



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for May.

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.

FROM THE HEAD OFFICE



Another month has passed and what a busy month it has been. We celebrated Easter with our residents and their families and it was wonderful to see everyone enjoying themselves and back at The Willows. We have completed the first round of the Covid-19 Vaccine Roll-out and will let you all know when the 2nd one is scheduled.

The painters are back and are busily painting the outside and will be starting inside soon.

This month we are celebrating Mother's Day and I wish all the mum's a Happy Mother's Day and I hope you all get spoiled, we look forward to seeing you, at our Mother's Day Celebrations..

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello everyone, it's Mother's Day soon, and the The Willows will be celebrating on Friday the 7th May. Invitations have been sent out to family members, raffle tickets are on sale and prizes will be displayed at the front entrance to the Home.

Orthodox Easter is on Sunday 2nd May and Poland Constitution Day will be celebrated during morning Tea & Glee on Thursday 6th May.

INTERNATIONAL NURSES DAY – Wednesday 12th May

Residents would also like to thank their nurses for their hard work and the enormous contribution of their time and energy in taking that extra care to keep themselves and the residents safe during this time of COVID 19.

Until next time.

Cynthia Rossiter - Diversional Therapist

SURVEY

YOUR OPINION MATTERS! RESULTS OF OUR SURVEY

Well, the results are in! In April's newsletter we asked you the readers to comment on our monthly newsletters via a survey questionnaire. Overall, we seem to be doing the right thing based on some great emails and verbal feedback received. We will continue to give you good news from The Willows, wonderful recipes, puzzles/brain teasers, things to do and so much more each month. If you still wish to comment then please do not hesitate to let us know.



UPCOMING

DURING THE MERRY MONTH OF MAY 2021



PARRAMATTA HERITAGE FESTIVAL

Until Wednesday 19th May

<https://www.nationaltrust.org.au/ahf/nsw/>



SYDNEY COMEDY FESTIVAL

Until Sunday 16th May

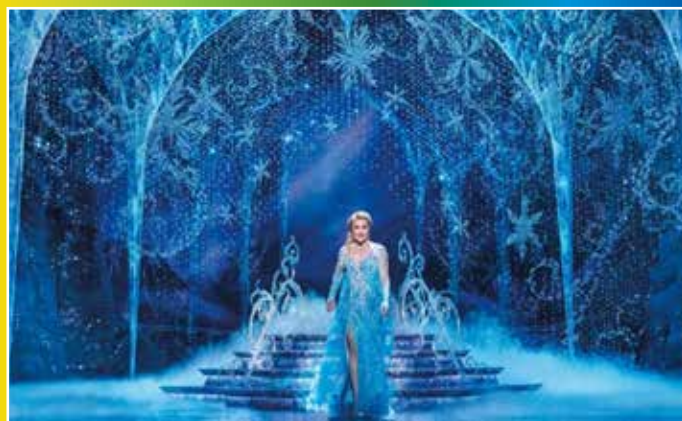
<https://www.sydneycomedyfest.com.au>



YCK LANEWAYS BLOCK PARTY

Until Saturday 22nd May

<https://www.ycklaneways.com.au>



FROZEN - THE MUSICAL

Until Sunday 23rd May

<https://frozenthemusical.com.au>



FUN FLORAL WORKSHOPS FOR BEGINNERS

Until Saturday 29th May

<https://www.flowerlaneandco.com.au/pages/monthly-workshops>



CHILDREN'S DAY FESTIVAL

Ashfield Sunday 30th May

<https://www.facebook.com/events/pratten-park-42-arthur-street-ashfield-nsw-2131/childrens-day-winter-carnival/348143859925724/>



We know that our support to these small business owners is greatly valued by them especially over the past year when COVID hit us all that just turned everything upside down. The Willows will continue this support for many more years to come.





Health & Wellness

It is coming up
to that dreaded
time of the year.
THE FLU!



FIGHT THE FLU

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans - types A and B - and many sub-types or strains. Flu can occur throughout the year, but influenza activity usually peaks in winter. Flu is a vaccine-preventable illness, but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming flu season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms:

- fever and chills • cough, sore throat and runny or stuffy nose • muscle aches, joint pains, headaches and fatigue (feeling very tired) • nausea, vomiting and diarrhoea (more common in children than adults).

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination. Seek immediate medical advice if the illness quickly becomes worse or if any of the following symptoms occur:

- shortness of breath or rapid breathing • chest pain • confusion or sudden dizziness • persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also be spread through touching surfaces where infected droplets have landed.

People with influenza can be infectious from the day before their symptoms start. Adults are most infectious in the first 3-5 days of their illness, while children remain infectious for 7-10 days, and people with weakened immune systems may be infectious for longer.

Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include: • children aged 6 months to 5 years • people aged 65 years and older • Aboriginal and Torres Strait islander people aged 6 months and over • pregnant women.

- Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and also eligible for free annual influenza vaccine). These conditions include:
- cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
 - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
 - other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
 - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
 - impaired immunity, including HIV, malignancy and chronic steroid use
 - children aged 6 months to 10 years on long term aspirin therapy.

How is flu prevented?

Get a flu shot

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

- Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines.
- People at higher risk of influenza complications are strongly recommended to have an annual influenza vaccination and are eligible for free influenza vaccine under the National Influenza Vaccination Program.
- In addition to people eligible for free vaccine, annual influenza vaccination is also recommended for those who frequently come into close contact with other people at higher risk of influenza complications (such as health care workers and family members) to help protect vulnerable people from infection.

Sneeze into your elbow

Sneeze into your elbow instead of your hands or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

Clean your hands

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care.

Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.

How is flu diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is flu treated?

The symptoms of influenza are usually managed by bed rest and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration.

Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor and are usually considered for people at higher risk of complications from influenza infection.

Reference: NSW Government - Health

<https://www.health.nsw.gov.au/Infectious/Influenza/Pages/default.aspx>

Check with your personal Doctor who knows your medical history for advice on any questions about the above and how you can get vaccinated.

Recognised and appreciated staff member of the month.



Nima McShane

Nima. A name derived from a woman who is a fighter. A fighter not in a battlefield of war but in the challenges brought by circumstances in life. I am Nima, a proud Filipina who is unstoppable in reaching my aspirations in life.

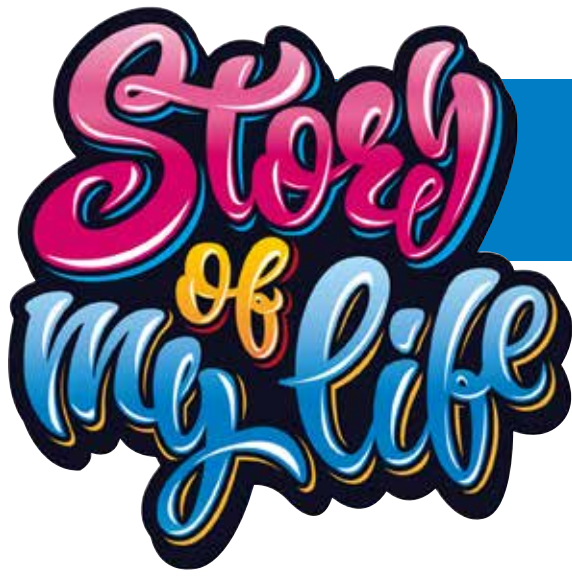
Despite the countless times I stumble and fall, I will continue to rise. I will pursue what I wanted and that is to deliver utmost care to other people. Given the chance to be one of the assistant-in-nursing staff at The Willows Private Nursing Home, I can show my affection and great love in caring and in touching the lives of other people.

Before I realised my great passion in health care, I studied and experienced several jobs. I was once an-in-charge officer in a top known hotel company in the Philippines. However, I was not happy in that field that is why I tried something else. Then, I took a medical transcriptionist course which helped me to migrate here in Australia. I worked double that time. I also worked as an assistant-in-nursing in one of St. Vincent's Nursing Homes in Queensland. Since my husband wanted me to stop working at that time, I stopped for a while. But with my attitude of not being a quitter, I moved to Sydney and opened a clothing business in Paramatta. It was a good business venture not until the COVID-19 pandemic stroke. It ruined my five years clothing business.

After this, I realised that probably things happen because fashion is not really my passion, but the field of health care is what really makes me happy. Because of this, I studied a certificate 3 course again here in Sydney. I was allocated to do my placement in The Willows Private Nursing Home. While on my placement, I can feel the sense of family and compassion towards the residents and the staff. I feel welcomed, secure, happy, and contented. I was lucky because after my placement, there was an available assistant-in-nursing position. I applied for the job and luckily got hired. I am blessed to be part of this facility and hopefully in the future I can also deliver my care to the residents as one of the sisters of this nursing home.

Many more sad stories that I been through in life and it's hard to tell everything here. Living alone without family is not easy at all but I'm here standing and still stronger with God's guidance...





Stories from our residents Connie Denaro

Our story today comes from Connie Denaro.

Connie was born on February 27th, 1928. She married Anthony on August 8th, 1946 who came to Australia alone in 1949. Their daughter Josie was born on November 13th, 1947. Connie and Josie followed Anthony in 1950. The family lived in Leichhardt, where Livinia was born in 1955.

Connie worked as a machinist making men's trousers. When Livinia passed away in 1987 at the age of 32, to cope with the loss, Connie and Anthony formed a senior bingo group.

From only two daughters, Connie and Anthony had 5 granddaughters and 11 great grandchildren (5 girls and 6 boys). They were married for 74 years. Connie lost Anthony on December 14th, 2020.



Some useful links:

- OUR SUBURB - <https://sydneysuburbreviews.com/ashfield/>
- INNER WEST COUNCIL - <https://www.innerwest.nsw.gov.au>
- ASHFIELD MALL - <http://www.ashfieldmall.com.au>
- ASHFIELD BUNNINGS WAREHOUSE - <https://www.bunnings.com.au/stores/nsw/ashfield>
- ASHFIELD AREA GUIDE - <https://www.timeout.com/sydney/things-to-do/ashfield-area-guide>
- 5 WONDERFUL PARKS IN ASHFIELD - <https://www.weekendnotes.com/parks-ashfield/>



Australian
Human Rights
Commission



Age discrimination

Age discrimination occurs when a person is treated less favourably, or not given the same opportunities as others in a similar situation, because he or she is considered to be too old or too young.

The *Age Discrimination Act 2004* (ADA) prohibits discrimination in employment on the basis of age. It applies to young and older workers alike.

The ADA also protects younger and older Australians from discrimination in other areas of public life, including education; getting or using services; or renting or buying a house or unit.

In addition, the ADA makes it unlawful to harass or bully another person because of his or her age.

Employees and potential employees

The ADA makes it unlawful to discriminate on the basis of age when advertising jobs; during recruitment and selection processes; when making decisions about training, transfer and promotion opportunities; and in the terms, conditions and termination of employment.

Stereotypes about young people and mature workers can greatly influence decisions made during recruitment and in the workplace.

Examples of age discrimination could include:

- not employing certain people because they won't 'fit in' with other employees because of their age
- not employing younger workers because of assumptions that they will quickly move on to another job
- advertising a position for someone aged 'under 30' to join a 'dynamic, young team'
- making choices around redundancy, or forcing someone to retire, because of his or her age, or
- harassing or bullying a person because of his or her age.

All types of employers and employment relationships are covered under the ADA, including: Commonwealth Government employees, state government employees and private sector employees; full-time, part-time and casual employees; contract workers and commission agents; as well as apprentices, trainees and those on probation.

It also covers recruitment processes organised through recruitment and employment agencies.

Customers

The ADA makes it unlawful to discriminate against people on the basis of age in the provision of goods and services, such as banking and insurance services; services provided by government departments; transport or telecommunication services; professional services, such as those provided by lawyers, doctors or tradespeople; and services provided by restaurants, shops or entertainment venues.



Good practice, good business
humanrights.gov.au/employers

This means that it is against the law for a provider of goods or services to:

- refuse to provide a person with goods, services and facilities
- provide them with goods, services and facilities on less favourable terms and conditions, or
- provide the goods, services and facilities in an unfair manner

because of his or her age.

For example, it would be discriminatory for a real estate agent to refuse to rent a house to two 19-year-old university students because 'they might damage the property by partying too hard'.



Direct and indirect discrimination

Discrimination can be direct or indirect.

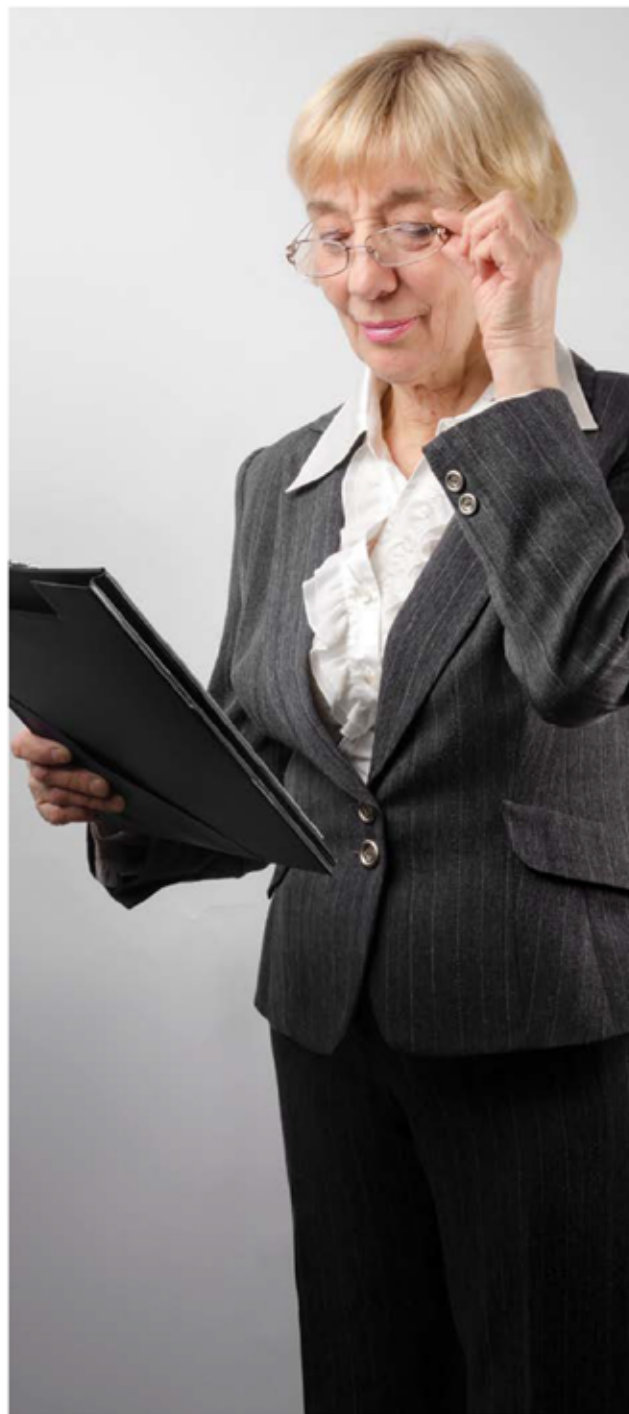
Direct age discrimination happens when a person is treated less favourably because of his or her age than a person of another age would be treated in the same or similar circumstances.

Indirect discrimination can be less obvious. It can happen when employers or service providers put in place conditions, requirements or practices which appear to treat everyone the same but which actually disadvantage some people because of their age. It will be discriminatory if it:

- applies to everyone, and
- a large number of people of a certain age can comply or are able to comply with it

but

- other people, or even just one other person, do not or are not able to comply, and
- it is unreasonable in all of the circumstances.



*For example, it could be **direct** age discrimination if a person is selected for redundancy simply because of his or her age.*

It could be **indirect** discrimination if an employer requires an older person to meet a physical fitness test, which more young people are able to meet, if that fitness standard is not necessary for the job in question.



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When discrimination is not unlawful

Like other anti-discrimination laws the ADA says that, in some circumstances, treating someone differently because of his or her age in employment or in the provision of services is not against the law. This is known as an exception.

Exceptions in the ADA include:

- things done in compliance with Commonwealth laws, including laws about taxation, social security, superannuation, insurance and migration
- things done in compliance with state and territory laws
- certain health and employment programs, or
- youth wages or direct compliance with industrial agreements and awards.

Under the ADA, it is not unlawful for an organisation to advertise for, employ and pay a person as a junior **up to the age of 21**. It is against the law, however, to dismiss a person from employment because they turn 21.

In addition, **voluntary work** and **domestic duties** in private households are not covered under the law.

Positive discrimination

The ADA also says that it is not against the law to provide a genuine benefit to people of a particular age group or to do something that helps meet an identified need for people of a certain age group.

Meeting the inherent requirements of the job

It is not against the law to refuse someone a job if, because of their age, he or she can't perform the 'inherent requirements' of the position. In other words, a person must be able to carry out the essential duties of the job.

Complaint of age discrimination resolved by the Commission



A 60-year-old woman who had been employed as a casual for two years with a club was made redundant. She alleged she was made redundant because of her age and claimed a younger person was later employed in her position. The club said that her employment had been terminated for operational reasons. The complaint was resolved through conciliation with the club agreeing to reinstate her to her former position, pay financial compensation and provide her with a letter of apology.



For example, some Australian jurisdictions prohibit people under 18 years from serving alcohol. Where a person must be over 18 years old to serve alcohol, it would not be discrimination if a bar owner refused to employ a person because he or she was under 18 years.

For example, **positive discrimination** may include discounts and concessions provided to older Australians using a Seniors Card and special accommodation assistance provided to homeless teenagers.



A young person may not be able to meet the **inherent requirements** of a courier job if they are not yet eligible for a drivers licence.



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Complaint of age discrimination resolved by the Commission

Two people under 25 years of age were each required to pay a \$20 bond to stay at a caravan park. The manager of the caravan park confirmed that people under 25 years were required to pay a cash bond and said that this policy was introduced to discourage anti-social behaviour in the park. The complaint was resolved after the owner of the caravan park agreed to change the policy so that a security bond would apply to all sites. A statement of regret was also provided to the two young people.



Employers' obligations

Employers have a legal responsibility to take all reasonable steps to prevent age discrimination.

'Reasonable steps' may include putting in place policies and procedures to create a discrimination-free environment. It could also include procedures to deal with allegations of discrimination and harassment made by employees or customers.

It is against the law to victimise a person for making, or proposing to make, a complaint to the Australian Human Rights Commission about age discrimination.

Employers can also be held legally responsible for discrimination or harassment by their employees. For more information, see the fact sheet *Vicarious liability* at www.humanrights.gov.au/employers.

Useful links

The Power of Oldness

www.powerofoldness.com

Working past our 60s: Reforming laws and policies for the older worker

www.humanrights.gov.au/working-past-our-60s

Age Discrimination – exposing the hidden barrier for mature age workers

www.humanrights.gov.au/publications/age-discrimination-exposing-hidden-barrier-mature-age-workers-2010



Further information

Australian Human Rights Commission

Level 3, 175 Pitt Street
SYDNEY NSW 2000

GPO Box 5218
SYDNEY NSW 2001

Telephone: (02) 9284 9600
National Information Service: 1300 656 419
TTY: 1800 620 241

Email: infoservice@humanrights.gov.au
Website: www.humanrights.gov.au/employers



These documents provide general information only on the subject matter covered. It is not intended, nor should it be relied on, as a substitute for legal or other professional advice. If required, it is recommended that the reader obtain independent legal advice. The information contained in these documents may be amended from time to time.

Revised November 2014.



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FROM THE FOOD STUDIO



3 cups
(350-400g)
flour



2 cups
(500g)
milk



pinch
of salt



3-4
apples



2 eggs



3.5 tbsp
baking
soda

Polish Apple Pancakes

2 tbsp
clarified
butter



1. peel & grate
the apples



2. mix all
ingredients
together.



3. pour the batter
and fry until
golden





AWESOME 5 FACTS

SPIDERS

- There are approximately 38,000 known species of spiders.
- All spiders spin silk, but not all spiders spin webs.
- When a spider travels, it always has four legs touching the ground and four legs off the ground at any given moment.
- The world's biggest spider is the goliath spider. It can grow up to 11 inches wide, and its fangs are up to one inch long.
- The world's smallest spider is the Patu Marplei.
It is so small that 10 of them could fit on the end of a pencil.

SNAKES

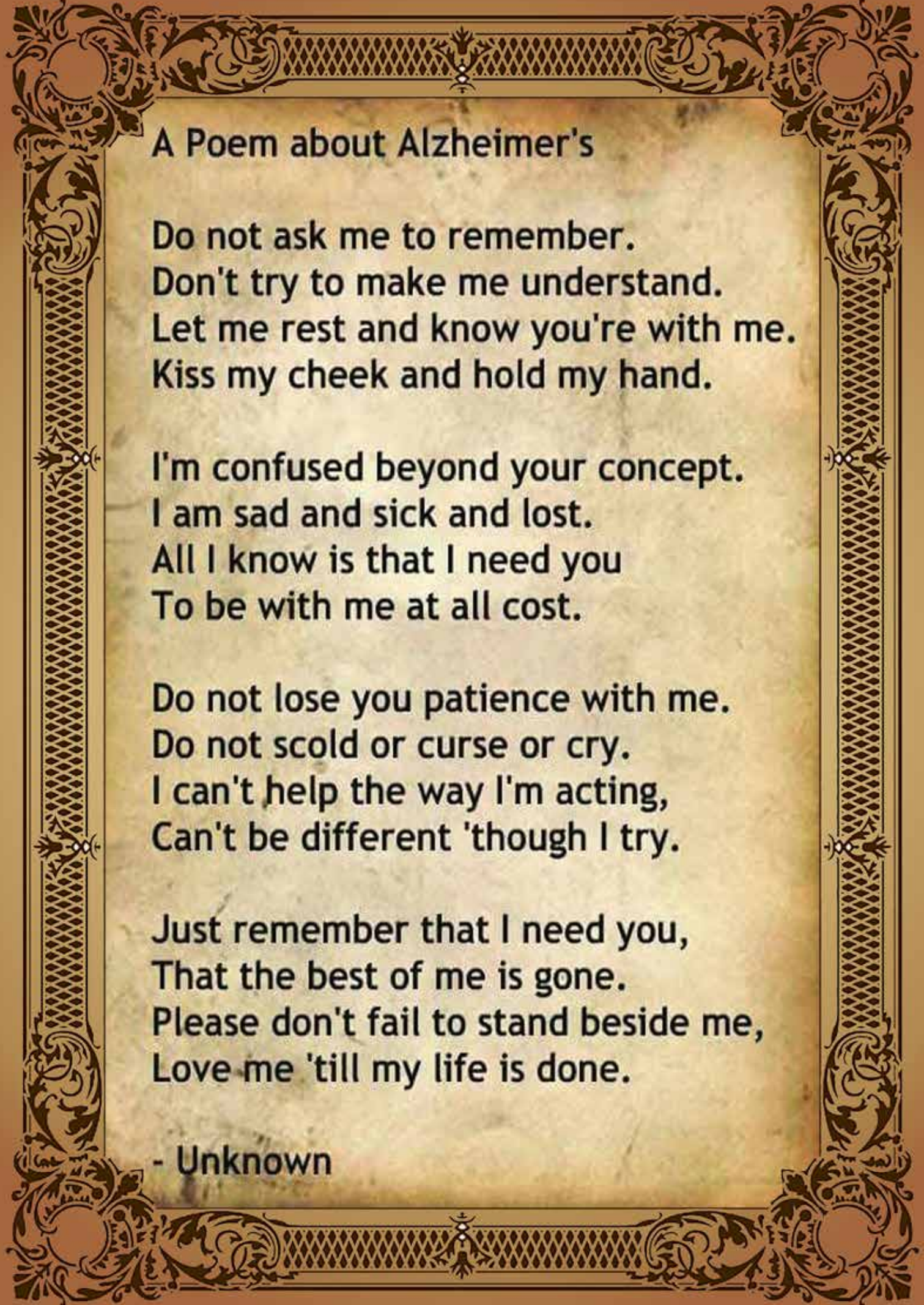
- There are over 3000 kinds of snakes in the world.
- Snakes can open their mouths up to 150 degrees, allowing them to eat things that are 75-100% bigger than their own size.
- Snakes use their tongue to smell.
- 70% of snake species lay eggs while the other 30% give birth to live young.
- The Black Mamba, the world's fastest snake, moves up to 20km/h.

BEEES

- There are over 25,000 different sprcies of bees.
- Not all bees sting.
- Bees have five eyes.
- Losing its stinger will cause a bee to die.
- Bees have two pairs of wings..

BUTTERFLIES

- There are about 24,000 species of butterflies.
- Butterflies range in size from a tiny 1/8" to a huge almost 12".
- Butterflies can see red, green, and yellow.
- Butterflies can't fly if their body temperature is below 86 degrees.
- Butterflies taste with their feet.



A Poem about Alzheimer's

Do not ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.

I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose you patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.

Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me 'till my life is done.

- Unknown

Blessings
WELCOME
May

May You be *happy*.

May You be *well*.

May You be *safe*.

May You find *comfort*.

May You have *strength*.

May You have *courage*.

May You find *healing*.

May You have *peace*.

May You have *joy*.

May You be filled with loving
kindness.

MAY YOU BE BLESSED TODAY &
Always.



MAY CELEBRATIONS

Rosina Foti
Clarence McElroy
Peter Juranovich

May 17th
May 19th
May 25th

Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



PHYSIO



HAIRDRESSER



ART THERAPY



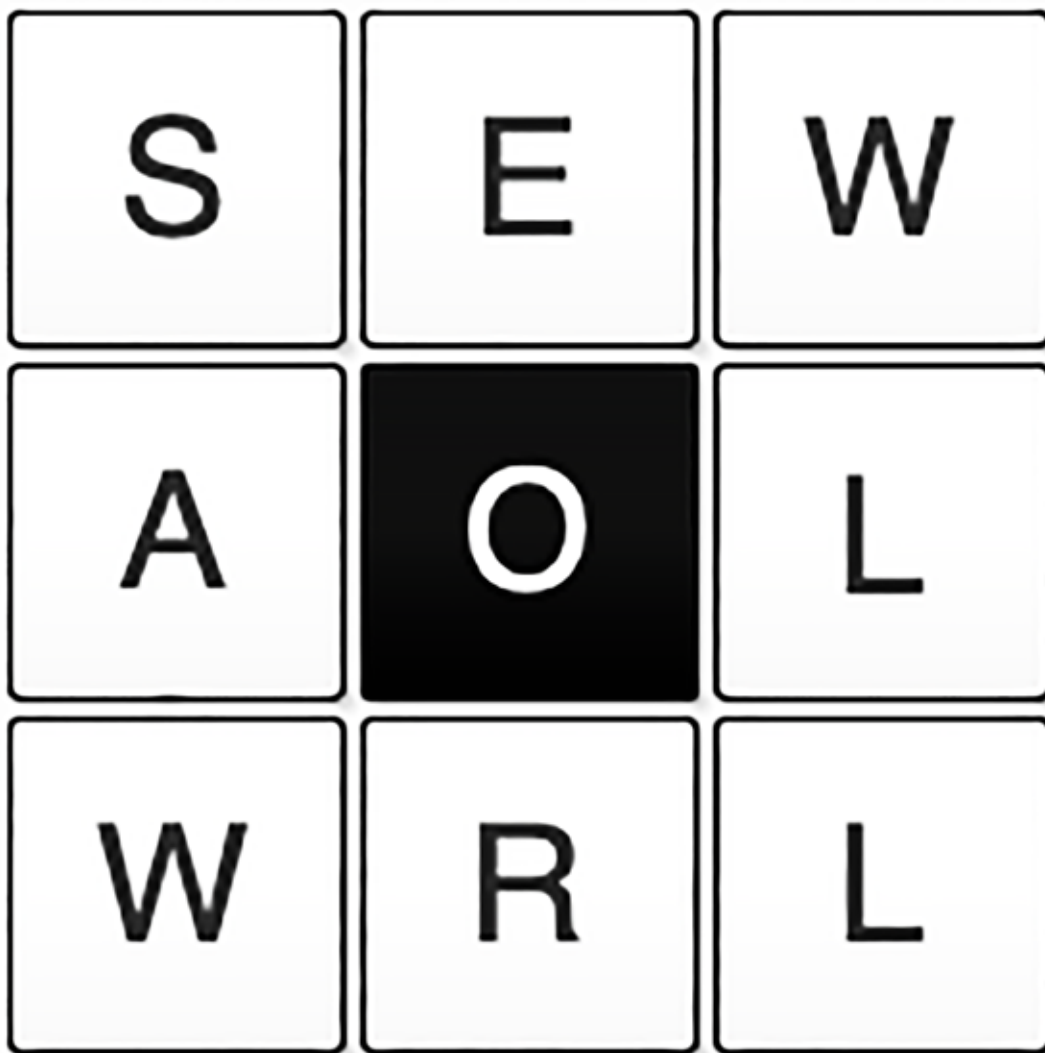
HOLY COMMUNION



TIME TO

unplug and **RELAX**

Nine Letter TARGET PUZZLE



What to do:

Using the letters above, construct words of four or more letters making sure each contains the letter located in the centre of the target. Each word must be at least 4 characters long.

For a real challenge try to use all letters and make a nine letter long word!



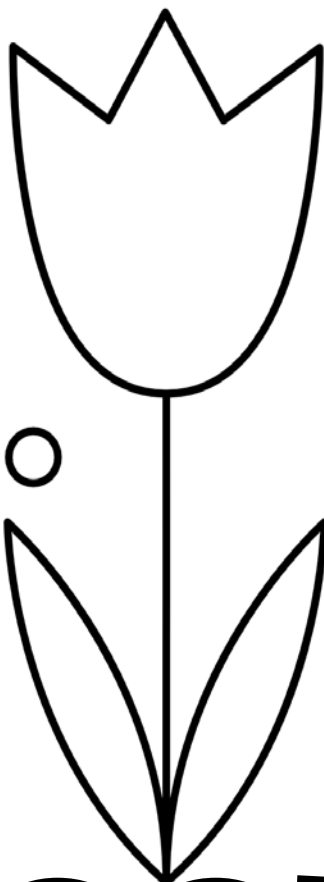
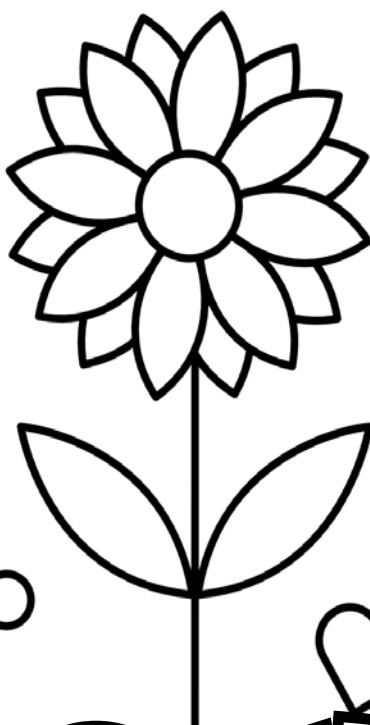
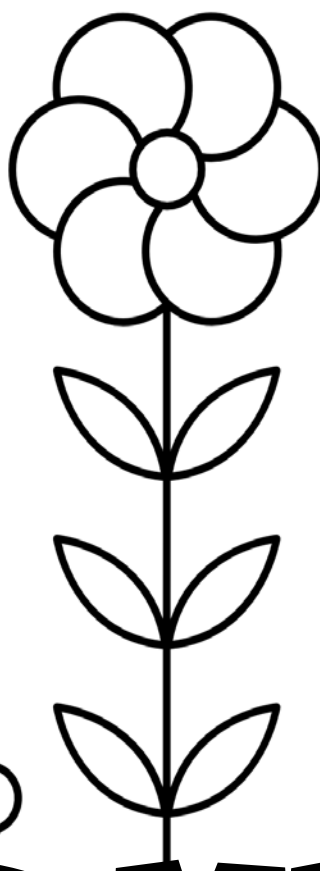
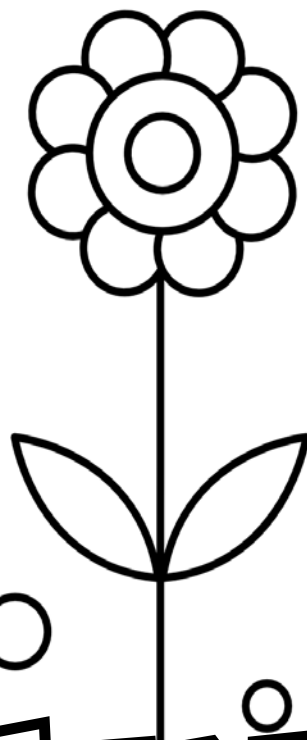
HAPPY



MOTHER'S



DAY



COLOUR ME IN

Give this SUDOKU a go!

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

ANSWERS TO 9 LETTER TARGET PUZZLE

9 LETTER WORDS

1. swallower

8 LETTER WORDS

1. sallower

2. wallower

7 LETTER WORDS

1. swallow

2. wallows

6 LETTER WORDS

1. allows

2. lowers

3. rowels

4. sallow

5. slower

6. wallow

7. wowser

5 LETTER WORDS

1. allow

2. aloes

3. arose

4. losel

5. loser

6. lower

7. ollas

8. orals

9. resow

10. roles

11. rolls

12. rowel

13. salol

14. serow

15. solar

16. sower

17. swore

18. worse

4 LETTER WORDS

1. aero

2. aloe

3. alow

4. also

5. awol

6. lore

7. lose

8. lows

9. oars

10. oles

11. olla

12. oral

13. ores

14. orle

15. owes

16. owls

17. roes

18. role

19. roll

20. rose

21. rows

22. sloe

23. slow

24. soar

25. sola

26. sole

27. sora

28. sore

29. woes

30. wore

31. wows

Remember to LIKE and FOLLOW US on FACEBOOK

