



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for August.

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 August issue.

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

OUR PHILOSOPHY

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

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

FROM THE HEAD OFFICE



Hi All,

What a month it has been for all in NSW, with the Delta strain outbreak and the current lockdown. As you are aware we have been dealing with a parainfluenza outbreak at The Willows. All residents who had the virus are slowly recovering. It has been very hard for our residents not to have visitors and I'm sure it has been equally hard for all of you. Hopefully things will improve soon and we can once again welcome you all to The Willows. Stay safe.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello from the Cube

Hello everyone. As I'm writing this part of the newsletter we are still in lockdown, and unfortunately we had to cancel a few of our celebrations only this time it is for a good cause, we have opted to wait until it is safe and everything is opened up again, so family members could join the residents also in celebrating the Mid year celebrations and Pride luncheon.

God willing you all stay healthy and safe, and to your family members out there, please reach out to us here in The Willows concerning the well-being and activities we are providing for your loved ones.

Please remember you can always communicate via WhatsApp - there is no need to be separated by the lockdown.

Much care & regards to you all, in Christ.

Cynthia Rossiter - Diversional Therapist

Recognised and appreciated staff members of the month.



Thank You So Much
Everyone



Management would like to thank everyone working at The Willows for your care and support especially through this COVID period. You are all recognised as STAFF MEMBERS of the month.

Words cannot express how grateful we are for your help and dedication in these difficult times.



August

S	M	T	W	T	F	S
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				

AUGUST BIRTHDAY CELEBRATIONS

Patricia Ryan
August 6th

Betty Nicholls
August 24th

Sylvia Dulaurens
August 31st



Supporting older people



during the pandemic

Social connection and practical support are always important for the wellbeing of older people, but during the COVID-19 pandemic, they are more important than ever.

Older people make up a significant proportion of Australia's population. And as well as being at greater risk of serious illness if they have COVID-19, some are at increased risk of becoming isolated and vulnerable while physical distancing restrictions continue.

For those who live alone, are on a fixed income, can no longer get around independently, or have undiagnosed or poorly managed mental health conditions, regular and reliable support is vital.

Here, we look at some of the ways you can support older people, from family to friends, colleagues to neighbours.

Provide social and practical support

It's important to check in with the older people in your life in a way – and frequency – that they are most comfortable with, whether that's a phone call, a text, an email, a note at their door or a chat (from an appropriate distance) over the fence.

The key is to let them know they are in your thoughts, that you always have time for a chat and that they can ask if they need anything.

In terms of practical support, a good start is to ask and discuss with them how they would like you to help. This may be by shopping for food and other essentials they need or helping them set up a weekly delivery of groceries.

Also, provided you follow good food safety practices, consider offering to extra food when making meals for yourself and leaving it at their front door at a time that suits them. When making an offer to help, make sure to do so in a way that acknowledges their independence and shows respect for their experience and decision-making. Value the wisdom they have likely gained through times of significant stress or hardship and call on that wisdom when looking for solutions to a problem, for they may have ideas that you haven't considered.

Help them stay connected

Maintaining social connection and staying in touch is critical to our wellbeing.

For some older people, understanding the technology that allows them to do so can be a challenge in itself.

The Be Connected website offers helpful resources designed to help older Australians develop digital and online skills, while this page provides a range of useful tips for older people around staying safe online. Think about sending them (trusted) links to things they may enjoy, such as online crosswords and puzzles, music, theatre or sport recordings, or virtual tours of museums and other popular tourist destinations.

Keeping entertained and connected will help older adults manage the frustration they may be feeling as a result of losing their normal routine, while chatting with family and friends will help lower the risk of them feeling low and lonely.

Share good-quality, reliable and up-to-date information

Now is an uncertain and unsettling time, and accessing important, reliable, and current information can provide perspective and help older adults feel more in control of their situation.

In terms of the help that is available to them:

- **COTA** for older Australians has plenty of helpful advice, including current information about visiting loved ones in aged care facilities.
- **The Australian Government's Department of Health** has a handy information sheet for older people, their family and friends about how to stay protected from the spread of coronavirus.
- **The My Aged Care website** has a whole section offering information and support for older people and their family during the coronavirus pandemic.
- **Beyond Blue** has put together a range of advice for older people on how to manage feelings of anxiety and depression.
- **Head to Health** also have helpful advice on how to maintain good mental health during COVID-19.
- **Aged and Community Services Australia** has collated a range of resources and information for aged care providers relating to coronavirus and how this can be managed within aged care organisations.

Assist with healthcare needs

If the older people you're supporting needs help with getting medicines, you could make the trip to the chemist yourself, or help them arrange for the pharmacy to deliver them.

You can download information about the Department of Health. This service provides a free, contactless monthly delivery of prescription medication for older and vulnerable Australians. When it comes to medical appointments, all Australians now have greatly improved access to bulk-billed telehealth services – meaning consultations will take place over the phone, or via video chat. If they need help with this, encourage them to talk with their GP about how they can set these up.

Should the older person urgently need an in-person evaluation, phone ahead for them, report symptoms and ask for instructions regarding next steps.

A range of support options

There's been a lot of change recently, and it's natural for people to be feeling lonely, overwhelmed or even completely out of their depth. If it seems someone you know or support is unsure about how to cope, or who to turn to, we encourage you to go to Beyond Blue and download various flyers available. They list some of the resources and services available to help older people manage their mental health during these challenging times.

Source: Beyond Blue 1800 512 348

Where to get help

If you need help, talking to your doctor is a good place to start. If you'd like to find out more or talk to someone else, here are some organisations that can help:

- **MindSpot Clinic** (anyone suffering from anxiety or depression)
call 1800 61 44 34.
- **Beyond Blue** (anyone feeling depressed or anxious)
call 1300 22 4636 or chat online.
- **Black Dog Institute**
(people affected by depression and extreme mood swings)
online help.
- **Lifeline** (anyone experiencing a crisis or thinking about suicide)
call 13 11 14 or chat online.
- **Suicide Call Back Service** (anyone thinking about suicide)
call 1300 659 467.

PLEASE NOTE:

The above information is information only.
Please consult your medical professional if you have any concerns about yourself or someone close to you.



FLASH BACK

**LOOKING
BACK IN TIME**

MOMENTS IN HISTORY DURING THE MONTH OF AUGUST...

AUGUST 02

- **1851** – Gold is first discovered in Ballarat, Victoria, leading to the Victorian gold rush.
- **1989** – The Australian cricket team captained by Allan Border wins the Ashes in England for the first time since 1934.

AUGUST 03

- **1918** – Australia House opens in London.

AUGUST 06

- **1919** – Harry Butler made the first air flight over a major body of water in Australia.
- **1986** – Retailers Coles & Co and Myer Pty Ltd amalgamate.

AUGUST 09

- **1987** – Julian Knight commits the Hoddle Street massacre in Melbourne, claiming seven lives and injuring nineteen others.

AUGUST 15

- **1914** – The First Australian Imperial Force was formed following Britain's declaration of War on Germany.

AUGUST 18

- **1904** – George Reid becomes the fourth Prime Minister of Australia.
- **1966** – The Battle of Long Tan was a decisive Australian victory in the Vietnam War. The date is commemorated in Australia as Long Tan Day, also known as Vietnam Veterans' Remembrance Day.

AUGUST 19

- **1820** – Joseph Wild discovers Lake George and names the Snowy Mountains.

AUGUST 22

- **1930** – The two spans of the Sydney Harbour Bridge are joined.
- **1985** – A Royal Commission found that there was no link between chemical defoliant Agent Orange and health problems of Vietnam war veterans.

AUGUST 25

- **1824** – The Legislative Council of New South Wales sits for the first time.
- **1981** – The Rembrandt Hotel fire kills 19 people in Kings Cross, Sydney.

AUGUST 28

- **1933** – The Brisbane newspaper, The Courier-Mail, first appears.
- **1941** – Arthur Fadden becomes the thirteenth Prime Minister of Australia.

AUGUST 29

- **1882** – Australian cricketers win The Ashes for the first time.
- **2001** – Graham "Shirley" Strachan, lead singer of Australian 1970s rock group Skyhooks, is killed in a helicopter accident.

AUGUST 30

- **1992** – The Sydney Harbour Tunnel officially opens.
- **1999** – East Timor votes for independence from Indonesia. In the violence that follows, Australia is a major contributor of peacekeeping forces.

AUGUST 31

- **1918** – The Battle of Mont St. Quentin, a famous Australian action under the leadership of Lieutenant General Sir John Monash, begins.
- **1945** – The Liberal Party of Australia is founded by Robert Menzies.

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



PHYSIO



HAIRDRESSER

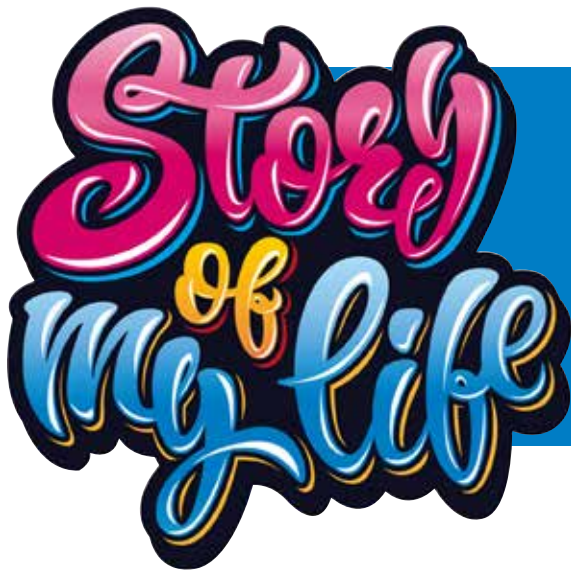


ART THERAPY



HOLY COMMUNION





Stories from our residents **Mohana Karalasingham**

Mohana was born and grew up in Singapore and lived in Sri Lanka & London. She studied at a Convent and obtained a Diploma in Home Science. Mohana studied music and played the violin.

Mohana's generous gift is giving all her time and self to her close family. She loves cooking tasty food for her family and for her grandson.

Mohana grew up with five brother's and one sister. Along with her husband, Mohana took care of her children's education and always sacrificed herself for the family.



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/>

5 Popular Mobile Apps for Budgeting and Saving



1. **GOODBUDGET** Availability: iOS and Google Play.

An American app that's also available down under. You set yourself limits for certain categories of spending and it limits you to only spending what you have. For example, you can set monthly limits for groceries, coffee, shopping etc. To help make budgeting a bit sexier, GOODBUDGET presents all of your spending in cool-looking pie charts, and of course, it links to your bank accounts.

Globally this app has more than one million downloads and has a 4.4-star rating from more than 18,000 user ratings. It is a paid App but the free version still lets you use up to 10 'envelopes'.

Key features of GOODBUDGET:

- Sync to bank accounts & expense tracking
- Export data to Microsoft Excel
- View your spending by category - a proven method
- Reports, such as an income vs spending report
- Schedule transactions and automatic envelope fills

2. POCKETBOOK Availability: iOS and Google Play.

POCKETBOOK syncs with your bank account (as long as you give it permission to do so), listing every spend you make and sorting it into categories.

With your daily spending sorted into categories, you can easily see where most of your money goes, and what you might need to cut back on. With over 350,000 downloads and a 4.3 rating from the Apple App Store, this app has proven extremely popular with Aussie savers.

Key features of POCKETBOOK:

- Sync to Australian bank accounts
- Automatic categorisation for more than 80% of all transactions
- An easy-to-use interface with weekly, monthly and six-monthly overviews
- Views of your recent transactions, income and upcoming bills
- The ability to set safety spend limits
- Push notifications for when you spend too much or get too close to your limits
- Bank-level security and encryption

3. FROLLO Availability: iOS and Google Play.

FROLLO is also very similar to MONEYBRILLIANT and POCKETBOOK, yet is newer and not quite as popular: estimated downloads are at 1,000+ according to Google Play but there are no official figures. FROLLO offers free and secure synchronisation with your bank accounts, credit cards, loans, superannuation and investments into an aesthetically pleasing interface that allows you to monitor your spending. FROLLO also lets you take daily, weekly and monthly challenges to try and save money.

In April 2019, FROLLO also released the ‘FrolloScore’ feature, which gives users a score from 1 to 1,000 that tells them how they’re doing financially, based on their spending habits, debts and how much they save.

Key features of FROLLO:

- Sync from Australian bank accounts – including superannuation and investments
- Automatic categorisation for transactions
- Set savings goals and challenges
- Push notifications and personal insights
- Bank-level security and encryption
- Track tax-deductible expenses

4. MONEYBRILLIANT Availability: iOS and Google Play.

MONEYBRILLIANT is a very similar app to POCKETBOOK. It connects to more than 200 financial institutions in Australia and syncs your spending to categories.

What it also offers that POCKETBOOK doesn't is that it syncs ALL your money, including superannuation and investment portfolios. MONEYBRILLIANT also has a tax deductions function, finding potentially tax-deductible expenses based on your occupation.

Unlike POCKETBOOK however, MONEYBRILLIANT is not free – it costs \$9.90 per month after a 30-day trial period. But this hasn't stopped it being downloaded more than 50,000 times from Google Play and earning a 4.5-star rating on the Apple App Store from more than 3,000 reviews.

Key features of MONEYBRILLIANT:

- Sync to Australian bank accounts – including superannuation and investments
- Automatic categorisation for transactions
- Automatically finding the cheapest gas and electricity deals based on your usage data
- Set savings goals, budgets and track progress
- Track tax-deductible expenses
- Push notifications and personal insights
- Bank-level security and encryption

5. AUSTRALIAN TAXATION OFFICE

Availability: iOS and Google Play.

Essentially, it lets you check for deductions and other tax-related information as well as a range of tools and calculators to ensure you get the correct tax return. This App is extremely popular, with more than 500,000 downloads from Google Play, but has a fairly average rating of 3.4 stars from over 1,000 reviews. Only the official Apple App Store and Google Play links should be used to download this app since there is no shortage of non-genuine Apps from scammers.

Key features of the ATO app:

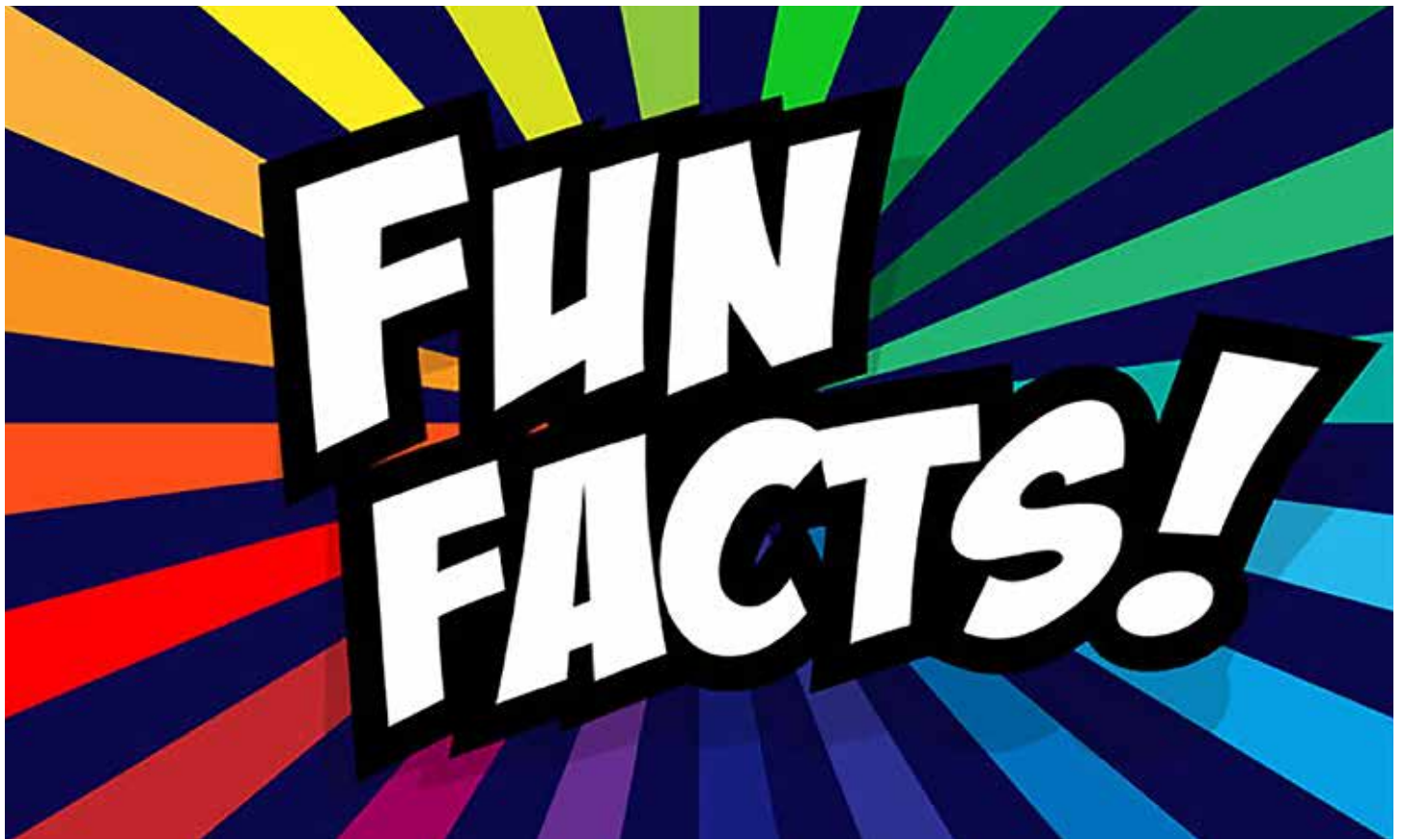
- Voice login
- Record and manage work-related expenses
- Upload your myDeductions records to your tax return
- Calculate how much tax to withhold from salary and wage payments
- Search for any Australian Business Number (ABN)
- Set key reminders for important dates
- Do a financial health check-up on your business

Please note:

The above App information is provided for reading purposes only. Please discuss with a registered professional before you make any decisions before using one of these Apps.



- There are three times as many sheep than people living in Australia
- The Australian Emu – a large, flightless bird can run as fast as 45km/h
- The Platypus is highly poisonous, and have enough poison to kill a dog or make a human seriously ill
- Wombat poo is shaped like a cube!
- The Box Jellyfish – which is found in the waters of the Great Barrier Reef – is responsible for more deaths than snakes, sharks and saltwater crocodiles combined
- The record jump recorded by a kangaroo is a whopping 9 metres (30 feet) in a single leap!
- Two native Australian animals, Platypus and Echidnas, are the only two mammals in the world that lay eggs to give birth
- Koalas sleep for about 20 hours per day
- Tasmanian Devils have the strongest bite per body size of any mammal
- There are 4 different species of kangaroo in Australia, with the Red Kangaroo being the largest. The largest Big Red ever seen was 2.1m tall (6ft 9in) and weighed 91kg
- The Australian Thorny Devil is one of the longest-lived lizards of its size in the world, with a lifespan of up to 20 years
- The Kangaroo and Emu were chosen to be the two animals on the Australian Coat of Arms because they can't walk backwards, reflecting a forward-thinking culture
- 17 of the world's most poisonous snakes can be found in Australia
- Australia is home to around 1,500 types of spiders, 4,000 types of ants and 350 types of termites
- While Kangaroos are considered a national icon, with over 40 million estimated throughout the country, they can also be considered a pest in some locations and are sometimes culled
- Australia has a larger population of camels than Egypt



25 things you didn't know had names

1. GLABELLA

The space between your eyebrows is a glabella. That's also the name of the bone underneath that space that connects your brow ridges.

2. PETRICHOR

Do you love the smell of rain? That clean, greenish aroma when raindrops hit dry ground? That's petrichor from the Greek Petra, meaning stone, and ichor, meaning the blood of the gods and goddesses.

3. PARESTHESIA

Pins and needles. Crawling skin. The tingling sensation you get when your foot's asleep is known as paresthesia.

4. DYSANIA

Dysania means having difficulty getting out of bed in the morning, and not just in the way that makes you want to crawl back under the covers.

5. GRIFFONAGE

Illegible handwriting is called griffonage. (Take note, doctors).

6. ACNESTIS

The unreachable spot between your shoulder blades is your acnestis. Next time you can't reach an itch, ask a loved one to scratch your acnestis and see what they say.

7. APHTHONGS

Silent letters, like in knight, fight, or Django, are aphtongs. This might be something that you already knew. (See what we did there?)

8. GOOGLEGANGER

The person with your name who shows up in your Google search results is your Googleganger. Try not to be too annoyed that there's someone more internet famous than you. Instead, reach out politely to potentially gain a super surreal pen pal.

9. AGLETS

The bits at the ends of shoelaces are called aglets.

10. FERRULE

The bit at the end of the pencil that holds the eraser in place is a ferrule—though it's not just for pencils. Ferrules are any thin bracelet that fastens or reinforces a tube or pole that might split.

11. ZUGZWANG

When every move you can make in chess hurts you, you're in zugzwang.

12. TITTLE

That thing you use to dot a lower case i is called a tittle

13. SCROOP

Scroop is the swooshy sound ballgowns make. More generally, it's the sound produced by the movement of silk.

14. TITTLE

That thing you use to dot a lower case i is called a tittle.

15. CARUNCLE

The triangular bump on the inside corner of your eye is the caruncle. It's just skin covering sweat glands, which is why it, too, can get itchy.

16. PHILTRUM

The fold of skin between your nose and upper lip is the philtrum. It's also called the medial cleft, but it comes from the ancient Greek for love charm.

17. RHINOTILLEXOMANIA

Obsessive nose-picking is called rhinotillexomania. How much counts as obsessive? We'll leave that up to you to decide.

18. PELADOPHOBIA

Peladophobia is the fear of bald people. It's also the fear of becoming bald, which means it's most frequently suffered by balding people who are turning into the thing they fear the most.

19. PENTHERAPHOBIA

Pentheraphobia is the fear of your mother-in-law.
And soceraphobia is the fear of your father-in-law.

20. PUNT

The indent on the bottom of a wine bottle is called a punt.

21. AGRAFFE

An agraffe is the wire cage that keeps a cork in a bottle of champagne. It's also called a muselet.

22. BARM

Beer foam is called barm. It's a byproduct of the yeast hitting the buffet in your beer, and, yes, you can make really good bread from it.

23. ZARF

The cardboard sleeve around your coffee is a zarf. Traditionally it's the decorative metal holder that comes around a lot of beverage-holders, but modern users have ported it over to the recyclable ring around your to-go coffee cup.

24. BIBLIOKLEPT

A book thief is a biblioklept. But saying "book thief" saves you some time and syllables.

25. QUINCUNX

The five dot pattern found on dice is a quincunx.

August Baby

August babies are often great leaders. They have a fearless personality with great ability to lead others to a goal. Often attractive and suave, they love to be the center of attention and enjoy compliments from others. They are highly romantic and show their affections easily.



HEARTY FOOD

SALMON

Packed with heart-friendly omega-3 fats which have a blood-thinning effect and regulate heart rhythms.

ORANGE

Don't forget the zest, it's rich in protective compounds like hesperidin, which help balance blood pressure and protect arteries.

SPINACH

Rich in the B vitamin, folate, which plays an important role in managing homocysteine, an amino acid which promotes narrowing of the arteries

AVOCADO

A great source of potassium, making it useful for healthy blood pressure. Peel carefully as many of the beneficial nutrients are found in the dark green flesh.

PUMPKIN SEEDS

Help maintain healthy blood vessels and are a tasty top up to your calcium, magnesium and zinc intake.

CORIANDER SEEDS

Help manage cholesterol levels.

DRESSING

Super-healthy, as it's loaded with protective vitamin C, anti-coagulant garlic and nutrient-rich, cold-pressed olive oil.

BEETROOT

Cook in their skins to optimise your intake of heart-friendly nutrients.

RED ONION

Rich in quercetin, which helps repair damage to blood vessels and improves blood flow.

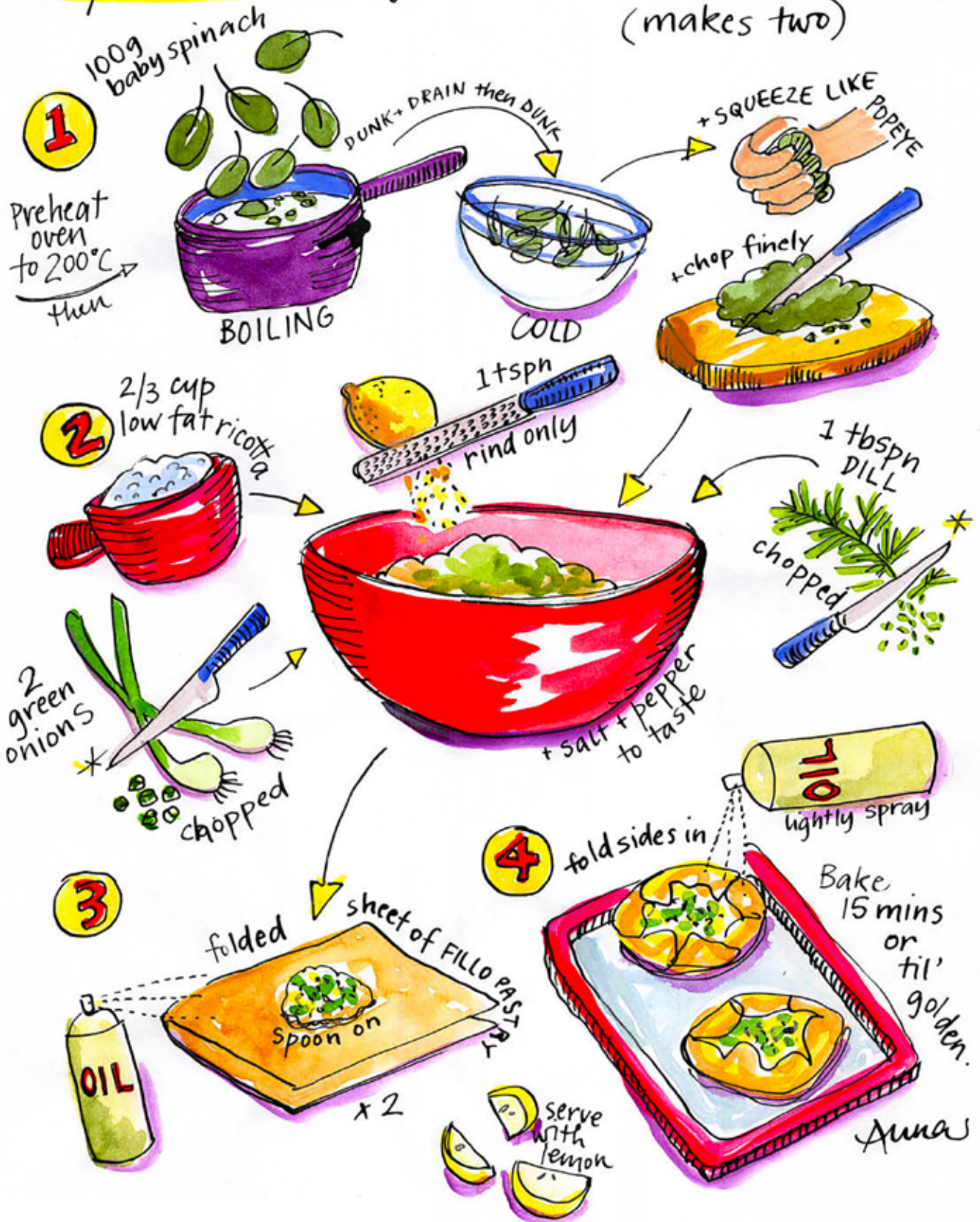




FROM THE FOOD STUDIO

Spinach + Ricotta FILLO PIES

(makes two)





Welcome to

AUGUST

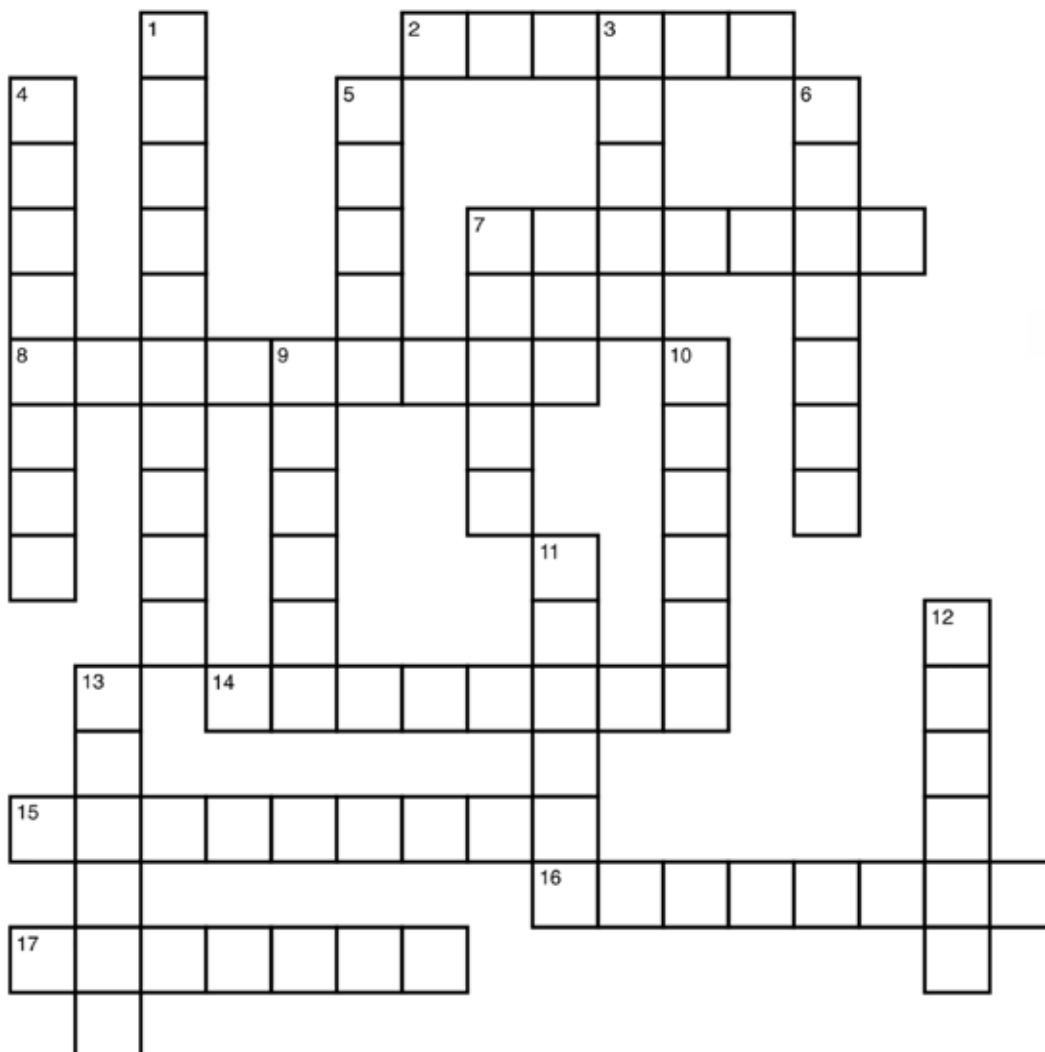
*The Lord bless you and keep you; the
Lord make his face shine upon you and
be gracious to you; the Lord turn his
face toward you and give you peace*

Numbers 6:24-26 (NIV)



BRAIN GAMES

WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

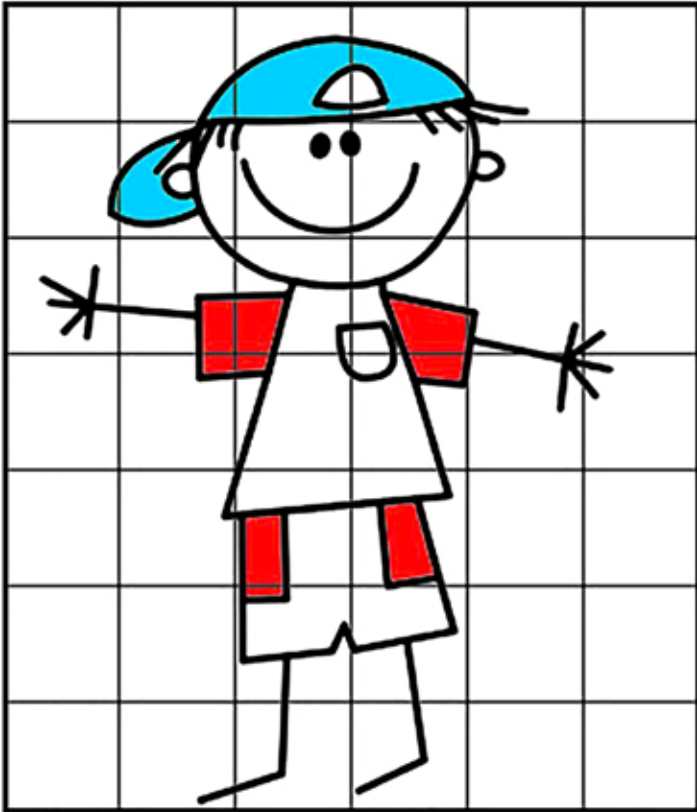
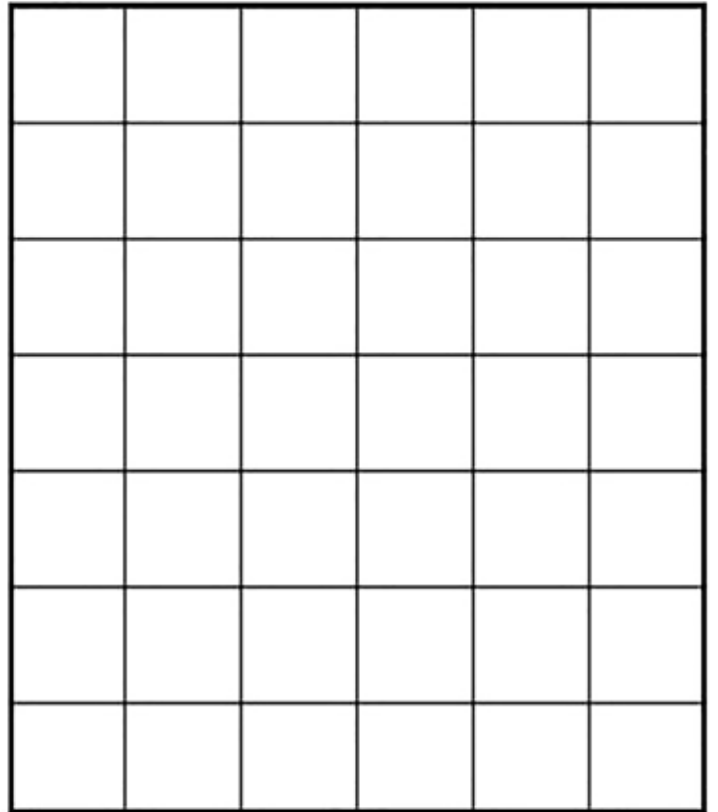
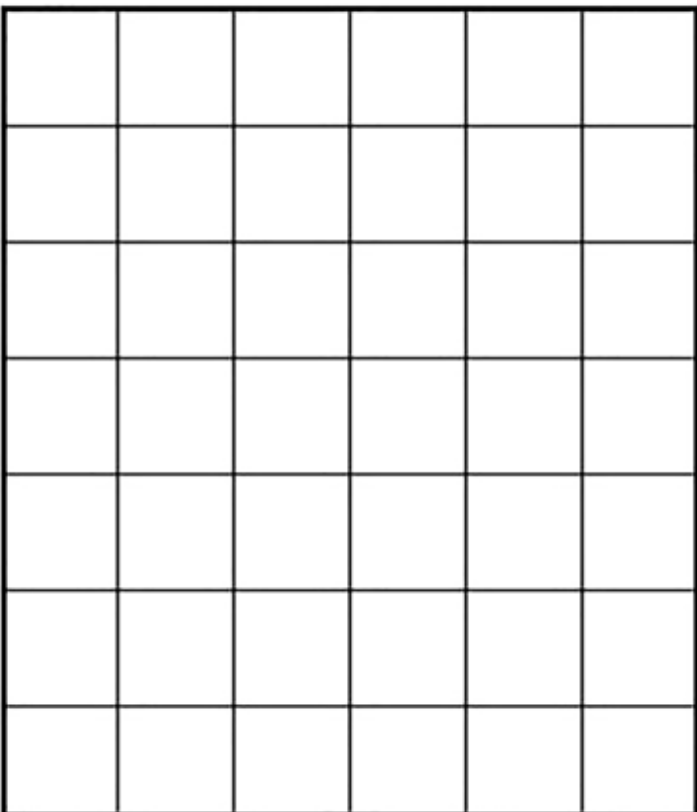
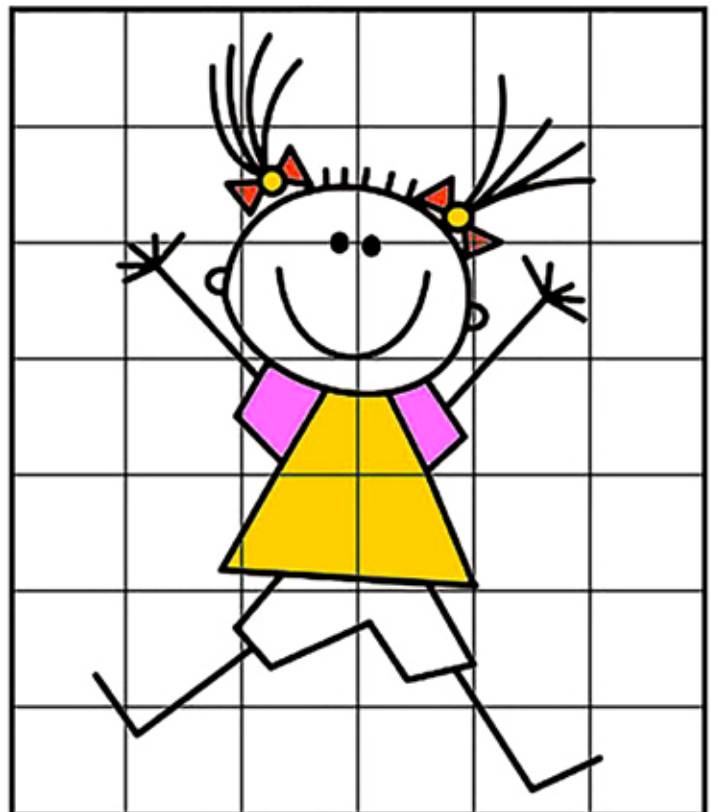
SUDOKU

	7						8	
1			9		3			
2					4	9		1
3					7	8		
9				5			1	2
	5		4	2	6			
						1	6	5
	6							
4								

**Answers on
the last page**

TEST YOUR SKILL AT GRID DRAWING

Copy these pictures using the grid lines as a guide.
You might find it easier to copy one square at a time.



ANSWERS TO SUDOKU

Watch this space for more **BRAIN GAMES** in September

6	7	9	2	1	5	4	8	3
1	8	4	9	7	3	5	2	6
2	3	5	6	8	4	9	7	1
3	2	6	1	9	7	8	5	4
9	4	7	3	5	8	6	1	2
8	5	1	4	2	6	3	9	7
7	9	3	8	4	2	1	6	5
5	6	8	7	3	1	2	4	9
4	1	2	5	6	9	7	3	8

Remember to **LIKE** and **FOLLOW US** on **FACEBOOK**

