

# The Richo Rag

January to April 2017

Whew! And we all thought the lead up to Christmas was busy! It has been go, go, go here at Richardson House since Santa's visit with many a celebration and activity happening. Best not waste any more time and get on with it then.....

# JANUARY

Happy New Year!

We all took a well deserved rest after the rush of Christmas and sat and watched other people run around as we cheered on the competitors in the Australian Open Tennis.

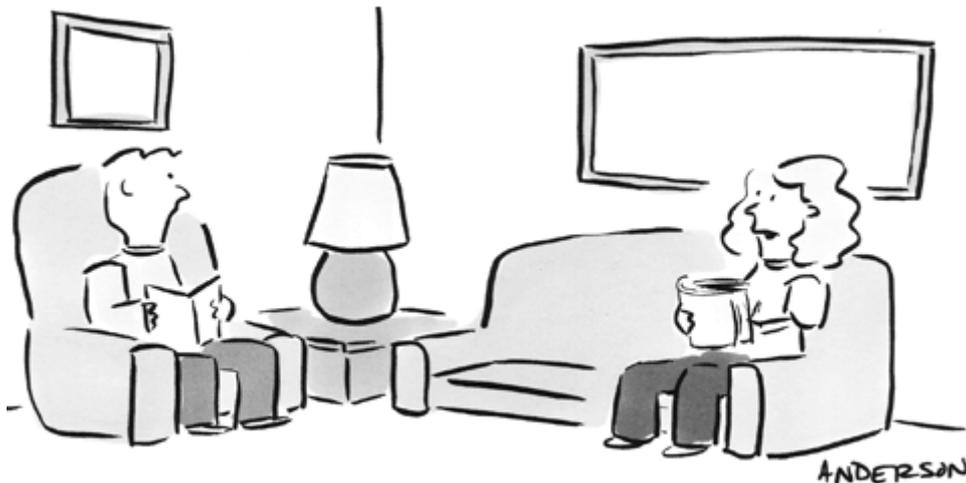
While January was much more casual than the lead up to Christmas we still kept busy with our regular activities such as Bingo, Men's Shed and Craft Ladies, Exercises and Crosswords

Many residents were also treated to hand massages which added to the relaxing atmosphere

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"What's a nine letter word for puzzle involving wordplay?"

# February

Love was certainly in the air here at Richardson House during February with the rec girls decking the main room out in all shades of love. Even our food was heart shaped!

February is a great month for celebrations with hearts and chocolates for Valentines and then Pikelets for Shrove Tuesday.

We also stretched our brains in February with Trivia sessions and as it was too hot to spend time outside we had several afternoons watching movies and enjoying the air conditioning.



# March

Well, we may have had a couple of quiet months at the beginning of the year, however March well and truly made up for it!

Along with our usual activities we also fit in our Wheelie Walker and Wheelchair maintenance day. A big thank you to Kylie and Peter for their maintenance services. Everyone is now whipping up and down the hallways with greased wheels and adjusted brakes.

March also saw the luck of the Irish visit Richardson House with our yearly St Patrick's Day Celebrations where everything was turned green, including Jo and Thais.

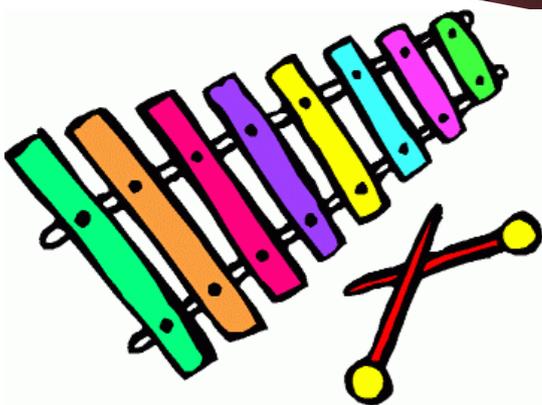
We were also fortunate enough to be visited by the musical duo "Bow and Curtsey" who provided fantastic entertainment and had us all tapping our feet along with their energetic show. There was no just sitting and watching with this group though, as they encouraged audience members to participate by using puppets and playing musical instruments. We are happy to say that Bow and Curtsey will be back to visit us again on Friday the 9th of June.

March not only saw us all turn a bit green but also go slightly mad with our fantastic Mad Hatters celebrations for seniors week. An Alice in Wonderland theme saw our sensory garden turn into wonderland complete with Alice, The Queen of Hearts, the Cheshire Cat, several white rabbits and of course the Mad Hatter. Beautiful weather saw for a fantastic day and many of our residents and visitors joined in the theme by wearing their maddest hats and singing along with Marti Unwin and the choir. A great day was had by all. A big thank you to all our staff who helped with the day's celebrations.





# Bow and Curtsy





Mad  
Hatters



During our mad hatters celebrations Mona Perry and Betty O'Neile were presented with Certificates for their services to the Barraba Senior Citizens Association.

*Congratulations Mona & Betty!*



*Here's a tip as you get older:  
Never wear a hearing aid,  
because if you do,  
people expect you  
to listen to them.*



# Happy Birthday!!

## February

4th Joan Quigley (1928) 89 years

## March

17th Val McVicar (1920) 97 years

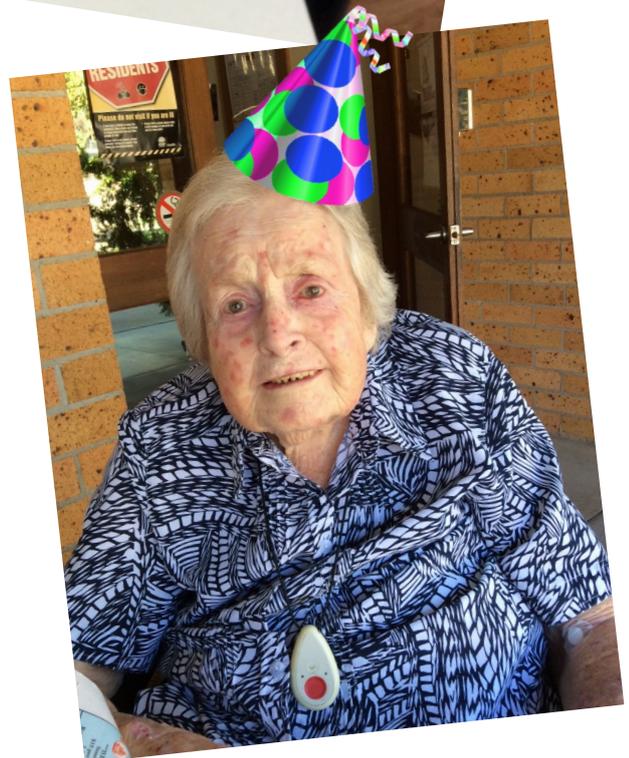
24th Margaret Spencer (1926) 91 years

## April

9th Jean Bridges (1917) 100 years

15th Judy Lewis (1930) 87 years

23rd Monica Byrnes (1925) 92 years





## Happy 100th Birthday Jean!

The 9th of April saw Jean celebrate her 100th Birthday with a morning tea surrounded by Family, Friends and Richardson House Residents and Staff.

We hope that Jean had a lovely day and would like to pass on a big thank you to the staff who volunteered their time on a Sunday to help decorate and serve the party food to help make Jean's day special.



**WELCOME**

**Margaret  
Spencer &  
Joyce  
Abra**



**GLAD  
YOU'RE  
HERE**



## Betty Stubbs

14 October 1926 to 24 January 2017

Betty had been living with us at Richardson House since November 2012. Betty was always keen to join in on our activities and her smiling face will be sadly missed.

## Max Kelly

17 September 1932 to 5 May 2017

Max joined us here at Richardson House in September 2016, however he was already a part of the family around here as he often came to see his lovely wife Enid before moving in himself. We will all miss Max very much—however we are sure Heaven's filing system just got a whole lot more organised.



Gone  
but not  
Forgotten



# It's that time of year again!

Unfortunately along with winter comes cold, flu and other such lurgies. Please let staff know as soon as possible if you are feeling at all unwell. If any of your family are unwell it is best for them to wait until they have recovered before they come to visit.

Recently we were required to go into "lockdown" due to a suspected Gastro outbreak. While we know not being able to come to visit during these times may be inconvenient for your families it is a requirement under our Government regulations that we allow only absolute necessary persons into the building (staff etc). Thank you to our residents and their families for their understanding during our last lockdown. Your cooperation helps us keep these illnesses isolated and prevents them from spreading to other residents and out into the wider community.



## **Food from Families and Friends**

Sometimes your family and friends may wish to bring you a home cooked meal or other food. This is a lovely gesture, however there are strict guidelines regarding the types of foods allowed to be brought into aged care facilities and how they must be prepared and stored.

Should any of your family wish to bring in external food, it would be greatly appreciated if they first speak to the kitchen staff so that they can be informed of the "vulnerable foods" that we are not allowed to accept. This will save us having to refuse to allow food into our facility that they have spent their time preparing. All food coming into our facility is also required to be labelled and dated—our kitchen staff will be able to help your family with this process.

These guidelines have been developed by the Food Authority for the safety of our residents - as immune systems get older, they become weaker, making our residents more vulnerable to harmful foodborne illnesses.

If you or your family have any queries about external food in our facility, please feel free to contact us.

# Winter

When the geese are flying south  
And the sky is grey, my dears,  
Close your eyes and lift your nose;  
Listen with your careful ears.

Feel the winter coming on;  
Hear it in the crackling trees;  
Note the crisping, quivering wind  
Sharply snapping at their leaves.



A duck walks into a bar and asks, "Got any grapes?"

The bartender, confused, tells the duck no. The duck thanks him and leaves.

The next day, the duck returns and asks, "Got any grapes?"

Again, the bartender tells him, "No -- the bar does not serve grapes, has never served grapes and, furthermore, will never serve grapes." The duck thanks him and leaves.

The next day, the duck returns, but before he can say anything, the bartender yells, "Listen, duck! This is a bar! We do not serve grapes! If you ask for grapes again, I will nail your stupid duck beak to the bar!"

The duck is silent for a moment, and then asks, "Got any nails?"

Confused, the bartender says no.

"Good!" says the duck. "Got any grapes?"

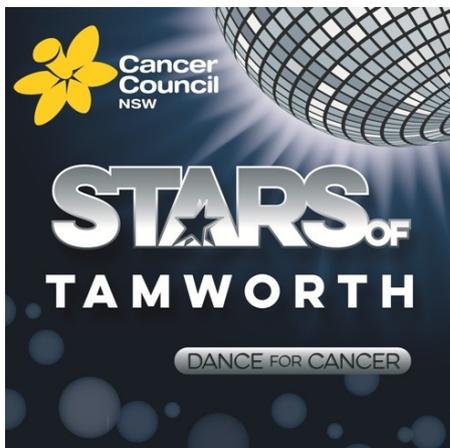
# NEWS FLASH

## Kicking up her heels to help kick Cancer.

The 24th of June will see Helen Rixon put down her calculator, leave the desk and put on her dancing shoes as she takes part in the Stars of Tamworth Dance for Cancer raising money for the Cancer Council NSW. Helen has been partnered with very talented young performer Mitchell Lewin and they have drawn Disco as their dance style for the night.

Participants not only provide the entertainment for the gala ball on the 24th of June in Tamworth but are also encouraged to undertake fundraising of their own in the lead up to the event. Helen will be organising a cake stall on the 15th of June and a raffle as well as having donation boxes situated in local business houses to help with her fundraising efforts. There will also be a raffle just for Richardson House residents and staff so keep an eye out in the near future.

In order to help Helen get into her Disco Diva mood, we will be having a Disco Day here at Richardson House on Wednesday the 21st June and Helen has promised to wear her costume for the night.



Helen and dance partner Mitch at one of the rehearsals for the event.

Growing OLD is inevitable

Growing UP is optional (anon)

