The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 12 Part 1. December 2020

Whispers from the Willows
NEWSLETTER

Welcome to our BUMPER DECEMBER Christmas & Holiday newsletter from The Willows Private Nursing Home. This latest newsletter is so BIG that we've had to split it into TWO. Please remember to click on BOTH attachments to get all the news and fun things for a Holly Jolly season!

Previous newsletters can be found on our website at:
https://www.thewillowsprivatenursinghome.com.au/our-newsletters/

OUR PHILOSOPHY

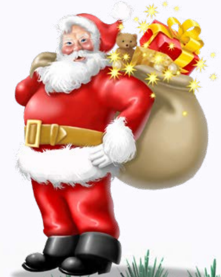
To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents. Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

WIN!

FOR OUR RESIDENTS ONLY

Hidden in this Christmas newsletter are 8 Santa's.
The first resident to find them all and show us where you found them – will receive a box of Christmas chocolates.
If you are not first in line then don't worry, there will be more Christmas chocolates to go around.
HAVE FUN!!

This is what he looks like. →



The Willows
PRIVATE NURSING HOME

FROM THE ADMIN DESK

Wow what a big year it has been. We started the year with big plans to repaint and give The Willows an upgrade but our plans were put on hold when COVID-19 struck. I want to personally thank all our residents, their families and our staff for showing resilience and support to The Willows as we manoeuvred through this unknown and unchartered territory. I think we have come through it fairly unscathed and it is with relief we see restrictions being eased and a sense of calm being restored around this disease which has managed to affect the whole world.

I hope to see you all and be able to wish you a Merry Christmas personally, but if I miss you, my wish is that you all have a safe, healthy and Merry Christmas and a Happy New Year, enjoy the break and being close to your loved ones. We look forward to seeing you all in the New Year.

Maryann Inbari - Financial Controller

FROM OUR DIVERSIONAL THERAPIST

Hello and welcome to the last month of 2020. As we busily get down to decorating The Willows, the Christmas tree is up and the tinsel flung all over the place.

The Willows looks very festive and everyone is excited about Christmas, although I suspect it's more to do with the presents.

On the activity side of things, residents are now being taken to Ashfield Park for a walk, to see the herbs and vegetables that are being grown there, and while there, they can also see the white roses blooming.

Until next year on behalf of myself and the residents, we would like to wish you a Merry Christmas and a Happy New Year.

Cynthia Rossiter - Diversional Therapist.

FROM OUR RESIDENTS

Merry Christmas
Season's Greetings

What Are the 12 Days of Christmas?

The Twelve Days of Christmas, also known as Twelvetide, is a festive Christian season celebrating the Birth of Jesus. In 567, the Council of Tours "proclaimed the twelve days from Christmas to Epiphany as a sacred and festive season and established the duty of Advent fasting in preparation for the feast." Christopher Hill, as well as William J. Federer, states that this was done in order to solve the "administrative problem for the Roman Empire as it tried to coordinate the solar Julian calendar with the lunar calendars of its provinces in the east."

Why were these 12 days important? These dozen days were tied to more than just the teaching of the Catholic Church. A host of other denominations also celebrated the 12 days of Christmas. Some denominations celebrated Christmas in January and began to count the 12 days then. But whenever they began, the counting of the days became an important facet of each holiday season. Even in the Dark Ages, in some Eastern European churches, the 12 days of Christmas meant attending daily church services. For Christians who lived during this extremely difficult age, the 12 days were a time of rededication and renewal. It was also a period when small, simple, and usually symbolic gifts of faith were given to children. Thus, in both coded poems and public worship, the twelve days were considered a holy period.

Twelve Days of Christmas - Christmas Carol

"The Twelve Days of Christmas" is an English Christmas carol that lists a group of increasingly superb gifts given on each of the 12 days of Christmas (the 12 days that make up the Christmas season, starting with Christmas Day). The song, published in England in 1780 without music as a chant or rhyme, is thought to be French in origin. The melodies of collected versions of the carol vary throughout history. The standard tune now associated with it is derived from a 1909 arrangement of a traditional folk melody by English composer Frederic Austin, who introduced the familiar prolongation of the verse "five gold rings" (now usually called "five golden rings").
Though a host of modern internet sites and some magazine articles have tried

to reduce "The Twelve Days of Christmas" to a little more than a silly Christmas carol, most scholars of the Catholic Church deem it a very important surviving example of a time when that denomination used codes to disguise their teachings. Originally a poem written by Catholic clerics, this song was transformed into a carol at a time when celebrating the 12 days of Christmas was one of the most important holiday customs. By understanding the meaning the clerics chose the 12 days as wrapping for their poem, the full impact of the tradition of the 12 days of Christmas can be understood.

12 Days of Christmas - Gifts and Meaning

1. On the First Day of Christmas, My True Love Gave to Me:

A Partridge in a Pear Tree.

The partridge in a pear tree represents Jesus, the Son of God, whose birthday we celebrate on the first day of Christmas. Christ is symbolically presented as a mother partridge, the only bird that will die to protect its young.

2. On the Second Day of Christmas, My True Love Gave to Me:

Two Turtledoves.

These twin birds represent the Old and New Testaments. So in this gift, the singer finds the complete story of Judeo-Christian faith and God's plan for the world. The doves are the biblical roadmap that is available to everyone.

3. On the Third Day of Christmas, My True Love Gave to Me:

Three French Hens.

These birds represent faith, hope, and love. This gift hearkens back to 1 Corinthians 13, the love chapter written by the Apostle Paul.

4. On the Fourth Day of Christmas, My True Love Gave to Me:

Four Calling Birds.

One of the easiest facets of the song's code to figure out, these fowl are the four Gospels – Matthew, Mark, Luke, and John.

5. On the Fifth Day of Christmas, My True Love Gave to Me:

Five Gold Rings.

The gift of the rings represents the first five books of the Old Testament, known as the Torah or the Pentateuch.

6. On the Sixth Day of Christmas, My True Love Gave to Me:

Six Geese a-Laying.

These lyrics can be traced back to the first story found in the Bible. Each egg is a day in creation, a time when the world was "hatched" or formed by God.

7. On the Seventh Day of Christmas, My True Love Gave to Me:

Seven Swans a-Swimming.

It would take someone quite familiar with the Bible to identify this gift. Hidden in the code are the seven gifts of the Holy Spirit: prophecy, ministry, teaching, exhortation, giving, leading, and compassion. As swans are one of the most beautiful and graceful creatures on earth, they would seem to be a perfect symbol for the spiritual gifts.

8. On the Eighth Day of Christmas, My True Love Gave to Me:

Eight Maids a-Milking.

As Christ came to save even the lowest of the low, this gift represents the ones who would receive his word and accept his grace. Being a milkmaid was about the worst job one could have in England during this period; this code conveyed that Jesus cared as much about servants as he did those of royal blood. The eight who were blessed included the poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers, and those who are persecuted for righteousness' sake.

9. On the Ninth Day of Christmas, My True Love Gave to Me:

Nine Ladies Dancing.

These nine dancers were really the gifts known as the fruit of the Spirit. The fruits are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

10. On the Tenth Day of Christmas, My True Love Gave to Me:

Ten Lords a-leaping.

This is probably the easiest gift to understand. As lords were judges and in charge of the law, this code for the Ten Commandments was fairly straightforward to Catholics.

11. On the Eleventh Day of Christmas, My True Love Gave to Me:

Eleven Pipers Piping.

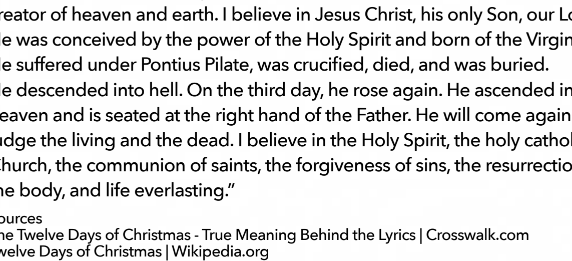
This is almost a trick question, as most think of the disciples in terms of the dozen. But when Judas betrayed Jesus and committed suicide, there were only eleven men who carried out the gospel message.

12. On the Twelfth Day of Christmas, My True Love Gave to Me:

Twelve Drummers Drumming.

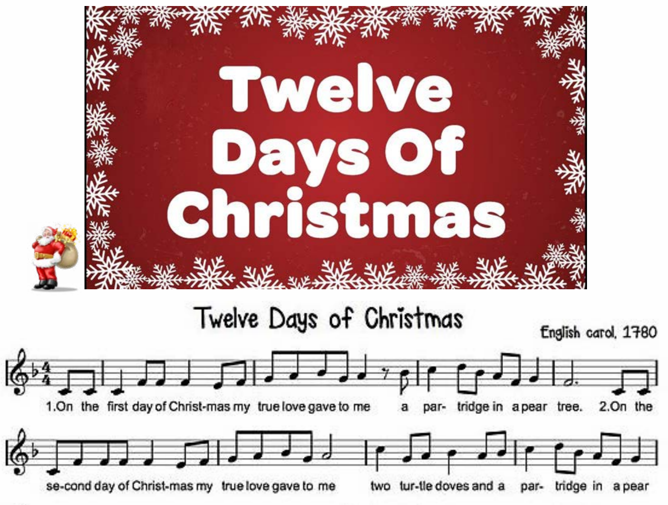
The final gift is tied directly to the Catholic Church. The drummers are the 12 points of doctrine in the Apostles' Creed. "I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day, he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting."

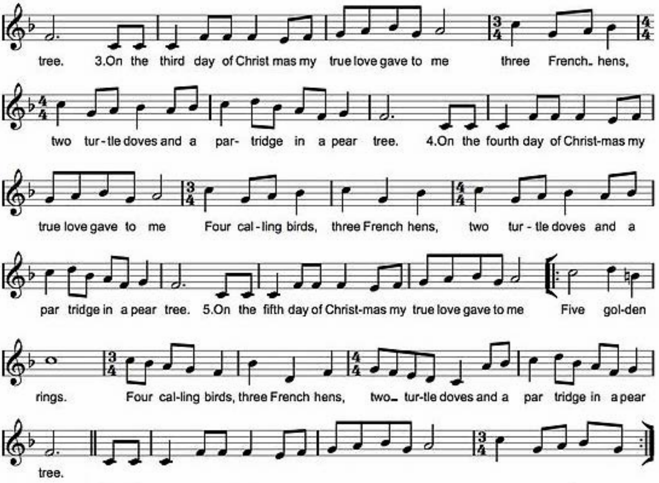
Sources
The Twelve Days of Christmas - True Meaning Behind the Lyrics | Crosswalk.com
Twelve Days of Christmas | Wikipedia.org
The Twelve Days of Christmas (song) | Wikipedia.org



Twelve Days of Christmas

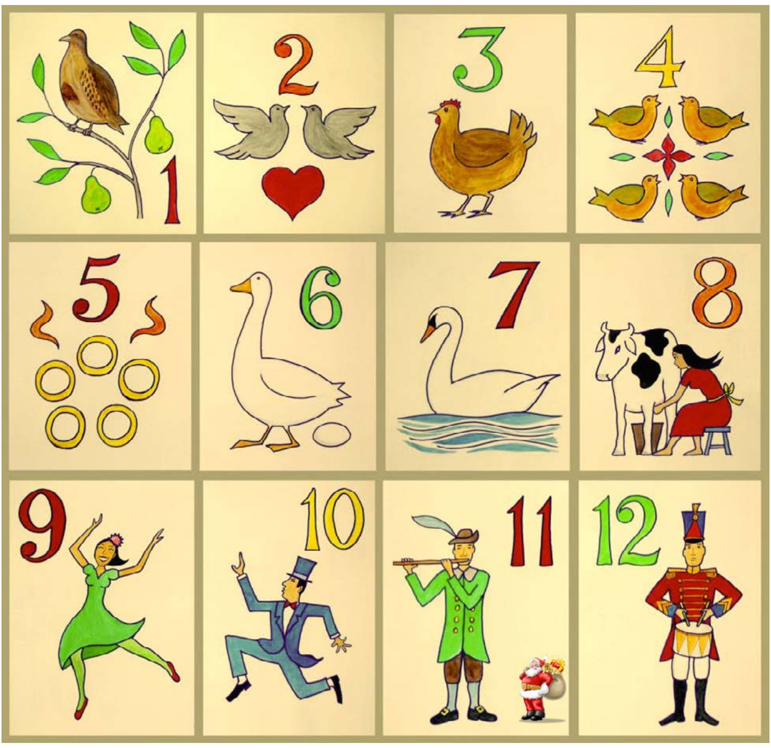
English carol, 1780


1.On the first day of Christ-mas my true love gave to me a par- tridge in a pear tree. 2.On the
se-cond day of Christ-mas my true love gave to me two tur-tle doves and a par- tridge in a pear


tree. 3.On the third day of Christ mas my true love gave to me three French hens,
two tur-tle doves and a par- tridge in a pear tree. 4.On the fourth day of Christ-mas my
true love gave to me Four cal-ling birds, three French hens, two tur-tle doves and a
par tridge in a pear tree. 5.On the fifth day of Christ-mas my true love gave to me Five gol-den
rings. Four cal-ling birds, three French hens, two tur-tle doves and a par tridge in a pear
tree.

6. On the sixth day of Christ-mas my true love gave to me 6 geese a-laying...
7. On the seventh day of Christ-mas my true love gave to me 7 swans a swimming...
8. On the eighth day of Christ-mas my true love gave to me 8 maids a-milking...
9. On the ninth day of Christ-mas my true love gave to me 9 ladies dancing...
10. On the tenth day of Christ-mas my true love gave to me 10 lords a-leaping...
11. On the eleventh day of Christ-mas my true love gave to me 11 pipers piping...
12. On the twelfth day of Christ-mas my true love gave to me 12 drummers drumming...

A
Partridge
In a Pear Tree
Two Turtle Doves
Three French Hens
Four Calling Birds
Five Gold Rings
Six Geese A Laying
Seven Swans A Swimming
Eight Maids A Milking
Nine Ladies Dancing
Ten Lords A Leaping
Eleven Pipers Piping
TWELVE
DRUMMERS
DRUMMING



Be sure to read Part two of our bumper Christmas newsletter, attached in this email.

The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 12 Part 2. December 2020

THIS MONTH'S RECIPE - EGG NOG

EGG NOG
EGG NOG

INGREDIENTS:

- 6 large egg yolks
- 1/2 cup granulated sugar
- 1 cup heavy whipping cream
- 2 cups milk
- 1/2 teaspoon ground nutmeg
- pinch of salt
- 1/4 teaspoon vanilla extract
- ground cinnamon, for topping

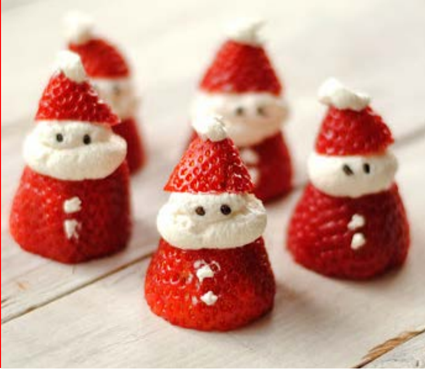
INSTRUCTIONS:

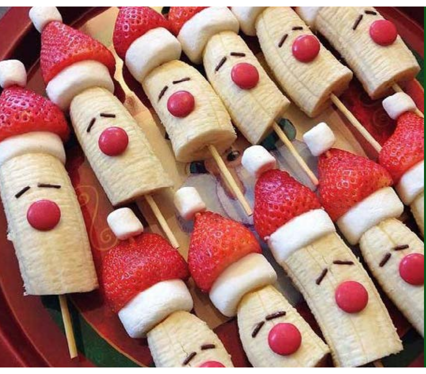
1. Whisk the egg yolks and sugar together in a medium bowl until light and creamy.
2. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt. Stir often until mixture reaches a bare simmer.
3. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding a big spoonful at a time, to temper the eggs.
4. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
5. Whisk constantly for just a few minutes, until the mixture is just slightly thickened (or until it reaches about 160 degrees F on a thermometer). It will thicken more as it cools.
6. Remove from heat and stir in the vanilla.
7. Pour the eggnog into a pitcher or other container and cover with plastic wrap.
8. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, you can add the entire mixture to a blender with 1 or 2 tablespoons of milk and blend until smooth.
9. Serve with a sprinkle of cinnamon, and fresh whipped cream, if desired.
10. Store homemade eggnog in the fridge for up to one week.

MAKE YOUR OWN CHRISTMAS FUN FOOD

Strawberry Santas

So cute, you might find it hard to eat them!





Banana Santas

Here is a healthy food option.

Santa Toast

How exciting to wake up to this on Christmas morning?!

Reindeer Cupcakes

These cupcakes with pretzel antlers are so easy to make!

Reindeer Biscuits

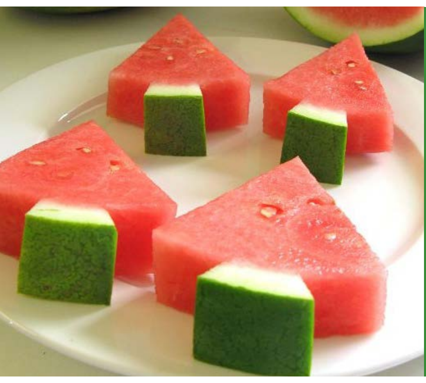
The kids will have fun putting the icing and details on these faces.

Reindeer Bottles

These bottles would make a great kid's craft item that they can fill with chocolate treats or use as a drink bottle.

String Cheese Snowmen

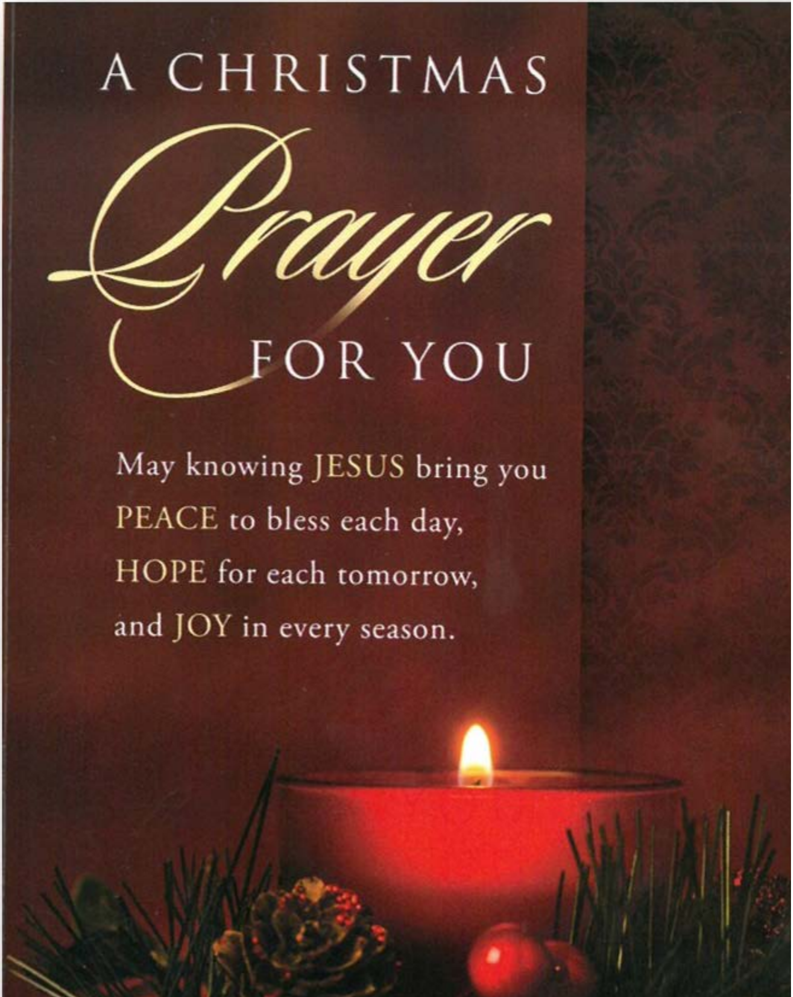
So simple and fun to make!



Watermelon Christmas Trees

With a little bit of effort and cutting skills, a wedge of watermelon can be transformed into fantastic trees. the simmering water to help keep the yolk from breaking.

THIS MONTH'S PASTORAL PRAYER

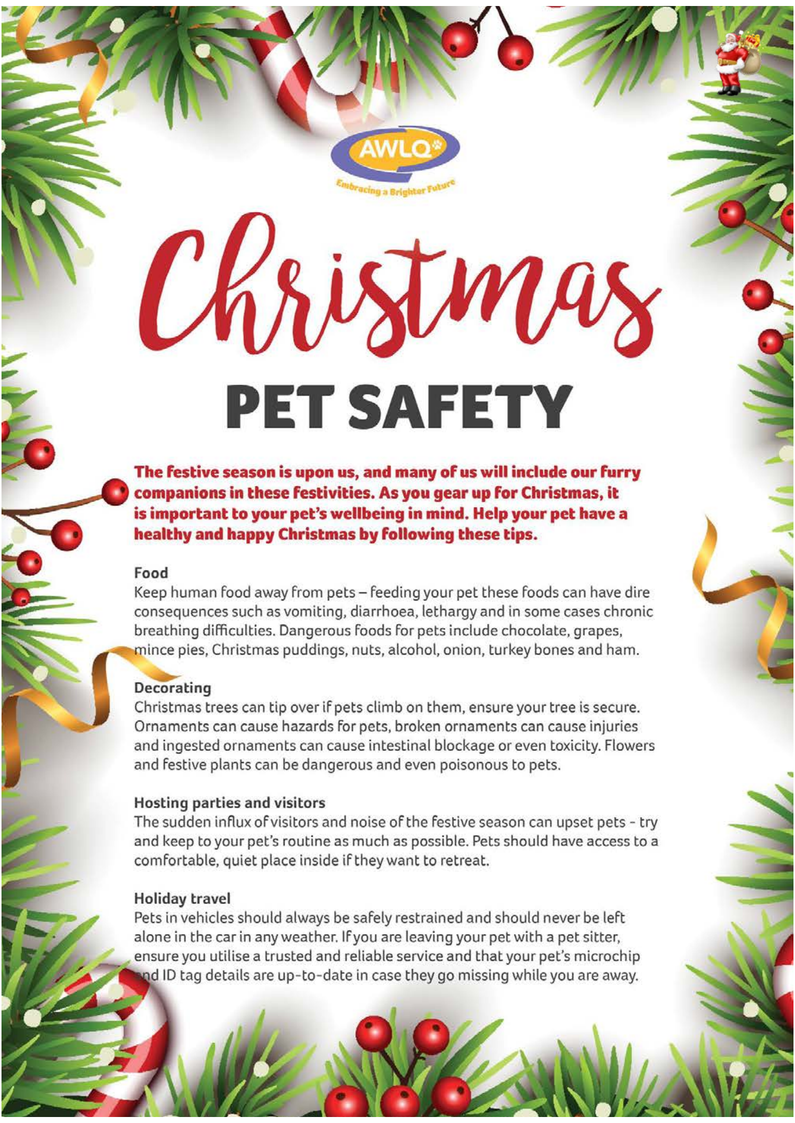


A CHRISTMAS

Prayer

FOR YOU

May knowing JESUS bring you
PEACE to bless each day,
HOPE for each tomorrow,
and JOY in every season.



AWLQ
Embracing a Brighter Future

Christmas
PET SAFETY

The festive season is upon us, and many of us will include our furry companions in these festivities. As you gear up for Christmas, it is important to your pet's wellbeing in mind. Help your pet have a healthy and happy Christmas by following these tips.

Food
Keep human food away from pets – feeding your pet these foods can have dire consequences such as vomiting, diarrhoea, lethargy and in some cases chronic breathing difficulties. Dangerous foods for pets include chocolate, grapes, mince pies, Christmas puddings, nuts, alcohol, onion, turkey bones and ham.

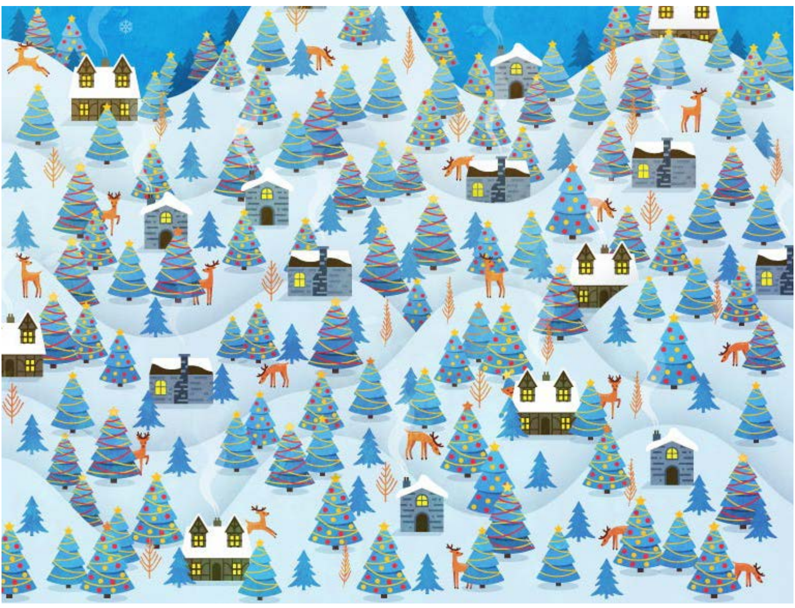
Decorating
Christmas trees can tip over if pets climb on them, ensure your tree is secure. Ornaments can cause hazards for pets, broken ornaments can cause injuries and ingested ornaments can cause intestinal blockage or even toxicity. Flowers and festive plants can be dangerous and even poisonous to pets.

Hosting parties and visitors
The sudden influx of visitors and noise of the festive season can upset pets - try and keep to your pet's routine as much as possible. Pets should have access to a comfortable, quiet place inside if they want to retreat.

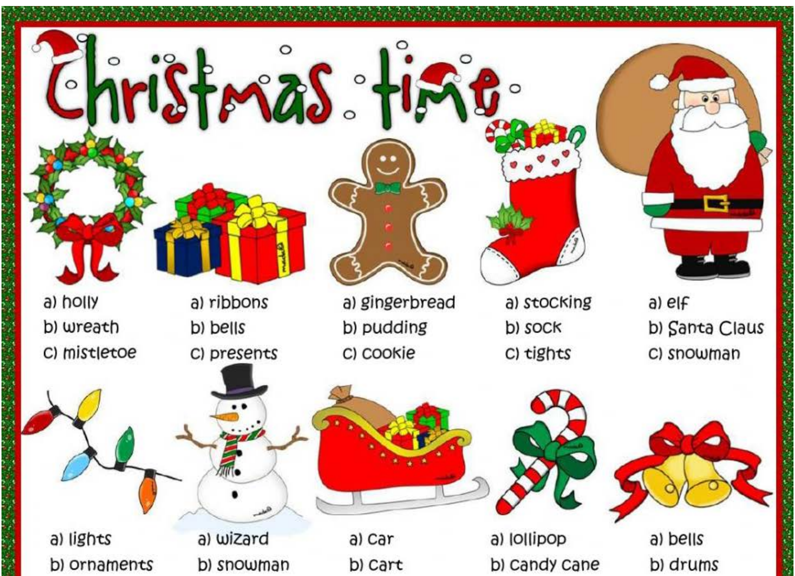
Holiday travel
Pets in vehicles should always be safely restrained and should never be left alone in the car in any weather. If you are leaving your pet with a pet sitter, ensure you utilise a trusted and reliable service and that your pet's microchip and ID tag details are up-to-date in case they go missing while you are away.

TIME TO RELAX

FIND THE ELF IN THIS BRAIN TEASER



MATCH THE WORD TO THE PICTURE



Christmas time

a) holly	a) ribbons	a) gingerbread	a) stocking	a) elf
b) wreath	b) bells	b) pudding	b) sock	b) Santa Claus
c) mistletoe	c) presents	c) cookie	c) tights	c) snowman
a) lights	a) wizard	a) car	a) lollipop	a) bells
b) ornaments	b) snowman	b) cart	b) candy cane	b) drums

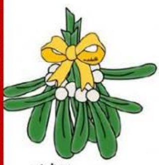
c) tinsel

c) surprised

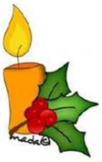
c) sleigh

c) cracker

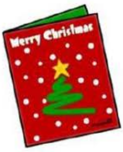
c) stars



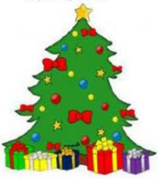
a) ivy
b) mistletoe
c) holly



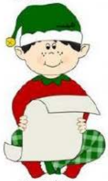
a) candle
b) flare
c) bulb



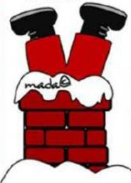
a) letter
b) card
c) fax



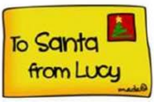
a) Christmas wreath
b) Christmas bush
c) Christmas tree



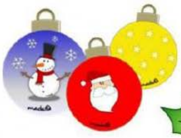
a) fairy
b) dwarf
c) elf



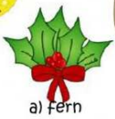
a) fireplace
b) roof
c) chimney



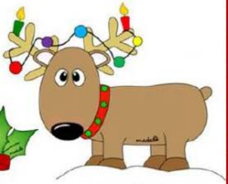
a) fax
b) letter
c) card



a) baubles
b) stars
c) lights

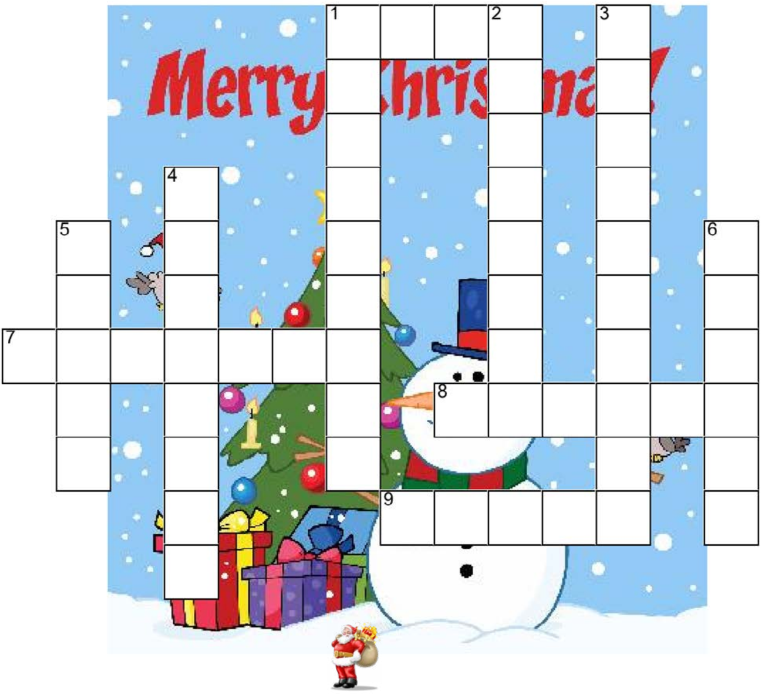


a) fern
b) holly
c) ivy



a) reindeer
b) deer
c) ox

EASY CHRISTMAS CROSSWORD



Across

1. It is usually placed at the top of the Christmas Tree.
7. What is made out of snow and wears a hat and a carrot for a nose?
8. We hang this on a door at Christmas time.
9. We place this on the Christmas tree to decorate it.

Down

1. We hand these by the fireplace.
2. What animal pulls Santa's Sleigh?
3. He wears a red suit and has a white beard.
4. What do you make with snow that is round?
5. Type of cane that we eat at Christmas.
6. We hang these outside and on the Christmas Tree.

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