



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.

Hello June goodbye may

**From
Head
Office**



Another month has passed by so quickly it's hard to believe that we are almost halfway through the year. We have had a flu vaccine and COVID Booster clinic in May and are hoping to have another one early June.

If you haven't sent in your consent forms please do so. Mother's Day was the first time we have managed to have families and entertainment in so long and it was wonderful to see everyone and we all had a wonderful day in the sunshine.

Flu season is upon us and we have been informed that there are a large number of people who have had influenza and it is quite severe. Please do not come and visit if you are experiencing any flu-like symptoms.

Let's keep our residents safe.

Maryann Inbari - Facility Manager Organisational & Financial Controller



From the Cube



Hello and welcome to yet another exciting update on what has been happening with the residents activities, in May the Willows residents resumed their bus trip, on the 4th of May residents were driven to Dolls point and enjoyed a McDonalds meal, and ice cream on the way back home, and on the 25th of May they were off to La Perouse to eat fish & chips. There was singing and alot of chatter, laughter and fun. We were joined by Josie Papalardo who accompanied her mother Connie.

The Innerwest Council has provided The Willows with a bus to take the residents out twice a month. Currently we have 14 more trips to make this year including the Christmas lights tour in December. If any family member is inclined to go on the bus trip with their Dad or Mum, please call Cynthia at the Willows to make arrangements. Please be aware that we cannot accommodate everyone.

Whats New: The lifestyle team are providing galaxy tabs for multicultural YouTube programs so that the residents from diverse ethnicity will be able to excess news, movies, song, music and religious programs at a touch of a finger, assistance is always at hand with the lifestyle team.

Celebrations:

(1) We will be celebrating **Italian National Day** on Thursday 2nd June. Please call ahead if your joining the Italian residents for this occasion, lunch and Entertainment will be provided.

(2) **The Queens birthday** will be celebrated on Friday 3rd June and

(3) **Philippines Independence Day** will then be celebrated on 12th June, and **Croatia Statehood Day** on the 24th of June.

We appreciate and thank you all, for the kind words of encouragement during your visits to The Willows.

Cynthia and David - The Diversional Therapy Team





age gracefully

We're all looking for ways to stay younger, for longer - particularly as the years pass and we begin to feel the wear and tear on our bodies.

For the ABC's Ask the Doctor, we asked the experts from The University of Melbourne to explore practical tips and tricks to turning back our biological clocks. The take-home message? Whatever your age, gender or geography, there are many things you can do to age well and stay healthy into your twilight years.

What to do in your 40's

This is when your family is growing, and your body is ageing. Now is the time to be setting the best example for young kids, family members and friends - but also the time to be investing in yourself.

Not smoking is probably the best thing you can do to avoid premature aging and a whole host of dangerous health outcomes. It is also best for those around you, who could face the same serious challenges from second-hand smoke exposure. Also, watch the booze. When it comes to alcohol, less is more. For healthy men and women, it's best to drink no more than two standard drinks (think one generous glass of wine or full-strength beer) on any day and aim to have most days alcohol-free.

What to do in your 50's and 60's

The age of rock and roll after decades of hard work, these are the years when life is to be really enjoyed! Your working hours might be beginning to scale back and greater financial freedom could see you investing more in dining out or travelling. This is also the time to really invest in your health.



Most Australians tend to gain weight over the middle decades of life. First, focus on food. Ensuring we eat a diverse diet based on whole foods - fruits and vegetables, seeds and grains, nuts, healthy oils (like olive oil) and the occasional lean meat or fish - will be the best recipe for a healthy heart, skin, brain and bones. The fibre protects our bowels, and the micronutrients from a range of seasonal produce will ensure we have all biological bases covered.

Then, combining good food with regular exercise sees a winning approach. We should be aiming to get 30-60 minutes on most days, with a mixture of cardio and strength training. This sounds like a lot, but simply with a walk to work, some times in the garden, tennis with friends or an evening jog, we can keep our muscles, heart and bones strong – crucial for staying nimble into our later years.

What to do in your 70's and beyond

With a social life more packed than ever and a walking pace that can tire most 40-somethings, one secret to her mental and physical agility is the "go get it" approach to life and ageing.

Staying active and maintaining a close community of friends and family is the final piece of the healthy ageing puzzle. A strong social network has many benefits for our mental and physical health: it keeps our minds sharper for longer, ensures we have social support when we need it, and provides us that friendly nudge to stay out and about.

Turning back the clock

Getting old might be an inevitable part of life but staying healthy for longer is well within our reach. By taking a few simple measures at each stage of life, we'll all have the best chance of ageing gracefully.

Please always consult a health professional before making any decisions based on this article.



Natural Eggshell Membrane (NEM®) is an effective and safe option for the treatment of pain and stiffness associated with knee osteoarthritis.

Supplementation with NEM®, 500 mg taken once daily, significantly reduced both joint pain and stiffness compared to placebo at 10, 30, and 60 days.

10 HERBS TO GROW FOR NEM HEALTH



Parsley

Contains vitamin A, C, K, iron, calcium, and folate.



Mint

Supports healthy digestion, freshens breathes, boosts brain function, etc.



Basil

Contains vitamin A, C, K, copper, manganese, and flavonoids.



Dill

Contains vitamin A, C, fiber, folate, and manganese.



Lavender

Eliminates microbes, improves blood circulation, relieves joint pain, etc.



Chives

Contains health-promoting fiber, antioxidants, phytochemicals, etc.



Rosemary

Fights neurological problems, cancer, and diabetes.



Cilantro

Contains vitamin A, E, K, and C, along with iron, folate, potassium, etc.



Thyme

Lowers cholesterol, fights cancer, manages bronchitis, etc.



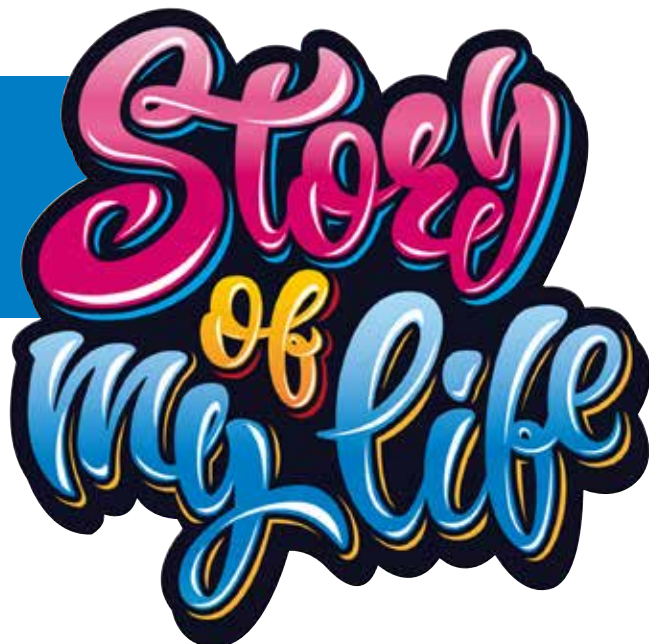
Sage

Fights dementia and diabetes, balances cholesterol, combats obesity.

Please consult a health professional before trying any of the mentioned herbs above.

Stories from our residents

Mary Stephens



My name is Mary Stephens, I was born in Armidale NSW and I'm not saying how long ago that was. When I was in my early teens, I came to Sydney to live as my brother was already living here. I met my husband after a few years later, and we have one son. Sadly my husband passed away some time ago. My son is a wonderful young man and we get along well together, and I often see him here at The Willows. I'm hoping I'll see him again very soon. I'm well looked after here, but of course I would like to be in my own home, perhaps it will happen some time soon again.

I would love a T bone steak!

This short story was written by Mary Stephens.

JUNE BIRTHDAY CELEBRATIONS

Roderick Dennis June 9

Therese Coorey June 15

Agnese Flego June 28



Eating Right Today

with Easy Food Swaps

Instead of

Try this



Bacon egg and
cheese sandwich



Egg-white
breakfast wrap



Bag of Chips



Air-popped
popcorn



Hamburger



Turkey burger



Candy bar



Chocolate
almonds



Deep dish
pepperoni pizza



Chicken and
2 veggies on
thin crust

Eat smart. Live healthy. Be ready. Guard your health.



Heart Attack WARNING SIGNS



85% of heart damage takes place within the first
2 hours of a heart attack



KNOW THE SYMPTOMS &
**CALL 000
IMMEDIATELY**

MEN vs. WOMEN

SYMPTOMS THAT COME AND GO AND FINALLY BECOME CONSTANT AND SEVERE:



Shortness of breath



Fatigue



Jaw Pain



Chest pressure,
burning, aching or
tightness



Pain that travels
down one or
both arms



Anxiety



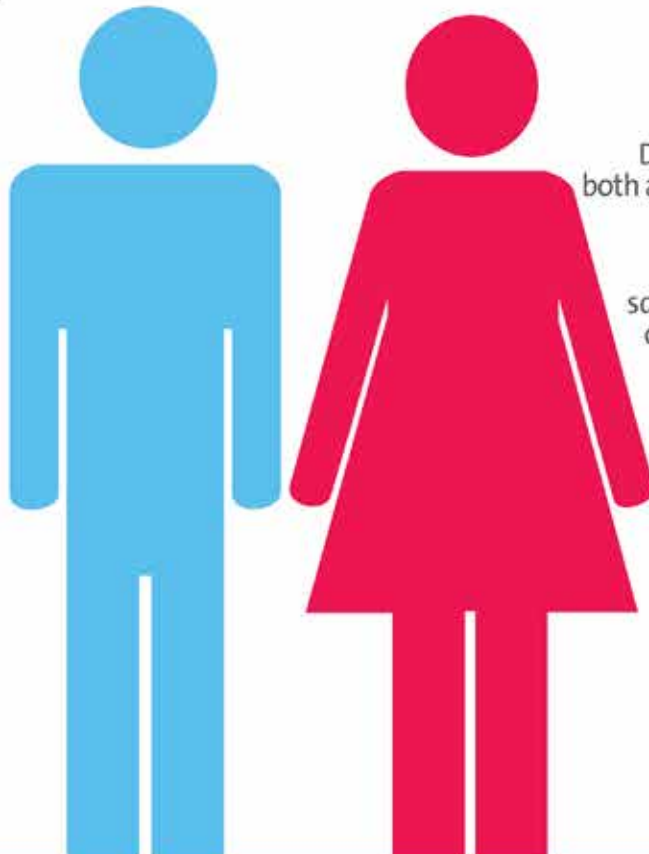
Back Pain



Feeling of Fullness



Nausea



Unusual fatigue



Lightheadedness
and fainting



Discomfort in one or
both arms neck, shoulder,
jaw or stomach



Chest pressure,
squeezing pain in the
center of their chest



Upper abdominal
pressure or
discomfort



Feeling of Fullness



Nausea/Vomiting



Cold Sweat



30 Best-Ever Examples of Hyperbole

hy-per-bo-le

[hahy-**pur**-buh-lee]



Hyperbole, the exaggerated statements that aren't meant to be taken literally, have spiced up the English language for eons. Shakespeare used them to poetically bring his words to life. (In *Romeo and Juliet*, Romeo utters of Juliet, "The brightness of her cheek would shame those stars...")

Advertisers and marketers have been leaning on the power of hyperbole since the dawn of time (think your local diner touting "the world's best coffee!") In our daily lives, hyperbole adds a conversational urgency that's a mainstay of the way we communicate.

1. I'm so hungry I could eat a horse.
2. She's as old as the hills.
3. I walked a million miles to get here.
4. She can hear a pin drop a mile away.
5. I died of embarrassment.
6. He's as skinny as a toothpick.
7. She's as tall as a beanpole.
8. It's raining cats and dogs.
9. His brain's the size of a pea.
10. New York is the city that never sleeps.
11. I have a ton of papers to grade.
12. That runner's faster than the speed of lightning.
13. My parents are going to kill me when they find out.
14. That was the easiest quiz in the world.
15. I'm dying of starvation, when's dinner?
16. That documentary went on forever.
17. Our car cost us an arm and a leg.
18. It's so hot you could fry an egg on the sidewalk.
19. She was so mad she was spitting bullets.
20. She's so sweet you could get a cavity from talking to her.
21. I was so ashamed, the earth swallowed me up.
22. I'm so excited, I could die!
23. I've told you a million times, pick up your dirty socks.
24. She knocked it out of the park with that speech.
25. He has the memory of an elephant.
26. He's high as a kite.
27. That book is a real doorstopper.
28. It took forever to find you.
29. I had to walk to the ends of the Earth to find it!
30. I can't live without you.

GOOOL

Words

SMICKER

(v.)

to look amorously after
somebody

Jillick

to skip a stone across water

Evancalous

pleasant to embrace

MELDROP

(n.)

A drop of mucus at the nose

BUMFUZZLE

(adj.)

confused, perplexed

Bibliobibuli

those who read too much

Petrichor

the scent outside after it rains

FINIFUGAL

(adj.)

afraid of finishing anything

From the FOOD Studio







Dolphins sleep with one eye open.

Dolphins are known to be one of the smartest animals on the planet - possibly because they can conserve their brain power. Because they must be constantly on the lookout for predators, the marine mammals have developed a neat trick of maintaining partial consciousness even as part of their brain sleeps. Researchers have tested whether this "half sleep" negatively impacts the animals' alertness during the day but have found that even after five days of having their nocturnal alertness constantly tested, they've remained as alert and perceptive as ever.

Pigs don't sweat.

If someone tells you they're "sweating like a pig" you might want to point out to them (if you're that sort of person) that if they were being biologically accurate, that would mean they we're not sweating at all. Swine are born without sweat glands, so when they need to cool off, their only option tends to be to find a cool puddle of mud in which they can roll around.

McDonald's introduced drive - through service due to the military.

The first McDonald's Drive Thru was installed in a restaurant based in Sierra Vista, Arizona, located near the Fort Huachuca military installation. Military rules forbade the soldiers from wearing their military uniforms in public, and they weren't about to change into civilian clothes just to grab a burger and run back to base, so restaurant manager David Rich came up with a solution: cut a hole into the wall and allow members of the military to pick up their orders without stepping out of their car. The convenience and simplicity of the idea quickly caught on.

The fuller the fridge, the more energy-efficient it is.

An empty fridge not only makes it more difficult to decide what to snack on, it also wastes valuable energy. It works like this: the more-empty space in the fridge, the more cold air is displaced by warm when you open the door, requiring the appliance to generate cool air to replace it. If the fridge is packed, less cool air escapes and less energy is required to replenish it. It has been advised to go so far as to fill empty bottles with water in order to displace the empty air.

There's a LEGO bridge in Germany that you can walk across.

The German town of Wuppertal is home to Lego-Brücke, also known as LEGO Bridge—a bridge that looks like it's made of candy-coloured LEGO bricks, providing a foot- and bikeway for those looking to cross over the street below. Despite appearances, the bridge is not made of giant plastic bricks however, but concrete, and it was painted to look like the popular building toys by street artist Martin Heuwold.

The inventor of the Pringles can- is now buried in one.

In 1966, Fredric Baur developed the ingenious idea for Procter & Gamble to uniformly stack chips inside a can instead of tossing them in a bag. Baur was so proud of his invention that he wanted to take it to the grave - literally.

Thought
of the
Month

THE ONLY WAY

GOD CAN SHOW US

HE'S IN CONTROL

IS TO PUT US IN

SITUATIONS

WE CAN'T CONTROL.

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



HAIRDRESSER



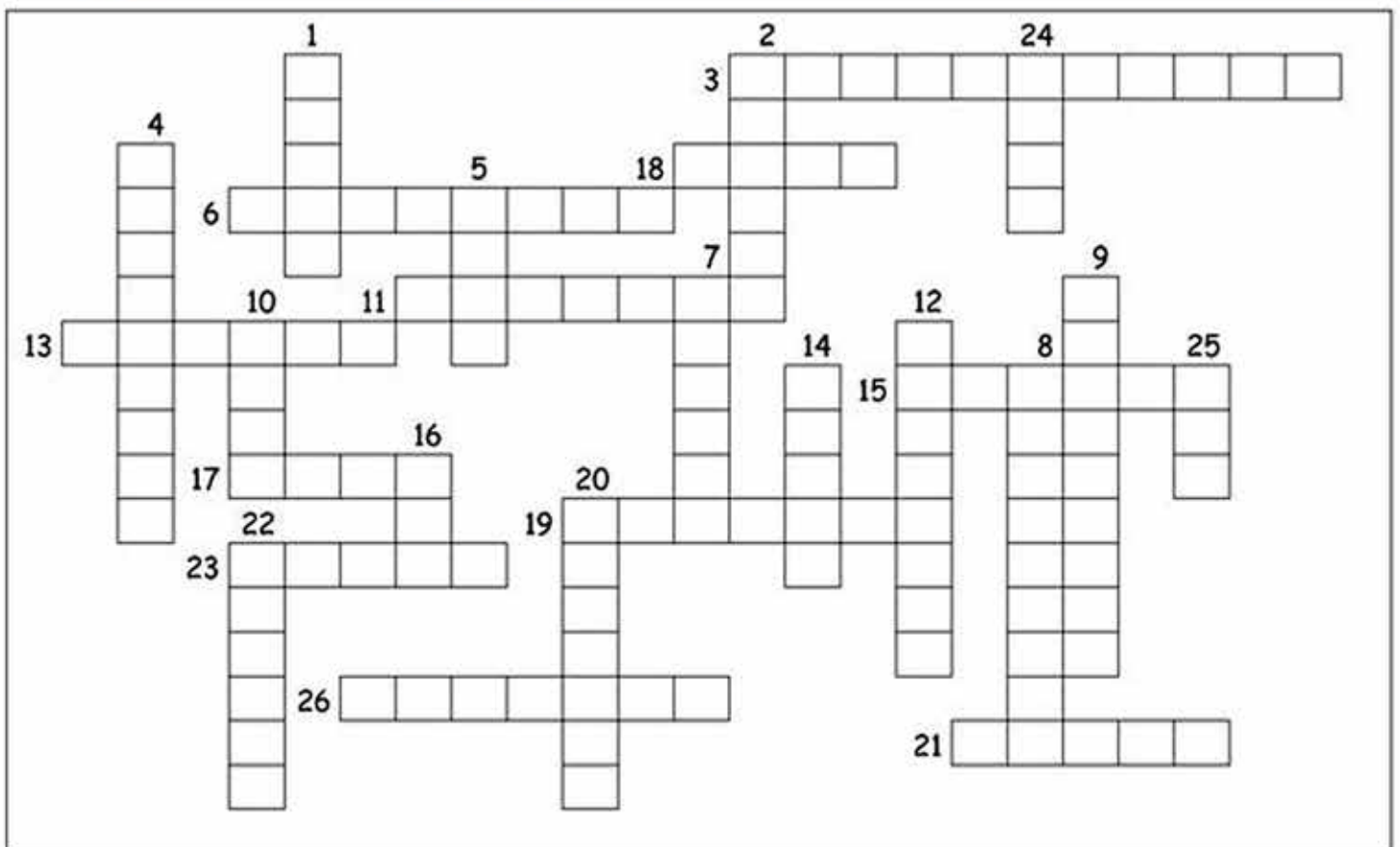
ART THERAPY



HOLY COMMUNION



Look at the pictures and identify the food items by filling in the crossword



Biblical Teachers

All the words are hidden vertically, horizontally or diagonally in both directions.

M A N A E N E M B D S U S E J
Q R M Q J K O S K A O N G B A
Z D K F K S E W V T O C C Q D
S H S Z E O Z B W E J Z U A H
U I A S K L B D M F W I V N K
I C A W W D Y I L C L I N C X
C S L R P H S S W A D U O M G
U O L D E Y N U A H D L C I F
L L I P C O H O K B A T U C A
D L C L L U T T M T A I E A L
A O S M F L X H O O W N S L P
R P I H W V X K V M L T R O W
Z A R J Q D N U B W I O G A J
E T P M H L E U M A S T S U B

MOSES

SAMUEL

DAVID

SOLOMON

JOSIAH

EZRA

JESUS

BARNABAS

SIMEON

LUCIUS

MANAEN

PAUL

APOLLOS

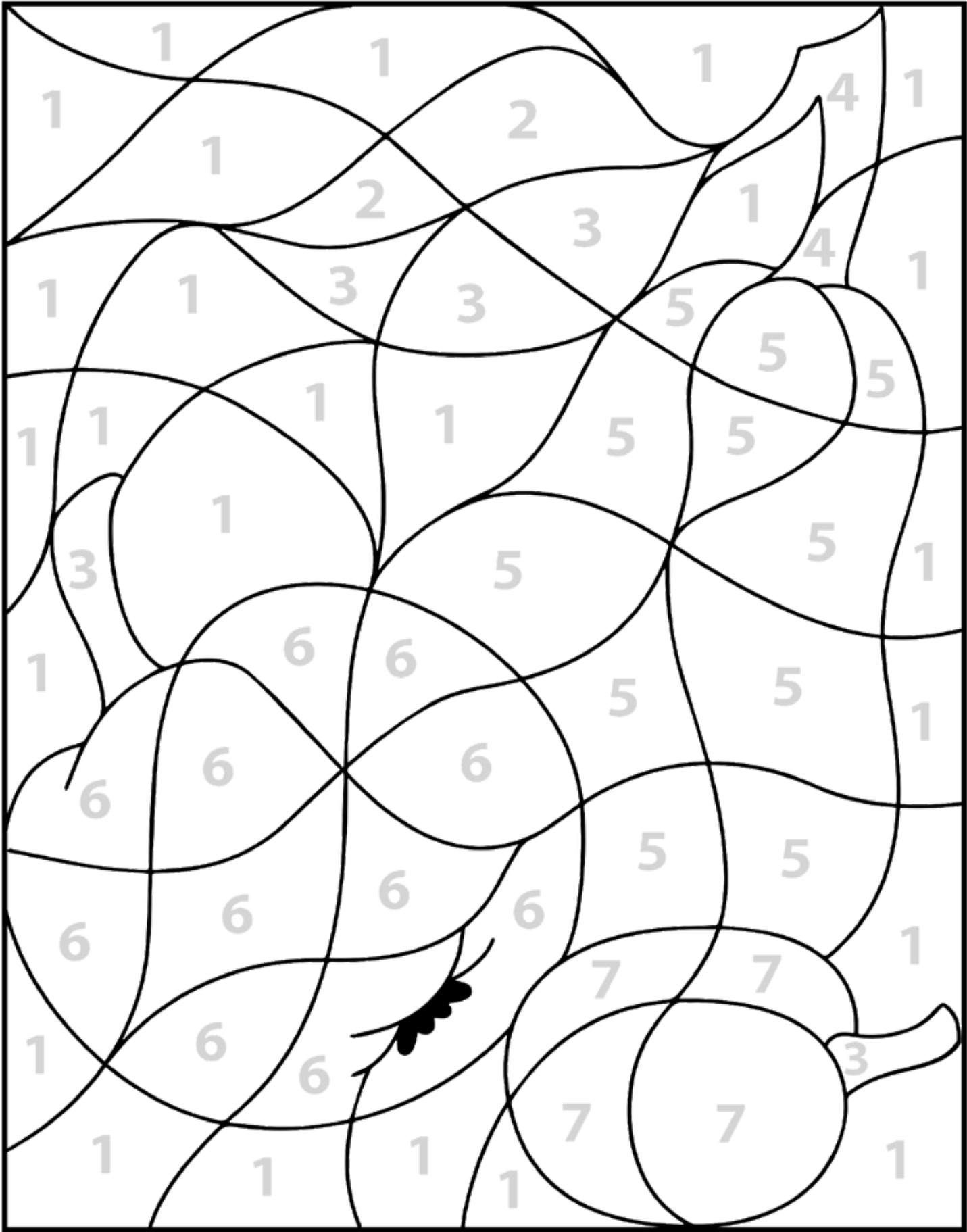
AQUILA

PRISCILLA

TIMOTHY

Answers on the last page

Fruit Colour By Number



- | | | | |
|----------------|---------------|-----------|-----------|
| 1. BLUE | 3. DARK GREEN | 5. YELLOW | 7. PURPLE |
| 2. LIGHT GREEN | 4. BROWN | 6. RED | |



No one believes seniors... everyone thinks they are senile.

An Elderly couple was celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired.

Holding hands they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Andy had carved 'I love you, Sally.'

On their way back home, a bag of money fell out of an armoured car, practically landing at their feet. Sally quickly picked it up, but not sure what to do with it, they took it home. There, she counted the money--fifty-thousand dollars.

Andy said, 'We've got to give it back.'

Sally said, 'Finders keepers.' She put the money back in the bag and hid it in their attic.

The next day, two FBI men were canvassing the neighbourhood looking for the money and knocked on the door.

'Pardon me but did either of you find a bag that fell out of an armoured car yesterday?'

Sally said, 'No.'

Andy said, 'She's lying. She hid it up in the attic.'

Sally said, 'Don't believe him, he's getting senile.'

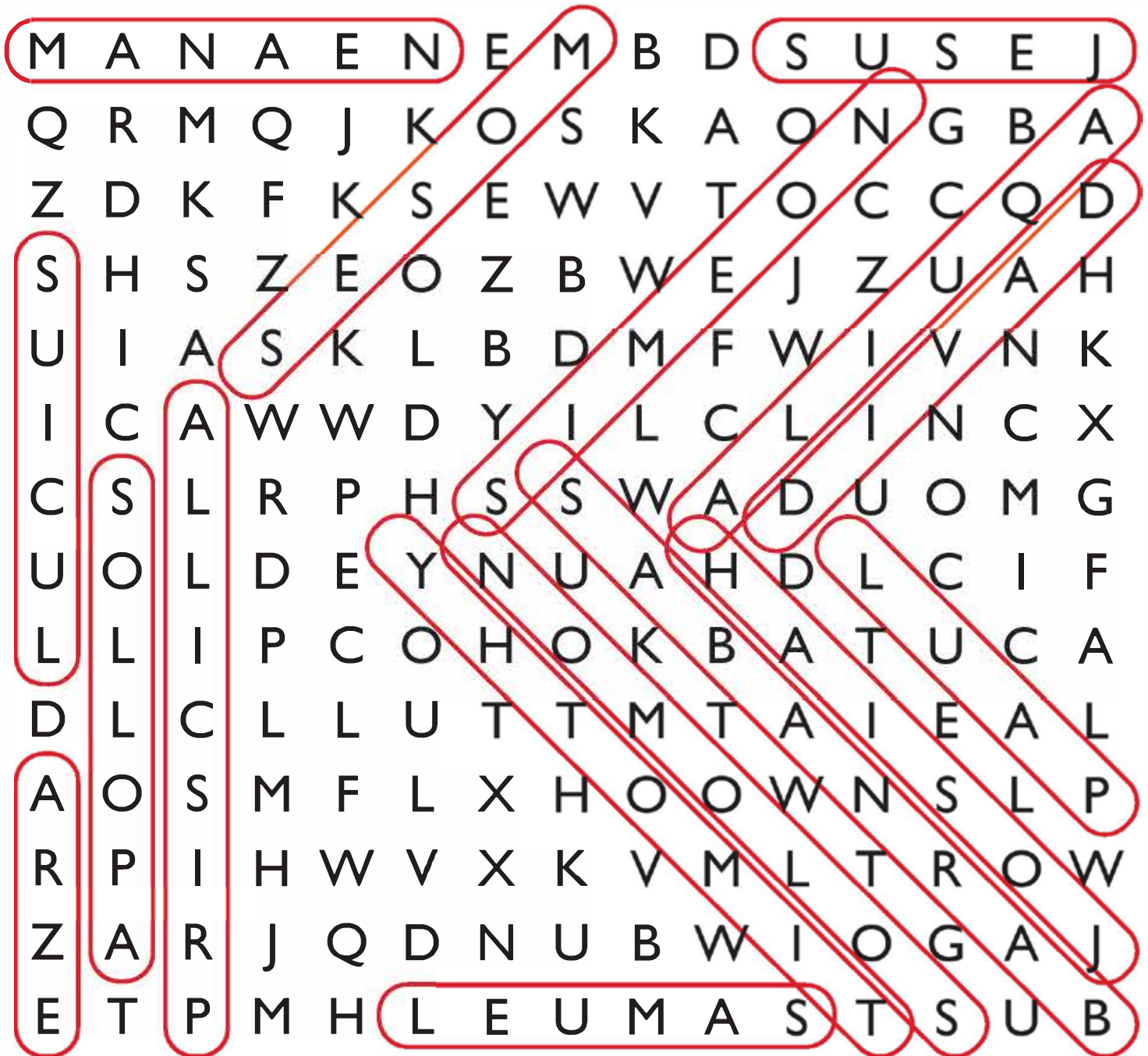
The agents turn to Andy and begin to question him.

One says: 'Tell us the story from the beginning'

Andy said, 'Well, when Sally and I were walking home from school yesterday. . . '

The first FBI guy turns to his partner and says, 'We're outta here.'

Solution: Biblical Teachers



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