ISSUE 9, September 2020

Whispers from the Willows NEWSLETTER

Welcome to our latest newsletter to keep you updated on how your loved ones are enjoying life at The Willows Private Nursing Home. We hope you enjoy reading about life 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 ACCOMMODATION 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 PHYSICAL COMFORT AND THE INDEPENDENCE OF OUR RESIDENTS"

FROM THE ADMIN DESK

Another month has past and I can't believe that we are already going into Spring. Unfortunately, it is still flu season and we have the vaccine for those who may foster to watch out for. I would like to take this opportunity to thank all our wonderful staff, our residents and their families for the support and understanding we have received during this year with suspected COVID-19 cases, thankfully it was not COVID-19 but we took it at it as a learning experience and we can tighten and refine our procedures based on lessons learned.

I hope you all have a good month and stay safe.

Maryann Hilari - Financial Controller

We look forward to seeing you there.

Cynthia Rossiter - Director of Nursing

FROM OUR DIVERSIONAL THERAPIST

Hello, and a very warm welcome to everyone.

Father's Day is fast approaching & the Willows, we will be celebrating Father's Day on Sunday 6th September in a similar way to how we celebrated Mother's Day. We will have table settings out in the garden, while adhering to strict COVID-19 guidelines. Maryann Hilari will send invitations out to family members whose father's are residents at The Willows. Please call Sister Helen to schedule an appointment for this event, which will most likely start from 10.00am.

We look forward to seeing you there.

Cynthia Rossiter - Director of Nursing

HEALTH AND WELLNESS

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Cynthia Rossiter - Director of Nursing

Be Aware!

REDUCING THE RISKS FOR OLDER AUSTRALIANS

Help protect those most at risk of Coronavirus.
- Limited access to aged care facilities apply.
- Check in with elderly neighbors.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date.
Visit **health.gov.au**

COVID-19 SLOW THE SPREAD

HELP STOP THE SPREAD
SAY NO TO COVID-19

Australian Government

BACK PAIN IN AUSTRALTA

SOLUTIONS!

- STRETCHING
- MANUAL THERAPIES
- IMPROVE POSTURE
- ICE OR HEAT THERAPY
- STAY ACTIVE AND EXERCISE

BACK PROBLEMS ARE A RANGE OF CONDITIONS RELATED TO THE BONES, JOINTS, CONNECTIVE TISSUE, MUSCLES AND NERVES OF THE BACK.

Cervical spine

Thoracic spine

Lumbar spine

Coccyx

These conditions include back pain (cervical, spinal), sciatica, osteoarthritis (joints affected spinal joints), osteoporosis (spinal fracture), ankylosing spondylitis (spinal fusion), scoliosis (curvature of the spine).

Back pain is the second most common reason for visits to a general practitioner.

1. Almost 1 in 5 (20%) people with musculoskeletal conditions reported "interference with daily activities".

2. 1 in 4 australians (24%) had back pain or sciatica in the 1 month and 1 million people.

3. Back pain is the lead leading cause of disability in australian women and second in men.

REFERENCES

Australian Government Australian Institute of Health and Welfare
Australian government department of health

The Back Clinic

BEST SLEEPING POSITIONS FOR PAIN

1. BACK SLEEPER

Sleeping on your back is the best position for most back sufferers according to the National Sleep Foundation. When you sleep on your back, your weight is evenly distributed on your spine. This is important for reducing back pain. Additionally, sleeping on your back is the best for avoiding wrinkles. This helps to alleviate stress and reduce neck pain.

2. SIDE SLEEPER

Sleeping on your side is another ideal position for many people. It helps with back pain and acid reflux. Side sleepers have the benefit of an elongated spine alignment, which helps to reduce back pain. Side sleeping is ideal if you do sleep on your side, but it can be uncomfortable.

3. FETAL POSITION

Sleeping in the fetal position can reduce snoring and can improve circulation. However, the fetal position can also be constricting and is not the best for your lungs and diaphragm. It is a stretch out throughout the night instead of pulling into a tight ball.

4. STOMACH SLEEPER

According to the National Sleep Foundation, sleeping on your stomach is the worst position for overall health. It pulls your stomach and spine into the best, placing pressure points on the curvature of your spine and causing back pain and stiffness. This position also cuts off circulation, which can lead to tingling or numbness in the limbs.

Pain Resource

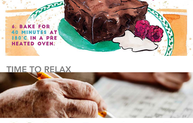
SEPTEMBER BLOOM - ASTERS

A SHINING LIGHT TO OUR DEDICATED STAFF

Staff member - Nima McShane

Q. What did you do before coming to work at The Willows?
A. I first worked ages ago at St Vincent Care Queensland as an AIN and then moved to Sydney where I worked for a long men clothing business called Le Mans and Les Nimas Collections.
Q. What are your interests outside The Willows?
A. A sideline business for clothing and bags and my family.
Q. Thank you for being our first COVID Nurse - we appreciate your efforts so much. How did you find the experience?
A. Well at first I was worried I might get it as I was in close contact with the residents and that I've done my job to help the residents. I'm so glad to experience the scenario of this COVID to our residents.
Thank you for choosing me to serve them. I'm very happy and I'm very glad that I'm able to help myself on the scenario.

ASHFIELD AND SURROUNDS



Some useful links:
- OUR SUBURB - https://oursuburbforreviews.com/ashfield/
- INNER WEST COUNCIL - https://www.innerwest.nsw.gov.au
- ASHFIELD RSL - https://ashfieldrsl.com.au/
- ASHFIELD BANKING MARKETPLACE - https://www.facebook.com/groups/ashfieldbankingmarketplace/
- ASHFIELD AREA GUIDE - https://www.timeout.com/sydney/things-to-do/ashfield-area-guide

THIS MONTH'S PASTORAL PRAYER

Ezekiel 36:24

"I will make them and the places surrounding my hill a blessing. I will send down showers in season; there will be showers of blessing."

September Blessings

THIS MONTH'S RECIPE

FUDGY COCONUT BROWNIES

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 FLOUR AND DESICCATED COCONUT.

5. POUR MIXTURE INTO A PRE-LINED 30CM BAKING TRAY.

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

INGREDIENTS:
1 CUP BUTTER
2CUP BUTTER
2CUP BROWN SUGAR
1CUP DESICCATED COCONUT
4 EGGS (BEATEN)
1CUP DESICCATED COCONUT

TIME TO RELAX

Which food am I?

Solve the descriptions below to find out the food and match them with the pictures.

1. You need me to make a sandwich or wrap.
2. I go on a pizza round not on your pizza.
3. I go on a pizza round not on your pizza.
4. I go on your head.
5. I'm usually used to make your cookie bakes.
6. I go on your head.
7. I go on a pizza round not on your pizza.
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Visit our new FACEBOOK PAGE.
PLEASE CLICK HERE

- You are receiving this email because you recently have a loved one in The Willows Private Nursing Home.
- Copyright © - 2019-2020 The Willows Private Nursing Home. All rights reserved.
- Our mailing address is: 1 Hillcrest Avenue, Ashfield, Sydney, NSW, 2131, Australia
- If you wish to UNSUBSCRIBE from this email, please click UPDATE and tick all, only. We would be sorry to see you not be kept updated from "Whispers from the Willows".
- If you wish to UPDATE your details or preferences, then please click UPDATE