

RICHO RAG

JANUARY/FEBRUARY 2021

Welcome everyone to 2021! I'm sure we are all pleased to wave goodbye to 2020 which has certainly been a year that won't be forgotten in a hurry.

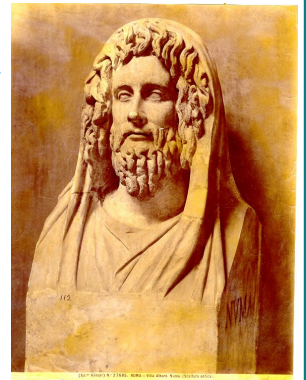
As promised our Richo Rag will be (fingers crossed) coming out on a bimonthly basis to remind you of what you have been up to over the last couple of months, to let you know what is coming up and also to provide a little entertainment on the way.

If there is ever anything that you would like to see in the Newsletter, please don't hesitate to let us know and we will do our best to accommodate you!

Cheers! The Editor (aka Helen)



The name January is Old English, from the Latin Januarius, or month of Janus who was the Roman God of Doors and beginnings. In many countries the New Year begins on January 1. Between 715 and 673 BC King of Rome Numa Pompilius revised the Roman republican calendar so that January replaced March as the first month. It was a fitting choice, since January was named after Janus, the Roman God of beginnings while March celebrated Mars the god of war.



After several years of dry and dust we have been granted a reprieve and been provided with a damp and cool summer. This has enabled everyone to enjoy the sensory garden at a time of year when we have normally had to hunker down in the air conditioning for fear of being reduced to a pile of burning embers if we went out in the sun. The rain has seen the garden burst with colour and everyone has enjoyed watching the plants flourishing.







There was much cake to be had in January as three birthday celebrations fell in the first month of the New Year. Happy Birthday to Joy, David and Carmel!

For those born in January

Zodiac: Capricorn until January 19 and Aquarius from January 20

Gemstone: Garnet

The garnet, from the Latin word granatum, means seed (think: pomegranate). The stone signifies eternal friendship and trust.



Flower: Carnation, Snowdrop

The carnation's different hues suggest different meanings: red for love or pink for affection. Snowdrops imply hope and beauty.

Tree: Fir, Elm, Cypress



Checking out Chooks

Wednesday 13th January



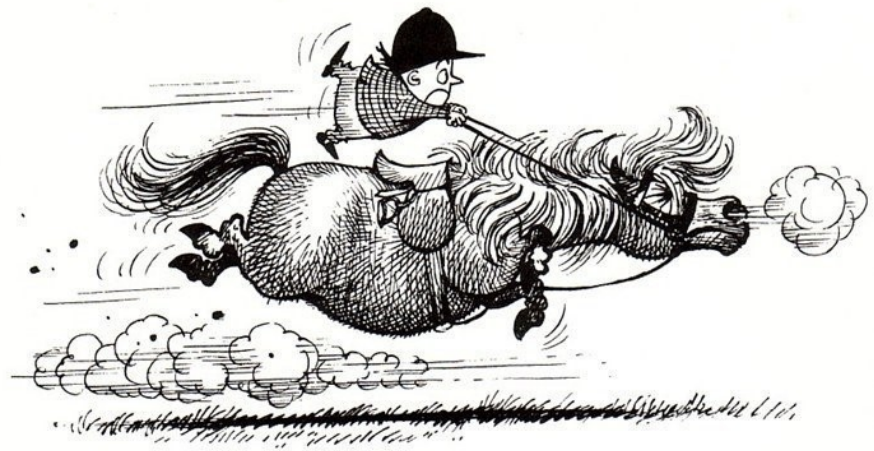
Chooks were a surprisingly in depth subject as we all learned just how many wide and varied breeds of chooks there are available, from the regular garden variety hen to those of a more exotic persuasion.

♦ Did you know there is an estimated 25 billion chickens in the world and there are more chickens on the earth than people.

- ♦ The earliest known printing of “Why did the chicken cross the road?” was in 1847 in a New York Magazine.
- ♦ Chickens have prehistoric roots and are the closest living relative of the Tyrannosaurus Rex.



We spent another day focusing on our amazing equine friends. Everyone enjoyed the information and pictures and many were able to reminisce about their own experiences with horses over the years.



MOST CHILDREN MAKE VERY RAPID STRIDES AS SOON AS THEY GET INTO THE SADDLE

For the funny bone

Some racehorses were staying in a stable. One of them began boasting about his track record. “In the last 15 races, I’ve won eight of them!”

Another horse breaks in: “Well in the last 27 races I’ve won 19!”

“Oh that’s good, but in the last 36 races, I’ve won 28!” says another.

At this point, the horses notice a greyhound, who has been sitting there listening.

“I don’t mean to boast,” says the greyhound, “but in my last 90 races, I’ve won 88 of them!”

The horses are clearly amazed. “Wow!” says one, after a hushed silence. “A talking dog!”

EXERCISE!



We have been mixing up our exercise routines with some sitting and standing exercises as well as getting out and about for a walk around the block. We also utilize many tools such as noodles, balls and stretch bands to help with our strength and dexterity.



WALK YOURSELF
OUT OF YOUR
BAD MOOD.
STUDIES SHOW
THAT EVEN A
10 MINUTE
WALK
IMMEDIATELY BOOSTS
BRAIN CHEMISTRY
TO INCREASE HAPPINESS.



NOTSALMON.COM



Italian feast. Home made pizzas, garlic bread and salad.



We all wore Red for Heart Research Australia this February.

Here are a few choice facts about your amazing ticker.

- The average heart is the size of a fist in an adult.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons (7,500 ltr) of blood every day.
- An electrical system controls the rhythm of your heart. It's called the cardiac conduction system.
- The first open-heart surgery occurred in 1893. The first implantable pacemaker was used in 1958. Arne Larsson, who received the pacemaker, lived longer than the surgeon who implanted it.
- The youngest person to receive heart surgery was only a minute old. She had a heart defect that many babies don't survive. Her surgery was successful, but she'll eventually need a heart transplant.
- The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
- The fairy fly, which is a kind of wasp, has the smallest heart of any living creature.
- The American pygmy shrew is the smallest mammal, but it has the fastest heartbeat at 1,200 beats per minute.
- Whales have the largest heart of any mammal.
- The giraffe has a lopsided heart, with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe's long neck to reach their brain.



- A woman's heart beats slightly faster than a man's heart.
- The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of birth control.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



Enid has been zipping about the hallways on her new electric wheelchair. We may have to install some speed signs in the hallways!

The wheelchair has come a long way since it's



inception in what is believed to be the sixth century AD.

The best documented early example of a wheelchair was made for King Philip of Spain in 1595, who suffered from severe gout which made walking difficult.

The chair pictured is a three wheel wheelchair of European origin from around 1850 to 1890



The Sunflower

Eagle of flowers! I see thee stand,
And on the sun's noon-glory gaze:
With eye like his thy lids expand,
And fringe their disk with golden rays;
Though fix'd on earth, in darkness rooted there,
Light is thine element, thy dwelling air,
Thy prospect heaven.

So would mine eagle-soul descry,
Beyond the path where planets run,
The light of immortality,
The splendour of creation's sun;
Through sprung from earth, and hast'ning to the tomb
In hope a flower of paradise to bloom,
I took to heaven.

Author - James Montgomery



We all were able to sample the products of what has been a fantastic growing season for Australia's fruit producers. Figs, strawberries, nectarines, peaches, mango, kiwifruit, cherries, blueberries, apricots, grapes, dates and fresh pineapple were enjoyed by everyone. A big thank you to John and Toni from Saunder's Fruit and Veg supplies for supplying such quality produce.



- Holy Communion 14th March
- Memorial for Wendy Geary 15th March
- St Patrick's Day 17th March
- Holy Communion 21st March
- Anglican Service 30th March
- Australian Women's History Month
- Day Centre starts back next week.

The continuing story of COVID-19

We ended 2020 and started 2021 with all Staff and Visitors being required to wear face masks in the facility. This was a Government initiative due to some cluster outbreaks of COVID-19 in Sydney. Everyone was very happy when the directive came through that we no longer had to continue with the mask mandate, in fact a large cheer went up when the announcement came through!

Australia continues to be doing very well in it's management of COVID-19 and 2021 will see the rollout of the Vaccine for the virus. We have not heard any definite dates as yet as to when we are to receive the vaccines, however we will be sure to keep you all posted.

In the mean time please continue to wash your hands regularly, practice social distancing, good cough and sneeze etiquette and be sure to let staff know if you feel at all unwell.

Visitors are still required to have their temperatures taken and fill in a Health Questionnaire prior to entry to the facility.

Once again we would like to thank you all for your support and understanding during this time.

Speaking of masks—some people have been very creative when it comes to masks. Here is one of my absolute favourites.



Until next time.....

