



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for May.

We hope that you enjoyed our previous newsletters.

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

"May the month of
May
be filled with sunshine,
happiness, and
endless blessings."

From the Admin Desk

Hi All

The year is flying by, and we are already in May and the cold weather is upon us especially in the early mornings and evenings. We have vaccinated the residents, and the staff will be vaccinated in the next few weeks. There seems to be a lot of viruses going around now including COVID-19, influenza, respiratory syncytial virus (RSV) and other viral respiratory infections. Transmission is primarily via droplet and aerosol spread when infected individuals cough, sneeze, talk or shout.

- *Visitors please do not enter when respiratory symptoms are present.*
- *If possible, visits should be held outdoors or in well-ventilated areas away from other residents.*
- *Masks should be worn at all times within the facility.*

Happy Mother's Day.

Maryann Inbari - CEO



From the Lifestyle Desk



Welcome to the May edition of our monthly newsletter. May is the traditional month for Mother's Day which is on the 2nd Sunday, 12th of May.

I want to wish all of our mothers and grandmothers at THE WILLOWS PRIVATE NURSING HOME a happy day and hope you all get spoiled with lots of gifts, cards and chocolates!

As we are coming into the winter months, the flu season will be upon us and so our residents have all received their vaccines a few weeks ago provided by the management. Maryann has been working too on our annual staff flu vaccination program in line with the Governments requirements.

Regards,

David, Tess and Lyssa

Happy Mother's Day!



Sending lots of love and wishes to
all amazing mums out there.

We wish you have a wonderful time
with your loved ones!

Sunday 12th May

Wellbeing

5 ways to use the *feelings wheel*

Get to grips with your emotional landscape with the help of this effective tool

The feelings wheel is a visual tool that covers a variety of emotions that a human can experience. Awareness of it can help deepen your understanding of complex emotions, offer ways to describe your emotional weather, and aid you in healthy communication with others.

While there are lots of different 'feelings wheel' examples, the most famous is the Plutchik wheel, created by psychologist Robert Plutchik. The wheel breaks down eight core emotions into polarising pairs: anger/fear; disgust/acceptance; joy/sadness; and expectation/surprise.

In this theory, emotions move up and down a spectrum of intensity, with emotions on the outer edges feeling milder, while those in the centre are more intense. It's worth noting that emotions that sit close together on the wheel have more in common, which is why it might be hard to find just one word to define how you feel. But if you're keen to learn more and broaden your emotional horizons, here are five ways you can use the feelings wheel to benefit you...

1. Identify how you feel

The simplest way to get started with the feelings wheel is to use it as a way to give voice to your emotions. This can be helpful if you get frustrated about being unable to pinpoint your mood.

Start by scanning over all the emotions on the wheel, and settle on the one closest to how you feel. There is no right answer here; the wheel is a springboard for you to dive into the complexity of your emotions.

Try writing the word down, and using it as a way to validate your own experience. Alternatively, think about how you would comfort someone else who is feeling this emotion.

When you have words to label how you feel, it can take you out of your emotional brain and into your logical brain, which adds a degree of separation – and the opportunity to see your emotions from a different perspective.

2. Communicate with others

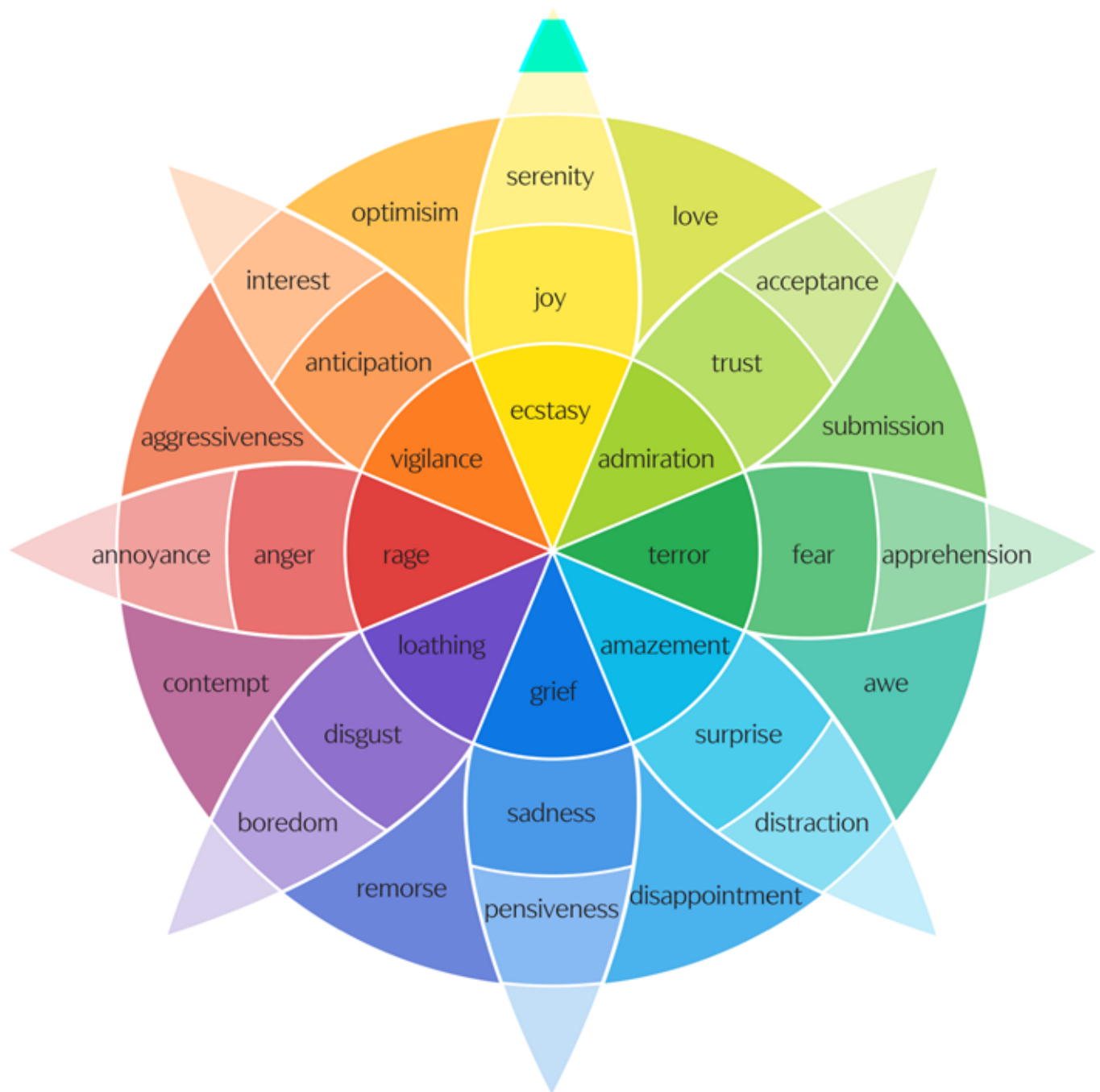
If you want to open up to someone about your mental health, but struggle to find the right words, try looking at the

feelings wheel before you start. Pick out the emotion closest to the one you're feeling and tell a friend. If you're going through a period of grief, your friends may not know that your most intense feeling today is fear. Once you can articulate this, your friends can get a deeper understanding of your pain, and be more equipped to offer support.

Getting familiar with the feelings wheel can also give you a wider understanding of how others might feel, so when you are talking to someone, give them space to explore the nuances of their emotional experience in a non-judgemental way.

3. Identify triggers

Have you had an emotional reaction that seemed disconnected from what was actually happening? Perhaps accidentally burning your toast has sent you into floods of tears, or you've had a blank reaction to bad news. Giving words to these emotions can help you delve deeper into your inner world, and understand your triggers better. For example, someone with PTSD might find silence scary. Naming



this emotion can give them a way to explore the root cause with a professional therapist, and work towards finding healthy coping mechanisms.

4. Make positive changes

Once you've identified how you feel, you can use the feelings wheel as a tool for change. If you've argued with your colleague, you might say you feel angry. Search around the wheel for your desired emotion, the one that you'd like to cultivate in response. Perhaps you gravitate towards acceptance, which offers you a chance to explore the feelings around this, such as

trust, love, and submission. Can you use these feelings to inspire an action or series of actions that could resolve the conflict and help you process anger?

5. Track your emotions over time

When you're emotionally overwhelmed it can seem never ending. Using the feelings wheel to give a name to your mood on a daily basis can, over time, give you paper evidence that no feeling lasts forever. Additionally, regular journaling about difficult emotions that persist will allow you to see areas of your mental health that could benefit from

professional support.

For example, after journaling on your emotions for six weeks, you may feel proud that you managed to ride through the sadness of a romantic break up, but notice that rage is a feeling that has persisted. That might be something you want to discuss with a trained therapist.

While the feelings wheel is a helpful resource, don't get too hung up on where you fit into the wheel. It's just a starting point, and the most important thing is that you avoid bottling up your feelings, and instead find ways to investigate and express them in a therapeutic way.

YUMMY!

The Best Pancake Topping

Flour, eggs and milk is all you need to make a great pancake, right? Anyone that's tried to make pancakes understands this is far from the truth. It's hard to believe that something this good can be so easy to make!

Not only that, but the recipe lends itself to so much creativity that no two pancakes have to be the same.

A recent study from HelloFresh has revealed Australia's favourite things to top the fluffy delights with.

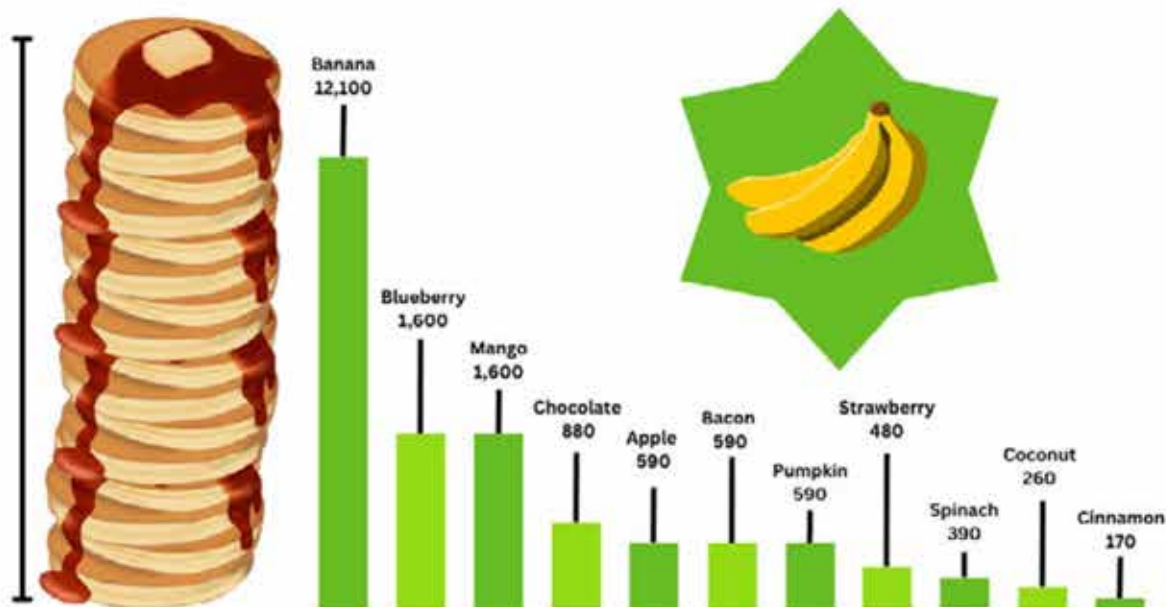
Banana pancakes are the most popular, according to the data analysis of average monthly searches for each topping, moving them into first place with over 12,000 searches. Blueberry and mango are in a tie for second place with a total of 1,600 searches each.

Other popular contenders included in the list included chocolate, strawberries, coconut and cinnamon.

Interestingly, the data highlighted Australia's growing interest in savoury pancakes as toppings bacon, pumpkin and spinach are among the top 10.

Whether you favour sweet or savoury, if you're looking for inspiration, this list will give you ideas for the best treats to whip up this Pancake Day.

Australia's Top 10 Pancake Toppings





What is aphasia?



Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write. Aphasia is always due to injury to the brain—most commonly from a stroke, particularly in older individuals. But brain injuries resulting in aphasia may also arise from head trauma, from brain tumors, or from infections.

A Form of Identity Theft



Aphasia is loss of language abilities, usually after a stroke or similar brain injury. In rare cases, it can be an early sign of another progressive neurological disease. In all cases, aphasia steals a person's words and can make it hard to express ideas in words or through writing. It can also limit the ability to understand spoken and written words. Aphasia is not a loss of intelligence.

IMPACT OF APHASIA

The National Aphasia Association (NAA) estimates that close to 2 million people in the U.S. have aphasia. This makes aphasia more common than Parkinson's disease, but a survey by the NAA in 2020 showed that most people were not familiar with aphasia or ways to help a person with aphasia. Although recent news that actor

Bruce Willis has a form of the disorder has raised awareness a bit, information about aphasia has a hard time getting out, because people who have the condition can't speak up about it easily.

HELP FOR THE PATIENT AND CAREGIVERS

For people who acquire aphasia, early help from a speech-language pathologist (SLP) who specializes in this area is recommended.

Research has shown that people can continue to improve their communication abilities for months and even years after onset, so even if a person has not had much previous formal therapy, SLPs can help design a treatment plan to improve skill and confidence with communication and help people regain independence.

Try saying your full name backward. Now imagine having to work that hard every time you need to order a meal in your favorite restaurant. Aphasia is like that. Imagine going to a foreign country where you recognize only a few words, and speak even fewer. Aphasia is like that.

Good Vibes

The joy of

gifting

Beyond an opportunity to unlock deep bliss, gifting releases a surge of emotions that contribute to our wellbeing, self-esteem, and sense of purpose

One of the most memorable gifts I've received is a handmade photo book from my school friends. Aptly titled *This is Your Life*, it documented our years together from child to adulthood, recalling some of our most treasured memories. Bound in a hardback cover, it still sits on my shelf now, begging to be pulled out and pored over when I'm chasing a little sentimental reflection.

It's special to me because it was made with intention. And I have it on good authority that my friends had an absolute blast compiling it – reliving memories

as they sourced and placed the images, constructed the (often hilarious) captions, and got creative with the design.

I liken it to how Amélié Poulain must have felt when she finds the childhood treasure belonging to the former occupant of her apartment, in Jean-Pierre Jeunet's movie, *Amélié*. Returning the memorabilia to its rightful owner – and witnessing his subsequent joy and newfound perspective – she commits herself to others, delivering acts of kindness that transform the lives of the people around her. But in the act of giving, it's Amélié who transforms the most.

The message here is that, while it's amazing to be the lucky recipient of a gift, it's as the giver of those gifts – the crafter of the gesture – where the sky-high joy can be found.

The psychology of gifting

Gifting is a tradition engrained in many cultures, and beneath its surface lies some fascinating psychological benefits. An expression of love and gratitude, it acknowledges the significance of our relationships, shifting us away from ego, and rewards us with a wonderful 'warm glow'.

Developed by American economist James Andreoni, >>>

‘warm-glow giving’ is a theory that explores the emotional reward of giving to others. His study, published in *The Economic Journal* in 1990, places us into two categories: ‘impurely altruistic’, where we maintain both altruistic and egoistic motivations for giving that reward us for the contributions we make; or ‘pure altruists’, who are motivated solely by the desire to give.

A 2019 study by The University of Sussex, published in *NeuroImage*, further explores the neural processes associated with altruistic and strategic giving, concluding that – irrespective of *why* we give – both types are destined to benefit others, and are consistently rewarding to the giver, triggering the ‘helpers high’ that naturally follows an act of kindness.

It’s believed that both giving and receiving gifts activates the core areas of our brain associated with reward and pleasure, stimulating the neurotransmitter dopamine. When we give, we bring happiness to ourselves and others, experiencing what’s often referred to in psychological circles as ‘vicarious reward’. Through witnessing something positive happening to another person, we vicariously experience that person’s pleasure, too. It’s a wonderful way to lean into compassion, with long-lasting benefits for both gift-giver and recipient.

Re-framing the act of giving

When we think of a gift, we often picture a box wrapped in beautiful paper with a bow around it. And while these types of gifts are wonderful – especially if it’s something we need or desire – there is so much more to gifting than the simple sharing of objects.

Pablo Picasso reportedly once said: “The meaning of life is to find your gift. The purpose of life is to give it away.” Here, gifting is viewed through the lens of shared experience. The artist teaching watercolour, the baker sharing a



secret recipe, the pianist playing a beautifully composed piece and then walking his protégées through the score. These shared skills are tangible symbols of care that enhance our human connection, lifting us emotionally, physically, and spiritually.

Then, there are activities and experiences, such as scenic hikes, homemade picnics, Ikebana-style flower arranging, and hygge nights in. All of these provide the gift of time together, as well as deepening connections through shared experience.

Perhaps the greatest gift of all,

though, is the capacity to use our voice and actions to enrich others’ lives. Complimenting a stranger, telling a friend how much they mean to you, helping somebody who is struggling. These words and actions carry so much value, and it’s perhaps here, in this space and via these gestures, where the most authentic ‘warm glow’ can be found.

So, where will you start? What will you say and do today? Who will the lucky recipient be? Try these eight creative gift ideas and see how they enhance self-worth, along with those all-important human connections.

8 creative gift ideas



Prescribe an adventure

From day trips to honing skills,

hobbies, and climbing mountains, planning adventures shows you have actively listened to what your friend wants in life, and is an emotionally uplifting way to deepen your connection through shared experience.



Write a heartfelt note

In a world where WhatsApp reigns

supreme, a handwritten note carries real value. What have they taught you? What qualities make them unique? Putting pen to paper provides time to reflect on what you want to say, and is a beautiful way to deepen your bond.



The gift of time

Carving out time for a catch up – even if it's just an

hour – can provide a valuable emotional boost. Head to a café or meet in the park for a quick life catch-up.



Bake bread

If food could dish out hugs, bread would

almost certainly be at the front of the queue! Try your hand at a country boule, show your skills with a clever crust, or get a starter established and go for sourdough. For gluten-free friends, there are tons of recipes online.



Make a preserve or pickle

Jams, chutneys,

and pickles equal a direct route to the heart of foodie friends. It's a good idea to work with what's in season for the ultimate flavour experience, buying the ingredients locally, and making it in batches so you can create a few jars at once.



Create a bespoke box of memories

Housing old

letters, postcards, photos, and memorabilia in a box can provide a wonderful trip down memory lane. Scour charity shops for delightful boxes, and drop the finished package on your friend's doorstep.



Grow to gift

Whether it's herbs and greens grown

on your windowsill, or a posy made from wildflowers in the garden, homegrown gifts are light on your carbon footprint, but big on purpose and satisfaction.



Hobby in a tin

Got a friend who loves to crochet,

make clothes, or bake? Collating objects that represent their hobby says you believe in their passion as much as they do, and are fully invested in it as a mindful form of therapy for them.

THIS MONTH WE ARE NOT CELEBRATING A





The Willows

PRIVATE NURSING HOME

Tip of the Month

Feeling hungry?

On feeling hungry drink some water 15 minutes before eating! Thirst and hunger sensations are triggered together and if there is a slight dehydration the thirst mechanism may be mistaken for hunger, and you may eat when the body is actually craving fluid.



from our kitchen
to yours

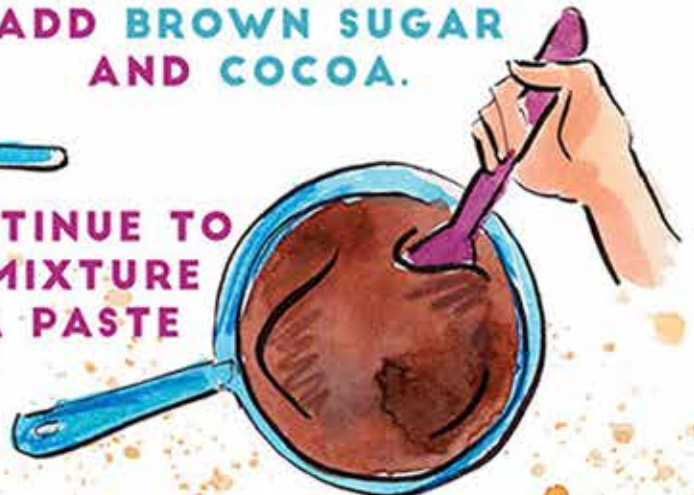
FUDGY COCONUT BROWNIES

INGREDIENTS:
100G COCOA
250G BUTTER
500G BROWN SUGAR
100G SELF-RAISING FLOUR
4 EGGS (BEATEN)
100G DESICCATED COCONUT



1. MELT BUTTER IN
A LARGE SAUCE PAN.
ADD BROWN SUGAR
AND COCOA.

2. CONTINUE TO
STIR MIXTURE
INTO A PASTE



3. REMOVE FROM HEAT
AND LEAVE MIXTURE
TO COOL.



4. ADD
EGGS, A
LITTLE AT
A TIME.
FOLD IN
THE FLOUR
AND DESICCATED
COCONUT.



5. POUR MIXTURE INTO A
PRE-LINED 21CM BAKING TRAY.

6. BAKE FOR
40 MINUTES AT
180°C IN A PRE
HEATED OVEN.



THE GOOD OLD DAYS



WOW!

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





Pet Corner



THIS MONTH'S PET

Guinea Pigs

Guinea pigs are cute, clever and cuddly, and they're the source of lots of fun facts.

- Guinea pigs are not from Guinea in Africa (they originated in the Andes) and they are not pigs. They are cavy, which is a type of South American rodent.
- They can live for seven to 10 years. The oldest known guinea pig almost made it to 15.
- There are more than 20 different breeds, including a couple that are hairless.
- Guinea pigs are born with teeth and hair and are running around only a few hours after birth.
- Ick warning: they produce two different types of poo, and eat one of them for extra vitamins. This helps to prevent digestive tract diseases.
- They can breed from the age of three weeks old.
- Guinea pigs are very active, social and curious. They only need a few quick naps during the day and night, so you'll need to provide lots of mental stimulation and companionship (including other guinea pigs) to keep your pet happy and healthy.

**WHAT'S
ON?**

**DURING
THE MONTH OF
MAY**



LADIES GROUP
2.00pm Friday 10th
MOTHER'S DAY LUNCH

12.00pm Sunday 12th

ITALIAN GROUP

2.00pm Wednesday 8th

COOKING GROUP

KNITTING GROUP

2.00pm Friday 17th

ART GROUP THERAPY

2.00pm Every Monday

MENS CLUB

11.00am Friday 17th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

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

HAPPY HOUR

2.00m Friday 31st

BUS OUTING

9.00am Wednesday 1st & 15th

BIBLE STUDY

11.00am Every Thursday

ZUMBA EXCERCISES

10.00am Every Tuesday

* Subject to change.



Mindset



Understanding 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.

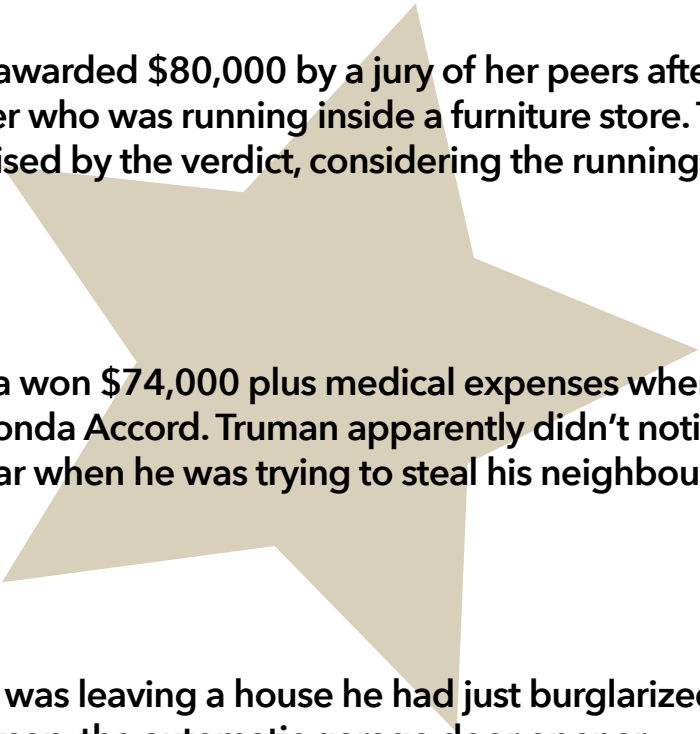
Another research-based approach is 'behavioural activation'. The principle is that doing something you once enjoyed, no matter how small, is always better than doing nothing, even if you don't feel the good effects right away. So, if you used to enjoy painting before you fell into blah, make a date with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

BLAH!
BLAH!
BLAH!



THE Stella Awards



There is nothing that strikes more fear in a heart than looking at a "jury of your peers". It's time again for the annual "Stella Awards"! For those unfamiliar with these awards, they are named after 81-year-old Stella Liebeck who spilled hot coffee on herself and successfully sued the McDonald's in New Mexico where she purchased coffee. You remember, she took the lid off the coffee and put it between her knees while she was driving. Who would ever think one could get burned doing that, right?

That's right; these are awards for the most outlandish lawsuits and verdicts in the U.S. You know, the kinds of cases that make you scratch your head. So, keep your head scratcher handy.

Here are the Stella's for this year:

SEVENTH PLACE *

Kathleen Robertson of Austin Texas was awarded \$80,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running inside a furniture store. The store owners were understandably surprised by the verdict, considering the running toddler was her own son.

Start scratching!

SIXTH PLACE *

Carl Truman, 19, of Los Angeles California won \$74,000 plus medical expenses when his neighbour ran over his hand with a Honda Accord. Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbour's hubcaps.

Scratch some more...

FIFTH PLACE *

Terrence Dickson, of Bristol Pennsylvania was leaving a house he had just burglarized by way of the garage. Unfortunately for Dickson, the automatic garage door opener malfunctioned, and he could not get the garage door to open.

Worse, he couldn't re-enter the house because the door connecting the garage to the house locked when Dickson pulled it shut. Forced to sit for eight, count them, EIGHT days and survive on a case of Pepsi and a large bag of dry dog food, he sued the homeowner's insurance company claiming undue mental Anguish. Amazingly, the jury said the insurance company must pay Dickson \$500,000 for his anguish. We should all have this kind of anguish Keep scratching. There are more...

Double hand scratching after this one.

FOURTH PLACE *

Jerry Williams, of Little Rock, Arkansas, garnered 4th Place in the Stella's when he was awarded \$14,500 plus medical expenses after being bitten on the butt by his next-door neighbour's beagle - even though the beagle was on a chain in its owner's fenced yard. Williams did not get as much as he asked for because the jury believed the beagle might have been provoked at the time of the butt bite because Williams had climbed over the fence into the yard and repeatedly shot the dog with a pellet gun.

Pick a new spot to scratch, you're getting a bald spot.

THIRD PLACE *

Amber Carson of Lancaster, Pennsylvania where the jury ordered a Philadelphia restaurant to pay her \$113,500 after she slipped on a spilled soft drink and broke her tailbone. The reason the soft drink was on the floor: Ms. Carson had thrown it at her boyfriend 30 seconds earlier during an argument.

Only two more so ease up on the scratching.

SECOND PLACE*

Kara Walton, of Claymont Delaware sued the owner of a night club in a nearby city because she fell from the bathroom window to the floor, knocking out her two front teeth. Even though Ms. Walton was trying to sneak through the lady's room window to avoid paying the \$350 cover charge, the jury said the night club had to pay her \$12,000....oh, yeah, plus dental expenses. Go figure?

Ok. Here we go!! FIRST PLACE *

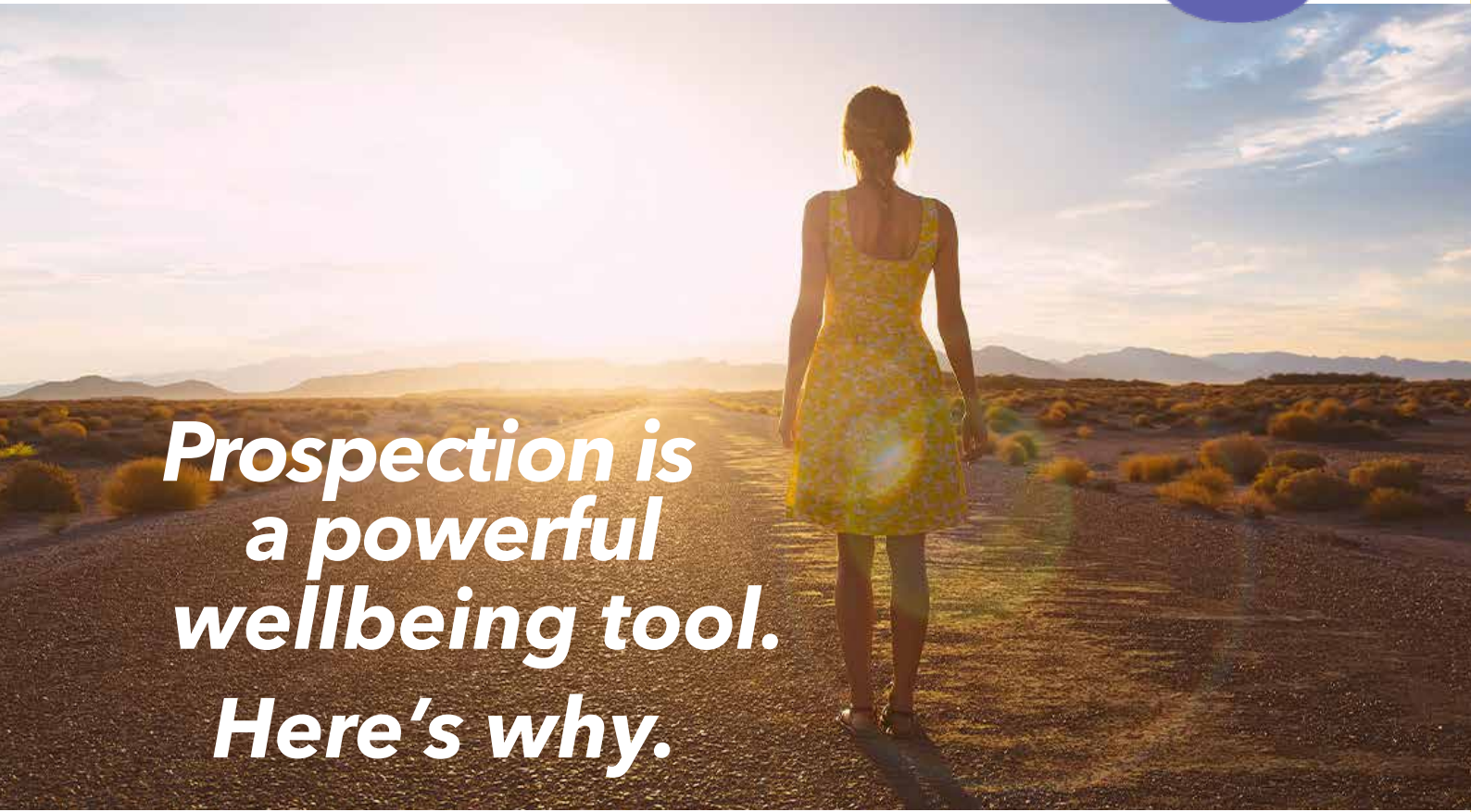
This year's runaway First Place Stella Award winner was: "Mrs. Merv Grazinski, of Oklahoma City Oklahoma , who purchased a new 32-foot Winnebago motorhome. On her first trip home, from a football game, having driven on to the freeway, she set the cruise control at 70 mph and calmly left the driver's seat to go to the back of the Winnebago to make herself a sandwich. Not surprisingly, the motorhome left the freeway, crashed and overturned. Also not surprisingly, Mrs. Grazinski sued Winnebago for not putting in the owner's manual that she couldn't actually leave the driver's seat while the cruise control was set The Oklahoma jury awarded her, are you sitting down?

US\$1,750,000...PLUS a new motorhome.

Winnebago actually changed their manuals as a result of this suit, just in case Mrs. Grazinski has any relatives who might also buy a motorhome.

If you think the USA court system is out of control, be sure to pass this one on.

Wellbeing



**Prospection is
a powerful
wellbeing tool.
Here's why.**

Forget living in the moment. If you're seeking fulfilment, experts say looking to the future can have big wellbeing benefits.

Research shows our capacity to think about the future - also known as prospection - can help us lead more fulfilled lives, giving us a greater sense of purpose and control, financial stability, and motivation.

What exactly is prospection?

For an apology to be effective, it has to be genuine. A successful apology validates that we all spend time thinking about the future, whether that's the near future (for example, considering what you're going to have for dinner) or the distant future (for example, where you'd love to travel to during your next holiday).

"We make predictions, big and small, that govern our actions every day, from where a ball is about to land to planning your retirement," Professor Thomas Suddendorf, co-author of *The Invention of Tomorrow: A Natural History of Foresight*, explains.

"Our minds are virtual time machines; with it, you can relive past events and imagine potential future situations, preparing for opportunities and threats well in advance."

How prospection can impact your wellbeing

Being optimistic about the future has been shown to heavily influence both physical and mental health, as well as coping with everyday social and working life.

The research also suggests optimistic people present a higher quality of life compared to those with low levels of optimism, or pessimists.

"While we typically view the future in positive terms, people with anxiety and depression tend not to share this positive outlook," cognitive neuropsychologist Professor Muireann Irish says.

"In anxiety, the future is often viewed as negative and worrisome, while people with depression display severe difficulties thinking about positive future events."

How prospection can impact your finances

Many of us set future financial goals, such as saving for a house, our retirement or a child's education. But, typically, the further away in time a financial reward is, the less valuable we start to view that option, Prof Irish, of The University of Sydney's Brain and Mind Centre, says.

Prof Irish says that's why your 20-year-old self is more likely than your 35-year-old self to prioritise a big splurge on a night out, rather than the long-term goal of saving for a house deposit.

Interestingly, research found that people started planning to save four times sooner for their retirement when their retirement was stated in days not years - for example, 10,950 days instead of 30 years - as participants felt more connected to their future selves when the future sounded closer.

The link between prospection and motivation

According to research published in 2018, looking to the future supports goal-directed behaviour and flexible decision-making.

"Prospection can serve as a powerful motivator to prioritise certain behaviours over others," Prof Irish, co-author of the research paper, says.

"Many studies now demonstrate that our ability to envisage the future shapes our sense of self and identity and enables us to prioritise actions that will lead us closer to our goals."

For example, someone who wants to shift a few kilograms in weight and has given themselves six months to do it may face a decision between eating the cake to enjoy it now and resisting the cake to stick to their long-term goal of weight loss.

"Because we can imagine future scenarios, we often face a tension between our present circumstances and anticipated outcomes," Prof Irish explains.

"A number of studies suggest that envisaging delayed rewards may help people to become more patient and shift from an impulsive mindset towards valuing more long-term choices.

"For example, studies have demonstrated that engaging in prospection or future thinking can reduce calorie intake, shifting dietary decisions away from immediate food rewards towards longer-term health goals."

Senior Moments

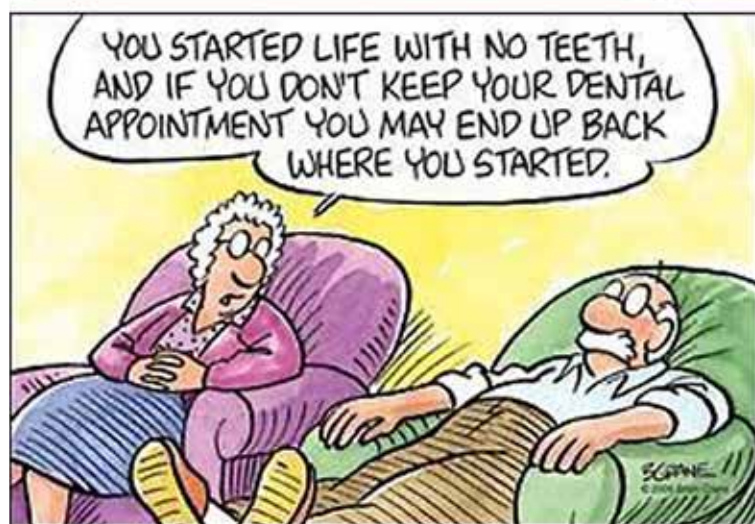
When older people say,
"Enjoy them while they're young."

They are
talking
about your
knees
and
hips,
not
your kids.

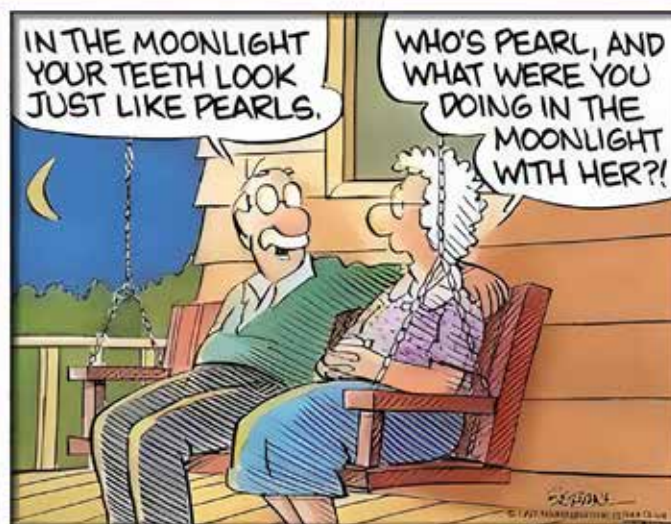


Grandchildren
are
the reward
you get
for not
strangling
your teenagers.

- mOioZ



YOU STARTED LIFE WITH NO TEETH,
AND IF YOU DON'T KEEP YOUR DENTAL
APPOINTMENT YOU MAY END UP BACK
WHERE YOU STARTED.



IN THE MOONLIGHT
YOUR TEETH LOOK
JUST LIKE PEARLS.

WHO'S PEARL, AND
WHAT WERE YOU
DOING IN THE
MOONLIGHT
WITH HER?!



WERE YOU MAD
AT GRAMPA?

YES, BUT HE
FELT TERRIBLE,
SO I FORGAVE HIM.



AND NOW WE'VE
BEEN HAPPILY
MARRIED FOR 45
YEARS.

IT'S 50
YEARS, DEAR.



I SAID
"HAPPILY"
MARRIED.

COLOUR ME IN





BRAIN GAMES

Spot the difference

Discover 10 discrepancies in these images. Can you find all differences?



Find the answers
on the last page



JUMBO ARROW-WORD

Complete the clues to fill the grid. The arrows show direction the answer should be placed.

Having inherent ability	Item written on with chalk	Truck		Tennis score	Not containing anything	Mauna ____: Hawaiian volcano	Relating to wolves		Lipid		Extremely impressive
				Fitzgerald: famous jazz singer					Quality of being weighty		Fixed costs
Very vocal (4-7)											
Curved shape				Drivel; nonsense				Former term for euro			
Peak						Angry					
			Pace	Over there (literary)				Vessel or duct			
Hit high into the air		Woody plant		Soon; shortly	State of armed conflict	On a grand scale					Normally
Capital of Canada							Up and about	Eg almond or pecan			
Stadiums							Depend upon				
Gives an account of								Vital plant juice			
			Definite article		Spoken for		Single in number	____ Lanka: island country			
Lyric poem	Flying saucer (inits)	Backbone; fortitude		Run at a moderate pace (of horses)					Imitated	Fly high	
Word used to express disgust				Computer graphics (inits)		Sheltered side		____/____ whole: in general (2,1)			
Small brownish spot on the skin								____ Pot: Khmer Rouge leader			
			Command to a horse				Swollen mark				
Type of carp	Wound together							Not wet			

Find the answers on the last page

The Willows
PRIVATE NURSING HOME

BONUS CONTENT



ONE%
CLUB



**Were you born between 1930-1946?
You are a one-percenter!**

If you were born in this time span, you are one of the rare surviving one-percenters of this special group, worldwide. The one-percenters age ranges between 77 and 93 years old, a sixteen year age span.

Here are some interesting facts, many hard to believe, relating to this special group of people.

- You are the smallest group of children born since the early 1900's.
- You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.
- You are the last to remember ration books for everything from gas to sugar to shoes to stoves.
- You saved tin foil and poured fried meat fat into tin cans.
- You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.
- Discipline was enforced by parents and teachers.
- You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.
- With no TV, you spent your childhood "playing outside".
- There was no Little League.
- There was no city playground for kids.
- The lack of television in your early years meant that you had little understanding of what the world was like.
- We got "black-and-white" TV in the late 40s that had 3 stations and no remote.
- Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).
- Computers were called calculators; they were hand-cranked.
- Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.
- 'INTERNET' and 'GOOGLE' were words that did not exist.
- Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening. (Your dad would give you the comic pages when he read the news).
- New highways would bring jobs and mobility. Most highways were 2 lanes (no interstates).
- You went downtown to shop. You walked to school.
- The radio network expanded from 3 stations to thousands.
- Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.
- You weren't neglected, but you weren't today's all-consuming family focus.
- They were glad you played by yourselves.
- They were busy discovering the post-war world.
- You entered a world of overflowing plenty and opportunity; where you were welcomed, enjoyed yourselves.
- You felt secure in your future, although the depression and poverty were deeply remembered.
- Polio was still acrippler. Everyone knew someone who had it.
- You came of age in the '50s and '60s.
- You are the last generation to experience an interlude when there were no threats to our homeland.
- World War 2 was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life.
- Only your generation can remember a time after WW2 when our world was secure and full of bright promise and plenty.
- You grew up at the best possible time, a time when the world was getting better.
- More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times!"
- You are "The Last Ones."

You are the one-percenters!

Jumbo Arrow-Word SOLUTIONS

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

Spot the
difference
ANSWERS



Hope you enjoyed our newsletter

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