



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for June.

We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our June issue.

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

OUR PHILOSOPHY

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

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

FROM THE HEAD OFFICE



What a difference a coat of paint makes. We have had both the inside and outside of the building painted and it has definitely made a huge difference. For now, the threat of COVID-19 has been reduced again and it has been great to see all the visitors coming back and interacting with our residents. We have had the first COVID-19 vaccine and will hopefully have had both injections and the flu vaccine by the end of the month.

Please be aware that the new legislation around the flu vaccine comes into effect from 1 June 2021. Therefore no one is allowed to enter the Facility unless they have had the flu vaccine.

We hope you all have a great month as we head into the end of the financial year.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello from the Cube

Fiesta Della Repubblica is the Italian National Day, with this celebration a symbol of Italy. The day commemorates the institutional referendum held by universal suffrage in 1946, in which the Italian people were called to the polls to decide on the form of government following the 2nd world war and the fall of fascism. To celebrate this day along with our Italian residents and relatives we will be hosting a lunch with entertainment and some vino on the Wednesday 2nd June.

We will also be celebrating the Queen's birthday on the 11th June with a lunch and entertainment.

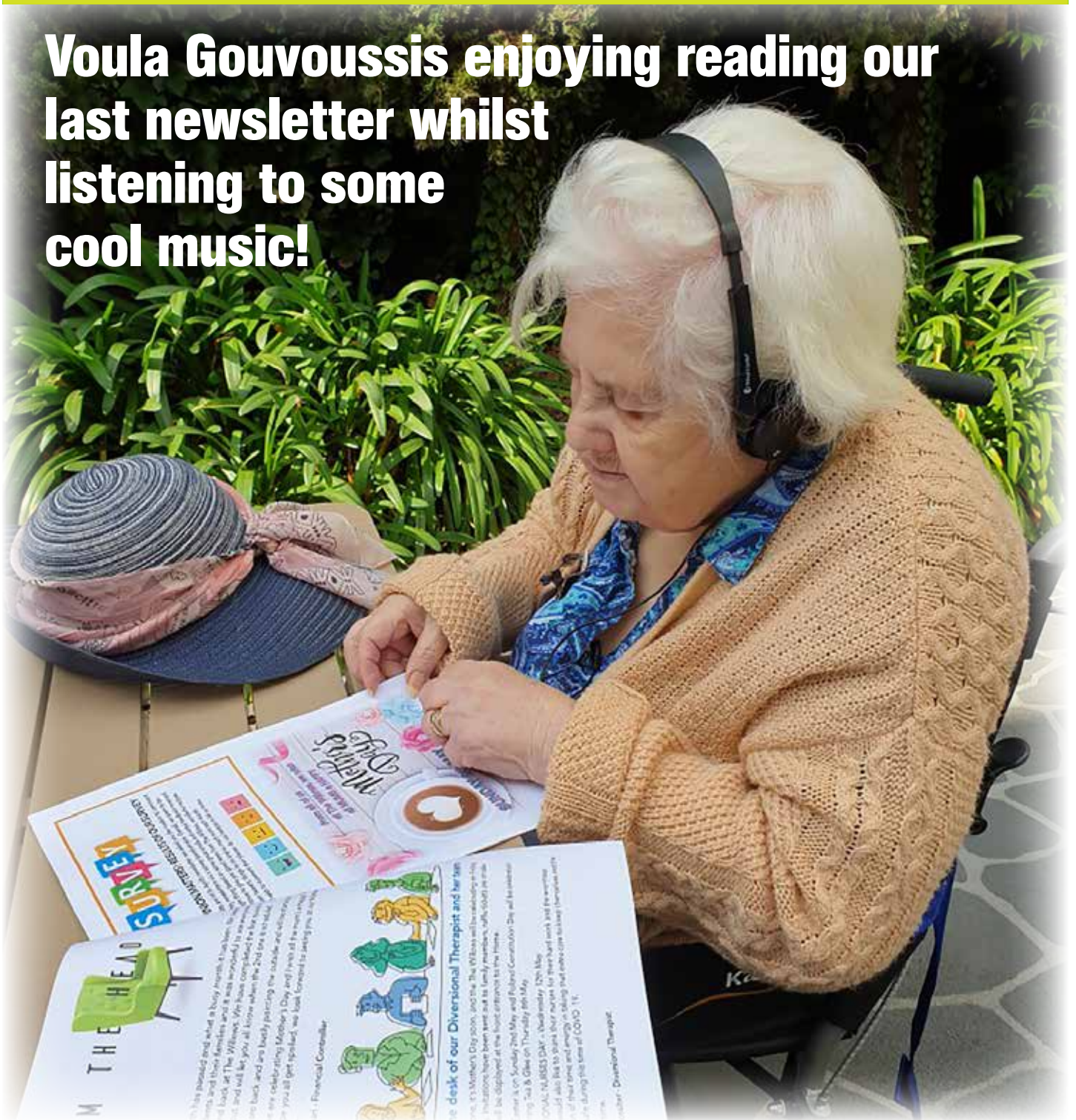
Friday the 25th is Croatia Statehood Day and we will be celebrating this with our Croatian residents - Peter Juranovic, Raymond Wells and Marija Dorkic.

Have a great month.

Cynthia Rossiter - Diversional Therapist

IS IT JUNE? ALREADY

Voula Gouvoussis enjoying reading our last newsletter whilst listening to some cool music!



UPCOMING

DURING THE COLD MONTH OF JUNE 2021



LEURA YULEFEST BLUE MOUNTAINS

Tuesday June 1 to Tuesday August 31

<https://www.leuravillage.com.au/event/4/yulefest/>



ARCHIBALD ART EVENT

Saturday June 5 to Sunday Sep 26

<https://www.artgallery.nsw.gov.au>



DARLING HARBOUR - WINTER FESTIVAL

Tuesday June 8 to Sunday June 20

<https://www.darlingharbour.com/whats-on/campaigns/winter-festival>



DARLING HARBOUR - FIREWORKS

Friday June 11 to Sunday June 20

<https://www.darlingharbour.com/whats-on/campaigns/fireworks>



NRL STATE OF ORIGIN 1 - MCG

Wednesday 9th June

<https://www.nrl.com/news/2021/05/24/everything-you-need-to-know-ampol-state-of-origin-2021/>



BEETHOVEN & BRAHMS - TOWN HALL

Wednesday June 26 to Saturday June 29

<https://www.sydneysymphony.com/concerts/beethoven-brahms>



5 Ways to Take Care of Yourself This Winter

1. Be Proactive

Before illness strikes, make sure you are doing everything possible to boost your immune system and stay healthy. This means eating lots of fruits and vegetables and other foods high in antioxidants, as well as taking vitamins or supplements. Citrus fruits are in season during the winter months which means there is no excuse not to stock up!

Another way to be prepared for cold and flu season is to assemble a few staples so you're prepared when the sniffles start. Keep sick day items on hand, including your favourite medications, essential oils, ginger-ale, crackers, tissues and perhaps even some new movies or activity books so you're ready to go when you get a sudden sick call or when one of the kids wakes up not feeling well.

2. Get More Rest

There is no better way to keep yourself healthy than getting enough sleep! Although the nights are longer and darker in the winter, your sleep can 'actually suffer'. Aim for consistency and shoot for 7-8 hours of sleep every night, even if that means going to bed earlier or sleeping a little later. If it's just not possible, keep your wake-up times consistent (even on the weekends) and turn in earlier when you can. Getting plenty of rest will ensure you're ready to face whatever comes your way, healthy, clear-eyed and ready to go!

There are great Apps to track your sleep and help you wake up more refreshed. These innovative tool monitors your sleep patterns all night long, and then, based on a window of time that you select, wakes you up while you are in your lightest sleep cycle, making it much easier to get out of bed in the morning. It is so cool!

Another way to keep yourself healthy this cold and flu season? Manage your stress level. Exercise produces mood boosting endorphins and it's a proven stress and anxiety reducer. Even with busy schedules, it's important to pencil in time to exercise and get in physical activity. If you're traveling, be sure to book your stay somewhere with access to a gym or pack your walking shoes or your favourite workout DVD. Taking some "me time" can help ease tension and keep you feeling renewed and able to cope with emotional situations. Delicious winter comfort food can also take its toll on your immune system. Fat and sugar packed treats and fried foods can cause indigestion and heartburn, which can also affect your sleep. Even though it's not an ailment you "catch" like the flu, stomach troubles can ruin a night of rest just as quickly. Try not to eat too late to give your body time to digest and recover before going to bed.

3. Know How to Tell a Cold from the Flu

When you start feeling sniffles or aches coming on, it can be hard to determine if it's a common cold or if it's the dreaded flu. A typical head cold will cause a runny nose, stuffiness and sometimes a scratchy throat. While you may feel a little tired, lethargic or under the weather with a common cold, you won't be "down for the count" like you would be with the flu. A typical cold lasts 3-4 days and it's okay to continue with normal activity (including exercise), but only if you feel up to it.

Flu symptoms are more severe, causing body aches, chills and a fever. The symptoms can come on quickly—and they'll hit you like a ton of bricks. Flu sufferers are usually exhausted and achy at the onset. The flu can last 10 days to two weeks.

If you really suspect you're coming down with the flu, a quick trip to your doctor or to a walk-in clinic will be your priority. Sometimes though, an illness simply has to run its course. Whether you have a cold or the flu, hydration is important. Water is nature's magical elixir, flushing your system out and

helping you heal. Taking a multivitamin every day as well as a pro-biotic will help keep your immune system strong. Rest, rest and more rest. Give yourself permission to take time off to heal.

4. Ease Your Symptoms as Much as Possible

A cold needs to run its course. There's no quick fix for a head cold (or for the flu, for that matter). Antibiotics tend to be over-prescribed, so it can be healthier in the long run to try to fight illnesses with natural remedies. If you simply have the sniffles and congestion, you can probably skip a trip to the doc.

Vitamin C, zinc and other supplements may help boost your immune system prior to getting sick. Boost your home's air moisture by using a humidifier, which can help keep your skin (as well as throats and sinuses) clear and ready to stave off infection.

Steam, hot showers and even the age-old chicken soup remedy can help greatly. Garlic and other components in the soup actually inhibit the movement of white blood cells, helping you fight off cold symptoms before they escalate. Rest, drink fluids and eat lightly for a few days. Give your body time to heal. Avoid smoke and don't do anything physically taxing. Wash your hands and basically do all the things your grandmother told you to do. If the cold seems persistent or you suspect bronchitis, an ear infection or sinusitis, it's time to see a physician.

5. Prevent Sickness at the Source

If your family is illness-prone and you're freaked the flu is going to hit you hard this winter, the best way to keep yourself and your family healthy is to encourage frequent hand washing. Still concerned about germy areas? You can also run around your house and quickly wipe off doorknobs, counters and other "touch points," especially when you know a bug is going around. Try using natural homemade cleaners rather than commercial products that can actually harm your immune system in the long run.

While you can really make yourself nuts worrying about illnesses, an occasional wipe down of your mobile phone during flu and cold season doesn't hurt. Consider this: Many of us take our phones everywhere and touch them constantly. We put them up to our faces and we even take them into the bathroom sometimes. In fact, a recent study found that a mobile phone has 18 times more bacteria than the handle of a public restroom.

Another simple way to avoid sickness? Avoid touching your eyes, nose and mouth which are entry points for most illnesses. If we could just learn to stop touching our faces so much, we'd all be much healthier (and our skin would be better off too)! It can be a challenge. We often catch ourselves propping our head on our hand while we scroll along on the computer. Just try your best to avoid these areas during flu season. Watching out for your family's well-being and knowing how to better address their sick-time symptoms are great ways to ensure you and your family stay healthy this winter. Manage your stress levels and practice self-care. Be good to yourself and your body will be good to you!

Recognised and appreciated staff member of the month.



Jennylyn Mordece

Quiet, shy and uncomplicated – these are often the description of people when asked who Jennylyn Mordece is. However, other people do not know that behind the cautiousness and simplicity, is a brave, courageous and strong lady who wanted to make a difference with the lives of other people, most especially the lives of her family overseas. I grew up in a big and simple family in the province of the Philippines and I am the eldest among six children to my parents. As siblings, we were raised with love, happiness, and eagerness to help one another. Since life back home was hard, as the eldest child I went to live with my aunt so that I can finish my studies. With the common goal of succeeding in life, I supported my other four siblings to get their diploma in college.

As a young lady, I thought that love was not for me until I met Herman, my husband. He was so consistent showering all his love and affection to me. He made me feel that I am a woman who is meant to be loved. After years of courtship and more years of being together as boyfriend and girlfriend, he proposed to me, and we got married here in Australia.

After marriage I started my career here in Sydney. I worked in a bag company at first, however, I felt that I am not happy with what I am doing and thought touching the lives of other people will truly make me happy. Then I studied for a certificate III course and had my placement at The Willows Private Nursing Home. I really enjoyed what I was doing while I was on my placement. Staff and residents were like families tied together at work. All are happy, all are enjoying, and all are having fun while working.

Since during that time, there was a vacant position in this facility. I grabbed the opportunity to apply. Luckily, since 2018, until now I am still an assistant in nursing staff at The Willows, who not just works but also cares for our residents.



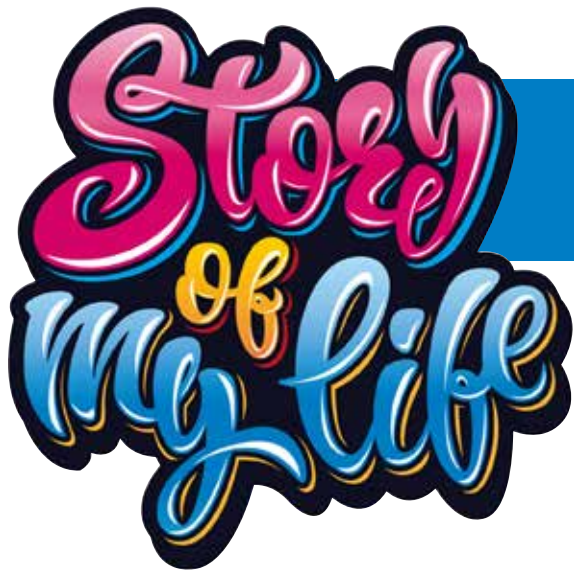
JUNE CELEBRATIONS

Nerea Schiavon Herdt

June 20th

Agnese Flego

June 28th



Stories from our residents **Maria Sylvia Du Laurens**

Marie was born on the 31st August 1924 in Rodrigues Island. The family then moved to Mauritius where she was brought up. Marie had 7 sisters and 2 brothers. She married at 18 and had 6 children - 2 girls and 4 boys. In Mauritius she looked after the house and family and was a very good cook, dressmaker, great at knitting and a perfect housewife.

Her passion was growing flowers, mainly cut flowers that she could use for decorating the home and the rest Marie would send to the church for Sunday Mass.

In 1969 Mauritius gained independence. Mum and family moved to Australia. She started working straight away and worked very hard in a clothing factory. Then went to work in a laboratory where she stayed until retirement.

Marie is passionate, caring and loving. Her greatest enjoyment was to have all her kids and grandkids visiting her on Sundays where she would prepare a wonderful meal for all to enjoy.



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/>

20 FUN "BUCKET LIST" Things to do inside during winter



1. VISIT A MUSEUM

We love visiting museums, and we go to mostly free ones! Make a list of museums in your area and check out their websites. Many are free during evening hours or on a specific day of the month. Museums are a great place to hang out when it's frigid outside!

2. STOP BY THE LIBRARY

Not only are libraries good places to stock up on books and movies to keep you busy for hours at home, but they also offer a lot of free classes and events for children and adults.

3. ENJOY A WINTER FESTIVAL

If you do want to venture outside for a little bit, winter festivals provide free entertainment for the whole family.

4. TRY A NEW COFFEE SHOP

Winter is a wonderful time to frequent local coffee shops. Bring a book or any work you have to do and enjoy the cozy atmosphere of a coffee shop while sipping your favourite warm drink. Buy a size small to avoid spending more than a few dollars.

5. TACKLE A PROJECT

Winter is one of the best times to tackle an overdue project! Try to work on organising projects you have lingering around the house. There's something about cozy-ing up with a project on a cold winter day that makes you happy.

Winter is a great time to tackle any house projects as well.

6. WATCH A MOVIE/TV SERIES

There is so much on tv in the way of movies and series that it should keep you busy for quite some time but just don't become a couch-potatoe!

7. DEVELOP A SKILL

Whether you have a skill you want to invest more time in or that you want to develop a new one, winter is the perfect time for doing this. Provided your skill involves staying indoors, you'll have many hours to work on it!

Winter gives you plenty of opportunities to play our instruments, pottery or try new recipes.

8. HOST A GAME NIGHT

Hosting a game night is a wonderful way to enjoy a fun and free evening with your friends! If you want to have snacks, have everyone bring their favourite snack, or just offers drinks and set up a hot chocolate bar.

9. GET MOVING

Even if you don't have a gym membership, there's plenty of free exercise videos on YouTube to keep you moving through the winter. Want to dance your way to fitness? Look up some Zumba videos! Want to stretch and strengthen your body? Look up a yoga video! There are so many ways to keep moving, you'll have fun and get some exercise in the process.

10. DO A JIGSAW

This is perfect for extra-chilly days. Set the puzzle up on a mat so that it's easy to move around and complete in stages.

11. GO BOWLING

Want to do something sporty and competitive, without freezing to death? Bowling is idea.

12. BAKE A CAKE

There's nothing like a freshly baked cake to warm you up and make your house smell delicious.

13. PAINT A PICTURE

Tap into your artistic side – you could paint a pretty winter landscape, or a bowl of fruit. Whatever gets you going.

14. MAKE A FANCY HOT CHOCOLATE

Forget normal hot chocolate. Make it an event and go all out with marshmallows, whipped cream and sprinkles.

15. LEARN A NEW LANGUAGE

Try something different that you might never have thought of doing by starting to learn a new language – there are plenty of online courses.

16. GO TO A MOVIE

There's nothing like a good action or a love story film.

Recline back with a tub of popcorn and a drink and just enjoy!

17. HAVE A BUBBLE BATH

Add a few drops of essential oil for extra relaxation.

18. REARRANGE A ROOM

A change of scenery can improve your mood during the colder months.

19. WRITE A STORY

Wish you could write a novel?

Get started now, while you won't be distracted.

20. START A BLOG

Got a passion you want to share?

Create a free blog and get writing.

June

"month of increase & restoration"

*"Then the trees of the field shall yield their fruit,
and the earth shall yield her increase. They shall
be safe in their land; and they shall know that I
am the LORD, when I have broken the bands of
their yoke and delivered them from the hand of
those who enslaved them."*

Ezekiel 34:27



FROM THE FOOD STUDIO

HONEY BOOST

SMOOTHIE

1 RIPE BANANA

2 TBSP. GREEK YOGHURT

YOU WILL NEED

1 TBSP. LINEN SEEDS

2-3 ICE CUBES

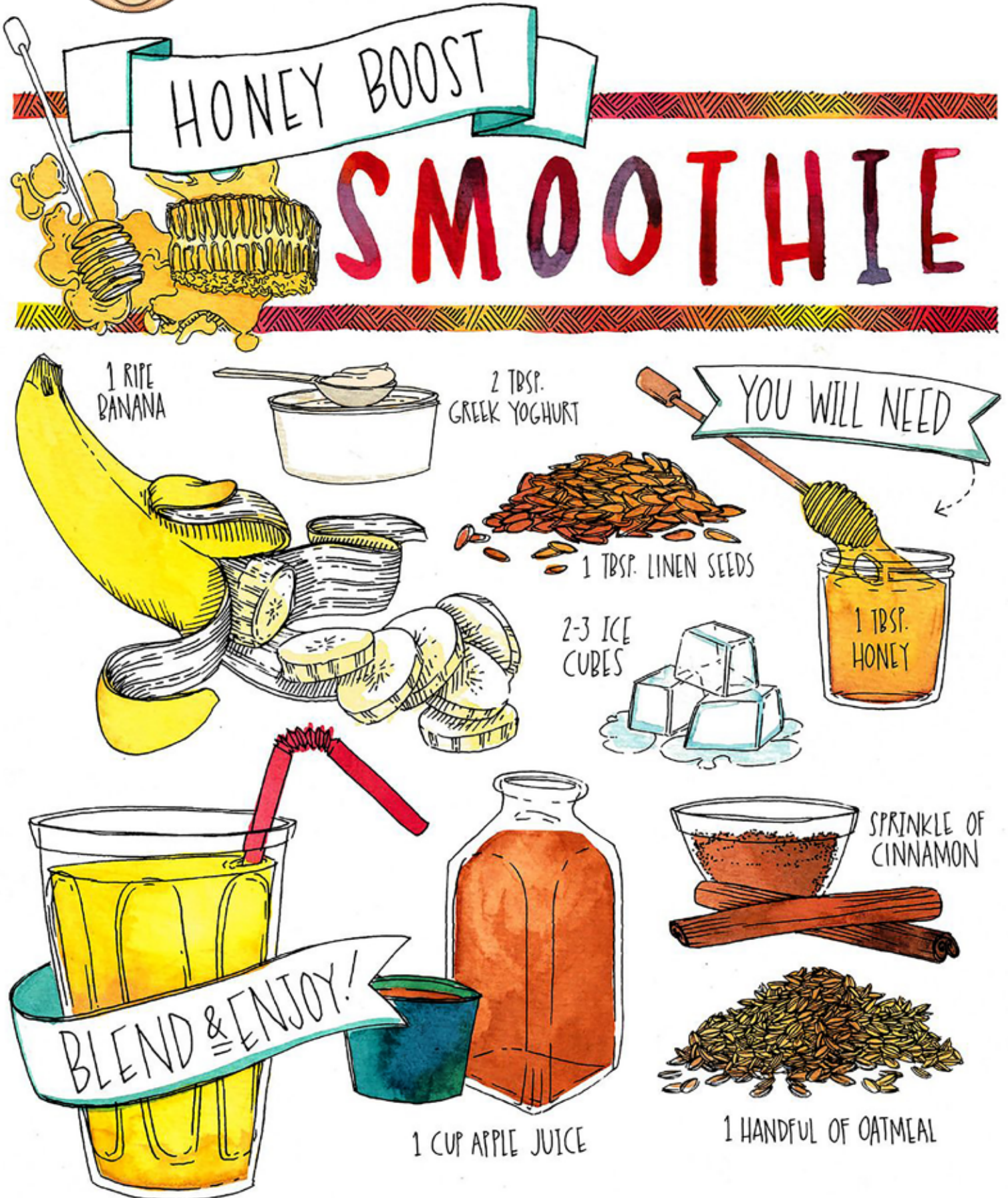
1 TBSP. HONEY

SPRINKLE OF CINNAMON

BLEND & ENJOY!

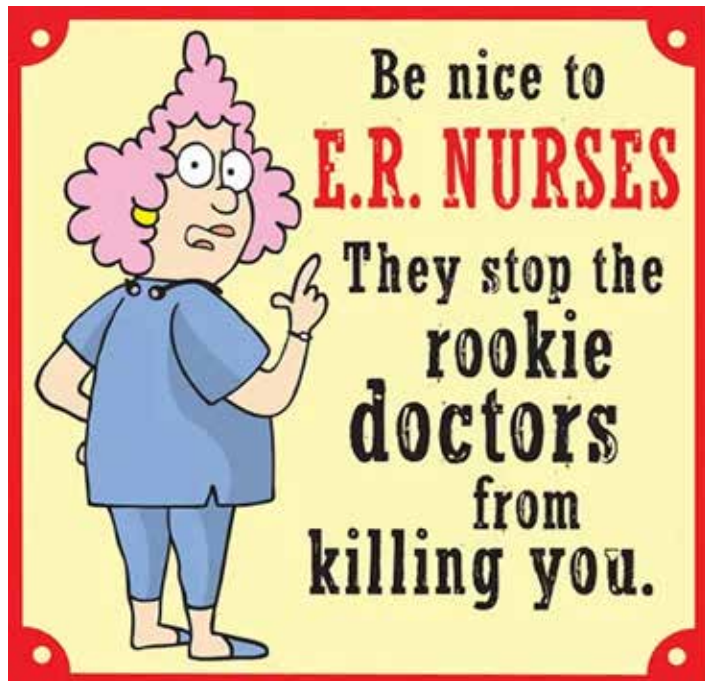
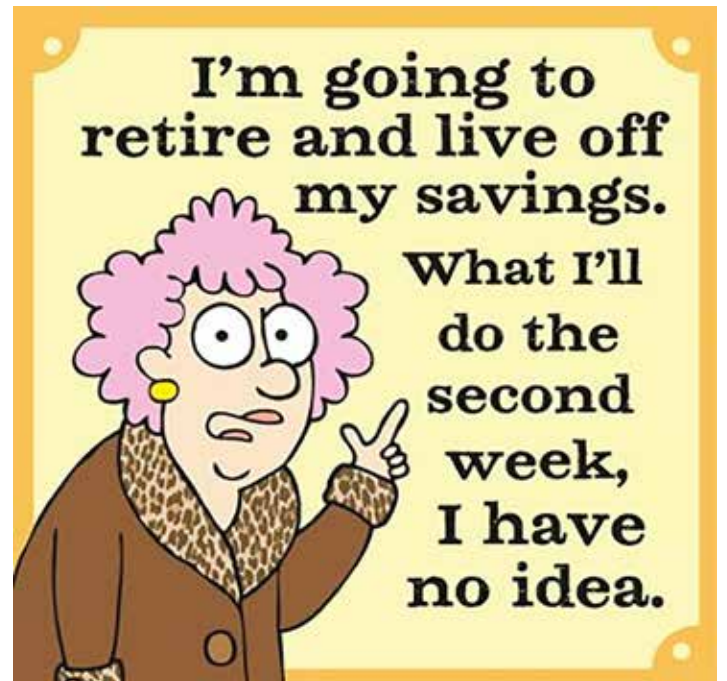
1 CUP APPLE JUICE

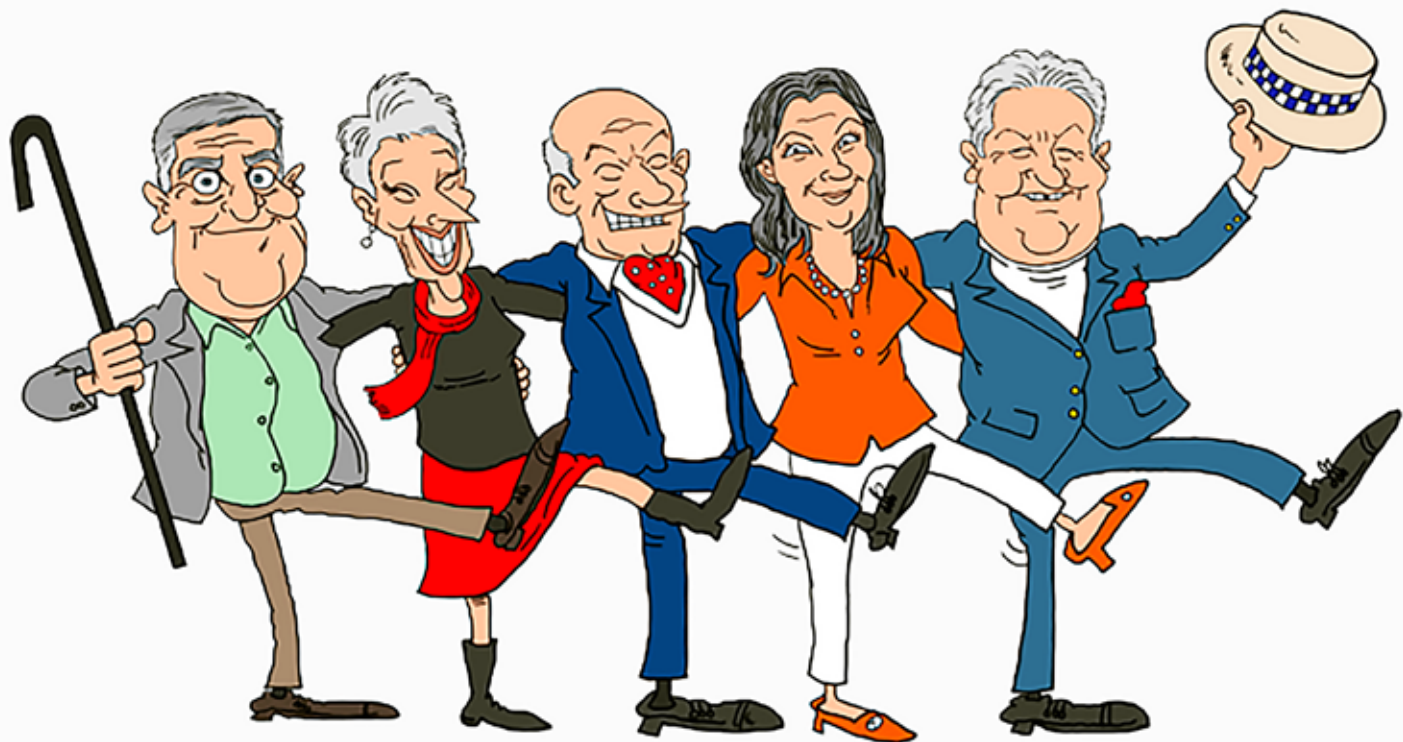
1 HANDFUL OF OATMEAL





Senior Moments





Sometimes
I drink a
**glass of
water...**
...Just to
surprise my
liver!



I'm not
fat.

I'm just
**easy
to
see.**



If you like someone,
set them **free.**

If they
come
back,
it means
nobody
liked them.
Set them
free again.



Today I'm
having a
**vision
problem.**

I can't
**see myself
doing
anything
at all.**



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



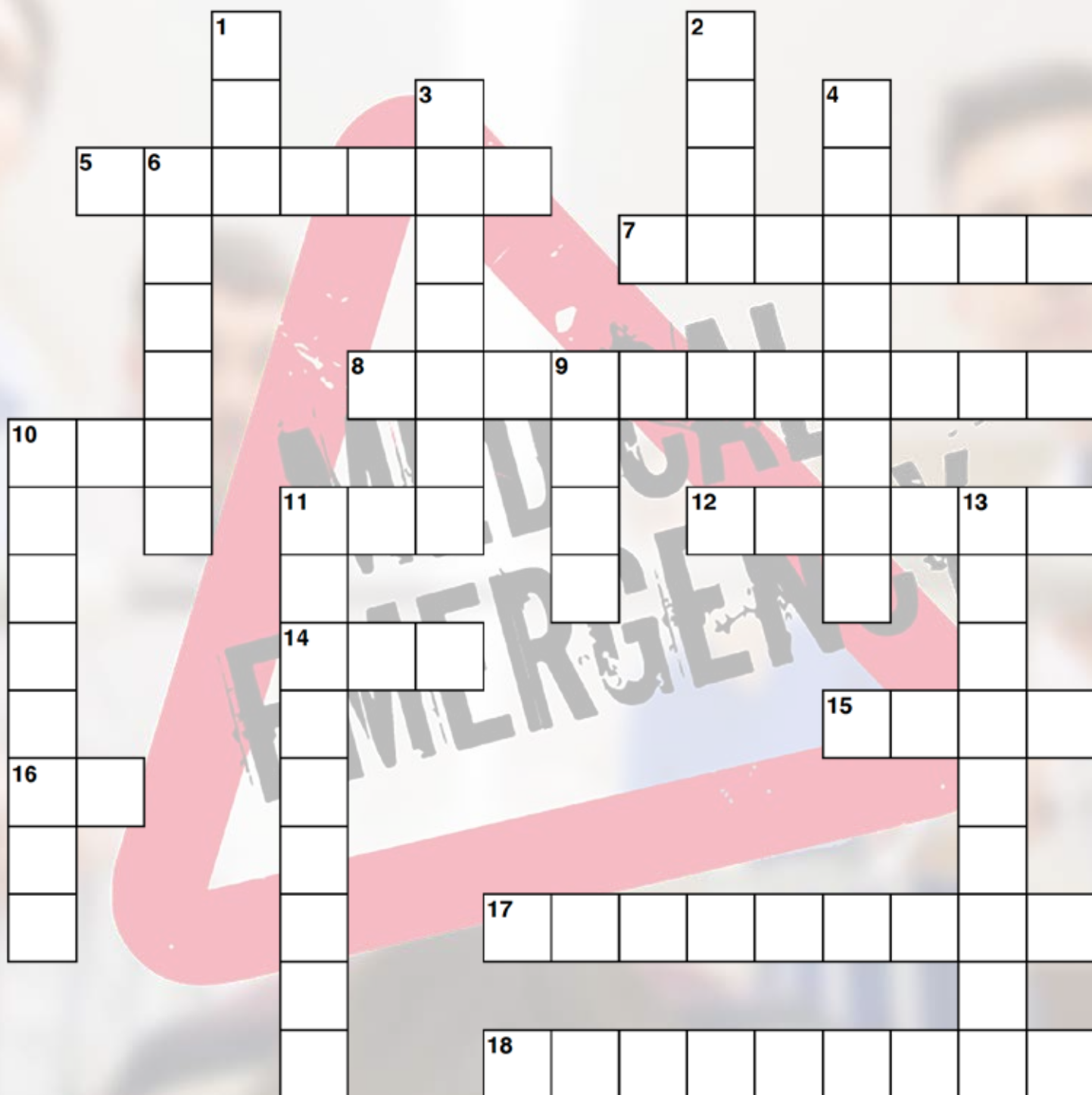
TIME TO

unplug

and

RELAX

MEDICAL EMERGENCY CROSSWORD



See clues overleaf.

MEDICAL EMERGENCY CROSSWORD CLUES

ACROSS

- 5 Related to the heart
- 7 Related to the practice of medicine
- 8 Related to breathing
- 10 Basic Life Support
- 11 Emergency Medical Technician
- 12 Illness of the mind
- 14 Emergency Medical Services
- 15 Substance used to cure or heal
- 16 Apparatus for giving medicine or nutrients through the veins
- 17 Device used to send sound over long distances
- 18 Someone who happens to be present when a an emergency takes place

DOWN

- 1 Cardiopulmonary resuscitation
- 2 Free from harm
- 3 Person receiving medical care
- 4 Very dizzy, about to become unconscious
- 6 Way of reaching a place
- 9 Physical hurt caused by injury or illness
- 10 Act or process of losing blood
- 11 Sudden crisis that calls for fast action
- 13 Vehicle used to transport an injured person

Solutions on the last page - no peeking.

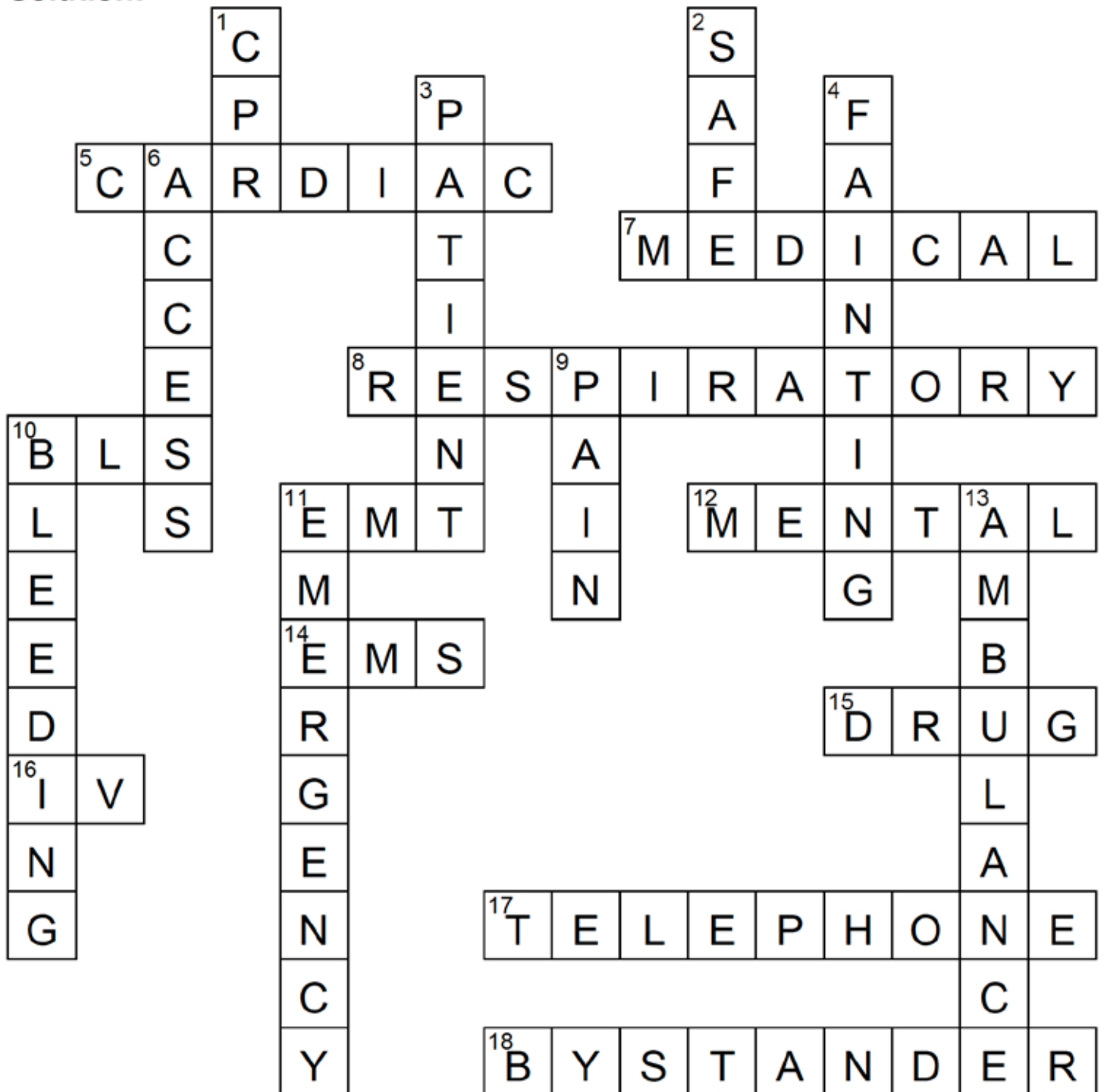


**GET EXCITED
IT'S
A LONG WEEKEND**



**Queen's Birthday
Long Weekend
Monday 14th June**

MEDICAL EMERGENCY CROSSWORD SOLUTIONS



Remember to LIKE and FOLLOW US on FACEBOOK

