

engaged.



5 NOVEMBER 2021

From Chelsea

Welcome to this week's edition of *Engaged*. In New Zealand we have recently had Labour weekend which was a welcome break for many! The theme for this week's edition came to me over the long weekend.

I spent Monday morning tidying up weeds in my garden. Gardening to me has always been a wee bit of a chore but since buying a house and almost hitting thirty it is now something that I get a sense of pride from seeing when I walk up my driveway and see the tidy lawns and garden. I am sure many of you can relate to the satisfaction you have felt when you have had a flourishing garden. This week I even planted my first tomato plant, now that I might need some luck with!

It's good to enjoy the simple things in life and remember all the amazing things we do that can get lost in the daily hustle and bustle.

Enjoy your week, and I'll see you next time!



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Five fragrant house plants:

Basil: Some varieties of this herb have minty undertones while others have lemon, lime, and anise scents.

Lavender: A delicate purple herb with a deep, sweet scent that promotes serenity and calm.

Geraniums: Bold colour and fresh peppery scent. Varieties include orange, nutmeg, rose, and lemon.

Mint: This herb is used to freshen the air and the breath!

Anise hyssop: The leaves have an uplifting, sweet liquorice scent.

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Reminiscence short stories

Don't forget to check out some of the amazing entries! Go to the link below and download the pdf to print out or read online.

www.rymanhealthcare.com.au/remembrance-short-story



SUDOKU

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

	7		9	3		6		
							2	
5			8			9		
	5		3	9			1	
		9	6		1	7		
	6			4	2		9	
		8			7			4
	4							
		7		6	3		5	

Easy

					3			
		2	4				8	5
	1				5	2	9	
				6		5	1	
3								9
	4	1		2				
	7	8	5				4	
4	3				6	1		
			7					

Medium

6	9		4					
2		8						
4		3	6	7				
		9		6	8	1		
	6			1			3	
		7	2	5		8		
				2	7	6		9
						3		8
				6		4	1	

Hard

TRIO

The words in this puzzle can be completed using the same three-letter sequence. Can you find it?

--_ _ B
 MI_ _ _ Y
 --_ _ PS
 --_ _ LOM

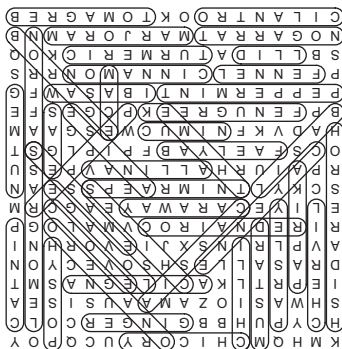
WORDSEARCH - flavourings

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

- | | | |
|----------|-------------|------------|
| ANGELICA | CINNAMON | NUTMEG |
| ANISE | CLOVE | OREGANO |
| BASIL | CORIANDER | PAPRIKA |
| BAYLEAF | CUMIN | PARSLEY |
| BERGAMOT | DILL | PEPPER |
| BORAGE | FENNEL | PEPPERMINT |
| CARAWAY | FENUGREEK | SAFFRON |
| CASSIA | GINGER | SAGE |
| CATNIP | HORSERADISH | SESAME |
| CAYENNE | HYSSOP | SPEARMINT |
| CHERVIL | LEMONGRASS | TARRAGON |
| CHICORY | LOVAGE | THYME |
| CHILLI | MACE | TURMERIC |
| CHIVES | MARJORAM | VANILLA |
| CILANTRO | MUSTARD | WASABI |

SOLUTIONS

Wordsearch



1	2	7	4	6	3	8	5	9
6	4	5	2	8	9	1	7	3
9	3	8	5	1	7	2	6	4
3	6	1	7	4	2	5	9	8
4	8	9	6	5	1	7	3	2
7	5	2	3	9	8	4	1	6
5	1	3	8	2	6	9	4	7
8	9	6	1	7	4	3	2	5
2	7	4	9	3	5	6	8	1

Easy

1	7	5	2	8	9	4	1	3	2	8
3	4	1	8	2	7	6	5	9		
1	3	7	2	5	4	8	9	6		
8	6	4	7	1	9	5	3	2		
5	2	4	3	6	8	1	7	4		
4	1	3	6	7	2	9	8	5		
2	7	8	1	9	5	4	6	3		
6	5	4	8	3	2	1	7			

Hard

Sudoku

6	2	9	7	4	1	8	5	3
4	3	5	8	9	6	1	7	2
1	7	8	5	3	2	9	4	6
5	4	1	9	2	8	6	3	7
3	8	6	1	5	7	4	2	9
2	9	7	3	6	4	5	1	8
8	1	3	6	7	5	2	9	4
7	6	2	4	1	9	3	8	5
9	5	4	2	8	3	7	6	1

Medium

Trio

VLS

Colour me!





Spring Garden Inspiration

Floral feelings

Red and violet can be mentally stimulating, while orange and yellow can energise your body and brighten your mood. Blue and green offer emotional calm, and white makes indoor and outdoor living spaces feel larger and airy. Think about the emotions you would like to experience in your garden, on your balcony, or in your home and plant a colour palette that will encourage those feelings.

Raise it up

Wall planters are a great solution for herbs or strawberries, and a small raised garden planter can work perfectly on a balcony or patio. This means that you can take a few steps from your kitchen to the planter and simply snip what you need.

Bring your garden indoors

Elevate your indoor living spaces with greenery. Positioning a few indoor plants throughout your home can create a calm, peaceful vibe. Splashes of green and floral colour are perfect for livening up plain walls and bringing empty corners to life. Many houseplants also purify the air.

Feeling fruity!

Plucking fruit directly from a tree branch or bush is one of the most rewarding and relaxing activities you can do. Plus, fresh fruit always tastes better than store-bought! If you want to grow fruit at home, consider planting miniature fruit trees in large pots on your patio or balcony.

Grow microgreens

These superfoods may be small in size but they're big on flavour and packed with nutrients. Cabbage rubies, watercress, radish, dill, celery, fennel, chicory, onion, and carrot are just a few. These baby plants are even easier to grow indoors. Sow the seeds into jars using a rich vegetable growing mix, position them in a sunny spot and keep them damp with sprayed water. In 7-14 days you'll be harvesting your crop.

Smell the roses

Planting scented roses can enliven all your senses. While roses have traditionally been a challenge to grow, modern varieties are much easier to care for. Standards provide formal beauty for your outdoor space and climbing roses offer colour, texture, and softness to walls and trellis.