The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 5 May 2020

Whispers from the Willows
NEWSLETTER

Welcome to our fifth newsletter to keep you updated on how your loved ones are looked after as well as to let you know what is happening now and in the future at The Willows Private Nursing Home. We hope you enjoyed our previous newsletters. If you did not get to see it them please click HERE, and it will take you to our website where you will find all previous newsletters.

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"

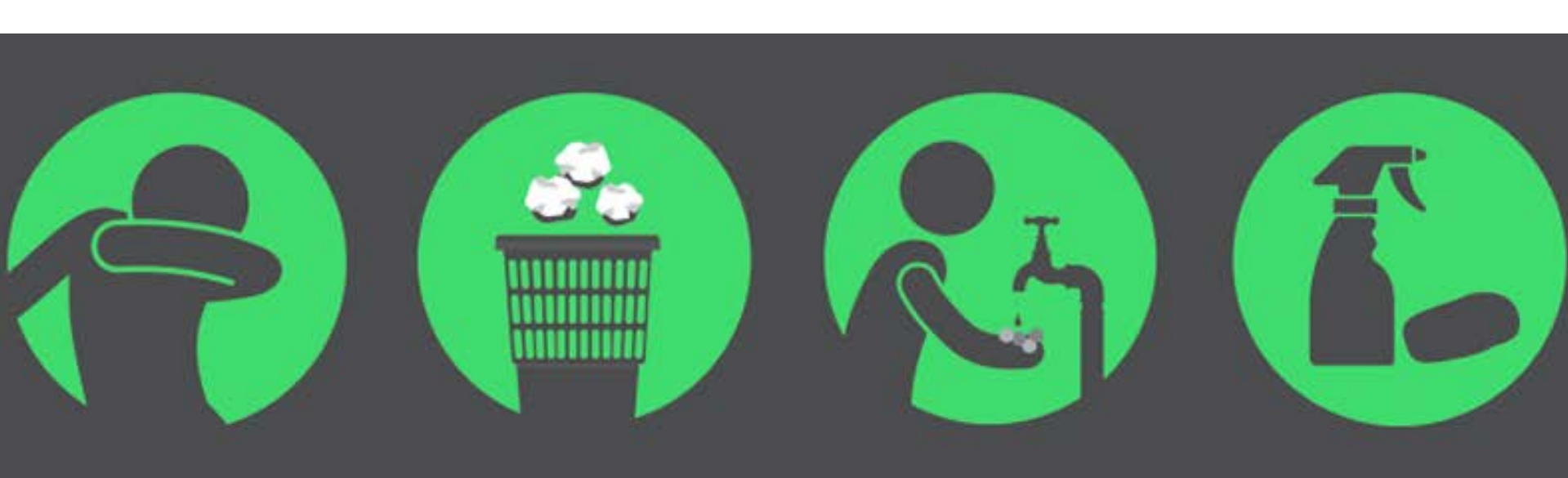
FROM THE ADMIN DESK

I would like to take this opportunity to thank all of you for your co-operation during this very hard time and respecting our lockdown so that we can keep your loved ones safe. I hope you have been enjoying the photo's we have been putting up on Facebook. We've had a few teething problems in regards to our online communications but we are working on a solution and hope to have you chatting online very soon. Our residents are well and enjoying the last of the sunshine and we are entertaining and keeping them busy. We hope that restrictions ease this month and things start to return to "normal".

Enjoy the Newsletter and we hope to see you soon.

Maryann Inbari – Financial Controller

HEALTH AND WELLNESS



GOOD HYGIENE IS IN YOUR HANDS

Everyone can slow the spread of COVID-19 by washing your hands frequently, covering your coughs, putting tissues straight into a bin, avoiding touching your eyes, nose and mouth, cleaning regularly used objects and surfaces and ventilating your home or workspace.

Everyone must practise good hygiene to protect against infection and prevent the virus spreading. Experts say that washing your hands is a more effective protection against coronavirus COVID-19 than hand sanitiser.

Practise good hygiene:

- cover your coughs and sneezes with your elbow or a tissue
- put used tissues straight into the bin
- wash your hands often with soap and water, including before and after eating and after going to the toilet
- use alcohol-based hand sanitisers
- avoid touching your eyes, nose and mouth
- clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs
- clean and disinfect frequently used objects such as mobile phones, keys, wallets and work passes
- increase the amount of fresh air available by opening windows or adjusting air conditioning

Good hand washing: A step-by-step guide

- The process should take between 40-60 seconds.
- Wet hands with water.
- Apply enough soap to cover the entirety of hand surfaces.
- Rub your palms together, ensuring that lather builds up.
- Put your right palm over your left hands, interlacing the fingers, ensuring between each finger is clean. Then put left over right.
- Interlace your fingers with palm to palm.
- Put the backs of fingers facing the opposing palm - ensuring you're cleaning your nails also.
- Rotational rubbing of both thumbs.
- Rotational rubbing, backwards and forwards between clasped fingers on right palm then on left.
- Rinse your hands thoroughly with water.
- Use a single-use towel to dry your hands and use that towel to turn off the tap.
- If you can't access soap and water, sanitiser is the next best thing.

SOCIAL DISTANCING IN PUBLIC

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19). Social distancing means keeping space between yourself and other people outside of your home.

Social distancing includes:

- avoiding crowds and mass gatherings where it is hard to keep a reasonable distance from others (about 1.5 metres)
- avoiding small gatherings in enclosed spaces
- keeping 1.5 metres between you and other people
- not shaking hands, hugging or kissing
- not visiting vulnerable people, such as those in aged-care facilities or hospitals, babies or people with weakened immune systems

Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sun light and humidity. Social distancing helps limit contact with infected people and contaminated surfaces.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting yourselves, your family, and your community.

Stay connected while staying away. It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

KEEPING FIT AT HOME

Working out at home is not as easy as it sounds. But these golden rules will help you make the most of it and be ready to hit the gym when the time comes.

You don't really the need gym to get fit, lose weight, and get the body of your dreams. During the COVID-19 pandemic, a home workout can help you achieve all that and more.

With these 9 golden rules you can make working out at home as effective as hitting the gym.

1. Follow a schedule to stay motivated
Yes, it is very hard but also very important to stay motivated, especially when it comes to exercise. The best thing you can do is stick to a routine. Set a time for workouts and stick to it. Following a schedule is very important, so sleep on time and wake up on time.

2. Do your stretches and cardio right
Don't mess with your warm-up and cardio routine. Yes, we understand that you don't have access to a treadmill or a cross trainer, but you can always try other alternatives like on-the-spot running, jumping jacks, and skipping.

3. Don't forget your pre-workout meal
Yes, that's important too! So what if you are working out at home… you are still working out right? Therefore, it is important to not skip your pre-workout snack. A few almonds, an apple, water, or a banana and you are good to go.
In fact, a study which was published in a journal Nutrients, says that a pre-workout meal helps you boost your metabolism and it also provides you the energy to do more.

4. Use a yoga mat to cushion your back
Even if you don't have a back problem, we recommend you to do your Pilates or core exercises on a floor mat. This is important if you want to avoid back issues.

5. Don't stick to the basics and try new things out
Working out at home can be very boring. Which is why, you need to keep trying new things like Zumba, Pilates, and so on. And now that there are a whole lot of tutorials available on Google and social media platforms and live sessions on social media - it's easier than ever before.

6. Don't over indulge in exercise
Just because you are doing it at home doesn't mean that you should do it all in one go. Overdoing it can lead to muscle wear and tear and you will end up hurting yourself.

7. Choose different exercises daily
Doing the same thing, again and again, is mundane, plus you will only be able to focus on one set of muscles. And you don't want that right? So, to make it a full body workout session, divide each day into one body part and do different exercises that deal with it.

8. Pump up your workout session with some music
Well, this one is a must to keep you pepped up during your workout session. Music will not just keep the tempo up, but it will also help your mind relaxed and calm. And you will enjoy your home workout sessions more than ever. So, do download that playlist today.

9. If you are not a "gym person" then be creative
You can be really creative at home by using things around the house like that 2 x litre bottle of milk from the fridge, those paint tins from the garage all make great weight lifting workouts. Running laps around the garden or up and down the stairs as well as general push-ups, squats etc in the lounge all help to keep you fit and keep a 'healthy mind'.

WORKING FROM HOME

What a time we are currently living in! Companies were requiring their staff to work remotely from home and then a whole lot of Googling tips of how to work from home.
So, if you're new to working from home or want some fresh ideas to stay productive, here are 10 tips for working remotely.

9 Tips for Working from home

1. Have a dedicated work space.
We work from our couch, our bed a lot these days but when you work from a dedicated 'office space', you will feel much more productive! If you don't have a room that you can dedicate to an office space, designate an area of your home. Maybe it's your kitchen island or kitchen table.

2. Create a work environment.
This goes hand in hand with the last one but make sure your space feels like work! Play calm music, keep your space tidy so it feels like the office. Your brain will be more in "work mode" and less in "home mode." With children at home it will be difficult, but try make the most of it.

3. Have a morning routine.
Set your alarm to wake up at a certain time and have a morning routine before rolling out of bed and onto your computer. Try brew a cup of coffee, take in a bit of sunshine before cracking open the computer.

4. Get dressed.
You could struggle with this at first but it makes such a difference! Get ready as if you were going into the office. If you usually wear business casual clothes, you don't necessarily have to get that fancy but if you typically shower in the morning, continue the ritual! Put on something that makes you feel like you are actually at the office.

5. Set time boundaries.
This one is so important! It's so easy for you to hop on your computer at 8am and work until bedtime. Try really hard to have set working hours. Set up those boundaries for yourself to try make life as easy as possible.

6. Get outside.
Get fresh air at least once a day! Drink your coffee outside, eat lunch outside or go for an afternoon walk. I would guess that most of you take a lengthy lunch break at the office, now that you're at home, you can still do the same! Set those boundaries. Taking a daily break from your computer really allows your brain to reset and recharge so you can finish the day strong.

7. Communicate your schedule.
If you live with a roommate or partner, communicate your schedule at the beginning of the day. Do you have any calls? Do you need the house quiet for a certain time of day? Make sure you're on the same page of what your day looks like.

8. Change your scenery.
Now that we're housebound due to COVID-19, possibly plan to work from a different area of the house on a few alternate days and even have a backyard/patio work session. Keep that brain stimulated!

9. Focus on work.
When you're at home, it's so easy to see all of the little messes you could be cleaning up or laundry you could be doing but if you were at the office, those wouldn't cross your mind. Keep your space as tidy as you can to keep your mind focused on work but also, save the housework for after-hours!

Hang in there folks! I know this is crazy times for everyone and finding a routine through it all feels like a struggle. Don't be afraid to take each day as they come and recalibrate your routine if it isn't working for you. Everyone is working on finding a new normal, so be patient and gentle with yourself.

SELF-ISOLATION & MENTAL HEALTH

These 8 small steps will help you ward off depression during this COVID-19 pandemic

The lockdown might be our new normal, but here's the thing: it's going to bring up unwanted mental health hazards like anxiety and depression.

Is the COVID-19 lockdown making you feel low?

You are not alone. Most of us are feeling the same way. The restricted movement is leading to loneliness, anxiety and making us prone to depression. In fact, according to researchers at the Boston School of Public Health in the USA, large scale disasters like the COVID-19 pandemic, are almost always accompanied by a rise in the cases of depression.

To make our situation worse, the stress of COVID-19 and the lockdown is accompanied by long hours of working from home and a downward-spiralling economy. The result? Extreme duress, PTSD, anxiety, and depression.

While we can't fix the economy or eradicate COVID-19 overnight, we can take some positive measures to take care of our mental health. So, we got a specialised psychiatrist to share a few tips to help you cope with these tough times and ward off depression.

1. Maintain a routine
The problem with this lockdown is that we are unable to stick to a proper timetable. So, you need to wake up at the same time, sleep, and eat at the same time regularly so that you don't mess with your body clock.

2. Get your heartbeat racing at least once a day
Lockdown doesn't mean you stop working out. A little indoor exercise such as stretching and yoga will not only keep you in good shape, but also keep you in a good mood every day. It will definitely increase the level of feel-good hormones in your body.

3. Talk it out
Constant communication is important. Talk about your fears, about anything and everything that bothers you to a trusted person. You must talk about the anxiety-provoking issues.

4. Have a balanced diet
Don't overeat or not eat at all. We generally snack too much when we are at home with not enough to do. A balanced diet can do wonders to your body and mind. Don't forget to include seasonal fruits in your diet.

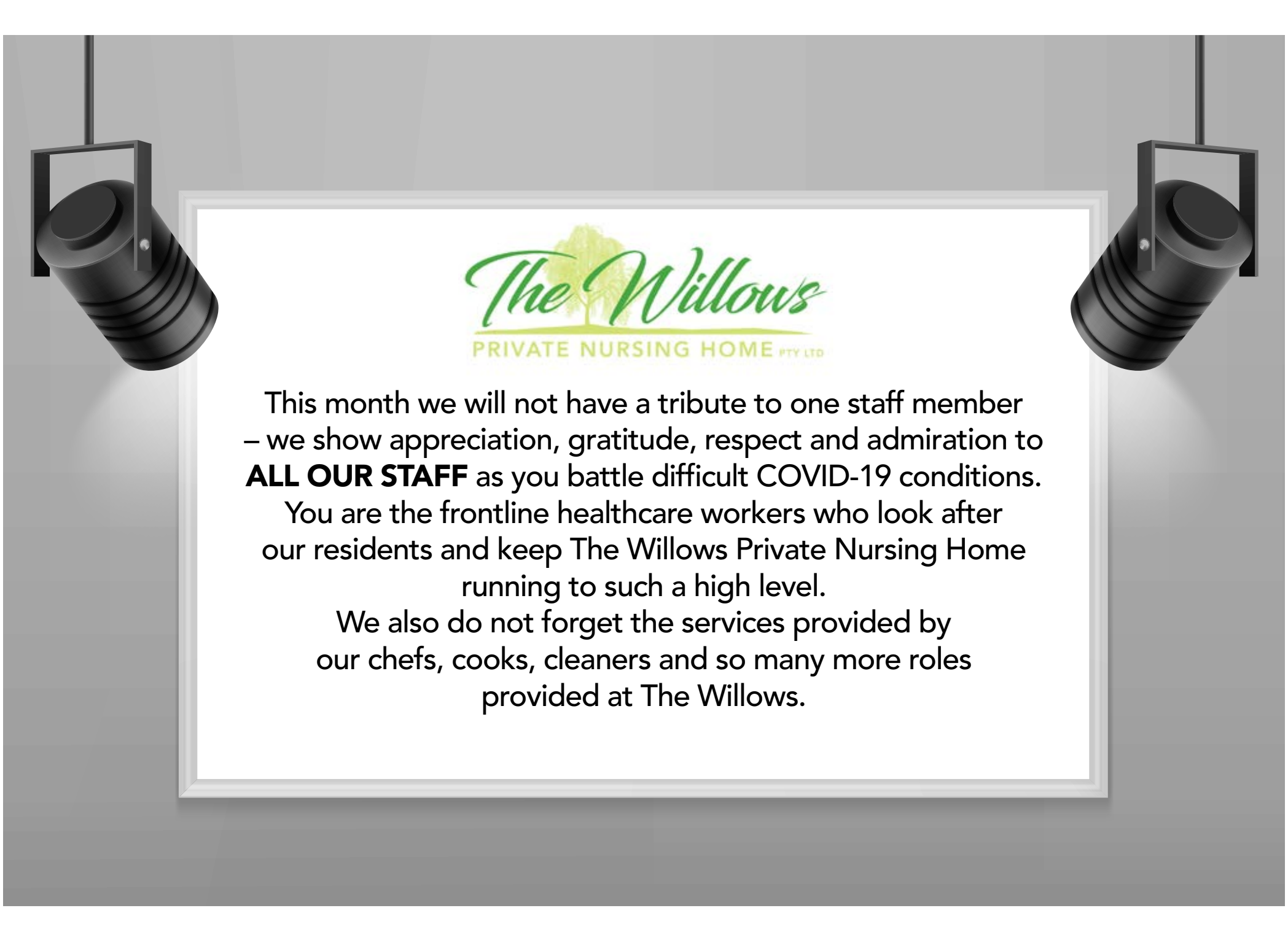
5. Avoid stimulants like coffee and smoking
You don't need an aphrodisiac to feel good. Most stimulants, including tea, coffee and cigarettes, dehydrate you and eventually leave you in a bad mood.

6. Maintain a journal.
Maintaining a journal will allow you to express yourself independently and maintain your privacy at the same time.

7. Get some 'me time'
Working from home can be even more tedious in these uncertain times with no-one around to help you with your chores. More so, if you are married and have children, who too are stuck at home due to the lockdown. Hence, you need time to unwind. Find some time for yourself and do things you like.

8. Don't sit in one place for too long
Take a 15 minute break every two hours. Keep your legs moving to avoid lifestyle diseases.

A SHINING LIGHT TO OUR DEDICATED STAFF



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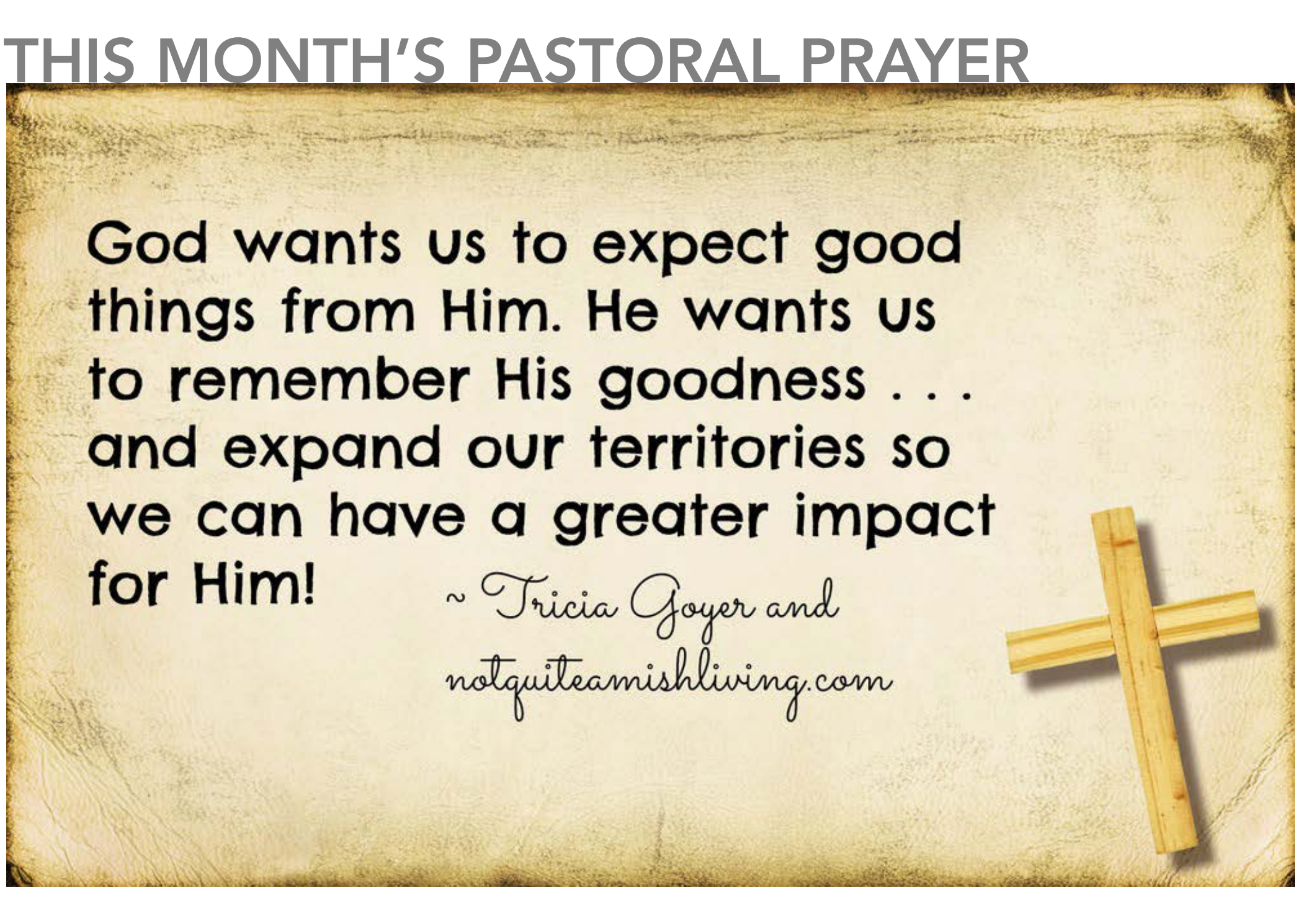
This month we will not have a tribute to one staff member – we show appreciation, gratitude, respect and admiration to **ALL OUR STAFF** as you battle difficult COVID-19 conditions. You are the frontline healthcare workers who look after our residents and keep The Willows Private Nursing Home running to such a high level.
We also do not forget the services provided by our chefs, cooks, cleaners and so many more roles provided at The Willows.

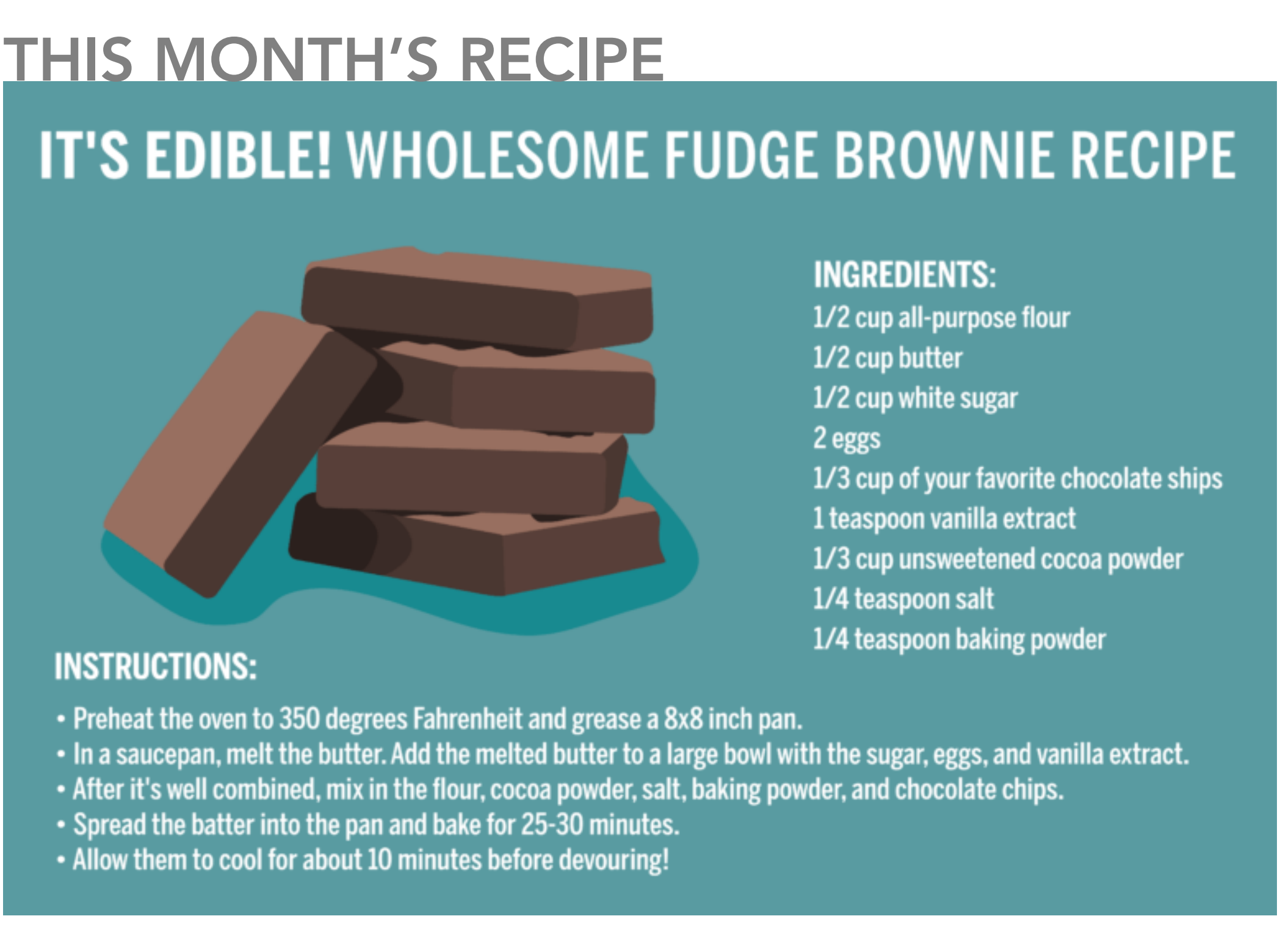
THIS MONTH'S PASTORAL PRAYER



God wants us to expect good things from Him. He wants us to remember His goodness . . . and expand our territories so we can have a greater impact for Him!

~ Tricia Goyer and
notquiteamishliving.com

THIS MONTH'S RECIPE



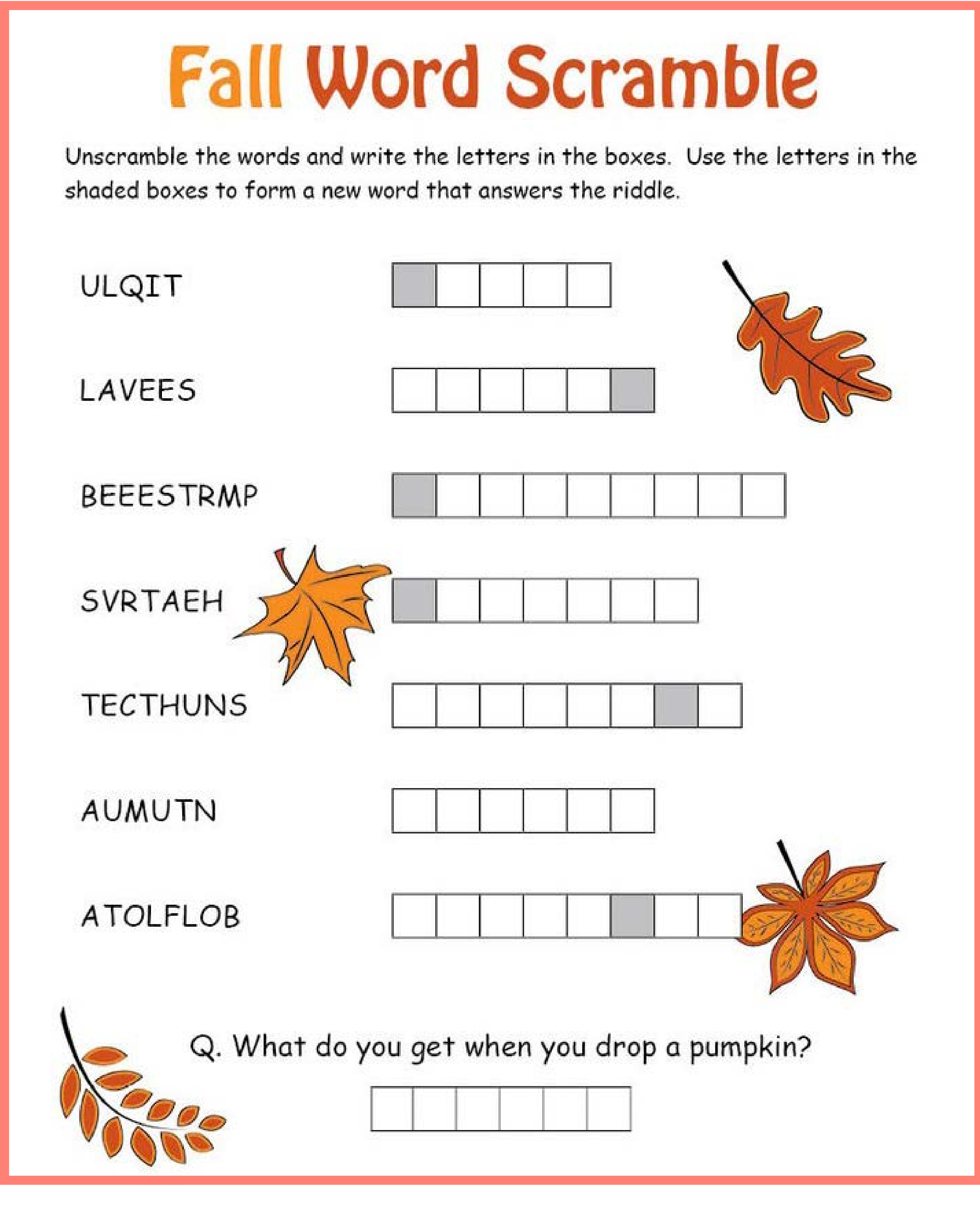
IT'S EDIBLE! WHOLESOME FUDGE BROWNIE RECIPE

INGREDIENTS:
1/2 cup all-purpose flour
1/2 cup butter
1/2 cup white sugar
2 eggs
1/3 cup of your favorite chocolate ships
1 teaspoon vanilla extract
1/3 cup unsweetened cocoa powder
1/4 teaspoon salt
1/4 teaspoon baking powder

INSTRUCTIONS:

- Preheat the oven to 350 degrees Fahrenheit and grease a 8x8 inch pan.
- In a saucepan, melt the butter. Add the melted butter to a large bowl with the sugar, eggs, and vanilla extract.
- After it's well combined, mix in the flour, cocoa powder, salt, baking powder, and chocolate chips.
- Spread the batter into the pan and bake for 25-30 minutes.
- Allow them to cool for about 10 minutes before devouring!

TIME TO RELAX



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT ▨☐☐☐☐
LAVEES ☐☐☐☐☐▨
BEEESTRMP ▨☐☐☐☐☐☐☐☐
SVRTAEH ▨☐☐☐☐☐☐
TECTHUNS ☐☐☐☐☐☐▨☐
AUMUTN ☐☐☐☐☐☐
ATOLFLOB ☐☐☐☐☐▨☐☐

Q. What do you get when you drop a pumpkin?
☐☐☐☐☐☐

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