



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for July.

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 July 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.





Just be you, because you are

Unīque, worthy and amazing

Live every day to the fullest as

You deserve all the good in life



From the Admin Desk



Hi All

This year has flown by and 6 months have passed so quickly. I am finding this winter particularly cold, and I hope you are all managing to stay warm. Our RSV outbreak has thankfully come to an end and all residents have recovered and are in good spirits. The 2024 winter season has COVID, Influenza and RSV circulating at high levels and is combined with elevated rhinovirus mycoplasma and pertussis activity.

The NSW ARI report is available at:

<https://www.health.nsw.gov.au/Infectious/covid-19/Documents/respiratory-surveillance-20240615.pdf>

Vaccination remains the most effective intervention available. You would have received an email or call from our Care Co-ordinator, Lisa in regard to our upcoming COVID Vaccination clinic and we would appreciate if you could get the consents back to us as soon as possible.

Please remember not to visit if you have any flu-like symptoms, do a RAT when you visit, wear a mask and where possible plan your visits to be outside in the garden.

Let's keep our residents well this season.

Kind regards

Maryann Inbari - CEO

From the Lifestyle Desk



Welcome to July edition of our Newsletter. Another busy and productive month has gone and despite the cold weather, residents' activities will continue. And as winter season is still upon us, always remember to keep warm to avoid the nasty flu and colds.

A special welcome to all our new residents.

Please let us know if there is anything we can do to help you settle in at your new home. Looking forward to getting to know you all and helping to make your stay here in as comfortable and enjoyable as possible with our new Lifestyle Games, activities and entertainment.

Regards,

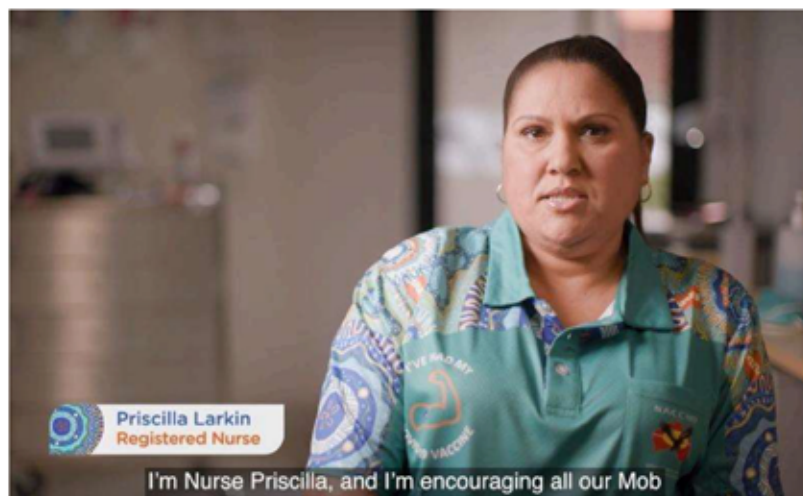
David, Tess and Rey

[Home](#) > [News and media](#)

Why is it recommended to get a COVID-19 booster?

Having two doses of a COVID-19 vaccine means you have very good protection, booster especially against severe disease, but a dose will make sure the protection from the first two doses is even stronger and longer lasting.

Date published: 21 April 2022
Audience: General public



A lot of people are wondering whether they should get their COVID-19 booster. Some think they have already had their two vaccine doses and that should be enough. Others think they've already caught COVID-19 so they don't need to worry about getting the vaccine. [In this video](#), nurse Priscilla explains why getting your COVID-19 booster is so important.

"Being vaccinated and boosted means there's a much lower risk of becoming seriously ill or going to hospital if you catch COVID-19, as well as a lower risk of dying. I've seen it for myself," said nurse Priscilla.

Having two doses of a COVID-19 vaccine means you have very good protection, especially against severe disease, but a booster dose will make sure the protection from the first two doses is even stronger and longer lasting.

Booster doses are free for everyone available from doctors, health clinics and pharmacies.

Everyone aged 16 years and over are recommended to get a COVID-19 vaccine booster dose when they can.

Read more [COVID-19 booster vaccine advice](#) on the Department of Health website.

To book a booster dose, yarn to your local healthcare worker or use the [COVID-19 Clinic Finder](#).

Tags:

Immunisation

Aboriginal and Torres Strait Islander health

Communicable diseases

Emergency health management

COVID-19

COVID-19 vaccines

Wellbeing

TIPS FOR MAINTAINING A HEALTHY WORK-LIFE BALANCE

Achieving work-life balance is often easier said than done.

Sometimes we may feel we have a good balance between our work commitments and home life, while at other times one may begin to dominate. Achieving a healthy work-life balance is important for maintaining overall wellbeing and preventing burnout.

Read on for some tips on how to get the balance right and to find out how some of our colleagues achieve this within their daily lives.

- **Prioritise:** Determine your priorities and set clear boundaries between your work and personal life. Understand what truly matters to you in both areas.
- **Manage your time:** Create schedules, set specific work hours and allocate time to personal activities. There are lots of tools and apps that can help you to achieve this. Having a family calendar may be a good place to start.
- **Communicate:** Clearly communicate your boundaries and availability to colleagues, managers and family. This helps to manage expectations and reduces the likelihood of work spilling into personal time.

- **Unplug:** Disconnect from work-related activities during your designated personal time. Turn off work-related notifications and avoid checking emails or taking work calls outside of work hours.
- **Self-Care:** Prioritise self-care activities such as exercise, hobbies, spending time with loved ones and practicing relaxation techniques. Taking care of your physical and mental wellbeing contributes to a healthier work-life balance.
- **Work flexibly where appropriate:** Explore flexible working options, such as remote working, flexible hours or compressed work weeks if your role and employer allow this. These arrangements can help you better manage your time and responsibilities.
- **Delegate and/or outsource:** Where possible, delegate suitable tasks both at work and at home. If your budget allows it, you may also consider outsourcing certain personal or household tasks to free up more time for activities you enjoy.

- **Set realistic expectations:** Strive for excellence in your work but set realistic expectations for yourself. Understand that you may not always be able to accomplish everything and that is okay.
- **Take regular breaks:** This will allow you to rest and recharge which can help to improve your focus and productivity.
- **Reflect and adjust:** Regularly assess your work-life balance and make adjustments as needed. Be open to changes in your routines or develop strategies to better align with your evolving priorities. Remember that achieving the perfect balance can be challenging and may look different at various stages of your life or during specific circumstances. It is important to find a balance that works for you and that supports your overall wellbeing and happiness.



Celebrate Life

MISSING



What to do if your luggage goes missing

Unfortunately, lost bags are a travel problem that won't go away.

Despite technology improving our lives in almost every other way, it seems the airlines still can't get their act together to put luggage on the same plane you are travelling on.

Prevention is better than cure, so before you travel it may be a good idea to invest in some location trackers and pop them somewhere in the interior of the bag. That way if your baggage does go missing, you may have a rough idea where it is located.

It's also a good idea to take a date-stamped photo of the condition and contents of your luggage before you travel. This will help in your claim and in finding the luggage.

Domestic rules

So, your luggage hasn't turned up. What now? Well, for domestic travel, the first thing is to go to the baggage claim office and lodge a report with the airline.



And this is why you should always keep your bag tag or bag bar code. You should also give as much information as you can about the colour, brand and any identifying features of the luggage to the staff.

Consumer compensation lawyers Maurice Blackburn recommends lodging a lost luggage report with baggage claim before you leave the airport, even if the airline tells you the luggage is on the next flight.

Time limit

Remember, the airline lost your luggage in the first place, so they probably aren't the best source of reliable information.

Some airlines also have a time limit for lodging a claim, so it's best to get in early. Ask for a copy of the claim or take a photo of it, as it will have a reference number that you will need to use if things go pear-shaped or you need to make an insurance claim.

You should also ask if they provide immediate cash payment to cover toiletries and other sundries. Some airlines have this policy, but not surprisingly do not publicise it. According to the Civil Aviation (Carriers' Liability) Act, you could be compensated up to a maximum of \$3000 for checked baggage and \$300 for unchecked baggage.

When, and if, your luggage turns up, the airline is responsible for delivering it to your address. Luggage is considered 'delayed' for 21 days after travel, after that it's considered lost.

Maurice Blackburn says for international travel an airline's liability is covered by one of two international treaties: the Montreal Convention or the Warsaw Convention. These conventions have different amounts of compensation so you will need to review your airline's website for the next steps, for example submitting a separate lost baggage claim.

Will insurance make up the difference?

Airlines only cover the legal minimum, so insurance will cover the shortfall between what the airline pays and the actual cost of your lost luggage.

With almost everyone carrying at least one electronic device, it's easy to see how people would quickly pass the \$3000 threshold. However, if you are travelling with expensive items, you should take out enough insurance to cover them before you travel. You can buy insurance for individual items if that is preferred.

As part of your claim, be sure to keep receipts of any sundries you have had to purchase because of the lost luggage such as clothes and medication. You can also often claim on your credit card insurance. Check the fine print for what they cover.





MINDset

What is *burnt toast* theory?

Is the latest concept going viral on TikTok just another craze, or could it help us embrace the positives behind life's little inconveniences?

What if everything happens for a reason? It's a theory that we've all heard more than once. And in many ways, burnt toast theory can be seen as a modern take on this classic idea.

Finding fame through the #TherapyTikTok side of social media, burnt toast theory centres around the idea that every little inconvenience we experience in our day-to-day lives happens for a bigger reason. But can burnt toast theory help us to foster a growth mindset, or can it risk encouraging positive toxicity?

What is burnt toast theory?

We've all been there. Say you accidentally burn your toast before leaving for work. According to burnt toast theory, this single, tiny inconvenience is enough to have a domino effect. Your morning is then pushed back by what, maybe three to five minutes? Perhaps that is enough time to leave the house a little bit later than usual, and to avoid getting in a car accident. Or it might mean you end up getting a later train, and avoid bumping into an ex who you'd really rather avoid. Or maybe you meet someone who you wouldn't otherwise have bumped into,

resulting in a new friendship or a chance at romance.

Burnt toast theory suggests that little inconveniences are the universe's way of saving us from bigger, more detrimental things – or pushing us in new directions we may have otherwise missed out on. Much like with the butterfly effect theory, the idea is that little changes have a big impact.

When we choose to view the world in a more positive light, we can help to reduce feelings of anxiety, and release our fears of being out of control of the world around us. It's a little way of helping us accept life's little events and mishaps that are outside of our control.

Why is it so popular?

Do you ever feel like you are constantly on edge? Perhaps you find yourself overthinking day-to-day interactions, or worrying about each and every little detail. These can all be signs of hypervigilance, which can be caused when we feel high levels of stress, anxiety, or a need for perfection.

When we feel like things in our lives are outside of control, this can add to our sense of hypervigilance, leaving us feeling

overwhelmed. Being able to focus on the idea that everything happens for a reason can help some people to let go of their need to try to control things, helping them to break automatic negative reactions, thoughts and feelings, and instead reframe things more positively.

But is it actually helpful to try to view every mistake as an opportunity for positivity? Or could we be doing ourselves a disservice by not acknowledging when things are tough?

Is it helpful?

While always looking for the bright side can be helpful for some people, it can also be seen as a form of toxic positivity. While maintaining a positive mindset can be beneficial, only allowing yourself to focus on positive thoughts can mean that you are denying yourself the chance to properly engage with challenging or difficult emotions, instead focusing on creating a false positive façade. By avoiding, suppressing, or rejecting all negative emotions and experiences, you may inadvertently dismiss the impact that they are having on you, downplay how much they are affecting you, or even end up refusing to acknowledge when you are struggling.





We cannot *always* be happy and optimistic. Trying to force ourselves to always see the positive side can make us feel worse about ourselves, may lead to pushing down negative feelings or experiences, and refusing to acknowledge or deal with them fully. Over time, this can almost create a cycle of shame and self-blame.

Acknowledging that bad things can and do happen is actually healthy. So, rather than all-or-nothing thinking, try to find a balance that works for you.

Embracing positivity and developing a growth mindset

Instead of focusing purely on positive thinking, working towards developing and nurturing a growth mindset may be more helpful. A growth mindset – where you believe that your abilities can be developed through dedication and hard work, and that your talents are just a starting point – can help you rediscover your love of learning, as well as to become more confident, motivated, and resilient.



Embracing a growth mindset can help you to improve your relationships, how well you do at work, and how fulfilled you feel in life. It is also important to remember that any shift in how you think and approach things will take time and effort. Big, sustainable changes don't happen overnight, or without self-reflection. Instead of trying to make yourself see the reason behind life's little mistakes and uncontrollable events, try to:

- Take the time to acknowledge the little things that have gone right in your day.
- Surround yourself with positive influences and supportive people.
- Improve your self-care routines (the better you look after yourself, the more energy, motivation, and self-belief you will have).
- Avoid negative self-talk.

While burnt toast theory can help to provide a little mood boost when events out of your control get you down, it's important to remind yourself: you don't always have to look for life's silver linings, or even the meaning behind a little burnt toast. Sometimes things happen, and they suck. But as long as we take time to acknowledge how these things make us feel, and recognise that we can't always control everything around us, we can still work towards improving ourselves, and how we handle life's unexpected challenges – and that's what really matters.



Avocados

Ten facts you never knew about avocados

1 Avocados are native to Central Mexico - archeologists believe they were first produced there 12,000 years ago

Mexico is the world's largest producer of avocado, growing 1.6 m tonnes a year - more than 30% of the world's total!

Avocados are a staple of Mexican diets, with about 660,000m tonnes eaten in the nation each year

2

3

The Hass avocado, which was created by Mexican growers by grafting two different varieties together, is the most eaten variety in the world

4



5

Michoacan, a state in west central Mexico, accounts for 80% of Mexican avocado production

6

There are more than 400 different varieties of avocado, which vary according to the climate which they are grown in

7

Mexican avocados are exported to Europe, Japan, Canada and the United States

8

Its status as a health food has seen demand grow substantially in recent years. Planting since 2013 has increased by 6% to 187,000 ha, and is expected to rise further

9

Avocado doesn't just end up on our plates - it is used in the manufacture of face creams, shampoo, oils, soaps and lotions

10

It's actually a fruit!

An estimated 90% of the avocados eaten during the Super Bowl each year come from Mexico



JULY
BIRTHDAY
CELEBRATIONS

Brian Heron
Peter Gadsen
Mary Stephens
Fred Sullivan
Noal Tighe

7th
8th
23rd
26th
26th



Wellbeing

This must
be the
place



Life shouldn't just revolve around home and work. You need to find your special 'third place' to reap the wellbeing benefits of feeling supported, connected, and encouraged

What does a typical day look like for you? For lots of people across the globe the day follows a predictable pattern: get up, leave home, go to work, come home again, go to bed.

Perhaps life looked a little differently pre-pandemic. Rather than leaving work and going straight home, maybe you regularly met up with friends at a late-night café. Perhaps there was an exercise class that you religiously attended before your working day began. Or you wouldn't let a week go by without excitedly dropping into your local book club.

But, post-pandemic, your social routine has never really recovered. Now you find yourself navigating between work and home and back again. Sounds like you need a *third* place.

A CHANGE OF SCENERY

Defined in 1982 by American sociologists Ramon Oldenburg and Dennis Brissett, a third place is simply a public place outside of your home (your first place) and your place of work (your second place) where you can gather and interact with others.

Here, you can fall into conversation with a stranger, catch up with a casual acquaintance, reconnect with

an old friend, or simply feel comforted by having people around you.

You might have lost these haunts post-pandemic, or perhaps you never really had a third place to begin with. But here's the thing: third places are vital for our wellbeing.

"Humans are social creatures. We love to live in communities and create a family, and we like to work in teams or with colleagues around. Put simply, being sociable is in our DNA," explains Kelly Weekers, a psychologist and best-selling author of *Happy Life 365*, *The Power of Choice*, and *Choosing Me*. >>>





Sure, sometimes we like to be left well alone, perhaps opting to curl up with a good book or even just our phones, but we all need genuine, non-digital connections to feel grounded and secure.

Kelly says third places offer us exactly that. “In a world where loneliness is at an all-time high, it’s important to find yourself a place that supports human connection and community.”

It’s easy to assume that we can replicate this feeling of connection and community by simply going online. The digital world has become a kind of virtual third place for many of us, but social media is no match for the bustling atmosphere of your neighbourhood café, or the camaraderie at your local gym.

Mental health-wise, the ramifications of having a real-world third place are huge. Kelly says that when we’re in a third place that makes us feel supported, connected, and encouraged, we get an instant hit of dopamine and serotonin, the happy hormones that boost our mood.

In the long-term, she says having a ‘home’ outside of home, can help you counter feelings of anxiety, stress and depression. “Research shows that social connectedness can lead to a longer life, better health, and improved wellbeing, too,” Kelly points out.

So, what happens when we don’t have a third place to give us that extra feeling of belonging?

“When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices, and to have better mental and physical health outcomes,” Kelly says. “They are also better able to cope with hard times, stress, anxiety, and depression; but exactly the opposite happens when we only hop from home to work and back without a change of scenery.”

Think how easy it is to dwell on your problems when you cocoon yourself at home, or how hard it

can be to see beyond your stress when you spend too much time at the office.

It doesn’t leave much room for the fresh dose of perspective a change of scenery often brings. Now imagine how you might feel if, instead of going straight home after work, you met with a weekly walking group and enjoyed some casual conversation.

What if, once a week, you joined a book club, visited the gym, or joined a group of your closest friends at your favourite hangout?

It’s easy to see how these small changes to your routine can lift your spirits.

FINDING YOUR THIRD PLACE

Whether you consider yourself a home bird, or simply need a little extra support to get out of your comfort zone, Kelly believes there’s an ideal third place for everyone. So, how do you find yours?

“Ask yourself where you feel your best,” Kelly advises. Is it in a quiet coffee shop? At the beach?

In the park? The forest? A library? The theatre?

Some people love places that are high in energy, while others will seek solace in places that are quieter and slower-paced, so don’t feel like the odd one out if your chosen place isn’t everyone’s idea of fun.

Kelly’s advice? Look for somewhere you can relax, have fun, and let go of your worries. “A third place should have a kind of restorative quality; it must be a place where you can unwind and socialise.”

A quick visualisation exercise might help. When you think of community and connection what springs to mind? What does that place look like? Is there music playing? Coffee brewing and conversation flowing? Maybe there are other people around but everyone is doing their own thing – like in a gym or a co-working space.

If you’re still struggling to come

up with ideas, ask around. Where do your friends and colleagues hang out? Maybe they have a cool hobby, or a place they recommend.

Often, it’s not so much a lack of inspiration that prevents us from seeking new places but our own insecurities. Moving outside of your comfort zone can be intimidating, especially if you’re shy and introverted.

Kelly suggests focusing on finding something that better aligns with your personality. “If you’re really outgoing you might find it lovely to go to a bar, but, if you are more introverted, you might feel happier somewhere quieter like the park or a library,” she points out.

This doesn’t mean you’ll miss out on the opportunity to connect with others. “Being sociable is not only about speaking to other people,” Kelly notes. “It’s also being in an environment where there are other people around.”

Bottom line? Kelly says it’s the change of scenery and the feeling

“**A third place should have a kind of restorative quality; it must be a place where you can unwind and socialise**

of connectedness that provides a lot of the benefits, and so, you can feel more connected simply by having a place where people know your name or recognise your face.

Of course, there’s nothing wrong with slumping down on the sofa now and again after a hard day at work, but often, social interaction and a change of scenery are the things we really need to recharge ourselves.



from our kitchen
to yours

CHICKEN NOODLE soup

1 cup sliced carrots

1/2 cup chopped celery

1 1/2 cup egg noodles

4 cups chicken broth

1/2 t. dried rosemary

1/2 t. dried basil

1/2 c. chopped onion

1 tablespoon butter

1/2 pound shredded chicken

Salt & pepper to taste

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes.

Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper.

Bring to a boil, then reduce heat and simmer 20 minutes before serving.



WHAT'S
ON?

DURING
THE MONTH OF
JULY

CHRISTMAS IN JULY PARTY

1.00pm Friday 26th

LADIES GROUP

2.00pm Friday 25th

ITALIAN GROUP

1.30pm Wednesday 24th

COOKING GROUP

KNITTING GROUP

2.00pm Friday 12th

ART GROUP THERAPY

2.00pm Every Monday

MENS CLUB

11.00am Friday 12th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00m Friday 28th

BUS OUTING

9.00am Wednesday 3rd, 17th & 31st

BIBLE STUDY

11.00am Every Thursday

ZUMBA EXERCISES

10.00am Every Tuesday

* Subject to change.





6 tips for dealing with *sugar addiction*

We all know that too much sugar can be bad for us. But how can we get our sugar intake under control?

Who doesn't enjoy something sweet every now and then? According to YouGov, 26% of us have a sweet treat every day, while one in 10 admits to eating several.

While it's normal to enjoy some sugary foods, and no one should feel guilty for enjoying a tasty treat now and then, if you feel like you aren't fully in control of how much sugar you eat, find yourself thinking about sugary foods all day, rely solely on certain foods for a mood boost, or eat until you feel sick, it could be a sign that you have a problematic relationship with sweet food.

Nobody would be surprised to hear that too much sugar can be bad for their health. Consuming too much sugar can put you at risk of high blood pressure, weight gain, inflammation, tooth decay, heart disease, fatty liver disease, and even some types of cancer. Over time, it can also impact you psychologically, as you may start to struggle more with mood dips, low self-esteem, and lower confidence.

Whether you struggle with how much sugar you are eating, or would just like to cut back and develop healthier, more sustainable ways of eating, there are a number of different things you can try to help you feel more in control of your eating habits.

Improve your understanding

Knowing more about food, nutrition, and what a balanced, healthy diet looks like, can be a helpful first step in cutting back on sugar. The better you understand the different ways sugar may be sneaking into your diet, the more prepared you will be to make more conscious choices about your eating.

Working with a nutritionist can be a great way of learning more about balanced diets, healthy eating, and how food and mood are interlinked. The NHS website also provides helpful tips, including swaps you can make at breakfast, lunch, and dinner. Head to [nhs.uk](https://www.nhs.uk) and search 'how to cut down on sugar'.

Find your red flags and triggers

Unhealthy habits are easy to form, but hard to break. Knowing which habits you've developed that are feeding into your sugar addiction can be a huge help. Perhaps you find yourself staying up late and eating sugary snacks as part of your evening routine. Or maybe you don't have a healthy outlet for stress, and turn to sweet treats. Once you start to recognise these triggers, you can tackle them.

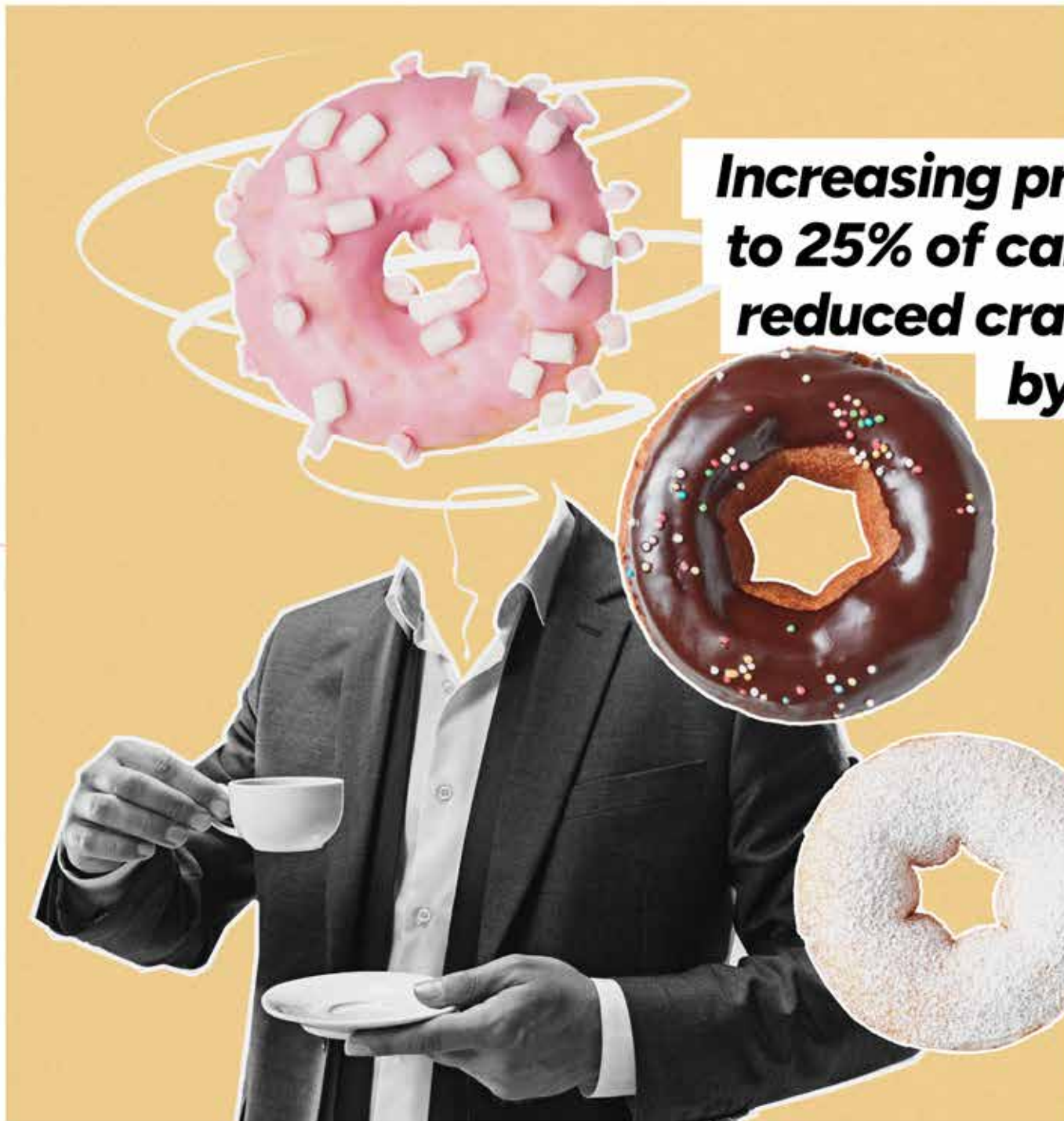
Prioritise protein

Starting your day with high-protein, high-fibre foods can help you feel fuller for longer. In fact, one study of overweight men, published in the journal *Obesity (Silver Spring)*, found that increasing protein intake to 25% of calories reduced cravings by 60%, and the desire to snack at night by half.

Ditch the fizzy drinks (yes, even the diet versions)

We know drinking water is the healthiest option, but it





**Increasing protein
to 25% of calories
reduced cravings
by 60%**

can be tough if you're used to having drinks high in sugar and caffeine. It can be tempting to switch from the regular fizzy to the diet version, but research from the San Antonio Heart Study has shown that artificial sweeteners can actually encourage our sugar cravings, rather than help us to reduce our sugar intake, as they may prevent us from associating sweetness with caloric intake.

So, where you can, ditch fizzy drinks altogether.

Give hypnotherapy a try

If you're worried you might be addicted to sugar, it can be a sign that you may want to change your overall relationship with food. Working with a hypnotherapist can help you learn how to recognise and challenge unhealthy behaviours, patterns, and

habits. A hypnotherapist can also introduce you to new tools and techniques to help manage emotional eating.

Ask yourself: am I ready?

Getting in the right mindset can have a huge impact on how successful you may be. If you can recognise that you have a problem and want to start making changes, you are already on your way to success.





Here at The Willows, we have been supporting our local community for many years now by buying our meat, vegetables, bread and so much more from our local

'BUTCHERS, GROCERS & PHARMACISTS'.

We know that our support to these small business owners is greatly valued by them especially over the past year when COVID hit us all that just turned everything upside down. The Willows will continue this support for many more years to come.





6 unusual ways to *destress quickly*

Scientifically-proven tools and techniques to help you reduce overwhelm in an instant



While there's no magic solution that works across the board for everyone when it comes to combating stress, the following six strategies could be worth exploring to help you find calm in the moment. Of course, recognising the underlying causes for your stress is essential, but hopefully something here could provide you with a lifeline in a moment of panic.

Suck on sour sweets

More so effective during bouts or panic rather than general anxiety, it's been reported by Utah State University that savouring the tangy flavour of a sour sweet can be a grounding technique. Focusing on that sensation, the taste, and smell, can distract you from the anxious feelings and overwhelm.

Sniff something citrus

That's right: when life gives you lemons, you should smell them. According to research, such as in a paper in *Antioxidants* from 2022, citrus smells (such as orange, lemon, or lime) boost the levels of the mood hormone

norepinephrine in your brain, which can help to reduce stress. If you find this effective, consider keeping a roll-on aromatherapy oil with you to help throughout the day.

Cool your wrists

Cold water has been proven to reduce cortisol levels, and increase endorphins – one reason why cold water therapy and wild swimming have become so popular. But when overwhelm strikes, don't feel like you need to immediately find a natural spring for a swim. You can just use a sink to splash cold water on your wrists (as these have major arteries in them), and you should benefit from the cool-down effects.

Top up your tryptophan

This chemical is required by the body to produce serotonin – known as the 'happy hormone' – so you might find that eating some tryptophan-rich foods gives you a nice little mood boost. A few options to try include bananas, pineapple, or nuts and seeds, all of which are useful snack options to have to hand.

Chew some gum

While it's been widely reported for decades that chewing gum can improve your focus and attention span, more recent research has explored the power it has to reduce stress. One 2016 study, published in the *Journal of Clinical and Translational Research*, reviewed studies conducted over the previous 10 years, and noted that there was evidence of a greater reduction in depression for patients who utilised chewing gum alongside their antidepressant medication, compared to those who only had the medication.

Roll your eyes

It's a tempting reaction when someone is testing our patience anyway, but apparently the mental focus it takes to consciously roll your eyes can be beneficial in reducing stress. Simply roll your eyes upwards, as if you're looking towards your eyebrows, and take a deep inhale as you do. Hold your breath while you hold your eyes in position, before exhaling as you allow them to return to their usual position.



IT'S ALL ABOUT YOU!

9 things to say to your inner critic



*Self-doubt is self-preservation,
but that doesn't make it true.*



*I'm trying my best,
and that's enough.*



*I am allowed
to make mistakes.*



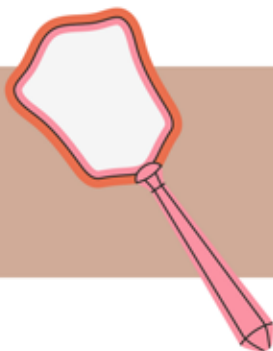
*Thoughts are
not facts.*



*There's nothing wrong with
changing my mind.*



*I have the courage to
believe in myself.*



*No one is expected
to be perfect.*



*Progress
takes time.*



*I am enough,
exactly as I am.*





eatwell

CARROTS!



5 FUN FACTS ABOUT CARROTS:

1

Did you know that bunnies in the wild do not eat carrots? It seems Bugs Bunny tricked us into believing that carrots were a staple food for the bunny population when, in reality, their diet consists mainly of hay, grass, and leafy greens. Carrots cause tooth decay, obesity, and digestive issues in bunnies.

2

The average person will consume 10,866 carrots in their lifetime. The United States is the third largest consumer of carrots in the world.

3

Massive consumption of carrots can cause your skin to turn orange, especially the palms and soles of your feet.

4

Cooked carrots are better for you than raw carrots. Raw carrots have 3 percent beta-carotene, but cooked carrots have 40 percent beta-carotene.

5

Carrots have high water content. They contain 88 percent water, so they are the perfect healthy, low-calorie snack when you are hungry.





QUIT

Healthy Me

THIS IS JUST THE START



Start your stop smoking plan with **START**

S - Set a quit date.

Choose a date within the next two weeks, so you have enough time to prepare without losing your motivation to quit. If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change.

T - Tell family, friends, and co-workers you plan to quit.

Let your friends and family in on your plan to quit smoking and tell them you need their support and encouragement to stop. Look for a quit buddy who wants to stop smoking as well. You can help each other get through the rough times.

A - Anticipate and plan for the challenges you'll face while quitting.

Most people who begin smoking again do so within the first three months. You can help yourself make it through by preparing ahead for common challenges, such as nicotine withdrawal and cigarette cravings.

R - Remove cigarettes and other tobacco products from your home, car, and work.

Throw away all of your cigarettes, lighters, ashtrays, and matches. Wash your clothes and freshen up anything that smells like smoke. Shampoo your car, clean your drapes and carpet, and steam your furniture.

T - Talk to your doctor about getting help to quit.

Your doctor can prescribe medication to help with withdrawal symptoms. If you can't see a doctor, you can get many products over the counter at your local pharmacy, including nicotine patches, lozenges, and gum.

***This is just the start!**
Seek professional help.





COST OF LIVING

STRESS

2024 Bill Stress Index: How worried are you about your bills?

Cost-of-living pressures are mounting on us all, and the anxiety is building, according to Compare Club's 2024 Bill Stress Index. But for most older Australians the picture is not quite so bleak.

Turn on the news and you'll be greeted by headlines decrying high inflation, rising interest rates and the price of household staples. Households right across the nation are under increasing financial stress, struggling to make ends meet, and it seems to be affecting all age groups.

These were the findings of Compare Club's 2024 Bill Stress Index, a nationwide snapshot of not just the financial situation of millions of households, but also how they feel about that situation. The index found pressure (and the resulting stress and anxiety) is mounting on virtually all sectors of Australian society. That is, except one – Australians aged 55 and over, who for the most part are reaping the benefits of the current economic climate. But those benefits don't always translate into financial peace of mind, as the index shows.

How stressed are Australia's seniors about their bills?

Overall, Australians, as a whole, are pretty worried about being able to meet their financial obligations with more than 80 per cent of all respondents reporting high levels of bill stress (rated as level 4+ out of 5). But break down responses by age group and the picture gets a little different. Just 32% of those aged 55 and over reported high bill stress and 21% even said bills gave them little to no stress (rated as 1 out of 5).

The age group immediately preceding them, the 45-54-year-olds, had only 5.5 per cent of respondents with little to no bill stress.

What bills are they stressed about?

Older Aussies may be less stressed about bills as a group, however roughly one third of them are still having trouble making ends meet.

When this group was asked which bills in particular they are most worried about, 44% said utilities bills, 32% were having trouble with general insurance premiums and 21.5% were worried about their health insurance.

Interest rate rises have been lifting monthly mortgage repayments, which has younger groups stressed. But this older cohort is far less likely to still hold a mortgage, and so are far less likely to worry about housing costs as a result.

What is their financial situation like?

It should probably come as no surprise that most people in the 55-plus age group are in a better financial position than younger people. About 40% of over-55s described themselves as either 'comfortable' or 'very comfortable' financially and 41.5% said they 'rarely' or 'never' get stressed over bills. But at the other end, 13 per cent of over-55s said they were struggling to make ends meet. Sixty-six per cent said they had cut back on non-essential spending.

Paying bills

Almost one-third (28.5%) over over-55s said they regularly paid their bills late. The use of credit to pay off outstanding accounts has also exploded, with bills paid through Buy Now, Pay Later schemes up 46% and personal loans for covering bills up a staggering 266% since November last year.

Seeking financial advice

With answers like these, you'd think the prudent thing for the over 55 age group to do would be to get some financial advice. Unfortunately, Compare Club found this age group is actually the least likely to seek out professional finance advice.

A shocking 69% of this group said they have never received financial advice, compared to 34% of wider population.

But of those who were willing to get advice, 11% said they got it from family members, 9.5% from their bank and 8% from friends.

***THIS ARTICLE IS PURELY FOR READING PURPOSES. SPEAK TO A PROFESSIONAL OR FAMILY MEMBERS BEFORE TAKING ACTION**



UPCOMING

DURING THIS COLD MONTH OF JULY



THE PARIS OLYMPICS

Friday 26 July - Sunday 11 August



WALLABIES vs WALES SYDNEY

Saturday 6 July



CHRISTMAS IN JULY (VARIOUS)

July month



JAZZ SESSIONS IN THE ROCKS

Every Thursday this winter



DISNEY ON ICE

17 - 21 July



ARCHIBALD, WYNNE, AND SULMAN PRIZES

On now until September

JUST A LITTLE *Reminder*

The Willows

PRIVATE NURSING HOME



Here at The Willows Private Nursing home,
we are proud to announce that we have received
a scholarship from **The Maggie Beer Foundation.**

The primary focus of this foundation, which was founded in 2014,
was to radically change food practices in Aged Care - to improve
the emotional & physical wellbeing of each & every person.

The Foundation has changed the lives of thousands of people
through their education & training of chefs & cooks in the
Aged Care industry.

For more information - please have a look at the
'Dining in Aged Care' brochure or phone us at The Willows
to discuss or ask any questions you may have.

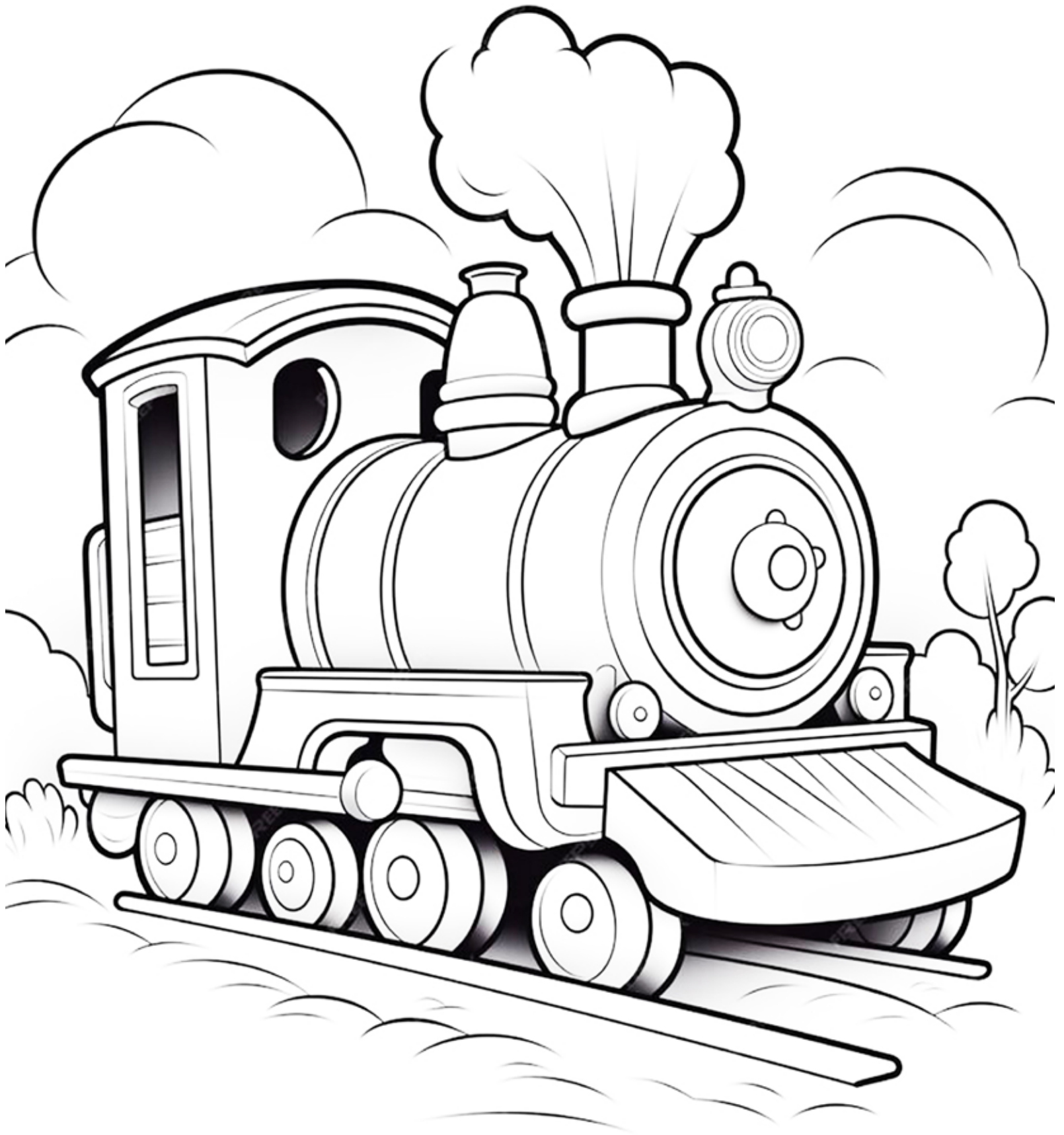


https://maggiebeerfoundation.org.au/wp-content/uploads/2021/02/Essence_Final_Jan_2021.pdf





COLOUR ME IN



BRAIN



WORD

SCRAMBLE



kibe



kued



sore



reab



kdse



dvoe



blub



wiki



kocs



kace

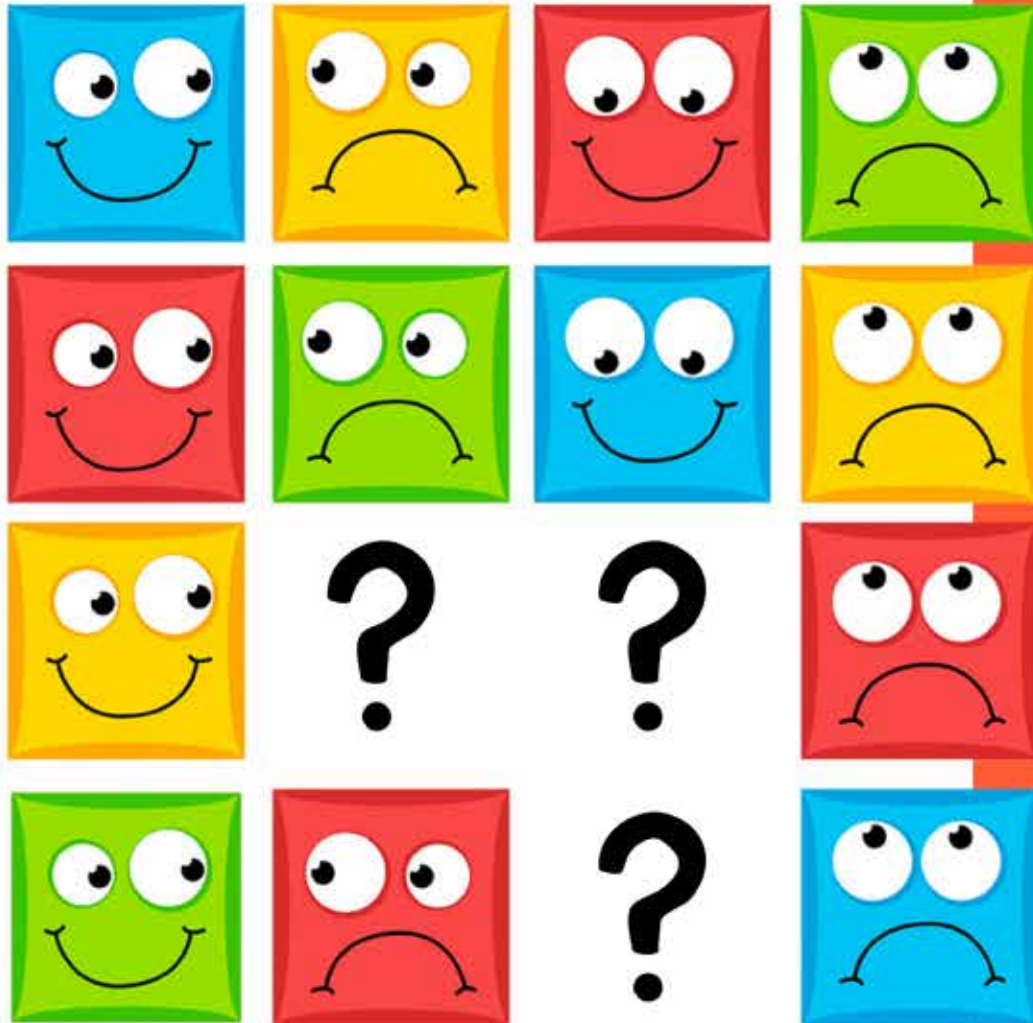


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Find the answers on the last page



Complete
The
Puzzle

Which image 1 - 6
completes the
puzzle?



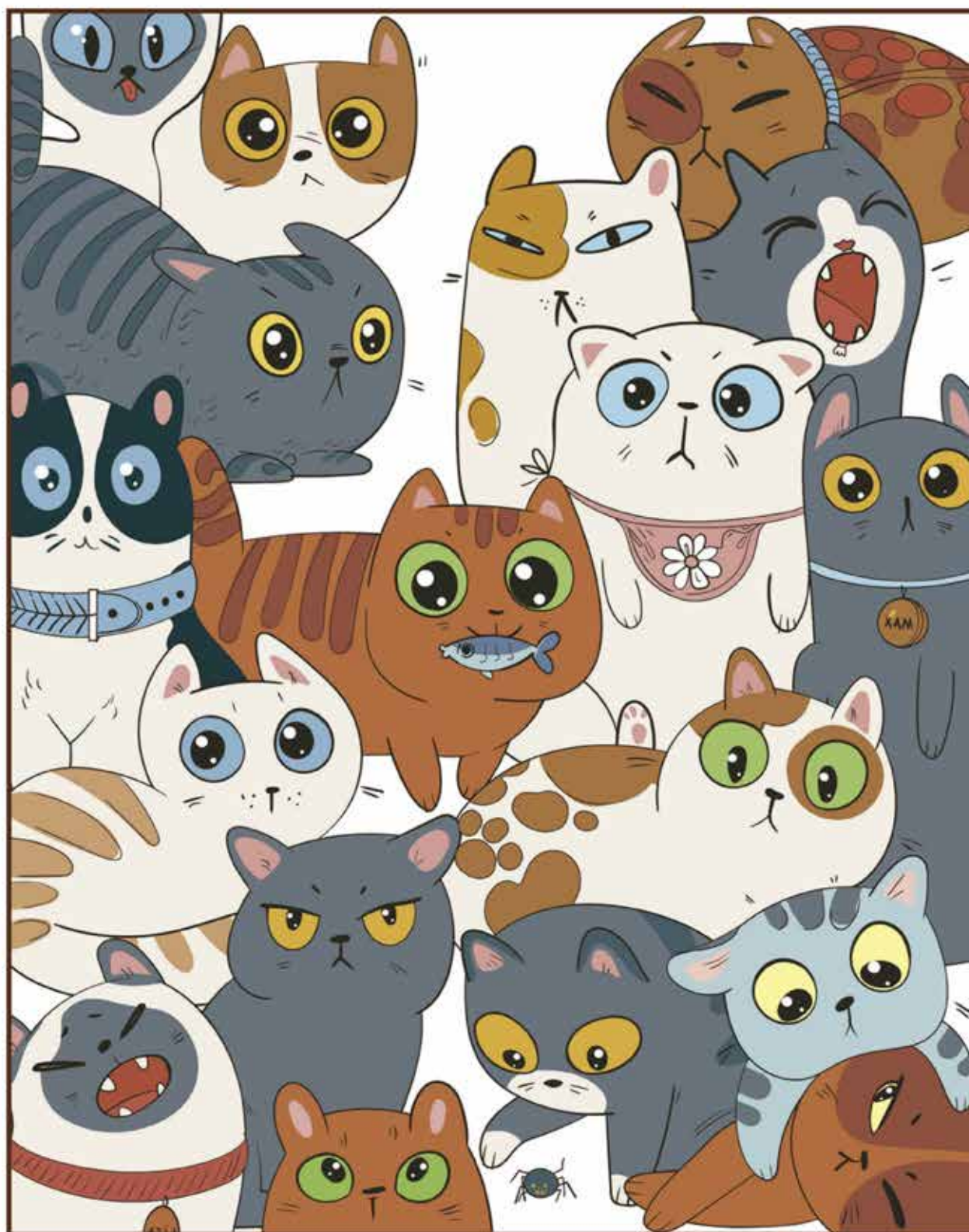
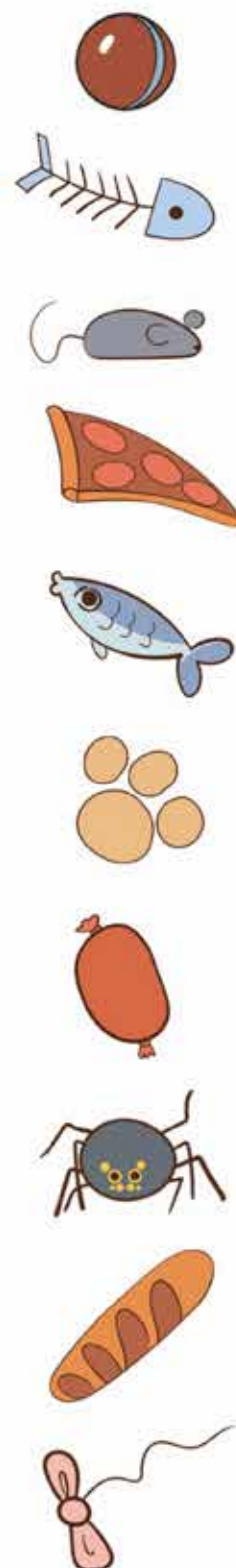
Find the answer on the last page



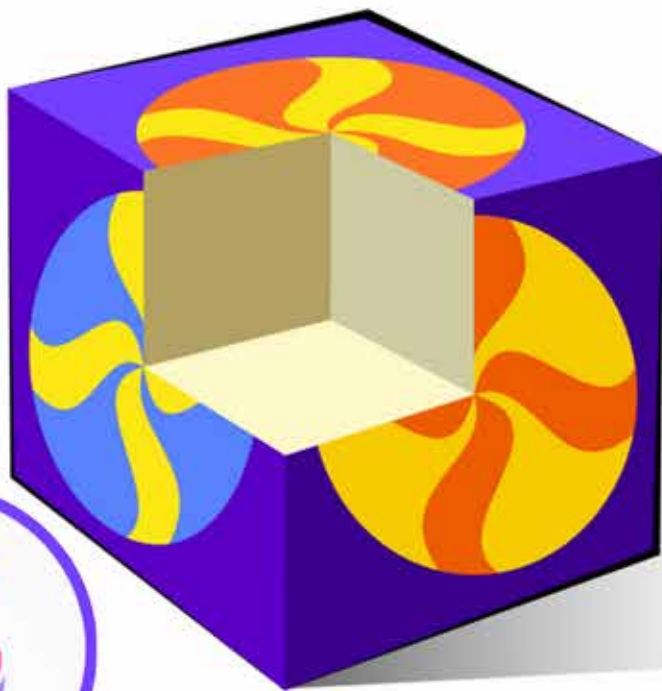


HIDDEN OBJECTS

Find 10 hidden objects (shown at right) in the picture below. Colors may be different.

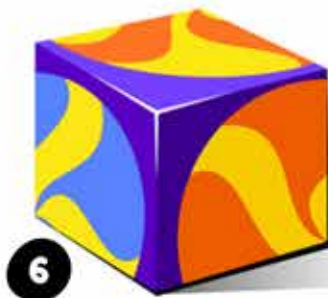


Find the answers on the last page



MISSING PIECE

WHICH SMALL CUBE FITS
INTO THE LARGER ONE?



Find the answer on last page



Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



PHYSIO



HAIRDRESSER



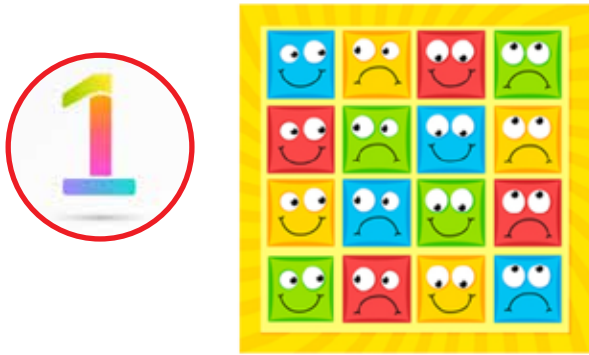
ART THERAPY



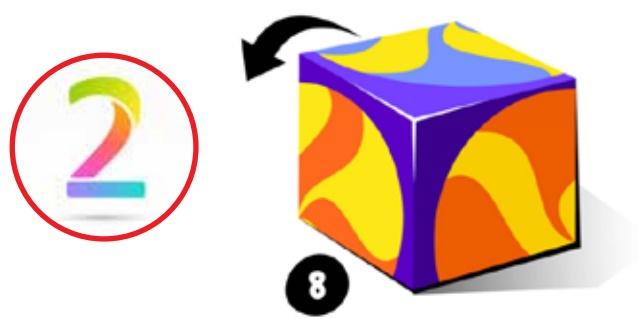
HOLY COMMUNION



Complete Puzzle Solution



Missing Piece Solution



ANSWERS

bike	kiwi
bear	kite
bulb	rose
cake	dove
duck	sock
desk	lock



Hidden objects Solution



Hope you enjoyed our newsletter

***DISCLAIMER: THE ARTICLES IN OUR NEWSLETTERS DO NOT PROVIDE MEDICAL OR FINANCIAL ADVICE.**

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No material in this newsletter is intended to be a substitute for professional medical advice, diagnosis, any treatment or financial advice. Always seek the advice of your physician, a qualified medical professional or financial advisor with any questions you may have regarding any articles herewith.

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