

Richo Rag

March to June 2021

Hello all and welcome to the Richo Rag for March to June 2021. We will be recapping what you have all been up to over the last few months as well as throwing in some trivia and some other tid bits to hopefully bring a smile to all of your faces. So without further a do, here we go!

March

The name March comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman God of war. The Australian Native flower for March is the Grevillea, and the March birthstone is aquamarine.



Men at Work

Athol and the two Bob's used their many years of handy man experience and put together our new coffee tables for the lounge area. We're not quite sure about Athol's quality testing, but the tables are obviously sturdy





Crafty lady

Thank you to Rosemary Orchard who made and donated us some new throws for our dining tables.

Water Babies

Helen and Athol have been regular visitors to the Hydrotherapy Pool and caught up with a familiar face!

Hello Glenda! (second from the right)



Did you know, in 1907 the Australian swimmer Annette Kellerman toured the United States as an “underwater ballerina”, a version of synchronised swimming involving diving into glass tanks. She was arrested on a Boston Beach for indecent exposure because her swimsuit showed arms, legs and neck. Kellerman ended up marketing a line of bathing suits and her style of one-piece suits came to be known as the “Annette Kellerman”. The one-piece swimming tights became accepted attire for women in parts of Europe by 1910 with Harpers Bazaar praising the style as being “distinguished by an incomparable, daring beauty of fit that always remains refined.”



MISS ANNETTE KELLERMANN,
Champion Lady Swimmer and Diver of the World.
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These Boots Are Made For Walking

Kylie and Rheni have been cracking the whip and getting many of us outside for a walk in the fresh air. There is usually time for a rest stop along the way either at the front of the hospital or on the garden wall.

Walking Trivia

- *Walking on a rough but level outdoor surface requires 50 percent more energy than walking on a paved road.*
- *The first woman to walk around the world was Polly Letofsky, and American who completed her trek in 1999, walking over 14,000 miles by foot.*
- *Walking makes you more creative. Research shows that people who are up and moving in nature are more creative than those sitting down in doors. Albert Einstein walked 1.5 miles to University each day.*



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**"Vigorous exercise can improve your mood.
It's hard to feel blue when your cheeks are pink!"**

ACTIVITIES



One afternoon there was a combination of lawn bowls and happy hour. Just wondering how straight the bowling was towards the end?



A morning sorting books, listening to the dulcet tones of Elvis and Tom Jones lead to an impromptu dancing session!



Sing, sing a song.....

Our Singing group have continued to attend (when not prevented by COVID19) It is always a great morning and everyone enjoys signing along.

Did you know archaeologists have found primitive flutes made of bone and ivory dating back as far as 43,000 years. The earliest known fragment of musical notation is found on a 4,000 year old Sumerian clay tablet.



Tai Chi



Many of us have been enjoying Tai Chi at the Day Centre. The practice of Tai Chi is said to be beneficial to reduce stress, improve mood, assist with sleep and help with body balance and strength.

Tai Chi is one of the best known martial arts and was developed in China in around 1670.



Manilla adventure

A trip to Manilla had to be reconfigured due to our original destination, Molly May's, having no power. However following a lively trip on the bus with everyone enjoying the scenery and the socialization we were able to find sustenance at Krankies Café. Krankies turned out to be a wonderful surprise with fantastic culinary delights and plenty of space for us and our wheelie walkers and wheelchairs.

Molly's May have been closed but going to Krankies made us anything but Cranky. (insert laughter here).



April

We had a great morning celebrating Easter in the Garden. All the sweet tooths were catered for with an abundance of chocolatey goodness to be had.

While in Australia we celebrate Easter by attending church, being visited by the Easter Bunny and making Easter Bonnets there are many varied Easter traditions around the world. In Bermuda people fly home made kites at Easter. In Northwestern Europe natives light large bonfires on Easter Sunday and Monday which began as a way to chase the winter away but has now become a community gathering for Easter and in the town of Haux, France the community make an enormous omelet on Easter Monday consisting of over 4,500 eggs and feeding up to 1,000 people.



Lest We Forget

Barraba put on some glorious weather for Anzac Day and many Residents were able to attend the Anzac Day Service held at the Cemetery. Richardson House also held an Anzac Day Ceremony at the Facility to ensure that everyone was able to honour this very important day.



HAPPY BIRTHDAY



Hans, 10th March

Joyce 21st May



June, 18th June

Esme, 13th June



Bob, 10th June

I WILL GO OUT AND LOOK AT THE FLOWERS

There was one of my kin (of another day)
When the Riddle of Life defied her powers,
And her fretted heart rebelled, would say,
"I will go out and look at the flowers."

And after a while—like those who had quaffed
Of the cup that Helen distilled in her bowers,
Returned from the garden, she softly laughed—
"I have been out to look at the flowers!"

My heart is so ill with the growth of ills
The world is sheaving, these harvest hours—
The sword that smites, and the shell that kills,
While Life lies charred 'neath the burning towers!

Nothing to do—it will be as Who wills?
Helpless to aid, how my hurt soul cowers!...
Let me drink of the cup that pure Beauty distils—
I will go out and look at the flowers!



-Edith Matilda Thomas





Out and About

When the heated pool is shut, you keep moooving on and go for a drive in the countryside.

May

The fifth month of the Gregorian calendar, May is defined as “the fifth month of the year, containing 31 days”. The name for the month of May comes from Latin and was named for the Roman goddess Maia, who oversaw the growth of plants. Also from the Latin word maiores, “elders”, who were celebrated during this month. Maia was considered a nurturer and an earth goddess, which may explain the connection with this springtime month.



Mother’s Day was celebrated in style this year with staff and Residents being treated to a lovely Mother’s Day Luncheon.



“It’s not easy being a mother. If it were easy, fathers would do it..”

—DOROTHY, THE GOLDEN GIRLS

RS

St. Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. St Patrick's day has followed Irish immigrants all over the world and is now celebrated far and wide, including Richardson House.



Why did the leprechaun go outside?

To sit on his paddy-o

What type of bow cannot be tied?

A rainbow

What do you call an Irish spider?

Paddy long legs





**FURRY
FRIENDS
VISITS**



The GoCo men's group joined us for morning tea and a sing along in May. They enjoyed their morning very much and the GoCo staff passed on their thanks to everyone for such a great morning.



May saw us go out for lunch at the Barraba RSLvia Bingara. Well, that wasn't the exact idea but due to yet another power outage our original plans to eat lunch at Bingara were foiled and we were forced to return to Barraba. The RSL were able to satiate our appetites that had been developed on the round trip from Richardson House to Bingara to Barraba and supplied us all with a lovely lunch.

Regardless of the change of plans, everyone had a great day and enjoyed the scenery during the trip.



COVID-19 Update

Unfortunately there has been an increase in cases of COVID19 around the country. As a result Aged Care have been advised of new restrictions that we must adhere to. Currently they are:

- All visitors and staff MUST wear a mask while in the facility
- Only two visitors per Resident will be allowed each day
- Visits are to take place in the Resident's room or outside (weather depending)
- No visitors are permitted if they have been to any of the close, casual or monitor for symptoms locations listed by the relevant Health Departments across the country. (Please note this list changes almost daily, if you have family or friends who are unsure, please get them to contact the Administration Office 02 67821 563)
- All visitors must provide proof of their 2021 influenza vaccine.

Please note that these are Government Guidelines and we are required to adhere to them. We apologise if this causes you or your family any inconvenience or distress. Please remember that our staff can arrange Video calls to family who are unable to come to see you in person.

Thank you for your support and understanding.





Good Hand Hygiene is our best line of defense against illness at this time of year. Please remember to wash or sanitise your hands regularly during the day, especially before meals and after using the bathroom.

Until next time.....

Memories are funny things.
You hear your favourite singer sing
And all at once, that voice is stored,
Recognizable evermore.
You visit towns, you see the sights,
You feel the heat, you see the light
And that becomes a picture, saved;
A snapshot of a happy day
And all you ever need to do
Is think about that perfect view
And all at once, you're there once more,
Seeing it as you previously saw.
A scent or sound can do the same.
A hint, and whoosh, you're back again.
You're in the room, you're with the guy,
No matter how much time's passed by.
And if you listen close enough
The voices of the ones you love
Will stay inside your clever mind
For you to recall, anytime!
So soak up life and all it brings
Cos memories are funny things.
They're weaved from all you see or do.
Make them good. It's up to you

M S Moem