

# *The Willows Whisper*



## **Welcome into the summer!**

The solstice on the 21<sup>st</sup> June has marked the official beginning of summer; a season for beach trips, long evenings, and invariably, some great British weather.

Enjoy reading our summer poem which celebrates the warmest season of the year.

## **Moonlight, Summer Moonlight**

*by Emily Jane Brontë*

'This moonlight, summer moonlight,  
All soft and still and fair;  
The solemn hour of midnight  
Breathes sweet thoughts everywhere,

But most where trees are sending  
Their breezy boughs on high,  
Or stooping low are lending  
A shelter from the sky.

And there in those wild bowers  
A lovely form is laid;  
Green grass and dew-steeped flowers  
Wave gently round her head.



# Superfoods for Seniors

Some like bananas on toast, others like them in banoffee pie. Almost everyone loves strawberries and cream! Fruit and vegetables; we love them or hate them!

At the Willows we encourage our residents to eat well. Fresh fruit are available everyday. Our Cooks are happy to prepare lovely fruit or vegetable salads for everyone. We also have a juicer and fresh fruit drinks or smoothies, which will be available for anyone.

In the article below there are few interesting facts regarding benefits from eating some of our everyday fruit and veggies.



- **Blueberries:** Packed with vitamins C and K. Regular consumption has been linked to maintenance of brain functionality. Its manganese levels help regulate metabolism, while the fiber lowers cholesterol and, in turn, maintains blood sugar.
- **Apples:** Are a significant source of soluble fiber (daily consumption is said to reduce LDL cholesterol by 40%), but they're also rich in potassium and vitamin C, both of which benefit blood pressure.
- **Cherries:** Did you know that cherries get their red color from an antioxidant known as anthocyanin? Not only does it provide the small fruit with a vibrant color, it gives it some significant inflammation-reducing power. Cherries can also help regulate sleep cycles because of their melatonin richness.
- **Grapes:** In addition to their abundance of resveratrol, a powerful antioxidant that helps promote heart health, studies have shown that the seed extract in grapes can potentially slow the development of Alzheimer's disease.

- **Asparagus:** High in lycopene, which reduces the risk of prostate cancer, asparagus also helps the immune system with its plentiful supply of vitamin A. Additionally, its fiber contains prebiotics that promote healthy gut bacteria.
- **Broccoli:** It's almost become a cliché, but broccoli could very well be considered a miracle food. With plentiful fiber, vitamins A, C, B9, and K, just about every aspect of your body is directly benefited. New research suggests that broccoli may also help aid in reducing the risk of certain cancers. What's more, many of its nutrients (zeaxanthin, beta-carotene, and phosphorus) protect the eyes from macular degeneration and cataracts.
- **Kale:** Often considered a close relative of broccoli, kale does just about everything, from protecting arteries to reducing cholesterol. And whether it's prepared raw or cooked, these leafy greens are an excellent source of iron and fiber. Kale also contains powerful antioxidants that can help protect the body from chronic diseases.
- **Butternut Squash:** Loaded with beta-carotene (essential for eye health) and vitamin C, this vegetable is a vital asset, especially when it comes to controlling blood pressure. And because of its high fiber, butternut squash is great for maintaining blood sugar and lowering cholesterol.

## Lockdown easing in England

**Most coronavirus rules will remain in place in England until 19<sup>th</sup> July.**

Senior ministers have signed off on the decision to delay the lifting of all legal restrictions on social contact.

That could mean capacity limits for sports, pubs and cinemas will remain, and nightclubs would stay closed. We carry on with our existing visiting schedule. Priya and Yvonne will keep us all updated regarding any changes.

## Coming up: The Hedgehog Tea Party

There is a family of hedgehogs living in our garden. We met them last summer looking for some water during the heatwave. They were cared for with water and honey and seemed happy.

This year Angie found a troubled hedgehog in the Willows car park and called Barrow Hedgehog Rescue for assistance. They came over to collect the poorly hedgehog and kept us updated about his condition.

That experience gave us idea of organizing a collection of cash and cat food to donate to Barrow Hedgehog Rescue. If you love hedgehogs and wish to help the charity, please donate when visiting the Willows. On 26<sup>th</sup> July, our residents and staff will enjoy a Hedgehog Tea Party. Our Activities Team, will coordinate the collection and its delivery to the hedgehog rescue center in Barrow.

The charity has vast experience of taking in, assessing, treating and rehabilitating hedgehogs. If you wish to learn more about the organization, please visit their Facebook page.



# The Hedgehog Tea Party



26<sup>th</sup> July at The  
Willows

We're raising funds for Barrow Hedgehog  
Rescue Charity

Donations of cat food and cash are very  
welcome.

Support the  
hedgehogs!  
Donate Today!