



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for July.

We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our July issue.

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

OUR PHILOSOPHY

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

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

JULY Welcome

From Head Office



The month's are flying by it's and it's hard to believe that 6 months of the year are already finished.

We have just hired a new Care Manager Janine Fiel. Janine first came to Australia in 2016 after completing her Bachelor of Nursing in 2008 in the Philippines. Once in Australia, Janine was employed as an AIN & Disabilities Support Worker and continued this while she was studying her Bachelor of Nursing. Janine's first role as a Registered Nurse was with YNA and Alpha Nursing Agency working in a number of different Aged Care facilities. She stayed with the agency while she completed her new grad and during her time working in Aged Care Janine was promoted to RN in charge of weekend shifts. Janine is a very competent and capable Registered Nurse and is passionate about Aged Care.

The residents are all doing well and we are happy that some of them have been able to go on the bus trips which have been a huge success. As always we have to be extremely careful as COVID and influenza are huge concerns, please remember to RAT test before visiting and wear masks while you are visiting. Don't visit if you are not feeling well, let's keep our residents safe.

Maryann Inbari - Facility Manager Organisational & Financial Controller

JULY BIRTHDAY CELEBRATIONS

Brian Heron July 7

Mara Watkin July 15

Fred Sullivan July 28

Noal Tighe July 28

Jolanta Dobrzynski July 29



From the Cube



Hello and welcome from the Diversional Therapy Team.

I would like to take this opportunity to thank the the family members who attended the Relatives and Staff function, at the Ashfield Bowling Club, it was a wonderful night.

To Annamaria Galetta, Augustino Chiarella, Josie Denaro & The Fisicaro family, thank you very much for paying and bringing in the dessert and chocolates which everyone enjoyed.

Our residents have been enjoying the bus trips and if family members would like to attend, please let David know ahead of time. He will be here to help you with the Activity needs.

This is my last Newsletter for The Willows, I've been coming to work at the Willows for the past twelve and a half years, it has been fun to work with my colleagues and Management, somehow I've always found the time in my busy schedule looking after our residents or decorating, to make an excuse for a party, or just having luncheons, we've had hundreds over the years, I promise we will have a big one in the Willows before I leave.

To each and everyone of you whom I have had the pleasure of meeting, see you later sometime, somewhere.

Love always in Christ.

Cynthia and David - The Diversional Therapy Team

Christmas in



See what's on and happening this month

www.christmasinaustralia.com.au/christmas-in-july-australia/

*Amidst the scary news headlines,
we are grateful to know we have intelligent,
strong, competent and brave healthcare workers
helping those in need of care.
You are making a difference.*



*Thank
you*

The Willows Management

Stories from our residents

Leonardo Chiarella



Leonardo Chiarella was born in Borgia Catanzaro Italy in 1926.

Dad was a poor farm boy and came to Australia in 1951 and spent time in Northern New South Wales on the sugar cane fields, hard, hot and dirty work. He met his wife, Carmela and arrived in Sydney in 1959.

He then lived all his life in Duntroon Street, Hurlstone Park and together they had 3 children... Agostina, Umberto and Maurizio and has 2 grandchildren.

He worked various jobs in construction and factories and was able to return to his homeland for a visit in 1991. Unfortunately in 1987 they lost their son Umberto who had leukemia.

Leonardo enjoyed his garden and believed that if you were going to grow anything it had to be something you could eat, so quite a variety of vegetables were grown in his garden but not many flowers.

Leonardo retired in 1991 and is enjoying his life with his family.

12 ways to thrive in

Winter

Beat the winter blues with these 12 tips and tricks to help you survive and thrive in the colder months.

1. Eat seasonally

Not only do the cooler months give us plenty of delicious and healthy produce to enjoy - think citrus fruits and root veggies - but it's generally cheaper to buy local fruit and veg that are in season. So not only are you getting a great variety of fresh produce, but your wallet is reaping the rewards too. Tick, tick! Try tossing orange segments into a leafy green salad or use the juice to make marinades and dressings.

2. Eat a filling breakfast

Rolled oats have a low GI, which means they help to keep you feeling full for longer. They also make a warming brekkie. Those cold winter mornings deserve nothing less than a big bowl of creamy oats to get me through the day - and a cappuccino, of course. Try topping porridge with yoghurt, trail mix and honey, or give our make-ahead version a go.

3. Choose clever cuts

Another way to keep your budget low - and your belly full - is to choose tougher cuts of meat and slow cook them until meltingly tender. Check out our winter slow cooking recipes for some inspiration.

4. Create healthy makeovers

Craving your favourite comfort food? Just go for it! If you're looking to switch up your usual recipe, try a healthy mac 'n' cheese recipe, or try a vegan version a go.

5. Boost your winter meals

Speaking of making over your meals, take inspiration from Nutritionists to get an extra hit of fibre in your meals. To feel good during winter, swap regular carbs - such as white rice and plain pasta - for wholegrain varieties.

6. Celebrate anything & everything

If winter gets you feeling a little 'blah', why not celebrate anything - even the small things! Whether that's a positive thing happening at work, the kids having a good week at school, or just catching up with a friend you haven't seen in a while. Any excuse will do and, of course, make sure it involves cake.

7. Look after yourself

If the thought of the cooler weather alone makes you feel tired, it's time to put some pep back in your step, starting with your sleep. Most adults need about 8 hours of shut-eye per night - if you're not getting enough, think about the changes you can make to help you wind down before bedtime. Find yourself feeling tired around 3pm? Try doing some simple stretches or even a quick walk around your home or workplace to get the blood flowing.

8. Head outside

We know it can be tempting to stay indoors and cosy up, but you can still get out and about during the winter months if you plan ahead. When the weather gets cold, look to your dogs to help get you out and about. They get to run around, and you get to enjoy the crisp, fresh air.

9. Enjoy more veggie-packed dinners

Who says hearty meals can't be wholesome? Pack as much winter veg into your cooking as possible. Love all the winter vegetables. Be a fan of brussels sprouts, pumpkin and cauliflower. It's so versatile! Love them roasted whole, grated up to make 'rice', or blitzed into a silky soup.

10. Update your space

Changes don't have to be big for them to make a difference - even the smallest of changes can help to boost our mood and make us feel refreshed in winter. This could mean brightening up a room with a new pillow or throw rug or buying a new mug to sip your tea or coffee from - there are plenty of options out there.

11. Watch for inspiration

Love seeing - and hearing - meals come to life? We all do! Search the internet for Hearty Winter Warmers where you'll find step-by-step instructions to make everything from slow cooker meals to traditional Yorkshire puddings, a must for your Sunday roast.

12. Make a toastie

For the ultimate in quick and easy comfort food, you can't go past the humble toastie. It's one of the simplest ways to warm yourself up from the inside out, and there are so many ways to twist it, too. Got leftover bolognese sauce, or even a slow-cooked curry? Pop it between two slices of bread, add some cheese and get it under the grill - voila! You've got yourself a winning toastie.

The above article is only a suggested guide to thrive through winter. Please talk to a Health or Nutritional specialist if you have any questions or concerns with this article.



Life is Sweet with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce—which can have a lot of added sugars—for homemade versions so you can control the amount of sugar added to them.



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola



Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted)—and skip the candy!



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.





liveWell

PARKINSON'S AWARENESS

Parkinson's disease (PD) can be challenging to diagnose, especially in the early stages of the disease. Therefore, people suspected to have PD should see a neurologist trained in movement disorders. Diagnosis of PD is generally made using medical history and a physical exam or neurological exam.

Early diagnosis is important. Treatments for PD are more effective in the early stages of the disease, so early detection is essential. Physical therapy and exercise, which significantly improve symptoms and delay the progression of the disease, are also much easier to perform in the early stages.

Treatment options for motor and non- motor symptoms of Parkinson's disease.

The common motor symptoms of PD include:

- Tremor
- Rigidity
- Balance impairments
- Slowed movements (bradykinesia)
- Difficulty swallowing
- Changes in speech
- Impaired fine motor dexterity
- Muscle cramping

Treating these symptoms usually involves a combination of approaches, such as:

- Medicines like carbidopa/levodopa therapy, dopamine agonists, anticholinergics, COMT inhibitors, and/or monoamine oxidase-B (MAO-B) inhibitors
- Physical therapy
- Vocal exercises
- Deep brain stimulation surgery

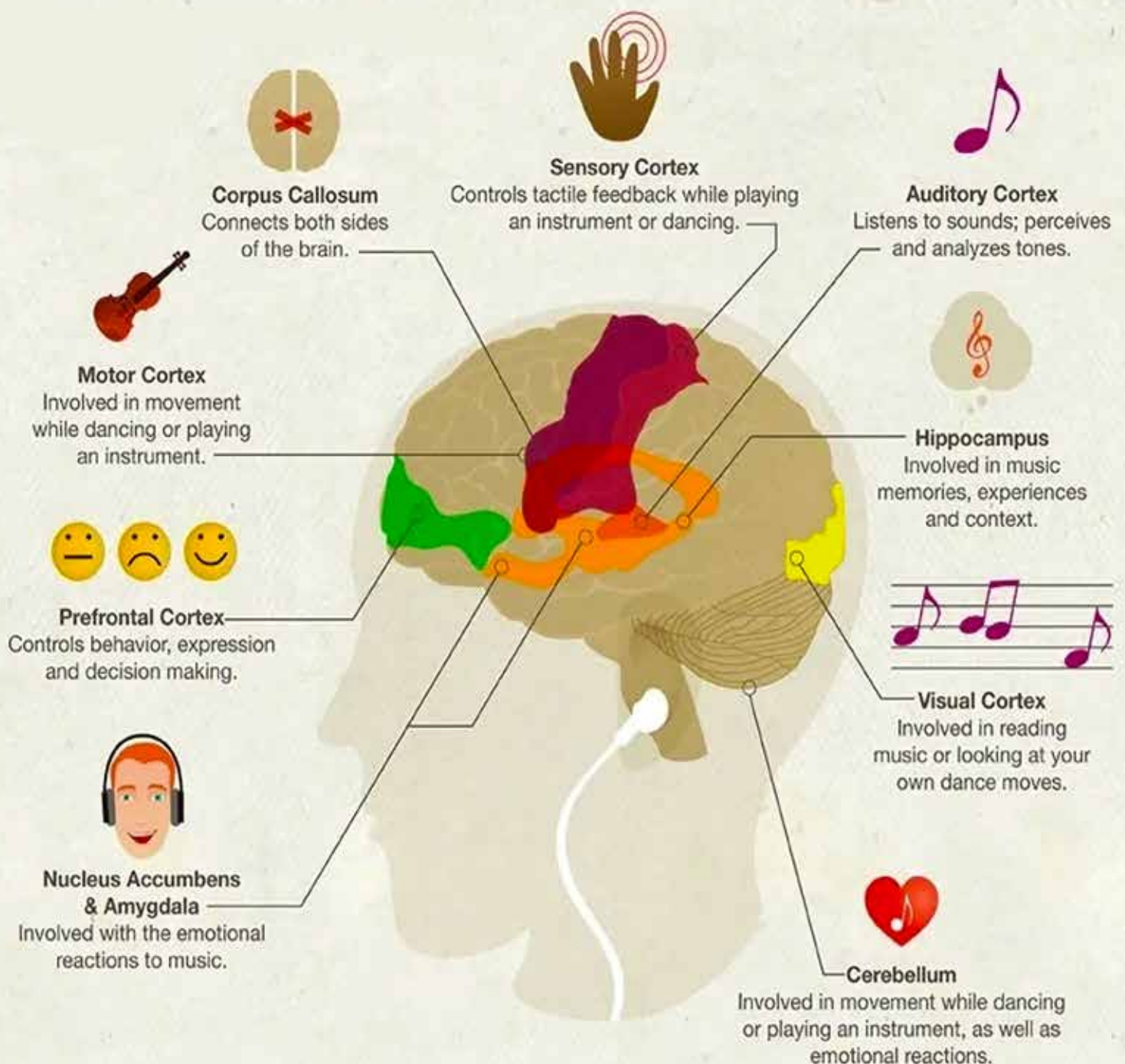
Treatment options for the non-motor symptoms of PD:

- Drugs like those to relieve an overactive bladder or pain
- Physical therapy
- Exercise

IN THIS TOGETHER
parkinson's
AUSTRALIA

MUSIC & THE BRAIN

Playing and listening to music works several parts of the brain:



TIPS FOR HEALTHY SLEEP



✗ NO

✓ YES



HEAVY FOOD



BLUE LIGHT



ALCOHOL, SMOKING



GET UP AT THE SAME TIME



EVENING WALKS



COMFORTABLE BED



CAFFEINE



HARD TRAINING



STRESS



COOL AND DARK ROOM



BEDTIME ROUTINE



RELAXING BATH



FROM THE FOOD STUDIO

Spinach + Ricotta FILLO PIES

(makes two)

1 100g baby spinach

Preheat oven to 200°C then

DUNK + DRAIN then DUNK

BOILING

COLD

+ SQUEEZE LIKE POPEYE

+ chop finely

2 2/3 cup low fat ricotta

1 tsp rind only

1 tbsp DILL chopped

+ salt + pepper to taste

2 green onions * chopped

3 folded sheet of FILLO PASTRY

Oil

Spoon on

x 2

4 fold sides in

lightly spray

Bake 15 mins or til' golden.

serve with lemon



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I'm
DRY this
JULY®

GO DRY THIS JULY TO RAISE MONEY
FOR CANCER SUPPORT AND CARE
THAT MAKES LIFE BETTER

I WON'T
DRINK
TO THAT!



DRY JULY
FOUNDATION



With winter already here, there is undoubtedly one place where we all feel the most comfortable - indoors.

Indoor fireplaces are a great option for the home. In addition to the obvious benefit of providing warmth, they can also create ambience, atmosphere and add a touch of style.

Electric Fireplace

Electric fireplaces are probably the cheapest option in terms of initial costs. All you need is a power point, and you are good to go! They are best suited to smaller places as they are very space affordable and can be moved around easily. They are easy to install, and if you are not too fussed about the aesthetic, the fake flames look just fine. However, electric fireplaces can be very energy costly, and they are not as effective at heating up larger, loftier rooms.

Gas Fireplaces

Gas fireplaces are seen as the most convenient - just flick the switch, and there you go. They require none of the labour needed to start a wood burning fire, and they require no cleaning after the fire is finished. They also have a thermostat which allows you to set the temperature and adjust it if it is too hot or too cold. However, gas fireplaces do have some down sides. In 2012, The Commonwealth Scientific and Industrial Research Organisation found that gas fireplaces release the same amount or more carbon than wood heaters. In addition to this, a gas fireplace will set you back a substantial amount of money (not including ongoing energy costs) as opposed to the one-time installation of a wood burning fireplace.

Wood burning fireplace

It's a classic, and some people believe there is no substitute for a wood burning fireplace. There is something undeniably comforting about the natural soft crackling of slow burning logs. Wood burning fire can provide more heat to larger areas than gas, and because it uses real wood for fuel, you can reuse and recycle old wooden materials to save some big dollars. So, if you have access to abundant stores of wood and logs, a wood burning fireplace is definitely for you. However, wood burning fires do require more maintenance, and if you have had a long day at work, getting a live fire going is probably the last thing you want to do. It is also important to note that you'll need to consider extra storage space for the fuel logs.

Seek professional advice before deciding what best suites your lifestyle.

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



HAIRDRESSER



ART THERAPY



HOLY COMMUNION





Thought *of the* Month

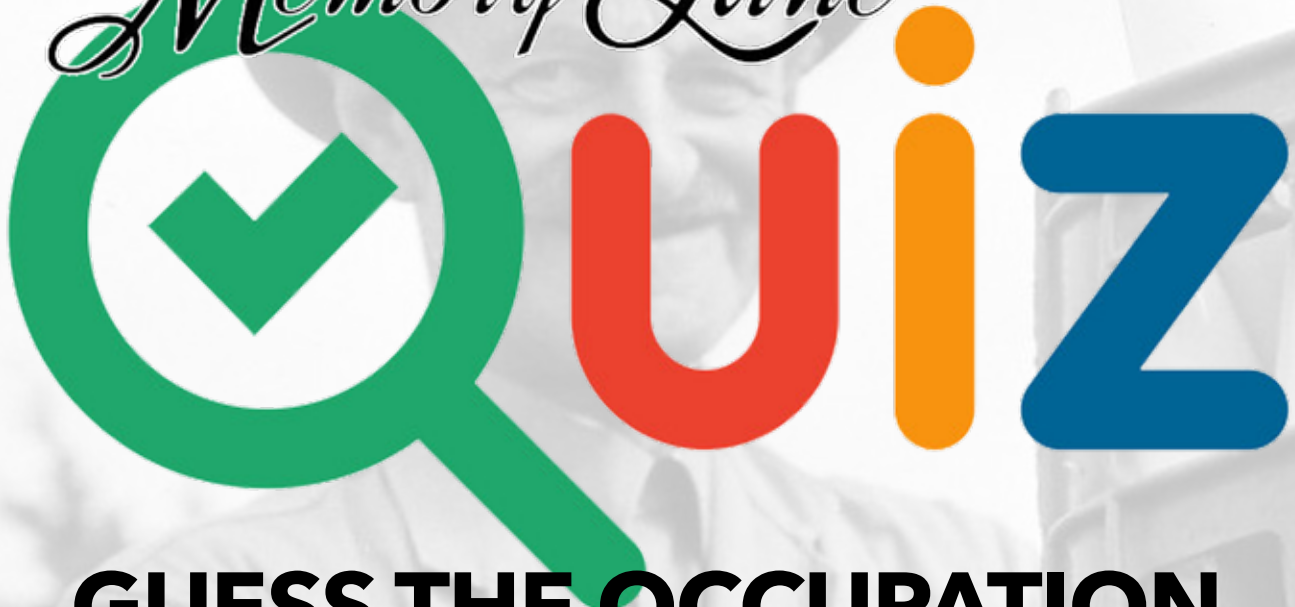


Reinventing
your life is like
walking on a bridge
that already exists
and building it
at the same time.

ThinkTime



Memory Lane



GUESS THE OCCUPATION

Welcome to Memory Lane Trivia Quiz for seniors. This is a fantastic quiz to enjoy, challenge the mind and test their knowledge about these occupations that were around when you were younger.

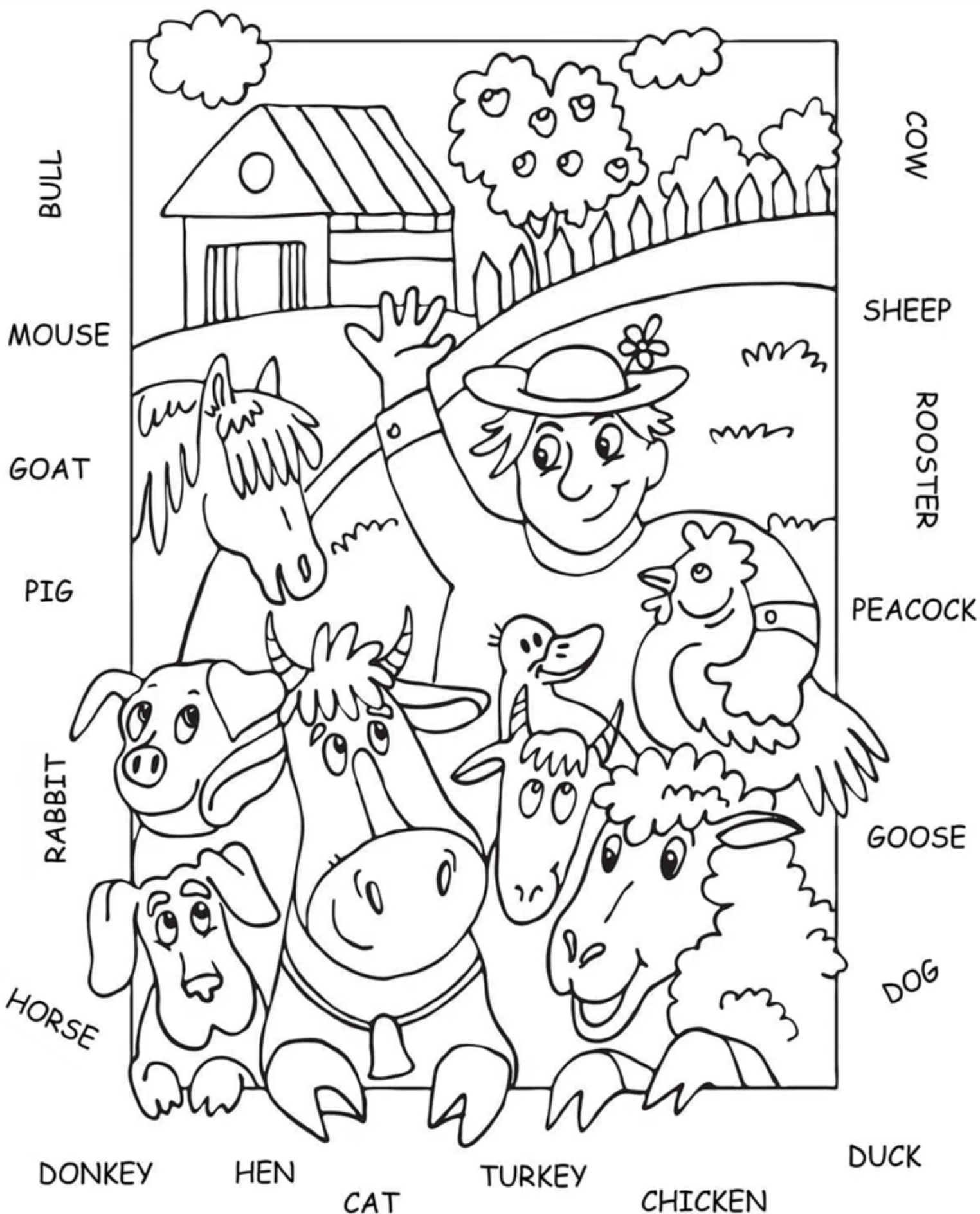
This can be enjoyed as a fun and social activity anytime! HAVE FUN!

Answers on the last page of the newsletter.

1. I would deliver messages to people's homes and business's usually on my bike before telephones and better communication were available, my job was very important. I would deliver messages on peoples wedding days from guests that could not attend sometimes the messages were funny. When the war was on if I came to your house with a message it would make the occupants very worried, what was my occupation?
2. Back in England I would walk through the town streets ringing a bell and yelling out the news and important announcements as many towns people did not read (illiterate) then I would place the day's news on the local inn's door for the folks that could read to look at, what was I called?
3. I worked in department stores ushering people up and down the floors of the building, I would usually call out at which floor they had arrived at like 3rd floor women's shoes & mens apparel. What was my profession?

- 4. Before electricity was available I went around the streets providing light and then putting the lights out, they were gas lights, what was my job?**
- 5. I was very popular in the modern home I would get up early and deliver milk & cream in bottles before the day was too warm to spoil it usually leaving it at your front door?**
- 6. Before alarm clocks were invented I went house to house tapping on peoples windows or shooting peas into the glass to wake the occupants I was known as a human alarm clock but what was my official title?**
- 7. Ten pin bowling is a popular game but before machines were invented to pick up the fallen pins young kids were employed to do so they were known as?**
- 8. I helped people with phone calls they would have to ask me to help them to connect when phones were new and difficult or ask me for phone numbers?**
- 9. I worked at a petrol or fuel station I would fill up your car, wash your car windows, check your oil & water for you?**
- 10. I visited homes door to door selling well made sets of books known to be very useful for school children studying at home. The books were usually bound in leather and numbered you could pay off a set by instalments payments, I was known as?**
- 11. I worked in an office and was trained to scribble down notes quickly then type them out on a typewriter?**
- 12. I was paid by Doctors and Medical people to collect blood sucking creatures that were thought to cure diseases in their patients through blood letting. I would use my own legs or legs of animals to stand in water to collect these sucking creatures?**
- 13. I would deliver big cold blocks to your house or business to keep your food cold usually placed in timber cupboards with zinc or tin lined walls?**
- 14. I worked at night clubs, sporting events and would wear a uniform, pillar hat and carry my goods in a tray that was hung around my neck. The items I sold were very popular but these days looked down on and considered bad for your health, so my occupation does no longer exist?**
- 15. I would be employed to try someones meal if they were Royal or important to see if the meal was poisoned?**
- 16. I was employed in the Victorian era to collect and kill rodents a job mostly done by young boys?**

COLOUR ME IN



Cars

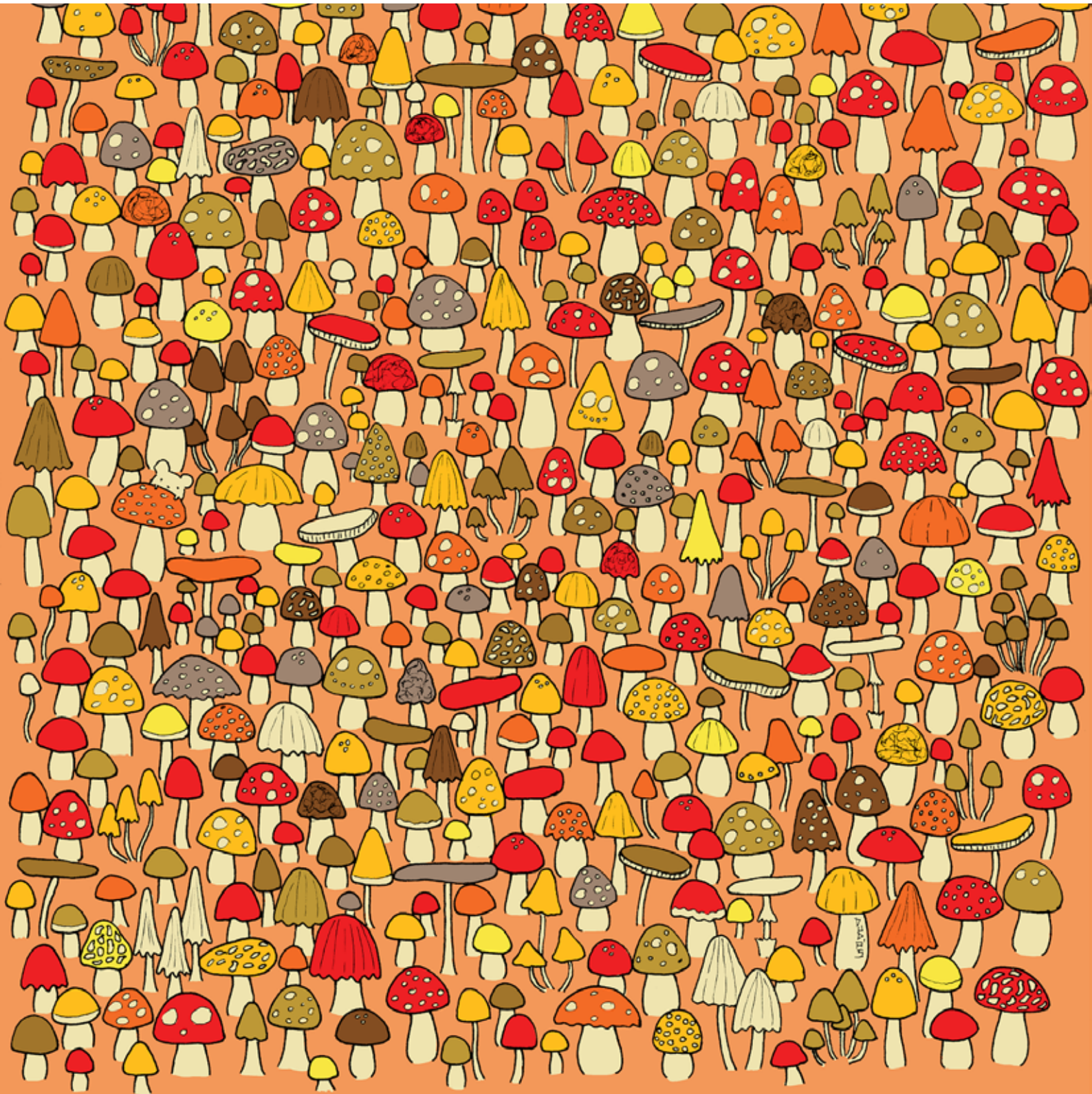
All the words are hidden vertically, horizontally or diagonally – in both directions.

R I N C R D R A O B H S A D N
O E T A R S B U M P E R I N O
O W H E E L L G L G N I N U T
D H G Y D Y E S T R T R I M S
I E I D N S S C T E R U O E I
N E L O I V E C O U P É R H P
I L E B L N I K R C R O N B P
M S K E Y N D T A O L H A E O
L L A A C G W I T R A U D S F
M I R R O R A A C N B A T O R
C E B C A R I B D A L C M C A
N U F A C D T L R S T O U R H
E R S T A O E L O I O O K F O
S P A R K P L U G R A L R A L
T E R N A S T L E B T A E S T
I V T A E S K C A B E N S O U
R P M A L G O F C E S T O F E
N E T H E A D L I G H T R G Y

AIRBAG
BACK SEAT
BODY
BRAKE LIGHT
BRAKES
BUMPER
CLUTCH
COOLANT
COUPÉ
CYLINDER
DASHBOARD
DIESEL
DOOR
FOG LAMP
HANDLE
HEADLIGHT
HORN
INDICATORS
MIRROR
PEDALS
PISTON
RADIATOR
RIMS
SEAT
SEAT BELT
SPARK PLUG
TUNING
TURBO
WHEEL
WHEELS

Answers on the second last page

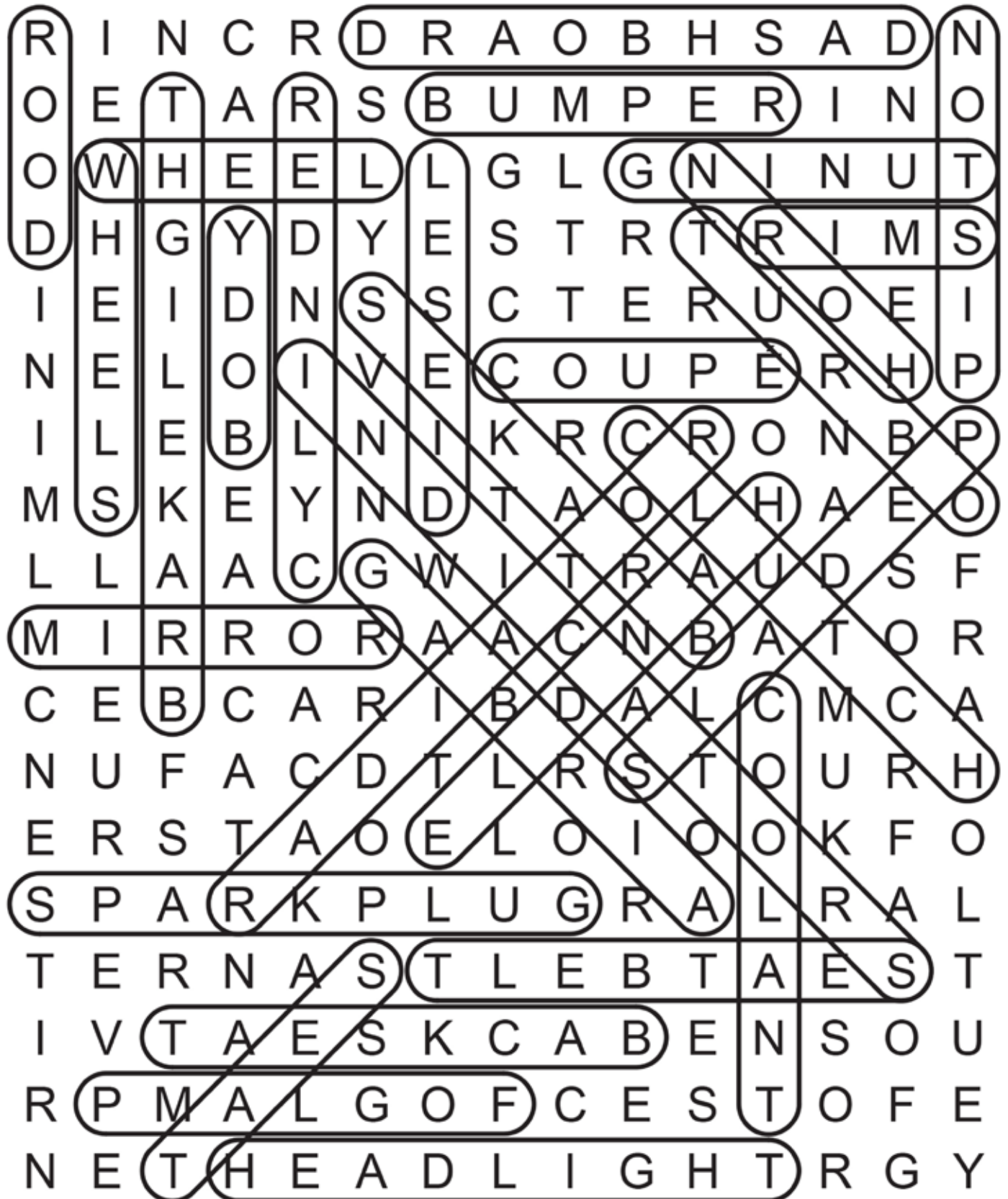
SPOT THE MOUSE



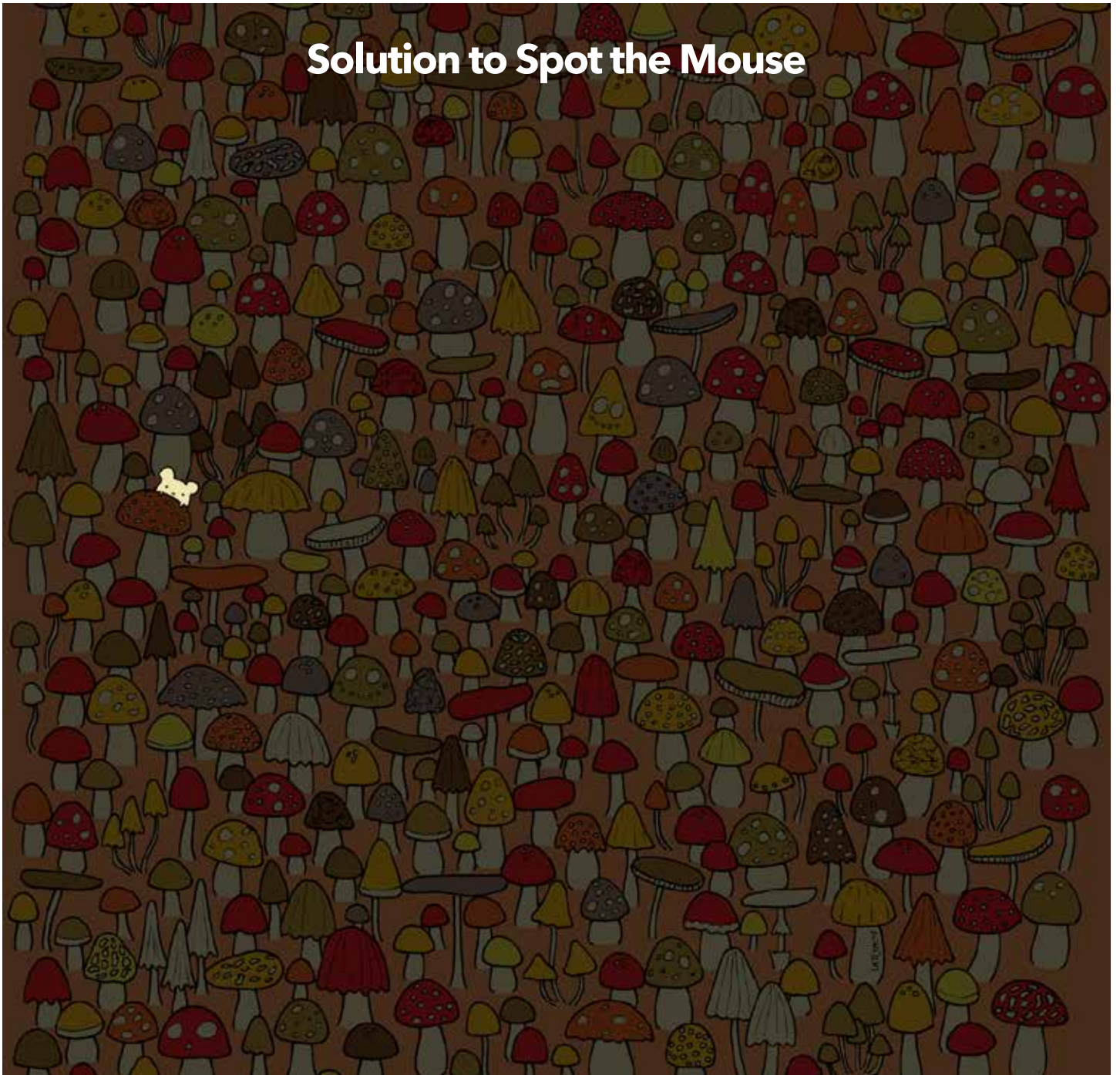
Solution on the last page

Cars

Solutions



Solution to Spot the Mouse



Answers to Memory Lane Quiz

- | | |
|---------------------------------------|---|
| 1. Telegram boy or Telegram messenger | 9. Petrol Bowser Operator or Fuel Attendant. (very rare these days) |
| 2. Town Crier or Bellman | 10. Encyclopaedia Salesperson |
| 3. Elevator Operator | 11. Shorthand Typist |
| 4. Lamp Lighter | 12. Leech Collector |
| 5. Milkman | 13. Ice Man |
| 6. Knocker-upper | 14. Cigarette Girl |
| 7. Pinsetter | 15. Food Taster |
| 8. Telephonist or Phone Operator | 16. Rat Catcher |

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