



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for November.

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 November issue.

Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.

Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

hello NOVEMBER

From the Admin Desk



Hi everyone, Spring has finally started, and the weather has been beautiful. We have had the residents out in the garden enjoying the sunshine. The year has flown by, and I can't believe that soon we will be celebrating Christmas. We have had lots to celebrate in October and November is off to a busy start with the Melbourne Cup on Tuesday 1st November. It's been great to see you all when you come and visit and hopefully this year, we will be able to have a Christmas party outside in the garden.

Remember my door is always open if you would like to pop in for a coffee and a chat.

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Welcome to the November Newsletter. We have a very busy time ahead with the Melbourne Cup, Remembrance Day, and the lead up to Christmas. Please help us celebrate these events. We are running a Melbourne Cup Sweeps and will be having a best dress, best hat, and best makeup competition. We will have \$2 and \$5 sweeps. Families can bring in money for you to enter sweeps. If they are unable to visit in person due to Visitor restrictions, they can leave money for the sweeps in an envelope with your name and the sweeps you would like to enter at reception. Please continue to give a warm welcome to all the new faces at The Willow's Private Nursing Home, including our new residents and new staff members!

Cheers,

David and Tess

YOUR choice

YOGA

VS

TAI CHI

A WEALTH OF WELLNESS

1 Emerged In India
5,000 Years Ago

2 Poses Are Held For A
Certain Amount Of Time

3 Can Be Physically
Demanding

4 Aligns Poses
With Breath

5 Many Poses Are
Performed From
A Non-Standing Position

6 Inherently Non-Violent

7 The Matt Is The Boundary

8 Stretch To Relax



HEALTH AND LONGEVITY · MIND-BODY EXERCISE · STRENGTH-BUILDING · EMOTIONAL WELLNESS

1 Emerged In China
5,000 Years Ago

2 Poses Are Never Held It's
Constant Fluid Motion

3 Low Impact Exercise Ideal
For All Fitness Levels

6 Also A Martial Art

7 The World Around You
Is The Boundary

8 Relax To Stretch

Breath Is Used To Store
4 And Deliver Energy
During Movement

5 Always Performed
In A Standing Position



FLEXIBILITY · MINDFULNESS · MEDITATION · MENTAL WELLNESS · STRESS RELIEF



DEPRESSION & **DEMENTIA**



Research led by UNSW Sydney's Centre for Healthy Brain Ageing (CHeBA) has confirmed treating symptoms of depression is most effective when a non-pharmacological approach is adopted, in people living with dementia.

Depression is a common psychological symptom associated with dementia and is estimated to occur in between 10% and 62% of people living with dementia. To date, pharmacological approaches continue to be used to treat depression in dementia, despite the failure of relying on medications being highlighted in large-scale studies.

The review and meta-analysis, published in Ageing Research Reviews, investigates a range of nonpharmacological approaches for symptoms of depression in dementia. It identified 37 relevant nonpharmacological studies from 27,126 articles published between 2012 and 2020.

Lead author and Postdoctoral Fellow at CHeBA (formerly at the Dementia Centre for Research Collaboration (DCRC) UNSW), Dr Claire Burley, said that the findings support a positive link between nonpharmacological approaches and reduced symptoms of depression in people living with dementia.

"Our aim was to provide an updated review of nonpharmacological approaches to manage depression in dementia - the evidence, clinical significance, and sustainability of different nonpharmacological approaches for treating depression in dementia."

Edward Caser, who co-founded a private markets firm, has experienced over-prescription of pharmaceuticals within aged care, while caring for his mother who has Alzheimer's disease. "I have seen the benefits of adopting a personalised approach with my Mum, and strongly support methods that avoid drugs," says Caser.

According to UNSW's Professor Henry Brodaty AO, Co-Director of the Centre for Healthy Brain Ageing (CHeBA), the findings have statistical and clinical significance. The research highlighted that the use of methods such as reminiscence, cognitive stimulation and rehabilitation, music-based approaches and education and training had the potential to reduce symptoms of depression.

"Psychosocial approaches should be first-line consideration for treatment of depression. An even more compelling reason is that antidepressants are associated with side effects while psychosocial interventions are free of these. "Pharmacological approaches should only be considered when psychosocial approaches have been proved to be ineffective or in cases of urgency," said Professor Brodaty.

<https://cheba.unsw.edu.au/news/depression-best-treated-nonpharmacological-approaches-people-living-dementia>

Disclaimer: This article contains general information about health issues and is not advice. For health advice, consult your medical practitioner.

live well

LIVE *SIMPLY*
: laugh :
♥ OFTEN

Stress relief from laughter? It's no joke

When it comes to relieving stress, more giggles and loud hearty laughs are just what the doctor ordered. Here's why.

By Mayo Clinic

Whether you're laughing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter

A good sense of humour can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term.

Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuro peptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

Improve your sense of humour

Are you afraid that you have an underdeveloped – or non-existent – sense of humour? No problem. Humour can be learned. In fact, developing or refining your sense of humour may be easier than you think.

- **Put humour on your horizon.** Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines or comedy videos on hand for when you need an added humour boost. Look online at joke websites or silly videos. Listen to humorous podcasts. Go to a comedy club.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favour by sharing funny stories or jokes with those around you.
- **Knock, knock.** Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humour aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

MELBOURNE CUP

Tuesday 1st November at 2.00pm

The Melbourne Cup is Australia's most famous horse race held over 3200 meters at Flemington Racecourse in Melbourne. Held on the first Tuesday of November each year the 'race that stops a nation' is an opportunity to try and back a winner and claim bragging rights over your friends, work mates and family.

Enter our Best COMPETITION

Best Dress • Best Hat • Best Make Up



NOVEMBER BIRTHDAY CELEBRATIONS

Giovanni Desiderio 1st

Ethna Hudson 11th

Lucia Fisicaro 16th

Dian Fender 23rd





The Willows

PRIVATE NURSING HOME

Tip of the Month

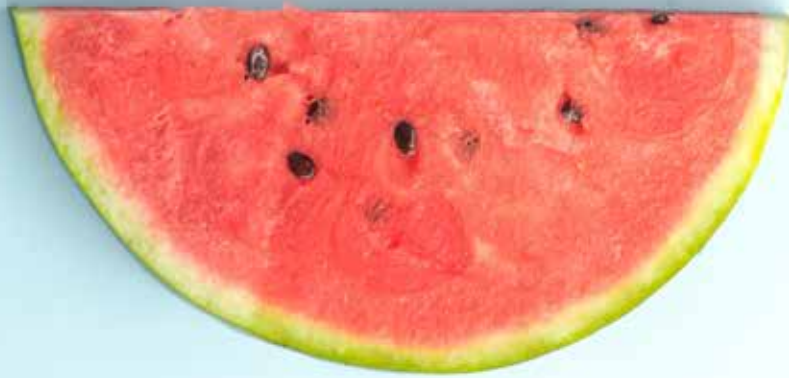
Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12.

Take supplements or multivitamins as instructed to boost your immune system.

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

HEALTH BENEFITS OF WATERMELON



Watermelon is one of the perfect treats for a hot summer day, but there's more to the fruit than its sweetness or juiciness. It also comes with lots of health benefits, making the summer treat even sweeter.

Read below to learn more about the top health benefits of watermelon.

Hydration: Because watermelon is made up of about 92 percent water, it is a great source of hydration. Staying hydrated helps to improve your health in many different ways including temperature regulation, normal organ function, improved digestion, and more. Because watermelon is mostly water, it's also a low-calorie snack!

Vitamins and Nutrients: Despite being low in calories, watermelon is packed with lots of vitamins and nutrients including potassium, magnesium, Vitamin A, and Vitamin C. It also contains antioxidants like Vitamin C, carotenoids, lycopene, and cucurbitacin that combat free radicals and the damage they can do to your cells.

Anticancer effects: Plant compounds like lycopene and cucurbitacin E are thought to have anticancer effects. Lycopene is thought to lower blood levels of a hormone that promotes cell division and cucurbitacin E may slow tumour growth. However, more research is needed on the effects of these compounds on cancer.

Heart health: The lycopene in watermelon may also help lower cholesterol and blood pressure which can reduce your risk of heart attack and stroke. The amino acid, citrulline, contained in watermelon may increase nitric oxide levels in your body, which in turn help your blood vessels expand, and lower blood pressure.

Inflammation and oxidative stress: The antioxidants, lycopene, and Vitamin C in watermelon are thought to lower inflammation, a key driver for many diseases, and oxidative damage.

Macular degeneration prevention: Yet another benefit of the lycopene found in watermelons and its antioxidant and anti-inflammatory properties is the benefits it may provide for your eyes by preventing age-related macular degeneration.



BASIC FACTS ABOUT AUSTRALIA

- 1. The currency is the Australian Dollar (it's also considered the most advanced currency in the world - it's waterproof, made of polymer and notoriously hard to counterfeit.)**
- 2. As an Island, Australia is surrounded by 3 different Oceans - the Southern Ocean to the South, the Indian Ocean to the West and the Pacific Ocean to the East.**
- 3. Australia is the only continent that is geographically located wholly in the southern hemisphere.**
- 4. Canberra was decided as the capital city of Australia because in bygone times, Sydney and Melbourne couldn't stop arguing who should get it (and to be honest, the rivalry about who is 'better' city continues to this day!)**
- 5. 90% of the Australian population live within 50km of the coast.**
- 6. The world's longest golf course - a unique 18-hole par 72 golf course along the Nullarbor Plain (which is also the longest straight road in the world) and encompassing 2 states (WA & SA) is a whopping 1,365 km (850 miles) long.**
- 7. You can fly from Perth (WA) to Melbourne (VIC) faster than you can fly from the South to the North of Western Australia!**
- 8. The first Police Force in Australia was made up of the most well-behaved convicts.**
- 9. The Great Barrier Reef has its own post box.**
- 10. Approximately 45 million packs of Tim Tam are sold each year (that's over 670 million individual tim tams!)**
- 11. Australia is home to 10,685 beaches (which means it would take over 29 years to visit a different one every day!)**
- 12. Australia is the only continent that doesn't have an active volcano.**



What are zero alcohol drinks?

'Zero alcohol drinks' is essentially marketing terminology for 'products mimicking alcohol', which can be defined as:

A beverage containing less than 0.5% alcohol by volume (ABV) that features the branding of established alcohol companies, and/or is designed to imitate the flavour, packaging, or overall appearance of alcohol products.

Other names include:

- zero alcohol products
- zero alcohol beverages
- alcohol-free drinks
- no alcohol drinks
- non-alcoholic drinks or non-alcoholic beer/wine/spirits.



Although commonly used, these terms are technically incorrect.

They fail to capture two important points:

- some of these products contain small amounts of alcohol
- these products are specifically designed to imitate the flavour and appearance of alcoholic drinks. For instance, while Coca-Cola could technically be classified as a 'zero alcohol drink', it is clearly not trying to copy - or mimic - products containing alcohol.

Although recognising it's technically incorrect, we will also use the term 'zero alcohol drinks' here for simplicity.

Zero alcohol beers and wines have been sold for decades, but companies are now claiming better flavour and quality and they have also started copying craft beers and spirits.

Zero alcohol drinks are being sold in store and online by existing alcohol companies as product extensions (e.g., Heineken 0.0 or Carlton Zero), or by new companies who specialise in zero alcohol drinks.

They're also available in many supermarket and grocery store chains

Are zero alcohol drinks a healthier alternative?

This depends on how people choose to drink them.

For people who are looking to cut back their drinking, but like the taste of alcohol or enjoy the social or habitual aspects of drinking (e.g., having a drink after work or with meals), drinking zero alcohol products instead of alcoholic drinks could be a good alternative that's more beneficial for their health. This would be known as substitution.

However, if these products are being consumed in addition to alcohol, rather than as a substitute - it is unlikely to provide much health benefit. For example, someone might have a zero-alcohol drink instead of a soft drink or coffee, or in situations where they wouldn't usually drink any beverage (for eg: while driving). In either of these scenarios, the persons regular alcohol consumption is unaffected.

Zero alcohol drinks may also be risky for people who have previously experienced issues with alcohol.

Exposure to drinking cues and drinking settings has been found to be a strong predictor of relapse among abstaining drinkers. As most products have a near identical taste, smell and appearance to alcohol, they could be a potential trigger for someone who has recently given up drinking.



FROM the FOOD studio



French Pancakes



Mix all ingredients together.

Heat a lightly oiled pan.

Pour about $\frac{1}{4}$ cup of the batter into the pan, tilting it to cover the bottom evenly.

Cook until golden brown, flipping after 1 minute.



1 egg



sugar to taste



1 cup milk



1 cup flour

Serve with butter and jam, or sprinkle with sugar.



gayla





think
POSITIVE

**WHAT'S
ON?**

**DURING
THE MONTH OF
NOVEMBER**



MELBOURNE CUP

2.00pm, Tuesday 1st

Best COMPETITION

Best Dress • Best Hat • Best Make Up

ITALIAN GROUP

2.00pm Wednesday 16th

GARDENING GROUP

2.00pm Sunday 27th

ART GROUP THERAPY

2.00pm Sunday 6th & 20th

BIRTHDAY GROUP

2.00pm Friday 25th

ICE CREAM DAY

2.00pm Thursday 10th & 24th

SPIRITUAL SERVICES

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

VIDEO TV and LAPTOP

Every Sunday 11.00am

HAPPY HOUR

2.00pm, Friday 11th

BUS OUTING

9am Wednesday 9th & Friday 23rd

MENS CLUB

2.00pm, Friday 18th

LADIES GROUP

2.00pm Friday 4th

* Subject to change.





HOW TO MAKE TISSUE BOX MONSTERS

These cute tissue box monsters are a great way to recycle an old tissue paper box! Kids will love designing their own monster.

And we love that every tissue box monster can be unique!

MATERIALS

- tissue box
- craft paint
- glue stick
- marker/pen
- things to decorate
- googly eyes
- pipe cleaner
- egg carton or foam balls for eyes
- buttons
- stickers
- fun fur
- fun foam
- construction paper
- feathers

STEPS

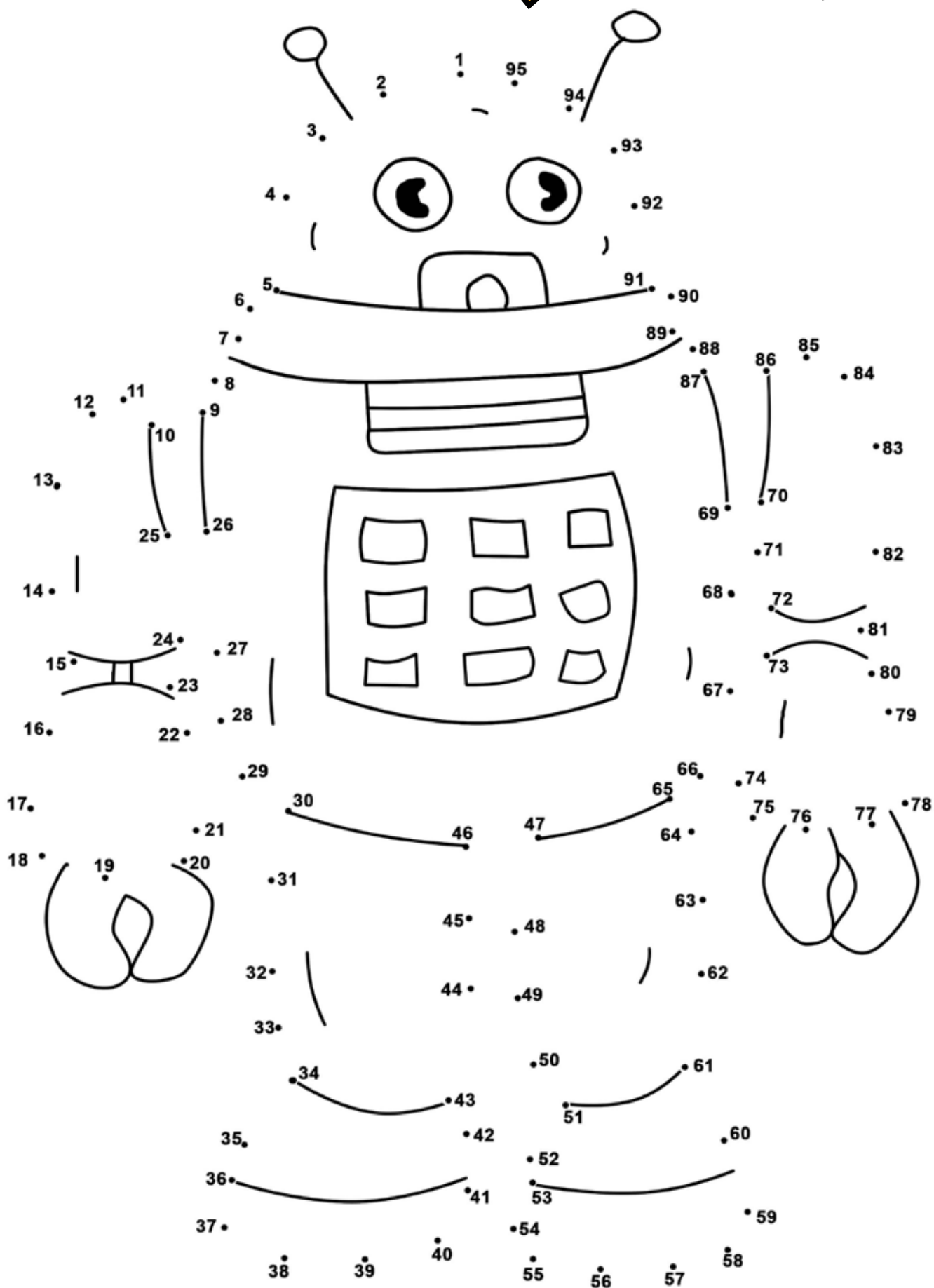
- 1. Remove inner plastic film from the box.**
- 2. Prime and paint your box with craft paint or use spray paint for quicker results. Leave to dry.**
- 3. Paint the inside back of the box black.**
- 4. Draw to reshape the mouth opening if you like and cut out.**
- 5. Cut a strip of white fun foam to the width of the opening. Hold the strip inside the opening of the box. With a marker draw your top row of teeth and repeat for the bottom. Cut out the traced teeth shapes. Flip the teeth over to reveal a clean side with no trace marks. Glue into place using a glue stick.**
- 6. Decorate the body of the box with anything you like. We used pom poms and foam stickers.**
- 7. Eyes can be made from pom poms, an egg carton or foam balls with pipe cleaners. Glue eyes into place.**



**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

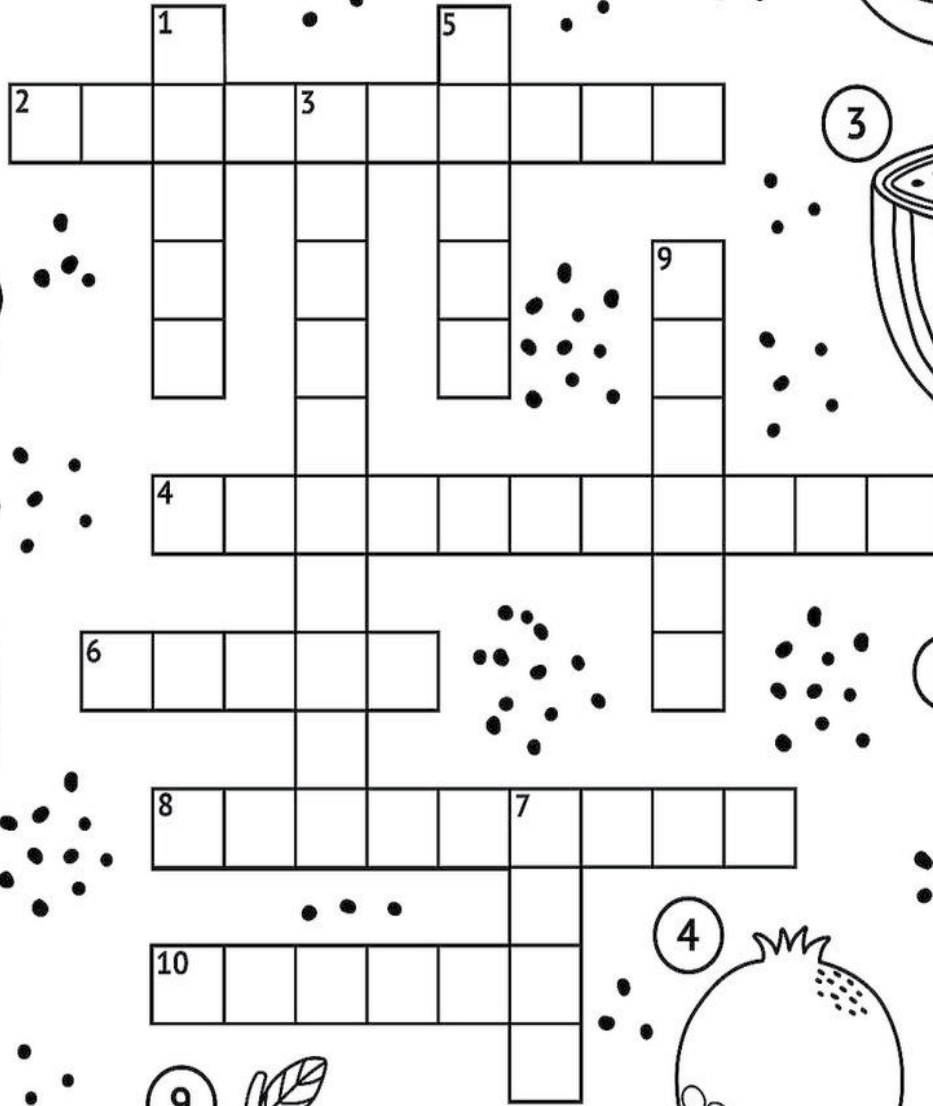
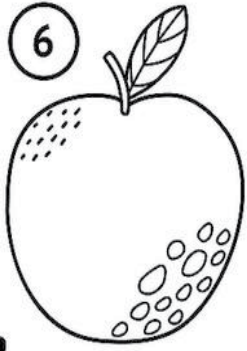
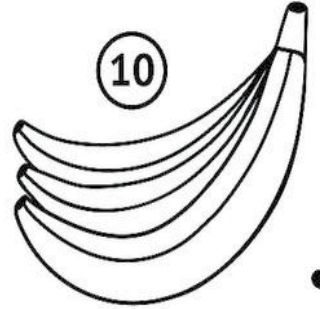
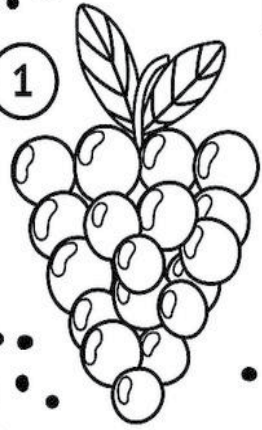
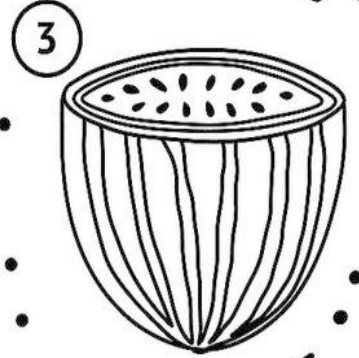
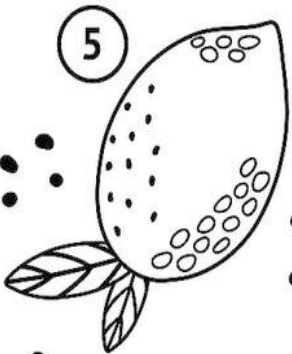
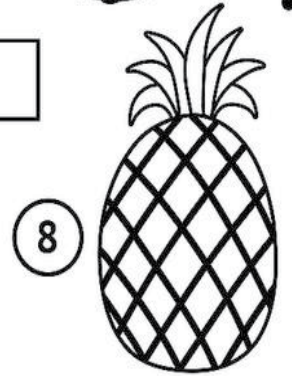
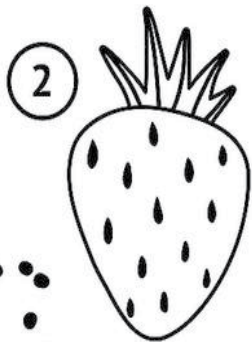
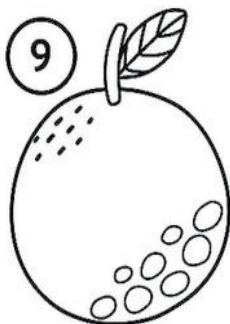
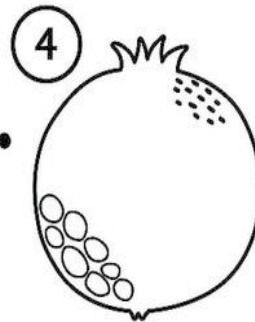
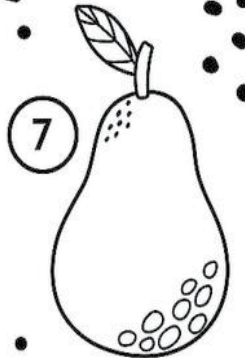
WINSTON S. CHURCHILL

JOIN MY DOTS FROM NUMBER 1 THEN COLOUR ME IN



BRAINPOWER

Fruits



1. Grape 2. Strawberry 3. Watermelon
4. Pomegranate 5. Lemon 6. Apple 7. Pear
8. Pineapple 9. Orange 10. Banana

SUDOKU

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Answer on the last page

BRAIN TEASERS

Brain Teaser

1



1) A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Answer: He's playing Monopoly.

Brain Teaser

3



3) I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food!

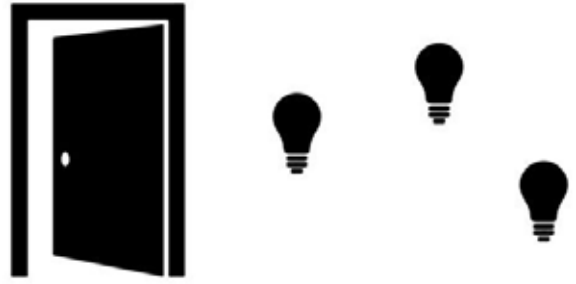
What colour was the bear?

Answer: White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole.

Polar bears are the only bears that live at the North Pole, and they are white.

Brain Teaser

2



2) You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again.

How can you definitively tell which switch is connected to each of the light bulbs?

Answer: Turn on the first two switches.

Leave them on for five minutes. Once five minutes has passed, turn off the second switch, leaving one switch on. Now go through the door. The light that is still on is connected to the first switch. Whichever of the other two is warm to the touch is connected to the second switch.

The bulb that is cold is connected to the switch that was never turned on.

Brain Teaser

4



4) A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Answer: His son.

SUDOKU

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
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
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

Hope you enjoyed our newsletter

***DISCLAIMER: THE ARTICLES IN OUR NEWSLETTERS
DO NOT PROVIDE MEDICAL OR FINANCIAL ADVICE.**

All our articles, including but not limited to, text, graphics, images and other material contained herewith are for informational purposes only.

No material in this newsletter is intended to be a substitute for professional medical advice, diagnosis, any treatment or financial advice. Always seek the advice of your physician, a qualified medical professional or financial advisor with any questions you may have regarding any articles herewith.

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