

Address: 168 High St, Rutherglen VIC 3685

Telephone: 02 6033 6200

Email: inh@inh.org.au / www.inh.org.au

Facebook Indigo North Health

March Revisited

April 2024 Newsletter International Woman's Day was celebrated on Friday March 8th. Ladies attended a high tea and luncheon at "Sweethill" hosted by Wendy G. Ladies had a wonderful time sharing life stories with each other and our wonderful volunteers.



March Revisited

Glenview welcomed the Khaki Vehicle Enthusiast and Army Personnel who joined us for a car show on Thursday 14th March.





March Revisited

The monthly RSL Rhythm and Brews event is back! We were joined by family, friends and our amazing volunteers on Wednesday 21st March.



Exciting Events Ahead

Church Service—Richard Keith

Wednesday 3rd April 11:00am, Dining Room

Picnic on the Murray

Thursday 11th 11.30am

BBQ on the Balcony with Nick/ Social Group

Tuesdays from 9th 11:30am

Men's Shed

Monday 15th & 29th 11:00am, Chiltern

RSL—Rhythm & Brews

Wednesday 17th 11:00am, Corowa

Rutherglen Primary Visits

Friday 19th & Wednesday 24th, 10:30am

ANZAC DAY SERVICE

Wednesday 24th 11:00am, Dining Room

Wheel of Fortune Competition

Friday 26th 11:00am, Main Lounge



Special Celebrations

1st April Fool's Day, Easter Monday

2nd Int, Children's Book Day, Easter Tuesday (Tas)

6th Int. Sport Day,
National Tartan Day (Ca)

7th Daylight Savings Ends (AU)

15th Sinking of the Titanic, World Art Day

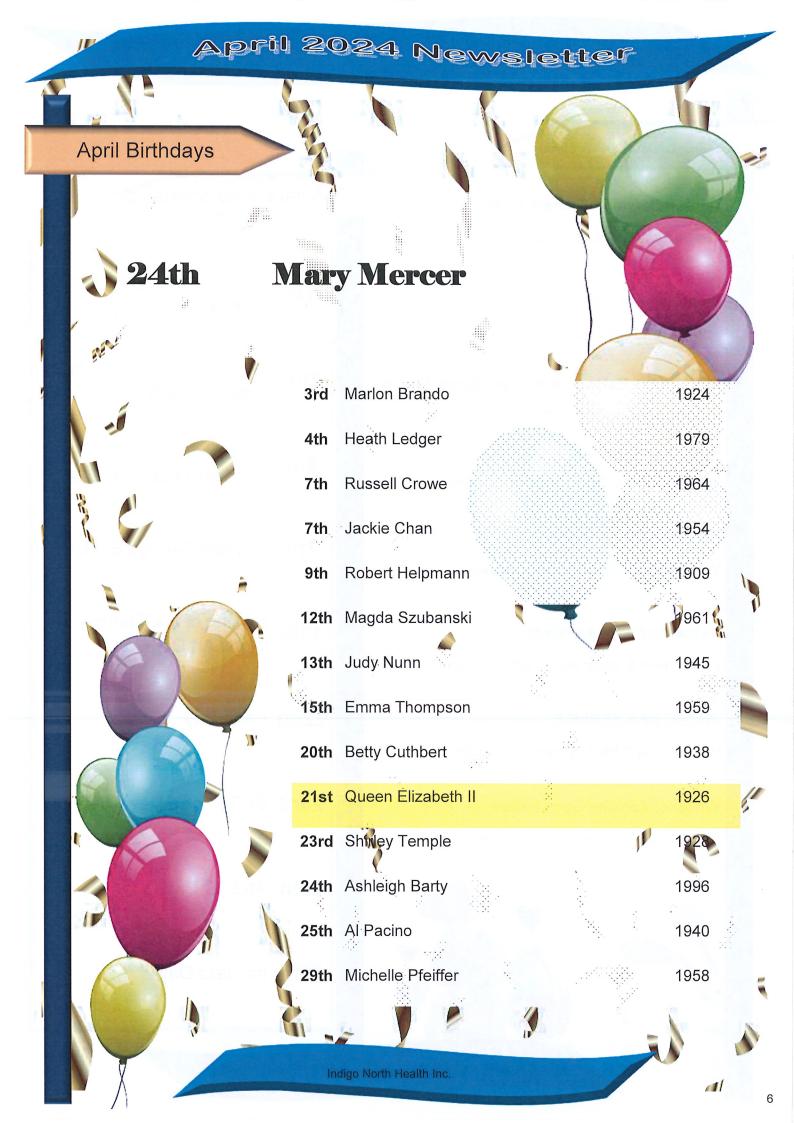
22nd Earth Day

23rd St George's Day (UK)

25th ANZAC Day

30th Int. Jazz Day

Indigo North Health Inc.



Celebrity spotlight

Key milestones in the life of Queen Elizabeth II, who died Thursday at Balmoral Castle in Scotland at age 96 after serving more than seven decades on the throne.

April 21, 1926: Born Princess Elizabeth
 Alexandra Mary in Mayfair, London, the first
 child of the future King George VI and Queen
 Elizabeth, later called the Queen Mother.



- Dec. 10, 1936: Elizabeth becomes heir-apparent to the throne after her uncle King Edward VIII abdicates and her father becomes king.
- Oct. 13, 1940: Elizabeth makes first public speech at age 14 on the BBC Children's Hour to reassure children who had been separated from their parents during the Blitz.



- 1945: Elizabeth is made a Subaltern in the Auxiliary Territorial Service, serving for Britain during World War II.
- Nov. 20, 1947: Elizabeth marries Prince Philip Mountbatten of Greece and Denmark at Westminster Abbey.



Celebrity spotlight



Nov. 14, 1948: Prince Charles, now Prince of Wales, heir-apparent to the throne, is born.

- Aug. 15, 1950: Elizabeth's second child and only daughter, Anne, the Princess Royal, is born.
- Feb. 6, 1952: Elizabeth becomes queen upon the death of her father George VI.
- June 2, 1953: Crowned in a grand coronation ceremony at Westminster Abbey. She sets out on a tour of the Commonwealth, visiting places including Bermuda, Fiji, Tonga, Australia, and Gibraltar.
- Feb. 19, 1960: Elizabeth's third child, Prince Andrew, is born.
- March 10, 1964: Elizabeth's fourth child, Prince Edward, is born.
- May 1965: Elizabeth makes a historic visit to West Germany, the first German visit by a British monarch in 52 years.
- 1977: Elizabeth celebrates her Silver Jubilee, which marks 25 years on the throne.

 1992: Elizabeth has what she describes as an "annus horribilis," or a "horrible year." The year sees marriages for three of her four children end. Also that year, a fire damages Windsor Castle. Public outcry over the cost of repairs amid a recession prompts the queen to volunteer to pay income taxes.



- Aug. 31, 1997: Princess Diana dies in a car crash in Paris. Under public pressure to demonstrate her grief, Elizabeth makes an unprecedented television broadcast in tribute to Diana's memory.
- 2002: Elizabeth marks 50 years of reign with her Golden Jubilee. The year also sees the deaths of Elizabeth's mother and her sister, Margaret.

Celebrity spotlight



- Dec. 20, 2007: Elizabeth becomes the longest-living British monarch, overtaking Victoria.
- May 2011: Elizabeth makes a historic visit to Ireland — the first visit by a British monarch since Irish independence.
- 2012: Elizabeth marks 60 years of her reign with a Diamond Jubilee.
- Sept. 9, 2015: Elizabeth surpasses Queen Victoria and becomes the longest-serving monarch in British history.
- June 11, 2016: Britain celebrates
 Elizabeth's official 90th birthday with
 three days of national festivities.
- Feb. 6, 2017: Elizabeth becomes the first British monarch to celebrate a Sapphire Jubilee, marking 65 years on the throne.
- March 2020: Elizabeth and Philip move from Buckingham Palace in London to Windsor Castle at the start of the coronavirus pandemic.
- April 9, 2021: Prince Philip, Elizabeth's husband of 73 years, dies at age 99.
- Oct. 20, 2021: Elizabeth spends a night in a London hospital undergoing health tests.



She cancels major engagements in subsequent months, on doctors' orders to only undertake light duties.

- Feb. 6, 2022: Elizabeth becomes first
 British monarch to reach a Platinum
 Jubilee, marking 70 years as sovereign.
- June 2022: Elizabeth makes limited public appearances during a four-day holiday weekend celebrating her Platinum Jubilee.
- Johnson and Liz Truss at her summer holiday home in Scotland to oversee the handover of power from the outgoing prime minster to his successor. The ceremonies, traditionally held at Buckingham Palace in London, were moved to Balmoral for the first time in the queen's reign in light of her mobility problems.
 - Sept. 8, 2022: Elizabeth dies at Balmoral Castle in Scotland at age 96. Her eldest son becomes King Charles III.



Announcements

Hairdresser

Our new hairdresser, Hanah is here Wednesday fortnightly. Hanah is available for appointments 3rd and 17th April from 10.00am.

Please let Nursing staff, Leisure & Lifestyle staff or reception know if you would like to book an appointment.

Thank You

Heartfelt thanks to all our volunteers for all you do each day to assist us in improving our residents lives.



Cultural Celebrations

This month we will be celebrating:
Anzac Day. We will hold our Anzac Day service on Wednesday 24th at 11:00am in the dining room.



Outings

- Picnic on the Murray
 River, Thursday 11th
 April.
- RSL—R&B event, Wednesday 17th April.

If you would like to attend please let Leisure & Lifestyle staff know.

New Staff

A warm welcome to the following new staff members:

- Leanne McMahon— Catering
- Rachel Edwards PCA
- Rowell Miclat—RN



Indigo North Health Inc.

Coming Soon

A new hair removal service will be coming to Glenview residents soon. If you are interested, please speak with Leisure and Lifestyle Staff.



Light Heartedness

Ponder this for second!

You lovers of the English language might enjoy this.

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is "UP."

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends. And we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP.

When it rains, it wets the earth and often messes things UP.

When it doesn't rain for awhile, things dry UP ..

One could go on and on, but I'll wrap it UP, for now my time is UP, so......... Time to shut UP.....!

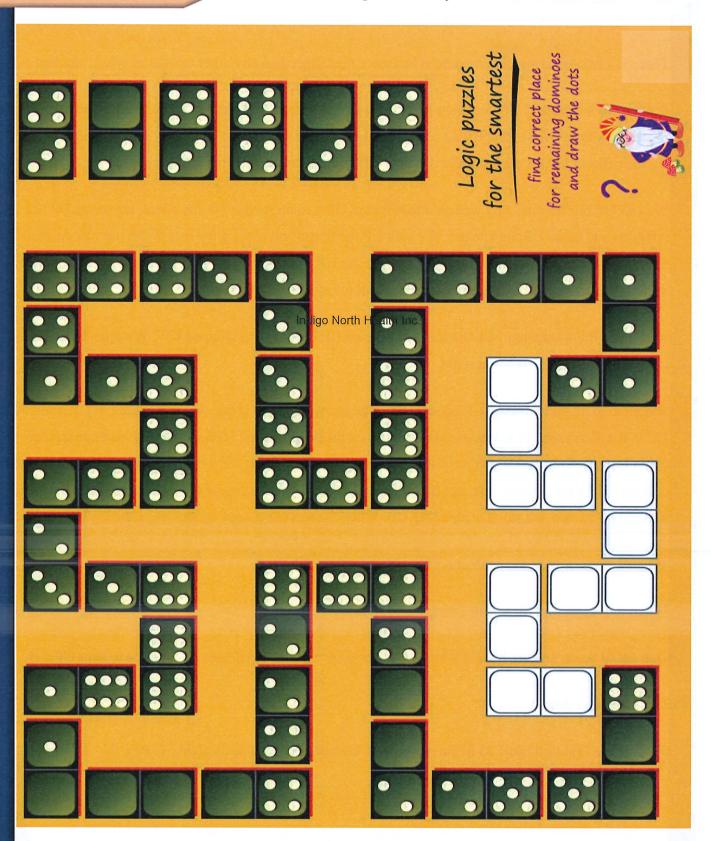
Oh...one more thing:

What is the first thing you do in the morning & the last thing you do at night? U-P!

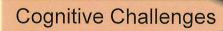


Cognitive Challenges

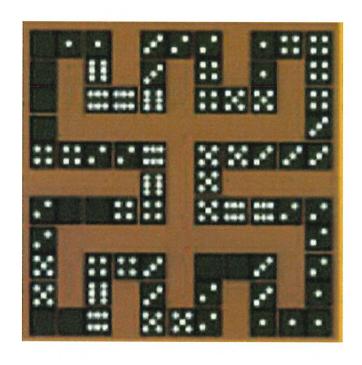
Turn Page sideways

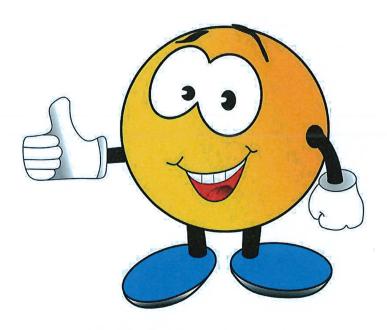


Answer on page 13



SOLUTION





Indigo North Health Inc.

