Indigo North Health inc

Glenview Grapevine

August 2022

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Indigo North Health

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Looking back on July

NAIDOC WEEK

Our Naidoc Week activity involved scratching Aboriginal symbols on to a Boomerang. We all enjoyed learning about the different symbols' meanings along the way.

Corowa Golf Club

Residents enjoyed lunch at the Corowa Golf Club before heading into the Gold Class cinema to watch the new Elvis movie!

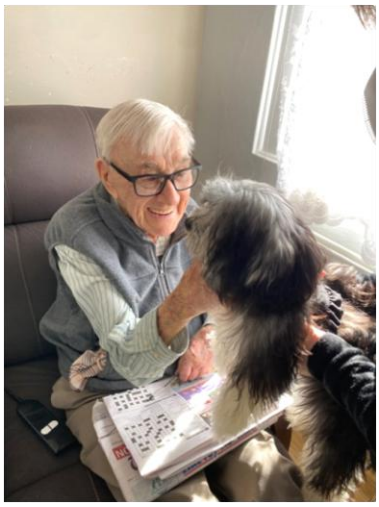
Poachers Paradise Bistro Lunch

Family, friends and volunteers joined residents for lunch at Poachers Thursday 28th July. Thanks to all who attended to help make the day a successful one!

Looking back on July

Enjoying the beautiful weather

Carpet bowls – thanks to SS&A Albury



"Luna" came for snuggles

Pam and Gwen at Poachers Ruthergle

Cam and Kate at Poachers Ruthergle

Upcoming Events

NEW EVENT – CARPET BOWLS

Every Wednesday from 2.15pm

NEW EVENT – KNITTING GROUP

Every Monday from 1st August 2:45pm, Hostel Lounge

Mystery Picnic Lunch

Thursday 11th August, 11.00am

Left-handers Games

Saturday 13th August 3:30pm, Dining Area

Multicultural Event - Armchair Travel – India

Monday 15th August 2.45pm, Main Lounge

Regular Events

- Happy Hour every Saturday 2:15pm
- Social club & memory lane every Tuesday 11:00am
- Cooking Chiltern see calendar
- Pet Therapy fortnightly Tuesdays 2.00pm
- Bingo! Tuesday and Thursday afternoons
- Billiards every Friday at 2.30pm

Special Days

1st	Horses' Birthday
2nd	Forgiveness Day
5th	International Beer Day / Jeans for Genes Day
8th	Cat Day
9th	World Indigenous Day
12th	International Youth Day
13th	Left-Handers Day
15th	Indian Independence Day
20th	Lighthouse Weekend
25th	Daffodil Day

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Horses' Birthday	2	3	4	5 Beer Day	6	7
8 Cat Day	9 World Indigenous Day	10	11	12	13	14
15 Indian Independence Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Quote of the Day

Believe you can and you're halfway there.

- Theodore Roosevelt

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

August Birthdays

In August, we celebrate birthdays with:

Dorothy Weir – 24th August

Henry Niederegger – 29th August

Please join us in the dining room for morning tea in August to celebrate!

Tony Bennett – Singer – 3rd of August, 1926
Dustin Hoffman, Actor, 8th August 1937
Melanie Griffith, Actor, 9th August, 1957
Magic Johnson, Basketball Player, 14th August, 1959
Madonna, singer, 16th August, 1958
Robert De Niro, Actor, 17th August, 1943
Patrick Swayze, Actor, 18th August 1952
Bill Clinton, 42nd President of the US, 19th August 1946
Sean Connery, Actor, 25th August, 1930
Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)
Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)
Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Famous August Inventions: Method for Packaging Frozen Foods
Clarence Birdseye obtained a patent for packaging frozen foods on August 12, 1930, making a lasting impact on nutrient and flavor preservation for mass-distributed foods!

A Poem to Share

Life Doesn't Frighten Me

By Maya Angelou

Shadows on the wall
Noises down the hall
Life doesn't frighten me at all

Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all

Mean old Mother Goose
Lions on the loose
They don't frighten me at all

Dragons breathing flame
On my counterpane
That doesn't frighten me at all.

I go boo
Make them shoo
I make fun
Way they run
I won't cry
So they fly
I just smile
They go wild

Life doesn't frighten me at all.

Tough guys fight
All alone at night
Life doesn't frighten me at all.

Panthers in the park
Strangers in the dark
No, they don't frighten me at all.

That new classroom where
Boys all pull my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.

Don't show me frogs and snakes
And listen for my scream,
If I'm afraid at all
It's only in my dreams.

I've got a magic charm
That I keep up my sleeve
I can walk the ocean floor
And never have to breathe.

Life doesn't frighten me at all
Not at all
Not at all.

Life doesn't frighten me at all.

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Noticeboard

NEW RESIDENTS

A very warm welcome to:

- **Mr John Haw**
- **Mr Godfrey "Goff" Wilson**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past month!

1. **Sushila Tamang – RN**
2. **Kath Pearce – Environmental Services**

We hope that you enjoy your time here!

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available from reception and in the dining room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome. We would also like to encourage historic stories of Rutherglen and surrounds.

Please hand in your submission to reception, or email us anytime at k.thompson@inh.org.au

Thank you!

Noticeboard

LIBRARY SERVICE

We have a number of books available in the Main Lounge for residents to read. Please help yourself to any book and return to the shelves once finished.

If you are an avid reader and wish to join the Rutherglen Library, please ask Leisure and Lifestyle staff to assist.

RESIDENT HAIRDRESSER & BARBER

Glenview hairdresser Kellie is available fortnightly on Tuesdays. Barber Tim is offering his services on a monthly basis. To book your appointment please speak with staff.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

CULTURAL CELEBRATION

In the month of August we celebrate Indian Independence Day. Watch your calendar for related activities in the main lounge room.

Laughing Matters

Little Boy Lost

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement, and then asked, "what's the matter, haven't you ever seen a little boy before?"

Adam & Eve

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

Broccoli & Boogers

What is the difference between broccoli and boogers?
Children don't eat broccoli!

Famous & Infamous Left-Handers

If you are left-handed you are in good and not so good company!

Left-handers have graced all walks of life from World leaders to musicians to hooligans and outlaws.

George W. Bush	Queen Elizabeth II	Barack Obama
Nicole Kidman	Jack the Ripper	Napoleon Bonaparte
Aristotle	Oprah Winfrey	Marilyn Monroe
Osama Bin Laden	John F. Kennedy	Ronald Regan
Mahatma Gandhi	Joan of Arc	Bill Gates
John Rockefeller	Albert Einstein	Germaine Greer
Helen Keller	Pelé	Angelina Jolie
Fidel Castro	Michelangelo	Bob Dylan
Bill Clinton	Joan of Arc	Prince William
Judy Garland	Greta Garbo	Harpo Marx