

RICHO RAG

August & September 2019

Well here we are, nearly three quarters of the way through the year. As they say, time flies when you're having fun, so let's recap the happenings of the last few months here at Richardson House.

RED NOSE DAY

On the 9th of August we all embraced our inner clown as we donned our red noses for Red Nose Day. Red Nose Day has been around since 1989 Red Nose and was created to raise money for research into SIDS (Sudden Infant Death Syndrome). Fund raising from this event over the years has resulted in an investment of over \$17 million Australia wide into life-saving research and education programs – resulting in over 10,000 babies saved and an extraordinary 85% reduction in SIDS deaths.





cupcake day!

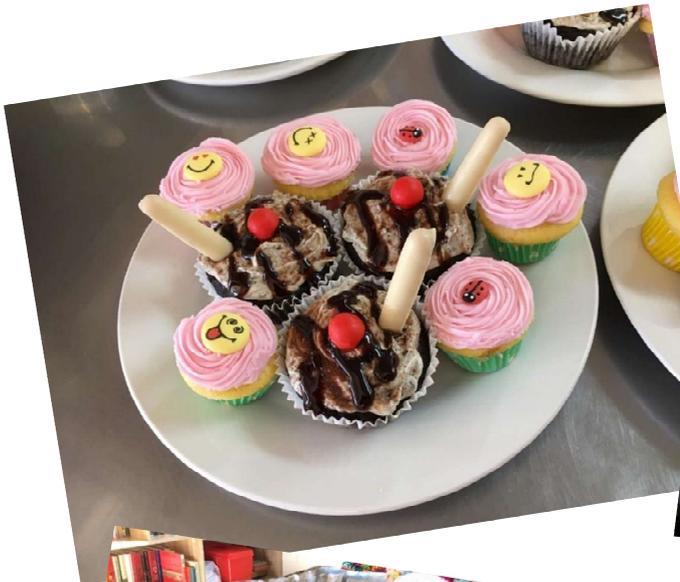
During August we also satisfied our sweet tooth with cupcake day. We teamed these sweet treats with coffee to top off the perfect snack.

Did you know?

While cakes have been around for centuries, cupcakes first came around in the 19th century, courtesy of the United States of America.

The idea behind making tiny cakes was elaborated in 'American Cookery', a 1796 cookbook by Amelia Simmons. However, the word 'cupcake' itself did not come about until 1828, when celebrated author and cooking expert Eliza Leslie published her cookbook 'Receipts', which included the recipe for the first cupcake.

Though Leslie can be credited for cementing the first cupcake recipe, there is no single inventor of this sweet treat. Most of the time, 'cupcake' was simply a name for a measurement, much like 'pound' cake.



Early September it was all Peace, love and mung beans with Hippie Day. Everyone embraced their inner earth child and enjoyed a walk in the garden followed by our exercises.

Unlike the traditional hippies of the 60's we expanded our minds with crosswords rather than other substances and enjoyed a lunch of baked chicken and pavlova!



We have been taking advantage of the warmer weather and spending time outdoors, often taking our morning teas into the garden. We also enjoyed that great Aussie tradition of a BBQ. While we would all prefer it to be bucketing down with rain, it is still nice to take advantage of the beautiful days.

Marty Unwin and his singing group also joined us in the garden for their regular sing along. We hope the neighbours enjoyed our rousing renditions of our favourite tunes.



SUPERHERO

It's a bird, it's a plane, no it's Superhero Day! There were capes and masks aplenty as we ditched our alter egos to become Superheros for a day. We are happy to report that no one wore their underpants on the outside!

Just as we recovered from the sugar high of Cupcake Day along came Tim Tam Tuesday where we were treated to all manner of chocolatey goodness and sampled some of the many flavour of Tim Tams on offer.

Fun fact - The Tim Tam was invented by an Australian man named Ian Norris. Whilst in Britain in the 1950's he came across the 'Penguin Biscuit' which is a chocolate-covered biscuit with chocolate cream manufactured by United Biscuits.

Inspired by the Penguin Biscuit, Norris wanted to make "a better one" and by, 1964 Tim Tams were being manufactured by Arnott's in Australia and quickly gained popularity. The biscuits were named after a horse by the same name which had won the 1958 Kentucky Derby.

The biscuit is currently owned by the US's Campbell Soup Company which brought out Arnott's in 2011. The actual on-going product development for Tim tams is still Australian-based





Crazy Hair Day



Crazy Hair Day. There was a virtual rainbow of flowing locks as we donned our wigs, bright coloured scrunchies and coloured hairspray for Crazy Hair Day. Everyone was able to be incognito as our regular hair do's were transformed to lime green, red, hot pink, glittery and curly ones.





UNDER NEW MANAGEMENT

A big welcome to our new Facility Manager Jo Bridges who took the helm in the first week of September!

Jo was born and bred here in Barraba and completed her schooling at Barraba Central School completing her HSC in 1989

Jo then went on to complete her Enrolled Nurse training at Gunnedah Hospital in 1991, returning to work at Barraba Hospital as a beginning Enrolled Nurse

During this time Jo met her Husband Mark and they married in 1995, purchasing some land and building our own home at Barraba.

In 1997 they had their first child Anna-lee, with Erin arriving in 2001.

Jo began a bachelor's degree in nursing at UNE 2002 to become a Registered Nurse graduating in 2006. She then completed her graduate year at Barraba and remained at Barraba to work as a full time Registered Nurse

Since completion of her graduate year she continued studies in different fields of health. Jo had the opportunity to also work in different departments of health including, community health, quality management, education, health promotion, aged care and emergency and also recently having the opportunity to work as the acting HSM at Barraba MPS

Jo and her family spent 12 months 2013 nursing in the Pilbara WA at Port Hedland working for Pilbara Community and Aged Care. During the time there she was able to "jump" on an aeroplane and visit small aboriginal communities working alongside a Gerontologist returning to again at Barraba MPS

Jo also spent 12 months in 2015 in Darwin working as a manager in an 85 bed facility - Pearl Supported care returning again to work in Barraba MPS

Jo's ultimate goal during her nursing career has been to always provide care at the utmost high standard, to be kind, caring, compassionate, honest and reliable at all times to those who come under my care in a community that is her home

During her spare time Jo loves to garden and spend quality time with her family.

Jo is excited to be here at Richardson House and looks forward to getting to know you all and work with you to ensure that you all receive a high level of care.



We have had some very important birthdays over the last couple of months with a few milestones ending in 0 being celebrated. We hope our Birthday Ladies and Gentlemen had an enjoyable celebration of their special days.

Jim Roblin
94 years



Enid Kelly
80 years

Fae White
90 years



Judy Brown
90 years



A big welcome to Robert Wiggins who joined us here at Richardson House recently!





Renovations.

The renovations have begun! A big thank you to all of you for your patience and understanding during this time, especially to our first two residents who have been relocated while their rooms are being worked on.

We are excited to see how the first stage turns out and are sure you will enjoy being in your newly refurbished rooms.



*Until next
time.....*