved in a court case to resolve the disposal of a woman's body who had died by suicide. The woman had died without a will. Her family wanted her to be cremated while her partner wanted her to have a burial. Earlier, both parties had agreed on a burial. They agreed that the partner had been in a relationship with the woman. This agreement was later denied by the family. The woman's mother said they had been pressured by their lawyers to agree to the burial. The family argued that the partner did not have a relationship with the woman. They claimed that the partner was her pimp and drove her to suicide. The family had sheltered the woman up until her death. Various statements by the woman were used to prove that she wanted to be cremated.

The partner showing that he had a relationship with the woman and used his father and friends as proof that she was emotionally committed to him. He said that he would prefer to have her buried because of his own spiritual beliefs. The partner provided statements from the woman that she wanted to be buried.

The court decided that the woman was closer in connection to her biological family. She was more aligned with them rather than the partner. The family was also willing to pay the costs of the funeral unlike the partner. This showed commitment to a respectful disposal of the body. The court granted permission to the family to dispose of the body by way of cremation. This case shows the value of a will that deals with estate issues. Dying without a will can lead to unpredictable outcomes and hardship for your loved ones.

For mental health support, call Lifeline on 13 11 14.



SAY THE ULTIMATE CHEESE BOARD



- **Start with the board.**

Cheese boards are typically assembled on a slate or wooden tray (this is the slate tray I used) which may be square, rectangular, or round. You can also use a plate, platter, cutting board, or even a baking sheet. Any flat surface will work.

- **Gather the other "tools" you'll need.**

I use these mini glass bowls for condiments and these mini spoons to serve them with. I also use this simple set of cheese knives.

- **Select the cheeses.**

Try to include a variety of flavours and textures by selecting cheeses from different families (see below).

- **Add some charcuterie...aka cured meats.**

Prosciutto, salami, soppressata, chorizo, or mortadella are all good options.

- **Add some savory.**

Think olives, pickles, roasted peppers, artichokes, tapenades, almonds, cashews, or spicy mustards.

- **Add some sweet.**

Think seasonal and dried fruits, candied nuts, jams, preserves, honey, chutney, or even chocolate.

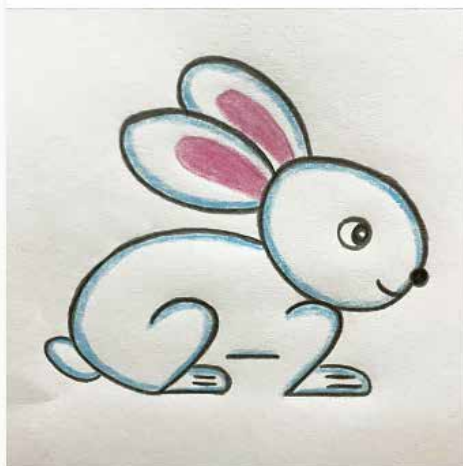
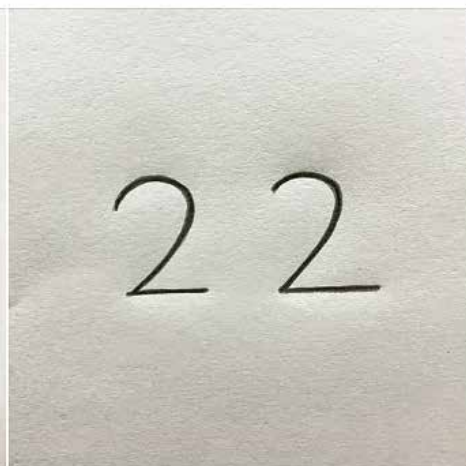
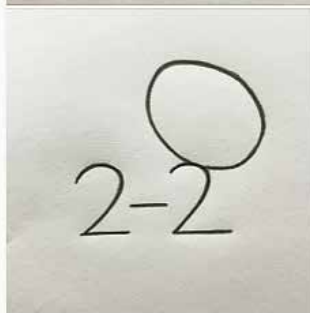
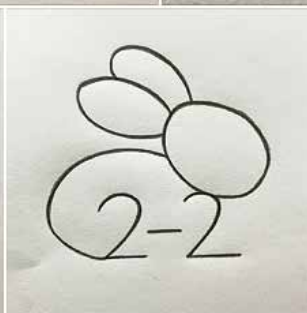
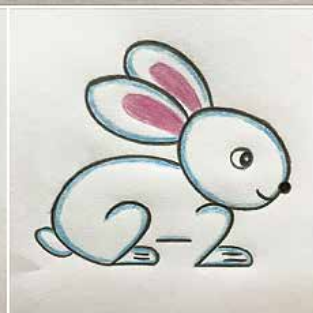
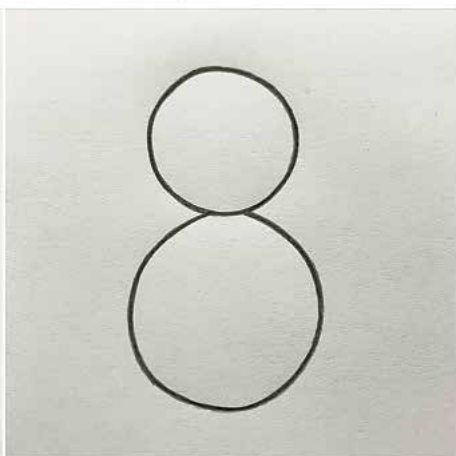
- **Offer a variety of breads.**

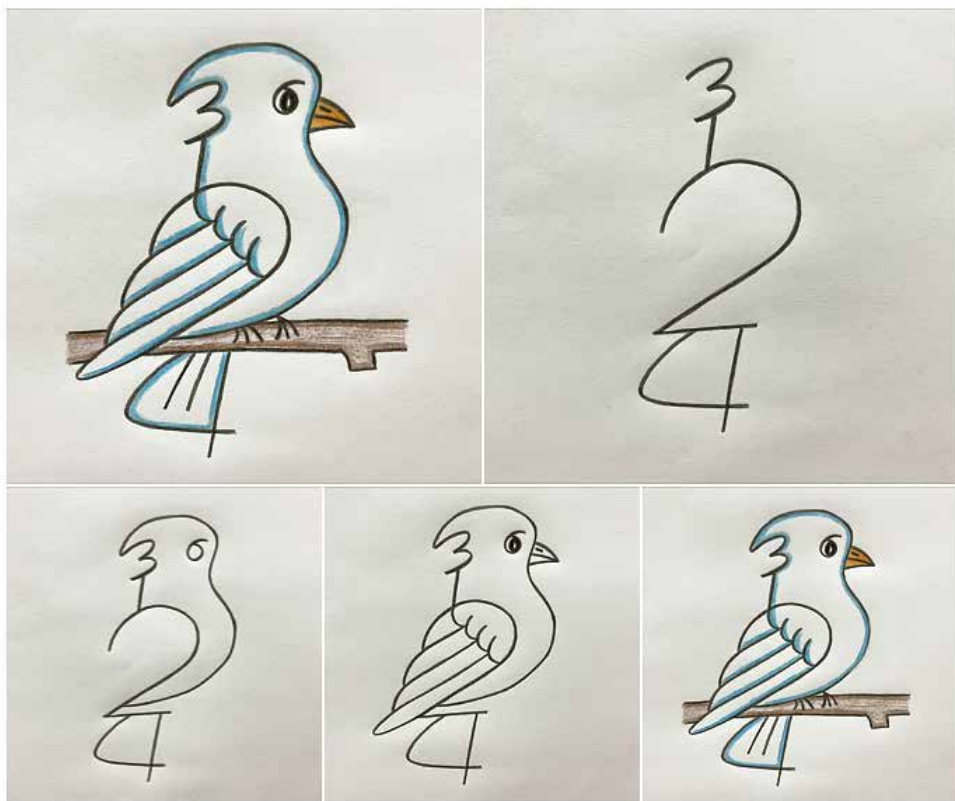
Sliced baguette, crostini, bread sticks, and a variety of crackers in different shapes, sizes, and flavours.

- **Finish it off with some garnishes.**

This is a great way to give your cheese board a seasonal touch. Use edible flowers, fresh herbs, or additional fruits to give your board the look and feel you want.

FUN CORNER **This MONTH** **Learn to draw**







COLOUR ME IN





BRAIN POWER

ARROW

The arrows show answer direction

Complete the clues to fill the grid

WORD

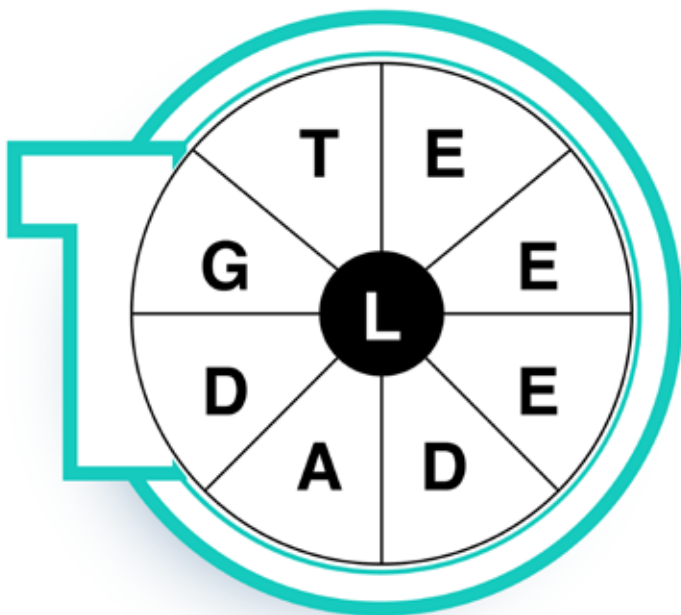
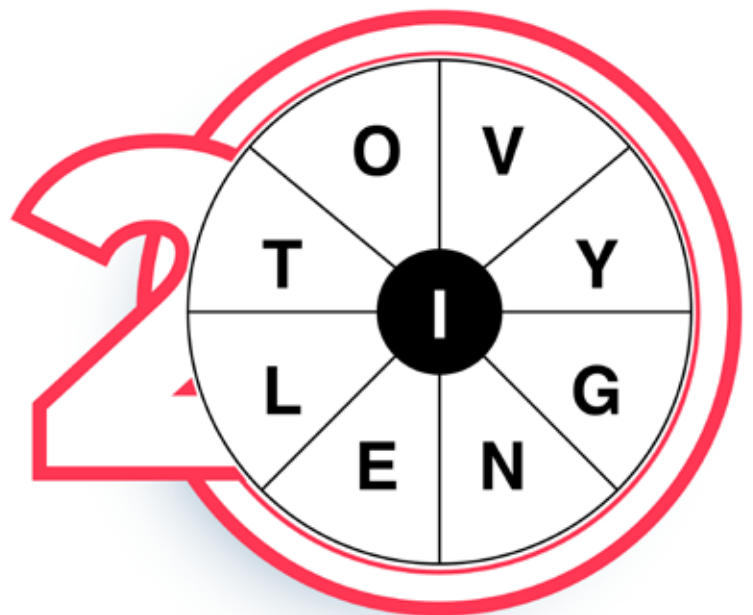
Find the answers on the last page

Tropical American tree	Word of farewell	Aggressive dog	Put a question to		Small spot		Strange	Hard substance that covers teeth	Emperor of Japan		Ancient object
					Judged						
Removed dirt from							Zero				Topical information
Annoy				Life force	Snake-like fish	Horse of light tan colour	Of similar character				
Obstinate		Good sense; reasoned judgement	Edible mushroom				Spice made from nutmeg				
										Increase in size	
Fastener	Change		Unwell				Be at a ____: be puzzled				
			Insect stage	Drunkard				Extent of a surface	Act of retaliation		Winehouse: singer
Depression				Hot wind blowing from North Africa	Level golf score		___ Jones: US stock index				
								Tree of the genus Ulmus			
Type of tooth		Musical instrument with keys						Layer of a folded material			
Sewn edge	Time periods	Pointed projectile						Prefix denoting one thousand		Clay (anag)	Bovine animals
			Periodic publication (abbr)		Blade for rowing a boat	Pot	State				
Loud and hoarse								Musical instrument (informal)			
			Hard shell of a crustacean								
Witch		Trite						___ Harding: Welsh actor			

PLAY WORD Wheel

Find as many words of three or more letters in the wheel as you can.

Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine letter word hidden in the wheel?



#1

TARGET: 19, GOOD: 26, EXCELLENT: 32

#2

TARGET: 33, GOOD: 45, EXCELLENT: 54

Find the answers on the last page

ARROW WORD ANSWERS

				D		O				R	
C	A	C	A	O		D	E	E	M	E	D
	D	U	S	T	E	D			N	I	L
	I	R	K						A	K	I
	E			C	E	P			M	A	C
B	U	L	L	H	E	A	D	E	D		W
		O		I	L	L			L	O	S
P	E	G			S	O	T				W
	D	I	P			M			A	R	E
B	I	C	U	S	P	I	D			E	L
	T		P	I	A	N	O			P	L
			A	R	R	O	W			R	
H	E	M		O					K	I	L
	R	A	U	C	O	U	S			S	A
H	A	G		C	A	R	A	P	A	C	E
	S		C	O	R	N	Y			L	N



ANSWERS

1

addle, ale, dale, deal, dealt, delegate, delete, deleted, delta, eagle, eel, elate, elated, gale, gel, glad, glade, glee, lad, lag, late, lea, lead, leaded, leat, led, ledge, lee, leg, legate, legatee, let, tale, teal

2

evil, gilt, gin, give, given, glint, ingot, inlet, into, ion, ivy, legion, levity, levying, lie, lien, line, lingo, lino, lint, lion, lit, live, liven, loin, longevity, loving, lying, nil, nit, oil, oily, olive, tie, tile, tin, tine, tinge, tingle, tingly, tiny, toeing, toil, toy- ing, tying, veil, vein, vetoing, vie, vile, vine, vinyl, viol, violent, violet, voile, voting, vying, yeti, yogi

Hope you enjoyed our newsletter



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