



Whispers from The Willows **NEWSLETTER**

Welcome to our newsletter for December.

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 December 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 Admin Desk



Hi All

December is here and the year has flown by.

I love December. It's my favourite month because it's filled with joy and celebrations. We look forward to celebrating with you and our residents on the 18th at our annual Christmas lunch.

We have redone the floors and are in the process of repainting, we hope you like the changes and are open to any feedback or suggestions you may have to further enhance The Willows.



Wishing you all a Very Merry Christmas and I hope you all have a safe and happy festive season.

Maryann Inbari - CEO

From the Lifestyle Desk



Hello everyone,

Welcome to our December and final edition of our newsletter for 2024! How quickly time flies! We look forward to a busy month ahead in December. We have our Annual Resident Lunch Christmas Party on Wednesday, December 18th. We look forward to celebrating with you all. Please continue to check our notice boards for new and exciting activities.

Congratulations to the winners in the Melbourne Cup competition. Best dress to Maria, best Fascinator to Poli, and best Makeup to Zenaïda, Mariana, Mary, Injajo, Nancy and Santa. You all looked beautiful.

On Remembrance Day, we engaged in a minute of silence to respect our fallen Soldiers. We had art and craft during the day and made poppies for the residents.

Kindest Regards,

Rhaine, Tess and David



**DECEMBER
BIRTHDAY
CELEBRATIONS**

**Santa Puglisi 3rd
Susie O'Brian 10th**

the **BIG** *surprise!* **WOW!**

This is our **60th newsletter** from The Willow Private Nursing Home.
We started in January 2020 with our first very regimented format bringing
to you news, articles, photos, puzzles, crosswords and more.

We grew & grew and over the months and years and lightened our format
to make our newsletters even more interesting, brighter and colourful.
Great fun articles as well as some serious medical content with still bringing
to you interesting news, articles, photos, puzzles, crosswords and more.

If you have any suggestions of what you would like us to add to our newsletter,
then please email us at info@thewillowsprivatenursinghome.com.au
We will try to accommodate where we can.

To all our employees.
Thank you for all that you do
and have done for the company
and residents this past year.

May this Christmas season bring an
abundance of happiness and peace
to you and your loved ones.

MERRY
CHRISTMAS
AND HAPPY NEW YEAR!



MINDFUL MOMENTS LONELINESS



Is loneliness a mental health condition?

Feeling lonely isn't in itself considered a mental health condition, however, research suggests that loneliness is associated with an increased risk of certain mental health problems, including depression, anxiety and low self-esteem, as well as sleep and stress issues.

For individuals that are living with a mental health condition, this may feel isolating at times, especially if they don't have any professional support or peer support from those experiencing similar struggles.

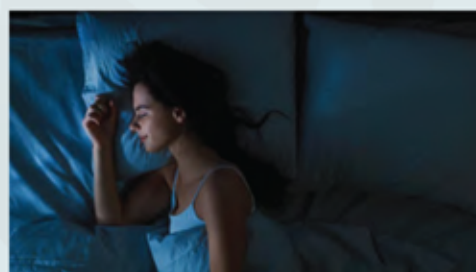
Mental health conditions such as depression and anxiety can lead to people withdrawing socially, which in turn can lead to isolation and feelings of loneliness, acting as a vicious cycle.

A person's self-esteem can also influence how lonely they might feel throughout their life. People who lack confidence or struggle with social anxiety may believe that others won't like them or won't enjoy spending time with them, which can also make loneliness difficult to avoid.

What exactly is loneliness?

Loneliness is not always the same as being alone and what might cause someone to feel lonely will vary from person to person. For example, you may choose to live alone and be perfectly happy, while others may find this a lonely experience. Or you may be in a relationship or part of a family, see friends often and still feel lonely – especially if you don't feel understood or cared for by the people around you.

Loneliness isn't always easy to detect, especially when interacting online or scrolling through social media, where we can't always see the full picture.



Tips to help manage loneliness

Try peer support

If you don't feel ready to open-up in person, talking to others online can be a great first step. There are amazing online communities which offer a safe space to share with others (see support available for links).

Remember that what you see online isn't always reality

People share what they want others to see on social media. If this is negatively affecting you, try to reduce the amount of time you spend scrolling each day and mute or unfollow accounts that don't make you feel good.

Learn something new

Developing hobbies you enjoy and learning new skills can help to increase self-esteem and can help you to find like-minded people. What hobby have you always wanted to try?

Take care of yourself

Often when we feel lonely, we may feel down and begin to neglect our own needs. Taking time to look after yourself by brushing your teeth, eating regularly and getting enough sleep can have a huge impact on our mindset and how we feel about ourselves.



How CARING DIFFERS AROUND THE GLOBE

Diverse cultures, one universal act: here's what caring looks like in different corners of the world.

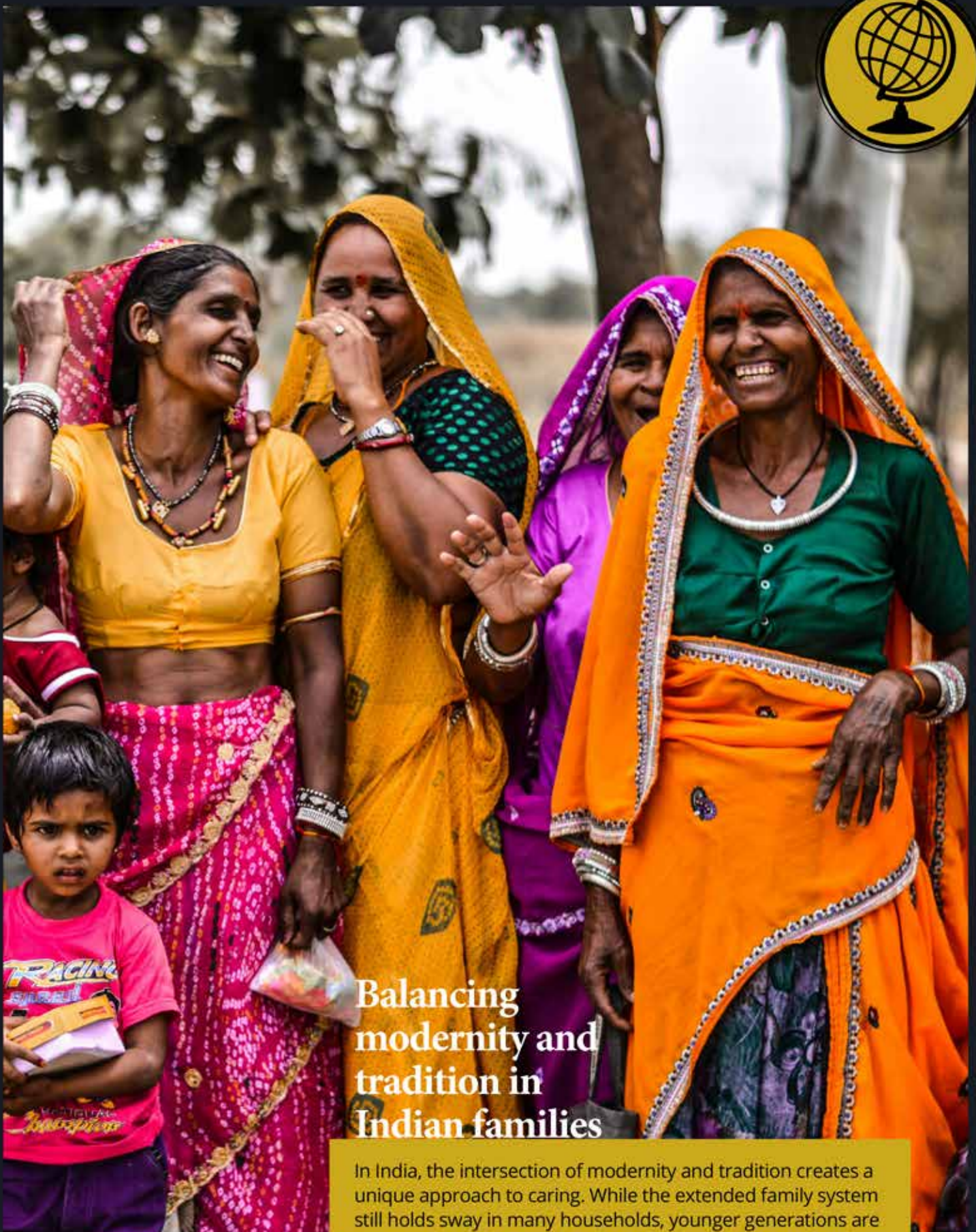
Caring for our loved ones is a universal act of kindness and devotion, yet the way it's approached can differ greatly across various cultures and countries. And while the act of caring transcends cultural boundaries, the way it is practiced can vary dramatically from one culture – and country – to another.

If you work as a carer, understanding the diverse cultural perspectives on caring is crucial in fostering respect and empathy. And for those among us who are carers, or who work in the caring industry, it's likely that you will come into contact with a diverse range of people, from all walks of life. By becoming more aware of these varying approaches, and understanding how caring differs from across countries and cultures, you'll be able to better appreciate the

value that each cultural perspective brings to the concept of caring. A deeper understanding can ultimately lead to improved communication with and support for those you care for, ensuring that all individuals receive the care and respect they deserve.

Australia's multicultural society is a testament to the coexistence of diverse caring traditions, and celebrating these differences can give us an insight into what – and how – other cultures care for their elders. Looking at the different ways in which others care for those in need can also be a source of inspiration and offer us ideas into how we might navigate our own caring journey.

From multi-generational caring to the Māori concept of whanaungatanga, here's what caring looks like around the world.



Balancing modernity and tradition in Indian families

In India, the intersection of modernity and tradition creates a unique approach to caring. While the extended family system still holds sway in many households, younger generations are increasingly embracing the idea of independence and nuclear families. This shift challenges the traditional norm of multi-generational care but highlights the adaptability of Indian culture in the face of evolving societal structures.



The Māori concept of Whanaungatanga

In New Zealand, the Māori concept of whanaungatanga emphasizes the importance of building and maintaining relationships. Caring is seen as an extension of this, with the Māori people viewing everyone as interconnected and interdependent. The practice of caring is deeply rooted in a holistic understanding of well-being and community support.



Multigenerational caring in Chinese culture

In Chinese culture, caring for elderly family members is deeply embedded in tradition. The Confucian principle of filial piety, or xiao, dictates that children have a moral duty to respect, look after and care for their parents. As a result, it's common for multiple generations to live under one roof, ensuring that elders receive the care and attention they deserve. This model of caring is a testament to the reverence for tradition and family bonds.

The warmth of Mediterranean family care

Mediterranean cultures, including Greek, Italian, and Spanish, place a strong emphasis on family ties and warm, intimate caring. Elders are revered and cared for within the family home, ensuring they remain a vital part of family life. The Mediterranean approach to caring reflects the values of closeness, affection, and shared experiences.





Caring in Indigenous Australian cultures

Australia's Indigenous cultures have a rich history of communal caring. In many Aboriginal communities, the concept of kinship extends far beyond immediate family, encompassing a vast network of relations. Elders play a crucial role as carers and educators, passing down knowledge and traditions to younger generations. The emphasis is on collective responsibility and shared care, fostering a strong sense of unity within the community.

Japanese dedication to elderly care

In Japan, a rapidly aging society, caring takes on a unique significance. The Japanese culture places a high value on the elderly, and there is a strong sense of dedication to ensuring their well-being. This commitment extends to the development of advanced care technologies and services, emphasizing both traditional respect and modern innovation.





Harmony and community in Indigenous pacific cultures

The Pacific Islands encompass a vast array of diverse cultures, yet many share a common emphasis on harmony and community-based caring. Elders are revered as sources of wisdom, and caring for them is a collective responsibility. Traditional practices, such as storytelling and music, are used to pass down knowledge and foster a sense of belonging.



Dear Santa Claus,

My name is: _____

This year I have been

☐ Naughty ☐ Nice ☐ Naughty + Nice

I would like:





The Willows Private Nursing Home is proud to embrace innovation in Resident Care: Introducing LenexaCARE®!

Our team is committed to providing compassionate, high-quality care tailored to the unique needs of each Resident. With LenexaCARE®, we're excited to enhance our services by integrating real-time resident positioning and pressure monitoring to help prevent pressure injuries.

The Lenexa Medical team is impressed by The Willows Private Nursing Home, a family-run facility with a longstanding commitment to delivering exceptional, personalised care.

"At The Willows, we believe in placing our Residents at the heart of everything we do. LenexaCARE® empowers our dedicated staff by offering a 24/7 preventative approach, giving them the tools to ensure effective, timely repositioning of Residents."

"Since 1977, we've proudly served our community with a focus on creating a warm, home-like atmosphere. With the addition of LenexaCARE®, our mission to provide the best care possible continues to evolve, supporting our Residents' health and well-being." - The Willows Private Nursing Home.

Their dedication to creating a warm, supportive environment truly enriches the lives of their residents and reflects their deep-rooted values of compassion and community!

We thank them for choosing LenexaCARE® in their aims of empowering their community of staff, residents, family and friends.

#LenexaCARE #TheWillowsPrivateNursing
#PressureInjuryPrevention #AgedCareInnovation
#ResidentWellbeingHealthcareTechnology



WHAT'S
ON?

DURING
THE MONTH OF
DECEMBER

RESIDENTS CHRISTMAS PARTY

11.00am Wednesday 18th

SPIRITUAL SERVICES

Every Sunday 11.00am VIDEO TV & LAPTOP

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

BIRTHDAY PARTY

2.00pm 3rd & 10th December

LADIES GROUP

2.00pm Friday 6th TEA & GLEE

KNITTING GROUP

2.00pm Friday 13th

ART GROUP THERAPY

2.00pm Monday 9th & 23rd

MENS CLUB

KARAOKE 2.00pm Friday 27th

FLOOR GAMES

2.00pm Thursdays - 5th Quoits,
12th Tenpin Bowling, 19th Lawn Bowls

MENTAL STIMULATION

11.00am Every Wednesday

BUS OUTING TBA

BIBLE STUDY

11.00am Every Thursday

GENTLE EXERCISES

10.00am Every day of December

HAPPY HOUR

2.00pm Friday 20th

BINGO GAMES

1.30pm Tuesdays - 3rd Alphabet Bingo,
10th Numeral Bingo, 17th Animal Bingo,
24th Shape Bingo, & 31st Vegies Bingo

PARLOR GAMES

1.30pm Mondays - 2nd Snakes & Ladders,
16th Banana Gram, 31st Qwirkie
(Or Residents Choice)

* Subject to change.



DID
You
KNOW?

Rules on driving



over the age of 75

IN AUSTRALIA, THE RULES FOR DRIVERS OVER THE AGE OF 75 CAN VARY SLIGHTLY DEPENDING ON THE STATE OR TERRITORY YOU LIVE IN.

Here's a general overview of what are the common regulations across most regions.

NEW SOUTH WALES (NSW)

- Drivers aged 75 and older must undergo a yearly medical assessment to ensure they are fit to drive. A medical report from a doctor is required.

At the age of 85, drivers must choose between a modified licence (restricting driving to within a certain distance from their home) or passing a practical driving test every two years to maintain their unrestricted licence.

VICTORIA (VIC) - There is no specific age when drivers must undergo mandatory testing or medical assessments. However, drivers are encouraged to self-assess and discuss any health concerns with their doctor.

Doctors can report to VicRoads if they believe a patient is medically unfit to drive.

QUEENSLAND (QLD) - Drivers aged 75 and over must carry a current Medical Certificate for Motor Vehicle Driver, renewed annually, which confirms they are fit to drive.

SOUTH AUSTRALIA (SA) - At the age of 75, drivers must complete an annual self-assessment and medical report. A doctor must complete a medical certificate for fitness to drive every year.

WESTERN AUSTRALIA (WA) - Drivers aged 80 and over must undergo an annual medical examination. The examining doctor will complete a Certificate of Fitness.

TASMANIA (TAS) - At age 75, drivers must have a medical examination and provide a medical certificate to confirm they are fit to drive. This is required every year.

AUSTRALIAN CAPITAL TERRITORY (ACT) - Drivers aged 75 and over must undergo a yearly medical assessment to ensure they are fit to drive. A medical report is required annually.

NORTHERN TERRITORY (NT) - At the age of 75, drivers must provide a medical certificate confirming they are fit to drive. This must be renewed every year.

Please check: This might have changed at time of going to print

CARING FOR SOMEONE with late stage DEMENTIA

From accessing support to
practising self-care, here's
everything you need to know

BY DEMENTIA AUSTRALIA

The later stages of dementia can be difficult for both the person living with dementia and the carer looking after that person.

At this stage, the person with dementia will often need full time care and support with all day-to-day tasks. As dementia is a progressive and terminal condition, it's often helpful to understand what lies ahead.

In this article, we spoke to Dementia Advocate James about how he supports his wife Linda through the

changes and challenging behaviours as Linda's dementia progresses.

Note – this story discusses



the later stages of dementia which can be confronting for readers. If this article brings up any strong emotions, or you would like support, please call the National Dementia Helpline at any time on 1800 100 500. We are available 24 hours a day, seven days a week, 365 days a year.

Understanding and acceptance can change your perspective

It can be difficult for carers to watch changes happening to their loved one in the later stages of dementia, but



When a challenging behaviour presented itself, I would ask myself ‘How can I best manage and support Linda through this?’

understanding and accepting that changes will come is an important step forward and ensures the person living with dementia receives the care and support they need.

For James, understanding and accepting that changes would come helped him to maintain a better outlook through the difficult times.

“Through getting an understanding Linda’s form of dementia, I knew that her condition would deteriorate,” James said.

“As Linda’s capabilities were diminishing, asking ‘why is this happening?’ was not going

to help either of us. Instead, when a challenging behaviour presented itself, I would ask myself ‘How can I best manage and support Linda through this?’

“This small difference in phrasing changes perspective and helped to work through one behaviour at a time. There were - without a doubt - hard times, and my daughters and I have had to make some incredibly difficult decisions. But, ultimately, acceptance and dealing with situations as they arose has benefited us all, and continues to help us navigate through each issue as and when it arises.”

Dementia causes changes. Your loved one is still your loved one

Symptoms in the later stages of dementia may be challenging. Remember these changes or behaviours are related to how dementia affects the person and are not deliberate or intended to hurt or offend anyone.

Despite a dementia diagnosis and the changes that it has brought, James shared the importance of always remembering your loved one for who they are.



"Upholding the dignity of the person is of utmost importance – that person is still a person," James said.

"Even though Linda's capacity has diminished, she is nevertheless an intelligent person and still requires forms of stimulation that are of interest to her.

"She loves stories and poetry, and when others engage with her through reading and conversation, she lights up and you can just see that she thoroughly enjoys that connection."

"Being empathic through the changes of dementia can make a huge difference – asking who is this person? What is their history? What lights them up?

"I encourage others to avoid assumptions and not to

presume that changes due to dementia means the person doesn't need stimulation or engagement. They are still a person who can feel emotion and need fulfilment."

Caring for yourself is also important

Caring for someone with dementia can be rewarding. It can also be difficult, emotional and at times, overwhelming. Looking after your own wellbeing is just as important as caring for a loved one.

James has experienced a huge sense of grief and loss throughout his experience caring for Linda. He said sitting with his emotion and finding ways through it has made him a better carer.

"In the later stages of dementia, while one is working through the challenges of dementia, there is an immense loss and grief issue," James said.

"I describe it as a relational rupture. Of course, grief and loss make sense, but for

me the relational rupture is the uncoupling of a 40 year companionship.

"You can't stop the grieving; it is a natural process and one that you must work through.

"What enables a carer to come through that overwhelming emotion, is to truly feel emotion, doing something for themselves and identifying what one is grateful for. I have been writing things down and writing poetry about what Linda and I have shared over our 40 years.

"Profound gratitude and being grateful, has helped to move through the overwhelm."

How do I get support?

Caring for a loved one with dementia can be challenging at any stage.

If you need support, information or just someone to talk to, we are here for you.

Call the National Dementia Helpline on 1800 100 500. We're here 24 hours a day, seven days a week, 365 days a year.





Aging Well

One of the greatest treasures we can cultivate in life is the gift of friendship. From sharing laughter and joy to offering support and companionship, meaningful connections enrich our lives in countless ways. And while the notion of making friends may seem daunting, especially in our golden years, rest assured that the path to forging new connections is a journey filled with opportunity and possibility.

Embrace Shared Interests:

One of the most natural ways to cultivate new friendships is by engaging in activities that align with your interests and passions. Whether it's joining a book club, participating in a local gardening group, or attending community events, seeking out like-minded individuals can provide a fertile ground for fostering new connections.

Be Open to New Experiences:

Stepping outside of your comfort zone can also lead to unexpected friendships. Consider trying out new hobbies, exploring different social settings, or attending classes or workshops that pique your curiosity. Embracing novelty opens the door to meeting people from diverse backgrounds and experiences.

Friendship Knows No Age: A Guide to Making Meaningful Connections in Your Golden Years

Reach Out with Kindness:

In today's digital age, technology offers a myriad of ways to connect with others, even from the comfort of your own home. Whether it's joining online forums, social media groups, or virtual gatherings, digital platforms provide valuable opportunities to engage in conversation and build relationships with individuals near and far.

Cultivate Genuine Connections:

When it comes to making friends, quality always trumps quantity. Focus on nurturing genuine connections with individuals who share your

values, interests, and outlook on life. Take the time to listen attentively, show empathy, and express gratitude for the unique perspectives and experiences that each person brings to the table.

Embrace the Power of Community:

As we age, the importance of community becomes increasingly evident. Whether it's through religious organizations, senior centres, or volunteer groups, seeking out opportunities to connect with others who share your stage of life can provide a sense of belonging and camaraderie. Engage in community activities, attend social gatherings, and participate in group outings to foster a sense of community and mutual support.

Remember, making friends is not about quantity or superficiality, but rather about cultivating meaningful connections that enrich your life and bring joy and fulfillment. So, as you embark on this journey of friendship in your golden years, embrace the opportunity to forge new bonds, share stories, and create memories that will last a lifetime.



WHEN DOES **MIDDLE AGE** END OR **OLD AGE** BEGIN?

age.



Try recalling how you thought about older people when you were young. Did you spend time with your grandparents when you had the opportunity to tap into their years of experience or did you see them as doddering old fools that you visited under sufferance? If you had negative views of older people back then, it probably created a neural pathway in your brain that stereotyped the older population. Now, after hitting a milestone birthday, retiring or going grey, you may be finding yourself part of that stereotype.

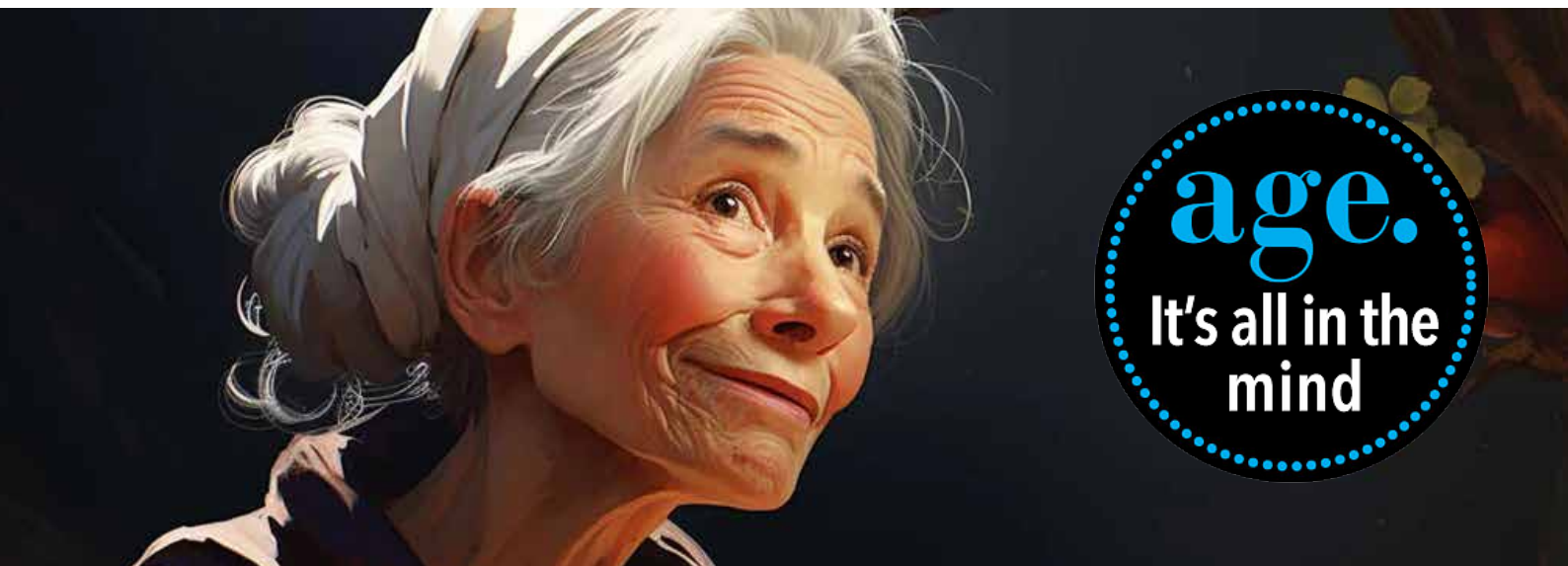
David Robson, a science journalist and author of *The Expectation Effect: How your Mindset Can Transform Your Life*, says there are multiple pathways to stereotype embodiment:

- **psychological:** thinking you're getting old because of your chronological age and believing you can't help but exhibit signs of old age, such as apparent memory loss. Maybe you start writing lists and using the car GPS more often. If you're forced to rely on memory, you may surprise yourself.

• **behavioural and motivational:** if you assume your body is growing weak and feeble, you may see your environment as more daunting than it is and, so, be discouraged from exercise. You may find that doing any exercise, even everyday movements such as walking around the house or to the letterbox, becomes physically tiring thanks to your negative expectations.

• **psychosomatic:** where your expectation of frailty with age can amplify the body's aches and pains, or even increase feelings of nausea and dizziness (as reported by many older people in relation to 'feeling unwell'). Any negative expectations may provoke an unhealthy stress response, with far-reaching effects on your long-term health. If you consider yourself to be weaker and more vulnerable, as a result of age, you would be more likely to see a difficult task as a negative threat rather than a positive challenge.

Do you know that people with a positive view of ageing tend to recover from illness more quickly than those with negative expectations? Is it time to change your mindset?



QUOTE



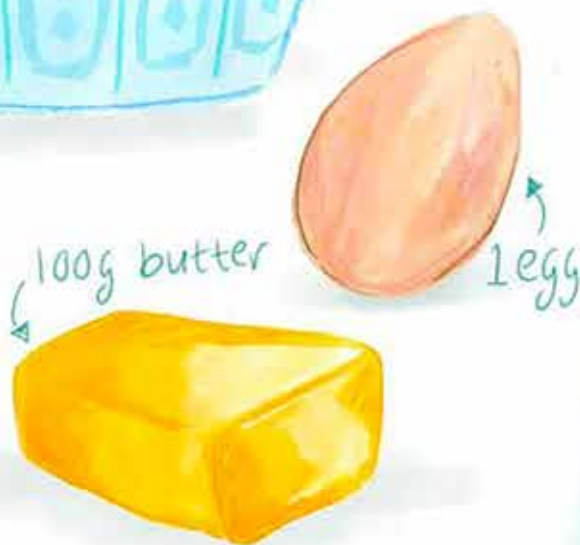
”

age is simply
the number
of years
the world
has been
enjoying you!

*from our kitchen
to yours*



Christmas Gingerbread



1 tsp cinnamon



Dust the work surface with flour & roll out mixture. Use a cutter to cut desired shape. Place in a 200°C pre heated oven for 10-12 mins

Allow to cool before decorating with icing sugar



Melt the butter, sugar & syrup in a saucepan. Set it aside to cool.

Mix in the egg, then add the flour, spice & bicarbonate of soda. Cover the mixing bowl with cling film & allow to chill for 30 mins.



Bonus

RECIPE

CUT OUT COOKIES

1 cup butter

2 eggs

3 cups flour

1/2 teaspoons salt

1 1/2 cups sugar

1 tablespoon vanilla

2 teaspoons baking powder

Cream together sugar and butter. Beat in vanilla and eggs. Combine flour, baking powder and salt; add to creamed mixture. Roll out and cut shapes with cookie cutter. Bake on ungreased cookie sheet for 6 to 8 minutes at 350 degrees F.



wellness

Managing pain & INFLAMMATION

Top 10 Foods That Can Help you

One of the best ways to manage pain and inflammation is through your diet. Here are our top 10 foods to help you feel your best:



1
GREEN TEA: Packed with antioxidants, green tea is a great anti-inflammatory drink. Enjoy a cup or two daily to reap its benefits.



2
TURMERIC: This golden spice contains curcumin, a compound known for its anti-inflammatory effects. Add it to soups, stews, or smoothies for a health boost.



3
FATTY FISH: Wild salmon, mackerel, and sardines are packed with omega-3 fatty acids, which have powerful anti-inflammatory properties. They may help reduce joint pain and stiffness.



4
TOMATOES: Rich in lycopene, tomatoes can help reduce inflammation. Enjoy them fresh, in sauces, or roasted.

GINGER: It has been used for centuries for its medicinal properties. It may help reduce muscle pain and soreness.



7
OLIVE OIL: Extra virgin olive oil contains oleocanthal, a compound with similar effects to anti-inflammatory drugs. Use it as a salad dressing or cooking oil.



8
BERRIES: Blueberries, strawberries, and raspberries are rich in antioxidants that fight inflammation. They're also delicious and easy to add to your diet.



6
LEAFY GREENS: Spinach, kale, and silverbeet contain vitamins and minerals that combat inflammation. Incorporate them into salads, smoothies, or sautéed dishes.

NUTS: Almonds and walnuts are excellent sources of healthy fats that help reduce inflammation. They make a great snack or addition to meals.



DARK CHOCOLATE: In moderation, dark chocolate may be beneficial due to its antioxidants—just be sure to choose varieties with at least 70% cocoa.



Incorporating these foods into your diet could help you manage pain and inflammation naturally. For more personalised advice and to ensure your nervous system is functioning optimally, book a visit with us. We're here to support your journey to better health!

Unfortunately we do have to talk about this at some time.

WHAT TO DO WHEN A loved one dies

A practical guide for
family and friends

T

THE DEATH OF A LOVED

ONE can be one of the most heartbreaking and challenging experiences anyone can go through. It brings an overwhelming mix of emotions, and a to-do list that can feel insurmountable at the time. Navigating this period requires both emotional resilience and practical actions, and it's important to not only look after yourself, but to ask for help from those around you if you feel overwhelmed. Whilst few things other than time can heal, delegating tasks to those closest to you can help ease the mental load that comes in the wake of a loved one's death. From arranging funerals, to other necessary administrative tasks and responsibilities, we have compiled a comprehensive guide on what to do when a loved one passes away. It addresses important "first-steps" including practical, logistical and emotional matters.

STAY STRONG

IMMEDIATE STEPS

Notify Authorities and Close Family

When a loved one dies, the first step is to notify the appropriate authorities. If the death occurs at home and was unexpected, call triple zero (000). They will guide you through the necessary steps and send a medical professional to declare the death. If the death happens in a hospital or care facility, the staff will handle this for you.

Next, inform close family members and friends. This can be emotionally taxing, so consider enlisting the help of others to share the responsibility. It's essential to have support during this time.

Look After Yourself

In the immediate aftermath, it's crucial to take care of your physical and emotional well-being. Grief can manifest in various ways, including shock, numbness, and intense sadness. Allow yourself to feel these emotions, and don't hesitate to reach out for support from friends, family, or professionals.

HANDLING LOGISTICS

Obtain a Death Certificate

One of the first logistical steps is obtaining a death certificate. This document is essential for handling the deceased's affairs, such as closing accounts, claiming insurance, and arranging the funeral. Typically, the funeral director or hospital will help you get

this certificate. You will need multiple copies, so request at least 10 to 15.

Plan the Funeral or Memorial Service

Planning a funeral or memorial service is a significant task that involves many decisions. Consider the following steps:

- **Determine the Wishes of Your Loved One:** Check if your loved one left any instructions regarding their funeral or memorial service. This might be in a will or a separate document.
- **Choose a Funeral Home:** Select a funeral home to assist with the arrangements. They can help with many aspects, including the obituary, service planning, and burial or cremation.
- **Decide on Burial or Cremation:** Depending on the wishes or religious beliefs of your loved one, choose between burial or cremation. This decision will guide many other aspects of the funeral planning.

- **Plan the Service:**

Decide on the type of service, including location, date, time, and who will officiate. Consider the content of the service, such as readings, music, and eulogies.

- **Notify Others:** Use the appropriate channels to inform people about the funeral or memorial service, including social media, local newspapers, and personal calls.

Manage the Deceased's Affairs

Settling the deceased's affairs involves numerous administrative tasks. Here are some critical steps:

- **Locate Important Documents:** Find the will, insurance policies, financial documents, and any other pertinent papers.
- **Contact a Solicitor:** If your loved one had a will, contact the person who drafted it. If there is no will, you might need to hire a probate attorney to assist with the estate.



- **Secure Property:** Ensure the home and possessions of your loved one are secure. This might involve changing locks or arranging for someone to check the property, regularly.
- **Notify Financial Institutions:** Inform banks, credit card companies, and other financial institutions of the death. Close accounts and cancel subscriptions or memberships. You will likely need a death certificate to do this.
- **Handle Insurance and Benefits:** If applicable, contact life insurance companies to file claims.

EMOTIONAL AND LONG-TERM SUPPORT

Seek Grief Counselling

Grieving is a deeply personal process that varies for everyone. Some may find solace in talking to friends and family, while others might benefit from professional grief counselling. Therapists specialising in grief can provide strategies to cope with loss and help navigate complex emotions.

Join Support Groups

Support groups offer a space to connect with others who have experienced similar losses. Sharing your story and hearing others can provide comfort and a sense of community. Many hospitals, community centres, and religious organisations offer grief support groups.



Sharing your story and hearing others can provide comfort

Create a Memory Space

Creating a memory space or ritual can be a healing way to honour your loved one. This might involve setting up a dedicated area in your home with photos and mementos, planting a tree in their memory, or establishing a charitable fund in their name. Enlist the help of friends and family to mark the occasion of your loved one's birthday, or any date that might hold significance.

Take Care of Your Physical Health

Grief can take a toll on your physical health. Ensure you are eating well, getting enough sleep, and engaging in regular physical activity. Avoid excessive use of alcohol as a coping mechanism. Consider seeing a healthcare professional if you are struggling to maintain your physical health.

MOVING FORWARD

Allow Yourself Time

Grieving is not a linear process, and there is no set timeline for when you should feel better. Allow yourself the time and space to grieve. Be patient with yourself and recognise that it's okay to have good days and bad days.

Rediscover Joy and Purpose

Finding joy and purpose after a loss can feel challenging but is an essential part of healing. Engage in activities you enjoy, pursue new interests, or volunteer. These activities can provide a sense of fulfilment and help you move forward.

Remember and Celebrate

Keep the memory of your loved one alive by celebrating their life. Mark anniversaries, birthdays, and other significant dates with rituals or gatherings. Share stories and memories with others who knew them. Keeping their memory alive in positive ways can provide comfort and connection.

The death of a loved one is an inevitable part of life that brings profound sorrow and significant challenges. While the immediate aftermath requires practical steps to handle logistics, it's equally important to address your emotional well-being. Surround yourself with a support network, seek professional help if needed, and give yourself the grace and time to grieve.

In the long term, finding ways to honour and remember your loved one while rediscovering joy and purpose can help you navigate the path of grief. It's a journey that will change over time, but with the right support and sufficient self-care, you can find a way to move forward.

SLEEPLESS NIGHTS?

6 Solutions for Sleep Problems

As we age, the value of a good night's sleep increases. Yet, for many elderly individuals, sleep can deteriorate as they age. In this article, we delve into the often-overlooked issue of sleep problems among the elderly. We explore the steps we can take to ensure our elders can find solace in the embrace of a peaceful night's sleep.

1 ESTABLISH A CONSISTENT SLEEP SCHEDULE: Encourage a regular sleep schedule by going to bed and waking up at the same time every day, even on weekends. This helps regulate the body's internal clock.

2 CREATE A COMFORTABLE SLEEP ENVIRONMENT: Ensure the bedroom is conducive to sleep. This includes a comfortable mattress and pillows, adequate room darkening, and a comfortable room temperature (typically cooler is better).

3 ADDRESS UNDERLYING HEALTH CONDITIONS: Many medical conditions can contribute to sleep problems in the elderly. Consult with a healthcare provider to address issues like sleep apnea, chronic pain, anxiety, or depression, as treating these conditions can often lead to improved sleep.

4 COGNITIVE-BEHAVIOURAL THERAPY FOR INSOMNIA (CBT-I): This can be effective for older individuals experiencing sleep difficulties. It focuses on changing sleep habits and thought patterns related to sleep to improve sleep quality without medication. Consulting with a sleep specialist or therapist trained in CBT-I can be beneficial.

5 LIMIT STIMULANTS: Reduce or eliminate caffeine and alcohol intake, especially in the evening. These substances can disrupt sleep patterns and make it harder to fall asleep or stay asleep.

6 ENCOURAGE PHYSICAL ACTIVITY: Regular physical activity, appropriate for the individual's fitness level, can improve sleep quality. However, avoid vigorous exercise close to bedtime.



5 benefits of drinking

Milk



Drinking milk is a good way to get your calcium fix but the benefits of milk don't stop there. Milk also provides protein, fortified vitamins and more.

#1 Milk Maintains Bone Density

Milk is an excellent source of calcium and phosphorus which are necessary for the development and maintenance of strong, healthy bones and teeth. These reduce the risk of osteoporosis and bone fractures later in life. Milk promotes bone health.

#2 Milk Promotes Muscle Growth

The major proteins in milk are casein and whey. Both help in building lean muscle mass and reducing body fat.

#3 Milk Contains B Vitamins

Milk is rich in vitamin B12, riboflavin (vitamin B2) and niacin (vitamin B3) which aid the conversion of food into energy. Vitamin B12 is also needed for the formation of red blood cells and the normal functioning of the central nervous system.

#4 Milk Is Often Fortified with Other Nutrients

Other nutrients including vitamins A and D are usually added to milk. Vitamin A is key for good vision and boosts the immune system, while vitamin D improves the body's ability to absorb calcium.

#5 Milk May Protect Against Chronic Diseases

In a 2016 journal article published in Food and Nutrition Research, researchers in Europe reviewed the scientific evidence from existing studies on the health effects of milk and dairy products.

The available evidence suggested that dairy intake is associated with a lower risk of obesity, Type 2 diabetes, heart disease, as well as colon, bladder, gastric, and breast cancers. Their analysis found very few reported cases of adverse effects.

DISCLAIMER:

This article is purely for reading and is not advice for everyone. Please consult a health professional that suits your health and body.

**KNOW HOW TO
HELP SOMEONE**

THIS HOLIDAY SEASON

CPR



St John

**IN AN EMERGENCY CALL TRIPLE ZERO
(000) FOR AN AMBULANCE**

D

Look for dangers

Ensure the area is safe for yourself, others and the patient.



R

Check for responsiveness

Check for a response: ask name, squeeze shoulders.

No response? Send for help.

Response? Make comfortable and monitor response.



S

Send for help

Call triple zero (000) for an ambulance or ask another person to make the call.
Stay on the phone.



A

Open the airway

Open the mouth and check the airway for foreign material

Foreign material? Place in the recovery position and clear the airway.

No foreign material? Leave in position

Open the airway by tilting the head back with a chin lift.



B

Check for normal breathing

Check for breathing: look, listen, feel for 10 seconds.

Not normal breathing? Ensure an ambulance has been called; start CPR.

Normal breathing? Place in the recovery position and monitor breathing.



C

Start CPR

30 chest compressions: 2 breaths.

Continue CPR until help arrives or the patient starts breathing.



D

Attach defibrillator (AED)

and follow the voice prompts.



THIS INFORMATION IS NOT A SUBSTITUTE FOR FIRST AID TRAINING. FORMAL INSTRUCTION IS ESSENTIAL.

TOMATOES

RIPE & READY



FROM VINE TO TABLE

Whether tomatoes are a fruit or a vegetable is an age old debate!

Technically, they are a fruit but tend to be found in a variety of savoury dishes and sides rather than in puddings and sweet treats. It is thought tomatoes originate from the Andes and first came to Europe in the 16th century.

There are over 10,000 varieties of tomato worldwide!

Tomatoes are traditionally red but come in lots of different colours including yellow, purple and white. Popular varieties in the UK include cherry, beefsteak and plum.

Tomatoes are full of vitamins A, C and E which can help you maintain healthy skin, bones and teeth, as well as boosting your immune system and helping your gut microbiome.

Lycopene, a carotenoid, is also present in tomatoes and is one of the most potent antioxidants – consumption has been shown to be associated with a decreased risk of chronic diseases such as cancer and cardiovascular diseases. There is also about 1.2g fibre per 100g tomatoes.

Canned tomatoes have similar nutrient levels to fresh tomatoes and are cheap and convenient to have in your food cupboard. Tinned tomatoes can be used in pasta sauces, curries and stews, but be mindful of those which have extra sugar and salt added.

80g tomatoes is one of your 5 a day.

Growing your own can be fun and result in an abundance of fresh, tasty and nutritious ingredients. You can easily grow tomatoes from seed indoors.

Be sure to sow them from late February to mid-March if you're growing them in a greenhouse, or from late March to early April if they'll be outside. To successfully grow tomatoes you'll need rich, fertile soil or compost and a good, sunny and sheltered spot. Lots of garden centres sell grow bags which you can plant tomato plants in. Water them regularly and feed weekly with a fertiliser once the plants start to flower.

Once ripe and picked, try to avoid storing them in the fridge as this will affect the texture. Tomatoes are best consumed straight off the vine but will keep for a week or so at room temperature.



Physical

Therapy Is Key To Reducing Age-Related Pain & Mobility Issues

Aches and pains seem to be an inevitable part of getting older, but rehabilitation therapy is an often overlooked solution. Physical therapy helps with mobility, strength, and pain. And since patients can see a physical therapist directly (or by referral), it's easy to get started.

Joint pain is the number one complaint doctors get as patients get older. Joint pain means less mobility and that means not being as active. This commonly starts around age 50 due to conditions like:

- arthritis
- osteoporosis
- repetitive motion
- sedentary lifestyle
- dehydration
- improper footwear

It's important to see a therapist if pain lasts at least two weeks, there is popping or clicking at the joints, or it feels like your ankles roll or knees buckle.

A therapist can teach you how to take care of your joints. That includes finding the right footwear, learning which surfaces are good for exercise, getting enough protein and fluids, and learning proper positioning to reduce pressure on your joints.

Physical therapists can also teach patients exercises tailored to a specific condition. For example, reduced cartilage can cause bones to rub together and create painful inflammation. Since you can't regrow cartilage, a physical therapist uses exercises to strengthen the muscles to resist compressive forces. That creates spacing between the bones, which decreases the inflammatory process.

Therapists also use hands-on techniques like dry needling, where a technician inserts tiny needles into the body, and myofascial release, which involves pressure and stretching. Both reduce pain and stiffness by improving blood flow, breaking up scar tissue, reducing inflammation, and promoting the body's natural healing processes.

After just six to eight sessions of physical therapy, many patients report less pain and enhanced strength and mobility. Some can even delay or avoid joint or back surgery.

Physical therapists can also connect patients to rehabilitation for age-related concerns ranging from problems with fine motor skills to cognitive decline. Regional One Health provides a comprehensive rehab program, so occupational therapists and speech therapists work alongside physical therapists to provide holistic care.

Bottom line, when it comes to age-related issues, don't wait until something becomes severe or chronic to get the care you need. If you feel like things are more challenging than they used to be, early intervention is the best way to address the problem.



My healthcare

PROBIOTICS

The Remarkable Benefits of Probiotics

As we age, the diversity and abundance of beneficial gut bacteria can decline. Prebiotics and probiotics play important role in maintaining gut health, but their significance may vary depending on individual needs.

Prebiotics are types of dietary fibre that are not digested by the body instead, it is selectively fermented by the gut microbiota and help increase the number of good bacteria in the gut. Prebiotics can be found in foods like bananas, onions, garlic, asparagus, and whole grains. Probiotics, on the other hand, are live beneficial bacteria that, when consumed, can help restore and maintain a healthy balance of gut bacteria.

Prebiotics provide nourishment for existing bacteria, while probiotics introduce new beneficial bacteria to

the gut. There is a growing body of research. There is a growing body of research that suggests a potential link between gut health and certain neurological conditions like Dementia and Parkinson's disease.

The gut and the brain communicate bidirectionally through what is known as the gut-brain axis. This communication occurs through various pathways, including the nervous system, immune system, and the release of signalling molecules. Gut microbiota, which are the trillions of bacteria and other microorganisms residing in the gut, play a crucial role in this communication.

In this article, we will explore the remarkable advantages of consuming probiotics.

1. Enhanced Digestive Health

Digestive issues tend to become more prevalent with age, making probiotics a valuable ally for the elderly. Probiotics aid in the breakdown and absorption of essential nutrients, easing common digestive problems like bloating, constipation, and diarrhoea. By promoting a healthy gut environment, probiotics support regular bowel movements and contribute to overall digestive comfort and efficiency.

2. Strengthened Immune System

A robust immune system is crucial, as it helps ward off infections and diseases. Probiotics have been shown to enhance immune function by stimulating the production of beneficial antibodies and strengthening the gut barrier against harmful pathogens. By bolstering the body's natural defence mechanisms, probiotics can potentially reduce the risk and severity of respiratory infections, urinary tract infections, and gastrointestinal infections.

3. Improved Nutrient Absorption

As we age, our bodies may experience a decline in the ability to absorb certain nutrients. Probiotics help counteract this by increasing the bioavailability of essential vitamins and minerals. By optimizing digestion, probiotics enable the elderly to efficiently absorb

nutrients from their diet, ensuring they receive the maximum nutritional benefit from the foods they consume.

4. Mood and Cognitive Support

Emerging research suggests a link between gut health and mental well-being. Probiotics can positively influence mood and cognitive function, which is particularly relevant for seniors. Studies indicate that certain strains of probiotics can reduce symptoms of anxiety, depression, and stress, while also enhancing cognitive performance and memory. By nurturing a healthy gut-brain connection, probiotics contribute to a happier and sharper mind in the ageing population.

5. Bone Health and Osteoporosis Prevention

Osteoporosis, a condition where bones become weak and brittle, is a common concern in the elderly. Probiotics can aid in the absorption of calcium, a crucial mineral for maintaining bone density and strength. By optimizing calcium utilization, probiotics can potentially help prevent osteoporosis and reduce the risk of fractures, promoting healthier and more resilient bones.

DISCLAIMER:

Please consult a health professional in relation to your body & health.



CHOOSING A RETIREMENT VILLAGE? HERE'S WHAT YOU NEED TO CONSIDER



Here's what to consider when choosing a retirement village.

1. Contracts aren't all the same - Ask yourself some questions. Do you get capital gain? In what percentage? What are the exit fees? In what percentage? Do you pay for renovation costs when you leave? In what percentage? Do you pay legal costs going in, or going out, or both? What are the ongoing costs you must pay? Can you afford them?

2. Don't ignore the finances - If you are on a pension or want to qualify for one, the choice of what you pay for your retirement village unit and what is left over from the sale of your house is important. Getting financial advice is strongly recommended. If paying more for the unit means you qualify for a pension, that may be the best long-term decision.

3. Choose the right place for you - Look at many villages from different operators. What suits a friend or relative may not suit you. Choose the one that seems to match you best.

4. Consider the geography - Do you still drive? Will you continue to do so? Is the village close to shops and entertainment? If you can't drive, will you be marooned at the village, or are there shops, for example, within easy walk? Is there a village bus? Is there medical support nearby?

5. Remember the family - How far away are the family members? Can they visit easily or is it a major trip? Can family stay over and for how long?

6. What are the activities available? - Does the village offer activities or amenities that interest you? A pool? Tennis? Social club? You don't want to be bored.

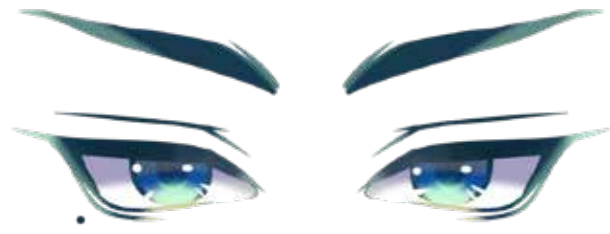
7. What comes next? A retirement village is not usually the last stop on the journey. Is there co-located aged care? If there's no aged care, where do you go when you need it? How quickly do you receive your payout?

8. Investigate the in-home care options available - If people can stay in the village, delaying the move to aged care, with support, that's generally their preference. What support is available at the village to allow you to stay as long as you are able to?

9. It's not all about the money - A retirement village purchase is about lifestyle, not making money. Getting your head around that reality is vital.

10. Do I need specialist advice on the contract? - Retirement village contracts are voluminous (often over 100 pages), onerous, technical documents. They vary from village to village, operator to operator. They are not all the same. They all have their idiosyncrasies and issues. Getting advice from a lawyer who specialises in these contracts is essential.

DISCLAIMER: Please consult a professional to discuss your personal particular needs.



SQUINT YOUR
EYES TO SEE
SOMETHING
DIFFERENT





FALL PREVENTION CHECKLIST FLOORS

- ☐ Walkways are clear of furniture and other obstacles
- ☐ Loose mats and rugs have been replaced with non-slip rugs
- ☐ Cords & wires are taped down or folded away hidden or against the wall
- ☐ Floor is clear of items that can be tripped on, such as shoes, magazines & boxes

STAIRS AND STEPS

- ☐ Loose or uneven steps & carpet have been fixed
- ☐ There are handrails on both sides of stairs or existing handrails are secure
- ☐ There is good lighting in stairway with light switches at the top and bottom
- ☐ Nonslip adhesive rubber tread is on the steps
- ☐ Stairs are clear of items that can be tripped on, such as shoes, magazines & boxes

BEDROOM

- ☐ Bedside table lights are available and easily accessible
- ☐ There are plug in night lights in bedrooms and hallways
- ☐ There is a phone in an accessible location, on the bedside table or on the floor, in case of falls

BATHROOM

- ☐ There are non-slip flooring or mats
- ☐ There are at least two grab bars in the bath/ shower and toilet area.
- ☐ Consider purchasing a shower chair and handheld shower head.
- ☐ Add night lights along the hall or path to the bathroom

KITCHEN

- ☐ Regularly used items are in easily accessible places
- ☐ If you have to use a step ladder, make sure it has a handle at the top - never use a chair as a stepping stool

OTHER

- ☐ An emergency numbers list, in large print, is near each phone.
- ☐ Use a walker or a cane if your balance is unstable.
- ☐ Consider a wearable medical alert device in the event of an emergency while you are alone.
- ☐ There is a phone near the floor, in common areas, in case you fall and can't get up



Travel

TOP TIPS FOR HOLIDAYING WITH SENIORS

With a little forward planning and flexibility, travel for older adults can be hassle free. A safe and unforgettable trip is within reach - read on for our travel tips for seniors.

8 travel tips for seniors: Making elderly travel more enjoyable

Travel is one of the best ways to feed your soul, and thanks to modern innovations it's become more accessible than ever before.

With so many unforgettable travel options at your feet, it's no wonder so many seniors are taking to the sky and exploring the wonders of the world.

These days, there's no need for age to put a dampener on travel plans - but before you set sail on your next adventure, there are some important things you'll need to take care of. We know that holiday to-do lists can sometimes get a little overwhelming, so take comfort in these travel tips for seniors. After all, nobody wants to deal with unnecessary headaches when exploring fascinating new places.





Check travel alerts

Checking travel alerts and Smart Traveller for where you are heading makes good sense for any traveller – seasoned by experience or not. This will help you anticipate any health or weather events that could impact your plans. An additional travel tip for seniors is to see if Australia has a Reciprocal Health Care Agreement with your destination country. In the event of safety or health concerns while travelling, you'll know whether you can access essential healthcare services without incurring significant costs or delays.



Minimise the amount of luggage you take

Depending on where you're travelling to, a large amount of luggage could seriously limit your movements. What's more, it's just not worth increasing the risk of serious fatigue or injury. A great travel tip for older adults is to pack light. Of course, this will mean something different for everyone, and depends on your travel destination and season. Just ensure you're considering how you will transport your luggage through airports, train stations and other bustling travel hubs.



Open the lines of communication with loved ones

Plan how you will stay in touch with family and friends while travelling using chat and SMS, to regular phone calls, video chats and more. Maintaining social connections will help you stay connected overseas while giving your loved ones peace of mind that you are safe.



Protect your valuables

Secure, on-person storage options like money belts and RFID-blocking pouches for your passport can help keep your money and other valuables protected while travelling. You might also like to take advantage of your hotel room's safe to hold the bulk of your valuables while you are out and about sightseeing.



Know how to avoid DVT

Did you know that 30,000 Australians develop blood clots in their legs (known as deep-vein thrombosis, or DVT) or lungs every year? And the risk is higher for older people and those travelling on long-haul flights. When it comes to travel for older adults, make sure you protect yourself with preventative steps like wearing compression socks during the flight, and wherever possible make it a habit to move around regularly on long flights.

6

7

8

Organise your medication well in advance

We recommend booking in a visit with your doctor prior to your trip to explain how long you will be gone so you can sort out the medications you will need in advance. There's nothing worse than arriving at your destination and realising you've forgotten something as crucial as medication!

Book accessible accommodation

If you've done plenty of travelling over the years, you are probably an expert at booking your accommodation months ahead of time. But as you get older it's also important to check on your hotel's accessibility. Travel for seniors with limited mobility is made so much easier when you know your accommodation will have the services and accessibility support to make your stay a comfortable one.

Bring a doctor's letter with you

Depending on your age and mobility, it could be a worthwhile step to bring along a doctor's letter on your travels. While this particular travel safety tip for seniors won't apply to everyone, it might just save you from one less stress on your trip. For example, if you have a specific medical condition, the note can be helpful to responders in case of an emergency, or it can prove to customs officers that the medications you are carrying are necessary. The note could also ensure you get special accommodations if you have mobility issues.

DISCLAIMER: Please discuss details with relevant family or friends, travel agents and your GP before you travel.

LET'S GO!



Close your eyes to remember

Ever wonder why we close our eyes when we try to fish out a detail from the vault of our memory? Does it really help or do we simply do it as a part of our universally common mannerisms?

Looks like it does. According to a University of Surrey study published in the journal 'Legal and Criminology Psychology', closing your eyes to recall a detail can boost memory recall by a whopping 23%. People seem to close their eyes to avoid or block out any interesting visual details in the present that would interfere with their ability to recall the past.

What is interesting is that, along with the visual details, the study shows that closing eyes helps recall audio details as well. So, if we close our eyes, it not only helps us remember what we saw at a point of time, but also what we heard. Research has already shown that closing our eyes helps us experience sounds more profoundly. An older study by the Tel Aviv University's Functional Brain Centre shows that the small alternations in behaviour can have a profound impact on our experience. Continuing research in this could mean new breakthroughs in many fields including neurological disorders.





Why smells evoke memories

Smell is highly effective to tap forgotten memories. A whiff of a certain cooked dish, or a perfume, can mentally transport you to another time in your past to remind you of a place, an event, or a person.

A study from the North-western University, USA, has identified a neural basis for how the brain enables smells to so powerfully elicit memories. Researchers compared connections between primary sensory areas like seeing, hearing, touch and smell, and the hippocampus. They found that the sense of smell has the strongest connectivity -- like a superhighway from smell to the hippocampus.

The research, which appears in the journal 'Progress in Neurobiology', says that smells are a profound part of memory, and connect us to especially important memories in our lives. Other research shows that smell-evoked memories seem clearer or more intense than other memories because they appear to be more emotional than memories triggered by visual, audio, or other cues. However, while smells evoke memories that may feel more powerful, they don't help people recall more information.

Dialling FOR HELP



Be prepared

1 Make sure your house numbers are well displayed.



3 Keep a small bag packed with anything needed for the hospital, don't forget a spare pair of glasses and a phone charger.

2 The Emergency+ app which is free, can access a mobile phone's GPS to provide the critical location when you call triple zero (000). It's worth installing it on your mobile phone



4 Keep a list of regular medication, a copy of your Medicare card, Pension card and Private Health Fund details (if applicable) in the bag.

5 Have a cache of change, so you'll be prepared for hospital parking.



000
EMERGENCY



When making the call

- First make sure you and your patient are safe.
- Keep calm, speak slowly and clearly, and do your best to stay focused.
- Stay on the line and don't hang up until the operator tells you to.
- In Australia the emergency number is triple zero (000), if you don't speak English the operator will arrange an interpreter. If you are speech or hearing impaired use the 106 emergency text-based service.
- Tell the operator that you require an ambulance urgently.
- You may be asked for:
 - Your exact address or location – be as specific as possible.
 - If you're not at home, try to

provide the street number, street name, nearest cross street, and the area. In rural areas give the full address, nearest landmarks and roads, and the name of the property. If you are driving, tell them the direction you're going in and the last motorway exit or town you passed.

- Your phone number.
- You will be asked details such as:
 - What is the problem?
 - How old is the patient?
 - Are they breathing?
 - Are they conscious?

Calling an ambulance is never a nice situation to find yourself in, but ensuring that you are prepared as you can

be can go a long way toward ensuring that the event is dealt with as quickly as easily as possible.

What to do while waiting for an ambulance

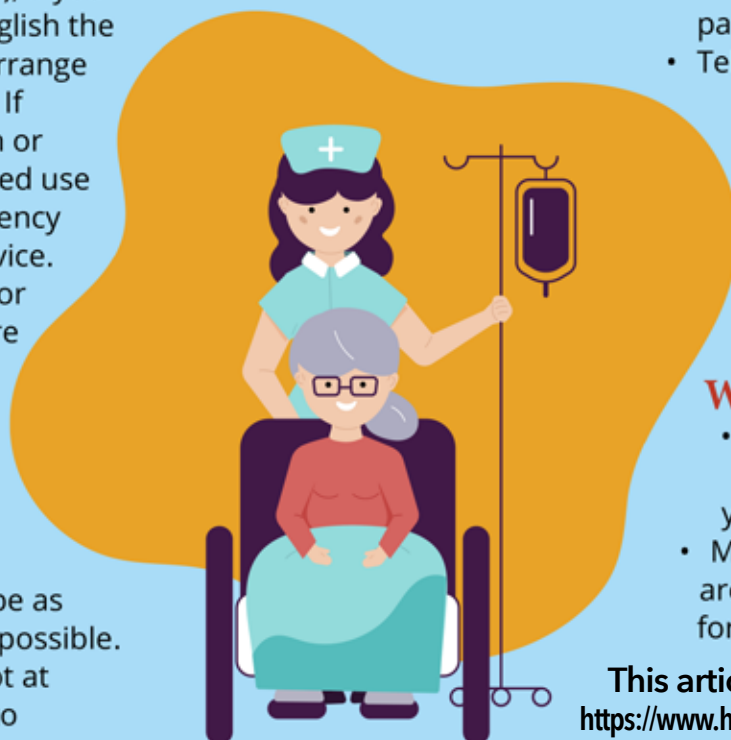
- Open the front door and put on a light so the crew can have direct access
- Remove pets from the area, put them in the laundry or yard
- If possible, have someone wait outside to direct the ambulance
- Continue to provide care, reassure the patient even if they are not conscious, tell them help is on the way
- If the patient needs CPR or other emergency care the operator will guide you

When the ambulance arrives

- Allow room for the paramedics to work
- Tell the paramedic of any allergies or special requirements.
- Get any regular medication, and your bag.

When leaving

- Do not bring valuable items with you in the ambulance
- Make sure the doors are locked and don't forget the keys.



This article has been sourced from <https://www.healthdirect.gov.au/calling-triple-zero>

BEAT

the

HEAT



“

People aged 65
years or older
are more
prone to
heat-related
health
problems.



With Summer Fast Approaching, Here's How to Stay Cool in Hot Weather

As the mercury rises during the sweltering summer months, staying cool can seem like an impossible task. And for the elderly and ill among us, many of whom are more susceptible to the effects of extreme temperatures, managing heat can become even more critical. With some careful planning and a few simple strategies, it's easy to enjoy the summer season without risking your health.



1 HYDRATION IS KEY
Proper hydration is the cornerstone of staying cool in the heat, and, as we age, we're often at a higher risk of dehydration due to reduced thirst perception and kidney function. To combat this, it's crucial to drink plenty of fluids throughout the day, even if you don't feel thirsty.

Increase water intake, herbal teas, and electrolyte-rich drinks to maintain a healthy balance of fluids. Limit the consumption of caffeinated and alcoholic beverages, as they can contribute to dehydration. It's also a good idea to keep a reusable water bottle within reach to make hydration convenient.



2 STAY INFORMED
Keeping an eye on weather forecasts can ensure you're able to properly plan activities and prepare for hot days. By knowing when extreme heat is expected, take precautionary measures, such as staying indoors during peak heat hours or arranging for assistance from family or carers when needed.





3 CREATE A COOL LIVING SPACE

Ensuring a cool and comfortable living environment is vital during hot weather. Consider the following tips to maintain a pleasant indoor climate:

- Use fans or air conditioning to circulate and cool the air.
- Close blinds or curtains during the hottest part of the day to block out direct sunlight.
- Open windows during the evening and early morning to let in cooler air.
- Use light-coloured bed linens to promote a more comfortable sleep environment.



4 DRESS FOR THE WEATHER

Choosing the right clothing can significantly impact comfort in hot weather. Opt for loose-fitting, lightweight, and breathable fabrics, such as cotton or linen, which help regulate body temperature by allowing air to circulate. Light-coloured clothing can also reflect the sun's rays, reducing heat absorption.

Additionally, wearing wide-brimmed hats, sunglasses, and sunscreen can help protect from the sun's harmful UV rays, preventing sunburn and heat-related illnesses.

“

Older adults do not adjust as well as young people to sudden changes in temperature. The temperature inside or outside does not have to be high to put older people at risk for a heat-related illness.



5 PLAN OUTDOOR ACTIVITIES WISELY

While it's essential to stay active, it's equally crucial to choose the right time for outdoor activities. Avoid going out during the hottest parts of the day (typically between 10 a.m. and 4 p.m.). Instead, opt for early morning or late evening when temperatures are cooler.

If outdoor activities are unavoidable, ensure you wear appropriate clothing, apply sunscreen, and carry a water bottle to stay hydrated. Encourage frequent breaks in the shade to prevent overheating.



6 COOL DOWN WITH SHOWERS AND BATHS

Taking a cool shower or bath can provide instant relief from the heat. Have a lukewarm or cool shower, or simply use a damp washcloth to wipe your face, neck, and arms. This can help lower body temperature and provide a refreshing sensation.

7 CHECK-IN ON LOVED ONES

Regularly checking on elderly family members, friends, or neighbours is an act of kindness and safety during hot weather. Older adults may be hesitant to ask for help or admit when they're feeling unwell, so reaching out to them can be a lifeline.

8 EAT LIGHT AND NUTRIENT-RICH FOODS

Diet plays a significant role in how the body responds to heat. Opt for lighter, easily digestible meals during hot weather. Foods with high water content, such as fruits (e.g., watermelon, cucumber) and vegetables (e.g., lettuce, tomatoes), can help maintain hydration.

Avoid heavy, high-fat meals, as they can increase body heat and discomfort. Small, frequent meals can also help regulate body temperature and prevent overheating.



“

Heat stress can exacerbate existing health conditions including diabetes, kidney disease and heart disease. Older people are particularly vulnerable.



COLOUR ME IN





BONUS



BRAINPOWER



Christmas Crossword

ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The Gift of the ____"
12. What carolers do
15. French Christmas.
16. Snow glider

**Find the answers
on the second last page**



Find the answers
on the second last page

Christmas Joy



DIRECTIONS: Fill in the crossword
grid with the provided words.

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

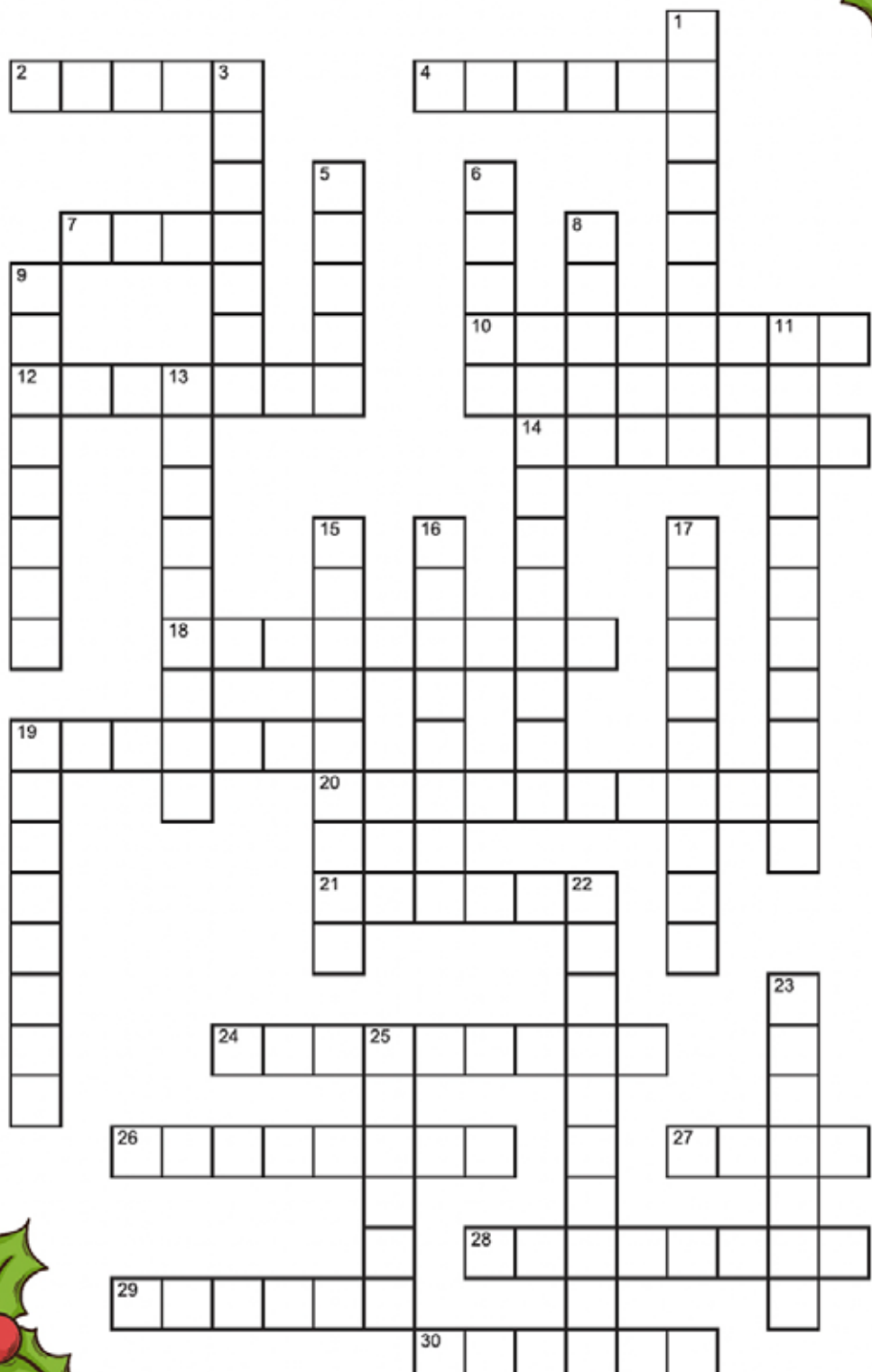
CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

11 Letter Word

GINGERBREAD



CHRISTMAS QUIZ

- 1** Santa has nine reindeer, can you name them all?
- 2** On Christmas Day, what would you find a joke inside of?
- 3** Which meat do we traditionally eat with Christmas dinner?
- 4** What type of pie is typically left out for Santa on Christmas Eve?
- 5** Who are Santa's most famous helpers?
- 6** How many doors would you open on an advent calendar before Christmas Day arrives?
- 7** What do we decorate with lights, baubles and tinsel at Christmas?
- 8** Can you unscramble the following word to reveal a type of Christmas tree decoration: INSETL?
- 9** What has wings and often sits at the top of a Christmas tree?
- 10** What is the main colour of Santa's sleigh?
- 11** What is the day after Christmas Day called?
- 12** How does Santa get into people's houses?
- 13** What colour is Rudolph's nose?
- 14** Where does Santa live?
- 15** What present does Santa give you if you have been naughty?
- 16** Santa Claus is also known as Saint who?
- 17** What form of transport does Santa use to deliver presents across the world?
- 18** 'Dashing through the snow in a one-horse open sleigh' are the opening lines to which Christmas song?
- 19** Which plant with prickly green leaves and red berries is a traditional Christmas decoration?
- 20** When building a snowman, which vegetable is often used for its nose?



**Find the answers
on the second last page**



SUDOKU



			1	8		6		4
4				6	2		5	
		2		4		7		
		5					4	2
	4		3		5		8	
2	1					5		
		3		5		2		
	6		2	3				1
9		4		1	6			

EASY



				9	4			
					7	4	3	
4		5				8		
	2		7					
	9		8	2	1		7	
					3		9	
		4				5		3
	5	6	9					
			4	3				

MEDIUM



	2	5	8		9			
				3			2	6
		3						
6			1			3		
	7						4	
		4			3			7
						7		
9	1			4				
			6		2	9	1	

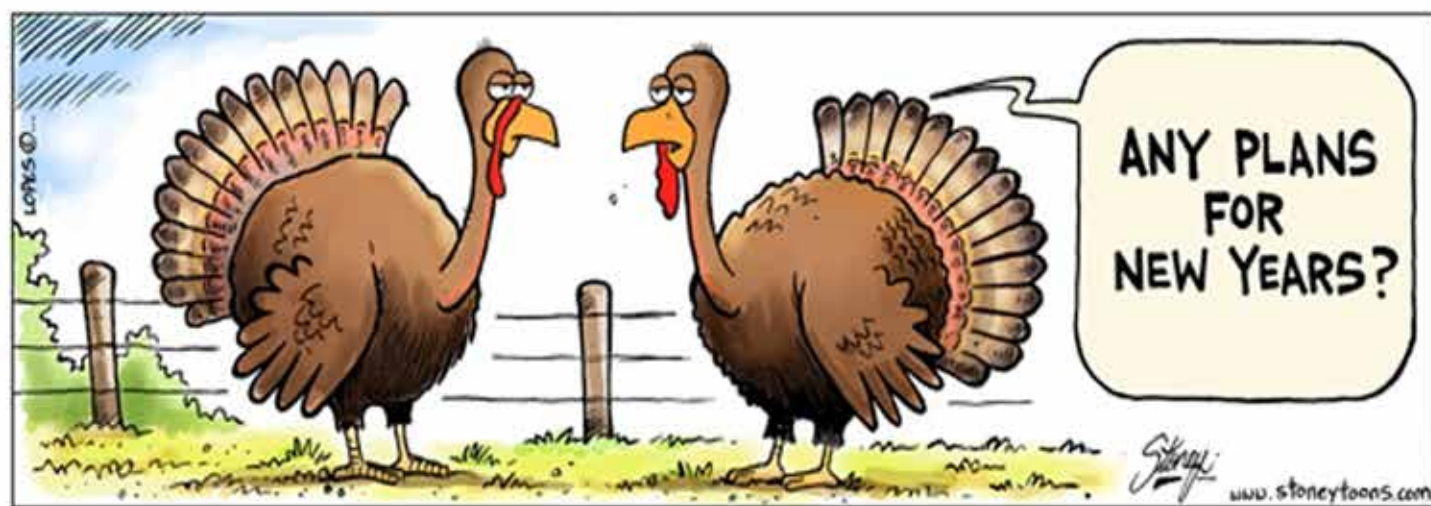
HARD



Find the answers
on the second last page

the smile!

C O R N E R





It's the most
Wonderful time
of the year.



**What did one
Christmas tree say
to another?**

Lighten up!



**Where would you find
a snowman dancing?**

At a snowball!



Knock, knock!
Who's there?

Alaska.
Alaska who?

Alaska again.
**What do you want
for Christmas?**



**Why do reindeer like
Beyoncé so much?**

She sleighs.

Ho Ho Ho



OR

No No No

Could the
future of aged
care be found
in artificial
intelligence?

READ THIS ARTICLE
IN OUR JANUARY

**News
letter**

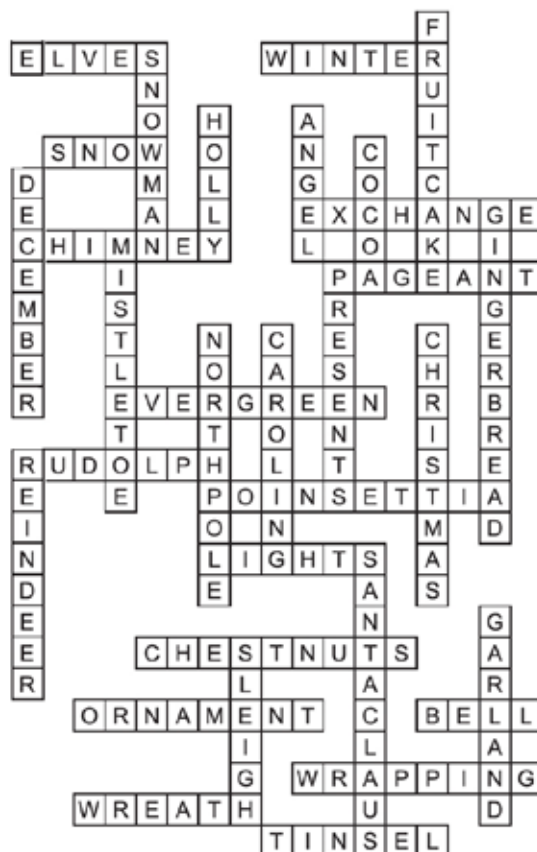
Christmas Crossword

Answers



Christmas Joy

Answers



QUIZ ANSWERS

1. Rudolph, Prancer, Dancer, Donner, Blitzen, Dasher, Vixen, Comet and Cupid
2. A Christmas Cracker
3. Turkey
4. Mince pie
5. The Scout Elves, of course!
6. Twenty-four (24)
7. A Christmas Tree
8. Tinsel
9. An Angel
10. Red
11. Boxing Day
12. Down the Chimney
13. Red
14. The North Pole
15. A piece of Coal
16. Micholas
17. A Sleigh
18. Jingle Bells
19. Holly
20. A Carrot



SUDOKU

Answers

3	5	7	1	8	9	6	2	4
4	9	1	7	6	2	8	5	3
6	8	2	5	4	3	7	1	9
8	3	5	6	7	1	9	4	2
7	4	9	3	2	5	1	8	6
2	1	6	4	9	8	5	3	7
1	7	3	9	5	4	2	6	8
5	6	8	2	3	7	4	9	1
9	2	4	8	1	6	3	7	5

EASY



1	3	8	5	9	4	7	2	6
2	6	9	1	8	7	4	3	5
4	7	5	3	6	2	8	1	9
6	2	1	7	4	9	3	5	8
5	9	3	8	2	1	6	7	4
8	4	7	6	5	3	1	9	2
9	1	4	2	7	6	5	8	3
3	5	6	9	1	8	2	4	7
7	8	2	4	3	5	9	6	1

MEDIUM



1	2	5	8	6	9	4	7	3
8	4	9	7	3	1	5	2	6
7	6	3	4	2	5	8	9	1
6	9	2	1	7	4	3	8	5
3	7	1	5	8	6	2	4	9
5	8	4	2	9	3	1	6	7
2	5	6	9	1	8	7	3	4
9	1	8	3	4	7	6	5	2
4	3	7	6	5	2	9	1	8

HARD





WELCOME

2025

Happy New Year

Hope you enjoyed our newsletter



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