



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.

From the Admin Desk



Hi All

Another month has flown by, and the end of the year is creeping up on us. The weather is improving slowly and hopefully we will have a warm summer. We have continued our work with the Maggie Beer Foundation, and we are consulting with the residents and adjusting our menus to be more in line with their choices and cultural tastes. It is a work in progress, and we will continue to update you as we make changes. In October we focused on the dining experience and the residents have been enjoying the new lunch time setting. We are open to feedback and are happy to discuss any issues or concerns you may have around the menus and dining experience.

Hope you all have a great month

Maryann Inbari - CEO



From the Lifestyle Desk



Hello everyone,

Welcome to the November Newsletter. We have a very busy time ahead with Melbourne Cup, Remembrance Day and the lead up to Christmas. Please help us celebrate these events. We are running 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 their loved ones to enter the sweeps, please leave the money for the sweeps in an envelope with the residents name and the sweeps you would like to enter for them 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!

Rhaine, Tess and David



NOVEMBER 2024



MOVEMBER
**MEN'S
HEALTH**
AWARENESS
MONTH





12

Mg

5 science-backed benefits of magnesium

From heart health to hormonal balance, what can this affordable supplement offer us?

1. Combatting stress

In a 2020 review, published in the journal *Nutrients*, it was found that there is an overlap between magnesium deficiency and stress. Studies in both pre-clinical and clinical settings found that magnesium plays a key role in normal stress response – and, particularly interestingly, stress can also increase magnesium loss. So, striking a balance with magnesium in your diet can help break this vicious, stressful, cycle.

2. Soothing depression

Depression is a complex condition, with no single root cause. That said, several studies have found a link between low levels of magnesium and an increased risk of depression. What's more, a study of 126 adults, published in *PLoS One*, looked at the impact that taking 248mg of magnesium per day had on participants, finding that they reported decreased symptoms of depression following the six-week study.

3. Improved heart health

There are several ways that magnesium has been found to support our heart health. One 2021 review, published in *Nutrients*, found that

prescribing oral magnesium could be an effective treatment for hypertension (high blood pressure). However, the report noted that a lot of the research over the past 35 years has found mixed results, with some finding strong links while others saw little change. That said, the report notes that magnesium's low cost, safety, and positive research into its impact on cardiovascular health, make it a great option for further investigation.

4. Supporting PMS symptoms

Premenstrual syndrome (PMS) can cause a range of symptoms, from cramps to tiredness, and irritability. During this time, magnesium levels can fluctuate, so it's thought that taking a supplement may be a way to soothe some of these common symptoms. In one study, published in the *International Journal of Women's Health and Reproductive Sciences*, 60 students received a magnesium supplement to take from the 15th day of their cycle until the same day of the following cycle. What they found was that this intervention effectively reduced symptoms of PMS.



5. Better quality sleep

You may have heard of the trend of making 'sleepy mocktails' to drink before bedtime, with many of the recipes going viral online including magnesium supplements – and there's evidence to back them up. Magnesium regulates several of the neurotransmitters involved in sleep, which is why studies have found that supplements can help lower the amount of time it takes for people to fall asleep, as well as improve the overall quality and duration of sleep.

Tempted to give it a go?

Magnesium supplements are readily available and generally affordable. But you can also increase the amount of magnesium you're getting through diet. Whole grains, leafy greens, nuts, beans, and even dark chocolate, are just some of the examples of magnesium-rich foods. So, for both a physical and mental health boost, this could be a great option to support and improve your overall wellbeing.



CRYSTALS AND THEIR POWERS

ROSE QUARTZ



attracts love, balance & positivity

AMETHYST



relieves stress, anxiety & anger, alleviates sadness

SODALITE



emotional balance, calming, boosts immunity

CITRINE



attracts wealth, prosperity & success

SELENITE



clears negative energy & confusion, brings deep peace

SMOKEY QUARTZ



healing: fear, depression, anxiety & negativity

RHODONITE



compassion: heals emotional trauma & past wounds

LEPIDOLITE



strengthens immune system & soothes nervous system.

FLUORITE



absorbs negative energy & stress, increases self confidence

TIGERS EYE



protection: brings good luck & mental clarity

LAPIS LAZULI



enlightenment: self-awareness, self-confidence, peace & harmony

HONEY CALCITE



encourages leadership & recovery from abusive situations

ASTROPHYLLITE



treats depression, enhances mental function & heals emotional disharmony

FIRE QUARTZ



Boosts self esteem, focus & concentration

BLACK OBSIDIAN



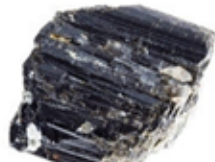
detoxifies, aids digestive problems & heart health

PINK OPAL



release of fear, anxiety & worry, centers you

TOURMALINE



detoxification, fat loss, eliminates toxic metals

CHLORITE



improves cell generation, eliminates toxins, supports health

KUNZITE



strengthens heart muscles & circulatory system

STITCHTITE



physical & emotional resilience

MELBOURNE CUP



TUES 5 NOVEMBER





PICKLEBALL

Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

Pickleball is a “racquet and ball” sport with a perfect balance of court dimensions, rules, and equipment to afford all skill levels and age groups enjoyment and success on court.

Using a paddle and plastic “wiffle” ball, played on a hard surface indoors or outdoors, the game is a combination of tactical shots, patience, and easy to learn strokes, which encourages an inclusive play environment with no need for modifications or adaptations to cater for gender, ability, or age differences.

Pickleball is both fun and challenging with a combination of long rallies and a blend of soft and rapid-fire shots; where the best athlete must earn their points not purely by athleticism, power, and speed, but also through the use of positioning, patience, tactics, and touch.

Finally, pickleball and the sense of community achieved through pickleball, provides connections, social, mental, and physical well-being benefits, which are just some of the reasons players are passionately embracing this sport at such a rapid rate both in Australia and globally.

Pickleball in Australia is welcoming, accessible, and safe; striving to be equitable, diverse and inclusive. The aim of Pickleball Australia is to continue to grow pickleball as a player-centric and values-based sport for all.

The rapid growth of pickleball in Australia resulted in the establishment of the Pickleball Australia Association in 2020. There are now more than 5000 members and 15,000 players spread across our 7 State and Territory associations with more than 100 affiliate clubs, community groups and businesses.



Positive

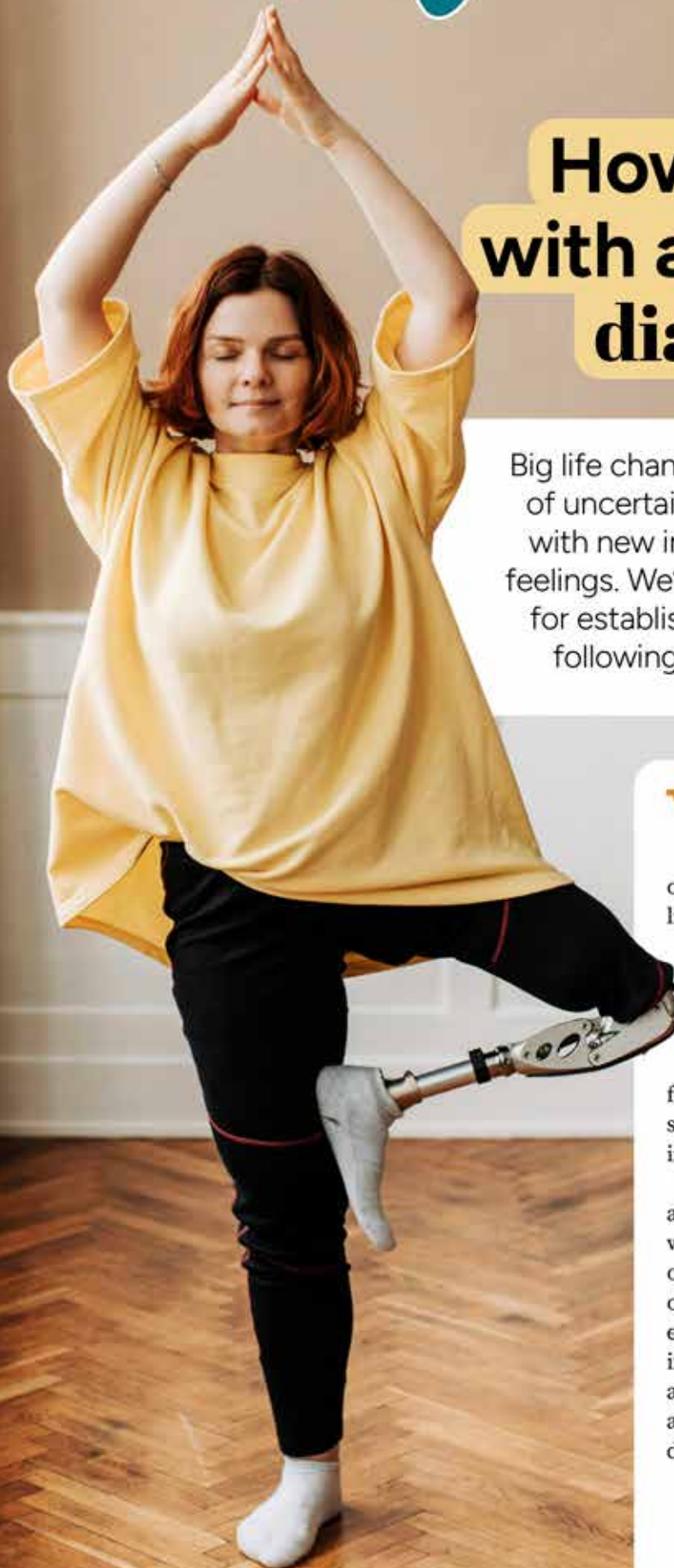
MIND
VIBES
LIFE

How to deal with a disability diagnosis

Big life changes can come with a lot of uncertainty, as you get to grips with new information, needs, and feelings. We're sharing six crucial tips for establishing your way forward following a disability diagnosis

Whether you are born with it, acquire it through an accident, or receive a diagnosis later on in life, when it comes to the topic of disability, there can be a mass of conflicting feelings. From medical support to the impact on your daily life, there is a lot to deal with, and particularly for the latter two it can feel like a sudden upheaval, which can be incredibly difficult to cope with.

The Equality Act defines disability as a 'physical or mental impairment' which has a 'substantial' and/or 'long-term' effect on carrying out daily activities. This also encompasses conditions that individuals may prefer to refer to as neurodivergence, such as autism and attention deficit hyperactivity disorder (ADHD).



I've been disabled all my life. While I've always been autistic, I wasn't diagnosed until I was nearly 16. Now I have anxiety, polycystic ovary syndrome (PCOS), and I'm awaiting surgery for what is likely to be endometriosis. I also have vestibular migraine, which impacts my ability to walk, and a vertigo condition that went undiagnosed for six months. It's fair to say I've had to process a lot of diagnoses, and the avalanche of information that comes with this, so these are the 'hacks' I've picked up along the way when dealing with disablement.

1. ALLOW YOURSELF TO SIT WITH THE FEELINGS

If you have a new diagnosis or condition, there will be a lot of conflicting feelings and questions that might arise. Allow yourself to sit with these. This could be through talking to a therapist, journaling, taking yourself away to think, or making a list of queries you want answered. Feelings need to be 'felt' for a healthy response, so don't fret if you need space to gather your thoughts before you're able to process this news properly.

2. FIND YOUR TRIBE

Disability can be lonely at times, as well as isolating, particularly when it comes to new experiences or learning to adapt. Be it through support groups that are condition-specific – e.g. via the NHS, or Facebook groups – finding other people who are 'in the same boat' can allow you to feel less alone. Together, you can share experiences, advice, and have a safe space to open up about your feelings or fears.

3. TAP INTO ACCURATE REPRESENTATION

While on-screen representation of disability is often limited, actively seeking out places where you can see yourself reflected can make a big difference when you are feeling isolated. Take Ruth Madeley on *Doctor Who* last year, who played Shirley Anne Bingham; the actress, who has spina bifida, later reported that children were asking for her as a collectable figure for Christmas. Disability representation is important in reflecting our reality. While more work needs to be done by society to improve inclusivity and representation in the mainstream, just know that there are films, TV shows, and even books about your diagnosis out there, and this can certainly offer some comfort.

4. READ UP ON THE DISABILITY JUSTICE MOVEMENT

The Disability Justice movement has a long history across the world; in the UK there was Barbara Lisicki, and the US had Judy Heumann. As a collective movement, it offers up companionship, as well as the assurance of rights in law for all. The BBC drama *Then Barbara Met Alan*, available on BBC iPlayer, is a dramatisation of how the UK eventually arrived at the Disability Discrimination Act, which made way for equal rights in law, and outlawed discrimination against disabled people. Understanding how others have fought for your rights can be incredibly empowering, enabling you to gain a clearer picture on where things currently stand.

5. THINK ON HOW TO 'PIMP' MOBILITY AIDS

Sometimes mobility aids need to be used – such as a wheelchair, power-chair, walking stick, or a crutch – but just because these are practical items doesn't mean they have to be boring; it could be an opportunity to express yourself. Disability does not mean stopping with interests, such as fashion and beauty. Neowalk is a firm that offers custom-made canes that light up, bedazzled accessories, and other attachments. Not Your Grandma's sells other accessories such as compression socks, with prints like cats, planets, and Barbie pink backgrounds. Think how you can 'pimp' your mobility aids, for something that is a little bit more *you*.

6. SELF-CARE IS A MUST, SO SHOW YOURSELF SOME KINDNESS

No one should have to apologise for the way in which they function. However, disability can sometimes mean that enforced rest is needed, to slow down or set aside hobbies for the sake of our health. It can feel utterly hideous to be forced into such a position. Regular self-care is an absolute 'must'. *Pace Yourself* by Amy Arthur looks at the concept of taking things at your own pace; it's worth the consideration to help you find a balance between supporting and nourishing yourself, and still enjoying the things that make your life fulfilling.



secure TECHNOLOGY

A guide for staying safe on social media

We offer simple steps to ensure your account remains secure against scammers.

In our digital age, social media is a fantastic tool for staying connected with loved ones, sharing life updates and even discovering new interests. However, as much as social media opens up a world of opportunities, it also presents some risks, especially for seniors who might not be as familiar with the potential pitfalls.

Let's talk about safeguarding your accounts. Two-Factor Authentication (2FA) is a must. It's like a double lock for your digital doors. With 2FA, even if someone gets hold of your password, they can't access your account without the second key, which is typically a code sent to your mobile phone or email.

Setting this up is straight-forward: go to the settings of your social media accounts, look for 'Security settings' and you should find an option to enable 2FA - you might have to search for it. This one minor step today could be the barrier that keeps out intruders tomorrow.

Another common pitfall is accepting friend requests from people you don't know. It might feel polite to accept but remember that not everyone's intentions are good. Scammers often create fake profiles to gather personal information or spread malicious links.

If you don't recognise the person, or if their profile seems newly created with minimal activity, it's best to decline the request, or hold off until you can give them a call and confirm. A particularly cunning tactic scammers use is to impersonate your friends or family members.



You might receive a message that seems to be from someone you know, asking for financial help or claiming to be in an emergency. However, these messages are often scams. Before you even consider responding, pick up the phone and call the person directly to verify their story.

Keeping your profile private is an effective way to shield yourself from the prying eyes of scammers and hackers. By restricting your profile visibility to only your friends, you limit the amount of personal information accessible publicly. Check your privacy settings to ensure that your posts, friend list and personal details (such as your email or birthday) are not visible to the entire internet. Be cautious if you receive a friend request from someone you're already connected with. This is a common trick where scammers create a duplicate profile of someone you know. Always verify by checking your friend list or contacting the person directly before accepting.

Disclaimer: This article is just a guide to try keep you from being scammed. Speak to a professional for help on how to keep safe.



THINK DEEP THOUGHTS

1. The purpose of a lock is to turn a door into a wall.
2. At age 30, you've spent a month having birthdays.
3. When you buy and eat half a chicken, you are secretly sharing a meal with a stranger.
4. 'Coffee flavoured water' doesn't sound good but that's what coffee is.
5. We were taught as kids to not get into a strangers car or meet strangers from the Internet, and now we literally summon strangers from the Internet and get in their cars.
6. When you drink alcohol, you are just borrowing happiness from tomorrow.
7. Your car keys have travelled further than your car.
8. The object of golf is to play the least amount of golf.
9. Fitbits are just like Tamagotchis except the stupid little creature you have to keep alive is yourself.
10. Technically almost every mirror you buy at a store is in used condition.
11. If you had \$1 for every year the universe has existed (approximately 13.8 billion years), you wouldn't even make the top 50 on the Forbes list.
12. Punishment for honesty is what makes us lie.
13. A telephone makes sound travel faster than the speed of sound.
14. When people think about traveling to the past, they worry about accidentally changing the present, but no one in the present really thinks they can radically change the future.

from our kitchen
to yours

Batter-Fried Zucchini

3 Egg

①

1 Tablespoon
Extra-Virgin
Olive Oil

3 Egg
Yolk

②

A Glass
of Beer

100 gr
Flour

Pinch
Salt

Leave to rest
for 30 Minutes

3 Egg
White Beaten

Extra-Virgin
Olive Oil

500 gr
Zucchini





NOVEMBER
BIRTHDAY
CELEBRATIONS

Joseph Tanneus 10th
Ethna Hudson 11th
Lucia Fisicaro 16th



A vintage photograph of a man in a white dress shirt and a dark bow tie, sitting in the driver's seat of a car. He is looking towards the camera while buckling a light-colored seat belt. The car's interior, including the steering wheel and dashboard, is visible. The overall tone is sepia or aged. A white rectangular box is superimposed over the center of the image, containing the title text.

seat belt
HISTORY
lesson

• 1971 •

The history of compulsory seatbelts in Australia

It's hard to believe today, but at one point in time, it wasn't compulsory to wear a seatbelt while in a car.

Nowadays it's the first thing we do when we jump in the car, and we can all remember the ads over the last few decades reminding us to buckle up our seatbelts. Over the last couple of years (depending on what State you hail from), Australia became the **FIRST**, yes that's right - the **FIRST** country in the world to legislate compulsory seatbelt wearing in front and back seats, has been acknowledged.

In Victoria, the law came into effect as early as December 1970 making the state the first place in the world to make seatbelts mandatory. NSW followed and legislated it by **November 1971**, followed by all other Australian states by January 1st 1972.

In 1959, Volvo engineer Nils Bohlin developed the modern three-point seat belt. Although the design was patented by Volvo, they decided to leave it open, making it available to all vehicle manufacturers to use for free. This rather unconventional decision by Volvo proved to be very beneficial to the world.

Car ownership boom

As the country's post-World War economy boomed, so did private car ownership. Sadly, this meant the road toll also increased as more families opted for road trips and time behind the wheel. In 1970, Australia reached its greatest road toll to date, with 3,798 fatalities. Before this, during the 1960s, it is estimated that only 5% of cars in the country were fitted with seatbelts.

State road tolls differed, but there was one thing in common - with more cars on the road, the higher the fatality rate. Road fatalities had peaked in NSW at around 1300 in 1970, and it was increasing rapidly. Following the introduction of the mandatory seatbelt laws, those numbers began to decrease. In 2020, 284 lives were lost on NSW roads, which is a 78% reduction compared to 1970's figures.

How times have changed!

The introduction of these laws across the country was revolutionary, but it required mass education campaigns, as many older cars at the time didn't have seat belts, and it still took time to make wearing a seatbelt a default setting. One of the most well-known ad campaigns from the time featured two eggs in two egg mobiles, one with a seatbelt, and one without, and they take their turns driving into a wall.

No guesses as to which car got scrambled...

The ad campaigns and road safety policy drew instant results, with a 25% decrease in fatalities in NSW within the first year.

Meanwhile south of the border, the Bill was introduced into the Victorian Parliament in 1970 and passed right before Christmas that year, meaning technically Victoria was the first jurisdiction in the world to enforce mandatory seatbelt legislation.

Since 1970, seatbelt technology has advanced too with pretensioners, which locks the seatbelt in place in the event of a crash, as well as automatic seatbelt reminders. So, here's to 50 years, and 50 more! Don't forget to click-clack, front and back!



♥ health MATTERS

Five worst breakfast foods

What's the best way to start your day? For too long, we have been led to believe that some breakfast foods are beneficial. Today, we look at the five food choices to avoid at the start of your day.

1. Bananas

As the country's post-World War economy boomed, so did private car ownership. Sadly, Yes, you read that correctly. Bananas may seem like a healthy grab-and-go breakfast item, full of good stuff such as potassium, fibre and magnesium. But according to nutritionists, they are loaded with sugar - a massive 25 per cent. But isn't it natural sugar, you ask? The reality is - sugars are sugars. So, while a banana in the morning may give you an energy boost, you're at risk of crashing sooner. You can still have your morning banana, just pair it with a healthy fat to help your body absorb all the nutrients properly. Peanut butter, natural yoghurt and porridge are great accompaniments.

2. Store-bought muesli

This one goes for almost all those premixed cereals you find at the supermarket. Sure, honey, oats and dried fruit might seem like a healthy combination, but flip the box and read the nutritional information, and you'll find these cereals are loaded with fat and sugar. In fact, most boxed granola contains up to 10 grams of fat (equalling 400 calories) per serving. All that sweetened dried fruit and refined wheat flakes/oats are only adding to the problem. The solution? DIY muesli is a great way to go. Try combining wholegrain oats, raw nuts, organic dried fruit, seeds, spices and a touch of natural sweetness, such as raw honey.





3. Pancakes, waffles and croissants

As the country's post-World War economy boomed, so did private car ownership. Sadly, Because these foods contain a lot of empty carbs, pancakes, waffles and croissants should really only make the breakfast menu on special occasions. It isn't just the refined carbs we have to worry about but also the foods typically paired with them; pancakes with maple syrup, waffles with jam, croissants with ham and cheese. All in all, you'd do better with a breakfast of protein and complex carbohydrates, which gives you longer-lasting energy and will keep you fuller for longer. Try poached eggs on toast with some avocado.

4. Take-away coffee and muffin

The introduction of these laws across the country was revolutionary, but it required mass If you're one to exit the house in a hurry and pick brekky up on the road, you'll be no stranger to the take-away coffee and muffin combo. In terms of energy, these two items are wonderful for perking you up and giving you enough sugar to start the day. But you'll soon run out of steam and begin to crave a top-up.

A coffee is a perfectly acceptable morning drink but the muffin is basically a glorified snack cake, usually packed with refined sugar, sodium and trans-fat oils.

However, it's easy to mix up your own healthy morning muffins to take with you.

Just make sure to use wholegrain flours (such as oat, quinoa or spelt) and natural sugars (such a raw honey, organic maple syrup).

5. Smoothies

Ever wondered why breakfast smoothies are so easy to drink? Yep, sugar and fat.

Many fruit smoothie stands use a combination of full-fat milk, sweetened yoghurt and fruit juice concentrate in their smoothies. Another problem with blended meals is that your body doesn't absorb all the nutrients from the fruit and dairy properly, so you're losing out on important nutritional value. But breakfast smoothies don't have to be all bad. You can make your own fruit smoothies using fresh fruit, skim milk, raw honey and natural yoghurt.

DISCLAIMER:

This article is for reading purposes only and not for a health reason. Please make your own decisions based on talking to your health professional.

Y O U
Decide

LIVE BUSH FIRE READY



PREPARE. ACT. SURVIVE.

PREPARE YOUR HOME!

A well prepared home is more likely to survive a bush fire.

Even if your plan is to leave early, the more you prepare your home, the more likely it will survive a bush fire or ember attack. A well prepared home can also be easier for you or firefighters to defend, and is less likely to put your neighbours' homes at risk. A well prepared home will also give you more protection if a fire threatens suddenly and you cannot leave.

Here are some basic maintenance tips to prepare your property:

- Clean your gutters of leaves and twigs
- Install metal gutter guards
- Enclose the areas under the house
- Repair or cover gaps in external walls
- Repair damaged or missing tiles on the roof
- Attach a fire sprinkler system to gutters
- Keep lawns short and gardens well maintained
- Cut back trees and shrubs overhanging buildings
- Have hoses long enough to reach around your house
- Fit seals around doors and windows to eliminate gaps
- Install fine metal mesh screens on windows and doors
- Clean up fallen leaves, twigs and debris around the property
- If you have a pool, tank or dam, put a Static Water Supply (SWS) sign on your property entrance, so firefighters know where they can get water
- Check and maintain adequate levels of home and contents insurance. Ensure it is up to date.

* These tips are also available in our Prepare Your Home fact sheet -

https://www.rfs.nsw.gov.au/__data/assets/pdf_file/0009/3114/Prepare-Your-Home.pdf

* You can assess your risk using the bush fire household assessment tool. -

<https://assessmyrisk.rfs.nsw.gov.au>

* Check if you live on Bush Fire Prone Land. -

<https://www.rfs.nsw.gov.au/plan-and-prepare/building-in-a-bush-fire-area/planning-for-bush-fire-protection/bush-fire-prone-land/check-bfpl>





1855



When Sydney Welcomed its First Trains

Are you one of the many passengers to try out Sydney's latest rail addition, the recent extension of the rapid transit Metro line? It opened with little fanfare, but considerable excitement, on 19 August 2024.

The first passenger train service in NSW opened on 26 September 1855, between Sydney and Parramatta. Construction began in 1851, but the discovery of gold lured the railway labourers to the diggings. To replace them, contractor William Randle had to bring out 500 navvies from England to build the line.

Four steam locomotives and first, second, and third-class carriages arrived on the decks of sailing ships. Readers may recall seeing Locomotive No.1, on display at the Powerhouse Museum, Ultimo, which was built in England in the same workshop as Stephenson's famous 'Rocket'.

A public holiday was declared for the opening, houses and carriages were decorated, ships in the harbour gaily dressed with bunting, and flags flew around the newly-completed temporary Sydney station. The Governor arrived to a fanfare of trumpets and thousands of

spectators crowded every vantage point to watch the first train depart, 20 minutes late, to a 21-gun salute.

Crowds lined the route, many travelling great distances and camping overnight to catch a glimpse of the steam monsters. As the train arrived at the temporary Parramatta terminus, riders galloped line-side in an impromptu guard-of-honour.

The opening was celebrated with a grand ball attended by the Colony's elite, who danced to the Sydney Railway Waltz, specially composed by William Paling. The contractor treated his workers to a feast of roast beef and plum pudding.

Like construction of the Metro, the Sydney railway had its critics and naysayers, and experienced political interference, delays, labour problems and cost blow outs. Other than tunnelling machines instead of picks and shovels, not too much has changed in major infrastructure construction in 169 years.

by Margaret Simpson



IS
ARTHRITIS
— AVOIDABLE —

[READ MORE](#)

What can you do to avoid arthritis? Or prevent it from getting any worse? Or, at least, minimise the associated pain?

These are questions we have asked ourselves more frequently over the past decade or so. Minor creaks in our bones have become more painful in that time. Our fingers, particularly the base of our thumbs, are now starting to punish us for years of typing (poorly).

More recently, shoulders have also joined our growing array of arthritic aches.

For others it might be the feet and ankles, or the hips - perhaps even the lower back. Wherever it might be, it can be particularly debilitating and, in turn, even affect our mental health.

Arthritis can affect so many areas, it makes answering the questions above difficult. And the number of different types of arthritis adds to that, the word being an umbrella term used to describe over 150 different conditions.

Under this umbrella you'll find conditions like osteoarthritis, back pain, rheumatoid arthritis, fibromyalgia, gout and osteoporosis, to name a few.

Arthritis – a better definition?

Musculoskeletal Health Australia (MHA), an arthritis support organisation, believes there's a better term. And the organisation's own name provides a big clue. The term 'musculoskeletal conditions' is more accurate, they say, because those conditions affect the muscles, bones and/or joints.

At the very least, the term serves to remind us that we might need to focus on more than just our joints when there's pain. On the other hand, the word 'arthritis' provides a clue that the term 'musculoskeletal conditions' does not. 'Arthritis' has a Greek derivation. The first half of the word refers to 'arthron', which means 'joint'. The second half, 'itis', means 'inflammation'.

And that's a very important point, because regardless of the term we use to describe them, these are all autoimmune conditions. That means they occur due to a malfunctioning immune system. Instead of attacking germs or foreign bodies, the immune system targets joints and healthy tissue. It is this that causes the ongoing inflammation and pain.

Unfortunately, we don't yet know exactly why this happens, but scientists suspect a combination of genes and environmental factors.

But can it be avoided and/or treated?

Fortunately, the answer is 'yes' in many cases. But in terms of treatment, it very much depends on the type and location of the condition. This is best dealt with by your GP or other health specialist.

In terms of prevention or lowering risk, MHA makes a number of recommendations.

These include:

- maintain a healthy weight
- quit smoking
- stay active and exercise regularly
- look after your mental health
- get enough calcium and vitamin D
- protect your joints
- drink alcohol in moderation
- manage stress

DISCLAIMER: Having a chat with your GP is recommended if you've been experiencing joint or muscle pain. Discussing your symptoms with your doctor could result in an early diagnosis, meaning treatment can start quickly. In turn, this reduces the risk of joint damage and other complications.

WHAT'S
ON?

DURING
THE MONTH OF
NOVEMBER



NOVEMBER BIRTHDAY PARTIES

2.00pm 10th, 11th & 16th

LADIES GROUP

2.00pm Fridayday 29th

ITALIAN GROUP

1.30pm Wednesday 13th COOKING GROUP

KNITTING GROUP

2.00pm Friday 8th

ART GROUP THERAPY

2.00pm Monday 4th & 18th

MENS CLUB

KARAOKE 2.00pm Friday 22nd

FLOOR GAMES

2.00pm Thursdays - 7th Tenpin Bowling,
14th Lawn Bowls, 21st Indoor Golf, 28th Quoits

MENTAL STIMULATION

11.00am Every Wednesday

SPIRITUAL SERVICES

Every Sunday 11.00am VIDEO TV & LAPTOP

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

BUS OUTING TBA

BIBLE STUDY

11.00am Every Thursday

GENTLE EXCERCISES

10.00am Every day of October

HAPPY HOUR

2.00pm Friday 15th

BINGO GAMES

1.30pm Tuesdays - 12th Animal Bingo,
19th Shapes Bingo, 26th Fruit & Vegies Bingo 29th

PARLOR GAMES

1.30pm Mondays - 11th Banana Gram,
25th Qwirkie (Or Residents Choice)

* Subject to change.



CodeBREAKER

Chill Out Zone

5		6		10				24		6		15	
7	12	23	25	26	24			6	26	24	23	7	6
23		14		24		20		22		20		15	
22	15	19	23	15	12	25		15	3	25	13	20	
26		13		3		15		3		20		20	
19	23	8	20		15	8	13	7	25				
20		26		18		23		26		14		8	
			2	13	1	3	20		16	15	23	19	
8		21		6		23		10		20		23	
15	3	23	8	23		11	26	19	13	23	12	4	
19		25		12		26		15		12		15	
13	9	25	15	23	3		8	17	1	13	19	24	
12		17		24				20		20		26	
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z													

1	2	3	4	5	6	7	8	9	10	11	12	13
										Z	N	O

14	15	16	17	18	19	20	21	22	23	24	25	26
		F										

How to solve the Codebreaker

The numbers from 1 - 26 each appear at least once in the grid and refer to a letter of the alphabet.

The code you have to crack is which number goes with which letter!

Remember that every letter from A - Z needs to be used so you must find them all.

Tips:

- There are some starter letters given to you to help out so be sure to enter those first to help you get started.
- Each number represents the same letter throughout.
- All words used are from the dictionary and no proper nouns are used.
- Start with the letters given and build your solution from there.
- CodeCrackers differ from crosswords because you are not given any clues. However, you might be surprised by how often you can guess the word from the few letters you are given.
- As you replace each number throughout the grid with a letter, mark it off the A - Z list underneath so you know it has already been used.
- Often the most used vowel will be 'e' (but not always!)

Find the answers on the last page

CHOCOLATE WORD SEARCH

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.



I ♥ Chocolate

ANTS
BROWNIES
CANDY BAR
CHEESECAKE
COOKIE
DOUGHNUT
FONDUE



FROSTING
FUDGE
GANACHE
ICE CREAM
ICING
LAVA CAKE
LAYER CAKE
MACARON
MILKSHAKE
MOUSSE

MUD CAKE
PANCAKES
PIE
PRETZELS
PUDDING
SAUCE
SUNDAE
TART
TRUFFLES
WAFFLES

Find the answers on the last page

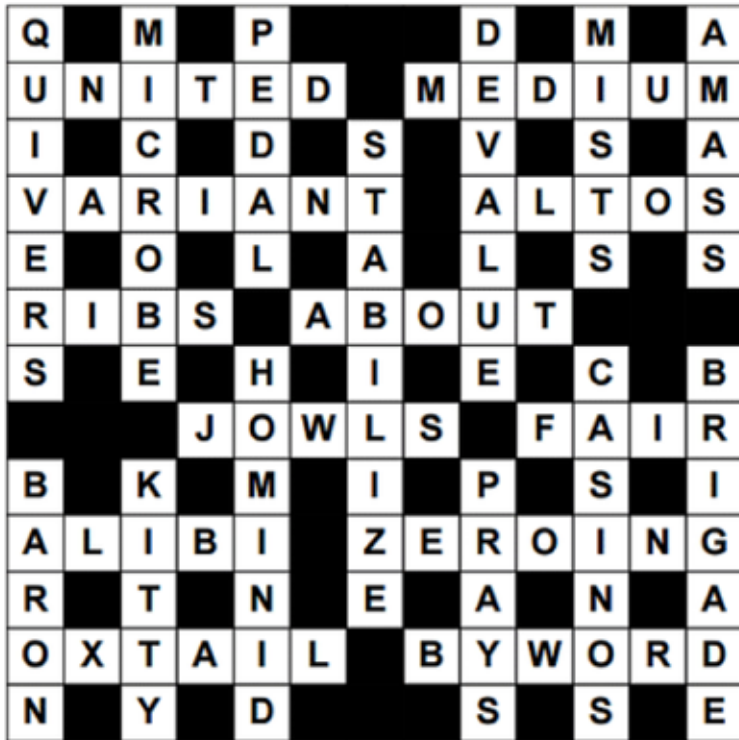
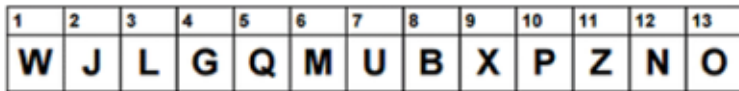
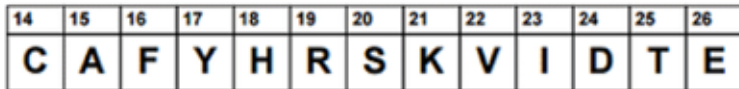


COLOUR ME IN



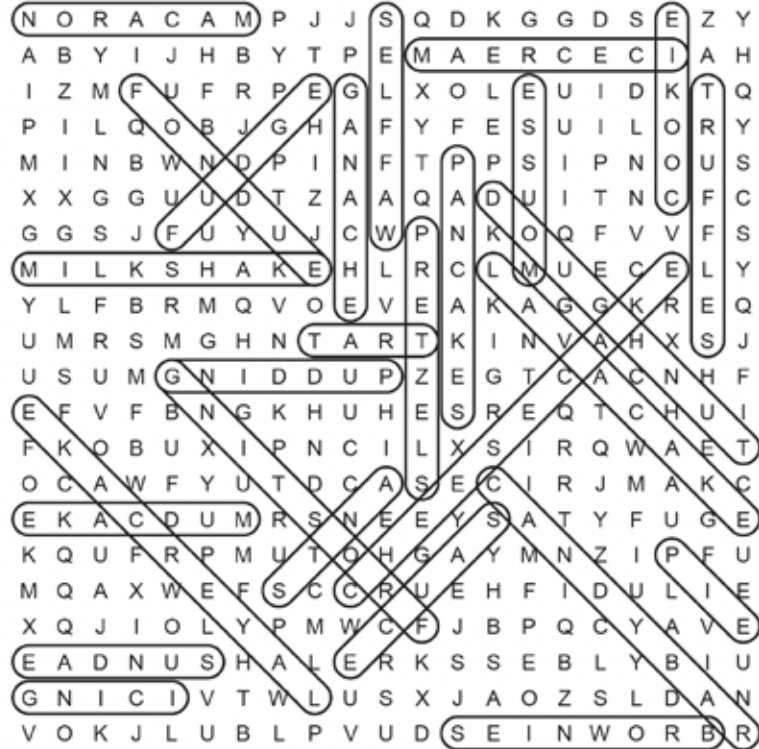
CodeBREAKER

ANSWERS



I ♥ Chocolate

ANSWERS



Hope you enjoyed our newsletter



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