



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for July.

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 July 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.

FROM THE HEAD OFFICE



It seems like COVID-19 is hanging around and unfortunately, we are in one of the hotspots. Please limit your visits if you can. We can only allow 2 visitors per resident per day. Please call to make an appointment.

Visitors must not enter the facility at all if they:

- **have been to any close, casual or monitor for symptoms locations in NSW in the last 14 days**
- **have been to COVID-19 exposure locations in ACT in the last 14 days**
- **have been to any close or casual contact locations in Queensland in the last 14 days**
- **have been in Victorian places of high concern in the last 14 days**
- **have been in Greater Melbourne in the previous 14 days**
- **have COVID-19 symptoms - fever (37. 5°C or higher) or symptoms of COVID-19**
- **are a close contact of a person with confirmed COVID-19 and are within their self-isolation period**
- **live in a household with a person who is currently self-isolating**
- **are waiting for a COVID-19 test result**

From 1 June to 30 September 2021 visitors should not enter an aged care facility if they have not received a dose of the 2021 influenza vaccine, unless they meet the criteria under the exceptional and special circumstances.

Where the person has a medical certificate indicating a contraindication to influenza vaccination or there are other special circumstances, visits may be permitted provided additional precautions are applied.

Hopefully this outbreak will be over soon, and we can go back to business as usual.

Please stay safe and have a good month.

Maryann Inbari - Financial Controller

JULY BIRTHDAY CELEBRATIONS

Mara Watkin July 15th

Fred Sullivan July 26th





From the desk of our Diversional Therapist and her team

Hello from the Cube

Hello everyone, we are now at the halfway mark of the year 2021. We once again welcome you all to the social and lifestyle part of this newsletter.

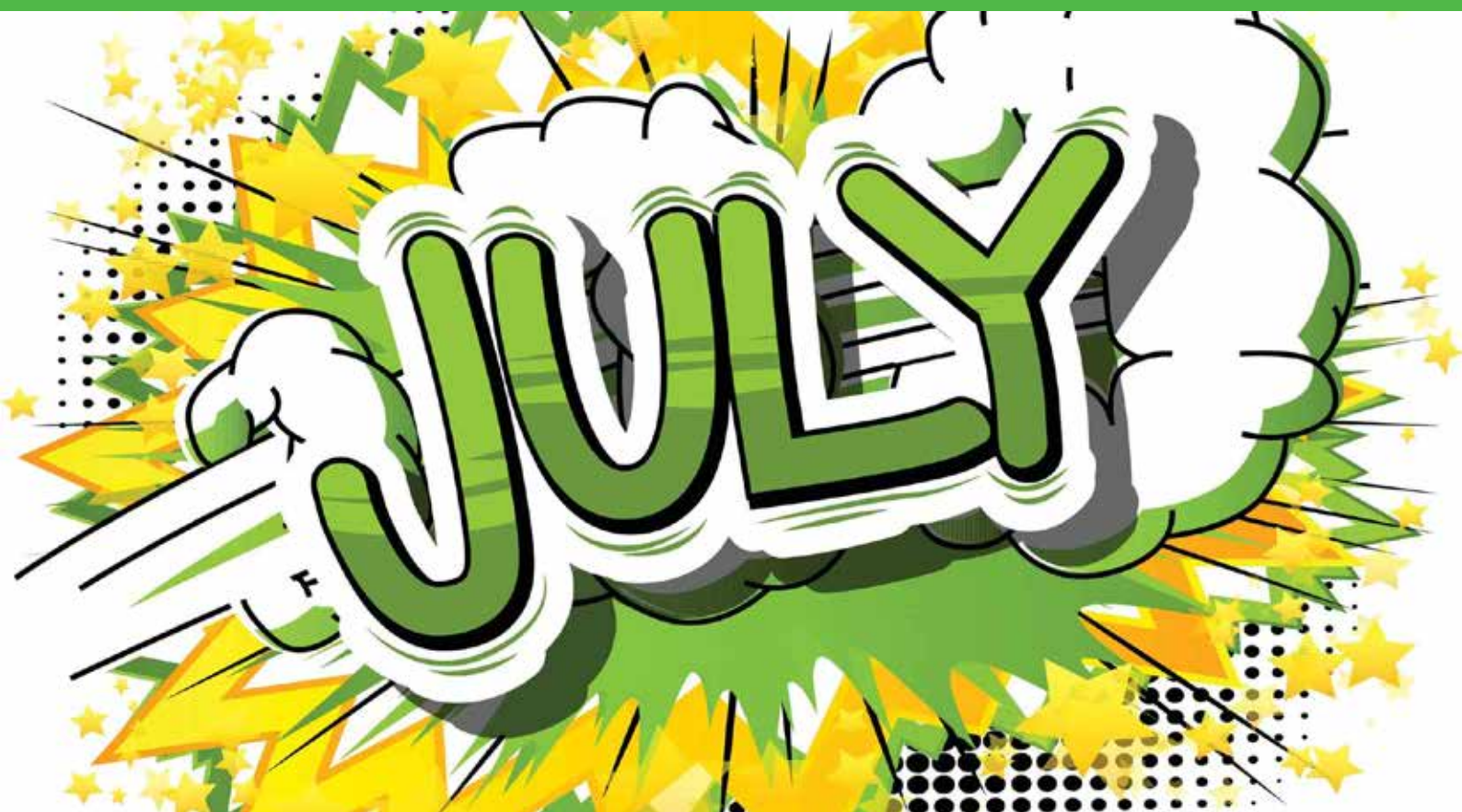
We celebrated Fiesta Della República with lunch and entertainment, it was lively during the celebrations with family members, residents and staff dancing to some Italian classics, sung by the Italian entertainer beautiful Roseanna Gallo.

In July, The Willows will be hosting its first ever Pride celebrations with lunch and entertainment. On the 14th July, the Haberfield Choir will be coming to sing for our residents.

Till next time we wish you all well.

Cynthia Rossiter - Diversional Therapist

July is the seventh month of the year in the Julian and Gregorian calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honour of Roman general Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis, being the fifth month of the 10-month calendar.



UPCOMING

DURING THIS COLD MONTH OF JULY



CRAFT & QUILT FAIR - SYDNEY OLYMPIC PARK Until Saturday July 4

<https://www.craftfair.com.au/wp/Sydney/>



CHILL FEST - CAMPBELLTOWN Until Sunday July 11

<http://chillfest.com.au>



CIRCUS & JUGGLING WORKSHOP - BALMAIN LIBRARY Wednesday July 14

<https://www.innerwest.nsw.gov.au/explore/whats-on#/details/32998>



BASTILLE FESTIVAL - Sydney Wednesday July 14 to Sunday July 18

<https://bastillefestival.com.au>



INTERNATIONAL CHICKEN WING DAY Thursday July 29

<https://www.daysoftheyear.com/days/international-chicken-wing-day/>



ALFRESCO DINING - THE ROCKS Until Tuesday August 31

<https://www.therocks.com/whats-on/campaigns/alfresco-dining>

Winter Skincare

TOP 10 TIPS TO HEALTHIER SKIN

1 Moisturise regularly

The moisture that is lost from the skin, particularly in winter, needs to be replaced. Application of a moisturiser makes the outermost layer of the skin softer by increasing its level of hydration. The beneficial effects of treatments that preserve the skin's moisture may entirely reverse when they are stopped. The best time to moisturise is right after showering while the skin is still slightly damp. This traps the moisture into the skin. Consider adding oil to the bath if you wish. Targeting problem areas initially is helpful as well.

2 Choose the correct moisturiser for your skin type

Moisturisers work in several ways. 'Humectants' such as urea draw and hold water in the skin. Other components then help seal in the water. Ointment-based moisturisers are more effective than predominantly water-based lotions for very dry skin.

It is worth trying a few to decide which one works best on the problem areas.



3 Avoid soap

Soaps and shampoos may strip the skin of important oils. A gentle, soap-free cleanser should be used. Sorbolene cream may be used as a soap substitute.

4 Avoid long hot showers and baths saunas and spas

It is tempting to take long hot showers when it is cold outside. They are a common cause of dry, irritable skin. It is important to remember to keep showers short and lukewarm.

5 Continue to wear a sunscreen

It is important for fair-skinned individuals to use a sunscreen in addition to a moisturiser on the face year-round in Australia.

6 Choose the right clothing

If your skin does flare up, choose soft, breathable fabrics like cotton, instead of itchy woollens or polyester. Loose-fitting clothing will also help to keep your skin from chafing and becoming irritated by perspiration.

7 Turn the temperature down

The overuse of heaters can dry the air, exacerbating dry skin.

8 Get a checkup with your local doctor

Winter skin is more likely to be found in the elderly and those prone to eczema and allergies. The onset of dry skin may also be due to medical conditions such as hypothyroidism, diabetes or malnutrition.

9 What medications are you taking

Some prescription and over the counter medications may be associated with dry skin. These include lipid-lowering, blood pressure and vitamin A-based medications. If eczema and itch become a significant problem, a medication review may be worthwhile.

10 Look after yourself to avoid Winter skin

Good skin also comes from eating a healthy diet and getting enough exercise and sleep. Ceasing smoking is also important, not just for the skin, but for your general health. Dry, red, itchy skin can have a significant impact on a person's wellbeing. Itch may interfere with daily activities and even sleep.

The toll the next few months will take on your skin may be minimised by preparing now.





FLASH BACK

LOOKING BACK IN TIME

MOMENTS IN HISTORY DURING THE MONTH OF JULY

19 July 1799:

French soldier discovers Rosetta Stone

During a campaign in Egypt, a Napoleonic soldier found a black stone outside Rosetta, a town 35 miles from Alexandria. The stone was a slab, almost two-and-a-half feet wide and nearly four feet long with different inscriptions on it including Egyptian demotic, Greek and Egyptian hieroglyphics.

Following his invasion of Egypt in 1798, Napoleon had ordered a group of scholars to seize any cultural artefacts and to take them into French possession.

The British took ownership of the stone after the French were defeated in 1801.

6 July 1885: A step forward for modern medicine. Although he was not certain that the vaccine would work, French microbiologist Louis Pasteur successfully gave the first anti-rabies vaccination to nine-year-old Joseph Meister, who had been bitten by an infected dog. Pasteur, who had first tested the rabies vaccine on dogs, was a pioneer in using vaccines to prevent the spread of infectious diseases.

24 July 1943: British 'foil' the Germans.

Following the German bombing raids on the British home front during the Second World War, the British and American Air Forces retaliated by bombing Hamburg. Out of 791 British aircrafts that took part in Operation Gomorrah, only 12 were lost as the Air Force began to drop strips of aluminium foil out of the planes, which blocked the German radars and allowed the majority of the bombers to continue with their planned route.

20 July 1969: The first moon walk.

After Apollo 11's launch on 16 July, watched by an estimated television audience of 530 million, even more tuned in as astronaut Neil Armstrong took the first ever step on the moon.

As he put down his foot on the moon's surface, television viewers heard Armstrong announce: "That's one small step for man, one giant leap for mankind". However, Armstrong is reported to have said that he has been misquoted, and that he in fact said: "That's one small step for a man...".



AgedCareEssentials
by CompliSpace

New Restrictive Practices Requirements Starting 1 July 2021:

What Aged Care Providers Need to Know

Mark Bryan | 15 June 2021

The Government is planning to introduce new restrictive practices requirements for residential aged care homes from 1 July 2021. Here's what you need to know.

Overview of the new requirements

The new requirements are being introduced under the *Aged Care and Other Legislative Amendment (Royal Commission Response No.1) Bill 2021 (Cth)*, which is scheduled to commence 1 July 2021.

The Bill will:

- replace the term “restraint” with the term “restrictive practices”
- introduce a new definition of “restrictive practices” that is consistent with the definition used under the National Disability Insurance Scheme (NDIS)
- update the Quality of Care Principles to list the rules that a provider must follow when using a restrictive practice.

New terminology: “physical and chemical restraint” replaced with “restrictive practice”

The new laws will change the terminology from “physical and chemical restraint” to “restrictive practices”. The laws will also introduce a new definition of “restrictive practices” that is consistent with the definition used under the National Disability Insurance Scheme (NDIS).

New definition of Restrictive Practice:

A restrictive practice in relation to a care recipient is any practice or intervention that has the effect of restricting the rights or freedom of movement of the care recipient.

Inconsistencies and complications:

The new definition of “restrictive practice” does not differentiate between physical restraint and chemical restraint. This is somewhat inconsistent with the Mandatory Quality Indicators, which specifically refer to physical restraint.

New rules a provider must follow when using a restrictive practice

The new laws will update the Quality of Care Principles to list these rules that a provider must follow when using a restrictive practice:

- 1. A restrictive practice in relation to a care recipient can be used only:**
 - as a last resort to prevent harm to the care recipient or other persons; and**
 - after consideration of the likely impact of the use of the practice on the care recipient.**
- 2. To the extent possible, alternative strategies must be used before a restrictive practice in relation to a care recipient is used.**
- 3. Alternative strategies that have been considered or used in relation to a care recipient must be documented.**
- 4. A restrictive practice in relation to a care recipient must be used only to the extent that it is necessary and in proportion to the risk of harm to the care recipient or other persons.**
- 5. If a restrictive practice in relation to a care recipient is used, it must be used in the least restrictive form, and for the shortest time, necessary to prevent harm to the care recipient or other persons.**
- 6. Informed consent must be given to the use of a restrictive practice in relation to a care recipient.**
- 7. The use of a restrictive practice in relation to a care recipient must not be inconsistent with any rights and responsibilities of care recipients that are specified in the User Rights Principles.**

Under requirement (h), the new laws will also update the Quality of Care Principles to set requirements about the monitoring and review of the use of restrictive practices. Details of that requirement are not yet clear.

Use of restraint in an emergency:

The new laws say that the Quality of Care Principles may be updated to specify that providers do not have to follow all the new requirements in an emergency. The term “may” is important. It means that this update does not have to be made. Whoever is in charge of updating the Quality of Care Principles might choose to ignore it. In which case, providers will have to follow requirements (a)-(h) even in an emergency. At the moment, we don’t know what the law will do.

Enforcing the new requirement

The new laws will give the Aged Care Quality and Safety Commission the power to enforce the new requirements regarding restrictive practices.

The Commission will be empowered to issue a written notice to providers who are not complying with their responsibilities, and also to apply for a civil penalty if an approved provider does not comply with the written notice.

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



PHYSIO



HAIRDRESSER

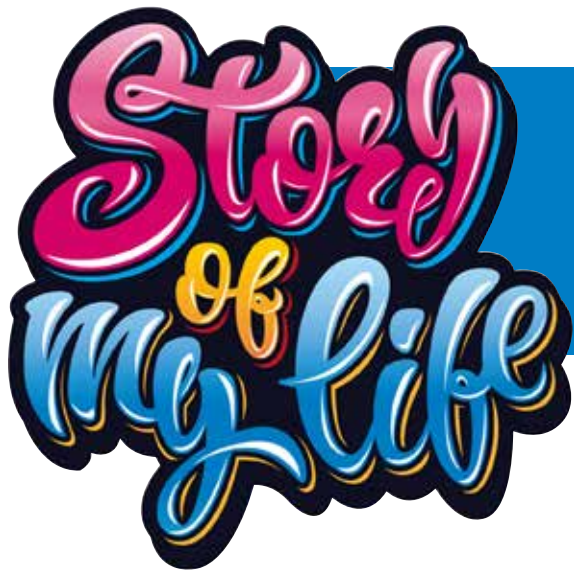


ART THERAPY



HOLY COMMUNION





Stories from our residents **Frederick William Cooper (Fred)**

Fred was born on 23 September 1959 in Kingston Jamaica an island in the Caribbean Sea. He has two older siblings. A sister who lives on the NSW Far South Coast and a brother who lives in England.

Fred's brother has two children both are married with children of their own. Fred's dad was in the British Army and travelled far and wide with his family. In 1960 the family returned from Jamaica to England and lived in Worcestershire. In 1962 they travelled to Germany where they stayed until 1966 when they returned to England.

Fred's dad retired from the army and settled in Aldershot Hampshire. Fred attended a school called Little Abby in the countryside in Hampshire. The school provided pony lessons and it was here that he developed a love for horses. In 1973 Fred's family decided to emigrate to Australia and they arrived in Melbourne after a four week sea journey.

Fred lived in Bundoora Victoria where he owned a horse named Fury. In 1977 Fred left home and lived in Sydney with his sister until he found his own place in the Eastern Suburbs. Fred had various jobs over the years but mainly he worked in the retail industry. In 2016 Fred moved into The Willows and settled in well and is very happy.



Some useful links:

- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>
- 5 WONDERFUL PARKS IN ASHFIELD - <https://www.weekendnotes.com/parks-ashfield/>



COFFEE vs TEA

A BATTLE OF BEVERAGES



One's a morning
necessity for millions...



...the other has been a
favorite since the 600s.

Coffee and tea have long battled it out for
title of World's Best Beverage.
Which side are you on?

COMPARING BENEFITS



150 MG
of Caffeine
Per Serving

- Fights depression when consumed regularly
- Fights plaque, but can still stain teeth
- Rich in disease-fighting acids and polyphenols
- Contains disease-preventing antioxidants
- Contributes to weight loss by burning calories



65 MG
of Caffeine
Per Serving

- Inhibits fat cell growth and lowers cholesterol
- Contains anti-aging antioxidants—some powerful enough to kill cancer-causing cells
- Reduces stress and promotes relaxation without lowering energy levels
- Protects tooth enamel and fights cavities



TYPES & EVOLUTIONS



- Before people began roasting coffee beans in the 13th century, the coffee fruit would be mixed with animal fats and shaped into a protein-rich snack bar
- Most Popular Drinks: Espresso, cafe americano, brewed coffee, latte, and Turkish coffee
- Best Coffees in the World: Yemeni Udaini and Ethiopian Yirgacheffe



- Tea began as leaves steeped in hot water but has evolved to include more complicated drinks involving milk, sugar, honey, lemon, and more
- Most Popular Types: Black, white, green, oolong, herbal, rooibos, and mate
- Best Teas in the World: Adagio Golden Yunnan and Golden Moon Rasa Sinharaja Black Tea

WORLDWIDE STATS



COFFEE

- From 2012 to 2017, consumption increased by **624,000 tons**
- Worldwide production: **9.5 million tons**
- Coffee shops are one of the fastest growing niches in the restaurant business
- Top Producers: Brazil, Vietnam, Colombia, Indonesia and Ethiopia

TEA

- From 2006 to 2013, consumption increased by **1,127,200 tons**
- By 2023, worldwide black tea production is expected to reach over **3,500,000 tons**
- Black tea leads the pack in consumption
- Top Producers: China (1MM+ tons), India, Kenya, Sri Lanka, and Turkey



ORIGINS/HISTORY



- Coffee was discovered in the 10th century (at the earliest) and brought to Europe in the 17th century
- Ethiopian legend says coffee was first discovered by the goat herder, Kaldi. He noticed that after eating the berries from a certain tree, his goats were so energetic that they didn't want to sleep at night. He later brewed the drink and shared his findings



- Tea was first harvested in 2700 BC by the emperor Shen Nung, who was known as "the divine healer" (3,000 years before coffee)
- According to Chinese legend, Shen Nung discovered tea by accident when a leaf fell into his boiling water
- Consumption became widespread during the Tang dynasty (618-907)

AND THE WINNER IS...



BOTH!

The bean or the leaf—which reigns supreme? It all comes down to personal preference. For herbal notes and a multitude of health benefits, opt for tea. For a bold, rich flavor and a powerful burst of energy, grab a cup o' joe. Considering billions of people consume one of these beverages every day, it seems there's plenty of room to share the crown.





From the FOOD Studio



THE ART OF BAKING BREAD



Stir the yeast in a glass of warm water



hand full of sunflower seeds



pinch of salt



tablespoon of oatmeal

.. add the yeast ..



& oil

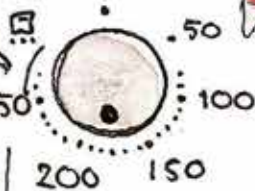
⌚ 3-5 min



.. and knead the dough!

⌚ 40 min

cover & let it sit



pass it in the oven:

first on 50°C to let it rise, then bake on 180°C

ET VOILA!





"A Nurses Prayer"

Give to my heart, Oh Lord...
Compassion and Understanding.
Give to my hands skill and tenderness.
Give to my ears the ability to listen.
Give to my lips words to comfort.
Give to me, Lord...
Strength for this selfless service.
Enable me to give hope to those
I am called to serve.

Amen





BRAIN GAMES



**CAN YOU
SPOT THE 10
DIFFERENCES
IN THESE 2
PICTURES?**



**Answers
on the
last page...**



WINTER WORDS SEARCH & FIND



Directions: Circle or highlight the winter words hidden in the text below. Words can read left to right, right to left, or up and down. Some are spelled forward and some are backward.

antifreeze
blanket
blizzard
blustery
coat

cocoa
fireplace
frost
gloves
hat

heater
ice
icicle
mittens
nippy

parka
ski
sled
snow
wool

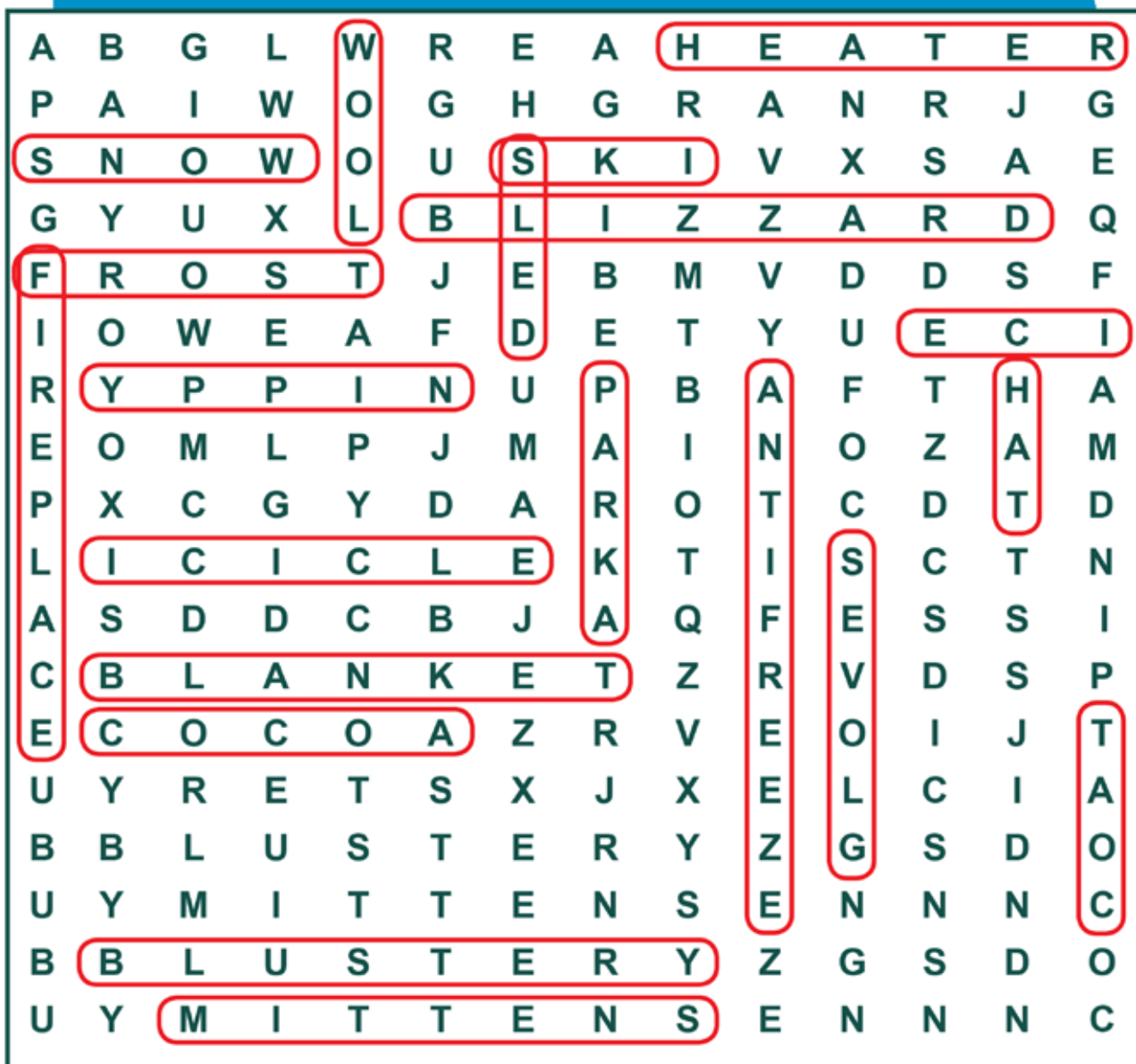


Answers on the last page...



ANSWERS TO SPOT THE DIFFERENCE AND WINTER WORD SEARCH

Watch this space for more
BRAIN GAMES in August



Remember to LIKE and FOLLOW US on FACEBOOK

