The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 43. July 2023

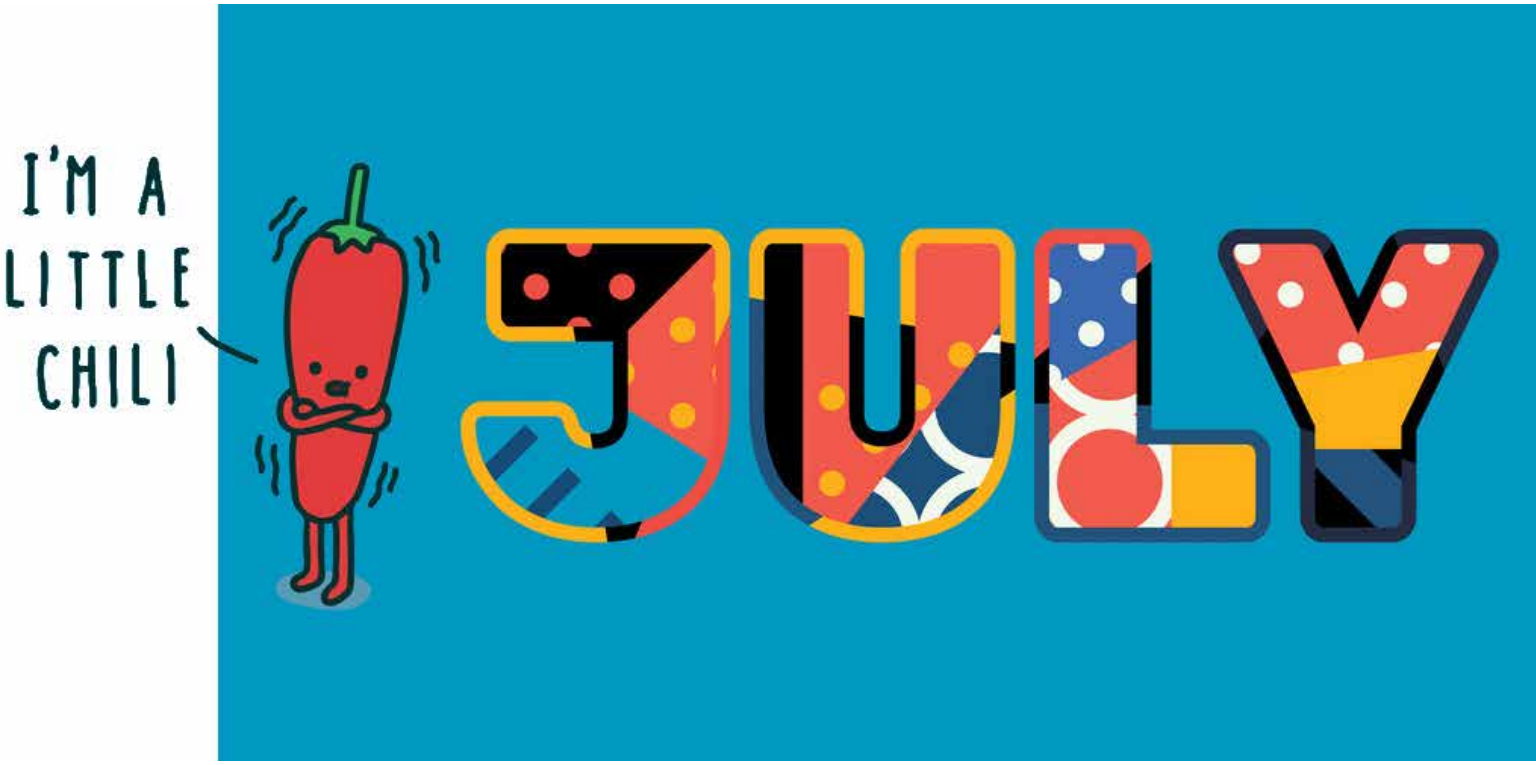
Whispers from the Willows
NEWSLETTER

Welcome to our newsletter for July.
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 July 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 Admin Desk

Hi All

There have been a number of changes that come into effect from 1 July in regards to the reporting we need to provide the Aged Care Quality Commission and the Department of Health. We have implemented all the changes to be up to date and compliant with all the new requirements. We have also registered to access My Health Record as part of our planning and delivery of care. As a further step to this we are adding Bestmed software for our medication management. Bestmed are transforming medication management in Aged Care through eNRMC, leading to safer practices and improved outcomes.

We have made some changes to our executive team.
Melanie McFadden is the **Facility Manager. Dulce Rivera** is our new **Care Manger** who started in June and has been a great addition to our team. **Nima McShane** has been promoted to **Hotel Services Manager.** Nima and her and her team look after cleaning, cooking and laundry and I have been promoted to CEO .

Please don't hesitate to contact any of us if you have any questions or queries.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - CEO

From the Lifestyle Desk

Welcome to the July edition of The Willows Private Nursing Home Leisure & Lifestyle Newsletter.

Wow! Another busy and productive month gone by. Despite the c-c-c-c-cold weather, we all got out and about and took part in some great activities – both indoors and outdoors. This month we welcomed a few new residents to The Willows so if you see some new faces, please make sure you say hello! For those new residents, if you need anything to help you settle into your new environment, please let us know.

We are looking forward to getting to know you and seeing you all and helping to make your stay here as comfortable and enjoyable as possible with our new Lifestyle Games, activities and entertainment.

Cheers,

David and Tess

JULY BIRTHDAY CELEBRATIONS

Brian Heron 7th
Peter Gadsen 8th
Mara Watkin 15th
Mary Stephens 23rd
Fred Sullivan 26th
Noal Tighe 28th

https://www.dryjuly.com/about

About the Dry July campaign

Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer.

The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers!

So you're not only helping others, you're helping yourself.

It's a win-win!

5 health conditions you didn't know medical cannabis could help with

BY DR SUZANNE GRAHAM

Did you know that medical cannabis is legal in australia? Prescribed in oil, capsule, cream and flower form, there is a multitude of conditions that medical cannabis can help with, Dr Suzanne Graham explains.

You may have heard about medical cannabis when it was legalised in Australia in 2016, or maybe you even know someone who uses it. However, have you ever thought about how it may help you or someone you care about? The receptors that it works on are found throughout the body, meaning that it can help in so many different conditions, including some that you never may have guessed.

The use of medicinal cannabis products including oils, capsules, creams and flowers has increased rapidly in Australia since 2016

and have been available in places such as America and Canada for even longer. A lot of people have found medicinal cannabis to be a game changer for their medical conditions and are advocating for a reduction in stigma and increase in awareness of what it can do. From anxiety to sleeping issues and chronic pain, find out how medicinal cannabis may be able to help you.

How does medical cannabis work?

Before we move on to how it can help, it's important to understand why medical cannabis may help. Throughout each person's body, is a system called the endocannabinoid system which is responsible for maintaining homeostasis (balance) in the body. Many people with health conditions will be in a heightened state, meaning that their body is in a state of overactivity which can lead to their symptoms. The body produces natural molecules (endocannabinoids) similar to those that are found in the cannabis plant, that help to decrease this heightened state by binding to receptors throughout the body.

This encourages the body to relax and decrease the nerve signals that are causing the patient to experience symptoms - for example pain or anxiety. Some experts believe that some people may not be able to produce enough of these natural molecules and thus this is where the molecules in medicinal cannabis can help this system to work better to maintain balance and decrease unwanted symptoms.

HERE ARE 5 HEALTH CONDITIONS MEDICAL CANNABIS CAN HELP WITH:

❶ Sleep

Finding it hard to get your beauty sleep? You're not the only one! A recent study from the Sleep Health Foundation showed over half of Australians report at least one chronic sleep issue. Sleep is a critical to our health and wellbeing, studies show that lack of sleep can affect how we think, how we feel and can even increase our risk of physical conditions such as high blood pressure and diabetes. Insomnia even increases mortality from heart attacks and strokes compared to those who have a good night's sleep.

Sleep issues are one of the conditions that medicinal cannabis can help with. Research has shown that medicinal cannabis can improve sleep quality with minimal side effects.

❷ Mood

At least one in five Australians struggle with their mental health, with conditions such as depression, anxiety and PTSD. Struggling with mood can affect many different areas of an individual's life including personal relationships, career and physical health.

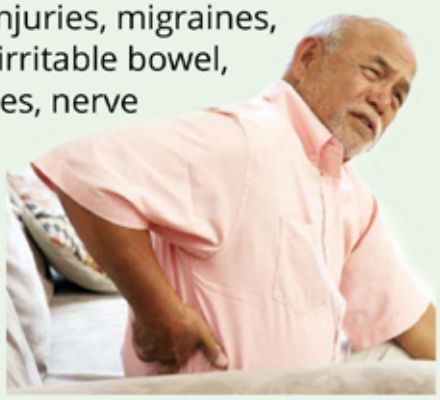
Many people have found cannabis products helpful for managing mood and improving their day to day life.

❸ Women's Health

Medicinal cannabis can help with painful periods, menopause symptoms and endometriosis. Did you know about 1 in 9 women in Australia will be diagnosed with endometriosis at some point in their lives? It can lead to a lot of pelvic pain, discomfort during sexual intercourse and bowel issues.

A range of products have been developed specifically with women's health in mind, including pessaries and creams. Many patients report improvement in a range of associated symptoms.

❹ Pain Management



Arthritis, old injuries, migraines, fibromyalgia, irritable bowel, muscular issues, nerve problems, cancer – the list of things that can cause pain seems endless sometimes. Many people suffer with chronic pain due to many different reasons, which can often be very difficult to get on top of.

Painkillers can have unwanted side effects and sometimes aren't enough to stop the pain.

Many patients report an improvement in pain control with medicinal cannabis. This is due to the important part that the endocannabinoid system plays in modulating pain and inflammation.

❺ Skin Conditions

Did you know that the receptors that cannabis works on are even found in your skin? This means that cannabis products may be able to help you with acne, psoriasis, eczema, dermatitis, and even itchy skin. There are so many factors can cause a flare in skin conditions – including stress and inflammation.

There are oils that work throughout the body to decrease stress and inflammation, as well as topical creams which can decrease pain, itch, redness and inflammation directly at the site of the skin problem.

Several studies have shown a significant reduction in various symptoms reported by patients, including the conditions we have discussed, as well as others that we don't highlight in this article.

These include seizures, nausea and vomiting, autism, weight control, aggression, muscle spasms plus many more.

They have also shown that patients using medicinal cannabis report an improvement in their quality of life.

Dr Suzanne Graham first became interested in medicinal cannabis after seeing its effect on palliative and cancer care patients.

just SAYING

Famous Sayings with weird origins you might not know

Most common sayings and expressions have unclear origins, but we can look back to the furthest recorded evidence of them to get an idea of when and where they came from.

1. A sight for sore eyes

Writer Jonathan Swift, probably most famous for Gulliver's Travels, used the phrase in the 1700s. The quote: "the sight for you is good for sore eyes" was found in a work titled A Complete Collection of Genteel and Ingenious Conversation.

2. Bite the bullet

Sometime between the 18th and 19th century, the expression originated from out-dated medical practices, especially for soldiers. Back in the day, to distract patients (since Anesthesia was not a thing yet), doctors would have them bite down on a literal bullet.

3. Cat got your tongue?

An example of an expression being lost to time, but there are some theories. With the least clear origins of the bunch on this list, some believe it is related to ancient Egyptians cutting out tongues and feeding them to cats, while others believe it originated from flogging crew members aboard vessels.

4. Caught red-handed

A saying with origins dating back to 15th-century Scotland. Caught red-handed is referred to being found with blood on your hands after they have committed a crime. Pretty simple.

5. Waking up on the wrong side of the bed

A Roman superstition... positive forces await on the literal right side of the bed. However, if you get out of bed on the left side, that's some bad energy right there.

6. Running Amok

The word "amok" comes from the Malay word "mengamuk," which means to make a furious and desperate charge. Captain Cook used the phrase to describe the behaviour of Malay tribesmen.

7. Break the ice

Dating back to the 17th century, writer Samuel Butler used the expression in the poem Hudibras which read: "...At last broke silence, and the Ice."

8. When in Rome, do as the Romans do

This one has gone through a plethora of iterations. As far as the English version, the saying as we know it is found in Interesting Letters of Pope Clement XIV, which read, "...that when we are at Rome, we should do as the Romans do."

9. Barking up the wrong tree

Dating back to the 1800s, this common phrase relates to hunting with packs of dogs. Not too much to this one, if a dog was barking up the wrong base of the tree, odds are the prey escaped or the doggo was just incorrect.

10. Paint the town red

A lot of controversy about the origins of this one. But people in the UK believe it references the Marquis of Waterford and friends in 1837, who went on a night of drinking through the English town of Melton Mowbray.

Whereas people in the US cite 1884, and the Oxford English Dictionary quotes the Chicago Advance (1897): "The boys painted the town [New York City] red with firecrackers [on Independence Day]."

11. Show your true colours

Nautical lingo!

Lowering your colours aboard a ship to hide your nation's flag is a strategic move. In a naval battle, if you hoist your flag high after hiding it, you are showing your true colours.

12. Rule of thumb

The origin is actually uncertain, but the earliest record is by Scottish preacher James Durham: "Many professed Christians are like to foolish builders, who build by guess, and by rule of thumb (as we use to speak), and not by Square and Rule."

yourhealth

A Great-Looking Smile for Life

We all know brushing and flossing our teeth every day is important for oral health. But as you get older, your dental routine might need tweaking. Whether you have all of your original teeth, some of them or a full set of dentures, diligently caring for your mouth is just as important as it was when you were a kid.

From dry mouth to gum disease, senior dental problems can be common – and since oral health directly impacts the health of the rest of your body, these issues need to be taken seriously. Risks for conditions such as heart disease and diabetes increase with poor oral health.

Here are seven reasons senior dental care is so important:

GUM DISEASE

Whether or not you have all of your natural teeth, gum disease remains a big concern among older individuals. A study published in the Journal of Periodontology reports that about 68% of adults age 65 years or older have gum disease. Gum disease has been linked to conditions such as diabetes, heart disease and stroke. Maintaining good dental hygiene and seeing your dentist regularly will help prevent gum disease and treat it quickly.

DRY MOUTH

Saliva keeps your mouth wet, which protects your teeth from decay and prevents infection. This is why having dry mouth can pose a problem. Certain medications, cancer treatments or chronic conditions can increase your risk for dry mouth – along with cavities or decay. Dry mouth can also affect the fit of your dentures, according to the National Institute of Dental and Craniofacial Research, causing chafing between the dentures and your gums. A moisturizing mouthwash or spray, sugar-free gum or an artificial saliva product can encourage the production of saliva. If it's caused by medication, talk to your doctor or dentist about changing the dose or prescription.

HEART DISEASE

Research has shown that there is a connection between gum disease and heart disease. According to the American Academy of Periodontology, people with gum disease are almost twice as likely to have coronary artery disease or heart disease. One study found that the presence of common problems in the mouth, including gum disease, cavities and missing teeth, were as good at predicting heart disease as cholesterol levels.

DIABETES

Oral health and blood sugar control go hand in hand. People with diabetes are twice as likely to develop gum disease. This is because when blood sugars aren't well controlled, it makes it harder to fight infections, including infections in the mouth and gums. According to the Washington Dental Service Foundation, infected gums, usually caused by plaque and tartar, make it harder to control blood sugar. Infections can cause gums to bleed, feel swollen and tender, and can lead to tooth loss.

PNEUMONIA

Several studies have linked poor oral health to pneumonia in older adults. By breathing in bacterial droplets from the throat and mouth into the lungs, seniors are more susceptible to infections such as pneumonia. Studies have even suggested a higher mortality rate from pneumonia in people who have gum disease.

DARKENED TEETH

Food and drinks such as coffee, tea and berries, as well as using tobacco products can darken teeth. According to the Cleveland Clinic, as we age the outer layer of enamel on our teeth gets worn away revealing the natural yellow color of dentin. Certain medications and treatments, such as radiation and chemotherapy, can darken teeth. Brushing and flossing can help, along with talking to your dentist about whitening options.

DENTURE CARE

If you wear dentures, it's important to take care of those dentures just as you would care for natural teeth. Use a toothpaste that is specially made for dentures, and make sure you clean them on a daily basis. You'll also want to brush your gums and tongue with a soft toothbrush to remove any bacteria and food particles from your mouth. If you have partial dentures, be sure to floss between the implants before you put the dentures back in. Your dentist can give you specific instructions on taking care of your dentures, so they last as long as possible.

QUICK TIPS

We only get one set of permanent teeth, so it's crucial to take care of them for our entire lives.

Here are expert tips:

- Brush twice a day with a soft bristle toothbrush and fluoride toothpaste.
- Use an electric toothbrush.
- Clean between your teeth once a day with floss or another inter-dental cleaner.
- Rinse with antiseptic mouthwash once or twice a day.
- If you wear full or partial dentures, clean them daily.
- Take your dentures out of your mouth for at least four hours every day, and know that it's best to remove them at night.
- Drink tap water. Since most contains fluoride, it helps prevent tooth decay no matter how old you are.
- Quit smoking. Besides putting you at greater risk for lung and other cancers, smoking increases problems with gum disease, tooth decay and tooth loss.
- Visit the dentist on a regular basis for a complete dental check-up, cleaning and oral exam.
- Eat a healthy, well-balanced diet that includes dairy and high-fiber foods.

WHAT'S ON?

DURING THE MONTH OF JULY

CHRISTMAS IN JULY PARTY
TBA

ITALIAN GROUP
2.00pm Wednesday 12th

BIRTHDAY CELEBRATIONS
2.00pm Monday 3rd

ART GROUP THERAPY
2.00pm Saturday 2nd, 9th, 16th & 23rd

MENS CLUB
2.00pm Friday 21st

LADIES GROUP
2.00pm Friday 7th

KNITTING GROUP
11.00am Friday 21st

ICE CREAM DAY
2.00pm Wednesday 12th and 26th

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 14th

BUS OUTING
9.00am Wednesday 5th and 19th

GARDENING
Last Sunday of the Month

* Subject to change.

you're recycling wrong if you're making one of these 3 common mistakes!

Most of us are now well practiced in the habit of recycling and not letting all of our waste go straight to landfill.

That doesn't mean we're doing it right, and there are a few mistakes a lot of us are making that are stopping packaging from being turned into new products.

One of the things our old beverage cartons are now being recycled into is plasterboards for floors, ceilings, and walls to be used to build homes and offices.

And it's happening right here in Australia, with the country's first beverage carton recycling facility, set up by saveBOARD and TetraPak Australia.

To find out what we're getting wrong when it comes to recycling and how to get it right, Vikas Ahuja, Sustainability Director, Tetra Pak Australia and New Zealand explained. He said the most common mistake people make with recycling is putting items with food still on it in the recycling bin.

"If we put food packaging which still contains food into the recycling, whole bales, or even entire shipping containers of recyclable materials may be rejected and diverted to landfill instead," Ahuja explained.
"Rotting food attracts pests and insects, and smells, and no one can afford to sort through a 20 to 40 tonnes of recyclables to find the dirty takeaway containers or cheesy pizza boxes causing the problem and remove them."

The fix for this is very simple because all we need to do is wash food packaging or at the very least, rinse it.

Another mistake a lot of us are guilty of making – just lift the lid of a random recycling bin and you're sure to see this – is putting all our recyclables into a plastic bag, tying that up and dropping it in the recycling bin.
This is a huge no-no and means nothing you've put in that plastic bag will get recycled.
"Plastic bags and soft plastics can't yet be recycled through kerbside recycling bins and the whole bag will instead be sent to landfill," Ahuja said.

The third most common mistake we're making with recycling is putting things that can't be recycled such as single-use cutlery, old or broken drinking glasses and biodegradable or compostable plastic items, in the recycling bin.
"The easiest way to avoid these mistakes is, 'if you're not absolutely sure it can be recycled, don't put it in the recycling bin'. Most councils now have detailed lists of what can or can't be recycled in your council area."

To find out if something can be recycled where you live, check your council's website for details.
You can also look on the packaging of an item to find out what parts of the packaging can and can't be recycled.

Stressed?

How to SNAP the Stress Cycle

We hear the word stress thrown around a lot however What is stress... do we really know what it is. Stress is when you feel the pressure of a difficult situation. It's a state of mental or emotional strain which often leads to physical symptoms. Being overwhelmed by the situation. Just like John Farnham's song... We need to take the pressure down. I'm going to share some ways you take the pressure down or reduce the stress in your life. Reducing the stress in your life and knowing what triggers the stress will bring back the feeling of control. It has the added bonus of eliminating some of the physical symptoms which will bring back enjoyment and happiness. Freeing the mind body and soul will help you to live a happy and joyful life. The aim is not to be dragged down by the constant pressure of stress.

Too much of a good thing?

A little stress is a good thing. We've heard this many times before and well, to be honest with you it can be. You know how it feels – your heart is racing you are in fight or flight mode and it feels ok. However, too much of a good thing is never great, and this is exactly the case when there is too much stress. What started out as heart racing becomes a thumping so hard that it takes over your whole life. You can't function normally.

It is just like a rubber band… a bit of stretching is good, feels comfortable. Easy to move around. Yes stretched, but feeling good. It is only when we stretch too much that it becomes uncomfortable. There is even a school of thought that too little stress and we become bored. That isn't good for us either.

I want you to think about a rubber band – it stretches and stretches until it breaks and then snaps either you or those around you. You don't know when it will snap. You know it's coming you can see the strain, feel the strain and the pressure. And then SNAP!

However, I'd like you to think about it a bit differently. You don't need to eliminate all stress, but what you need to do is keep it in control. Some stress is good. Some university studies recommend that we have some stress in our lives, or it becomes monotonous. And whilst I think this is a bit extreme, I do believe we need to be challenged so we grow.

I heard an interesting report recently PTSG – Post Traumatic Stress Growth that can also occur. We've heard of PTSD Post Traumatic Stress Disorder, however, there is another school of thought that talks about the growth that comes from traumatic stress. Could this be the same for chronic or acute stress too?

When we work our way through things, we grow. No, it's not getting over it. It is working through it to learn and grow.

Symptoms of Stress

According to the government website, healthdirect.gov.au, the following are common feelings of stress:

- feeling overwhelmed/unable to cope
- feeling on edge or unable to stop worrying
- feeling exhausted
- changes in sleep patterns
- changes in appetite
- headaches
- aching muscles
- upset stomach
- difficulty concentrating
- changes in mood including irritability or anger
- withdrawal from friends and family
- reliance on alcohol or other substances to cope
- throughs of self-harm or suicide

However, it affects people in different ways, some physical and some mental. How does stress affect you? Nothing is right, and nothing is wrong. Each person's "limit" is different, and we don't know what has happened to make them snap.

Some Ways to Ease Stress

Steps towards easing stress can be divided into immediate actions and planned actions. Some immediate actions you can take when something stressful happens include:

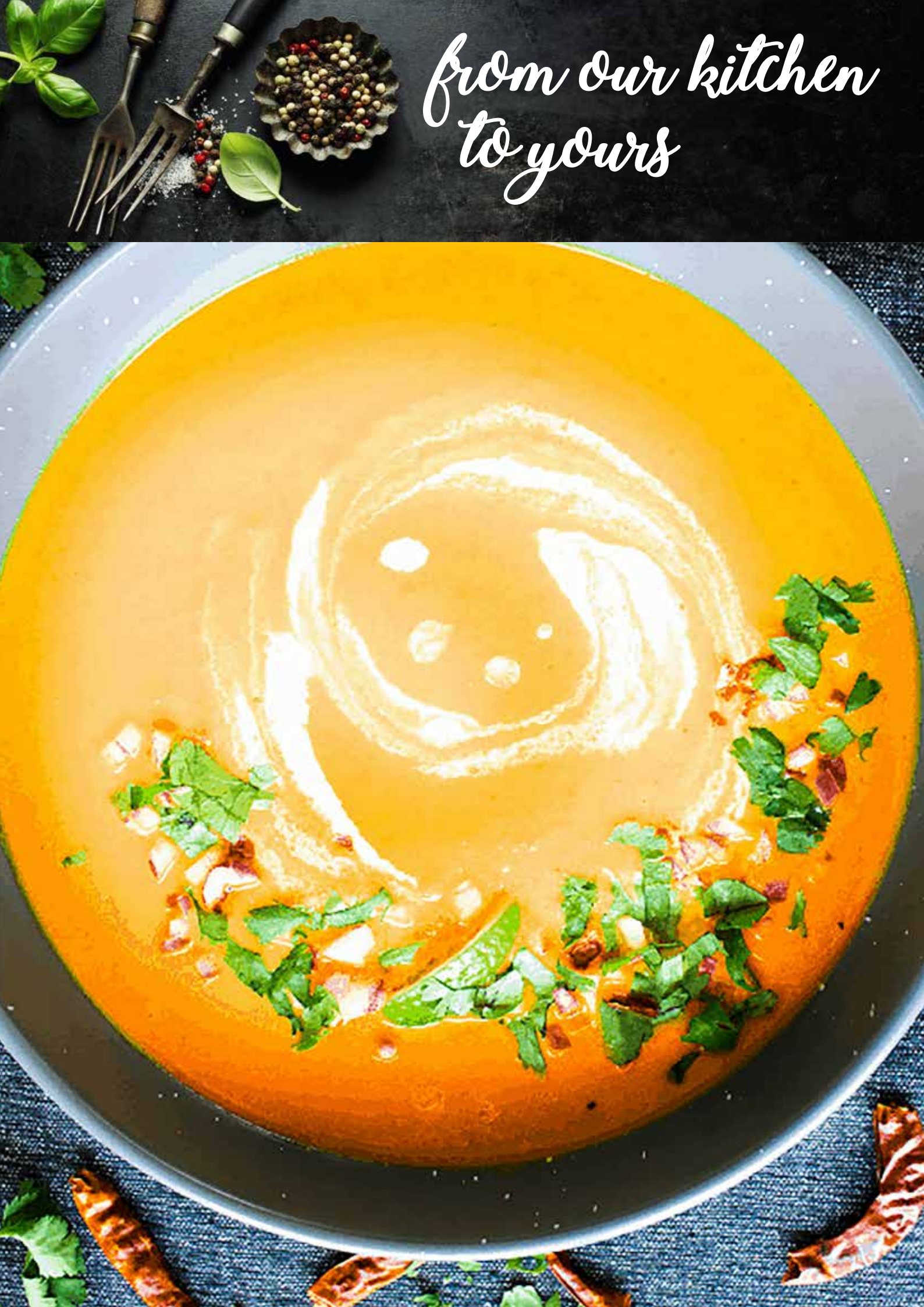
- Breathe – take several deep breaths
- Don't react straight away
- Take a sip of water
- Plan your response

Here are some planned actions you can take when you know a situation is or could be stressful. You can then plan around it. Planned actions you can take include:

- Plan your response
- Exercise
- Mindfulness
- Meditation
- Yoga

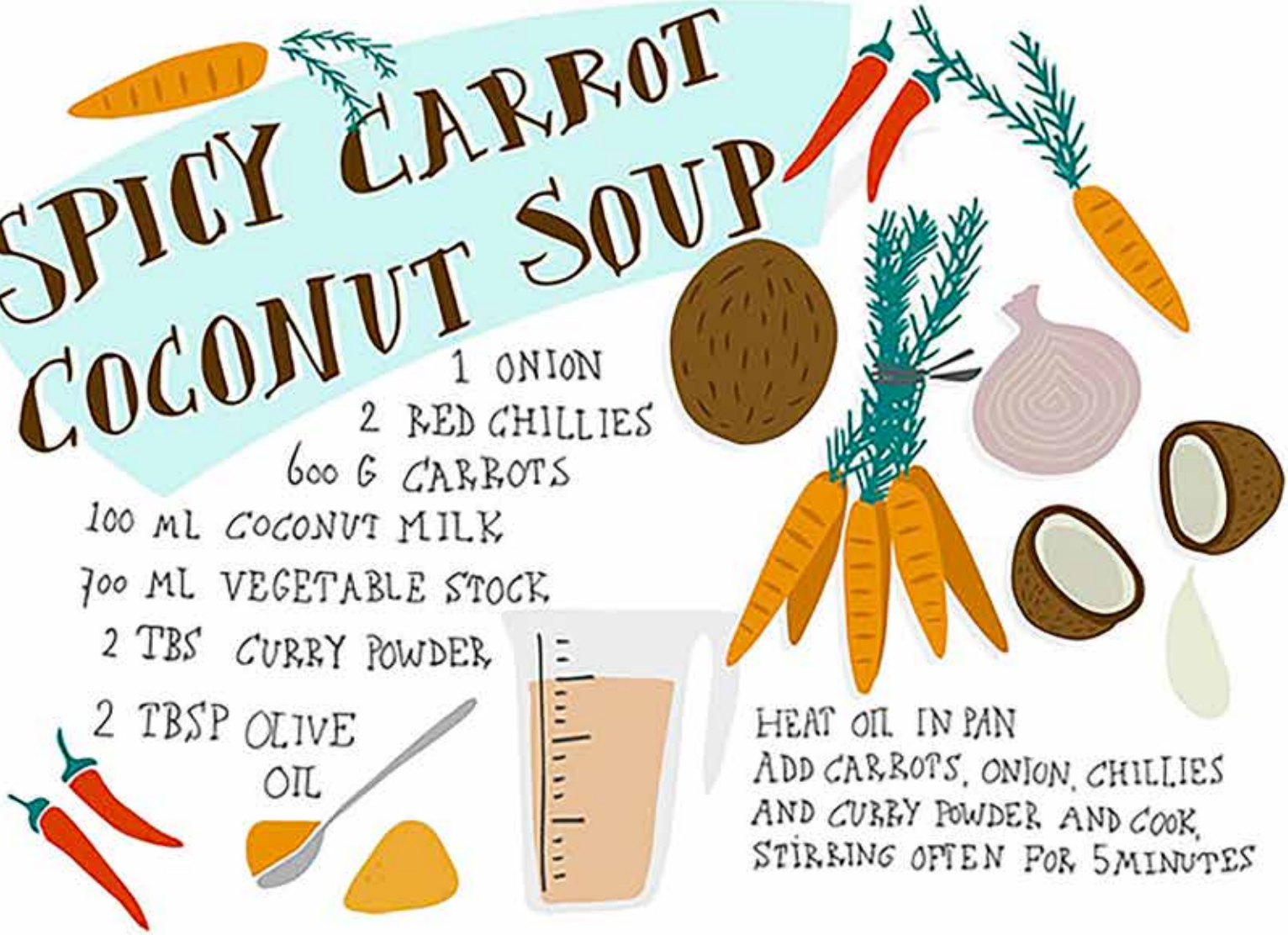
Don't put yourself in the situation if you can help it. Speak to your GP or a Mental Health professional if the stress persists. We all have situations that we don't like. If we can plan them and do them our way then they will be less stressful.

Stress is a part of our everyday lives however stress doesn't have to control our lives!


from our kitchen
to yours

SPICY CARROT COCONUT SOUP

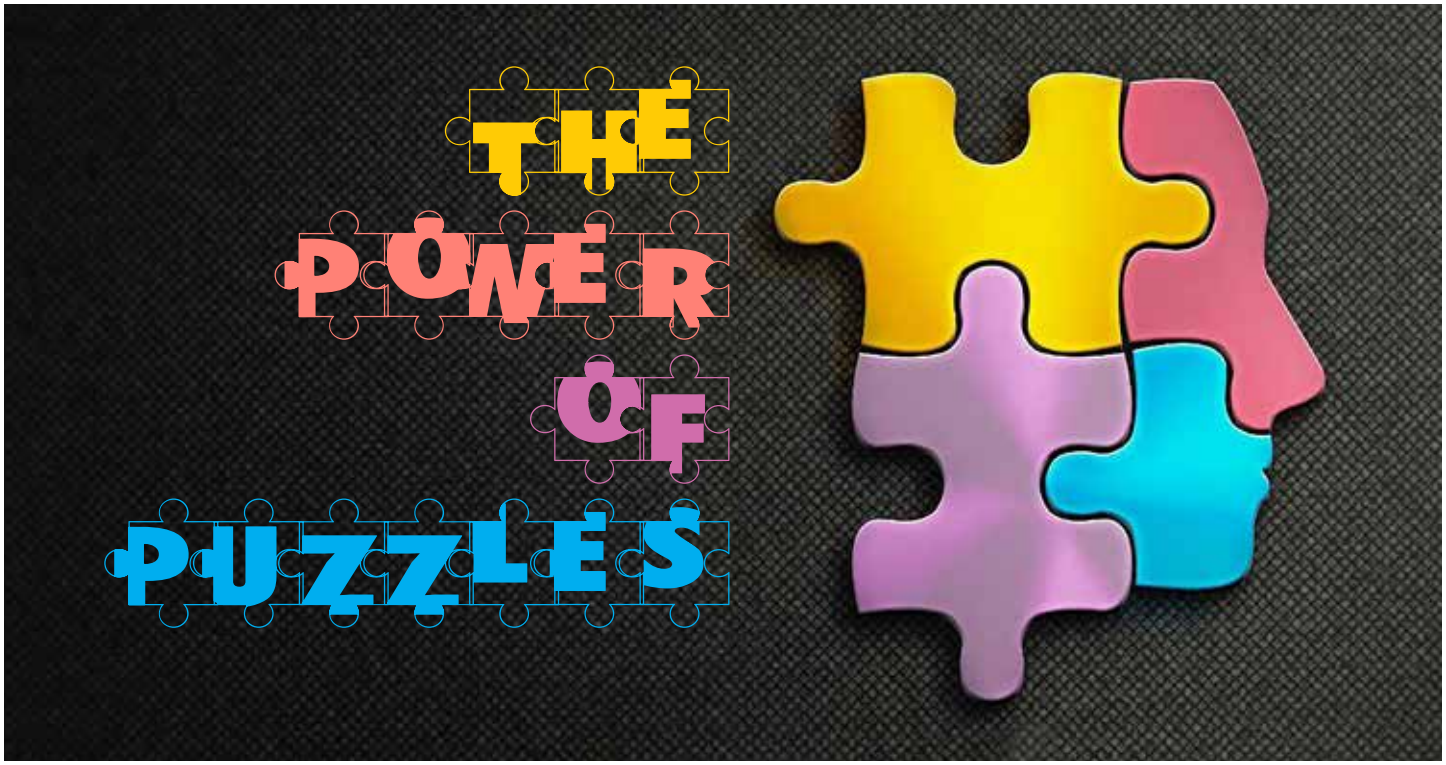
1 ONION
2 RED CHILLIES
600 G CARROTS
100 ML COCONUT MILK
700 ML VEGETABLE STOCK
2 TBS CURRY POWDER
2 TBSP OLIVE OIL



HEAT OIL IN PAN
ADD CARROTS, ONION, CHILLIES AND CURRY POWDER AND COOK, STIRRING OFTEN FOR 5 MINUTES

ADD COCONUT MILK AND VEGETABLE STOCK AND SIMMER FOR 30 MINUTES

PLACE IN BLENDER AND BLEND UNTIL SMOOTH



Puzzles are fun, entertaining and one of the most challenging hobbies ever. they've been loved and enjoyed by people of all ages and cultures for centuries, dating back to puzzle jugs in 1700 B.C. But it's not all fun and games. Puzzles also have numerous mental, physical and emotional benefits – especially for seniors.

Working on puzzles can bolster memory, cognitive skills, concentration and more.

Research has shown that keeping the mind active with puzzles of all kinds can promote a longer life expectancy, better quality of life and may even deter dementia later in life.

Puzzles Exercise Both Sides of your Brain

Whether you opt for the daily crossword, a 1,000-piece jigsaw puzzle or an online game of Sudoku, working on puzzles gives you a real mental workout because they all share one key element – puzzles power your brain.

The two hemispheres of your brain control different functions. The left side of your brain controls analytic and logical thinking, while the right side controls creativity.
While working on a puzzle, the left hemisphere sees all of the separate pieces and attempts to sort them out logically. The right hemisphere sees the "big picture" and works intuitively.

By engaging both sides of our brain at the same time, puzzles create actual "connections" between the left and right sides, as well as between individual brain cells. These connections increase our ability to learn, comprehend and remember.

Don't Be Puzzled Over Which Puzzles to Pick

Since all puzzles keep your brain active and challenged, choosing the right one is really a matter of taste and interest. Jigsaw, crossword and Sudoku puzzles are classic ways to keep your brain stimulated. Board games like chess, checkers and Scrabble have the added bonus of social interaction with family or friends, which also helps the brain.

If you prefer, you can download brain training apps straight to your mobile phone or tablet and take your puzzles with you wherever you go. While some studies have failed to find a link between brain training and improved cognitive functioning, other research has found the opposite. For example, Medical News Today cites research presented at the 2016 Alzheimer's Association International Conference which found that older adults who took part in 10 one-hour brain training sessions over a five-week period were 48% less likely to develop cognitive decline or dementia over 10 years.

Your brain is a muscle, just like your heart – and exercising your brain is just as important as physical exercise. Puzzles are a fun and easy way to challenge your mind and can be enjoyed anywhere, at any time, by anyone. So clean off the coffee table and sharpen your pencil – it's time to work out!

SOME OF THE BENEFITS OF REGULARLY SOLVING PUZZLES:

Memory formation and Cognitive Skills.

The areas of the brain that are responsible for complex thought and memory formation are the hippocampus and prefrontal cortex – areas that benefit from solving puzzles or playing board games like checkers or chess.

Numerous studies have determined that working on puzzles for at least 90 minutes a week can significantly improve one's intelligence quotient or IQ. That's because puzzles help in the process of learning new words, enriching memory power, reasoning skill and more. A University of Michigan study showed that adults could boost their IQ by four points by simply spending 25 minutes a day playing puzzle games.

Delay Dementia and Alzheimer's Disease.

Several studies have found that mentally engaging activities such as jigsaw and crossword puzzles may help the brain resist dementia later in life. According to WebMD, studies show that keeping the mind active through puzzles and other problem-solving activities can reduce the amount of brain cell damage that occurs in Alzheimer's patients. It also supports the growth of new nerve cells and strengthens the connections between them.

The New England Journal of Medicine published a study linking the playing of board games to the decreased incidence of dementia and Alzheimer's. The study conclusively showed that subjects who played board games were less likely to develop dementia. In another study, older adults who enjoyed crossword and jigsaw puzzles scored higher on standard tests of mental sharpness, even though they still showed signs of mental decline over time. Researchers explained that, even though the seniors did decline over time, they did so from a higher "starting point."

This "cognitive reserve" can be seen as the brain's ability to find alternative ways to get things done. In theory, a person with greater cognitive reserve may be able to withstand pathological changes in the brain for a longer time before showing signs of dementia. In other words, your cognitive reserve is like money in the bank: the higher the level you start from, the more years you'll have with good functioning.

Improve Visual-Spatial Reasoning.

Ginger is the best spice to add in your daily winter meals in order to keep your bodies warm and cozy. It is a superfood for chilly winters with a peppery flavour.
It also has anti-inflammatory properties. One should start consuming ginger tea in the morning since the start of winter months. That is the best way to include ginger in your diet. You can also add it to your post-workout smoothie.

Enhance your Mood.

Every time we successfully solve a puzzle – or even put one piece in the right place – our brain releases dopamine, a neurotransmitter that regulates mood, feelings of optimism, memory, concentration and motivation. Known as the "happy hormone," dopamine helps us strive, focus and find things interesting. This encourages us to continue working on puzzles, solving them and challenging ourselves.

When we play board games with family and friends, the laughter that often accompanies the game releases another "happy hormone" – endorphins. Endorphins interact with the receptors in your brain that reduce your perception of pain and trigger a positive feeling in the body, similar to that of morphine. Endorphins act as analgesics, which means they diminish the perception of pain.

Lower your Stress Levels

Puzzles may invigorate our brains, but they are also very relaxing. By concentrating on only one task – solving the puzzle – our brains go from a "beta," or wakeful state, to an "alpha" state, which is similar to the state we're in when we're dreaming. This shift in consciousness comes with many benefits, including an improved mood and mindset, stress relief, increased self-confidence and an ability to make deeper connections.

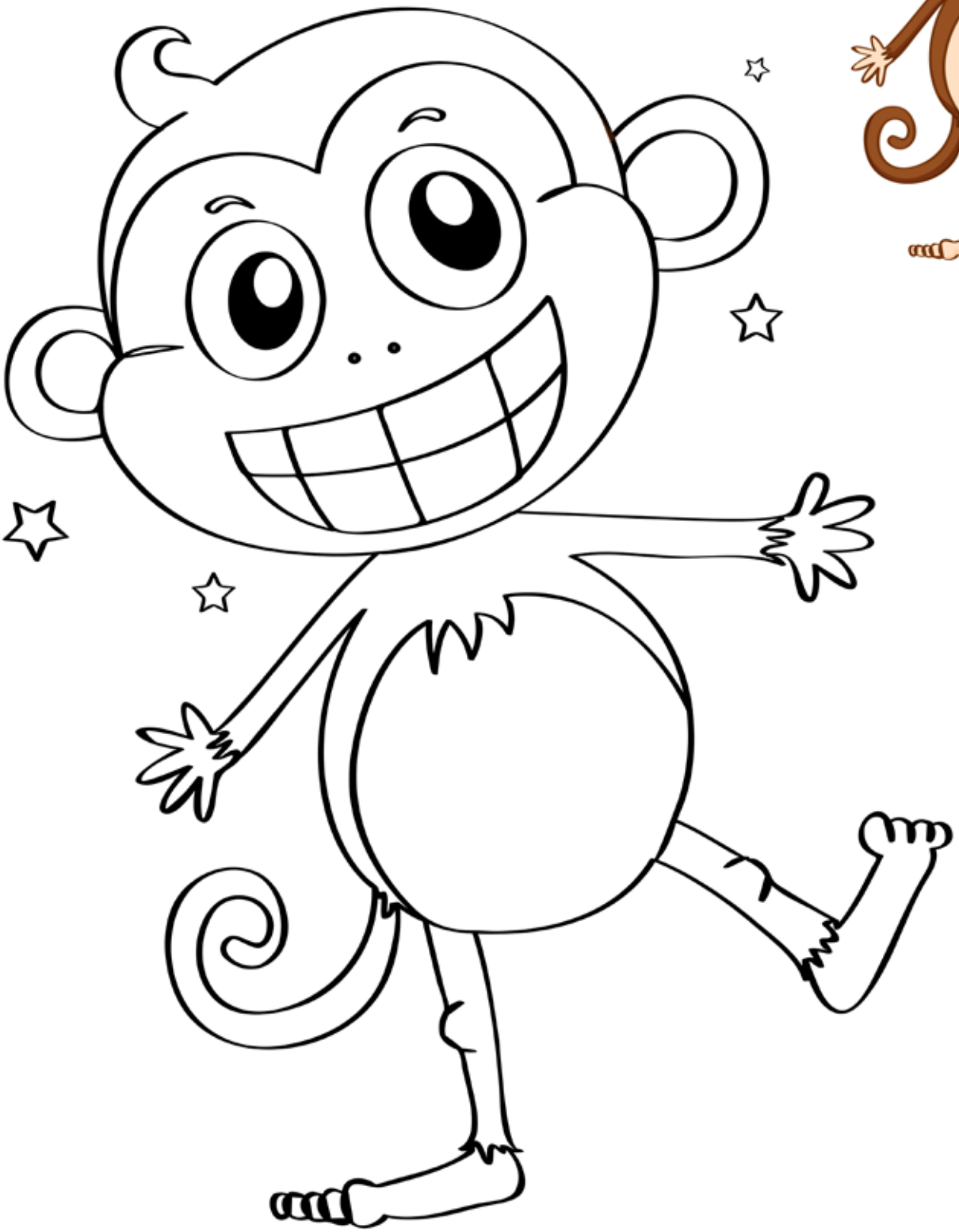
There are hundreds of brain training smartphone apps available. Lumosity, Elevate, Peak, FitBrains and CogniFit are among the top-rated apps and a great place to start if you're looking for portable, high-tech options.

Fun Fact

Did you know?

Although Flake is made from milk chocolate, the manufacturing process gives it a different arrangement of fat and cocoa solids, so the melting fat isnt able to lubricate the cocoa particles to the point where they can flow. In a bain marie, (used to keep food warm over longer periods of time), a Flake will never melt. In the microwave, it eventually just burns.

COLOUR ME IN



FD
FIRE DEPT.
ENGINE 9
9

BRAINPOWER

LEFT SIDE

Speaking
Reading
Writing
Listening
Grammar
Number skills
Computation skills
Analyzing information
Reasoning
Logic
Sequential thinking
Time awareness
Controls right side of body

RIGHT SIDE

Organizing information
Abstract meaning
Context
Spatial relationships
(like map reading or shape recognition)
Visual information
Face recognition
Intuition
Emotion
Imagination
Detecting motion
Music & art awareness
Controls left side of body

It's not what you know, but how you think!

Which one below is the ODD ONE OUT?
Really try and work it out before you find the answer on the last page

4T 5T 6T 7T

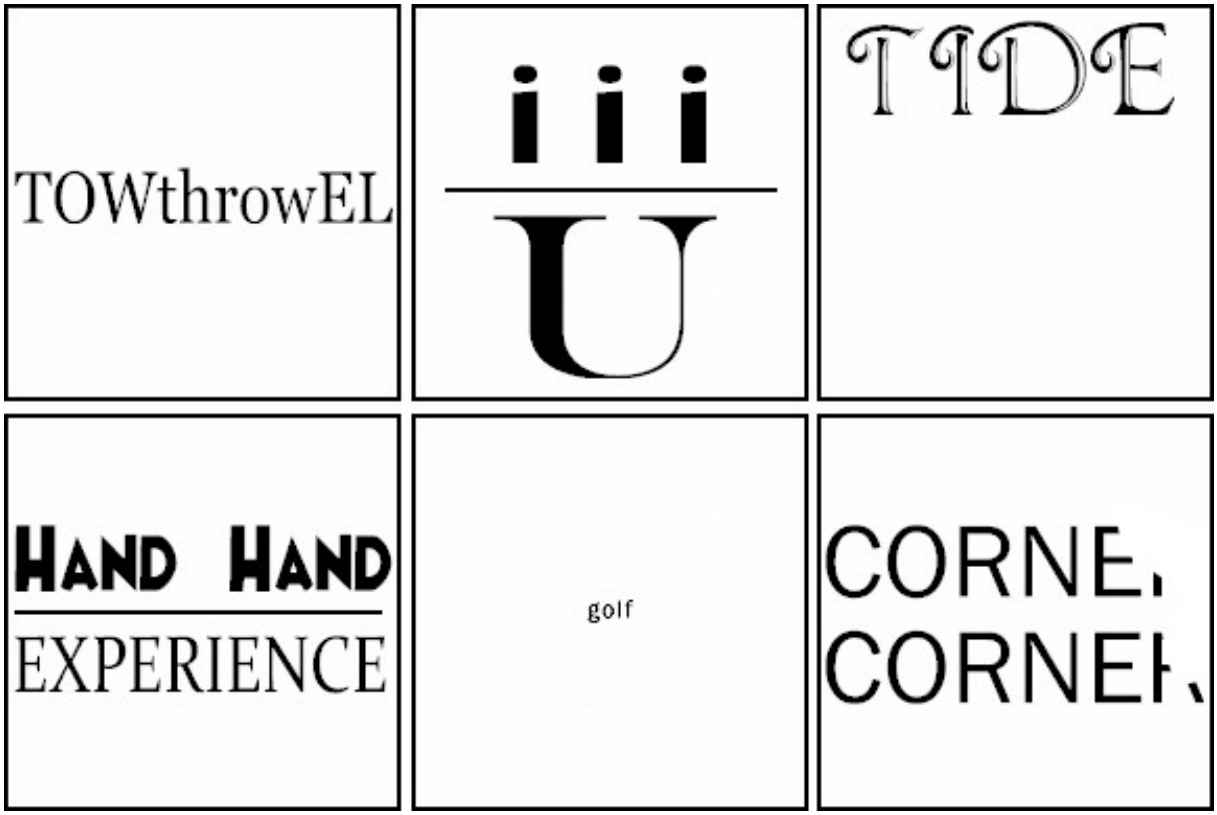
the FINDDOG

Solution on the last page

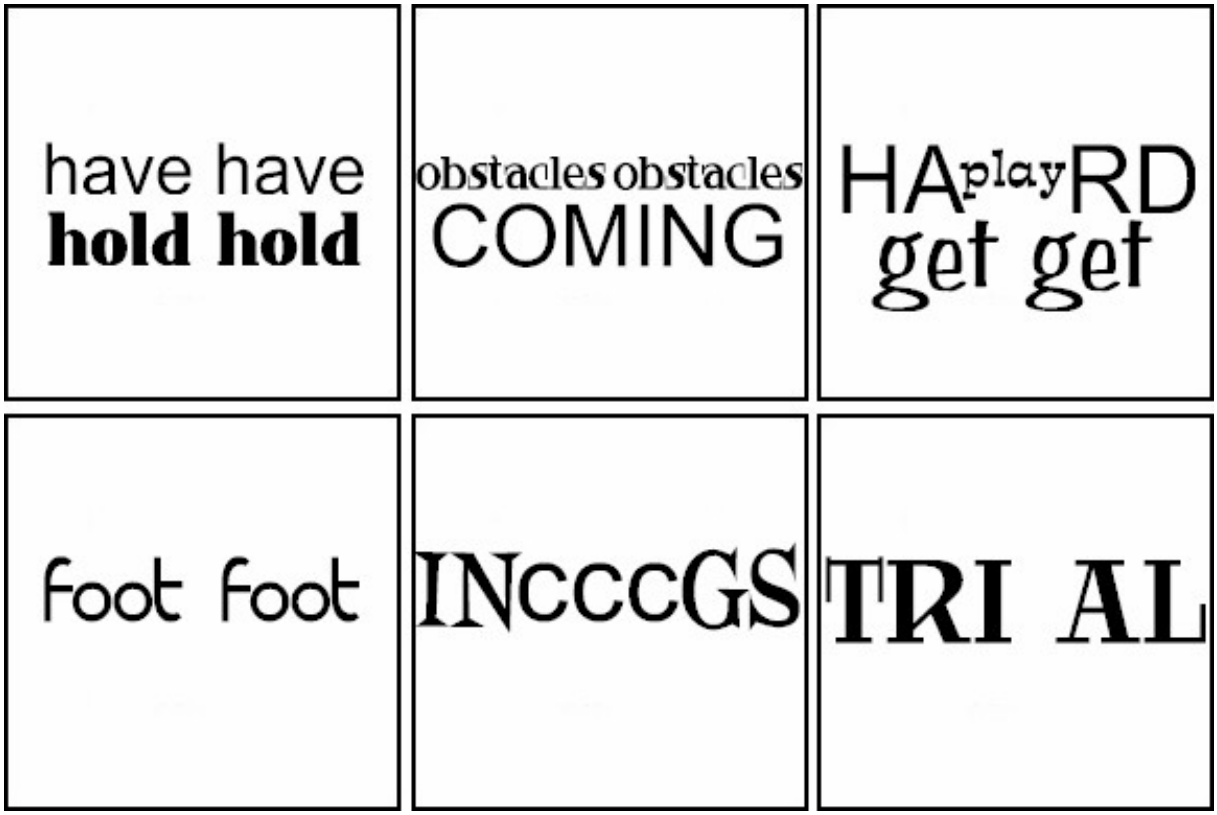
BAMBOOZABLE

A bamboozable is a saying/phrase that is made up of a display of words in an interesting way. The goal is to try to figure out the well-known saying, person, place or thing that each bamboozable is meant to represent. There are six bamboozables below.

1



2



Answers on last page

OCCUPATIONS MISSING LETTERS IN WORDS

d_c_o_

d_n_i_t

n_r_e

v_t

t_a_h_r

c_o_

p_i_t_r

s_c_e_a_y

s_n_e_

b_t_h_r

f_r_e_

e_g_n_e_

t_i_o_

b_k_r

p_l_t

h_i_d_e_s_r

Answer to FIND THE DOG

BAMBOOZABLE answers

ONE

1. Throw in the Towel
2. All Eyes are on You
3. High Tide
4. Hands on Experience
5. Miniature Golf
6. Cutting Corners

TWO

1. To Have and to Hold
2. Overcoming the Obstacles
3. Playing Hard to Get
4. One Foot in Front of the Other
5. Seasonings
6. Trial Separation

Answers to ODD ONE OUT

FORTY FIVETY SIXTY SEVENTY

Hope you enjoyed our newsletter

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