engaged.

From Chelsea

Welcome to *Engaged* for this week. Who would believe this is our 16th edition since restarting this weekly newsletter! The end part of this year has definitely zoomed by at lighting speed. I always remember my nana saying to me that time moves faster as we age, and I am starting to believe this.

Although this year has had a lot of ups and downs, it has featured some amazing events, creative activities, and new friendships for residents and staff. How cool is that?

How special it is that we have been able to share the past year with each other. Whether it is the friendly wave to your neighbour on your daily walk, ringing and having a good old chat with friends that have become family or even sharing a moment with our staff who have popped in to drop off something special.

I feel lucky to be surrounded by a community of residents and staff that come together, unite and sprinkle kindness for all to share!

Chelsea

Chelsea Richdale

Operations Activity and Lifestyle Coordinator

Kindness

Kindness can be shown in so many different ways but here some ways to get you started:

- Smile at a fellow resident or staff member
- Volunteer or support others
- Check on your neighbours
- Check in on friends and family
- Send a thank you card or flowers
- Donate unwanted clothes

Send us your content!
We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

World Kindness Day

Did you know that World Kindness Day is the 13th November? Let's make sure to mark this on the calendar for 2022. But why limit kindness to one day, sprinkle that kindness everyday!

SUDOKU

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

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

Easy

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

Medium

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

Hard

TOTALISER

The answers to these questions are all numbers. Added up, they will total 68.

1. How many colours are in a rainbow?
2. How many hearts does an octopus have?
3. How many months long is an elephant's pregnancy?
4. How many ribs are in the human body?
5. How many animals are in the Chinese Zodiac?

CROSSWORD

Across
1. Stroke (6)
5. Pamper (6)
10. Determined (7)
11. Put aside (7)
12. Hidden (6)
15. Grief-stricken (6)
16. Dedicated (7)
17. Profound (4)
18. Sensationalism (4)
19. Stronghold (7)
20. Agreement or treaty (4)
22. Lure (4)
25. Lean (7)
27. Subtle difference (6)
28. Diversion (6)
31. Glorious (7)
32. Envisage (7)
33. Fervent (6)
34. Gather (6)

Down
2. Greed (7)
3. Overjoyed (6)
4. Location (4)
5. Complain (4)
6. Sprinted (6)
7. Theft (7)
8. Bisected (6)
9. Boil with anger (6)
13. Embarrassing failure (7)
14. Assert (7)
15. Adored (7)
20. Penalise (6)
21. Climb awkwardly (7)
23. Worry excessively (7)
24. Objective (6)
25. Writer (6)
26. Mend (6)
29. Skilful (4)
30. Sovereign (4)

SOLUTIONS

Totaliser 1. 7, 2. 3, 3. 22, 4. 24, 5. 12

Crossword

Across: 1. Caress, 5. Coddle, 10. Adamant, 11. Reserve, 12. Veiled, 15. Bereft, 16. Devoted, 17. Deep, 18. Hype, 19. Bastion, 20. Pact, 22. Bait, 25. Slender, 27. Nuance, 28. Detour, 31. Sublime, 32. Imagine, 33. Ardent, 34. Garner.
Down: 2. Avarice, 3. Elated, 4. Site, 5. Carp, 6. Dashed, 7. Larceny, 8. Halved, 9. Seethe, 13. Debacle, 14. Contend, 15. Beloved, 20. Punish, 21. Clamber, 23. Agonise, 24. Target, 25. Scribe, 26. Repair, 29. Deft, 30. King.

Sudoku

(Solution grids for Easy, Medium and Hard shown.)

Colour me!

How to dry flowers

Drying flowers is a fun way to preserve your favourite foliage for year-round enjoyment. Pick flowers that hold colour well when dried such as globe amaranth, lavender, rose, statice, strawflower, baby's breath, hydrangea, and goldenrod.

Choose flowers in the best condition and cut them first thing in the morning to maximise the quality and colour. Start the drying process straight away to prevent them deteriorating.

With all methods, once dry, spray with fixative or perfume-free hairspray.

Naturally – for naturally dried colourful flowers with stems

This method is the simplest. All you require is twine and a dark, dry spot in which to hang your flowers for a few weeks until dry. Ensure the air can easily circulate to avoid mould forming.

Pressed – for flat petals and small flowers

Flowers can be pressed between book pages, in a notepad, and using a wooden flower press. Make sure no petals or leaves overlap. Line pages with unbleached paper or paper towels, position your flowers, and place the closed book on a flat surface before placing heavier books on top or tying it closed securely. This method takes approximately 30 days.

Silica gel – for dried flower heads without stems

Wear an air filter mask and gloves. Prune the stems of your flowers to 2.5cm away from the flower head. Place the flower heads face up in a microwave-safe container with a container lip at least 5cm higher than the flower heads. Flat-faced flowers should be placed upside down and long flowers on their sides. Cover your flowers with silica gel ensuring at least 2.5cm of gel above the flowers. Cover the container with a paper towel and microwave for one minute.

Let the container cool for 30 minutes before removing the dried flowers. Gently remove your flowers, using a soft bristle paintbrush to remove the remaining silica gel.

Glycerine – for flowers in bold colour with stems

Found at most pharmacies, glycerine helps retain bright petal shades. Mix two parts of lukewarm water with one part glycerine and place freshly cut flower stems in the mixture. Set aside for two to three weeks while the flowers absorb the mixture. This replaces the water in your flowers with glycerine. Once complete, hang your glycerine-filled flowers upside down in a warm, dry, dark place until they have dried completely.

A relatively long term dried floral solution, but keep your dried flowers out of direct sunlight to avoid premature fading.