

# NEWS @ THE LAURELS

MARCH 2021

## From the Care Manager's Desk

Hello to residents, relatives, friends and staff

Another busy month has just sped past us and we are into our first quarter of the year already.

Graham, our maintenance man, has been keeping the gardens and lawns looking very tidy as the frequent rain we had since the start of the year has ensured that the grass grows twice as quickly. Looking out at the lush green grass is quite different to the dry, yellowing grass we had this time last year.

It has been lovely to welcome back our volunteers Maria, who assists the recreation officers two days a week and also Tom our pastoral person who has recommenced his Friday visits. The residents had missed them, and they felt like they were welcoming back old friends.

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I neglected to tell you in the last newsletter that we farewelled Michelle, our registered nurse, who had been with us for over five years. It was a pleasure to see Michelle grow and develop her own style over the years and she introduced many continuous clinical improvements into the facility. Michelle decided to return to Adelaide where she will continue nursing in one form or another.

With Michelle's departure, we welcomed Asmita and Menuka as our new registered nurses. Asmita comes to us with good experience while Menuka is a newbie and the two girls are a good fit together. Michelle was able to fit some training with both girls before she departed of our systems and processes.

We also welcomed back Pramila, our cook, from maternity leave and it is lovely to see her smiling face back in the kitchen again.



## From the Care Manager's Desk

It is with sadness that I inform you of the passing of Rosa Miteff who lived at The Laurels for over four years. Rosa was my mother, and it has been a blessing and a joy that I could share her twilight years nearly daily. She passed away peacefully at St George Hospital with her daughters attending. Compliments to all the fabulous staff at The Laurels for the wonderful care they gave to Rosa despite her giving them a hard time occasionally. May she rest in peace.

The only birthday for March would have been Rosa who was to celebrate a milestone of becoming ninety on the 3rd March. The family will still share a special birthday celebration for her.

We welcomed Paul Sait from Kurnell to The Laurels for a respite stay. Paul has a history of football in his background and played for St George in his younger years.

As we go into Autumn, I look forward to the beautiful rusty, earthy shades appearing on our trees and in our gardens gradually. Unfortunately living in Sydney by the coast we do not experience those warm hues that I grew up with in Christchurch, New Zealand. However, it is always a delightful excuse to drive down to Bowral or up to the Blue Mountains for the day to feast one's eyes of Autumn colour.

Until next time – stay safe

Kind regards  
Stephanie  
Care Manager

### THE LAURELS RESIDENT COMPLAINTS FLOWCHART



## INTERNATIONAL WOMEN'S DAY 8th March

**International Women's Day (IWD)**, also called **International Working Women's Day**, is celebrated on **March 8** every year. In different regions the focus of the celebrations ranges from general celebration of respect, appreciation and love towards women to a celebration for women's economic, political, and social achievements.

The earliest Women's Day observance was held on February 28, 1909, in New York; it was organised by the Socialist Party of America in remembrance of the 1908 strike of the International Ladies' Garment Workers' Union. There was no specific strike happening in March 8, despite later sources claiming so.<sup>[4]</sup>

In August 1910, an International Women's Conference was organised to precede the general meeting of the Socialist Second International in Copenhagen, Denmark. Inspired in part by the American socialists, German Socialist Luise Zietz proposed the establishment of an annual 'International Woman's Day' (singular) and was seconded by fellow socialist and later communist leader Clara Zetkin, although no date was specified at that conference. Delegates (100 women from 17 countries) agreed with the idea as a strategy to promote equal rights, including suffrage, for women. The following year, on March 19, 1911, IWD was marked for the first time, by over a million people in Austria, Denmark, Germany and Switzerland. In the Austro-Hungarian Empire alone, there were 300 demonstrations. In Vienna, women paraded on the Ringstrasse and carried banners honouring the martyrs of the Paris Commune. Women demanded that women be given the right to vote and to hold public office. They also protested against employment sex discrimination. Americans continued to celebrate National Women's Day on the last Sunday in February.

In 1913 Russian women observed their first International Women's Day on the last Sunday in February (by Julian calendar then used in Russia). Although there were some women-led strikes, marches, and other protests in the years leading up to 1914, none of them happened on March 8. In 1914 International Women's Day was held on March 8, possibly because that day was a Sunday, and now it is always held on March 8 in all countries. The 1914 observance of the Day in Germany was dedicated to women's right to vote, which German women did not win until 1918.

In 1917 demonstrations marking International Women's Day in Saint Petersburg initiated the February Revolution. Women in Saint Petersburg went on strike that day for "Bread and Peace" - demanding the end of World War I, an end to Russian food shortages, and the end of czarism. Leon Trotsky wrote, "23 February (8th March) was International Woman's Day and meetings and actions were foreseen. But we did not imagine that this 'Women's Day' would inaugurate the revolution. Revolutionary actions were foreseen but without date. But in the morning, despite the orders to the contrary, textile workers left their work in several factories and sent delegates to ask for support of the strike... which led to mass strike... all went out into the streets."

Following the October Revolution, the Bolshevik Alexandra Kollontai and Vladimir Lenin made it an official holiday in the Soviet Union, and it was established, but was a working day until 1965

In the West, International Women's Day was first observed as a popular event after 1977 when the United Nations General Assembly invited member states to proclaim March 8 as the UN Day for women's rights and world peace.

## St Patrick's Day History & Legends

### WHO WAS ST. PATRICK - The Patron Saint of Ireland?

St. Patrick was a Christian missionary credited with the conversion of Ireland from paganism. He lived from the late 4th century A.D. to the mid 5th century A.D., so long ago that it's difficult to separate fact from legend.

St. Patrick was born in either Scotland or Wales, the son of Roman parents living in Britain. When he was about fifteen or sixteen, he was captured and enslaved by an Irish chieftain during a raiding party across the sea. He spent several years enslaved in Ireland, herding and tending sheep and swine. It was during his captivity that St. Patrick dedicated his life to God. Legend has it that St. Patrick escaped captivity and Ireland after a dream in which God instructed him to journey to the Irish coast where he found a ship that returned him to his family.

After years of religious study, he became a priest. In a document attributed to him known as "The Confession", St. Patrick heard the voice of the Irish in his dreams, "crying to thee, come hither and walk with us once more." Eventually, Pope Clemens commissioned St. Patrick as bishop to preach the gospel to the Celtic people. Arriving back in Ireland, he commenced an incredible mission, travelling across the country, preaching and baptizing, ordaining priests and bishops, erecting churches and establishing places of learning and worship, despite constant threats to his life. It has been said that he and his disciples were responsible for converting almost all the population of Ireland to Christianity.

### LEGEND OF THE SERPENTS

The most famous legend about St. Patrick is that he miraculously drove snakes and all venomous beasts from Ireland by banging a drum. Even to touch Irish soil was purported to be instant death for any such creature. However, this legend is probably a metaphor for his driving the pagans from Ireland, as snakes were often associated with pagan worship.

### WHY THE SHAMROCK?

Finding that the pagan Irish had great difficulty comprehending the doctrine of the Trinity, St. Patrick held up a shamrock (similar to a three-leaf clover) to show how the three leaves combined to make a single plant, just as the Father, Son, and Holy Ghost combined to make the holy Trinity. The Irish understood at once, and from that time the shamrock has been the symbol of the land. Irishmen wear it in their hats on the saint's day.

### WHY MARCH 17th?

It is the death of Saint Patrick, and his recognition as the patron saint of Ireland, that led to the celebration of March 17th as Saint Patrick's Day. In Ireland, St. Patrick's Day is a holy, religious time with praying, singing and dance. Outside Ireland, St. Patrick's Day is primarily a secular celebration of all things Irish.

## St Patrick's Day History & Legends

There are conflicting versions of the first North American celebration. One source says it was held in Boston in 1737 by the Irish Charitable Society, and later in Philadelphia and New York by the Friendly Sons of St. Patrick and the Ancient Order of Hibernians. Another source states that on March 17, 1762, a group of Irish-born soldiers, en route to the local tavern of renown to honor their patron saint, staged the first parade in colonial New York, complete with marching bands and colorful banners. Bystanders and passersby joined the promenade, singing Irish ballads and dancing down the cobblestones. The event was so popular it has been repeated annually since then.

### WHAT ABOUT WEARING GREEN?

Ireland's nickname is "The Emerald Isle" because the grass on the hills is so green. Everyone wears the color green on St. Patrick's Day to honor The Emerald Isle. If someone forgets to wear green on St. Patrick's Day, those who are wearing green are allowed to give the offender a pinch as a reminder. However, if you pinch someone who is wearing green, that person gets to pinch you back ten times! Some of the biggest St. Patrick's Day parades are in Chicago, Illinois, New York City, and Savannah, Georgia. The city of Chicago goes so far to celebrate that they dye their river green!

### WHAT DOES ALL THIS HAVE TO DO WITH LEPRECHAUNS?

Not much, really, except that the leprechaun has been described as Ireland's national fairy. Over the years, as St. Patrick's Day became a celebration of the Irish as well as a religious holiday celebrating the life of the saint, the leprechaun has evolved as another symbol, with all sorts of myth and legend attached.

The name leprechaun may have derived from the Irish word for shoemaker (leath bhrogan), or from the Irish word for pygmy (luacharma'n). Legend has it that these aged, diminutive men are frequently found in an intoxicated state. However they never become so drunk that the hand which holds the hammer becomes unsteady enough to effect their primary business of shoemaking.

Leprechauns are also self-appointed guardians of ancient treasure, left by Danes as they marauded through Ireland, burying it in crocks or pots. Marauding Danes might be the reason leprechauns try to avoid contact with mortals, whom they regard as foolish, flighty, greedy creatures. The legend goes that if caught by a mortal, a leprechaun will promise great wealth if allowed to go free. Leprechauns supposedly carry two leather pouches. In one there is a silver shilling, a magical coin that returns to the purse each time it is given away. In the other he carries a gold coin which he uses to try and bribe his way out of difficult situations. The gold coin usually turns to leaves or ashes once the leprechaun has parted with it.

Remember, if you do catch a leprechaun, you must never take your eye off him. He will vanish in an instant!



## Ludwig Van Beethoven

Ludwig van Beethoven was a German pianist and composer widely considered to be one of the greatest musical geniuses of all time. His innovative compositions combined vocals and instruments, widening the scope of sonata, symphony, concerto and quartet. He is the crucial transitional figure connecting the Classical and Romantic ages of Western music. Beethoven's personal life was marked by a struggle against deafness, and some of his most important works were composed during the last 10 years of his life, when he was quite unable to hear. He died at the age of 56.

### Family

Beethoven had two younger brothers who survived into adulthood: Caspar, born in 1774, and Johann, born in 1776. Beethoven's mother, Maria Magdalena van Beethoven, was a slender, genteel, and deeply moralistic woman.

His father, Johann van Beethoven, was a mediocre court singer better known for his alcoholism than any musical ability. However, Beethoven's grandfather, godfather and namesake, Kapellmeister Ludwig van Beethoven, was Bonn's most prosperous and eminent musician, a source of endless pride for young Beethoven.

### Childhood Abuse

Sometime between the births of his two younger brothers, Beethoven's father began teaching him music with an extraordinary rigor and brutality that affected him for the rest of his life.

Neighbors provided accounts of the small boy weeping while he played the clavier, standing atop a footstool to reach the keys, his father beating him for each hesitation or mistake.

On a near daily basis, Beethoven was flogged, locked in the cellar and deprived of sleep for extra hours of practice. He studied the violin and clavier with his father as well as taking additional lessons from organists around town. Whether in spite of or because of his father's draconian methods, Beethoven was a prodigiously talented musician from his earliest days.

### Education

Hoping that his young son would be recognized as a musical prodigy à la Wolfgang Mozart, Beethoven's father arranged his first public recital for March 26, 1778. Billed as a "little son of 6 years," (Mozart's age when he debuted for Empress Maria Theresa) although he was in fact 7, Beethoven played impressively, but his recital received no press whatsoever.

Meanwhile, the musical prodigy attended a Latin grade school named Tirocinium, where a classmate said, "Not a sign was to be discovered of that spark of genius which glowed so brilliantly in him afterwards." Beethoven, who struggled with sums and spelling his entire life, was at best an average student, and some biographers have hypothesized that he may have had mild dyslexia. As he put it himself, "Music comes to me more readily than words."

In 1781, at the age of 10, Beethoven withdrew from school to study music full time with Christian Gottlob Neeffe, the newly appointed Court Organist, and at the age of 12, Beethoven published his first composition, a set of piano variations on a theme by an obscure classical composer named Dressler.

By 1784, his alcoholism worsening and his voice decaying, Beethoven's father was no longer able to support his family, and Beethoven formally requested an official appointment as Assistant Court Organist. Despite his youth, his request was accepted, and Beethoven was put on the court payroll with a modest annual salary of 150 florins.

## Ludwig Van Beethoven

### Beethoven and Mozart

There is only speculation and inconclusive evidence that Beethoven ever met with Mozart, let alone studied with him. In an effort to facilitate his musical development, in 1787 the court sent Beethoven to Vienna, Europe's capital of culture and music, where he hoped to study with Mozart.

Tradition has it that, upon hearing Beethoven, Mozart said, "Keep your eyes on him; someday he will give the world something to talk about."

After only a few weeks in Vienna, Beethoven learned that his mother had fallen ill and he returned home to Bonn. Remaining there, Beethoven continued to carve out his reputation as the city's most promising young court musician.

### Early Career as a Composer

When the Holy Roman Emperor Joseph II died in 1790, a 19-year-old Beethoven received the immense honor of composing a musical memorial in his honor. For reasons that remain unclear, Beethoven's composition was never performed, and most assumed the young musician had proven unequal to the task.

However, more than a century later, Johannes Brahms discovered that Beethoven had in fact composed a "beautiful and noble" piece of music entitled *Cantata on the Death of Emperor Joseph II*. It is now considered his earliest masterpiece.

### Beethoven and Haydn

In 1792, with French revolutionary forces sweeping across the Rhineland into the Electorate of Cologne, Beethoven decided to leave his hometown for Vienna once again. Mozart had passed away a year earlier, leaving Joseph Haydn as the unquestioned greatest composer alive.

Haydn was living in Vienna at the time, and it was with Haydn that the young Beethoven now intended to study. As his friend and patron Count Waldstein wrote in a farewell letter, "Mozart's genius mourns and weeps over the death of his disciple. It found refuge, but no release with the inexhaustible Haydn; through him, now, it seeks to unite with another. By means of assiduous labor you will receive the spirit of Mozart from the hands of Haydn."

In Vienna, Beethoven dedicated himself wholeheartedly to musical study with the most eminent musicians of the age. He studied piano with Haydn, vocal composition with Antonio Salieri and counterpoint with Johann Albrechtsberger. Not yet known as a composer, Beethoven quickly established a reputation as a virtuoso pianist who was especially adept at improvisation.

### Debut Performance

Beethoven won many patrons among the leading citizens of the Viennese aristocracy, who provided him with lodging and funds, allowing Beethoven, in 1794, to sever ties with the Electorate of Cologne. Beethoven made his long-awaited public debut in Vienna on March 29, 1795.

Although there is considerable debate over which of his early piano concerti he performed that night, most scholars believe he played what is known as his "first" piano concerto in C Major. Shortly thereafter, Beethoven decided to publish a series of three piano trios as his Opus 1, which were an enormous critical and financial success.

## Ludwig Van Beethoven

In the first spring of the new century, on April 2, 1800, Beethoven debuted his Symphony No. 1 in C major at the Royal Imperial Theater in Vienna. Although Beethoven would grow to detest the piece — "In those days I did not know how to compose," he later remarked — the graceful and melodious symphony nevertheless established him as one of Europe's most celebrated composers.

As the new century progressed, Beethoven composed piece after piece that marked him as a masterful composer reaching his musical maturity. His Six String Quartets, published in 1801, demonstrate complete mastery of that most difficult and cherished of Viennese forms developed by Mozart and Haydn.

Beethoven also composed *The Creatures of Prometheus* in 1801, a wildly popular ballet that received 27 performances at the Imperial Court Theater. It was around the same time that Beethoven discovered he was losing his hearing.

### Personal Life

For a variety of reasons that included his crippling shyness and unfortunate physical appearance, Beethoven never married or had children. He was, however, desperately in love with a married woman named Antonie Brentano.

Over the course of two days in July of 1812, Beethoven wrote her a long and beautiful love letter that he never sent. Addressed "to you, my Immortal Beloved," the letter said in part, "My heart is full of so many things to say to you — ah — there are moments when I feel that speech amounts to nothing at all — Cheer up — remain my true, my only love, my all as I am yours."

The death of Beethoven's brother Caspar in 1815 sparked one of the great trials of his life, a painful legal battle with his sister-in-law, Johanna, over the custody of Karl van Beethoven, his nephew and her son. The struggle stretched on for seven years, during which both sides spewed ugly defamations at the other. In the end, Beethoven won the boy's custody, though hardly his affection.

Despite his extraordinary output of beautiful music, Beethoven was lonely and frequently miserable throughout his adult life. Short-tempered, absent-minded, greedy and suspicious to the point of paranoia, Beethoven feuded with his brothers, his publishers, his housekeepers, his pupils and his patrons.

In one illustrative incident, Beethoven attempted to break a chair over the head of Prince Lichnowsky, one of his closest friends and most loyal patrons. Another time he stood in the doorway of Prince Lobkowitz's palace shouting for all to hear, "Lobkowitz is a donkey!"

### Was Beethoven Deaf?

At the same time as Beethoven was composing some of his most immortal works, he was struggling to come to terms with a shocking and terrible fact, one that he tried desperately to conceal: He was going deaf. By the turn of the 19th century, Beethoven struggled to make out the words spoken to him in conversation.

Beethoven revealed in a heart-wrenching 1801 letter to his friend Franz Wegeler, "I must confess that I lead a miserable life. For almost two years I have ceased to attend any social functions, just because I find it impossible to say to people: I am deaf. If I had any other profession, I might be able to cope with my infirmity; but in my profession it is a terrible handicap."



## Ludwig Van Beethoven

### Heiligenstadt Testament

At times driven to extremes of melancholy by his affliction, Beethoven described his despair in a long and poignant note that he concealed his entire life.

Dated October 6, 1802, and referred to as "The Heiligenstadt Testament," it reads in part: "O you men who think or say that I am malevolent, stubborn or misanthropic, how greatly do you wrong me. You do not know the secret cause which makes me seem that way to you and I would have ended my life — it was only my art that held me back. Ah, it seemed impossible to leave the world until I had brought forth all that I felt was within me."

Almost miraculously, despite his rapidly progressing deafness, Beethoven continued to compose at a furious pace.

### Moonlight Sonata

From 1803 to 1812, what is known as his "middle" or "heroic" period, he composed an opera, six symphonies, four solo concerti, five string quartets, six-string sonatas, seven piano sonatas, five sets of piano variations, four overtures, four trios, two sextets and 72 songs. The most famous among these were the haunting Moonlight Sonata, symphonies No. 3-8, the Kreutzer violin sonata and *Fidelio*, his only opera. In terms of the astonishing output of superlatively complex, original and beautiful music, this period in Beethoven's life is unrivaled by any of any other composer in history.

### Beethoven's Music

Some of Beethoven's best-known compositions include:

- Eroica: Symphony No. 3
- Symphony No. 5
- Fur Elise
- Symphony No. 7
- Missa Solemnis
- Ode to Joy: Symphony No. 9

### Death

Beethoven died on March 26, 1827, at the age of 56, of post-hepatic cirrhosis of the liver. The autopsy also provided clues to the origins of his deafness: While his quick temper, chronic diarrhea and deafness are consistent with arterial disease, a competing theory traces Beethoven's deafness to contracting typhus in the summer of 1796.

Scientists analyzing a remaining fragment of Beethoven's skull noticed high levels of lead and hypothesized lead poisoning as a potential cause of death, but that theory has been largely discredited.

Beethoven is widely considered one of the greatest, if not the single greatest, composer of all time. Beethoven's body of musical compositions stands with William Shakespeare's plays at the outer limits of human brilliance. And the fact Beethoven composed his most beautiful and extraordinary music while deaf is an almost superhuman feat of creative genius, perhaps only paralleled in the history of artistic achievement by John Milton writing *Paradise Lost* while blind.

Summing up his life and imminent death during his last days, Beethoven, who was never as eloquent with words as he was with music, borrowed a tagline that concluded many Latin plays at the time. *Plaudite, amici, comoedia finita est*, he said. "Applaud friends, the comedy is over."

## Puzzles & Answers

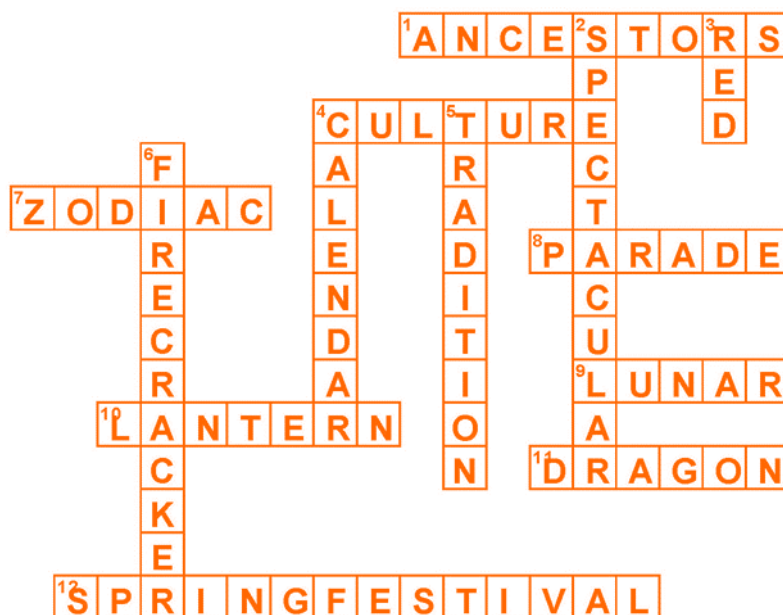
### Answers to Romance Quiz

1. German 2. 'Going Dutch' 3. Ring 4. Traditionally the bride had to enter the house through the front door; since tripping or stumbling was considered bad luck, the groom would carry the bride 5. Verona, Italy 6. Men 7. Chocolates 8. Eros 9. Venus 10. On the set of 'Cleopatra' 11. Traditionally rice is a symbol of fertility and prosperity 12. It was believed that the noise would keep evil spirits away 13. Abelard and Heloise - Cleopatra and Mark Anthony – Tristan and Isolde 14. Lord Alfred Tennyson 15. It was declared as an official day by King Henry VIII in 1537 16. 'L' is for the way you look at me 'O' is for the only one I see 'V' is very, very extraordinary 'E' is even more than anyone that you adore 17. The Taj Mahal 18. Cupid 19. Teachers 20. Because ancient people believed the soul resided in the heart.

### Valentine's Day

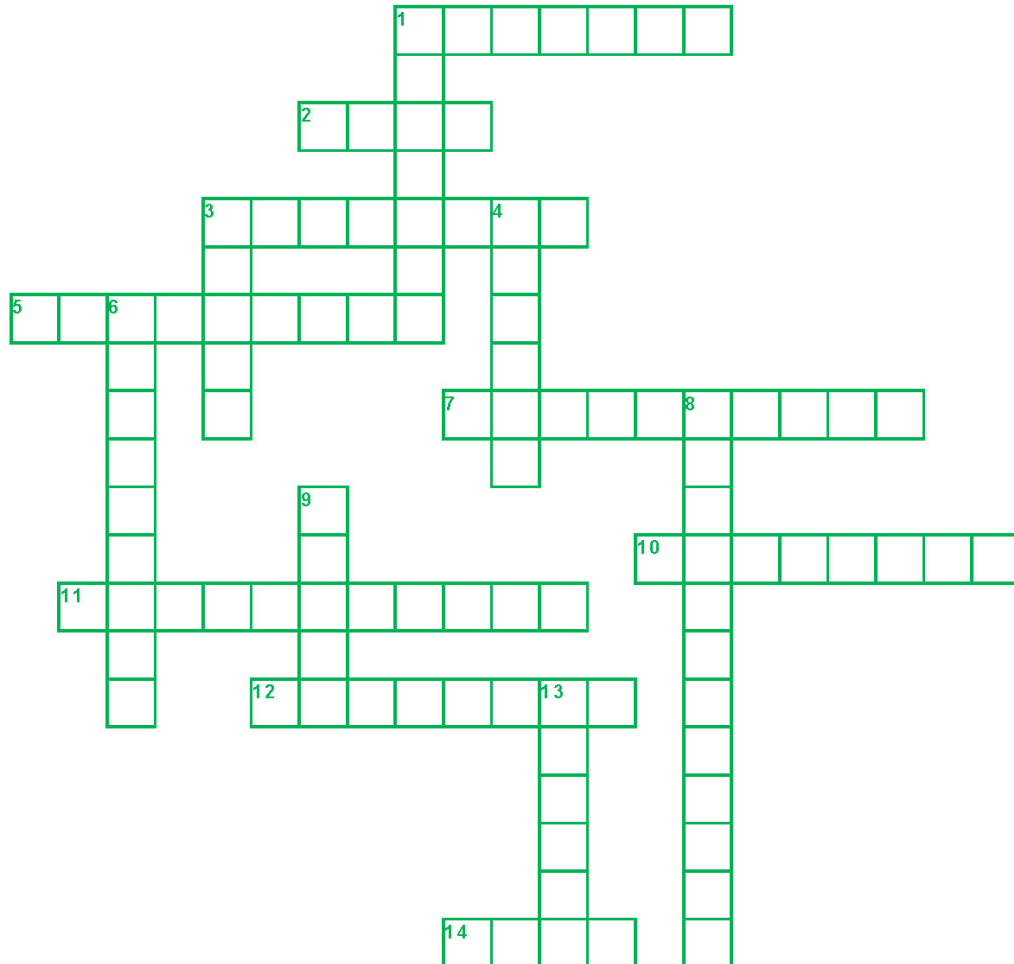


### Chinese New Year



## Puzzles &amp; Answers

## St. Patrick's Day

**Across**

- 1 - Capital of Northern Ireland (7)  
 2 - Dug from the bogs of Ireland to use as fuel (4)  
 3 - The name of a famous Irish beer (8)  
 5 - What is the name of the Irish County featured in a famous song? (9)  
 7 - He makes shoes and guards gold (10)  
 10 - Popular short and humorous verse, often nonsensical (8)  
 11 - What does the three leaf clover symbolise? (11)  
 12 - Another name for a 3 leaf clover (8)  
 14 - The four leaf clover symbolises this (4)

**Down**

- 1 - Kiss this stone to be cured from shyness (7)  
 3 - Colour representing St. Patrick's Day (5)  
 4 - He banished these reptiles from Ireland (6)  
 6 - You find this at the end of a rainbow (3,2,4)  
 8 - St. Patrick converted the Irish to this (12)  
 9 - Month that St. Patrick's Day falls on (5)  
 13 - Language group that includes Irish and Scottish (6)

## Puzzles

### Words starting with M Quiz

The answers to this quiz all start with the letter: **M**

#### Questions

- |  |       |
|--|-------|
| 1. A repository for post at the entrance of a home           | _____ |
| 2. A German brand known for luxury cars, buses and trucks    | _____ |
| 3. A large long-tailed parrot with brightly coloured plumage | _____ |
| 4. Act without words   | _____ |
| 5. Global fast-food chain represented by the golden arches.  | _____ |
| 6. Hair on the upper lip                                     | _____ |
| 7. The country where you will find Marrakech                 | _____ |
| 8. 00:00   | _____ |
| 9. The Red Planet  | _____ |
| 10. Butcher's product  | _____ |
| 11. Least possible amount                                    | _____ |
| 12. Person in charge   | _____ |
| 13. An object that attracts iron and some other materials    | _____ |
| 14. USA's neighbour  | _____ |
| 15. The start of a traditional working week                  | _____ |
| 16. Island of New York                                       | _____ |
| 17. Adding and subtracting                                   | _____ |
| 18. Pertaining to the time of castles and knights            | _____ |
| 19. Not yours  | _____ |
| 20. Someone who repairs cars                                 | _____ |

## Puzzles

## Labour Day Word Search 2

W O W Q B C C L K P I L O T Z O Z T Q D  
 K H U A H R V N Z J G B P F C S P P J B  
 F J X T M A M Z R A B W B T P P W Y U U  
 D R Y T E F U M P N E P G T A C O S I I  
 T E D O S V S A Z I A L U V C X R A P L  
 H V L R A H I R Z T U U H F C K G L L D  
 R M G N M L C I W O T M K A O P E E I E  
 K W V E K R I N R R I B M R U P O S B R  
 K Q R Y P I A E S B C E O M N D X P R I  
 D O D K E I N R K K I R O E T Z I E A A  
 R M T N E B U L B T A O X R A C P R R N  
 G X I H H T T T M Z N C Q U N Q M S I H  
 A K P T O X I L E S W Y N O T F R O A T  
 R Y W Y E C A Z C L W G U A R E K N N S  
 D D H A H H Y Q H G T G Y I N U R S E A  
 E N G I N E E R A F Z T G P L X F X J I  
 N Z A G W I V W N P O L I C E B F L H L  
 E L E C T R I C I A N J B Y H O Y D K O  
 R L P M Z S Z H C B J U D X Z A R M O R  
 C D J V E T E R I N A R I A N I Z L H H

Salesperson

Plumber

Attorney

Pilot

Mariner

Electrician

Mechanic

Beautician

Janitor

Librarian

Engineer

Veterinarian

Farmer

Builder

Accountant

Gardener

Musician

Sailor

Police

Nurse



## Activity News

Dear All,

We have all pulled through the COVID pandemic being diligent with social distancing, hand hygiene, changing our clothes, wearing masks and infection control, to help keep our residents and each other safe. The good news is we are all safe and well and no longer needing to wear masks for day-to-day duties. We are all relieved as with the weather being so hot and humid, it has been restrictive, even the residents are glad to see our smiling faces again.

We have some had some very sad news with the passing of Rosa Miteff on the 9<sup>th</sup> of February. Rosa was the mother of our Care Manager, Stephanie Romano. Rosa was a loveable character and as quoted in her celebrations of life "Cheers to be alive and strong". Her funeral was held at Rookwood Cemetery on the 18<sup>th</sup> of February, with the farewell service being a great tribute to a loveable lady, who will be sadly missed by all at The Laurels. Farewell Rosa.

We are looking forward to reintroducing regular bus trips to the March recreation calendar on Wednesdays and Thursdays, with trips to local parks, beaches, and places of interest. Residents are really looking forward to getting out and about in the local community again and doing some well overdue sightseeing.

We celebrated 3 resident's birthdays during February with delicious home baked birthday cakes and special afternoon teas, happy birthday John Logue, Gwen Fraser, and Jill Izzard.

We welcomed Chinese New Year, with a special Chinese luncheon, enjoyed by all in the sunny courtyard. We dined on spring rolls, fried rice, sweet and sour chicken, prawn crackers and fortune cookies, and spent the afternoon listening to Chinese music, a virtual tour of China and some Chinese trivia. A great time was had by all and residents commented on how much they enjoyed the Chinese meal.

Thai Chi and meditation continue to be popular activities on our monthly calendar with large turnouts of residents each session. These activities have been a great way for residents to engage, reduce stress and relax in a calming environment and peaceful atmosphere. Research suggests that benefits of Thai Chi may be pain management, improved cognitive function, and better sleep quality as well as improving balance control and fitness. Aromatherapy sessions are also popular, with essential oils used in massage and relaxation therapy.

Residents and RAO staff have welcomed back our regular walking group. The Laurels walking group take walks around the streets in our local area or through the park opposite our home. A group of residents take a leisurely stroll in the fresh air together, while enjoying a change of scenery and some time to sit, relax and have a chat in the sunshine in the park. Walking group appears on the calendar twice a week when weather permits.

The home library service continues to provide a wide range of resource material to residents including, DVDs, magazines, games, and books. Residents are able to fill in an interest form and material is handpicked to suit their individual needs and delivered to the door on a fortnightly basis. Please let a staff member know if you wish to take advantage of and be part of this amazing free service.

Our social club is held each Friday, starting the day with our bubbly hairdresser Kathy, who comes to pamper residents and look after their hair styling needs. RAO incorporate beauty therapy, facials, masks, massage and hand and nail care. In the afternoon we put on music, have some nibbles and a few drinks and a good old chin wag and socialise with friends and staff members. This is a popular day on the calendar, and enjoyed by all who attend. Who doesn't like a good pamper session!

We look forward to bringing you an action-packed calendar and exciting month in March, with something for everybody to enjoy.

And remember - You are never too old to set another goal or to dream a new dream.

Stay safe and be happy.

The RAO girls, Sherryl, Prabina & Bindu

# The Laurels Aged Care - Recreation Calendar – MARCH 2021

NOTE: ALL ACTIVITIES ARE SUBJECT TO CHANGE & AVAILABILITY OF OUR VOLUNTEER BUS DRIVERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>1<sup>st</sup></b> 9:00 – Morning Moves 9:30 – Walking Group 11:00 – Word Games 1:00 – Armchair Travel 2:00 – 1:1 Room Visit	<b>2<sup>nd</sup></b> 9:00 – Morning Warm Up 9:30 – Whiteboard Game 11:00 – Facials/Grooming 1:00 – Putt Putt Golf 2:00 – 1:1 Hand Care	<b>3<sup>rd</sup></b> 9:00 – Bend & Flex 9:30 – BUS TRIP 11:00 – <b>BINGO</b> 1:00 – Quoits 2:00 – 1:1	<b>4<sup>th</sup></b> 9:00 – Chair Exercises 9:30 – Aromatherapy 11:00 – Arts & Crafts 1:00 – Darts 2:00 – 1:1 Focus Time	<b>5<sup>th</sup></b> 9:00 – Walking Group 9:30 – <b>Hairdresser</b> 11:00 – Manicures 1:00 – <b>SOCIAL CUB</b> 2:00 – 1:1 Room Visit	<b>6<sup>th</sup></b> 	
<b>7<sup>th</sup></b>  9:00 – Morning Moves 9:30 – Walking Group 11:00 – Wii Games 1:00 – Massage Therapy 2:00 – 1:1 Room Visit <b>International Woman's Day</b>	<b>8<sup>th</sup></b> 9:00 – Morning Moves 9:30 – Walking Group 11:00 – Wii Games 1:00 – Massage Therapy 2:00 – 1:1 Room Visit <b>International Woman's Day</b>	<b>9<sup>th</sup></b> 9:00 – Morning Warm Up 9:30 – Who Am I Game 11:00 – Paint Designs 1:00 – Totem Tennis 2:00 – 1:1 Hand Care	<b>10<sup>th</sup></b> 9:00 – Bend & Flex 9:30 – BUS TRIP 11:00 – <b>BINGO</b> 1:00 – Board Games 2:00 – 1:1 Pet Therapy	<b>11<sup>th</sup></b> 9:00 – Chair Exercises 9:30 – White Board Game 11:00 – Reminiscing 1:00 – Craft Group 2:00 – 1:1 Focus Time	<b>12<sup>th</sup></b> 9:00 – Walking Group 9:30 – <b>Hairdresser</b> 11:00 – Foot Spas 1:00 – <b>SOCIAL CUB</b> 2:00 – 1:1 Room Visit	
<b>14<sup>th</sup></b>  9:00 – Morning Moves 9:30 – Meditation Group 11:00 – Carpet Bowls 1:00 – This is Our Land Craft Activity 2:00 – 1:1 Room Visit	<b>15<sup>th</sup></b> 9:00 – Morning Moves 9:30 – Meditation Group 11:00 – Carpet Bowls 1:00 – This is Our Land Craft Activity 2:00 – 1:1 Room Visit	<b>16<sup>th</sup></b> 9:00 – Morning Warm Up 9:30 – Current Affairs 11:00 – Table Tennis 1:00 – <b>COFFEE CLUB</b> 2:00 – 1:1 Hand Care	<b>17<sup>th</sup> St Patrick's Day</b> 9:00 – Bend & Flex 9:30 – Irish Craft 11:00 – Virtual Travel to Ireland 1:00 – <b>St Pats Party</b> 2:00 – 1:1 <b>Home Library Service</b>	<b>18<sup>th</sup></b> 9:00 – Chair Exercises 9:30 – Baking Cakes 11:00 – Hand Care 1:00 – Trivia Time 2:00 – 1:1 Focus Time	<b>19<sup>th</sup></b> 9:00 – Walking Group 9:30 – <b>Hairdresser</b> 11:00 – Beauty Makeover 1:00 – <b>SOCIAL CUB</b> 2:00 – 1:1 Room Visit	
<b>21<sup>st</sup></b>  9:00 – Morning Moves 9:30 – Ocean Facts & Trivia 11:00 – Ocean Water Colour Painting 1:00 – Music Therapy 2:00 – 1:1 Room Visit	<b>22<sup>nd</sup> WORLD WATER DAY</b> 9:00 – Morning Moves 9:30 – Ocean Facts & Trivia 11:00 – Ocean Water Colour Painting 1:00 – Music Therapy 2:00 – 1:1 Room Visit	<b>23<sup>rd</sup></b> 9:00 – Morning Warm Up 9:30 – Walk in the park 11:00 – Wii Knowledge 1:00 – Coffee & Colour 2:00 – 1:1 Hand Care	<b>24<sup>th</sup></b> 9:00 – Bend & Flex 9:30 – BUS TRIP 11:00 – <b>BINGO</b> 1:00 – Gardening 2:00 – 1:1	<b>25<sup>th</sup></b> 9:00 – Chair Exercises 9:30 – Dancing 11:00 – Card Games 1:00 – Quizzes 2:00 – 1:1 Focus Time	<b>26<sup>th</sup></b> 9:00 – Walking Group 9:30 – <b>Hairdresser</b> 11:00 – You tube 1:00 – <b>SOCIAL CUB</b> 2:00 – 1:1 Room Visit	
<b>28<sup>th</sup></b> 	<b>29<sup>th</sup></b> 9:00 – Morning Moves 9:30 – Spirituality 11:00 – Guess My Career 1:00 – Wii Knowledge 2:00 – 1:1 Room Visit	<b>30<sup>th</sup></b> 9:00 – Morning Warm Up 9:30 – Walking Group 11:00 – <b>BINGO</b> 1:00 – Men's Shed 2:00 – 1:1 Hand Care	<b>31<sup>st</sup></b> 9:00 – Bend & Flex 9:30 – Balloon Tennis 11:00 – Rhyming Riddles 1:00 – Gardening 2:00 – 1:1			











## St Patrick's Day Jokes

McCarthy walked into a bar and ordered martini after martini, each time removing the olives and placing them in a jar. When the jar was filled with olives and all the drinks consumed, he started to leave.

"Excuse me," said a customer, who was puzzled over what McCarthy had done. "What was that all about?"

"Nothing," he replied, "my wife just sent me out for a jar of olives."

On Saint Patrick's Day, an Irishman who had a little too much to drink was driving home from the city and his car was weaving violently all over the road. A cop pulled him over.

"So," said the cop to the driver, "Where have you been?"

"Why, I've been to the pub of course," slurs the drunk.

"Well," says the cop, "it looks like you've had quite a few to drink this evening."

"I did all right," the drunk says with a smile.

"Did you know," says the cop, standing straight and folding his arms across his chest, "that a few intersections back, your wife fell out of your car?"

"Oh, thank heavens," sighs the drunk. "For a minute there, I thought I'd gone deaf."

Q: Why do people wear shamrocks on St. Patrick's Day?

A: Regular rocks are too heavy.

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: Why do leprechauns have pots o'gold?

A: They like to "go" first class!

Q: How can you tell if an Irishman is having a good time?

A: He's Dublin over with laughter!

Q: How did the Irish Jig get started?

A: Too much to drink and not enough restrooms!

Q: Are people jealous of the Irish?

A: Sure, they're green with envy!

