



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for February.

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 February 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 Everyone,

I hope you have all had a good break. Things are settling back down with people returning to work and school. January has flown by, and it looks like it's going to be another fast paced year. The weather has changed once again and we are experiencing very high temperatures at the moment. Please remember to stay hydrated and cool.

Happy Valentine's Day to all, I hope to see you at our Valentine's Day celebrations.

Maryann Inbari - Operations Manager

From the Lifestyle Desk



Hello everyone!

How time flies, the first month for 2023 is over and its already February. I trust you are enjoying this summer weather; it seems last week the weather got a bit too much - in this case I hope you avoided the heatwave and stayed indoors with the aircon on.

For us in the city, it is cooling down and Autumn will be with us soon enough.

February will be an exciting month as it brings the fun of Valentine's Day.

We will enjoy hosting a party full of fun, hearts and memories. We look forward to a happy month of many singalongs, good health, and happy smiles all around!

Cheers,

David and Tess

Happy
Valentine's Day

Tuesday February 14

BREAK THE MOULD

It's Time to Break the "Senior" Mould!

The words "senior", "old age", and "over 60" have a wide range of connotations.

When someone is 55 years old and over, phrases like "it's just old age" and "at your time of life" get bandied about when someone is injured or unwell. When you are looking at purchasing products and services tailored, the imagery used is often extreme, reflecting the small percentage of older adults who become frail, senile or need full- time care.

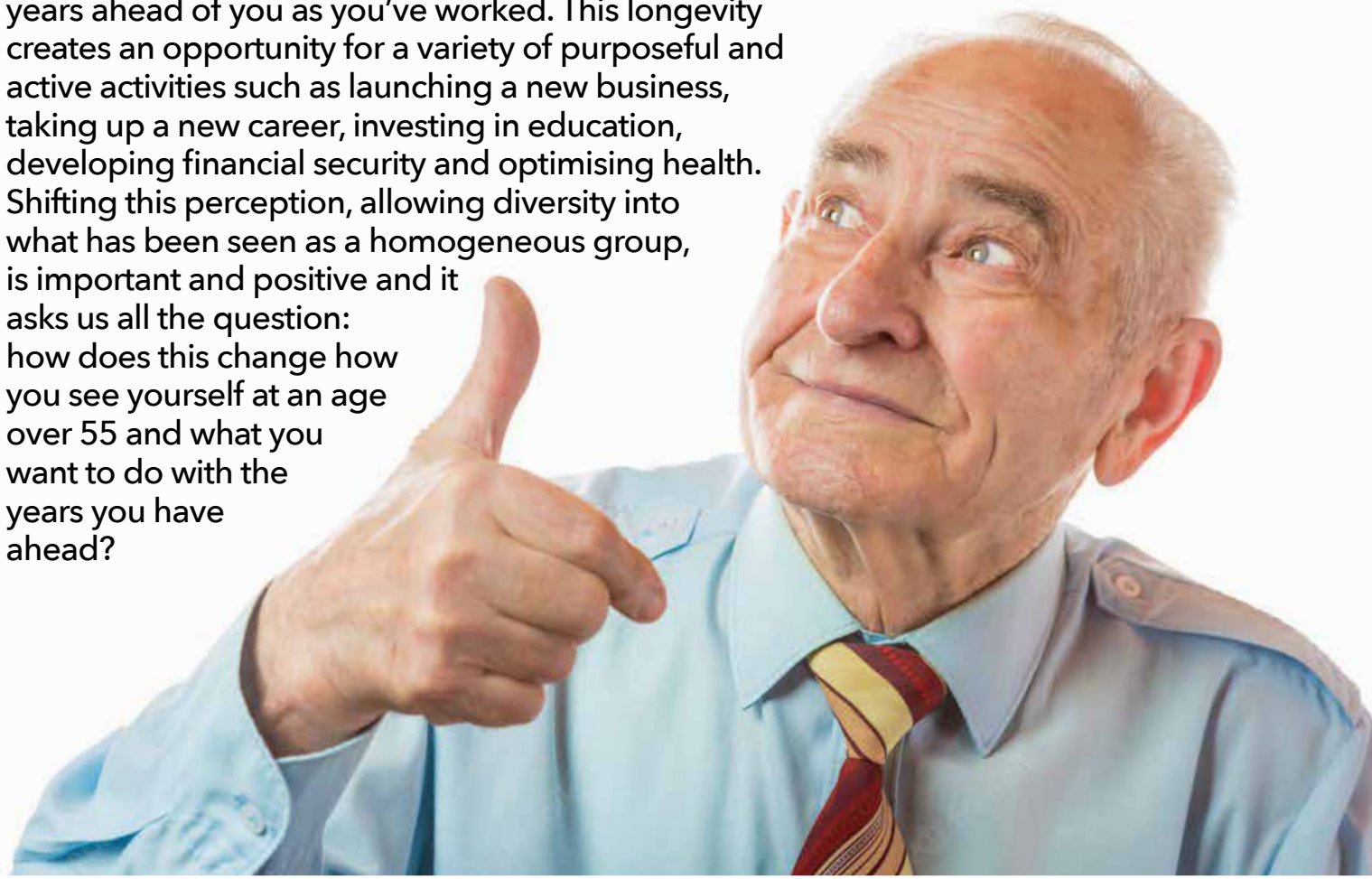
These perceptions, held by those around us and internalised into our self- image, are based on out-of-date data, and yet continue to shape the decisions we make and the plans we think are possible for the future.

The latest global research from Susan Wilner Golden, in her book, *Stage (not Age)*, remarks: "Since health is improving and cognitive rates are falling, we must eliminate the old stereotypes of how people will age... the increasing health span decreases the importance of age in the market."

Someone's chronological age is no longer as relevant in determining what is possible or healthy for them. Younger generations perceive older adults as trusted assets in the community, essential for their contribution of wisdom, creativity, experience, and more.

Being over 55 is now being seen as a time in which you can live "the good life".

At 65, you are now likely to have nearly as many healthy years ahead of you as you've worked. This longevity creates an opportunity for a variety of purposeful and active activities such as launching a new business, taking up a new career, investing in education, developing financial security and optimising health. Shifting this perception, allowing diversity into what has been seen as a homogeneous group, is important and positive and it asks us all the question: how does this change how you see yourself at an age over 55 and what you want to do with the years you have ahead?





ANXIETY

WHAT CAUSES ANXIETY?

Understanding what causes anxiety can be the first step in controlling the impact it has on your life.

Anxiety is the most common mental health condition in the country, with 1 in 4 Australians experiencing symptoms at some point in their life. It's also one of the most treatable mental health conditions, and many people see great results from a variety of treatments in as little as a few weeks or months.

Understanding some of the common causes of anxiety can help you better cope with, and start to overcome, your anxiety.

Here are the main causes of anxiety and how and when to seek help.

What is anxiety?

When anxious feelings – like stress or worry – don't go away for more than 2 weeks and become very intense, this can be a sign of an anxiety condition.

While there are several types of anxiety, generalised anxiety disorder (GAD) – where you worry about many different things, on most days – is particularly common.

Other types include social anxiety, where you worry about being embarrassed in social or public situations; and panic disorders, where people have recurring panic attacks at least once a month.

Who gets anxiety?

Anyone can experience an anxiety disorder. As Australia's most common mental health condition, research shows:

Anyone can experience an anxiety disorder. As Australia's most common mental health condition, research shows:

- women are more than twice as likely to be affected by anxiety than men
- the median age for the onset of anxiety disorders is just 11 years old, and one in five Aussies aged between 12 and 17 are affected
- more than 26% of Aussies between 16 and 85 have experienced an anxiety disorder at some point in their life.

What does anxiety look and feel like?

Anxiety symptoms can show up in 3 ways: physically, psychologically and behaviourally.

- Physical anxiety can take the form of a panic attack or symptoms like sweating, trembling, nausea, dizziness, a pounding heart and difficulty sleeping.
- Psychological symptoms could include uncontrollable worrying or obsessing about a situation.
- Behavioural symptoms could include avoiding social events or people, and finding it hard to leave your home.

What are the main causes of anxiety?

Anxiety can be caused by a variety of factors and people can have very different triggers. Some of the most common causes of anxiety are:



Genetics

Studies show that about 30% of anxiety issues in children are because of family history. There's also strong evidence of a high level of environmental transmission of anxiety - in other words, it's learned behaviour. If a child witnesses' anxiety in their parents, they're more likely to mirror that behaviour. But this also means if a parent can recognise their own anxiety and model good coping strategies, the child will see this, and as a result either be less anxious or learn how to deal with their feelings.

Personality

Certain personality traits have been shown to have a higher prevalence of anxiety. Type A personalities - who tend to be perfectionists, highly ambitious, organised and high achievers - can be more prone to anxiety-related issues. Others who may be susceptible to anxiety are those who are very shy, have low self-esteem, or who want to control everything. The jury is still out when it comes to how personality-related anxiety affects people at school and work. Some studies show that people with anxiety leave school earlier, and students with high anxiety levels score lower exam grades. Other research has found that type A personalities can become extremely anxious about exams, grades, or work performance and push themselves to achieve more.

Ongoing stress

Accumulative, long-term (chronic) stress can be a major trigger of anxiety. Chronic stress can cause chemical changes in the brain, which contribute to anxiety and depression. This sort of stress can be prompted by anything from work worries or moving home to relationship problems, grief or abuse. The stress of having a baby can also commonly trigger anxiety. Postnatal anxiety affects 1 in 7 new mums and 1 in 10 new dads. People who live with anxiety, particularly that brought on by long-term stress, have been shown to be at greater risk of relationship problems and divorce.

Trauma

Trauma is usually characterised by an extreme but short-lived shock, like being in an accident, witnessing a death or having a difficult childbirth. Trauma can contribute to anxiety disorders, with research showing that 90% of people who use public mental health services for anxiety and depression-related disorders have experienced at least 1 traumatic episode. Anxiety is often a part of post-traumatic stress disorder, and can cause night terrors, irritability, mood swings and poor concentration.

Health problems

Chronic illnesses like asthma, diabetes and heart disease can cause anxiety. People with type 2 diabetes are 2-3 times more likely to be diagnosed with anxiety and depression.

Addiction

Some people try to manage their anxiety with alcohol or other drugs. While alcohol initially feels as though it's calming you down because it depresses the central nervous system, these effects are short-lived. As the alcohol wears off, it can have the opposite effect and make you feel more anxious. This is because alcohol upsets the balance of the brain's chemicals, including the mood-regulator serotonin, which can lead to high anxiety levels.

ANXIETY

How to deal with anxiety

If you think you're suffering from anxiety, it's important to ask for help from a GP or professional. Treating anxiety early can help to control it and give you the chance to learn self-help strategies that can stop it from getting worse.

There are a range of treatments, including cognitive behavioural therapy (CBT), medication and anxiety-management strategies, all of which a doctor can advise you on. Some proven self-help strategies for anxiety include meditation, yoga, exercise and controlled breathing techniques.

Getting help with anxiety

You can access a range of online courses through 'This Way Up', a not-for-profit initiative developed by experienced psychiatrists and clinical psychologists, to help you take control of your mental wellbeing. Clinically proven, the courses understand and improve mental challenges like stress, insomnia, worry, anxiety and depression.

If you're struggling with depression or anxiety, and need to speak to someone now, call Lifeline on 13 11 14.

Where to find more mental health help:

- Beyond Blue
- Head to Health
- Headspace
- ReachOut Australia



Colour therapy, also known as chromotherapy, is a form of therapy that uses colour and light to treat certain mental and physical health conditions. While colour psychology is the study of how different colours can influence human behaviour and perception, colour therapy is different. It is based upon the unproven assumption that certain colours can impact people's "energy" and impact health outcomes. We can trace this form of therapy back to the ancient Egyptians. They made use of sun-filled rooms with coloured glasses for therapeutic purposes.

Although colour therapy has gained some popularity over the years, it's still not a widely accepted form of therapy in Western medicine. Many medical experts consider it to be pseudoscience or quackery.¹

At some point, we've all experienced the ways in which colour can affect us. For some people, seeing the green in nature on their daily run is an instant mood booster or they instantly feel a little better wearing a favourite yellow dress. The practice of colour therapy can be traced to Indian ayurvedic medicine, which claims that the application of certain colours can correct imbalances in our body's chakras.

Types of Colour Therapy

In colour therapy, it is believed that different colours are able to impact the body differently.

- **Red:** Red is used to energize or invigorate a person who might be feeling tired or down. However, red may also trigger people who might already be tense.
- **Blue:** Chromatherapists use blue to try and influence depression and pain. Darker shades of blue are also thought to have sedative properties and may be tried for people who experience insomnia or other sleeping disorders.
- **Green:** Green is the colour of nature, and according to chromatherapists, it can help relieve stress and relax a person.
- **Yellow:** Yellow can be used to improve your mood and make you more happy and optimistic.
- **Orange:** Orange, much like yellow, can be used to elicit happy emotions from people. The bright warm colour is also thought to be able to stimulate appetite and mental activity.

Techniques of Colour Therapy

There are two major techniques of colour therapy. It can either be done through sight, that is, by looking at a particular colour in hopes that it elicits the desired response in your body, or by directly reflecting certain colours on parts of the body.

Colour therapists believe that colour can enter our bodies either through our eyes or skin. Each colour we can see has its wavelength and unique frequency. Each unique frequency has a different effect on people and is used for different purposes. Warm colours are typically used for stimulating effects, while cool colours are used for calming effects.

What Colour Therapy Can Help With

Chromotherapy is considered a type of alternative medicine treatment. It has been purported to help with a variety of conditions, including:

- Stress
- Depression
- Aggression
- High blood pressure
- Sleep disorders
- Anxiety
- Certain cancers
- Skin infections



It is important to note that there is no significant evidence that colour therapy is effective for any medical condition. According to the American Cancer Society, available scientific evidence does not support any claims that use of light or colour therapy are effective in treating cancer or any other illnesses.

Benefits of Colour Therapy

Over the decades, colour therapy has been purported to provide several benefits ranging from physical to mental, including:

- **Stress relief:** Certain colors like blue and green are thought to have soothing effects on people who are stressed or anxious.
- **Boost your appetite:** Warm and stimulating colors are thought to boost your appetite when you struggle with having a desire for food.
- **Seasonal affective disorder:** People mainly suffer from seasonal affective disorder during colder weather because of the lack of sunlight. Certain types of bright light therapy have been shown to be of benefit for this mood disorder. Color therapy also suggests the unproven idea that warm colors like yellow and orange could also help with this.
- **To boost your energy:** Colors such as red and yellow are believed to boost your energy and make you more motivated.

Things to Consider

While the premise of colour therapy is that certain colours elicit specific emotions from most people, this isn't always the case. Human beings are unique. The effects of certain colours on people may range from person to person. Colours most people might find calming or soothing might be anxiety-inducing or depressing to others.

How to Get Started

While the science behind colour therapy is still largely unsubstantiated, it's completely harmless to practice certain aspects of colour therapy on your own. Here are some ways you can get started with experimenting with colour therapy:

- **Get rid of blue lights at night-time for better sleep.** Research has shown that the blue light in your laptops, phones, and televisions can affect your circadian rhythm, which affects your sleep quality. Wearing anti-blue light glasses or turning the settings on your gadgets to warmer yellow tones has been found to help.²
- **Bask in nature.** The greens of leaves and grass we get in abundance in nature can positively relax us.³
- **Be intentional about colour choices.** When picking colours for anything, from the colour of the walls in your room to the colour of clothes you wear, choose colours that you find stimulating or elicit positive emotions.

1. Azeemi STY, Raza M. A critical analysis of chromotherapy and its scientific evolution.

Evidence-Based Complementary and Alternative Medicine. 2005;2(4):481-488. doi:10.1093/ecam/neh137

2. Harvard Health. Blue light has a dark side. July 7, 2020

3. The Greater Good Science Center at the University of California, Berkeley.

How nature can make you kinder, happier, and more creative. March 2, 2016



from our kitchen
to yours



From Country Living's Pantry



VALENTINE BROWNIE

350°

A delicious Valentine greeting for your favorite chocolate lover. ♥

1/2 c. butter, softened

1/4 c. sugar

3 eggs

3 oz. unsweetened chocolate, melted

2 tsp. vanilla

3/4 c. flour

1/4 tsp. baking powder

1/4 tsp. salt

prepared frosting (opt.)

Heat oven to 350°. Generously grease deep 9-inch heart-shaped baking pan. In bowl, with electric mixer, beat butter, sugar, and eggs. Beat in chocolate and vanilla. Fold in flour, baking powder, and salt. Spoon into

greased pan. Bake 30 to 35 minutes or until center is set. Cool 10 minutes before removing from pan. Write a Valentine message in frosting, if desired. ♥



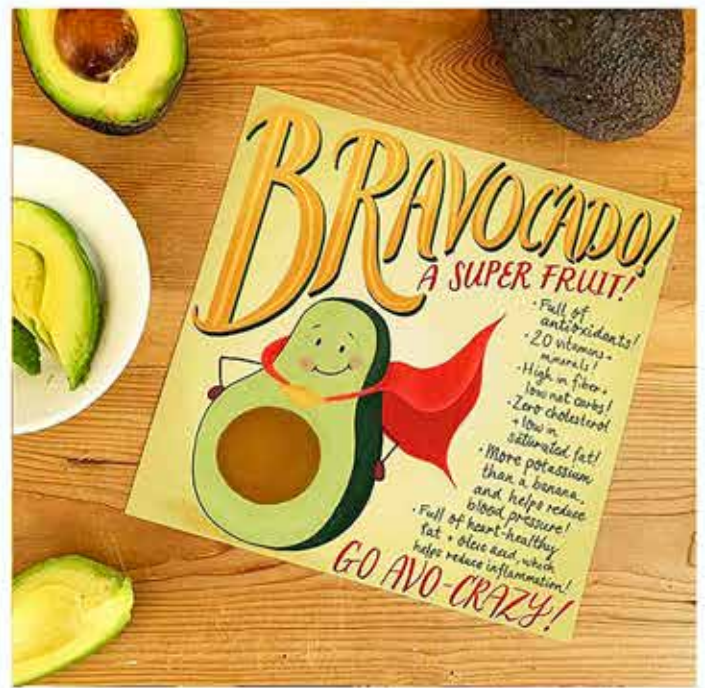
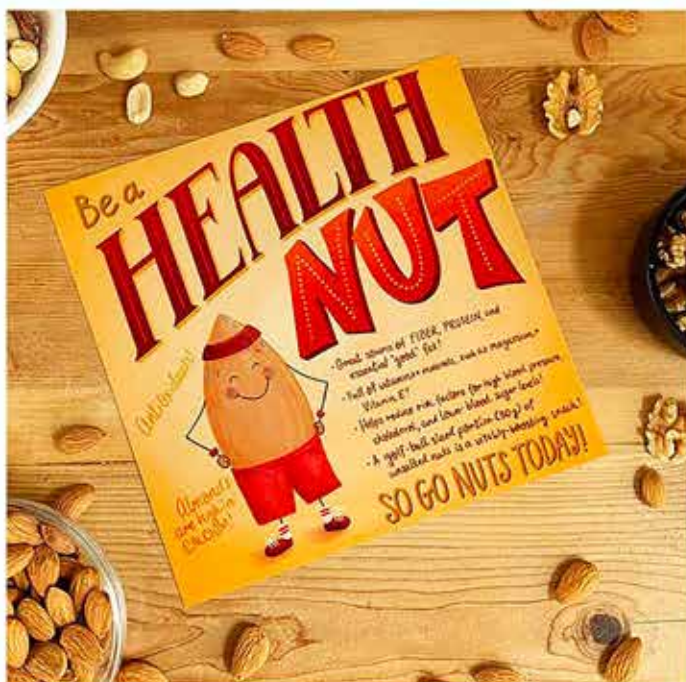
yummy!

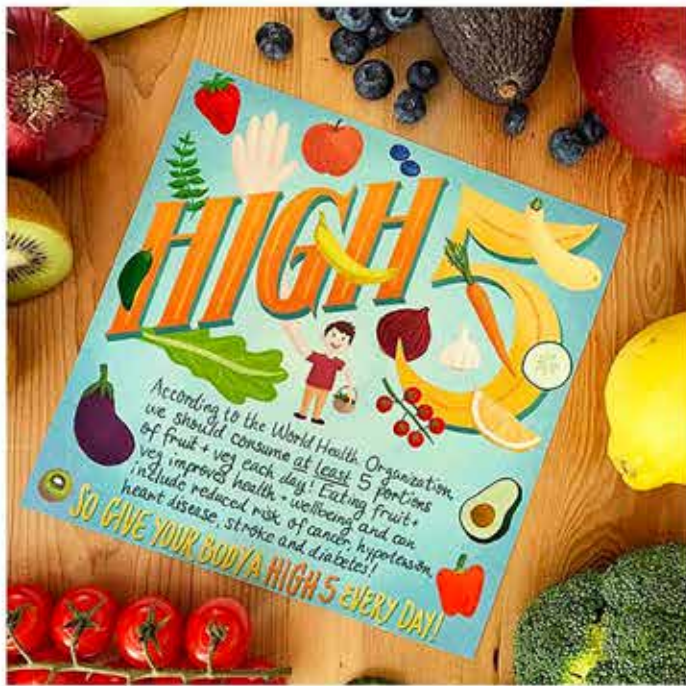
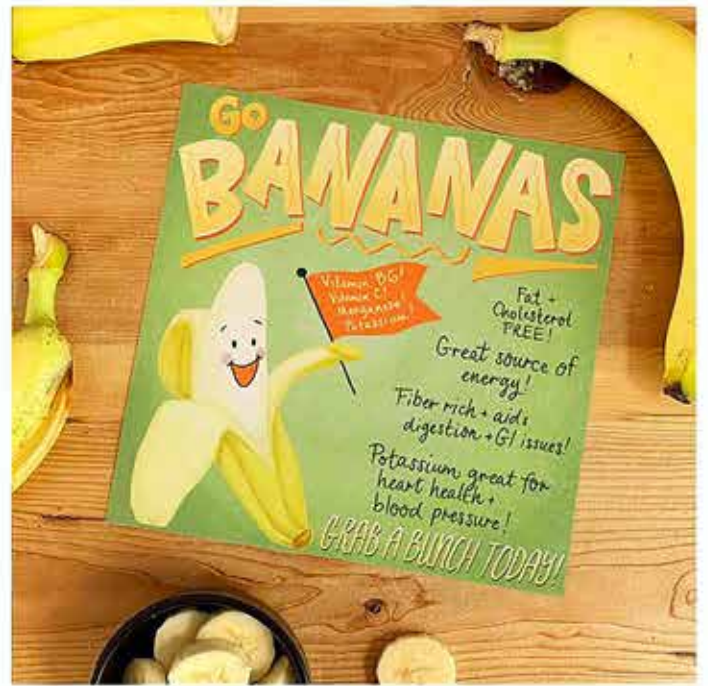
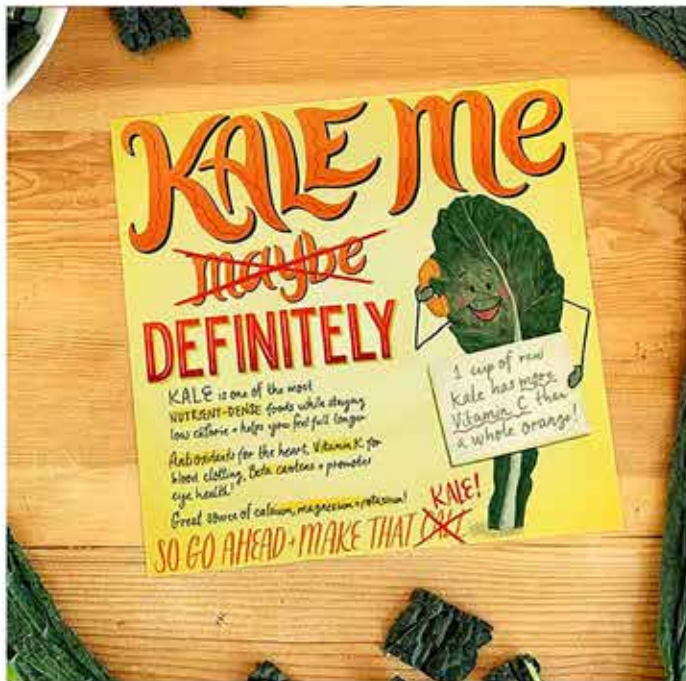
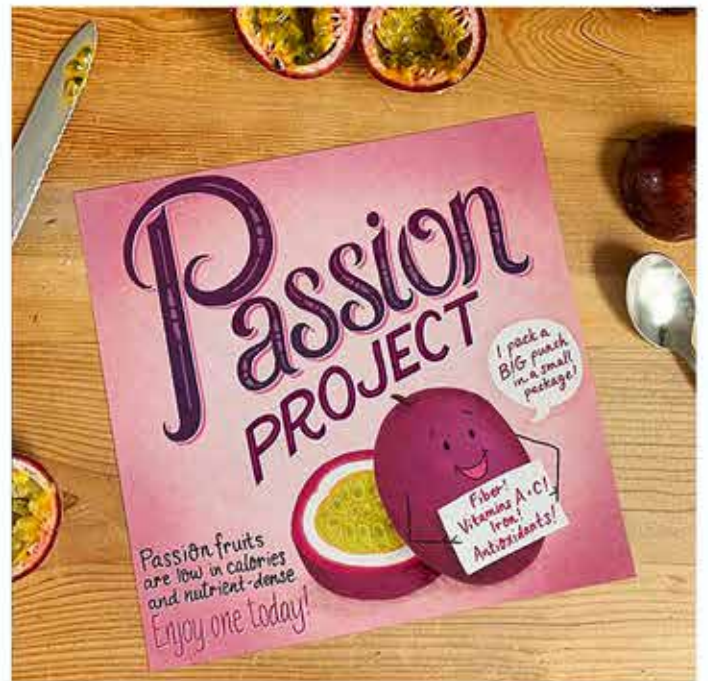
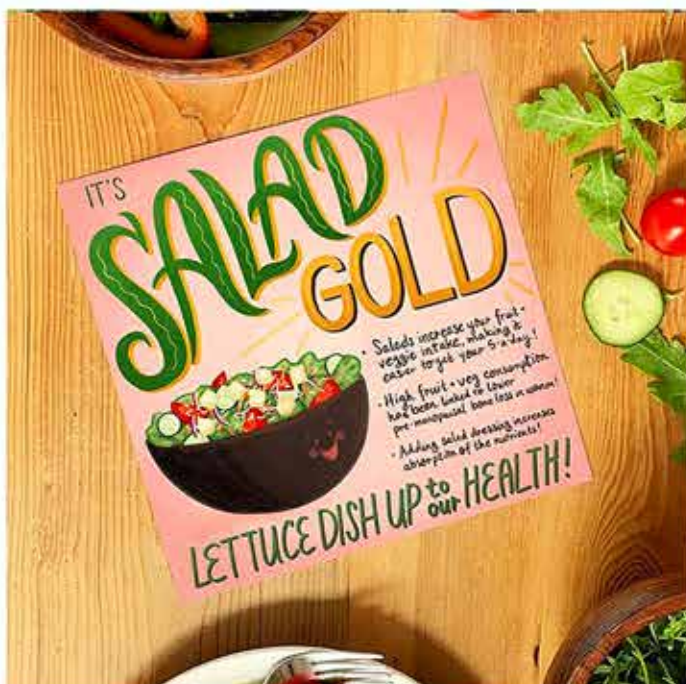
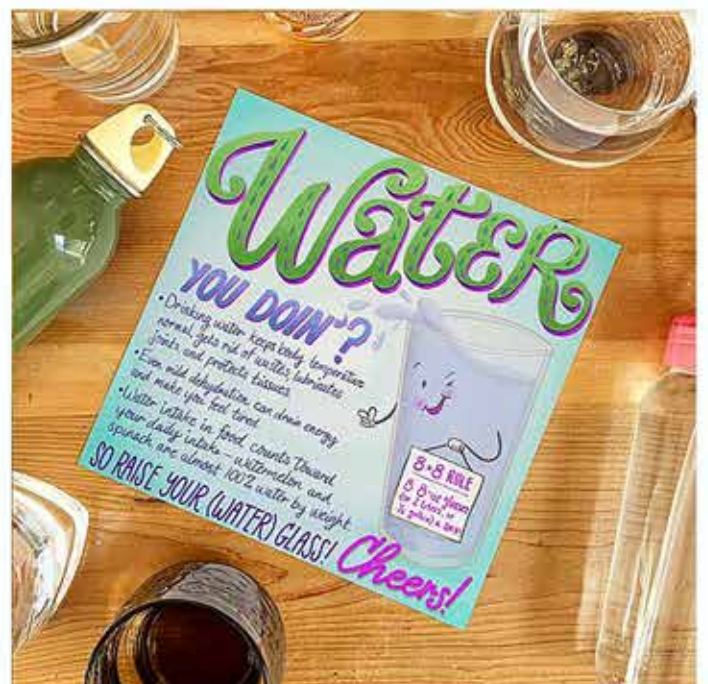


FEBRUARY BIRTHDAY CELEBRATIONS

Bruce Begnel 13th
Connie Denaro 27th

Giovanna Iacono 20th
Colin Jones 28th





WHAT'S
ON?

DURING
THE MONTH OF
JANUARY



VALENTINE'S PARTY

2.00pm Thursday 14th

ITALIAN GROUP

2.00pm Pizza Making, Wednesday 11th

BIRTHDAY CELEBRATION

2.00pm Friday 27th

ART GROUP THERAPY

2.00pm Sunday 5th, 12th & 19th

MENS CLUB

2.00pm Friday 27th

RESIDENTS MEETING

2.00pm Friday 17th

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, Days to be confirmed

* Subject to change.





5 BEST SMELLING FLOWERS

With classic rose, calming lavender, intoxicating gardenia and delicate Jasmine, the flower shop is a haven of natural perfumes. Most of us are usually so busy admiring the visual feast that we forget to stop and inhale the aroma. However, if you follow your nose chances are you'll pick a bouquet of flowers that will inspire more admiration and thrills than going by sight alone.

As a start, here are 5 of the best scented flowers around.

GARDENIA

The gardenia has a distinctive 'white flower' scent that has made it a consistently popular choice for perfumers. These pretty blooms smell delicious wherever they're located.

JASMINE

A sweet-smelling, small white-pinkish flower that grows on long trailing bracts, jasmine is a great choice for a scented bouquet at a country wedding.

ROSE

This heady, timeless, classic scent of the rose is evocative of traditional English country gardens. Find its essential oil extract everywhere from your grandmother's rosewater to designer perfumes.

LILY

The lily really knows how to make a statement in your home. If its flamboyant petals weren't enough to catch your attention, its intoxicating scent certainly will be.

LAVENDER

With its distinctive scent, widely known for its soothing and calming properties, lavender the perfect companion for a bedroom dressing table.

Its long-lasting flowers also promise to linger night after night.



GARDENIA



JASMINE



ROSE



LILY



LAVENDER

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





ALONG WITH TERMINATOR PRODUCTS THERE ARE ALSO MANY OTHER WAYS TO REDUCE ENTRY OF BUGS INTO YOUR HOME. HERE'S 10 OTHER WAYS THAT WILL ALSO HELP TO BUG PROOF YOUR HOME.

10 - SEAL YOUR DOORS

Inspect your entrance doors and access points to your home carefully to see if there are any gaps that need sealing is a good place to start and the easier way for crawling insects to make their way into your home.

9 - REPAIR WORN SCREENS OR ADD SCREENS

Repairing or replacing screens is cost efficient and easy enough job to do, that goes a long way in keeping the bugs out whilst you enjoy natural ventilation during our hot and humid days of summer. Adding screens to your windows and doors is the most effective way to keeping bugs out of our home during Summer, when it's the worst time of the year for mosquitoes, flies and other pests.

8 - MAINTAIN YOUR YARD

Yard maintenance has long been the key for eliminating areas around your home that create great breeding ground for various flying and crawling pests. Remove potential breeding sites and tip out water from things like plastic containers, tarpaulins or buckets, keep trailers and bins covered, store water undercover or in a dry place and throw out rubbish lying around like unused or empty containers, tyres and additional materials.

7 - REPAIR CRACKS

As we know given the size of many bugs it's not hard to understand how they can infiltrate your home through narrow gaps and cracks that you might not even notice. Inspect the exterior of your home and look for damaged or missing sections of siding or cracks in your foundations, loose or crumbling brick or rotten wood. Access the size and if something as small as a pencil can fit in these openings you'll find it's providing free access to a range of other crawling insects.

6 - SEAL AROUND PIPES AND INSTALLATION POINTS

More than likely, there are utility pipe points into walls that deliver essential utilities into your home whether its for power, telephone or air conditioning cables. Check the exterior of your home for these openings as they may be located either at the ground level or along the roof line.

5 - COVER LARGE OPENINGS

Large openings can be difficult to cover and are often found with roof vents or chimney flutes. Chimney caps or wire mesh can be installed over larger openings where ventilation is required.

4 - DON'T INVITE BUGS TO DINNER

Just like us bugs need a source of food and water to survive. Keep food preparation areas clear and clean, store all foods in air tight containers, cover unsealed food products in the refrigerator. Wash dishes immediately and put pet food away after mealtimes. A cluttered home is an easy breeding ground for bugs.

3 - STORE RUBBISH PROPERLY

To prevent bugs from feasting out on your rubbish, proper storage of rubbish and handling are critical. Only keep food waste in the kitchen and not in waste paper baskets throughout the home. Place rubbish in a bin with a lid and empty regularly as to not have you bin overflowing with rubbish popping the lid open. Bins used in the home should be sanitised regularly, especially if they are exposed to spills.

2 - KEEP FOUNDATIONS CLEAR

With your homes foundations being the closest part of the house to the ground, they are also one of the most common entry points for bugs. Keep moisture away from your foundations, keep piles of wood, leaves, mulch and grass clippings far enough away from the home to avoid tempting termites.

1 - ENCOURAGE NATURAL PREDATORS

Often some of the simplest methods can be relying on the insects natural predators for help. Small insects are the main source of food for larger number of birds. To encourage birds to help with your pest control efforts, it helps provide trees and bushes where they can establish nests. Add a fresh water supply, and change it often so that it doesn't grow stagnant. Even adding a bird seed feeder will supplement their insect based diet.

Best Before vs Use by Dates



Use By

Food that must be eaten before a certain time for health or safety reasons should be marked with a use by date.

Food should not be eaten after the use by date.

Best Before

Most food has a best before date. You can still eat food for a while after the best before date but it may have lost some quality.



DO YOU REMEMBER?

HOME MILK DELIVERIES

During the 19th century and even until the 1980s, milk was delivered in the early morning by horse and cart. In early times, each suburb was serviced by small local businesses, with well-established rounds.

As suburban residential areas expanded after the war local dairies catered for a certain number of surrounding streets.

During the round, milkmen distributed milk either into billys left at the gate, or in bottles. Milk was delivered in churns, with delivery men ladling milk for each house with a dipper. Customers would either leave an empty billy with payment at the gate or listen for the approach of the horse and meet the milkman with a container.

The advent of pasteurisation in the late 40s and the delivery of milk in sealed bottles were two measures established to combat concern about milk safety but delivery by horse and cart continued, in some cases until the mid 80s. *Photo from National Museum of Australia*



Street Libraries



Free community libraries are connecting our neighbourhood

Does 23 books constitute a library? A stack of used paperbacks, in a glass cabinet on a wooden pole, outside a unit block? I checked the dictionary definition of library: a building or room containing collections of books, periodicals and sometimes films and recorded music for use or borrowing by the public or the members of an institution.

Aside from being a room or building, my local community library satisfies most of that criteria. It's far more than just a stack of used paperbacks, in a glass cabinet on a wooden pole, outside a unit block ... it's our local community library and the locals love it.

Whether you call it a Free Library, a Library Box, a Street Library or a Community Book Exchange (not so keen on that one), it always brings a smile when people walk past, and I've never ever seen it vandalised in any way.

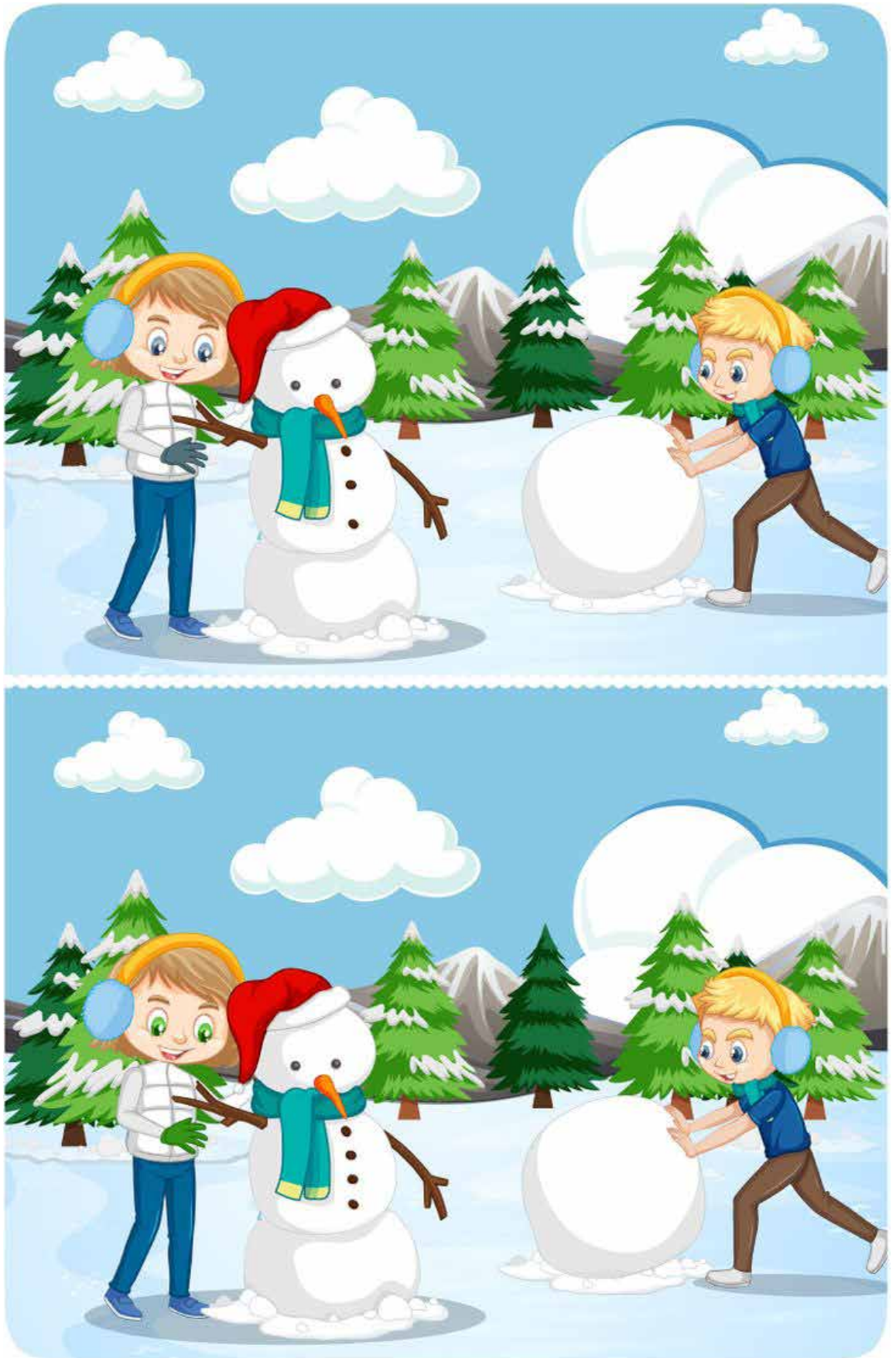
This little collection of books in a beautifully painted casing ebbs and flows between thrillers, self-help and biographies and is always full. Kids' books make an appearance and even the odd CD.

If you're thinking of introducing one to your neighbourhood then why not get set for **February 14** for its unveiling, which is **International Book Giving Day**. Admittedly I thought February 14 was already taken as a day of significance, but this is definitely an idea that everyone loves, so why not?

Where are they? The simple answer is that they're everywhere - not just in Australia, but worldwide, from the UK to the Middle East and Asia. By heading to streetlibrary.org.au/ you can actually access a map of Street Libraries in Australia and there are currently an impressive 4071 listed.

That includes 887 in the Melbourne area, 568 in and around Brisbane, around 202 in Adelaide, and some 129 in Far North Queensland. Even eight up in Darwin. The 1813 listed in Sydney includes the location and a picture a little blue wooden library in Collaroy, so I can vouch for its accuracy. If you work on an average of 25 books per library, there are perhaps more than 100,000 free books out there waiting to be read.





Answers on last page



Disney



TRIVIA WHO AM I?

WHO AM I?

**MY BEST FRIEND
IS A GUPPY.**

WHO AM I?

**I LOST MY GLASS
SLIPPER AT
MIDNIGHT.**

WHO AM I?

**I LIKE GIVING
WARM HUGS.**

WHO AM I?

**I RAN AWAY WHEN
I WAS SUPPOSED
TO BE KING.**

WHO AM I?

**I LIVED IN THE
WOODS WITH 7
FRIENDS.**

WHO AM I?

**I THOUGHT I WAS
A REAL SPACE
RANGER.**

Answers on last page

Valentine's Day Word Search

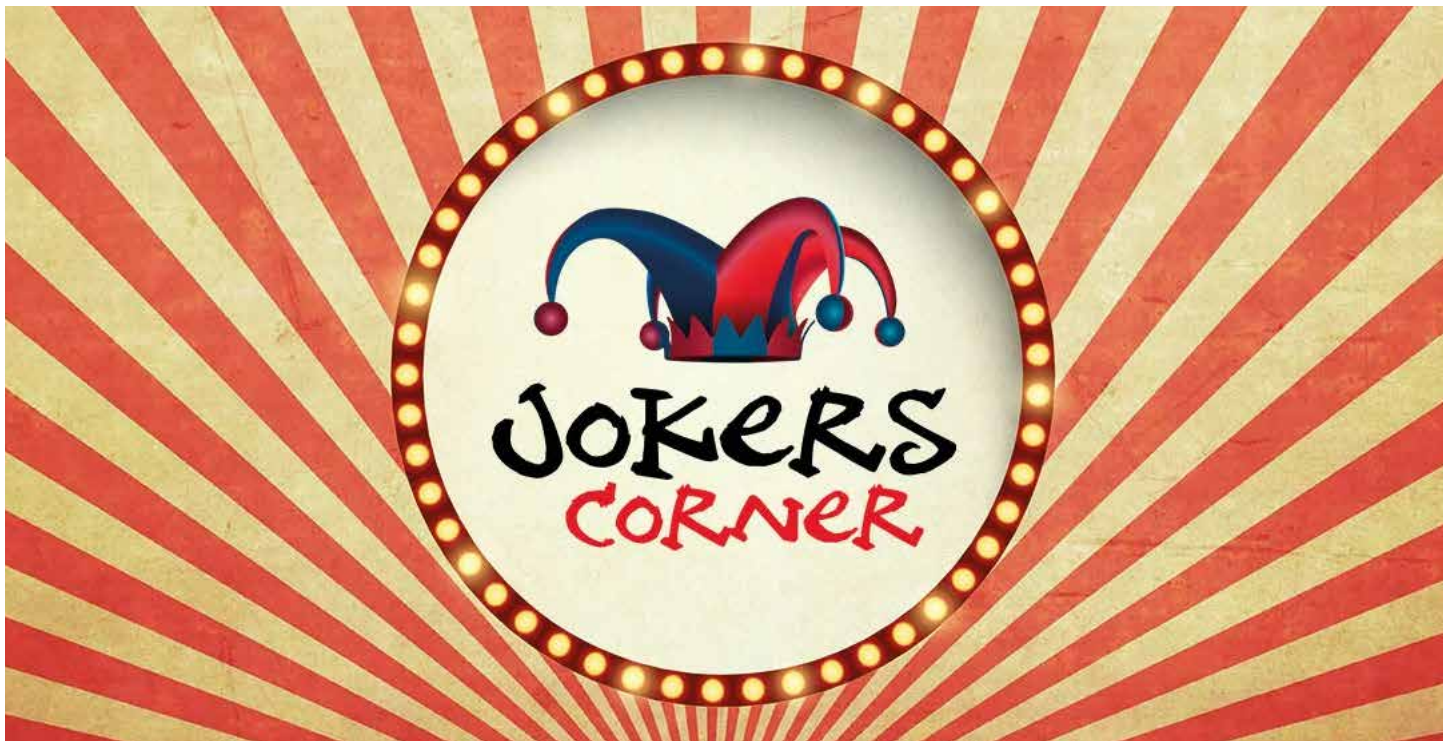
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j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
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v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

Search for the words in the picture. The hidden words can be positioned in all directions, written from left to right from right to left, horizontally, vertically and diagonally, but is always on one straight line.



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."

Answers to FIND THE 4 DIFFERENCES



Answers to WHO AM I?

MY BEST FRIEND IS A GUPPY

ARIEL

I LOST MY GLASS SLIPPER
AT MIDNIGHT

CINDERELLA

I LOVE GIVING WARM HUGS

OLAF

I RAN AWAY WHEN I
WAS SUPPOSED TO BE KING

SIMBA

I LIVED IN THE WOODS
WITH 7 FRIENDS

SNOW WHITE

I THOUGHT I WAS A
REAL SPACE RANGER

BUZZ LIGHTYEAR

Hope you enjoyed our newsletter

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DO NOT PROVIDE MEDICAL OR FINANCIAL ADVICE.**

All our articles, including but not limited to, text, graphics, images and other material contained herewith are for informational purposes only.

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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