The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 13. January 2021

Whispers from the Willows NEWSLETTER

Welcome to our first newsletter for 2021. May this year be a better one for all of you at home as well as our residents here at The Willows Private Nursing Home. You will notice that this newsletter comes in a different format which makes it easier to read and more user friendly than past issues. Moving forward, our newsletters will be more colourful with new sections of interest to read as well as updating you on more serious issues facing all of us these days.

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

Happy New Year to all and here's hoping 2021 will be a much better year for all. It was very disappointing to have to lock down The Willows so close to Christmas, however we managed to have a wonderful Christmas party which we all enjoyed, before the lockdown came into effect.

2021 will bring fresh opportunities and challenges. The hope of getting rid of the COVID-19 threat, as new vaccines become available. Once we feel that all is safe we will continue with our renovation and hopefully things will settle into a new normality, whatever that looks like.

Wishing you all a safe New Year's and looking forward to seeing you all in the coming months.

Maryann Inbari - Financial Controller

What to expect during a COVID-19 outbreak – residents in aged care homes

If someone has COVID-19 in your residential aged care service, a number of changes will take place. These changes will be made very quickly. You might be anxious when these changes take place but the aim is to keep you safe.

The changes you may notice include:

LOCKDOWN

- Visitors will be asked to leave and a lockdown will commence
- You will not be able to leave the building except in special circumstances

INCREASED COMMUNICATIONS

- Staff will keep you informed about what's happening, and if you have questions, you should ask them
- Your family will be contacted and regular communications about the outbreak will be provided
- You will be assisted to communicate with your family and friends
- Signs will be placed outside the room of anyone who has tested positive to COVID-19
- Signs may also divide the building into different zones
- Other signs will confirm that the home is in lockdown and responding to a COVID-19 outbreak

TESTING

- All staff and residents may be tested for the virus
- Tests may need to be repeated as the outbreak is managed or if you start to have symptoms

ISOLATION

- You may be kept completely away from other residents to help protect everyone in the home
- You may be moved temporarily to a different room or location as the staff try to reduce risks to all residents
- You may be asked to use a different bathroom or to wash in your room

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- People will wear special equipment to manage the risk of COVID-19 spreading throughout your home – this may include a gown, gloves, mask and face shield. This is to protect you and others from the spread of the virus
- If you are coughing or have tested positive for COVID-19, you may also be asked to wear a mask
- People in masks look different and it can seem frightening. They will tell you who they are, and you will get used to seeing people like this. They will continue to care for you

INCREASED CLEANING

- Common surfaces will be cleaned more regularly – this includes bedrails, light switches and handrails
- Your room will be cleaned often, while other areas will be cleaned multiple times each day

OTHER CHANGES

- Food may be prepared in a different place and may appear different. You will be served food in your own room
- Trays, cutlery and crockery may be replaced with disposable items
- There will be increased monitoring of your health and well-being – this may include regularly checking your temperature, breathing and looking for other changes in your condition and how you feel
- Different or new staff may temporarily assist with your care and support services – this is because the usual staff may be isolating at home. This may involve more individual care for you if you have particular needs

HOW CAN YOU HELP

- Be understanding that the changes are designed to protect residents and staff. They will likely be temporary
- Ask questions if you are worried about anything
- Remember to wash your hands with soap often and thoroughly; avoid touching your face and mouth; use your elbow or a tissue to cover your cough or sneeze
- Report any symptoms of illness immediately

Health & Wellness

BEAT the HEAT

Heatwaves or extreme heat events that can have serious impacts on people's health and are times of abnormally hot weather lasting several days.

It is based on the three-day forecast minimum and maximum temperatures, compared to historical temperatures over the last 30 days, for a particular location.

Climate projections show extreme heat events are occurring more often and with greater intensity.

It is important you prepare early, plan for the first heatwave and protect yourself.

Prepare early & plan

- monitor the weather using Bureau of Meteorology's website
- prepare yourself and your home before the heat arrives
- know who to call if you need help
- follow your doctor's advice if you have any medical conditions

Keep yourself cool

- wear loose fitting clothing
- stay out of the sun
- try to be indoors during the hottest part of the day
- close windows and doors to keep the heat out
- use air conditioning

Stay hydrated by drinking water

- avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse)
- if you go outside, carry a bottle of water with you

Look out for each other

- keep in contact with elderly friends, neighbours and relatives during a heat wave in case you or they need help.

Exposure to smoke from fires can worsen asthma and other respiratory conditions, cause coughing and shortness of breath and irritate the eyes, nose and throat.

Large particles in bushfire smoke irritate the eyes, nose, throat and lungs. The finer particles can penetrate deep into the lungs and are more harmful. Smoke also contains toxic gases, such as carbon monoxide, carbon dioxide, and nitrogen oxides.

If you suffer from asthma, heart or lung problems, make sure you always have at least 5 days' worth of medication with you if there is a bushfire nearby.

Other health hazards from bushfires include extreme heat, physical injuries such as burns, heat stress and dehydration.

Who is at risk?

Those at greatest risk of harm from bushfire smoke are:

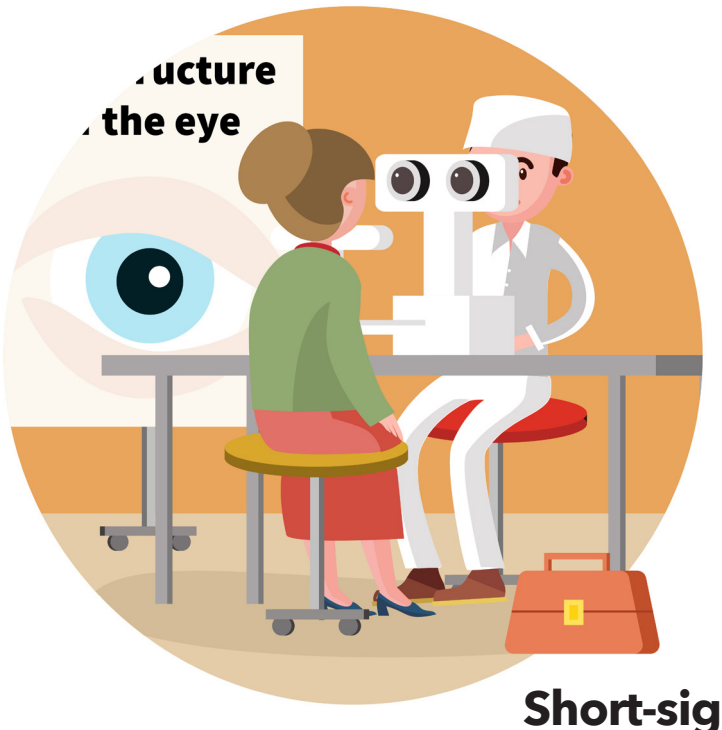
- people with respiratory disease, especially asthma, but also emphysema, chronic bronchitis or allergies
- smokers
- people with heart disease
- children
- the elderly.

Everyone has a different response to smoke -

some people will tolerate a lot of smoke affecting their properties while others will not tolerate even a little smoke. Individuals with underlying health problems will be most sensitive to smoke.

You should listen to your body and if you experience symptoms, try to reduce your exposure to smoke.

Eyesight Problems



Eyesight problems: when you need glasses

To see something clearly, the light coming from the object we are looking at has to be focused on the retina at the back of the eye. This focusing is done by changes in the lenses in our eyes, just as a camera lens has to be adjusted for near and distant objects.

A relaxed normal eye will naturally focus very distant objects. When looking at something nearby, special muscles change the shape of the lens, which is quite flexible, so that the image is focused precisely on the retina. This change in shape of the lens is called accommodation.

As we get older, our lenses lose their flexibility and ability to accommodate. Focusing on close objects becomes increasingly difficult. This is why many people with 'normal' eyes will need reading glasses at some time after the age of 40.

This is a natural process called presbyopia.

Short-sightedness

In short-sightedness (myopia) the relaxed lens focuses distant objects somewhere in front of the retina and they are not seen clearly. Glasses or contact lenses with s pecial lenses which 'diverge' the light are needed for distant vision, often from an early age. However, when close objects are looked at the lens does not need to change its shape, which is why people with myopia often never require reading glasses.

Long-sightedness

In long-sightedness (hyperopia) the opposite occurs. Distant objects are naturally focused behind the retina. However, the eye muscles, through accommodation, alter the lens shape and glasses are often not needed initially. Close objects are also seen clearly because of increased accommodation. However, as the lens loses its flexibility this increased accommodation cannot be achieved. Thus, long-sighted people will need reading glasses at a younger age (often a round 30) and may eventually need glasses or contact lenses for distant vision also, as the ability of the lens to change its shape gradually declines.

Your body has a natural instinct to drink water.

The vast majority of people not only ignore this instinct but suppress it throughout the day.

And they don't even know it. Today, most of us understand that it's a good idea to drink water.

Just do a search and you'll find countless articles on the web advocating hydration. So many, in fact, that it's become a message that largely falls on deaf ears. Easy access to water has become a convenience we take for granted. So now, when we experience health issues, people overlook one of the most transformative, natural substances on our planet and turn to medication at the drop of a hat.

Consider these stats.

Water makes up 55-75 percent of our body, and it is integral toevery bodily function. Our brain and heart are each made up of 73 percent water and our lungs are 83 percent water.

Water lubricates the joints, prevents the skin from drying up or potentially breaking out, and is essential for muscle use.

Take away water and blood pressure decreases, leading to weakness, dizziness and fatigue. Nearly every one of your body's systems require water.

As such, every single disease can be positively affected by proper hydration.

If so much of our health relies on water, why is hydration such a small point of emphasis in our daily lives?

Although we may know to drink water, the majority of us still don't drink enough. What has been noticed is the most common excuse (or symptom) for thirst suppression that are important to understand and overcome; maybe you've experienced them yourself.

"I'm not thirsty"

This is the most common excuse heard from people who fail to hydrate. What they don't realize is that they have actually suppressed the thirst signal their body is sending them. Over time, the signal stops and our bodies believe we are in an area where water is scarce. When we ignore that initial feeling of thirst, it seems to go away and we quickly forget about it. This is something that our body does for other senses too. It's called neural adaptation, and it's something I'm sure everyone has experienced in their lifetime.

However, there is one thing we can depend on: our instincts. Our bodies know how to thrive, we just have to give ourselves the chance to do so.

Reawakening our natural thirst instinct is vital to health, and the process starts with drinking more water and eliminating beverages that don't benefit us. You can see massive benefits by simply putting a greater emphasis on your hydration and it can happen in just a few days.

So, grab a big glass of water and reclaim your natural thirst today.

Dental check-ups, medications, physicals – the list of a senior's health needs go on. Not to mention, a caregiver's health may suffer in the midst of putting a senior's health first. How can you make yourself more aware of a senior's health requirements, especially a senior with chronic illnesses or other serious health issues?

People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past.

10 tips for keeping up with the health needs of a parent or senior loved one:

1. Eat healthy.

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

2. Focus on prevention.

Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to get vaccinations that can help prevent influenza and pneumonia.

3. Get information on medication management.

Ask about and review the senior's medications with their physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) the senior shows after changing or starting medications.

4. Get some sleep.

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the senior's bedroom is comfortable, cool and quiet.

5. Remember mental health.

The Geriatric Mental Health Foundation
recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Activities like these can ward off a decline in mental health.

6. Screen for vision changes.

Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses can reduce a senior's chance of falling.

7. Socialize.

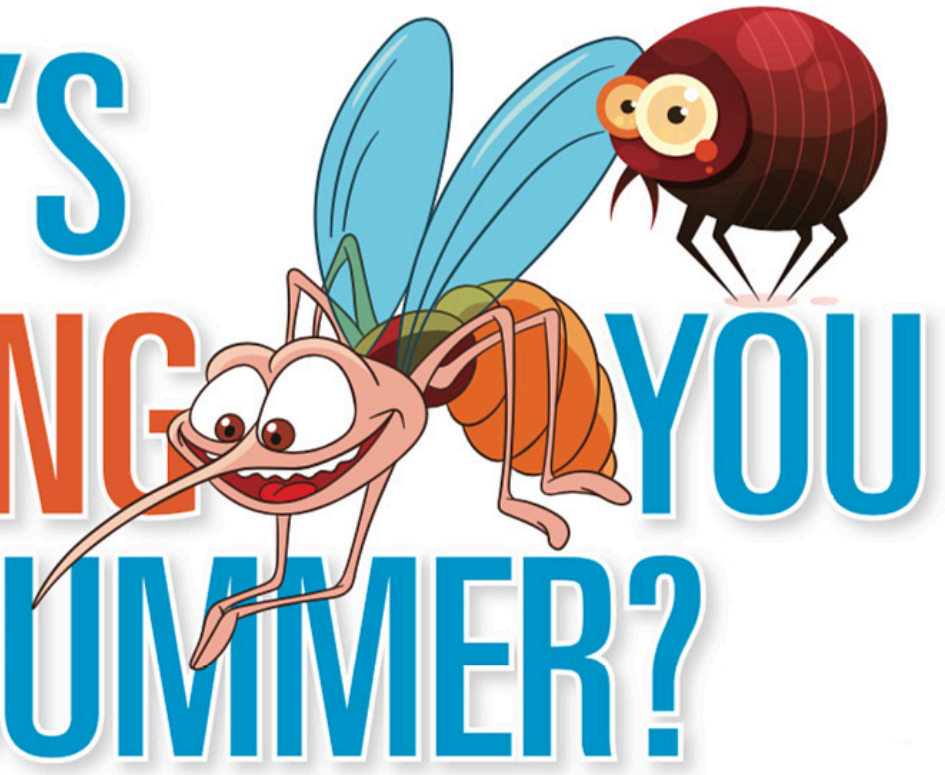
Time spent with family and grandchildren help seniors feel connected, especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age.

8. Stay physically active.
Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer. With their health under control, seniors can do more and stay active, which is important to their overall well-being. Happy, healthy seniors can still present a lot of care challenges, but they can also contribute more to their health, which can give caregivers a little less to worry about.

9. Take advantage of free physicals.
During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

10. Visit the dentist every six months.
Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. So seniors should see the dentist regularly.

WHAT'S BUGGING YOU THIS SUMMER?



Summer and pests always seem to go hand in hand. As the temperature rises during summer, pests feel it more ideal to reproduce with much available food from blossoming trees and the presence of warmth. When it's summer, pests can be everywhere – both inside and outside your property.

Although some common pests may seem to be active all year round, most pests become highly productive and aggressive during the hot summer season.

These pests can and will disrupt your day-to-day activities, from a regular barbeque party outside, outdoor hikes, to even a simple family Christmas dinner. Because of the substantial damage pests have caused over the past years (and even until now) during summer, this time of the year is considered as the "pest season."

With proper sanitation practices and preventive pest maintenance carried out at your property, you can prevent all mishaps caused by pests. However, being keen to pests that attack in summer is essential to help you prepare for the right measures you can do at home to avoid future pest infestation.

Below is a list of notorious pests that are common in summer:

Cockroaches

Despite what season there is, a cockroach can be active all year round. However, during summer, they become more aggressive as they appreciate the warm weather and the 'heat wave' that comes during summer. The presence of warmth is ideal for reproduction when these critters find potential mates and reproduce many nymphs that can rapidly develop into adulthood.

Fleas

Fleas come in huge numbers, especially during the summer's 'heat wave.' The warm weather makes the insect, and both their eggs and larvae mature faster, compared to slow maturation during winter. They are after human pets and animals and would preferably target ones with bright furs. They can be hard to spot and kill, so considering a professional pest control completed at your property is highly essential.

Ticks

Ticks have caused significant health problems not just among Australians, but among hundreds of thousands of people in the world. They are vectors of the widely known Lyme disease and have caused severe meat allergies to some unfortunate people. They can directly stick to the unsuspecting person once one passed by thick bushes and grasses. Advice to prevent tick bites: avoid walking or hiking through tick-infested areas.

Mosquitoes

Mosquitoes are one of the most dangerous pests in the world. They carry the most of deadliest diseases including Zika virus, Dengue fever, and Malaria. Attacks would begin in spring & worsen during summer. The eggs will hatch, causing the population to balloon. Most species would mostly feed on animals, but they are profoundly disturbing to humans as well.

Ants

Ants have a considerable population in Australia, which also blooms during summer. They are common outdoors, but they can get indoors as well, especially if there is a potential source of food and an ideal place for a new colony. Cleaning up leftovers is a must if you don't want to attract them into your house.

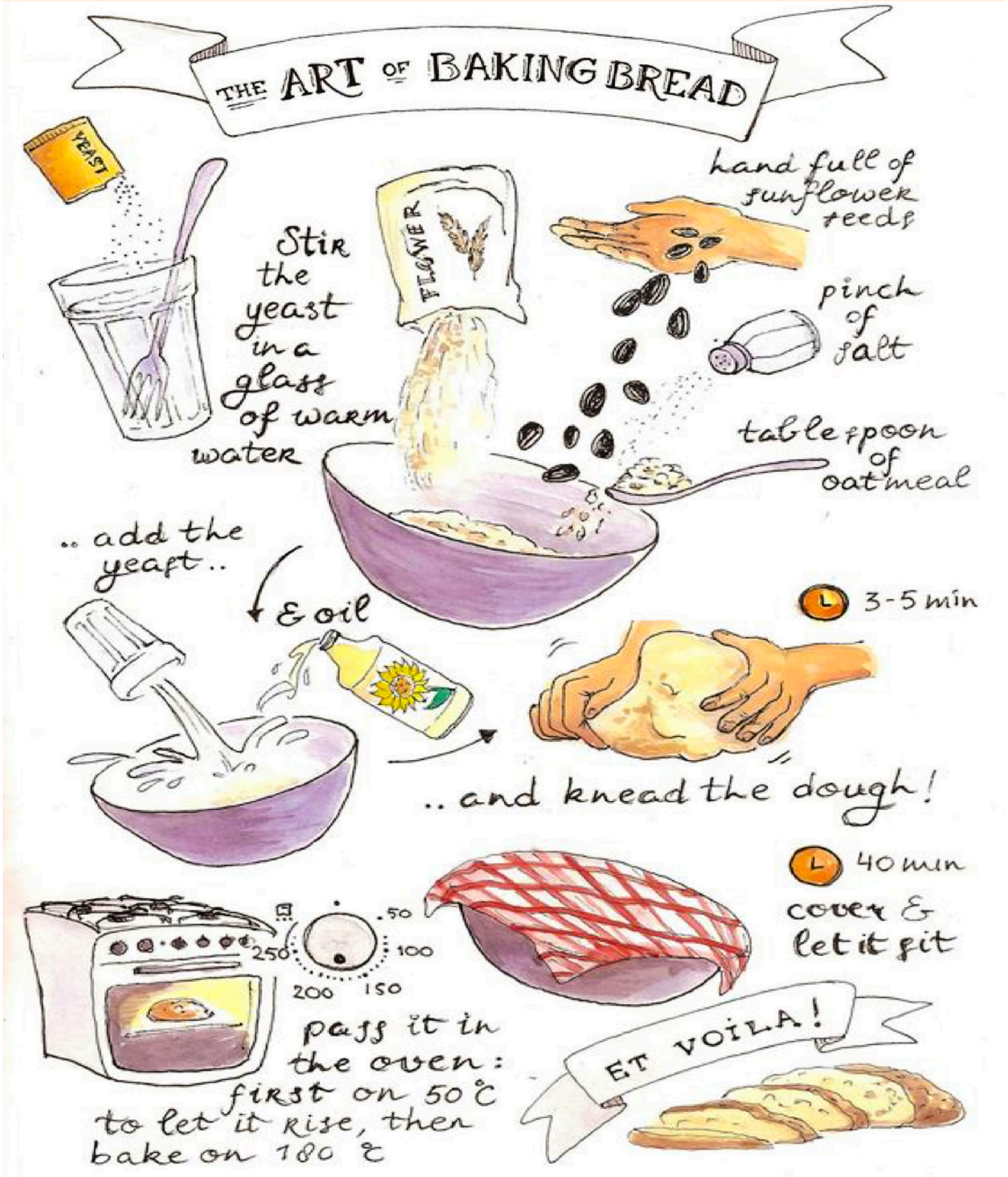
Flies

Flies are both annoying and dangerous. Their worst feeding habits (feeds almost on anything) makes them highly hazard to human health. With this bizarre behaviour, flies will often carry germs around their bodies and can pass it on instantly if they landed on your food.

Possums

It can be potentially risky and quite a handful when possums invade your property. During summer, possums will then find places for their nests, and a house's attic or under decks is an ideal spot. They create messes through their faeces, make noises, and can even cause accidents through sudden bites as a form of defence mechanism.

From the Food Studio



ASHFIELD Community

Some useful links:

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

We have these and many other services that visit The Willows available to all residents

Podiatrist

Dentist

Art Therapy

Dog Therapy

Hair Salon

Physiotherapy

Catholic Holy Communion

JANUARY CROSSWORD PUZZLE

1	2	3	■	4	5	6	7	8	■	9	10	11
12			13	■	14				■	15		
16				■	17				■	18		
19				20				■	21	22		
■	■	■	■	23			■	■	24		■	■
■	25	26	27		■	28	29	30	■	31	32	33
34					35	■	36		37	■	38	39
40				■	41	42				43		
44			■	■	45			■	46	47		
■	48		49	50	■	51		52	■	53		■
■	■	■	54		55	■	■	56	57		■	■
58	59	60				■	61				62	63	64	65
66				■	67	68				■	69			
70				■	71					■	72			
73			■	■	74					■	75			

Clues on next page...

Clues

DOWN

1 Wash with a mop
2 Tablet
3 Opposed
4 From the pope
5 Worshiped
6 Frigid
7 Government agency
8 Tie down
9 See ya!
10 Branch of learning
11 Fewer
13 Dozen (abbr.)
15 Upper body
20 Where animals are kept
22 Head cover
25 Curved
26 Animals in a region
27 Boundary
29 Type of wrench
30 Ghost's greeting
32 Frown angrily
33 Provide housing for
34 Pacific Time
35 Evening
37 Sphere
39 Wooden sheet
42 American Kennel Club (abbr.)
43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
47 Company symbol
49 Swedish citizen
50 Possessive pronoun
52 Large, long-handled scoop for digging or scooping heavy material
55 Coverings for the feet worn for protection
57 Overly fat
58 Containers
59 Spoken
60 Spring flower
61 Prong
62 Gross national product (abbr.)
63 Long fish
64 A spinning toy (2 wds.)
65 Prying
68 Large number

ACROSS

1 Resort hotel
4 Tempos
9 Calorie
12 Gust
14 Take into one's family
15 Wheel
16 Singing voice
17 Pertaining to the north or south ends of the earth
18 Makes hot cereal
19 Heavy and widespread snowstorm of lengthy duration
21 On the other side
23 Bullfight cheer
24 Old-fashioned Fathers
25 Hairstyle
28 Pat lightly
31 Ritzy
34 Express approval
36 Lavatory
38 Police officer
40 Water film
41 Heroism
43 Out of bounds
44 Decade
45 Stretch to make do
46 Slovenly
48 Sprint
51 Central nervous system
53 Stare at
54 Net
56 Greedy person
58 Short open jacket
61 Runnerless sled that is curved upwards
66 Waterless
67 Fatty vegetable
69 World organization
70 Strong wind
71 Sounds with reference to pitch, strength, or duration
72 Experts
73 Wily
74 Inscribed stone
75 Observe secretly

Solution on next page...

Solution

1 S	2 P	3 A	■	4 P	5 A	6 C	7 E	8 S	■	9 C	10 A	11 L
12 W	I	N	13 D	■	14 A	D	O	P	T	15 T	I	R	E
16 A	L	T	O	■	17 P	O	L	A	R	18 O	A	T	S
19 B	L	I	Z	20 Z	A	R	D	■	21 A	22 C	R	O	S	S
■	■	■	■	23 O	L	E	■	■	24 P	A	S	■	■	■
25 A	26 F	27 R	O	■	28 D	29 A	30 B	■	31 P	O	32 S	33 H	■
34 P	R	A	I	S	35 E	■	36 L	O	37 O	■	38 C	O	39 P
40 S	C	U	M	■	41 V	42 A	L	O	R	■	43 F	O	U	L
44 T	E	N	■	■	45 E	K	E	■	46 B	47 L	O	W	S	Y
■	48 D	A	49 S	50 H	■	51 C	N	52 S	■	53 O	G	L	E	■
■	■	■	54 W	E	55 B	■	■	56 H	57 O	G	■	■	■	■
58 B	59 O	60 L	E	R	O	■	61 T	O	B	O	62 G	63 G	64 A	65 N
66 A	R	I	D	■	67 O	68 L	I	V	E	■	69 N	A	T	O
70 G	A	L	E	■	71 T	O	N	E	S	■	72 P	R	O	S
73 S	L	Y	■	■	74 S	T	E	L	E	■	75 S	P	Y

Laughter.....the best medicine!

Barista: How do you take your coffee? Me: Very, very seriously.

My 85-year-old grandfather was rushed to the hospital with a possible concussion. The doctor asked him a series of questions: "Do you know where you are?" "I'm at Rex Hospital."
"What city are you in?" "Raleigh." "Do you know who I am?" "Dr. Hamilton." My grandfather then turned to the nurse and said, "I hope he doesn't ask me any more questions."
"Why?" she asked. "Because all of those answers were on his badge."

Q: Want to hear a bad cat joke? A: Just kitten!

Two guys stole a calendar. They got six months each!

Two dog owners are arguing about whose pet is smarter. "My dog is so smart," says the first owner, "that every morning he goes to the store and buys me a sesame seed bagel with chive cream cheese, stops off at Starbucks and picks me up a mocha latte, and then comes home and turns on ESPN, all before I get out of bed." "I know," says the second owner.
"How do you know?" the first demands. "My dog told me."

Did you hear about the bed bugs who fell in love? They're getting married in the spring!

During a job interview at the 99 Cents store, my son was asked, "Where do you see yourself in five years?" My son's reply: "At the Dollar Store." He got the job.

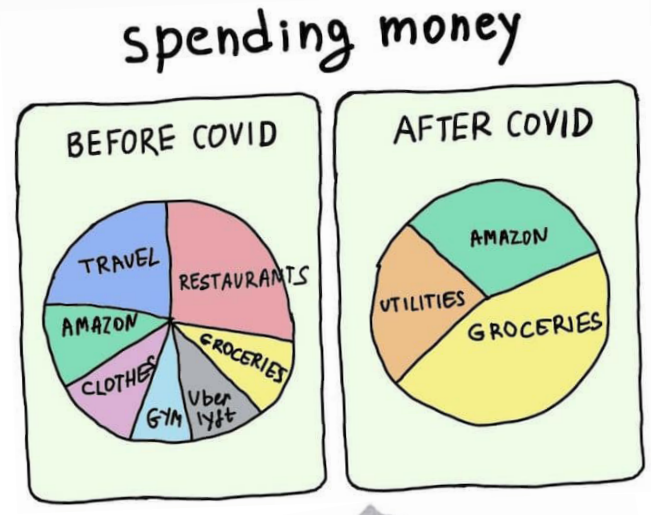
Tip-jar humour in our local coffee shop: "Afraid of Change? Leave It Here."

A perfectionist walked into a bar... apparently, the bar wasn't set high enough.

Q. What did Neil Armstrong say when no one laughed at his moon jokes?
A. "I guess you had to be there."

Q: What do you call a boomerang that doesn't work? A: A stick.

A farmer had a three-legged pig and his neighbour asked him why the pig had only three legs.
"Well, I'll tell you" the farmer replied. "One day I was ploughing my field and the tractor turned over and pinned me underneath. That pig ran for help. He saved my life".
"Oh, that's how he lost his leg?" the neighbour drawled. "No. One night my wife and I were sound asleep and the house caught on fire. That pig woke us up. He saved our lives!"
"So that's how he lost his leg", stated the neighbour. "No, that wasn't it" the farmer affirmed. Exasperated, the neighbour demanded "Then how did he lose his leg?" and the farmer replied, "When you have a pig that good, you don't eat him all at once!"



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