



Whispers from the Willows NEWSLETTER

Welcome to our February newsletter. We hope that you enjoyed our last newsletter's content as well how we were able to give it to you in its new easy to read format. Hopefully 2021 started off better for all of you considering our COVID circumstances. We will still continue to bring you as much news, important facts and fun things in our upcoming newsletters this year and will continue right here with February. Hope that you our residents and staff here at The Willows Private Nursing Home and their families on the outside enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.

Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

FROM THE HEAD OFFICE



The first month of 2021 has flown by. Although restrictions have eased slightly, we need to remain vigilant and keep our residents safe. If you are wanting to visit please make sure you haven't been to any of the hotspots that are listed, the best way to check is by visiting the website below...

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/case-locations-and-alerts.aspx>

We are hoping that if case number stay low, we will be able to complete our renovations and get The Willows looking beautiful and welcoming again.

We value your feedback, both good and bad – my door is always open and I would love for you to drop in and have a cup of tea.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Greetings everyone, as I am writing this it is 31° outside and our residents are celebrating Australia Day in the lounge room upstairs with the air conditioning on. They're chatting between themselves, whilst enjoying lunch and watching Andre Riviera on You Tube, it's wonderful to see how they all have the same love for Entertainment - Andre Riviera is very popular at The Willows. As Betty Ewin-Walker says, as soon as she sees Andre on the screen - "oh! it's that man again, I know him, I've seen him before".

God willing we will be open to celebrate our Easter at The Willows; after all we sure know how to put on a party. Don't forget to look at our Facebook page to see the photos we have taken.

Until next time.

Cynthia Inbari - Diversional Therapist



Health & Wellness

Laughter is the Best Medicine

It's fun to share a good laugh, but did you know it can actually improve your health? Learn how to harness the powerful benefits of laughter and humour.

The benefits of laughter

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of

times a day, but as adults, life tends to be more serious and laughter more infrequent.

But by seeking out more opportunities for humour and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter relaxes the whole body.

A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system.

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins,

the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart.

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories.

Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load.

Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer.

A study in Norway found that people with a strong sense of humour outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Laughter helps you stay mentally healthy

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humour helps you keep a positive,

optimistic outlook through difficult situations, disappointments, and loss. More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

The link between laughter and mental health

Laughter stops distressing emotions.

You can't feel anxious, angry, or sad when you're laughing.

Laughter helps you relax and recharge.

It reduces stress and increases energy, enabling you to stay focused and accomplish more.

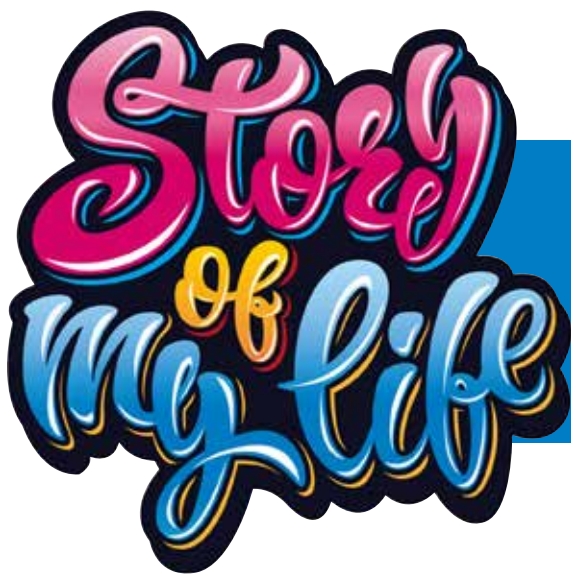
Laughter shifts perspective,

allowing you to see situations in a more realistic, less threatening light.

A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others,

which can have a profound effect on all aspects of your mental and emotional health.



Stories from residents

Wanda Krol

The Life of Wanda Krol

During the 2nd World War, when the Germans invaded Poland, Wanda and her family - 2 younger brothers Leo and Sigmund and her mother Yadviga - were taken to a camp in Germany. Her father, Paul, had already passed when they were captured.

Wanda doesn't know if Leo and Sigmund survived the camp, but when she and her mother were released, they came to live in Australia. Her mother has since passed away.

Wanda speaks four languages, Polish, German, Russian and English and when she was younger, she loved to travel. She is deeply religious and prays every night before she goes to bed. Her faith in GOD got her through many difficulties in her life.

Before coming to The Willows, Wanda lived in Mills Street Burwood, she has a daughter Renata who lives out of Sydney.



ASHFIELD

Community

Some useful links:

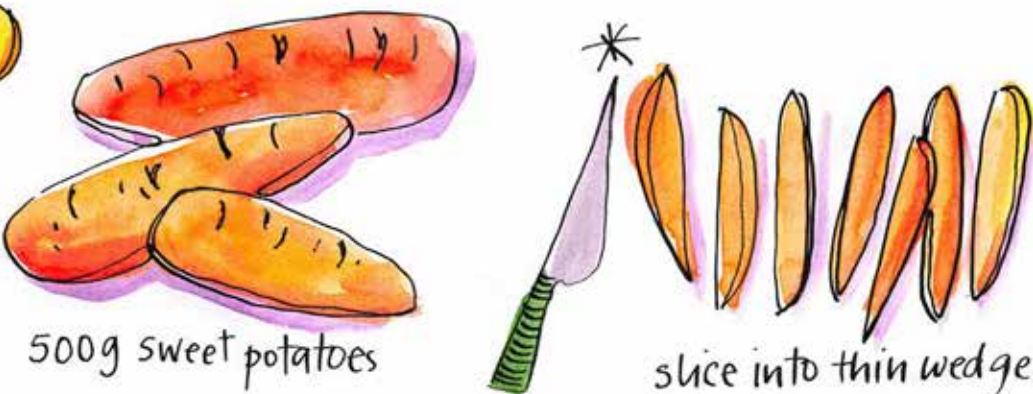
- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>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

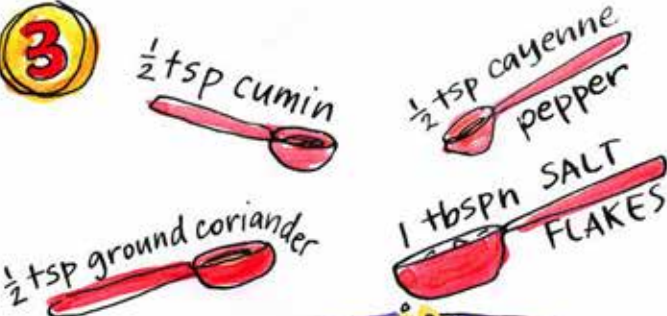


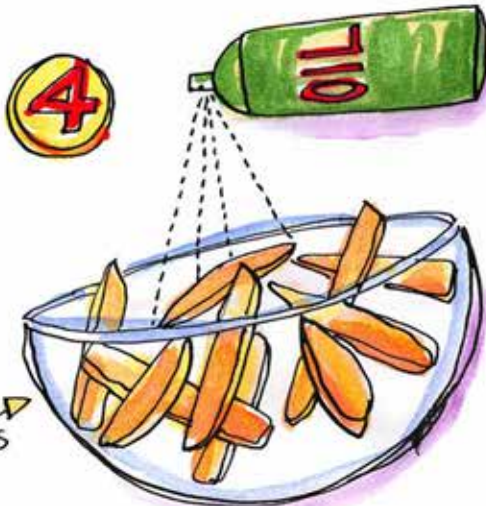
FROM the FOOD studio

Spiced SWEET POTATO WEDGES

1 PREHEAT OVEN to 200°C. Line oven tray with baking paper.

2  500g sweet potatoes
slice into thin wedges.

3  $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ tsp cayenne pepper
 $\frac{1}{2}$ tsp ground coriander
1 tbspn SALT FLAKES

4 

5  Place in SINGLE layer
BAKE 30 mins or 'til golden

 mix $\frac{1}{2}$ of spices
other $\frac{1}{2}$
serve sprinkled with remaining spice mix
YUM!

UPCOMING

FEBRUARY



VALENTINE'S DAY
Sunday 14th Feb



THE ROCKS ART TRAIL 1st - 28 Feb
<https://www.therocks.com/editorials/art-trail>



ALPACA EXPERIENCE 1st - 28 Feb
Kurrajong Heights. 3pm daily
<https://www.madisonsretreat.com.au>



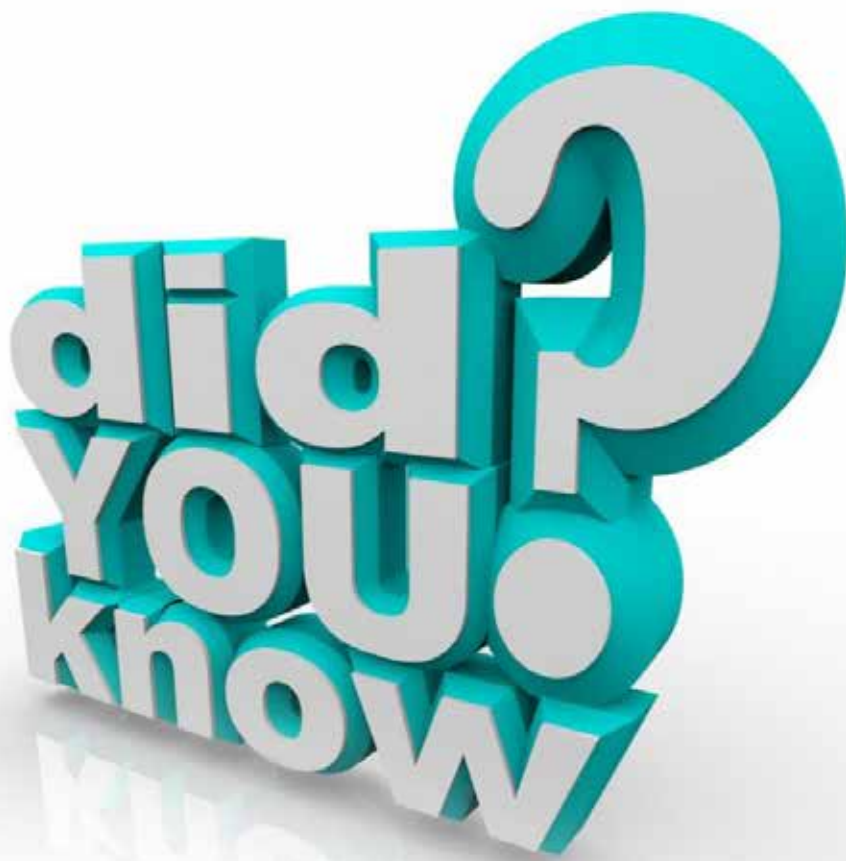
WESTPAC OPENAIR CINEMA
Until 23rd Feb
<https://www.westpacopenair.com.au/>



WORLD NUTELLA DAY 5th Feb
<https://www.nutelladay.com/?geo=global>



WORLD PIZZA DAY 9th Feb
<https://www.daysoftheyear.com/days/pizza-day/>



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

DOG
THERAPY



HAIRDRESSER

DENTIST



PODIATRIST

PHYSIO



ART
THERAPY

CATHOLIC
HOLY
COMMUNION



TIME TO

unplug

and

RELAX

Easy as Pie

Word Search

DIRECTIONS:

Find and circle the different kinds of pie in the grid.

Look for them in all directions including backwards and diagonally.

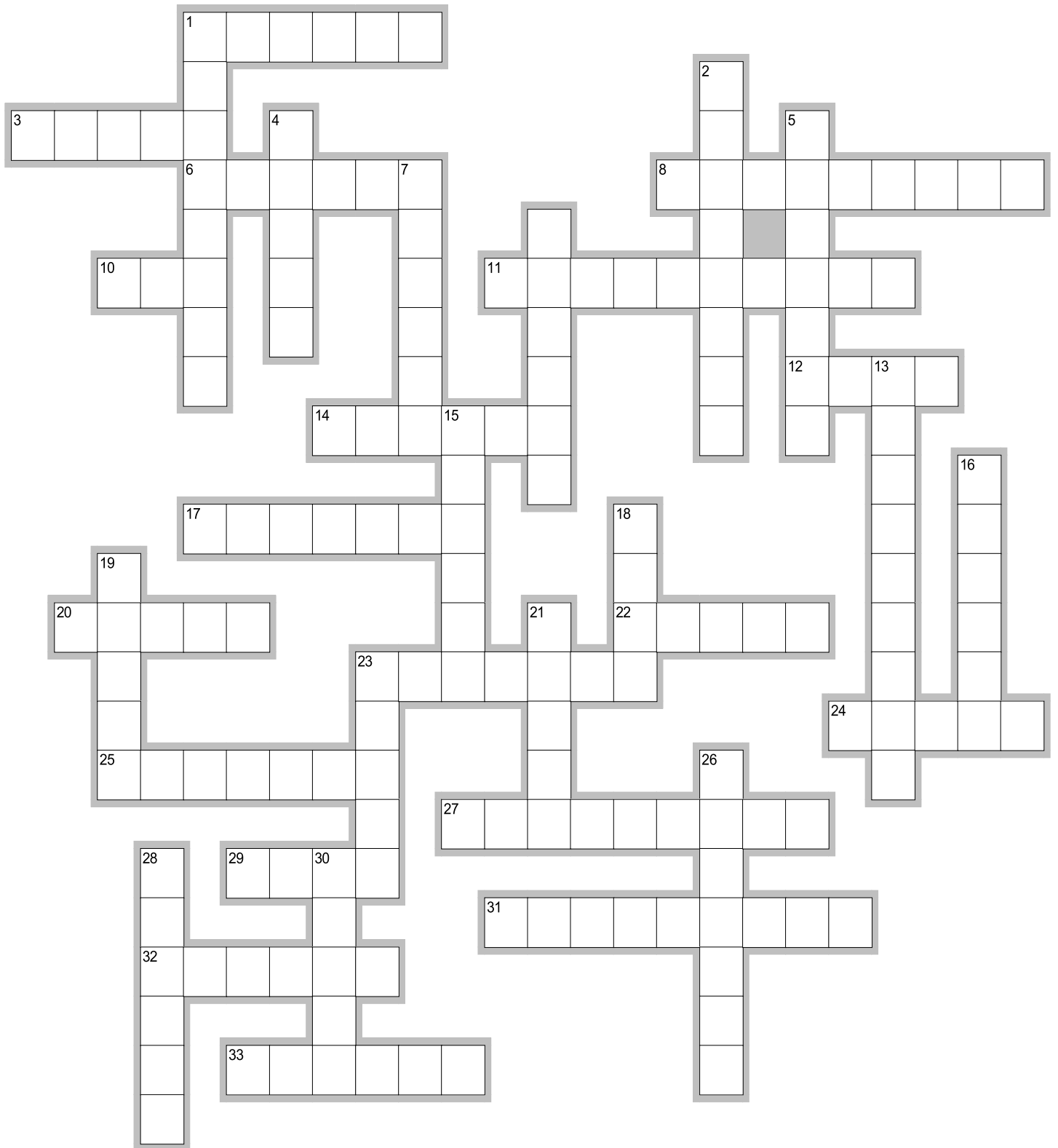


APPLE
BANANA
BLACKBERRY
BLUEBERRY
BUTTERMILK
CHEESE
CHERRY
CHICKEN
CHOCOLATE
COCONUT
CREAM
CUSTARD
GOOSEBERRY
KEY LIME
LEMON
MACADAMIA
MINCEMEAT
MUD
OLALLIEBERRY
PEACH
PECAN
PIZZA
POT
PUMPKIN
QUICHE
RHUBARB
SHOOFLY
STRAWBERRY
SUGAR
SWEET POTATO

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

Famous Pairs

Crossword puzzle



(Clues on next page)

Clues

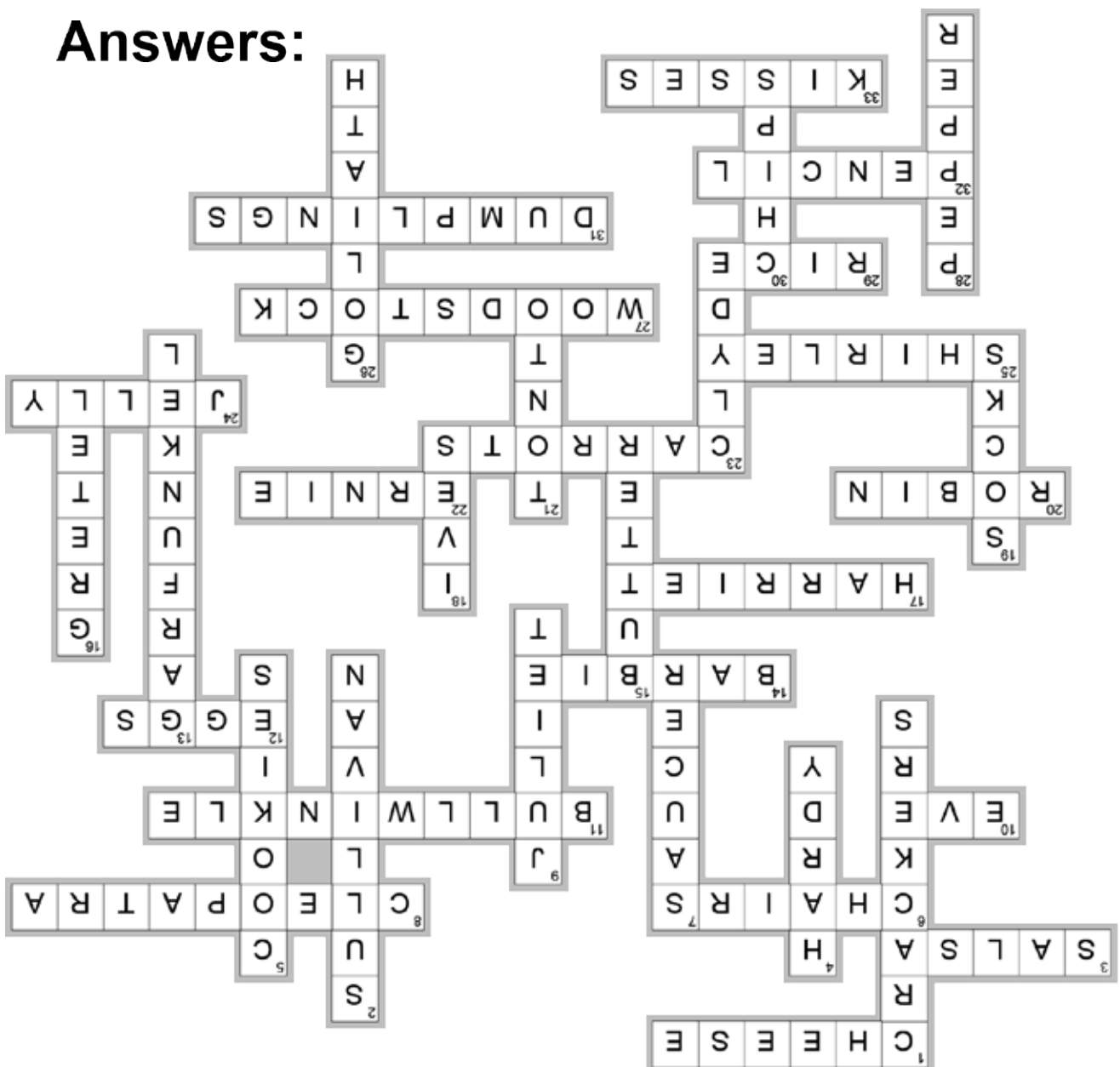
Across

1. Macaroni & _____
3. Chips & _____
6. Table & _____
8. Anthony & _____
10. Adam & _____
11. Rocky & _____
12. Bacon & _____
14. Ken & _____
17. Ozzie & _____
20. Batman & _____
22. Bert & _____
23. Peas & _____
24. Peanut butter & _____
25. Laverne & _____
27. Snoopy & _____
29. Beans & _____
31. Chicken & _____
32. Paper & _____
33. Hugs & _____

Down

1. Cheese & _____
2. Gilbert & _____
4. Laurel & _____
5. Milk & _____
7. Cup & _____
9. Romeo & _____
13. Simon & _____
15. Bread & _____
16. Hansel & _____
18. Currier & _____
19. Shoes & _____
21. Lone Ranger & _____
23. Bonnie & _____
26. David & _____
28. Salt & _____
30. Fish & _____

Answers:



**Put your grey cells to work with these
funny Australian trivia questions.
Don't cheat and look at the answers.
Give it a good go!**



Funny Australian Trivia Questions...

- 1. What is a bushman's clock?**
- 2. Which former Australian Prime Minister set a beer drinking world record?**
- 3. What is the more common slang term for Fish frighteners?**
- 4. Before being named Melbourne, what was the city known as?**
- 5. Which Aussie promised to "Go all the way with LBJ"?**
- 6. What is Aussie slang for a 4WD that has never been driven off-road and is typically driven in the inner-city?**
- 7. When an Aussie tried selling New Zealand on eBay, what was the starting price?**

8. With the 5,000 km long Dingo Fence, Australia has the longest fence in the world. What else does it have the longest of?
9. Australia was the second country in the world to give women the vote. Who was the first?
10. What is a triantiwontigongolope?
11. How long would it take to visit every beach in Australia if you could only visit one per day?
12. Why was Australian Football invented?
13. Does Australia's or Switzerland's alps receive more snow?
14. What is the highest grossing Australian movie?
15. Who is the longest serving presenter of Playschool?
16. What was the design of the Sydney Opera House inspired by?
17. What unexpected animal does Australia export to Saudi Arabia?
18. What natural Australian landmark has its own mailbox?
19. Are there more kangaroos or humans in Australia?
20. Of the 25 deadliest snakes in the world, how many are found in Australia?
21. Has Australia ever been the world's richest city?
22. What's the ratio of sheep per person in Australia?
23. What Australian animal did England scientists think was a prank?
24. Which alcoholic beverage holder was invented in Australia?
25. Does Australia have a cattle station larger than the entire nation of Israel?
26. What was Vegemite invented from?
27. When security guards at Parliament House in Canberra were banned from calling people 'mate', how long did the ban last?
28. In Aussie slang, what does it mean to have a 'bo-peep'?
29. Where is the Big Prawn?
30. Australia is the world record holder for which Christmas decorative item?
31. Which actors played the characters, Kath and Kim?
32. Which classic Aussie film features the phrase, "Tell him he's dreaming"?
33. When an Aussie tells you he's going to "Bend an elbow", what is he about to do?

Bonus

34. Why is Canberra the capital city of Australia?

Answers on next page...



ANSWERS:

1. A kookaburra laughing 2. Bob Hawke - drinking 2.5 pints in 11 seconds.
3. Budgie smugglers. 4. Batmania - named after John Batman who built a settlement on the Yarra River. 5. Prime Minister Harold Holt. 6. Toorak tractor. 7. 1 cent.
8. We have the longest golf course in the world. 9. New Zealand. 10. A mythical insect. 11. 29 years. Australia has 10,685 beaches. 12. To keep cricketers fit in the off season. 13. Australia. 14. Crocodile Dundee. 15. Benita. 16. An orange. 17. Camels. 18. The Great Barrier Reef. You can send it a postcard. 19. Kangaroos. There are over 40 million of them. 20. 21 21. Yes, in 1980. 22. 6 to 1. There are over 150 million sheep in Australia. 23. The platypus. They believed us Aussies had stitched a duck's bill onto a rat. 24. Goon—the wine cask. 25. Yes. 26. Leftover yeast used to make beer. 27. One day. 28. A sleep. 29. Ballina. 30. The world's largest Christmas cracker. 31. Jane Turner and Gina Riley. 32. The Castle. 33. Drink a beer. 34. Because Sydney and Melbourne couldn't agree which city would be the capital, so we built a new city in between them.

Prayer for a Pandemic

by Cameron Bellm

**May we who are merely inconvenienced,
Remember those whose lives are at stake.**

**May we who have no risk factors
Remember those most vulnerable.**

**May we who have the luxury of working from home
Remember those who must choose between preserving
their health or making their rent.**

**May we who have the flexibility
to care for our children when their schools close
Remember those who have no options.**

**May we who have to cancel our trips
Remember those that have no safe place to go.**

**May we who are losing our margin money
in the tumult of the economic market
Remember those who have no margin at all.**

**May we who settle in for a quarantine at home
Remember those who have no home.**

**As fear grips our country,
let us choose love.**

**During this time when we cannot physically
wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our
neighbours.**

Amen.

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