The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 51. March 2024

# Whispers from the Willows
## NEWSLETTER

Welcome to our newsletter for March.
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 March 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 March

## From the Admin Desk

Hi All

Thank you for all the kind wishes that you extended to me on the passing of my father. While it's been a very sad time, I was glad to be back and see that we had overcome another COVID outbreak.

The outbreak has brought my attention back to vaccinations and I am organising to have the Pneumococcal, Shingrix and Flu vaccinations (end April) ordered and administered as soon as possible. I sent out a consent form for Shingrix and Pneumococcal late last year, if you haven't sent it back and would still like to, please contact me for a form.

As I am sure you are all aware Betty our cook resigned late last year, and we have now hired a great new cook who has experience in Italian and international foods. It will be exciting to see what new flavours he brings to The Willows.

Easter is early this year and will be celebrated at the end of this month. Happy Easter to all.

**Maryann Inbari - CEO**

## From the Lifestyle Desk

Hello Everyone

The time has come where staff and visitors don't have to continue wearing masks. We can now see your beautiful smiles! It goes without saying if you feel safer to wear a mask please continue to do so. We thank you for keeping our residents safe during these uncertain times.

In the month of February, we welcomed many new residents to THE WILLOWS PRIVATE NURSING HOME, we hope they are settling well and enjoying our lifestyle activities. We are looking forward to celebrating St Patrick's Day and Greek Independence Day with a special afternoon tea. Our other events will continue as normal. We encourage residents and families to contribute ideas and suggestions for lifestyle activities. If you have any questions, please don't hesitate to ask, we love seeing your friendly faces!

**David, Tess and Lyssa**

"Lord God, thank you that your mercies are new every morning. Thank you that we can claim this promise as we begin a new month. We leave behind the trials and troubles of the previous month and step into this new month with our eyes fixed on you. Help us to glorify and honor you with this fresh start. Amen."

# MARCH BIRTHDAY CELEBRATIONS

Marija Dorkic 2nd
Birgit Christensen 7th
George Vacras 19th
Mavis Thomas 22nd

DE

ME

NT

IA

# Do's & Don'ts OF DEMENTIA COMMUNICATION

✅ **DO practice patience when it comes to repetition –** Dementia affects memory. It will be increasingly common for your loved ones to repeat themselves. They cannot remember and often won't recall that they cannot remember. When they ask the same question for the 5th or 15th time, take a deep breath and answer knowing that — for them — it still feels like the first.

❌ **DON'T confront their memory loss or ask them to remember –** "You already said that!" "I've told you 15 times already!" "You KNOW who that is!" These types of responses are unhelpful at best. Quizzing them about family members or asking them to remember (especially when it's clear they are struggling) will also only increase stress for everyone.

Many people with dementia have increased anxiety — and all people respond to fear in different ways. DO provide reassurance that they are safe, that you are on their team, that they aren't alone, and are loved.

As dementia progresses, it becomes harder to implement coping skills they once may have had. DO remember — de-escalation is the name of the game. Stay calm, and DON'T escalate with them.

❌ **DON'T argue with a person with dementia –** Effective arguing requires the use of logic and reason, both of which are impaired. Instead, DO use communication tools to distract or redirect them to another topic.

✅ **DO take a break when you or your loved one continues escalating –** A change of location/scenery, a breath of fresh air, or even walking out of the room for 10 minutes can be an effective tool to help de-escalate a tense situation.

✅ **DO consider your approach and body language –** Increasingly, individuals with dementia will look to those around them to set the tone or mood. A smile can go a long way. Calmly interacting (and staying calm) may make all the difference. Conversely, your frustration can set them on edge, fueling their anxiety.

❌ **DON'T use too many words –** When the brain is struggling to process language, more words only complicate things. Try simple sentences and repeating the exact same phrase or question (instead of rephrasing).

✅ **DO validate their feelings –** "I don't need help!" needn't be met with dismay or a reality check. A simple reply is better: "This is hard. I hear you are frustrated ... and I'm on your team."

✅ **DO use joining language –** Words like "we, we're, us, and let's" can help a person remember they are not alone.

✅ **DO join their reality when you can –** Meet your care partner where they are, in their reality. A deceased loved one is real to them, so simply say that person is elsewhere right now.

✅ **DO get support and care for yourself!**

# Wellbeing

# HAPPY

## INTERNATIONAL DAY OF HAPPINESS

20th March

KIDS ZONE

# Study finds that adventurous children are more active.

Children with parents who allow them to take more risks while playing are more likely to reach the recommended levels of exercise, a new study by Coventry University has found.

In research involving 645 parents across Australia, it was found that 78% of them didn't like their children to take risks while playing, and would limit activities such as climbing trees, riding bikes fast down hills, and play-fighting with others.

However, the study revealed that children of parents with more relaxed attitudes towards adventurous play were around three times more likely to meet the Australian and UK's guidelines to get in an hour a day of 'huff and puff' exercise.

"Obviously, parents don't want to see their children pick up serious injuries, but evidence suggests most play injuries are minor, and the potential rewards of risk experiences are great," says Alethea Jerebine, a postgraduate researcher at Coventry University. "We know that through taking risks when they play, children learn about what they can and can't do, build confidence and independence, as well as learn to manage risk and keep themselves safe.

"It's important for children to develop their understanding of risk from an early age and build these skills incrementally. We don't want children to grow up and the first time they're exposed to risk is when they learn to drive, for example."

The study is a reminder of the importance of embracing adventure and trying new things. And with the health benefits so apparent, a few small scrapes along the way seems like a fair exchange.

# SURPRISING HEALTH BENEFITS OF

(SUGAR FREE)

# Chewing Gum

## Strengthens Teeth and Gum

Chewing gum strengthens teeth, secretes more saliva which strengthens theenamel on the teeth

## Aid in Weight Loss

It helps to control mid-day cravings. It aids in weight loss by stopping you from pampering in junk.

## Improves Brain Power

A part of brain called hippocampus is the most stimulated while chewing gum that improves brain performance.

## Anxiety & Stress Relief

Chewing gum can decrease anxiety levels, stress, tension in the muscles and helps people to feel more relaxed.

## Helps to Quit Smoking

To replace the habit of smoking, people chew gum to change their routine.

# Colour Blindness

## Key facts

*Colour blindness is when you can't see certain colours in the usual way.

*People who are colour blind may confuse some colours, may not see some colours as brightly as people with normal vision or they may not see colours at all.

*Colour blindness is usually inherited and is there from birth, but it can also arise later in life from damage to the brain or eyes.

*Your doctor or optometrist can use different types of colour vision tests, such as the Ishihara test, to help diagnose colour blindness.

## What is colour blindness?

Colour blindness is a condition where you can't see certain colours in the usual way. Colour blindness does not cause any blindness or lack of vision. People who are colour blind will confuse some colours and they will not see some colours as brightly as people with normal vision. The condition is usually inherited and is present from birth. However, it can also happen later in life from damage to the brain or eyes.

## What are the different types of colour blindness?

## There are 3 main types of colour blindness.

### *Red-green colour blindness (deuteranopia and protanopia)

Red-green colour blindness is the most common form of colour blindness. It is usually inherited and mostly affects males. If you have red-green colour blindness, you will find it hard to tell reds from greens.

### *Blue-yellow colour blindness (tritanopia)

Blue-yellow colour blindness is less common than red-green colour blindness and affects only about 1 in 20 people with colour blindness. If you have blue-yellow colour blindness, you will find it hard to tell blues from yellows.
It affects both males and females.

### *Complete colour blindness (monochromatism)

If you have this, you don't see colour at all. Complete colour blindness is extremely rare.

## How is colour blindness diagnosed?

Your doctor or optometrist can check you for colour blindness using different kinds of colour vision tests. The most common way is by using the Ishihara test. The test uses 38 specially designed cards. These cards have coloured dots in patterns with either a number or lines on it. When you see each card, you need to tell your doctor what number you see or how many lines your see. The test helps your doctor understand whether you have red-green colour blindness, and if so, to what degree.

Another newer test called the 100 Hue Test may provide your doctors with more detailed information about your colour blindness.

## When should I see my doctor?

If you're concerned about colour blindness, see an optometrist. Your doctor can also refer you to an ophthalmologist (eye specialist). They can recommend ways to manage colour blindness with tools such as special lenses or software.

If your ability to tell the difference between colours worsens over time, see an eye doctor as soon as possible. This may be a sign of an eye disease, such as macular degeneration, which can cause colour blindness.

## How does colour blindness affect daily life?

1. Colour blindness might cause you some difficulties, but you can usually learn to overcome most of them.

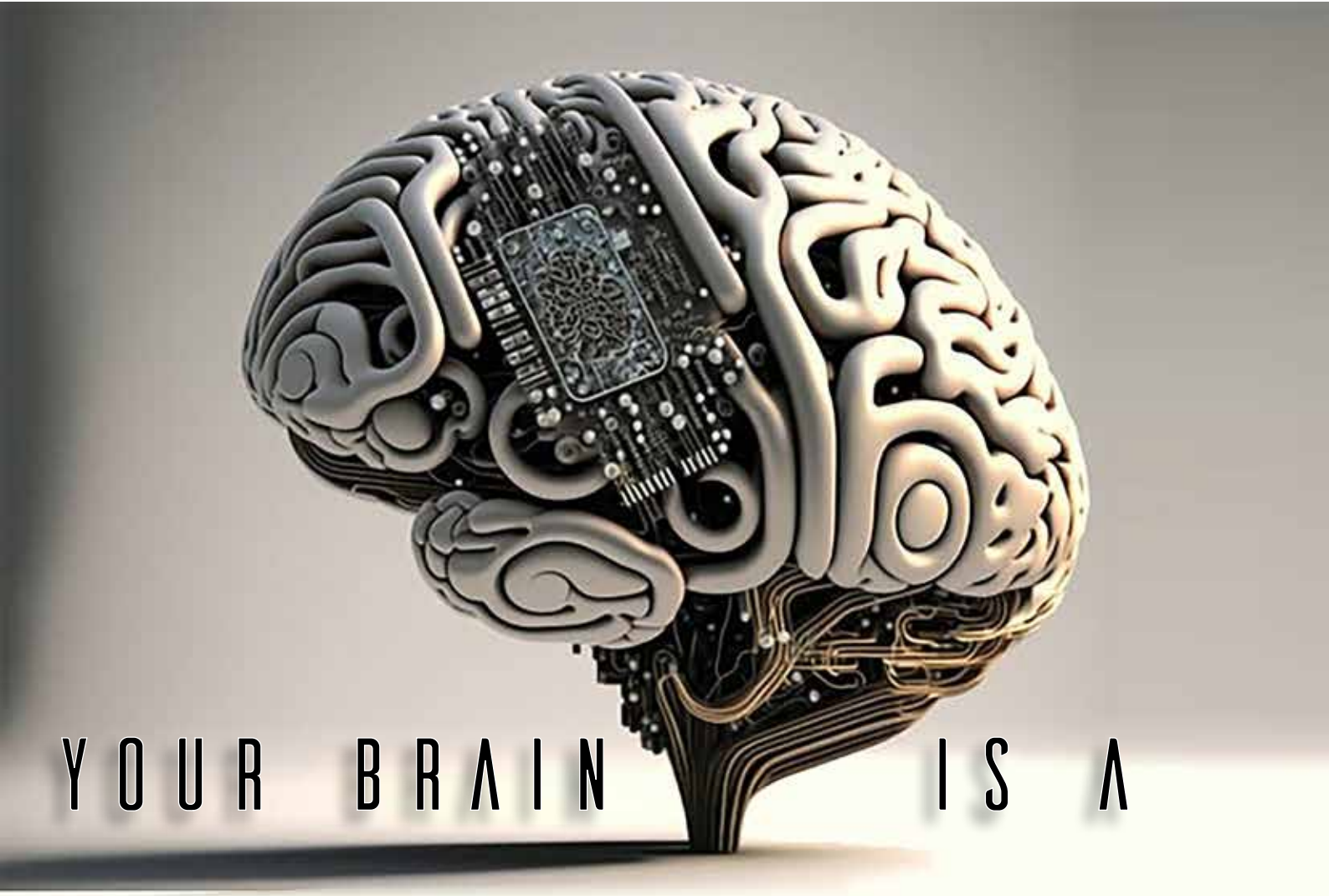
2. For example, if you have red-green colour blindness, you might have trouble telling if red meat is cooked.

3. You might have trouble seeing the colours on traffic lights.
   But you can learn that the red is at the top and the green is at the bottom.

4. Children with colour blindness may need help with schoolwork, as educational materials are often colour-coded.

5. If you are colour blind, some occupations will be difficult.
   These include being a pilot, long distance driving or jobs where colours are important, such as graphic design.

**Ask your doctor about how to best manage your particular type of colour blindness, and if special lenses or other tools can help you.*



# YOUR BRAIN IS A SUPERCOMPUTER

**Humans are incredible, so we're celebrating the extraordinary in what is often seen as ordinary, starting with the human brain. It's capable of the most remarkable feats, even if we don't recognise them when they're happening.**

**In the time it takes you to read these first few paragraphs, your heart will pump about five litres of blood. It sounds like a lot, but that's nothing compared to the 30,000 to 40,000 skin cells you'll shed in the same time period. Meanwhile, your eyes will blink around 12 times without you having to think about it, although maybe you're starting to think about it now?**

**The human body is a marvellous feat of evolution, improved and reworked and rejigged over millions of years. Scientists still don't know exactly when we became the humans that we recognise today, but we do know that it's our health that helps us realise every ounce of that hard-earned potential.**

**Take the human brain. We know it helps us think, and solve problems, and remember the lyrics to songs, but what else does it do every single day without our input? And how can we help it do it better? Let's take a moment to appreciate the incredible supercomputer that is the human brain, and say thanks.**

## It filters information at lightning speed

**As you read this article, your brain is doing more than just making sense of the words on the screen. Not content with simply converting lines into letters and letters into words and words into sentences, your brain is keeping an eye on your surroundings, too. Whether you're reading this on a computer at work or scrolling through it on your phone on the loo, your brain is right now absorbing and discarding information about your immediate environment. Maybe it's the conversations of your colleagues nearby, or the slight vibrations of someone walking past.**

Whatever they might be, there are myriad visual, tactile, olfactory and auditory stimuli competing for our attention at any given moment. Luckily for us, the human brain is capable of processing enormous amounts of data and deciding what's worth paying attention to so that we don't have to. This process is known as selective filtering or selective attention. Generally, our brains do it all the time. It's how you're able to focus on a single conversation in a crowded room. Your brain tunes out the unnecessary data (loud music, nearby movement) and helps you zero in on the information you need.

## It regulates our temperature

Regulating body temperature is another of the brain's core functions that doesn't always get the kudos it deserves. We buy anti-perspirant deodorant to avoid sweaty underarms, and we hug our chests to stop ourselves from shivering, but those sweats and shakes are the brain's way of cooling and heating our bodies for us.

As humans, it's crucial to our physical health that our body temperature remains stable at 37 degrees Celsius. This is our body's sweet spot: the temperature that allows it to perform all of the processes and functions we rely on to live well. When our temperature fluctuates, our brain steps in to correct it through a process called thermoregulation.

Sensory receptors on our skin detect our external environment–things like humidity, air-conditioning, or a cool summer's breeze. The sensory receptors then relay this information via our nervous system to the hypothalamus in the brain. After receiving the information, the brain makes a call about whether the body needs to heat up or cool down to remain at 37 degrees. Pretty cool, right?

For example, if you're too cold, your brain will automatically instruct the hairs on your arms to rise, allowing them to trap and store more heat. Or, if you're too hot, your brain will instruct the body to sweat, causing you to lose heat and cool down.

So, the next time your laptop feels warm and the inbuilt fan starts to whir, or your smart phone switches off to cool down, just remember… your brain can do that, too.

## It can store a lot of information

You've heard of a gigabyte, but what about a petabyte? Scientists believe the brain's potential capacity for information storage is about 2.5 million gigabytes, or 2.5 petabytes. That's about 1,125,899,906,842,624 bytes. Yep, really. Here's why.

The human brain is made up of about 1 billion neurons. Each neuron forms approximately 1,000 connections to other neurons, which adds up to more than 1 trillion connections. When it comes to storing information and memories, neurons combine to exponentially increase those connections and the brain's capacity for storage.

To put it another way, if your brain was a digital recording device, 2.5 petabytes would be enough to store something like 3 million hours of television. It would take almost 300 years of continuous recording to use up all that data.

Or to put it yet another way, that's more memory power–much, much more–than the computer on board the Apollo 11 during the first moon landing. Your brain is literally out of this world.

## Give your brain a break

The next time there's a word on the tip of your tongue but you can't quite get it, or (worse) you accidentally call someone by the wrong name, give your brain a break. Even when our minds feel slow and sluggish, remember: inside your skull, hard at work, is a supercomputer.

# 25 Tips to reduce your risk of Heart Disease

**Every day is a perfect time to focus on a heart-healthy lifestyle. While there are risk factors that you can't control–like age–there are many things that you can do to reduce your risk of developing coronary heart disease, which is a build-up of plaque in the arteries and can lead to a heart attack.**

## Here are those heart health tips.

**1. Don't smoke, vape, or use tobacco.** According to the experts, smoking is linked to about one-third of all deaths from heart disease. If you do smoke, make a plan to quit and find a friend or a support group to help keep you accountable.

**2. Maintain a healthy weight.** Determine your Body Mass Index (BMI) with the help of your physician or online resources and develop a healthy eating plan if you need to lose weight.

**3. Learning how to track calories** in and out (through physical activity) may help you develop a healthy eating plan. If you are not able to lose weight on your own, meet with a registered dietitian or your physician who can help with proven strategies to reach and maintain a healthy BMI.

**4. Eat a diet rich in fruits and vegetables.** Limit sugary drinks, processed meats, refined carbohydrates like added sugars, and processed foods. A healthy eating habit with plenty of fruits and vegetables provides beneficial nutrients and helps reduce the risk for many chronic health conditions including heart disease.

**5. Move more.** Stay active and try to get at least 30 minutes of exercise most days of the week. In general, think about sitting less and moving more. Walking is a great way to start a fitness plan. Add more intensity as you get stronger/more fit and consult with your physician before beginning a strenuous exercise plan.

**6. Keep your cholesterol levels in normal ranges.** Your cholesterol score is based on high-density lipoprotein (HDL) or good cholesterol plus Low-density-lipoprotein (LDL) or bad cholesterol plus 20 percent of your triglyceride level. Check with your physician to learn your current cholesterol level.

**7. Keep your blood pressure in check.** High blood pressure makes the heart work harder, which makes the heart muscle thicker and stiffer and ultimately function less efficiently. High blood pressure increases your risk of heart attack, stroke, and congestive heart failure.

**8. Increasing your activity level can also help improve your blood pressure.** When high blood pressure is in combination with obesity, smoking, or high cholesterol levels the risk of heart disease is much higher. In some cases, your physician may recommend medication to help reduce blood pressure.

**9. Reduce Stress!** We've all heard it before and it's true; chronic stress can contribute to a higher risk for heart disease. Do what you can to let things go, slow down and breathe deeply when you feel overwhelmed.

**10. Get outside and move to fight stress**–even a short walk or a quick change of scenery from your desk or office can help break the tension and allow you to reset.

**11. Laughter really is good medicine**–laughing with friends or alone can make you feel better!

**12. Take a break from the news and social media.** Watching/reading/listening to the 24-hour news cycle can be a big source of stress for many people.

**13. Ignoring social media,** or at least trying to look past negativity or constant comparisons can do wonders for improving stress.

**14. Chill out with your favourite music or podcast.**

**15. Practice gratitude** and find time to help others whether it's a formal volunteer program or just lending a hand to a friend.

**16. Pets have been shown to help lower stress.** If you don't have one, pet a friend or neighbour's dog or ask to go on a walk with them.

**17. Meditation and prayer** can help refocus a stressful situation and add perspective. There are plenty of free or low-cost guides available digitally to establish a new meditation practice.

**18. Learn to live in the moment** and adopt more mindful behaviour–this can help establish healthier eating and exercise routines too, and lower stress.

**19. Make time to learn a new skill or develop a hobby** that you've always wanted to try.

**20. Get enough sleep!** Up to one-third of adults don't get adequate sleep putting them at risk for heart disease and a host of other chronic conditions. Most adults need 7 to 9 hours of sleep a night.

**21. Practice good sleep hygiene** like limiting screen time before bed and regular routines like going to bed around the same time every night. If you are still unable to get enough sleep talk to your physician about the possibility of a sleep study.

**22. Drink alcohol only in moderation,** which means no more than two drinks a day for men and not more than one drink a day for women.

**23. Enjoy life, a positive outlook can help keep stress at bay!**

**24. Knowledge is power!** Understand your personal risk factors for heart disease and heart attack.

**25. Genetics can play a role.** Children of parents with heart disease are at greater risk of developing heart disease themselves. Talk to your physician about the possibility of genetic testing and personalised risk management.

# FIRST AID

## THE FOUR IMPORTANT STEPS

1 2 3 4

### ASSESS

Ensure safety, assess the situation, check for conscious-ness, breathing, and bleeding.

### PLAN

Call emergency services, decide what assistance is required, perform CPR, stop bleeding, or provide psychological aid.

### IMPLIMENT

Administer first aid, check for safety, continue monitor-ing the situation, and reassess the condition of the person.

### EVALUATE

Review the effectiveness of the first aid provided, repeat previous steps as necessary, and decide whether to continue or wait for Emergency Services.

# Mindset

MINDSET

# STEP OUT OF YOUR COMFORT ZONE

1. Start a conversation with a stranger.
2. Sign up to learn a new sport.
3. Make a meal with ingredients you haven't tried before.
4. Set yourself a goal to complete this time next week, next month, or next year.
5. Go alone to something you usually do with others.
6. Read a genre you don't normally pick up.
7. Learn a new professional skill.
8. Challenge a deep-rooted belief you hold.
9. Face a fear.
10. Explore a new area.

# What is Feng Shui?

## Embrace this philosophy and fill your home with positive energy

In recent years, many interior design projects have followed this ancient Chinese philosophy to distribute, arrange and decorate a space. But what is Feng Shui? And, more importantly, how can we use it to our advantage?

## DEFINITION OF FENG SHUI

This Far Eastern philosophy is based on a conscious search for balanced energies in the spaces that we inhabit, such as our home or workplace, so that they may exert a positive influence on us. Feng Shui's objective is to care for the home so that, in turn, it cares for us. So, if you'd like to boost your energy levels, pay close attention to certain aspects such as decoration and colours or the distribution and orientation of your furniture.

Discover the key principles of Feng Shui and turn your home into a place full of good vibes, harmony and prosperity:

### 1. Tidiness as a key rule of Feng Shui

Keeping your rooms clean and tidy is fundamental. Get rid of anything you no longer need and don't accumulate belongings for the sake of it. A sense of clarity at home has a huge influence over our lives in general and helps us to stick to a plan, thereby reducing stress and anxiety.

### 2. The entrance: it all has to start somewhere in Feng Shui decoration

The entrance (and exit) to a place as important as your home must promote positive energy. Decorate it to your taste with flowers, photos or carpets and avoid mirrors, which many may find surprising. If space allows, place a shoe rack here to store footwear and to prevent outside worries, problems or negative energy from entering.

## 3. The kitchen is the source

In Feng Shui, the heart of the home is the kitchen. This is where nutrition and vitality originate and where we should concentrate our most motivating powers to start the day and our most optimistic energy as we end it. Balance decoration (just the right amount of everything) and colours (combine white with other, more daring tones). A key Feng Shui rule for the kitchen is to place the stove facing the door so that it can always be seen while cooking.

## 4. A living room with positive energy and natural decoration

The living room is one of the most heavily used by the whole family - for relaxing, receiving guests, chatting or working. That's why it needs to include elements that attract positivity such as, according to this philosophy, natural light and ventilation. You can also include plants and fine materials such as hardwoods or natural textiles. Avoid placing sofas with their backs to the door or furniture with sharp corners.

## 5. Rest, sleep and dream

Our daily vitality and energy greatly depend on how much we rest overnight, making it important to create a space where dreams can flow. To create a sense of safety and stability, place the bed as far as possible from the door, accompanied by a headboard and bedside tables with lamps. And, above all, despite how difficult this may be nowadays, avoid the presence of technology such as televisions, tablets or mobile phones.

## 6. Bathroom: Energy traffic

The presence of drains and moving water make this room a clear energy outflow under Feng Shui. To avoid good vibes escaping from the home, always keep the lid of the toilet down and the door closed.

And to create balanced energy, choose furniture and other decorative objects made from wood.

## 7. Protect your home from the outside

Feng Shui can also be applied to your terrace or garden. Put up fencing or plant any kind of vegetation to envelop and protect your home from outside. Let the sun's rays shine in without restriction. According to this philosophy, water brings prosperity, so try to incorporate a water feature into this space.

# yourhealth

# 5 reasons to try *reflexology*

Looking for a holistic therapy to bring balance to your body? Reflexology, could be *just* what you need. Here are five reasons to dip your toe into the world of reflexology...

### 1. To uncover imbalance

As your reflexologist massages your reflex points (places on your feet and hands believed to correspond to areas of the body), they may notice some feel different (perhaps 'grainy'). This indicates an imbalance in the corresponding part, revealing where work is needed.

The aim of reflexology is to use massage on the reflex points to restore energy flow through the entire body, and uncovering any imbalance is a key part of this.

### 2. To aid natural healing

Our bodies have some incredible natural healing powers, but sometimes they just need a gentle nudge. Reflexology can offer this, stimulating the reflex points thought to correspond with the internal systems responsible for healing.

As reflexology is non-invasive, it acts as a complement to other treatments you may be receiving. You can think of reflexology as a way of supporting your body through the healing process, giving it a helping hand.

### 3. To de-stress

Our feet are often neglected, as we stand on them and tuck them away in shoes for hours on end. Reflexology offers space to give them (and us) some much-needed TLC. The process is relaxing as you are often seated or lying down in a calm environment as the reflexologist gets to work. While there may be areas of tension, overall the massage should feel pleasant, helping you rest in a state of deep relaxation.

Regular reflexology sessions make rest a habit. This only enhances the other benefits of reflexology, as less stress means a better-performing immune system, better sleep, and a greater sense of wellbeing.

### 4. To ease pain

Some people turn to reflexology to support pain relief. The relaxing nature of the treatment can help lower perceived pain interpretation, while stimulating the body's healing systems to help deal with the root issue.

If you're experiencing pain, visiting your GP is important. Reflexology can complement treatment advised by your doctor, helping you carve out essential self-care time, but do get medical support, too.

### 5. To lift your mood

Reflexology is a complementary approach, and can be a wonderful companion to talk therapies and other interventions to support your mental health. By promoting restful sleep, encouraging balance and reducing stress, the therapy can help us feel more energised and uplifted.

Our minds and bodies are interconnected, and reflexology is considered a holistic therapy, meaning it doesn't solely work on the body. The balance it's restoring may be emotional, helping to remove blocks or release negativity.

# WHAT'S ON?

## DURING THE MONTH OF MARCH

**ST. PATRICK DAY**
2.00pm Sunday 17th

**ITALIAN GROUP**
11.00am Wednesday 13th

**BIRTHDAY CELEBRATION**
2.00pm Friday 22nd

**ART GROUP THERAPY**
2.00pm Every Tuesday

**MENS CLUB**
2.00pm Friday 22nd

**ZUMBA EXERCISES**
10.00am Every Tuesday

**LADIES GROUP**
2.00pm Friday 8th

**BIBLE STUDY**
11.00am Every Thursday

**SPIRITUAL SERVICES**
Every Sunday 11.00am
VIDEO TV and LAPTOP
Catholic Mass, Italian, Arabic, Greek, Orthodox, Tamil and Croatian Mass

**HAPPY HOUR**
2.00pm Friday 15th

**BUS OUTING**
10.00am Wednesday 6th & 20th

**BINGO**
1.00pm Every Tuesday

* Subject to change.

# Chicken Croquettes

1. Melt butter + blend in flour.
   - 3 tbsp butter
   - ¼ cup flour
2. Add in milk + broth. Cook, stirring, until thick + bubbly. Cook 1 more minute.
   - ½ cup milk + ½ cup chicken broth
3. Add herbs + spices + let cool.
   - 1 Tbsp chopped parsley
   - 1 tsp grated onion
   - 1 tsp lemon juice
   - ¼ tsp salt
   - DASH paprika, nutmeg, pepper
4. Add diced meat + chill.
   - 1½ cup diced cooked chicken or turkey
5. Shape mixture into balls, dip in egg mixture, then in breadcrumbs.
   - 1 beaten egg + 2 Tbsp water
   - ¾ cup breadcrumbs
6. Fry 3 min per side.
   - oil for frying
7. Drain + serve hot with gravy.

or TURKEY!

wellness

# Sometimes It's OK to Say NO

Saying "no" can be difficult for many of us. Why difficult? Because it is often associated with being selfish or rude. To the contrary, saying "no" actually means you know your value and respect yourself enough to stand up for your beliefs.

We often feel immense pressure to do things we do not want to do. As often, we place this pressure on ourselves. We think about what we should do, what we should want to do, or the expectations others might have of us. These thoughts can overwhelm us, debilitate us, and leave us feeling conflicted, restricted, or full of angst. We forget it is okay to say "no."

The key is learning to balance kindness and courteousness without sacrificing our own sense of self-worth. Life flows, moves, and progresses whether we say no or not. We can make the choice to go through it hurriedly or go through it mindfully.

People are always going to have requests. Sometimes you will be able to help; sometimes you will not. You are still a good person regardless. If you put everyone else's needs ahead of your own, you will become mentally and physically exhausted. Set boundaries to validate your own feelings and practice acceptance that you cannot control the opinions of others.

Recognize that it is okay to say no even if you have already said yes, if you realize you were not being true to yourself. It is far better to make the right decision late than follow through with the wrong one because you think you should.

It is your life. Make choices that are going to be best for you and your well-being. If that means saying no, then say it with conviction. Because by saying "no" to circumstances you do not want in your life, the more you are saying "yes" to yourself and the things that matter – and that is a beautiful thing.

You are your own biggest advocate. You are the only one who can really identify your priorities in life, as you are the person who is going to be most affected by the decisions you make. It is very important to our wellness to say it, mean it, and practice it.

It is okay to say no. Your world will not fall apart because of it.

When it comes to your first-time cruising, expect to do a lot of choosing. From the type of cruise line to your ideal cabin, itinerary, shore excursions and add-ons, making sure your maiden voyage is an incredible experience takes a little research. But fear not, we've dived into the details for this guide on how to ensure your first time is the best time.

## CHOOSING YOUR FIRST CRUISE

First things first, you'll need to do some digging on the type of cruise that will float your boat.

## HOW TO KNOW IF A CRUISE HOLIDAY IS FOR YOU

Well, you may not know until you're onboard. But there are a few things you can do to give yourself every chance to love it. Firstly, speak to friends and family who are regular cruisers to get the lowdown. If you have similar interests, there's a good chance you'll like their suggestions for cruise lines and itineraries. Also, do your research, make sure you know the demographics, amenities of the ship and amount of sea days before you book your cruise.

If you're keen to explore and spend more time on land, you might prefer a river cruise in Europe, where there's a lot of time off-boat. If you are looking for a flop-and-drop resort-style escape, you'll be looking at cruise lines that offer plenty of onboard recreation. If you're going with kids, you'll want to make sure the ship has plenty to entertain them, but if you're not, then make sure you're not travelling during holiday periods.

## WHAT TYPE OF CRUISE IS BEST FOR YOUR FIRST TIME?

The answer to this depends on what you think you'll get the most enjoyment from, but cruise wisdom dictates, that if this is your first cruise, look for a big ship with plenty of bells and whistles.

This will give you the opportunity to explore all the types of activities that cruises offer, from spas to bars and pool decks to nightly events, as larger ships typically offer more. Then, next time, refine your selection and go with a ship more tailored to your interests.

## HOW LONG SHOULD YOUR FIRST CRUISE BE?

It seems prudent to go short for your first foray and there are a few three-to-five-night options out there. But keep in mind, holiday time is different to regular time – it flies! There's also a lot to explore on a big cruise liner and you'll probably need a minimum of five-to-seven nights to really hit your most relaxed stride. Conversely, you don't want to embark on a super-long voyage just in case you don't find your sea legs.

## WHAT ARE THE BEST ADULTS-ONLY CRUISES?

If you're looking to cruise without a single child within sight, there are a couple of cruise lines that are strictly 18+. There are cruise lines, which although aren't strictly sans kids, don't specifically cater to them and are rather cost-prohibitive for bringing your brood along.

## WHICH CRUISES ARE BEST FOR FAMILIES?

When you think of cruising as a family, you'll no doubt imagine those large ships festooned with colourful waterslides and decks full of kid-oriented entertainment. Undeniably, the floating amusement park factor is one of the biggest drawcards of cruising as a family; you know they'll have fun in the kids' club, while you can safely slip away for a few hours of poolside chill. It's the big cruise lines that do this very well.

***Disclaimer: This article is just general avice. Please consult your Travel Agent so as to get ALL information you require to make your final choice.***

# The origins of bread BREAD

**As long ago as 2,000 BC the Egyptians knew how to make fermented bread.**

The practice was to use a little old dough, or leaven, to "start" the new dough. These two doughs were mixed together and allowed to ferment (rise) for some hours before baking. They made an astonishing 50 varieties of bread, paid wages with bread, and painted breadmaking scenes in their tombs.

**A variety of methods have since been developed in making leaven. The Baker's Patent required the fermentation of hops and scalded malt for at least two to three days.**

In the early 1900's it was discovered that traditional long fermentation times could be reduced from 18 to 3-4 hours by the use of very small amounts of certain chemicals, called oxidants, in bread or flour. Oxidants, when added to dough, not only speed up the process but also produce a superior loaf.

This loaf of bread is 4000 years old (approximately). B.C. The Egyptians believed the temple was a miniature representation of the universe. The objects placed in the foundation deposits were intended to symbolically stabilise and protect the corners and the boundary walls of the temple. They believed they would be rewarded with a stable universe where there was an abundance of food such as bread.

# SHADOW PUPPETS

## Do you remember making shadow puppets on the walls?

According to writer, Austen Hackney, hand shadow puppets most likely originated in China as a form of entertainment and there has been a significant decline in popularity since the 19th century invention of the light bulb.

Although you can use a light bulb or torch to reflect your image onto the wall, shadows were best cast using candle light. Since, we no longer rely on candles in our daily use, this age old form of entertainment has slowly been forgotten.

The more modern increase of technology and screen time alternatives to keep our children entertained has also seen simple games like hand shadow puppets lose their appeal as our children choose Netflix and video games to keep busy.

It was a lot of fun and when spent about hours making odd shapes that I'm sure hardly resembled the actual creature we tried to show.

We were almost sorry to put the lights back on!

Cat

Witch

Bear Cub

Bird

Bull

Camel

Crab

Dog

Elephant

Goat

Monkey

Penguin

Pit Bull

Rabbit

Swan

To some, if not most, the news that sales of vinyl records are now at their highest level this century – in 2023, they rose for a 16th consecutive year to 5.9m – will come as little surprise, for all that we were once told the format would soon be as dead as a dodo. Yes, streaming is inarguably highly convenient; let us give grateful thanks for the fact that we can download an album even as we run in the park or wait on a cold platform for an endlessly delayed train. But the sound of digital music, as every vinyl fan knows, is not, and never will be, half so rich and warm as the sound of an LP, and playing it does not tend to encourage, as spinning a record does, truly serious listening.

The ritual of the turntable demands concentration and invites respect. An album's tracks, whether by Taylor Swift, Blur or the Rolling Stones (among this year's bestsellers), must be listened to in a particular order. The shape of the thing unfolds in real time, etching its pattern for ever on our brains.

But this isn't only about music. LPs are objects. They offer a haptic experience as well as an aural one: the gentle easing of the record from its sleeve; the dainty lowering of the needle on to the disc. The fingers stretch over its liquorice expanses, the thumb carefully finding its middle. Its packaging is deliberate and important, a vital part of the whole. The cover may be a work of art in its own right with or without extensive sleeve notes.

Or it may make some other kind of point. John Lydon's Public Image Ltd released their album Metal Box in November 1979, and no one who bought those first pressings ever forgot the experience. It came as three discs, in a tin film canister, and to remove them without scratching them required some delicacy. To play Metal Box was to risk ruining it, and therein lay a part of its danger and mesmeric charm.

Rising sales of vinyl might also, however, be seen as part of a wider trend. Digital lives feel wobbly, insubstantial. We want the heft of things we can hold in our hands, and with which we can form an emotional connection. Sales of CDs and cassettes are also no longer falling as fast as before (sales of cassettes are at 100,000 for a fourth year in a row). In the face of their rising cost and squeezed household budgets, sales of books slowed in 2023. But the market remains buoyant, and all over the country, miniature community libraries – street corner cupboards containing volumes to be borrowed and shared – are springing up like toadstools. Relatedly, some of publishing's more surprising hits in 2023 have had to do with objects. Go into a bookshop and by the till you will almost inevitably find a small pile of Florian Gadsby's By My Hands: A Potter's Apprenticeship.

In a world that moves too fast, and in which myriad exhausting decisions must be made at every turn, the small ceremony is, it seems, making a comeback. A new generation is discovering how soothing it is to blow imaginary dust from a beloved record – and a dozen other everyday sacraments besides.

# SOCIAL MEDIA

Children between the ages of 8 and 12 spend an average of six hours a day on social media, while teens can spend upwards of nine hours a day. Social media helps kids learn new information and form communities, but the social pressures can also lead some children to feel isolated and inadequate.

## More harm than good?

To determine if social media may be negatively affecting your child, ask yourself:

- **Are they using their device in secret or lying about device use?**
- **Are they isolating themselves from family, friends or activities they once enjoyed?**
- **Do they feel frustrated or upset when online?**
- **Do they compare themselves to others online and express feelings of inadequacy?**

If so, it may be time to implement some resilience strategies and set boundaries around social media usage. If negative behaviors persist, or cause serious anxiety or physical or social problems, seek professional help.

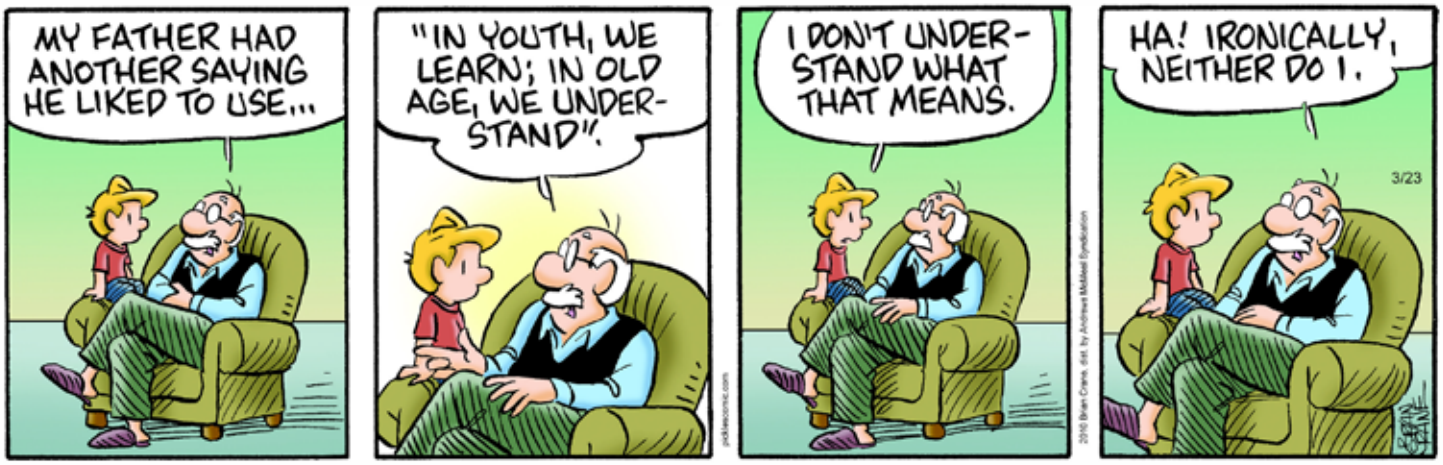
## Create a social media plan

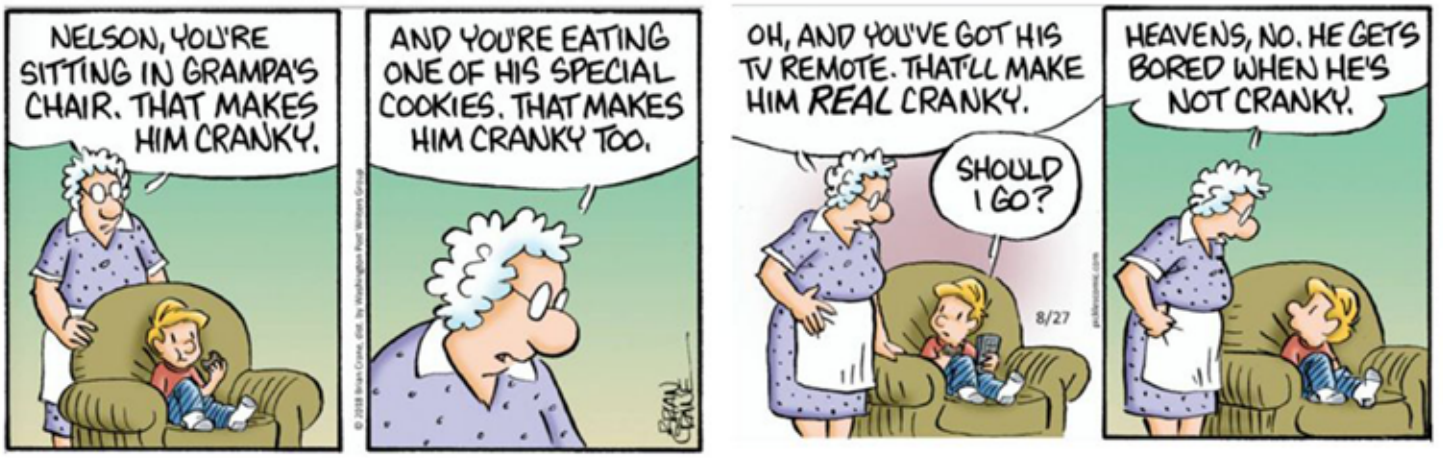
- **Set limits on screen use,** especially before bedtime.
- **Limit your own screen time** and model appropriate ways to cope with feelings.
- **Emphasize the importance of personal interactions.**
- **Try to avoid completely banning social media,** as this might isolate your child from peers and differing viewpoints.

## Fostering positive identities

It's important for children and teens to learn who they are and what is important to them — outside of social media. Parents should encourage their kids to think about what makes them happy and their goals and values. Communicate openly about their strengths, social connections and fears to help them feel more resilient in the face of online disappointments.

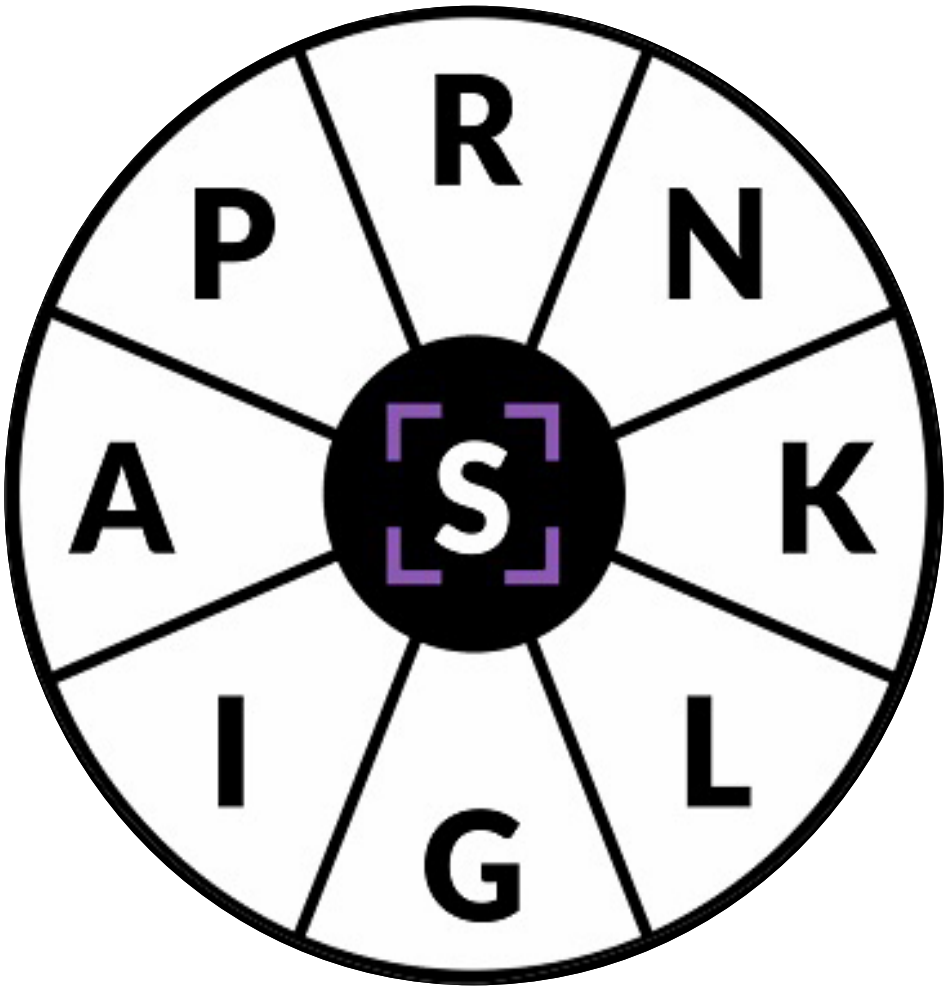
# Senior Moments





# BRAIN GAMES

## Nine Letter TARGET PUZZLE



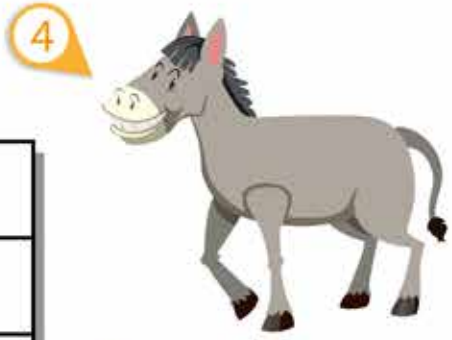

### What to do:

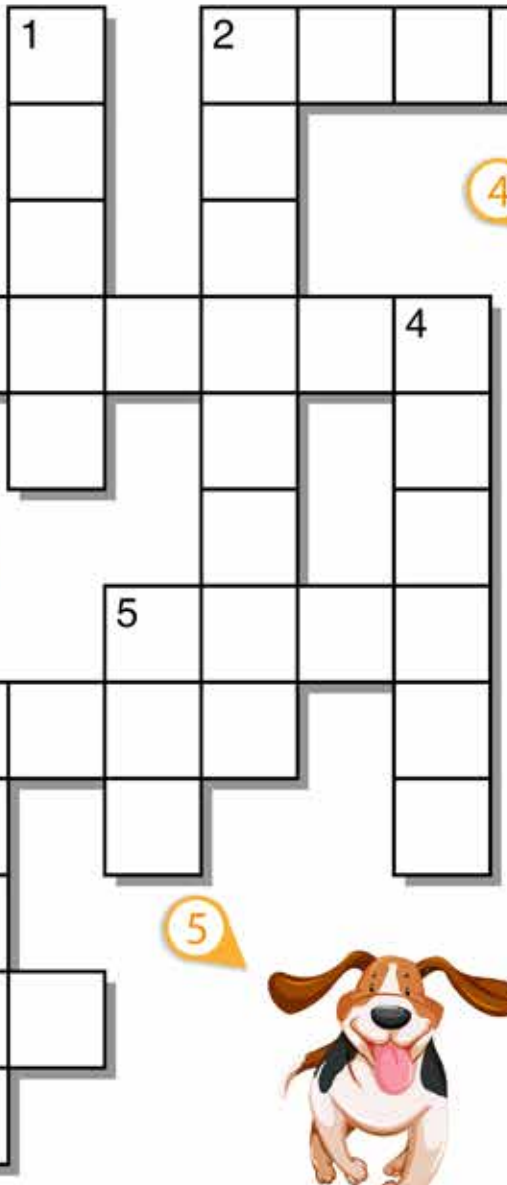
Using the letters above, construct words of four or more letters making sure each contains the letter located in the centre of the target. Each word must be at least 4 characters long.

**For a real challenge try to use all letters and make a nine letter long word!**

Find the answers on the last page

# letter D crossword






**Find the answers on the last page**

LAUGH FACTORY

one Giggle at a time

**Q. What do you call a chicken staring at a lettuce?**

**A. Chicken sees-a-salad**

# COLOUR ME IN

# letter D crossword

## ANSWERS

Down: 1 Dream, 2 Dinosaur , 4 Donkey, 5 Dog, 6 Dance
Across: 2 Dessert, 3 Diamond, 5 Duck, 6 Door, 7 Dice

# 9 LETTER TARGET PUZZLE ANSWERS

**9 letters (1)**
SPARKLING

**8 letters (1)**
SPARKING

**7 letters (7)**
LAPSING PALINGS PARINGS PARSING
RASPING SAPLING SPARING

**6 letters (14)**
ALIGNS ASKING GNARLS GRAILS GRAINS
PLAINS PLANKS PRANKS SIGNAL SPINAL
SPIRAL SPRAIN SPRANG SPRING

**5 letters (34)**
GAINS GIRLS GRASP GRINS GRIPS
KILNS KINGS LAIRS LARKS LIARS

*Hope you enjoyed our newsletter*

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