



Whispers from The Willows **NEWSLETTER**

Welcome to our newsletter for October.

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 October 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.



OCTOBER BIRTHSTONE

Opal PERSONALITY

Turns your worries and anxiety into curiosity and passion

Embraces hard truths

Can turn a blank canvas into a riot

Believes in the power of play

Underdog who keeps it real

Believes only good things are coming her way



From the Admin Desk



Hi All

Another month has sped by and while the weather has been a bit better there have been a few very cold days. Further to the email that was sent out regarding scammers impersonating Aged Care Providers, I thought it would be a good time to give you some further information on Identifying and Reporting Scams.

It is important to be careful of scams. Some scammers can target older people by impersonating aged care providers, government services, banks or credit card providers that you trust.

Identify and avoid scams

There are ways you can protect yourself against scams:

Know what to look for

Always stop and check before:

- clicking on links or attachments in emails and text messages
- sharing personal details
- transferring money.

Go directly to information you can trust.

If you are not sure, call them using contact details you've found yourself, such as on their official website. Before you transfer money, you should confirm the correct account details directly with your provider.

Check what the official source says.

Most aged care providers, government agencies and companies will tell you what they will and will not ask you online or over the phone.

More information:

- **Be Connected** - <https://beconnected.esafety.gov.au>
Be Connected provides free online learning to build digital skills, confidence and safety online.
- **eSafety Commissioner (eSafety)** - <https://www.esafety.gov.au>
eSafety is a government agency to help keep people safer online. The eSafety website has a range of resources on staying safe online.
- **ScamWatch** - <https://www.scamwatch.gov.au>
The National Anti-Scam Centre has guidance on types of scams and help to spot and avoid scams.

Report a Scam

If you have identified a scam, after making sure your information is safe you can report the scam to ScamWatch. ScamWatch collects information about scams to help warn others and to take action to stop scams. To report a scam or find information on the latest scams, visit the ScamWatch website

What to do if you have been scammed

If you believe you have been scammed, there are things you should do straight away to limit the damage and protect yourself from further loss.

It is important to act quickly if something feels wrong:

- call 000 if you are in immediate danger.
- contact your bank or credit card provider to stop the transaction.
report the scam to your local police and [ReportCyber](#).

More information:

- **ScamWatch**

The ScamWatch website has a step-by-step guide on what to do if you've been scammed.

- **Australian Cyber Security Centre (ReportCyber)**

If you have been scammed, you can report it to the Australian Cyber Security Centre.

You can also call their hotline on **1300 292 371**.

- **IDCARE**

IDCARE is a free service to help you recover from a scam. They can help you make a plan to limit the damage to your cyber security and risk to your identity. You can call 1800 595 160 or visit the IDCARE website.

- **Australian Financial Complaints Authority**

If you are not happy with how your bank has responded to your situation, you can make a complaint.

You can call **1800 931 678** or visit the Australian Financial Complaints Authority website.

Hope you all have a great month

Maryann Inbari - CEO

From the Lifestyle Desk



Hello everyone,

We hope you enjoyed the month of September; we are certainly still feeling some cold weather due to climate change. Some days do feel like winter is still here. Lifestyle staff would like to thank everyone who helped us to celebrate Father's Day.

We're glad we were still able to get together and celebrate the wonderful men in our lives. Throughout October, we will be continuing to introduce a variety of new and exciting upgraded resources for our residents to enjoy. We will resume our fortnightly Picnic in Ashfield Park to soak up the sun, and get some Vitamin D.

Always remember, smile and the world will smile with you.

Rhaine, Tess and David

OCTOBER BIRTHDAY CELEBRATIONS

Mohana Karalasinham 4th

Kathleen Joyce Smith 14th

Mariana Aquilina 21st

Triestine Daniele 26th



Dementia Care

Many helping hands can ease the burden

KAILAS ROBERTS illustrates how a team approach to dementia management is needed to cover all bases for patients' health and wellbeing.

In my clinic, I have colleagues who are passionate and skilled when it comes to working with people with dementia, as well as their families and carers.

They are predominantly allied health practitioners. And I often think that the support they provide is more valuable than what I, as a medical practitioner, can offer.

You see, dementia is a condition that affects multiple aspects of your wellbeing and health.

The stereotype of forgetfulness does a woeful job of capturing the complexity of the condition.

Sometimes the forgetfulness is only a minor issue (not all types of dementia have this as a key component). And even if it is pronounced, the day-to-day effect of it may be eclipsed by other more-problematic symptoms.

I want to highlight the roles of the allied health specialists when it comes to managing dementia.

Firstly, physiotherapists: whenever anyone asks me what the best thing is you can do for your brain, I have a reflexive answer – be physically active.

There is some evidence that regular physical exercise may influence the trajectory of early dementia, with the improvement in blood supply to the brain as well as the promotion of growth factors such as BDNF (brain-derived neurotrophic factor) – crucial for nerve cell health.

As most people with dementia tend to be in the elder years, this comes with physical challenges that may impede the ability to keep active. Physiotherapists are skilled at creating tailored routines that allow people to safely keep active.

They also play a vital element in preventing falls – the outcomes of which can be catastrophic, of course.

Next, we have clinical psychologists. The psychological repercussions of



dementia can be profound – both for the person with the condition and their family members and carers. There are themes of loss and grief for many and there is the real impact of carer stress which can wreak havoc on a person's mental and physical health and wellbeing. A psychologist is skilled at providing strategies to manage the situation and is also someone outside of the family to talk to. I have often found that family members do not want to let each other know about their problems, lest they burden them further at an already stressful time.

Third, we have neuropsychologists who undergo similar training initially to clinical psychologists but then become skilled at cognitive assessment.

They can provide invaluable information about what parts of a person's brain is working well and not.

This can help with diagnosis but also allows the neuropsychologist to work with the person and teach them ways to best navigate day-to-day life in spite of their cognitive deficits.

Occupational therapists (OTs) are also very helpful. One of their main roles is to ensure that the physical environment

– the home of the person with dementia – is optimised. Simple things such as hand rails and extra supports in the bathroom can make all the difference to independence and allow people to stay in their own home for longer.

It can also be beneficial to engage a speech therapist to facilitate communication (which can falter with dementia) and to evaluate the person's ability to swallow, reducing the risk of choking.

Finally, although not an official allied health stream, we have an aged care navigator at our clinic (who is an OT by trade). Their job involves helping others navigate the complexity of funding and supports and the behemoth that is MyAgedCare. This is a daunting task and help is often greatly appreciated.

The best approach to dementia is one that involves a team approach, and the importance of allied health practitioners should not be underestimated.

✦ *Kailas Roberts is a psychogeriatrician and author of **Mind Your Brain: The Essential Australian Guide to Dementia**, now available at all good bookstores and online. Visit yourbraininmind.com or uqp.com.au*

find balance in POSITIVE energy

SIX IMPORTANT THINGS IN LIFE

Here are six things to help keep your life positive and happy...

1. Productivity.

You won't be happy if you don't produce. The game of life is not rest. Yes, we must rest, but only long enough to gather strength to get back to productivity.

What's the reason for the seasons and the seeds, the soil and the sunshine, the rain and the miracle of life? It's to see what you can do with it—to try your hand to see what you can do.

2. Good friends.

Friendship is probably the greatest support system in the world, so don't deny yourself the time to develop it. Nothing can match it. It's extraordinary in its benefit.

You've got to have both real friends and casual friends.

3. Your culture.

Language, music, ceremonies, traditions, dress. All of that is so vitally important that you must keep it alive. The uniqueness of all of us, when blended together brings vitality, energy, power, influence, and rightness to the world.

4. Spirituality.

It helps to form the foundation of the family that builds the nation. And make sure you study, practice and teach—don't be careless about the spiritual part of your nature because it's what makes us who we are, different from dogs, cats, birds and mice.

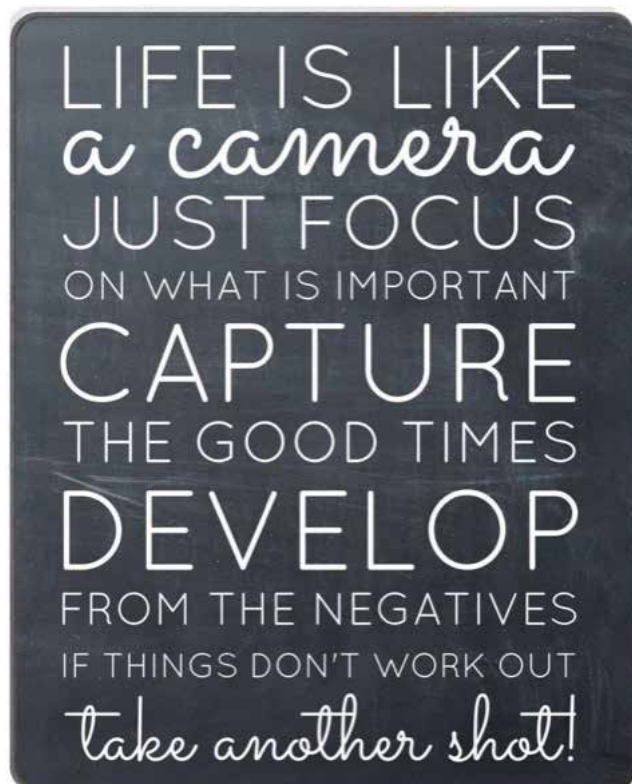
5. Don't miss anything.

Go to everything you possibly can. Buy a ticket to everything you possibly can. Go see everything and experience all you possibly can. Live a vital life. If you live well, you will earn well. If you live well, it will show in your face; it will show in the texture of your voice. There will be something unique and magical about you if you live well. It will infuse not only your personal life but also your business life. And it will give you a vitality nothing else can give.

6. Your family and the inner circle.

Invest in them, and they'll invest in you. Inspire them, and they'll inspire you. Take care of the details with your inner circle. A prophet said, "There are many virtues and values, but here's the greatest: one person caring for another." There is no greater value than love.

So make sure in your busy day to remember the true purpose and the reasons you do what you do. May you truly live the kind of life that will bring the fruit and rewards that you desire.



SOME PUNNY ONE-LINERS

I know they say that money talks, but all mine says is 'Goodbye'.

Light travels faster than sound, which is the reason that some people appear bright before you hear them speak.

Always borrow money from a pessimist. They'll never expect it back.

Maybe if we start telling people their brain is an app, they'll want to use it.

It was an emotional wedding. Even the cake was in tiers.

Are people born with photographic memories, or does it take time to develop?

The man who invented 'knock-knock' jokes should get a no bell prize.

I asked my banker to check my balance. So he pushed me.



THE '5 Ds' FOR SUFFICIENT FUNDS TO LIVE THE LIFE YOU WANT

Financial wellbeing will look different for everyone, but essentially it's having sufficient funds for your chosen lifestyle at a given point in time.

'Sufficient' for you is about defining what your ideal life looks like, then creating and implementing a plan to make it happen. Smart money management and following the '5 Ds' can help us lead the life we want, ensuring we cover basic needs while still chasing dreams.

Define – Define what a fulfilling and successful life looks like to you. The more you align your money decisions to this definition, the more clarity you'll gain, the more confidence and momentum you'll build and, ultimately, the happier and more fulfilled you'll be. This is about setting the right mindset and mapping out your definition of 'sufficient funds'. Sit down and map out your goals and be as specific as possible. Once you've defined sufficient and you're clear on why you're doing this, you can make your money work for you.

Declutter - It's time to take control of your money! You need a fail-safe system to remove money waste from your life, so you can smash out smarter money decisions, including automating these so you have less decisions to make. Review your bank accounts and plug any leaks, such as excess credit card charges and old subscriptions. Aim at reducing costs across providers including utilities, bank fees and health insurance. Two crucial aspects here are reducing debts and creating a spending plan on cruise control: know where your money comes in and automate bank accounts to distribute funds aligned to your definition of sufficient funds.

Develop - You now move from simply counting your chips to strategically building 'mad stacks' that link directly to the goals and values you defined earlier. Whichever investment options you choose, it's important that you align these to your definition of sufficient. You're going to need to do your research, weighing up which options are right for you, or rely on a financial adviser here.

Defend - Once you've built your mad stacks, you're going to want to shield yourself and your family from inevitable bumps in the road. This includes using your safety buffer and protecting yourself against the unplannable with insurance. None of this means your definition of sufficient needs to change, but your plan for achieving it may need some tweaks.

Deliver - This is about staying true to your values, keeping motivated and regularly tweaking your definition of what sufficient funds means to you.

Disclaimer:

The information in this article is of a general nature only and does not constitute personal financial or product advice. Please talk to a professional to discuss any financial questions you might have.





HEART CARE

How to keep your heart healthy

For all its hard work, the heart usually doesn't ask for too much in return. Small, healthy changes to your daily routine could lower your risk of heart disease, stroke and heart attack.

Spend more time active

Try to be active most days, cumulating at least 2½ hours of moderate intensity physical activity each week. And remember, every bit of activity counts – even squeezing 5-minute blocks of activity into your day will help you meet your target.



Eat a heart-healthy diet

Add fibre, whole grains and healthy fats to your diet. Vitamins and antioxidants are key too, so try to eat at least 5 serves of vegetables a day.



Be smoke free

Quitting smoking is the single best thing you can do for your heart health, and the health of those around you. Services like Quitline are there to support you.

Drink less alcohol

Try to limit your drinking to 10 standard drinks a week, and no more than four on any one day. Drinking lots of alcohol can increase your risk of heart disease over the long term.





HEART CARE

Maintain a healthy weight

A healthy weight can help to manage conditions like high blood pressure and cholesterol, which can increase your risk of heart disease. Being overweight can also lead to a fatty build up in your arteries. Aim for a healthy waist size: 80cm or less for women and 94cm or less for men.



Manage high blood pressure, high cholesterol and diabetes

High blood pressure, high cholesterol and diabetes can all increase your risk of heart conditions. Work with your doctor and make healthy lifestyle changes to help manage help to manage them.



Look after your mental health

A healthy mind is important for a healthy heart. Managing mental health looks different for everyone – it may be managing stress, connecting more with friends and family, or working with a mental health professional.

Check in on your heart health

A heart health check can help you understand and manage your risk of cardiovascular disease.

Anyone over 45 years of age (or over 30 years of age for Aboriginal and Torres Strait Islander people) should have a regular heart health check with their doctor.



Wellbeing

5 different ways to use essential oils

Not just the preserve of diffusers and body products, we're sharing five different ways you can bring essential oils into your life

Add them to your laundry

There are plenty of laundry products out there that will promise you divinely scented washing. But if you fancy getting creative with smells, and blending something that feels personal to you, mix a couple of drops with some water and pour it into your washing machine drawer.

Make your own cleaning products

The key ingredients for a great general home cleaning solution are water and white vinegar. Mix 250ml of both together, and then add in 15–20 drops of your chosen essential oil. Typically, citrus scents and tea tree will leave your space smelling clean and fresh, but you can choose whichever oil you prefer.

DIY room spray

A room spray is a lovely way to quickly freshen up a space with a beautiful scent. You can then sit back, relax, and enjoy the pleasant wellbeing benefits of your chosen aroma. To make this, you need to mix 100ml of water

with half a teaspoon of emulsifier – you could use vegetable glycerin, or Castile soap is another popular option – this step ensures the oil and water mix together. Then, add 20–30 drops of essential oil and shake well.

Cupboard freshener

Ever open up a cupboard only to be met with a musty, stale smell? It's something that can be easily rectified with the use of essential oils, and creates a moment of delight each time you're on the hunt for something. Simply add a couple of drops to a cotton pad, a small flannel, or a tissue, and place it inside.

Scented letters

Handwritten letters are a wonderful way to connect with the people in our lives, particularly those who don't live nearby. But to add a whole other dimension to your correspondence, consider choosing the perfect scent to accompany your words. Do be warned, oils will stain the paper, so make sure to add them to a space away from the writing,

or use another piece of paper inserted into the envelope along with the letter.

The opportunities to bring the power of essential oils into your life, and your home, are endless. But do always keep safety in mind. Never apply undiluted essential oils directly to your skin, and make sure to read the labels for specific guidance on different variations.





HEALTHY JOINTS

7 foods to keep your joints healthy

Many whole foods contain anti-inflammatory properties, and increasing your overall intake of whole foods could have an anti-inflammatory benefit. The following seven foods could assist with fighting inflammation of the joints.

1. Oily fish

Fish is a powerful source of omega-3 oil, which has been shown to potentially reduce inflammation and pain. Oily fish, such as salmon, sardines and tuna are an even more powerful source, containing at least 10 per cent omega-3. This is true for both fresh and canned fish.



2. Tomatoes

There are many different types of antioxidants, and it's important to consume a variety. Tomatoes contain high concentrations of not one but two types of antioxidants: vitamin C and lycopene.



3. Broccoli

Broccoli is a member of the cruciferous family, along with brussels sprouts, cauliflower, and kale. These vegetables all have high levels of inflammation-fighting antioxidants. Broccoli is also high in dietary fibre, which has been shown to potentially combat knee pain.



4. Walnuts

Like all nuts and seeds, walnuts are high in antioxidants. They have the added advantage of also being high in omega-3. The recommended daily serve is 30 grams, which translates to about 10 whole walnuts.



5. Extra virgin olive oil

Olive oil is an important source of anti-inflammatory antioxidants, and also confers other health benefits. Extra virgin olive oil is the highest grade of olive oil, meaning that it retains most of the healthy compounds from the olive fruit.



6. Herbs

Herbs are the leaves of a plant used in cooking, while spices are other parts of the plant, like the bark, roots or seeds. Herbs, particularly oregano, sage and thyme, are rich in antioxidants, and fresh herbs contain more antioxidants than dried herbs.



7. Wholegrains

When a grain is refined, the healthiest parts of it are removed. Grains that haven't been refined contain both omega-3s and a range of antioxidants. Look for:

- wholemeal breads
- brown rice
- quinoa
- oats
- bulgur
- couscous.





A SENIORS GUIDE TO LISTENING TO PODCASTS

Podcasts are a wonderful way to stay informed, entertained, and connected to the world. They're perfect to throw on while walking, driving or doing jobs around the house.

You may hear people talking about a great podcast they've listened to and be unsure about how to get started! This guide will help you get started with podcasts, whether you're using an Apple or Android device.

WHAT ARE PODCASTS?

Podcasts are digital audio programs you can listen to on your smartphone, tablet, or computer. Think of them as radio shows you can play whenever you like, covering topics from news and sports to history, gardening, and everything in between.

GETTING STARTED ON AN APPLE DEVICE

(iPhone or iPad):

- Find the purple **"Podcasts"** app on your device. It comes pre-installed.
- Tap to open the app.
- Use the search bar at the top to find podcasts by topic or name.
- When you find one you like, tap on it, then tap **"Subscribe"** to automatically receive new episodes.
- To listen, simply tap on an episode.

GETTING STARTED ON AN ANDROID DEVICE

- Open the **"Google Play Store"** app on your device.
- Search for **"Google Podcasts"** and download this free app.
- Once installed, open the Google Podcasts app.
- Use the search bar to find podcasts by topic or name.
- Tap on a podcast you're interested in, then tap **"Subscribe"** to automatically receive new episodes.
- To listen, tap on an episode.

TIPS FOR BOTH DEVICES:

- Use headphones or connect to a Bluetooth speaker for better sound.
- Download episodes when on Wi-Fi to listen offline later.
- Adjust playback speed if you find the talking too fast or slow.
- Explore the **"Top Charts"** or **"Featured"** sections to discover popular podcasts.

PODCASTS RECOMMENDATIONS TO GET YOU STARTED.

"Conversations" by ABC Radio

"Life and Other Catastrophes" for psychology insights

"Gardening Australia" for green thumbs

"The Squiz" for daily news updates

Remember, there's no cost to listen to most podcasts. They're a free way to learn, laugh, and stay connected to Australian and global content.

HAPPY
LISTENING!



from our kitchen
to yours

FIG-LICIOUS!

GOAT CHEESE MOUSSE ♥ OPEN-FACED SANDWICH

INGREDIENTS:

1 LOAF BREAD
SOME CRUSHED PECANS
SOME FRESH FIGS
GOAT CHEESE MOUSSE
SOME THYME LEAVES
SOME HONEY
FOR MOUSSE:
200G GOAT CHEESE
150ML MILK
50ML DOULBE CREAM

PROCESS FOR MOUSSE:

1. USE A STAND MIXER TO MIX GOAT CHEESE AND MILK TOGETHER UNTIL SMOOTH.
2. WHIP THE DOUBLE CREAM AND GENTLY FOLD IT IN THE GOAT CHEESE WITH A SPATULA. SEASON WITH SALT AND PEPPER.

PROCESS FOR SANDWICH:

1. SLICE AND TOAST BREAD AND SPREAD A LAYER OF GOAT CHEESE MOUSSE.
2. SLICE FIGS AND PUT ON TOP OF THE MOUSSE.
3. SPRINKLE SOME THYME LEAVES, CRUSHED PECAN AND DRIZZLE SOME HONEY ON TOP. READY TO SERVE!



Skincare

Is moisturiser for beauty or health?

During a skin check, we come across many questions. A common issue is dry skin.

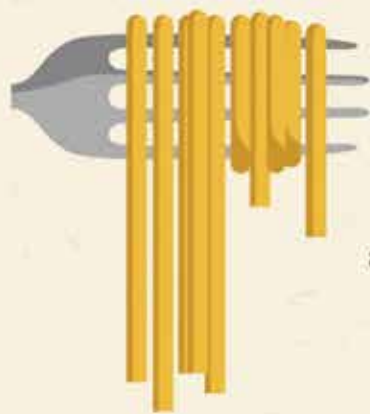
People often ask if moisturising the skin keeps it healthy and protects from skin cancer. When dry skin is present, you may see flaking, redness or broken skin. It can be itchy. Chronic dryness weakens the skin. It can look thickened, thinned, irritated or scaly. It is less flexible, easily damaged and slower to heal.

This is a particular problem for people at risk of infection or poor healing, such as diabetes, vascular issues, and when we are older. Regularly using simple moisturiser after your shower can significantly improve dry skin and help keep it healthy. For drier skin, try using thicker ointment from a tub.

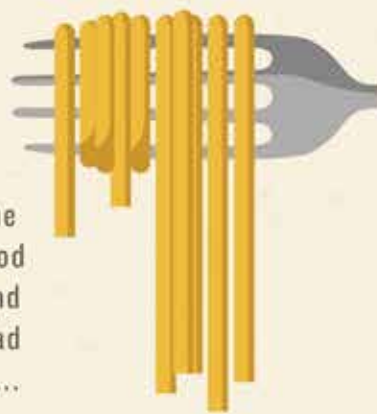
Unfortunately, moisturising alone does not stop skin cancer. But many sunscreens are good moisturisers. Skin cancer is easier to see when dry skin is well managed before your skin check. We find fewer troublesome non-cancers, and better wound healing after procedures

DISCLAIMER: This article is purely for reading and not medical advice. Please consult a health professional for a consult relating to your personal skin care.





PASTA



Pasta is so comforting and versatile that it's become a constant staple in many of our diets, from childhood through to adulthood. The different pasta shapes and their names tell a unique story of its heritage so read on to find out more about what's in your cupboards...

AGNOLOTTI



Stuffed pasta that's similar to ravioli but made with just one piece of pasta that's folded in half. Its name may originate from 'Angelot', the name of the cook thought to have invented the recipe.

ANNELLINI



Small rings of pasta that's mostly used in soups and broths. It's thought to have been inspired by the hooped earrings worn by some African women the Italian military met during the First World War.

BIGOLI



Long, thick spaghetti-like pasta that's traditionally made with buckwheat flour and duck eggs. It's said that the noodle is 'as thick as the wooden needle for knitting stockings'.

CAMPANELLE/GIGLI



Pasta that's shaped to resemble a bell-like flower – its name literally translates to 'bellflowers' or 'little bells'. With a hollow centre that's perfect for capturing sauce, it's usually served in a thick sauce or casseroles.

CANNELLONI



Cylindrical pasta stuffed with a filling – usually spinach and ricotta or mince – baked and covered with sauce. The word is Italian for 'large reeds'. Its popularity took off after Second World War.

CAPPELLETTI



The name of this pasta originates from the Italian word 'cappalletto' which means 'little hat'. A relative of tortellini, but more elongated and with a different stuffing, it's served as a first course at Christmas in north Italy.

CARAMELLE



Stuffed pasta that's similar to cannelloni but shaped like a sweet. It's most commonly served on festive days or as part of a Sunday lunch.

CAVATELLI



Small pasta shells that look like miniature hot dog buns, also known as 'orecchie di prete' which means 'priest's ears'. It's usually served with locally grown vegetables, cheese or in soup.

CORZETTI



Large coins of pasta, decorated with a wooden hand tool. It's traditionally embossed with a family coat of arms and this pattern also helps the pasta hold on to sauce.

CUSCUSSÙ



Unlike other pasta, cuscussù is made by sprinkling water on to a bed of semolina which is stirred until tiny balls of flour are formed. It's usually served with meat or vegetable stew.

FARFALLE



Otherwise known as bow-tie pasta, farfalle means 'butterflies' in Italian. It's made from a rectangular sheet of pasta that's pinched in the middle and trimmed at the ends with pinching scissors.

FUSILLI



It's name means 'little spindles' in Italian. Shaped like a corkscrew, it's usually served in a vegetable sauce or with seafood.

GARGANELLI



Egg-based pasta formed by rolling a flat square into a tube. It's thought to have been created by a cook for a representative of the pope when a cat ate the filling intended for cappeletti.

GNOCCHI (DUMPLINGS)



Soft, doughy dumplings made with semolina, flour, egg and potato. Its name may derive from the Italian word 'necchio' which means 'knot in wood', or possibly 'gnocco' which means 'idiot'.

LASAGNE



Flat rectangular sheets of pasta that, when layered with sauces and other ingredients, makes the traditional Italian dish of the same name. Derived from the Latin word for 'pot'.

PENNE



Smooth or ridged cylindrical pasta with ends cut at an angle. Its name derives from the Latin word 'penna' which means 'feather' or 'quill'. It's traditionally served with a sauce or in a salad.

RAVIOLI



Little square parcels made by pressing two thin layers of fresh pasta together with a filling in the middle - anything from ricotta and spinach or beef.

SPAGHETTI



Spaghetti is the most popular pasta shape in the world and accounts for two thirds of all pasta consumption! Its name comes from the word 'spago' which means 'twine'. Made from wheat and water, its long, thin and cylindrical.

TAGLIATELLE



Long, flat ribbons of pasta whose name comes from the Italian word 'tagliare' which means 'to cut'. It's rumoured to have been created by a talented court chef who was inspired by Lucrezia d'Este's hair.

TORTELLINI



Small shell-shaped pasta usually stuffed with meat or cheese. The creator is said to have been infatuated with Lucrezia Borgia, daughter of Pope Alexander VI, and made tortellini in the image of her naval.

*I bet you're
thinking of
going to make
some pasta
now!*



are vitamins a waste of time?



Are vitamins a waste of time?

We were always told to take our vitamins, but now a study shows that this practice may be a colossal waste of time and money.

A study published in the JAMA Network has found that there is very little evidence taking daily multivitamins extends your life, and the practice may actually increase your risk of an early death. That may be a blow to the estimated one-third of Australians who take some sort of daily supplement. The Australian supplement market is estimated to be worth \$1.8 billion annually.

The study followed just over 39,000 US adults for more than 20 years to see if there was an association between long-term daily multivitamin use and mortality in generally healthy adults. And the news isn't good for people diligently taking their daily vitamin pills.

Instead of living longer because you have all those good vitamins rattling around in your system, it was found that multivitamin users were marginally more likely to die than non-users.

Higher mortality risk

"We found that daily multivitamin use versus non-use was associated with 4 per cent higher mortality risk," the study revealed. However, the study noted, people with increasing health issues may turn to taking multivitamins in an effort to improve their diagnosis, which could explain the higher mortality risk.

And just in case you are thinking, "well, what would you expect from a bunch of unhealthy Americans", the study found no variation across race, ethnicity, education or diet quality. However, it's not all bad news for older Australians. Before you ditch the vitamins, a commentary published in the study said there was still a place for supplements among those with severe dietary deficiencies.



"Sailors were cured of scurvy with lime juice, which turned out to be a source of vitamin C. Beri-beri was shown to be preventable by the use of wholegrain rice, which contained a compound, now known to be thiamine, that was lost when brown rice was milled to white rice," it said.

"While these essential nutrients were in foods, multivitamin supplements soon began to be offered for sale as delivery vehicles for micronutrients."

General good health

And while multivitamins may not improve mortality rates, they can still play an important part in general good health, especially for older cohorts.

"Supplementation with betacarotene, vitamins C and E, and zinc is associated with slowing the progression of age-related macular degeneration," the commentary noted.

"In older individuals, multivitamin supplementation is associated with improved memory and slowed cognitive decline.

"Multivitamins may help offset deficiencies following bariatric surgery and commercial products including vitamin B12 and vitamin D are a convenient source of nutrients for which many people come up short."

But the commentary said that instead of supplements, not including extreme dietary deficiencies and requirements, improving your diet was a much better solution than buying multivitamins.

"Refocusing nutrition interventions on food, rather than supplements, may provide the mortality benefits that multivitamins cannot deliver," it said.

It cited the diets in the famous 'Blue Zones', where the high intake of fruit and vegetables, cereals and legumes, high social interaction and regular exercise had led to exceptionally high lifespans.

Disclaimer: This article is for reading purposes only. Speak to a health professional relating to your specific needs relating to the consumption of vitamins.



LIFESTYLE

LOW – ENERGY ACTIVITIES

(that don't require more screen time)

For when you want to recharge, but don't want to just stare at your screens, try these restorative activities



COMPLETE
A PUZZLE



MAKE A
SCRAPBOOK



GET CREATIVE IN
THE KITCHEN



WATCH THE
SUNSET



LISTEN TO YOUR
FAVOURITE SONGS



TAKE A LUXURIOUS
SHOWER



TRY A GUIDED
MEDITATION



JOURNALING
PAGES



GO FOR A WALK AND
BREATHE IN THE FRESH AIR

The Willows

PRIVATE NURSING HOME

BREAKING NEWS



Rel8.app is soon to be our new community app!

Here at The Willows Private Nursing Home, we are getting connected with the Rel8.app to bring our residents and family members much closer together in a personalised way.

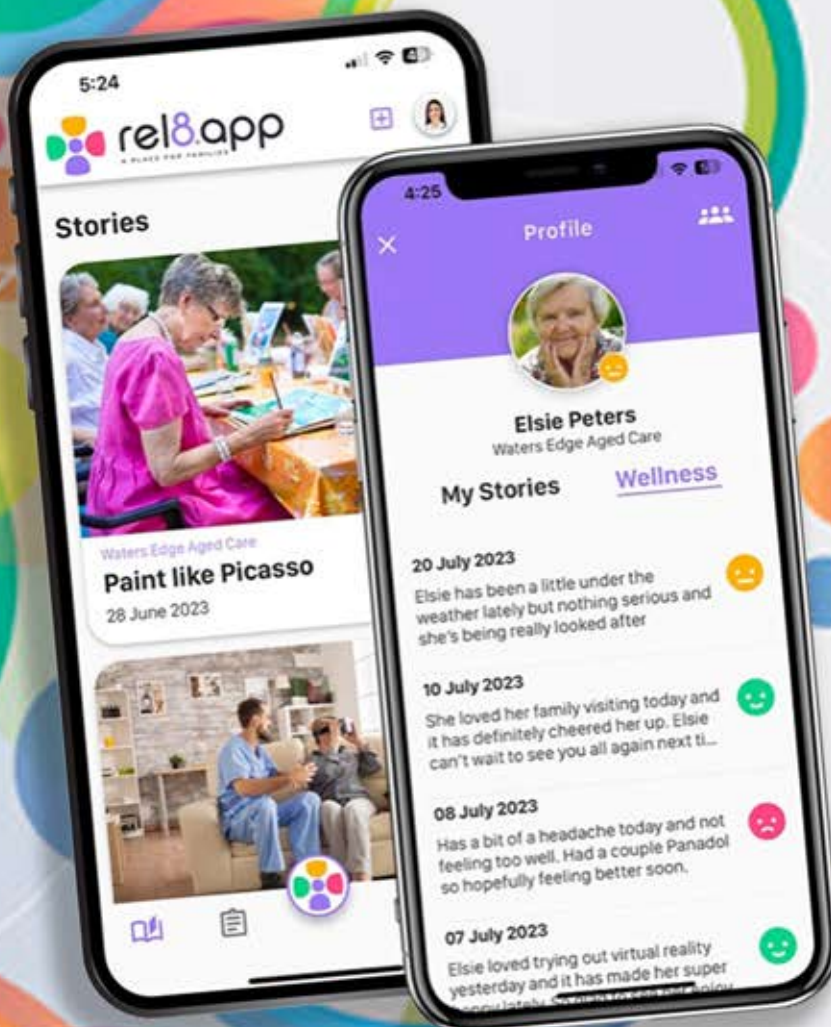
At The Willows Private Nursing Home, we are constantly striving to improve the quality of care and the overall experience for our residents and their families. We are excited to partner with Rel8.app, an innovative mobile app to enhance the way you stay connected with your loved ones in our care facility.

Rel8.app provides a platform for you to see stories, photos and videos of your loved ones, receive wellbeing updates, view important notices and events or privately message our care facility members all in one place.

Rel8.app understands the struggles families face when trying to stay informed and connected with their loved ones in care facilities and it was this very challenge that sparked the vision to create a dedicated platform for communication.

Read up more on this fantastic partnership at <https://rel8.app> or contact our friendly Admin or Lifestyle team for more information.

Stay tuned!



WHAT'S ON?

DURING THE MONTH OF OCTOBER

BIRTHDAY PARTIES

2.00pm October 4th, 14th, 21st & 26th

SPIRITUAL SERVICES

Every Sunday 11.00am VIDEO TV & LAPTOP

Catholic Mass, Italian, Arabic, Greek,
Orthodox, Tamil and Croatian Mass

LADIES GROUP

2.00pm Fridayday 4th

ITALIAN GROUP

1.30pm Wednesday 16th COOKING GROUP

KNITTING GROUP

2.00pm Friday 11th

ART GROUP THERAPY

2.00pm Monday 7th & 21st

MENS CLUB

KARAOKE 2.00pm Friday 25th

FLOOR GAMES

2.00pm Thursdays - Balloon Tennis 3rd, Tenpin
Bowling 10th, Lawn Bowls 24th, Indoor Golf 31st

MENTAL STIMULATION

11.00am Every Wednesday

BUS OUTING TBA

BIBLE STUDY

11.00am Every Thursday

GENTLE EXCERCISES

10.00am Every day of October

HAPPY HOUR

2.00pm Friday 18th

BINGO GAMES

1.30pm Thursdays Colored Bingo 1st,
Match the Pictures Bingo 8th, Animal Bingo 15th,
Shapes Bingo 22nd, Fruit & Vegies Bingo 29th

PARLOR GAMES

1.30pm Mondays - Banana Gram 14th,
Qwirkie 28th (Or Residents Choice)

* Subject to change.





“When your phone is in your pocket or line of sight, it’s a pesky reminder to use it even when you have no reason to be on your phone.”

The joy of being unreachable

Your time is one of the most precious resources. Take it back from the devices, apps and social media platforms designed to gobble it up. Try to become unreachable. No, that doesn’t mean on a beautiful tropical island, but it does sound nice if you can swing it.

Schedule time during the day when you’re unreachable. Step away from any electronic device for 30 minutes or more. Break it up across the day to make it manageable and schedule time in the morning, lunchtime and night. The chunks of tech-free time will steadily add up and help to establish a new habit. If it helps, organise tech-free activities while you’re unreachable like reading a book, physical exercise or meditation.

Where’s my phone?

It’s okay to lose your phone – if you know where it is.

When your phone is in your pocket or line of sight, it’s a pesky reminder to use it even when you have no reason to be on your phone. Remove the temptation and leave your phone behind whenever you can. Find a place to safely put your phone while you focus on activities. Hanging washing? You don’t need your phone. Cooking? You don’t need your phone. Showering? You don’t need your phone.

Turn off notifications

Even the best digital detox strategy in the world can be undone by a single ping.

We like notifications because it means we’re wanted. We feel validated. Even though most of the time a notification is from your favourite pizza place that has an amazing 2-for-1 offer. It feels like every app

and computer program can send notifications and it’s an expressway to get you back on a device. Get familiar with the notifications settings on your smartphone and computer to manage which apps can send notifications, when and why. There are so many apps that have no business sending notifications. Another good list to review is your emails. Unsubscribe from mailing lists you’re no longer interested in or businesses that spam you with content. Remember, one of these emails could lead to a ping and the less pings from things you don’t care about, the better.

Sweet dreams

Go without screens in the bedroom.

The presence of screens in the bedroom may interrupt the night-time routine that helps you get a decent sleep. A television may make you stay up late and get less sleep. A laptop may remind you of work and then you can’t get to sleep. Even the alarm on your smartphone is a reminder you must wake up in 8 hours and then you drift in and out of sleep in anticipation.

Blackout zones

Set up places around your house where devices or screens aren’t allowed. The classic is: no devices at the dinner table. Extend the exclusion zone to include the backyard or the places where you want to be present and focussed. Use the same set of rules for social occasions like going out for dinner or attending events. Do you really need to have your phone out for the entirety of a Taylor Swift concert? Nope.

Say no-fi to the WiFi

Turn off the WiFi. Simple. Like notifications, it’s a gateway to using a screen or device. When there’s no WiFi you’re less likely to be tempted and all you have to do is flick a switch.

Establish days or times when the WiFi gets switched off, like No WiFi Wednesdays or no WiFi after 8pm. Start small and work your way into a WiFi-free routine that works best for you.

The digital detox is still possible but don’t go too hard too early. It’s all about establishing realistic habits that will win you back your time.



CAMPERVAN



CARAVAN

What's the difference between a campervan and a caravan? **And which is better?**

A caravan you tow behind your car, while a campervan is something you can drive. But which is better? A campervan or a caravan?

If you can't tell the difference between a campervan and a caravan you may need to pop to a well-known high street optician for an eye test. Put simply, a caravan doesn't have an engine and you tow it behind your car, while a campervan does have an engine and is an 'all-in-one' vehicle you can drive and live in.

The real question is: what is the difference when it comes to holidaying in them and, of course, which is best? If you've decided to invest in a vehicle that will be the basis of family holidays for years to come, you want to make sure it's the right one. That's why we've decided to weigh up the pros and cons of two of the available options. It's campervan versus caravan. Let the fight begin...

Why a campervan is better than a caravan

In the red corner we have the campervan. Cool, compact and cosy, a campervan is both your mode of transport and your bed for the night. Whether you go for a vintage Volkswagen or a modern model, there's something undeniably awesome about packing everything into a vehicle that takes up little more space than a family car and hitting the road. The only problem is you might need to sell the family car to afford it.

For a top-of-the-range, fresh-from-the-factory campervan, prices can be sky high. Likewise - if you want a beautifully-restored 1960s VW. Of course, other campervans for alternative budgets are available but, in general, a campervan will set you back more than a caravan.

The compact size of campervans means getting to your destination is relatively easy. If you can drive; you can drive a campervan. It'll fit into most parking spaces, is accepted on more campsites than a caravan, and is a lot easier to get around tight corners and along country lanes. For that reason, campervans are often accepted at smaller campsites, places that sometimes do not allow caravans and larger motorhomes. Size can also be an issue when it comes to storage when you're not on holiday. A campervan is easily parked kerbside and is unlikely to cause problems with the neighbours while a caravan is best stored off road - which can, depending on whether you have a drive or a garage, mean an extra cost too.



With the campervan parked up at home ready to go at all times, it has the edge when it comes to spontaneous trips. If the weather is looking good when you finish work on a Friday, you can jump in the van and head off on a mini holiday. And if you need to stop at the supermarket to get supplies; no problem. That's not so easy with a caravan, but there are plenty of other advantages so it's still in with a fighting chance...

Why a caravan is better than a campervan

In the white corner we have the caravan. Let's be honest, unless you have a vintage caravan, it lacks the cool factor of the campervan. But what it lacks in cool, it makes up for with convenience. Towing a caravan behind you is like towing your bedroom, kitchen and bathroom. Once you get to a campsite, there's next-to-no Transformer-style jiggery pokery necessary before you start relaxing. While folk in campervans will be popping tops and swivelling seats, you can be sitting back and enjoying the view as caravans are usually pretty much ready to go. The space inside a caravan is likely to be larger too. You'll probably be able to stand up without stooping and you're more likely to have full-size beds and kitchen appliances - not to mention your own loo.

If you're staying at the same campsite for a while and heading out on day trips, the caravan comes out tops again. You can simply leave the living space behind by unhitching your caravan and then drive away unencumbered. When you return, things will be just as you left them, while any pals in campervans will have to go through the rigmarole of packing everything away and then unpacking it again each time they want to head out. But having said all this is ignoring the elephant in the room: the towing itself. Towing a caravan can take a bit of getting used to and the extra length means that you'll probably want to go straight from home to your campsite without any diversions en route. Spontaneous detours down country lanes and stopping off in tiny towns are not easy options when you've got a caravan attached.

Campervan vs Caravan: The verdict

Caravans are cheaper to buy and, once you're in situ, they are easier to live in and leave behind when you want to pop out. Campervans are more expensive, particularly the most well-known brands like the modern VWs, but they tend to hold their value so may represent a better investment. They are easier to drive but more hassle to convert from driving to living space.

In conclusion: we'll be sitting on the fence. The truth is if you go on longer holidays where you park up at a campsite for a week or two, a caravan is probably the better option. Towing a caravan to the South Coast might take a while, but once you're there you'll have plenty of space and, if you need to drive anywhere (out on day trips or to get supplies) you don't need to disturb the set up - or the rest of the family. If, on the other hand, you prefer weekends away, spontaneous trips and holidays on the move, a campervan will be right up your street and the best way to get on the road.

Disclaimer: This article is only for a good read. Do your homework and discuss with various professionals before you make a really bad decision.



Chill Out Zone

FOLLOW THE NUMBERS 1 THROUGH 50

2	1	2	18	12	6	7	11	1	2	3	50
3	2	8	19	27	5	4	3	2	47	48	49
4	3	7	29	8	9	10	11	3	46	8	7
10	4	5	6	7	30	31	12	4	45	46	6
49	48	47	46	45	10	32	13	27	48	47	48
1	2	3	4	5	33	23	14	26	49	5	49
19	20	4	8	44	45	46	15	28	19	4	50
18	XX	5	17	19	18	17	16	17	18	3	2
20	47	46	23	20	19	1	29	30	31	2	1
21	48	50	22	21	5	8	28	33	32	38	39
50	49	16	9	22	23	28	27	4	33	34	35
31	30	29	10	12	24	25	26	21	22	23	36
32	33	48	47	46	45	44	31	40	39	38	37
10	48	49	50	22	23	43	42	41	12	13	14

Find the 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.

STAND

icu

YOUR MIND
DID IT

AALLLL

house

PRAIRIE

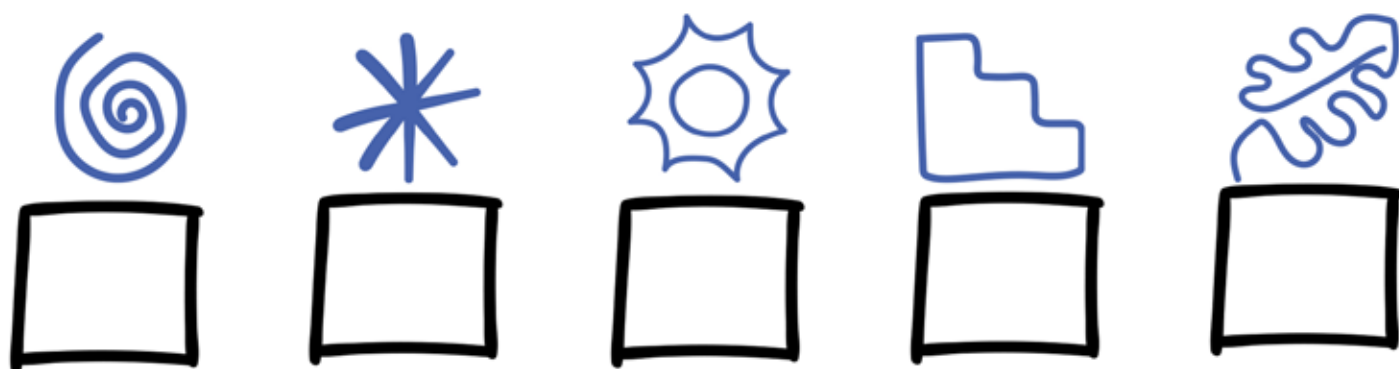
Sentenc_

1. Dracula
2. Dracula
3. Dracula

Find the answers on the last page

HOW MANY?

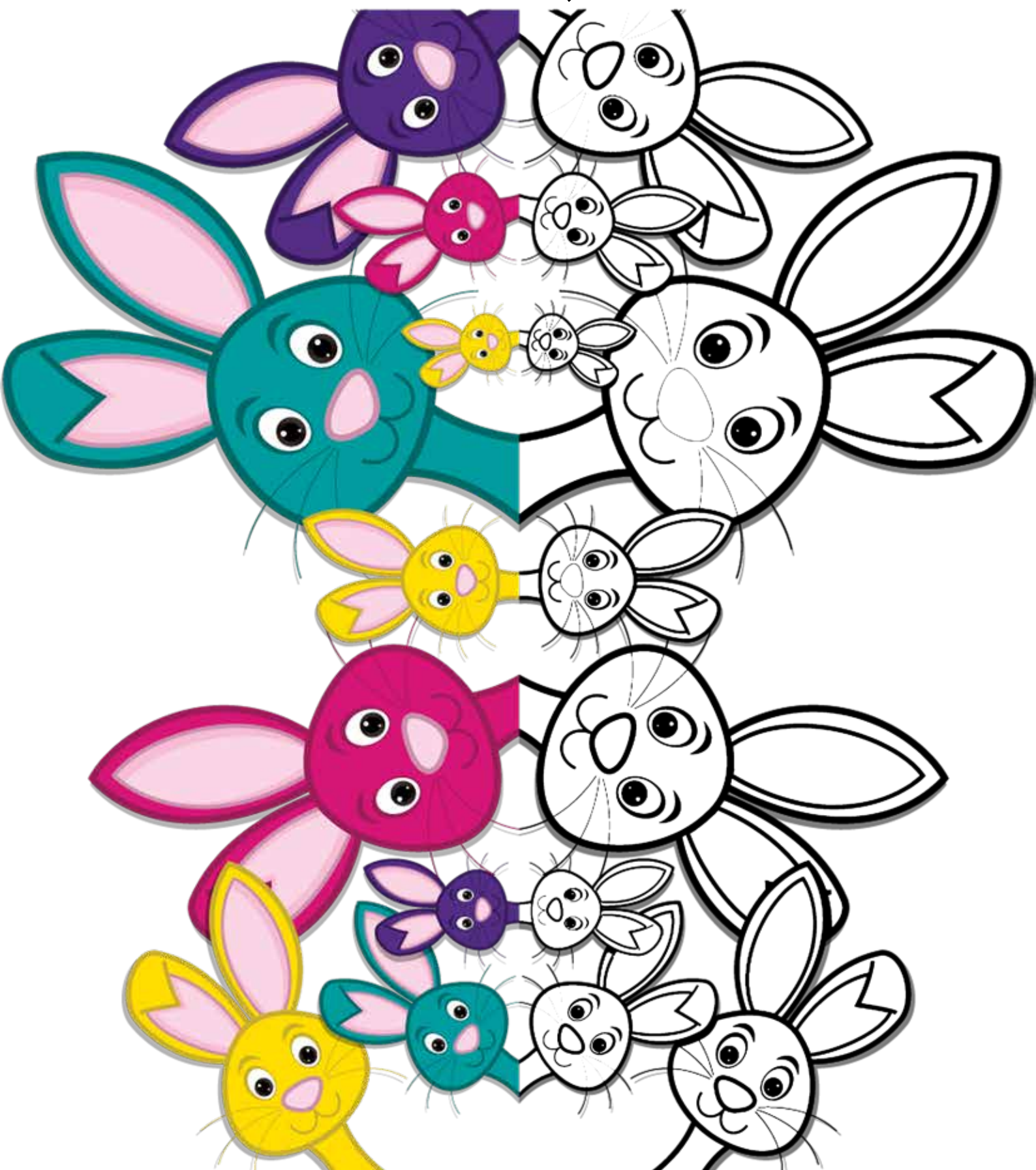
HOW MANY CAN YOU FIND OF EACH SHAPE? COLORS AND ANGLE MAY BE DIFFERENT, BUT THE SHAPE WILL ALWAYS BE THE SAME.



Find the answers on the last page

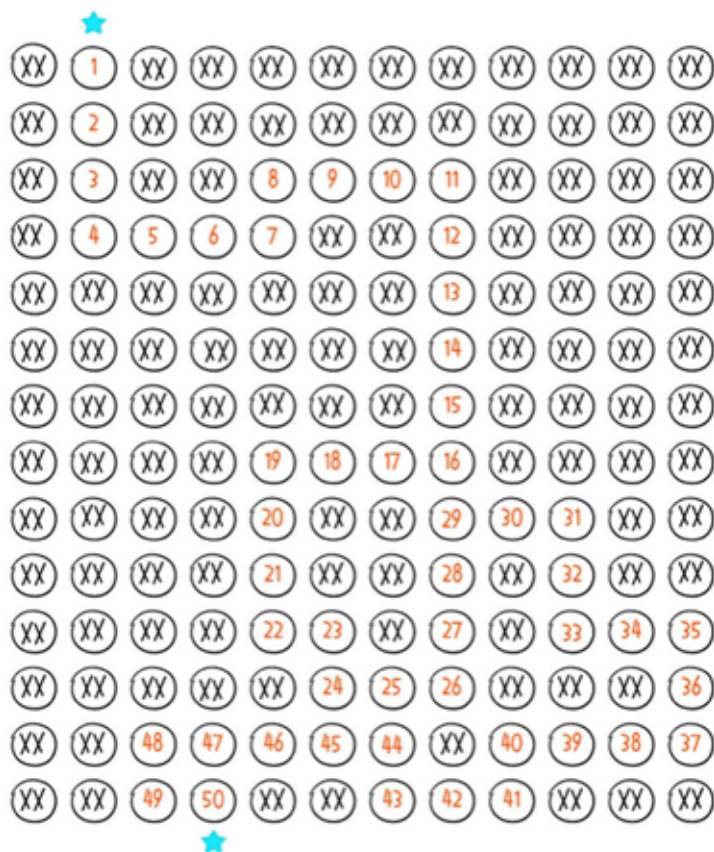
MATCH THE COLOURS FROM THE LEFT SIDE
OF THE BUNNIES TO THE RIGHT SIDE AND

COLOUR ME IN



FOLLOW THE NUMBERS

Solution



BAMBOOZABLE answers

1. I see you understand
2. Did it cross your mind
3. All in all
4. Little House on the Prarie
5. Incomplete sentence
6. Count Dracula

HOW MANY?

ANSWERS



Hope you enjoyed our newsletter

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