



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for November.

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 November 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.

welcome November

FROM THE HEAD OFFICE

Our residents have a twinkle in their eye and are all so happy to be able to have their families visit them again. It has definitely made The Willows feel like a more contented space now that we have visitation again. The month's are flying by and soon it will be the end of the year.

We look forward to more freedoms and hope that soon we will be able to have group events where relatives can come and join us.

Please remember to stay cautious and not to visit if you have any COVID like symptoms. Let's keep our residents safe.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello and a very warm welcome to yet another edition of our newsletter. On Tuesday 2nd November we will be celebrating along with the rest of Australia the Melbourne Cup.

We've gotten our residents hats and fascinators ready to party. The sweeps will be drawn on Tuesday morning, so that the residents will know what horses they will be cheering on during the race.

Also, on the day after the Melbourne Cup our Christmas trees will be put up on both levels of the home. Residents are looking forward to the Christmas party in December and we're hoping family members will also be invited.

Till next time keep safe.

Cynthia Rossiter - Diversional Therapist



VISITING The Willows

WE'RE
COVID
SAFE

These are the rules for allowing visitors to The Willows as per the NSW Health Guide.

- 2 x visitors per resident per day for 30 minutes.
- Please call us to make an appointment to allow for daily social distancing.
- No visiting allowed in resident's rooms.
- Please email us your COVID certificate to wpmh@bigpond.com before visiting.
- **ALL VISITORS TO BE DOUBLE VACCINATED.**
- Before entry at The Willows - please sign in with our QR code using your 'Service NSW' App.
- Temperatures will be taken on arrival.
- A COVID declaration form to be completed & signed.

MASKS TO BE WORN AT ALL TIMES.

[t] 9798 6889 [e] wpmh@bigpond.com

**SYDNEY
FILM
FESTIVAL**

NOVEMBER
03-14
2021



MELBOURNE CUP DAY

MELBOURNE CUP DAY IS AUSTRALIA'S
BEST KNOWN HORSE RACING EVENT
AND IS POPULARLY DUBBED AS
"THE RACE THAT STOPS THE NATION".
WE WILL JOIN IN ON THE FUN OF THIS
GREAT EVENT BY DECORATING
THE WILLOWS, RUNNING SWEEPSTAKES
AND A LOT MORE.

TUESDAY 02 NOVEMBER
IS THE DATE TO REMEMBER.



Happy Aging

Getting older doesn't necessarily mean you'll have a slew of medical conditions or poor quality of life, but it's important to know what's normal for your body as you age and what is not.

Getting older involves changes in all realms of life, from the physical to the mental to the social, emotional, sexual, and more.

Some of these changes you may regard as positive and some negative. The challenge is to maximize the good parts of getting older while taking proactive steps to maintain your health and minimize the negative aspects.

What's normal when it comes to aging (and what's not)?

Knowing what mental and physical changes normally occur with age is the first step toward protecting your health. The following pages show some of the more common bodily changes you can expect:

Bones

Bones become thinner and more brittle with age as they lose mass, or density, according to medical professionals, sometimes resulting in osteoporosis. Low bone mass raises your risk of broken bones, including in the vertebrae (bones of the spine), which can cause a stooped posture and loss of height. While low bone mass and osteoporosis are more common in women, they can occur in men, too. Be sure to talk with your physician about what you can do to prevent osteoporosis. Oftentimes, the first sign you have it is a broken bone.

Heart

As you age, your large arteries become stiffer, a condition called arteriosclerosis, contributing to higher blood pressure. The walls of the arteries also tend to accumulate a build-up of fatty deposits, called plaques, which also harden and narrow the arteries, reducing blood flow to the heart. The build-up of fatty deposits is called atherosclerosis, and a build-up of plaque in the arteries leading to your heart is known as coronary artery disease and is a major risk factor for heart attack. While not all of the heart and blood vessel changes associated with aging can be controlled, following a healthy diet and getting regular physical activity can almost always help to keep your arteries and heart healthier for longer.

Brain

It's common for people to experience some slight forgetfulness as they get older, and their ability to process new information or to multitask may slow with age as well. However, when confusion and memory problems go beyond the occasional "senior moment," that's not normal, and you should have it checked out by a medical professional. You could be in the early stages of dementia, but you could also have a treatable condition that's affecting your brain.

Digestive system

As you age, your digestive tract slows down and doesn't contract as often as it did when you were younger, which can lead to constipation, stomach pain, and feelings of nausea. Many medications also cause or contribute to constipation. To prevent these digestive problems, the Mayo Clinic recommends following a diet that's rich in fibre, drinking plenty of fluids, keeping as active as possible, and doing your best to manage stress.

The senses

As you age, you may notice that your five senses — hearing, vision, taste, smell, and touch — aren't quite as sharp as they once were, according to medical professionals. Changes within the structures of the ear may cause you some degree of hearing loss and may also affect your sense of balance. The sharpness of your vision may dull, and you may need reading glasses. You may start to lose your sense of taste, thanks to a decrease in your number of taste buds. Consequently, flavours may not seem as distinct to you, nor as vivid. Your sense of smell may weaken with age due to decreased mucus production and a loss of nerve endings in the nose. You may also find that your sensitivity to touch, pain, pressure, and vibration is reduced — although some people become more sensitive to touch because of thinning skin.

Teeth and gums

The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Moreover, as per the Dental Association, the nerves in your teeth can become smaller with age, leaving you less sensitive to pain and potentially delaying a diagnosis of cavities or cracks in the tooth's outer surface. And according to Dental professionals, more than half of people over age 65 have moderate or severe gum disease.

Skin

As you age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Sunscreen and moisturizer are recommended as the two most important anti-aging products you should be using. Wearing a hat with a brim will also protect the skin on your scalp and face. Start protecting your skin now to prevent further damage and to lower your risk of skin cancer.

Sexual function

After menopause, when menstruation stops and estrogen levels drop, many women experience physical changes. These changes can also reduce your sex drive. For men, advancing age is often accompanied by erectile dysfunction — though this is not a normal part of aging and may indicate an underlying medical issue or occur as a side effect of a medication. Fortunately, many of these physical issues can be readily treated or, if not, accommodated by open-minded partners who are willing to experiment.

While many of these bodily changes are a natural part of aging, they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

Disclaimer:

This article contains general information about health issues and is NOT advice. For health advice, consult your medical practitioner.



THE ORIGINS OF COMMON SUPERSTITIONS

COMMON SUPERSTITIONS

Share these superstitious beliefs and encourage family and friends to interpret each of their meanings:

Bad luck superstitions

- Dropping a dishcloth - bad luck is coming!
- Breaking a mirror - Seven years of bad luck!
- Bad Luck comes in Threes - Does it?
- Wearing opals when it is not your birthstone - bad luck
- Chasing someone with a broom brings - ill fortune
- Rocking an empty rocking chair - bad luck
- Pick a penny only if it is head is facing up;
if it's tails up you're in trouble!

Good luck superstitions:

- Horseshoe - finding a lost horseshoe brings you luck
- Four Leaf Clover - luck is on your side
- A rabbit's foot - brings you luck
- If your right hand itches - money is coming your way
- Knock on wood - will keep evil spirits at a distance
- Throwing rice on the bride and groom - will bring them many children
- Blowing birthday candles out all at once - you get what you wish
- Wishbone - what do people use wishbones for?

SUPERSTITION AROUND THE WORLD

Share these international superstitions with family and friends.

Japanese superstitions:

- If you whistle in the evening a snake will come after you.
- If you lie down after a meal, you will become a cow.

Chinese superstitions:

- Building a house facing the North would bring ruin to the family.
- Clipping fingernails or toenails in the evening will attract ghosts.

German superstitions:

- Never toast with water. If you say 'Cheers' or 'Prost' with water in Germany, it means you wish death on all your drinking buddies.
- Giving Germans a gift of knives is not appropriate; it means you wish the household injury and death.

Russian superstitions:

- No one carries an empty bucket in Russia; it is a bad omen.
- A Russian girl is never to sit on a corner seat. Her wedding will be delayed for seven years.

ORIGINS OF SUPERSTITIONS

Amuse family and friends with the roots of some superstitions.

Ask them if they know any to share.

IT'S BAD LUCK TO WALK UNDER A LEANING LADDER'

It is said this superstition originated 5,000 years ago in ancient Egypt. A ladder leaning against a wall forms a triangle, and Egyptians regarded the triangle as a sacred shape, which is why the pyramids were triangular.

A BLACK CAT CROSSING YOUR PATH BRINGS YOU LUCK OR MISFORTUNE

The belief that cats bring you luck began with the Egyptians who revered all cats black and otherwise. However, in the early seventeenth century in England, King Charles I changed this. The King had a black cat as a pet and upon his death he lamented that his luck was gone. Lo and behold, this was reinforced the very next day when he was arrested and charged with treason.

THE NUMBER 13 IS BAD LUCK!

This saying has its origin in Norse (Scandinavian) mythology. A well-known tale tells the story of 12 gods who were invited to dine at the Valhalla, a magnificent Banquet Hall in Asgard - the city of the gods. Loki, the god of strife and evil, crashed the party, raising the number of attendees to 13. The other gods tried to oust Loki in vain, and in the struggle Balder, the favourite god among them was killed. Scandinavian dislike of the number 13 spread south to the rest of Europe and then the rest of the world.

This story was reinforced in the Christian era by the story of the Last Supper, at which Judas, the 13th disciple betrayed Jesus. In modern days the superstition remains strong; high rise buildings rarely have a 13th floor; the next floor after the 12th floor is commonly the 14th floor.



A SHORT STORY: BEWARE THE IDES OF MARCH

The phrase 'Beware the Ides of March' refers to the play Julius Caesar by William Shakespeare. The play recounts the assassination of the Roman Dictator.

This is an abridged version of the story:

In January of 49 BC, Julius Caesar, a general in the Roman army led his troops across Northern Italy plunging the Roman Republic into civil war. He pursued his rival, Pompey, to Greece but on arrival found that Pompey had fled to Egypt. Caesar's army gave chase and on arrival, comprehensively defeated his enemies. He then conquered North Africa and returned to Rome with his authority firmly established.

Despite Caesar's achievements he was seen by some people as arrogant and corrupt. His continued drive for power turned many influential people against him. Among those were the sixty members of the Senate; a political institution whose members were noblemen.

When in February 44 BC Caesar accepted the office of 'dictator for life' he sealed his fate in the minds of his enemies. Many influential people resented that the long-established Roman republican government was being dismantled.

The dissident senators were led by Marcus Junius Brutus; a protege and ally of Caesar. The consensus in the senate was that Caesar should be ousted for the "greater good of the Roman Republic".

The "Liberators", as the conspirators called themselves didn't have much time because Caesar was leaving Rome for a military campaign in Parthia (today's Iraq). The plot was to be carried out two days before Caesar was to leave Rome; at the 'Gladiator Games'. The advantage was that on this day there would be no suspicion aroused by people carrying weapons.

According to written reports a few weeks before the fateful day Caesar was warned by a Seer (a person with supernatural insight capable of seeing the future!): "Beware the Ides of March", he said. It meant that harm would come to Caesar no later than the Ides of March. Caesar was amused and didn't show concern for the Seer's warnings.

On the fateful day, March 15, Caesar was on his way to the Senate for a meeting, when he passed the Seer and said to him with a smile: "The Ides of March have come," meaning that the prophecy had not been fulfilled, and the Seer replied: "Aye, Caesar, they are come but not gone."

Caesar was ambushed as he arrived at the Senate and directed to a room where he was attacked with a dagger and killed. Before falling Caesar saw Brutus among the attackers and said: "Et tu Brute" meaning "You too, my son?".

After the assassination Brutus and his companions marched through the streets saying: "People of Rome, we are once again free". They were met with total silence; Caesar was popular with the Roman lower classes and soon the masses turned against the conspirators.

To the people of Rome, Caesar was a hero; he had brought power, wealth, and prestige to the eternal city and they loved him. The death of Caesar marked the end of the Roman Republic and the beginning of the Roman Empire. Caesar's heir was his great-nephew Gaius Octavian also known as Augustus, the first Roman Emperor.

The above information is a light-hearted look at superstitions. Although there is no single definition of superstition, it generally means a belief in supernatural forces – such as fate – the desire to influence unpredictable factors and a need to resolve uncertainty. In this way then, individual beliefs and experiences drive superstitions, which explains why they are generally irrational and often defy current scientific wisdom.



Stories from our residents

GIOVANNI LOCURIO



Hi, my name is Tina, and our dad, Giovanni Locurio recently joined as a resident of The Willows Nursing Home. He was born in Sicily 84 years ago. He grew up in a large family with five siblings. From the stories I have heard from his relatives he was a very energetic young boy, his grandfather owned a farm and whenever he had the opportunity dad would take to riding the pigs around town, and hanging snakes on his neighbour's front door handles, much to his grandfather's dismay.

As many people around the world headed to Australia for a better life, dad thought it could be a good opportunity for his family as well. He made his way to Sydney by ship with his parents and three of his siblings. He found employment as a tailor and worked hard to bring his wife to join him a year later.

Mum and dad met when they were young children. They lived across the road from each other, so I guess it was inevitable they would marry and start their lives together.

They made a family home in Ashfield and had two wonderful children, my sister Connie and myself. I remember dad would love to take us to the San Souci beach in summer or to the Ashfield swimming pool. Once dad had his own car he would take us on Sunday picnics with the rest of our relatives, catching up with aunties, uncles and cousins.

Dad would love, love, love to take us to soccer games. His passion was



soccer, and he knew everything there was to know about it. On arrival in Australia, he worked for and played soccer with the Apia Club. I didn't like soccer much, but I did like the red, sugar-coated nuts he would buy me and that was enough to convince my sister and I to go with him.

Giovanni has always been a very gentle, quiet man, much loved by the many people he has met through his life. It is sad to see how age starts to deteriorate the person you love and hold so dear. Although dad has not been at The Willows for very long, I can see that he is settled and happy and that is all we can ask for. The staff are gentle and kind and I appreciate their thoughtfulness and support immensely.

Recognised and appreciated staff members of the month.

Management would like to thank

EVERYONE

working at The Willows for your care and support, especially through this COVID period. You are all recognised as STAFF MEMBERS of the month.

Words cannot express how grateful we are for your help and dedication in these difficult times.





Homemade Belgium Waffles *yields 4 Waffles*

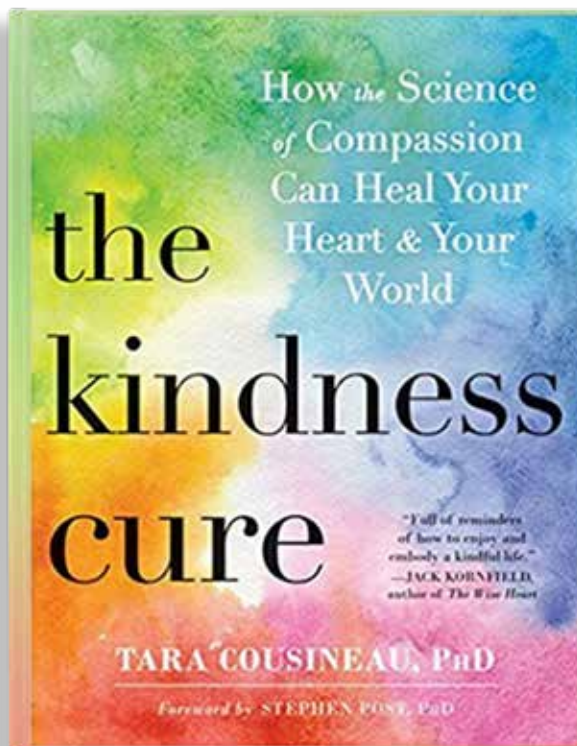






EMPATHY

November book recommendations



The kindness cure

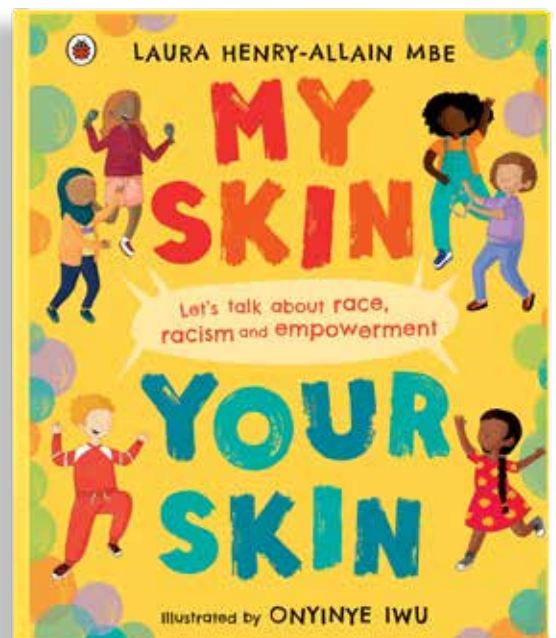
Tara Cousineau. (PhD)

Shows how simple practices of kindness can dissolve feelings of fear and indifference and open us up to life of profound happiness.

My skin, Your skin

Laura Henry-Allain. (MBE)

Empowers children to be the best version of themselves; to have self-love, self-esteem and self-worth.



The five side effects of kindness

David Hamilton. (PhD)

This book will help you see ways in which giving your time to another could transform your health.

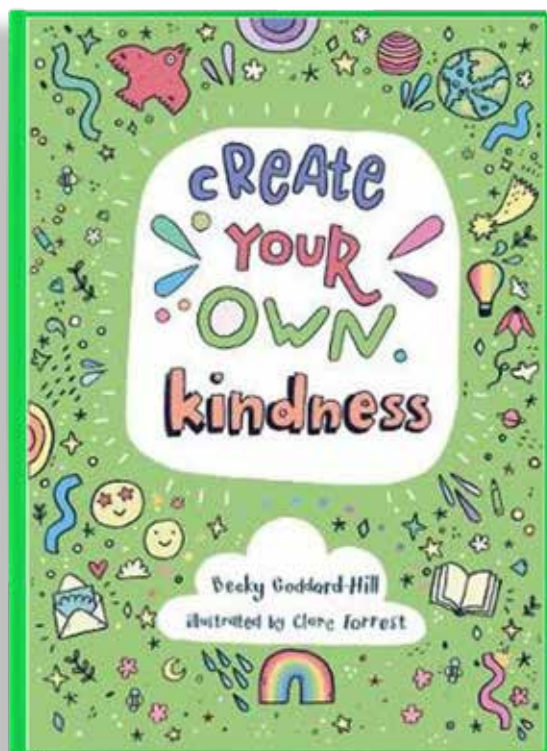
Includes real-life examples of kindness.



Create your own kindness

Becky Goddard-Hill

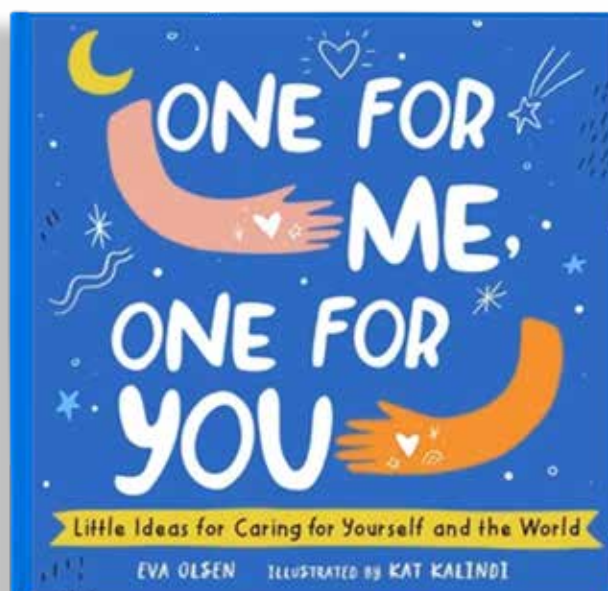
Shows how simple practices of kindness can dissolve feelings of fear and indifference and open us up to life of profound happiness.



One for me, One for you

Eva Olsen

A little book that will lead to a big change in how you see each day and the opportunities it brings.



NOVEMBER BIRTHDAY CELEBRATIONS

Ethna Hudson November 11

Lucia Fisicaro November 16

Dian Fender November 23



November Blessings

May the Lord bless you again this month just as He did last month.

May He grant you the desires of your heart, and supply all of your needs in the Name of Jesus.

Amen



Some useful links:

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



BRAIN GAMES



WHERE'S
WALLY?



ThinkTime



#1. The Stroop Test:
Great brain teaser to challenge your mental vitality and flexibility.

YELLOW RED PURPLE
BLACK ORANGE
PURPLE RED BLUE
BLUE GREEN YELLOW
YELLOW BLACK
BLUE PURPLE BLACK
GREEN RED ORANGE
BLACK GREEN PURPLE
RED BLUE RED
YELLOW PURPLE BLACK

Ready to test your mental vitality and flexibility?

Quick — say aloud what colour you see in every word, NOT the word you read.

Go from left to right, from top to down.

Ready. Set. Go!

Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility,

since performing well requires strong attention, inhibition and self-regulation capability

#2. Brain teaser: can you count the F's in this sentence?

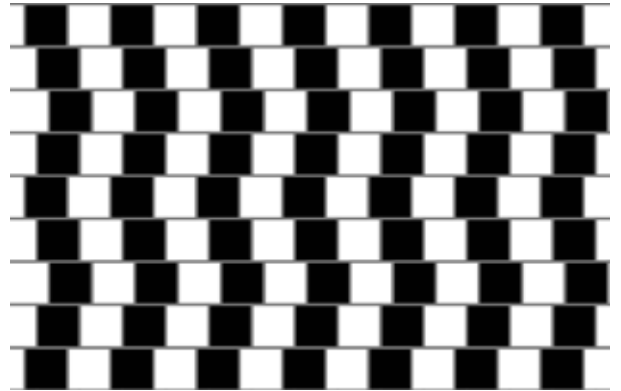
Quick! Count the number of times that the letter F appears in the following sentence:

“Finished files are the result of years of scientific study combined with the experience of years.”

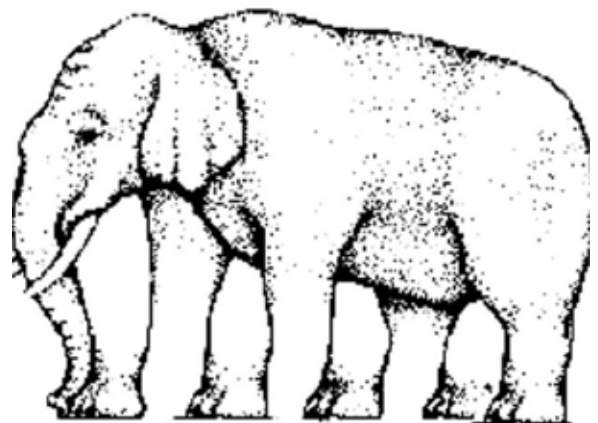
How many did you find?

#3. Test your Brain with these Optical Illusions

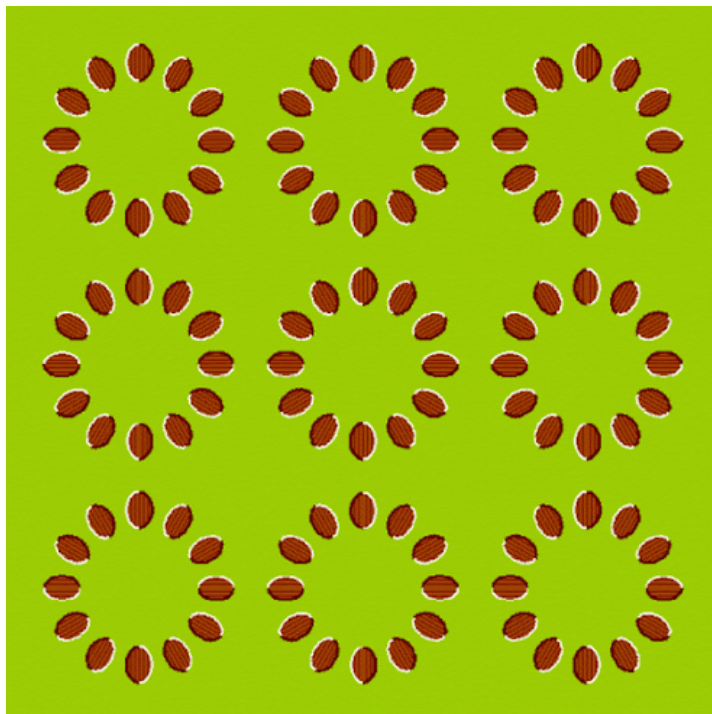
The brain has two hemispheres, each divided into four lobes. Each lobe is responsible for different functions. For instance, the frontal cortex is responsible for decision making and planning; the temporal lobe for language and memory; and the parietal lobe for spatial skills. The occipital lobe is entirely devoted to vision: It is thus the place where visual illusions happen. The frontal lobe represents around 41% of total cerebral cortex volume; the temporal lobe 22%; the parietal lobe 19%; and the occipital lobe 18%. How the visual system processes shapes, colours, sizes, etc. has been researched for decades. One way to understand more about this system is to look at how we can trick it, that is, to look at how the brain reacts to visual illusions.



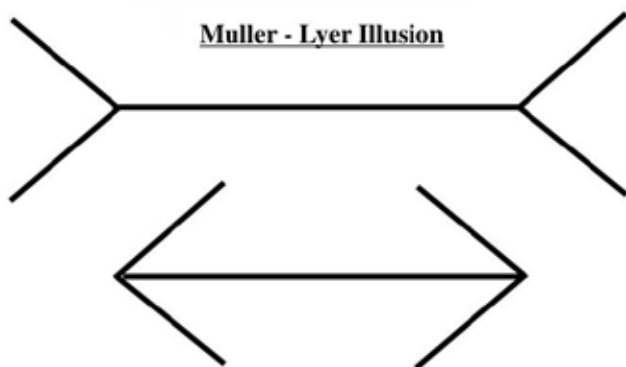
1. Are the horizontal lines straight or crooked?



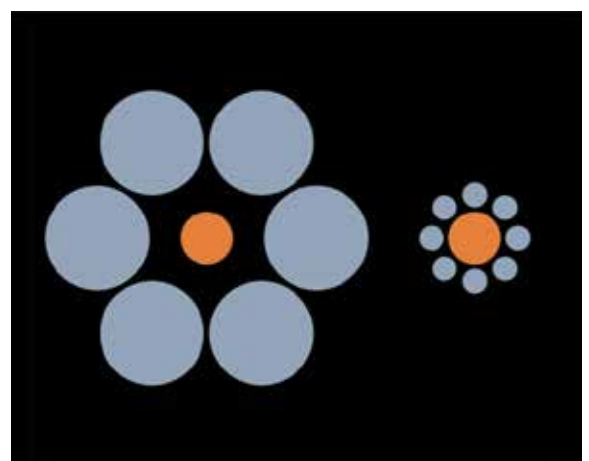
3. How many legs does this elephant have?



2. Are the circles static or moving?



4. Are the two horizontal lines of the same length?



5. Are the two orange circles of the same size?

ANSWERS ON THE NEXT PAGE

ANSWERS TO ThinkTime

#2. Brain teaser:

Solution:

Most people say three. Why? We often don't correctly process the word "OF" for two reasons. First, the letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound. Second, you have probably read the word "of" so many times in your life that you process it as one unit, overlooking the second letter/sound.

#3. Test your Brain:

1. Café wall illusion

The horizontal lines are straight, even though they do not seem straight. In this illusion, the vertical zigzag patterns disrupt our horizontal perception.

2. Illusory motion

The circles do appear to be moving even though they are static. This is due to the cognitive effects of interacting colour contrasts and shape position.

3. Elephant legs

Tricky, isn't it?! This picture is an impossible picture that also contains some subjective contours. There are four legs.

4. The Mueller-Lyer illusion

The two horizontal lines are of the same length, even though the one at the bottom seems longer. As you know, the visual angle gets smaller with distance, so the brain automatically perceives objects at farther distances to be bigger.

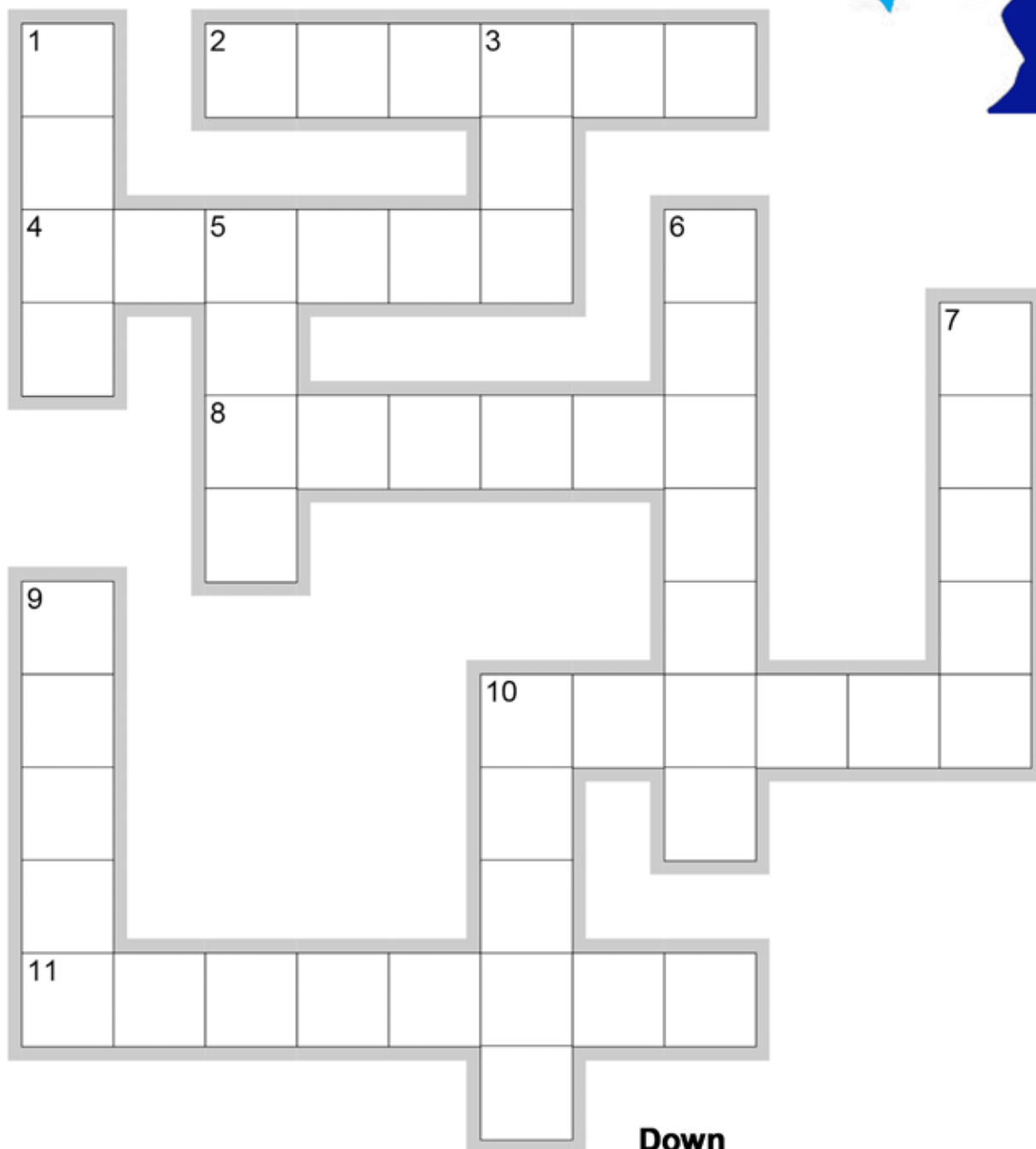
In general, lines that have inward flaps, such as corner of a building, are relatively the nearest points of the overall object. Similarly, lines with outward flaps are found at the longer distance, as the farthest corner of a room. So, in the Mueller-Lyer illusion, the brain perceives the line with outward flaps to be at a farther point as compared to the line with inward flaps. Consequently, the brain perceives the line with outward flaps to be longer.

5. The Ebbinghaus Illusion

The two orange circles are exactly the same size, even though the one on the left seems smaller. This size distortion may be caused by the size of the surrounding circles or by their distance to the centre circle.

REMEMBERING ELVIS

Take a trip down memory lane as you complete this crossword that features some of Elvis Presley's most famous song titles. Write the missing word from each title in the puzzle.



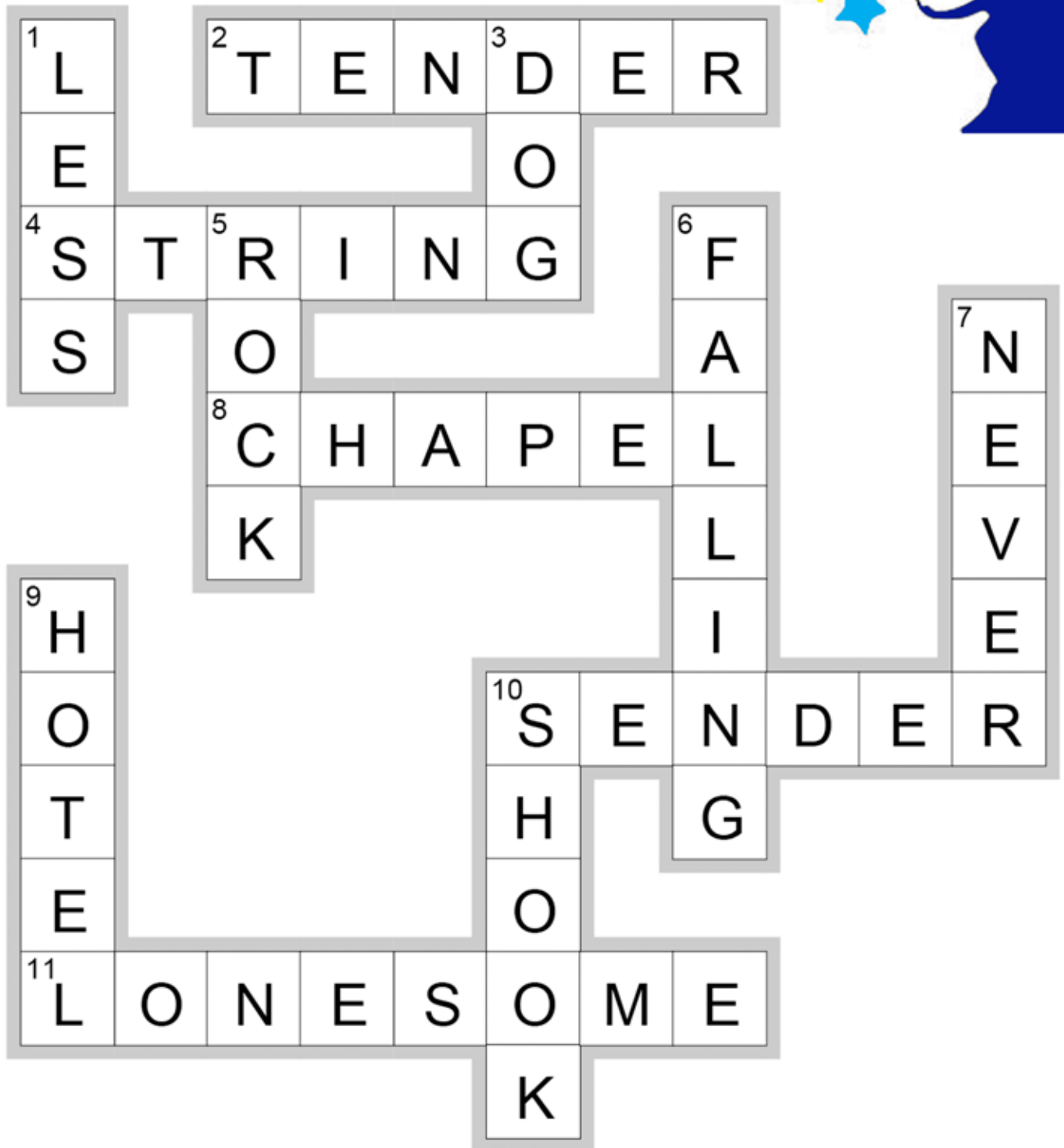
Across

2. Love Me ____
4. Puppet on a ____
8. Crying in the ____
10. Return to ____
11. Are You ____ Tonight?

Down

1. A Little ____ Conversation
3. Hound ____
5. Jailhouse ____
6. Can't Help ____ In Love
7. It's Now or ____
9. Heartbreak ____
10. All ____ Up

ANSWERS TO REMEMBERING ELVIS CROSSWORD



Remember to LIKE and FOLLOW US on FACEBOOK

