



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.

Notes

OCTOBER

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From the Admin Desk



The months seem to be flying by and we are already heading into the last few months of the year. The weather has been warming up but there is still a chill in the air. We have been taking the residents out into the garden when we feel it is warm enough. Hopefully the rain will ease, and the weather will warm up and we can get to go outdoors more often.

Gladys has taken over from Sarah and is settling into her new role. Please come up to the office next time you are in to meet her. As always if there is anything you would like to discuss or have any concerns or suggestions please call - my number is 0400 690 969 or come and see me.

Enjoy the month.

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Hello Everyone!

We hope you enjoyed the month of September and are soaking up some of the beautiful springtime sunshine. We are certainly enjoying this warmer weather and longer days.

Thank you to everyone who helped us to celebrate Father's Day, we're glad we were able to get together and celebrate the wonderful men in our lives.

Throughout October, we will be continuing to introduce a variety of new and exciting activities, there's something for everyone to enjoy, and if you're not sure what is a good option for you, please don't hesitate to ask us. Of course, we are always open to suggestion or any feedback you may have

Cheers,

Gladys - Facility Manager Clinical

OCTOBER BIRTHDAY CELEBRATIONS

Mohana Karalasinham 4th

Mary Leve 13th

Triestino Daniele 26th





Skin changes you should know about

Serums, moisturisers, herbal creams, supplements, special diets, lifestyle tips ... all come to nothing in the quest to avoid the effects of ageing on our skin - no matter how much the products cost.

But there are some skin conditions that occur as you age that you should know about and watch out for. And some that will be just a new part of you.

Age spots

You love the name, right? Age spots, or liver spots, are small dark patches on areas of the skin that get lots of sun. They commonly appear after you turn 50, but you can get them earlier if you've been a sun-lover. They're a reminder to use sunscreen if you're out and about.

Red moles

These small, red bumps or growths, also known as cherry angioma, can show up anywhere on the body, but are more common on the chest, belly and back. No treatment is usually necessary, but they can bleed if they get knocked, and can be removed by a GP.

Skin tags

These small growths, often on a kind of stalk, are usually found on the chest, back, neck, armpits or around the groin and especially where skin rubs against skin or clothing. They aren't dangerous, but if one bothers you, your doctor can remove it.

Actinic keratosis

These are raised, crusty growths, generally on your arms, that again result from sun exposure - or tanning lights. You'll probably have more than one and most will be red, but they can be tan or pinkish. They commonly occur on the face, neck, chest, backs of hands, forearms and lips, but also on the ears and scalp, which make skin checks important as you might not spot them. They can turn into cancer, so check with your doctor.

Varicose veins

These are weakened blood vessels that start to swell and twist or bulge as you age and are mostly present on the legs and feet. They don't usually signal a serious problem but can become inflamed and result in superficial blood clots. And they often ache. Compression garments may help, otherwise your GP may suggest surgery.

Spider veins

These small bundles of broken blood vessels can pop up on your legs, ankles, feet and face. Causes include a backup of blood, hormone changes, or an injury. They don't point to a major health problem, but they can itch or burn.

Itchy skin

Ageing skin gets drier - and itchier as a result. If the itch spreads across your body and is persistent, you may wish to see your doctor, otherwise moisturise daily. The itch could be a sign of something more serious such as kidney disease, an iron deficiency, or thyroid or liver problems.

Bruising

It's a sad fact that as we age, our skin gets thinner, so even a slight knock will easily bruise it. Some blood-thinning medications can exacerbate the problem. It's usually nothing to worry about. Be more careful and cover your arms and legs in the garden

Skin cancer

A change in the colour or condition of a mole should send you straight to your GP or specialist for a skin check. And remember, you can get cancer in places where the sun doesn't shine.

Wrinkles

Maybe we should be happy to have them ... happy we've made it far enough to get wrinkles. They're inevitable, but maybe healthy food, plenty of sleep, regular exercise, sun protection and a good moisturiser might help.

*** Disclaimer: Please refer to the last page of this newsletter.**



Is adjusting to retirement easier for men or women?

Adjusting to retirement can be difficult. But which gender makes the transition more smoothly than the other?

For some, switching gears from working life to retirement life is like switching from top gear straight down to first. The experience is jarring, and many people find adjusting to their new paradigm difficult. Many people report losing a sense of purpose, and boredom can quickly set in. Losing their normal daily work and home routines can leave some people feeling aimless. But are there any substantial differences between the genders when it comes to adjusting to retirement? It turns out one of the sexes does indeed have a tougher time of it, but it's due to reasons not of their own making.

Men adjusting to retirement

For a lot of men, their entire sense of worth and identity came through their work. Playing the role of provider has shaped their entire adult life up until this point. Turning that all off overnight can have a devastating effect, which can catch some normally stoical men by surprise. Without feeling useful, many men's self-esteem can take a hit, and depression can take hold. Many men also draw much of their social circle from work. It's easy to see how losing daily contact with colleagues can lead to feelings of loneliness and isolation.

Women adjusting to retirement

For women, the biggest problems they face when adjusting to retirement are often financial. On average in Australia, women retire with around 19 per cent less superannuation than men. This equates to a dollar value of approximately \$65,551. The difference can often be explained by the time away from work that women are forced to take in order to care for a family. Women from past generations were also often forced to resign when they became pregnant, leading to even great gaps in super balances. The significant gender pay gap also plays a role in the lower balance. As a result of these imbalances, older women are the fastest-growing demographic experiencing homelessness in Australia.

Who has it harder?

The mental health issues faced by men when adjusting to retirement are very real and shouldn't be minimised. Losing your sense of self-worth can leave many feeling they have no reason to exist.

But there are many approaches you can take to combat this. Volunteering and becoming involved in community projects can be a great substitute for a job.

Even making a new daily routine based around your hobbies can give structure and meaning to retired life.

On the other hand, for women, entering retirement can mean financial security being stripped away. Without a regular income, many women will go from being comfortably secure to virtually penniless almost instantly.

That kind of financial about-face will cause its own set of mental health issues.

While there will always be exceptions on both sides, it's safe to say that on the whole, women have a tougher time adjusting to retirement.



SATURDAY 29TH OCTOBER

100 WORDS

The Leaf!

He runs every day on a trail along a river under a canopy of trees. He watches a yellow leaf float down and land in the still-green grass. Five months ago, these trees were budding out. He is mindful that, to the leaf, five months is a lifetime. He wonders if the leaf and the tree miss one another. He thinks about the leaf disintegrating, dissolving into the Earth, becoming one with another tree. The season is changing. His pace is slowing. His stride is growing shorter. He wonders if one day, like the leaf, he will begin anew.



“

GREAT THINGS ARE
DONE BY A SERIES
OF SMALL THINGS
BROUGHT TOGETHER.

— VINCENT VAN GOGH —



The Willows

PRIVATE NURSING HOME

Tip of the Month

Downscale your loves

If you're a season pass ticket holder for the Australian Ballet, consider choosing just two shows a year instead or switching your season's pass for a more local, less exclusive company. If it's rugby league that's more your style, instead of paying big to watch the State of Origin live, watch the game at your local pub or invite a few friends over..

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



SURVIVING ECONOMIC ABUSE

Elderly people suffering from economic and financial abuse is a serious problem. A UNSW Sydney report from June 2022, *Understanding Economic and Financial Abuse and Older People in the Context of Domestic and Family Violence*, aims to provide insight to address this problem by allowing victims to achieve long-term financial independence.

An important finding was that domestic and family violence contributing to economic abuse can go unnoticed, and the term 'elder abuse' can obscure and mask these situations.

Another key insight from the report found that traditionally gendered management may contribute to the economic and financial abuse against older people, including within First Nations communities. This includes patriarchal norms surrounding inheritance, as well as the expectation for older women to play caretaking roles.

The report also provided some possible solutions. These solutions included better training for legal and health professionals in recognising abuse, family mediation, and formal regulations around family transactions. However, troublingly so, the research found that services responding to these cases of abuse had their own struggles. These were things such as lack of resources, lack of training, and reluctance of the victim to disclose the abuse.

Further investigation is required to address these concerns. The report was funded by Commonwealth Bank and is the fifth research report on the topic.

To find out more, visit commbank.com.au/support/financial-abuse.html.

Vintage

AUSTRALIAN POSTERS





IT OR NOT

9 Australian native plants and trees to attract wildlife and bees to your apartment balcony or garden

Here are some native Australian floral species you can plant to create a wildlife-friendly oasis. We even have some that are great for balcony botanists! (Scroll down to the bottom for some options).

Make sure to check your local council or nursery to ensure you're choosing plant species that are native to your area, as some natives might be considered weeds in other parts of Australia

Gum tree (Eucalyptus)

Gum trees are quintessentially Australian and are home to some of our most iconic wildlife - like the koala! There are over 700 different species of eucalyptus and the flowers they produce have lots of nectar that attract a wide range of native bee species, including stingless bees and resin bees, as well as large colourful birds. If you don't have room in your backyard for a gum tree or if you live in an apartment, why not adopt a tree and we'll plant one on your behalf?

Banksia (Banksia)

Banksias will add colour to your garden, as well as attract a range of native bees, birds and small mammals since their flowers are packed full of nectar. With over 173 banksia species (all but one found in Australia) and their flowers blooming in different shades of white, yellow, orange and red, there's really is something for everyone.

Bottlebrush (Callistemon)

The iconic bottlebrush is a shrub, known for its cylindrical red brush-shaped flowers. They're great for those who might not have the best green thumb, as they're hardy

plants and require little maintenance. They also provide food and the perfect home for a range of wildlife, including possums, flying foxes, lizards, insects and nectar-eating birds.

Wattle (Acacia)

The wattle is a fast-growing tree with beautiful yellow flower balls. Growing any type of acacia species (there are over 1,350 species in the world, with close to 1,000 found in Australia) will help provide shelter, food and habitats for Australian birds... and because they're also a great source of pollen, they're a popular choice for attracting native bees. Did you know: The golden wattle (*Acacia pycnantha*) is Australia's national flower.

Waratah (Telopea)

Big and beautiful - the waratah is one of Australia's most iconic flowers and is found on the south-eastern parts of Australia. They produce bright red flowers - sometimes white, pink or yellow, and attract a wide variety of native birds. Once found in many areas of metropolitan Sydney, their survival is due to its existence in national parks. This stunning flower also happens to be the NSW state emblem.

Spider flower (Grevilleas)

The spider flower isn't as scary as its name might suggest. This versatile plant has hundreds of different species with unique foliage. Their flowers come in a variety of shades like red, orange, pink, green, cream and yellow. The best part? They're great for attracting a diverse range of insects, bees and butterflies, and are perfect habitats for birds that feed on their nectar.

Kangaroo paw (Anigozanthos)

This unique Australian plant gets its name from its furry flower which is shaped just like a kangaroo's paw. They're often red in colour, but in the wild their flowers can also range from green to pink, yellow and black. They're packed full of nectar, making them a high-energy food source for lots of native birds, insects and mammals. Apartment dwellers will be pleased to know that kangaroo paws are great as pot plants as long as they're situated somewhere nice and sunny!

Native bluebell (Wahlenbergia stricta)

You'll most commonly find these beautiful royal blue flowers growing by the roadside, attracting bees and butterflies! There are thirteen species of *Wahlenbergia stricta* in Australia. These Australian wildflowers do really well in pots and hanging baskets in light shade - perfect to add a bit of colour on the balcony!

Everlasting daisy (Xerochrysum)

Each stem supports a flower that can bloom up to 60 mm in diameter and they can bloom in a range of colours, including pink, yellow and white! These heat tolerant plants do well in pots and perform best in full sun, but can tolerate a bit of shade. If you'd like to attract butterflies and bees to your balcony, everlasting daisies will do wonders.



From the Food Studio



2 sticks of Butter



x 2 cups of flour

A pinch of salt



1 cup of powdered sugar



1 lemon rind + $\frac{1}{4}$ lemon juice



Granulated Sugar (to sprinkle)



1 cup of corn starch



1 tsp

≡ SHORTBREAD ≡

≡ INGREDIENTS ≡

≡ DIRECTIONS ≡ PREHEAT OVEN 320°F

- ① Beat the butter & powdered sugar together till smooth
- ② Add vanilla (for vanilla cookies) or lemon rind (for a hint of lemon)
- ③ Add salt & cornflour & mix together
- ④ Add the flour & knead into a dough
- ⑤ On a floured surface, roll out till $\frac{1}{4}$ inch thick
- ⑥ Use your favorite cookie cutters to cut into shapes
- ⑦ Place onto a cookie sheet & bake for 12-15 mins, or till the edges start turning a light brown
- ⑧ Sprinkle lightly with granulated sugar while still warm
- ⑨ Cool & then serve



Do you have a concern or complaint?

You can do something about it.

If you have a concern or feedback about the aged care you or someone else is receiving, you can talk to us.

1800 951 822

agedcarequality.gov.au

Your concerns are important, and we encourage you to raise them with the manager of your service first.

Your local contact within this service is:

Maryann Inbari
Operations Manager
0400 690 969

If you can't resolve your concern with your provider, or your service provider isn't listening to your feedback, please contact the **Aged Care Quality and Safety Commission**. Anyone can contact us for free advice and assistance that is anonymous or confidential.

If you'd like support to lodge a complaint with us, a free advocate may be able to help. Call the Older Persons Advocacy Network (OPAN) on **1800 700 600**.

If you need an interpreter to speak with us, call the Translation and Interpreting Service on **131 450**.



Phone
1800 951 822



Email
info@agedcarequality.gov.au



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agedcarequality.gov.au



Write
Aged Care Quality and Safety Commission
GPO Box 9819, In Your Capital City

A festive Halloween graphic. The words "Happy Halloween" are written in a large, bold, black font with a white outline. The letters are decorated with various Halloween-themed elements: a witch's hat on the 'H', a bat on the 'p', a candy corn on the 'y', a ghost on the 'e', and a pumpkin on the 'n'. The date "31st October" is written below in a large, orange, stylized font. The background features a black silhouette of a bare tree and a small orange flower.

Happy Halloween

31st October

October Riches

by Lenore Hetrick

October brings us royal treasures.
There's riches in the bin!
All the living gold of fields,
Has now been gathered in.

All the jewels of the orchards,
The gems of lane and fields,
All the treasures of the garden
Mingle in the yield.

What wealth can equal it in beauty,
Or rival in sheer worth
The riches that October brings
From the fertile earth?



**WHAT'S
ON?**

**DURING
THE MONTH OF
OCTOBER**

OCTOBER FESTIVAL PARTY

12pm Tuesday 25th, LUNCH

1.00pm Live entertainment

HALLOWEEN PARTY

2.00pm Monday 31st

ITALIAN GROUP

2.00pm Wednesday 19th

GARDENING GROUP

2.00pm Sunday 30th

ART GROUP THERAPY

2.00pm Sunday 2nd & 16th

BIRTHDAY GROUP

2.00pm Thursday 27th

ICE CREAM DAY

2.00pm Thursday 28th

SPIRITUAL SERVICES

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

VIDEO TV and LAPTOP

Every Sunday 11.00am

HAPPY HOUR

2.00pm, Friday 7th

BUS OUTING

9am Wednesday 12th & Friday 28th

MENS CLUB

2.00pm, Friday 14th

LADIES GROUP

2.00pm Friday 21st

* Subject to change.



The Willows **PHOTO GALLERY**







Aged care reforms - an overview

16 September 2022

The new [Aged Care and Other Legislation Amendment \(Royal Commission Response\) Act 2022](#) that received royal assent on 5 August 2022 implements 9 measures to improve accountability and transparency and responds to 17 recommendations of the Royal Commission into Aged Care Quality and Safety.

The measures in this Act will ensure greater transparency and accountability of approved providers, and improve quality of care and safety for older Australians receiving aged care services.

Schedule in the Act	Reform measure	What is being introduced	Date changes come into effect	What it means for approved providers and services
1	Australian National Aged Care Classification (AN-ACC) <i>Applies to residential aged care</i>	The AN-ACC care funding model provides more equitable care funding to providers that better matches consumer needs with the costs of delivering care. AN-ACC replaces the Aged Care Funding Instrument (ACFI).	1 October 2022	The AN-ACC care funding model works by applying weightings to the price that reflect variations in the cost of care. This is based on characteristics of the service and the needs of individual consumers. For more information: AN-ACC care funding model .
2	Star ratings for residential aged care <i>Applies to residential aged care</i>	A star ratings system for residential aged care services is being developed to help consumers and their carers compare services and make informed choices on their care options.	By end December 2022	Residential aged care services will have an overall star rating listed on My Aged Care, based on information gathered through measurable indicators of quality and available data. For more information: Star ratings for residential aged care .
3	Code of conduct <i>Applies to approved providers, governing persons and aged care workers</i> <i>The Code does not apply to CHSP and NATSIFACP providers</i>	The new Code of Conduct for Aged Care (the Code) will set out how providers and workers delivering care are expected to behave. This provision strengthens protections for consumers, including the ability to ban workers from the aged care sector. The Code reflects what is already in place under the National Disability Insurance Scheme (NDIS).	1 December 2022	Providers will be required to take reasonable steps to ensure their workforce and governing body comply with provisions of the Code. The Commission's functions will be expanded to include compliance actions relating to compliance with the Code, which may include a civil penalty or banning order. To find out more, download a copy of ' Aged care reforms - a regulatory perspective ' fact sheet. Further information will be available on the Commission's website shortly.

All information in this fact sheet current as at 16 September 2022



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Aged care reforms

Schedule in the Act	Reform measure	What is being introduced	Date changes come into effect	What it means for approved providers and services
4	Serious Incident Response Scheme (SIRS) – in-home and flexible care <i>Applies to home services providers include providers of Home Care Packages, CHSP services and flexible care services through which short-term restorative care is provided in a home care setting</i>	<p>The SIRS will be extended from residential aged care to include in-home care and flexible care delivered in a home or community setting.</p> <p>Expanding SIRS to include home and flexible care services will give greater protections to aged care consumers who receive care and services in their home.</p>	1 December 2022	<p>Providers of home and flexible care services will have new responsibilities regarding managing and preventing incidents, including notifying the Commission of reportable incidents.</p> <p>Information on SIRS is available on the Commission's website - Serious Incident Response Scheme.</p> <p>Home services and flexible care providers are strongly advised to take action now to ensure that their incident management system is effective. There is a fact sheet.</p> <p>Further practical information is available in the Commission's resource, Effective incident management systems: Best practice guidance. Introductory online learning modules including 'Elements of Effective Incident Management Systems' are also available within the Aged Care Learning Information Solution – Alis.</p> <p>To find out more, download a copy of 'Aged care reforms - a regulatory perspective' fact sheet. Further information will be available on the Commission's website shortly.</p>
5	Strengthened governance of approved providers <i>Applies to the governing bodies of approved providers</i>	<p>Legislative changes will require providers to improve their governance arrangements which will in turn lift sector capability. These changes relate to governing body membership, leadership and culture.</p>	1 December 2022 <i>Requirements will apply at different times depending on whether a provider was approved before or after 1 December.</i>	<p>New reporting responsibilities will include the need to report material changes and suitability of key personnel, as well as requirements regarding membership of provider governing bodies, staff qualifications, skills and experience, and submission of an annual statement on operations.</p> <p>Providers are strongly advised to participate in the Governing for Reform in Aged Care program. Further information, including how to enrol in the program, is available at Governing for Reform in Aged Care.</p> <p>To find out more, download a copy of 'Aged care reforms - a regulatory perspective' fact sheet. Further information will be available on the Commission's website shortly.</p>
6	Information sharing	<p>Legislative changes enable sharing of information between Commonwealth agencies across the aged care, veterans' and disability sectors under specific circumstances. This will increase aged care consumer safety.</p>	Now in place	<p>Sharing of information may relate to non-compliance with provisions in the Code of Conduct.</p>

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Schedule in the Act	Reform measure	What is being introduced	Date changes come into effect	What it means for approved providers and services
7	Use of refundable deposits and accommodation bonds <i>Applies to residential aged care</i>	Legislative changes enable the Commissioner to request information or documents from a provider or borrower of a loan made using a refundable accommodation deposit or bond.	Now in place	It will be an offence for a provider to not comply with any request to share information or documents regarding refundable deposits or accommodation bonds. The liability period for the misuse of refundable accommodation bonds is now 5 years (previously this was 2 years). More information is available at Managing accommodation payments and contributions for residential aged care .
8	Independent Health and Aged Care Pricing Authority	Legislative changes have enabled expansion of the functions of a renamed Independent Health and Aged Care Pricing Authority. These changes establish new governance arrangements of the Pricing Authority.	Now in place	The Pricing Authority's functions have expanded to include provision of advice on health care pricing and costing, including those which are covered under the Aged Care Act, such as those which relate to approval of fees. For more information visit the Independent Health and Aged Care Pricing Authority website.
9	Restrictive Practices <i>Currently applies to residential aged care</i>	Legislative changes have enabled the strengthening of consent arrangements for use of restrictive practices for aged care consumers. This amendment to the Quality of Care Principles 2014 further clarifies and strengthens provisions which came into effect on both 1 July and 1 September 2021. Until the proposed amendments are registered in Parliament the current regulatory framework regarding use of restrictive practices including providing of consent remains.	Commences the day after the Rules are registered	Some consumers may not have the ability to provide consent for restrictive practices use for themselves, or there may not be an alternate means for provision of consent on their behalf through State or Territory functions. The amendment provides for those consumers where there is no state or territory function which supports provision of consent on their behalf. More information on restrictive practices in aged care is available on the Department of Health and Aged Care website and on the Commission website - Minimising restrictive practices . To find out more, download a copy of ' Aged care reforms - a regulatory perspective ' fact sheet. Further information will be available on the Commission's website shortly.

Stay up to date with the latest information on the aged care reforms, including details on the Commission's reform webinars for the sector, at www.agedcarequality.gov.au/news-centre/national-aged-care-reforms.

Contact us at agedcarereform@agedcarequality.gov.au if you have questions relating to regulatory requirements of the reforms.

You can also read more about the government's aged care reform initiatives on the [Department of Health and Aged Care's website](#).

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COLOUR ME IN



BRAINPOWER



1.parrot 2.raccoon 3.dog 4.mouse 5.turtle 6.hedgehog 7.ferret 8.rabbit 9.pig 10.cat

EASY CROSSWORD

1. Capital city of England.

2. National sport in the USA

3. Meal eaten outdoors.

4. A fastfood.

5. Something with a wick.

32. Friend or ?

31. A body part.

30. A popular pet.

29. Male child of your father's.

28. You see it on July 4.

27. A break or rest.

26. Opposite of *day*.

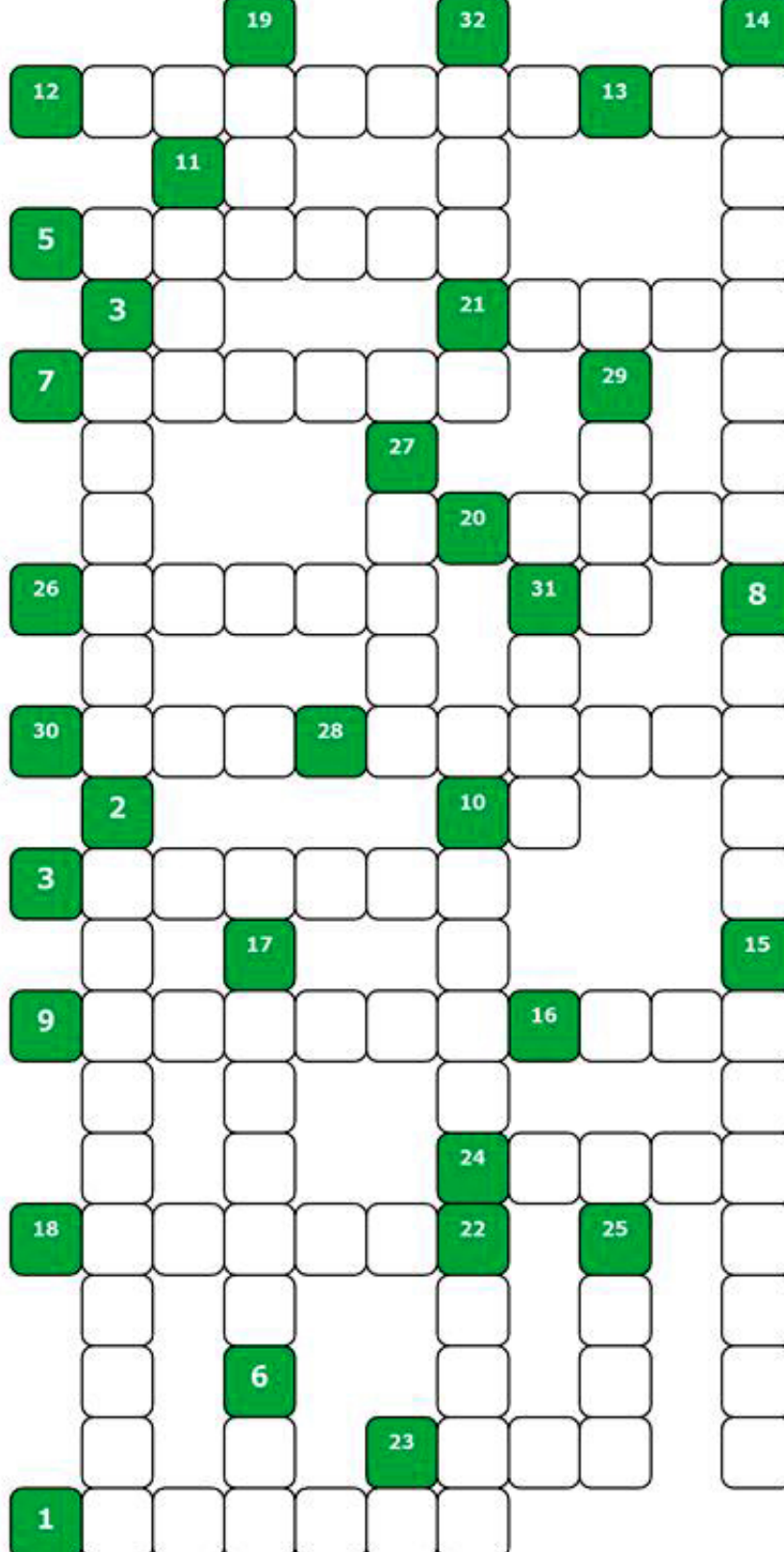
25. To watch secretly.

24. The height of one stair.

23. Covered with ice.

22. Lower part of the face.

21. Covered with grass.



6. Not *out*.

7. A writing instrument.

8. Eleven soccer players = a

9. A teacher works here.

10. Not *hot*.

11. The past tense of *eat*.

12. A long-necked animal.

13. I __, you are, he is.

14. The early part of day.

15. A salty snack.

16. The highest point.

17. An interest.

20. Not *short*.

19. Past tense of *run*.

18. Furniture with four legs.



Hope you enjoyed our newsletter

***DISCLAIMER: THE ARTICLES IN OUR NEWSLETTERS
DO NOT PROVIDE MEDICAL OR FINANCIAL ADVICE.**

All our articles, including but not limited to, text, graphics, images and other material contained herewith are for informational purposes only.

No material in this newsletter is intended to be a substitute for professional medical advice, diagnosis, any treatment or financial advice. Always seek the advice of your physician, a qualified medical professional or financial advisor with any questions you may have regarding any articles herewith.

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