



Whispers from the Willows **NEWSLETTER**

Welcome to our newsletter for March.

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 March 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 Admin Desk



Hi All

Well, another month has gone by, and I can't say that February was very enjoyable at The Willows, with some of our residents and staff testing positive for COVID. We have done regular testing and are hoping that we will be out of lockdown soon and able to enjoy the month of March. It is the first month of Autumn and the weather will be cooling down as we head towards Winter. We will be looking to do another Booster of the Covid Vaccination as well as the flu vaccination so please look out for the authorisation forms in the next few weeks. I hope you all have a safe and healthy month.

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

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Hello everyone!

Already we are in the first month of Autumn, the cooler weather and beautiful changing leaves will be a welcome change from the heat of summer.

In the month of February, we welcomed many new residents to The Willows Private Nursing Home, and we hope that they are settling in well and enjoying our lifestyle activities.

We are looking forward to celebrating St Patrick's Day with a special afternoon tea.

Our other events will continue as normal.

We encourage residents and families to contribute ideas and suggestions for lifestyle activities. If you have any questions, please don't hesitate to ask, we love seeing your friendly faces!

Cheers,

David and Tess

March 3

**WORLD DAY
OF PRAYER**

I know the plans I have for you (Jer 29:1-14)

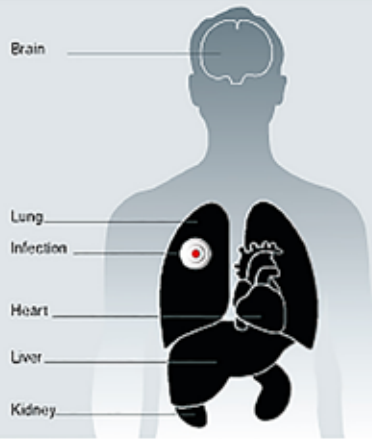
GET AHEAD OF SEPSIS



Sepsis can and does affect people of all ages. The very young (infants) and those who already have a chronic health problem or a compromised immune system are at higher risk of developing sepsis. But people who are aging, over 65 years old, particularly those who have health issues, are even more susceptible to sepsis than any other group. Adults age 65 years and older are 13 times more likely to be hospitalized with sepsis than adults younger than 65 and 63% of older adults 60 years and older are admitted to the ICU present with sepsis upon admission. Like strokes or heart attacks, sepsis is a medical emergency that requires rapid diagnosis and treatment.



Stage 1



From a local infection to a general inflammation

A local infection – e.g. in the lung – overcomes the body's local defense mechanisms. Pathogenic germs and the toxins they produce leave the original site of the infection and enter the circulatory system.

Stage 2



Organ dysfunction

This leads to a general inflammatory response: SIRS (systemic inflammatory response syndrome). The function of individual organs starts to deteriorate and may completely fail. Sepsis starts with the onset of at least one new organ dysfunction.

Stage 3



Septic Shock

Several organs stop functioning sequentially or simultaneously, and cardio-circulatory failure leads to a sudden drop in blood pressure. This is called septic shock.



How Creativity Benefits Mind, Body and Soul in Seniors

As children, we are encouraged to be creative – to play instruments, craft, paint and dance. But as the pressures of adult life begin to pile up, many find themselves gradually letting go of their creative side. Once in retirement, seniors have ample free time and an opportunity to rediscover their artistic nature, reaping the benefits of exploring their natural talents.

Ongoing research suggests that creativity may be key to healthy aging. Studies have shown that participating in activities such as singing, theatre performance and artistry can support the well-being of older adults, and that creativity can lead to greater longevity.

Benefits of Creative Activities for Seniors

Creative activities have been shown to have a positive effect on both physical and mental health. Research has found that creative expression gives seniors a sense of purpose, maintains their coordination and concentration, and improves their mental health. And for those seniors with dementia, Parkinson's disease and other chronic degenerative diseases, participating in creative activities can reduce anxiety and depression. Living a creative life can help older adults in multiple ways, including being part of the six aspects of successful aging that researchers have identified:

1. Having a sense of purpose
2. Interacting with others
3. Personal growth
4. Self-acceptance
5. Being independent and retaining autonomy
6. Overall health

the lighter side



Dogs VS Cats

The dog's diary:

8am - Dog food! My favourite thing!

9.30am - A car ride! My favourite thing!

9.40am - A walk in the park! My favourite thing!

10.30am - Got rubbed and petted! My favourite thing!

12pm - Milk bones! My favourite thing!

1pm - Played in the yard! My favourite thing!

3pm - Wagged my tail! My favourite thing!

5pm - Dinner! My favourite thing!

7pm - Got to play ball! My favourite thing!

8pm - Wow! Watched TV with the people! My favourite thing!

11pm - Sleeping on the bed! My favourite thing!

The cat's diary:

Day 983 of my captivity...

My captors continue to taunt me with bizarre little dangling objects.

They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets.

Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am.

There was an assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food.

I overheard that my confinement was due to the power of "allergies".

I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches.

The dog receives special privileges. He is regularly released and seems to be more than willing to return. He is obviously not thinking. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now....



Health Benefits of Pilates

GREATER STAMINA

A focus on your breathing patterns and constantly engaging your muscles will increase your endurance for more energy throughout your day.

INCREASED STRENGTH

Pilates trains all muscles evenly. It focuses on engaging core - or "Powerhouse" - and strengthens the smaller, supporting muscles that other fitness modalities may ignore.

HEALTHIER BLOOD

Pilates boosts your blood circulation, blood oxygenation, and reduces blood pressure. This helps promote cell growth, organ function and healthy skin.

IMPROVED POSTURE

Poor posture can lead to a wealth of pain and injury. Pilates strengthens the spinal column and balances both sides of the body to improve posture and spine health.

REDUCED INJURY

Pilates was originally created as a form of rehabilitation and injury prevention. It strengthens the joints while being low-impact, and helps reduce back pain and muscular diseases.

BETTER BALANCE

With improved balance you will notice more agility and coordination in everyday movements. It also reduces your risk of falling and injury.

BOOSTED MOOD

Pilates requires you to be mentally present as well. It creates a mind-body connection, where concentration, focus and meditation come together to boost mental health. This mental fitness reduces stress, increases happiness and will enhance your focus every day.

IMPROVED FLEXIBILITY

A focus on your breathing patterns and constantly engaging your muscles will increase your endurance for more energy throughout your day.





Here at The Willows, we have been supporting our local community for many years now by buying our meat, vegetables, bread and so much more from our local

'BUTCHERS, GROCERS & PHARMACISTS'.

We know that our support to these small business owners is greatly valued by them especially when COVID hit us all that just turned everything upside down.

The Willows will continue this support for many more years to come.



The BUTCHER

DIFFERENT CUTS OF MEAT

BEEF

CHUCK

- Chuck roast
- Flat iron
- Top blade steak
- Chuck arm roast
- Mock tender steak
- Mock tender roast
- Shoulder clod roast
- Ranch steak
- Petite chuck tender roast
- Shoulder tender medallions
- Cross rib roast
- Sierra cut
- Denver cut
- Country-style chuck ribs
- Chuck short ribs
- Chuck eye steak
- Chuck eye roast

BRISKET

- Brisket
- Brisket flat
- Brisket point

SHANK

- Shank cross cut

PLATE

- Short ribs
- Skirt steak

RIB

- Cowboy steak
- Ribeye
- Prime rib
- Filet of rib
- Rib steak
- Short ribs
- Back ribs

SHORT LOIN

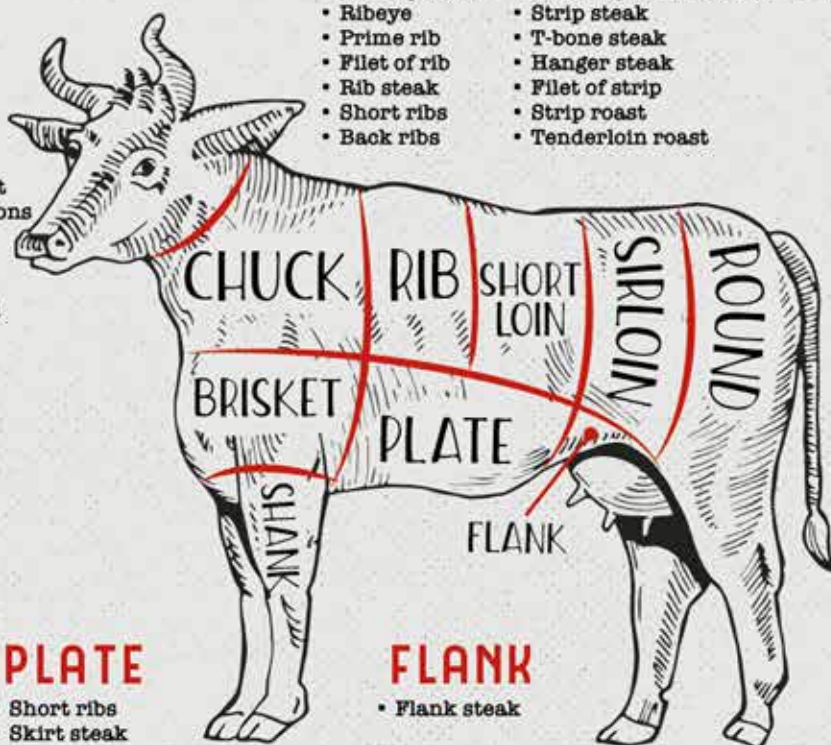
- Filet mignon tenderloin steak
- Strip steak
- T-bone steak
- Hanger steak
- Filet of strip
- Strip roast
- Tenderloin roast

SIRLOIN

- Sirloin steak
- Tri-tip steak
- Tri-tip roast
- Center cut sirloin steak
- Coulotte steak
- Filet of sirloin
- Ball tip steak
- Ball tip roast
- Bottom sirloin flap

ROUND

- Rump roast
- Top round London broil
- Bottom round London broil
- Top round roast
- Top round steak
- Bottom round steak
- Bottom round roast
- Eye of round roast
- Eye of round steak
- Sirloin tip center roast
- Sirloin tip center steak
- Sirloin tip side steak
- Butterfly top round steak



POULTRY



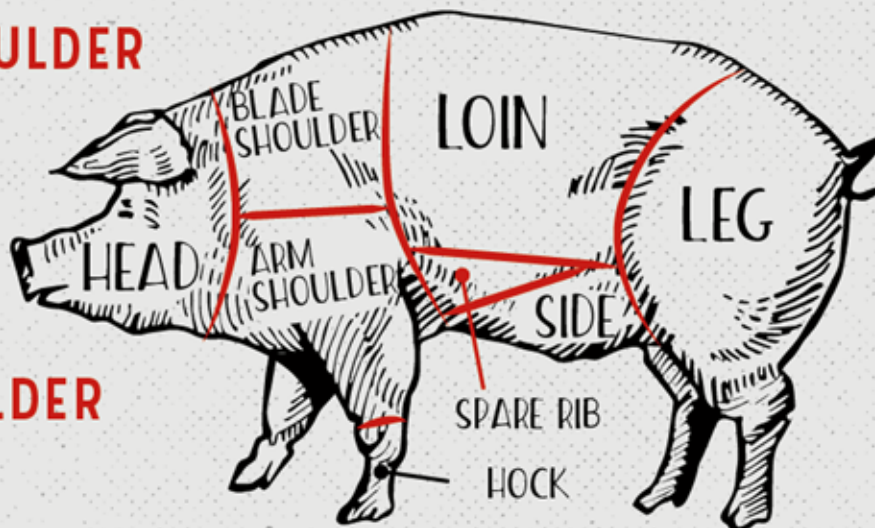
PORK

BLADE SHOULDER

- Boston butt
- Spare rib roast

ARM SHOULDER

- Picnic butt



LOIN

- Pork tenderloin
- Pork chops
- Pork loin roast
- Baby back ribs
- Back bacon

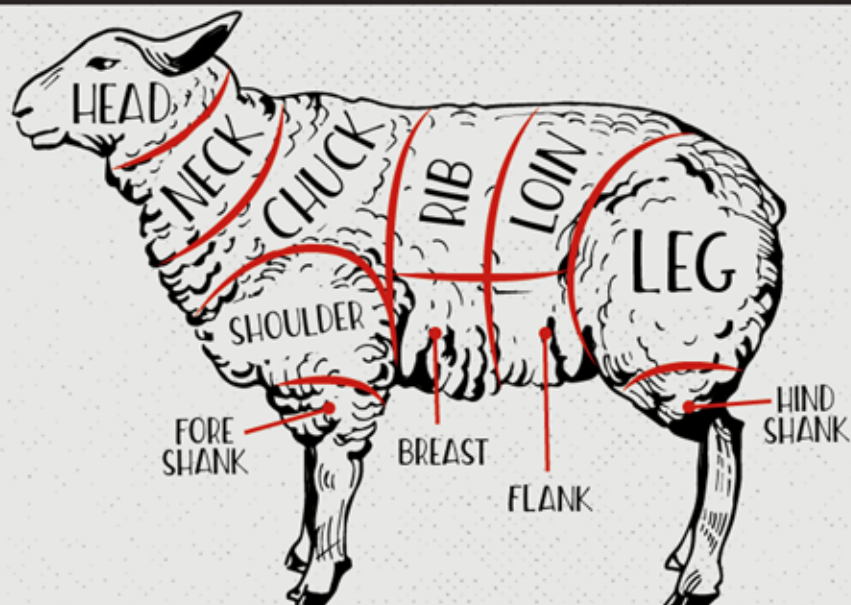
LEG

- Ham

SIDE

- Pork belly
- Bacon

LAMB



LOIN

- Lamb chops
- Rack of lamb
- Lamb T-bone

LEG

- Leg of lamb
- Lamb sirloin



from our kitchen
to yours

how to make an ICE CREAM cake

YOU'LL NEED YOUR FAVE:



COOKIES
crushed with a
rolling pin

+



ICE CREAM
natch!

+



**WHIPPED
CREAM**

assemble in a cake pan (from bottom up!)



OR TRY:

- STRAWBERRY ICE CREAM, GRAHAM CRACKERS, TOP WITH BERRIES •
- COOKIES & CREAM ICE CREAM, OREO COOKIE CRUST • MINT CHOCOLATE CHIP ICE CREAM, CHOCOLATE COOKIES, TOP WITH A THIN MINT •

and remember...

"THE ONLY REAL BIRTHDAY CAKE IS AN ICE CREAM CAKE."



MARCH BIRTHDAY CELEBRATIONS

Marija Dorkic 2nd

Mavis Thomas 22nd

**WHAT'S
ON?**

**DURING
THE MONTH OF
MARCH**



St PATRICK'S DAY

2.00pm Friday 17th

ITALIAN GROUP

2.00pm Pizza Making, Wednesday 15th

BIRTHDAY CELEBRATION

2.00pm Friday 31st

ART GROUP THERAPY

2.00pm Sunday 5th, 12th & 19th

MENS CLUB

2.00pm Friday 24th

Tahat LADIES GROUP

2.00pm Friday 3rd

ICE CREAM DAY

2.00pm Thursday 9th and 23rd

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 10th

BUS OUTING

9.00am, Wednesday 8th and 22nd

* Subject to change.



UPCOMING

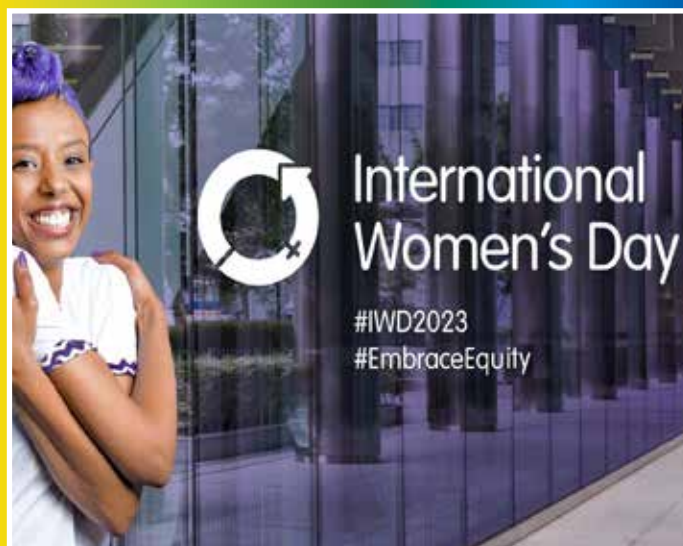
DURING THE MAD MONTH OF MARCH



CLEAN UP DAY

Sunday March 5

<https://www.cleanup.org.au/cleanupaustaliaday>



INTERNATIONAL WOMEN'S DAY

Wednesday March 8

<https://www.internationalwomensday.com>



WORLD'S GREATEST SHAVE

Wed 15 to Sun March 19

<https://worldsgreatestshave.com>



ST PATRICK'S

Sydney Friday March 17

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



The GOOD OLD DAYS

THE POWER OF NOSTALGIA



Remembering Matchbox Toys

Margaret Simpson

Retired Curator, Powerhouse Museum Sydney

OVER thirty years ago, our daughter found this Matchbox red double-deck bus buried in the garden while playing in our old Roseville home. It had been lost by the young son of the house's previous owners. It's an AEC Routemaster front-engine London bus, one of the earlier Matchbox toy vehicles, with all-metal construction and no windows.

Matchbox toys were the brainchild of London automotive diecast manufacturer, Jack O'Dell, of Lesney Products. When O'Dell's daughter asked him to make her

a toy small enough to fit into a matchbox, the size permitted to take to school, he made her a little diecast road roller. This was the beginning of the famous Matchbox brand toy vehicles which began in 1953 with the 1 to 75 series. A dump truck and cement mixer followed with the toys packaged in boxes resembling matchboxes complete with striker plates on the sides.



Matchbox toys took the world by storm and by 1968 were the biggest sellers of diecast toy cars. By then, vehicles came with plastic windows, interiors, opening boots, and bonnets revealing detailed engines. Designers attended motor shows to see the latest models, styles and colours. Apparently, Australians purchased more

Matchbox cars per capita than any other country.

Special models were made for the Australian market featuring local brands like Ampol, Ansett, and Arnott's.

We had another

connection with the firm here too. Zinc mined at Broken Hill was exported to England and in 1969 made into five million Matchbox cars a week! Decades after they were purchased and played with, Matchbox cars still surface from dusty shoeboxes, and parents' garages and cupboards. Some are still excavated from garden beds too.



There are many of us who are not able to enjoy this beautiful season as physically we are unable to catch up with our minds and hearts. There is no reason to feel disappointed. One could enjoy same or better mobility by equipping oneself with a mobility scooter or a power chair.

First and foremost, discuss this matter with your GP and family members before proceeding to buy or hire one. Here are the important questions you must ask.

- 1. Is it a Power Chair or Mobility Scooter?** This will depend on several factors and mostly on the physical ability of the user and where it is intended to be used. A power chair would be ideal for indoor use.
- 2. Size and Portability:** Do you require the scooter to be a portable one?
- 3. Three or four wheels?** Four wheels ensure more stability whereas a three-wheeler has shorter turning circle.
- 4. Compliance with Australian Standards:** It's important that you buy one from your local supplier who ensures that the unit complies with the strict Australian Standards for quality.
- 5. Warranty and Back Up Service:** Like your car, a scooter has to be backed up with a strong warranty and technical support. Battery is another important element in the selection.
- 6. Features:** Do you want a Luggage carrier, a canopy, a USB Charger etc?
- 7. Test Drive:** You must test drive the scooter before you buy.

Spot the Signs

ACT FAST IF YOU SUSPECT A **STROKE**



Face drooping

Is the person's smile uneven?



Arm weakness

Can the person raise both arms and keep them up?



Speech difficulty

Does the person's speech sound slurred or unclear?



Time to call 000

If the person shows any of these signs, they need to be rushed to the hospital immediately.

F. A. S. T.



We all know that exercise is good for us. But it's not just about what you do at the gym. It's equally important to find activities that give your mind a workout too. One of our favourites is a hobby shared by people of all ages: knitting!

THE PERFECT ACTIVITY: KNITTING FOR SENIORS

In many ways, knitting is the ideal hobby for seniors. It truly does benefit the mind, the body, and the soul. Let's take a closer look at knitting and find out why it's so good for us.

It keeps your brain SHARP

Many seniors are concerned about cognitive impairment, which can range from occasional forgetfulness to more serious health issues such as dementia. The best way to keep your brain sharp is to regularly challenge it - knitting is the perfect activity for this. A neuropsychiatry study found that engaging in activities such as knitting could reduce the chance of developing mild cognitive impairment by 30 to 50 percent for seniors. Knitting is especially good for this, since it requires you to use many parts of the brain at the same time.

It improves your hand-eye COORDINATION

Knitting is good for the brain, but it can be good for your body too. Many seniors experience difficulty with hand-eye coordination as they age. When you knit regularly, you force your brain and your hands to work together, maintaining your fine motor skills. It can also improve and maintain dexterity and strength in your hands, which can be great for those who would like to improve their grip.

Keep calm and KNIT ON

Knitting can be quite similar to meditation for many people. In fact, many people report increased feelings of calm when they knit. This sense of calm likely comes from the focus on repetitive movements. As you knit, you get into a groove and are able to just focus on the task at hand. This is quite similar to the methods used in many types of meditation. Knitting also makes people happy-there's a real feeling of accomplishment when you start to see a project take shape or when you finally finish that scarf.

It keeps you BUSY

When people get bored, that's when bad habits start to creep in. If you want to spend less time watching television or find yourself snacking a little too often simply because you're bored, knitting can break you of your regular patterns. It's also a great way to keep yourself busy when you feel like spending some time on your own. Not everyone is super social, so it's nice to have an activity you can enjoy when you want a little quiet time.

It's a great social ACTIVITY

For many seniors, knitting is a very social activity. While it's great for doing on your own, many like to sit and knit with others. In a Nursing Home or Retirement Village residents love to knit together. Some residents have formed their own knitting clubs and meet regularly to work on projects together.

have fun.

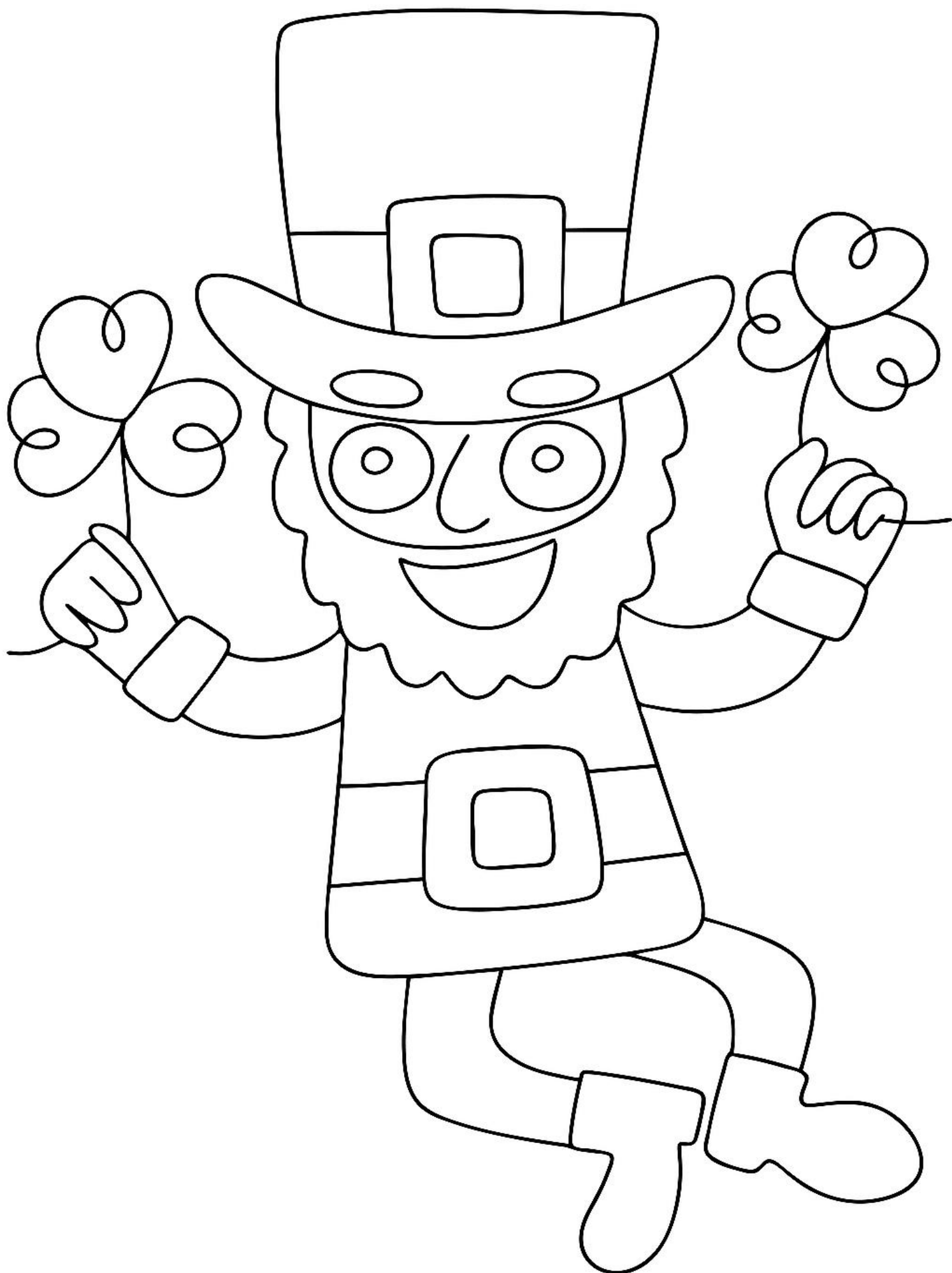
Guess Who?



COLOUR ME IN



COLOUR ME IN



BRAINPOWER

SUDOKU

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

Answers on last page



Answers

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

Hope you enjoyed our newsletter

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

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