



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

This year has flown, and this is our final newsletter for the year. We are celebrating Christmas with the residents on December 20th, we hope you can all join us for lunch, the party starts at 11am, we have an entertainer coming and it is going to be a fun day. For those travelling over the holidays we hope you have a wonderful time away and we look forward to seeing everyone early in 2024.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - CEO

MERRY
CHRISTMAS

IT'S THE MOST WONDERFUL TIME OF THE YEAR

From the Lifestyle Desk



Hello Everyone

Welcome, this is our final edition of our newsletter for 2023! We look forward to a busy month ahead with many Christmas celebrations.

We celebrated Melbourne Cup by watching the race on the big screen, it was beautiful to see the ladies' wearing fascinators and the men looking dapper in their hats. The day was filled with laughter and joy as we watched the horses cross the finish line.

Congratulations to the winners of the competition, best Makeup went to Zenaida and Mariana, best dress to Maria and Poli and best Fascinator to Santa, Muriel, Mary and Sylvia. You all looked beautiful.

December is going to be even busier month with Christmas just around the corner. On December 20th we have our annual Residents Christmas Party.

Thank you for your support throughout 2023,

MERRY CHRISTMAS AND A HAPPY NEW YEAR.

David and Tess



M E R R Y
CHRISTMAS
—AND—
HAPPY NEW YEAR

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.

DECEMBER
BIRTHDAY
CELEBRATIONS
Santa Puglisi 3rd



DON'T FORGET

About Us



The management & staff at The Willows
extend our warmest wishes and a blessed
holiday season to all our residents,
families and friends.





Mind Body Maintenance

TIME FOR A TUNE-UP

Your Body's Maintenance Guide

Any vehicle benefits from a regular maintenance schedule, and your body is no exception. Here is a list of common conditions that may arise with increased mileage and advice for keeping all systems running smoothly.



Chassis

PAINFUL FEET

Decades of use take a toll on the feet, our body's foundation. Common complaints include bunions, heel pain from plantar fasciitis, corns, toe and toenail problems. Chronic conditions like diabetes increase the odds of foot issues.

1. Make sure your shoes fit. Many people over age 65 wear shoes that are too small because feet get bigger as we age.
2. Wash and inspect your feet regularly. If you are diabetic, see a podiatrist annually.
3. Avoid going barefoot, even at home.
4. Trim your toenails straight across, not at the corners or sides.

LOW BONE MASS

Osteoporosis, or "thinning bones," makes the bones of older adults more fragile and easier to break. The National Osteoporosis Foundation reports that around 54 million adults over age 50 have osteoporosis.

1. Get regular exercise. Weight-bearing, strength training and flexibility exercises all help reduce the risk of fractures.
2. Get a bone mass density test.
3. Eat a healthy diet that includes foods rich in calcium, vitamin D and other nutrients.



Transmission

DECLINING VISION

Most people experience difficulty reading small print and need brighter lighting as they age. More serious vision problems include cataracts, macular degeneration, glaucoma and diabetic retinopathy.

1. Schedule yearly visits to an eye specialist.
2. Have your medications reviewed regularly to determine if they have any side effects on vision. The most common problem reported is dry, irritated eyes.
3. Make your home brighter and objects more visible. Remove any obstacles that could cause an accident.

HEARING LOSS

About a third of adults over 65 experience hearing loss which can lead to depression, withdrawal and loss of self-esteem. Treating hearing loss can improve your quality of life and the interactions you have with loved ones.

1. Be aware of the symptoms of hearing loss.
2. Make an appointment with a healthcare provider for a screening.
3. If prescribed, use a hearing aid or other assistive device.



Engine



COGNITIVE DECLINE

Dementia, most simply, is a memory problem significant enough to affect your ability to carry out your usual tasks. While some memory loss is common with aging, it's important to recognize the early warning signs of Alzheimer's disease and other dementias.

1. Eat a healthy diet and keep blood sugar under control.
2. Exercise at least three times a week.
3. Be as socially connected as possible.
4. Challenge your brain by learning new skills and doing brain-stimulating activities like puzzles, reading, gardening and ballroom dancing.



SLEEP DISTURBANCES

Sleep problems can affect quality of life and contribute to falls, injuries and other health problems. If you have trouble sleeping at night or feel sleepy during the day, tell your healthcare provider.

1. Avoid caffeine, tobacco and alcohol in the latter part of the day.
2. Exercise regularly, especially early in the day.
3. Follow a regular bedtime routine and avoid daytime naps.
4. Only use your bed for sleeping or sexual activity.



Body



BALANCE ISSUES

Sue Slama, RN at LIFE PACE, says falls are the leading cause of injury deaths for seniors but often go unreported. "Clinicians can play an active role in the prevention of falls when they know a problem exists," she said.

1. Keep a fall journal. Note the time of day and conditions in which you fell so you can take safety precautions.
2. Wear no-slip footwear and keep clutter at a minimum.
3. Install grab bars and handrails where needed.
4. If you live alone, use an emergency alert device so you can call for help.
5. Wear proper shoes. Loose, worn or backless shoes increase the risk of a fall.



RESPIRATORY CONDITIONS

Lung functions decline gradually as you age. Conditions like asthma or chronic obstructive pulmonary disease (COPD) can worsen as you age.

1. Get regular checkups, and tell your doctor right away if you notice any sudden difficulties in breathing or shortness of breath.
2. Don't smoke. It's the major cause of lung cancer and COPD.



DIABETES

Diabetes is a chronic condition that affects the way the body processes blood sugar (glucose). It can cause serious health problems over time.

1. Talk to your doctor if you develop increased fatigue, hunger, thirst or urination; lose weight without trying or experience blurred vision.
2. If you have diabetes, managing blood glucose levels is essential. Follow your health team's recommendations for lifestyle changes and medication if needed.

Break



time!

Whether you've got five minutes, or a long lunch break, we've got ideas on how you can relax and refresh yourself when working from home.

one minute

- Try a deep breathing exercise
- Drink a glass of water
- Look outside and watch the clouds go by
- Make a cup of tea
- Do some simple stretches

20 minutes

- Watch an episode of a comedy show to lift your spirits
- Play with your pet
- Try a guided meditation
- Experiment with writing - try journaling, thinking about what you're grateful for, or perhaps something creative
- Get crafty - draw, paint, knit. Try something new!

five minutes

- Make a quick list of all the things you've achieved today
- Water your plants
- Put on your favourite song and have a solo dance party
- Watch a funny video on YouTube
- Do a body check - how are you feeling? Is there anything you need?

one hour

- Go for a walk outside for some fresh air
- Get stuck into a new book
- Phone a friend
- Do an exercise video to get those endorphins
- Listen to a podcast

5 Tips To Keep Your Chin Up

1



Do something impulsive.

Do something impulsive that you haven't planned every day. It's better to have no plan so we can seize the opportunities that may arise.

2



Have rituals.

We are less who we are than what we do. Do 3 things that you love every day. As a result, feeling the gratitude will help you better sleep. Better sleep helps to be in a better mood. A better mood helps to make better decisions.

3



Exercise at least 10 minutes a day.

Exercising has an influence on your brain, on your mood, on your ability to reflect and on your health.

4



Take breaks.

Prevent burnouts by stopping what you are doing and do something else. Create a different atmosphere, add some novelties in your daily routine.

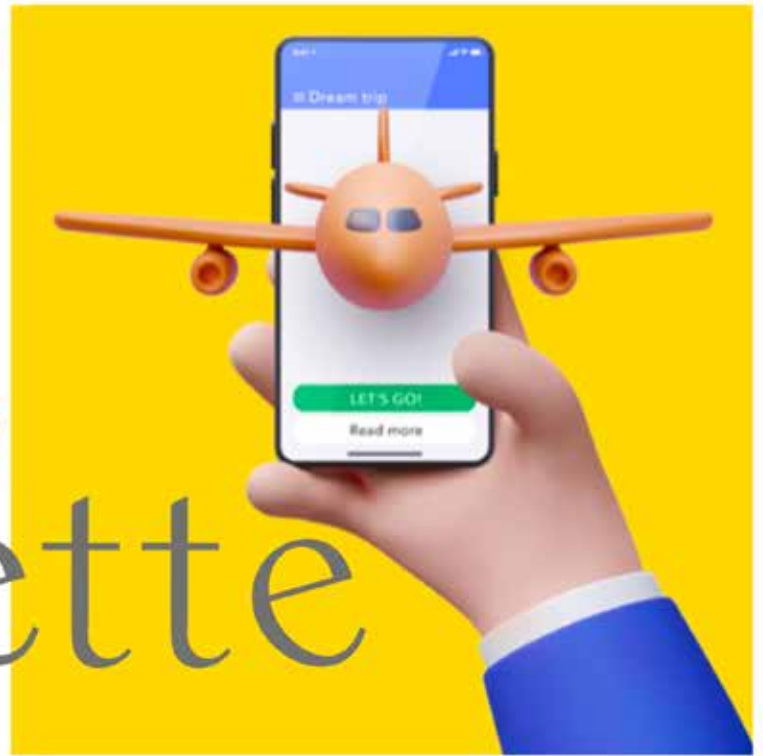
5



Learn something new.

Learning helps to create new connections in your brain and to come up with new ideas and new opportunities.

Travel etiquette



New rules of travel etiquette

During the pandemic, many of us vowed that should we ever be fortunate enough to travel again we'd do so with a newfound sense of grace, gratitude and understanding.

We are now evolved and self-actualised and we will treat Mother Gaia (Greek goddess of Earth, mother of all life) and its worldly inhabitants with renewed respect.

That didn't last long, did it. In fact, post-pandemic travel feels more frantic, agitated, crowded and confusing than ever before.

We all know the basics of good travel behaviour: don't fall asleep on your neighbour's shoulder on the plane, don't assume talking louder in English will make you understood in a café in Shanghai.

But that Zen travel attitude promise we all made to ourselves? It needs an update.

We don't need to be 'travel perfect', but all of us could do with being a bit 'travel better'.

These are the 6 new rules travellers should follow now:

1. Your oversized baggage is your fault and your problem

Three things that are certain in life: death, taxes and airlines having rigid baggage allowances from which they will not budge. If you arrive at the airport with more bags than the airline permits, or with the idea that you can relocate your grand piano interstate via Jetstar, that's entirely on you. You're holding up queues, annoying airline staff and being an all-round difficult human being. Accept whatever options are offered, whether it's penalty fees, repacking or bidding farewell to your piano. Cry me a carry-on.

2. The plane cabin is not your lounge room

Grotty bare feet snaking into other people's leg space. Trays of dirty food scraps plonked onto the middle seat. Taking two drinks rather than one when the trolley comes by. Standing in the aisle rustling through your belongings in the overhead locker, arms flailing like you're doing the YMCA, while everyone else waits in a queue behind you. Getting drunk and belligerent. None of this is acceptable. Imagine the people you are sharing the plane with are on the same intimacy level as work colleagues – not close enough to relax with entirely but close enough to respect. Oh, and it's worth remembering that the cabin staff are HR and they will happily get you fired if you cross boundaries. And people will cheer. And put it on YouTube.

You have been warned!

3. That said, if the airline allows you to recline, you may recline

If the Lord did not want us to recline our seats, then He would not have created the little silver button. If the button is there, you may use it. Apply some discretion during mealtimes and if you are a good person, you might be kind enough to take some note of the leg length of the person behind you, however there is no obligation. Bow down to the button. The button is king!

4. There are dozens of ways you can make airport queues move faster. Do all of them.

"It was absolute chaos at the airport this morning!" Yes. You were probably part of the problem.

Here are ways you can make airports better for everyone. Have your passport and other documents on hand and easy to reach, not locked down in a secret security compartment with multiple padlocks. Empty your pockets before you get to the security line. And then refill them away from the conveyor belt, not standing there blocking everything and creating a conga line of humans behind you.

An airport transit should be like a ballet, a seamless Swan Lake of outstretched hands, elegant lifts, gentle placement of organised items into trays. You are Mikhail Baryshnikov and Kingsford Smith Terminal 3 is your Bolshoi. Picture the lights, the adrenaline, the applause. Take a bow, you made it to Krispy Kreme in under 14 minutes.

Doesn't that feel good?

5. Plane-wear has gone casual. But not that casual.

The evolution of flight wardrobes from heels and furs to cosy, stretchy pants and cashmere wraps is a magnificent thing. But – screech! – not so fast. We don't need to descend into a barely dressed couch bogan. "Thongs, singlets, midriffs should be banned," insists Escape digital editor Rowena Ryan. This goes double if you're stopping off somewhere such as the Middle East or another country where modesty is the norm. No, no one is going to arrest you if you slob off into Dubai airport with your bellybutton hanging out but it's very rude.

6. Americans are known as bad tourists outside of their country. You're probably a bad tourist in their country.

Everyone loves rolling their eyes at rude Americans overseas. Newsflash. Americans are exceedingly polite in their own country and many tourists are equally rude when they visit. Americans smile. They ask how you're doing. They call you 'sugar' (at least in certain parts of the country). They tip generously. They are never too busy to help you when you're lost. Start behaving better in their country and maybe they'll return the favour when they come to yours.



Australian Government

my **medicare**

Introducing MyMedicare

Information for patients



What is MyMedicare?

MyMedicare is a voluntary patient registration system that aims to formalise the relationship between patients, their general practice, general practitioner (GP) and primary care teams.

Seeing your GP regularly and formalising the relationship you have with your GP and general practice through MyMedicare can lead to better health outcomes.

By registering as a patient of your chosen general practice and selecting a preferred GP, additional funding will be available from the government to assist your primary care team to deliver the care you need.

It is voluntary and free to register in MyMedicare, and registration is open to Australians with a Medicare card or Department of Veterans' Affairs (DVA) Veteran Card. To find out if you're eligible for MyMedicare read the Registering in MyMedicare factsheet.

MyMedicare is a registration system and won't hold any of your clinical health information. Your clinical health information will continue to be stored in your My Health Record, if you have one. All personal information recorded in MyMedicare, including your chosen healthcare providers, will be kept secure and your privacy will be maintained. Read the MyMedicare Privacy Notice at health.gov.au/mymedicare-privacy for further information.

Benefits of registering for MyMedicare

Many general practices across Australia have registered in MyMedicare to support them in offering tailored care and services to fit the needs of their regular patients.

By registering in MyMedicare, you may benefit from:

A formalised relationship with your general practice or GP, which has shown to improve health outcomes.

Longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your GP.

Incentive for longer telehealth consultations for children under 16 and Commonwealth Card Concession card holders, from 1 November 2023.

More regular visits from your GP and better care planning for people living in a residential aged care home, from August 2024.

Connections to more appropriate care in general practice for people who visit hospital frequently, from mid-2024.

Longer funded telehealth consultations may be particularly beneficial for people seeking assistance with their mental health, people with disability, older Australians and people in rural or remote Australia.

Further registration benefits for patients will continue to be added as part of the Australian Government's commitment to strengthening Medicare. If you choose not to register in MyMedicare, you'll still be able to access the same quality of care from your healthcare providers.



Talk to your regular general practice or GP about registering in MyMedicare, or find out more at health.gov.au/mymedicare

Let's Talk

pantry VS fridge

Does it belong in the pantry or fridge?

We've settled the ultimate food storage debate

We've had endless debates about whether certain foods belong in the pantry, fridge or kitchen counter, and most of the time it concludes with either party saying: 'Let's agree to disagree.' But we're often dissatisfied with that outcome and are eager for some closure on the dividing storage debate. From eggs to butter to tomato sauce, we've finally investigated the ultimate 'where does it belong' food controversies... and some of you may not like what you're about to read.

● **Tomato Sauce**

Most of the food storage arguments begin with tomato sauce, and we're about to settle it for good. Technically the 'pantry' advocates are correct, however, there's a catch. According to [news.com.au](https://www.news.com.au), thanks to its high acidity and processing, tomato sauce (alongside other sauces like BBQ sauce and mustard) doesn't require refrigeration after opening. In saying that, Heinz has actually come forward to confirm whether this is true and here's what they had to say: "Because of its natural acidity, Heinz® Ketchup is shelf-stable. However, its stability after opening can be affected by storage conditions. We recommend that this product, like any processed food, be refrigerated after opening. Refrigeration will maintain the best product quality after opening." So, to be on the safe side, we think the verdict is definitely for the fridge!

● **Vegemite**

It's in every Aussie's kitchen, so Vegemite might be the most important item on this list. Vegemite has settled it: "Vegemite is a shelf stable product and once opened can be stored in the cupboard or pantry right up until the best before date." However, if you're like us and sometimes use the same knife to butter your toast (don't judge us), there may be little fragments left inside your jar, so you can choose to store it in the fridge as a precaution.

● **Peanut Butter**

We're not going to lie, what we discovered when researching the recommended storage of peanut butter surprised us. We've always kept it in the pantry, which is (to an extent) the correct way to store it. However, according to the National Peanut Butter board, it shouldn't be left in the pantry for more than three months, otherwise separation can occur. After that, it should be kept in the fridge which will help it keep its quality for another three months.

● Bread

Bread can be tricky because it only stays fresh for so long and often gets stale at a faster rate than us eating it. Often, we find ourselves keeping it in the fridge with the assumption that it will slow down this process, but it turns out that we're very wrong. It's said that bread should never be stored in the fridge as the starch molecules recrystallize very quickly at cool temperatures, causing the bread to stale much faster when refrigerated. Instead, keep it on your counter or in your pantry at room temperature, or freeze it!

● Butter

The thought of butter on the bench top gives some people the ick, but we all know the struggle of spreading rock hard cold butter on our toast. Well, it turns out that counter-top butter might not be such a crazy concept. Health Line has clarified: "Because butter has a high fat content and relatively low water content, it is less likely to support bacterial growth than other types of dairy products."

So, does this mean it doesn't need to be stored in the fridge? Well, if your butter is salted, kind of. Salted butter is at a lower risk of growing bacteria, so it can be kept on the bench. However, refrigeration keeps the butter fresher for longer, which is why most people opt to store it in the fridge. If you do choose to skip the refrigeration, make sure your salted butter is stored in an air-tight container in a cool, dark place as heat, light and exposure to oxygen speeds up the spoiling process. Overall, it's best to refrigerate butter, but if stored correctly and consumed within a few days, it is okay to keep salted butter on the benchtop

● Jam

It's in every Aussie's kitchen, so Vegemite might be the most important item on Although jam is always stored in the aisles of a supermarket, this is not the case for after you crack open your favourite jar of strawberry jam. It's always recommended that jams are kept in the fridge after opening, especially if there are fragments of bread or butter in the jar from your knife!

● Eggs

Any kind of conversation about storage of poultry or meat-related foods can make people a little nervous, eggs included. So, we thought it was important to get the definitive answer of whether eggs should be stored in the fridge or pantry and the answer is pretty straight forward. QLD Health confirmed: "Most egg producers in Australia recommend that eggs are stored below 15°C. This means that if the temperature in your kitchen is warmer than this, then you should store your eggs in the fridge."

● Tomatoes

Many members of the taste team have always stored our tomatoes in the fridge right away, but you can also store them on the counter. If your tomatoes are not yet ripe, it's best to store them on your kitchen counter until they're ready to eat. Once they're fully ripe, you can put them in the fridge to preserve their freshness or eat them right away!

● Chocolate

Sometimes we love the cold snap of refrigerated chocolate (especially KitKats), but apparently it's best to keep the world's favourite sweet treat in the cupboard. News.com.au confirmed that Cadbury's advice is to store chocolate in a "slightly cool, dry, dark place" at 21 degrees and under. Living Down Under, it's often unrealistic to have a 21 degree room in summer, so popping your favourite block of chocolate in the fridge during the warmer months isn't a total crime. The only thing that might happen is discolouration due to 'sugar blooming' which is when the moisture of the fridge causes the sugar to rise to the surface.

● Avocados

A bit like tomatoes, avocados can be stored in either the fridge, or on your bench top depending on how ripe they are! If they're starting to get soft, it's best to keep them in the fridge to preserve their ripeness for longer, but if they're bought pretty hard and unripe, we recommend that you leave them on the bench top until they get soft. A tip to help avocados ripen faster is actually to store them next to your bananas!



How Practicing **MINDFULNESS** Benefits Health

Modern life is full of stress, both physical and mental. While a certain amount of stress is inevitable, too much can contribute to health problems. Eating right, exercising and getting adequate sleep are all methods of countering stress. Meditation is another.

WHAT IS MINDFULNESS MEDITATION?

Put simply, meditation is a way to train the mind. Rather than ruminating on the past or worrying about the future, meditation trains your attention to bring you back to the present moment. There are many types of meditation, including religious contemplative traditions. Mindfulness meditation is a popular secular practice that focuses on paying attention to the present moment with an accepting, nonjudgmental disposition. It can involve breathing methods, guided imagery and other practices that relax the body and mind, which, help reduce stress.

Meditation isn't about "zoning out" or "escaping" what's going on, rather it's about being fully present.

BENEFITS OF MINDFULNESS

Meditation can help alleviate stress, anxiety, pain, depression, insomnia and hypertension. Research suggests it may also help with asthma, fibromyalgia, common menopausal symptoms and irritable bowel syndrome. In addition, it can improve attention, decrease job burnout, improve sleep and improve diabetes control.

Research on mindfulness shows that it can help people disengage from repetitive thoughts or rumination, according to the American Psychological Association. Studies have shown

that it can boost working memory, mental focus and the speed at which we process information. Other research indicates people who meditate regularly show less emotional reactivity and report greater relationship satisfaction.

HOW TO BEGIN

Mindfulness can be practiced in many ways, from simple exercises that you perform anywhere and anytime to more structured exercises, where you set aside time in a quiet place, preferably free of distractions or interruptions.

Some examples of mindfulness you can incorporate throughout the day include simply slowing down and paying attention, experiencing your environment with all of your senses – touch, sound, sight, smell and taste. Focusing on your breathing when you have negative or distressing thoughts is also helpful. Working towards 10 - 20 minutes a day of more structured mindful meditation is a good goal. While mindfulness meditation won't make all of your problems go away, incorporating a regular practice into your life will help you manage them. The big benefit of meditative practice is that we're not necessarily trying to change how things are, but rather we're cultivating the strength and capacity for managing the difficulties, the challenges and the suffering that we may encounter.



5 TYPES OF MEDITATION

Meditation can help alleviate stress, anxiety, pain, depression, insomnia and hypertension.

1

BODY SCAN MEDITATION

While lying on your back with your legs extended and arms at your sides, palms facing up, focus your attention slowly and deliberately on each part of your body from toe to head. Be aware of any sensations, emotions or thoughts associated with each part.



2

SITTING MEDITATION

Sit comfortably in a chair with your back straight, feet flat on the floor and hands in your lap. Breathe through your nose and focus on your breath moving in and out at the nostrils or back of the throat. When thoughts or sensations interrupt your meditation, note the experience, then return to focusing on your breathing.



3

WALKING MEDITATION

Find a quiet place where you can walk back and forth slowly for 10 to 20 feet. Focus on the experience and sensations of walking, being aware of subtle movements that keep your balance. Be aware of one foot setting down and the other lifting. When you find yourself thinking, return without judgment to noticing your movements.



4

SOUND MEDITATION

This can be a good meditation if you're practicing in a slightly noisier place than you might prefer. Sit in a comfortable but alert position, either on the floor or in a chair. Notice any sounds as they arise, but instead of narrating or following them, let go of each sound and breathe. Other forms of sound meditation include listening to recorded nature sounds or music.



5

GUIDED MEDITATION

Meditation teachers hold live sittings online and post recorded sessions to YouTube and apps like Calm and Insight Timer. They generally guide listeners through some breathing exercises then take them through a body scan or imaginative journey to help them relax. Some of the most popular guided meditations are designed to help people fall asleep. Headphones or earbuds may be helpful.



LOOKING BACK IN HISTORY

AUSTRALIA'S FIRST BANK ROBBERY



Underwood's Buildings, where the Bank of Australia was located, can be seen on the right. The main guardhouse is the one on the left.

The Bank of Australia was established in 1826, in competition with the Bank of New South Wales. It was located in the Joseph Underwood buildings, in lower George Street. On Sunday, September 15th 1828, a cashier was horrified to discover a gaping hole in the bank's vault and several cash boxes missing. The missing money amounted to around thirteen thousand pounds - an enormous sum at the time. Further investigation revealed that the robbers had managed to tunnel their way in. Their picks and crowbars had been left behind, along with a tinder box, and several empty rum bottles.

It turned out that the bank had made a fatal mistake when constructing the basement strong room by employing a convict stonemason, Thomas Turner. Co-incidentally, Turner had also worked on a sewer drain, located between the bank and at the Keep Within Compass Hotel. Knowing the drain ran below the bank's basement, the temptation to plan a heist was impossible for him to resist.

Turner was aware that he would be a suspect, so he recruited a team of ex-cons, including James Dingle, George Farrell, blacksmith William Blackstone, and John Creighton. Creighton also had inside knowledge, because he was a slater, and had laid the floor of the strong room. William Blackstone's skills were used to forge special tools for the job. Every Saturday for several weeks the men entered the drain, then hacked away at the five foot (1.5 metres) thick floor below the vault until they broke through on September 15th.

The robbery had serious implications. Governor Darling feared it would undermine confidence in the financial security of the fledgling colony. He offered to pardon any convict who provided information leading to the conviction of those involved.

A substantial reward was offered immediately by the bank and increased shortly afterwards. In addition to the reward already offered by the Bank of Australia, of One Hundred Pounds and a free passage to England, together with the absolute pardon to any prisoner of the crown, promised by His EXCELLENCY the GOVERNOR, on the apprehension and conviction of any person or persons concerned in the robbery of the bank, the directors further offer a reward of five per cent, on the amount of all notes or coin recovered, and delivered up to the Managing Director, THOMAS McVITIE, Managing Director, Bank of Australia 23rd September, 1828.

Numbers of the missing bank notes were published, which meant the robbers could only really spend coinage. Some of the proceeds of the robbery were recovered from various 'stashes' in the months that followed but although the authorities had their suspicions about various men, no arrests were made.

It would be two years before the promise of a pardon led to one of the conspirators informing on the others. Despite having received his share of the loot, the blacksmith William Blackstone eventually committed another offence (highway robbery) and was sent off to the hellish prison of Norfolk Island. He agreed to tell the whole story and was returned to Sydney.

Farrell, Woodward and Dingle were tried and convicted. Creighton had already died and another gang member had left the country. Blackstone did not name the mastermind Thomas Turner, who was never charged. And did the pardoned Blackstone go back to Mother England as a free man on a free ticket? Well, no. He passed on the passage 'home'. That was unwise, as just before he was meant to collect the reward the silly fellow offended again and was sentenced to life in exile. Some crims are just incorrigible.

WHERE IS THE MISSING MONEY?

As is often the case, rumours lingered about what happened to the outstanding loot. In 1893, a woman came forward with information from her late husband that it had been buried near Mrs Macquarie's Chair, in the Domain. Premier Sir George Dibbs authorized an excavation, but nothing was found. The bank did recover from its losses in the robbery. However, during a worse crisis less than 20 years later the Bank of Australia went bust.





Walking Aids



Choosing the right walking aid

Walking aids provide individuals who have difficulty standing and walking without assistance with increased freedom and independence. There are various types of walking aids that offer varying levels of support, and it's essential to choose the right walking aid based on your individual needs, abilities, and intended usage.

Most walking aids are designed to provide stability for those who find it difficult or tiring to walk unaided. However, in situations where standing or walking is challenging, a walking aid may not be suitable, and a wheelchair may be more appropriate.

Walking aids can also be used in conjunction with other mobility aids. For example, you may choose to use a walking aid at home and a wheelchair when you're out and about, or vice versa. To determine the most suitable walking aid for your needs, it's recommended to consult with an occupational therapist or doctor. You can discuss your specific mobility requirements, any limitations you may have, such as arm or hand strength, and how you intend to use the walking aid.

After discussing with a healthcare professional, you can try out different options to see which one you're most comfortable with. This may involve visiting our IMR store to test different walking aids and receive proper fitting.

While a wheelchair is a suitable option for individuals who face difficulty standing or walking, there are others who require some level of support while walking but can still walk. For those who experience instability or fatigue while walking for extended periods, walking aids such as crutches or walking frames can offer the necessary support while maintaining their independence. These aids can be beneficial for people with temporary impairments due to injury or long-term disabilities that limit mobility, allowing them to carry out daily tasks and participate in social activities. When choosing a walking aid, it is essential to consider several factors. This guide outlines the various types of walking aids available, along with their benefits, to help you select the appropriate aid for your needs.

Types of walking aids

Walking aids come in many different types, each one designed to help with various mobility issues and overall concerns. Some examples of walking aids include walking sticks and canes, crutches, rollators, and walking frames. Read on to learn more about these different types of walking aids.

• Walking sticks and canes

These are the simplest and most commonly used walking aids. They provide support and balance and come in different types such as single point canes, quad canes, and folding canes. Single point canes are the most common and consist of a straight stick with a handle on top. Quad canes have a wider base with four legs and provide more stability. Folding canes are designed for easy storage and transportation.

• Rollators

Rollators are wheeled walkers with a seat and a backrest. They come in different types such as 3-wheel and 4-wheel rollators. They provide support and stability, and some models also have brakes and baskets for carrying items.

• Walking frames

Walking frames, also known as walkers, are similar to rollators but do not have wheels. They provide support and stability and are ideal for those who have difficulty walking or standing for long periods of time. They come in different types such as standard walkers, wheeled walkers, and folding walkers.

Overall, the type of walking aid that is best for you will depend on your individual needs and mobility concerns. It is recommended to consult with a healthcare professional to determine the most appropriate walking aid for you.

from our kitchen
to yours

chilled avocado Cucumber Soup

@trulymattlocks



blend all ingredients in a food processor or blender until smooth.

perfect for a hot summer day!



OMG TWO RECIPES



DO YOU REMEMBER?



Pedal Cars

Once the development of the automobile was under way, it wasn't long before it was copied in pedal car form for children. Not confined to cars, other pedal-powered toy vehicles followed including road rollers, traction engines and even pedal bi-planes.

Australian pedal car manufacturers included Cyclops and Peerless, both of Leichhardt in Sydney, and Pilgrim Pty Ltd, which made the 'High Speed' brand at Yarraville Victoria. Cyclops made its first mass-produced pedal car in 1917 with a timber body. In the 1930s Peerless were making a pedal sports car with a dicky seat, a tow truck, utility truck and a fire engine complete with ladder and bell. Cyclops later named its cars after models like Plymouth, Pontiac, Dodge, Oldsmobile, Chrysler, Vauxhall and Buick. By the 1950s they made a station wagon, 'crash' wagon, tip truck and a streamlined 'Comet' car.

Many of the pedal cars made in the mid. 20th century were produced from similar heavy-gauge pressed steel used in full-sized cars. This probably explains why so many of them survived. They were finished in bright enamel paint and had solid rubber tyres. In 1960 one car dealership in Queanbeyan was giving away a free Cyclops pedal car with every car sold, promoted as 'one for Dad and one for the lad'.

From 1962 Cyclops began manufacturing moulded plastic pedal cars, safer. One advantage was that they wouldn't rust if left out in the rain. By the late 1960s, Cyclops advertised its Batmobile, Thunderbird and Moon Bug pedal cars. One of the most popular ride-in children's cars of the 1990s was the 'Cozy Coupe' made by Little Tikes. Propelled by the feet, Fred Flintstone style, they technically weren't pedal cars but were bought in huge numbers by pre-schools and playgroups.

Article written by Margaret Simpson, Retired Curator, Powerhouse Museum Sydney

YOHOHO!

XMAS AS
A KID

OH.
SOCKS.
YAY.



XMAS AS
AN ADULT

WHOA!!!
SOCKS!!!
YAYY!!!





MINDGAMES

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Christmas PARTY

BINGO
BLACK TIE
BONFIRE
BOSS
CANDLES
CANDY CANES
CAROLS
COCOA
COLLEAGUES
COOKIES
EGGNOG
FRIENDS
GAMES
GARLAND
GIFT EXCHANGE
LAUGHTER
MINGLE
MISTLETOE
MOVIES
NEIGHBORS
PARTY
PUNCH
SANTA
SCAVENGER HUNT
TREATS
UGLY SWEATER
WREATH

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



Answers on page 34



1. Which country first started the tradition of putting up a Christmas tree?
2. Which popular Christmas beverage is also called 'milk punch'?
3. How many ghosts show up in A Christmas Carol?
4. What do people traditionally put on top of their Christmas tree?
5. Where was baby Jesus born?
6. What colour are mistletoe berries?
7. Where did the tradition of Christmas stockings come from?
8. How many years do Christmas trees grow for before they are sold?
9. In Home Alone, where are the family going on holiday?
10. Where does the word 'winter' come from?
11. Traditionally, how long before Christmas should you start making Christmas cake?
12. How many gifts are there in the 12 days of Christmas song?
13. What is the best-selling Christmas song?
14. What country has the most reindeer?
15. What is the most fragrant real Christmas tree?
16. Which animal carried Mary before she gave birth to Jesus?
17. What's the name of the period leading up to Christmas?
18. What is the name for the shortest day of the year?
19. What is traditionally hidden inside a Christmas pudding?
20. What is the name of a male turkey?
21. Stollen is a famous cake from which country?
22. According to the song, what do you deck the halls with?
23. What sauce is traditionally served with Christmas pudding?
24. In which US state would you find the town Santa Claus?
25. What is the most recorded Christmas song in history?

Answers on page 34

FIND THE ELF HIDING IN THIS PICTURE



Answer on page 35

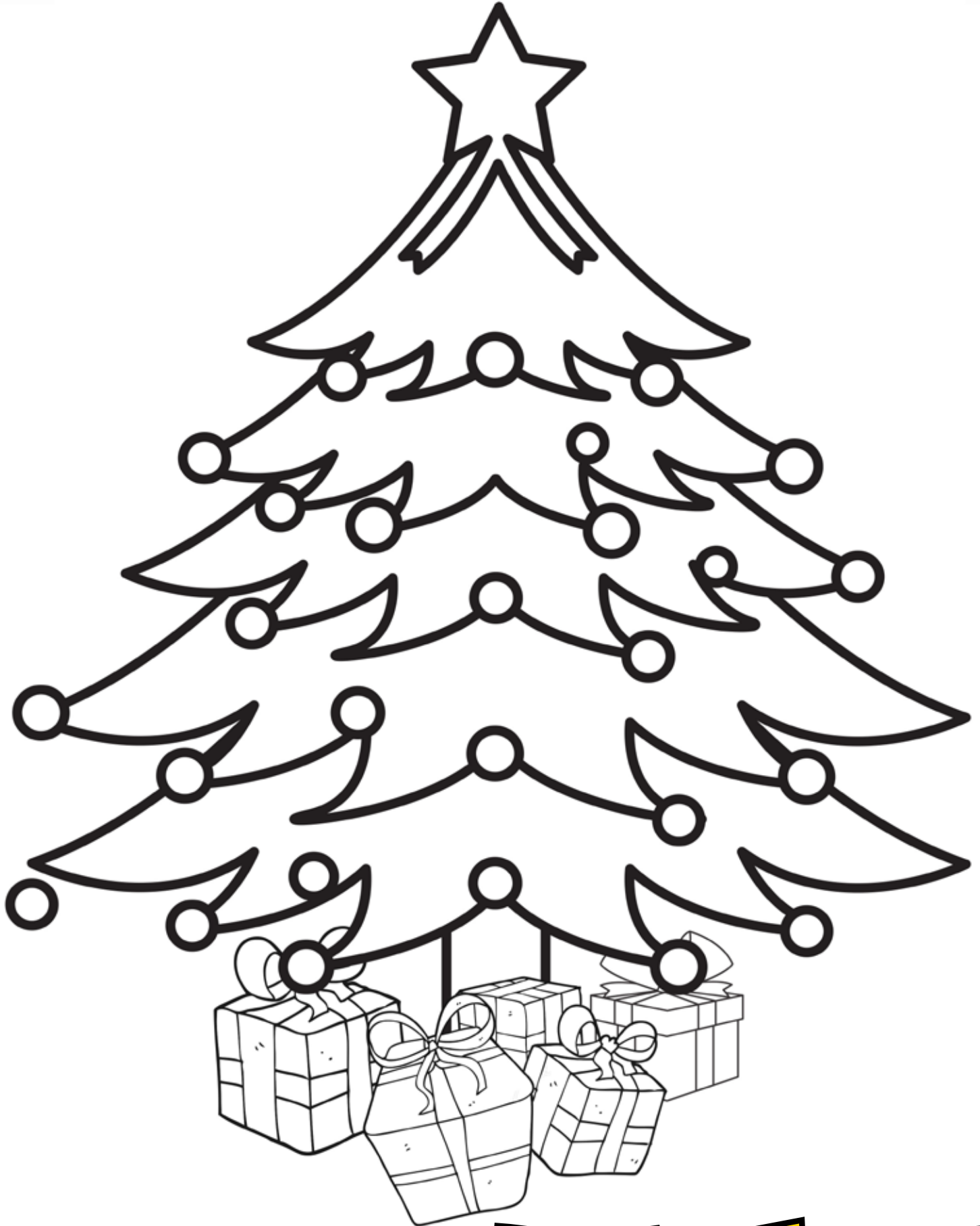
Can you spot the 10 differences?



COLOUR ME IN



MERRY CHRISTMAS



COLOUR ME IN

**WHAT'S
ON?**

**DURING
THE MONTH OF
DECEMBER**

RESIDENTS CHRISTMAS PARTY

11.00am Wednesday 20th
With live entertainment

HOLY COMMUNION

10.00am EVERY MONDAY

BIRTHDAY CELEBRATION

2.00pm Friday 1st, Santa's Birthday

ART GROUP THERAPY

2.00pm Every Monday

MENS BUSINESS

2.00pm Friday 22nd

BINGO

1.00pm Every Monday

HAIR DRESSER

10.00am EVERY TUESDAY

LADIES GROUP

2.00pm Friday 8th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00pm Friday 15th

BUS OUTING

9.00am Wednesday 13th

KNITTING GROUP

2.00pm Friday 29th

PET THERAPY

10.00am EVERY MONDAY

* Subject to change.



MEMORIES TO MEMOIRS

life stories worth telling

Famous? Not famous? Everyone has a story to tell!

A memoir is a compelling but true story of what you have lived through and to then preserve all those life stories and those key moments that shaped who you are with special memories of the people, places and events that have been important in your life **and we can write it for you.**

Never underestimate the potential of your personal narrative to touch another person's life.

Writing a memoir is not just for the family you have right now, but for the children & grandchildren as well as families that will come after them who will grow up and ask many questions.

HOW IT WORKS

1. Visualising & preparing: We will have an initial informal chat (dependent on Covid restrictions) to get to know each other as well as discussing your requirements, all options available and the journey we take together to a wonderful conclusion. Before interviews start, we will send you a questionnaire sheet to jog your memory which allows you to make some notes in advance. Not all questions will relate to you personally.

2. Interviews: Together, we will arrange times (dependent on Covid restrictions) to meet up in-person, so that you can begin narrating to the Writer, recounting your life story. It is our utmost responsibility to keep your personal information confidential. Don't worry, your writer will have lots of cues and questions to help you along your way! Your writer will record your interviews, transcribe them, then write your story based on the transcripts.

3. First draft and photos: After the interviews are completed, you will have the opportunity of seeing the first draft of your book. This is always such an exciting moment, and it gives you the chance to add anything or give feedback before we do the final proof and book design.

At this time, if you wish, you will be able to give us some photos to include in your book.

4. Printing your books: Once the book design is complete and you have approved it, we will head to the printers for the final stage! At the end of this whole process, we will be confident and in agreement that your books will bring a smile to you and your loved ones.

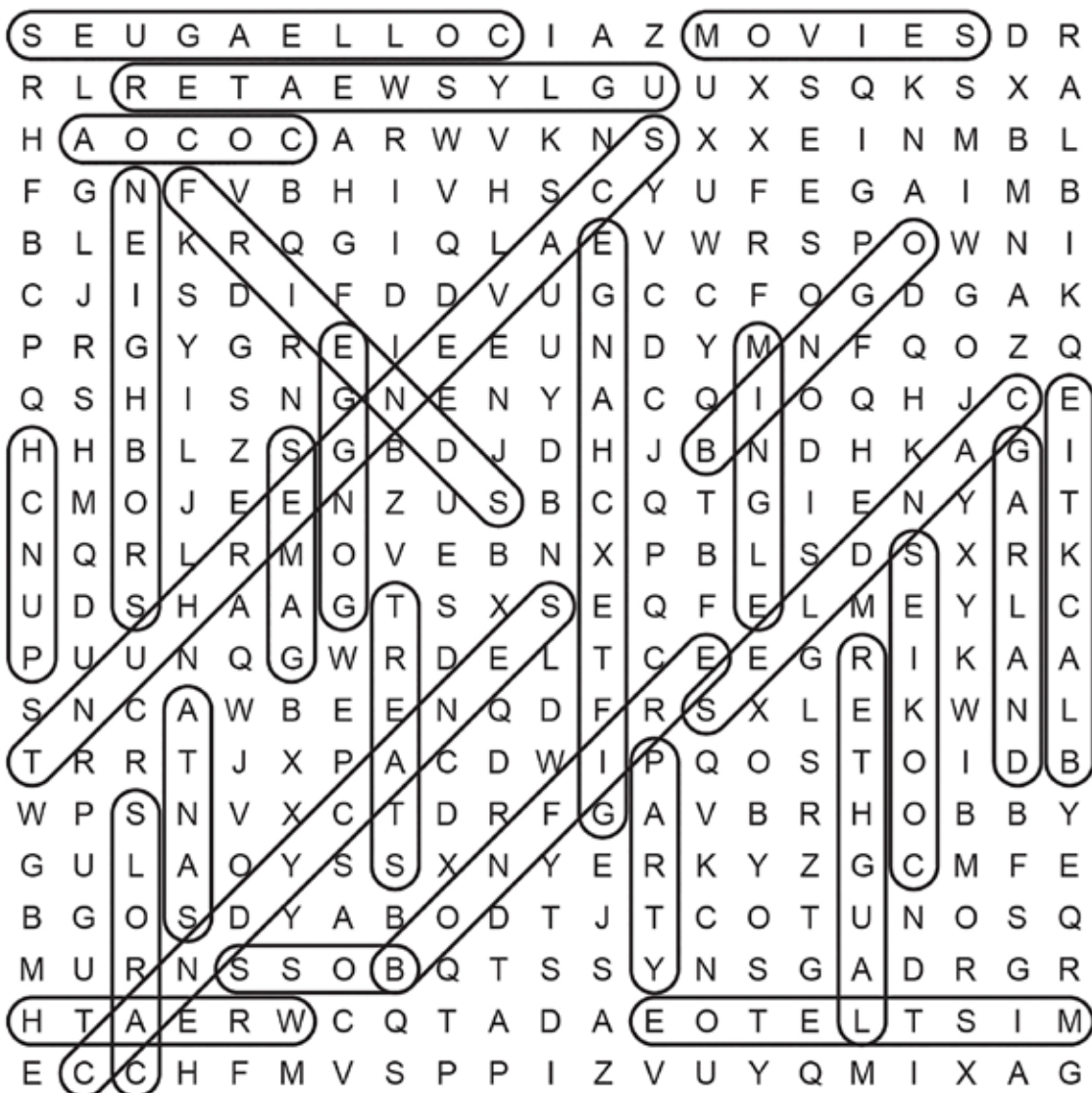
To discuss further:

contact: Allan Berlinsky 0438 592 309

email: memoriestomemoirs@bigpond.com

'A memoir
isn't the
summary
of a life;
it's a
window
into your
life.'





CHRISTMAS QUIZ ANSWERS

1. Germany
2. Eggnog
3. Four – the spirits of Christmas Past, Present and Future, and Jacob Marley
4. An angel
5. Bethlehem
6. White
7. According to tradition, the original Saint Nicholas put gold coins in the stockings of three poor sisters
8. 15 years
9. France
10. The word winter comes from the Germanic winter which in turn is derived from the root wed meaning 'wet' or water'
11. Two to three months before
12. 364 gifts
13. Bing Crosby's White Christmas is the best-selling Christmas song with more than more than 50 million copies sold
14. Southern Norway
15. Balsam Fir
16. A donkey
17. Advent
18. Winter solstice
19. Silver coins
20. Gobblers
21. Germany
22. Boughs of holly
23. Brandy sauce
24. Indiana
25. Silent Night
26. Twelfth Night is the night before Epiphany and is the night, tradition says, when Christmas decorations should be taken down.



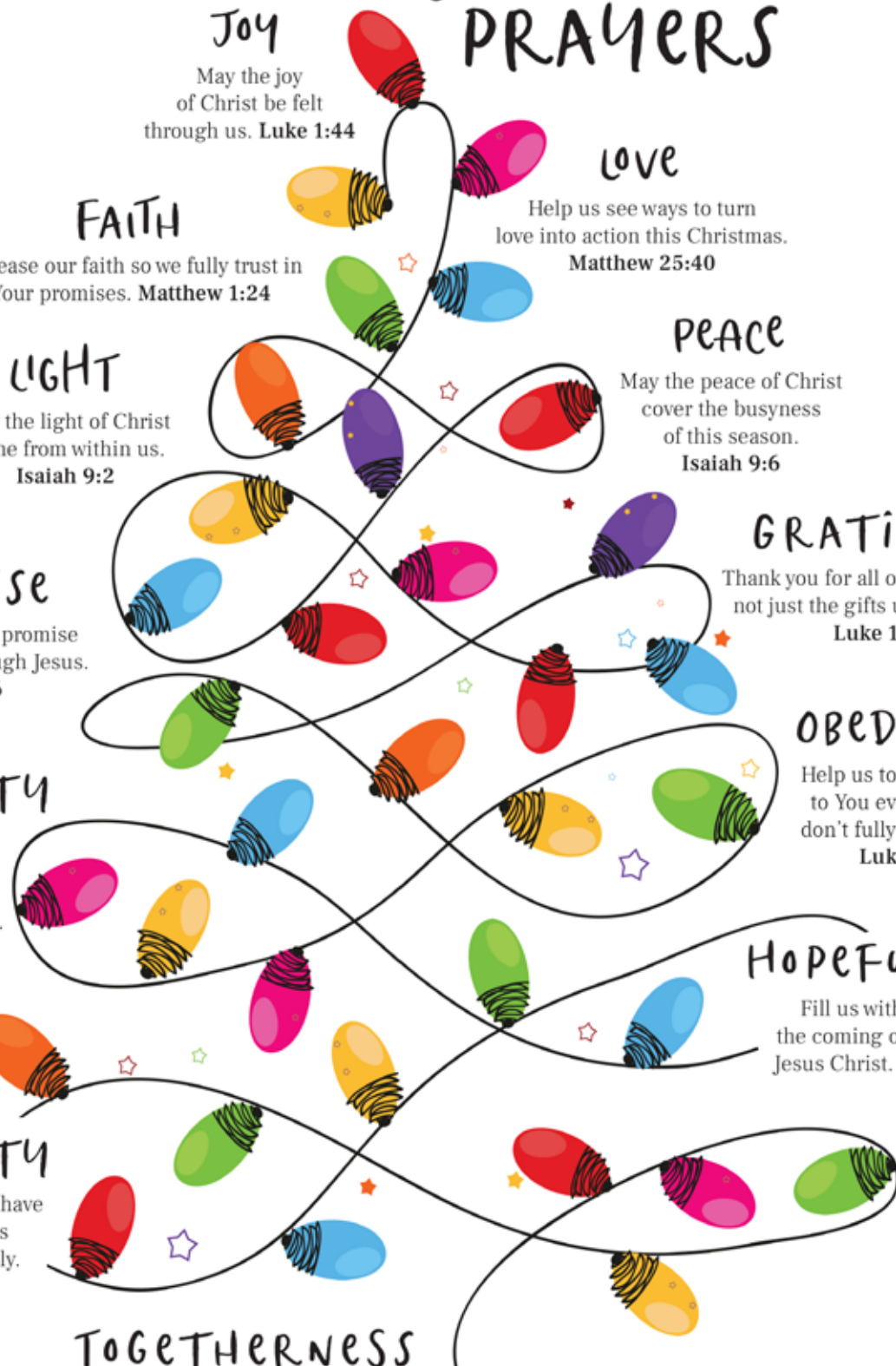
**FIND
THE ELF**
Answer



**SPOT THE
DIFFERENCES**
Answers



12 Christmas PRAYERS



Joy

May the joy of Christ be felt through us. **Luke 1:44**

FAITH

Increase our faith so we fully trust in Your promises. **Matthew 1:24**

LIGHT

May the light of Christ shine from within us. **Isaiah 9:2**

PROMISE

Thank you for the promise of eternal life through Jesus. **John 3:16**

SIMPLICITY

You came as a baby in a manger, help us find value in the simple things. **Luke 2:7**

GENEROSITY

Show us what gifts we have to offer and help us give them generously. **Matthew 2:11**

TOGETHERNESS

Thank you that the gift of Jesus makes us one family together in Christ. **John 1:12**

Love

Help us see ways to turn love into action this Christmas. **Matthew 25:40**

PEACE

May the peace of Christ cover the busyness of this season. **Isaiah 9:6**

GRATITUDE

Thank you for all of our blessings, not just the gifts under the tree. **Luke 1:49**

OBEDIENCE

Help us to be obedient to You even when we don't fully understand. **Luke 1:38**

HOPEFULNESS

Fill us with hope for the coming of our savior, Jesus Christ. **Daniel 2:44**

AMEN!

— THE ONLY TIME —
YOU SHOULD EVER

Look Back

— IS TO SEE —
HOW FAR

You've Come

2023

The End

Hope you enjoyed our newsletter

***DISCLAIMER: THE ARTICLES IN OUR NEWSLETTERS
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