



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for May.

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 May issue.

Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.

Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.



FROM THE HEAD OFFICE

April has been a very busy month with lots of changes, we have implemented a new online system which we hope is going to make things easier and more efficient.

We have started our winter vaccination program with flu vaccines which will be followed by the Winter Covid dose in early May. Please send the consent forms if you haven't already done so.

Please do not come and visit if you are feeling unwell even if you have a negative RAT.

We are hoping to be able to have a Mother's Day luncheon this month and it will be wonderful to see you all again at The Willows.

Maryann Inbari - Facility Manager Organisational & Financial Controller



It's been a busy month of settling in and getting to know our community here at The Willows. I have enjoyed taking the opportunity to get to meet some of you and getting out and about when the chance arises.

Upstairs in the office and with our team members we have been implementing our new computer system LeeCare. This is providing us with the opportunity to put all of our information on to a computer system and get rid of all the pesky paper work around the home. We have been catching up with each of the teams and getting ready for our accreditation that could happen anytime soon.

We have also been busy hiring new carers from our students. The Willows are pleased to welcome Seema, Shristi and Roshan to the team. They are valuable additions to the team and look forward to having them with us for a long time to come.

Sadly, we said goodbye to Sister Nimmie. She will be missed on Thursday and Friday mornings and wish her well in her future endeavours.

The Willows welcomed some new residents as well to our home. I'm sure you have seen the new faces, please make them welcome. As always we are here to help in anything that you need. Please don't hesitate to let us know if there is anything we can do for you.

Sarah Wright - Facility Manager Clinical

From the Cube



The Easter celebrations this year compared to the previous Year's was quiet. Due to the weather we we're unable to invite residents representatives to attend as we had to take into consideration seating arrangements and limited space availability, yet as usual we managed to have a beautiful celebration with our residents who enjoyed their lunch while listening to guitar music and songs by David Antonio our male RAO.

Mother's Day is on the 8th of May and we are hoping to invite our residents families to attend this very important event. Our Mothers day celebrations, at The Willows, will be Celebrated on Thursday the 5th of May. God willing the weather will be fine enough to have the part in the garden.

If your'e visiting The Willows, please check out our Mothers day raffle, its displayed in the downstairs dining room. If any family members would like to reach out to your father or mother or relative that is currently living at The Willows you can always communicate via what's app for verbal and visual personal time.

Much love and care to you all froml.

Cynthia and David - The Diversional Therapy Team





HAPPY

Mother's
Day

8th May



SNAP the Stress Cycle

Our lives are back to being busy with lots of new challenges. There is lots of negative media about at the moment, it seems that every time we turn on the TV or radio there is bad news.

It is stressful!

Studies have shown that a little stress is ok but when we are overwhelmed and there is too much stress it can affect our health. How do you keep from being overwhelmed by stress?

How do you SNAP the stress cycle?

After years of being on the stress cycle I developed a technique to SNAP the Stress Cycle that I want to share with you. SNAP! Just like a rubber band that is stretched too tight and snaps back to hurt you or others - stress works the same way. A little stress is ok but too much stress, stretching you out of shape, is not. I found it comes in cycles and waves and we can often feel like we are drowning under the weight of it.



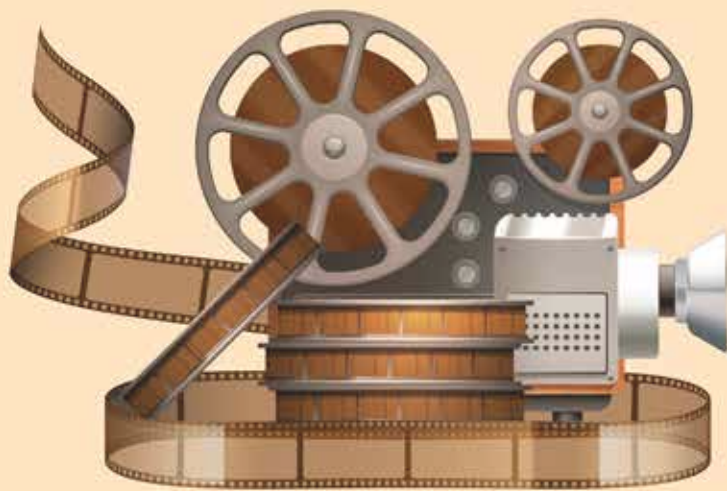
So how do you SNAP the Stress Cycle?

- **Stress less** - rest, meditate, read - anything that relieves the stress
- **New Normal** - accepting that this is your new normal
- **Attitude of Gratitude** - change the way you are thinking, being grateful
- **Prevent Burnout** - the most important of all - take a break before you break.

Each person is different and stressing less will mean something different for each of us - find what works for you and do it often! Make it a part of each-and- every day.

It isn't selfish to look after yourself.

This information is for reading purposes. Ask a medical professional for advice if you feel stressed.



Retro cinema

VERY OLD CLASSIC MOVIES



Some like it hot

After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in.



Casablanca

Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

The million pound note

In Edwardian London, American sailor Henry Adams (Gregory Peck) is destitute and living hand-to-mouth. By sheer luck Henry gets embroiled in a unique bet between wealthy brothers Roderick (Wilfrid Hyde-White) and Oliver Montpelier (Ronald Squire). The brothers present Henry with an envelope containing a one-million-pound banknote, a bill whose mere existence, Oliver contends, will allow Henry to survive comfortably for an entire month without spending any money.



Breakfast at Tiffany's

Based on Truman Capote's novel, this is the story of a young woman in New York City who meets a young man when he moves into her apartment building. He is with an older woman who is very wealthy, but he wants to be a writer. She is working as an expensive escort and searching for a rich, older man to marry.



From Russia with love

Agent 007 (Sean Connery) is back in the second instalment of the James Bond series, this time battling a secret crime organization known as SPECTRE. Russians Rosa Klebb (Lotte Lenya) and Kronsteen are out to snatch a decoding device known as the Lektor, using the ravishing Tatiana (Daniela Bianchi) to lure Bond into helping them. Bond willingly travels to meet Tatiana in Istanbul, where he must rely on his wits to escape with his life in a series of deadly encounters with the enemy.





QUICK TIPS

5 OF THE BEST FOR MAY

1. Fresh chopping boards

Get rid of that 'old food' smell from your chopping boards by rubbing half a cut lemon over the surface. Allow the chopping board to stand for 20-30 minutes and then rinse under cool running water.

2. Fresh fridge

Use vinegar to wipe the inside of the refrigerator to help prevent mildew (acid kills mildew fungus). To keep your fridge smelling fresh, keep a box of baking soda, a can filled with charcoal or dried coffee grounds or a cotton ball soaked in vanilla extract inside of it.

3. Chewing-gum removal

There's nothing worse than chewing gum stuck to the back of your pants. For a surprisingly quick and easy remedy, pop the garment into the freezer for a couple of hours. Once the chewing gum has frozen you will be able to pick it off with your fingers or chisel it off with the back of a teaspoon.

4. Dust-free TV

When dusting your television or venetian blinds, use a soft cloth that has been dampened with fabric softener - this will reduce the static that attracts dust.

5. No ring around the collar

Try using your shampoo to remove ring around the collar. Since the ring is usually caused by oil, dirt and grime that gathers around the neck, shampoo - which is made to remove body oils - should remove it from clothing too. Just apply the shampoo, gently scrub, then stick it in the washing machine.

Retirement



Most Aussies say things look dire for when they retire

A majority of Australians think the age pension should be increased, while most Australians who aren't retired think they won't have enough money when they do. The Australian National University (ANU) survey of almost 3,500 adults in early 2021 found more than seven-in-10 adults (70.5 per cent) think the current age pension of \$944.30 per fortnight for a single person with no children isn't enough.

The average age pension payment supported by respondents was \$1,115 per fortnight. The study also found almost six-in-10 (55.7 per cent) of Australians who aren't yet retired are worried they won't have enough savings to live comfortably when they stop working.

"In early 2021, as Australia was continuing to emerge from the COVID-recession, the majority of Australians who weren't currently retired thought that they will not have enough money when they do," Professor Biddle said. "Of those Australians who say they are worried about not having enough money in retirement in 2021, females, people who hadn't finished year 12 and those living outside capital cities were most concerned. "Our study shows a large increase since the last time we asked this question in 2015, when only 39.6 per cent of Australians thought they would not have enough money to live comfortably."

According to the findings, 38 per cent of Australians think they will have enough savings to live comfortably in retirement - a similar level to 2015 when 39 per cent of people said the same. "But, we have seen a very large decline in the per cent of people who said they definitely would have enough money -- 21.3 per cent in 2015 compared to just 6.1 per cent in 2021," Professor Biddle said.

The study shows already retired Australians are less worried about having insufficient savings, with more than 71 per cent saying they definitely - or probably had enough money to live comfortably for the rest of their retirement.

JobSeeker and superannuation also a concern

When it came to the question of unemployment benefits, the survey shows Australians think the rate of \$620.80 per fortnight for a single person with no children is too low. The rate introduced on 1 April. Instead, on average respondents thought a rate of \$711 per fortnight was more appropriate. The study, led by the ANU Centre for Social Research Methods, also asked Australians whether current JobSeeker and superannuation arrangements were sufficient.

It found a clear majority of Australians, 55 per cent, think the rate of superannuation payments should be increased from 9.5 per cent to 12 per cent by 2025 - a change already legislated. Another 20.8 per cent said the rate should be greater than 12 per cent. Asked whether they would use their superannuation for other purposes if they could access their savings early, 47 per cent of people said yes. Of those, 26.9 per cent said they would use it to purchase a home or reduce their mortgage, while 10.2 per cent said they would use their savings to meet current living expenses.

Young Australians aged 18 to 24 years and older Australians (aged 55 years and above) said they would be less likely to use their superannuation for a home purchase, whereas those born overseas in a non-English speaking country said they would be more likely to. The study also showed how many Australians have had to tap into their savings during the last 12 months due to the COVID-19 pandemic, with 13.3 per cent accessing superannuation early and 17.9 per cent drawing on retirement savings.

This study was led by the ANU Centre for Social Research and Methods as part of its ongoing COVID-19 monitoring program with data collected by the Social Research Centre. Please get professional advice if required as facts and figures might have changed.

FROM THE FOOD STUDIO

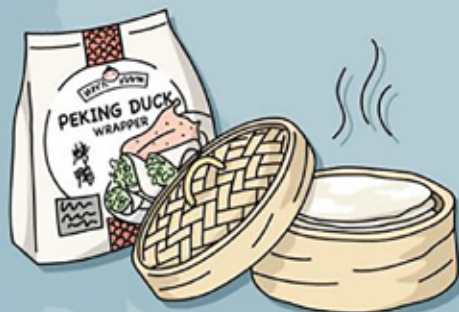


FAUX PEKING THE DUCK



QUICK PICKLED CARROTS:

In a small sauce pan place water, sugar and vinegar.
Warm up until vinegar dissolves, transfer into a bowl.
While still hot, immerse the julienned carrots in the liquid and leave for at least 1/2 hour.



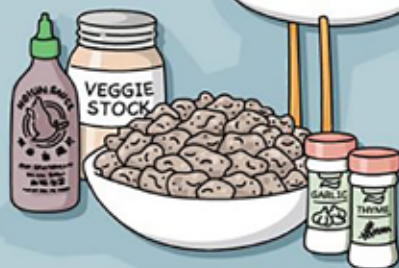
FOR THE WRAPPERS:

Take as many wrappers as you need and place them in a steamer.
Steam for about 3-4 minutes until they become soft.
Set aside.



INGREDIENTS:

200ml vegetable stock
1/2tbs garlic powder
1/2tbs dry thyme
salt and pepper to taste
4tbs hoisin sauce
100gr dry soy mince
1 pack peking duck wrappers
5 carrots julienne cut
200 ml water
100 gr sugar
100 ml rice vinegar
5 spring onions julienne cut
1 bunch fresh coriander



FOR THE SOY MINCE:

Warm up the vegetable stock.
Place soy mince in a bowl and cover with stock.
Let it soak for about 1/2 hour or until soft.
Drain mince and squeeze any excess water.
Put some olive oil in a roasting pan and place the mince.
Season with the garlic powder, dry thyme, salt, pepper.
Roast in the oven at 200 C for about 30 to 45 min.
The soy should be a little brown and crunchy.
Remove from the oven, transfer to a bowl and while still hot stir in the hoisin sauce.



ASSEMBLY:

Fill wrappers with the soy mince (about 1 tbs per wrap), put some of the pickled carrots, some of the spring onions and finish with fresh coriander leaves.
Wrap and enjoy!

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



HAIRDRESSER



ART THERAPY



HOLY COMMUNION





Australian Red Cross **Lifeblood**[®]

Give life. Give blood.

Did you know that 1 in 3 of us will need blood in our lifetime but only 1 in 30 people donate? And that every donation can save up to 3 lives! In Australia, a new donor is needed every 5 minutes. If you've never donated blood before, or have not donated for a while, now's the time to do it.

You can also donate your plasma. Plasma is a part of your blood that can be used in 18 different life changing ways! Australian Red Cross Lifeblood have donor centres across Australia. Bookings are essential.

Steps to take action

1. To check your eligibility, register and make an appointment, go to lifeblood.com.au, call 131 495 or download the free DonateBlood App from the App Store or Google Play.
2. Attend your appointment, donate and feel super happy - you've just saved up to three lives!
3. Take a selfie and share your donation experience on social media to raise awareness.
4. You can make a blood donation every 12 weeks, and you can donate plasma every 2 weeks!

Helpful resources

- Find out if you are eligible to give blood with the ONLINE eligibility quiz on the life blood website - <https://www.lifeblood.com.au/blood/eligibility/quiz>

UNPACKING THE Generation DIVIDE



It is a common misconception that some older people disagree with the young. Last month, National Seniors Australia released a report on intergenerational solidarity, exposing the true thoughts and perspectives the elderly has towards younger generations in our community.

Seniors are proving to have more positive attitudes towards younger people than negative, says Professor John McCallum the National Seniors CEO. The results from the report state that 31% of seniors in the study agreed that job security and unemployment prospects for younger people were of the most concern. A close second was housing affordability at 27%, followed by education, mental health and climate change.

During lockdown, many older people are struggling to stay in touch with their younger counterparts. A breakdown in communication due to physical barriers is damaging not only for older generations, but younger people too. Australian Seniors reports that 8 in 10 seniors are "sorely missing being able to see their children and/ or grandchildren in person," whilst younger people have lost a large amount of support from these major players in their lives.

Not only has lockdown challenged our abilities to physically support one another, but also our ability to communicate on a deep level. Australian Seniors reports only 1 in 7 are providing care to their older family members through technology. Intergenerational connections depend on learning new skills from one another. Older people often teach younger people interpersonal skills including values such as empathy and respect, whilst younger people teach seniors new communication technologies - including the use of Facebook, FaceTime and WhatsApp to communicate with their friends and family online.

Young people often feel the sting when they are disconnected from their older family members and friends. To stay connected, suggest a time each week to talk with your grandchild. Make an effort to call your older family members every now and then. Pick up groceries for your aunt or uncle and drop it off at their home in a COVID- safe way. To bridge the gap, we need to not only maintain, but strengthen our intergenerational relationships.



Helpful Herbal Teas

From Stress Relief to Sleep Aids, Herbal Teas can be a great addition to your daily routine to help with many of life's challenges.

Use this chart to help find an herbal tea to suit your needs, and try it today.

Anti-Inflammatory



- Licorice
- Red Raspberry
- Hibiscus
- Echinacea
- Ginger
- Linden

Skin Health Support



- Chamomile
- Lavender
- Coriander
- Rose Hip
- White
- Oolong
- Marshmallow

Stress Relief

- Spearmint
- Lavender
- Peppermint
- Passionflower
- Jasmine
- Linden

Oral Health



- Spearmint
- White
- Calendula

Antioxidant

- Green
- Black
- White
- Orange
- Oolong
- Red Raspberry
- Ginkgo
- Jasmine
- Linden

Cardiovascular Support



- Green
- Orange
- Jasmine
- Rose Hip
- Ginkgo

Sleep Aid



- Chamomile
- Lavender
- Lemon Balm
- Aniseed

Digestive System Support



- Peppermint
- Lemon Balm
- Ginger
- Fennel
- Coriander
- Marshmallow
- Hibiscus
- Licorice

PMS Symptom Relief

- Fennel
- Licorice
- Fenugreek
- Hibiscus

Immune Boost



- Echinacea
- Rose Hip
- Chamomile

may the sun
bring you new energy by day,

may the moon
softly restore you by night,

may the rain
wash away your worries,

may the breeze
blow new strength into your being,

may the walk
gently through the world and know
its beauty all the days of your life.

LOVE

WHERE YOU LIVE

ThinkTime



Quiz time

I am **Black** when you buy me,
Red when you use me, and
grey when you throw me away?

What am I ?

What goes **Up** and **Down**
without **Moving** ?

I AM ALWAYS IN **FRONT** OF YOU
BUT YOU CAN **NEVER** SEE ME.

Who am I ?

WHAT IS THE **SMALLEST** SENTENCE
WITH ALL LETTERS IN THE
ENGLISH ALPHABET ?

Which **vehicle** is spelled the
same **forwards** and **backwards**?

You can see me in water,
but I never get wet.

Who am I ?

Answers on the back page

THE MAZE

Can you find your way through this maze?

Help Roger and Rover get together after being apart for five days.

Good luck!



SUDOKU

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3	1		9	7		2		
		9	1	8	2			3
				6		1		

Quiz time

ANSWERS

1. Temperature

2. I am black gold i.e charcoal.

It is black when it is not used and when using it is red due to fire and when used it is in grey color as it becomes ash.

3. It is the future, which is in front of us, but we cannot see.

4. THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG.

5. RACECAR

6. A reflection.

Remember to LIKE and FOLLOW US on FACEBOOK

