

engaged.



8 OCTOBER 2021

From Chelsea

Welcome to the latest edition of *Engaged!* Something that we can all relate to during the past couple of months is change in our routines, when our normal routine is lost.

The biggest thing about not being able to get out or do our normal activities is it can throw our bodies and moods into a tailspin and I find we can lose our sense of achievement or even the sense of who we are!

I am lucky being able to work from home but it has been so important to keep routine in my day. Little things like making my coffee at 9am, checking in on a workmate for a morning chat and getting out for a daily walk all help me keep a routine.

I recommend exploring what a routine means for you, and writing a weekly list of things that you want to do throughout the week and ticking them off as you complete them.

We hope you enjoy this week's edition and we will see you next week.



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



How many of the following do you complete in the week?

- Join a Triple A class
- Join an on-line Zoom session
- Ring a family member or friend
- Read a good book
- Work away on a puzzle
- Complete all the challenges in *Engaged*
- Get into the village garden and smell the fresh flowers
- Truly enjoy a freshly brewed tea or coffee

Enjoy the little things and realise how much you are doing!

Send us your content!

We would love to hear from you!

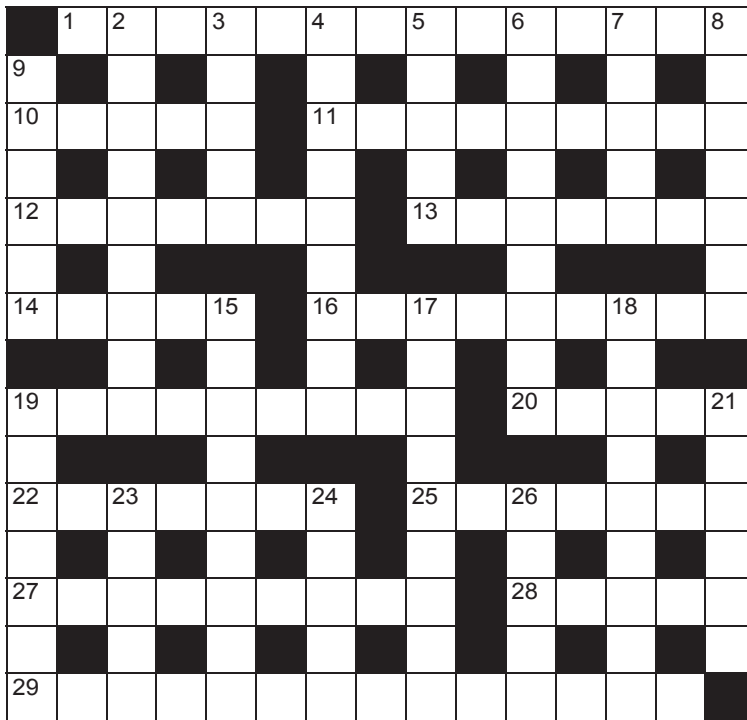
Email us at
engaged@rymanhealthcare.com

Don't forget to check out Ryman Healthcare Lifestyle Blog!

We have a range of articles for you to browse at your leisure.
www.rymanhealthcare.com.au/lifestyle



QUICK CROSSWORD



ACROSS

1. Abandon hope, stop trying (4,2,3,5)
10. More than enough (5)
11. Conference or convention (9)
12. Temporary loss of memory (7)
13. Predicament (7)
14. Legal defence (5)
16. The common people (3,6)
19. Wise (9)
20. Serious (5)
22. Unlawful (7)
25. Innate (7)
27. Finish (9)
28. Bishop's headgear (5)
29. Locality (colloq) (4,2,3,5)

DOWN

2. Imminent (9)
3. All square (5)
4. Edible green nut (9)
5. Clammy (5)
6. Attractiveness (4,5)
7. Drug made from poppies (5)
8. Kettledrum (7)
9. Central American country (6)
15. Under an assumed identity (L) (9)
17. Fulsome (9)
18. Freed (9)
19. Besotted (7)
21. Respite (6)
23. Song text (5)
24. Smallest amount (5)
26. Pace (music) (5)

CRYPTIC CROSSWORD

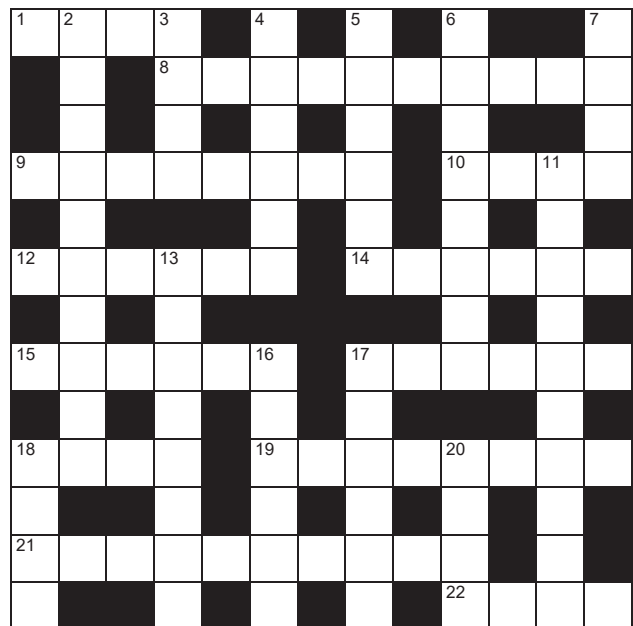
ACROSS

1. Small in number, we suffer setback after carafe damaged through lack of care (1,3)
8. After desert beast is decapitated, I make a speech and improve things (10)
9. If all is included ere rearrangement, it's authentic (4,4)
10. Place from which a tortured Tory produced a gift to end the war (4)
12. Picked up the branch at the tree-top (6)
14. Vessels on the harbour can make one act shy (6)
15. I caved miserably in the face of the recommendation (6)
17. Done by this, not a lot of effort put in (6)
18. Concealed predicament rodent caused, crushed it under foot (4)
19. Nary a yes is extracted from this fellow (8)

21. Practitioners show up when Ian infiltrates their places of work (10)
22. Unsettled when none hitched (4)

DOWN

2. Parasite might be oral feeder (10)
3. Hit it and you may be broken; fly on it to get an insider view (4)
4. Paint picture of French person from ancient Scotland (6)
5. Youth leader follows parsimonious man into intense sadness (6)
6. Rules adhered to by a professional heading to pass (8)
7. Refuse to admit to being seen in nude nylons (4)
11. Disinclined to take a stand, hence often rattled (2,3,5)
13. Smile at the sound of a bell producing bruxism (8)



16. Man lacking virility starts clapping when enveloped in a French hue (6)
17. Best time to greet people when dawn has broken (6)
18. Lyme-disease carriers reportedly had involuntary actions (4)
20. Ranchman's rope is tangled and pointless too (4)

MAGIC SQUARE

Enter numbers into the squares so that every row, column and corner-to-corner diagonal adds up to a total of

15

2	9	
		3

SOLUTIONS

Quick

19. Smitten, 21. Relief, 23. Lyrnc, 24. Least, 26. Tempo.
7. Opium, 8. Timpani, 9. Panama, 15. Incognito, 17. Insincere, 18. Liberated, 25. Natural, 27. Terminate, 28. Mitre, 29. Neck of the woods.
13. Dilemma, 14. Alibi, 16. Hor polloi, 19. Sagacious, 20. Sober, 22. Illegal.

Cryptic

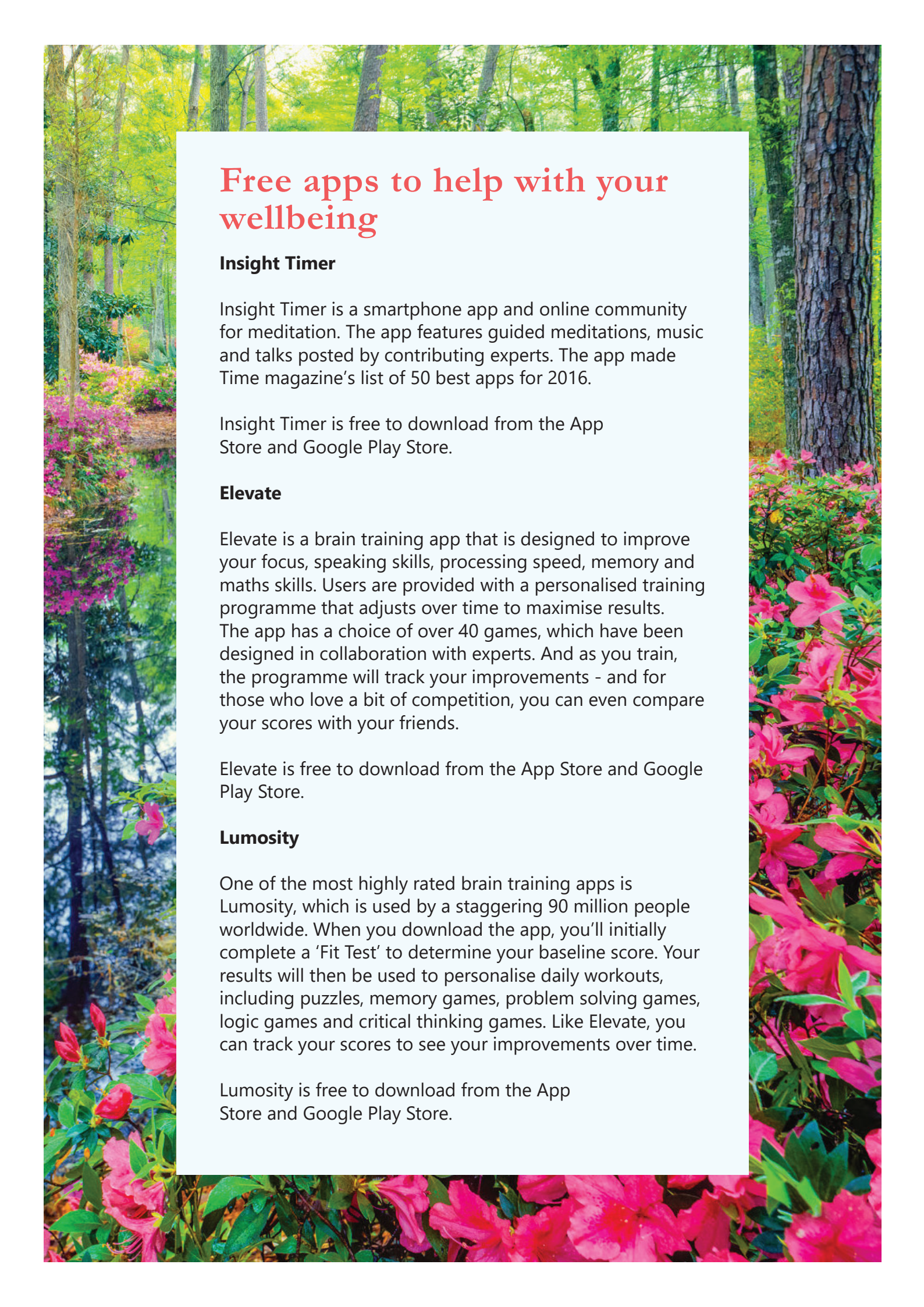
13. Grinding, 16. Eunuch, 17. Heyday, 18. Tics, 20. Also.
Down: 2. Free-loader, 3. Wall, 4. Depict, 5. Misery, 6. Protocol, 7. Deny, 11. On the fence, 17. Halves, 18. Trod, 19. Naysayer, 21. Clinicians, 22. Owed.
Across: 1. A few, 8. Ameliorate, 9. Real life, 10. Troy, 12. Bought, 14. Yachts, 15. Advice,

Magic

8	1	9
3	5	7
4	9	2

Colour me!





Free apps to help with your wellbeing

Insight Timer

Insight Timer is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. The app made Time magazine's list of 50 best apps for 2016.

Insight Timer is free to download from the App Store and Google Play Store.

Elevate

Elevate is a brain training app that is designed to improve your focus, speaking skills, processing speed, memory and maths skills. Users are provided with a personalised training programme that adjusts over time to maximise results. The app has a choice of over 40 games, which have been designed in collaboration with experts. And as you train, the programme will track your improvements - and for those who love a bit of competition, you can even compare your scores with your friends.

Elevate is free to download from the App Store and Google Play Store.

Lumosity

One of the most highly rated brain training apps is Lumosity, which is used by a staggering 90 million people worldwide. When you download the app, you'll initially complete a 'Fit Test' to determine your baseline score. Your results will then be used to personalise daily workouts, including puzzles, memory games, problem solving games, logic games and critical thinking games. Like Elevate, you can track your scores to see your improvements over time.

Lumosity is free to download from the App Store and Google Play Store.