



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for November.

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 November 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.

Hello November

N
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R
Not everyone gets you, but it's
okay, because when you
value your time, attention and
energy, you attract
more people who see your
beauty and worth. Own your
enoughness, and the
right ones will find you



From the Admin Desk



Hi All

We are almost at the end of the year again. This year has flown by, and we are currently planning our Christmas functions and will be in touch soon to let you know when we will be holding our Christmas party. The weather is warming up and we are hoping to get the residents into the garden a few days a week to enjoy the sunshine. We have relaxed our rules a bit around mask wearing but would appreciate if you could continue to wear a mask if you are feeling at all unwell.

Receiving visitors is essential for resident wellbeing and helps to reduce the impact of social isolation. The risk of spreading COVID-19 and other respiratory viruses can be reduced by supporting visits to occur in the safest possible way.

Risk mitigation strategies include:

- Highlighting that visitors should not enter RACFs when respiratory symptoms are present.
- Where possible, visits should be held outdoors or in well-ventilated areas away from other residents.

Additional guidance on visiting a RACF is available in the Industry Code for Visiting Residential Aged Care Homes during COVID-19.

- Visitors should not enter the facility if they have:
 - Tested positive for COVID-19. Visitors should not enter an RACF for at least 7 days after their positive test, unless agreement has been reached with the RACF (eg. for compassionate reasons).
 - Any acute respiratory symptoms or are waiting for a COVID-19 or other respiratory pathogen test result. For further information please refer to the advice in the Advice for people exposed to COVID-19 factsheet.
- If a visit must occur when a visitor meets the above circumstances, the visitor must wear a mask when moving through the facility and minimise movement within the facility.

Mask wearing

For all visitors, wearing a mask indoors is encouraged when respiratory viruses are circulating at moderate or high levels in the community, as per the NSW Respiratory Surveillance Report

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

Maryann Inbari - CEO

From the Lifestyle Desk



Hello Everyone

Welcome to the November Newsletter. We have a very busy time ahead with Melbourne Cup, Remembrance Day, and the lead up to Christmas. Please help us celebrate these events. We are running Melbourne Cup Sweeps and will be having a best dress, best hat, and best makeup competition. We will have \$2 and \$5 sweeps. Families can bring in money for you to enter sweep.

Please continue to give a warm welcome to all the new faces at The Willows Private Nursing Home including our new residents and new staff members!

Cheers,

David and Tess

MELBOURNE CUP

TUESDAY 7
NOVEMBER



*Did you
Know...?*

- 1 in 2 Australians have travelled overseas with Tim Tams in their luggage
- One in two households have a packet of Tim Tams in their pantries
- Tim Tam was initially made in Homebush at the Arnott's bakery, before being moved to the current Huntingwood bakery in Western Sydney in 1996

BY THE NUMBERS

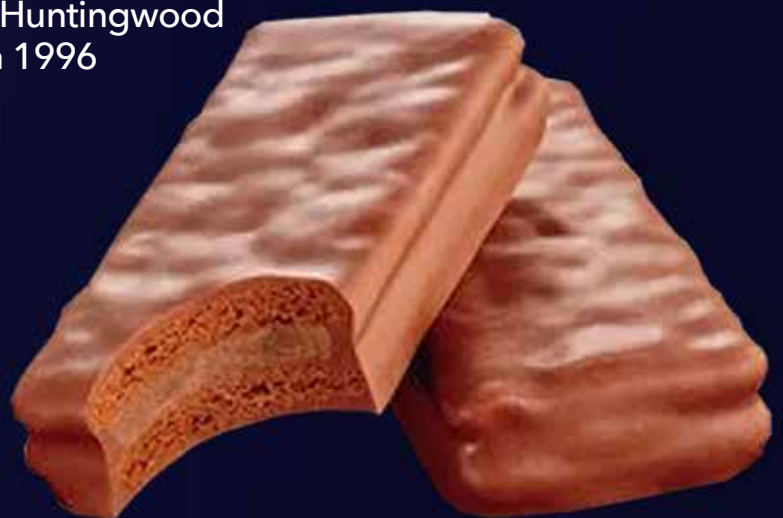
Tim Tam Original are produced
at the approximate rate of...

60 biscuits per second

3,000 biscuits per minute

4,023M in 24 hours

365,760 packets in 24 hours



THE BISCUIT NAMED AFTER A RACEHORSE

- Tim Tam was named by Ross Arnott after a horse that won the Kentucky Derby in 1958
- A single Tim Tam will take about two hours to make
- Annually, over 669 million individual Tim Tam biscuits will be consumed, amounting to over 45 million packs

**WHAT'S
ON?**

**DURING
THE MONTH OF
NOVEMBER**



ITALIAN GROUP
11.00am Wednesday 15th
BIRTHDAY CELEBRATIONS

2.00pm Friday 24th

ART GROUP THERAPY

2.00pm Every Monday

MENS BUSINESS

2.00pm Friday 10th

BINGO

1.00pm Every Monday

REMEMBRANCE DAY PARTY

Saturday 11th

MELBOURNE CUP PARTY

HIGH TEA

2.00pm Tuesday 7th

LADIES GROUP

2.00pm Friday 17th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00pm Friday 24th

BUS OUTING

9.00am Wednesday 8th & 22nd

KNITTING GROUP

2.00pm Friday 3rd

* Subject to change.



MINDSET



PODCASTS

explained

In simple terms, a podcast is a digital medium consisting of audio (or video) episodes that relate to a specific theme. The hosts of a podcast are referred to as "podcasters." While many forms of media have barriers to entry, a podcast is simple to create.

5 GREAT WELLNESS APPS



1. How to Be a Better Human

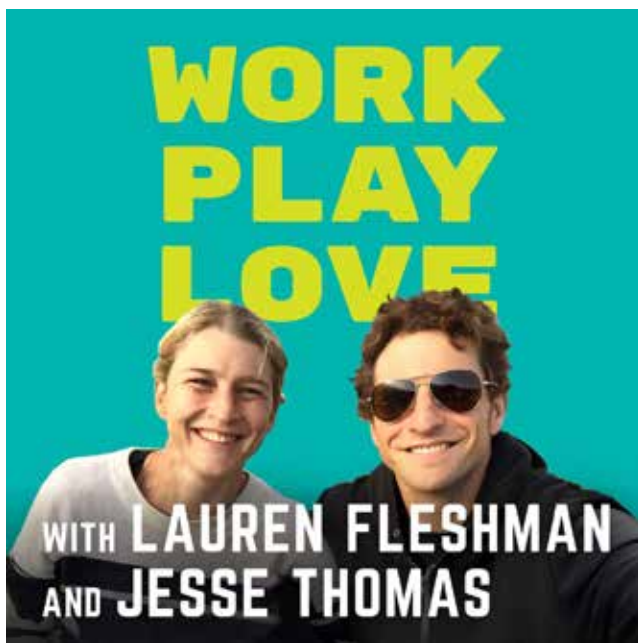
We often focus on feeling better, but what about being better? Created by TED Talks and hosted by comedian Chris Duffy, this podcast series features enlightening conversations with experts and celebrities who've improved themselves by looking outward – not inward.

From your work to your home and your head to your heart, it's inspiring self-help made surprisingly easy.

2. Nutrition Diva

Forget clean eating, Nutrition Diva is your dietary cheat sheet. From highlighting our nutritional blind spots to troubleshooting common questions and providing quick tips, host Monica Reinagel, helps you navigate the often frustratingly complicated world of healthy eating. Bonus? At just 10- to 20-minutes long, these episodes are easy to snack on.





3. Work, Play, Love

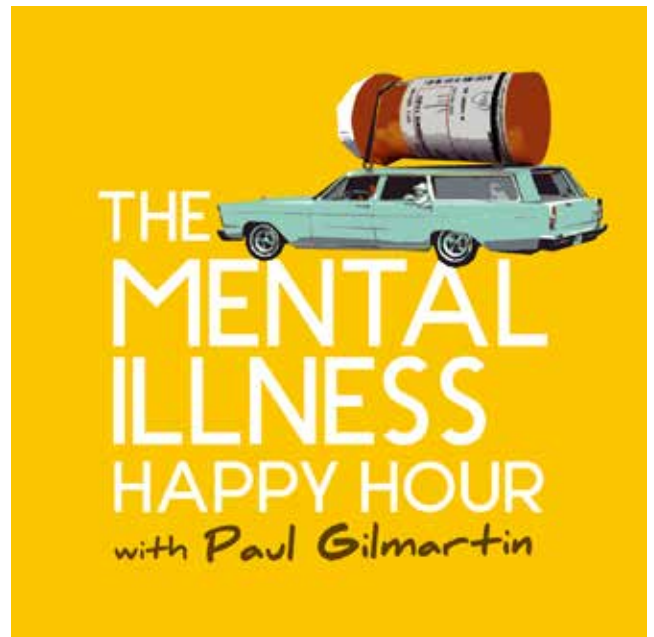
For Lauren Fleshman and Jesse Thomas, fitness is a big part of their world; Fleshman is an author, marathon runner and coach, Thomas is an iron man and triathlete.

The former couple also co-parent two children, and in this podcast show how to make a hardcore fitness regime fit in with the rest of your life.

4. The Mental Illness Happy Hour

A refreshingly real, raw and inspiring podcast that features some of the world's funniest people talking about crises and how they manage their mental and emotional health.

Each weekly episode explores a range of topics, including depression, trauma, addiction and negative thinking. Happy Hour run by Paul Gilmartin.



5. Ten Percent Happier

Dan Harris is an award-winning journalist who experienced the worst nightmare for any media identity who lives with anxiety: a panic attack on live television. It prompted him to finally try meditation, a practice he'd always been cynical about which turned out to be life changing.

Here, Harris shares the love, talking to high-profile meditation teachers, scientists and celebrities who offer actionable solutions to life's common stressors.



WHAT TO EAT AT 50, 60 & BEYOND

"As people age, their nutritional needs do change. The caloric needs as we age go down. There's been a rise in obesity in older adults in the last 20 years, and part of that is due to our diet."

Wouldn't it be nice if someone would just tell you exactly what a person your age should and shouldn't be eating? Well, unfortunately, everyone is at a different place in their health journey. But there are some general takeaways that a local physician and a dietician have shared regarding nutrition tips for senior adults.



Some senior adults experience involuntary weight loss, which means they're losing weight without trying to. This could be because their appetite has decreased, or maybe they've lost a partner or spouse and they're not cooking like they used to. That can result in changes to their muscle and fat mass. Early intervention is important in preventing the progression of unintended weight loss. Fortunately, a healthy diet is attainable, no matter your age or situation! These general guidelines will hold true for most adults, but be sure to check with your physician or consult a dietician if you have concerns related to a specific health diagnosis or condition.

50s

In your 50s, your basic nutritional needs may be like what they have been in decades past, says Melinda Smiley, registered dietician nutritionist (RDN) with K & A Nutrition in Tulsa. For example, fruits and vegetables should fill half your basic plate with lean proteins and whole grains incorporated. Following these healthy diet guidelines can help reduce the risk of developing chronic health conditions like heart disease and Type 2 diabetes.



Starting in your 50s, you may need to increase your folate, B6, B12, calcium, and Vitamin D intake, according to dietary guidelines.

60s

Above 60, you should increase nutrients in your diet. Your calorie needs decrease. Not only does metabolism change as we get older, but we tend to become less active as well, so it's important that the foods we eat are nutrient-dense, according to Melinda Smiley, RDN.

Around 60, people who have chronic health conditions are sometimes on multiple medications, which may increase nutrient needs.



In your 60s, you may start having bone loss, and your muscle mass changes. It becomes important to take in more protein. Additionally, you should cut back on saturated fats and sugars.

YOUR DIET AFFECTS MORE THAN YOUR WAISTLINE

A healthy diet can do more than keep your waistline trim. The right foods can lead to several benefits, including maintaining muscle strength, skeletal strength, and skin elasticity.

The key to maintaining good muscle strength as you age is regular and appropriate consumption of protein. Protein intake is key in making sure people are getting enough caloric intake.

Good sources of calcium and Vitamin D are key for maintaining skeletal strength, which is particularly important for older women, who are prone to osteoporosis. Your doctor can check your levels of calcium and Vitamin D.

A healthy diet can lead to better skin elasticity, which can cause a person to look younger. Adequate collagen helps with skin elasticity. Too much sugar interferes with collagen, so limiting your sugar can improve skin elasticity.

A healthy diet can also help you manage or avoid chronic disease. "You are what you eat. If you're eating a healthy diet, it's going to help prevent chronic disease."

Eat nutrient-dense foods and avoid refined snack products. "Steer clear of the standard American diet and have a more veggie-based diet."

For older adults, diabetes prevention is vital. "It puts people at risk for other associated diseases." Your diet is key in preventing diabetes.

Reduce foods that have high sugar content without other nutritional value and foods that are high in carbohydrates. "We're talking about moderation - smaller portions, less frequent intake."



Starting in your 70s, protein plays a big role in your diet. The recommended daily allotment is about 0.8 grams per kilogram per day for the average adult, says Dr. Medina. To calculate your weight in kilograms, divide the number of pounds by 2.2. Then multiply that amount by 0.8. Another good

rule of thumb is to try to eat three to four ounces of protein per meal. Research has indicated that a minimum of 1.0 grams of high-quality protein per kilogram of body weight per day may be more appropriate for the older individual.

Good sources of protein include chicken, fish, pork, beans, legumes, dairy, cheese, soy, and edamame.

As an adult, you've likely become accustomed to about a 2,000-calorie-per-day diet. "That might be too much for an older adult," Dr. Medina said.

Dr. Medina recommends that older adults calculate a more accurate caloric intake by using a basal metabolic rate calculator, which can be found online. This calculator considers your age and gender and gives you daily caloric recommendations based on how active you are.

"As we age, the thirst sensation declines," Smiley said. "That can play into constipation issues, and medications can play into that as well. We have to get adequate water and fiber."



For people in their 70s and above, it becomes important to be more mindful of drinking plenty of water. A fluid intake of 30 milliliters per kilogram of body weight or a minimum of 1.5 liters (6.34 cups) each day is recommended.



During a person's 80s and older, they may have decreased ability to chew and swallow, Smiley says. However, they still need adequate protein (the .8 - 1.0 grams per kilogram per meal mentioned earlier).

It is increasingly important for adults in these decades to eat foods that help fight inflammation. Seafood and other foods containing Omega 3s have this ability.

In the 80s and older, weight loss typically isn't a high priority, but weight maintenance is, Smiley says.



People in their 80s, 90s, and beyond need to focus on maintaining their weight and protein intake. They may want to focus on easy-to-swallow foods like cottage cheese, eggs, or other foods suggested by their physician.



Understanding ANHEDONIA

What is anhedonia?

If you're feeling stuck in a state of 'meh', missing the joy in life, and you don't know why, anhedonia might just be the answer

When you are asked how you are, and you say "Fine", do you mean you're neither happy nor sad – just a bit 'blah'? You may not have heard of the word yet, but it turns out there's a scientific name for feeling 'meh' all the time: anhedonia.

What is anhedonia?

Derived from the Greek words for 'without pleasure', anhedonia is used by clinicians to describe the reduced ability to enjoy your life. It can surface as feelings of numbness, being 'stuck', and as if your emotions have flatlined. For instance, you may notice things that used to make you feel good no longer do the trick. The joyful feelings you expect to hit you when you get good news, during celebrations, or go on holiday may simply not come.

You might also find that senses, like taste and smell, are less intense. Anhedonia can also affect your sex life because touch, and even orgasms, don't feel as good. Another clue may be that you may no longer feel the 'chills' from music you love. It may even dial down your vision so the world looks more grey.

Why haven't I heard of anhedonia before?

Anhedonia was first coined by philosopher Théodule-Armand Ribot in his book *The Psychology of Sentiments* in 1896. It's long been recognised as a symptom of major depression, but, more recently, a growing amount of research has found that it can exist as a standalone condition in a range of forms. So, you can be functioning and 'getting on' with life, but without the ability to really enjoy it.

What happens to your brain in anhedonia?

In anhedonia, the brain's reward circuit, the mesolimbic reward pathway, stops working as well. To feel pleasure, dopamine needs to circulate smoothly around this circuit, which connects the regions such as the prefrontal cortex (which regulates behaviour), the amygdala (which processes incoming signals), and the nucleus accumbens (the 'pleasure centre').

Studies investigating this have found there can be a breakdown in communication between the different hubs along the way, as seen in research by Felger et

al. in *Molecular Psychiatry*. For instance, illnesses that trigger a strong immune response – like Covid, lupus, and diabetes – can prompt inflammation in regions of the brain's reward circuit, making it more difficult to feel pleasure. Good feelings triggered by dopamine can also be dampened by cortisol if you are under constant stress.

What else can contribute to anhedonia?

Lack of sleep has been found to interrupt the release of dopamine into the reward system, along with life history. People who have had chaotic, unpredictable, or traumatic childhoods may learn not to trust good feelings, even when they are safe in adulthood. Plus, there's diet. Modern diets are high in sugar and preservatives, which can cause inflammation in the gut, and kill off the microbiota that help make feel-good chemicals, such as serotonin.

Hormonal changes can also contribute. As oestrogen declines over the month, and over the years moving towards menopause, it can have a knock-on effect on the production of feel-good chemicals such as >>>

dopamine and serotonin, making women feel more flat. A drop in testosterone as men age can have a similar effect.

How do you know if you have anhedonia?

Consider your answers to the following statements. If there are more yeses than nos, think about what might be causing your 'blah', and how to get your brain's reward circuit back 'online'.

When asked how I am, I often struggle to articulate it.

I can't easily remember a time recently when I really enjoyed myself.

I don't enjoy my favourite food or music as much as I used to.

When other people rave about things, I often find it hard to join in or see what they are appreciating.

I feel I have to fake having fun.

I feel I'm holding myself back or distancing myself during emotional moments.

I feel irritated by other people around me being too lively and having fun.

I struggle to remember the last time I really laughed.

I often plan my escape and think about the life I really want to live.



How common is anhedonia?

In surveys of people in a similar state of 'languishing', an Ipsos mental health report found that 21% were in this state, with millennials, age 26+, most likely to be languishing (30%). Next were Gen Z (26%), Gen X (21%) and, lastly, baby boomers (14%).

And standalone anhedonia is becoming more prevalent too. Our brains were designed to get measured releases of dopamine to motivate us to meet our basic needs. Since convenience became the currency of modern culture, every product and service we use is designed to keep dopamine coming in deluges.

But when everything is provided for you, it's not surprising that this very primal pleasure system gets overloaded – and metaphorically 'short-circuits'. Over time, your reward system becomes less sensitive, and more blunted. Gradually, your brain's neurons can lose their dopamine receptors, so it no longer circulates as easily. The result is that it can get harder to hit the highs, and feel excitement or real pleasure. When everything is designed to be pleasurable, nothing is.

How can you address anhedonia?

There are lots of lifestyle tweaks you can make to improve the working of your brain's rewards system. These range from always having something in the diary to look forward to (to build up dopamine in more measured doses), to spending more time away from your phone – which constantly spikes it – to eating an anti-inflammatory diet to encourage the growth of microbiota that help produce serotonin.

Another research-based approach is 'behavioural activation'. The principle is that doing something you once enjoyed, no matter how small, is always better than doing nothing, even if you don't feel the good effects right away. So, if you used to enjoy painting before you fell into blah, make a date with yourself to paint a little regularly, say twice a week, until the good feelings start to flow again.

It may take time to get your reward circuits running at full capacity again – or to get your feel-good chemicals back in balance. But, by starting to make lifestyle tweaks, changing your priorities, and deliberately feeding your brain more positive inputs, the small changes will gradually add up.





Mosquito Plague in Australia - Dangers & Protective Measures

Mosquitoes are, without a doubt, among the most dangerous insects on the planet. Their sheer numbers and the fact they can transmit many diseases makes them a serious threat to us. Mozzies are responsible for more estimated deaths than any other animal in the world because of the rate they spread diseases. And each year, there is a period-of-time when given the right conditions, mosquitoes can become a real plague in Australia.

When is mosquito season in Australia?

Normally, summer is considered the active mosquito season. However, throughout spring and autumn, the flying insects start to breed. It still depends on the area you live in, as in the northern parts of Australia, it is possible for mosquitoes to remain active throughout the whole year.

There is also the chance of mozzie populations appearing earlier than the normal season if hatchlings are in diapause, for instance. Nevertheless, the severity of a mosquito invasion can be determined by a few conditions, such as heavy rainfalls or floods during the spring, followed by high temperatures. This creates the perfect environment for a full-fledged disaster, especially in coastal areas, where highly populated cities like Melbourne, Sydney and Perth are located.

What are the dangers of a mosquito plague?

As we've already mentioned, these flying, blood-sucking insects can potentially carry different diseases. They include the Ross River virus or the Barmah Forest virus, among other more serious ones. There's a full government project dedicated to cases of Buruli ulcer – a flesh-eating infectious disease that is possibly transmitted by mosquitoes. This makes the threat of mosquito-borne diseases very serious.

What are mozzies breeding habits?

The way mosquitoes lay their eggs can vary from species to species. However, the formula followed by the most widespread genera is pretty straightforward.

- Mozzies love warm, damp weather which creates the perfect environment for them to hatch and develop quickly.
 - Most species lay their eggs on stale water, which can be found in ponds, birdbaths or even pools.
 - How long the eggs take to hatch depends highly on the temperatures and water conditions. After they hatch, they go through the larva and then pupa stages relatively quickly. This means we get lots of mosquitoes ready to multiply within a couple of weeks.
 - Once they've matured enough, females can lay hundreds of eggs every few days.
- The good news is that males only have a few days lifespan. The bad news is that once a mosquito plague breaks, there is a small chance of a decline in numbers until their season passes.

How to keep the mosquitoes away

It's not all bad. There are some things you can do to at least reduce the number of mosquitoes in your area:

- First off, because they love water so much, don't leave any stale water lying around if you can help it. This will make it a little bit more difficult to multiply in number. Given their reproduction rate, at least on a local level, you can reduce their ranks quite a lot.
- Most mosquito species are usually active during the evenings, so make sure you are protected if you plan to be outdoors during this time. If you live in areas where mosquitoes are known to be active throughout the whole day, apply a repellent and keep one with you at all times.
- Clean your gutters and drains. If you've skipped the spring cleaning of the drains and gutters, now's a perfect time. If they're not clear, water cannot run through them freely, which means stale water will quickly form. Good maintenance will help prevent mosquito infestation.
- If you think you might already have an infestation on your hands, definitely call a pest control professional. After a thorough inspection of the premises, the source of the infestation (if there is any) will be located and dealt with. Since pest controllers handle these threats more locally and in a more concentrated manner, you can be sure both the breeding ground and the grown-up population will be dealt with.

What attracts mosquitoes and how to prevent bites?

Mosquitoes like some people more than others, which explains why oftentimes it seems they're biting you more than your friends (because they possibly are). The increased mosquito attraction may be caused by genetics, so there's nothing you can do about it.

The good news, though, is that genetics is just one of the possible reasons, meaning you still have some control over these reactions and you can protect yourself from mosquitoes. There are some pretty powerful repellents, but they won't work too well if you're basically asking to get bitten. If you know what else attracts mozzies, though, then you might stand a chance.

Mosquitoes are attracted to CO₂

This is the gas we exhale when we breathe. Of course, there are many sources of CO₂ in nature. Still, the particular blend of gases and substances in our breath makes it recognisable (and the more we breathe out, the more likely targets we become). This makes us particularly vulnerable when exercising.

Outdoor sports aren't a good idea for another reason, as well.

Mosquitoes are quite attracted to body odour.

They've evolved in such a way that they can sniff the bacteria that hides in sweat (and the reason for distinct smell), so sports make it a lot more likely for mosquitoes to be attracted to us.

Mozzies prefer dark colours

This is either good or bad news, depending on your fashion sense. It appears that when it comes to clothing, mosquitoes are more attracted to dark clothes.

Dress in lighter colours and wear more loose clothing for better protection.

Do everything in your power to protect yourself and do not underestimate the dangers of mosquito season. A mozzie plague may come and go but the most important thing is to stay safe!



INTERESTING FACTS

- Eat the whole thing, green tops and all. Think twice the next time you go to remove the green tops from strawberries - these edible parts are called the calyx and are full of dietary fibre and vitamins. Try keeping them on when blitzing up a smoothie.
- Bring them to room temperature before eating. Like many types of fruit (we're looking at you, tomatoes), strawberries are best eaten at room temperature. Eating chilled fruits dulls our tastebuds slightly and prevents us getting that hit of sweetness we're after. So, it's a good idea to remove strawberries from the fridge about 20 minutes before eating to enjoy their full flavour.
- BBQ them for a punchy barbecued dessert, thread strawberries onto metal or soaked bamboo skewers, then cook on a hot grill until lightly charred.



STRAWBERRIES

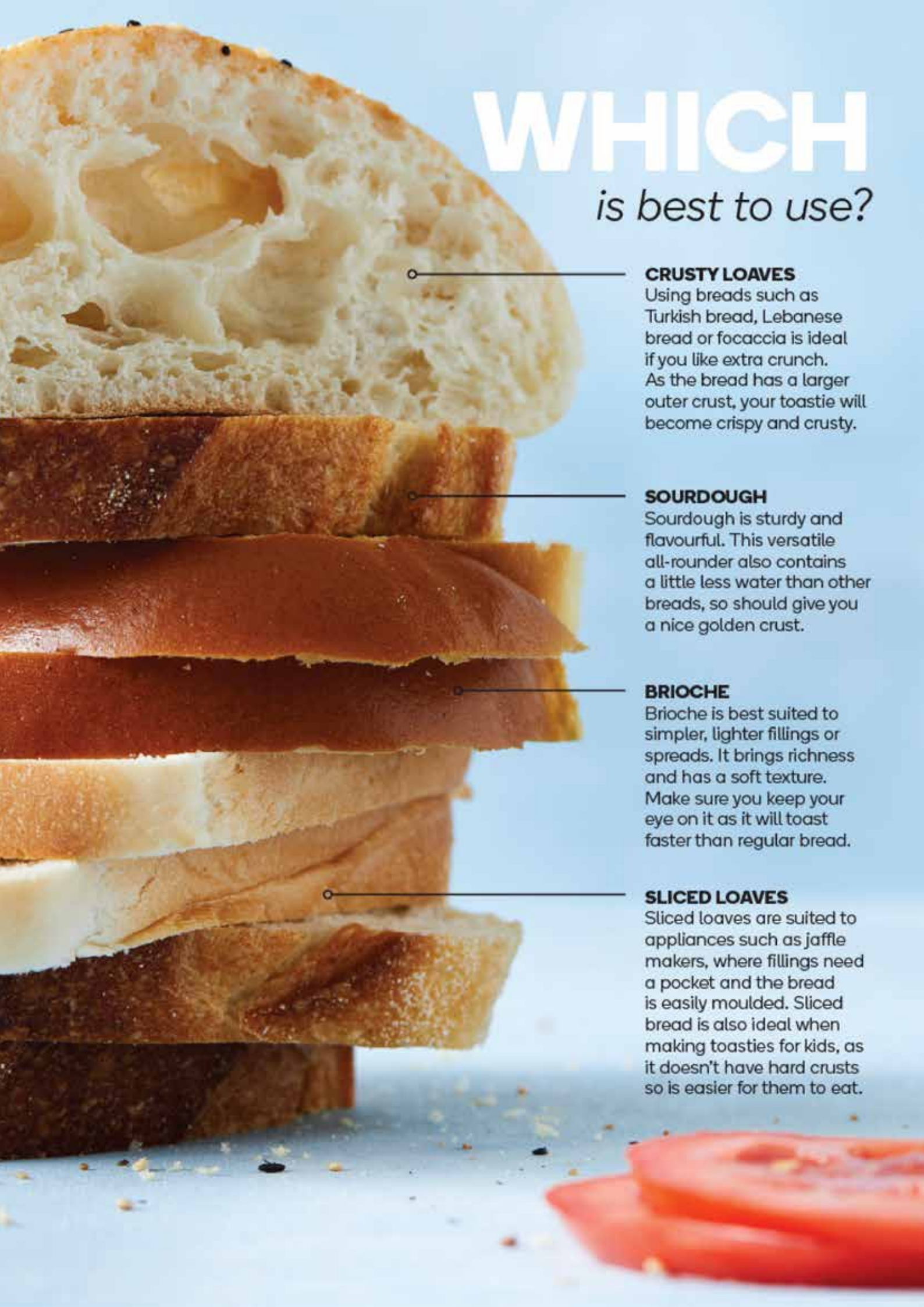
Drizzle with balsamic vinegar and dust with icing sugar to serve. Delish!

- Strawberries contain more Vitamin C than oranges. You might think that an orange has the most vitamin C out of any fruit, but strawberries actually contain more. One large sweet red berry contains 10.5 mg, compared to 70 mg of vitamin C in an orange.
- Ancient Romans believed strawberries helped alleviate various ailments, including melancholy, fainting, inflammation, and fevers. This is perhaps due to the fact the high amount of vitamin C.
- The fear of strawberries is called Fragariaphobia. Yes, people can be afraid of strawberries. This word was derived from the genus strawberries belong to, *Fragaria*, along with phobia, the word for fear.

RAISE A TOAST

*Jazz up
your next
toastie
with these
tricks and
tips that
promise the
perfect
melting
moment.*





WHICH

is best to use?

CRUSTY LOAVES

Using breads such as Turkish bread, Lebanese bread or focaccia is ideal if you like extra crunch. As the bread has a larger outer crust, your toastie will become crispy and crusty.

SOURDOUGH

Sourdough is sturdy and flavourful. This versatile all-rounder also contains a little less water than other breads, so should give you a nice golden crust.

BRIOCHE

Brioche is best suited to simpler, lighter fillings or spreads. It brings richness and has a soft texture. Make sure you keep your eye on it as it will toast faster than regular bread.

SLICED LOAVES

Sliced loaves are suited to appliances such as jaffle makers, where fillings need a pocket and the bread is easily moulded. Sliced bread is also ideal when making toasties for kids, as it doesn't have hard crusts so is easier for them to eat.

HOW

to create the perfect exterior?

GARLIC BUTTER

Spreading garlic butter on the outside of the bread before toasting will add extra flavour. Garlic can burn easily, so reduce the heat for the perfect golden exterior.

MAYONNAISE

For a toastie with a deep golden crust, spread mayonnaise on the outside. It has a higher smoke point than butter so won't burn as quickly, making it ideal for thicker breads or fillings that need more time.

OLIVE OIL

A drizzle of olive oil or spritz of olive oil cooking spray on the outside of the bread is also an option. The bread will brown and crisp, but less so than when using butter.

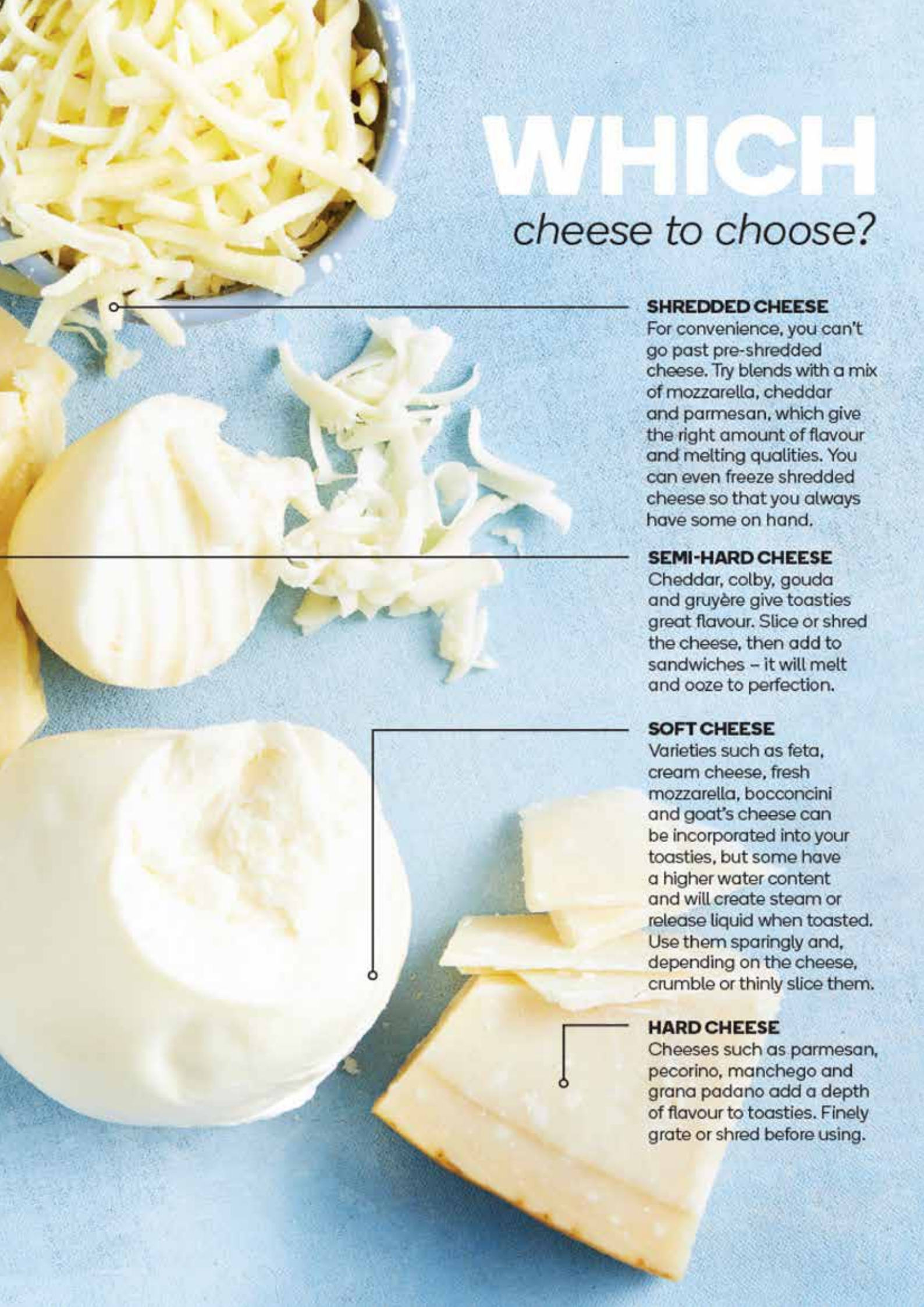
BUTTER

Butter spread on the outside gives the toastie a golden, crispy exterior and adds a rich flavour. Melted or softened butter is easier to spread, so if your butter is firm, melt it before use.

PARMESAN

Another way to boost flavour is to add parmesan. Butter the outside of the bread and sprinkle over parmesan before cooking for a crispy, caramelised result.





WHICH

cheese to choose?

SHREDDED CHEESE

For convenience, you can't go past pre-shredded cheese. Try blends with a mix of mozzarella, cheddar and parmesan, which give the right amount of flavour and melting qualities. You can even freeze shredded cheese so that you always have some on hand.

SEMI-HARD CHEESE

Cheddar, colby, gouda and gruyère give toasties great flavour. Slice or shred the cheese, then add to sandwiches – it will melt and ooze to perfection.

SOFT CHEESE

Varieties such as feta, cream cheese, fresh mozzarella, bocconcini and goat's cheese can be incorporated into your toasties, but some have a higher water content and will create steam or release liquid when toasted. Use them sparingly and, depending on the cheese, crumble or thinly slice them.

HARD CHEESE

Cheeses such as parmesan, pecorino, manchego and grana padano add a depth of flavour to toasties. Finely grate or shred before using.

WHAT

makes the best filling?

CONDIMENTS

Chutney adds a combo of acidity and sweetness to toasties. Either spread it inside the bread or serve on the side. Condiments such as mustard add a peppery hit from the ground mustard seeds, similar to that of a mild horseradish.

PICKLES

The acidity of gherkins, cornichons, pickled chillies and other vegetables cuts through cheese's richness while accenting its flavour.

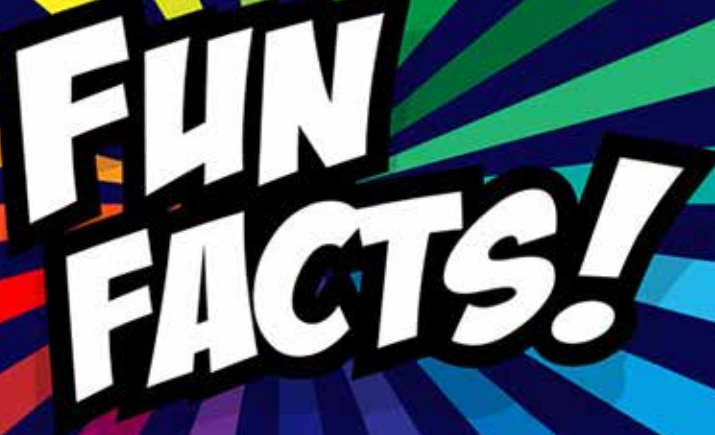
FRESH PRODUCE

To avoid a soggy toastie, pre-cook pumpkin, zucchini, eggplant or mushrooms – they release water and won't cook properly inside the bread. Tomatoes, red onion, avocado, capsicum or leafy greens such as rocket and spinach can be added fresh. Also try leftover roast veggies.

DELI MEATS & PROTEINS

Ham isn't the only protein to add to a toastie. Try rare roast beef, salami, shaved turkey, shredded cooked chicken, flaked or canned salmon or tuna, pulled meats, cooked sausages, roast meat, cooked bacon or sliced boiled egg.





FUN FACTS!

DID YOU KNOW THESE FACTS ABOUT PLAYING CARDS?

Playing cards seem straightforward, just A to 10, plus J, Q, K and Jokers with four suits. But, like many others, there are tons of fun facts about this card game. Apart from the fascinating long history of playing cards, they have a lot more fun facts linked with a wide range of knowledge. Believe it or not, the designs are heavily related to science, society and even horoscope.

Playing cards are such a common item in every family, but how much do we know about the underlying meanings of these 52+2 cards? Some are so fascinating that may surprise you...

Some fun facts about Playing Cards

52 cards

Starting with one of the simplest fun facts: The 52 cards essentially represent the total number of weeks in a year.

Four suits

Four suits are as the four seasons each year, and more specifically, Heart = Spring, Diamond = Summer, Club = Autumn, and Spade = Winter.

In another definition, they also represent the four elements in astrology: Spade = air/wind, Heart = water, Club = fire, and Diamond = earth.

13 cards in a suit

There are 13 cards (A to 10, J, Q and K) in each suit. Guess what? We do have 13 weeks in a season.

The court cards: J, Q and K

Each suit has 3 court cards, i.e. J, Q and K, so it makes 12 of them in total. Each year has 12 months, and there are also 12 zodiac signs in astrology.

J = 11, Q = 12, K = 13

As in many card games, we normally treat J = 11, Q = 12 and K = 13. Therefore, the sum of a suit, $A + 2 + 3 + \dots + K = 91$. Each season has 91 days on average.

So, all 52 cards plus 2 Jokers mean...

As above, each suit has 91 in total and all the 52 cards make it 364. Adding both Jokers in the equation, the sum is equal to the number of days in a leap year, 366 days.

Red and Black

A single day can be split into 2 halves - day and night. In playing cards, the four suits are divided into two colours, red and black. They are equivalent to days and nights. However, some believed otherwise: black means male while red is female.

Jack, Queen and King are actually...

There are various interpretations for the court cards, but the French version seems to be more accepted.

K: The four Ks are actually the well-known emperors:

- **Spade** = King David
- **Heart** = Charles the Great/Charlemagne
- **Club** = Alexander the Great
- **Diamond** = Julius Caesar

Q: Queens in this version are:

- **Spade** = Pallas (an epithet of the goddess Athena, the only Queen holding a weapon)
- **Heart** = Judith (Biblical figure)
- **Club** = Argine (an anagram of Regina)
- **Diamond** = Rachel (Biblical figure)

J: The cards of Jack are famous knights in history:

- **Spade** = Ogier the Dane (a legendary paladin of Charlemagne)
- **Heart** = La Hire (a French military commander, a comrade of Joan of Arc)
- **Club** = Lancelot (Knight of the Round Table)
- **Diamond** = Hector (a Trojan prince and the greatest warrior for Troy in the Trojan War)

Two Jokers

There are two Jokers in a deck, Red and Black. They are regarded as the Sun and Moon, respectively. Four suits have more fun facts...

Notice that many of those fun facts are related to science or nature, happening around everyone, however, the meanings of the four suits may vary, according to different countries and cultures. Some are about the imperial family, hierarchy and classes.

For example:

- **Spade** = Soldier (spear)
- **Heart** = Priest
- **Club** = Farmer
- **Diamond** = Worker (tiles)

Besides, there is a more universal interpretation here:

- **Spade** = Peace (olive leaf)
- **Heart** = Intelligence and Love
- **Club** = Toughness/Luck (clover)
- **Diamond** = Money

The above is generally everyone's wishes every year, aren't they? In Europe and America, four-leaf clovers are considered a sign of luck. If you happen to find one, it is going to give you good luck.

CLEANING TIME

As we age, cleaning can become more of a hassle. Here are some tips on how to keep your personal space clean without using a lot of elbow grease!



1) USE YOUR BROOM

Prevent back pain by simply wrapping a cloth around your broom and securing it with a rubber band. Spray with your favorite cleaner to easily clean your bathtub, baseboards, and walls.



2) VACUUM THE RIGHT WAY

Start at the corner farthest from the door and vacuum horizontally first then vertically until you reach the door.



3) USE YOUR DISHWASHER FOR MORE THAN DISHES

When in a hurry, simply toss shoes, hats, or other items into the dishwasher with a few cups of white vinegar to disinfect and clean them right up.



4) PREVENT SOAP SCUM IN THE SHOWER WITH LEMON PLEDGE

After cleaning your shower, spray with Lemon Pledge and wipe clean. The oils in it will prevent soap scum and water stains.



5) PUT A JAR OF VINEGAR IN YOUR TOILET'S WATER TANK

Fill a jar with white vinegar and poke a few holes in the lid. Place container inside water tank to keep your toilet clean for weeks! No scrubbing is required!



6) KEEP A CATCH-ALL BIN IN HIGH-TRAFFIC ROOMS

Simply toss items in a bin of your choice to keep your rooms clutter-free. Set a time to put things away with no more need to stress over them.



7) USE A MAGIC ERASER ON YOUR OVEN

Don't like to clean with harsh chemicals? Use a magic eraser to easily wipe away grease on your oven glass. For those hard-to-clean stains, sprinkle baking soda over the stains, then spray with a solution made of orange peels and white vinegar.



8) MAKE YOUR OWN OVEN CLEANER

Fill a jar with vinegar 2/3 full. Throw in orange or any citrus peels and let them infuse into the vinegar for at least a week before pouring it into a spray bottle for use. When you spray it on your oven, let it sit for 20 minutes and the residue will wipe away effortlessly!

It's Easy

With This Cleaning Calendar

DAILY

EVERY MORNING

- Make beds
- De-clutter bedrooms and bathrooms
(don't forget those bins!)

EVERY EVENING

- De-clutter living areas
- Quick sweep or mop in the kitchen
- Wipe down kitchen counters and table
- Do the dishes
- Take out the trash

WEEKLY

Weekly tasks can rotate. If you don't get to them, complete remaining tasks on Friday or add them to next week.



MONDAY

Vacuum/mop
floors



TUESDAY

Monthly
chore



WEDNESDAY

Dust



THURSDAY

Bathrooms



FRIDAY

Laundry



SATURDAY

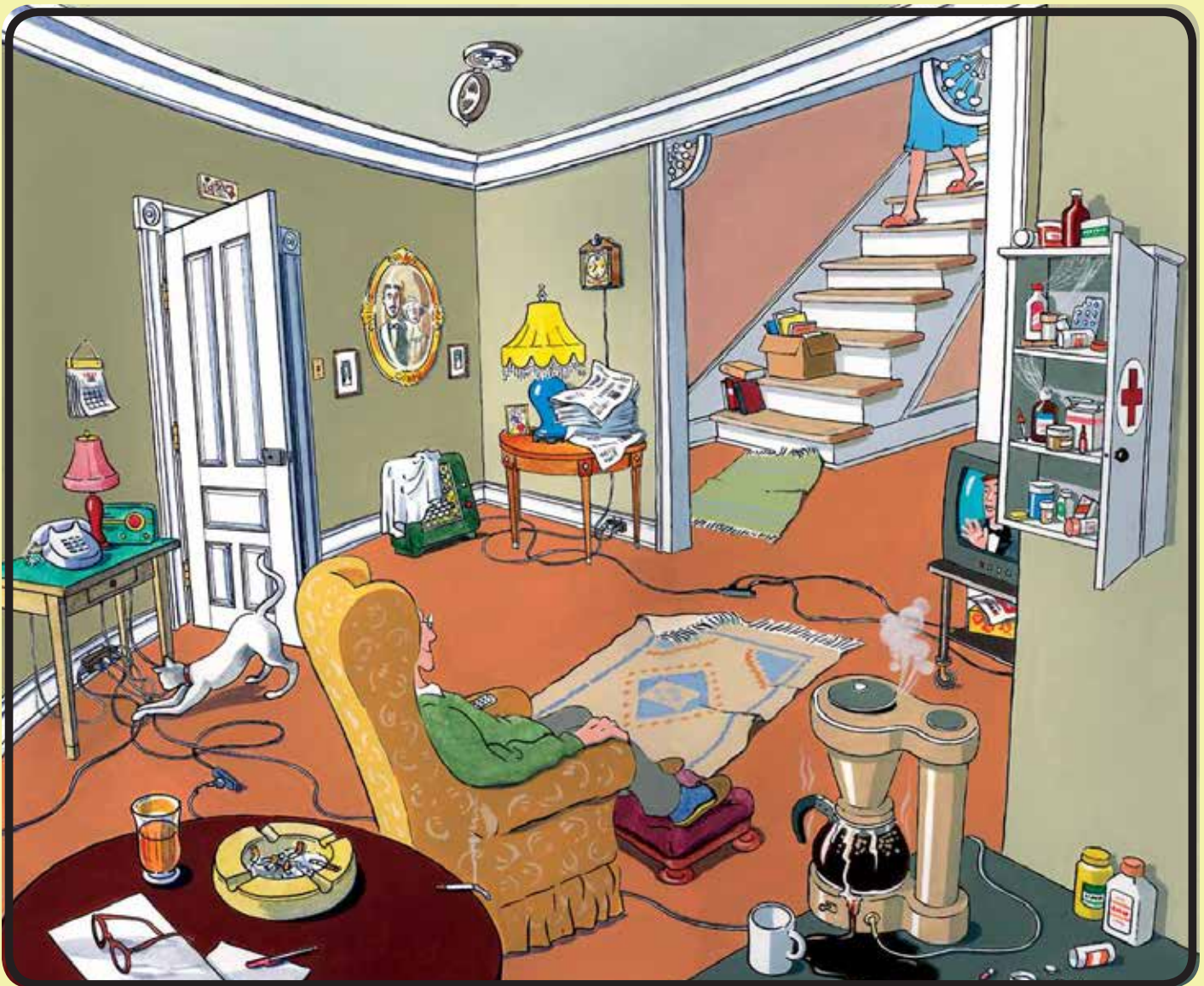
Catch-up

COLOUR ME IN





There are
14 dangerous things
in this picture
Can you spot all of them?



Stay safe!

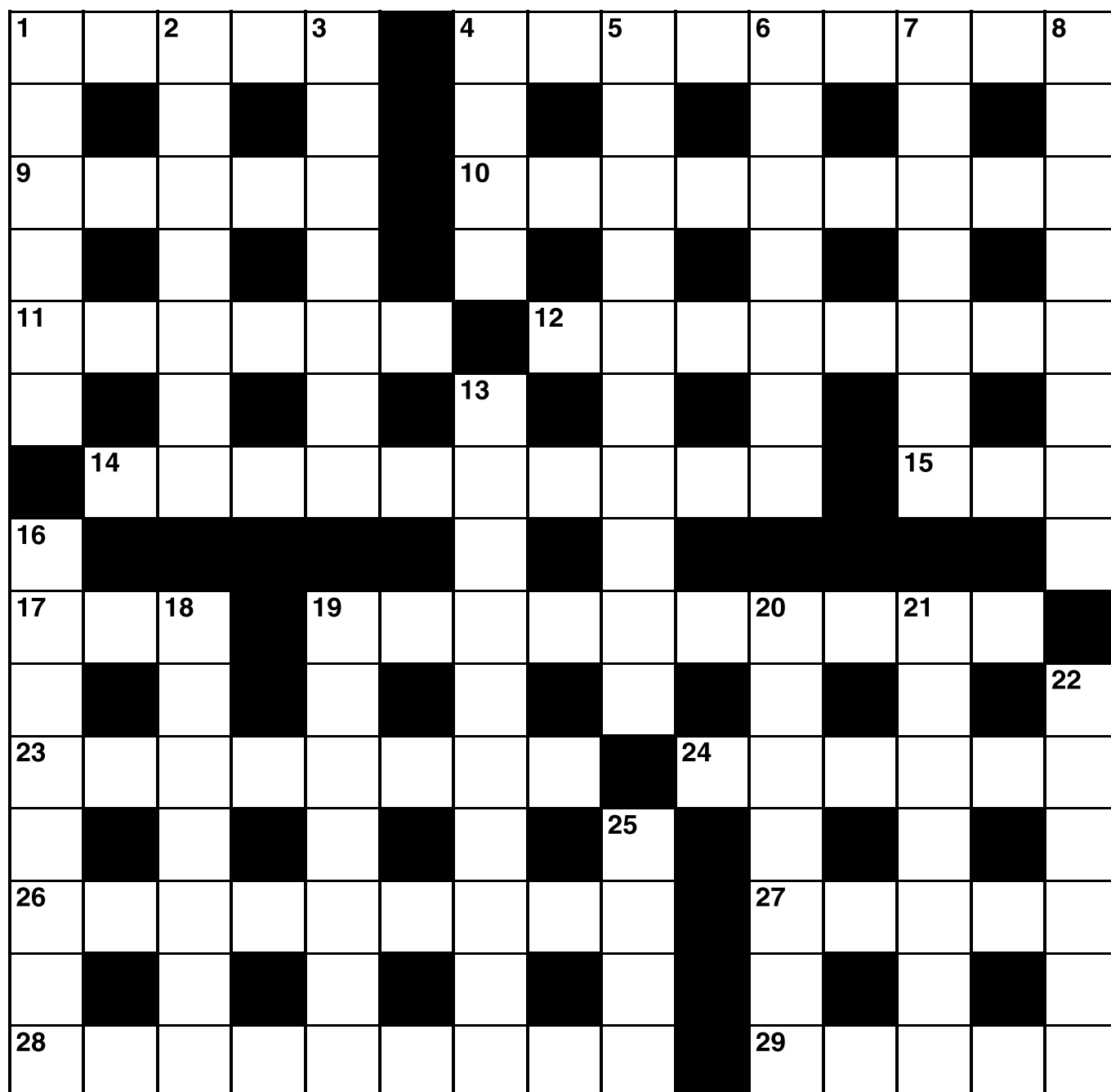
Answers on the last page



- 1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?**
- 2. What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see?**
- 3. What can be stolen, mistaken or altered, but never leaves you your entire life?**
- 4. All five sisters are busy.
Ann is reading a book, Rose is cooking, Katy is playing chess, and Mary is doing the laundry. What is the fifth sister doing?**
- 5. What can you keep after giving to someone?**
- 6. In what circumstances does today come before yesterday?**
- 7. What has many keys but can't open a single lock?**
- 8. What can you hold in your left hand but not in your right?**
- 9. What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?**
- 10. What five-letter word becomes shorter when you add two letters to it?**

Answers on last page

QUICK CROSSWORD



ACROSS

- 1 Conclude (3,2)
- 4 Aquatic home (9)
- 9 Chocolate tree (5)
- 10 Artifice (9)
- 11 Animal that gives birth to live young (6)
- 12 One who exaggerates a danger (8)
- 14 Teaching tool (10)
- 15 Exclamation of surprise (3)
- 17 Born (3)
- 19 Extremely angry (10)

- 23 Reverses (8)
- 24 Fisher (6)
- 26 Backtracking (9)
- 27 Yens (5)
- 28 Self indulgence (9)
- 29 Male name (5)

DOWN

- 1 Pitch tents (6)
- 2 Numbered by tens (7)
- 3 Ordinary; unromantic (of writing) (7)
- 4 Entertainer (4)

- 5 Shaky (10)
- 6 Went into (7)
- 7 Continuing (7)
- 8 Fruit (plural) (8)
- 13 Digestion (10)
- 16 Responded (8)
- 18 Inconsistent (7)
- 19 Stuck (7)
- 20 Pipe (7)
- 21 Contrary to law (7)
- 22 Rubber (6)
- 25 Illness (4)

Answers on last page

Santa update

2 Months Until
CHRISTMAS

NOVEMBER BIRTHDAY CELEBRATIONS

**Giovanni
Desiderio 1st**

**Ethna
Hudson 11th**

**Lucia
Fisicaro 16th**





KINDA
FUNNY.



coincidence?



QUICK CROSSWORD SOLUTIONS

Answers

1. Yesterday, Today & Tomorrow.
2. A die (dice).
3. Your identity.
4. She's playing chess
with Katie of course!
5. Your word
6. In the dictionary.
7. A piano.
8. Your right elbow.
9. Take the first letter of each word
and place it at the end. It will
spell the same word backward.
10. Shorter.

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

ANSWERS TO 14 dangerous things...

- Stairs without handrail • Deactivated fire alarm • Cloth on space heater
- Overloaded outlets • Loose extension cords in traffic areas
- Smoking. Cigarettes left unattended • No automatic shut-off on coffee maker • Open bottles of medicine • Outdated medications in cabinet • Loose rugs • Flip-flop slippers • Clutter on staircase
- Newspapers too close to lamp • No handle and no deadbolt on door

Hope you enjoyed our newsletter

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