



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for September.

We hope that you enjoyed our previous newsletters.

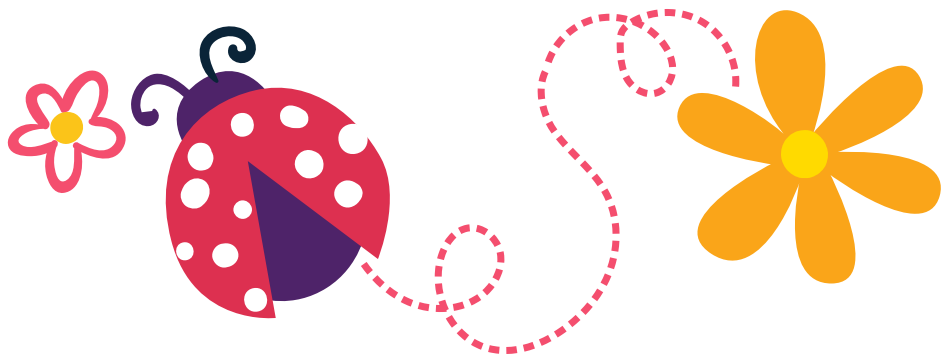
We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our September issue.

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.



Ah, the sweet smell of spring. It's such a refreshing time!
The warm sunshine feels so good on our skin and melts
away our winter blues. Colourful blooms are popping up,
and it's the perfect time to start planting the garden.

Everyone at The Willows wishes you new beginnings,
new opportunities and new life.

Hope you embrace everything Spring has to offer.



FROM THE HEAD OFFICE



Time seems to be going by really fast even though we are all in lockdown. I hope you are all doing well and staying safe. All of our staff have had at least one vaccination and we should have 100% coverage very soon as there are only a few left waiting for their 2nd dose.

We are doing our best to keep the residents entertained and busy. The wonderful weather has helped as we have spending lots of time outside in the sunshine. The general numbers are not looking promising but the vaccination rates are going up and hopefully we will be out of lockdown at the end of September. We can't wait to welcome you all back to The Willows to visit your loved ones.

As always if you have any concerns or questions or just want to have a chat then please don't hesitate to contact me.

Have a safe month.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

A warm welcome from the cube to all the families and relatives of The Willows residents.

In August we celebrated our annual mid-year celebrations. It was a fun time for the residents who enjoyed themselves so much. You may have seen most of the photos posted on our Facebook page.

We are now preparing for Father's Day which will be celebrated on Friday 3rd September in The Willows beautiful garden with a BBQ lunch. Our raffle tickets are now on sale through the office. It would be much appreciated if you are able to bring along a little gift to drop off for our Father's Day celebration.

Cynthia Rossiter - Diversional Therapist

**FROM ALL OF US AT
THE WILLOWS**



HAPPY
Father's
DAY

**SUNDAY
SEPTEMBER 5**

**SEPTEMBER
BIRTHDAY
CELEBRATIONS**

Voula Gouvoussis
September 14

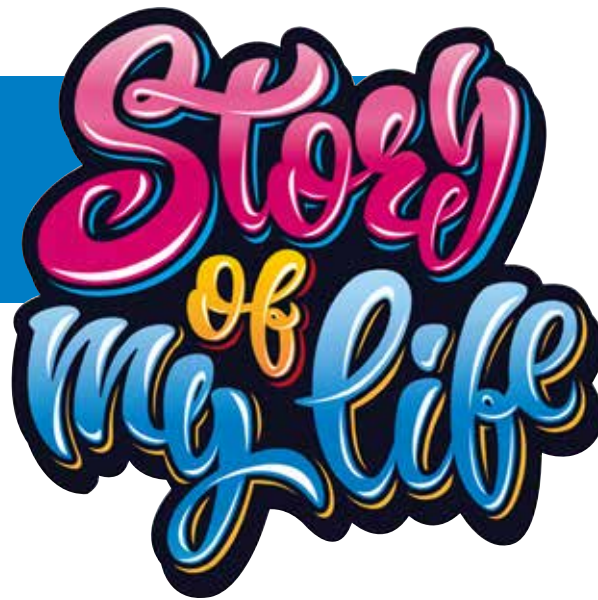
Harold Terlich
September 19

Fredrick Cooper
September 14



Stories from our residents

Fred Sullivan



Fred was born in Canberra in 1951. His dad was a lawyer who later moved to Sydney and became the head of the ATO (a formidable man).



Fred's grandfather, pictured above, was also Frederick Sullivan, son of William Sullivan, one of Canberra's early settlers.

A Canberran group called the Cashews, wrote a song about him in his possum skinned coat: Sullivan's Creek. (It's actually a creek that runs through Australian National University) is named after him...



Fred worked for a number of years as a mechanical engineering draughtsman at the Department of Public Works. He worked on Centrepont and the Powerhouse Museum. In 1984 he moved to Chicago for 15 years, where he worked at Nabisco.

Fred has three sisters and three brothers. Five children are currently living in Australia, except one. Fred has travelled to many countries aside from the U.S. including Canada, Mexico, Costa Rica, England, Ireland, Scotland, France, Germany, Italy, the Czech Republic, Egypt, Turkey, India, Myanmar, Thailand, Cambodia, Laos, Vietnam, Singapore, Malaysia, and New Zealand. Phew!!

Fred was always an avid reader, music lover, dancer and movie fan. Not afraid of a beer or endless cups of coffee!

September

AWARENESS DAYS

Wednesday 1st Gold Bow Day

Organisation: The Australian Thyroid Foundation

The ATF Gold Bow Day highlights the increase in thyroid cancer and gives support to thyroid cancer patients undergoing Radio-Active Iodine Treatment.

thyroidfoundation.org.au/Gold-Bow-Day

Wattle Day

Organisation: Wattle Day Association

Wattle Day is oriented towards the future, encompassing positive virtues in the celebration of Australia and the Australian spirit.

www.wattleday.asn.au/

Date TBA Footy Colours Day

Organisation: Fight Cancer Foundation

Fight Cancer Foundation's Footy Colours Day is a national community fundraising campaign that helps kids with cancer keep up with school. Join thousands of Australians by wearing your favourite team's colours and hosting an event at your school, organisation, group or club to raise much needed funds!

www.footycoloursday.com.au

Date TBA National Asthma Week

Organisation: Asthma Foundation of Victoria

Activities organised to promote awareness of asthma to the general community and highlight ways to help people manage asthma. Each state/ territory foundation organises individual events and is run during the first week of September each year.

www.asthma.org.au/

PLEASE NOTE:

All the September Awareness Days were still advertised by the time we went to print. Due to the current COVID situation, please check online how and if they are still being celebrated in one way or another.

20-26 September Dementia Awareness Week

Organisation: Alzheimer's Australia

Dementia Awareness Month is the national flagship month for Alzheimer's Australia's community awareness activities. There will be events and activities held around the country to broaden understanding of dementia-friendly communities during Dementia Awareness Month.

www.dementia.org.au/dementia-action-week

1-30 September Dystonia Awareness Month

Organisation: Australian Dystonia Support Group (ADSG)

Dystonia Awareness Month aims to raise awareness of dystonia - a neurological movement condition which causes uncontrollable movements, twisting to muscle spasms and pain. There are different forms of dystonia which can also affect a person's speech and swallowing.

australiandystoniasupportgroup.wordpress.com/events/dystonia-awareness-month/

1-30 September Liptember

Organisation: Liptember Foundation

Liptember is a campaign raising funds and awareness for women's mental health during the month of September. All funds raised during the month of September are donated to the Centre for Women's Health and Lifeline.

www.liptember.com.au

1-30 September Save the Koala Month

Organisation: Australian Koala Foundation

Save the Koala Month aims to raise awareness and funds for the conservation of wild koalas and their habitats.

www.savethekoala.com/how-to-help/save-the-koala-month/

September is Prostate Cancer Awareness Month

Organisation: Prostate Cancer Foundation of Australia

Prostate Cancer Awareness Month is held throughout September. The national event is used to raise awareness of the importance of men's health, and regular prostate checks.

www.prostate.org.au/

1-30 September Big Heart Appeal

Organisation: Heart Foundation

The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue our lifesaving research, education and health promotion work.

www.heartfoundation.org.au/campaigns/big-heart-appeal

Recognised and appreciated staff members of the month.



Thank You So Much
Everyone



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.

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





Are cat people
and dog people
really that
different?



A CAT PERSON IS INDEPENDENT

Just like the cats, their owners are likely
to be autonomous and content.



1.

A DOG PERSON TAKES PLEASURE IN COMPANIONSHIP

With a heart full of compassion and
benevolence, a dog person can prove
to be the best life companion.



A CAT PERSON IS MORE LIKELY TO BE A NON-CONFORMIST

Cat people are less traditional and generally prefer to stand out rather than blend-in the crowd.



2.

A DOG PERSON IS CONSCIENTIOUS

A dog person is highly obedient, cooperative, follows the tide and obeys rules strictly.



A CAT PERSON TENDS TO BE CREATIVE AND IMAGINATIVE

Cat people find it easier to come up with original ideas and novel solutions.



3.

A DOG PERSON IS AN EFFICIENT PLANNER

Due to their strong sense of duty and self-discipline, a dog person is pragmatic and an effective planner too.



A CAT PERSON IS WITTY AND SARCASTIC

Cat people are likely to have a good sense of humour. They enjoy satires and ironic puns.



4.

A DOG PERSON IS TOUGH-MINDED

With their ability to focus more on situations instead of emotions, a dog person tends to possess tough-mindedness.



A CAT PERSON IS OPEN TO NEW EXPERIENCES

Due to their curious nature, cat people tend to be more adventurous and courageous.



5

A DOG PERSON IS SOCIABLE AND OUTGOING

A dog person gets comfortable in social gatherings so easily that every individual becomes their best friend.



A CAT PERSON COULD BE OVER-CAUTIOUS AND RESERVED

They are generally guarded people and have a more cautious approach in life.



6.

A DOG PERSON IS AGREEABLE

A dog person is usually altruistic, kind and owns a selfless concern for other's welfare.



A CAT PERSON VALUES AFFECTION

Cat people often need constant assurances, therefore, they value and cherish endearments.



7.

A DOG PERSON IS LOYAL AND DEVOTED

Being a true friend and protector, a dog person is extremely loyal to his loved ones and will always stand by their side.





MOST GOOGLED

HEALTH

MYTHS DEBUNKED

Many of the health-related myths out there are passed on as fact. If you hear something often enough it's easy to accept it as the truth. Here are some of the most common medical myths – debunked.

Vaccines cause autism

This myth was started in 1998, when the parents of eight children with autism said they believed their children acquired the condition after they received a vaccine against measles, mumps and rubella.

Following this there has been extensive research into the idea and no link has been found. A 2002 study in The New England Journal of followed 530,000 children and found no correlation between vaccinations and developing autism. There are risk factors for autism including, advanced age in either parent, premature birth, low birth weight, being a twin and pregnancies spaced less than one year apart

Eggs cause high cholesterol

Eggs have almost no effect on your blood cholesterol and eating eggs every day doesn't raise the risk of heart disease in healthy people. What's more, eggs have certain nutrients, such as omega-3s, that may lower the risk of heart disease.

We only use 10 per cent of our brains

Motivational speakers and life coaches have been spouting this myth since the early 1900s. It's often used as a way to get people to buy into something that claims to 'release their untapped potential'.

Now, there are a plethora of articles and videos debunking this myth both in popular media and from neuroscientists. MRI scans on subjects in studies show that the majority of the brain is engaged while performing tasks.

You should wait 30 minutes after eating before swimming

The origin of this myth seems to date back to 1908 when it was included in a Boy Scout handbook. The thinking behind it was that, after you eat, some of the blood may be diverted away from your arms and legs to your gut to work on digesting. Less blood pumping in your limbs means you may get fatigued quicker and drown. Where they got this information is unknown, but by 1961 exercise physiologists railed against this theory, explaining that digesting while swimming would not be life threatening.

You lose most of your body heat through your head

A study published in 2006 found the amount of heat lost through a person's head is only about 7 to 10 per cent of total body heat.

The study found that the heat loss from the head was proportional to the amount of skin that's uncovered. "The real reason we lose heat through our head is because most of the time when we're outside in the cold, we're clothed," says Dr Richard Ingebretsen., "If you don't have a hat on, you lose heat through your head, just as you would lose heat through your legs if you were wearing shorts."

Muscle turns to fat when you don't exercise

Fat cells and muscle cells are different structures and are not interchangeable. Muscle cells hypertrophy (grow larger and multiply) when you exercise. If you stop exercising, the muscles will atrophy (get smaller) but they won't convert to a different cell type and turn into fat.

If you're burning fewer calories than you're eating, fat cells will expand, making the body look softer.

Cracking your knuckles causes arthritis

The satisfying crack you get comes from the harmless release of gases from the fluid that lubricates your joints. If you do feel pain when popping your knuckles, it's advised you see a doctor as you may have arthritis or another condition, such as tendonitis. There have been few studies on this topic; perhaps one of the most well-known is the self-inflicted research rewarded with an Ig Nobel Prize in 2009. For more than 60 years, Californian doctor Donald Unger cracked the knuckles of his left hand at least twice a day, leaving his right knuckles uncracked.

His conclusion? "I'm looking at my fingers, and there is not the slightest sign of arthritis in either hand."

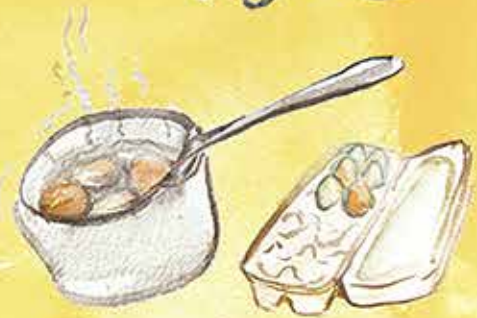
Disclaimer: This article contains general information about health issues and is not advice. For health advice, consult your medical practitioner.



FROM THE FOOD STUDIO

JAPANESE-STYLE deviled eggs

1. START WITH 6 HARD-BOILED EGGS



4. SET WHITE HALVES ON A SERVING DISH



5. MIX:
YOLKS
2 TBSP MAYO
1 TBSP KARASHI
1 1/2 TBSP WHITE MISO

japanese mustard



6. SCOOP MIX INTO EGG WHITES, TOP WITH TOASTED & BLACK SESAME SEEDS





ASHFIELD Community

Some useful links:

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



1. **Friends star Lisa Kudrow was originally cast in the sitcom Frasier**
2. **If you're born between May 1st and 20th, then you're a Gemini**
3. **Emma Roberts is the daughter of Julia Roberts**
4. **There are over 2,500 stars on the Hollywood Walk of Fame**
5. **Fruit flies were the first living creatures sent into space**
6. **Cyclones spin in a clockwise direction in the southern hemisphere**
7. **Goldfish only have a memory of three seconds**
8. **The capital of Libya is Benghazi**
9. **Dolly Parton is the godmother of Miley Cyrus**
10. **Roger Federer has won the most Wimbledon titles of any player**
11. **An octopus has five hearts**
12. **Brazil is the only country in the Americas to have the official language of Portuguese**

- 13. The Channel Tunnel is the longest rail tunnel in the world**
- 14. Darth Vader famously says the line “Luke, I am your father” in The Empire Strikes Back**
- 15. Olivia Newton-John represented the UK in the Eurovision Song Contest in 1974, the year ABBA won with “Waterloo”**
- 16. Stephen Hawking declined a knighthood from the Queen**
- 17. The highest mountain in England is Ben Nevis**
- 18. Nicolas Cage and Michael Jackson both married the same woman**
- 19. Japan and Russia did not sign a peace treaty after World War Two so are technically still at war**
- 20. The mathematical name for the shape of a Pringle is hyperbolic paraboloid**
- 21. Charlie Chaplin came first in a Charlie Chaplin look-alike contest**
- 22. Michael Keaton’s real name is Michael Douglas**
- 23. Napoleon was of below-average height**
- 24. Donald Duck’s middle name is Fauntelroy**
- 25. The Statue of Liberty was a gift from France**
- 26. According to Scottish law, it is illegal to be drunk in charge of a cow**
- 27. The Great Wall of China is visible from space**
- 28. The first tea bags were made of silk**
- 29. Meghan Markle’s first name is Rachel**
- 30. Warsaw is the capital of Bulgaria**
- 31. A metre is further than a yard**
- 32. A woman has walked on the moon**
- 33. Flying in an aeroplane is statistically safer than driving in a car**

Prayer for
September

May You Have:

Enough happiness to keep you sweet,
Enough trials to keep you strong,
Enough sorrow to keep you human,
Enough hope to keep you happy,
Enough failure to keep you humble,
Enough success to keep you eager,
Enough wealth to meet your needs,
Enough enthusiasm to look forward,
Enough friends to give you comfort,
Enough faith to banish depression,
Enough determination to make each
day better than yesterday.

*And God to Keep You going..
Bless You & Your Loved Ones.*



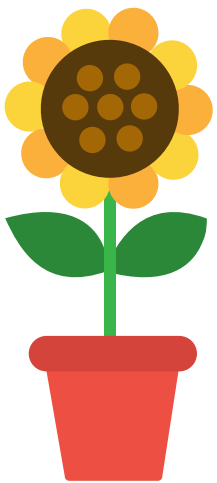
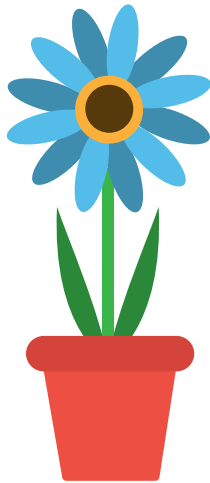
Try to make as many words as you can using the letters in the square grid.
Each word must contain the **middle letter** to form a word.
There is at least one nine letter word. Each letter can only be used once.
You can only make words with 4 letters or more and plurals ending in 's' cannot be used. No slang or foreign words.

[illegible]

WORD

SCRAMBLE

**UNSCRAMBLE THE LETTERS
BELOW TO MAKE PROPER
WORDS RELATING TO SPRING**



NPSGRI

ODUORTO

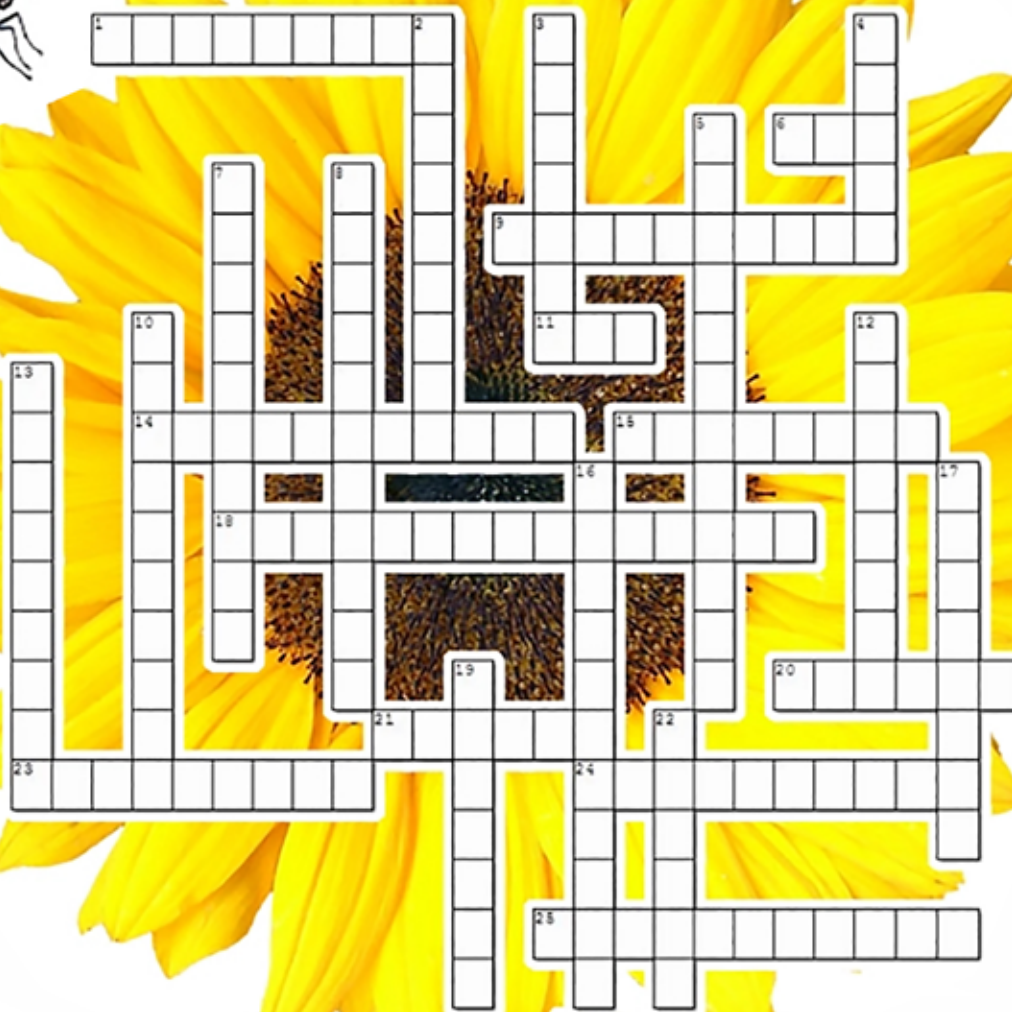
WRLFOE

OLFUCROLU

EREZEB

HUSNESIN

Spring Crossword Puzzle



Down

2. Flower that follows the sun
3. Rabbits eat these
4. Floppy and hops
5. Basketball (2 words)
7. Mom (2 words)
8. Dance (2 words)
10. Hunt for these (2 words)
12. On this holiday, Jews go without bread
13. Coughing, sneezing, stuffy nose
16. Girls wear these (2 words) (Hint: 1 piece, 2 piece)
17. Grab your mop and your dustpan
19. April showers bring May _____
22. Holiday

Across

1. Footwear used for the beach
6. **WARNING:** May cause skin cancer!
9. Holy Thursday, _____, Holy Saturday (2 words)
11. Freshmen and sophomores take the PSAT, while juniors and seniors stress over this
14. A blessing to students (2 words)
15. Before seniors graduate, they go to this (Hint: Bash)
18. Time to save time (2 words)
20. Jump into _____
21. With this in the air, you'll start to sneeze
23. Used to protect the skin
24. Cap and gown
25. Animals come out of this deep sleep



ANSWERS TO TRUE OR FALSE

1. True – she was cast as Frasier’s producer Roz but fired after just one episode and replaced by Peri Gilpin
2. False – you’re a Taurus if your birthday falls within those dates
3. False – Emma Roberts is actually Julia Roberts’ niece
4. True – there are 2,691 stars as of 2020
5. True – fruit flies were sent into space in a V-2 rocket in 1947
6. True
7. False – scientists have found their memories can actually last for months
8. False – it’s Tripoli
9. True – Dolly is good friends with Miley’s dad, Billy Ray Cyrus
10. False – he has won 8, Martina Navratilova won 9
11. False – it has three
12. True
13. False – The Gotthard Base Tunnel in Switzerland is 4 miles longer at 35.5 miles long
14. False – the line is actually “No, I am your father”
15. True
16. True
17. False – Ben Nevis is in Scotland
18. True – to Lisa Marie Presley no less
19. True – the two countries have signed a joint declaration but not a peace treaty
20. True
21. False – he came third
22. True
23. False – at 5 ft 7 in he was slightly above average height for the time
24. True
25. True
26. True
27. False
28. True
29. True
30. False
31. True
32. False
33. True

ANSWERS TO 9 LETTER BLOCK PUZZLE

9 letter words

Gentleman

8 letter words

Entangle

8 letter words that may be proper nouns:

Telemann

7 letter words

elegant
meltage

6 letter words

eaglet
gamete
gannet
gentle

lament
lateen
legate
lenten
magnet
mantel
mantle
mental
metage
neaten
negate
tangle
tegmen
Telega

5 letter words

agent
aglet
ament
anent
eaten
elate
enate
genet

gleet
meant
metal
tenge
Tenne

5 letter words that may be proper nouns:

Manet

4 letter words

ante
etna
gate
gelt
gent
gnat
late
leet
lent
malt

mate
meat
meet
melt
mete
neat
tael
tale
tame
tang
teal
team
teem
Teen

4 letter words that may be proper nouns:

Aten
Leta
Meta
Nate
Tenn

ANSWERS TO WORD SCRAMBLE

1.SPRING

2.FLOWER

3.BREEZE

4.OUTDOOR

5.COLOURFUL

6.SUNSHINE

Watch this space for more BRAIN GAMES in October

COLOUR ME IN...



Remember to LIKE and FOLLOW US on FACEBOOK

