



Whispers from the Willows NEWSLETTER

Welcome to our BUMPER DECEMBER Christmas & Holiday newsletter from The Willows Private Nursing Home.

We hope that you enjoyed our previous newsletters.

We will continue here with our December issue bringing you all the news and fun things for a Holly Jolly season.

Wishing you our residents and families on the outside as well as our staff here at The Willows Private Nursing Home a wonderful joyous festive season.

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.



Merry
Christmas



The management at The Willows extend our warm
December & Christmas greetings to all our
residents, families and friends.

Have a blessed new year.

FROM THE HEAD OFFICE



This is our final newsletter for 2021 and what a year it has been.

We take this opportunity to wish you and your families a very Merry Christmas and wonderful New Year.

I sincerely hope we can put these past two years behind us and continue to welcome you to The Willows, it makes such a difference to our residents and staff to be able to see visitors.

Please stay safe over this holiday season.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

On behalf of The Willows residents and the Diversional Therapy team, I would like to take this opportunity to wish all family members a Merry Christmas.

On the 8th December we will be celebrating the Residents annual Christmas party from 11.30 am, lunch will be served at 12.00pm, entertainment provided by Louis and Lewis, Santa will visit at 12.30pm, speeches from the Willows management, followed by the Christmas raffle.

I would also like to take this opportunity to thank Josie Pappalardo, (Connie's daughter) who facilitated our Italian group. She brought in lovely biscotti which the residents' enjoyed with a cup of tea. If any family members are able to, please come over and facilitate a group. This will be a wonderful experience for our residents.

Till the New Year, God Bless and keep you all in perfect health and safety, In Jesus Christ's name Cynthia.

We will also be holding a Christmas Mass and Christmas Carols.

Cynthia Rossiter - Diversional Therapist



MERRY CHRISTMAS

To all our employees,
thank you for all that you do and have done for the
company and residents. May this Christmas season
bring an abundance of happiness and peace to you
and your loved ones.



10 Steps to aging well (and feeling great!)

Ideally, you'll have already been practicing healthy habits throughout your life. But even if you haven't, it's never too late to start taking proactive steps to maintain and even improve your health. Small lifestyle changes can have a big impact, and adopting even a few of the habits listed here will start you on the right track:

1. Stay physically active for a healthy body and mind

Keeping physically active can help offset many of the effects of aging. According to medical professionals, exercising regularly can improve your balance, help keep you mobile, improve your mood by reducing feelings of anxiety and depression, and contribute to better cognitive functioning. It's also an important part of managing some chronic diseases, such as diabetes, heart disease, high blood pressure, breast and colon cancer, and osteoporosis.

Any exercise at all is better than none, and it is recommended that 150 minutes of moderate-intensity aerobic activity (like swimming or taking a brisk walk) each week; you can further break this down into 30 active minutes a day for five days a week. It is also recommended twice-weekly muscle-strengthening activities.

2. Stay socially active with friends and family and within your community

Making the effort to interact with family and friends can have numerous benefits for your health. One article, published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences in January 2019, found that participants (all over 65) who reported higher levels of social activity were more likely to experience more positive moods, fewer negative feelings, and higher levels of physical activity.

If you don't currently have an active social life, look for opportunities to reconnect with old friends or make new ones. Seek out like-minded others in church groups, volunteer activities, gyms, alumni groups, or any other group that corresponds to an interest of yours.

3. Follow a healthy, well-balanced diet

To get the nutrition your body needs and lower your risk of chronic conditions such as heart disease, make whole foods that are high in fibre and low in saturated fat the foundation of your diet. Following an eating plan like the Mediterranean diet can help you to achieve that goal. The Mediterranean diet emphasizes olive oil, nuts, seeds, fruit and vegetables, whole grains, legumes, and fish. It's low in red meat, full-fat dairy products, and processed foods.

4. Don't neglect yourself:

Schedule check-ups and stick to them

Regular check-ups with your doctor, dentist, eye doctor, and specialist healthcare providers are opportunities to catch problems early and treat them before they become bigger problems.

If you have one or more chronic medical conditions, take multiple medications, are experiencing memory or mobility issues, or have been recently hospitalised, you may want to schedule an appointment with a geriatrician. Geriatricians specialise in the care and treatment of older people. Following an initial consultation, they can refer you to other specialists, coordinate care and treatments for health issues, and help you create a care plan tailored to your needs.

5. Take all medication as directed by your doctor

It may seem like a no-brainer, but it bears repeating that you should always take any medication prescribed to you exactly as directed by your doctor (or doctors). However, it's also worth doing a periodic medication review with your primary care doctor to discuss whether all of your prescriptions are still necessary. The more drugs you take, the harder it can be to remember when and how to take them all, and the higher your risk for adverse (negative) drug reactions as well as drug-drug interactions.

While you should almost never stop taking a drug without consulting your doctor first, it can pay to be proactive about reviewing the necessity of all the drugs you've been prescribed. And keep in mind that your pharmacist is another resource for information on drugs, drug side effects, and drug interactions.

6. Limit your alcohol consumption

It is advised that alcohol consumption be limited to one drink per day for women and two drinks per day for men. However, more recent reports published, advises that men limit their alcohol consumption to one drink per day, too.

The more recent advice is based on studies that show that the mortality risk associated with drinking alcohol is increased at levels above one drink per day on average for both men and women.

7. Quit smoking to lower your risk of cancer and heart disease

If you're a current smoker, you'll want to quit as a matter of urgency: According to medical professionals, the health benefits of quitting smoking include lower cholesterol, blood pressure, and heart rate; a lower risk of cancer, diabetes, and lung damage; and stronger bones, muscles, and immune system.

8. Get the sleep that your body needs

The National Sleep Foundation recommends that adults over 65 get between seven and eight hours of sleep each night. As you age, you may notice that your sleep schedule shifts so that you are sleepier in the early evening and ready to wake earlier in the morning; this is not unusual, nor does it pose an issue so long as you continue to meet the recommended seven to eight hours of sleep per night. If you are experiencing chronic or acute insomnia, speak with your doctor, who can help you determine what's keeping you awake and advise you on possible solutions.

9. Practice good dental hygiene every day

To protect your teeth and gums, the ADA advises brushing your teeth twice a day with a soft-bristled toothbrush, flossing daily, and regularly cleaning any dentures you may wear. Not only will your teeth and gums be healthier with this routine, but preventing inflammation in your mouth through good dental hygiene can help you manage other chronic inflammatory conditions such as diabetes and heart disease, according to according to medical professionals..

10. Discuss changes in sexual function with your doctor

If you are experiencing changes in your libido or sexual function that are having a negative impact on your sex life, talk to your doctor about it. The National Institute on Aging notes that help is available in the form of physical aids or medication, as well as in communication with your partner and exploring new avenues to physical and emotional intimacy. .

Disclaimer:

This article contains general information about health issues and is NOT advice. For health advice, consult your medical practitioner.

Stories from our residents

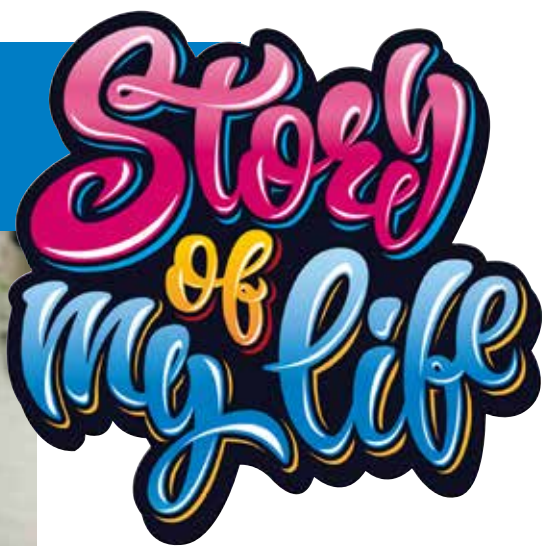
DAWNE CHURCHLAND

Dawne was born in the central NSW town of Blayney in 1925 to parents Emil and Blanche Bembrick, owners of the general store.

Dawne attended boarding school in Sydney at MLC and it wasn't long before she developed a spirited view of the world, challenging some of the conventions of the time and looking for a break from the mundane that was often the norm in that era.

She spent time as social worker for the navy during World War 2, however it was when she met her future husband and artist, Lindsay Churchland, a graduate from the Julian Ashton Art School in Sydney, that she embarked on a life of travel and adventure that never really abated.

They married in 1948 and settled in Tamarama where their daughter, Jane, was born in 1953. That decade, a travelling Spanish dance company ignited a passion in them and they duly departed to live in Franco's Spain in 1962, settling in Madrid. It was there that Lindsay studied guitar making and Dawne, flamenco dancing, as art forms rather than a pastime.



They returned to Sydney where both of them would on occasion perform together, including up at the National Art School in the old Darlinghurst Gaol, and even featured on ABC TV.

They bought what would be

their forever house in Surry Hills in the mid 1960's, converting it to a Spanish style home that would go on to feature in House and Garden magazine.

The pull to Spain was overwhelming though and they returned to retire in a town in Malaga in the 1970's. In 1981 their grandson was born in Sydney and they returned to Surry Hills to be with family, where Dawne lived until moving into The Willows just a couple of years ago.

Dawne is much loved by her extended family, including a daughter, two grandsons and two great-grandchildren.

DECEMBER BIRTHDAY CELEBRATIONS

Dawne Churchland
11 December 1925



Recognised and appreciated staff members of the month.



Thank You So Much
Everyone



ASHFIELD Community

Some useful links:

- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>
- 5 WONDERFUL PARKS IN ASHFIELD - <https://www.weekendnotes.com/parks-ashfield/>



CHRISTMAS

PET SAFETY TIPS



The festive season is here, and with all of the fun and frivolity that the holidays can bring, it is important to ensure that it is a happy time for everyone – including our pets. To help you and your pets have a ‘merry’ time, we’ve listed our top tips to help keep your pet off the naughty list this Christmas.

Oh Christmas Tree!

Decorating the Christmas tree can be a great way to celebrate the start of the holidays, but it can be chaos for our pets! The attractive baubles, the shiny tinsel, and even the mesmerising tree lights can be tempting for our curious pets.

Be sure to put your tree in a safe place. Cats especially may try to climb the tree so it is important that the tree won’t easily tip or fall over. Setting up in a corner can help or consider placing a pen or fence around the tree to stop your pet from accessing it.

If your family has opted for a real tree this year, be sure to clean up regularly. Sharp tree needles may get stuck in your pet’s paws (or throat!), and the tree water may contain fertiliser and bacteria that can make your pet sick.

Where possible, keep tree decorations out of reach of pets. Tinsel can be lots of fun to play with but can be hazardous for your pet if swallowed.

Deck the Halls!

Pets love to investigate and curious kittens and puppies can get themselves into a world of trouble this time of year. Be sure to keep Christmas presents, wrapping and ribbon in a safe place away from your pet. Chewing on small items like paper and children's toys can cause stomach upsets and even blockages that might need a trip to the vet!

Decorations such as Christmas lights and other electrical cords can give your pet quite the shock if chewed so for everyone's safety, be sure to keep these out of reach too. Christmas candles are very popular so if you're using them, be sure to keep these well out of reach of pets who may knock them over or burn themselves. Never leave a lit candle unattended even if it's only for a short time.

Opt for pet-safe Christmas plants where possible. Cheeky mistletoe and Christmas holly can be harmful to our pets and cause nausea, vomiting, and diarrhea. Most lilies are poisonous to our pets too.

Eat, drink and be merry!

There's nothing better than sitting around the table with family and friends on Christmas day and sharing a festive feast, but some holiday foods can be dangerous to our pets.

Stay strong and say no to the pleading puppy eyes! Christmas food is often too spicy, too salty or just not safe for our pets! Some festive foods give our pets an upset stomach or even pancreatitis! Cooked bones are a big no-no as these can splinter and cause tearing or blockages.

Christmas sweets can be bad too! Chocolate and some artificial sweeteners found in lollies can be fatal to our pets so be sure to keep the sweet treats out of reach!

Be sure to keep your pets away from the garbage. Leftovers and food remains can be very tempting to our pets. Help keep them out of strife but ensuring they cannot get into the bin!

Jingle all the way!

Christmas celebrations can be noisy and this can be stressful for some pets. Christmas day may bring lots of scary new people into the home which can be overwhelming so it's important we provide our pets a safe place to hide. A quiet room where they can rest with their favourite toy or chew may help everyone have a merry time.

If your guests want to interact with your pet, make sure your pet is comfortable with it first. Children especially can be too stimulating or erratic and some pets may prefer to avoid interaction. If your pet is okay with being patted, be sure to tell your guests to be gentle. Dogs often don't feel comfortable with being stared at, hugged or touched on the head, but may appreciate a scratch under their chin or a chest rub.

Sudden loud noises like Christmas crackers and fireworks can be scary for our pets. If your pet is likely to be frightened, be sure to provide a safe, confined area for them to hide. Most pet escapes happen during thunderstorms or fireworks so make sure the area they are in is secure – and that their microchip details are up to date just in case they get out!

PLEASE VISIT RESPONSIBLY



As more of the community becomes vaccinated and visitor restrictions ease, we still need to be vigilant to prevent transmission of COVID-19 to our vulnerable residents.



Get vaccinated



Practice hand hygiene, maskwearing, physical distancing



Check visitation arrangements with us before you visit



Ask us for guidance if you aren't sure

Don't visit if unwell or if you have been with someone who is unwell



Shortness of breath



Loss of taste/smell



Sore throat



Cough



Fever



Diarrhoea

If you get sick after your visit, please tell us

Thank you for helping us keep your loved one safe!



We are

#ProudTo

Protect

our residents, ourselves, our families and our communities.

LOOKING FORWARD TO

A banner for Christmas Lunch featuring a light gray background with white pine branches. On the left is a dried orange slice and on the right is a string of red berries. The text "CHRISTMAS LUNCH" is centered in a dark red, serif font.

CHRISTMAS LUNCH

A banner for Christmas Party with a background of green pine needles and a red ribbon. The text "Christmas Party" is written in a gold, cursive font.

Christmas Party

A banner for Christmas Carols showing a lit candle, a red Christmas ball, and a sheet of music. The text "Christmas Carols" is in a white, cursive font.

Christmas Carols

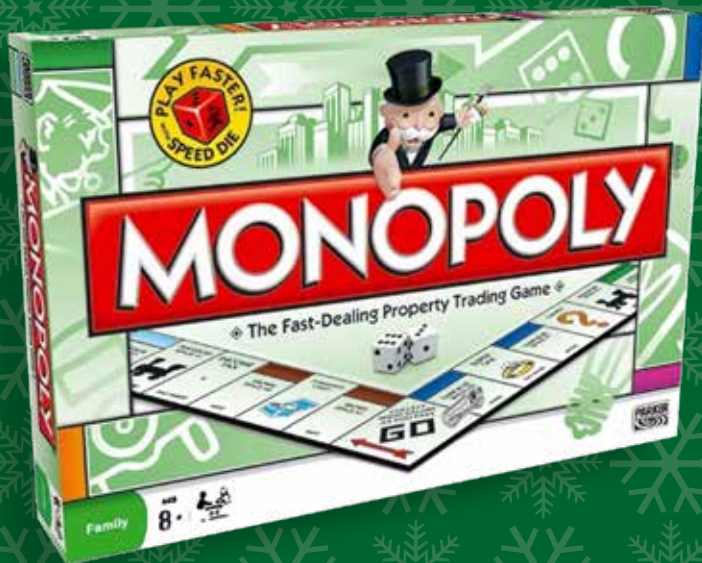
A banner for Christmas Mass featuring a nativity scene with Mary, Joseph, baby Jesus, and angels. The text "Christmas Mass" is in a gold, serif font.

Christmas Mass

A banner for Christmas Raffle with a background of white bokeh lights and a border of green pine needles and red ornaments. The text "Christmas Raffle" is in a dark red, cursive font.

Christmas Raffle

FAMILY FUN OVER CHRISTMAS



Monopoly

is a multi-player economics-themed board game. In the game, players roll two dice to move around the game board, buying and trading properties, and developing them with houses and hotels. Players collect rent from their opponents, with the goal being to drive them into bankruptcy. Money can also be gained or lost through Chance and Community Chest cards, and tax squares.

Scrabble

is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15×15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns, and be included in a standard dictionary or lexicon. self-esteem and self-worth.



Clue Junior

is a children's "Jr." version of the classic Clue game. Instead of discovering who killed "Mr. Boddy," players have to discover "Who ate the cake?"

Players have to discover who ate the cake, what time the cake was eaten, and what drink, was eaten with the cake.

The mechanics are also simplified for this children's version of Clue, but is still very similar to Clue.



Cluedo

known as Clue in North America, is a murder mystery game for three to six players (depending on editions) that was devised in 1943 by British board game designer Anthony E. Pratt.

The game was first manufactured by Waddingtons in the United Kingdom in 1949. Since then, it has been relaunched and updated several times.

Rummikub

is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. There are 106 tiles in the game, including 104 numbered tiles (valued 1 to 13 in four different colours, two copies of each) and two jokers. Players have 14 or 16 tiles initially and take turns putting down tiles from their racks into sets (groups or runs) of at least three, drawing a tile if they cannot play.





FROM the FOOD Studio

Christmas Sticky Buns. This month's recipe on the next page...





Christmas Sticky Buns



Combine in mixing bowl:



4 cups flour



2 1/4 tsp.
active dry yeast



Add 2 eggs
Beat 1/2 minute on low



Beat 3 minutes on high - then
knead 1 minutes using dough hook

Heat until warm - then add to flour mixture:



1/3 cup butter



1 cup milk



1/3 cup sugar



1 tsp. salt

Shape into ball - cover & let rise 1 hour



Punch down & divide in half -

Cover & let rest 10 minutes

Combine & sprinkle half over dough:
2 tsp. cinnamon



1 cup sugar

Roll 1/2 of dough into a rectangle



Melt 1/2 cup butter -
brush half over dough

In saucepan combine:



1/2 cup butter



1 1/3 cups brown sugar



1 tsp. vanilla



1/4 cup corn syrup



Divide mixture between 2 baking pans

Sprinkle each pan
with 1/2 cup pecans



Bake in 375 oven 20-25 minutes



Cover & let rise 30 minutes

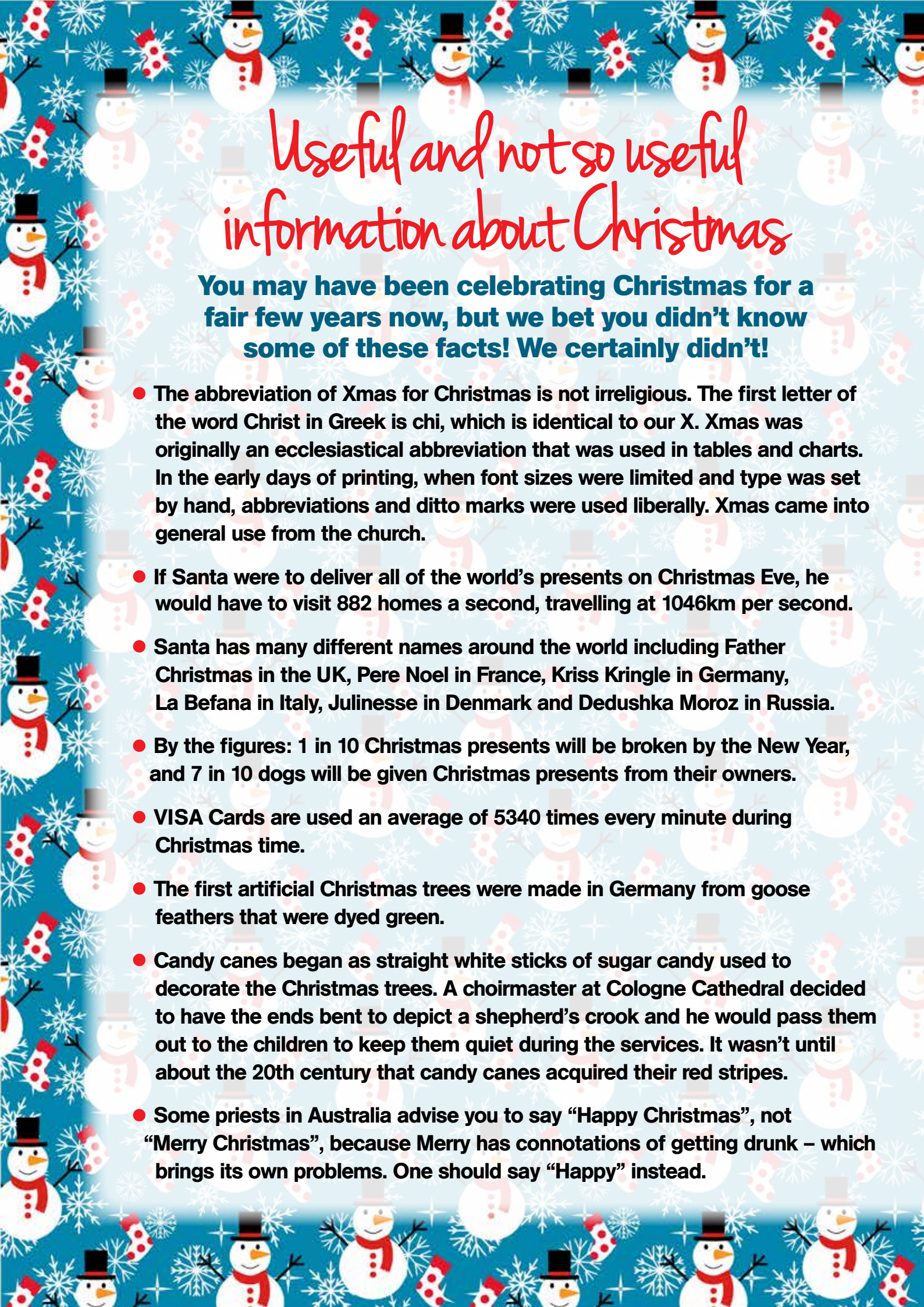
Roll up dough - seal the seam



Cut into 12 pieces using twine



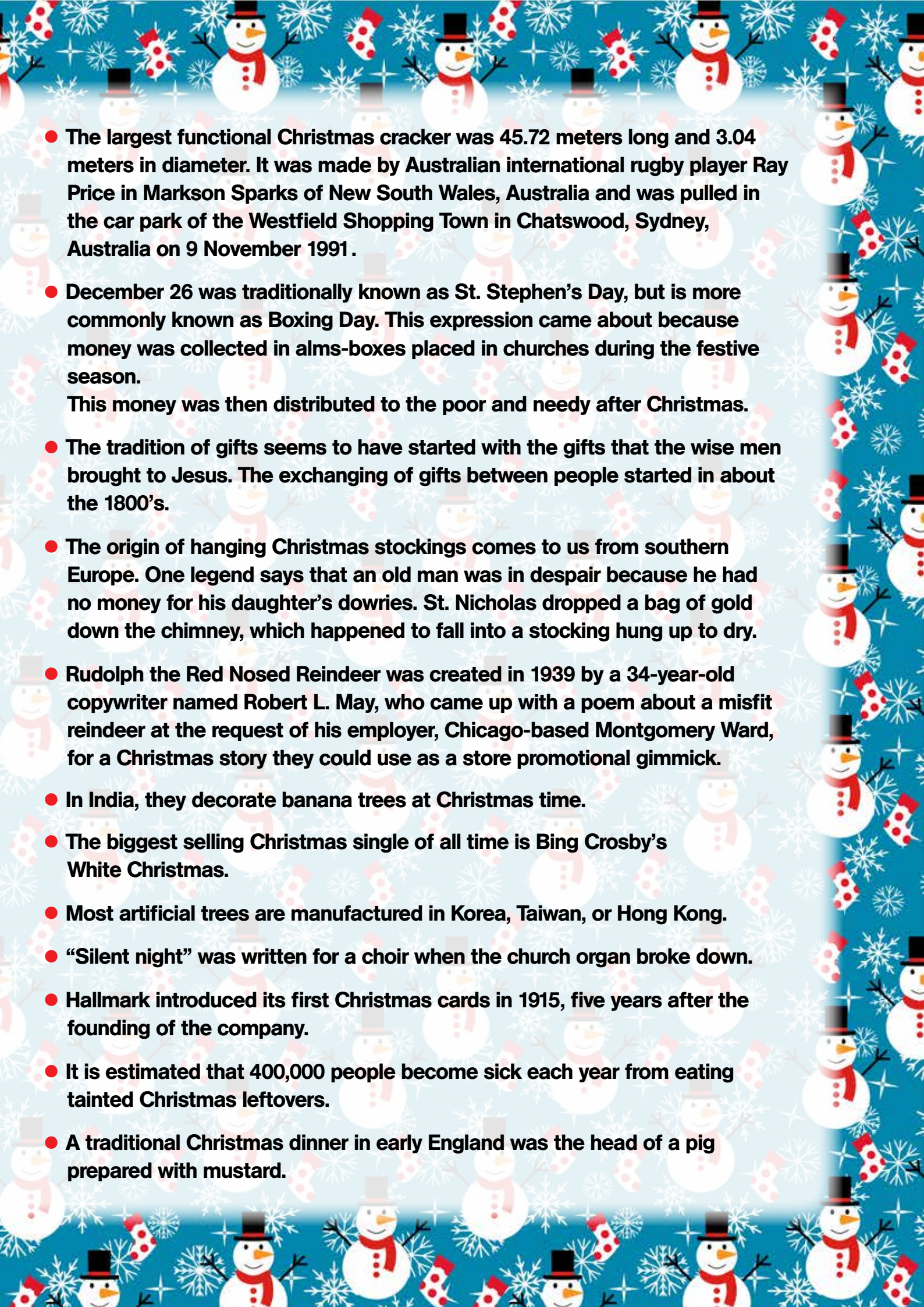
Repeat with other
half of dough



Useful and not so useful information about Christmas

You may have been celebrating Christmas for a fair few years now, but we bet you didn't know some of these facts! We certainly didn't!

- The abbreviation of Xmas for Christmas is not irreligious. The first letter of the word Christ in Greek is chi, which is identical to our X. Xmas was originally an ecclesiastical abbreviation that was used in tables and charts. In the early days of printing, when font sizes were limited and type was set by hand, abbreviations and ditto marks were used liberally. Xmas came into general use from the church.
- If Santa were to deliver all of the world's presents on Christmas Eve, he would have to visit 882 homes a second, travelling at 1046km per second.
- Santa has many different names around the world including Father Christmas in the UK, Pere Noel in France, Kriss Kringle in Germany, La Befana in Italy, Julinesse in Denmark and Dedushka Moroz in Russia.
- By the figures: 1 in 10 Christmas presents will be broken by the New Year, and 7 in 10 dogs will be given Christmas presents from their owners.
- VISA Cards are used an average of 5340 times every minute during Christmas time.
- The first artificial Christmas trees were made in Germany from goose feathers that were dyed green.
- Candy canes began as straight white sticks of sugar candy used to decorate the Christmas trees. A choirmaster at Cologne Cathedral decided to have the ends bent to depict a shepherd's crook and he would pass them out to the children to keep them quiet during the services. It wasn't until about the 20th century that candy canes acquired their red stripes.
- Some priests in Australia advise you to say "Happy Christmas", not "Merry Christmas", because Merry has connotations of getting drunk – which brings its own problems. One should say "Happy" instead.

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- **The largest functional Christmas cracker was 45.72 meters long and 3.04 meters in diameter. It was made by Australian international rugby player Ray Price in Markson Sparks of New South Wales, Australia and was pulled in the car park of the Westfield Shopping Town in Chatswood, Sydney, Australia on 9 November 1991.**
 - **December 26 was traditionally known as St. Stephen's Day, but is more commonly known as Boxing Day. This expression came about because money was collected in alms-boxes placed in churches during the festive season.
This money was then distributed to the poor and needy after Christmas.**
 - **The tradition of gifts seems to have started with the gifts that the wise men brought to Jesus. The exchanging of gifts between people started in about the 1800's.**
 - **The origin of hanging Christmas stockings comes to us from southern Europe. One legend says that an old man was in despair because he had no money for his daughter's dowries. St. Nicholas dropped a bag of gold down the chimney, which happened to fall into a stocking hung up to dry.**
 - **Rudolph the Red Nosed Reindeer was created in 1939 by a 34-year-old copywriter named Robert L. May, who came up with a poem about a misfit reindeer at the request of his employer, Chicago-based Montgomery Ward, for a Christmas story they could use as a store promotional gimmick.**
 - **In India, they decorate banana trees at Christmas time.**
 - **The biggest selling Christmas single of all time is Bing Crosby's White Christmas.**
 - **Most artificial trees are manufactured in Korea, Taiwan, or Hong Kong.**
 - **"Silent night" was written for a choir when the church organ broke down.**
 - **Hallmark introduced its first Christmas cards in 1915, five years after the founding of the company.**
 - **It is estimated that 400,000 people become sick each year from eating tainted Christmas leftovers.**
 - **A traditional Christmas dinner in early England was the head of a pig prepared with mustard.**

The Origins Of Christmas In Australia

No matter what part of the world you live in, Christmas is usually a wonderful time of year. It is no different in the Southern Hemisphere, where Christmas time comes in the summer. The schools are all closed for several weeks while December 25th and 26th are considered national holidays. The average temperature in Australia during the month of December is 38 degrees ***(make this the degree symbol please) C and many take advantage of the good weather by going outdoors for the festivities. During this time of summer vacation combined with the celebration of Christmas, many families and friends commemorate the occasion with feasts, gatherings, musical events, outdoor activities, camping or trips to the seashore.

The climate of Australia is tied together with its Christmas traditions. When the English colonists arrived in January of 1788, they must have noticed how warm it was. Starting with Australia's very first Christmas it was clear things were going to be different. Many Christmas traditions such as pine trees, reindeer and snow were not available anywhere. So, they had to improvise with tropical plants of red and green, white kangaroos, swimming and cricket. The Australian Christmas traditions as we know them today took years to develop. However, the British roots of early settlers and government continue to be a strong influence to this day.

Australia's First Christmas

According to historical records the first Christmas in Australia was celebrated in December of 1788, almost one full year after their arrival at Sydney Cove. Reverend Johnson conducted services for Governor Arthur Phillips and his officers before they enjoyed Christmas supper. Unfortunately for the convicts they only had their daily rations of bread and water. But the prison guards did lessen the sentence for one unlucky fellow who had stolen a bag of flour named Michael Dennison. He only got 150 lashings by the whip instead of the usual 200.



Australian Christmas Plants

In the British Isles, the practice of decorating with evergreen plants such as holly and mistletoe during the winter holidays has been common since the days of the Celtic Druids. By the mid-1800s putting up Christmas trees and sending Christmas cards had come into fashion. It was not very practical for the settlers in Australia to import live fir trees, but they continued the tradition using the native plants found in the area. Merchants and women gathered tree ferns, palm fronds, eucalyptus boughs, Christmas bells, orchids and bushes in the forest, to sell or use as holiday decorations.

Traditional Meals & Dishes

The British influence on Australian culture can be seen in their traditional Christmas meal, which still includes fare such as roast meats, meat pies, and plum pudding with a surprise baked into it for dessert. In more recent decades, serving an array of cold ham, turkey or bush meat has come into favour, as it is considered more appropriate for such hot weather. There is also a lot of barbeque and local seafood, such as shrimp and prawns, as well as cold salads and other traditional side dishes. Christmas dinner is very important. Basically, everyone in Australia eats as much as they possibly can to celebrate Christmas.

When Father Christmas Visits Australia

Santa's reindeer cannot legally enter the island of Australia due to issues of quarantine. But the image of Santa's sleigh being pulled by kangaroos appears on Australia's earliest Christmas cards. Today one of the most popular Christmas carols in Australia is about "Six White Boomers" that pull his sleigh. But Santa still comes down through the chimney, leaves presents behind and has a drink or a piece of cake. Old Saint Nick used to visit the small towns in the out back on a train to hand out presents to children. These days however Santa Claus likes to surf or kayak into Bondi Beach for the annual festivities.

• IRISH CHRISTMAS •
BLESSING

"MAY THE BLESSINGS OF
CHRISTMAS BE WITH YOU,
MAY THE CHRIST CHILD
LIGHT YOUR WAY,
MAY GOD'S HOLY ANGELS
GUIDE YOU,
AND KEEP YOU SAFE
EACH DAY."





5 Tips for a Happier and Healthier Christmas

With all that we've been through this year, many of us are looking forward to some Christmas cheer. While the holiday season has always been a time for fun and festivities, letting loose a little too much with a couple of bites here and feast over there, can lead to some extra kilos that don't seem to budge in the New Year.

If health is part of your New Year Resolution, here are 5 TIPS for a happier and healthier holiday season to get your started.

1. PLAN AHEAD

It seems that we are finally able to take the reins again after such a challenging year.

Planning ahead of the festive season saves you time and energy, especially when it gets busy towards the end of the year.

A key tip for Christmas is to buy only what you need. Plan out what snacks, drinks and foods you are going to serve. Choose healthier options by offering lighter nibbles such as cherry tomatoes, baby qukes and pairing this with low fat dips and spreads including hummus, tzatziki, roasted eggplant or capsicum dip. Alternatively make your own by using plain greek yoghurt as a base and add your own flavour. For example, minced garlic, onion, gherkins/pickles, smoked paprika, salt, pepper etc.

Avoid buying extra snacks and treats as having them in the house or lying around will only tempt you to feast.

As they say, out of sight out of mind.

2. EAT MINDFULLY

The holiday season can seem like a blur, especially if you have lots of activities happening in the day.

Setting regular meal times is an easy way to eat mindfully and stop the temptation to graze all day. Beginning the day with a good, healthy breakfast that includes a source of fibre from wholegrain breads & cereals, fruit & vegetables can help to prevent an energy crash mid morning.

When it comes to treats it's ok to enjoy a little indulgence, but be mindful of the recommended portion sizes to keep up with your health goals.

3. CHOOSE YOUR DRINKS WISELY

More than often, it's the alcohol and other sweetened beverages that are the culprit when it comes to excess calories.

As the weather warms up in Australia, stay hydrated by drinking lots of water. To make it fancy, you can use carbonated water or add in ice-cubes made with lemon, lime or fruit chunks for some refreshing flavour.

If you choose to drink alcohol, watch your intake as it can stimulate your appetite as more than often we would end up snacking on foods higher in sugar and fat.

Follow the guidelines set out by the Australian Government Department of Health and to reduce your health risk if drinking alcohol, have no more than 4 standard drinks on any one day.

Try something different – there are many lower carb alcohol options available nowadays.

4. KEEP IT CLEAN AND STORE FOODS SAFELY

The last thing you need during the holidays is to feel sick.

Every year in Australia, there are approximately 4.1 million cases of food-borne illness.

Make sure to wash your hands properly with clean, warm water and soap before preparing any foods. Clean and sanitise any surfaces used in cooking, preparing and serving foods.

In the hot weather, remember to keep an eye on how long food has been left out at room temperature. The 2 Hour/4 Hour Rule states that foods within the Temperature Danger Zone (5 degrees – 60 degrees) including meat, poultry, eggs, dairy, seafood, cooked rice/pasta must be used or eaten within 2 hours and thrown out after 4 hours.

Store foods in clean, dry, airtight containers and refrigerate as necessary to help keep food for longer and reduce the risk of contamination.

For more information visit the Australian Institute of Food Safety

5. KEEP ACTIVE

Finally, celebrate the Christmas season by keeping active with your family and friends. Whether you go for a walk, take a dip at the beach or stay at home for some good backyard cricket, aim for at least 30 minutes of physical activity a day. Talk to us about our Graded Exercise Programs

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ThinkTime

Christmas Spot the Difference



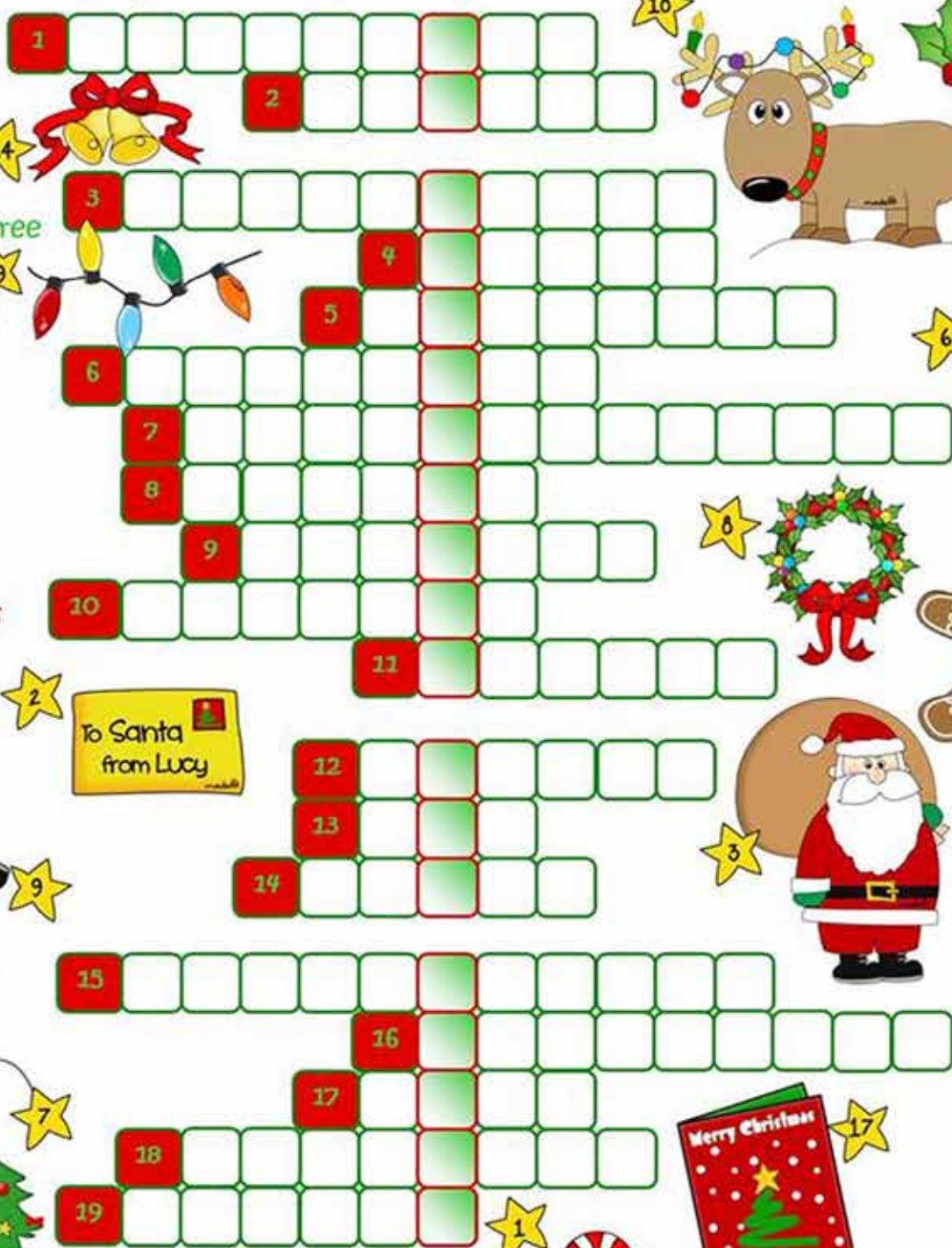
Can you find all 8 differences between these pictures?



Christmas fun

Match the words to the correct pictures to complete the Crossword. Then find a secret message.

bells
candle
candy cane
card
chimney
Christmas tree
elf
gingerbread
holly
letter
lights
ornaments
presents
reindeer
Santa Claus
sleigh
snowman
stocking
wreath



To Santa
from Lucy

Merry Christmas

The secret message is _____ lead home.

Help Father Christmas get
through the maze
to get to the chimney



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