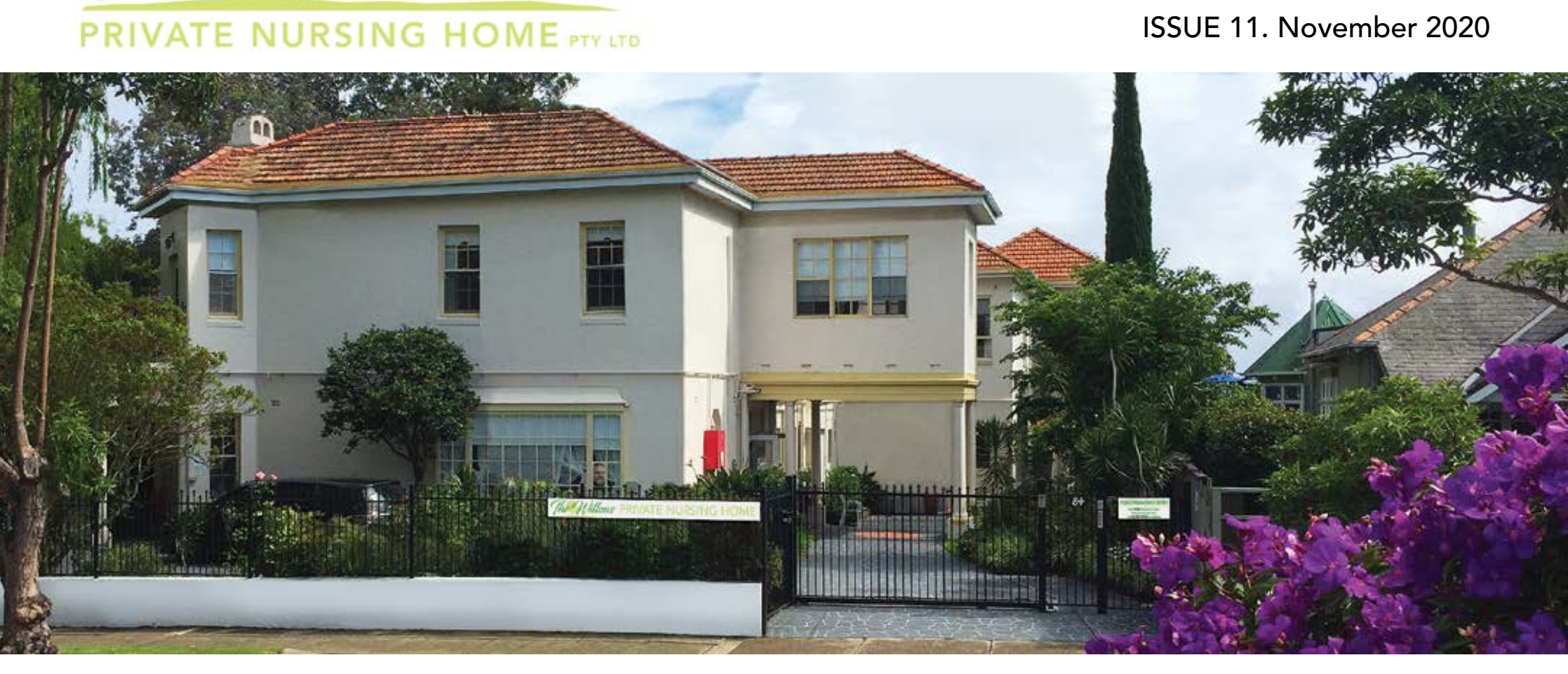
The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 11. November 2020



Whispers from the Willows NEWSLETTER

Welcome to our latest 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 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 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

The NSW government have eased restrictions even further and whilst we are still having limited visitation at The Willows, we have made the decision to allow our residents to visit their families at home if you would prefer. We ask that precautions are followed e.g. social distancing, hand hygiene and the wearing of masks and to please check the following link to make sure you have not been to an affected area https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw

We hope you have a great month and we will continue to update as the information comes in from the Department of Health.

Maryann Inbari - Financial Controller

FROM OUR DIVERSIONAL THERAPIST

Hello to everyone, we would like to begin with a warm welcome and hope that COVID will be history soon, it has been a trying yet enjoyable time at The Willows. We continue to receive visitors for residents, phone calls, cards, and letters. This year we hope to be sending Christmas greeting cards, some will contain hand written messages for relatives from their loved ones. As we do each year - the sweeps for the Melbourne Cup are now being sold, so please place your bets. We are also hoping to put up the Christmas Tree early to give The Willows that Festive Feeling. We are currently collecting donations of Christmas items for the Annual Christmas Raffle.

We wish you all well from the Cube

Cynthia Rossiter - Diversional Therapist.

HOT TIPS FOR NOVEMBER

Kitchen hacks to make your day

TIPS
&
TRICKS

Prevent ripening

To avoid quick ripening of fruits, store bananas separately from the other fruits.

Retain colour

To retain the beautiful colour of spinach after blanching, transfer it into a bowl full of ice-cold water.

Prevent sticking

To prevent rice from sticking, add a few drops of oil to the rice in the cooker.

Keep in the dark

Keep your spices away from the stove or lights, as they lose their flavour when exposed to humidity and heat.

Excess water

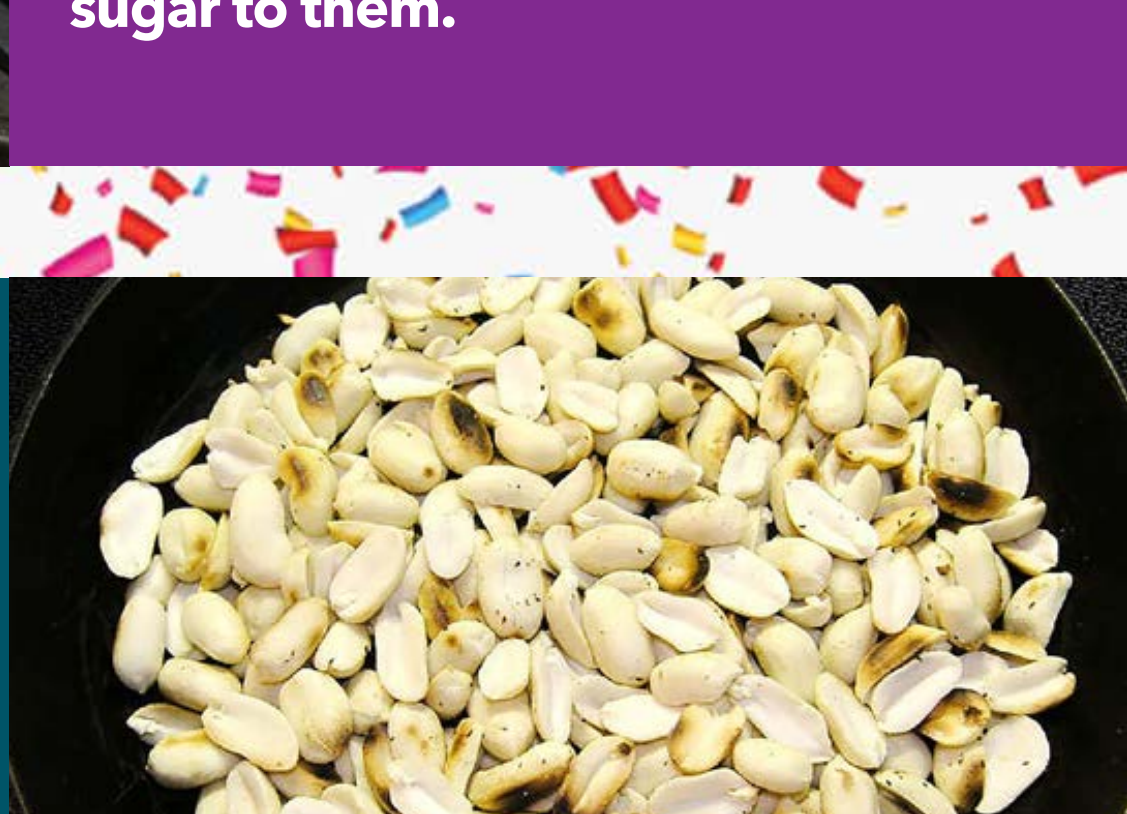
Roast & grind a tbsp of poppy seeds to a paste & add it to the gravy and simmer it on medium flame. This will help with excess water in gravies & curries.

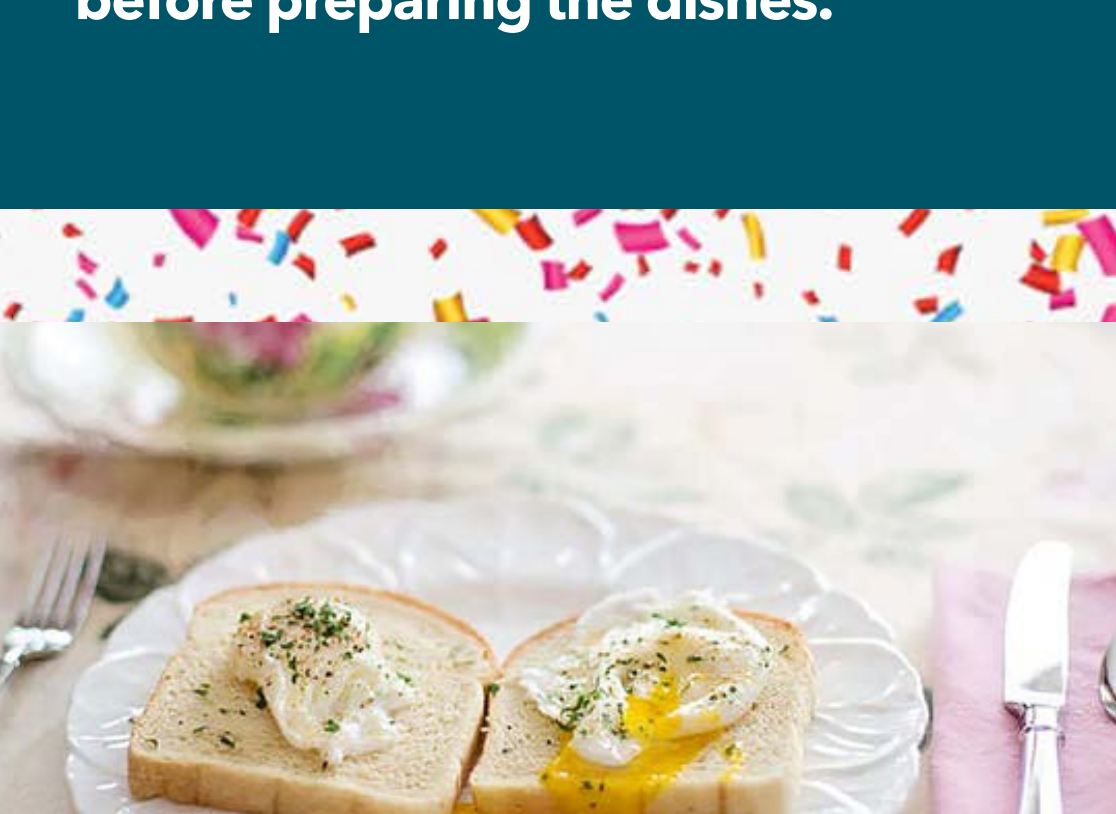
Retain green colour

To retain the colour while cooking green leafy vegetables like spinach, broccoli, kale, etc add a pinch of sugar to them.

Enhancing flavour

To enhance the flavour of various dishes, toast nuts, lentils and rava before preparing the dishes.



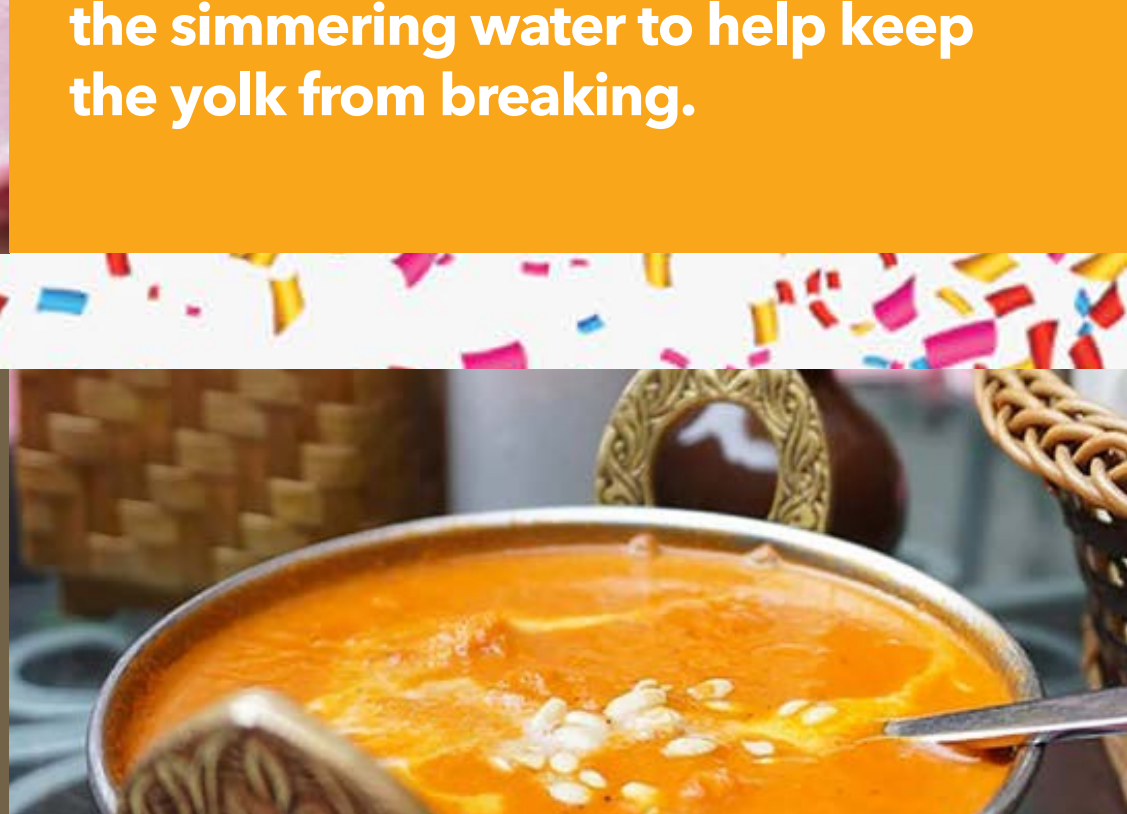


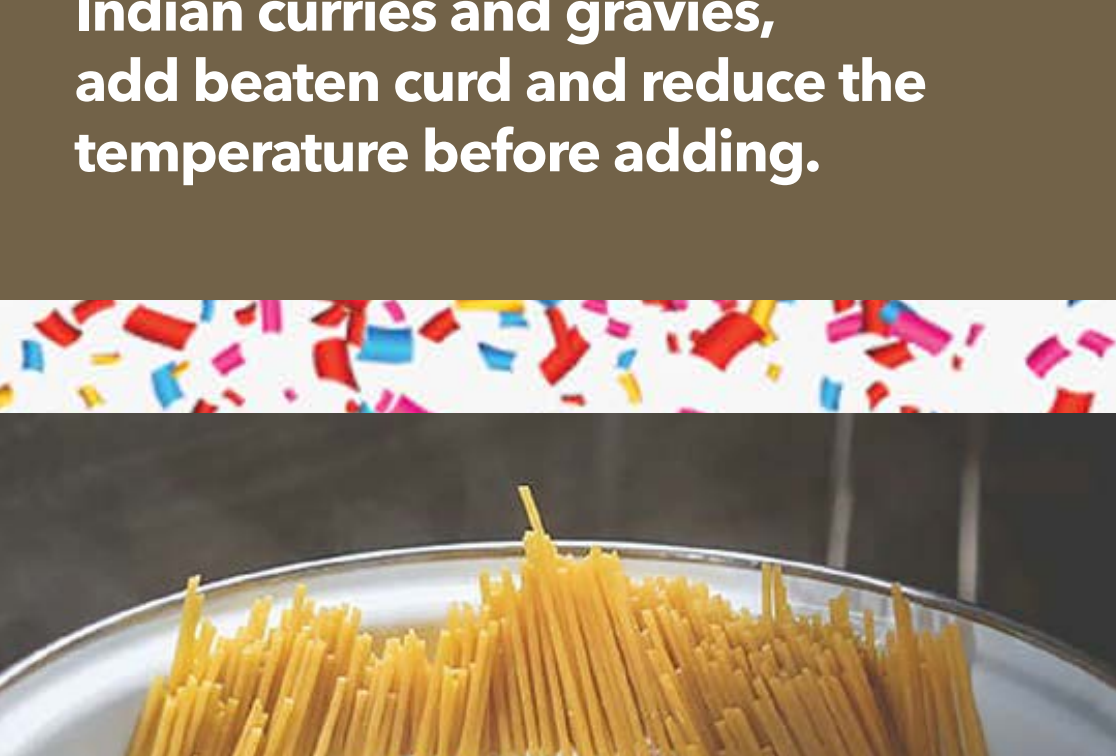
Prevent breakages

While poaching an egg, add a teaspoon of white vinegar to the simmering water to help keep the yolk from breaking.

Enriching gravies

To give extra richness to Indian curries and gravies, add beaten curd and reduce the temperature before adding.





Separate things

Run noodles/pasta under cold water immediately after boiling to separate the strings.

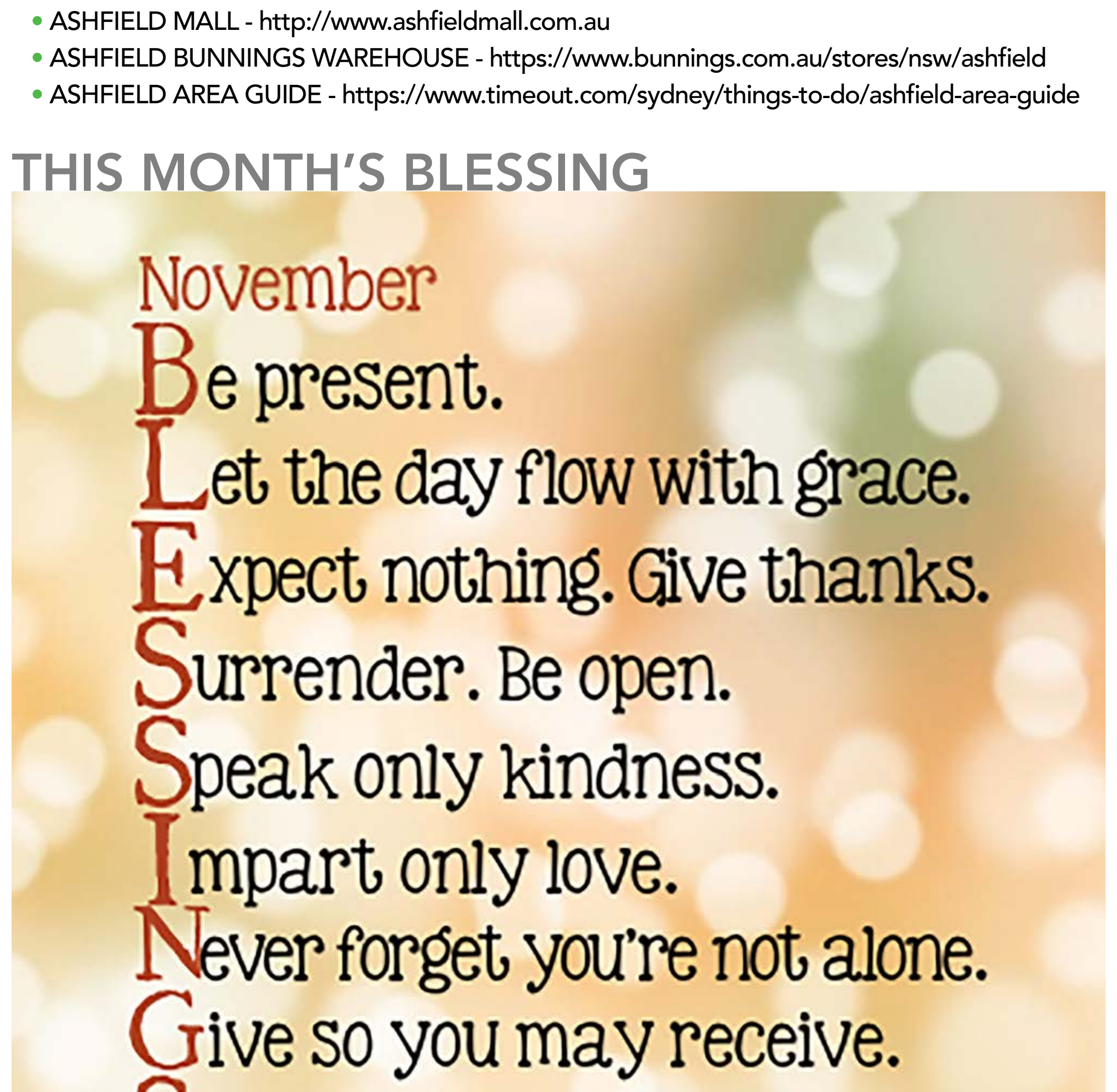
NOVEMBER BLOOM - FREESIAS

ASHFIELD AND SURROUNDS

Some useful links:

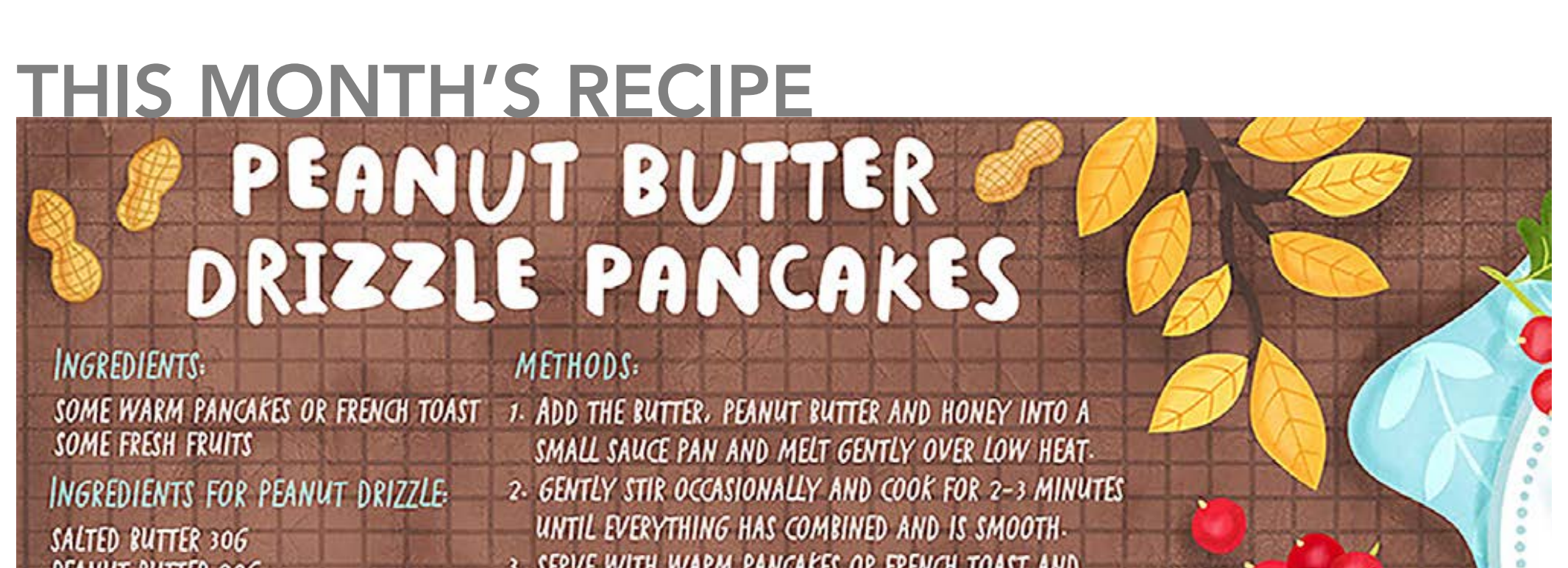
- OUR SUBURB - https://sydneysuburbreviews.com/ashfield/
- INNER WEST COUNCIL - https://www.innerwest.nsw.gov.au
- ASHFIELD MALL - http://www.ashfieldmall.com.au
- ASHFIELD BUNNINGS WAREHOUSE - https://www.bunnings.com.au/stores/nsw/ashfield
- ASHFIELD AREA GUIDE - https://www.timeout.com/sydney/things-to-do/ashfield-area-guide

THIS MONTH'S BLESSING



November
Be present.
Let the day flow with grace.
Expect nothing. Give thanks.
Surrender. Be open.
Speak only kindness.
Impart only love.
Never forget you're not alone.
Give so you may receive.
See goodness in others.

THIS MONTH'S RECIPE



PEANUT BUTTER DRIZZLE PANCAKES

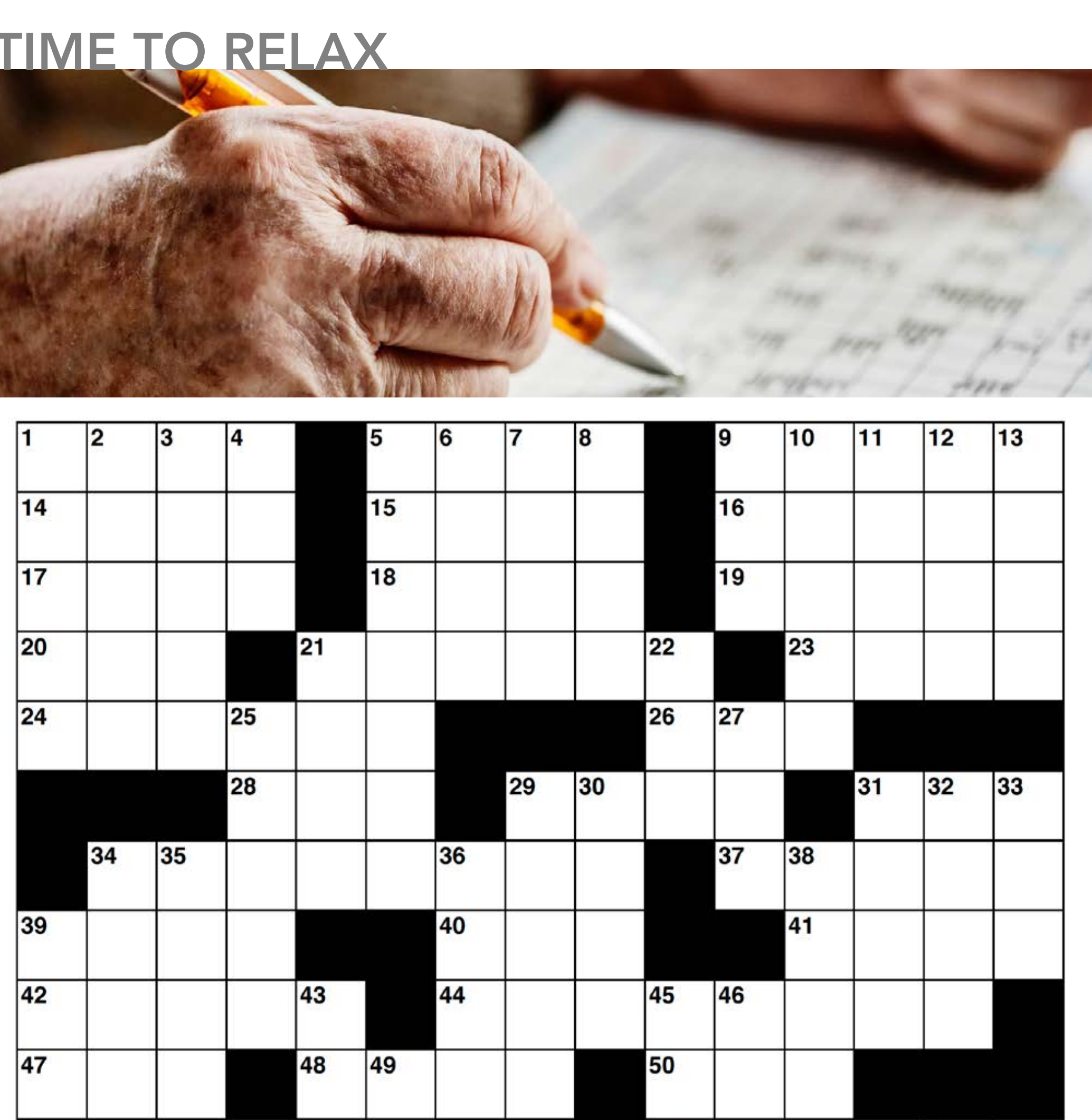
INGREDIENTS:
SOME WARM PANCAKES OR FRENCH TOAST
SOME FRESH FRUITS

INGREDIENTS FOR PEANUT DRIZZLE:
SALTED BUTTER 30G
PEANUT BUTTER 90G
HONEY OR MAPLE SYRUP 1 TABLESPOON

METHODS:
1. ADD THE BUTTER, PEANUT BUTTER AND HONEY INTO A SMALL SAUCE PAN AND MELT GENTLY OVER LOW HEAT.
2. GENTLY STIR OCCASIONALLY AND COOK FOR 2-3 MINUTES UNTIL EVERYTHING HAS COMBINED AND IS SMOOTH.
3. SERVE WITH WARM PANCAKES OR FRENCH TOAST AND YOUR FAVORITE FRESH FRUIT!

THIS SAUCE IS ALSO THE BEST FRIEND WITH FRENCH TOAST!!
Peanut Butt

TIME TO RELAX



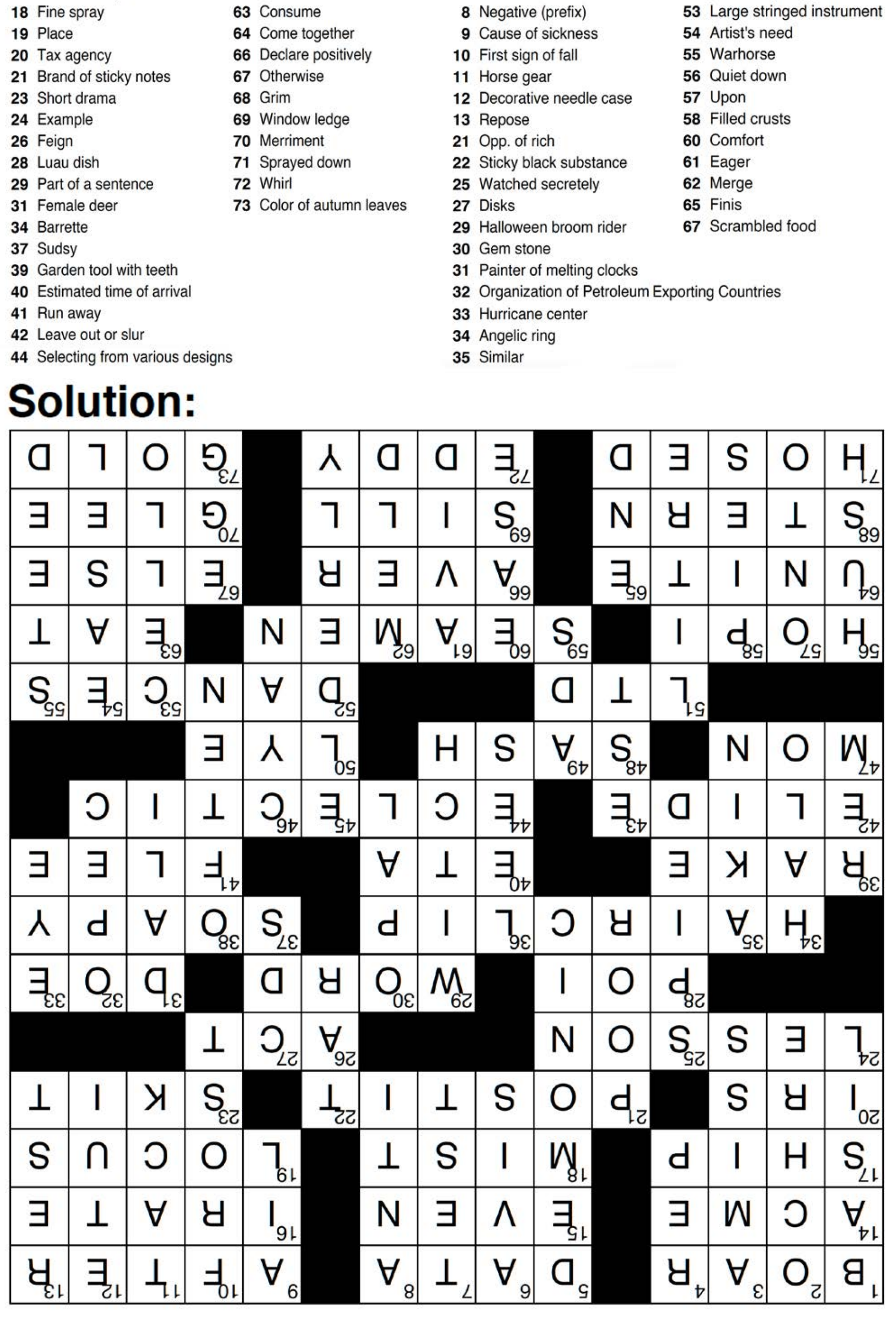
ACROSS

1 Wild pig
5 Information
9 Not before
14 Apex
15 Poetic "evening"
16 Angry
17 Ocean transportation vessel
18 Fine spray
19 Place
20 Tax agency
21 Brand of sticky notes
23 Short drama
24 Example
26 Feign
28 Luau dish
29 Part of a sentence
31 Female deer
34 Barrette
37 Sudsy
39 Garden tool with teeth
40 Estimated time of arrival
41 Run away
42 Leave out or slur
44 Selecting from various designs
47 After sun.
48 Ribbon tie
50 Caustic substance
51 Type of partnership
52 High school functions
56 N.A. Indian
59 Mariners
63 Consume
64 Come together
66 Declare positively
67 Otherwise
68 Grim
69 Window ledge
70 Merriment
71 Sprayed down
72 Whirl
73 Color of autumn leaves

DOWN

1 Italian herb
2 Red pigment
3 Wrong
4 Representative
5 Evil
6 Car rental agency
7 Exam
8 Negative (prefix)
9 Cause of sickness
10 First sign of fall
11 Horse gear
12 Decorative needle case
13 Repose
21 Opp. of rich
22 Sticky black substance
25 Watched secretely
27 Disks
29 Halloween broom rider
30 Gem stone
31 Painter of melting clocks
32 Organization of Petroleum Exporting Countries
33 Hurricane center
34 Angelic ring
35 Similar
38 Many times
39 Radioactivity unit
43 Eastern Time
45 Aged
46 Greenish-blue color
49 Advertisements
51 Metric capacity unit
53 Large stringed instrument
54 Artist's need
55 Warhorse
56 Quiet down
57 Upon
58 Filled crusts
60 Comfort
61 Eager
62 Merge
65 Finis
67 Scrambled food

Solution:



Watch this space for our December Holiday

CHRISTMAS

Newsletter with news, events and a whole lot more!

Visit our FACEBOOK PAGE
PLEASE CLICK HERE →

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- If you wish to UNSUBSCRIBE from this email, then please click HERE and tell us why. We would be sorry to see you not be kept updated from "Whispers from the Wilows".

If you wish to UPDATE SUBSCRIPTION PREFERENCE, then please click HERE