



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for April.

We hope that you enjoyed our previous newsletters.

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

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

OUR PHILOSOPHY

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

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

FROM THE HEAD OFFICE



Another month has passed, and we are already into the second quarter of 2021. Unfortunately, we haven't had our COVID-19 vaccines yet but are hopeful we will be contacted soon and all our residents who have consented will receive the vaccine. The weather is changing and soon flu season will be here, please don't come and visit if you have any flu like symptoms – let's keep our residents safe. From 1 April the new Serious Incident Reporting System (SIRS) will come into effect, if you didn't receive my email with the details, please let me know so I can resend and also if you have any input or suggestions on how we can improve our system I would be happy to discuss. Happy Easter to all that celebrate. Please don't forget to do our SURVEY in this newsletter. Look forward to your replies.

Maryann Inbari - Financial Controller



From the desk of our Diversional Therapist and her team

Hello to everyone from the cube. The residents have all had a lovely time during the month of March, with the celebrations of Mauritius National Day, St Patrick's Day and Greek National Day. Whatever background you are from we celebrate with you. We were able to have an entertainer for St Patrick's Day which was a real treat and the residents enjoyed having live entertainment once again. This year Easter has come early - we look forward to celebrating with you! Until next time.

Cynthia Rossiter - Diversional Therapist

UPCOMING

DURING APRIL 2021



La Traviata on Sydney Harbour Until Sun April 25

<https://opera.org.au/productions/la-traviata-on-sydney-harbour>



Orange Grove organic food market Until Sun Dec 25

<https://www.timeout.com/sydney/shopping/orange-grove-organic-food-markets>



Sydney steam train rides with locomotive 3801 Thur April 01 to Thur Sept 30

<https://www.thnsw.com.au/3801>



Steam train weekends at NSW Rail Museum Until Sun May 30

<https://www.nswrailmuseum.com.au/weekends>



Sydney Royal Easter Show Thur April 01 to Mon April 12

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



Hello koalas come to Campbelltown Thur April 01 to Fri Apr 30

<https://www.australianbotanicgarden.com.au/What-s-On/Hello-Koalas-comes-to-Campbelltown>

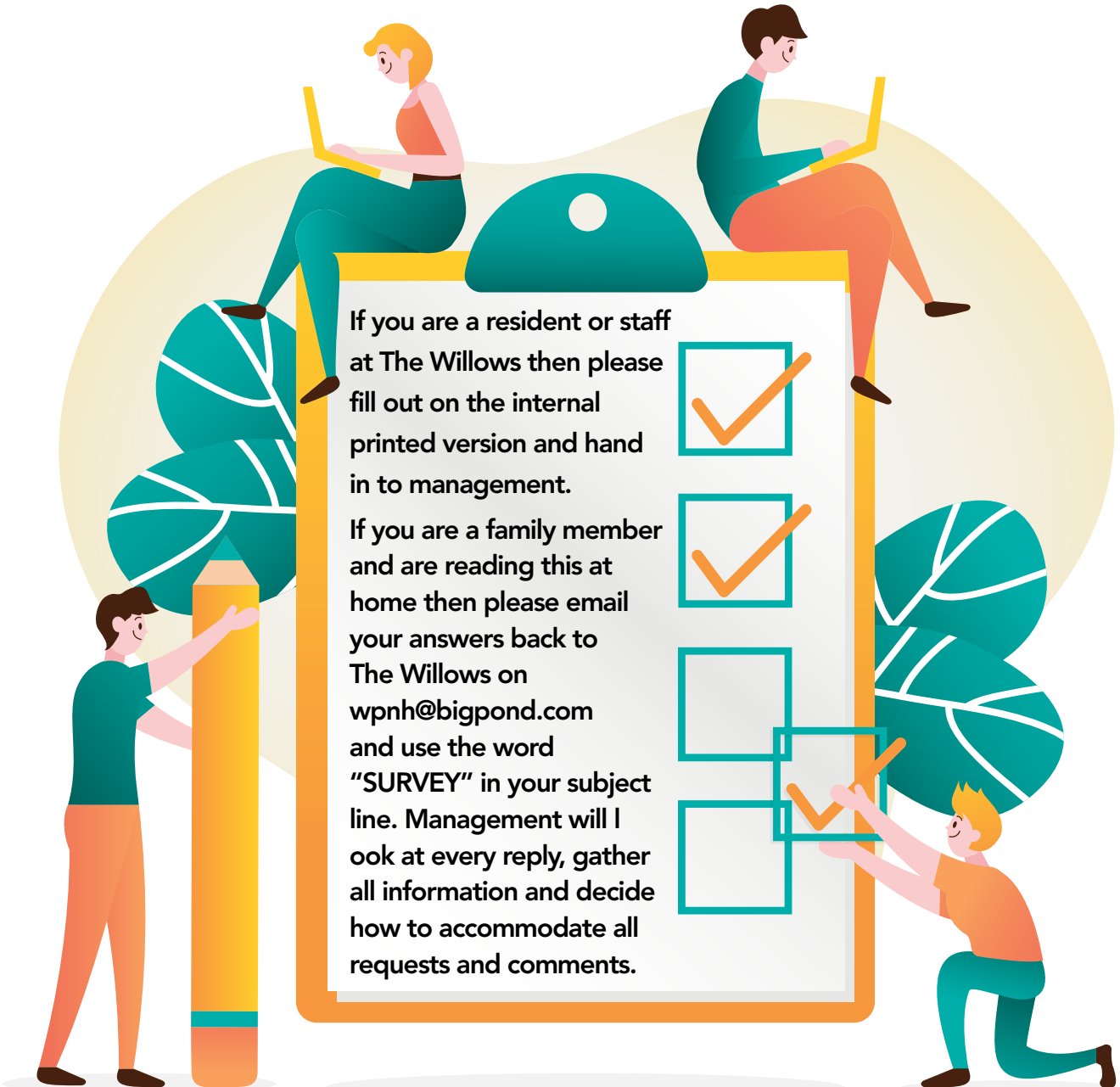
SURVEY

YOUR OPINION MATTERS!

You have seen over the past fifteen months our monthly newsletters from The Willows and how it has changed and improved over time to bring you important issues and news, being more colourful and adding more fun elements to keep you busy each day. This issue is already No.16 and we would like to now get YOUR FEEDBACK on how we are doing.



We'd appreciate if you spare a few minutes to share your thoughts and TAKE OUR QUICK SURVEY so we can now get a feel of what you like or dislike, what you want more of, less of and if there are any topics that you would like us to cover monthly or just randomly. If there is something that we have not covered in the survey, then please just add in at question #10.



In the meantime – please enjoy this APRIL issue. Thank you.

SURVEY QUESTIONS:

Are you happy with the way The Willows communicates with you via our monthly newsletters? Your feedback is important to us.

1] Do you look forward to reading The Willows monthly newsletters?

2] Are you you happy with the layout of the newsletter?

3] What does The Willows do well in communicating with you in our newsletters?

4] What can The Willows do to improve communication in our newsletters?

5] What do you like about our newsletters?

6] What do you dislike about our newsletters?

7] What would you like to see more of in our newsletters?

8] What would you like to see less of in our newsletters?

9] Do you find the information relevant in our newsletters?

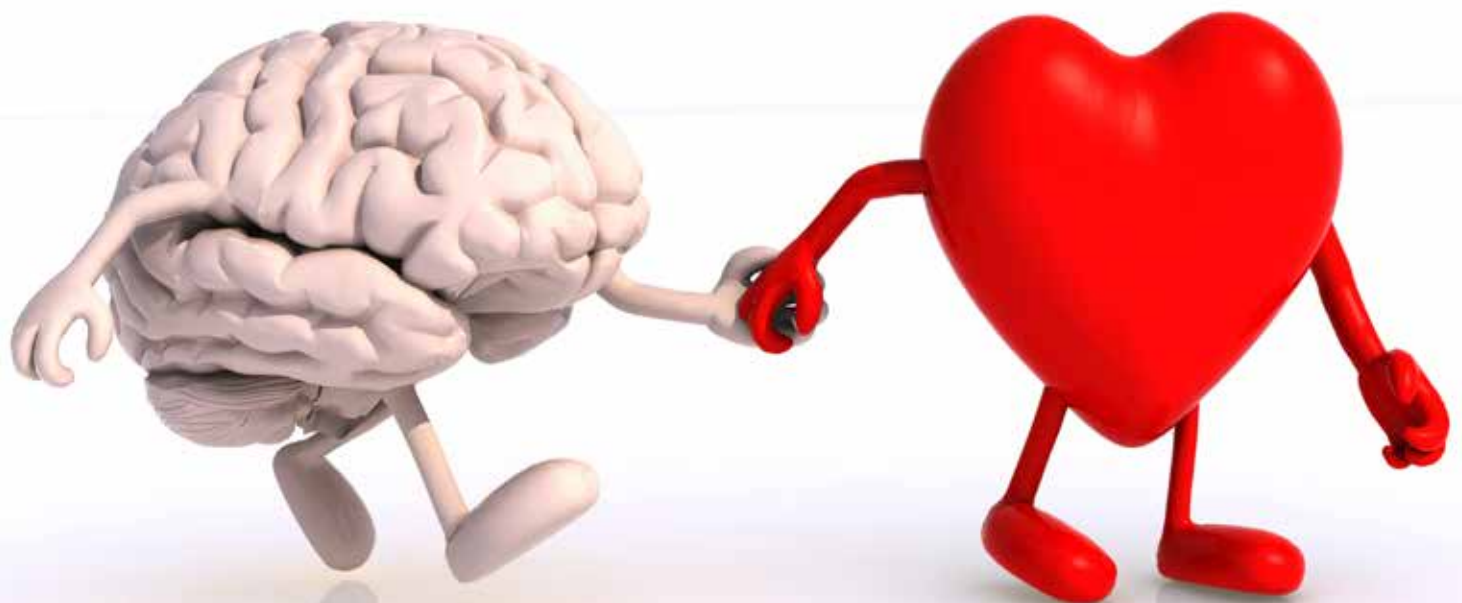
10] Please tell us briefly anything else you want to so that we can improve our newsletters even better than what we currently have.

***Please note that feedback only relates to our monthly newsletters.**

If there is something personal, then please contact management directly.

***Please be nice and respectful with your answers.**

***We look forward to your answers and suggestions.**



Brain and Heart.

Brain health is connected to heart health.

Did you know that the health of your brain and your heart are connected?

By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia. Learn more about the connection between the heart and brain and steps to take to keep both healthy.

Your heart pumps blood through vessels to every part of your body, including your brain. Damage to blood vessels can lead to serious health conditions such as heart disease, stroke, and dementia. Keeping your blood vessels healthy can help you have a strong heart and brain.

Unhealthy Heart, Unhealthy Brain

Some health conditions and unhealthy habits can damage blood vessels, putting your heart and your brain at risk for serious problems.

- A heart attack happens when plaque build-up or a blood clot blocks blood flow to the heart.
- A stroke, sometimes called a “brain attack,” happens when a clot or a plaque blocks a blood vessel in the brain or when a blood vessel in the brain bursts. When this happens, brain tissue dies, which can lead to memory loss and disability.
- A type of dementia called vascular dementia^{external} can happen as a result of a series of small, “silent” strokes, sometimes called “mini strokes.” Dementia can cause memory loss, slowed thinking, and personality changes.

Steps to a Healthy Brain and Heart

Did you know that the health of your brain and your heart are connected? By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia. Learn more about the connection between the heart and brain and steps to take to keep both healthy.

Heart disease, stroke, and vascular dementia are preventable. Take steps to reduce your risk.

1. Control your blood pressure.

High blood pressure is a leading cause of heart disease and stroke. Over time, high blood pressure puts too much stress on blood vessels. Scientists now know that having uncontrolled high blood pressure in midlife also raises your risk for dementia later in life. Know your numbers by getting your blood pressure checked regularly. If your blood pressure is high, work with your doctor, nurse, or health care team to manage it. One way to manage your blood pressure is to take your medicines as prescribed.

2. Eat healthy foods and limit alcohol.

Eat plenty of vegetables, fruits, whole grains, and low-fat dairy, and include seafood rich in omega-3 fatty acids (such as salmon) each week. Limit foods with added sugars and saturated fats and lower your sodium (salt) intake. If you drink alcohol, drink in moderation. Drinking too much alcohol raises blood pressure, which can lead to stroke and increase the risk of some kinds of heart disease.

3. Get diabetes under control.

Diabetes causes high blood sugar, which can damage blood vessels and nerves. This damage raises the risk for heart disease, stroke, and dementia.

4. Don't smoke.

Smoking damages blood vessels and makes blood more likely to clot, which can lead to heart disease and stroke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

5. Stay active.

Lack of physical activity can lead to high blood pressure and obesity. Most Australians don't get the 150 minutes of moderate-intensity activity per week the guidelines recommend. Find ways to get your heart pumping for at least 150 minutes per week. Take the stairs, schedule a walk at lunch, or do jumping jacks during TV commercial breaks.



For Your
Information

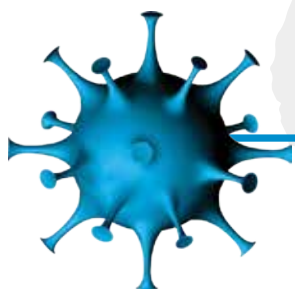
HISTORICAL TIMELINE OF VIRUSES

Compiled By Theresa Stratford Sources: Wikipedia and Visual Capitalist.

As we populate the Earth, so do our diseases. Although we may think we are living in an unprecedented time, the COVID-19 pandemic has had companions among mankind throughout the centuries.

Even in this modern era, one thing that remains constant is that infectious diseases make people sick. Here is a timeline of some of the world's most deadly outbreaks. These pandemics all took a social, economic and a religious toll on the population that was afflicted

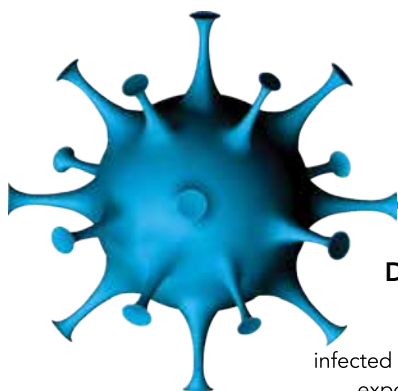
It's true that the more things change, the more they remain the same.



541 TO 542

PLAGUE OF JUSTINIAN DEATH TOLL: 30 MILLION TO 50 MILLION

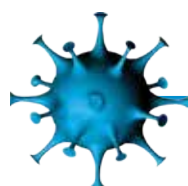
The plague of Justinian was a pandemic that struck the Byzantine Empire. It was carried in on merchant ships harboring rats that carried fleas infected with the plague.



1347 TO 1351

THE BUBONIC PLAGUE DEATH TOLL: 200 MILLION

Symptoms of the bubonic plague were flu-like. It was spread by infected fleas on small animals or by being exposed to body fluids from a dead, plague-infected animal.



THROUGHOUT THE 17TH AND 18TH CENTURY

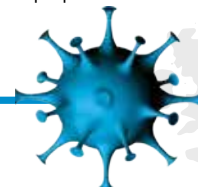
GREAT PLAGUES DEATH TOLL: 3 MILLION

A series of great plagues routinely ravaged Europe, mostly in cities, throughout both centuries.

165 TO 180

ANTONINE PLAGUE DEATH TOLL: 5 MILLION

The Antonine plague was an ancient pandemic brought to the Roman Empire by troops returning from campaigns in the Near East. Some believe it was either smallpox or measles, but the truth remains undetermined.



735 TO 737

JAPANESE SMALLPOX EPIDEMIC DEATH TOLL: 1 MILLION

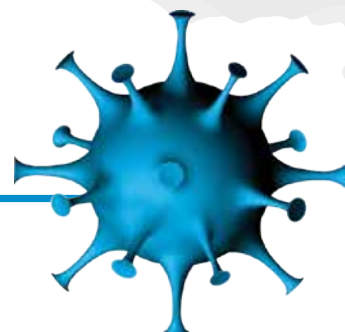
The Japanese smallpox epidemic was just as described – a scourge that wiped out a third of the Japanese population.



1520

SMALLPOX DEATH TOLL: 56 MILLION

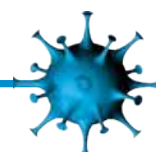
The last case was diagnosed in 1977. The World Health Organization certified global eradication of Smallpox in 1980. It was characterized by bumps on the skin. The risk of death was 30%, higher among babies. Survivors often had extensive scarring and some were left blind.

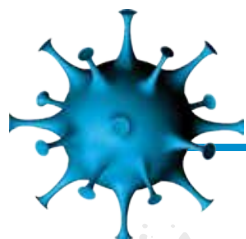


1817 TO 1923

CHOLERA DEATH TOLL: 1 MILLION

Cholera is an infection of the small intestine. Symptoms were large amounts of watery diarrhea, vomiting and muscle cramps. Complications were severe dehydration and electrolyte imbalance. It was spread by unsafe water or undercooked seafood.

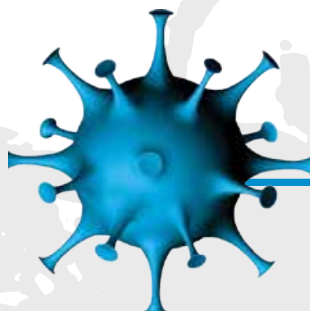




1855

**THE THIRD PLAGUE
DEATH TOLL: 12 MILLION**

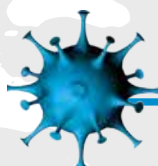
The third plague pandemic was a bubonic plague that began in China. It spread to all inhabited continents, with more deaths occurring in India and China.



1918 TO 1919

**SPANISH FLU
DEATH TOLL: 40 MILLION TO
50 MILLION**

Known as the deadliest pandemic in human history, the Spanish flu was an unusually deadly flu pandemic that lasted 36 months. It was believed to have started in Spain. Oddly, its mortality rate was high among young adults.



1968 TO 1970

**HONG KONG FLU
DEATH TOLL: 1 MILLION**

The Hong Kong flu became a worldwide pandemic caused by the H3N2 strain of the influenza A virus. The first record of the outbreak appeared in Hong Kong, but extensive outbreaks were reported in Vietnam and Singapore.



2002 TO 2003

**SARS
DEATH TOLL: 770**

Severe acute respiratory syndrome is a form of the coronavirus. The first-identified strain of the SARS coronavirus was traced by Chinese scientists in 2017 to cave-dwelling bats. No new cases have emerged since 2004.

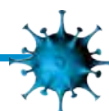


2014 TO 2016

**EBOLA
DEATH TOLL: 11,300**

Ebola, a viral hemorrhagic fever, has a high risk of death, killing 50% of those infected. Flu-like symptoms occur, along with vomiting and diarrhea. Some people would bleed internally and externally. Bats are believed to be the carriers. The largest epidemic was in West Africa.

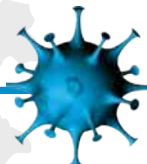
LATE 1800s



**YELLOW FEVER
DEATH TOLL: 150,000**

Spread by infected mosquitos, yellow fever causes fever, chills, loss of appetite and nausea. It can be found in parts of South America and Africa. Some countries require a vaccine for yellow fever for travelers even to this day.

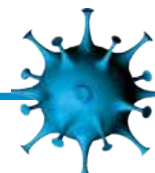
1889 TO 1890



**RUSSIAN FLU
DEATH TOLL: 1 MILLION**

The Russian flu killed a million people worldwide. It was first reported in Bukhara, Russia, and then in St. Petersburg.

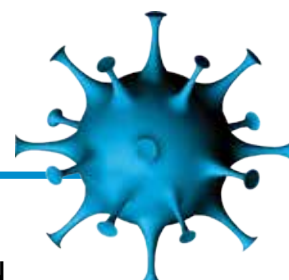
1957 TO 1958



**ASIAN FLU
DEATH TOLL: 1.1 MILLION**

The Asian flu caused a global pandemic of influenza A virus, H2N2. It originated in China.

**1981 TO
PRESENT**



**HIV/AIDS
DEATH TOLL:
25 MILLION TO 35 MILLION**

HIV/AIDS interferes with the immune system, causing an increased risk of developing common infections, which could lead to death. It is primarily spread by unprotected sex, blood transfusions or hypodermic needles or from mother to child during pregnancy.

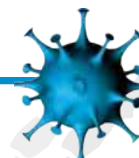
2009 TO 2010



**SWINE FLU
DEATH TOLL: 200,000**

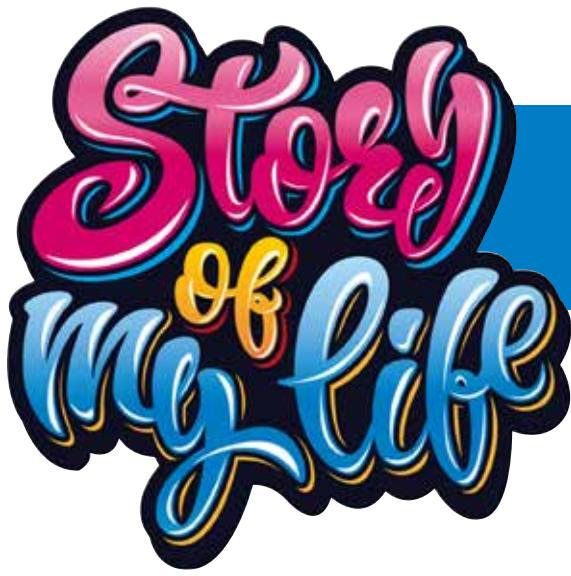
The swine flu is endemic in pigs. In humans, it caused flu-like symptoms, and it was estimated that about 700 million to 1.4 billion people contracted the illness. In 2010, the World Health Organization declared the swine flu to be over.

2019 TO PRESENT



**COVID-19
DEATH TOLL: 211,609
(AS OF APRIL 28, 2020)**

Caused by severe acute respiratory syndrome coronavirus, this disease apparently originated in China in December 2019. Data is currently being gathered on COVID-19, now a worldwide epidemic.



Stories from residents Patricia Ryan

Our story today comes from Patricia Ryan.

Patricia was born in Campsie to wonderful parents who taught her all good things in life. She said that she had a very happy childhood with her parents and siblings. They spent a lot of time in Lake Macquarie holidaying as a family.

Patricia attended Clapton Park Primary School then onto Canterbury Girls High School. Pat loved tennis and used to play a lot at school. Patricia was married to a lovely man and they had a wonderful son.

Patricia loves gardening, sitting out in the garden, going for walks, watching tennis on TV and receiving visits from her niece and nephew. She always looks forward to these visits. She attends all activities provided and enjoys going to Ashfield Park for a wheelchair ride.



Some useful links:

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

Recognised and appreciated staff member of the month.



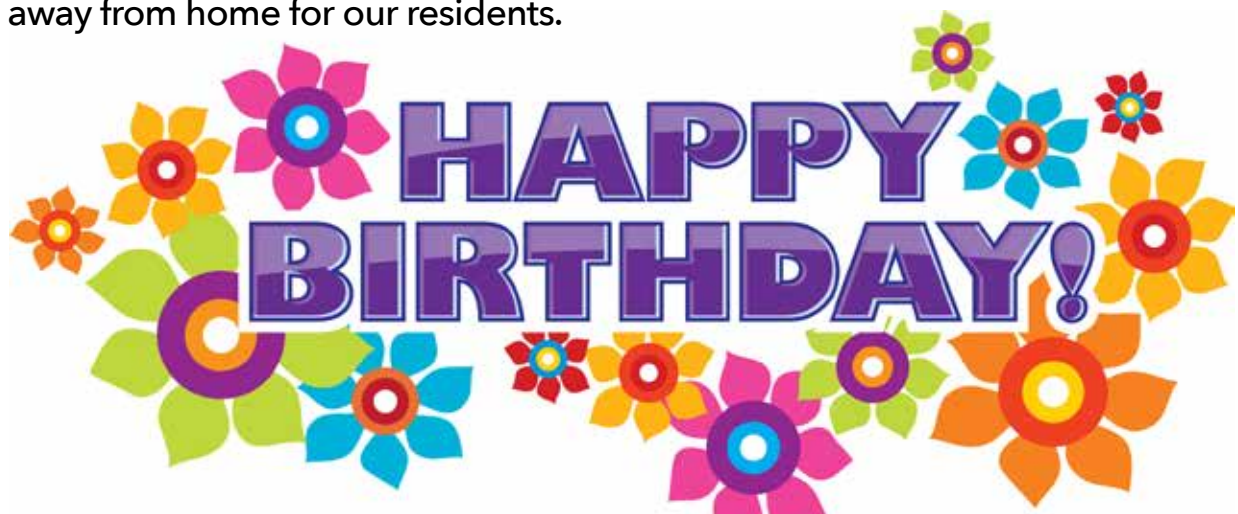
Maryann Inbari

I was born in South Africa and am the eldest daughter. I have 2 wonderful sisters. When the crime rate spiked, I was scared for my future and made the decision to emigrate to Australia, leaving my friends and family behind. Arriving in Sydney on my own was quite daunting but immediately knew that it was the right decision and set about making it my home. Luckily after six months of being here I met Sass. He introduced me to his family, his dad Sam who has since passed and his mum Rachel who is now 92, and his three gorgeous children Jessica, Joshua and Jacob and I knew that I had found my new family and we got married the following year. I was working as a Financial Planner and Sass and his dad were running The Willows.



Five years later we were blessed with our precious little girl Jaye and our family was complete. In January 2012 I came to work with Sass at The Willows, I took on the role as Financial Controller as that was my background.

Since then, my role has evolved and now I enjoy working hand in hand with Sass and Helen to make The Willows the beautiful, caring residential facility it is and provide a home away from home for our residents.



APRIL CELEBRATIONS

Raymond Wells April 3rd

Catalano Rosa April 18th



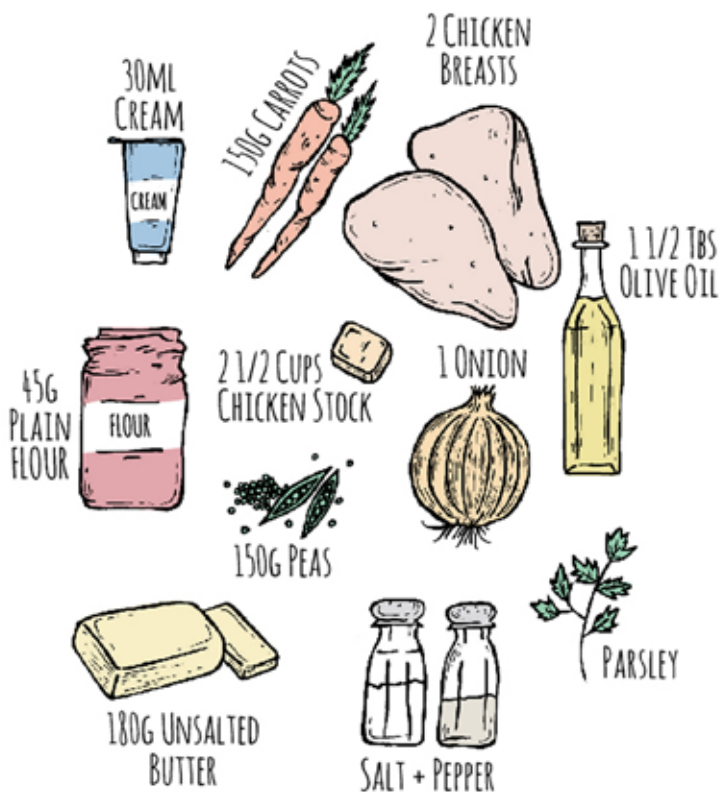
FROM THE FOOD STUDIO



CHICKEN POT PIE

SERVES 2 INDIVIDUAL PIES

FILLING



PASTRY



- 1 COVER CHICKEN IN OLIVE OIL, SALT AND PEPPER AND ROAST FOR 40 MINS. CUT THE CHICKEN INTO CUBES WHEN COOLED.
- 2 PASTRY - MIX FLOUR, BAKING POWDER, SUET, BUTTER AND SALT WITH FINGERS. ADD THE WATER AND MIX WITH ELECTRIC WHISK. KNEAD INTO A BALL AND PUT IN THE REFRIGERATOR FOR 30MINS.
- 3 SAUTÉ ONION IN MELTED BUTTER. ADD THE FLOUR AND HEATED CHICKEN STOCK. MIX IN THE CHICKEN, CARROTS, PEAS AND PARSLEY.
- 4 DIVIDE THE MIXTURE INTO TWO OVENPROOF BOWLS, DIVIDE PASTRY AND ROLL OUT INTO 2 CIRCLES TO COVER THE BOWL. LAY THE PASTRY OVER THE TOP. GLAZE WITH EGG WASH.
- 5 PUT IN THE OVEN ON GAS MARK 5 FOR 1 HOUR.



Did You Know?

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

DENTIST



PODIATRIST



DOG THERAPY



PHYSIO



HAIRDRESSER



ART THERAPY



HOLY COMMUNION



AWESOME 5 FACTS

EARS

- The hardest bone: the temporal bone, which protects the inner ear, is the hardest in the human body.
- Sound waves as low as 20 Hz, & as high as 20,000Hz, can be picked up by the human ear.
- Your outer ear never stops growing throughout your lifetime.
- The ear contains more than 20,000 hair cells.
- Ears don't just help you hear; they help you keep your balance.

MOUTH

- Saliva is necessary for tasting. We would be unable to taste anything if our mouths were dry.
- Of all the five senses taste is the weakest.
- Everyone has a unique tongue print just like our fingerprints.
- The tongue is the only muscle in the body that is attached at just one end.
- We have approximately 9,000 taste buds & females have more than males.

BRAIN

- Sixty percent of the human brain is made of fat.
- Your brain isn't fully formed until age 25.
- Your brain's storage capacity is considered virtually unlimited.
- Brain information travels up to an impressive 431km per hour.
- A brain freeze is really a sphenopalatine ganglioneuralgia.

SKIN

- The average person's skin covers an area of 2 square metres.
- Skin accounts for about 15% of your body weight.
- The average person has about 300 million skin cells.
- Your skin is its thickest on your feet (1.4mm) & thinnest on your eyelids (0.2mm).
- The skin renews itself every 28 days.
- Your skin has at least five different types of receptors that respond to pain & touch.

Welcome April

New month, new day, new date,
new chapter, new page, new LIFE.

May this month bring you happiness,
satisfaction, peace and victory.

May all the desires of your heart be granted.

May this be the beginning of new life,
new things and new joys in your life.

Stay strong, be positive and fulfill your dreams.

Keep your spirit and determination unshaken
and you shall always walk the glory road.

With courage, faith and trust in God
you shall conquer everything you desire.

Amen, Thank You Lord



Are you SCAM savvy?

Scams cost Australian consumers, businesses and the economy hundreds of millions of dollars each year. It's not just the gullible or greedy who get scammed. Scammers are smart, they often use emotional triggers to extort money and/or information from their victims, causing emotional harm and financial hardship to those affected.

Types of scams:

- attempts to gain your personal information (including hacking, identity theft and phishing)
- buying or selling scams
- dating and romance scams (often via dating websites, apps or social media)
- fake charities seeking donations
- investment opportunities and 'foolproof betting systems'
- jobs and employment (an offer of 'guaranteed' employment and other ways to 'get rich quick')
- threats and extortion (including malware and threats of fines, arrest and even violence)
- unexpected money (inheritance and rebate scams)
- unexpected winnings (including winning lottery tickets, prize giveaways)

Learn more about these scams and more on the Australian Competition and Consumer Commission (ACCC)'s Scamwatch website.

Cybercrime

Cybercrime and scams often overlap, but cybercrime does not always involve a scam. Cybercrime is illegal activity directed at computers, mobile phones or other online devices, where computers or other online devices are the main way the illegal activity is carried out.

Types of cybercrime:

- online scams and fraud
- identity theft
- email spam and phishing
- attacks on computer systems
- distribution and possession of offensive and illegal content
- cyber-bullying
- online trading issues.

Report a scam or cybercrime

Unfortunately, if you've lost money to a scam it is unlikely you will get your money back.

However, there are steps you can take to protect yourself from further harm:

1. Report scams to the ACCC.
2. If you know the scam started in NSW, and/or you know the name of the business or individual, call us on 13 32 20 or make a complaint online.
3. If possible, report the scam to the appropriate agency to help them warn others and take action against scammers.

When you've been scammed:

Here is some advice to help you get back on your feet after falling victim to a scam or cybercrime:

- **Contact your financial institution**

If you have sent money or shared your banking details with a scammer, contact your

financial institution immediately. They may be able to stop a transaction or close your account to protect you from further loss. Your credit card provider may be able to chargeback any fraudulent transactions.

- **Change your online passwords**

If you think your computer or device has been hacked or infected with malware, you should change the passwords for all your online accounts. Never use one password for all your accounts, if someone uncovers it, they unlock all your information.

- **Recover your stolen identity**

If you are a victim of identity theft it is important you act quickly to minimise your losses. You can:

- **contact iDcare.** iDcare is a free government-funded service that can work with you to develop a specific response plan to your situation and support you through the process. Visit the iDcare website for more.
- **apply for a Commonwealth Victims' Certificate.** This helps support your claim that you've been the victim of identity crime. It can be used to help re-establish your credentials with government or financial institutions.
- **Contact a counselling or support service if you need to talk**
Lifeline, Beyond Blue or the Suicide Call Back Service can help.

Protect yourself against scams:

Have you had a phone call or SMS out of the blue? Phishy email or 'lucky' letter?

Unknown knock at the door? Strange behaviour from an online friend or admirer?

These tips will help to protect yourself against scammers.

- **Don't respond:** Ignore suspicious emails, letters, house visits, phone calls or SMS – press 'delete', throw them out, shut the door or just hang up.
- **Watch out for slick tricks:** Scammers use sophisticated tricks to fool you, like fake websites, glossy brochures, technical jargon or posing as someone that you know and trust – don't fall for them.
- **Don't let scammers push your buttons:** Scammers will play on your emotions to get what they want.
- **Protect your identity:** Your personal details are private and invaluable – keep them that way. Avoid filling out forms online where personal financial information is requested. Only use secure websites, or a telephone, to transmit sensitive information.

Useful information:

<https://www.scamwatch.gov.au>

https://www.police.nsw.gov.au/crime/frauds_and_scams

<https://www.fairtrading.nsw.gov.au/buying-products-and-services/scams>

<https://www.cyber.gov.au>

<https://www.idcare.org>

Anzac Day

Sunday
25th April



TIME TO

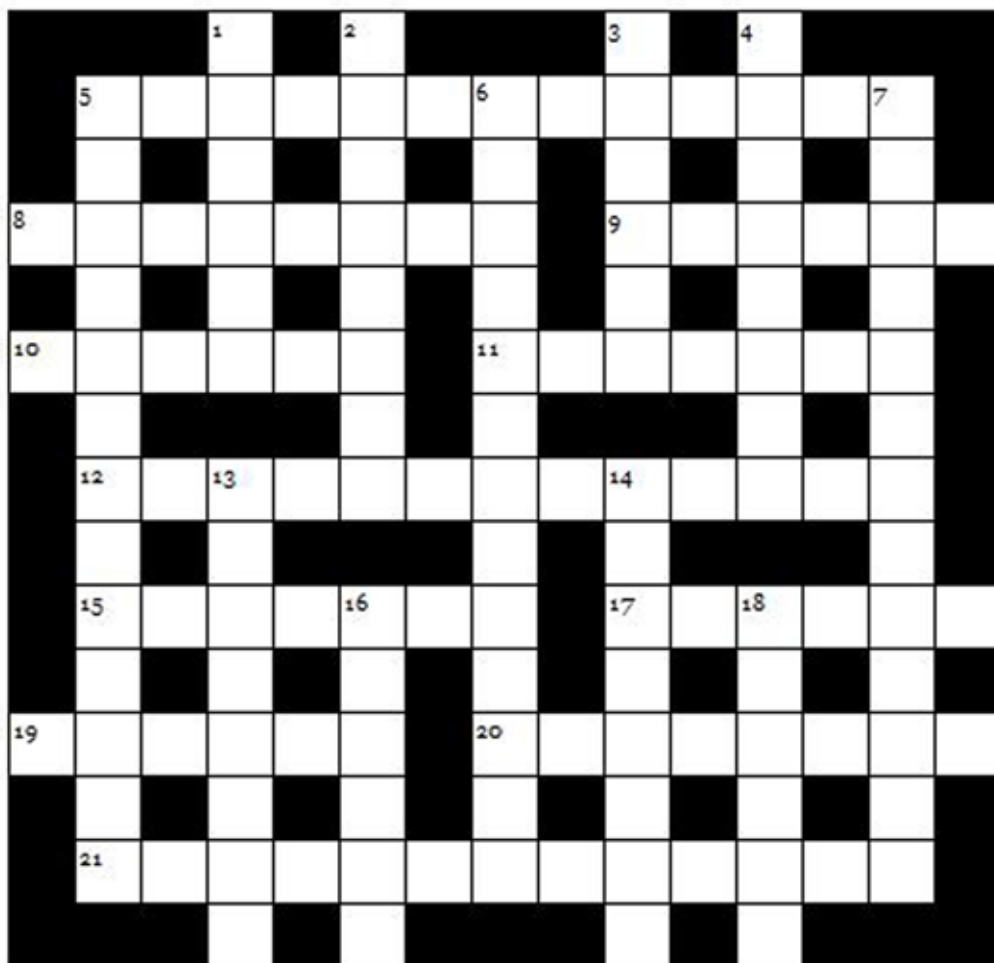
unplug

and

RELAX



CRYPTIC CROSSWORD



Across

- 5 Dependable person, hero signs fancy children's toys (7,6)
- 8 Numberless teenagers travelling in ship's cheapest accommodation (8)
- 9 Hollow cry after pop group seen in top monk's office (6)
- 10 Keep quiet and use safety strap (4,2)
- 11 In prison, a cell emulates and airship's car (7)
- 12 Perhaps logs measurement of flour, milk and egg mixture? (9,4)
- 15 Studying in Berkshire town (7)
- 17 Safe - extremely safe - remedy (6)
- 19 Stop and exercise (4-2)
- 20 Hairstyle redesigned at trials (4-4)
- 21 Cellist regularly taken by passionate and clever chap to extremely large French town halls (6,2,5)

Down

- 1 Place emphasis on part of Balzac centenary (6)
- 2 Bishop and I not right to wrestle in New York (3,5)
- 3 Collage made by agency's Order of Merit put up (6)
- 4 Keats poem is all about clasping a bowled 'ead primarily (8)
- 5 There were just a few voters here with horrible smell - nasty! (6,7)
- 6 Cluedo Reverend accused, tending to shoot well? (5-8)
- 7 Five following Saint in south eastern Greek island kill spies (6,7)
- 13 Teach about biblical character - this may be in the kitchen (3,5)
- 14 Donkey bone in Education minister's oven (3,5)
- 16 Spear antelope, remove tail and begin to eat (6)
- 18 Pet oddly taller cows (6)

Put your grey cells to work with these
funny Australian trivia questions.
Don't cheat and look at the answers.
Give it a good go!



QUESTION #1

There are two girls:
one is facing the South,
the other faces North.
Yet they can see
each other
without mirrors.
How can it be?

QUESTION #2

There are 5 sisters
in the room:
Ann is reading a book,
Margaret is cooking,
Kate is playing chess,
Marie is doing laundry.
What is the 5th sister doing?

QUESTION #3

There's a bathtub
filled with water
in front of you.
You have a spoon,
a cup, and a bucket.
What is the fastest way
to empty the tub?

QUESTION #4

What can you see
once in a minute,
twice in a moment,
and never
in a thousand years?

QUESTION #5

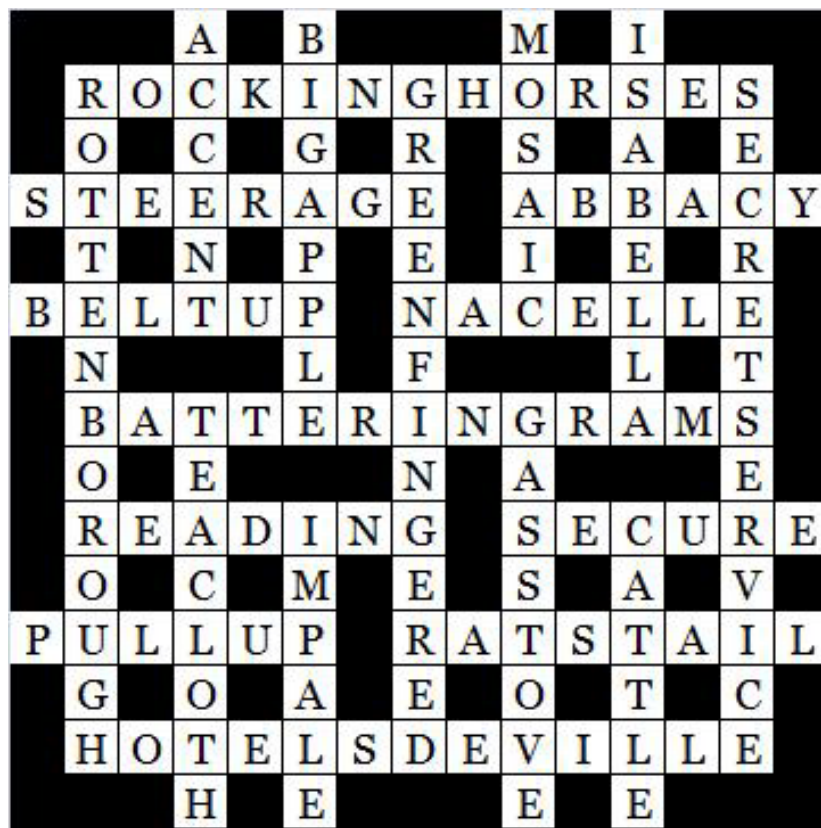


There are 3 doors in front of you.
You have to go through one of them.
Behind the first door, a fire is raging;
behind the second one, there is a lion
that hasn't eaten in 3 years.
Which door will you choose?

QUESTION #6

Explain the puzzle.

$2 + 2 = \text{fish}$
 $3 + 3 = \text{eight}$
 $7 + 7 = \text{triangle}$



CRYPTIC CROSSWORD - ANSWERS

ANSWERS to TRIVIA questions...

ANSWER #1

They're facing each other.



ANSWER #2



She's playing chess with Kate.

ANSWER #3

Pull out the plug.



ANSWER #4

The letter "M."

ANSWER #5

Lions can survive for 1-2 weeks without food. If it's been 3 years since the animal's last meal, it is probably long dead. The door with the lion behind it will be the safest option.

ANSWER #6

Stack the 1st number with the 2nd number flipped backward.

$$2 + \text{S} = 8$$

$$3 + \text{E} = 8$$

$$7 + \text{T} = \nabla$$

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