



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for September.

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 September 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.

Welcome September

From the Admin Desk



I'm happy to report that things have settled very nicely since our last outbreak and everyone is settling into their normal routines. The weather is getting warmer and hopefully soon we will be able to sit in the gardens again and enjoy the sunshine. Sarah has decided to make a lifestyle change and is moving to the country, we are sad to see her go but wish her and her family all the best on their move. We have hired a replacement and I will be introducing her to all of you in the coming weeks.

To all our Dad's - we wish you a Happy Father's Day and hope you all get spoiled on the day.

Maryann Inbari - Facility Manager Organisational & Financial Controller

From the Lifestyle Desk



Hello Everyone!

Welcome to the first month of spring! The warmer weather will be a welcome change to those chilly winter days! We have much to celebrate in September with Father's Day coming up on the first Sunday of September! We would like to wish all Father's a very special Father's Day!

Please keep an eye out on the program for new and exciting activities! We have recently introduced "Mass on Demand" an online Catholic Mass service which is live from YouTube Sydney. We will be streaming this service Every Sunday. We look forward to your feedback on this program!

Cheers,

Cynthia and David - The Diversional Therapy Team

BORN IN September



SEPTEMBER'S FLOWER IS

THE *Aster*.

A SIMPLE SIGN OF FAITH,

THE *Sapphire* HOLDS THE SECRET
TO TRUTH,

SO HOPING YOUR BIRTHSTONE SURROUNDS

YOUR HEART WITH HAPPINESS

AND YOUR *Birthday* BE

BOTH WARM AND BRIGHT

AND SPECIAL LIKE AN

INDIAN SUMMER.





HAPPY

FATHER'S

DAY!

SUNDAY

SEPTEMBER

4TH

9 positive ways to gain • Serenity

CHECK YOUR THOUGHTS

As we are living in a chaotic world, we cannot control everything that is occurring around us. Thinking more positive thoughts on a higher vibrational level keeps our immune system boosted. It all begins with your thoughts.

You really are what you think!

TURN OFF NEGATIVITY AND UNPLUG SCREENS AND DEVICES

You might be surprised to learn that even powered-down electronics suck your own personal energy. This is called VAMPIRE POWER. Turn off the news; nightly news flood our minds with chaos and disturbing thoughts which in turn means poor sleeping. The simple solution is to leave your electronics unplugged at all times unless you're actually using them.

START YOUR OWN GRATITUDE JOURNAL

This is a very easy way to achieve peace of mind. Find a space you feel relaxed and comfortable in and make a daily list of uplifting, joyful moments and congratulate yourself on your positive achievements.

DRIVE LESS, WALK MORE

Choose to walk, ride a bike or take the bus. Leave the car at home use less petrol and put less fumes into the environment. You will also increase your fitness level.

GROW YOUR OWN FOOD AND EAT LOCAL

If you have just a small patch of garden or a bigger piece of land, try growing some herbs, salad, vegetables and more if possible. If eating out, make sure it is local and has in-season produce. A general rule for where something is grown is the closer to you, the better.

TAKE TIME OUT TO GET FITTER, STRONGER, HEALTHIER, HAPPIER

Move your body and mind as #exerciseismedicine #movementismedicine.

Join a fitness and wellness class. Your personal vibrations are lifted, your mental health improves and your hormones are balanced.

MEDITATE DAILY

Just 20 minutes a day of Yoga will leave you invigorated. It reduces stress and anxiety through complete mind-body relaxation and visualised positive intentions.

PRACTICE CREATIVE VISUALISATIONS

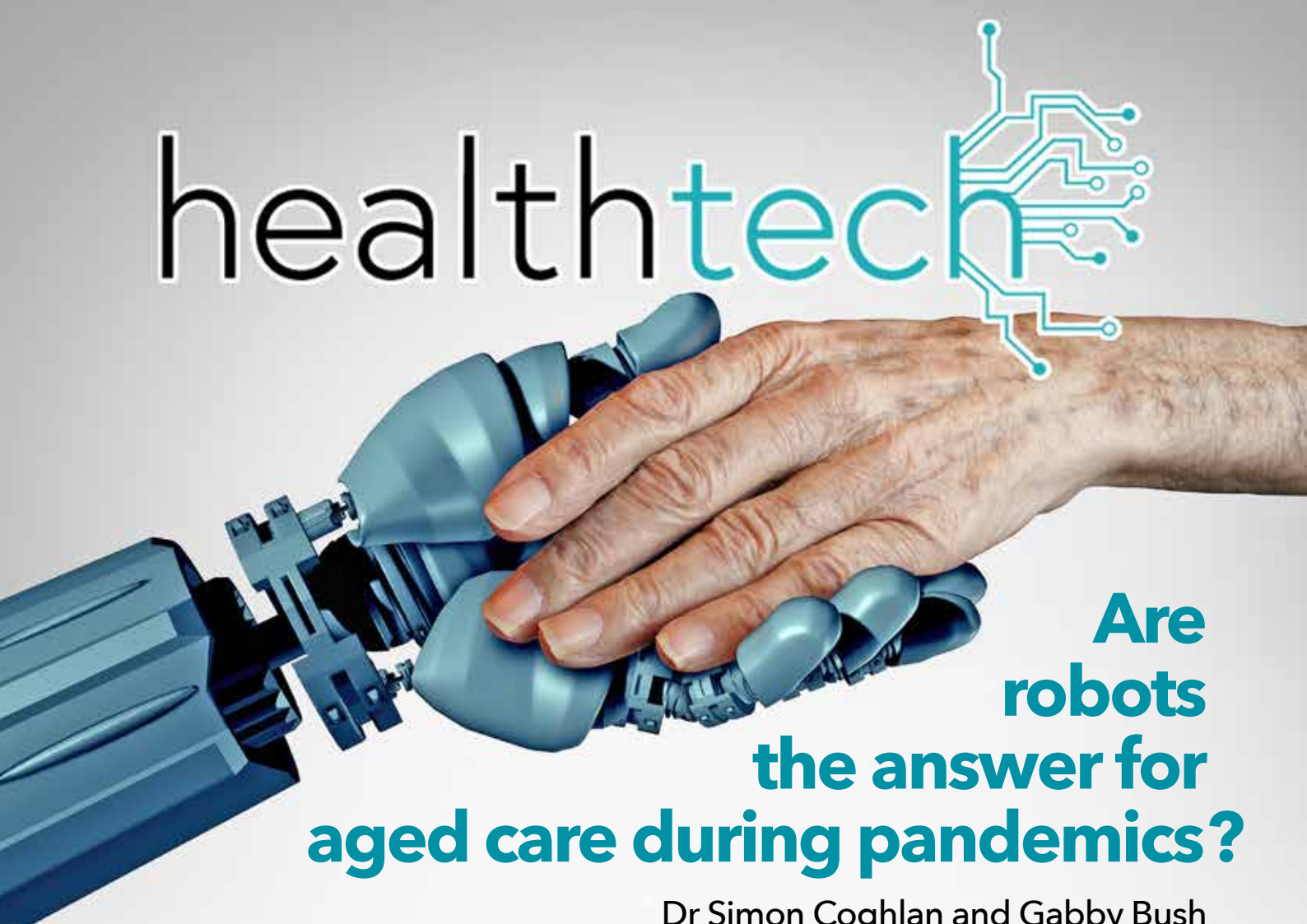
Create scenarios in your mind that you wish to see happen. Feel what it is like and see it happening and release to the universe.

DECLUTTER HOME AND ENVIRONMENT

It is important to declutter your home and the environment around you. You will feel calmer and clearer.

This will help save our landfill. Unless cotton is labelled as 'organic', there's a high chance that it is genetically modified cotton sprayed with pesticide, which can be damaging to non-GMO crops.

healthtech



Are robots the answer for aged care during pandemics?

Dr Simon Coghlan and Gabby Bush

In an echo of the devastating COVID-19 outbreak in Victorian aged care homes in 2020, the virus also struck aged care in New South Wales, leaving people fearing for older parents and friends.

The care staff in the NSW outbreak, many of them unvaccinated, posed a transmission risk to residents. Meanwhile, the industry is also facing staff shortages that are set to be exacerbated by rising demand and a looming shortage of younger workers as the population ages.

This raises the question of whether robots might help in caring for humans. For example, properly cleaned care robots would not transmit COVID-19 the way humans do. But the idea that future robots might do care work is controversial.

Are robots the answer, or a threat to the future of care?

Some people may have encountered simple types of care robots. Robots are already used in homes and healthcare systems around the world. ElliQ is a talking bot with a tablet designed to interact with older people. Care-O-bot has pivoting joints and can fetch objects and answer questions.

RIBA, with its friendly bear-like face, can pick people up and carry them around a hospital or care home. While Kasper, a friendly childlike robot, helps children on the autism spectrum develop their social skills.

Robot Care

Our recently published study, 'Robots and the Possibility of Humanistic Care', examines the potential of robots to provide not just functional care- like cleaning, lifting, feeding, and taking blood pressure - but also the affective care we tend to think only a human can provide - like comfort, reassurance or company to anxious, ill or lonely people.

Often function and affective care go together – for example, when a nurse takes our vital signs while kindly asking us how we are feeling. So, could robots also provide affective care as well as functional care? To a degree, this already happens.

Research suggests that robots like Paro, the fluffy baby seal robot who provides “unconditional love for residents with dementia”, can help aged care residents to feel less anxious or lonely and lift their spirits.

Care robots are efficient and untiring. They are potentially less obtrusive than humans and might afford patients some more privacy and dignity in washing or using the bathroom. And as technology progresses, robots will become more lifelike. Instead of having shiny hard surfaces, they may have soft and supple ‘skin’. Future robots could also have faces that are more expressive of moods and feelings.

Humanistic Care

Artificial intelligence should enable future robots to recognise individuals and their emotions, and to engage in more natural conversations. Care robots may begin to resemble the kind nurse who speaks reassuring words to comfort anxious patients. Yet, humanoid care robots also cause skepticism and alarm. For example, there seems to be something special about care that is distinctively or uniquely human.

A ‘humanistic’ caregiver does not only provide functional care and display some concern, but also shows human forms of deep, sympathetic understanding.

Humanistic care could involve showing human solidarity and expressing to a sick or isolated person the idea that they are a fellow traveller in life.

These kinds of expressive acts can comfort and console partly by reminding the other of their own precious humanity.

Some humanoid robots may compellingly mimic humanistic care. Their bodies may resemble human bodies and their gestures and words may appear to express human understanding and sympathy. But, as we know, robots do not have actual human bodies or human understanding. They can only simulate human aged care workers, nurses or doctors.

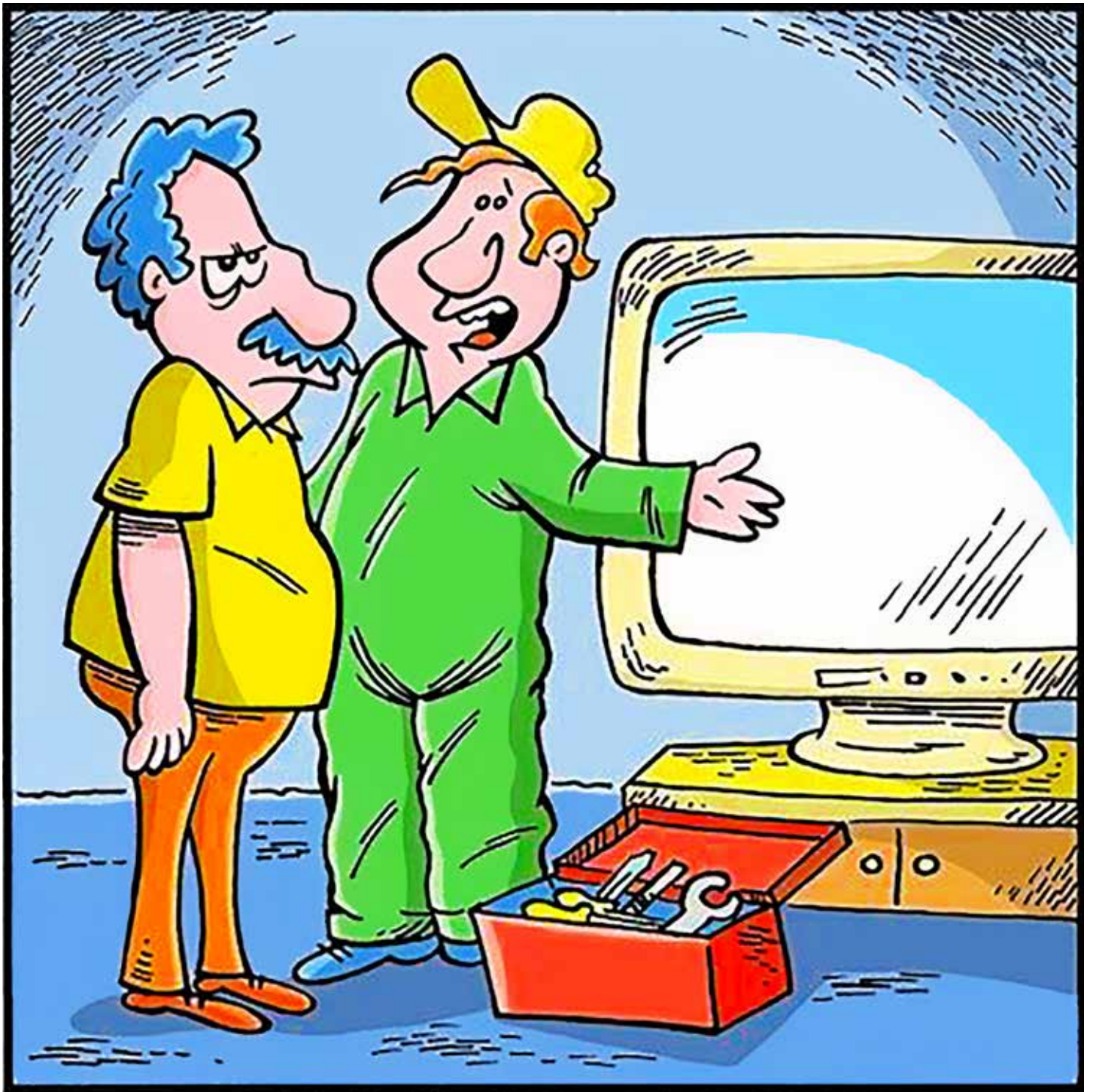
Many people could be repelled by humanlike care robots, including people who distrust technology. Nonetheless, robot care that resembles humanistic care might provide comfort to some sufferers. Having a low-risk workforce on standby for crises, like COVID-19, could help protect our most vulnerable.

Even so, there are real concerns that robots could put carers out of work and replace the ‘human touch’. Once humanoid care robots are deployed, it might be hard to roll them back.

What seems necessary in a pandemic could become normalised in aged care and hospitals, and future pandemics are bound to arise. As robots become better mimics of humanistic care, society might want to consider if and how they might be used.

Some people may come to regard robots that can safely take blood pressure, change the bedpan and offer a joke or a thought that evokes a sympathetic human presence as something they need, and even have a right to.

However, no-one should be coerced into accepting robot care. After all, some patients and aged care residents will find robot caregiving creepy and unsettling. And ensuring that robots don’t undermine genuine human care remains essential.



'The problem isn't your high definition TV, it's your low definition eyes.'

SEPTEMBER BIRTHDAY CELEBRATIONS

Voula Gouvoussis 14th

Harold Terlich 19th

Fred Cooper 23rd

Losana Rambuli 25th





Every night, something mystical happens. We doze off in a bed and wake up in a bed - only now, hours and hours have passed without our hardly realising. What we also may not be aware of is the position we are sleeping in - is it actually a neutral and comfortable position for our body?

Our body sometimes does not register our sleeping position. After all, we are asleep, how can we know if a sleeping position is comfortable? This could be a reason why so many of us wake up sore in certain areas as opposed to waking up feeling revitalised as we should.

There are usually three positions which people sleep in: back sleeping, side sleeping, and front sleeping - each of them with their own set of benefits and draw backs. If you wish to experiment with different sleeping methods, it is best to consult with your doctor or specialist to obtain proper medical advice.

BACK SLEEPING

Many people have heard that back sleeping can cause sleep apnoea and lower back pain. This can certainly be the case if not done correctly. The recommendation for healthy back sleeping is to raise your legs above horizontal to alleviate pressure from your lower back and increase blood flow. It might also be helpful to support your neck with neck-support equipment.

SIDE SLEEPING

Arguably the most common sleeping position, side sleeping resembles the recovery position in emergency situations and is a neutral pose. There are many variations to the side sleep, however, the most common and comfortable involves arching your back slightly and lifting your knees up so they are placed at a 45-degree angle. Side sleeping is generally recommended for those with hip and back pain, and pillows between the knees and other buffer spots are commonly used. Where you may run into trouble with side sleeping is in shoulder or neck pain. Long-term favouring of a single sleeping side may cause pain and injury to the side you are sleeping on.

FRONT SLEEPING

Generally considered the worst sleeping position by many professionals, front sleeping can potentially induce lower back and neck pain. Professionals recommend using a soft pillow, or no pillow at all, so that your neck will not be at an awkward position.

Visiting a chiropractor, physiotherapist or any other medical practitioner is a great option if you are concerned about how your sleeping position is affecting you. It might be worth having a chat and consultation. About a third of our life will be spent in our sleeping position, we might as well get it right!



NOT JUST A PRETTY BOOKSHELF!



Most people have a few books lying around their home. Whether or not they read them is a subject for a different day. If you're an avid reader or you just like surrounding yourself with books you might spontaneously pick up on a rainy day, how you store your books makes a huge impact on the aesthetic of your place.



Library Bookshelf

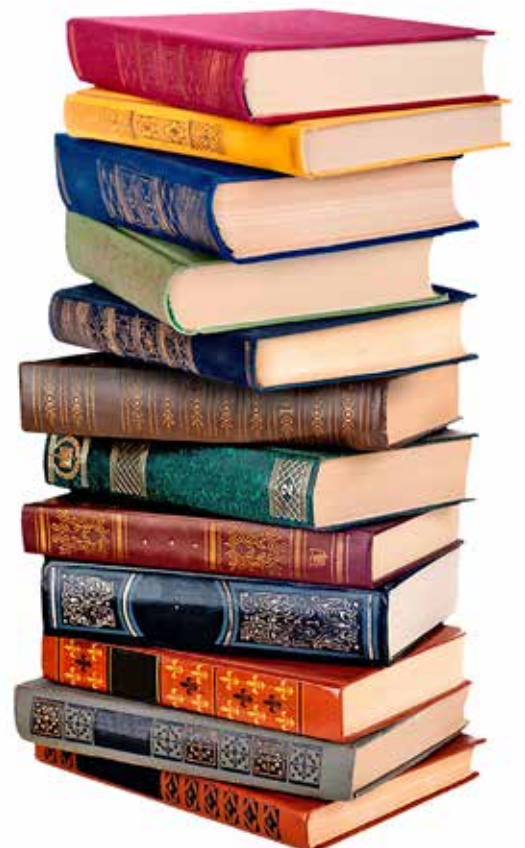
Library style bookcases are for the serious collectors. They look beautiful when full and covering multiple dimensions of a given room. However, they will usually require their own room in a house, and most people don't have the room or space to dedicate to it.

Book Stacking

Book stacking is a great option if you want to give that 'I am a messy intellectual' vibe. It requires no furniture whatsoever, although a flat surface is needed unless you want your stack to resemble the Leaning Tower of Pisa.

There are a few practical things to consider with book stacking. The first is that you want to place your thicker, heavier books at the bottom.

Even this can become tricky as books come in all different shapes and sizes, and whilst it might seem logical to put something like Tolstoy's 'War and Peace' at the bottom, there might be other, skinnier books that are wider (picture books, photography books etc) which could destabilise your structure.



Leaning Bookshelf

The leaning bookshelf contributes to the contemporary look of a room. It has the benefit of easy access to the lower shelves as they protrude more. This makes them a very practical option for those who use their bookshelves often and are constantly moving things in them around.



Backless Shelf

The backless bookshelf is becoming very popular. It is a solid and dependable structure, but it is far more moveable and lighter than a conventional bookshelf. It too covers the modern aesthetic and looks fantastic with a clear, light-coloured wall behind it.



Wall Shelf

More modern and space conscious areas might require a wall shelf. These shelves attach to a wall and can use that wall as support for whatever is being placed on the shelves. It's a great way to make use of your wall space, particularly if you are not big into paintings or other decorations. It is easy to install and takes away the pain of clunking around a bulky bookshelf.





The Willows

PRIVATE NURSING HOME

Tip of the Month

Shop Smart

Buying according to what's in season can save you money, as can buying according to what's on special.

Before you hit the grocery store, check the weekly specials, and base your meal plans around items that are half price or heavily discounted.

Not only will you save a lot of money, it will keep your meals interesting. Not sure what to cook? Search Google for the discounted product and see what recipes come up.

Watch this space in every issue for a Tip of the Month

Are Seniors the **FIX** to our **JOB CRISES?**



In the wake of the COVID pandemic, we seem to be in dire need of workers. This is devastating to businesses, especially at a time of high consumer demand. This combined with our limited labour supply presents a serious issue.

A perfect example of this was a recent Channel 9 news story about Bay Ten Espresso in Lavender Bay, who were forced to hire billboards along the M2 and near the airport (a very expensive last resort) to advertise the position for a chef. You do not have to walk very far down a shopping precinct or strip of cafes to see a 'staff required' sign.

Businesses are currently facing a record 480,000 job vacancies. This has been due to a variety of factors, most notably the halting of immigration due to the pandemic. This means that international workers, like overseas students, backpackers, and visa holiday or working travellers, have not been able to make any kind of contribution to the Australian economy.

In the lead up to the Federal Budget in October, a jobs summit has been announced for September 2022. Treasurer Jim Chalmers will address key job challenges with unions, employers, civil society, and governments. The summit will discuss a range of jobs issues which are critical to addressing labour force shortages.

A National Seniors Australia report, *Older Australians' Perspectives on Working after Retirement* aimed to gauge the desire for senior Australians to work again. About 4,000 people were surveyed and 17% had returned to the workforce with a further 19% considering it.

There were, however, barriers to prevent these individuals returning to the workforce. This included ageism, which is discrimination based on age (36%), and pension rules (21%), whereby pensioners' income eligibility is constantly assessed and under scrutiny.

National Seniors Australia believes that a great short-term fix for this current labour shortage predicament is the reintegration of our seniors in the workplace, without being subject to age discrimination or pensioner penalties. Long-term remedies to the labour shortage issue will come from the consistent practice of these changes.



From the FOOD Studio



PASTA ALLE VONGOLE

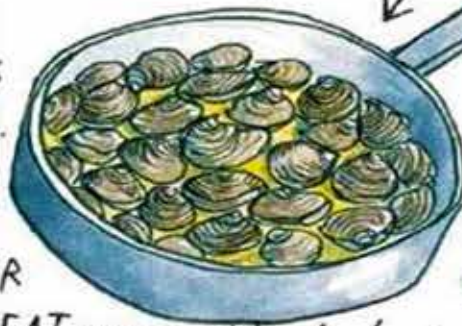
(A Lesson in Layering Acids)

LITTLE-
NECK
CLAMS
(BIGGER)

1.

HEAT UP SOME OLIVE OIL, ENDS of AN ONION, and PARSLEY. ADD A LAYER of LITTLENECK CLAMS. POUR in ENOUGH WHITE WINE to COVER

the BOTTOM of PAN. TURN UP HEAT, COVER & STEAM - TILL THE CLAMS OPEN.



CHERRY-
STONES
&
MANILAS
(SMALLER)

ONION
ENDS

REMOVE CLAMS from THEIR SHELLS, THE PAN, STRAIN LIQUID LEFT in and SAVE IT.



2. Cook Pasta

in a pot with plenty of salt

3.

NOW, MAKE THE WHITE WINE CLAM SAUCE

HEAT UP SOME OIL, ADD DICED ONION, and a PINCH of SALT.

COOK TILL TENDER, THEN ADD A CLOVE or TWO of SLICED GARLIC and RED PEPPER FLAKES.



THEN ADD CHERRY STONES or MANILAS, CRANK THE HEAT, ADD A SPLASH of CLAM COOKING LIQUID & COVER. AS SOON AS THEY OPEN, USE A SLOTTED SPOON to ADD LITTLENECK CLAMS.

COOK for A MINUTE and THEN

4. ADD NOODLES & TASTE.

ADJUST ACID with SOME WHITE WINE or LEMON JUICE.

TASTE.

ADJUST ACID with SOURDOUGH BREAD CRUMBS and PARMESAN CHEESE. and

TASTE. and EAT.



20 surprising uses for toothpaste

Toothpaste isn't just for making your teeth white and promoting good dental health. It boasts an array of household uses. Here are some handy ways you can take advantage of multitasking toothpaste that have nothing to do with your teeth.

● Eliminate shoe scuff

Squirt a dab of toothpaste on the scuffed area of leather shoes. Rub with a soft cloth. Wipe clean with a damp one. You'll be left with leather that looks like new.

● Freshen bottles

Do your baby bottles have a sour-milk smell? Put some toothpaste on your bottle brush instead of dish soap. Scrub and rinse thoroughly. You can also apply this cleaning tactic to other containers like thermoses.

● Clear pimples

Apply non-gel, non-whitening toothpaste to your pimple. The toothpaste dehydrates the pimple and absorbs its oil. So, it should be dried up by morning. Note that this method works best on pimples that have come to a head and may irritate sensitive skin.

● Clean foggy headlights

Put some toothpaste on a sponge. Scrub the headlight in a circular motion. Remove toothpaste with a damp cloth.

● Revive piano keys

Apply toothpaste to a toothbrush and rub onto dingy keys. Then wipe down with a damp cloth.

● Remove crayon from walls

Did your toddler think that the wall was an acceptable place to colour? Grab a tube of non-gel toothpaste and a rag or scrub brush. Squirt the toothpaste onto the "artwork" and scrub. Rinse with a clean damp cloth. Your wall will return to normal in no time.

● Whiten sneakers

Get non-gel toothpaste and a toothbrush. Scrub the rubber part of your sneakers until white. When done, remove the residue with a damp cloth.

● Say good-bye to tea and coffee stains on mugs

Have a stubborn ring on your favourite mug? Apply a little toothpaste to help remove it. Then wash as usual.



● Shine diamonds

Put some toothpaste on a soft toothbrush. Rub on the diamond, cleaning off residue with a damp cloth. Your jewellery will shimmer and sparkle after just a few minutes.

● Clean your iron

Apply non-gel toothpaste to your cool clothing iron. Scrub with a rag. Rinse clean and the gunk will be gone from the bottom plate of your iron.

● Avoid fogged goggles

Coat goggles with toothpaste and wipe them off. Doing so help prevent goggles from fogging when you're doing activities like woodworking, skiing, swimming or scuba diving.

● Remove water marks on furniture

Did someone forget to use a coaster on your wooden table? Apply some non-gel toothpaste onto a soft cloth and rub onto the wood on the ring only (to avoid damaging the wood's finish). Wipe off with a damp cloth. Let dry. Then apply furniture polish.

● Deodorize the bathroom sink

Grab the tube from the medicine cabinet. Squirt some into the sink. Scrub with a sponge. Rinse. Not only will this strategy clean your sink, it will also kill any odours coming from the drain.

● Prevent foggy bathroom mirrors

Before you hop into the shower, coat your bathroom mirror with non-gel toothpaste. Wipe it off before you get in. When you're done showering, the mirror won't be foggy.

● Banish odours on your hands

Rub hands with toothpaste and rinse. This process helps remove garlic and fishy smells from your hands and fingers.

● Shine kitchen and bathroom chrome

Don't have kitchen or bathroom cleaner handy? Smear toothpaste on chrome. Polish with a dry, soft cloth.

● Stop bug bites from itching

Apply a dime-sized amount of toothpaste onto your bug bite to help prevent it from itching. It can also help cool down burns on your skin.

● Wipe away makeup smudges

Did you accidentally get lipstick or mascara on your countertop, fingertips or mirror? Use some toothpaste to remove the mark quickly.

● Get rid of a carpet stain

Apply toothpaste to a toothbrush or sponge. Rub into the stain on the carpet. Blot with a clean damp cloth and repeat as needed.

● Bid adieu to beach tar

Rub some non-gel toothpaste onto feet that are covered in black beach tar. Rinse.

PLEASE NOTE:

Do your own research before you attempt any of the above 20 points.

YES IT IS

INTERNATIONAL
DOT
DAY

SEPTEMBER 15

#InternationalDotDay

**WHAT'S
ON?**

**DURING
THE MONTH OF
SEPTEMBER**



SPIRITUAL SERVICES

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

Every Sunday 11.00am

HAPPY HOUR

2.00pm Friday 9th.

BUS OUTING

9.00am Wednesday 14th & 24th.

MENS CLUB

2.00pm, Friday 16th.

LADIES GROUP

2.00pm, Friday 2nd.

ITALIAN GROUP

2.00pm Wednesday, 14th.

GARDENING GROUP

2.00pm, Sunday, 25th.

ART GROUP THERAPY

2.00pm Sunday, 4th & 18th.

BIRTHDAY GROUP

2.00pm, Friday, 30th.

FATHER'S DAY PARTY

11.00am, Friday 2nd.

+++++ LIVE ENTERTAINMENT

* Subject to change.



The background is a warm, golden-yellow gradient with a subtle floral pattern. It is decorated with several autumn leaves in shades of red, orange, and yellow, and two butterflies with orange and pink wings. The text is centered and reads:

Prayer for September

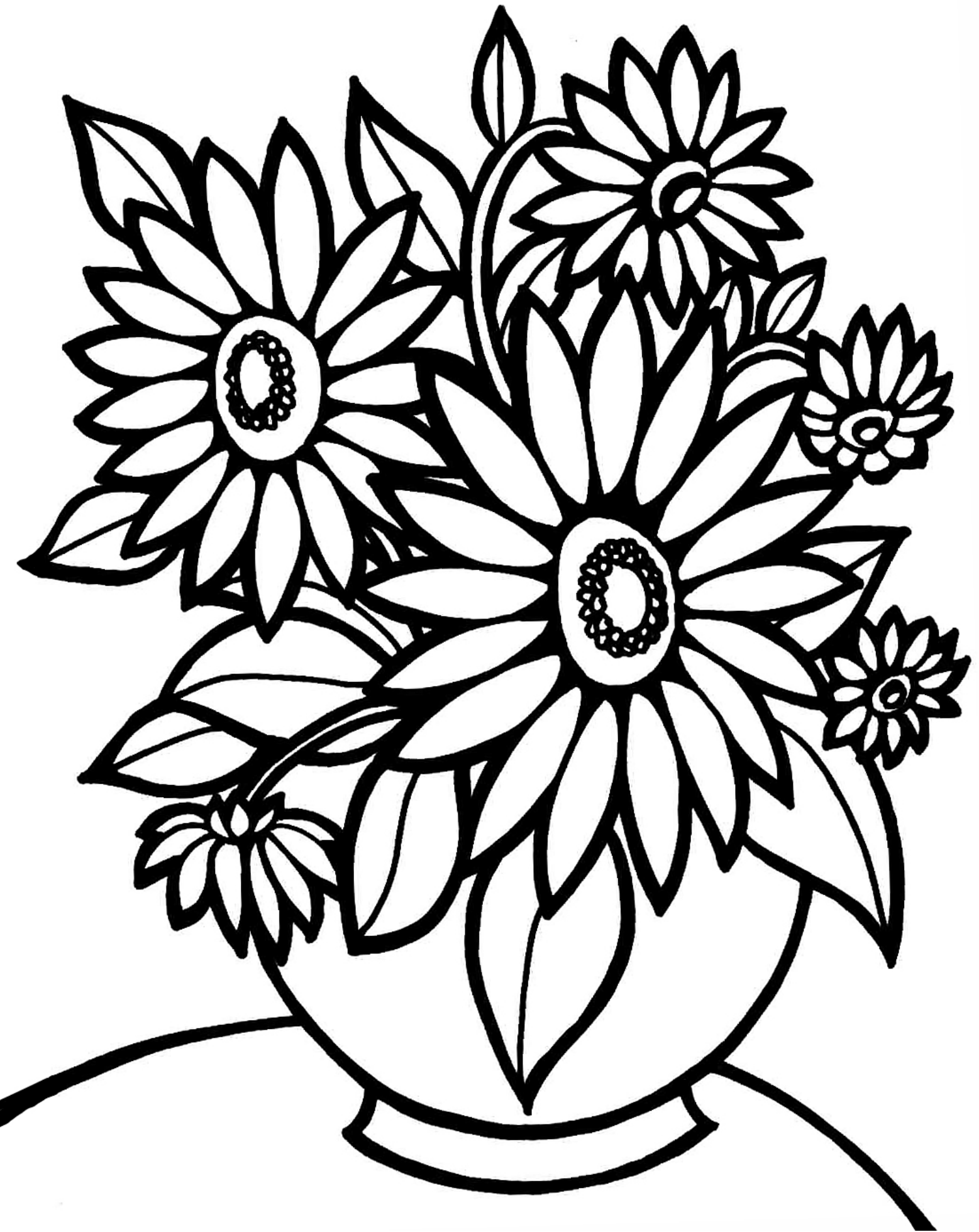
May You Have:

Enough happiness to keep you sweet,
Enough trials to keep you strong,
Enough sorrow to keep you human,
Enough hope to keep you happy,
Enough failure to keep you humble,
Enough success to keep you eager,
Enough wealth to meet your needs,
Enough enthusiasm to look forward,
Enough friends to give you comfort,
Enough faith to banish depression,
Enough determination to make each
day better than yesterday.

And God to Keep You going..

Bless You & Your Loved Ones.

COLOUR ME IN



BRAINPOWER

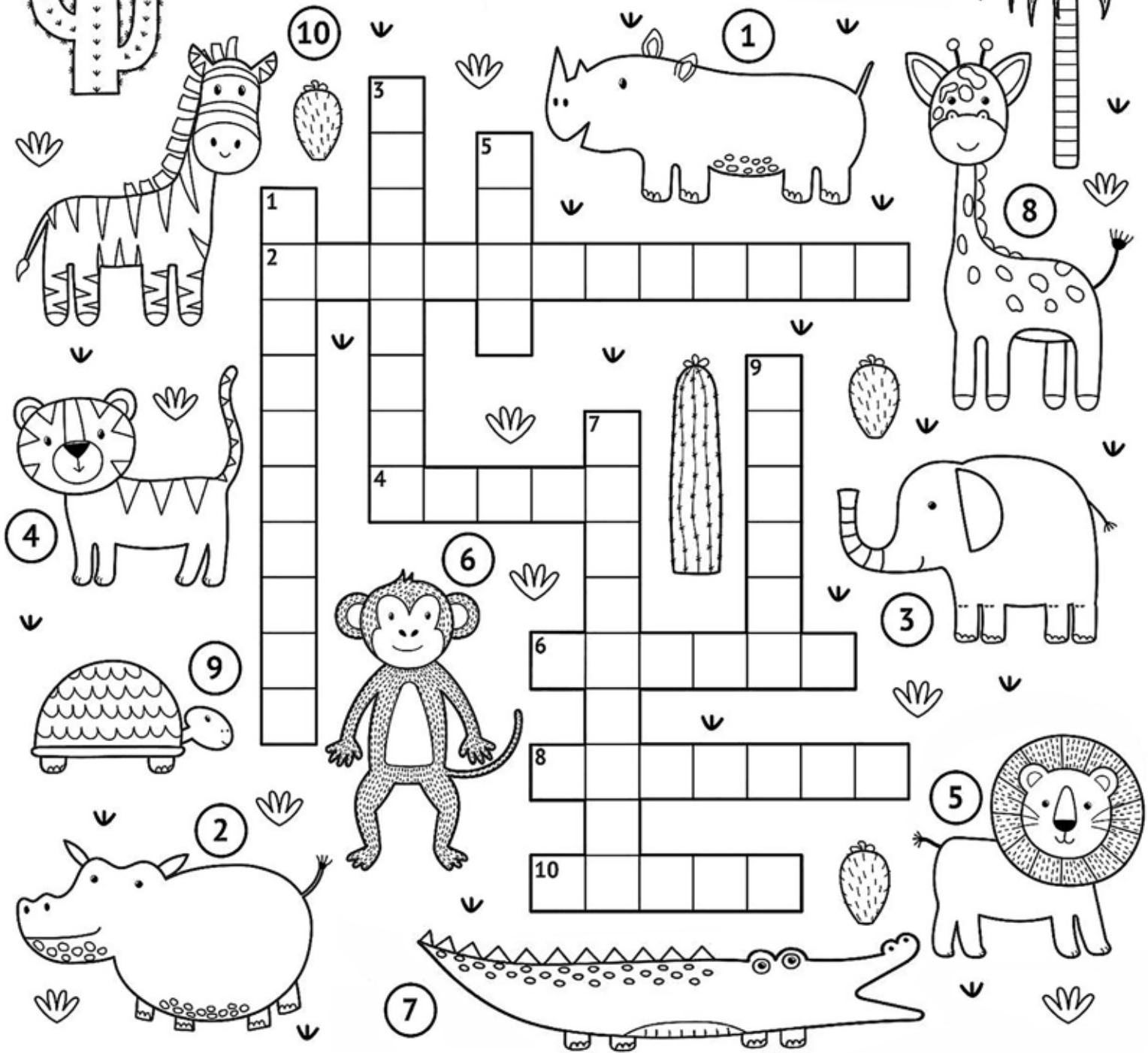
FIND 2 SAME





1.dolphin 2.octopus 3.turtle 4.angelfish 5.narwhal 6.shark 7.whale 8.seahorse

Safari Animals



1. Rhinoceros 2. Hippopotamus 3. Elephant 4. Tiger 5. Lion 6. Monkey 7. Crocodile 8. Giraffe 9. Turtle 10. Zebra

Hope you enjoyed our newsletter

Remember to LIKE and FOLLOW US on FACEBOOK

