



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for March.

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 March 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 HEAD OFFICE



February has been a great month at the Willows, celebrating Valentine's day and the easing of restrictions. It's been great to see all the visitors enjoying the gardens and spending time with their loved ones. The Vaccination Rollout has started and we are hoping that it won't be long before we are notified that they are coming to The Willows. I have sent an email with the relevant information and consent form, please contact me if you didn't receive or if you have any questions. The Royal Commission into aged care is releasing their report and I am hoping that the changes they propose will lead to much needed reform in the aged care industry. Once I have more information about the outcomes I will summarise and send out. We have joined the Australian Aged Care Collaboration with our peak body, if you are interested in learning more about the campaign please let me know.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello everyone, you will all be happy to know that we are once again open to receive more visitors, residents can now enjoy more time together with family members. Who knew that the very table that we share our meals on would be used as a divider to keep families socially distanced due to COVID-19.

Our March programs are as follows - Mauritius National Day will be celebrated on the 11th during tea and glee. St Patricks Fay on the 17th followed by Greek Independence Day on the 25th. We hope to see you during these celebrations.

Our birthdays this month are to be celebrated by **Marija Dorkic, Mavis Thomas and Wanda Krol.**

Until next time.

Cynthia Rossiter - Diversional Therapist



Health & Wellness

Vaccination

time!

Australia's COVID-19
Vaccine Roadmap

COVID-19
✓VACCINATION

Safe. Effective. Free.

Prioritising Residential Aged Care

NEWSLETTER ARTICLE FOR RESIDENTIAL AGED CARE FACILITIES

3 February 2021

Update on Australia's COVID-19 vaccines for residential aged care facilities

The Australian Government has a strategy to deliver COVID-19 vaccines to everyone living in Australia. The [vaccine roll-out roadmap](#) outlines the staged roll-out of the vaccine to priority groups, which is expected to commence from late-February 2021.

A COVID-19 vaccine is just one part of keeping our community safe and healthy. It is important for everyone to continue and maintain COVIDSafe practises, such as hand hygiene, physical distancing and wearing masks when required, particularly in residential aged care facilities (RACFs).

Residential aged care workers and residents will be among the first people who can choose to receive the vaccine in the first roll-out phase (Phase 1a).

More information about the roll-out is outlined in the [Australian COVID-19 Vaccination Policy](#) and the [COVID-19 Vaccines National Roll-Out Strategy](#).

Vaccine safety and effectiveness

The Therapeutic Goods Administration's (TGA) rigorous assessment process of potential COVID-19 vaccines will ensure approved vaccines are safe and effective.

All vaccines are thoroughly tested for safety before they are approved for use in Australia. This includes careful analysis of clinical trial data, ingredients, chemistry, manufacturing and other factors.

The Pfizer/BioNTech COVID-19 vaccine has been provisionally approved by the TGA for people 16 years and older. The approval is subject to strict conditions, and Pfizer will be required to continue providing information to the TGA on the safety, efficacy and quality of the vaccine. More information on this approval is available on the [Department of Health's website](#).

Provisional approval of the University of Oxford/AstraZeneca COVID-19 vaccine is currently anticipated in February, subject to approval by the TGA.

How the vaccine will be distributed to RACFs and administered in the first phase

The Australian Government is responsible for leading the implementation of the COVID-19 Vaccination Program for the large majority of RACFs in consultation with peak bodies and state and territory governments. However, NSW, SA and VIC state governments will have responsibility for leading the vaccine roll out to their state run RACFs.

RACFs have a key role to play in the COVID-19 Vaccination Program.

Administration of a COVID-19 vaccine to residential aged care workers and residents will be done by an in-reach Commonwealth vaccination workforce. This means an additional skilled vaccine workforce, separate to the RACF workers, will work in partnership with facilities and be trained to visit RACFs and administer the vaccine to workers and residents. More information on this workforce is available on the [Department of Health's website](#).

NSW, SA and VIC state governments will provide further information on the administration of COVID-19 vaccines to residents and workers in their state run RACFs.

More information on consent and registering people for vaccination will be available soon.

COVID-19 vaccination is voluntary, but strongly encouraged

COVID-19 vaccines will be safe, free and voluntary for everyone living in Australia.

While the Australian Health Protection Principal Committee (AHPPC) strongly encourages COVID-19 vaccination, at this time AHPPC has not recommended mandating COVID-19 vaccination for the aged care workforce.

The AHPPC will continue to monitor the situation and update its advice accordingly.





Australian Aged Care Collaboration

ABOUT THE AUSTRALIAN AGED CARE COLLABORATION

The Australian Aged Care Collaboration is a group of six aged care peak bodies: Aged & Community Services Australia (ACSA), Anglicare Australia, Baptist Care Australia, Catholic Health Australia, Leading Age Services Australia (LASA) and UnitingCare Australia.

Together, we represent more than 1,000 organisations that are responsible for about 70 percent of the services delivered to the 1.3 million Australians receiving aged care, either at home or in communal residential settings.

We understand the needs of an ageing Australian population because collectively, our members support older people in cities as well as regional and remote localities, across all states and territories. In addition, we are major employers & users of local goods and services. The Royal Commission into Aged Care Quality and Safety is on track to deliver a historic set of recommendations to overhaul the aged care system. The Australian Aged Care Collaboration's aim is to ensure there is political will to make the systemic changes needed to meet the needs of older Australians now and into the future.

<https://www.careaboutagedcare.org.au/about/>



**It's time to care
about aged care.**

As a nation, we have spent more than two decades looking at how to fix our aged care system. With the Royal Commission set to deliver a historic set of recommendations, we can't let this opportunity pass us by.

The Australian Government must commit to comprehensive reform of the aged care system so all older Australians are supported and enabled to live their lives with dignity.

Show your support.

Sign the petition NOW.

[CareAboutAgedCare.org.au](https://www.CareAboutAgedCare.org.au)

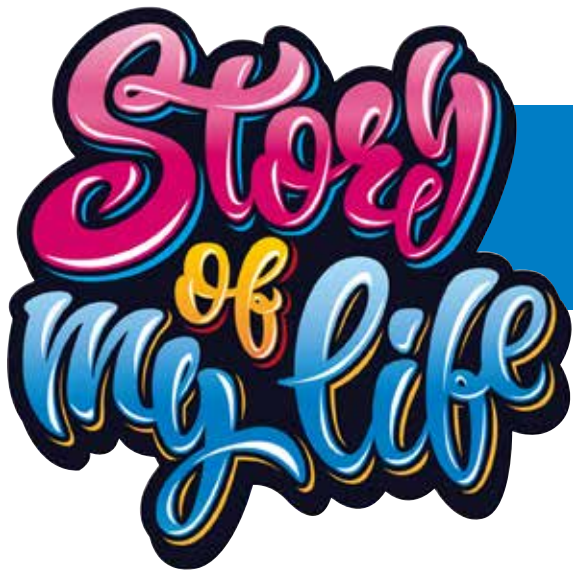


**BAPTIST CARE
AUSTRALIA**
A voice for 2025



LASA
LEADING AGE SERVICES
AUSTRALIA
The voice of aged care





Stories from residents Dian Beverley Fender

Dian Beverley Fender, was born in Sydney in 1946 to Jack and Gwendolyn White. Her father Jack was a plumber and her mother Gwen worked for the Colgate Palmolive Company. Dian had one sister and two brothers. The younger of the two, whose name was Gary, passed away when he was a child.

Dian was married to Kevin William Fender. She was not the only one to marry into the Fender family, many years before her sister Joan had married Ray Fender, Kevin's brother. Dian and Kevin were unable to have children, due to complications during pregnancy. Dian had miscarried twice.

This was heartbreaking for Dian.

She now relies on her nephew to take care of her affairs.

Dian worked for Larcco Sportsware as a packer, she also worked as an office cleaner in three separate buildings.

For hobbies and entertainment, she went to the Motor Club in George Street to dance and watch entertainment, she enjoys all kinds of food and desserts. The only time Dian travelled was for a holiday to Tasmania with her mother Gwen.

In 2002, Dian and her husband were involved in a fatal car accident, in which her husband suffered a major heart attack which later that day cost him his life. As her husband leaned back in the seat of the car, the car was out of control and struck a large tree on the side of the road. Dian got out of the car and got help from the Salvation Army Op shop in Toukley NSW.



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/>

Recognised and appreciated staff member of the month.



Cynthia Rossiter

I was 18 years old when I came to Australia, I was born in Fiji and have eight siblings, seven of which now live in Australia. In 1983 I was window shopping in Chatswood, when I was spotted by a representative of Grace Bothers, who asked if I wanted to audition for a catwalk position. I was reluctant at the time, but I said yes. I went to the audition and got the job, I worked with them for a while and then moved to an agency in Neutral Bay.

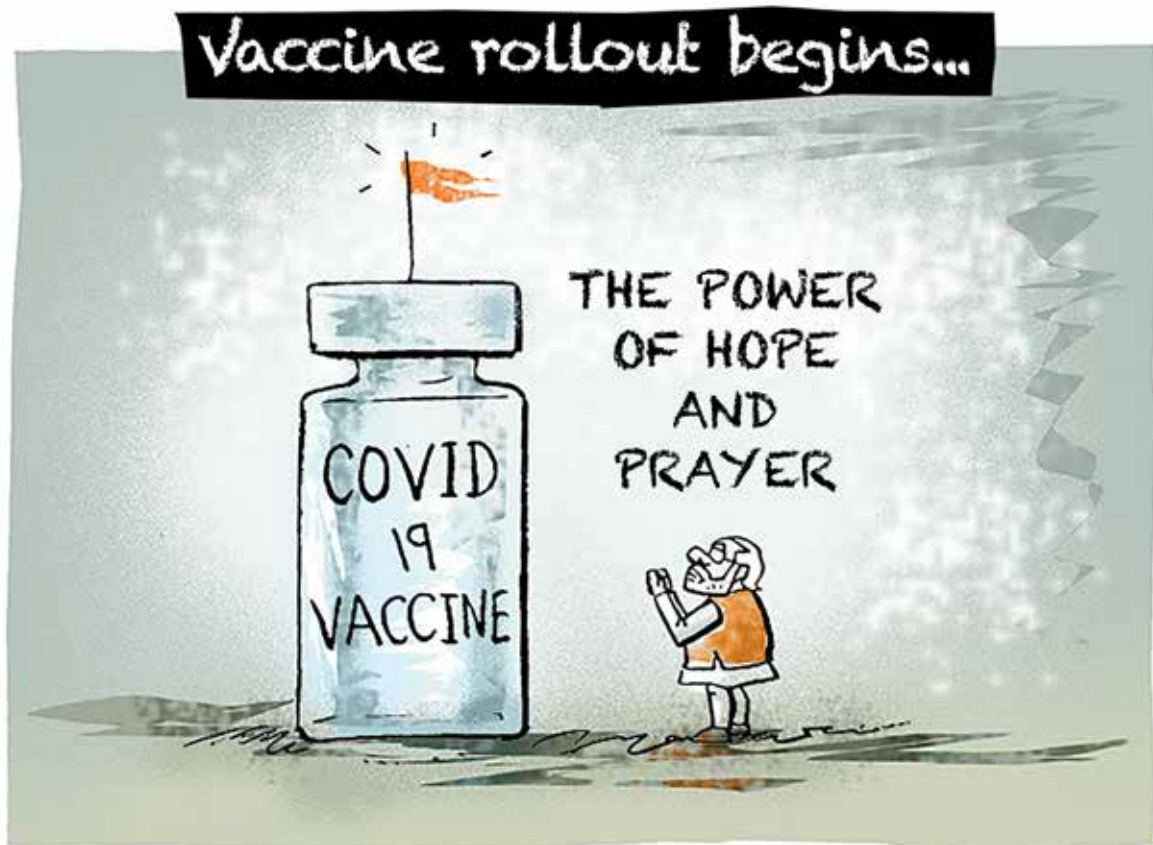
I held many jobs over the years. After my father passed away in 2008, I had a calling from God to move on from the Nursing Home where I was working at the time. In 2009, I was employed by The Willows, it was a lovely day, the place was clean and fresh. I said to God, I hope I will be able to work here. Sister Helen interviewed me, then introduced me to the Late Sam Inbari who was a very warm and gentle person.

A few days later I got a call from Sister Helen to say that I was given the position of Recreational



Officer. I was very happy and ready to move on and join The Willows. It has been 12 years that I've been with The Willows and I've been cared for and loved.

God willing, I will be able to stay with The Willows until I retire. To Sister Helen and the wonderful Willows Management, God bless you all, let us prosper together and do well with what we have been charged with.



AWESOME 5 FACTS

BODY

- Your fingernails grow four times as fast as your toenails.
- Babies are born with 300 bones – adults have 206.
- Your eyeballs are actually part of your brain.
- The smallest bone in your body is in your ears.
- Your lungs are the only organs in your body that float.

FOOD

- Chocolate was first seen in a bar form around 1910.
- Broccoli contains more protein than steak.
- Pistachios are actually fruits.
- Farm-raised salmon is naturally white and then dyed pink.
- Too much nutmeg has the effect of a hallucinogenic drug.

PETS

- Your dog is as smart as a 2-year-old toddler.
- Dogs and cats both slurp water the same way.
- Cats conserve energy by sleeping up to 14 hours a day.
- Your dog's whiskers help him "see" in the dark.
- Dogs only have sweat glands in their paws.

EARTH

- The earth's rotation is gradually slowing.
- The earth was once believed to be the centre of the universe.
- Earth has a powerful magnetic field.
- Earth is the only planet not named after a god.
- The earth is the densest planet in the Solar System.

UPCOMING

DURING MARCH 2021



THE MAGIC YELLOW BUS in Petersham Park Wed March 3

<https://www.innerwest.nsw.gov.au/explore/whats-on#/details/30299>



SOCIAL KNITTING Multiple locations Fri March 5

<https://www.innerwest.nsw.gov.au/explore/whats-on#/details/30004>



THE HYDE PARK BARRACKS already open with a new, immersive experience

<https://mgns.w.org.au/articles/hyde-park-barracks-reopens-with-new-immersive-digital-experience/>



SYDNEY MARDI GRAS Sydney Cricket Ground Sat March 6

<https://www.mardigras.org.au/mardi-gras-parade-2021>



GARDENS AND FLOWER SHOW Throughout March

<https://int.sydney.com/things-to-do/nature-and-parks/garden-and-flower-festivals>



WORLD POETRY DAY Sun March 21

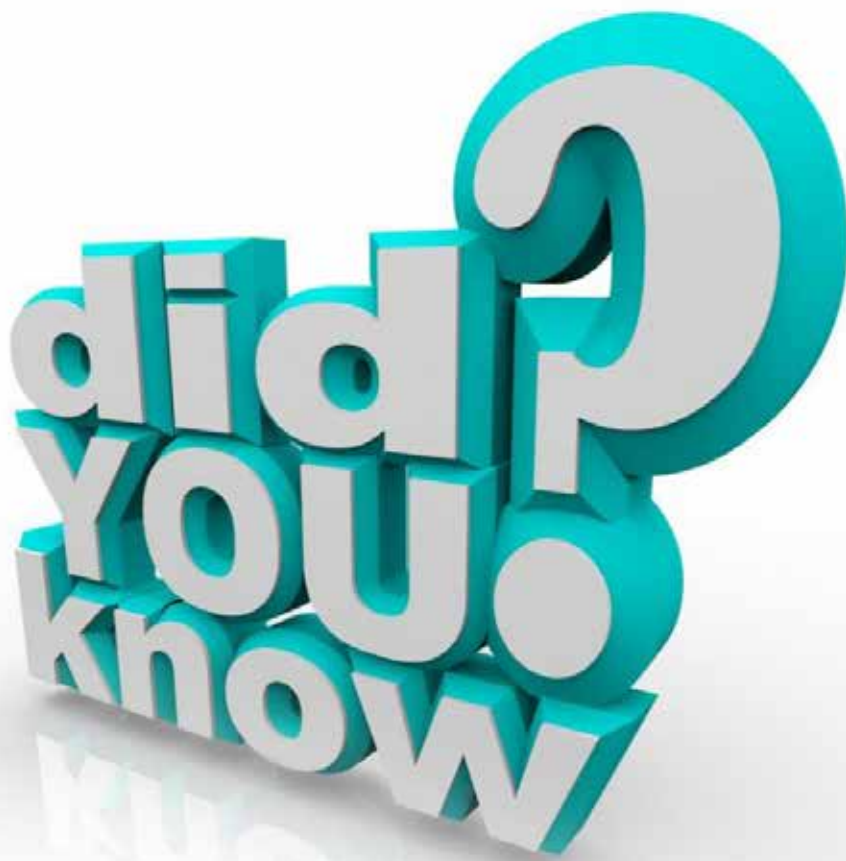
<https://www.awarenessdays.com/awareness-days-calendar/world-poetry-day-2021/>



FROM THE FOOD STUDIO







WE HAVE THE FOLLOWING
SERVICES THAT VISIT
THE WILLOWS AND ARE
AVAILABLE TO ALL RESIDENTS

DOG
THERAPY



HAIRDRESSER

DENTIST



PODIATRIST

PHYSIO



ART
THERAPY

CATHOLIC
HOLY
COMMUNION





NO MAN OR WOMAN IS AN ISLAND

Social isolation among seniors is a growing issue with potentially devastating outcomes, not just for seniors themselves but also for their families and friends. With an increasing aging population, it's more important than ever to leverage the tools at our disposal to increase the meaningful connection in the lives of those we care about.

In this digital age, when we are somehow more and less connected than ever, it seems like everyone experiences loneliness or depression at times. For seniors, it's far worse; it can have devastating effects on their mental, emotional and physical well-being that they may not be able to recover from.

This leads to an increased risk of high blood pressure, depression, Alzheimer's, malnutrition and various other health issues. They are also more likely to engage in risky behaviours like alcohol and tobacco use while being more vulnerable to elder abuse.

We're familiar with the term "silent killer" when it comes to stress, but the truth of lacking a sense of meaning and connection can be a far more insidious health risk that has compounding effects.

Isolation is the number one topic playing in the minds of more than 40% of seniors across the nation who feel like they don't have any meaningful relationships and frequently experience loneliness. This takes a dramatic toll that snowballs into related issues, one of those being a 64% increased chance of developing clinical dementia.

"What I have found in my 22 years of service is that most seniors have adapted to a lifestyle of being alone. They used to be active members of groups, organisations, churches and recreational events," said Beth Welborn, a patient and family service partner in long-term Healthcare institution. Beth has spent over two decades assisting seniors with the transition process from home to facility care. "Over the years, seniors lose their hearing, their sight and their sharp thinking skills, causing them to drop out of the involvement they once had," she said. "They slowly learn to believe they enjoy being alone and not being around others. This becomes accepted and often mistaken for being the preferred lifestyle of the seniors."

Moving from your home to a senior living facility is not an easy task. For many, their entire identity is tied into the house where they have spent so much of their lives. A deep connection exists there – memories of children, spouses and a lifetime of meaningful events. "As they transition to the group/facility/residential setting, they start out resistant to attending group recreations/activities that we offer, thinking they do not like doing things as a group. Quickly, most of them began to join in and rekindle that human need to be around others," Beth explained.

Reigniting the desire and opportunities to connect with others is at the core of the conversation surrounding social isolation in seniors. Beth concluded, "You often find that they will not miss an opportunity to join in the group events once they get started. It's natural to be comfortable around those who are like ourselves. Seniors and their families are often shocked and surprised to see this enjoyment once again create that spark in their quality of life."



STEADY AS LIFE GOES

TIME TO

unplug

and

RELAX



WORD SEARCH

ANIMALS IN THE BIBLE

P O M F S L J I W K G P F B G O J W O I
I T W B F P G P K V C B X N H D P G Z I
C B U U L C P V R L I E Y P M R I V G J
Y Q X F F O X K Q A I P B H Z R H C R M
W T G F V P L R O M E E E C X F F Z A O
D U N A L S S T W B S L N R Z Q C Y S U
X R V L L S S S R N N E K D S E M E S S
O T V O O E P M G G G J B D M P V V H E
P L W E H I V X C C G N R V P Y E V O K
E E M O Y Y C I H E L F H O R S E I P I
A D U M L H Q K A Q A H L A F N Q Q P W
C O B O L F H R O T G P T I O U B K E H
O V M T S X E I J X H X Y E A P D C R J
C E Z C D J B B L G W A S F M F R O G Q
K E J A O J J F O R O A N L K J I L D V
K E Q L Q Z Q L R T A T J N X O G N P S
E L I F Q G M W I R N M T D O N K E Y C
Q U A I L Z T Y D O V Y K N N A O X V L
Y W K P L E D M U K N N A J V D K H X T
F E R R E T C Q H E I F E R W X O R R X

LION

MOUSE

GRASSHOPPER

PEACOCK

VIPER

HEIFER

FROG

RAM

WOLF

TURTLE-DOVE

LAMB

HORSE

FERRET

DONKEY

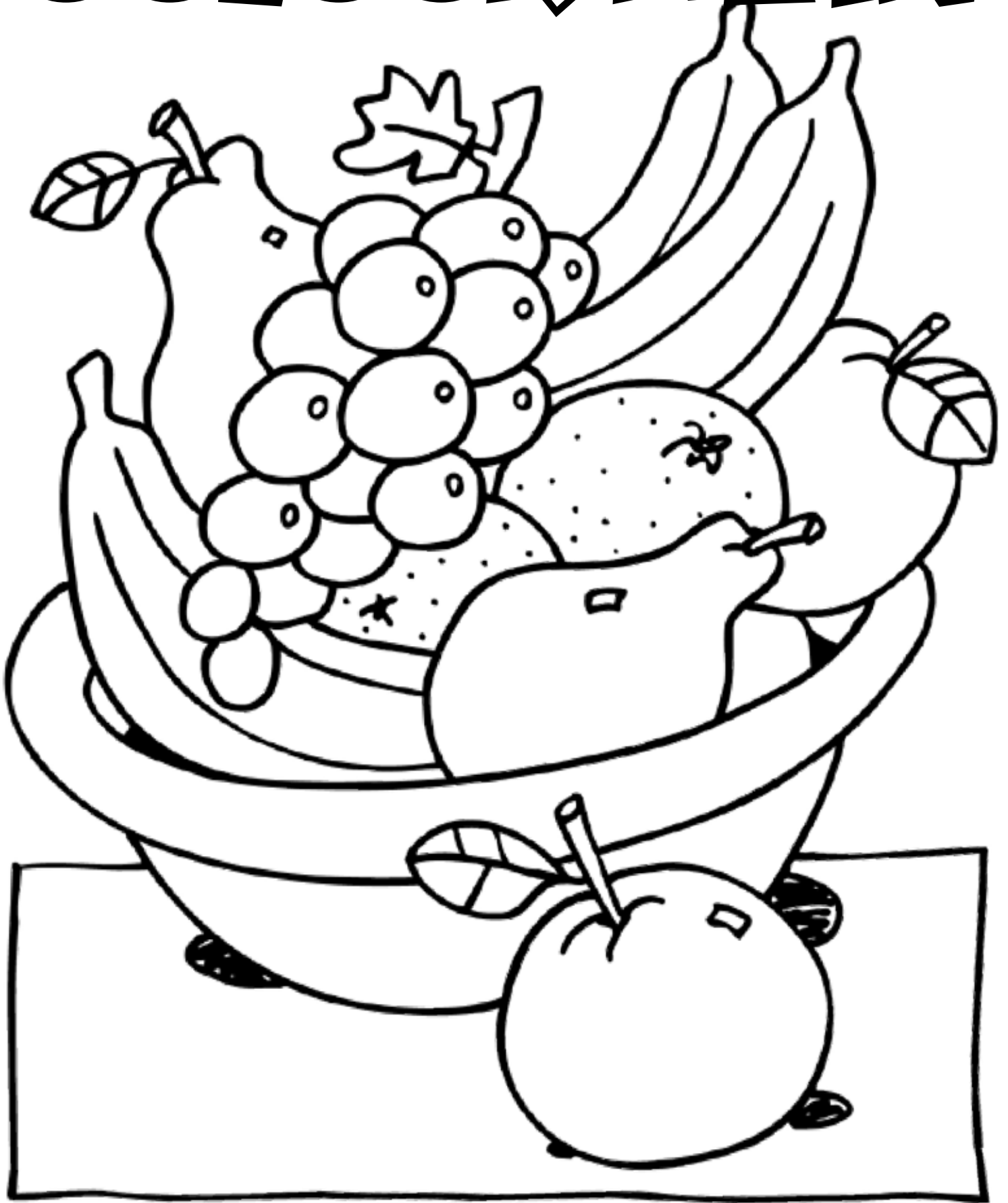
QUAIL

LEVIATHAN

BUFFALO

CALF

COLOUR ME IN



Remember to LIKE and FOLLOW US on FACEBOOK

