

# engaged.



MAY 2022

## From Chelsea

Welcome to another edition of *Engaged!* May is a lovely month around our villages, where we are celebrating the theme, 'Sprinkle a little kindness'. Rymanians definitely embody kindness, the core of what we do.

I think it is important to remember that kindness isn't just the big gestures. Rather, it is simple and small things that we do throughout our communities.

It is the smile in our eyes behind the mask, waving or greeting one another in the corridors or reception and holding the door for another resident or staff member. Just asking how someone is doing goes a long way.

Kindness shouldn't be taken for granted and I think it is important to take those moments to brighten someone's day with a lovely gesture, no matter how big or small.

Enjoy the coming month and make sure you rug up warm, the frosts are definitely on their way here in Christchurch!



*Chelsea*

**Chelsea Richdale**

Operations Activity and  
Lifestyle Coordinator



### How many of the following on-line challenges have you tried?

- **Wordle:** Created by the New York Times daily, it is a word game where you have to guess the five-letter word in six tries. This game has taken over the world!
- **The Australian Daily Quiz:** Whether you complete it on your own or as a team, this is a well-known and great way to start the day. 10 questions to answer every day!
- **Words with friends:** Why not challenge your friends or loved one to this word builder, crossword style challenge.

### Send us your content!

We would love to hear from you!

Email us at

[engaged@rymanhealthcare.com](mailto:engaged@rymanhealthcare.com)

Did you know that Mother's Day is the third largest card sending special occasion! According to Hallmark, 113 million cards are exchanged each year!



# WORDSEARCH – MOTHER’S DAY

Find the words in the grid – backwards, forwards, up, down, or diagonally.

X Y Y R E H T O M S E L F L E S S M  
 P R O T E C T I N G T E A C H L S C  
 L F D I S C I P L I N A R Y P U S E  
 E C I V D A D E V O T E D O P K I L  
 A D D G N I R U T R U N G P H L K E  
 D A E S P E C I A L G N O R T S G B  
 E S R M P A R E N T I R I I E N V R  
 R U A A I P L D C R T Y D N I K H A  
 A O P R M A M A A I R T N V V H E T  
 C I E T M X L C V A C A O N E R L E  
 C C R L A N R E T A M L E L A G P C  
 E E P J R O T A C U D E B D E N F A  
 P R T T F G Q M N V A A P G Y I U D  
 T P R O U D Q D V A I Q L Z X V L O  
 I K L A T M X N P L N U F S J I X R  
 N C E D I U G A E O D O T I N G B I  
 G W I S E M P R I N S P I R I N G N  
 E N C O U R A G I N G R A N N Y Q G

ACCEPTING  
 ADORING  
 ADVICE  
 CARING  
 CELEBRATE  
 DEAR  
 DEVOTED  
 DISCIPLINARY  
 DOTING  
 EDUCATOR  
 ENCOURAGING  
 GIVING  
 GRANDMA  
 GRANNY  
 GUIDE  
 HELPFUL  
 INDULGE  
 INSPIRING  
 KIND  
 KISS  
 LEADER  
 LOVING  
 MAMA  
 MATERNAL  
 MOTHER  
 MUM  
 NANA  
 NANNY  
 NURTURING  
 PARENT  
 PRECIOUS  
 PREPARED  
 PROTECTING  
 PROUD  
 RELIABLE  
 SELFLESS  
 SMART  
 SPECIAL  
 STRONG  
 SUPPORTIVE  
 TALK  
 TEACH  
 WISE

## WORDBUILDER

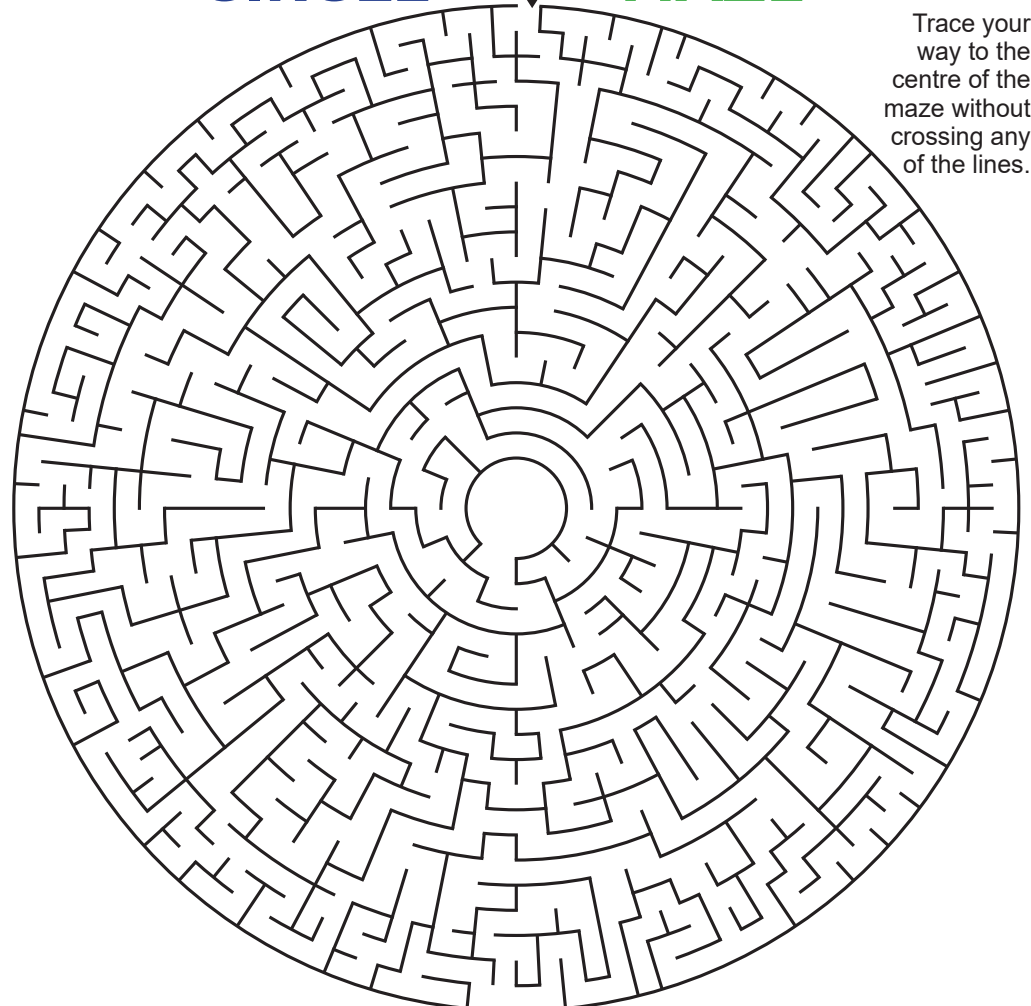
How many words of 3 or more letters, including plurals, can you make from the 5 letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one 5-letter word.



Good 10  
 Very Good 12  
 Excellent 15

Working Space

## CIRCLE MAZE



Trace your way to the centre of the maze without crossing any of the lines.

Colour me!



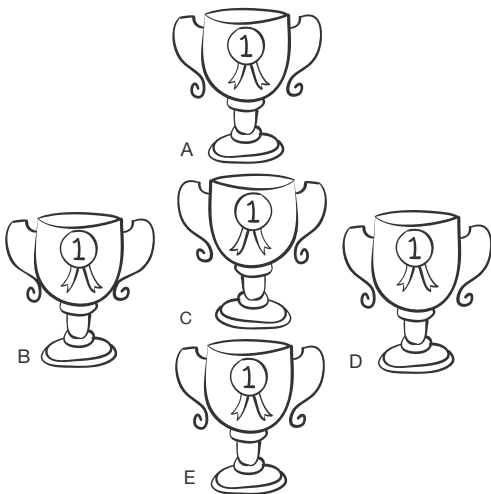
# JOIN the DOTS

Start joining dots in increasing numerical order, starting at a solid star. When you reach a hollow star, lift your pen/pencil and continue from the next number (which will be a solid star).



# SPOT the PAIR

Which two of these trophies are exactly alike?



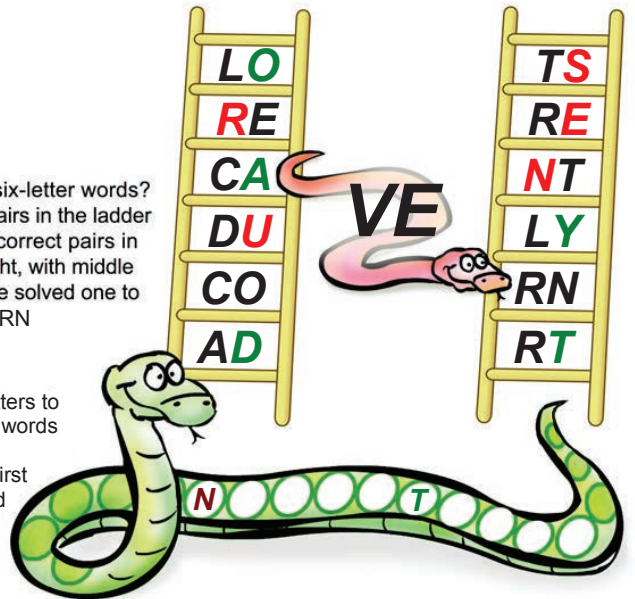
# SNAKES and LADDERS

## Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters VE. We have solved one to start you off: CAVERN

## Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.





# Spoil a Mum this Mother's Day

Why not spend this Mother's Day showing a mum you love how much you appreciate her? She might be your mum, grandmother, daughter, niece, a friendly neighbour – she might even be you!

Mother's Day is your chance to say, "thank you for the love", wherever she may be. Let's get creative with how we show our appreciation this Mother's Day.

## **A floral bouquet**

It might be wrapped by you and dropped in her letterbox, or it might be crafted and delivered by a professional florist. Or think creatively and consider snipping some herbs from the garden to make an edible posy.

## **Goodie hamper**

A hamper filled with customised treats is a delightful way to combine her favourite things. You could purchase a delivery hamper online or you could make the hamper yourself. Purchase the ingredients separately and arrange them in a small cardboard box wrapped with a bow.

## **Audiobook membership**

Audible books can be listened to in the car, at the gym, while relaxing on the couch – anywhere! Consider an audiobook membership. This would give her access to a vast range of audio books and podcasts covering all sorts of topics.

## **Virtual dinner date**

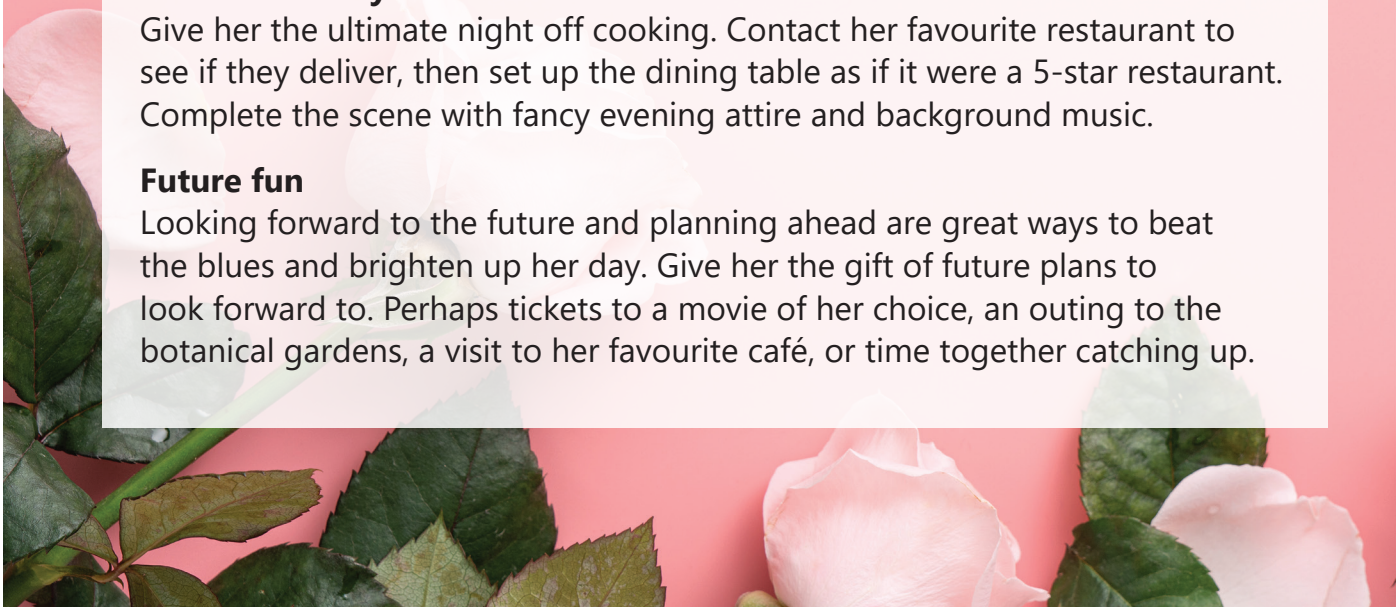
If you can't see each other face to face, sharing a virtual dinner date to celebrate Mother's Day is as simple as setting up a FaceTime call and each cooking the same meal. Set the scene with a lovely tablecloth and cutlery where the camera is set up.

## **5-star takeaways**

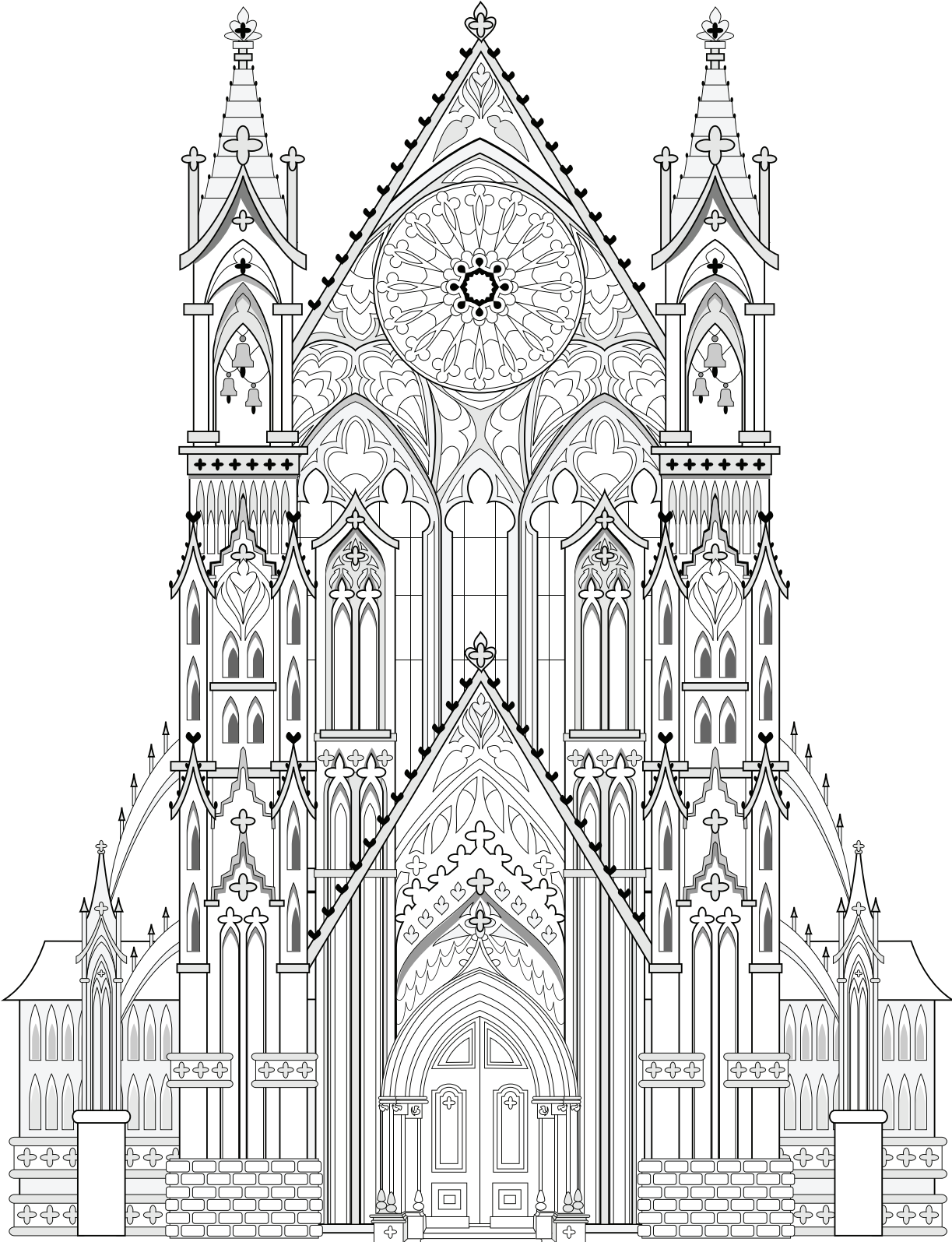
Give her the ultimate night off cooking. Contact her favourite restaurant to see if they deliver, then set up the dining table as if it were a 5-star restaurant. Complete the scene with fancy evening attire and background music.

## **Future fun**

Looking forward to the future and planning ahead are great ways to beat the blues and brighten up her day. Give her the gift of future plans to look forward to. Perhaps tickets to a movie of her choice, an outing to the botanical gardens, a visit to her favourite café, or time together catching up.



# Colour me!





# International Nurses Day

Each year, on International Nurses Day, we thank our nursing staff and our residents who were nurses, for their selfless dedication to their work.

On May 12, the anniversary of Florence Nightingale's birth, International Nurses Day is celebrated around the world, including here at Ryman.

International Nurses Day has a different theme each year. The theme for 2022 is Nurses: A Voice to Lead – Invest in nursing and respect rights to secure global health.

This theme focuses on the need to protect, support, and invest in the nursing profession to strengthen health systems around the world.

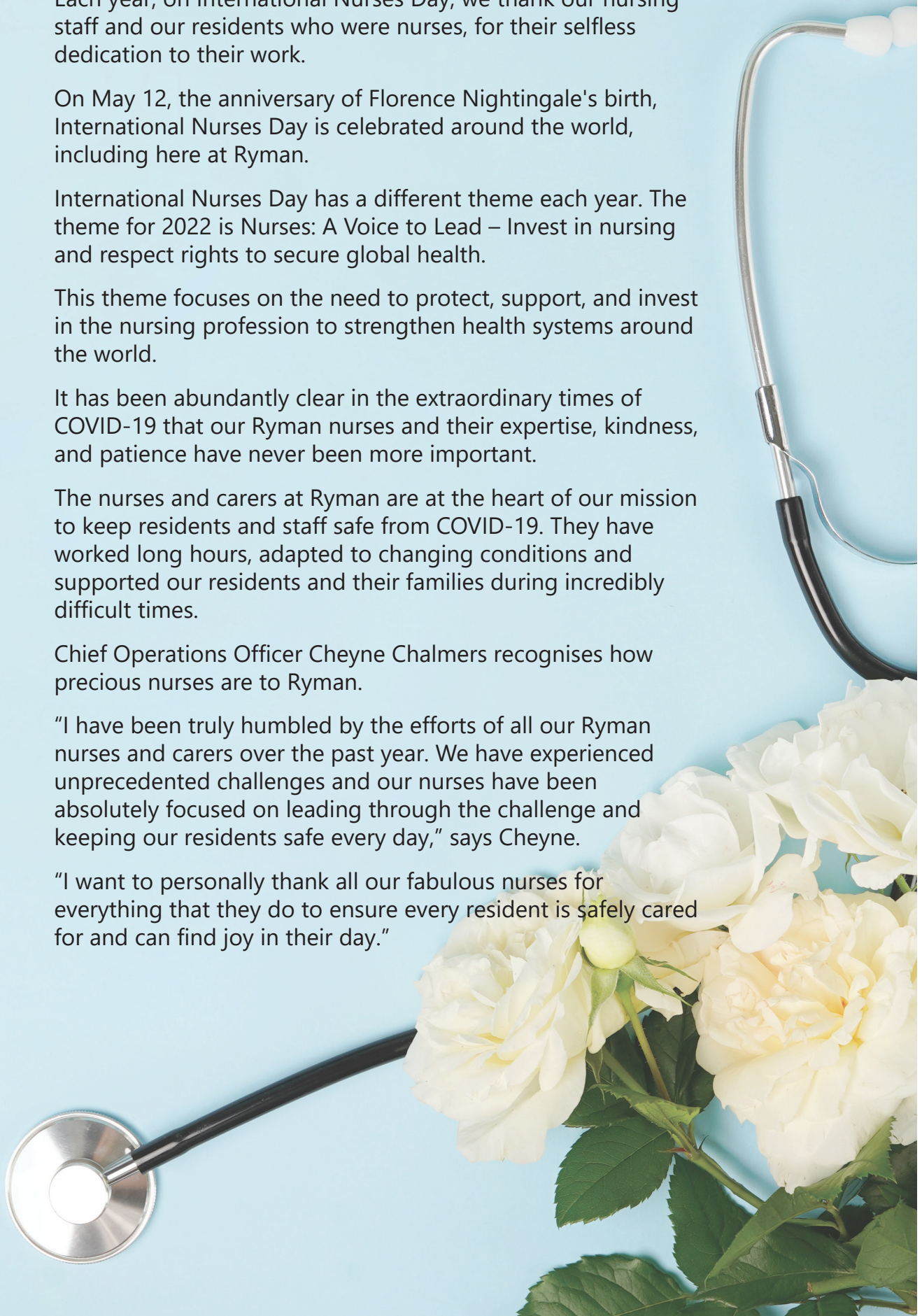
It has been abundantly clear in the extraordinary times of COVID-19 that our Ryman nurses and their expertise, kindness, and patience have never been more important.

The nurses and carers at Ryman are at the heart of our mission to keep residents and staff safe from COVID-19. They have worked long hours, adapted to changing conditions and supported our residents and their families during incredibly difficult times.

Chief Operations Officer Cheyne Chalmers recognises how precious nurses are to Ryman.

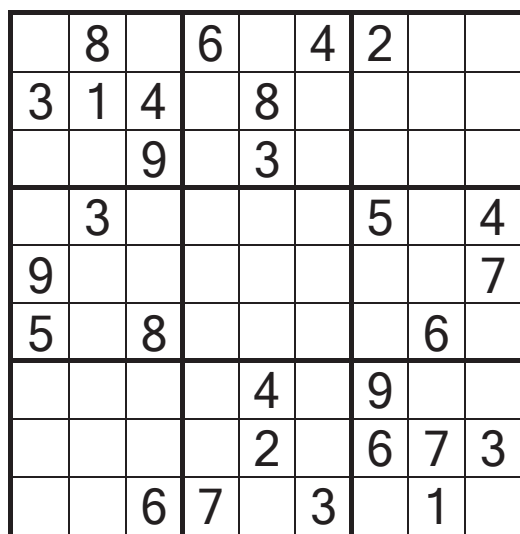
"I have been truly humbled by the efforts of all our Ryman nurses and carers over the past year. We have experienced unprecedented challenges and our nurses have been absolutely focused on leading through the challenge and keeping our residents safe every day," says Cheyne.

"I want to personally thank all our fabulous nurses for everything that they do to ensure every resident is safely cared for and can find joy in their day."

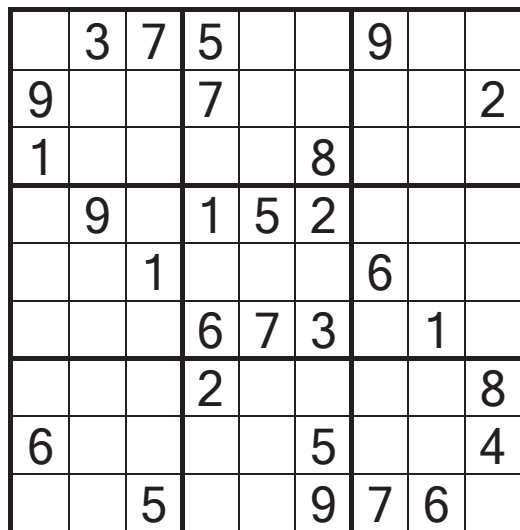


# SUDOKU

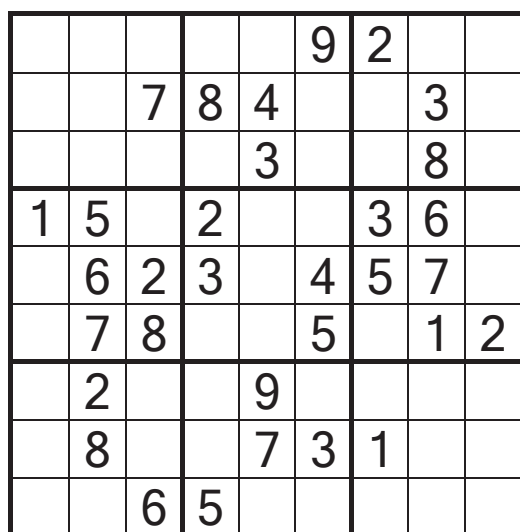
Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9



Easy



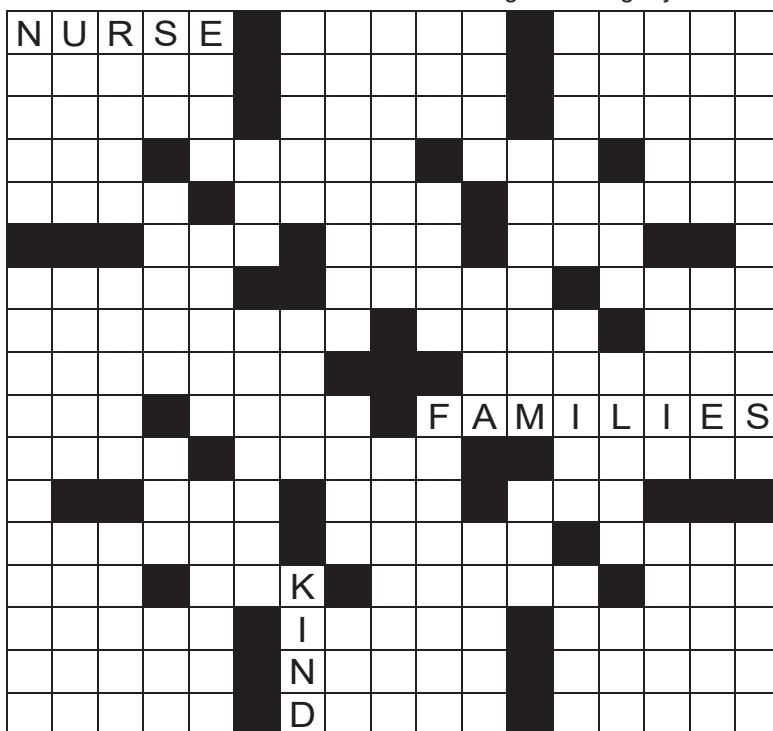
Medium



Hard

# WORDFIT

Fit the words into the grid to create a finished crossword. We have given 3 to get you started.



### 3 LETTERS

- ACE
- ADD
- AIL
- ARE
- ARK
- ASH
- ATE
- AVE
- COO
- CUR
- DUE
- EGG
- GEL
- OFT
- OWE
- PEP
- RAT
- RYE
- SEE
- SIT
- SUE
- TAP

### TIN

- WET

### 4 LETTERS

- COST
- EAST
- ECHO
- EDGE
- ENDS
- ERRS
- INCA
- KIND
- PACE
- RAGE
- REST
- ROCK
- SNAG
- TACT

### 5 LETTERS

- ACHES
- ACORN
- ADDER

- AGAIN
- AILED
- ASTIR
- AWARE
- BLEAT
- CEDED
- CIDER
- COULD
- CREDO
- CURLS
- DRESS
- EDGES
- ERASE
- ERICA
- GUILT
- HEADS
- ICING
- KENDO
- LENDS
- MOTOR
- MOUSE
- NOSER
- NUDGE

- ~~Nurse~~
- ODOUR
- OLDIE
- OPTIC
- OSIER
- PLEAD
- POSED
- REAVE
- RINGS
- SANER
- SARAH
- SERIF
- SLEET
- SWORN
- TEASE
- TEETH
- TILER
- TORSO
- TREAD
- USAGE

- ORPHAN
- PASTRY
- SLATER

### 7 LETTERS

- CRUSADE
- FOREARM
- HEATHER
- READIED
- SUICIDE
- UTENSIL

### 8 LETTERS

- BREATHER
- Families
- FEELINGS
- OPERATOR

### 11 LETTERS

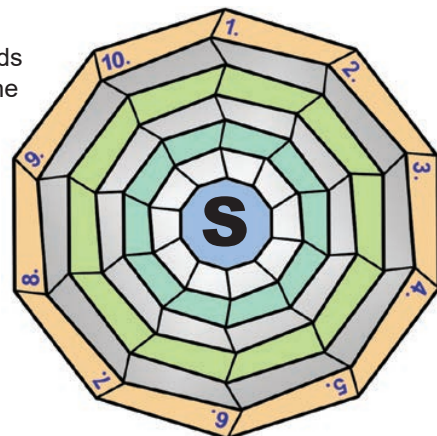
- ABRACADABRA
- DEFENCELESS

### 6 LETTERS

- DAPPLE

## WebWORD

The answers from 1 to 10 are all words ending in S. If correct, the letters in the outer band moving clockwise from 1 will reveal an actress known for Gidget and the Flying Nun (5,5)



### CLUES

- 1. Solemn
- 2. Kidnaps
- 3. Detests
- 4. Drunk (colloq)
- 5. Talks non stop
- 6. Pals
- 7. Ailment
- 8. Breathes out
- 9. Generosity
- 10. Appointment books



# Italian pork meatball pasta bake

Inspired by Italy's masterful use of tomato and mozzarella, this pasta bake hits all the markers for cold-night decadence. Warm a loaf of bread to accompany this bake – you'll want to soak up every drop! This recipe serves 4.

## Ingredients

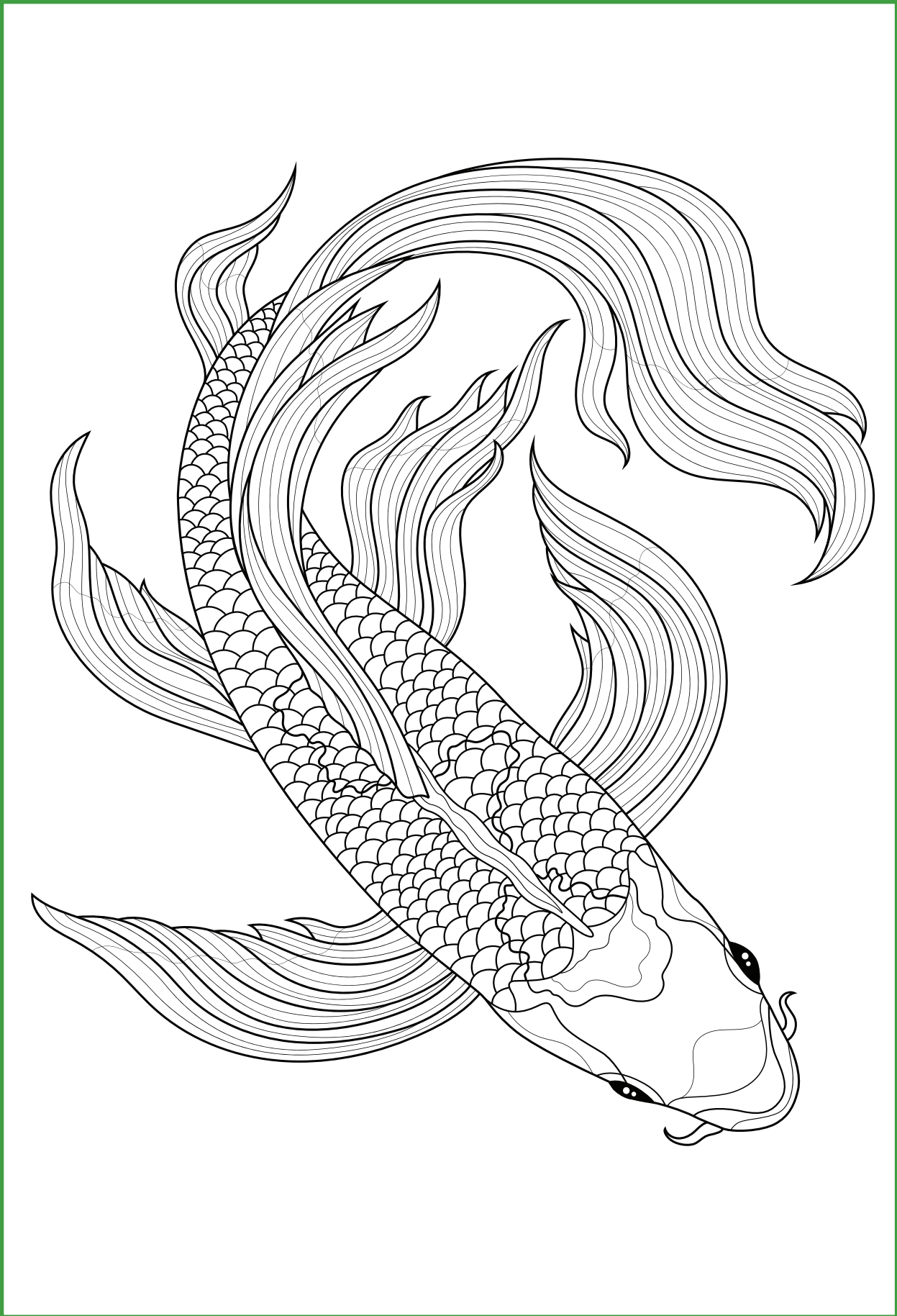
2 tsp fennel seeds  
400g rigatoni  
750g pork sausages  
1/3 cup extra virgin olive oil  
1 onion, diced  
6 sprigs thyme leaves (no stems)  
3 garlic cloves, finely diced  
500g tomatoes, roughly chopped  
2 tbsp tomato paste  
1 cup water  
150g mozzarella  
1/2 cup grated parmesan  
Salt and pepper, to season  
Fresh basil leaves, to serve

## Method

1. Toss the fennel seeds in a hot, dry skillet until toasted. Once toasted, crush the seeds and set them aside.
  2. Preheat oven to 220°C.
  3. Cook the rigatoni according to packet instructions until al dente. Drain and set the pasta aside.
  4. Discard the sausage casings then roll the remaining meat into small meatballs. Season and set aside.
  5. Add 2 tbsp oil to a large frypan over medium-high heat. Add the meatballs and cook for 6-8 minutes, turning regularly, until the meatballs are evenly browned. Set aside.
  6. Reduce the heat to medium and add your last 2 tbsp oil to the pan. Add the onion and stir gently for 4 minutes until soft. Add the fennel seeds, thyme, and garlic. Cook for 1 minute until fragrant.
  7. Add the tomatoes and tomato paste. Cook for 2-3 minutes.
  8. Add 1 cup of water to the pan. Simmer the mixture for 8 minutes until slightly reduced.
  9. Transfer the sauce to an oven dish. Gently stir in the meatballs and pasta then tear the mozzarella over the mixture and evenly scatter the parmesan.
  10. Bake for 15 minutes until golden and bubbling. Top with fresh basil leaves to serve.
- Serve with fresh salad or lightly steamed greens for a well-balanced meal.



**Colour me!**







# How to make mosaic pots

## Materials

- Terracotta pots
- Spray paint, any colour
- 5-7 china plates or tiles
- White grout
- Permanent craft adhesive glue (choose a viscous and fast-drying glue)
- Sealant

### 1. Paint the pots.

Use spray paint to paint the pots (including the inside lip) and let them dry for 24 hours.

### 2. Break the plates / tiles

Wear safety glasses and gloves. Break plates or tiles into small pieces, using a hammer or tile cutters, or by putting them inside a plastic bag to smash.

### 3. Design your pattern

Lay all the tiles on the table face up. Place a dab of glue on the back of each tile and attach to your pot. Leave a small gap between each tile for the grout. Use straight edge tiles for the bottom and top of the mosaic.

### 4. Mix the grout

Wear a mask and latex gloves. Mix the grout according to the directions on the label, to the consistency of natural peanut butter. The grout stays workable for about 15 minutes.

### 5. Spread the grout

Spread the grout onto the surface of the pot over and between the tiles, using a damp sponge or putty knife. Make sure the top and bottom edge of the mosaic are grouted. Lightly clean the grout off the tiles and lip of the pot without removing grout from between the tiles. Leave to dry for 30 minutes.

### 6. Buff the tiles

Use a paper towel or damp sponge to wipe grout haze off the tiles. Be careful not to remove the grout from between the tiles. Wait another 30 minutes and buff again. Repeat if needed.

### 7. Seal and plant

Let the grout dry for 24 hours, then seal with a grout sealer and a paintbrush. Let dry. Sealant makes the mosaic water-resistant, but not waterproof. Plant something in the pot, sit back, and enjoy!



