

engaged.



29 OCTOBER 2021

From Chelsea

Hi Everyone! Welcome to *Engaged* for another week. Would you believe this is our tenth edition since our relaunch! This week we have compiled the *Reminiscence* competition winners and honourable mentions into a pdf which has been sent to your village. A link is below if you would like to view online.

In other news I have had some amazing photos pop up on Facebook from my past travel adventures. I love looking back at all the amazing destinations I traveled to and plan the destinations that are on the must-see list once we open back up to the world. We might not be able to physically explore right now but through technology and photos, we can see and hear all about these destinations.

This week I challenge you to explore another part of the world, either one that has been a much-loved destination to you and your family or somewhere completely new and fresh.

Enjoy your week,



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Explore live camera links from all over the world:

Live 24/7 footage in Venice:

www.youtube.com/watch?v=ph1vpnYlxJk

Live 24/7 footage in Helsinki:

www.webcamtaxi.com/en/finland/uusimaa/helsinki-city

Live 24/7 Camera in Hawaii:

www.youtube.com/watch?v=DY5RYp4sxYc

Live 24/7 footage in the South Pole:

www.usap.gov/videoclipsandmaps/spwebcam.cfm

Send us your content!

We would love to hear from you!

Email us at

engaged@rymanhealthcare.com

Reminiscence short story winners

If you'd like to read some of the wonderful stories that were submitted, go to the link below and download the pdf to print out or read online.

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



SUDOKU

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

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

Easy

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

Medium

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

Hard

Crossword
Across: 11. Business class, 8. Oral, 9. University, 10. Salami, 11. Overseas, 12. Snow White, 14. Dank, 15. Done, 16. Reinstated, 20. Sombrero, 21. Mascot, 23. Forefinger, 24. Ring, 25. Take the plunge.
Down: 1. Bargain, 2. Salsa, 3. Nourish, 4. Slip of the tongue, 5. Clever, 6. Assistant, 7. Setback, 13. Windbreak, 15. Dropout, 17. Numeral, 18. Trounce, 19. Depict, 22. Stren.

TOTALISER

The answers to these questions are all numbers. Added up, they will total 264.

- How many eyes does a Cyclops have?
- How many countries make up the Benelux area?
- How many players are there in a basketball team?
- How many years did Rip Van Winkle sleep?
- How many yards are there in a furlong?
- In Scrabble, how many points is the letter H worth?
- What is the square root of 64?
- How many times did Tony Orlando and Dawn say to knock on the ceiling in a 1970's song?

CROSSWORD

ACROSS

- Superior travel accommodation (8,5)
- By mouth (4)
- Tertiary institution (10)
- Seasoned sausage (6)
- Abroad (8)
- Disney princess (4,5)
- Cold and damp (4)
- Concluded (4)
- Restore to former position (9)
- Broad-brimmed hat (8)
- Lucky charm, talisman (6)
- Digit next to thumb (10)
- Circle (4)
- Dive in (4,3,6)

DOWN

- Special offer (7)
- Dance style; tomato sauce (5)
- Nurture (7)
- Minor spoken error (4,2,3,6)
- Smart (6)
- Helper (9)
- A delay or reversal (7)
- Shelterbelt (9)
- One who withdraws from study or society (7)
- Figure (7)
- Soundly defeat (7)
- Illustrate (6)
- Warning device (5)

SOLUTIONS

Sudoku

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

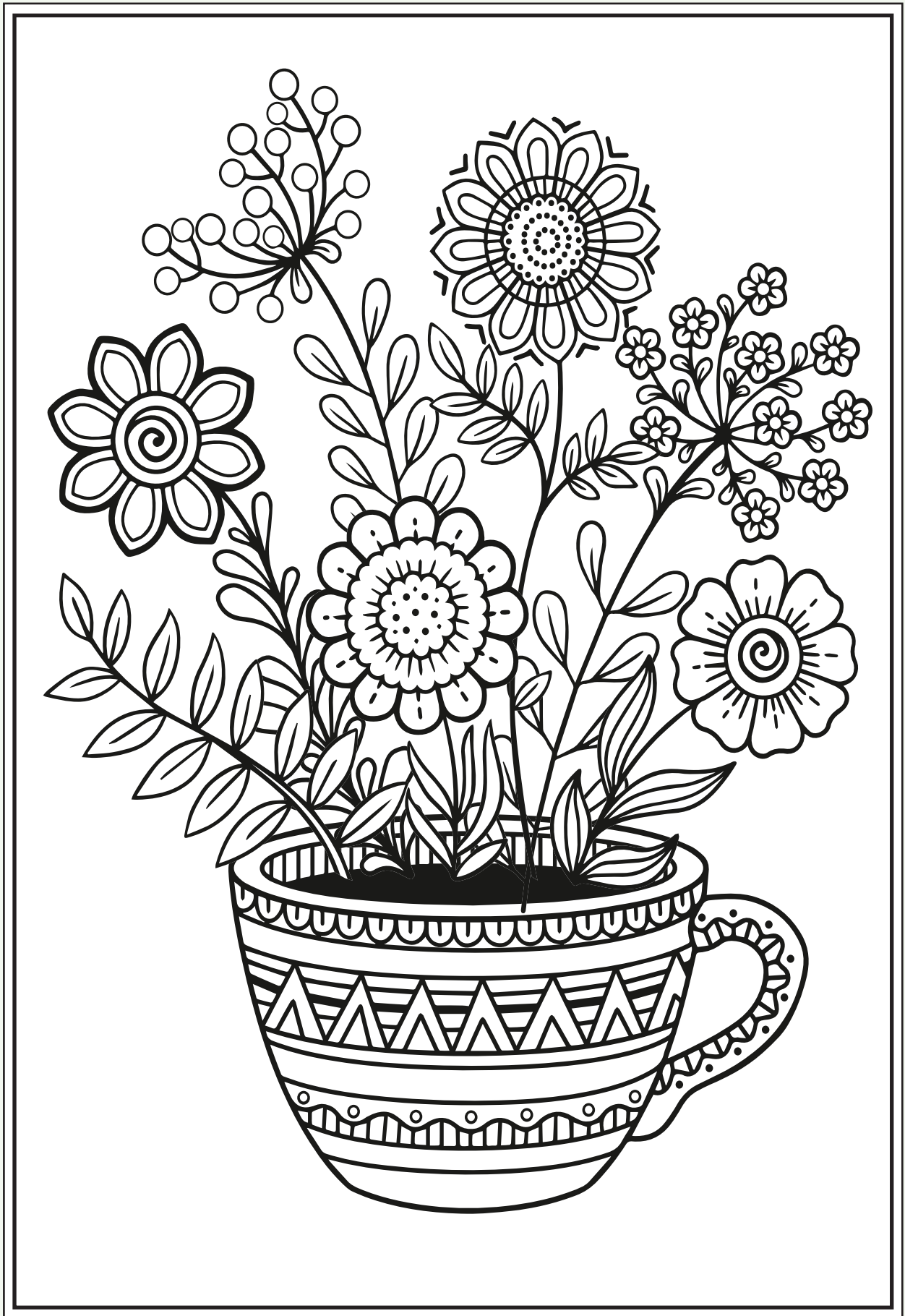
Totaliser

1. 1, 2. 3, 3, 5, 4, 20, 5, 220, 6, 4, 7, 8, 8, 3

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

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

Colour me!





Coping with loneliness

Feeling lonely? You're not the only one. You might have retired recently and are wondering what to do with your time, or you're now living alone having lost your life partner or close confidante – and it can be hard to let anyone else in. Perhaps you can't visit family and friends as often as you used to, or recent global events and issues have disrupted your normal routine. There are plenty of reasons why loneliness can creep up on you and it can have a huge impact on your overall health and wellbeing. But there are steps you can take to break free from loneliness and to enjoy the freedom you deserve. That starts with understanding loneliness.

How do we become lonely?

There's a science to loneliness. It covers the areas of biology, psychology, sociology and geography. Loneliness occurs in many ways – being hurt emotionally, being physically alone, being in a minority, isolation at home, changes in life stage, being geographically distanced, and changes in relationships and family life. Stephanie Clare, CEO of Age Concern says, "When connections dissolve or life situations change, we need ways of transitioning, ways to reach out, and for society to be conscious and to invite people in." However, it's also important to understand that even if you have lots of friends it's still possible to feel lonely in a crowd. Loneliness is about how we feel about the quality rather than the quantity of relationships.

How to know if you are lonely

People are naturally social. We typically know what makes us happy and that helps us to lead full and enjoyable lives; plus, it gives us a sense of identity. Most people enjoy a little solitude every so often (like after the grandkids visit), however if your social connections have changed or been removed, feeling persistently 'down' can become commonplace. Typical signs are feeling unwell, eating unhealthily, a poor sleep routine, feeling misunderstood, low self-esteem, not caring, sadness and crying. There are many more examples, all of which can have physical and mental health effects, plus a financial cost. Stephanie says, "It's ok to ask for help. Loneliness is a health concern but not something to be ashamed of."