



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for October.

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 October 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.

Hello October

Daylight saving for New South Wales begins at 2.00 am on Sunday 3rd October.



Daylight Saving

Get ready to put the clocks forward!

FROM THE HEAD OFFICE



Hi All,

The month's seem to be flying by even though we are all still in lockdown. Spring has definitely been a change for us at The Willows with the resident's going outside a lot more and enjoying the beautiful weather. We have installed a new awning which is providing much needed shade but it is wonderful to be outdoors.

The vaccination rates are increasing daily and it looks like we all may have some more freedom very soon. We haven't received anything yet from the Department of Health in regards to visitation but as soon as we do, I will let you know and I'm hoping we can allow visitation in some form from mid/end October.

We have been updating everyone's care plans and will be contacting you shortly to share them with you and discuss. Once you have had a read through please let us know if there is anything you don't agree with or would like added or changed.

I hope you all have a great month.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello to everyone we hope this finds you all well and in good health.

Last month we celebrated fathers day with a BBQ lunch in the Willows garden, it was a beautiful day, residents and staff enjoyed the celebrations together. The residents have been out in the garden a lot enjoying the warm weather before the heat arrives.

As Maryann mentioned, The Willows Management has installed a brand new awning, which the residents are liking very much.

For the family members who have been speaking to their loved ones, we hope that you have had a better experience with your conversations through WhatsApp with the new inclusion of the headphones that residents are using to hear with. Please let us know if we can improve that aspect of the experience of the phone conversation with your family members.

During October we will be celebrating Oktoberfest in the Willows garden, as well as preparing for the Melbourne Cup sweeps and decorating The Willows in November for Christmas, now there's something to look forward to - FAMILY TIME.

Till next time we wish you all the very best.

Cynthia Rossiter - Diversional Therapist



BORN IN

October

YOUR FLOWER IS THE *Marigold*

A SUNNY SIGN OF CREATIVITY,

YOUR BIRTHSTONE IS A HAPPY ONE,

SO, HOPE THE *Opal* SENDS SOME
SMILES YOUR WAY,

AND MAY YOUR *Birthday* BE FILLED
WITH ALL THE BEAUTY

THAT THIS LOVELY MONTH BRINGS.



**OCTOBER
BIRTHDAY
CELEBRATIONS**

Mohana Karalasingham October 4
Triestino Daniele October 26

Stories from our residents

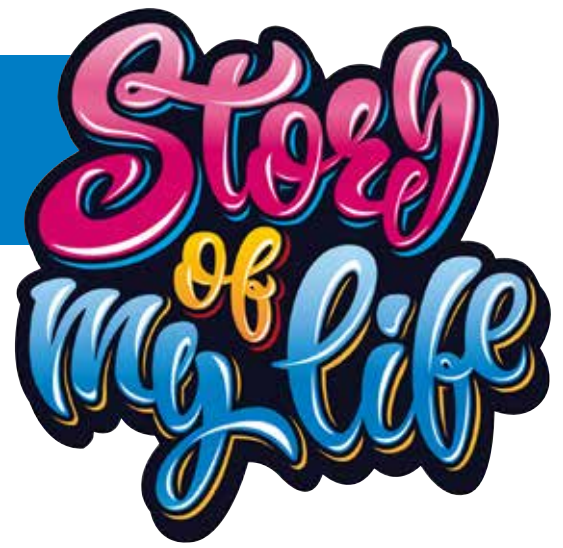
HAROLD TERLICH



My uncle, resident Harold Terlich, is a very clever man. Let me give a story to illustrate. In the early 1970's, a major Sydney newspaper ran a competition called "SPOT THE BALL". In one of its editions, the newspaper published a photo from a rugby league match but omitted the image of the ball used in

the game. It was the job of the readers of the paper to put an "X" on the photo where they thought the football was.

Readers then sent their crossed images to the newspaper to be judged as to who was closest to "spotting the ball". Harold used an ingenious method to spot the ball. He put a small coin on the photo and moved it around until it rested where he thought the football was. Sure enough, Harold won the competition and \$1,000 first prize ! This was a lot of money back in the early 70's. My recollection is that he may have even won the competition a second time. It seems that Harold's



ingenuity is still in use as he often passes the time at The Willows solving all sorts of crosswords and puzzles.

Harold was a handy sportsman as well. For many years he had an impressive handicap at golf and once he hit a hole in one something that most golfers never achieve. He even did some work to customise his golf buggy to meet his own requirements. Yes, Harold is a cluey and clever man!

Kevin Sherack (nephew of Harold).

Recognised and appreciated staff members of the month.

Management would like to thank

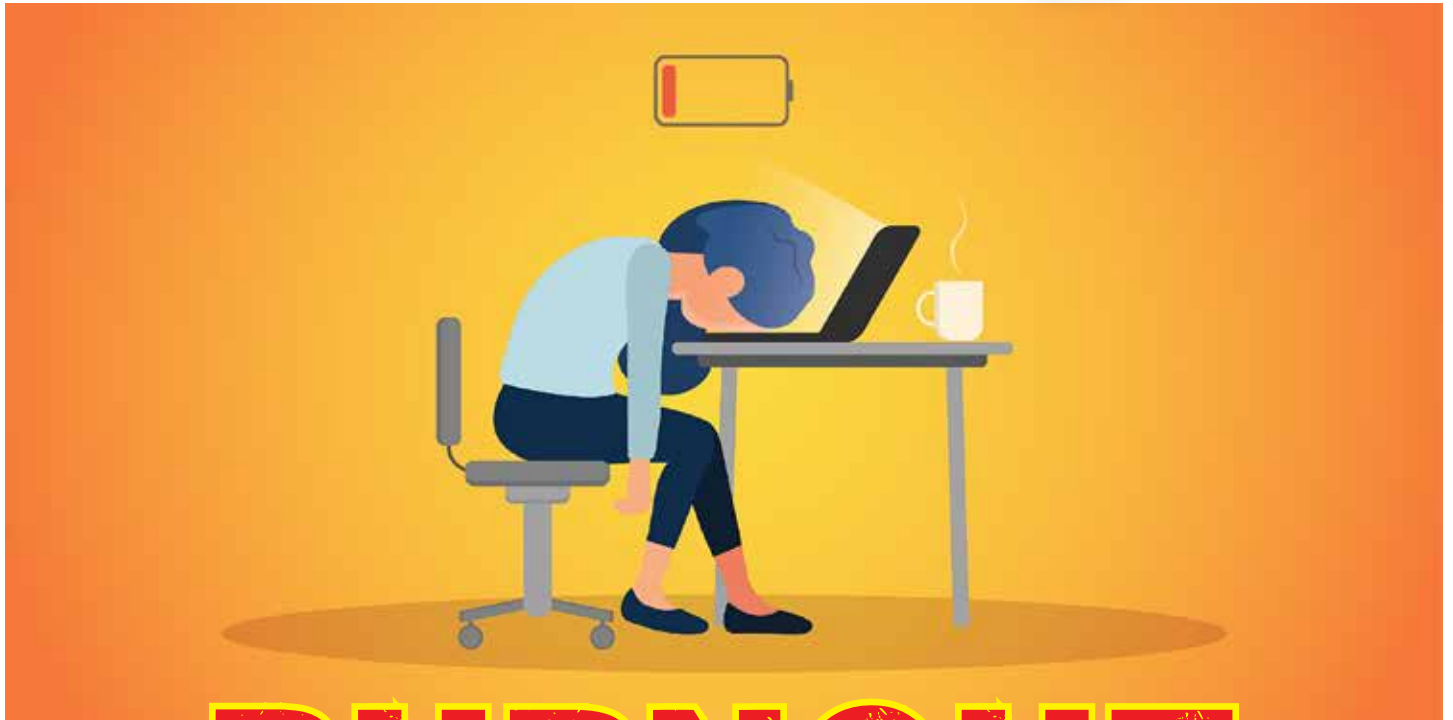
EVERYONE

working at The Willows for your care and support
especially through this COVID period.

You are all recognised as **STAFF MEMBERS** of the month.

Words cannot express how grateful we are for your
help and dedication in these difficult times.





BURNOUT

WHAT IS BURNOUT

Burnout and stress are pretty closely linked, but they're not the same thing. If you're wondering what burnout is, or you're close to feeling burnt out, find out what the warning signs look like and learn how to prevent yourself feeling burnt out below.

This can help if:

- you're feeling stressed all the time
- you're worried that you're approaching breaking point
- you want to know the effects of chronic stress.

Stress puts a lot of pressure on the body. This can be manageable in the short-term, but if it's constant, it can be bad for both your physical health and emotional wellbeing. Eventually, too much stress on your body over a long period of time can cause you to burn out. Burnout is a state of complete mental, physical and emotional exhaustion.

BURNOUT

Long-term stress is exhausting and can prevent you from taking part in activities that you normally find meaningful. This is emotional burnout. Some of the signs of burnout include:

- feeling exhausted and unable to perform basic tasks
- losing motivation in many aspects of your life, including your work and friendships
- feeling unable to focus or concentrate on tasks
- feeling empty or lacking in emotion
- losing your passion and drive
- experiencing conflict in your relationships with co-workers, friends and family
- withdrawing emotionally from friends and family.

Essentially, when you've reached the point of burnout, it can feel like you've had the life sucked out of you. You no longer feel capable of caring about what's important to you, to making any effort, or staying motivated.

WHAT CAN I DO ABOUT IT

If you're burnt out, you can help yourself by:

- taking regular time out, including setting aside some time each day to 'switch off' from technology
- developing skills such as problem solving to help you handle tricky situations
- setting boundaries, so that you avoid overextending yourself
- keeping an open line of communication with colleagues, family and friends about how you're feeling
- reaching out for support, whether it's from friends and family, colleagues, or a health professional
- re-evaluating your goals and priorities, so that you tip the balance back to including activities that make you feel happy.

Check out more tips to help with stress and anxiety here, as well as these tips on how to manage your time and how to nail your study-work-life balance so you don't get burnt out. If you're worried about a friend, check out how to help a stressed-out friend.

WHAT CAN I DO NOW

- Take some time out for yourself and do something you enjoy.
- Learn about relaxation.
- Try using the ReachOut WorryTime app to manage your worries.

Explore other topics

It's not always easy to find the right place to start. Our 'What's on your mind?' tool can help you explore what's right for you.

***ReachOut Worry Time app - <https://au.reachout.com/tools-and-apps/reachout-worrytime>**

***Please note: The above article is provided for information purposes only. Please consult a registered Health Professional to discuss anything further related to any concerns.**



VITAMINS IN FRUITS AND VEGETABLES



VITAMIN A IS A FAT SOLUBLE VITAMIN THAT IS ALSO A POWERFUL ANTIOXIDANT. VITAMIN A PLAYS A CRITICAL ROLE IN MAINTAINING HEALTHY VISION, NEUROLOGICAL FUNCTION, HEALTHY SKIN, AND MORE. VITAMIN A- LIKE ALL ANTIOXIDANTS- IS INVOLVED IN REDUCING INFLAMMATION THROUGH FIGHTING FREE RADICAL DAMAGE.



VITAMIN D HAS OTHER ROLES IN THE BODY, INCLUDING MODULATION OF CELL GROWTH, NEUROMUSCULAR AND IMMUNE FUNCTION, AND REDUCTION OF INFLAMMATION. VITAMIN D IS A FAT-SOLUBLE VITAMIN THAT IS NATURALLY PRESENT IN VERY FEW FOODS, ADDED TO OTHERS, AND AVAILABLE AS A DIETARY SUPPLEMENT.



VITAMIN C, ALSO KNOWN AS L-ASCORBIC ACID, IS A WATER-SOLUBLE VITAMIN THAT IS NATURALLY PRESENT IN SOME FOODS, ADDED TO OTHERS, AND AVAILABLE AS A DIETARY SUPPLEMENT. HUMANS, UNLIKE MOST ANIMALS, ARE UNABLE TO SYNTHESIZE VITAMIN C ENDOGENOUSLY, SO IT IS AN ESSENTIAL DIETARY COMPONENT



VITAMIN E IS FOUND NATURALLY IN SOME FOODS, ADDED TO OTHERS, AND AVAILABLE AS A DIETARY SUPPLEMENT. "VITAMIN E" IS THE COLLECTIVE NAME FOR A GROUP OF FAT-SOLUBLE COMPOUNDS WITH DISTINCTIVE ANTIOXIDANT ACTIVITIES. SERUM CONCENTRATIONS OF VITAMIN E (ALPHA-TOCOPHEROL) DEPEND ON THE LIVER.

FROM THE FOOD STUDIO



Banana Ice Cream

What you'll need:



1 Cut the bananas in pieces



2 2-3hrs
put the banana in a tupperware container & freeze for a minimum of 2-3 hrs.

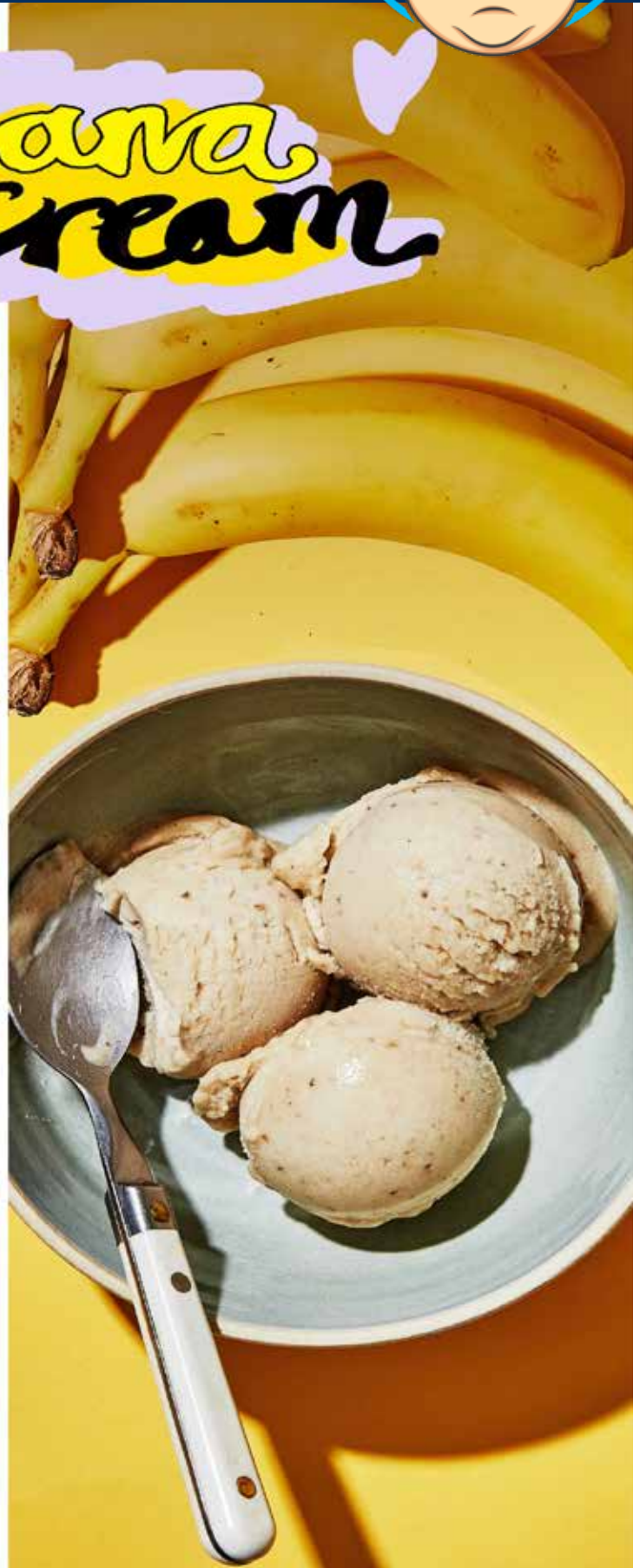
Blend the frozen banana with the mango cut in pieces. It's not easy, my blender hates me, so I had to go around w/ the blender a bit (to make sure it finally turns into...)

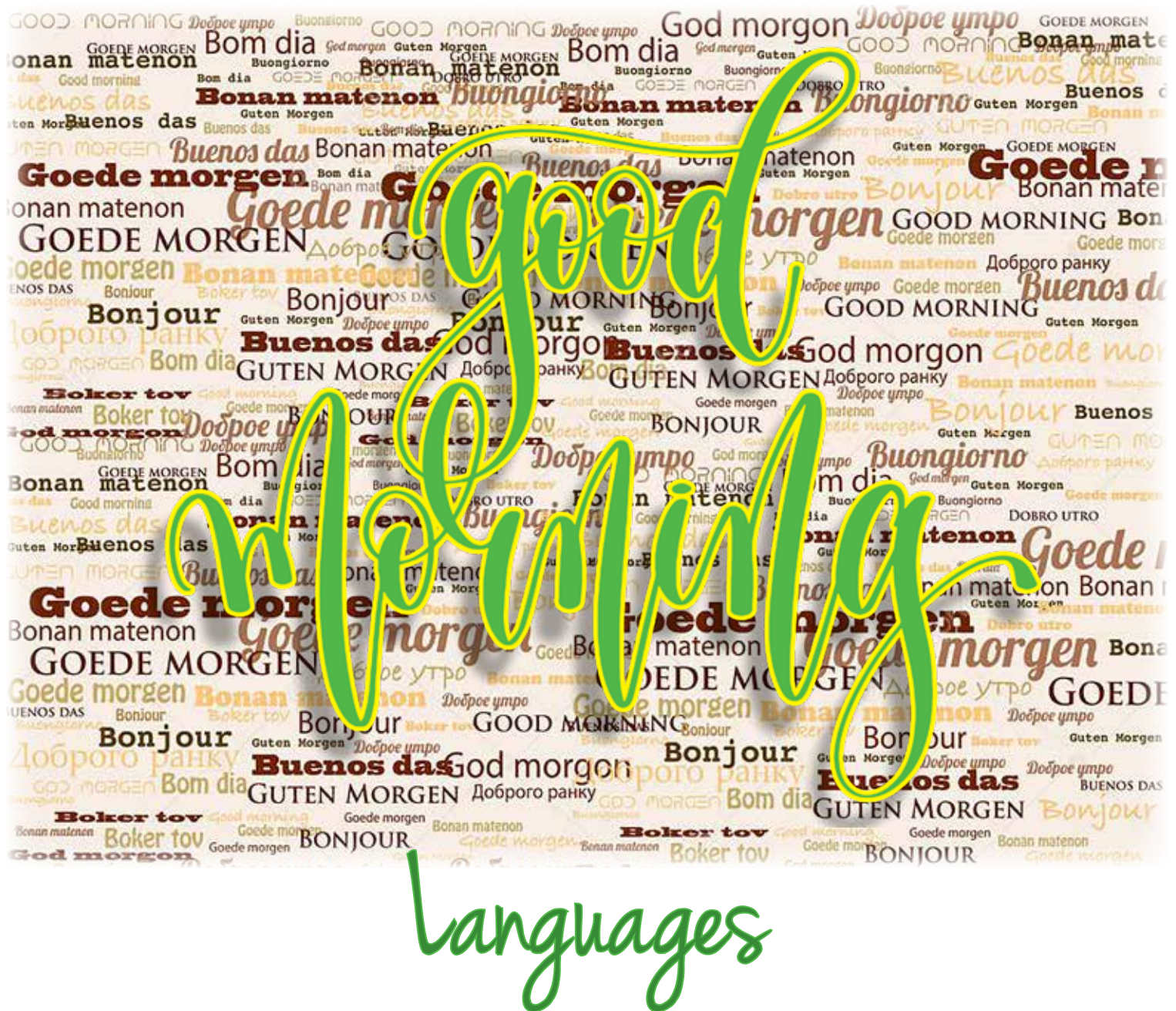


NOMMM



a creamy semi-melted icecream like substance.





Portuguese - **Bom Dia**

Japanese - **Ni Mukatte i Yoi**

Polish - **Dzień Dobry**

Italian - **Buongiorno**

Hindi - **Suprabhāta**

Swedish - **God Morgon**

Greek - **Kaliméra**

Spanish - **Buenos Días**

German - **Guten Morgen**

Russian - **Dobroye Utro**

Korean - **Joh-eun Achim**

Czech - **Dobrý Den**

French - **Matin Bonne**

Chinese - **Zǎo ān**

Finnish - **Hyvää Huomenta**

Bulgarian - **Dobro Utro**

Dutch - **Goedemorgen**

Arabic - **Ṣbaḥ Alkhyr**

October Prayer.

IT IS FOR FREEDOM THAT CHRIST HAS
SET US FREE. STAND FIRM, THEN, AND
DO NOT LET YOURSELVES BE BURDENED
AGAIN BY A YOKE OF SLAVERY
GALATIANS 5:1.

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/>

Our Ashfield

Ashfield is a suburb in the Inner West of Sydney, in the state of New South Wales, Australia. Ashfield is about 8 kilometres south-west of the Sydney central business district. Ashfield's population is highly multicultural. Its urban density is relatively high for Australia, with the majority of the area's dwellings being a mixture of mainly post-war low-rise flats (apartment blocks) and Federation-era detached houses. Amongst these are a number of grand Victorian buildings that offer a hint of Ashfield's rich cultural heritage.



Ashfield Town Hall 1903

Prior to the arrival of Europeans, the area now known as Ashfield was inhabited by the Wangal people. Wangal country was believed to be centred on modern-day Concord and stretched east to the swampland of Long Cove Creek (now known as Hawthorne Canal). The land was heavily wooded at the time with tall eucalypts covering the higher ground and a variety of swampy trees along Iron Cove Creek. The people hunted by killing native animals and fish. The arrival of the First Fleet in 1788 had a devastating effect on the local people, mainly from the introduction of smallpox, to which the indigenous people had little resistance. By 1790, a rough track had been built between the colony's 2 settlements at Sydney Cove and Parramatta. This route later became the main artery of the expanding Greater Sydney and, as the northern boundary of what is now Ashfield, dictated early British settlement in the area. The first land grant in the area was made to Rev Richard Johnson in 1793 and all of it had been granted by 1810. By the 1820s, all the grants had been amalgamated into two large estates: Ashfield Park (the northern half between Liverpool Road and Parramatta Road) and Canterbury Estate (the area south of Liverpool Road). Ashfield Park was named by Robert Campbell, whose father was the laird of Ashfield in Scotland.

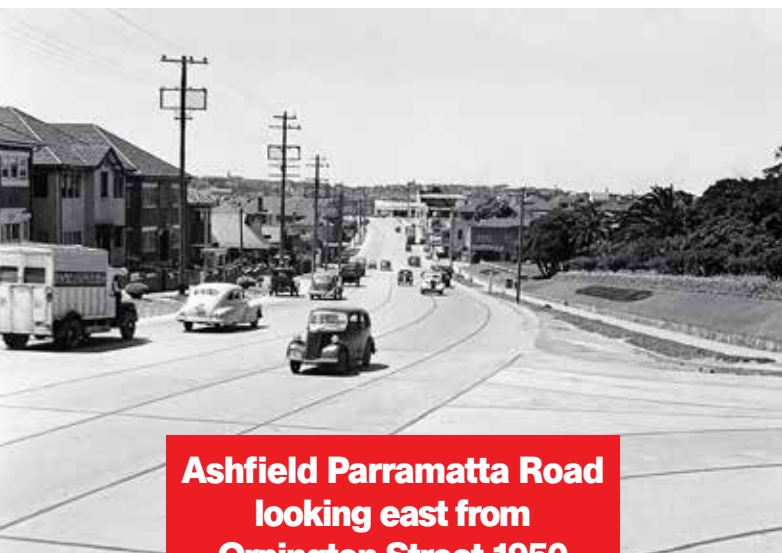
https://en.wikipedia.org/wiki/Ashfield,_New_South_Wales



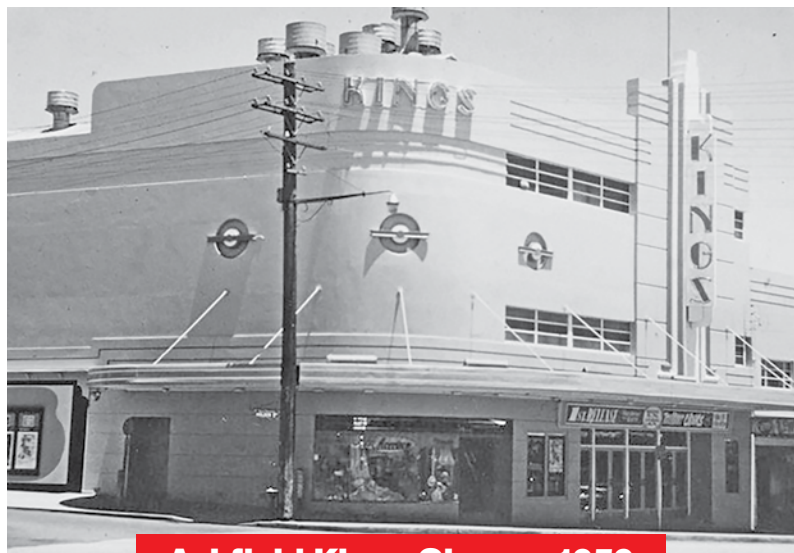
Ashfield Station 1900



Ashfield 1956



**Ashfield Parramatta Road
looking east from
Orpington Street 1950**



Ashfield Kings Cinema 1959

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



6 online magazines
& newspapers
for seniors



**THE
Senior**

The Senior

www.thesenior.com.au/digital-paper/

Go55s

Go55s

www.go55s.com.au/digital-editions/

September-October 2020

DARE

The time of your life

DARE magazine

www.seniors.com.au/dare-magazine

**Australian
Over 50s
Living & Lifestyle**

Over 50s magazine

[www.australianoverfifties.com.au/
FlipPageNSW8/index.html](http://www.australianoverfifties.com.au/FlipPageNSW8/index.html) -

Your Time
Magazine

Your Time magazine (Brisbane)

[www.yourtimemagazine.com.au/
brisbane-edition/](http://www.yourtimemagazine.com.au/brisbane-edition/)

celebration
magazine *Live!*

Celebration magazine (USA)

[www.celebrationmagazine.com/
readseniorcitizenmagazineonline](http://www.celebrationmagazine.com/readseniorcitizenmagazineonline)



14 Aussie inventions

that changed the world!

BLACK BOX FLIGHT RECORDER

David Warren, an aeronautical research scientist, invented the black box flight recorder, which is actually orange, in 1958. David was involved in aircraft crash investigations in the 1950's and saw the need for a recording device.

COCHLEAR IMPLANT (BIONIC EAR)

Often referred to as the bionic ear, the cochlear implant which replaces the work of the damaged inner ear, was invented by Professor Graeme Clark at the University of Melbourne.

ELECTRONIC CARDIAC PACEMAKER

Although the implantable heart pacemaker was not invented until 1960 it was in 1928 that Australian Dr Mark Lidwill with physicist Edgar Booth developed the first portable pacemaker which was used to revive a stillborn infant.

MEDICAL APPLICATION OF PENICILLIN

No, not the stuff that grows on your flatmate's mass of tangled hair they've left on the bath after pulling it from the plughole last Christmas, but something which has saved millions of lives. Discovered but put aside by a Scottish scientist, penicillin was brought into public life by a team led by Australian Howard Florey. He made it onto the old \$50 note. And for a bloke whose work saved so many, he became a fervent believer in population control. Being allergic to this is basically unpatriotic.

WINGED KEEL

There could be no more infamous an invention than Ben Lexcen's winged keel which debuted on the yacht Australia II in the 1983 race for the America's Cup and was kept secret until America's 132 year hold on the cup was broken.

WI-FI TECHNOLOGY

The true breakthrough for Wi-Fi was the development in 1992 of the wireless LAN (Local area Network) by a CSIRO team of radio astronomers.

ULTRASOUND SCANNER

An Ultrasonic Research Group was set up in the late 1950's following concerns about the effect of X-rays on pregnant women. In 1961 David Robinson and George Kossoff built the world's first commercially practical scanner.

INFLATABLE ESCAPE SLIDE AND RAFT

Not only have they never crashed and therefore never needed one, but Qantas came up with the slide raft that lets passengers slip easily off a plane in 1965. Well, their operations safety superintendent Jack Grant did. And he was awarded the Cumberbatch Trophy by the Guild of Air Pilots and Air Navigators 10 years later for it.

HILLS HOIST

Motor mechanic, Lance Hill, invented the Hills Hoist in 1945 in South Australia. The now iconic rotary clothes line is listed as a National Treasure by the National Library of Australia and featured in the closing ceremony of the Sydney Olympic Games in 2000.

WINE CASK

The wine cask was invented in 1965 by Thomas Angove. Described in the patent application as 'improved container and pack' for liquids, the 1 gallon polyethelene bladder in a corrugated cardboard box did not have the tap we enjoy today but was cut open and resealed with a peg.

SURF LIFESAVING REEL

Bondi Beach isn't just famous for sea and sand. It was there in 1906 that surfer Lester Ormsby demonstrated his invention, a surf lifesaving reel. The reels were used until 1970 when they were replaced by rescue tubes.

UTE

The ubiquitous ute was designed in 1934 by Lewis Bandt at Ford in Geelong, the ideal vehicle for the farmer or tradesman.

VICTA LAWN MOWER

How happy must the Aussie bloke have been when he could retire his push mower to the back of the shed and stroll around his lawns behind the roar of a Victa Lawn Mower. Invented by Mervyn Victor Richardson in 1952, more than 8 million Victa mowers have been sold around the world by 2011.

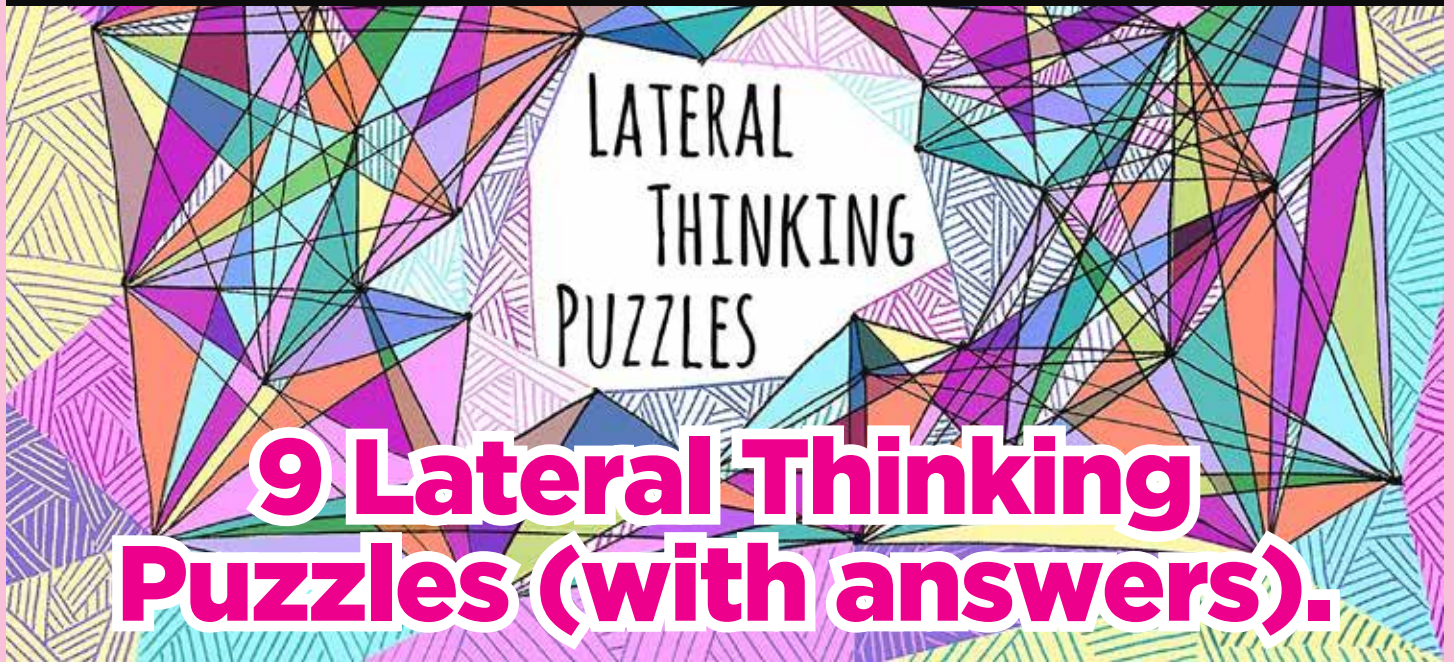
VEGEMITE

The best saved 'til last. And probably the most polarising. Because if you can't split the world into pro and anti camps with an overly salted breadspread which began as an exercise in recycling, why bother? Reviled and adored in equal measure, its placement or otherwise in any given Aussie house could easily replace any national citizenship test. We're joking, of course. Use it for anything except cluttering up the fridge.

Source: <https://www.weekendnotes.com/60-great-australian-inventions/>



BRAIN GAMES



QUESTIONS:

The Carrot, the Scarf, and Pieces of Coal

A carrot, a scarf, and five pieces of coal are found lying on the lawn. Nobody put them on the lawn, but there is a simple, logical reason why they are there. What is it?

Adam and Eve in Heaven

A man died and went to heaven where there were millions of other people. Everyone was naked and looked as they did at the age of 21. He looked around to see if he recognized anyone. He saw a couple and he knew immediately they were Adam and Eve. How did he recognize them?

Double Sons

A woman had two sons. They were born at the same hour on the same day of the same month in the same year. However, they were not twins. How could this be?

The Man and the Elevator

A man lived on the tenth floor of a building. Every day he took the elevator down to the ground floor to go to work or to go shopping. When he returned, he took the elevator to the seventh floor and then walked up the stairs to reach his apartment on the tenth floor. On a rainy day, he took the elevator all the way to the tenth floor. He hated walking, so why does he do so?

The Man Who Hung Himself

In a large, completely empty, wooden barn is a dead man hanging from the middle of the central rafter. He is hanging three feet off the ground by a rope ten feet long. The closest wall is 20 feet away from the hanging man. It would not be possible to climb up the walls or along the rafters. Below him is a puddle of water. How did the man hang himself?

A Deadly Dish

Two men ordered dinner in a restaurant. They both ordered the same items from the menu. After they both tasted it, one of the men went outside the restaurant and shot himself. Why did he do so?

The Arm in the Parcel

One day a man received a parcel in the mail. He found a carefully packed human arm inside. He examined it, repacked it, and sent it on to another man. The second man also carefully examined the arm and then took it to the woods and buried it. Why did they both do these things?

The Bus Driver

You are driving a bus. The bus is empty when you begin your route. At the first stop, four people get on. At the second stop, eight people get on and 2 get off. At the third stop, 3 people get off and 4 get on. What colour are the bus driver's eyes?

The Choice

A murderer is condemned to death. He must choose between three rooms after his sentence is passed. The first is full of raging fire. The second is full of assassins with their guns loaded. The third is full of lions that haven't eaten in six months. Which room should he choose?

ANSWERS ON THE NEXT PAGE

ANSWERS TO 9 Lateral Thinking Puzzles

The Carrot, the Scarf, and Pieces of Coal

The items were used by children to build a snowman that has now melted.

Adam and Eve in Heaven

Adam and Eve were the only people without navels. They were not born of women, so they had never had umbilical cords and, therefore, they never had navels.

Double Sons

Her two sons were part of a set of triplets (or quadruplets, etc.).

The Man and the Elevator

The man is extremely short. He can only reach the button for the seventh floor. However, on rainy days, he uses his umbrella to push the tenth floor button.

The Man Who Hung Himself

The man stood on a block of ice and hung when it melted.

A Deadly Dish

The food the two men ordered was swordfish. Many years earlier they had both been stranded on a desert island. When one of the men tasted the swordfish, he realized he had never tasted it before. This meant that the meat he had been given on the island was not swordfish as he had been told.

He realized that he had eaten the flesh of his son who died when they first reached the island. The thought drove him to the brink and he killed himself.

The Arm in the Parcel

Years earlier, three men had been stranded on a desert island. When they became desperate for food, they agreed to amputate their left arms in order to eat them. One of them, a doctor, cut off the arms of the other two men.

Because they swore an oath to all have their left arm cut off, after they were rescued, the doctor had his arm amputated and sent to the other two men.

The Bus Driver

You are driving the bus, so what colour are your eyes?

The Choice

The third room, because lions who haven't eaten in 6 months are dead.



FIND 12 DIFFERENCES





ANSWERS TO FIND 12 DIFFERENCES



Remember to LIKE and FOLLOW US on FACEBOOK

