



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for January.

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 January 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

Welcome to our first edition for 2024. I hope you all had a good break and are ready for the New Year. I took some time off with my daughter and feel rested and ready for whatever this New Year brings. We appreciate feedback both good and bad, my door is always open or if you prefer, please call, or send me an email.

Maryann Inbari - CEO

From the Lifestyle Desk

Hello Everyone

Welcome to our first edition of The Willows Private Nursing Home Newsletter for 2024. We hope you have all had a wonderful Christmas and New Year and were able to spend time with your dear family and friends.

We want to thank all of you who made 2023 such a great year for us. We also extend our thanks to all who made the Residents and Relatives Christmas Party and New Year's celebrations at Willows so special.

Please don't forget to continue checking our notice boards for new and exciting activities. Also, if you have any suggestions on how we can improve our activities program, please do not hesitate to talk to us.

David and Tess

lowimpact Exercise

5

low impact exercises (that are actually fun)

Gentle moves can still give you a good workout.
Here are some ideas to get you moving.

High intensity aerobic exercise – or cardio – keeps your heart healthy, improves your fitness and can reduce your risk of chronic disease. It also burns calories and releases endorphins that lift mood and help relieve pain. But running to the gym every day isn't always an option for everyone. As we get older, or if we're living with an injury, illness, disability or limited mobility, high impact exercises that involve jumping and pounding on the ground may not be the best way to keep ourselves fit and healthy.

The good news is, there are plenty of activities that can be done at high intensity while remaining low impact. Here are a handful of exercises to try that are gentle on your joints, good for your heart, and may even expand your social network.

1. Lawn bowls

The quiet achiever of sports, lawn bowls has become increasingly popular with people of all ages as a way to increase strength, flexibility and coordination. Frequent lunging builds leg and core strength and, if you have a competitive streak, training for a multi-week tournament will get you into peak shape. Joining a bowls club also provides wonderful social benefits, with access to a range of other group activities.

2. Water aerobics/swimming

Aquatic exercise offers the power-combo of cardio plus resistance training. Not only will you churn through calories and increase your heart rate, you'll also be building muscle mass with virtually no impact. Try aquarobics, water yoga or pilates, or ai chi – aquatic tai chi – for something a little different.

3. Ballroom dancing

Even if you have two left feet, ballroom dancing can fill you with mood-lifting endorphins, improve your balance and spatial awareness, strengthen your bones, and burn calories. It's also a wonderful social activity and has been found to foster self-confidence and increase wellbeing. Casual swing, line or square dancing classes are a great way to start. If you don't have someone to go with, that's okay – you'll be partnered with a new friend on the night.

4. Bike riding

In addition to being an environment-loving mode of transport, bike riding offers great cardio benefits while being gentle on joints and preserving cartilage. Whether done outdoors or on an exercise bike, cycling can help reduce body fat and strengthen your thighs, hips and butt – and if you include hills, it will work your arms and upper body. Riding is also a wonderful way to explore national parks or your own neighbourhood. Just make sure you wear a helmet, stick to designated bike paths, obey traffic rules and stay safe.

5. Golf

You don't have to be on a business lunch to reap the benefits of a stroll around the links. Exposure to the natural greenery of a golf course can relax the body, reduce stress, and alleviate anxiety. Swinging the clubs can also increase mobility and build muscle tone, and if you ditch the golf cart, you'll walk between five and seven km every time you play a round of 18 holes.



A New Year's Prayer

May God make your year a happy one

Not by shielding you from all sorrows and pain,
But by strengthening you to bear it as it comes;

Not by making your path easy,
But by making you sturdy to travel any path;

Not by taking hardships from you,
But by taking fear from your heart;

Not by granting you unbroken sunshine,
But by keeping your face bright, even in the shadows;

Not by making your life always pleasant,
But by showing you when people and their causes need you most
and by making you anxious to be there to help.

God's love, peace, hope and joy to you for the year ahead.



JANUARY BIRTHDAY CELEBRATIONS

Maria Alvarez 1st

Teresa Gilio 8th

James Pan 28th



⚠️ WARNING ⚠️

SCAM ALERT

5 WAYS TO SPOT A SCAM

Stay alert, and learn how to identify when something isn't right

Each December, the number of scams and attempted frauds skyrockets as scammers attempt to take advantage of those doing their Christmas shopping. According to research by Capital One UK, 1.9 million Brits were scammed during the 2021 festive period, and a further 3 million fear they *may* have been. So, this year, stay aware with these five tips.

KEEP TRACK OF THE LATEST SCAMS

Age UK has a page (ageuk.org.uk/barnet/our-services/latest-scams) that it regularly updates with details of the latest scams, and it's well worth keeping an eye on it for yourself and any elderly relatives who may be targeted. Most banks, along with organisations like Royal Mail and the National Lottery, have similar pages that list scams related to their services, as well as tips for spotting legitimate contact.

IF SOMETHING LOOKS ODD, TRY GOOGLING IT

Whether it's a call from an unknown number, a message on WhatsApp, or a strange contact on Facebook, most scams are sent to a lot of people, so if you Google the details, you may be able to find sites that will identify it as such.

E.g. searching phone numbers on who-called.co.uk should reveal if it belongs to a legitimate company, or not.

IS IT TOO GOOD TO BE TRUE?

If you receive contact about something that seems too good to be true – such as an unbelievable deal on holiday, or a prize for a competition you don't remember entering – it could be a warning sign. Investigate further or, if your instincts are telling you something is off, let it go.

CHECK YOU'RE DEALING WITH A REAL COMPANY

Some scams are highly calculated and can be very convincing, so it's not always easy to tell if you're being contacted by a real company or an impersonator. Firstly, check whether the company has an address. You may also want to find independent reviews of the company on a site like Trustpilot. Watch out for spelling mistakes or missing details and, once again, visit the company's security page to confirm emails, phone numbers, and requests if you suspect someone may be impersonating an organisation.



If the message is from a company you recognise, asking you to update details or click on a link, a safer option can be to visit the site directly, and log in to your account from there as a precaution.

IS THERE A SENSE OF URGENCY?

If you receive contact that demands payment that you were not expecting, and does so with a sense of threat or urgency, this could be a red flag. Also be aware of any contact that asks you to pay in unusual ways, such as with vouchers or by making an overseas payment. If you can confirm this request is coming from a real company, but you're still unsure if it's legitimate, call the company on the number displayed on their website. 📞



Things we don't tell our friends enough

(Maybe you could drop a friend a message today!)

No matter what's going on, I'm always here for you.

My favourite memories always have you in them.

Thank you for being there for me.

You are so special, and I don't think you even know it!

I'm so lucky to call you my friend.

My life is better for having you in it.

I miss you.

I appreciate you so much.

Wellbeing

Let's go a little deeper...

Take your conversations to the next level, with these 10 prompts

**What's a lesson
you learnt the
hard way?**

*What skills do
you think are
most valuable
in a person?*

**As a child,
what were
you afraid of?**

*What did you
want to be when
you grew up?*

*Can you
describe a
time you felt
awestruck?*

**What is the
soundtrack to
your teenage
years?**

**How much do you
know about your
family history?
Do you have any
stories to share?**

*Which family
member has had the
greatest impact
on your life?*

**What place
holds the most
sentimental
value for you?**

**What achievement
are you most
proud of?**

FoodSafety



Food poisoning is, at best, an unpleasant illness that puts you out of action for a few days. At worst, it can be life-threatening. The majority of people will recover fully from the symptoms of vomiting, diarrhoea and stomach cramps, but some can be left with serious health problems.

One cause of food poisoning is bacteria that have had the opportunity to multiply in food. The bacteria either multiply to sufficient numbers to make us ill or they produce poisons in the food that can cause illness. Cooking food thoroughly, cooling and reheating it rapidly, and ensuring food is at the correct temperature before eating can all help to prevent the bacteria from multiplying.

A spokesperson for the Food Standards Agency (FSA) advises us to keep these five points in mind when reheating food.

1. Use the right equipment and preheat it

Make sure your oven, grill or microwave is working correctly, and make sure to preheat your oven or grill to a hot enough temperature. If they're too cool when you pop the food in, your dinner will take significantly longer to get up to a safe temperature and may take longer than the recommended reheating time.

2. Stir food when reheating food with a microwave

Using a microwave? Follow the instructions to the letter, taking special note of advice on standing and stirring. If it's a dish you made yourself, always stir regularly when reheating to make sure the food is the same temperature all the way through. Microwaving food can leave ingredients very hot round the edges but cold in the middle, stirring helps it heat evenly throughout. It's disappointing when you've sat down to enjoy a nice warm bowl of soup and you hit a cold spot with the first spoonful.

3. Only reheat meat once

The FSA says it's safe to reheat meat in a microwave, but you should only do it once. Smaller pieces are easier to heat more evenly and be sure it's hot all the way through before eating. You can, however, safely cook defrosted meat into a new meal and then freeze it. For example, you can defrost mince for a pasta sauce, and then refreeze it in order to reheat and eat another day.

4. Be really careful with rice

Put rice in the fridge and consume within 24 hours. You can get food poisoning from eating reheated rice – it's not the reheating that causes the problem, but the way the rice has been stored before reheating.

Uncooked rice can contain spores of a bacterium called *bacillus cereus*, which can survive being cooked and cause food poisoning. When you reheat any rice, always check it's steaming hot all the way through.

"Leftover rice should be cooled down quickly and kept in the fridge for no more than one day until reheating. The longer cooked rice is left at room temperature, the more likely it is that the bacteria or toxins will make the rice unsafe to eat," says the FSA.

If the rice is from a takeaway, check how it's been handled if you're planning to eat some the next day, but best to eat it immediately on arrival – it is likely to have been pre-cooked and reheated once already.

5. Serve immediately

Don't hesitate when it comes to jumping in with a fork. Reheated food should be served straight away unless you are holding it at 63°C (145°F) or above for a maximum of two hours. Delay serving your reheated meal and the risk of food poisoning increases significantly, as there is time for harmful bacteria to grow.

How should you reheat food?

As a general rule - use the same method to reheat the food as you used to cook it. If you have the time, slowly reheating food helps it to retain flavour and texture more than a blast in the microwave. Dry, crisp foods retain their texture best in the oven, and a wok or frying pan over a high heat works wonders to reheat stir-fry, shredded chicken or thinly sliced veg. That said, dishes such as curry or chilli can be just as good heated in the microwave, just pop in a tablespoon or so of extra water or stock to stop it drying out..

Should I use cling wrap or foil?

You can use most cling wrap and plastics in the microwave, just make sure you use them as instructed. It's useful when reheating grains such as rice, or other foods that have a large surface area, and can keep foods from drying out. Loosely cover the plate and avoid the cling film coming into contact with the food while cooking to be on the safe side.

You should never use foil in the microwave, but it can help reheated food retain its moisture in the oven. Remove the foil halfway through the reheating time to allow it to crisp up where you want it to.

This is a particularly good trick for dishes with breadcrumbs or lots of cheese, such as fish pie or pasta bake.

Avoid overcooking

Heat foods of a similar density at the same time. A large piece of meat will take longer to reheat than a few stalks of broccoli so reheat food in stages to avoid overcooking. Add ingredients to the plate one at a time, starting with the part of the meal that takes the longest to reheat

Check the temperature

Use a thermometer to check that your food is fully reheated. Stick the instant-read probe into the thickest part of the food to take the core temperature. This avoids all guesswork and reduces the risk of contamination.

***Pizza** Reheat pizza in a dry frying pan or cast-iron skillet. Simply pre-heat the pan and drop the pizza in.

The hot pan will warm the crust through while keeping it crispy. Heat until the tomato sauce is piping hot and the cheese is oozing.

***Chicken** Roast chicken can be reheated as part of a new dish such as risotto or curry, or you can pan-fry it at high heat to make it crispy. Always ensure it is hot all the way through, with an internal temperature of at least 74°C (165°F). Chicken also reheats well covered in foil and placed in a medium oven.

***Fish** It's easy to overcook fish when reheating it. Cook it until the internal temperature is between 54°C and 63°C (130°F and 145°F). Thin, breaded fish is best reheated under the grill, whereas white fish is best recooked in a sauce to keep it moist, or wrapped loosely in foil and reheated in a low oven. At its best, the fish should easily flake when touched with a fork.

This article is a guide. You should research thoroughly before reheating any food.

DON'T **EGG**NORE THIS

**GOOD
EGG**



**BAD
EGG**



Egg health and safety

First of all, let's get some housekeeping out of the way - how to tell if your eggs have gone bad. Flashback to primary school science. Get a wide cup or a bowl and fill it to about three-quarters with water. Plonk the eggs in. If they sink, they're good. If they float, it means gas has developed inside and I'm sorry to say ... they're bad.

How to Tell If Eggs Are Bad

All egg cartons and trays sold in Australia must be marked with a best before date and this is the easiest and most reliable way to check whether eggs are still ok to eat. The best before date signifies the end of the period in which eggs are safe to eat and is calculated as six weeks from the day the egg is packed into the carton.

But what if you've stored your eggs without the carton? Well, in short, you should always store eggs inside the carton you bought them in, inside the fridge. Egg shells are porous, and the carton helps protect the eggs from any potential contamination.

If you don't have the best before date, it's sometimes possible to determine a bad egg simply by smelling it. Good eggs don't smell at all but off eggs will emit a slight sulfuric smell that warns you something isn't right. If you're unsure, crack the egg onto a clean plate to smell it properly. If there's any pungency, throw away the egg and wash the plate thoroughly.

A cleaner and undoubtedly more fun method is to conduct the egg floating test. This is not a myth; fresh eggs sink while bad eggs float to the top.

Simply fill a bowl with cold tap water and place your eggs in it. If they sink to the bottom and lay flat on one side, they are fresh and good to eat.

A bad egg will float because of the large air cell that forms at its base. Any floating eggs should be thrown out.



right balance

health

Choose your perfect self-care scenario

What way of refilling your cup sounds tempting?
It could be a sign to treat yourself today

Option 1

- Read a book
- Declutter a space in your home
- Get some fresh air
- Say 'no' when you need to

Option 2

- Learn a new skill
- Have a personal dance party
- Enjoy a quiet moment with a hot drink
- Deep breathing exercises

Option 3

- Move with yoga
- Cook your favourite dish
- Take a nap
- Social media break

Option 4

- Phone a friend
- Get creative
- Meditate
- Make a list of your goals





COMMON PHONE BATTERY MYTHS



COMMON PHONE BATTERY

In the world of lithium-ion batteries, smartphones take centre stage. Yet they've also sparked an ongoing debate: does prolonged (or overnight) charging wreak havoc on your battery? A number of factors determine a phone battery's lifespan, including its manufacturing age and its chemical age. The latter refers to the battery's gradual degradation due to variables such as fluctuations in temperature, charging and discharging patterns and overall usage.

Over time, the chemical ageing of lithium-ion batteries reduces charge capacity, battery lifespan and performance. According to Apple: "A normal [iPhone] battery is designed to retain up to 80% of its original capacity at 500 complete charge cycles when operating under normal conditions."

Research has found a 2019 smartphone battery could, on average, undergo 850 full charge/discharge cycles before dropping to below 80 % capacity. This means only 80% of the initial battery capacity remains after about two to three years of use.

At this point the battery begins to deplete noticeably faster.

Should you charge your phone overnight?

Most new-generation smartphones will take somewhere between 30 minutes and two hours to charge fully. Charging times vary depending on your device's battery capacity – larger capacities require more time – as well as how much power your charger supplies. Charging your phone overnight is not only unnecessary, it also accelerates battery ageing. Full charging cycles (going from 0 – 100 %) should be avoided to maximise your battery's lifespan.

Samsung says: "Charging your battery up to 100% too frequently may negatively impact the overall lifespan of the battery." Similarly, keeping iPhones at full charge for extended periods may compromise their battery health. Rather than a full top-up, it's recommended to charge your battery up to 80% and not allow it to dip under 20%.

Can your phone be overcharged?

In theory, lithium-ion batteries can be overcharged. This can lead to safety risks such as the battery overheating and catching fire.

The good news is most modern phones have an in-built protection that automatically stops the battery from charging further than 100 % – preventing any damage from overcharging.

However, each time a battery drops to 99 % (due to apps running in the background) it will 'trickle charge': it will start charging again to maintain a fully charged state.

Trickle charging can wear a battery down over time. That's why many manufacturers have features to regulate it. Apple's iPhones offer functionality to delay charging past 80 %. Samsung's Galaxy phones provide the option to cap the charge at 85%.

Can your phone explode from charging?

It's very unlikely your smartphone will explode as a result of charging – especially since most phones now have automatic protections against overcharging. Still, over the years we have seen several reports of phones exploding unexpectedly. This usually happens as a result of manufacturing faults, poor-quality hardware or physical damage.

Lithium-ion phone batteries overheat when the heat generated during charging is unable to dissipate. This may cause burns or, in extreme cases, lead to a fire. Also, these batteries operate effectively within a temperature range of 0°C to 40°C. They may expand at higher ambient temperatures, potentially causing a fire or explosion. Using an incorrect, faulty or poor-quality charger or cable can also lead to overheating, fire hazards and damage to the phone itself.

Tips to enhance your battery's lifespan

Although your phone has in-built safety mechanisms to protect its battery, taking a cautious approach will make it last even longer. Here are some ways to protect your phone's battery:

1. Install the latest software updates to keep your phone up-to-date with the manufacturer's battery efficiency enhancements.
2. Use original or certified power chargers, as the power delivery (amps, volts and watts) in off-market chargers can differ and may not meet the required safety standards.
3. Avoid exposing your phone to high temperatures – Apple and Samsung say their phones work best at 0°C to 35°C ambient temperatures.
4. Limit your charging to 80 % of the full capacity and don't let it dip below 20 %.
5. Don't leave your phone charging for an extended period, such as overnight, and disconnect it from the power source if the battery reaches 100 %.
6. Keep your phone in a well-ventilated area while it's charging and avoid placing it or the charger under a blanket, pillow or your body while it's connected to a power source.
7. Monitor your battery health and use to identify unusual trends, such as taking an excessive time to charge, or rapid draining.
8. If you notice your phone is heating up excessively, or has a bulging or swollen back, get an authorised service centre to check and repair it.

If you want specific details about your particular phone and battery, the best option is to follow the manufacturer's guidelines.

Charity SHOPPING



The ultimate guide to charity shopping

From tips for spotting the signs of good quality clothes to unique uses for everyday items, we've put together everything you need to know for shopping success.

In numbers shared by the Charity Retail Association, income from charity shops rose by more than 15% in the first quarter of 2023, as compared with the same period last year. Charity shops are seeing a bit of a boom, and it makes complete sense.

The cost of living crisis is having a tangible impact on our expendable income. Let's face it, when energy bills are through the roof, splashing out on non-essentials feels, well, non-essential. What's more, a lot of us are having a hard think about how we can make our shopping more sustainable. And the obvious answer to both those scenarios is: charity shops. But, so much more than just a last resort, charity shops can be a gold mine for unique, high-quality items. Here, we've put together everything you need to know in order to get the most out of your thrifting trip.

Forget about brands

When it comes to picking up high-quality clothing, a good skill is the ability to look past brand labels and assess the quality of fabric and construction for yourself.

This is particularly helpful when charity shopping, when you'll likely pick up clothing from brands you haven't heard of before. So, how can you tell what's worth its weight, and what's not going to hold up? Here are some key quality markers to consider:

- **Take a look at the seams** (where two pieces of fabric are joined together).

Give them a light tug, the kind of pressure they may come under from normal movement. Do the stitches strain, and the fabric pieces part or warp? Or do the seams hold firm? Ideally, the piece will fall into the latter category. Next, take a closer look at the stitching itself. Manufacturers who care about quality will take the time to make sure construction is neat. Are the stitches straight and even? Or are they wonky, with loose threads?

- **Consider the fabric quality.**

You'll usually find this sewn onto an inside seam, it's the label with the washing symbols on, and it will also tell you what fabric the item is made from. Synthetic fabrics, such as polyester, nylon, viscose (sometimes called rayon), and acrylic are usually used for lower-quality clothing, and come with a hefty carbon footprint. When buying second-hand, this is less of a problem, as you're reusing the fabric in a sustainable way - however, synthetic fabrics are cheap to produce, and so tend to be used for lower-quality garments. If it's durability you're after, keep an eye out for linen, silk, cotton, and 100% wool.

- **Test the sheerness.**

Excluding any particularly slinky numbers, clothing that is unintentionally sheer is usually a sign of poor quality. Just place your hand inside the garment - can you see it? Different fabrics have different characteristics but, generally speaking, the higher the thread count (and, therefore, the less-sheer), the higher the quality.



Famous ANIMALS in History

Animals hold a special place in our hearts – even animals we've never met! From headlines to the big screen to social media stardom, many animals have reached a level of fame that is doggone impressive!



Lassie watches as Jeff (Tommy Rettig) works on his bike in 1956. The "Lassie" pictured was the son of Pal, the first canine to be cast in the role of Lassie.

The soil had sifted through the corrugated sections at the pipe joinings, filling as much as half of the pipe, giving Smoky only four inches of headway in some places. What would have been a dangerous, three-day digging task for the corps to place the wire was instead completed in minutes, thanks to Smoky.

Stubby was another famous war terrier. Private Robert Conroy adopted the orphan pup while attending basic training on the campus of Yale University in 1917. When Conroy was deployed to France during World War I, he smuggled his canine friend aboard. When Stubby met Conroy's commanding officer, he greeted him with a perfect paw salute.

Stubby became the mascot of Conroy's unit and went with him to the Western Front. Sergeant Stubby's brave deeds earned him a place in history and in the National Museum of American History in Washington, D.C., where his stuffed body, decorated with war medals, can still be seen.

A dolphin named Tuffy completed the first successful open-ocean military exercise. The United States Navy created the Marine Mammal Program in the 1960s to study and train dolphins, beluga whales, sea lions, and other marine mammals. Tuffy carried mail and tools to military personnel 200 feet underwater and was also able to guide lost divers to safety.

Let's look at animal actors, White House pets, hero animals, and today's social media animal influencers.

ANIMAL ACTORS

If you grew up in the '50s, '60s, or '70s, chances are that the dog Lassie was an important part of your TV consumption. "Lassie" was the story of the heroic deeds of a collie dog. Films about her exploits date back to 1943's film, "Lassie Come Home."

Early Lassie films and shows featured pet actor Pal as Lassie. In 1940, Pal was an 8-month-old puppy driving his owner crazy. The dog chased cars, chewed furniture, and was not housebroken. The owner took Pal to a kennel and dog-training school operated by Rudd Weatherwax, and within a week, Pal had mastered basic obedience training.

When the owner was notified that he could claim the dog, he was reluctant. He struck a deal with Weatherwax that the trainer could keep the dog.

Weatherwax was so impressed by Pal that he began training him for a potential movie career. Pal was not originally cast in the lead role. He was selected to be the stunt dog for the lead. However, once filming began, Pal showed that he was a star when he performed impressively during the scene where Lassie struggled to swim the swollen Tweed River.

Pal starred in many Lassie movies, though he did not always play the role of Lassie. Pal's descendants Laddie, Bill, and Shep also starred in later Lassie movies.

Another famous animal, Mister Ed, was popular on television from 1961 to 1966. The show's main character was a talking horse that originally appeared in short stories by Walter R. Brooks.

The title role of "Mister Ed," a talking palomino, was played by a gelding



Sergeant Stubby was a decorated veteran of World War I.

Photo courtesy of Smithsonian Institute

named Bamboo Harvester (credited as "Himself," as was standard for non-human characters in Filmways productions) and voiced by actor Allan Lane.

Les Hilton was Bamboo Harvester's trainer. To create the illusion that Mister Ed was talking, Hilton initially used a thread technique in the horse's mouth. Over time, though, this became unnecessary. Bamboo Harvester learned to move his lips on cue when the trainer touched his hoof.

Mister Ed has a connection to Oklahoma, as Bamboo Harvester's body is buried in Tahlequah. He lived on the farm where he was buried following his acting career until he passed away in 1979.

"Flipper" was another animal-based television program popular in the 1960s. Flipper was a bottlenose dolphin, the pet of Porter Ricks, chief warden at a marine preserve. Flipper was originally played by a female dolphin named Susie. Over time, she was portrayed more regularly by another female, Kathy, and occasionally by Party, Scotty, and Squirt.

Female dolphins were chosen as actors because females are typically less aggressive than males, and their skin is usually free from scars, in comparison to male dolphins. The lack of scars or other disfigurements allowed multiple dolphins to play the same character.

The five female dolphins performed all of Flipper's tricks except for the famous tail walk, a trick they were unable to master. A male dolphin named Clown performed the tail walk. The famous "voice" of Flipper was the doctored song of a kookaburra bird.



Mister Ed and Wilbur, played by Bamboo Harvester and Alan Young.

Photo courtesy of CBS, via Photofest

Elsa the Lioness is one of the most famous documented animals of all time. She was a female lion who lived from 1956 to 1961 and was raised by game warden George Adamson and his wife, Joy Adamson, along with Elsa's sisters Big One and Lustica. Her sisters went to live at the Netherlands' Rotterdam Zoo, while Elsa was trained by the Adamsons to survive on her own. She was eventually released into the wild.

ANIMAL HEROES

Smoky was a Yorkshire Terrier who ran communication wires through an underground pipe to save servicemen during World War II.



Smoky the Yorkshire Terrier was a World War II heroine.

Photo courtesy of military.com

In February 1944, an American soldier found Smoky in an abandoned foxhole in the New Guinea jungle. Another soldier then sold Smoky to Corporal William A. Wynne. For the next two years, Smoky backpacked with Wynne and accompanied him on combat flights in the Pacific.

Smoky's tricks enabled her to become a hero in her own right by helping engineers build an airbase at Lingayen Gulf, Luzon, Philippines, a crucial airfield for Allied warplanes. The Signal Corps needed to run a telegraph wire through a 70-foot-long pipe that was 8 inches in diameter.

Be Kind

TO ONE ANOTHER



from our kitchen
to yours

ROASTED Butternut SQUASH Soup

ingredients

1 LARGE BUTTERNUT SQUASH
OLIVE OIL
2 TBSP. BUTTER
1 ONION, CHOPPED
1 TART APPLE, CHOPPED
1 SMALL PEAR, CHOPPED
3 CUPS CHICKEN OR VEGETABLE STOCK
2½ CUPS HALF & HALF CREAM
PINCH OF GRATED NUTMEG
2 TBSP MAPLE SYRUP
SALT • PEPPER TO TASTE



HEAT OVEN TO 400°F
• CUT SQUASH IN HALF LENGTHWISE
• REMOVE SEEDS WITH A SPOON
• BRUSH CUT SIDES WITH OLIVE OIL
AND PLACE ON A BAKING SHEET
CUT SIDES DOWN
• ROAST SQUASH IN OVEN FOR 45
MINUTES OR UNTIL SOFT
• IN A SOUP POT, MELT 2 TBSP
BUTTER, SAUTÉ ONION UNTIL
TRANSLUCENT
• ADD CHOPPED APPLE • PEAR
TO SOUP POT, COOK, STIRRING
OCCASIONALLY FOR 10 MINUTES
• WHEN SQUASH HAS FINISHED
COOKING, REMOVE THE FLESH
FROM THE SKIN WITH A SPOON
• ADD THE SQUASH TO THE
SOUP POT
• PUREE SOUP WITH A HAND BLENDER,
OR CAREFULLY IN BATCHES IN A
REGULAR BLENDER
• ADD NUTMEG, SALT • PEPPER,
MAPLE SYRUP AND HALF-HALF
• REHEAT GENTLY AND SERVE



**WHAT'S
ON?**

**DURING
THE MONTH OF
JANUARY**



AUSTRALIA DAY PARTY

2.00am Friday 26th

ITALIAN GROUP

11.00am Friday 5th

BIRTHDAY CELEBRATION

2.00pm Tuesday 2nd Maria's Birthday

ART GROUP THERAPY

2.00pm Every Monday

MENS CLUB

2.00pm Friday 19th

BIBLE STUDY

11.00am Every Thursday

LADIES GROUP

10.00am Friday 12th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00pm Friday 19th

BUS OUTING

9.00am Wednesday 10th & 24th

* Subject to change.



DO YOU REMEMBER?

The
CORNER
STORE



The slow death of the Australian icon that is the corner store (or milk bar, or deli)

The neighbourhood corner store was once a colourful and vibrant hallmark of typical suburban life. For decades, families would flock to the closest milk bar or deli, depending on where you are in Australia, to buy mixed bags of lollies, ice creams, fresh milk and bread, or to pick up a copy of the daily newspaper. But those days are all but over – supermarkets, petrol stations and on-demand smartphone apps have well and truly turfed out the local convenience store. “The milk bar really hasn’t just shut up shop overnight, it’s been happening for at least 40 years, but now it’s pretty rapid,” said Eamon Donnelly, the author of a coffee table book documenting Australian milk bars.

- Corner stores are known as milk bars or delis in different parts of Australia.
- They were the neighbourhood focus of retail for all manner of small purchases.
- But the rise of multinational chains and on-demand home deliveries is killing them off.

“They just can’t sustain the business – the rents are huge and if you don’t have that traffic and customer base then it’s really difficult to see it surviving.”

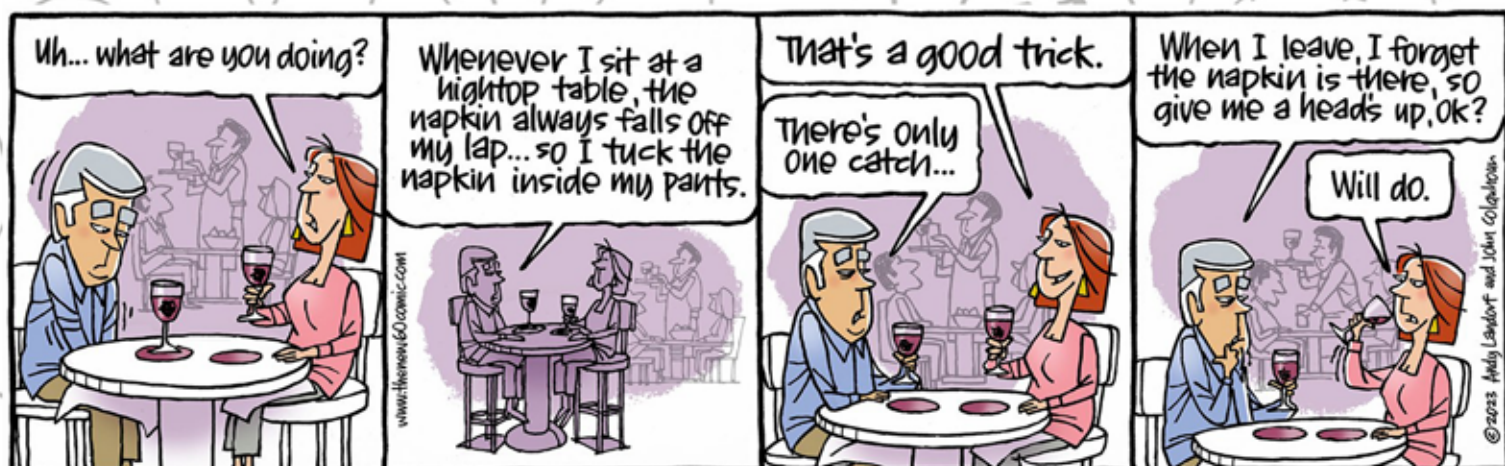
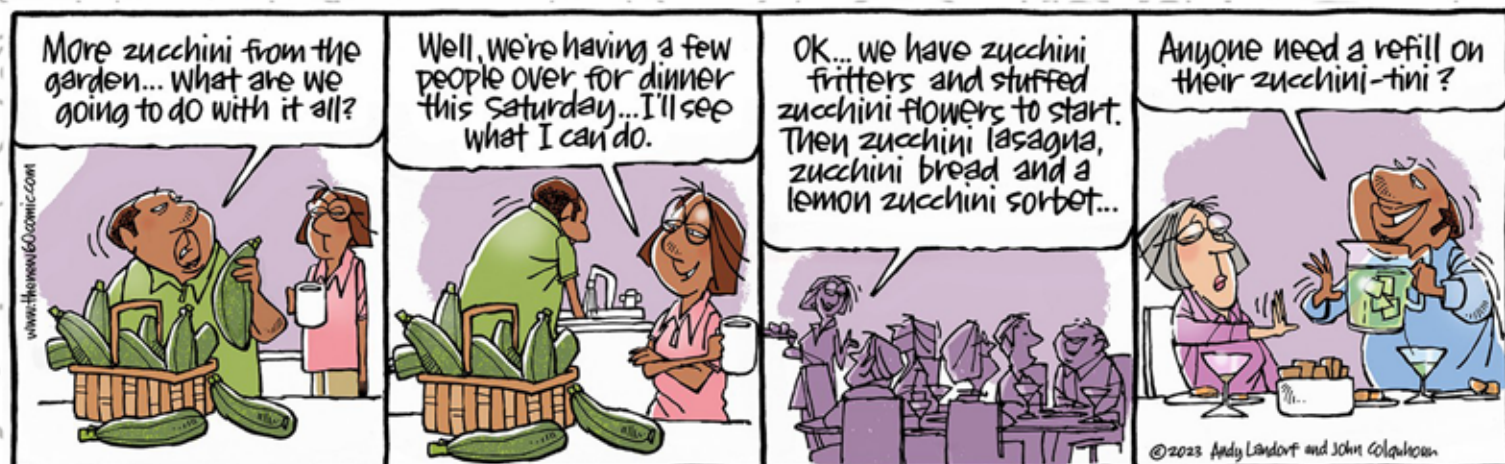
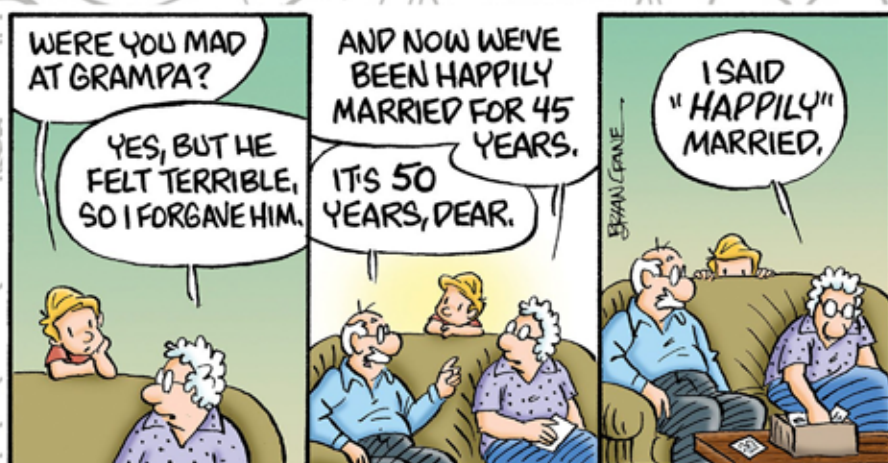
Lollies, ice-creams and colour

Take a walk in any well-established neighbourhood and you’re bound to find a building that was once a milk bar. Many of those shops have been converted to homes or cafes, but a great deal of them sit empty, rusting away in the same communities they once proudly served.

Mr Donnelly said for himself and millions of others, a trip to the corner store was a part of growing up in Australia. “It was that first taste of independence, it was the first place many people bought something of their own. “It’s such a vivid Australian memory, going up to the milk bar on a Saturday with your friends and getting a couple of ice creams and just hanging out for hours and hours, before social media and before phones.”



LAUGH FACTORY



I
BEG
YOUR
PARDON



Senior Moments

AN ELDERLY MAN FEARED HIS WIFE WAS LOSING HER HEARING...!

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family Doctor to discuss the problem. The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.

"Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens." Then in a normal tone he asks, "Honey, what's for dinner?"

No response.

So, the husband moves to closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?"

Still no response.

Next, he moves into the dining room where he is about 20 feet from his wife and asks, Honey, "What's for dinner?"

Again, he gets no response so, He walks up to the kitchen door, about 10 feet away.

"Honey, what's for dinner?"

Again, there is no response.

So, he walks right up behind her. "Honey, what's for dinner?"

"James, for the FIFTH time I've said, CHICKEN!"

**THE PROBLEM MAY NOT BE WITH THE OTHER ONE AS WE ALWAYS THINK,
COULD BE VERY MUCH WITHIN US..!**

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



COLOUR ME IN

HAPPY
NEW
YEAR!



BRAINPOWER

SUDOKU

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Find the answers on last page

missing LETTERS

OCCUPATIONS MISSING LETTERS IN WORDS

Find the answers on last page



d _ n _ e _



g _ r _ e _ e _

f _ o _ i _ t



m _ g _ c _ a _



c _ s _ i _ r

r _ p _ r _ e _



a _ t _ s _



a _ t _ o _ a _ t



b _ l _ e _ i _ a

m _ s _ c _ a _



c _ a _ h



c _ e _ i _ t



c _ r _ e _ t _ r

b _ r _ e _



m _ c _ a _ i _



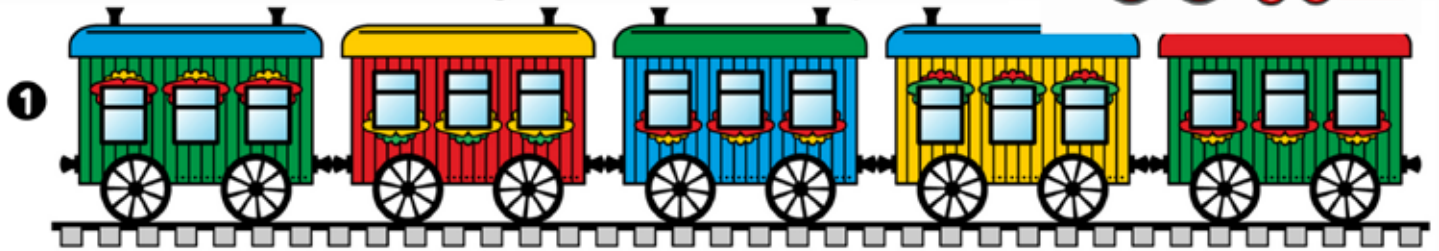
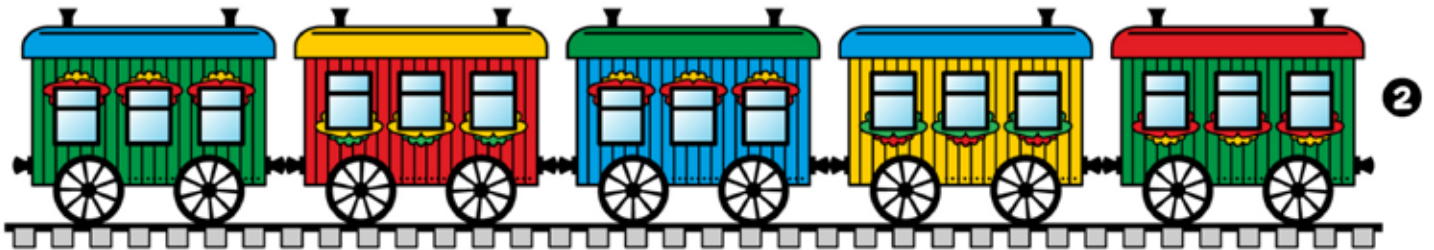
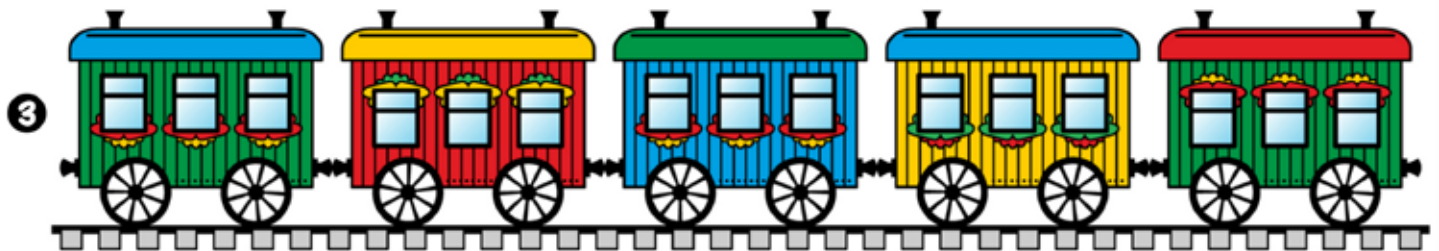
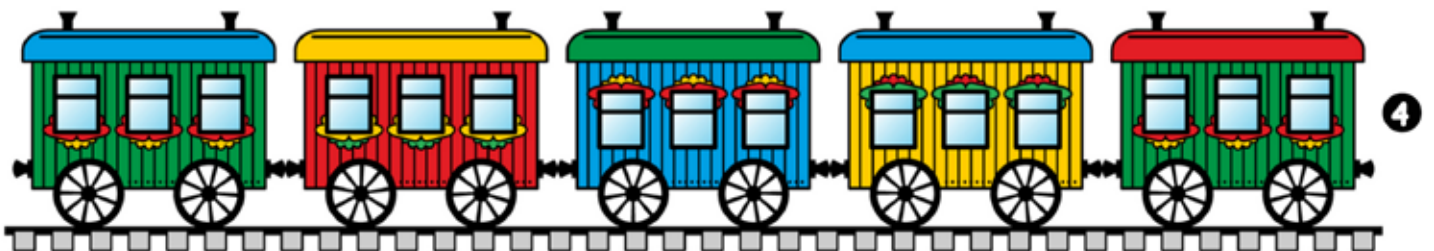
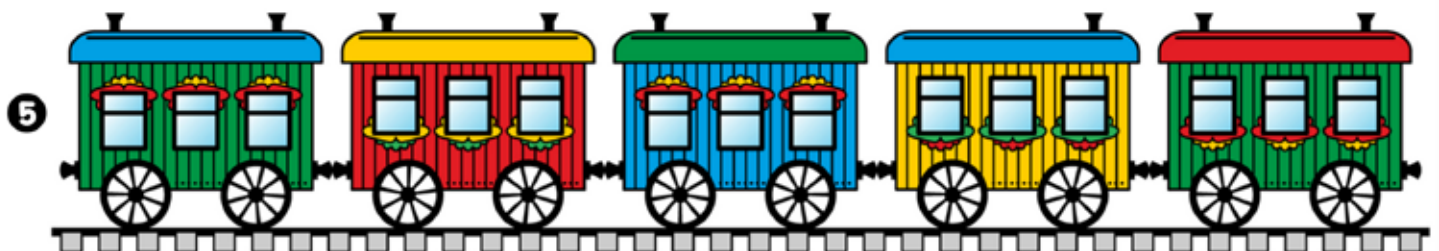
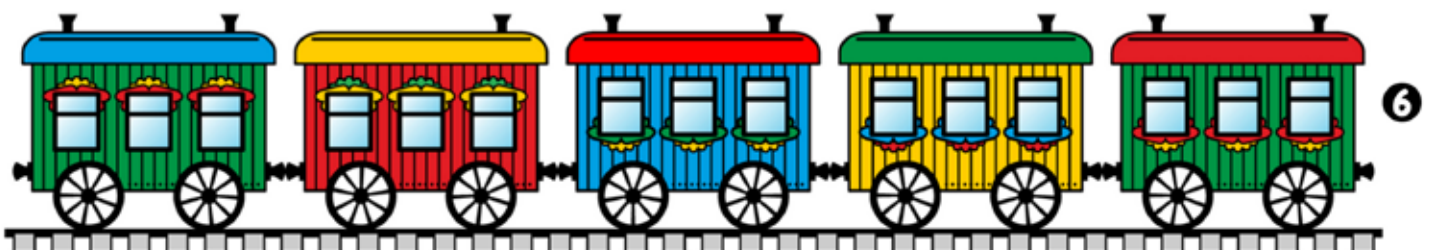
p _ u _ b _ r

Mmmmm!

Find the answer on last page

IDENTICAL TWINS

Two trains are the same. Can you find the matching trains?



missing LETTERS

ANSWERS

dancer
gardener
florist
magician
cashier
reporter
artist
astronaut
ballerina
musician
coach
chemist
carpenter
barber
mechanic
plumber

SUDOKU

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

Twin Trains Solution 2 & 5



NEW YEAR.
NEW CHANCES.
NEW OPPORTUNITIES.

Hope you enjoyed our newsletter

***DISCLAIMER: THE ARTICLES IN OUR NEWSLETTERS
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All our articles, including but not limited to, text, graphics, images and other material contained herewith are for informational purposes only.

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