



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for April.

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 April 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.



GOODBYE MARCH
HELLO APRIL

Scan your favourite newspapers or news websites this April 1, and chances are you'll see some headlines that look suspicious. Read further, and you'll probably find that some of those stories are complete hoaxes.



After all, it's April Fools' Day. But where do we get the strange custom of playing pranks on April 1? The short answer is that nobody knows for sure. All we know is that the custom was known in Renaissance Europe, and probably has roots older than that.

Some people think the idea of April Fools' Day goes back to classical Roman times, when a joyful festival called Hilaria, originally probably an equinox celebration, came to be celebrated on March 25. In Roman terms, March 25 was called "the eighth of the Calends of April," which associates the festival strongly with April 1, the Calends of April. However, there's no hard evidence to connect Hilaria with April Fools' Day, so this is just one of many guesses advanced by curious people.

Another common theory placing the origin of April Fools' Day in the Roman Empire dates it to the reign of Emperor Constantine. According to this story, a group of fools or jesters convinced Constantine to make one of them "king for a day." Constantine obliged, and one of the jesters, named "Kugel," was appointed to the position. He decreed that it would be a day of jollity, and thus created what came to be called April Fools' Day.

The only problem with that story is that it's a hoax. As this news story reveals, it was itself an April Fools' Day prank, pulled by Boston University professor Joseph Boskin on Associated Press reporter Fred Bayles in 1983. Bayles reported the story, and the AP ran it, only to retract it some days later. This is a good object lesson: do not take as fact everything you read about April Fools' Day.

But don't worry-you can totally trust me!

From the Admin Desk



Hi All

This year has flown by and we will soon be celebrating Easter. Things have settled since the last outbreak and we are back to normal. David is back from leave and the residents are happy to be back in the rhythm of our lifestyle calendar and busy with activities and social events.

We will be celebrating Easter with the residents, Easter eggs and hot cross buns have been ordered and the residents have been getting the decorations ready. We wish you and your families a very happy Easter.

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

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Hello everyone!

Welcome to our April Edition of the Newsletter. We hope everyone has had an enjoyable March. April brings us the Holy Month celebrating Easter and also ANZAC Day at the end of the month. Please also don't forget daylight savings ends at first weekend of April, so remember to turn your clocks backwards!

The cool breezes of Autumn are now well and truly here, alongside the torrential rain we had last week, we hope you kept safe!

Our residents are looking forward to Easter, we are in the easter spirit early. Our common areas are brightly decorated with colourful eggs.

Cheers,
David and Tess



APRIL BIRTHDAY CELEBRATIONS

Zenaida Castor 5th Polixeni Bogoitzis 17th
Rosa Catalano 18th Wayne Archibald 20th
Alan Bunter 26th





Who can donate organs and tissue?

Almost everyone can donate organs and tissue. While age and medical history will be considered, don't assume you are too young, old or unhealthy to become a donor.

You need to be aged 18 years or over to legally record your consent on the Australian Organ Donor Register. People aged 16 or 17 years can register their interest.

The most important thing is to register and talk to your family about your decision to donate.

Registering to donate

The Australian Organ Donor Register is the only place to record your decision about becoming an organ and tissue donor for transplantation after death.

You cannot record decisions about donating organ and tissue for scientific research purposes or to manufacture biological medical products.

Being a living donor

A living organ donor is someone who donates a kidney or partial liver to another person who has end-stage kidney disease or liver failure. That person is usually a relative or close friend.

If you have been assessed as a suitable live donor, you may be eligible for the Supporting Living Organ Donors Program. The program helps with the financial stress of recovering from donating an organ.

Help with making a decision to donate

For more information on:

- what you can donate
- who can donate
- the donation process.

<https://www.donatelife.gov.au>

<https://www.nhmrc.gov.au/research-policy/ethics/ethical-guidelines-organ-and-tissue-donation-and-transplantation>

<https://www.servicesaustralia.gov.au/australian-organ-donor-register>

DISCLAIMER: This article is for general information purposes only.

Please consult family and your medical practitioner if you have any questions before making any decisions.



LOWER YOUR RISK OF DEMENTIA



HealthyLife

Occasionally misplacing your car keys or forgetting the name of an acquaintance may be annoying, but it's usually the result of normal, age-related memory loss. Dementia, however, is not a normal part of aging and profoundly impacts the quality of life for both the individual with dementia and his or her loved ones. While many of the risk factors that can lead to dementia are out of our control, there are some steps we can take to reduce the risk.

COMMON TYPES OF DEMENTIA

Dementia is a general term for the impaired ability to remember, think, or make decisions, which ultimately interferes with doing everyday activities. According to the National Institute on Aging (NIH), Alzheimer's disease, which is caused by changes in the brain, including an abnormal build-up of certain proteins, is the most common dementia diagnosis among older adults.

Vascular dementia is caused by conditions that damage blood vessels in the brain or interrupt the flow of blood and oxygen to the brain, such as strokes. Many older people with Alzheimer's disease also have vascular dementia. The combination is called mixed dementia.

WHAT INCREASES YOUR RISK OF DEMENTIA?

The risk of dementia increases with age; most cases affect those 65 years and older. Family history plays a role. Having siblings or parents with dementia means you're more likely to develop it yourself.

Race and ethnicity are factors, too, with older African Americans and Hispanics at higher risk. Poor heart health caused by things like uncontrolled high blood pressure or high cholesterol is a big contributor. Head injuries increase the risk and research suggests hearing loss, untreated depression, and social isolation may also be factors.

LOWERING YOUR RISK OF DEMENTIA

Although dementia risk factors like age, family history, and race are completely out of your control, the good news is there are things you can do to reduce your risk. It's important to note that the younger you start to address these risk factors, the better. "Treating your risk factors and treating them early, or as early as possible in life, is huge," said Dr. Calin Prodan, a neurologist with OU Health.

According to Prodan, most people who have dementia also have some type of vascular disease. Controlling underlying medical conditions, such as high blood pressure and diabetes, which are detrimental to your brain health, can help lower your risk of developing dementia.

"Preventing stroke, treating heart disease, treating blood pressure, controlling your cholesterol, controlling diabetes - those are important risk factors that you can actually address," he said. "Controlling each one will shave off some risk. It's a paradigm shift, really. By treating things earlier in life, you're preventing or decreasing your risk for developing dementia later in life."

DIET, EXERCISE & SMOKING

Exercising, eating well, and maintaining a healthy weight are important to our overall health, but they also help lower the risk of Alzheimer's disease and vascular dementia. Being overweight or obese can increase your blood pressure, as well as your risk of Type 2 diabetes, both of which are linked to an increased risk of dementia. In a related way, a lack of regular physical activity can lead to an increased risk of heart disease, obesity, and Type 2 diabetes, with the same result.

For those without physical limitations, Prodan recommends 20 or 30 minutes a day of some type of exercise that raises your heart rate, four to five times a week. Choose something you enjoy and will do regularly. "It could just be walking, which is probably the cheapest thing to do. It's the easiest thing to do, too, because you can do it whenever you want," he said.

A balanced diet that includes fresh fruit and vegetables is also recommended. Prodan advises not adding extra fat to food. If you smoke, stop. Smoking narrows your arteries, which can raise your blood pressure and increase your risk of cardiovascular disease.

OTHER CONSIDERATIONS

People who sustain head injuries have a greater risk of dementia. According to Prodan, this is especially true after the age of 60 or 65. Even mild head injuries can increase your risk, so play it safe. "Be engaged. Be social. Interact with people," Prodan recommended. Not only does this help your brain and improve your happiness, but it also prevents isolation, which can contribute to depression. Low mood, anxiety, and depression can all affect your ability to be active and engaged in mentally stimulating activities. Prodan suggests keeping your mind active with challenging games and hobbies. Dementia isn't a normal part of aging.

While a number of the risk factors for developing it are out of your control, many aren't. The earlier you start to address them, the better.

DISCLAIMER: This article is for general information purposes only.

Please consult a medical professional if you have any questions or concerns.





AFRICA'S BIG 5

10 Wild Facts

There are many attractions on the beautiful African continent, but when visiting this safari paradise one (or should we say five definitely stands out above the rest.

The "Big Five" consist out of the lion, elephant, buffalo, leopard and the rhino. Here are ten wild facts about these incredible animals you might not have known:

- Buffalo's primary predator is the lion. Buffalo will try to rescue another member who has been caught. They have been observed killing a lion after it has killed a member of the group. Talk about loyalty!
- Leopards are excellent at climbing trees. They'll often safeguard their kill in a tree to prevent lions and hyenas from stealing it. They are also strong swimmers and occasionally eat fish and crabs if the opportunity presents itself.
- African elephants communicate across large distances at a low frequency that cannot be heard by humans.
- Rhinos have poor vision and will sometimes attack trees and rocks by accident. However, their hearing and sense of smell are excellent, thus often making up for their poor eyesight.
- The African buffalo is not believed to be closely related to the water buffalo even though they superficially resemble each other. Unlike the water buffalo, the dangerous African buffalo has never been domesticated.
- The rhino is the most endangered species of the Big Five. Rhino poaching worldwide hit a 15-year high in 2009. The illegal trade is being driven by an Asian demand for horns, made worse by increasingly sophisticated poachers who are now using veterinary drugs, poison, cross bows and high calibre weapons to kill rhinos. Very few rhinos now survive outside national parks and reserves.
All the more reason to assist in conservation efforts.
- Typically, the darker a lion's mane, the older he is.
- The leopard is nocturnal, solitary and secretive, staying hidden during the day. They are the least seen of the Big Five, making it very special to encounter this majestic beast while on game drive.
- Many plant species have evolved seeds that are dependent on passing through an elephant's digestive tract before they can germinate. At least one third of tree species in West African forests rely on elephants in this way for dissemination.
- White rhinos aren't white, but slate gray to yellowish brown in color. The species name actually takes its root from Dutch, "weit" (wide), in reference to the animal's wide muzzle.



10 STEPS TO HAPPINESS

1

TALK TO SOMEONE

People who talk about their feelings with family, friends, or a therapist tend to be happier and healthier, mentally and physically. Talking through a problem lifts the burden you may be carrying. And don't forget to share positive emotions with others too – you might help someone else open up!

Tips: You don't need to plan a big, "let's talk" conversation. Conversations that develop naturally are more comfortable.

2

BE KIND

Study after study shows that kind people are happier people. Kindness releases those "happiness hormones" dopamine and serotonin as well as endorphins. Kindness can also reduce stress and anxiety, and may help alleviate health issues like chronic pain, diabetes, obesity, migraines, and inflammation.

Tips: Let someone go in front of you at the checkout line. Offer to help with a chore or run an errand. Compliment others.

3

BE GRATEFUL

Happiness is directly linked with gratitude, studies show. Expressing gratitude brings happiness, and the more you are thankful, the less time or room you have for negative thoughts. Plus, gratitude increases the happiness hormones which cause you to be less stressed and more positive.

Tips: Write down at least one thing you're grateful for each day. Take time to notice the little things. Tell friends and loved ones you appreciate them.

4

KEEP MOVING

Getting your heart pumping also pumps oxygen into your brain and increases endorphins, dopamine, adrenaline, and endocannabinoid – those happiness hormones associated with feeling more confident and capable, and less stressed and anxious.

Tips: Exercise for about 30 minutes at least three days per week. Go for a walk. Take up yoga. Swim or take a water aerobics class.

5

GET PLENTY OF ZZZZS

Researchers have found a direct correlation between sleep quality and happiness. Sleep quality was the single most influential factor in rating daily mood. Experts agree that most adults need about 7 to 9 hours of sleep each night for optimal health.

Tips: Stick to a sleep schedule. Keep your bedroom cool, dark, and quiet. Try to resolve your worries before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

6

GO OUTSIDE

Spending time outdoors is one of the fastest ways to improve your health and happiness. Being in the great outdoors has been shown to lower stress and anxiety and reduce blood pressure and heart rate. Studies have found spending just 20 minutes outside is enough to improve your well-being.

Tips: Take a walk. Work in your garden. Have lunch outside. Try to experience sunrises and sunsets.

7

EAT WELL

According to researchers, there are strong links between what we eat and how we feel. Healthy eating, particularly fruits and vegetables, whole grains, and quality sources of protein can make you happy, not to mention healthy!

Tips: Eat these seven superfoods to boost your mood: lettuce, blueberries, dark chocolate, green tea, mushrooms, apples, and salmon.

8

BUDDY UP

Study after study shows that friendships boost our happiness. Good friends relieve stress, help us feel optimistic, improve our health, and even help us live longer. Adults with robust friend networks are less likely to have mental health issues, high blood pressure, and increased body mass indexes.

Tips: Support your friends. Love the differences between you and your friends. Be a good listener. Close connections to fewer people are better than many superficial connections.

9

KEEP LEARNING

Researchers have found that when people learn new things, their happiness can bloom. Even as we age, our brains have more plasticity to adapt and help us than was once thought. It turns out old dogs can learn new tricks!

Tips: Learn a new skill. Find a regular time to engage in a hobby that takes some skill. Try something you're curious about or interested in.

10

BEFRIEND YOURSELF

How we feel about ourselves can have a big influence on how happy and resilient we are. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places, and make new friends.

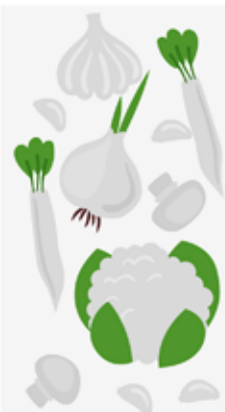
Tips: Embrace what makes you unique. Identify your strengths. Let go of the things you can't change. Be as kind to yourself as you are to others.

Sources: Healthandhappinessspecialist.com
Actionforhappiness.org; pursuit-of-happiness.org

PAINT YOUR PLATE

Loading your plate with colorful fruits and vegetables may help you live a longer, healthier life.

Colorful fruits and vegetables contain phytonutrients, compounds that protect plants from disease and harsh sun. When people eat plant foods, phytonutrients help protect us from chronic diseases like heart disease and certain types of cancer.



WHITE

White foods like garlic, cauliflower, and onions contain antioxidants believed to protect cells from damage. Other examples are leeks, parsnips, daikon radish, pears, and potatoes.

1. ONIONS – The onion family contains allicin which has anti-tumor properties. Their blood-thinning properties may be important to cardiovascular health.

2. CAULIFLOWER – Cauliflower has vitamin C, potassium, and fiber. It may help reduce the risk of high blood pressure and certain cancers.

3. GARLIC – Garlic is one of the most important vegetables for fighting chronic diseases and has antifungal, antibacterial, and antioxidant properties.

4. TURNIPS – Turnips are best known for their possible cancer-fighting properties and may help decrease blood pressure.



YELLOW

Like its complementary color orange, yellow vegetables are high in vitamins A, B6, C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium.

Vitamin A is good for acne and wrinkle prevention, strong immune function, healthy vision, and the health of salivary glands and mucosal tissues of the mouth.

1. BANANAS – Bananas are a good source of potassium which may lower blood pressure, reducing the risk of stroke and promoting heart health.

2. YELLOW PEPPERS – Yellow bell peppers are sweet, mild and an excellent source of vitamin C. Their vitamin B6 and folate may help alleviate depression.

3. CORN – Corn is mostly insoluble fiber which keeps the gastrointestinal tract healthy. It also has folate, thiamin, vitamin C and magnesium.

4. PINEAPPLE – Pineapple has vitamin C which aids the immune system, manganese which helps with bone formation and metabolism, and B vitamins which help the body process food into energy.



ORANGE

When you think of "vitamin C," think of "immunity!" Orange foods are rich in vitamin C, an antioxidant that helps maintain the immune system and promotes healthy skin, bones, and teeth. The fiber in orange foods helps with colon health, blood sugar levels, and heart health.

Orange foods contain beta-carotene and are good for your skin, eyes, and heart. Certain beta carotenes may help with preventing diseases of the stomach and esophagus.

1. ORANGES – Rich in vitamin C and fiber, oranges and other citrus fruits help protect against some cancers, high blood pressure, and heart disease.

2. SWEET POTATOES – Sweet potatoes are considered one of the healthiest vegetables and are high in vitamins A and C, iron, potassium, and fiber.

3. CANTALOUPE – Cantaloupe has vitamin C to help heal cuts and vitamin A to promote eye health and cell growth. Potassium helps with muscle movements.

4. CARROTS – Carrots are packed with vitamin D for strong bones, vitamin C for the immune system, and vitamin A which helps protect the eyes.



RED

Red foods contain strong antioxidants which help prevent heart disease and some cancers. The main pigment that gives the red color to fruits and vegetables is Lycopene. Lycopene may help prevent heart attacks, help protect prostate health and maintain breast tissue.

Resveratrol is abundant in the skin of red grapes and is an antioxidant being investigated for its disease preventive properties

1. TOMATOES – Tomatoes contain vitamins C, K and A. Tomatoes are a major source of lycopene, an antioxidant linked to reduced risk of heart disease and cancer.

2. WATERMELON – Researchers have identified over 1,500 phytochemicals in watermelon which improve the health of cells, organs and the nervous system.

3. CHERRIES – Cherries are a good source of anti-inflammatory and antioxidant compounds like vitamin C, beta-carotene, flavonoids and anthocyanins.

4. RED GRAPES – Grapes are packed with vitamin C, vitamin K and potassium. They contain Resveratrol which may protect against cancer and heart disease.



PURPLE

Purple and blue foods are known to have powerful antioxidants that help boost brain function, improve heart health, and lower the risk of high blood pressure and certain cancers.

Purple foods help heal and protect our bodies. They may provide protection against ulcers and liver damage.

1. BLUEBERRIES – Blueberries may help prevent certain cancers including colon cancer. Blueberries may play a role in delaying neurodegenerative diseases like Alzheimer's disease.

2. BEETS – Beets are rich in folate which helps with cell growth and health. They have riboflavin which helps release energy from the food we eat.

3. PRUNES – Prunes have been ranked as the number one antioxidant-rich food, helping to protect against cell damage. They may help prevent osteoporosis.

4. FIGS – Figs are a source of calcium and potassium which can improve bone density. They are also high in fiber and antioxidants.



GREEN

There are many options for green fruits and vegetables. Choose darker-colored options for more health benefits and antioxidants.

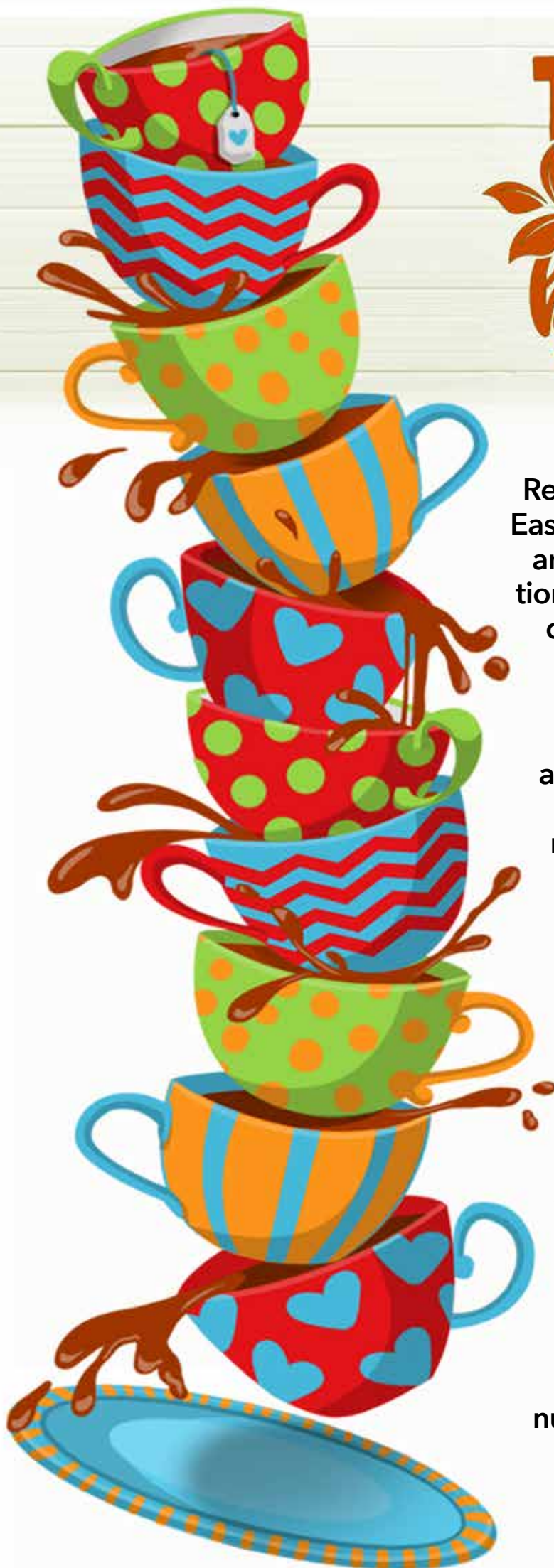
Green vegetables contain iron and folates, supporting healthy blood. Leafy greens are rich in minerals, nutrients, and disease-fighting phytochemicals. They are also high in fiber, a key component in digestion and weight maintenance.

1. SPINACH – Spinach is high in iron, zinc, and vitamins A and C. Researchers say spinach may slow down the aging process and help maintain brain function.

2. ASPARAGUS – Asparagus is a good source of vitamin A and folate. It also has fiber which helps with gut health and may help lower blood cholesterol.

3. BROCCOLI – Broccoli is high in fiber, vitamins C and K, iron, and potassium. It helps with blood, bone, and tissue health.

4. KALE – Kale is rich in antioxidants and may be one of the best cancer-preventing foods. Its fiber-to-carbohydrate ratio makes it ideal for digestive health and weight management.



TEA time IS THE best time

TEA

Regarded for thousands of years in the East as a key to good health, happiness, and wisdom, tea has caught the attention of researchers in the West, who are discovering the many health benefits of different types of teas.

Studies have found that some teas may help with cancer, heart disease and diabetes; encourage weight loss; lower cholesterol; and bring about mental alertness. Tea also appears to have antimicrobial qualities.

"There doesn't seem to be a downside to tea," says American Dietetic Association spokeswoman Katherine Tallmadge, MA, RD, LD.

"I think it's a great alternative to coffee drinking. First, tea has less caffeine. It's pretty well established that the compounds in tea - their flavonoids - are good for the heart and may reduce cancer."

Although a lot of questions remain about how long tea needs to be steeped for the most benefit, and how much you need to drink, nutritionists agree any tea is good tea. Still, they prefer brewed teas over bottled tea to avoid the extra calories and sweeteners.



from our kitchen
to yours

A Banana Ice Cream

Recipe

What you'll need:



1



Cut the bananas in pieces



2

2-3hrs

put the banana in a tupperware container & freeze for a minimum of 2-3 hrs.

Blend the frozen banana with the mango (cut in pieces). It's not easy, my blender hates me, so I had to ef around w/ the blender a bit (to make sure it finally turns into...

3



NOMMM



a creamy semi-melted icecream like substance.

[illegible]

1. Find Support

Supporting an elderly hoarder is a huge undertaking and you will need support of your own. Look to a friend, a Therapist or an online support group to deal with the frustrations of tackling this mess. Although you know you are working with your loved one's best interests in mind, you may be treated as the "enemy." Hoarders become very anxious and are often angered by the thought of parting with or disposing of their collections; you may become the target of that anger. It's important that you have a safe place to vent and talk through the difficult emotions that can arise throughout this process.

2. Establish Trust

You may think that your relationship with your loved one is already built on love and trust. After all, your concern for their well-being is why you're trying to help them clean and organize their home in the first place. However, this trust does not always extend to family and close friends when one's hoard is at stake. This is especially true if you have "helped" this person in the past by disposing of their possessions without asking permission or heeding their objections. Start slow - and be patient. Verbalize your commitment to respecting your loved one's decisions regarding the cleaning process and demonstrate this in your actions. Underhanded tactics may rid you of some hoarded items, but it will likely damage your relationship and hinder any long-term progress that might have been made.

3. Seek Medical Evaluation

Although hoarding was once classified as part of the diagnostic criteria for obsessive compulsive disorder, it is now recognized as a distinct issue with unknown causation. Many factors may play a role, including personality traits and stressful life events. It is important to rule out dementia, depression and other mental health conditions that may be contributing to their hoarding behaviours.

4. Set Realistic Goals

A hoarder's collection often overtakes a substantial amount of their house and may even overflow outside as well. Helping an extreme hoarder clean and organize their home is a herculean task and efforts to take on the whole project will be overwhelming. Be sure to set realistic goals that factor in the pace at which your loved one is able to work through their hoard. Breaking the project into small, attainable objectives will keep a hoarder from feeling rushed or pressured and hopefully give them a sense of accomplishment as they are completed.

5. Celebrate Success

Even a small milestone like recycling stacks of old newspapers should be celebrated! Once a hoarder sets a comfortable goal and achieves it, they are more likely to realize that the parting process isn't as distressing as they once thought. Positive reinforcement will build your loved one's confidence and encourage them to continue strengthening their decision-making and organizing skills. Although it will be a long process, it is possible to help an elderly hoarder reclaim their home and make it a safe and healthy place to live.

BRAIN TEASERS

Where you can find cities and countries, eateries and shops, roads and lakes, but no people whatsoever?



Answer: A Map

??



The more you take, the
more you leave behind.
What are they?

Answer: Footsteps



There are a dozen eggs in a
carton. Twelve people each take
a single egg, but there is one egg
left in the carton. How?

Answer: The 12th person takes the egg and the carton, leaving the egg inside.



What goes around and
around the wood, but
never goes into the wood?

Answer: Agatha

**WHAT'S
ON?**

**DURING
THE MONTH OF
APRIL**

EASTER CELEBRATION

2.00pm Sunday 9th

ITALIAN GROUP

2.00pm Thursday 6th

BIRTHDAY CELEBRATION

2.00pm Friday 28th

ART GROUP THERAPY

2.00pm Sunday 2nd, 16th & 23rd

MENS CLUB

2.00pm Friday 21st

LADIES GROUP

11.00am Tuesday 11th

ICE CREAM DAY

2.00pm Wed 5th and Thu 20th

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 12th and 26th

* Subject to change.



PICTURE MATH PUZZLES

Can you solve this picture math puzzle? Find the value for the first image in the puzzle, then for the second and so on until you get the answer. Here's a hint: Remember your mathematical order of operations.

$$\text{Cookie} + \text{Cookie} + \text{Cookie} = 30$$

$$\text{Banana} + \text{Banana} + \text{Cookie} = 14$$

$$\text{Banana} + \text{Clock} + \text{Clock} = 8$$

$$\text{Clock} + \text{Banana} + \text{Banana} = ?$$

$$\text{Clock} + \text{Banana} + \text{Banana} \times \text{Cookie} = ?$$

$$\text{Stack of Books} + \text{Stack of Books} + \text{Stack of Books} = 30$$

$$\text{Stack of Books} + \text{Dog} + \text{Dog} = 20$$

$$\text{Dog} + \text{Teacup} + \text{Teacup} = 13$$

$$\text{Stack of Books} + \text{Dog} \times \text{Teacup} = ?$$

$$\text{Stack of Books} + \text{Teacup} + \text{Teacup} = ?$$

Answers on last page

PHOTO DIFFERENCE

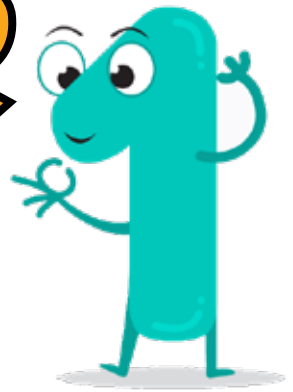
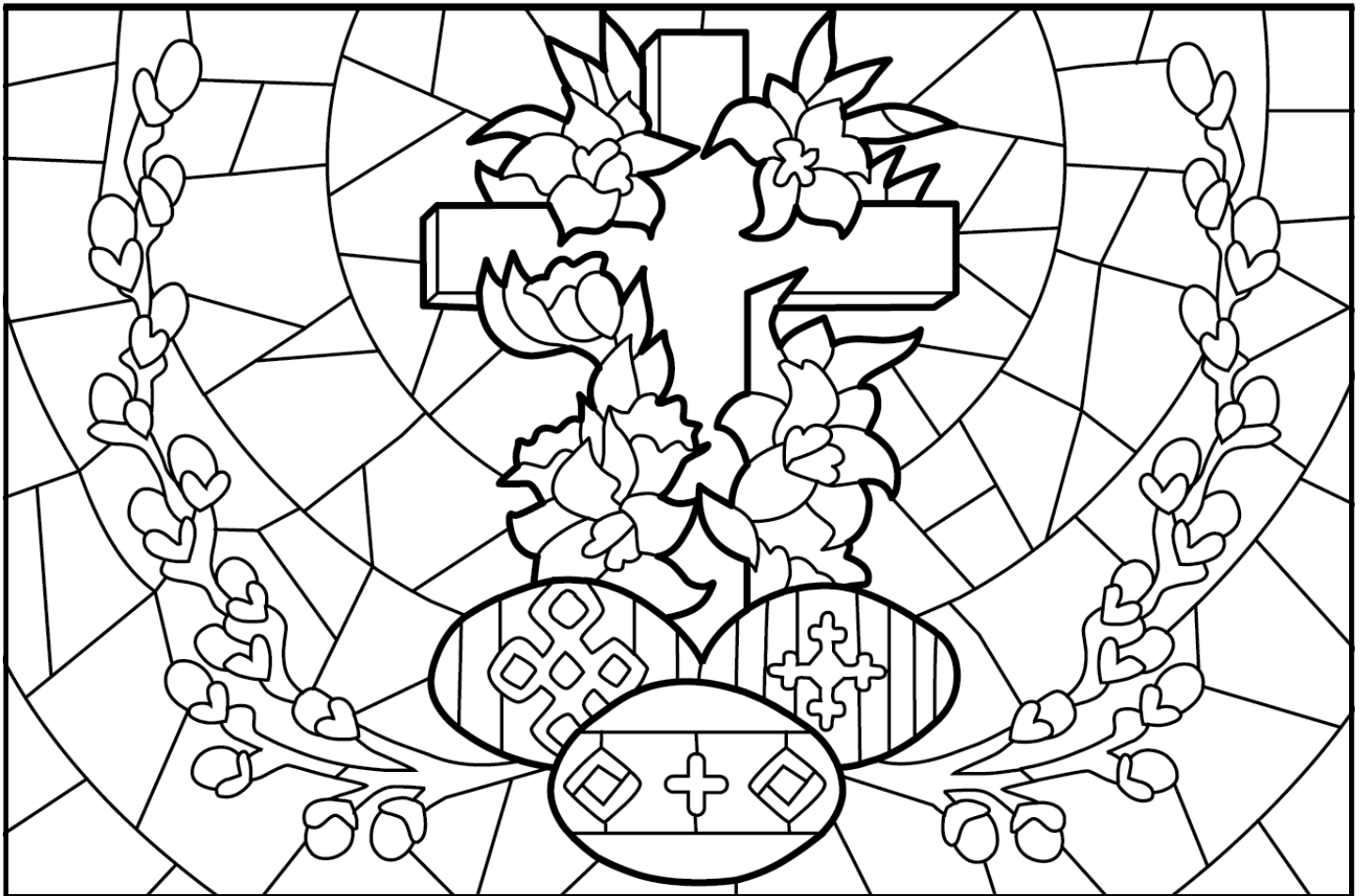
Find 15 differences in the bottom photo from the top photo.



Answers on last page

have fun.

COLOUR
ME IN





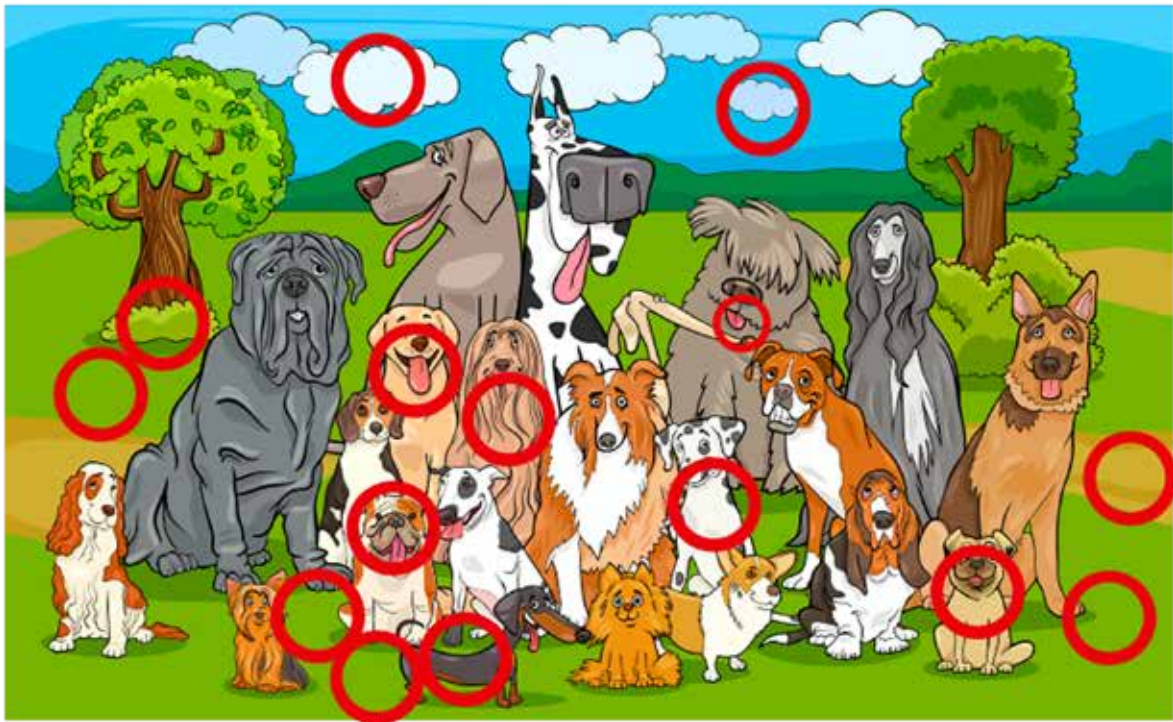


ANSWERS

1. The value is 7, 25
2. The value is 20, 16

(Multiply and divide before you add or subtract.)

ANSWERS



Hope you enjoyed our newsletter

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No material in this newsletter is intended to be a substitute for professional medical advice, diagnosis, any treatment or financial advice. Always seek the advice of your physician, a qualified medical professional or financial advisor with any questions you may have regarding any articles herewith.

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