



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for April.

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 April 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.

Hello April

Always keep moving forward,

Pushing your limits, and

Remember, each obstacle

Is a chance to grow, to

Learn from the past and thrive



ANZAC DAY *April 25th*



From the Admin Desk



Hi All

The year is already flying by, and we are now well and truly into Autumn. Soon the cold weather will be here, and we need to make sure that all the residents are well. We will be administering flu vaccines towards the end of the month and consent forms will be sent out shortly. Please take care and don't visit if you have any flu like symptoms – let's keep our residents safe.

We have added to our team Maria who is our new Care Manager, she will be working on Mondays, Tuesdays & Wednesdays. Lisa is our new Care Co-Ordinator who will be here on Thursdays & Fridays. They will both be partnering with you and your loved ones to make sure all needs are met and to ensure the best quality of care. We have also hired a new chef who goes by the name of Parwan. Welcome all.

We have received a scholarship from the Maggie Beer Foundation who will be working closely with Parwan and our kitchen team to enhance our food offering. The scholarship is set to start in May and runs for a year.

Have a great month.

Maryann Inbari - CEO

From the Lifestyle Desk



Hello everyone and welcome to the April edition of our monthly newsletter. We hope everyone had an enjoyable March which brought us the Holy Month, Holy Thursday and Good Friday.

Please remember daylight savings ends the first weekend of April, so remember to turn your clocks backwards!

The cool breezes of Autumn are now well and truly here, alongside the torrential rain we had last week, we hope you kept safe! Our residents are looking forward to Easter, we are in the easter spirit early. Our common areas are brightly decorated with colourful eggs.

St Patrick's Day was a blast. Staff and residents were boogying the afternoon away. A big thank you to our dedicated care staff who supported us to make this event successful.

David, Tess and Lyssa



APRIL BIRTHDAY CELEBRATIONS

Zenaida	5th
Rosa	18th
Alan	26th

100 *ways to relax*

It should be the easiest thing in the world, but the reality is that switching off isn't always straightforward. From the micro to the macro, throughout this issue, we've sprinkled 100 suggestions for ways to find moments of relaxation each and every day. Start here...

1. Sign up for a library card and check out some books.

2. Listen to a song that makes you think of summer.

3. Plant some seasonal bulbs in the ground or containers.

4. Go forest bathing.

5. Pull on some wellies and go for a muddy walk.

6. Try a 10-minute yoga routine.

7. Listen to an audiobook.

8. Wander around a free museum.

9. Complete a jigsaw puzzle.

10. Take a luxurious shower.

11. Try a dance workout.

12. Write a poem about the view out of your window.

13. SEARCH FOR TREASURES IN A CHARITY SHOP.

14. Try a new kind of tea and savour the flavor.



15. Re-read a book from your childhood.

16. Visit a local historical site.

17. Experience the power of your senses with aromatherapy.

18. Pick a new recipe from a cookbook and give it a go.

19. Go for a swim at your local leisure centre.



20. "I enjoy listening to a comedy podcast." – Rebecca Thair, Editor-in-Chief

21. Write down your five-year plan.

22. Learn some self-massage techniques.

23. Put on a film you've been meaning to watch.

24. Experiment with making bread.

25. TRY A GUIDED MEDITATION.

FOR YOUR NEXT LOT OF INSPIRATION, HEAD TO P10

PLEASE focus

ON WHAT'S
AROUND
YOU



YOU KNOW WHAT WE'RE TALKING ABOUT

the doghouse

WHY ARE DOGS CALLED MAN'S BEST FRIEND?



Through the ages, people have claimed dogs as one of their closest, and best, companions. Of all the domesticated animals, dogs serve the widest array of roles: protector, helper, lifesaver, and companion.

Dogs are incredible friends to people, and they've been companions through centuries.

The relationship between dogs and people is deep and old.

Dogs and people began living together 15,000 years ago when dogs followed people's migration throughout East Asia. The connection was natural because both people and dogs are social beings. Neither can thrive when alone, and both benefit mentally (and often physically) from strong social bonds.

Though domestic dogs share 99% of their DNA with wolves, dogs exude warmth to other dogs and humans that contrasts greatly with a wolf's sceptical and defensive reaction to others. Dogs are social pack animals who thrive off attention and affection, making them a prime candidate for a person's best friend.

Since dogs have been domesticated to a point where they need us to survive, and we tend to find that we need them almost as much, people and dogs developed a symbiotic relationship. Most dog owners will tell you that their dog is a family member. And having a faithful dog at home gives us a listening ear, a warm paw to hold, and even strong legs to run beside.

Where did the phrase “man’s best friend” come from?

In fact, the phrase “man’s best friend” originated in the American Supreme Court in 1870 when a talented lawyer named George Graham Vest defended a man who deeply loved his hound named Old Drum. Vest argued that when a neighbour killed Old Drum for trespassing, the neighbour took the life of more than just a pet—he killed an important family member. Vest famously stated, “The one absolute, unselfish friend that man can have in this selfish world—the one that never proves ungrateful or treacherous—is his dog.”

Much more than a pet

Dogs have proven themselves time and again to be loyal, kind, understanding, and have an indomitable spirit. They greet us happily after what may have been the worst day of our lives and make us feel better with a wag of their tail and a playful grin.

Whether they’re herding sheep, hunting game, supporting people with disabilities, or simply acting as a companion unlike any other, dogs help humans with day-to-day tasks, many of which may not be possible without them. Dating back to the 16th century, dogs have served as service helpers for the blind, and by the 1970s dog trainers developed techniques for dogs to assist people with disabilities.

As if those duties aren’t enough, dogs also help prevent possible crimes and save lives, as in the cases of drug-sniffing and bomb-sniffing canines. German shepherds, a 200-year-old breed, are most commonly seen serving as canine police all around the world.

Want to live a healthier life? Maybe you should get a dog.

As companions, the health benefits of living with a dog have been well-documented in many scientific studies. As reported in a recent Time Magazine article, the health benefits of living with a dog include:

- links to a longer life span
- lower risk of cardiovascular disease
- reduce the adverse health effect of living alone
- can decrease allergies and asthma in children
- increase opportunities for health-beneficial socialization

The study’s author emphasized that these health benefits are only applicable if the dog is well-exercised and cared for. Even if dogs didn’t provide direct health benefits, the unconditional love and companionship they offer is invaluable. They’re at our sides when we’re sick, sad, and lonely. They love us even when we are grumpy, rude, or downright bummers. Dogs are the ones who seem to understand us on a level even we cannot fathom.

The truth is: we call dogs our best friends because, in most of the ways that matter, they are. As dogs and humans have developed a deep relationship over thousands of years, dogs have become part of our families. We take pride in our dogs, and sometimes show them off to others as we would our children. We play with them, hold them close, and rely on them for services they have evolved to provide and enjoy doing.

Often, dogs truly deserve their status as a person’s best friend.

MY PRIORITY IS TO age gracefully



Ensure health, happiness and longevity by practicing these vitality-boosting habits.

Ever wonder why some people live to 90 or 100 with grace and joy? Good genes certainly help, but an optimistic spirit and a sense of purpose may matter even more. A 2011 review in *Applied Psychology: Wellbeing* of 160 published studies confirmed a compelling connection between a positive state of mind and overall health and longevity.

Integrative medicine focuses on this mind-body connection as the cornerstone of total wellness. "Wellness looks at the context of your life," says Dr Tak Poon, a cardiologist with the Palo Alto Medical Foundation. It spans "not just physical health, but work, attitudes, creative outlets and especially relationships of all kinds."

Integrative physicians believe that your mental state, particularly a sense of purpose, affects lifespan. In a 2014 study in *Psychological Science*, researchers found that setting goals and taking action to achieve them lead to healthier lifestyle choices and ultimately a longer life. "My healthiest patients, a good number of them in their 90s and 100s, enjoy people or a hobby, actively learn new things and have a positive engagement with life," Dr Poon says.

The following seven tips, Dr Poon believes, play a big role in ensuring health, happiness and longevity. Practice these vitality-boosting habits regularly to help you age gracefully.

01

1. Live in the Moment

Like everyone else, you cannot predict life's every turn, so make the most of each moment. Learn how to live in the present and how to cultivate daily awareness.

02

2. Forgive Yourself and Others

Forgiveness doesn't mean you condone what occurred; it means you relinquish the event's toxic hold on your mind and body. If you're having trouble letting go, consult a counsellor, therapist or spiritual advisor for support.

03

3. Find Humour and Laugh at Yourself

Watch funny movies, read humorous essays, enjoy jokes. Even when life throws you curveballs, take joy seriously, and take yourself lightly.

04

4. Stay Curious

You're never too old to learn something new. Many of Dr Poon's patients actively socialize with younger people and enjoy learning new things.

05

5. Be Flexible in Body and Mind

Yoga can help both. Not only will yoga increase your muscle flexibility, but the mindful approach to movement and breath may also improve your mental outlook.

06

6. Meditate

Meditation comes in many forms, including prayer, gardening, journaling and quilting. Engage in any activity where time flies because you're having fun.

07

7. Be Grateful

Learn to appreciate the good things around you. Find out easy ways to cultivate gratitude; for example, take 15 minutes each night to write down things you're grateful for.



100 *ways to relax*

41. **WAKE UP EARLY TO WATCH THE SUNRISE.**

42. Watch a comedy series.

43. Try a relaxing stretching routine.

44. Try a new hobby with a friend.

45. Hold an inverted yoga pose (any pose where your heart is above your head).

46. Take care of your nails and hands.

47. Make a plan for the next time you take time off work.

48. Listen to our podcast.

49. Try a new bedtime routine.

50. Go for a walk near a large body of water.

51. Make your favourite childhood dinner.

52. Go window shopping.

53. Play a playground game with your friends.

54. Have an indoor picnic.

55. Reorder your bookshelves (by colour, author, size, etc.).

26. Learn a new card game.

34. Go for a walk'n'talk with a friend.

27. Make a playlist of your personal feel-good songs.

35. Rearrange a small section of your home.

28. Go for a brisk walk around your local area.

36. Have a candlelit dinner.

29. Visit a café and try something new.

37. Put your phone on 'do not disturb'.

30. Catch up with an old friend.

38. Create a new skincare routine.

31. Try bird-watching out of your window.

39. Write a list of the things that bring you joy.

32. Make a vision board of your future goals.

40. "My favourite way to relax is to settle down with a knitting project."

33. Follow a breathing exercise.

FOR YOUR NEXT LOT OF
INSPIRATION, HEAD TO P24

Coffee!

A latte laughs
guaranteed
because coffee
makes the
world go round.

Barista: How do you take your coffee?

Me: Very, very seriously.

What do you call sad coffee? **Despresso**

What's the best Beatles song? **Latte Be!**

How do you know if you've had enough coffee?

You channel surf faster without the remote.

How is divorce like espresso? **It's expensive and bitter.**

What do you call a cow who's just given birth? **De-calf-inated!**

Where do birds go for coffee? **To the NESTcafe.**

What's the difference between coffee and your opinion?

I asked for coffee.

How are coffee beans like kids? **They're always getting grounded!**

What do you call it when you walk into a cafe you're sure you've been to before? **Déjà brew.**

And finally - A factory worker died today after falling into a vat of coffee. Police say that although it came as a shock to all who knew him, they may take some relief from the fact he didn't suffer.

It was instant.



Safe Car TRIP TIPS

Ways to Hit the Road With Ease

When you care for someone with physical or mental challenges because of age or disability, you might find regular transportation is more complicated. A traditional car setup may be difficult or even dangerous for those with limited mobility or safety concerns. Yet, the ability to get out and go places is necessary – not just for appointments or to run errands, but also to retain some freedom and engagement with the world.

CAR ACCESSORIES TO IMPROVE ACCESSIBILITY

Many helpful gadgets and accessories can increase your current car's accessibility. Consider what specific parts of your vehicle or aspects of traveling present challenges for your passenger. This will ensure their needs are met, allowing them more independence while also making travel easier and more comfortable.

1. SWIVEL SEAT CUSHION

Getting in and out of a car seat can be very difficult for those with limited mobility. A swivel seat cushion makes it easy to sit and turn without straining or having to twist the body. Many swivel seat cushions are also much softer, making car rides more comfortable.



◀ *Sojoy iGel/Comfort Deluxe Gel Swivel Seat Cushion has a 16-inch diameter and memory foam inside for increased comfort.*

2. VEHICLE SUPPORT HANDLE

A portable support handle can be kept in the car or a bag. It hooks into the door's latch to support users while pulling themselves up to rise from their seat and out of the vehicle independently with less risk of injury or strain.



◀ *Able Life Auto Cane Vehicle Support Handle is a small 1-pound, 6.5-inch long support handle. It stores easily in the car and works in any door latch.*

3. BUCKLE RELEASE AID

Pushing the small release button on the seat belt can be difficult for those with arthritis or limited hand or finger strength. Release aids are designed to reduce the amount of force and fine motor skills needed to unbuckle.



◀ *Bucklebee is a small release aid that can stay on the seat belt for convenience.*

4. BUCKLE COVER

If you have concerns about someone with dementia, Alzheimer's or another disability who may try to escape from the car, you don't want it to be easy to unbuckle the seat belt. There are buckle covers that require a small device to slide through a slot to press the release.



◀ *Buckle Robot is a universal and simple seat belt cover with a release key that can attach to a keychain.*



from our kitchen
to yours

Peanut Butter Brownies

Melt

175g crunchy peanut butter
150g dark chocolate
280g light brown sugar
25g butter



MIX
IN

3 eggs

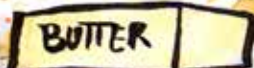
1tsp baking
powder



take off the heat

POUR

Bake @
180°C
25 to 30
min





Reading the signs

Knowing which wash cycle to use is easy – if you can interpret those mysterious clothes washing symbols!

Cotton, silk, linen, wool, rayon, lycra – our clothes are made from a huge number of different materials, and just as they have different properties, so too do they have different requirements in the wash.

But how do you know what you need to do to take the best care of your new shirt or slacks? The care instructions written on the garment tags will tell you, you just have to learn how to read them.

Symbols are used rather than words to convey information irrespective of language

When it comes to caring for your clothes, symbols developed by the International Organization for Standardization (ISO) are used rather than words to convey information irrespective of language.

The symbols are all based on a handful of basic shapes relating to a different aspect of garment care. Each symbol then has modifiers denoting a specific meaning, but the most common – an X or cross – has an almost universal meaning: don't do it.



Washing temperature



A symbol of a tub with a number or dots indicates maximum wash temperature.

- One dot denotes a cold wash.
- Two dots denotes a warm wash.
- Three dots indicates hot water.
- A tub with a number in it gives you more precise temperature guidance and can range from 30–95°C. Remember, that's the maximum temperature – you can always wash in cold (or even just colder) water, and save on your energy bill.

Wash, rinse & spin



A tub with water indicates wash, rinse and spin intensity. Garments with this symbol shouldn't be wrung out by hand.

- A plain tub indicates the garment can be spun and rinsed as normal.
- A bar under the tub means use a low spin speed.
- Two bars under the tub means a gentle wash action is needed, but spin and rinse normally.
- An X through the tub means the garment shouldn't be washed and may need dry cleaning instead.

Handwashing



The symbol for handwash only is, unsurprisingly, a hand. This indicates you should wash the garment item by hand at 40°C or lower.

Alternatively, you can use your washing machine's handwash program if it has one – this is a gentle program suitable for delicate fabrics.

Wringing



If you do handwash your item, or pull it out of the washer before the spin cycle, check if the label carries a symbol that looks like a twisted knot – this indicates hand wringing. Wringing out your clothes can help get the water out, but it has the potential to seriously damage the fibres in the fabric, so don't ignore this symbol.

- A twisted knot symbol means the garment can be wrung out without damage.
- An X over the symbol means the garment should not be wrung out.

Dry cleaning



A circle symbol relates to dry cleaning. Some dry cleaning symbols are for the benefit of the dry cleaner.

- A circle means the item can be dry cleaned.
- Letters inside the circle (e.g. P, A, F) tell the dry cleaner which chemical and method to use.
- An X over the circle indicates the garment should not be dry cleaned.
- A diagonal line at the bottom left of the circle denotes short cycle.
- A diagonal line at the bottom right of the circle denotes low heat.

Bleaching



- A triangle symbol relates to bleach.
- A clear triangle means any type of bleach can be used on the fabric.
- A triangle with two slanted lines means use a non-chlorine or oxygen-based bleach. Alternatively, the label may state "No Chlorine Bleach".
- An X over a triangle means Do Not Bleach.

Not all garments will carry a bleach symbol, but that doesn't mean open season. You should never use bleach on wool, silk or leather garments.

Clothes dryer



A square with a circle in it indicates clothes dryer drying. The dots indicate heat levels.

- One dot – use low heat.
- Two dots – use medium heat.
- Three dots – use high heat.
- An X over the symbol means the garment is not suitable for the clothes dryer.

Line-drying



A square relates to line drying.

- A drooping line inside the square means you can hang your clothes outside to dry.
- Three vertical lines inside the square means drip dry indoors on a clothes horse or rack.
- One horizontal line indicates you should lay the garment flat to keep its shape while it dries.

What about drying?

How you dry your clothes is also dictated by the clothing care symbols. Keep an eye out for these before throwing everything into the dryer.



Do you have to follow laundry care symbols exactly?

Cleaning your clothes correctly is key to keeping them fresh and looking their best for a long time – getting it wrong in the laundry means they won't go the distance, and you could even destroy them completely in one wash.

Most clothing manufacturers recommend the most conservative cleaning methods to minimise the risk of damage to your clothes, so you may not always need to follow care instructions religiously. For instance, a fabric labelled as 'dry

clean only' may be perfectly safe for hand washing.

But there's a risk of fading, shrinking or otherwise damaging clothes if you mistreat them in the wash, especially when it comes

to bleaching or tumble drying. Paying attention to the material your garment is made of will help you make an informed decision about how much (or little) leeway you have. ■



Most clothing manufacturers recommend the most conservative cleaning methods



YOUR COMPLETE CARE LABEL GUIDE

						
Hand Wash Normal	Machine Wash, Normal	Machine Wash, Permanent Press	Machine Wash, Delicate	Do Not Wash	Wash at or below 30°C	Wash at or below 40°C
						
Wash at or below 50°C	Wash at or below 60°C	Wash at or below 95°C	Wash at or below 30°C	Wash at or below 40°C	Wash at or below 50°C	Wash at or below 60°C
						
Wash at or below 70°C	Wash at or below 95°C	Do Not Wring	Wring	Bleach	Do Not Bleach	Non-Chlorine Bleach
						
Chlorine Bleach	Tumble Dry, Normal	Tumble Dry, Low Temp	Tumble Dry, Medium Temp	Tumble Dry, High Temp	Tumble Dry, No Heat	Line Dry
						
Shade Dry	Line Dry in Shade	Drip Dry	Drip Dry in Shade	Dry Flat	Dry Flat in Shade	Natural Dry
						
Do Not Tumble Dry	Do Not Dry	Iron	Iron, Low Temp	Iron, Medium Temp	Iron, High Temp	Do Not Iron
						
Steam	Do Not Steam	Wet Clean	Wet Clean, Delicate	Wet Clean, Very Delicate	Dry Clean	Dry Clean, Any Solvent
						
Dry Clean, Petroleum Only	Dry Clean, Petroleum Only Delicate	Dry Clean, Petroleum Only Very Delicate	Dry Clean, Any Solvent Except Trichloroethylene	Dry Clean, Any Solvent Except Trichloroethylene, Delicate	Dry Clean, Any Solvent Except Trichloroethylene, Very Delicate	Do Not Dry Clean
						
Do Not Wet Clean	Dry Clean, Short Cycle	Dry Clean, Reduced Moisture	Dry Clean, No Steam	Dry Clean, Low Heat	ihateironing	

NB: This article is for general information only.
 Please read labels & instructions on clothing before attempting any washing.

MOM'S GUIDE TO A HEALTHIER AND LONGER LIFE

There's never a good time for Mom to get sick. To avoid ending up in bed or worse, running after your kids and wrapping up errands with a high fever, check out these tips to keep you healthy in mind, body, and spirit.

1

FEED KIDS HEALTHY FOOD.

Since moms usually finish their kids' food or munch on whatever is available at home, making sure your children only consume the good stuff means you will too!



2

PUT YOUR KIDS TO SLEEP EARLY.

So you can sleep early too! It's important for moms to get a full night's sleep, no matter how tempting it is to cram in some work while the house is finally quiet.



3

HOLD DANCE PARTIES WITH THE KIDS.

You need your exercise too. If your kids are older, find a sport or a dance class. When you move, you lower your risk of heart disease and diabetes, gain more energy, and fire up your endorphins!



4

TALK TO YOUR FRIENDS.

It may sometimes feel frivolous to schedule time with friends, but having heart-to-heart conversations with someone who cares about you is good for your heart, mind, and soul.



5

GET A LIFE INSURANCE POLICY WITH HEALTH AND WELLNESS BENEFITS.

Knowing that you and your family will be protected should anything happen to you will give you peace of mind. BPI-Philam has Wellness Series, a suite of life insurance products powered by Philam Vitality that gives you rewards each time you make a healthy choice!



6

FIND QUIET TIME.

Meditate, write in your journal, or just sit and stare off into space. Find time for your mind to rest.



**WHAT'S
ON?**

**DURING
THE MONTH OF
APRIL**



LADIES GROUP

11.00am Friday 11th

EASTER CELEBRATION

2.00pm Sunday 1st

ITALIAN GROUP

2.00pm Wednesday 10th

PIZZA COOKING

BIRTHDAY CELEBRATION

2.00pm Friday 26th

ART GROUP THERAPY

2.00pm Every Monday

MENS CLUB

2.00pm Friday 21st

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 19th

BUS OUTING

9.00am Wednesday 3rd & 17th

BIBLE STUDY

11.00am Every Thursday

ZUMBA EXCERCISES

10.00am Every Tuesday

* Subject to change.





The terms acid reflux, heartburn, and GERD are often used interchangeably, but they actually mean different things. Acid reflux is the backflow of stomach contents into the esophagus. The feeling of acid reflux is heartburn: a mild burning sensation in the mid-chest, often occurring after meals or when lying down.

Overview

Heartburn is a burning pain in your chest, just behind your breastbone. The pain is often worse after eating, in the evening, or when lying down or bending over.

Occasional heartburn is common and no cause for alarm. Most people can manage the discomfort of heartburn on their own with lifestyle changes and non-prescription medications. Heartburn that is more frequent or interferes with your daily routine may be a symptom of a more serious condition that requires medical care.

Symptoms of heartburn include:

- A burning pain in the chest that usually occurs after eating and may occur at night
- Pain that worsens when lying down or bending over
- A bitter or acidic taste in the mouth

When to see a doctor

Chest pain may be a symptom of a heart attack. Seek help right away if you have severe chest pain or pressure, especially when combined with pain in the arm or jaw or difficulty breathing.

Make an appointment with your health care provider if:

- Heartburn occurs more than twice a week
- Symptoms persist despite use of non-prescription medications
- You have difficulty swallowing
- You have persistent nausea or vomiting
- You have weight loss because of poor appetite or difficulty eating

Causes

Heartburn occurs when stomach acid backs up into the tube that carries food from your mouth to your stomach (esophagus).

Typically, when food is swallowed, a band of muscle around the bottom of the esophagus (lower esophageal sphincter) relaxes to allow food and liquid to flow down into the stomach. Then the muscle tightens again.

If the lower esophageal sphincter isn't working as it should, stomach acid can flow back up into the esophagus (acid reflux) and cause heartburn. The acid backup may be worse when you're bent over or lying down.

Risk factors

Certain foods and drinks can trigger heartburn in some people, including:

- Spicy foods
- Onions
- Citrus products
- Tomato products, such as ketchup
- Fatty or fried foods
- Peppermint
- Chocolate
- Alcohol, carbonated beverages, coffee or other caffeinated beverages
- Large or fatty meals
- Being overweight or pregnant also can increase your risk of experiencing heartburn.

Complications

Heartburn that occurs frequently and interferes with your routine is considered gastroesophageal reflux disease (GERD).

Gastroesophageal reflux disease (GERD) treatment may require prescription medications and, occasionally, surgery or other procedures. GERD can seriously damage your esophagus or lead to precancerous changes in the esophagus called Barrett's esophagus.

Health disclaimer:

This article contains general information about health issues and is not advice.

For health advice, consult your medical practitioner.

Sincere *apologies*

The art of a heartfelt apology

If you've been stuck mostly at home with one or more family members over the past years, chances are you've gotten on one another's nerves occasionally.

When you're under a lot of stress, it's not uncommon say something unkind, or even to lash out in anger to someone you care about.

And we all make thoughtless mistakes from time to time, like forgetting a promise or breaking something.



Not sure if you should apologise?

Even if you don't think what you said or did was so bad or believe that the other person is actually in the wrong, it's still important to apologise when you've hurt or angered someone. "To preserve or re-establish connections with other people, you have to let go of concerns about right and wrong and try instead to understand the other person's experience," says Dr Ronald Siegel, assistant professor of psychology at Harvard Medical School. That ability is one of the cornerstones of emotional intelligence, which underlies healthy, productive relationships of all types.

How to apologize genuinely

For an apology to be effective, it has to be genuine. A successful apology validates that the other person felt offended and acknowledges responsibility (you accept that your actions caused the other person pain). You want to convey that you truly feel sorry and care about the person who was hurt, and promise to make amends, including by taking steps to avoid similar mishaps going forward as in the examples below.

According to the late psychiatrist Dr Aaron Lazare, an apology expert and former chancellor and dean of the University of Massachusetts Medical School, a good apology has four elements:

- *Acknowledge the offense. Take responsibility for the offense, whether it was a physical or psychological harm, and confirm that your behaviour was not acceptable. Avoid using vague or evasive language, or wording an apology in a way that minimizes the offense or questions whether the victim was really hurt.*
- *Explain what happened. The challenge here is to explain how the offense occurred without excusing it. In fact, sometimes the best strategy is to say there is no excuse.*
- *Express remorse. If you regret the error or feel ashamed or humiliated, say so: this is all part of expressing sincere remorse.*
- *Offer to make amends. For example, if you have damaged someone's property, have it repaired or replace it. When the offense has hurt someone's feelings, acknowledge the pain and promise to try to be more sensitive in the future.*

100 ways to relax

56. COMPLETE A
CROSSWORD PUZZLE.

57. Have an at-home spa day.

58. Start a new craft you've
always wanted to try.

59. Watch an inspiring nature
documentary.

60. "I like to play Azul online." –
Charlotte Noel, Creative Lead

61. Use visualisation techniques to
escape your day-to-day

62. Visit a beach.

63. Read a book from a genre you
wouldn't usually pick.

64. Make your own face mask.

65. Go to a trial day for a new sport.

66. Watch a local drama
performance.

67. Listen to some nature sounds.

68. Make a well-loved family recipe.

69. Write a letter to an old friend

70. Try acupressure on yourself.



71. Start a scrapbook.

72. Take your full lunch break.

73. Watch a feel-good film.

74. Spend 10 minutes taking in
direct sunlight.

75. Research a topic you're
interested in.

76. Make a blanket fort and
camp out in it.

77. Host a board game evening.

78. Try a new type of food.

79. Listen to classical music.

80. "I love playing basketball, it
helps me relax and let out the
steam built throughout the day."

81. EXPERIMENT WITH COLD
WATER THERAPY (START WITH
A COOL SHOWER!)

82. Work on your balance by
holding one-legged yoga poses.

83. Take a 20-minute nap.

84. Batch cook your meals
for the week.

85. Practise functional
movement exercises.

86. Propagate your
favourite plants.

87. Have a chat with an
elderly friend or relative.

88. Plan out a new
morning routine.

89. Write down 10 things
you are grateful for.

90. Set yourself a self-care
challenge for the week.

91. Spend time with a pet.

92. Try cloud watching.

93. Make your own home decor.

94. Go on a cake and coffee date.

95. Reduce your screen time.

96. Give yourself a manicure.

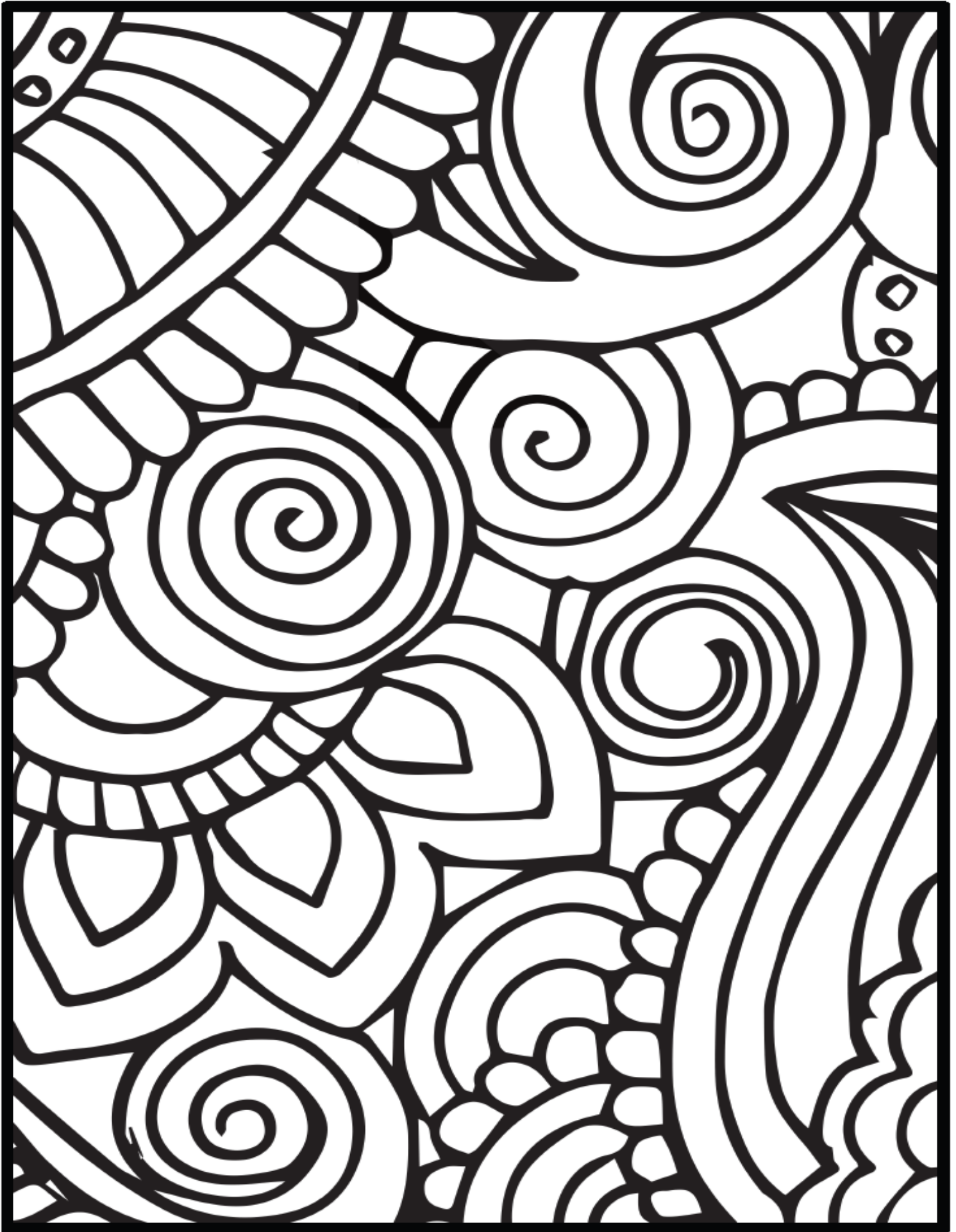
97. Create a soothing atmosphere
with some candles.

98. Plan out a nutritionally
balanced meal plan.

99. Print off your photos and
create an album.

100. Write down calming
affirmations to repeat.

COLOUR ME IN





Politicians' lust for nuclear reveals Australia's real power struggles

Have you ever had a song that just sticks in your head? An earworm as they say in the land of labels, a song that keeps on going around and around, driving you demented. I had this the other day, my subconscious playing nasty tricks on me.

The song was "Let the sunshine in", one that I remember singing in the late Sixties. Or was it the Seventies? I think it came out with that controversial musical Hair, an anti-war, anti-establishment piece with an infamous nudity scene. The song was all a bit 'hippyish' but had a catchy tune. It had references to an age of Aquarius (whatever that meant) and the need for positive change.

Well, we do need some positive change all these decades later. The reality of renewable energy and sunshine is taking front and centre in my thinking. And I am getting annoyed, very annoyed. Why, you ask?

Today I heard a politician rabbit on about building nuclear power stations to tide us over in the interim phase between old-fashioned carbon emitting technology - think dirty coal-fired power stations and new solar and wind farms, generating all the electricity we need.

It was typical politician speak, sound grabs, blame heavily cast on the present government, though goodness knows we've had a few of each variety in the past 20 years. We have had years and years to contemplate this need for alternative energy sources and it strikes me that we have been incredibly slow, stupid and downright dumb in how we have approached this looming crisis.



Many years ago, in the mid-1970s, I spent a few weeks in the Middle East and I was amazed at their innovative approach to energy. On every building I saw there were solar hot water services, capturing for free what nature was providing. Granted they looked jerry-built and not aesthetically pleasing but they did a good job and ensured that at least a portion of the need for electricity was covered by the sun.

I came back home and waited and waited for our forward-thinking politicians to join the club. We have abundant sun, so why did it take 40 years at least to play catch up? We now have one of the biggest uptakes of solar panels on our roofs, thanks to private citizens, but we seem to have not joined the dots in making sure the rest of the infrastructure handles this load.

And as for nuclear power - the idea the politician pulled out of a hat - the consensus is that they take years and years to build, are not popular with the electorate (who wants one in their backyard?) and then leave us with a pact with the devil to try to store the radioactive waste material.

My scepticism rises about our ability to not have enormous budget blowouts (no infrastructure seems to meet its budget estimate), let alone having any of these plants built within a reasonable time frame.

Climate change is upon us. There will be more severe storms, drought and hotter days to test the resolve of people and governments. Water will become a scarce commodity in some parts of the world and other parts will be inundated by rising sea levels. There is more than a sense of urgency to all of this.

Will future generations shake their collective heads in disbelief and disappointment that we squandered our opportunities and were so slow in our need to save the planet?

This article was written by an independent journalist 17th March 2024.



BEHIND THE STAINED GLASS

5 Facts You Might Not Know About The Queen Victoria Building

The QVB is one of Sydney's grandest and oldest buildings, so unsurprisingly, it has its fair share of stories to tell. From mystery doors, to the suspiciously spick and span historic interior, and the famous statue of Queen Victoria that stands outside, nothing is quite what it seems at the QVB. Secrets, stories and visual sleights of hand are at every turn. Here, we share five of our favourite facts that you might not know about the grand sandstone heart of our city.

1. THE STAINED GLASS TELLS A STORY

Constructed as a tribute to Queen Victoria, the QVB's stained glass windows play a crucial role in telling the story of the monarch's reign. These windows, depicting scenes from British history and culture, are not merely decorative; they serve as a testament to the building's original purpose. Next time you're visiting, take a closer look.

2. THE QVB WAS ALMOST DEMOLISHED TO MAKE WAY FOR A CARPARK

Shockingly, in the 1970s, the QVB was almost demolished to make way for a car park. Thankfully, the building was saved by public outcry and underwent extensive renovations in the 1980s. The opponents of demolition included Australian comedian Barry Humphries who penned a poem that read: "How we hate all that sandstone as golden/As obsolete guineas/With nowhere to stable our Holden/Or tether our Minis".

3. WE'RE HOME TO SYDNEY'S MOST MYSTERIOUS SPIRAL STAIRCASE

Beyond the bustling shops and opulent displays, the QVB houses a captivating feature – an elegant spiral staircase. This architectural marvel, located near the southern end of the building, has often delighted and perplexed visitors as it leads to a mysterious door. The door actually opens into the void between the inner stained glass dome and the outer copper dome – and boasts one of the best views over the city.

4.THERE'S A GOLDEN KEY TO THE QVB THAT HASN'T BEEN SEEN IN OVER 25 YEARS

On 21 July 1898 Sydney celebrated as Mayor Alderman Mathew Harris officially opened the Queen Victoria Markets Building. The Lady Mayoress, with a commemorative solid gold key, opened the Drutt Street entrance. That evening the Town Hall was transformed for the 1400 guests at a ball celebrating the opening of these markets. Sadly, the golden key has gone missing and was last seen in 1998. We're still looking for this gorgeous piece of history - have you seen it?

5.WE'RE HOME TO SYDNEY'S SECRET LETTER FROM QUEEN ELIZABETH II

Kept in a glass case in a restricted part of the building is a letter written by the late Queen Elizabeth II. Written to celebrate the restoration of the building in November 1986 and addressed to the Lord Mayor of Sydney, the instruction reads: "On a suitable day to be selected by you in the year 2085AD, would you please open this envelope and convey to the citizens of Sydney my message to them." It is said that not even her most personal staff have any knowledge of the letter's contents.

FIRST AID FOR CHOKING

THERE ARE TWO TYPES OF AIRWAY OBSTRUCTION:

PARTIAL AIRWAY OBSTRUCTION

A partial obstruction is when a foreign object (most likely food) has partially cut off the airway. Signs include:

1. Coughing and wheezing
2. Difficulty in breathing or breathing noisily
3. Cyanosis (turning blue)

FIRST AID

1. Encourage coughing (this is the best way to dislodge object)
2. Refrain from giving back blow if coughing is effective
3. If coughing proves ineffective, follow the first aid steps below for **COMPLETE AIRWAY OBSTRUCTION**

COMPLETE AIRWAY OBSTRUCTION

A complete obstruction is when a foreign object has completely cut off the airway. Signs include:

1. Inability to breathe, speak or cough
2. Distressed movements (will usually grip throat)
3. Cyanosis (turning blue)
4. Rapid loss of conscious

FIRST AID

1. Deliver up to 5 back blows, using the heel of the hand and striking between the shoulder blades. Check airway after each blow.
2. Deliver up to 5 chest thrusts, using one or two hands (works best with the victim standing against a wall). Check airway after each chest thrust.

3. CALL 000

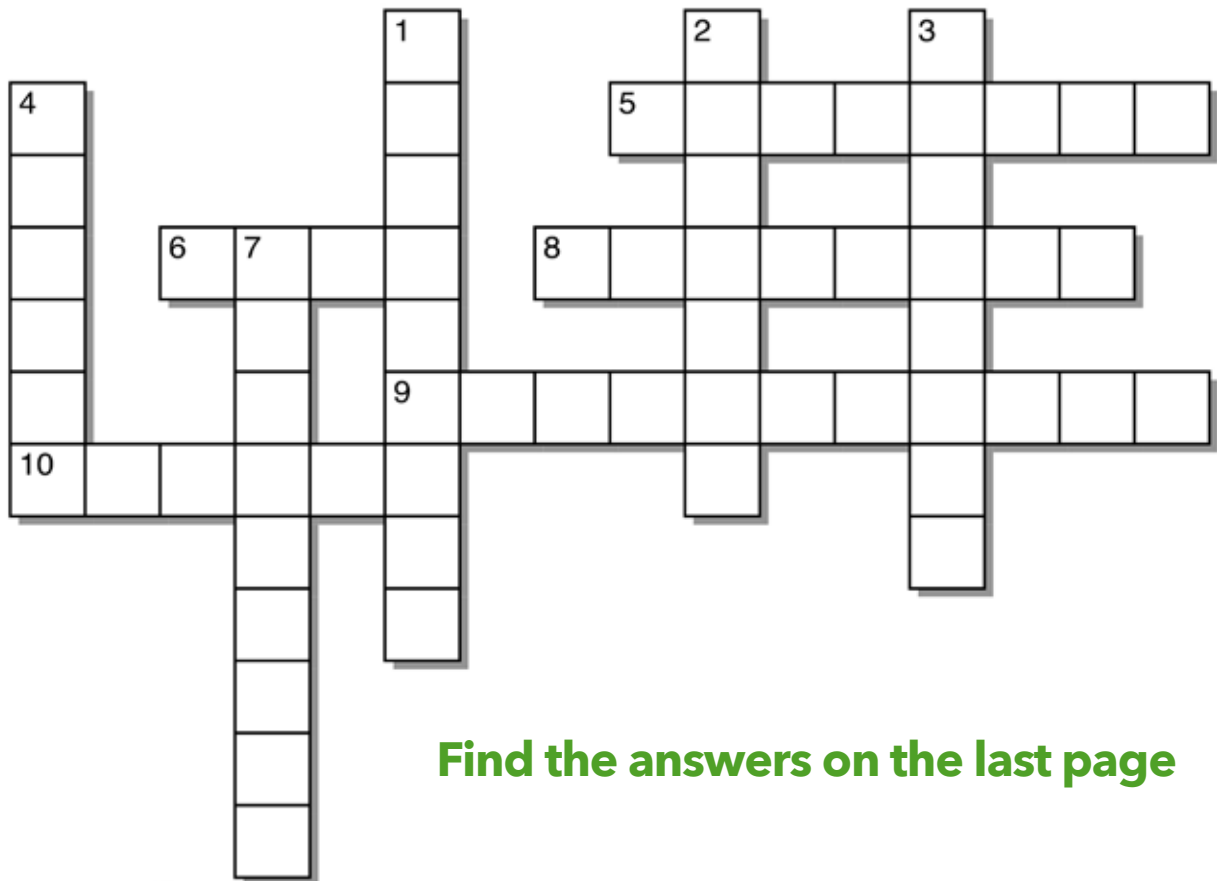
IF VICTIM LOSES CONSCIOUSNESS, COMMENCE CPR. YOU CAN STILL PROVIDE BREATHS AS ANY OBJECT THAT IS BLOWN FURTHER INTO THE LUNGS CAN BE RETRIEVED LATER.





BRAIN GAMES

VEGETABLES CROSSWORD



Find the answers on the last page



HINK PINKS

all about Rhyming

A *hink pink* (sometimes called a *rhyming pair*) is a pair of rhyming words that matches a silly definition.

example: a black bird that does not fly fast - slow crow

Can you find rhyming pairs for these clues?

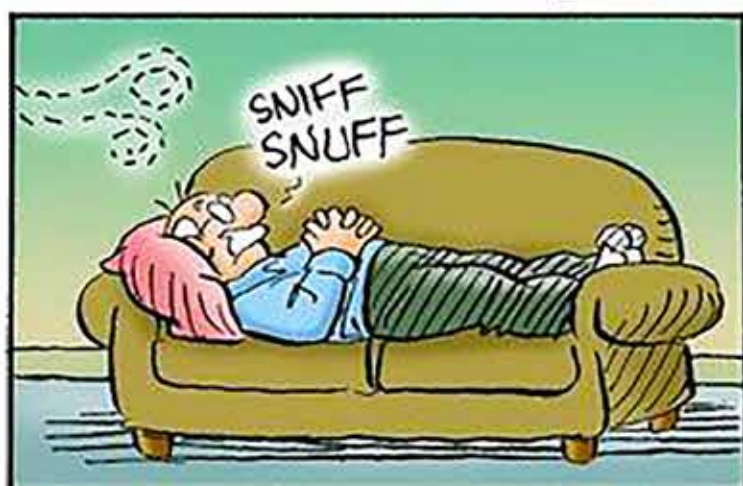
- | | | |
|--|-------|-------|
| 1. paperback thief | _____ | _____ |
| 2. lengthy tune | _____ | _____ |
| 3. closet to keep a sweeping tool | _____ | _____ |
| 4. light red beverage | _____ | _____ |
| 5. small buzzing insect that is not wet | _____ | _____ |
| 6. large group of people that is noisy | _____ | _____ |
| 7. stinging insect that doesn't cost money | _____ | _____ |
| 8. unhappy father | _____ | _____ |
| 9. rabbit that tells jokes | _____ | _____ |
| 10. fast elevator | _____ | _____ |

Find the answers on the last page



Find the answer on the last page

Senior Moments



HINK PINKS ANSWERS

- | | |
|------------------|--------------|
| 1. <u>book</u> | <u>crook</u> |
| 2. <u>long</u> | <u>song</u> |
| 3. <u>broom</u> | <u>room</u> |
| 4. <u>pink</u> | <u>drink</u> |
| 5. <u>dry</u> | <u>fly</u> |
| 6. <u>loud</u> | <u>crowd</u> |
| 7. <u>free</u> | <u>bee</u> |
| 8. <u>sad</u> | <u>dad</u> |
| 9. <u>funny</u> | <u>bunny</u> |
| 10. <u>swift</u> | <u>lift</u> |

Spot The Mistake ANSWER



VEGETABLES CROSSWORD

ANSWERS

Down: 1 Sweet Corn, 2 Pumpkin, 3 Broccoli, 4 Carrot, 7 Asparagus
Across: 5 Mushroom, 6 Kale, 8 Capsicum, 9 Cauliflower, 10 Tomato

Hope you enjoyed our newsletter

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