



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for June.

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 June 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.

W E L C O M E
- T O -
Winter

June

IN AUSTRALIA

WINTER BEGINS AT THE
START OF JUNE AND FINISHES
AT THE END OF AUGUST

From the Admin Desk



Hi All

It's hard to believe that we're six months into 2023. The time is whizzing by and soon we'll be arranging end of year functions. Thankfully everyone has recovered from our latest COVID infection and I want to thank you all for following our lockdown procedures. The winter months are here and we need to keep the residents safe. Please don't visit if you have any flu or cold symptoms. If you haven't already done so please complete the vaccination authority forms so we can have everyone vaccinated. I hope you all have a good month.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Hello everyone, and welcome to the June edition of our newsletter. Winter is officially here and the weather is getting chilly. No doubt you have all seen the glorious red and orange leaves coloured against a clear blue sky. We hope you're enjoying the lovely Autumn view of the colourful trees that are scattered around The Willows Private Nursing Home. Every season is beautiful, but there's something extra special about this time of year.

Thanks to all of the relatives and staff who helped to make Mother's Day a fun and successful day. Our lovely ladies were given flowers and everyone got to indulge in some delicious foods to celebrate all of the wonderful women in our lives.

Over the month of May, our new Table and Floor games have been very popular, so we're pleased to announce that we've extended all of our sessions! Please continue to join in the fun over the coming month.

Cheers,

David and Tess

**WHAT'S
ON?**

**DURING
THE MONTH OF
JUNE**



KING'S BIRTHDAY PARTY

2.00pm Friday 9th

ITALIAN GROUP

2.00pm Friday 17th Italian National Day

BIRTHDAY CELEBRATIONS

2.00pm Friday 30th

ART GROUP THERAPY

2.00pm Sunday 4th, 11th & 18th

MENS CLUB

2.00pm Friday 16th

LADIES GROUP

2.00pm Wednesday 14th

KNITTING GROUP

11.00am Friday 16th

ICE CREAM DAY

2.00pm Wednesday 7th and 28th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00pm Friday 9th

BUS OUTING

9.00am Wednesday 21st

GARDENING

Last Sunday of the Month

* Subject to change.



26 MAY - 17 JUNE 2023

#VIVIDSYDNEY



**JUNE
BIRTHDAY
CELEBRATIONS**

Roderick Dennis 9th

Theresa Coorey 13th

Agnes Flego 28th



Is it the cold or flu?



Colds are very common and can be caused by one of 200 viruses. There is no vaccine for colds.



The flu is a highly contagious viral infection that is more severe than the common cold. A vaccine is available for the flu.

Understand the symptoms

	Colds	Flu
Fever	Rare	Common
Cough	Common	Common
Sore throat	Common	Sometimes
Fatigue	Sometimes	Common
Loss of taste and/or smell	Sometimes	Sometimes
Body aches/pain	No	Common
Headache	Common	Common
Stuffy/runny nose	Common	Sometimes
Diarrhoea	No	Sometimes (in children)
Sneezing	Common	No
Vomiting	Rare	Common in children / Rare in adults

Colds and flu treatments



Lots of rest



Avoid cigarette smoke



Plenty of water



Keep warm



Eat a healthy diet



Steam inhalation



Paracetamol or ibuprofen for fever, aches and pains



Saline nasal sprays or decongestants for a blocked or runny nose



Throat lozenges for a sore throat



Do not use cough medicines for children younger than 6 years old

Colds and flu myths debunked

Myth: The flu is not a serious illness

Fact: The flu is highly contagious and potentially life-threatening

Myth: Vitamin C supplements can prevent colds and flu

Fact: There is no evidence to support vitamin C supplements preventing colds or flu

Myth: You can catch colds and flu from cold weather or getting caught in the rain

Fact: Colds and flu are caused by viruses, not by wet climates or being exposed to cold air

Myth: Colds and flu can be treated with antibiotics

Fact: Antibiotics only work against bacteria, not viral infections

Myth: Healthy people don't need to be vaccinated

Fact: Everyone over the age of 6 months should be vaccinated every year

Myth: Having the flu vaccine during pregnancy will harm the baby

Fact: The flu shot is safe for pregnant women at all stages of pregnancy

Groups at high risk of catching the flu



Elderly



Pregnant women



Aboriginal and Torres Strait Islander people



People with existing medical conditions

Flu vaccination



Annual vaccination is your best protection against the flu and any associated illness



The flu vaccine is **FREE** under the National Immunisation Program (NIP) Schedule for people at high risk



Visit your doctor, pharmacist or other vaccination provider

Don't risk it!

GET YOUR FLU SHOT



Social interactions are vital for people with dementia as these events support memory retention by increasing the brain cells' ability to communicate with each other. Equally, the lack of social interaction can accelerate memory loss and cognitive decline. However, these social interactions can be challenging for everyone involved. Below are 5 things to avoid when interacting with someone with dementia.

Don't Ignore Them!

It's OK to feel awkward if you're not sure how to interact with someone with dementia, but what doesn't help is shutting down and not making an effort to interact.

Don't Assume *They're Always Confused*

People with dementia do have episodes of confusion, but also regular moments of clarity. While these moments may be brief they often include memories of recent interactions.

Don't Talk to Them Like a Child

Just because someone with dementia require care, this doesn't mean you treat them like a child. This includes using "elderspeak" when speaking to adults with dementia as if they were an infant. This is disrespectful, and unhelpful.

Don't Focus *on What They Can't Do*

When memory loss and cognitive decline occur, some aspects of perception, awareness and memories are retained. This can include long-term memories, recognising and responding to touch and smells that offer your loved one comfort or pleasure. Therefore, focus on the things they can do and engage with them on that level.

Don't Assume *They Choose to Be Difficult*

Sometimes people with dementia may lash out for no obvious reason. This may include screaming, cursing, insults, pushing, hitting, and throwing things. Your loved one is not deliberately giving you a hard time, they're experiencing a hard time because they're frustrated or scared.



10 REASONS

HAPPINESS PEAKS LATER IN LIFE

1. LOTS OF KNOW-HOW

We become good at using what we've learned. Accumulated knowledge gets better in our 60s and 70s.

2. MR. NICE GUY OR GAL

We become more agreeable, happier and less inclined to get angry. Scientists haven't figured out exactly why, but they do have some theories. Dr. Laura Carstensen, a Stanford University aging specialist recently shared her thoughts on her socioemotional selectivity theory (SST) in a Ted Talk – whereby she said this theory of motivation suggests older adults systematically hone their social networks so that available social partners satisfy their emotional needs. Watch her Ted Talk by visiting www.TedTalk.com/talks and type her name in the search bar.

3. PLAYS WELL WITH OTHERS

We're more in tune with other people's emotions in our 50s than at any other time in our life. This insight into how others think and feel can make living with loved ones easier and helps us get along better with coworkers too.

4. BETTER INTIMACY

We may have sex less often, but researchers have found sexual satisfaction improves with age. Women over 80 were more likely than those between 55 and 79 to report being satisfied due to less anxiety about body image. We are more comfortable in our own skin and able to communicate our needs more easily.

5. A TASTE FOR LIFE

As we age, medications and illness can sometimes change our sense of smell and taste. However, people over 50 report experimenting with new recipes and spices and enjoying food more as a result.

6. RISE AND SHINE

There's a good chance we'll become the morning person we've always wanted to be. Sleep patterns can shift as we age and people over 65 may wake up more at night, but most said they regularly get a good night's sleep.

7. BYE-BYE MIGRAINES

Once we hit our 70s, those migraines we may have had much of our life may go away. Only 10% of women and 5% of men over 70 still report migraines. Moreover, if we do have a migraine it may not come with a headache. As we age, visual and sensory disturbances often happen without pain.

8. DON'T QUIT YOUR DAY JOB

As life expectancies increase, early retirement is no longer mandatory and in fact, may not be the best thing for our health. Studies show people who work at a job they enjoy live the longest. That combined with good friends and a good relationship can be the keys to happiness for many seniors.

9. SELF-CONFIDENCE

Self-esteem soars as we age, studies show. Younger people are often more insecure and struggle in their 20s and 30s. As we age such things as employment, financial stability, education, good health and increased physical activity can enhance our well-being even more.

10. LESS STRESS

According to the American Psychological Association, baby boomers and older adults report less stress than their younger counterparts. It doesn't go away entirely but the APA says nine out of 10 older adults report being able to manage it successfully.

FIVE FACTS ABOUT BANANAS



DID YOU KNOW?

All fresh bananas available at Woolworths are grown in Australia. Foreign bananas cannot be imported into the country because of the threat of harmful foreign pests and diseases.

SUNSHINE STATE

Bananas are grown commercially all year round, with Queensland accounting for the majority of Australia's crop. The two main varieties grown are Cavendish and Lady Finger. From the time of planting, it usually takes 12 months for the crop to produce fruit, and then subsequent bunches only take 8-10 months.

PICK OF THE BUNCH

Australians can't get enough of bananas, munching through 5,000,000 each day. Growers take great care to avoid bruising and damaging the popular fruit. They place colour-coded covers over bunches to help inform pickers which bananas are ready to be harvested.

A-PEELING SNACK

Shaped like a smile, bananas definitely create grins, too, as the perfect pick-me-up any time of day. They contain vitamin B6, which can help support a healthy immune system*. Kids love adding bananas to smoothies, pancakes or cereal, but the simplest way is to peel the skin and eat them whole as a quick, easy snack.

GO BANANAS

Pair with flavours such as honey, chocolate, coconut, cinnamon, bacon, ricotta, nutmeg, pistachio, vanilla, coffee, berries, ginger and dates. Experiment in the kitchen and see what you can create.

*WHEN EATEN AS PART OF A HEALTHY BALANCED DIET.

FAST FACTS FOR YOUR HEALTH

With long days of sunshine and plenty of opportunities to be outside, summer is a good season to focus on our health and well-being. While most of us are familiar with the basics of keeping mentally and physically fit, it can be both entertaining and informative to take a closer look. Read on for some fast facts.



1. Chewing gum makes you more alert.

Your mom may have warned you against it, but researchers found that chewing mint-flavored gum reduces feelings of fatigue. Another study found gum chewing can improve overall test scores and memory by 35%.



2. Time outdoors helps the body.

Studies show spending time in nature may help to lower blood pressure, reduce inflammation, boost immunity, reduce pain after surgery, and improve sleep quality. At least two hours each week is recommended.



3. Drinking water aids in heart health.

Did you know it can lower your risk of a heart attack? A six-year study showed people who drink more than five glasses of water a day were 41% less likely to die from a heart attack than those who drank less than two glasses.



4. Exercise boosts your energy.

Thirty minutes of exercise can increase your energy and decrease your levels of anxiety and depression. Even 10 or 15 minutes can lift your mood. Choose an activity you love – dance, walk, or even garden.



5. Deep breathing lowers stress.

Deep breathing can decrease anxiety levels, reduce blood pressure and improve circulation by sending calming messages to the brain and body. Place a hand on your stomach just below the ribs to breathe into the "belly" and your lungs more fully.

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

– William Londen



6. Being social is good medicine.

Social relationships with friends, family, and loved ones are important for both your mental well-being and your physical health. Nurture your social connections; studies show that people who have close friends and family are healthier than those who don't.



7. Laughing is good for your health.

Laughing is not only fun, but it's also good for your health. The spontaneous movement and sound associated with a good chuckle increase blood flow by 20%, exercising your heart and allowing muscles and veins to resupply fresh, oxygenated blood to the body.



8. Garlic aids circulation and heart health.

Garlic may not actually fend off vampires, but it is good for heart health. Studies suggest that the sulfur compounds in garlic can increase blood flow and lower blood pressure by relaxing blood vessels.



9. Music trains your brain.

Learning to play a musical instrument trains your brain to be more efficient, studies say. Musicians have been shown to have a better working memory, increasing their ability to keep things in mind or do mental math.



10. We usually breathe through one nostril.

Most people breathe through one nostril at a time in a process called the nasal cycle. Airflow switches from one nostril to the other on average every two hours.



CnofeUSD



BELIEVE THAT LIFE
IS WORTH LIVING
AND YOUR
BELIEF WILL
HELP (CREATE
THE FACT.

Thought
of the
Month



The Willow's **PHOTO GALLERY**



*always
smile :)*





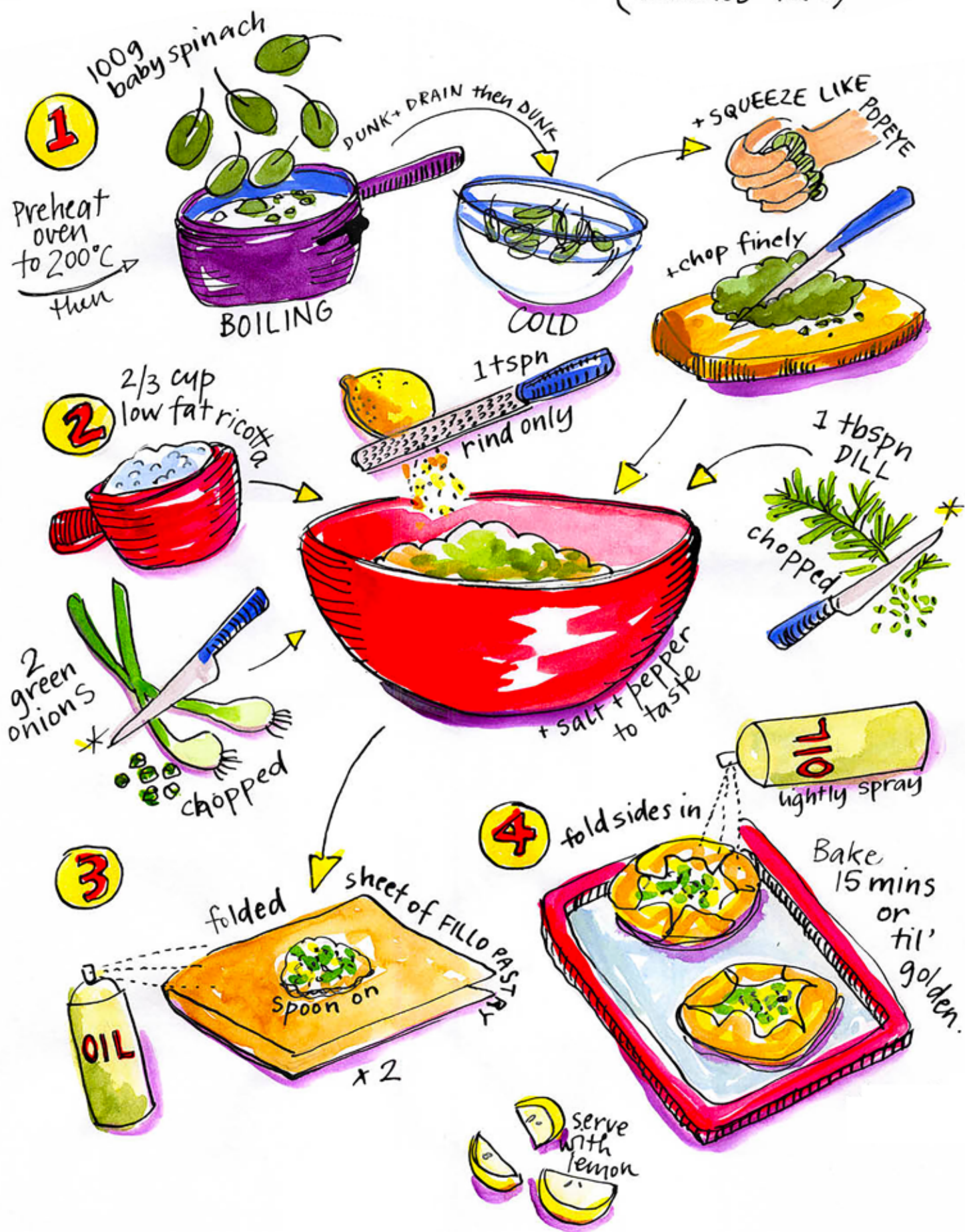


*from our kitchen
to yours*



Spinach + Ricotta FILLO PIES

(makes two)





Spices That Can Help You Stay Healthy This Winter



People with a weaker immune system may find the winter challenging. As the weather changes constantly you never know what illness you might catch. Experts believe that eating a healthy diet during the winter season can lessen all of these hazards. Spices are one such ingredient that needs to find a place in your food. In addition to their medicinal properties, they have great antimicrobial properties, which provide resistance against disease. "You don't have to modify what you're eating right now, but a modest amount of spice can make a big difference in your diet." Spices have the ability to boost immunity and assist the body in fighting off colds, coughs, and fevers throughout the winter months. "They protect you effectively in this chilly weather," says Manisha Chopra, a nutritionist, dietitian, and fitness expert, who lists six spices that can help one stay healthy during winter.

1. Cardamom

Cardamom is known to boost immunity as it contains Vitamin C. It protects us against cold and improves digestion by reviving the secretion of bile juice in the stomach. It has anti-inflammatory and antioxidant properties that help boost our metabolism. Cardamom also helps in reducing gastrointestinal problems like heartburn, acid reflux, diarrhoea, etc. It is also good for the heart....

2. Cinnamon

Cinnamon is a great choice during winters. It is not only a good addition to your beauty routine but also to your daily winter diet. It offers many benefits as it helps in reducing cholesterol levels, preventing arthritis, and fighting against cough and cold. It also breaks down fats effectively and hence, helps in digestion too. Cinnamon helps in insulin resistance which ultimately helps in reducing blood sugar levels and also in losing weight. Cinnamon tastes great if you add it to a hot drink like cocoa or coffee. You can also sprinkle some cinnamon powder on your fruit salad or yoghurt.

3. Ginger

Ginger is the best spice to add in your daily winter meals in order to keep your bodies warm and cozy. It is a superfood for chilly winters with a peppery flavour. It also has anti-inflammatory properties. One should start consuming ginger tea in the morning since the start of winter months. That is the best way to include ginger in your diet. You can also add it to your post-workout smoothie.

4. Saffron

Saffron offers a number of health benefits. It consists of a variety of minerals and compounds like iron, magnesium, potassium, calcium, zinc, etc., that work together and keep your body warm and protected from winter dryness. Saffron has a warm consistency and protects our body from catching flu, cough, and cold. One can also consume it with warm milk or even make saffron rice.

5. Turmeric

Turmeric, without a doubt, is found in every Indian kitchen. It is considered as the best spice because of its medical properties. It has anti-inflammatory, antioxidant, and anti-fungal properties that help keep the immunity up and the body warm and healthy during winters. Turmeric also improves digestion, reduces bloating, prevents cancer, and relieves arthritis pain. You can make a turmeric latte and have it in the morning and evening. You can also add turmeric to your curries, soups, and meals.

6. Fennel Seeds

Fennel seeds are sweet liquorice-flavoured seeds that help relieve bloating and flatulence. It improves digestion because of its antioxidant properties. It is a great winter spice that will help you stay warm in the winters. You can sprinkle fennel seeds on roasted vegetables and they work well with tomato-based dishes. You can also add it to your tea. It will help in reducing excess gas after meals.





Kindness Poem

Kindness breaks down barriers
With words, a smile, a touch
It links us all together
In a way that says so much
It shows concern for neighbours
For communities and friends
To be there for each other
Is the message kindness sends
Reaching out in friendship
Taking time to show you care
Being the anchor in their stormy lives
When they're drowning in despair
Kindness is essential
It's resilient and tough
A global glue to bind us all
With gentleness and love

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



HAIRDRESSER



ART THERAPY



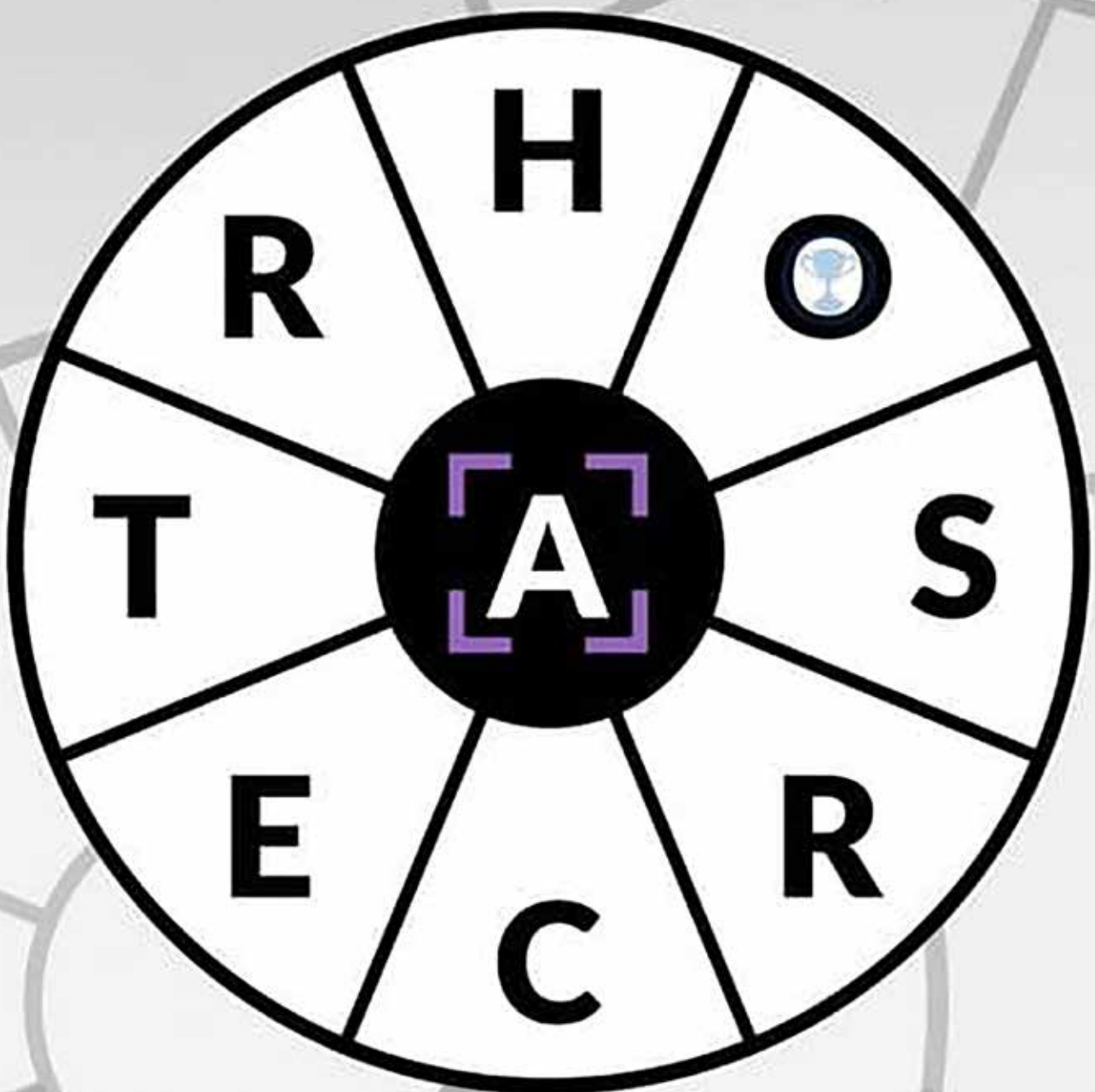
HOLY COMMUNION





Wheel Words

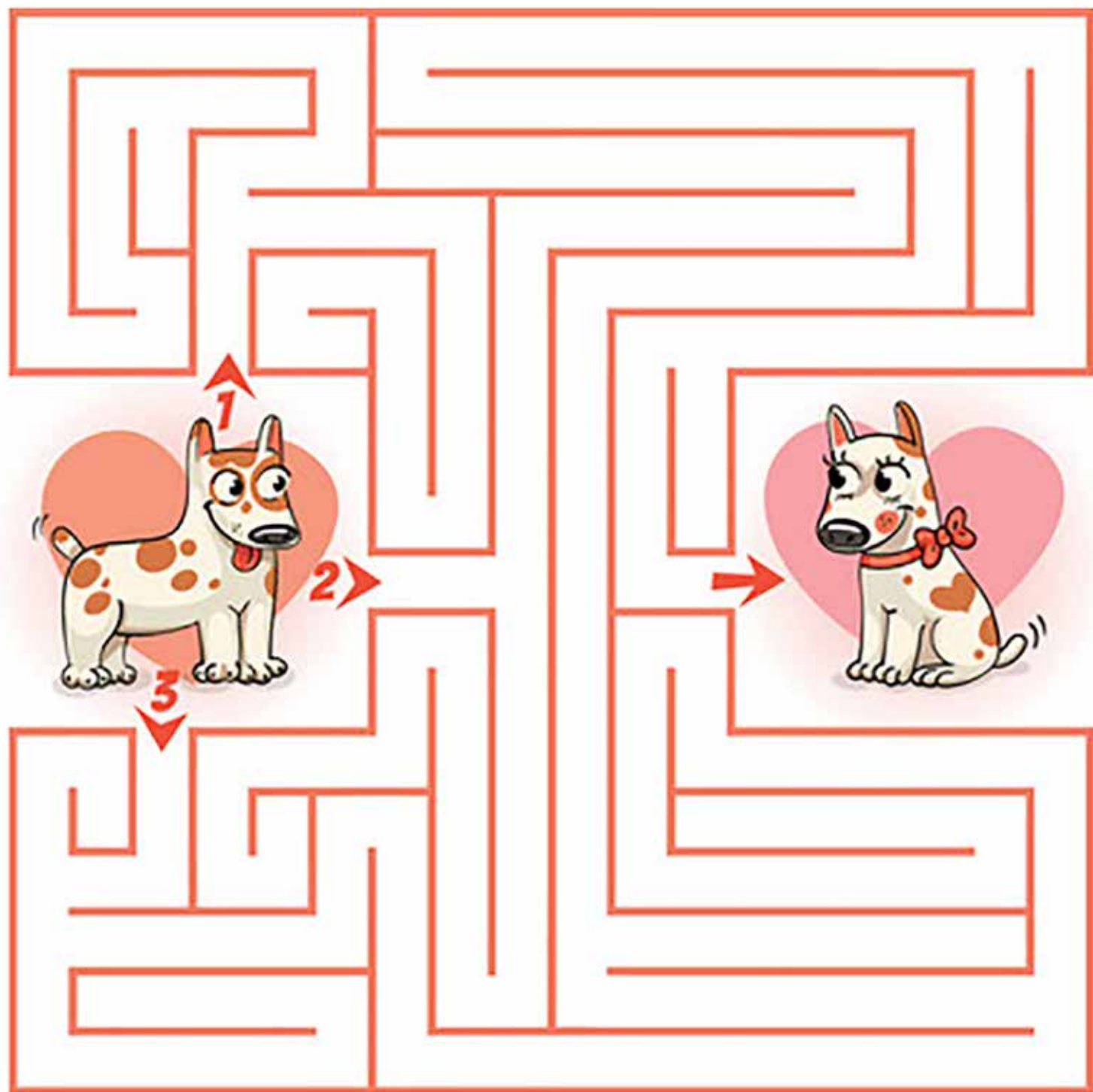
Your target is to create as many words of 4 letters or more, using the letters once only and always including the letter in the middle of the wheel (and the one or more 9-letter word which uses all letters).



Answers on last page

FIND YOUR WAY THROUGH THE

MAZE



Solution on the last page

have fun.

COLOUR ME IN





