



# *Whispers from the Willows* **NEWSLETTER**

Welcome to our newsletter for March.

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 March 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 HEAD OFFICE

Another month has come to an end and it's hard to believe we are already into March. It's been great to have our doors open for visitation once again and to see the happy faces of our residents when you come to see them.

Hopefully things are settling and with the new medications available to treat COVID things will ease. We have decided to keep the 1 visitor per resident per day in place for now as we unfortunately cannot accommodate more due to social distancing and only being able to allow visitors outside (weather permitting) or in the downstairs dining room.

Don't forget to RAT test before visiting and please don't visit if you are not feeling well.

**Maryann Inbari - Financial Controller**



## From the Cube

Hello everyone. 2022 at The Willows has become very exciting for the residents and staff, with the introduction of new and updated activity resources i.e:

Dominoes, Scrabble, Mahjong, Banana Game, Flower Arranging, Snakes & Ladders, Alphabet Bingo and Golf.

David Antonio created all these activities which he brought with him to The Willows when he started to work with us. The Residents are truly enjoying all the new activities as well as the old ones. There is a wide variety of resources catering to each individual's needs, highlighting our residents presenting with Dementia.

Sylvia Dulaurens will be celebrating Mauritius National Day on the 12th March.

On the 17th March we celebrate St Patrick's Day in The Willows garden with most things green and a BBQ. Residents and Staff will be wearing green on the day.

Greece Independence Day will be celebrated by Voula Gouvoussis on the 25th March.

If you would like to find out more about what activities we are providing for your loved ones, please don't hesitate to contact us with your questions.

**We wish you well Cynthia and David**

## MARCH BIRTHDAY CELEBRATIONS

**Marija Dorkic March 2**

**Mavis Thomas March 22**





# It's time to destigmatise dementia

Feb 01 2022 - Esme Mathis

According to Dementia Australia, an estimated 487,500 Australians are currently living with dementia. Without a medical breakthrough, this number is expected to rise to 1.1 million by 2058. Many of us are affected by dementia, yet our societal attitude towards and understanding of the condition is poor.



"People are fearful of dementia, it's something which no one wants to talk about," says Tim England, Dementia Champion and Educator. "People are reluctant to go to a doctor and will do anything they can to hide the fact they have issues."

The stigma surrounding dementia prevents many people from seeking medical advice, for fear of being diagnosed. According to England, people are good at hiding their symptoms within their home environment, where things are familiar.

Some of the most common symptoms include memory loss (usually noticed by someone else), confusion, difficulty finding words or understanding language, and difficulty with visual or spatial abilities, such as getting lost while driving. England strongly encourages people displaying dementia symptoms to seek medical help.

"Quite often, they might have a memory or cognitive issue, but it's not dementia, it's actually something else," says England. "It could be depression, delirium, dehydration or [side effects] of medication. But they don't see a doctor because they're scared of the big 'D' word."

The stigma surrounding dementia comes in many forms, including discriminatory behaviour based on assumptions about a person's ability. This is especially true for people in the early stages of the disease, who report feeling embarrassed and belittled by the way other people treat them. Although there is no cure for dementia, early symptoms can be managed through a combination of medication and lifestyle choices.

Dementia is a progressive disease; receiving a diagnosis does not mean someone must immediately abandon their work or daily routine. People with dementia can continue to live productive and dignified lives after an early diagnosis. According to England, social isolation is one of the biggest issues within the dementia community.

"After diagnosis, friends don't know how to interact with them anymore [and eventually] stop seeing them," he says. "This is just rejection. It's not intentional, but it happens."

Dementia Cafés offer a solution to this issue of social isolation.

"A dementia café is a meeting place for people with the condition and their families to come together and start socialising," says England. In these places, people living with dementia and their carers find community support,

friendship and connect with other people having similar experiences.

Although COVID restrictions have been "devastating" on this community, these spaces will continue to become more prevalent in the future.

*For more information on dementia resources, social groups, and other contacts, go to **[www.hornsby.nsw.gov.au/community/services/seniors/dementia-supporting-people-living-with-dementia-and-their-carers](http://www.hornsby.nsw.gov.au/community/services/seniors/dementia-supporting-people-living-with-dementia-and-their-carers)***



FROM THE FOOD STUDIO



# JOE'S JERK SAUCE

PERFECT FOR SUMMER BBQ'S!!



big chunk o  
ginger



juice of 1  
lime



2 red chillis



allspice



chilli  
powder



BBQ  
sauce



5 cloves  
garlic



1 onion



fresh  
thyme



2 spring  
onions



1 tsp  
sugar  
(to taste)



salt &  
pepper



**BLITZ** ALL THE INGREDIENTS

IN A BLENDER AND **SPREAD**

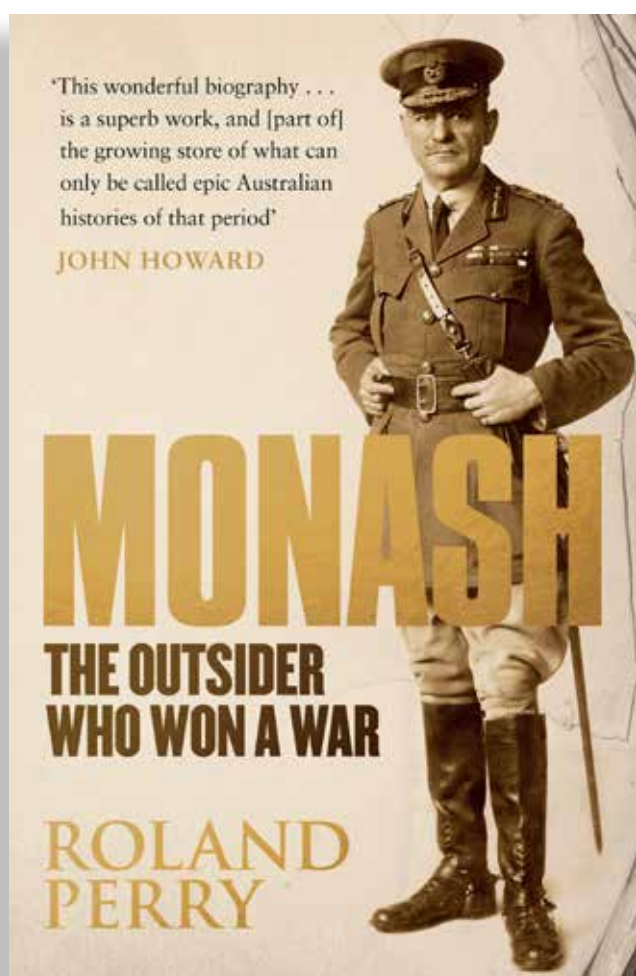
ALL OVER CHICKEN, BEEF, PORK OR VEGGIES,

MARINADE FOR AT LEAST AN HOUR:)



# Biographies

## March book recommendations



### Monash

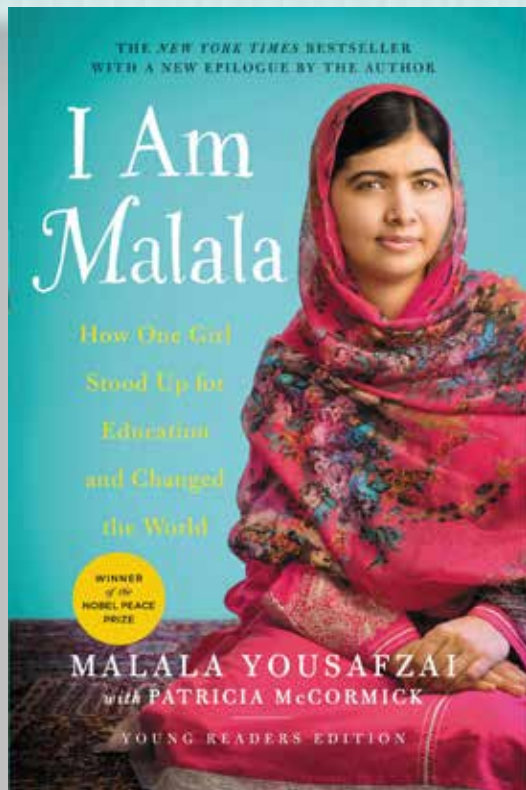
#### **The Outsider Who Won A War** by Roland Perry

Australian General Sir John Monash changed the way wars were fought and won. When the British and German High Commands of the First World War failed to gain ascendancy after four years of unprecedented human slaughter, Monash used innovative techniques and modern technology to plan and win a succession of major battles that led to the end of the Great War.

But Australia's greatest military commander fought as many battles with those on his side as he did with his enemies.

Monash was the classic outsider who rose to greatness despite the mighty odd of his 'handicaps of birth' -- having a German-Jewish background at a time when racism and prejudice were rife - and being a part-time colonial soldier in an Imperial British army.

Roland Perry brings to life the fascinating story of the man whom many have judged as the greatest ever Australian. Monash draws on the subject's comprehensive letter and diary archive - one of the largest in Australia's history. The result is a riveting portrait that weaves together the many strands of his life as a family man, student, engineer, businessman, lawyer, teacher, soldier, leader, romantic and lover of the arts; and reveals why, in addition to his amazing military successes, Monash is remembered and respected even more for his humanity.



# I Am Malala

## The Girl Who Stood Up for Education and was Shot by the Taliban

by Malala Yousafzai and Christina Lamb

***The bestselling memoir of Nobel Prize winner, Malala Yousafzai, the School Girl who stood up to the Taliban.***

***The documentary film 'He Named Me Malala' will be released in Australia soon.***

\*Winner of the 2014 Nobel Peace Prize\*

In 2009 Malala Yousafzai began writing a blog on BBC Urdu about life in the Swat Valley as the Taliban gained control, at times banning girls from attending school. When her identity was discovered, Malala began to appear in both Pakistani and international media, advocating the freedom to pursue education for all. In October 2011, gunmen boarded Malala's school bus and shot her in the face, a bullet passing through her head and into her shoulder. Remarkably, Malala survived the shooting.

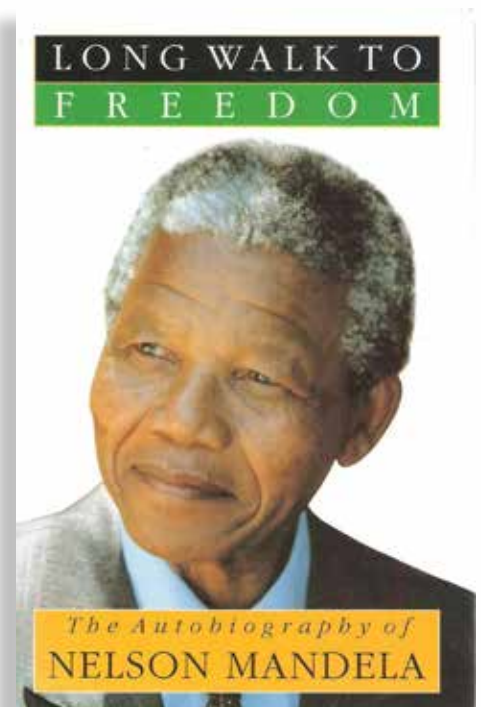
At a very young age, Malala Yousafzai has become a worldwide symbol of courage and hope. Her shooting has sparked a wave of solidarity across Pakistan, not to mention globally, for the right to education, freedom from terror and female emancipation.

## Long Walk To Freedom

### The Autobiography of Nelson Mandela by Nelson Mandela

The riveting memoirs of the outstanding moral and political leader of our time, LONG WALK TO FREEDOM brilliantly re-creates the drama of the experiences that helped shape Nelson Mandela's destiny.

Emotive, compelling and uplifting, LONG WALK TO FREEDOM is the exhilarating story of an epic life; a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader.



# Steve Jobs

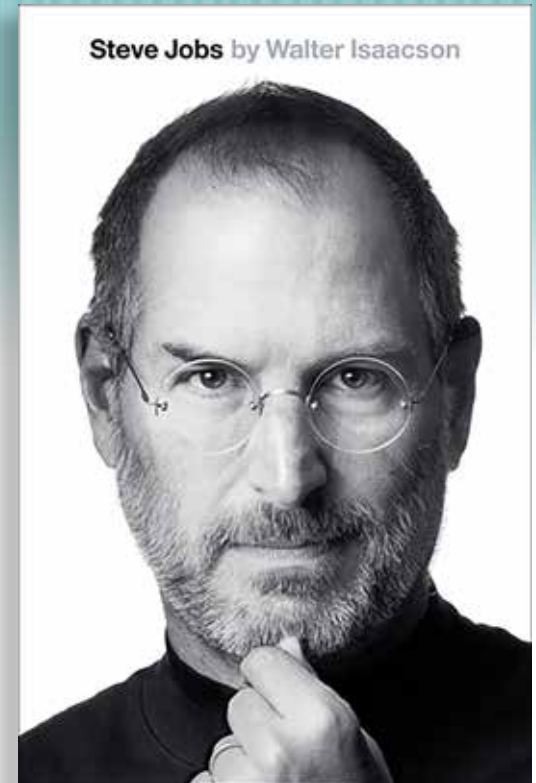
## The Exclusive Biography

### by Walter Isaacson

An extraordinary book which gives us a unique insight into the life and thinking of the man who has single-handedly transformed the way we live today. Based on more than forty interviews with Steve Jobs conducted over two years - as well as interviews with more than a hundred family members, friends, adversaries, competitors, and colleagues - this is the acclaimed, internationally bestselling biography of the ultimate icon of inventiveness.

Walter Isaacson tells the story of the rollercoaster life and searingly intense personality of creative entrepreneur whose passion for perfection and ferocious drive revolutionized six industries: personal computers, animated movies, music, phones, tablet computing, and digital publishing.

Although Jobs cooperated with this book, he asked for no control over what was written, nor even the right to read it before it was published. He put nothing off limits. He encouraged the people he knew to speak honestly. And Jobs speaks candidly, sometimes brutally so, about the people he worked with and competed against. His friends, foes, and colleagues provide an unvarnished view of the passions, perfectionism, obsessions, artistry, devilry, and compulsion for control that shaped his approach to business and the innovative products that resulted.



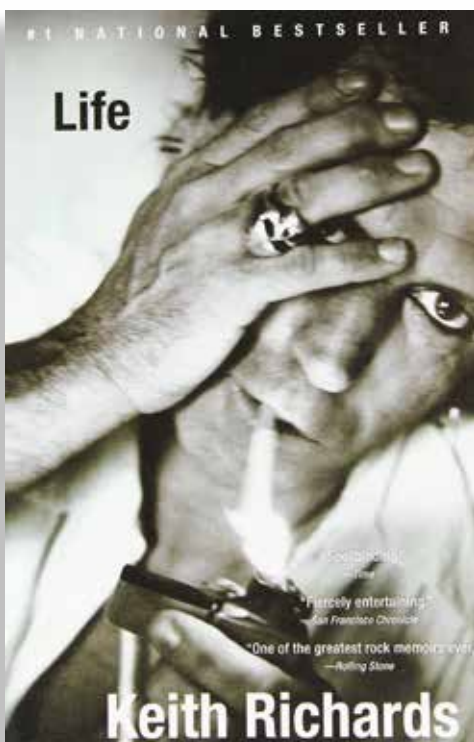
# Keith Richards

## by Keith Richards

With the Rolling Stones, Keith Richards created the riffs, the lyrics and the songs that roused the world, and over four decades he lived the original rock and roll life: taking the chances he wanted, speaking his mind, and making it all work in a way that no one before him had ever done.

Now, at last, the man himself tells us the story of life in the crossfire hurricane. And what a life. Creating immortal riffs such as the ones in 'Jumpin' Jack Flash' and 'Street Fighting Man' and 'Honky Tonk Women'. Falling in love with Anita Pallenberg and the death of Brian Jones. Marriage, family and the road that goes on forever.

In a voice that is uniquely and intimately his own, with the disarming honesty that has always been his trademark, Keith Richards brings us the essential life story of our times.



# JUST A LITTLE *Reminder*

## Left brain

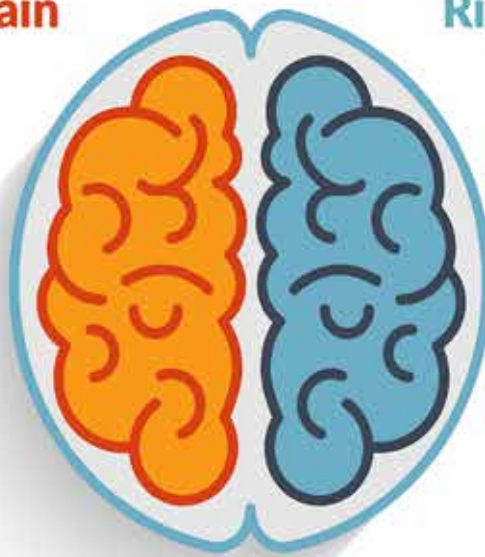
### Right side of body control

- Number skills
- Math/Scientific skills
- Written language
- Spoken language
- Objectivity
- Analytical
- Logic
- Reasoning

## Right brain

### Left side of body control

- 3D shapes
- Music/Art awareness
- Intuition
- Creativity
- Imagination
- Subjectivity
- Synthesizing
- Emotion
- Face recognition



PARIENTAL

Intelligence, language, reading, sensation

FRONTAL

Behaviour, intelligence, memory, movement

OCCIPITAL

Lobe, vision

TEMPORAL

Behaviour, hearing, speech, vision, memory

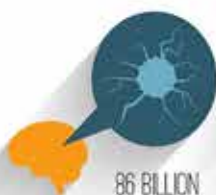
CEREBELLUM

Balance, coordination

BRAIN STEM

Blood pressure, breathing, heartbeat, swallowing

## Amazing facts about the brain:



86 BILLION  
NEURONS



2% OF TOTAL  
WEIGHT



3-100TB



CONTAINS  
60% FAT



CONSUMES 20%  
OF ENERGY



AVERAGE WEIGHT  
IS 1300 g

## NUTS: CONSUMPTION IS LOW, BUT BENEFITS ARE HIGH



*Before you indulge in any kind of nuts, please read up and understand about NUT ALLERGIES, or consult with a medical professional.*

### AUSTRALIANS AREN'T EATING ENOUGH NUTS

ONLY  
**2%**

MEET THE  
DAILY TARGET

THE AVERAGE INTAKE IS JUST

**4.6g**  
A DAY



### A DIET:-

...**'LOW IN NUTS'**  
responsible for 2.3% of total deaths

...**'LOW IN VEGETABLES'**  
responsible for 2.2% of total deaths

...**'LOW IN NUTS AND SEEDS'**  
= 3rd biggest dietary  
risk factor for disease

...**'LOW IN VEGETABLES'**  
= 6th biggest dietary  
risk factor for disease

## 11 MILLION

deaths worldwide could be prevented if we moved towards a more plant-based diet, including greater nut intake

Add a **handful of nuts** + an extra **handful of veggies** to your day



### KEY NUTRIENTS

#### NUTS

- ✓ Healthy fats
- ✓ Protein
- ✓ Vitamin E

#### VEGETABLES

- ✓ Carbohydrates
- ✓ Folate
- ✓ Vitamin C

...No eye has seen, no ear has heard,  
and no mind has imagined what God  
has prepared for those who love Him.

1 Corinthians 2:9

Dear Lord, I know you are for  
me and you have good things in  
store for my life. Help me to be  
patient during the trials as I  
wait on you for answers. Thank  
you for loving me so much.



Leukaemia Foundation

**WORLD'S  
GREATEST  
SHAVE**

**16-20  
March**

**[worldsgreatestshave.com](http://worldsgreatestshave.com)**



# CAN WE EXPECT PRICES TO COME DOWN AFTER OMICRON INCREASES?

*Economist does not expect prices to fall any time soon - if at all.*

**Leon Della Bosca - Publisher February 10, 2022**

Australians have seen the price of almost everything increase in the past two years. And, according to EY Oceania, they'll remain that way permanently.

The price increases on most products and services have been 'marketed' as a byproduct of temporary pandemic disruptions and staff and supply issues caused by Omicron. However, EY Oceania chief economist Jo Masters says that even after supply chain and workforce disruptions ease, consumers should prepare to keep paying higher prices for services such as home maintenance and healthcare, and other goods such as meat.

Supply disruptions are easing, and the trend is expected to continue this year. Already, the transport price of bulk dry goods has come down almost 40 per cent over the past month.

*The reopening of the international border will also help alleviate input cost pressures.*

*But Ms Masters does not expect prices to fall anytime soon - if at all.*



"Prices for audio, visual and computing equipment, and motor vehicle prices tend to fall relatively frequently, we call these sticky-up," she told AFR. This means, once supply pressures ease, prices should revert to pre-pandemic levels. But this rationale won't apply to 'sticky-down' goods and services, such as home building, maintenance and repair, childcare, healthcare and some meat products. Once these prices are pushed higher, they are less likely to come down, says Ms Masters.

Headline inflation rose 3.5 per cent last calendar year, and non-discretionary inflation, which covers things such as petrol and healthcare, rose by 4.5 per cent.

Prices of products that had faster than normal price growth over the past 12 months and fall into the 'sticky-down' category as well as the non-discretionary basket are highly unlikely to come down post-COVID. Older Australians can expect to pay the same or more for home building and repair, meat, and financial services, and potentially for clothing and footwear, hairdressing, restaurant meals, recreation and sporting and cultural services.

Home building, maintenance and repair, in particular, recorded such strong growth that "history suggests these price gains are unlikely to be "unwound", said Ms Masters. "A large number of the items driving the rise in inflation lately are items that are sticky-down and therefore unlikely to have a deflationary contribution, even once supply chain issues are resolved.

"The easing of supply chains is unlikely to drive aggregate prices lower, although it will slow the rate of price inflation. In other words, resolving the supply disruption is more likely to be disinflationary than deflationary." Ms Masters said these factors will likely lead to cash rate increases sometime soon. "All of this points to our view that the prospect of the first rate hike coming in 2022 is more than just 'plausible'," she said. Reserve Bank of Australia governor Philip Lowe said just three months ago that a rate rise in 2022 was "very unlikely".

However, falling unemployment and inflation that lifted to 2.6 percent - the halfway mark of the bank's 2 percent to 3 percent target - suggest that increases to the current record low 0.1 percent overnight cash rate were "plausible" this year.

The RBA maintains it is taking a cautious approach and wants to see whether easing of disruptions sustainably flow through to prices before lifting interest rates. "We can't rule out the possibility that some of the recent price increases are reversed as a more normal balance between supply and demand is re-established," said Dr Lowe.

# **LAUGH FACTORY**

**LAUGHTER... the best medicine!**

**What sits at the  
bottom of the sea  
and twitches?**

**A nervous wreck.**

**What do you call a  
parade of rabbits  
hopping backwards?**

**A receding  
hare-line.**

**A bear walks into a  
bar and says, "Give me  
a whiskey and...cola."**

**"Why the big pause?" asks  
the bartender. The bear  
shrugged. "I'm not sure;  
I was born with them."**

**Why don't  
scientists trust  
atoms?**

**Because they make  
up everything.**

**Did you hear about  
the claustrophobic  
astronaut?**

**He just needed  
a little space.**

**What's the best  
thing about  
Switzerland?**

**I don't know, but the  
flag is a big plus.**

**Why did the frog  
take the bus to  
work today?**

**His car got toad away.**

**What kind of exercise  
do lazy people do?**

**Diddly-squats.**

**Yesterday I saw a guy spill  
all his Scrabble letters on  
the road.**

**I asked him,  
"What's the word  
on the street?"**

**Where are average  
things manufactured?**

**The  
satisfactory.**

**What do you call a  
fake noodle?**

**An impasta!**

**Why did the Oreo  
go to the dentist?**

**Because he lost  
his filling.**



Happy  
St. Patrick's  
Day!

**THURSDAY MARCH 17**

**GREEK INDEPENDENCE DAY**  
**Saturday MARCH 25**





# HAPPY RESIDENTS



Some lovely photos of our residents busy with so many activities over the past few months. To see lots more photos, please go to our Facebook page for a catch up!





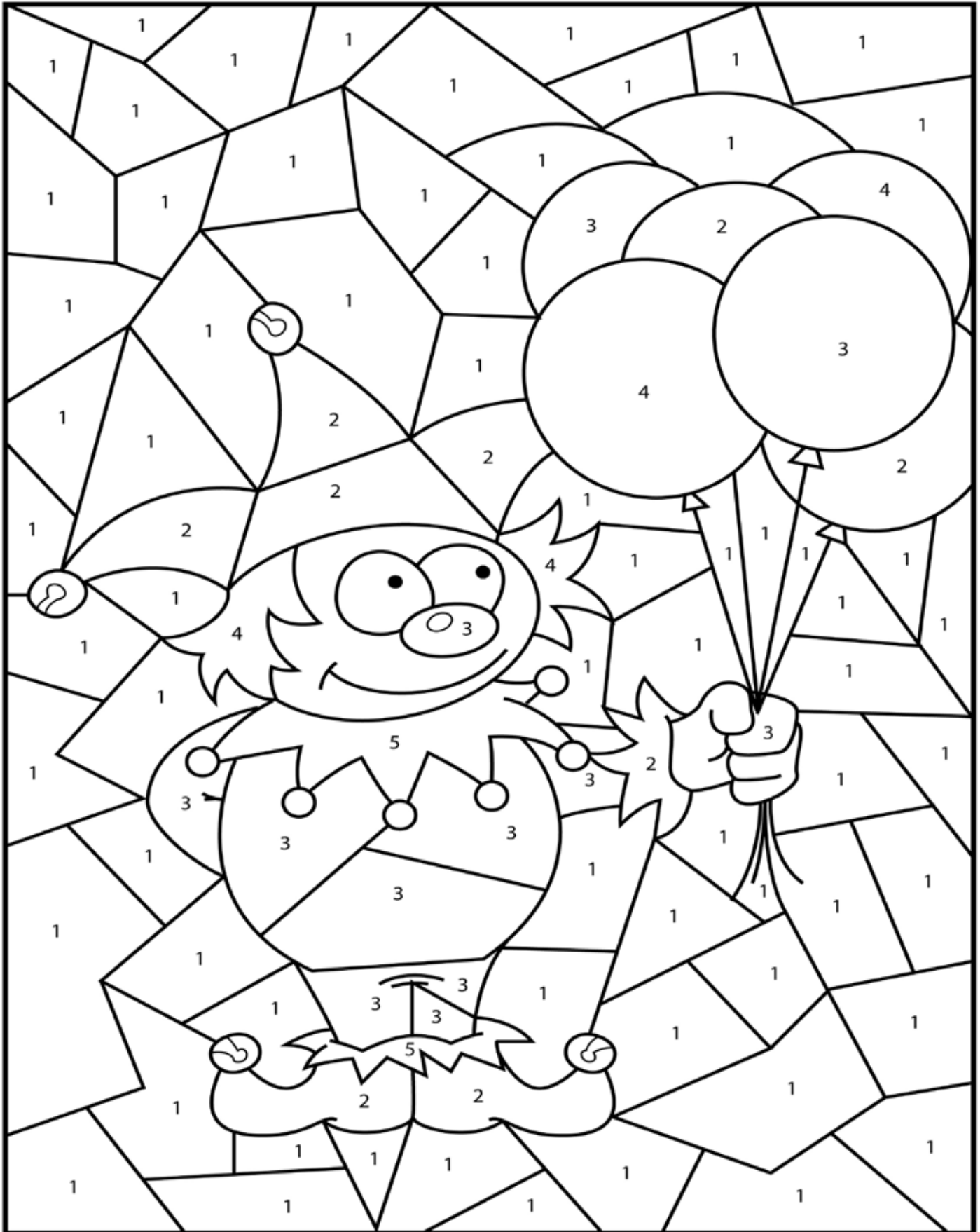
Try to make as many words as you can using the letters in the grid. You must use the middle letter. There is at least one nine letter word.

|   |   |   |
|---|---|---|
| G | L | N |
| E | T | A |
| M | E | N |

[illegible]



# COLOUR ME IN BY NUMBERS



**1. Green 2. Orange 3. Red 4. Yellow 5. Purple**

**Remember to LIKE and FOLLOW US on FACEBOOK**

