The Willows
PRIVATE NURSING HOME
ISSUE 6 June 2020

Whispers from the Willows
NEWSLETTER

Welcome to our sixth newsletter to keep you updated on how your loved ones are settled 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 all our previous newsletters. If you did not get to see 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 ASPIRATION 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 once again for your co-operation during this extremely hard time and respecting our lockdown so that we can keep your loved ones safe. In saying that I am hopeful that we are moving into the next phase of this situation and we are hoping to ease the lockdown and have you visiting your loved ones very soon. There is more information regarding our new visitation and how this will look further in the newsletter. Our residents are well, and we are keeping them entertained. We hope you are all keeping safe. Enjoy the Newsletter and we hope to see you soon.

Maryann Isbair – Administrator

THE WILLOWS EXTRA

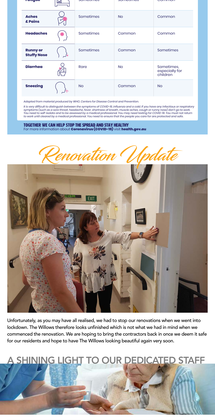
New Visitation

We have given a lot of thought to how we can re-introduce visitation to The Willows. Whilst visitation is still going to be restricted, we hope you will all be happy with our new plans. We have installed a blind between the downstairs lounge and dining room. There is a separate entrance to the dining room from the garden. All visitation will occur either in the gardens (weather permitting) or in the dining room.

We are limiting all visits to 30 minutes by appointment only, with a maximum of 2 people per visit. Noone is to enter The Willows through the main entrance, please use the dining room entrance. We will require a copy of your up to date flu vaccination and we will be taking your temperature before entry.

We will also be supplying hand sanitiser to be used before entry and would ask that you please maintain social distancing. No visitor should attend if they are unwell or displaying any cold/flu, respiratory or COVID-19 related symptoms. Please see below). We will be asking some screening questions about COVID-19 risk factors, please answer honestly.

Looking forward to seeing you all soon.



Australian Government
Department of Health

Coronavirus (COVID-19)

COVID–19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms developed in mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever	Common	Rare	Common
Cough	Common	Common	Common
Sore Throat	Sometimes	Common	Common
Shortness of Breath	Sometimes	No	No
Fatigue	Sometimes	Sometimes	Common
Aches & Pains	Sometimes	No	Common
Headaches	Sometimes	Common	Common
Runny or Stuffy Nose	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes, especially in children
Sneezing	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.
It is very difficult to distinguish between the symptoms of COVID-19 influenza and a cold. If you have any influenza or respiratory symptoms such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose,I don't go to work. Stay at home and call your doctor or your local medical clinic for advice. Do not go to work, school or to public places. Do not use public transport or taxis and avoid attending to medical appointments. You need to ensure that other people do not come into your home.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY
Coronavirus(COVID-19) Helpline: 1800 020 080 | www.health.gov.au

Renovation Update

Unfortunately, as you may have all realised, we had to stop our renovations when we went into lockdown. The Willows Committee looks unfinished which is not what we had in mind when we commenced the renovation. We are hoping to bring the contractors back in once we deem it safe for our residents and hope to have The Willows looking beautiful again very soon.

A SHINING LIGHT TO OUR DEDICATED STAFF

The Willows

This month we once again 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, ensuring their safety and providing nursing home nursing 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.

JUNE BLOOM - CAMELLIAS

ASHFIELD AND SURROUNDS

Some useful links:
- OUR SUBURB - https://ryanyou.buttbreakers.com/ashfield/
- INNER WEST COUNCIL - https://www.innerwest.nsw.gov.au
- ASHFIELD MALL - http://www.ashfieldmall.com.au
- ASHFIELD RUNNINGS WAREHOUSE - https://www.runnings.com.au/stores/nsw/ashfield
- ASHFIELD AREA GUIDE - https://www.timeout.com/sydney/things-to-do/ashfield-area-guide

THIS MONTH'S PASTORAL PRAYER

A Prayer for
Strength

"On days when we feel weak, be our sustaining strength. When we don't have what it takes in ourselves, we need Your power in us to be strong."

LifeHOPE

THIS MONTH'S RECIPE

How to Make a Milkshake

TIME TO RELAX

SPOT THE DIFFERENCES - PUZZLE:

The BOTTOM image has 10 differences from the TOP image. Can you find them? Give it a go and once you have found the errors then check the bottom of the page for the answers.

THE TEN DIFFERENCES ARE AS FOLLOWS:
1) The dancer's right arm is bent. 2) The dancer's left arm is straight. 3) The dancer's right leg is straight. 4) The dancer's left leg is bent. 5) There is one more star. 6) There is one less star. 7) There is one more button. 8) There is one less button. 9) There is one more star. 10) There is one less star.

Visit our new FACEBOOK PAGE.
PLEASE CLICK HERE

• You are receiving this email because you currently have a loved one at The Willows Private Nursing Home.
• Copyright © - 2019/2020 The Willows Private Nursing Home. All rights reserved.
• Our mailing address is: 2 Hornsey Street, Ashfield, New South Wales, Australia, 2131
• If you wish to UNSUBSCRIBE from this email, then please click HERE and tell us why. We would like to very to see you no longer!
• Do not be kept updated from "Whispers from the Willows"
• If you wish to UPDATE YOUR SUBSCRIPTION PREFERENCE, then please click HERE