

engaged.



24 SEPTEMBER 2021

From Chelsea

Greetings, *Engaged* Readers! This week we thought, why not explore the theme of languages?

Throughout our villages both in New Zealand and Australia, we have such a diverse community of residents and staff, who can speak in many different languages.

Languages don't age and are powerful connection tools for all generations. Whether it is a language that we learnt in school or whether we have spoken it fluently throughout our lives, languages help us to communicate, to share and to explore who we are.

This week I challenge each and every one of you, to speak a language close to your heart. Perhaps even google some greetings in different languages to spice up your phone calls, your morning greetings to neighbours or your greetings to the village staff who are always there to help you out!

See you next week,



Chelsea

Chelsea Richdale

Operations Activity and Lifestyle Coordinator



Did you know?

- William Shakespeare invented 1,700 words.
- English has the most words of any known language
- Every 98 minutes a new word is created.
- Learning a second language can slow aging.

www.facts.net/history/culture/language-facts

Send us your content!

We would love to hear from you!

Email us at engaged@rymanhealthcare.com

Languages in Australia

Australian's most common spoken language is English followed by Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Hindi, Bangla, Spanish and Punjabi shown through the 2016 Census.



SUDOKU

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

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

Easy

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

Medium

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

Hard

TRIO

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

I _ _ _ s
ME _ _ _ Y
DOD _ _ _
GIR _ _ _

WORDSEARCH – around the houses

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

- | | | |
|-----------|--------------|-------------|
| A FRAME | FEDERATION | RAMBLER |
| ADOBE | HOUSE | RANCH |
| APARTMENT | HUT | ROUND |
| BARN | IGLOO | SPLIT LEVEL |
| BROCH | IZBA | STILT |
| BUNGALOW | KULLA | TENT |
| CABIN | LANEWAY | TERRACE |
| CHALET | LOG | TINY |
| CHATEAU | MEWS | TOWER |
| COLONIAL | MOBILE | TOWNHOUSE |
| COTTAGE | MODULAR | TREE |
| DACHA | PLANK | TRULLO |
| DUPLEX | POLE | UNIT |
| EARTH | QUEENSLANDER | YURT |

SOLUTIONS

Wordsearch

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

Sudoku

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

Medium

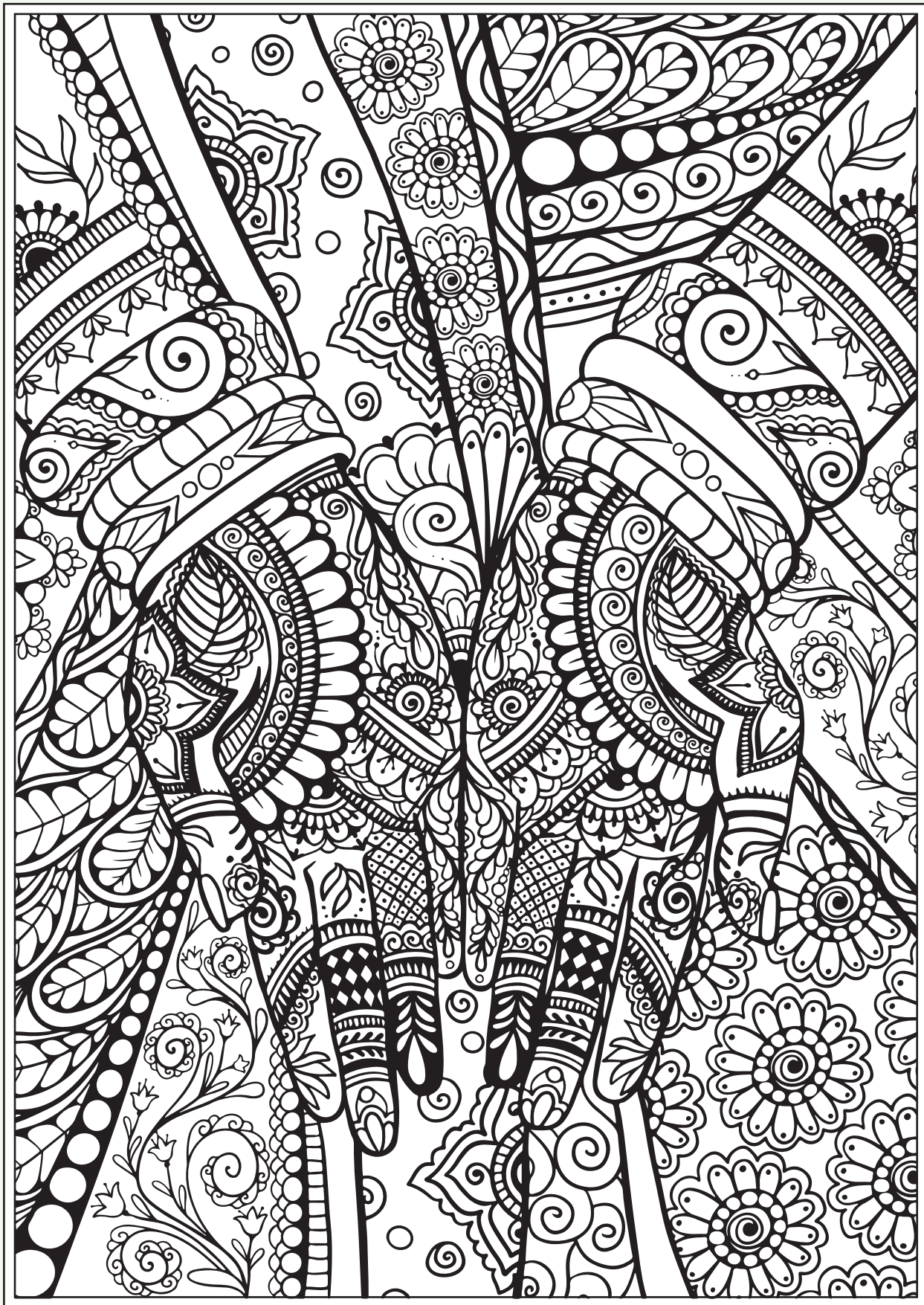
5	1	6	9	2	7	3	4	8
3	7	8	6	4	5	1	9	2
9	2	4	1	8	3	7	5	6
7	3	5	2	9	8	6	1	4
2	4	9	3	1	6	8	7	5
6	8	1	5	7	4	9	2	3
4	6	2	7	3	1	5	8	9
1	9	3	8	5	2	4	6	7
8	5	7	4	6	9	2	3	1

Hard

Trio

DLE

Colour me!





Top 10 Sleep Tips

There's nothing better than waking up after a really good sleep. Your mind is sharper, you have more energy and you feel refreshed and ready to take on the day.

As we've navigated our way through this global pandemic, it's no surprise that many of us have experienced some changes in our sleeping pattern. There have been a few recurring sleep observations that we thought were worth investigating. So, we asked Clinical Sleep Physiologist Courtney Jagvik for some expert insight into the mysterious world of sleep.

1. Stick to a regular routine. Our bodies have 'biological clocks' and for that reason they love routine. Try to be consistent by having the same bedtime and wake up time, including the weekends if you can.
2. Keep your bed for sleeping and intimacy only – avoid watching television in bed or checking emails!
3. Limit or avoid alcohol, caffeine and cigarettes. Caffeine and nicotine are stimulants that can interfere with your ability to get to sleep. Alcohol may help you get to sleep faster, but as it leaves the body it disrupts your sleep.
4. Practice a 'wind down' routine every night – see observation #1 tip.
5. Train your body that bed is for sleep – see observation #2 tip.
6. Your bedroom should be conducive for sleeping – dark, quiet and at a comfortable temperature.
7. Limit naps to 20 to 30 minutes. This prevents you from reaching the deeper stages of sleep, which can leave you feeling groggy when you wake up.
8. Remember it's normal for sleep patterns to change as we get older. You may feel sleepier earlier in the evening, and therefore wake earlier. We also spend more time in the lighter stages of sleep and less time in the deep stages, so we may wake more often.
9. As we age our sleep quality can be affected by our overall health – medical conditions, chronic pain. Optimising health conditions where possible can indirectly benefit your sleep.
10. If you have ongoing concerns about your sleep health, visit your GP for advice.