



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for April.

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 April 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.



april

FROM THE HEAD OFFICE

What a busy month it has been at The Willows.

Helen Stack our Director of Nursing retired after 33 years

with The Willows. While we are sad to see her go, we wish her the very best in her retirement and she has promised to come and visit us often. Helen was a very loyal and dedicated worker and is much loved by management, staff and residents. She is planning a trip to visit her family in Ireland and has promised to come and redo all our flower beds in the windows..

We have had a bit of a restructure due to Helen leaving. Sarah Wright has come in as our new Facilities Manager Clinical and I have taken on the role of Facilities Manager Organisational. We will be working together to maintain the high standards of care that The Willows have always been so proud of. Roopa Sapkota is our Care Manager and will be your point of contact for all resident enquiries.

As you are all aware we have recently experienced a COVID lockdown but I am pleased to report that all our residents are clear and we are slowly getting back to our pre lockdown activities.

If you have any questions or concerns in regards to the changes or anything else please let me know I am always available to have a chat and value your feedback.

Maryann Inbari - Financial Controller

APRIL BIRTHDAY CELEBRATIONS

Rosa Catalano April 18

Alan Bunter April 26





From the Cube

In March the residents celebrated St Patrick's Day, the Pride Parade with a luncheon and Mauritius National day during tea and glee. Unfortunately we had to cancel the Greek National Day on the 25th of March due to the current lockdown rules, Voula Gouvoussis and other residents were served cakes, biscuit and tea in their rooms.

Also during March, residents were given in-house gardening to do, they planted Peace Lily's and Senservieria Trifiasciata famously known as the mother in law tongue. We also did flower arrangements which they all enjoyed very much. David wrote the residents names on the planters for residents to identify which pot belonged to them.

This year's Easter celebrations will be held in The Willows garden, the rabbit will be visiting, and there will be in house entertainment as well as lunch of roast turkey, spuds, seasonal vegetables and gravy as well as desserts.

Please support our endeavour in raising money to go towards residents activities through our raffles. Tickets are now on sale.

Till next time, please keep safe and well.

Cynthia and David

Introducing Sarah Wright

Facility Manager

Hi my name is Sarah and I am the new Facility Manager in charge of Clinical needs.

I have been a Registered Nurse for almost 20 years in a variety of areas. About 10 years ago I was asked to come and work at an Aged Care Home and have not looked back since. I have held a variety of roles throughout my time working in Aged Care including as facility manager, quality and compliance and care managing.



I love the work that I do, and I am very passionate about making sure you and your loved ones are provided with the best support that is on offer.

Outside of work I enjoy spending time with my partner Mark and our British Staffy Ruby. We often go on adventures and spend a lot of our spare time camping. If we aren't camping, we are generally working on cars or on the couch watching a movie or a good Netflix series.

I love hearing about you. So please if you see me lets chat and get to know each other, you are the most important thing in the work that we do. I will ensure that our team makes you feel right at home.



7 (surprising) ways eggs can transform your health & wellbeing

From building muscle to preventing blindness, these nutrient powerhouses are packed with unexpected benefits.

Truly eggcellent!

Filled with essential vitamins and minerals, the humble egg is more than just the perfect accompaniment to your avocado toast. In fact, eggs are so nutritious, experts affectionately refer to them as "nature's multivitamin".

"While eggs have received their fair share of bad press over the decades, nutrition science has changed in recent years - and the tides on eggs have turned," explains dietitian Melissa Meier.

Here are seven ways they can boost your wellbeing today.

1. They improve your health

"Eggs are a source of choline, a little-known yet important nutrient," dietitian Dr Gina Cleo tells us. This nutrient can help prevent cognitive decline and improve your memory and concentration, and since most people don't produce enough choline to meet their daily requirements, eggs are an easy way to get your fix.

2. They up your gym gains

"Protein is essential for building and maintaining muscles as well as helping you recover faster when injured," notes Cleo. Just two eggs will provide an impressive 20 per cent of your recommended daily protein intake.

According to Meier, the protein in eggs is top notch. "Eggs are classified as a 'complete' protein," she explains.

"That means they contain all of the essential amino acids that your body needs to function properly."

3. They protect your vision

Thanks to their reserves of omega-3 fatty acids, vitamin A, and the antioxidants lutein, zeaxanthin and selenium, eggs can give your long-term eye health a powerful boost. "These antioxidants are also associated with a decreased risk of age-related macular degeneration - the leading cause of blindness in older Australians," Cleo adds.

4. They're good for your hormones

"Eggs are fantastic for women's health as they are high in selenium, vitamin D and B12, which are essential for balancing hormones," explains Kelly Hume, contributing style director for Body+Soul Magazine and Stellar magazine, and founder of Milton Eggs. Selenium can also support your thyroid, which produces the hormones responsible for metabolic health.

5. They don't increase your cholesterol

Since eggs contain cholesterol, for years it was thought that by avoiding them, you could keep your levels in check. "The good news for egg-lovers is that this train of thought is now outdated," assures Meier.

"Scientific research has found that cholesterol in food doesn't actually have much of an effect on blood cholesterol levels. Instead, saturated fat - that's the unhealthy type - has a much more potent effect on cholesterol."

6. They boost your immunity

Don't be afraid to include egg yolks in your morning omelette - they're one of the few foods that contain naturally high amounts of immune-strengthening vitamin D.

"A serving of two eggs provides 82 percent of your recommended dietary intake," explains Cleo.

As a great source of the antioxidants vitamin E and selenium, eggs also help to bolster your immune system, prevent free-radical damage and maintain general health.

7. They can curb the afternoon munchies

Thanks to the impressive protein content of eggs, enjoying them as part of a meal can leave you feeling fuller.

"Research shows that diets high in protein increase satiety, which reduces hunger and leads to greater feelings of satisfaction," Cleo points out.

To combat the lure of unhealthy snacks, she suggests starting your day with an egg breakfast. "[Pair this with] a serve of veggies and a healthy fat like avocado," she tips.

The information set out in this article is current at the date publication and is intended for use as a guide of a general nature only and may or may not be relevant to particular patients or circumstances. Please check with a medical professional if you are not sure this pertains to you.

OLDER AUSTRALIANS



Australians enjoy one of the **highest life expectancies** in the world.



Australians aged 55 years and over contribute
\$74.5 billion
each year in unpaid caring
and voluntary work



AN AGEING POPULATION. **BY 2050,**
AROUND **ONE QUARTER** OF AUSTRALIANS
WILL BE AGED **65 YEARS AND OVER**



Declining Workforce Ratio

Number of workers to support → Australians aged 65yrs and over



MORE THAN
1 in 4
OLDER AUSTRALIANS
LIVE IN POVERTY.



People aged 65 years
and over make up
7% of the
homeless
population

1 in 3

Australians aged 65 years and over come from diverse cultural and linguistic backgrounds.



1 in 5

Australians aged 55 years or over claim that age is a major barrier to finding or getting more hours of paid work.



\$ 80%

OF ALL AUSTRALIANS AGED 65 YEARS AND OVER RELY ON THE AGE PENSION.



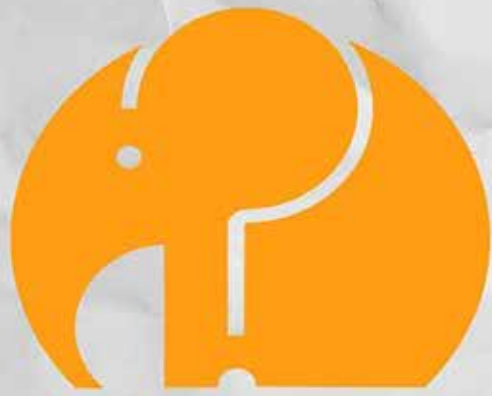
3 in 4 people aged 85 yrs or over live in private dwellings



Sydney Royal

**EASTER
SHOW**

8 - 19 APRIL 2022



DO YOU REMEMBER?

- Women would get dressed up to go shopping
- A popular bicycle accessory was a banana seat
- Your phone hung on the wall and had an extremely long cord (always tangled)
- Your milk, eggs, and other dairy products were delivered by a milkman
- The vacuum man, the bread man, and the encyclopedia salesmen were three of the many door-to-door salesmen that would visit your home
- You met your friends on the corner in the evening to have ice cream from an ice cream truck
- You made coffee in a percolator
- You got under your desk for atom bomb drills at school
- School papers were copied by mimeograph with the acidic-smelling purple ink
- You called a refrigerator an ice box
- There used to be no swearing on TV
- You found phone numbers in a phone book or dialed information
- You called a number to get the correct time
- Calling the operator to place a long-distance call
- Nurses dressed in white
- You had to adjust the TV antennas to get a good signal
- Wrapping the TV antenna in aluminium foil to get a better signal
- The television was black and white and signed off at midnight
- Riding your bike without a helmet and in a car without a seatbelt
- Playing outside all day and only coming in when the street lights came on

- Walking to your neighbourhood school
- Waiters serving food to your car, sometimes on roller skates
- Ironing almost all your clothes
- Every neighbourhood had a corner store with essentials and candy
- Eating out was a special treat that only happened rarely and on special occasions
- At home permanent waves and dye jobs
- Using reference materials such as the encyclopedia, atlas, and dictionary
- Riding the merry-go-round
- Wearing gym uniforms and showering after PE
- The Easy Bake Oven if you were a girl and G.I. Joe action figures if you were a boy
- Having to re-type pages over and over until you got it right
- The thrill when you could use white-out tape and later white-out liquid to correct mistakes
- Smoking on airplanes, in restaurants, literally almost anywhere
- You were fed a meal on your airplane flight
- Eating TV dinners while watching a family-favourite program



6 TOP TIPS FOR TAKING CATS AND DOGS ON THE ROAD

Travelling with your pets in the car is a fun experience, where often your pet enjoys it more than you do. To ensure your holiday or road trip is safe and relaxed for both you and your pet, there are some important tips to keep in mind.



1. Use restraints and carriers

To reduce the risk of injury to your pet and any distraction from driving, it's important - and a legal requirement - to keep your pet restrained in the car. Dogs should be restrained using a dog seat belt or safety harness, preferably in the back seat of the car to avoid any potential injury from passenger seat air bags in case of collision.

Cats should be secured in a cat carrier or crate with a seatbelt buckled around it.

Ensure adequate airflow by keeping the air-con on to stop your pet from becoming too hot, and under no circumstances leave your pet unattended in the car due to the risk of death from heat stress, even in mild weather.

And despite what you often see, it's recommended you refrain from having the restraint loose enough to let your dog hang their head out of the window, as if you have to brake hard or swerve to avoid a collision, your dog may become seriously injured.

2. Bring an emergency kit of treats, toys, and walking gear

Along with all the necessities for your holiday, you should also take a pet travel bag filled with treats, toys, bottled water, and bowls to use as you travel. Make sure to have your dog's leash and harness within easy access for when you pull up to get out for a walk and toilet break.

A 'pooper-scooper' and plastic bags to clean up after your dog should be brought with you, as well as a disposable litter box if you're taking your cat.

For cat travel, a good way to prevent any mess and smell is to line your cat's carrier with an absorbent sheet for any accidents along the way.

3. Take extra water

Taking bottled water with you in the car for your pet will help keep them hydrated and is handy when you pull up somewhere where there's no water or tap access. Just fill up an old ice cream container or travel bowls with the water when you pull over. For cats, you can purchase water dispensers that attach to their travel carrier so that they can keep hydrated as you travel.

4. Get app-savvy

Before setting off on your road trip, it's worthwhile looking at some of the apps available for pet travel. These apps make road-tripping a lot easier for you and your beloved furry pal. For example, Dog Park Finder Plus is great for locating any dog-friendly parks and reserves.

5. Take rest stops

Your dog will need regular stops to get out and stretch their legs, sniff around, and have a toilet break. Aim to stop every two hours and give your pets some treats and water.

Your pet is usually very good at signalling when they need a break, so be aware of their behaviour as you're travelling to prevent any discomfort or accidents.

6. Check identification

Identification tags with up-to-date contact details must be safely secured to your pet in case the worst happens, and they become lost. Your pet should also be microchipped with up-to-date details so you can be contacted as needed.

From the FOOD Studio



BANANA

- 1 BLEND 2 BANANAS,
- 2 1/2 CUP EACH VANILLA YOGURT AND MILK,
- 3 2 TEASPOONS HONEY, A PINCH OF CINNAMON
- 4 1 CUP ICE

SMOOTHIES RECIPES



STRAWBERRY SHORTCAKE

- 1 BLEND 2 CUPS STRAWBERRIES,
- 2 1 CUP CRUMBLED POUND CAKE,
- 3 1/2 CUPS EACH MILK AND ICE
- 4 AND SUGAR TO TASTE.
- 5 TOP WITH WHIPPED CREAM
- 6 MORE STRAWBERRIES

SPA CUCUMBER

- 1 PEEL, SEED AND CHOP 2 MEDIUM CUCUMBERS
- 2 BLEND WITH THE JUICE OF 1 LIME
- 3 1/2 CUP WATER
- 4 1 CUP ICE
- 5 3 TO 4 TABLESPOONS SUGAR OR HONEY



SISTER MONICA



I began visiting The Willows Nursing Home at 84 Orpington Street Ashfield sometime in 2000.

Father Michael Walsh, who was then the Parish Priest of St Vincent's Catholic Church in Bland Street Ashfield, arranged for members of the Pastoral Care Team to be official visitors to individuals and nursing homes, including The Willows.

Mr Ron Hammerton, an active parishioner of St Vincent's, visited The Willows regularly for a number of years: it was when he decided to resign that I was invited to take his place.

A special visitor for the Pastoral Care team is a responsible position, for not only are we representing St Vincent's Church, but we can carry the Eucharist to anyone who requests it. I was, therefore, somewhat overawed at the prospect, however, with the encouragement of the team, I accepted the offer.

This offer actually came at a great time for me, for I had just left my full-time employment at St Vincent's Hospital Darlinghurst and the University of NSW, and was working as a physiotherapist in Aged Care, first at Lewisham Nursing Home and later at St Mary's Villa Concord, where I remained until I retired in 2015 when my sister became unwell.

Since commencing at The Willows I have met many interesting people, residents and staff, as well as other visitors, such as the owners and their dogs who bring such happiness and stimulation to all. As I grew up with dogs (as well as cats and canaries) it is only natural that I soon asked Sister Helen if I might bring my Jacques, a friendly, small white poodle. He is now very popular and is missed if I fail to bring him when I attend each week.

Father Joti Bilobalu, CM, the current Parish Priest of St Vincent's Church, is already well known to the staff and residents as he comes to The Willows when requested and, at regular intervals to officiate at Mass. This is another attempt to offer residents as many activities as normally possible. However, the recent COVID-19 Pandemic interrupted activities as authorities tried to prevent infection spreading among staff and residents. Thankfully, The Willows has so far come through the pandemic with little involvement, as a result of careful attention by the Management to the guidelines given by the Medical Specialists and Health Authorities. It is now hoped that the selective re-introduction of activities, which has only just begun, will gradually increase and that this will expand to many other areas of interest to all. I am pleased to advise that this is the second week that I have been allowed to return to my weekly visits to The Willows.

ASHFIELD

Community

Some useful links

- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>
- 5 WONDERFUL PARKS IN ASHFIELD - <https://www.weekendnotes.com/parks-ashfield/>

World days to celebrate in April

April Fool's Day

1st April

Celebrated all over the world as a morning of jokes and tricks - but don't play a trick after noon - or you are the fool!

World Autism Awareness Day

2nd April

Autism-friendly events and educational activities take place throughout April to increase understanding and acceptance and foster worldwide support.

International Children's Book Day

2nd April

Held on or around Hans Christian Andersen's birthday, which is celebrated to inspire a love of reading and to call attention to children's books.

Easter Weekend

15th - 18th April

Worldwide event to raise awareness of the environmental issues which face the whole of planet Earth.

World Heritage Day

18th April

International Day for Monuments and Sites, promotes awareness about the diversity of the cultural heritage of humanity.



Earth Day

22nd April

Worldwide event to raise awareness of the environmental issues which face the whole of planet Earth.

World Book Day (Australia)

23rd April

World Book Night brings people from all backgrounds together to inspire others to read more.



National Shakespeare Day

23rd April

Both Shakespeare's birthday and date of his death. Celebrations are held in his home town of Stratford-upon-Avon and around the UK.

International Jazz Day

30th April

International Jazz Day brings together communities, schools, artists, historians, academics, and jazz enthusiasts all over the world to celebrate and learn about jazz and its roots, future and impact.



*Seek good and not evil
so that you may live,
and the Lord will be with you.*

AMOS 5:14

MULTI-AWARD WINNING PARKES ELVIS FESTIVAL

The Parkes Elvis Festival is normally held every year in the second week in January, coinciding with Elvis Presley's birthday. The 2022 Festival will be held from 20-24 April, and will return to January in 2023.

20-24 APRIL
SPEEDWAY
2022

Recognised as one of the top three Festivals and Events in Australia, the Festival attracts 24,000 fans with a global reach of more than 400 million.

Posture Pointers



Posture

is the 3rd most common reason for doctor visits



The weight of the average human head



The force on the neck when the head is tilted forward 45°!



Average time each day spent hunched over a phone or device

Signs of possible bad posture

Back pain



Rounded shoulders



Rounded upper back

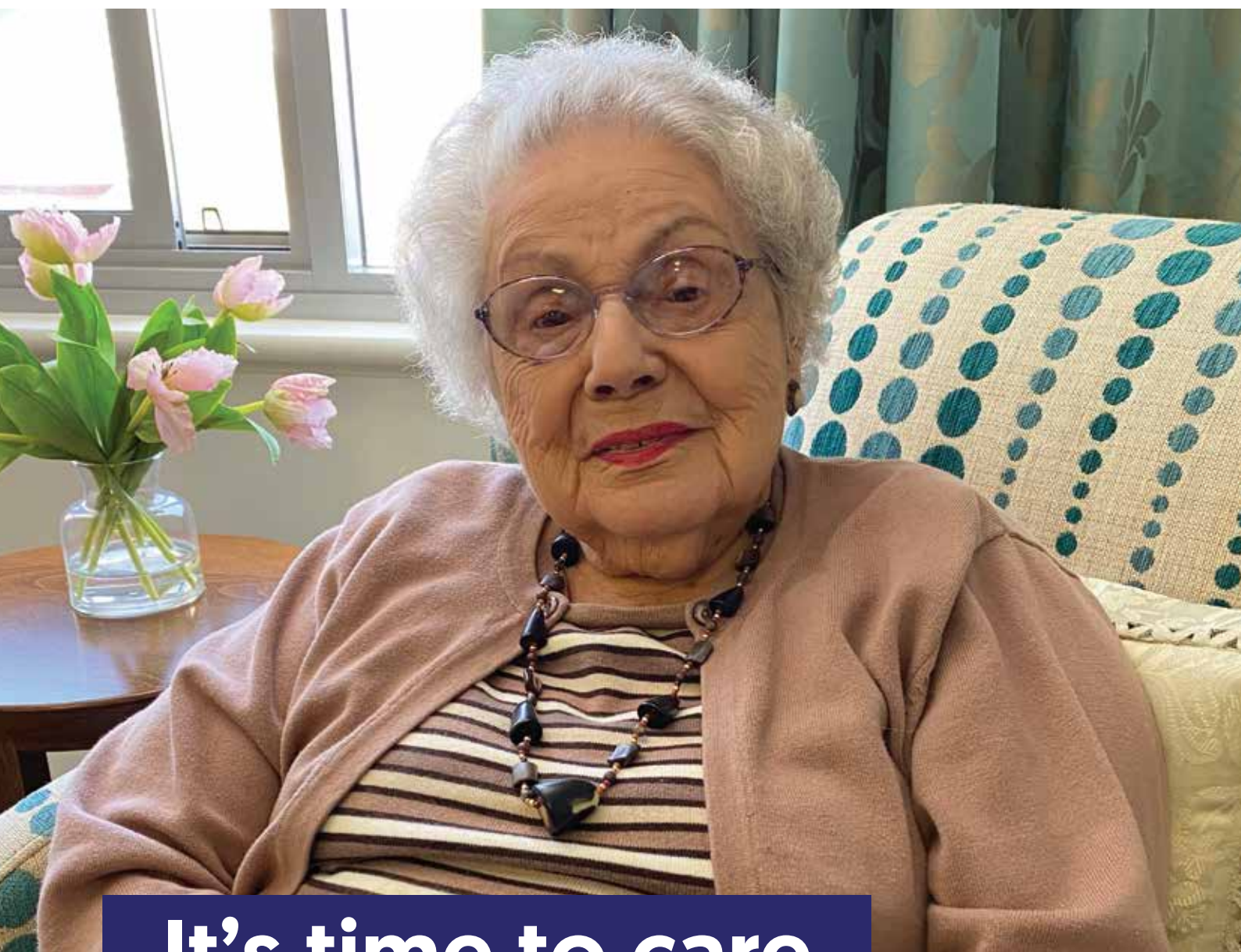


Strong posture helps you look your best and move pain free. Custom orthotics help support proper posture by holding Chiropractic adjustments longer.

Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head



Australian
Aged Care
Collaboration



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

Show your support.

Sign the petition.

CareAboutAgedCare.org.au



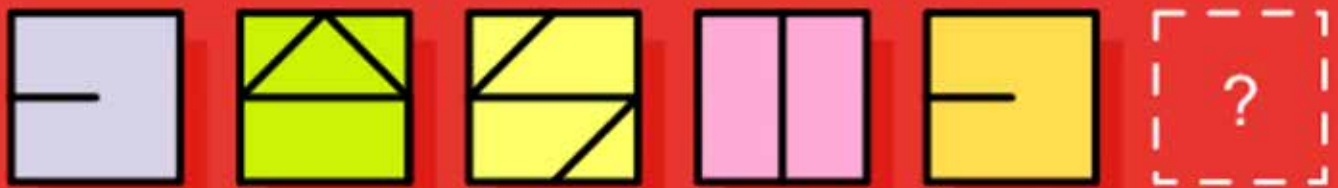
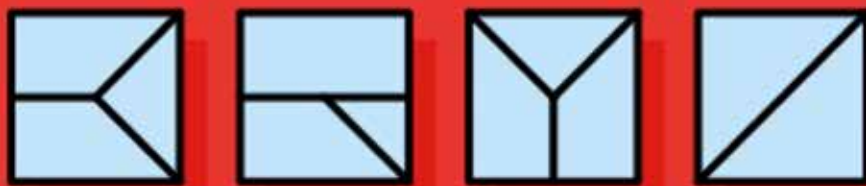
[illegible]

At first glance, this dizzying illustration by Gergely Dudas looks like a forest of penguins. But he swears there's just one penguin among them - the rest are toucans. Can you find the penguin? It's not totally black and white. (Answer on the last page).

FIND 7 DIFFERENCES?



Answer on the last page



A

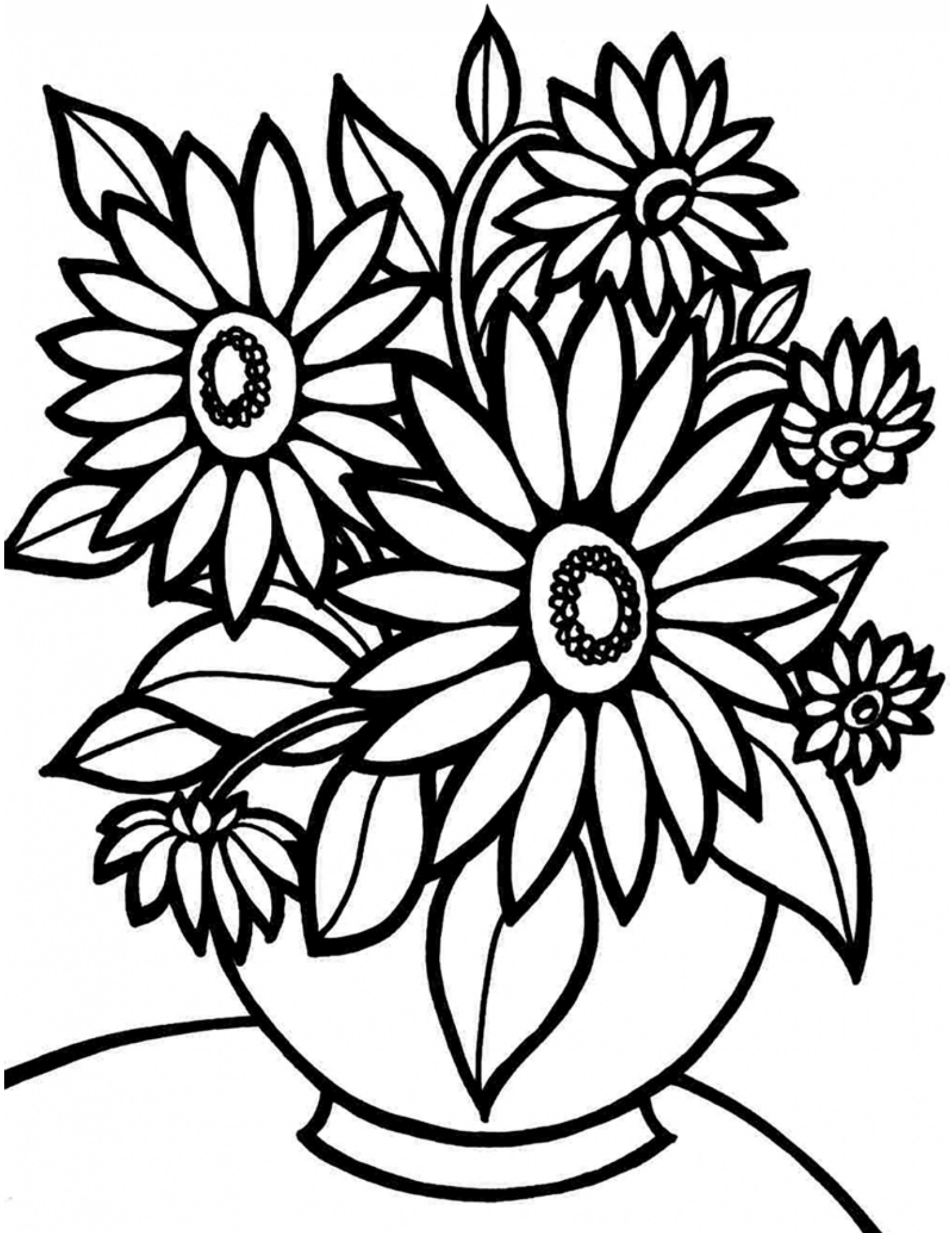
B

C

D

This puzzle is a tricky one, that is, until you know the answer (then it seems dead simple). But isn't it always like that? Well, see how long it takes to come up with the correct square here. You'll see the pattern, and there is a missing, 6th square. Which of the lower squares makes sense to fit the pattern? (Answer on the last page).

COLOUR ME IN

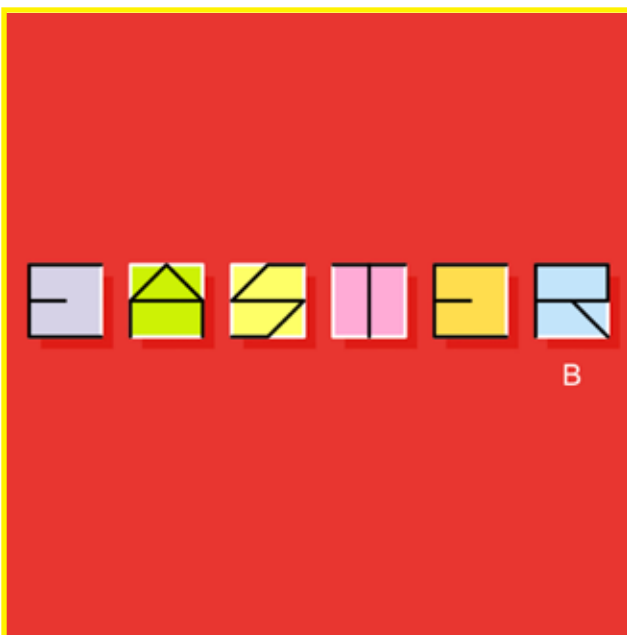




**HERE'S
THE
PENGUIN**



**Answers to
SPOT
THE 7
DIFFERENCES**



**Answer to
THE 6th
SQUARE**

Remember to LIKE and FOLLOW US on FACEBOOK

