The Willows
PRIVATE RESIDENTIAL CARE

ISSUE 8 August 2020

Whispers from the Willows
NEWSLETTER

Welcome to our latest newsletter to keep you updated on how your loved ones are doing and what life is like at the Willows Residential Care Home. We are part of 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 HEALTHCARE, COMFORT AND PROMOTION IN AN ENVIRONMENT WHICH RESPECTS THE RIGHTS, DIGNITY AND FREEDOM 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

Another month has passed, and it saddens me that the COVID-19 pandemic is still forefront in our lives. As always, we have to be careful, we have to make our top priority and we are doing everything we can to keep them safe and happy. Unfortunately, at this time we are still not allowed visitors, we are still implementing the rules of PPE, and we are still at the time. Please make sure that you call to schedule, have your flu vaccine and wear a mask. We will be updating you by email as often as we can on hotspots or any new information that we receive from the Department of Health.

I have included the link for your information

https://www.nsw.gov.au/covid-19/latest-news-and-updates

I hope you all have a good month and stay safe.
Maryann Ishari - Financial Controller

FROM OUR DIVERSIONAL THERAPIST

Greetings everyone here we are again. On the 13th July we had a mid - year celebration and celebrated birthdays, Mum's and Dad's birthdays, we also celebrated TWO our residents birthdays. Boy what a day it was and what a great time it was. It was a very relaxing environment and a lovely to listen to. However, our two Pedals prefer being entertained by the Bee Gees and Motown likes to listen to Pavarotti and sing along.

Life in the Willows is maintained as normal as possible, we have continued with our in-house celebrations and activities.

Until next time, we continue to all God's love, wisdom, health and safety.

Cynthia Rossiter - Diversional Therapist

THE WILLOWS EXTRA

Be Proud!

Aged Care Employee Day

LASA
LEADING AGE SERVICES AUSTRALIA
The voice of aged care

Aged Care Employee Day
Thanks for caring

agedcareday.com.au
#ThanksforCaring

Aged Care Employee Day celebrates each and every team member involved in the journey of caring for people who receive aged care services - from the nurses and care workers, to the allied health professionals, cooks and hospitality teams. Not forgetting drivers, cleaners and laundry employees, to the volunteers, to the leisure and lifestyle officers and administration teams.

Through their work, these people often develop meaningful relationships with our older loved ones - becoming de facto family members in the process.

Aged Care Employee Day puts these everyday heroes in the spotlight, celebrates them, and highlights the many different roles of those involved in the aged care journey.

To all aged care employees, we thank you and honour you on Aged Care Employee Day. This day is for you, to celebrate the incredible work you do, and to show you just how much you make a difference to the lives of older people.

HEALTH AND WELLNESS

Wearing a mask

Australian Government | BE COVIDSAFE

5 July 2020

When should masks be worn in the community, in Australia?

The advice about wearing masks in the community has been the same since the pandemic began: it is not generally recommended. The chance of coming into contact with someone with COVID-19 is low.

Most states and territories are easing restrictions and it is important to continue to take steps to protect yourself.

You should continue to:

- stay at home if unwell
- maintain physical distance (more than1.5m) from other people, when out
- avoid large gatherings and crowded indoor spaces
- practise hand and respiratory hygiene.

However, if you are in a region where community transmission is occurring, you should take extra precautions, in some circumstances.

If physical distancing is difficult to maintain, e.g. in public transport, covering your face with a mask may provide additional protection. You will still need to maintain all the regular protection measures.

The main value of wearing a mask is to protect other people. If the person wearing the mask is infected, unknowingly infected, wearing a mask will reduce the chance of them passing the virus onto others.

For people at increased risk of severe COVID-19 themselves because of older age or chronic illness, physical distancing is most important. If you cannot maintain physical distance, wearing a mask is an important protective measure.

For people who choose to wear a mask it is important to wear it properly:

- wash or sanitise your hands before putting it on or taking it off
- ensure it covers your nose and mouth, and fits snugly so there is no gap under your chin, over the bridge of your nose and against the sides of your face
- do not touch the front of your mask while wearing or removing it
- if it gets wet, or if you touch it, it should be replaced with a new one
- do not reuse single use masks, wash and dry reusable masks after use and store in a clean dry place.

Note: Some people recommend using a face shield to provide eye protection or when masks are not available. This is noted and will remain under consideration.

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TO KEEP OUR RESIDENTS SAFE AND STOP THE COVID-19 SPREAD, IT IS NOW MANDATORY TO WEAR A MASK BEFORE ENTERING THE WILLOWS NURSING HOME.

AUGUST BLOOM - PANSIES

ASHFIELD AND SURROUNDS

Some useful links:

- OUR SUBURB - https://ourtheasburbservices.com/ashfield/
- INNER WEST COUNCIL - https://www.innerwest.nsw.gov.au
- ASHFIELD MALL - https://www.ashfieldmall.com.au
- ASHFIELD BUNNINGS WAREHOUSE - https://www.bunnings.com.au/stores/new/ashfield
- ASHFIELD AREA GUIDE - https://www.realestate.com.au/neighbourhood/things-to-do/ashfield-area-guide

THIS MONTH'S PASTORAL PRAYER

August 1

"The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well-watered garden, like an ever-flowing spring."
(Isaiah 58:11, NLT)

THIS MONTH'S RECIPE

Tuscan Tuna, White Bean & Avocado Salad

Ingredients

- can (5 oz) solid white albacore tuna in water, drained and broken into chunks
- tbsp. chopped fresh basil leaves
- tbsp.chopped fresh chives
- tbsp. extra-virgin olive oil
- tbsp lemon juice
- tbsp.red wine vinegar
- tsp. salt-free seasoning
- tsp.ground black pepper
- cup rinsed and drained white beans (cannellini)
- cup diced tomato
- cups spring mix salad greens
- medium avocado, diced
- thinly sliced French baguette, brushed with oil and toasted (optional)

Directions

In medium bowl, flake tuna with fork. Stir in onion, basil, chives, oil, lemon juice, vinegar, salt and pepper. Fold in beans and tomato. Divide greens over 4 individual plates. Cut avocados in half, remove pits and remove avocado flesh from skin using a large spoon. Place 1 avocado half over greens. Spoon tuna mixture into avocado halves on each plate and serve with baguette toasts, if desired.

TIME TO RELAX

Around The World

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
16. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwait's river
18. Native American tribe
19. Sport played at Wimbledon
17. Earth's glacial period (3,3)
18. Portugal and Spain
19. Bantu peoples of Natal
20. West African nation

Visit our new FACEBOOK PAGE.

PLEASE CLICK HERE

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