

engaged.

26 AUGUST 2021



FROM CHELSEA

Hi everyone and welcome back to *Engaged*! Can you believe our last edition was back in December 2020! We are happy to be back and to be joining your weekly routines for the foreseeable future.

Although everyone is tired of restrictions and COVID-19, please make sure to take good care of yourselves and take it one day at a time.

We all need to feel connected, even when we are isolating at home. Let's reach out on Zoom or use the good old-fashioned telephone to talk to our friends and family, wherever they may be. We have also put some options for ways to connect on the back of this newsletter.

It's a good time to connect with our loved ones, to have a chat and a laugh over the coming week. Look around for those small moments of joy, whether it is the amazing sun shining, or the changing garden landscapes, let's take a moment to appreciate it all.

You are not alone. We are all in this together - we have done this before, and we can do it again.



Chelsea Richdale

Operations Activity and Lifestyle
Coordinator, Ryman Healthcare



STAYING ENGAGED

Why not complete our wee challenge!

Look out your window,
around the village grounds.
How many can you spot?

- ❖ Interesting item in a window
- ❖ Letterbox with a 4 on it
- ❖ Freshly bloomed flower (bonus point if you can name it)
- ❖ Waving neighbour (of course socially distanced)
- ❖ Native birds (see if you can name them)
- ❖ A pair of socks
- ❖ Birdfeeder or bird house
- ❖ Neighbours in their slippers checking the mailbox

Grab a cuppa and explore the Ryman Lifestyle blog to view our latest articles or even take part in an on-line Triple A class. Visit www.rymanhealthcare.com.au/lifestyle

SUDOKU

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

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

Easy

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

Medium

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

Hard

TRIO

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

__ _ _ EST
S __ _ _ NG
__ _ _ SON
PA __ _ _ KA

WORDsearch – sausages

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

- ANDOUILLE
BANGERS
BEEF
BERLINER
BLOOD
BOEREWORS
BRATWURST
BREAKFAST
CAJUN
CERVELAT
CHIPOLATA
CHORIZO
CUMBERLAND
DEVON
- DRY
FRANKFURTER
FRIZZES
GLAMORGAN
GOETTA
GYURMA
HELZEL
HOT DOG
ITALIAN
KIELBASA
LAULAU
LEBANON
LINGUICA
LIVER
- LOLA
LONGANIZA
LORNE
METTWURST
MORTADELLA
PEPPERONI
PORK
SAI UA
SALAMI
SAVELOY
VENISON
VIENNA
WIENER

SOLUTIONS

Wordsearch

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

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

Easy

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

Hard

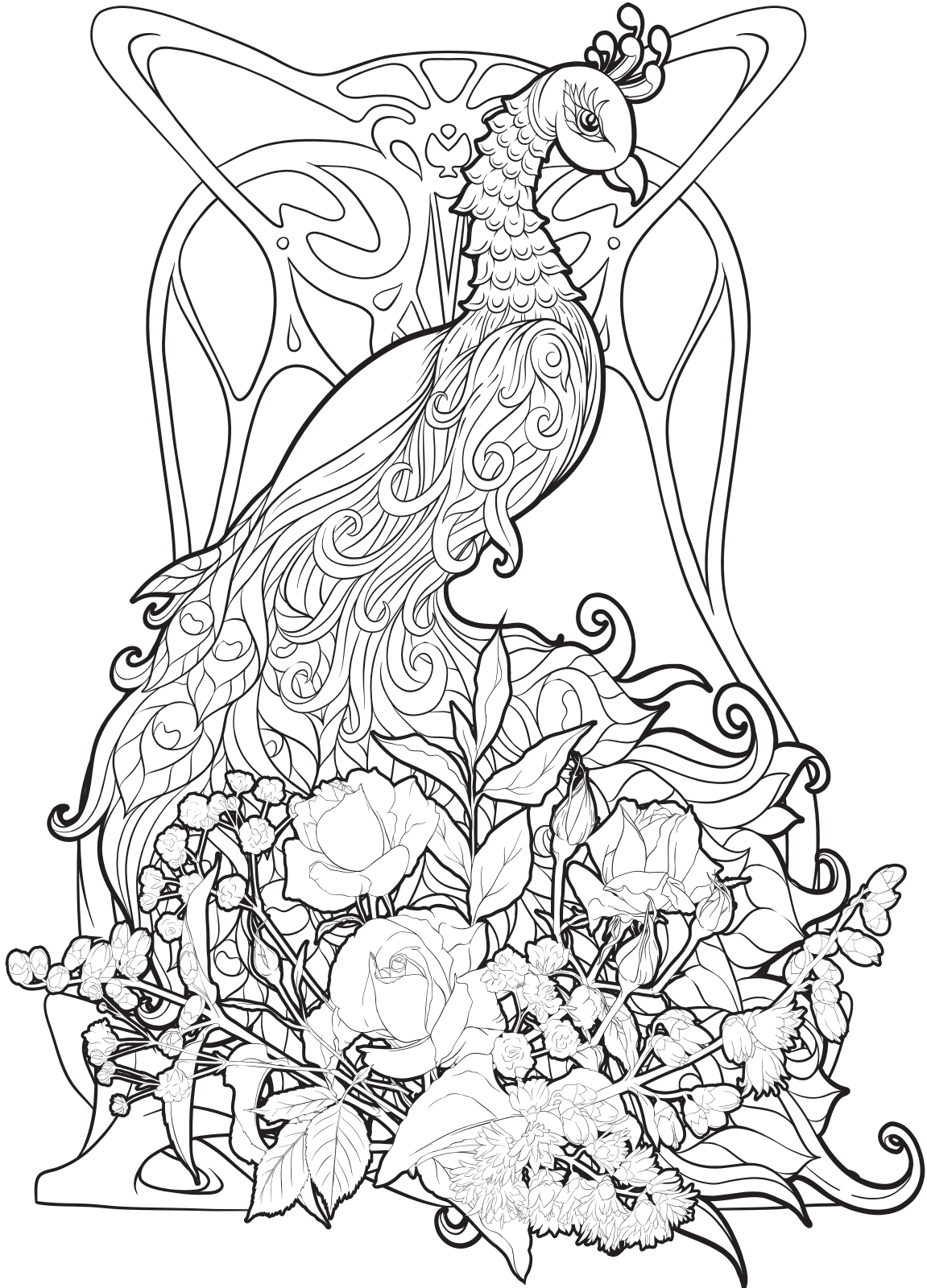
Sudoku

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

Medium

Trio

Colour me!



Staying connected online

Over the past year we have all become a little more tech-savvy and we thought it would be a good time to revisit useful on-line sites and communication services to use. You may have heard and seen these before, but it is always good to have a refresher:

- **Facebook** is a social network that connects friends and family from all around the world. It's a place on the internet where people share photos, videos, say hello, join groups and follow people or businesses that interest them.
- **WhatsApp** is a messaging app that allows users to text, chat, and share photos and videos with friends and family. It offers both individual and group options for communicating with people.
- **Zoom** is a leading virtual video calling option. It can be used for person-to-person calls and is also a great option for group catch ups. Why not host a coffee catch-up, a quiz session or weekly catch-up for your group of friends and family?
- **Facetime** is available to individuals who own an apple device such as iPhone, iPad, or Mac. It allows users to video-call friends and family easily without having to download any additional apps.
- **Messenger** is the built-in instant messaging feature on Facebook. It allows users to send messages, emojis and videos instantly to friends and family. These may be individual or group messages. Messenger also has the functionality to video call friends and family individually and together.

