



# THE HAPPY WHISPERER

# Newsletter

Issue 5, May 2020

**Residents Activity Meeting. Tues 5<sup>th</sup> May @ 1.15pm  
Barfold Cosy Retreat. All Welcome!**

### **Visiting RM Begg**

We are continuously evaluating our current visiting restrictions and are very much aware of how this is difficult for families and residents.

Our priority is protecting residents from potential community exposure. Our staff are being screened before commencing work, including temperature checks.

If there is a change to the current arrangements this will be communicated to residents and their primary contacts.

We would appreciate the primary contact passing on changes to information to other family members including proof of the required influenza vaccination for all visitors from the 1st May 2020

Our staff are more than happy to help out with phone calls or video calls with the residents to help them keep in touch with families. Our Welcome Windows have been a great success and very popular in keeping residents and families connected.

We would like to thank everyone for their patience and cooperation in keeping the facility safe.

As you are all aware Sarah postponed her retirement at the end of March due to the Coronavirus planning workload.

With this in place now Meredith will officially take over the role of CEO on Monday 11th May.

We wish Sarah all the best in her retirement and will organise a farewell afternoon tea with the residents at a later date.

**RM Begg Kyneton Aged Care Inc. 27-35 Epping Street, Kyneton, VIC 3444.**

**E. admin@raymbegg.org.au. Ph. 03 5422 2417.**

**Opening Hours: Monday to Friday: 9am to 5pm.**

Thinking of You

***Our thoughts are with the  
Inman family and friends  
with the recent passing  
of Rose.***

***She will be missed by us  
all at RMB.***



## Podiatrist

Visits Tuesday 5th, 12th & 19th of May

## Church Services

Please check the whiteboards daily for alternative church services.

## Special Events

Our regular activities planner is on hold with the current restrictions to volunteers and visitors entering the facility. Amanda and her team are working very hard to come up with some new ideas to fill in the gaps. Residents have enjoyed online streaming of church services and facetimes with family and friends.

For the month of May please have look at the white boards in each dining area for the activities that are on for the day.

*Happy Mother's Day to all our Mums for  
Sunday 10th May!*



## GOD AND COFFEE

A group of professional higher education alumni, well established in their careers, were talking at their college reunion and decided to go visit their old university professor, now retired. During their visit the conversation soon turned into complaints about stress in their work and lives.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups- porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite, telling them to help themselves to the coffee.

When all the alumni had a cup of coffee in hand, the professor said:

“Notice that all of the nice looking, expensive cups were taken up, leaving behind the plain and cheap ones. While its normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was coffee, not the cup, but you consciously went for the best cups...and then you began eyeing each other's cups.

Now consider this: Life is the coffee. Your job, your money and wealth and your positions in society are the cups. They are just tools to hold and contain Life. The type of cup one has does not define, nor change the quality of life a person lives.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us.

God makes the coffee, man chooses the cups. The happiest people don't have the best of everything. They just make the best of everything. Enjoy your coffee!

# Welcome!

We welcome new resident Mrs Claire Monteith  
and Mrs Audrey Spencer.  
Hope you are both settling in well.

## GARFIELD



### RM Begg Auxiliary Shop

With the visiting restrictions the Auxiliary are unable to come in for the shop or the shop trolley.

A big THANK YOU to residents Lois Kennedy and Betty Young who will be opening the shop in Barfold for residents to purchase some items.

Please see whiteboards near dining rooms for opening days and times.

## **LIFE INSIDE THE LOCKED FRONT DOOR (in unprecedented times)**

***By Betty Young (Cobaw)***

To those outside the locked door who invariably ask “How are you and what do you do all day?” My answer to them (and I think all the residents would agree) is “we are the lucky ones!”. We do miss family visits but even that is provided for with the ‘Welcome Windows’. We feel safe as every health rule is being adhered to thanks to the leadership of Sarah and Meredith and their team. It is up to us to adhere to the rules laid out for us. We need never to be idle as the activity staff are doing more beyond their call of duty (and sometimes volunteer) to make sure residents have something to occupy their mind. Residents it is up to us to get out of our rooms (if you can) to help them fulfil their planned activities. Remember, we on the inside of those doors are always welcomed with a smile. We do not need to go to the shop for flour and toilet paper! We are fed (by cheerful staff) and we are able to see so many of our residents – be it at a distance. We don’t have to think ‘What am I going to cook?’. Our hearts go out to those who live alone, living under strict limitations. Our medical needs are taken care of as well. So I would say – ‘What is life behind the locked front doors like?’ You have no idea how lucky we are (even compared to other nursing homes) that we live in the RM Begg Nursing Home Kyneton. To those on the outside again I say, don’t worry about us, we are loved and cared for.

## **TALES OF TARADALE – PAST & PRESENT**

***By Bev Coutts (Pastoria)***

A small group of residents gathered (seated 1.5 metres apart!) in Barfold area to enjoy a social hour hosted by Jim Aldous. Similar sessions were held last year and proved popular. Jim chose Taradale for an interesting topic for today. Olive Penno and ably helped by Betty Young were excellent and brought alive memories of a thriving Taradale of their childhood up until the present day. Other topics were touched upon and we hope many more such gatherings can be arranged. From all who were present – thanks Jim.

## **THURSDAY AFTERNOON CHAT GROUP**

***By Bev Coutts (Pastoria)***

Our Thursday afternoon chat group spent a very entertaining hour learning about the Alexandra, Yea & Yark area.

Our very own Jim Aldous’s father and his siblings were born in the area and he still has relatives farming the area.

Jim had gone on line and we were well entertained with facts about the versatile and scenic area.

This opened up the chat part with many questions being asked and answered.

Our sincere thanks to Jim for organising these events – which are much appreciated.

I would like to acknowledge our wonderful staff for their handling of the ‘Virus’ conditions we are experiencing and the many new ways to keep us and our ‘outside’ friends and relatives in touch – sincere thanks to all.

## **NAUGHTY DANCERS**

***By Mollymac (Cobaw)***

Tony & Angela, two of our staff members have given us two displays of their talent on the dance floor. I did not record the names of the dances, but they were all elegantly performed for our pleasure. Brought back a lot of memories of our younger days! I am sure many of our residents have done the dances which were very popular during the war years. In my case we danced on a grass lawn in front of a museum! We hope they will give us another concert soon.

## **THANKYOU**

Lois Kennedy & her family would like to thank everyone at RM Begg including the RM Begg Ladies Auxiliary for the lovely card and words of condolence after the passing of Ron Kennedy.



### Residents

1 <sup>st</sup>	Frank Land
2 <sup>nd</sup>	Stan Graham
4 <sup>th</sup>	Jean Quelch
4 <sup>th</sup>	Phyllis O'Malley
5 <sup>th</sup>	Ron McKenzie
6 <sup>th</sup>	Audrey Spencer
14 <sup>th</sup>	Keith Anderson
18 <sup>th</sup>	Claire Monteith
29 <sup>th</sup>	Brian Officer

### Staff

1 <sup>st</sup>	Deborah Bosman
4 <sup>th</sup>	Sharon Parker
6 <sup>th</sup>	Chantelle Sciberras
6 <sup>th</sup>	Jasmine Sciberras
11 <sup>th</sup>	Lydia Spence
14 <sup>th</sup>	Sue Dingle
15 <sup>th</sup>	Elvie Cahayon
19 <sup>th</sup>	Heidi Simmins
19 <sup>th</sup>	Elle White
23 <sup>rd</sup>	Bry Matheson
24 <sup>th</sup>	Denise Connors
31 <sup>st</sup>	Maria Munoz

## ON THIS DAY IN MAY

1<sup>st</sup> – The first 10 shilling note is printed in 1913.

7<sup>th</sup> – Australia's Coat of Arms was granted in 1908.

13<sup>th</sup> – The very first convict transport ship left England to establish a Colony in Australia in 1787. 750 convicts were on board.

14<sup>th</sup> – The first Australian \$1.00 coin was placed into circulation in 1984 replacing the \$1.00 note.

16<sup>th</sup> – Alec Campbell, the last ANZAC died in 2002, aged 103.

17<sup>th</sup> – The Royal Australian Doctor service makes its first flight from Cloncurry, Qld, in 1928.

19<sup>th</sup> – Dame Nellie Melba was born on this day in 1861.

20<sup>th</sup> – Copper was discovered in Cloncurry, Qld, in 1867. This was the beginning of the Great Australian Copper Mine.

21<sup>st</sup> – Advance Australia Fair was selected as our new National Anthem, replacing God Save The Queen in 1977.

26<sup>th</sup> – Legendary actor John Wayne was born in 1907.

29<sup>th</sup> – The first Australian \$5.00 note was introduced in 1967.

30<sup>th</sup> – Artist painter Pro Hart was born on this day in 1928.

30<sup>th</sup> – The first Cadbury Dairy Milk chocolate was produced in Claremont, Tasmania in 1928.

***How many of these do you remember ???***

## WANGARATTA & INSTALLATION OF ELECTRICITY TO COUNTRY VICTORIA

**By Betty Young (Cobaw)**

Jim's initiative in leading us in a 'get to know our towns' locally and beyond has enthused us in so much that we all seem to get involved. John McManus spent his early working life in Wangaratta so between him and Jim's research from settlement days to the Wangaratta of today we now know a lot more about that North East town, these days women know about that town because of the wool and blankets produced from their local Mill. As John worked for the State Electricity Commission (S.E.C as it was known) he had many moves around Victoria and thankfully his last posting was to the Kyneton Office- where he bought a house in Yaldwin Street. At the Kyneton office he was responsible for interviewing and giving financial advice re: the power being connected to the country. When electricity was mentioned, the women especially were thankful that no longer did they have to use black flat irons, coppers, troughs and hand wringers as these could be superseded by washing machines. Today we are entirely dependent on power for everyday living – there was a lot of "remember when's". John made himself available for questions and there were many. John is still the same gentle man he was when he tried his best to bring an easier life for country people. Thanks John & Jim.

### RMB AUXILIARY

**By Betty Young (Cobaw)**

I have always maintained that this group of ladies are not only fundraisers but a family of women who care for one another in times of need- and yes, they are doing just that by phoning one another. Some have sick relatives and some need an ear to listen to. During this time - The Shop opens every Thursday with Jim as the 'Manager' and Lois Kennedy and myself as 'helpers'. As the stock depletes, Jim liaises with Rosemary with a list that enables us to refill. Most customers' requests are fulfilled. Residents have said to me – 'you must soon run out?' My reply 'No we won't' while there is an auxiliary whose entire purpose is to raise money for the comfort of the residents at RMB.



## SOPHIE'S SAYINGS

**By Kay Ford (Pastoria)**

**Mum: "Poor Nan"**

**Sophia: "What's wrong?"**

**Mum: "Poor Nan is getting a little lonely being stuck inside"**

**Sophia: "Can no one go and play with her?"**

**Mum: "Not really. Only people who work there and some of the resident's".**

**Sophia: "Poor Nan. I wish I could help her".**

*Little Mary was crawling as fast as she could to get to Sophia's room. I said "Gosh. She is so fast now!"*

*Sophia said "Yeah! She is speed of lightning".*

**Sophia and her mum were cooking marshmallows by the fire. Mum burnt the first lot. Sophia had a go. She pulled it out of the fire and said "Oh! Look! No black bits! I am the better expert!!".**

**A pun has not  
completely  
matured until it is  
full groan**

## **OBSERVATIONS ON AGING**

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've traveled a long way and many of the roads weren't paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

## **OLD GOATS**

A group of Australians were traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through a process of cheese making, explaining that goat's milk was used.

She showed the group a lovely hillside where many goats were grazing. These, she explained, were the older goats put out to pasture when they no longer produced.

She then asked, "What do you do in Australia with your old goats that aren't producing?"

A spry old gentleman answered, "They send us on bus tours."

## **SCIENCE CONFIRMS DOGS LOVE US**

Science has confirmed that dogs love us back, because they get the same rush of Oxycontin when they look at us that we get when we look at them.

No, really!

Are you telling me dogs look up at us and see us adorable?

The dog is thinking: I am a fuzzy creature and you a different adorable creature. And you smell interesting. I love you!

(The cat is thinking: I am a graceful leader to be worshiped. You should bow when I enter the room.)

This explains why superior cats occasionally try to bathe us.

It's true. Cats see us as giant, dumb, hairless babies. That's why they bring us half-dead mice, birds, and other prey. To teach us how to hunt and eat properly.

That's why they attack when we rub their bellies. That's how parents teach kittens to defend themselves.

That's also why they meow. Cats communicate with other adults on a frequency we cannot hear, but they meow at kittens because their ears aren't yet fully developed.

They even have a specialized set of meows used only for humans, since we are clearly nearly deaf babies.

Basically, we're all dumb kittens.

Isn't it fantastic that dogs love us in spite of our shortcomings! Unreservedly and constantly!!

Regardless of our smell!!! We're still interesting!

## **KNEEL IN THE KAYAK-ANSWERS ON PAGE 18**

Kneel in the kayak grasping the boat, but don't wrench the bullion or scowl at the chart. Behind the taped and sealed planter is a benevolent collier. The foxglove is in the bath.

Name the 19 creatures in the above sentence.

## AAADD - AGE ACTIVATED ATTENTION DEFICIT DISORDER

I decide to wash the car. I start toward the garage and notice the mail on the table. OK, I'm going to wash the car...but first, I'm going to go through the mail.

I lay the car keys down on the desk, discard the junk mail...and notice the trash can is full. OK, I'll just put the bills on the desk and take the trash out, but since I'm going to be near the mailbox anyway, I'll pay these few bills first.

Now where is the checkbook? Oops...there's only one check left. My extra checks are in the desk. As I start looking for the checks, I see the coke I was drinking sitting on the desk...I'm going to look for those checks...

But first I need to put my coke further away from the computer... oh, maybe I'll pop it into the fridge to keep it cold for a while... I head toward the kitchen and the plants catch my eye, they need some water... I set the coke on the counter and uh oh! There's my glasses... I was looking for them all morning! I'm pretty sure I really don't have age activated attention deficit disorder. I'd better put the glasses away first. I fill a container with water and head for the flowerpots. Aaaaaagh! Someone left the TV remote in the kitchen. We'll never think to look in the kitchen tonight when we want to watch television so I'd better put it back in the family room where it belongs.

I splash some water into the pots and onto the floor, I throw the remote onto a soft cushion on the sofa and I head back down the hall trying to figure out what it was I was going to do...!!??!! And it's NOT an aging disorder, or deficit, or anything like that, I think.

It's the end of the day: The car isn't washed, the bills are unpaid, the coke is sitting on the kitchen counter, flowers are half watered, the checkbook still only has one check in it and I can't seem to find my car keys!

When I try to figure out how come nothing got done today, I'm baffled because I KNOW I WAS BUSY ALL DAY LONG!!! I realize this Age Activated Attention Deficit Disorder is a serious condition and I'd better get help, BUT FIRST I think I'll check my e-mail...

## FIND THE HIDDEN CITIES-ANSWERS ON PAGE 18

Wallace died a wealthy, if somewhat odd, man without any living relatives. He left his money in four different cities for the first four people who could find it. The only clue he left was this poem:

*Do not go solo,  
Pair up with a friend,  
Though I hasten to add,  
I'll avenge my end.*



## Magazine Request

Volunteer Myra Barnett is in charge of the reinstated Magazine Trolley, news that will be popular with residents we feel sure.

Donations of magazines that would be of particular interest to Men: golfing, cars, racing, agricultural, current affairs, would be appreciated.



## FUNNY STORIES FROM TRAVEL AGENTS

1. A nice lady just called. She needed to know how it was possible that her flight from Detroit left at 8:20am and got into Chicago at 8:33am. I tried to explain that Michigan was an hour ahead of Illinois, but she could not understand the concept of time zones.

Finally I told her the plane went very fast, and she bought that!

2. A woman called and asked, "Do airlines put your physical description on your bag so they know whose luggage belongs to who?" I said, "No, why do you ask?" She replied, "Well, when I checked in with the airline, they put a tag on my luggage that said FAT, and I'm overweight, is there any connection?" After putting her on hold for a minute while "I looked into it," (I was actually laughing) I came back and explained that the city code for Fresno is FAT, and that the airline was just putting a destination tag on her luggage.

3. I just got off the phone with a man who asked, "How do I know which plane to get on?"

I asked him what exactly he meant, to which he replied, "I was told my flight number is 823, but none of these darn planes have numbers on them.

4. "A woman called and said, "I need to fly to Pepsi cola on one of those computer planes." I asked if she meant to fly to Pensacola on a commuter plane. She said, "Yeah, whatever."

5. A woman called to make reservations. "I want to go from Chicago to Hippopotamus, New York." The agent was at a loss for words. Finally, the agent asked, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the customer. After some searching, the agent came back with, "I'm sorry, ma'am, I've looked up every airport code in the country and can't find a Hippopotamus anywhere." The customer retorted, "Oh don't be silly. Everyone knows where it is.

Check your map!" The agent scoured a map of the state of New York and finally offered, "You don't mean Buffalo, do you?" "That's it! I knew it was a big animal."

## FUNNY AIRLINE ANNOUNCEMENTS

1. "Welcome aboard! To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt, and if you don't know how to operate one, you probably shouldn't be out in public unsupervised. In the event of a sudden loss of cabin pressure, oxygen masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child traveling with you, secure your mask before assisting with theirs. If you are traveling with two small children, decide now which one you love more."

2. "There may be 50 ways to leave your lover, but there are only 4 was out of this airplane."

3. "Your seat cushions can be used for flotation and in the event of a water landing, please take them with our compliments."

4. "Folks, we have reached our cruising altitude now, so I am going to switch the seat belt sign off. Feel free to move about as you wish, but please stay inside the plane until we land . . . it's a bit cold outside, and if you walk on the wings it affects the flight pattern."



An old man says to the doctor:  
 "Doctor, I lost my memory!"  
 Doctor: "When did this start?"  
 The old man: "When did what start!"

## GOD CREATED THE DOG

On the first day, God created the dog and said: "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said: "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

So God agreed with the dog.

On the second day, God created the monkey and said: "Entertain people, Do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God agreed with the monkey.

On the third day, God created the cow and said: "You must go into the field with the farmer all day long and suffer under the sun, have calves, and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said: "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed again.

On the fourth day, God created man and said: "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But man said: "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why the first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

And that's how life is explained through God's creation.

What did the  
thermometer say to the  
graduated cylinder?  
You may have graduated but  
I've got many degrees.

The past, the present,  
and the future walk  
into a bar.  
It was tense.



## Residents Contributions

We are very excited to have a group of residents that have decided to submit articles of interest for  
The Happy Whisperer.

We hope you enjoy their contributions and we would like to thank them for their outstanding efforts in putting their articles together to share with us all!

# Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS  
BEANS  
BEETS  
BIENNIAL  
BROCCOLI  
CARROTS  
COMPOST  
CULTIVATE  
DAISIES  
DIGGING  
FERTILIZER  
FLOWERS  
FUCHSIA

GARDEN  
GERANIUMS  
GLOVES  
GNOME  
GREENHOUSE  
GROW  
HOES  
HORTICULTURE  
HOSE  
HYDRANGEA  
LILACS  
LILIES  
MARIGOLDS

ORGANIC  
PEAS  
PERENNIAL  
PETUNIAS  
PINWHEEL  
PITCH FORK  
PLANTING  
RAIN  
RAKE  
RELAXING  
ROSES  
ROWS

SEEDS  
SHOVEL  
SOIL  
SPADE  
SUNSHINE  
TOMATOES  
TROWEL  
TULIPS  
VEGETABLES  
WATER  
WEEDS  
WHEELBARROW

## REALISE THE VALUE OF LIFE'S BLESSINGS

To realize the value of a sister or brother:

. . . Ask someone whose big brother protected them on the playground.

To realize the value of ten years:

. . . Ask a cancer survivor, and their spouse, and their kids and grand-kids.

To realize the value of four years:

. . . Ask a smiling college graduate with their new degree.

To realize the value of one year:

. . . Ask the parents of a baby on his first birthday.

To realize the value of nine months:

. . . Ask a mother who celebrates the birth of her baby.

To realize the value of one month:

. . . Ask a man who has been sober for a full month after years of addiction.

To realize the value of one week:

. . . Ask an editor of a weekly newspaper.

To realize the value of one minute:

. . . Ask the Dad who got the last seat on the plane to make it to his boy's birthday.

To realize the value of one-second:

. . . Ask the pilot who ejected just before the plane crashed.

Time waits for no one.

Treasure every moment you have.

. . . And share it with someone special.

## HAVE YOU EVER WATCHED KIDS...

On a merry-go-round

Or listened to the rain

Slapping on the ground?

Ever followed a butterfly's erratic flight

Or gazed at the sun into the fading night?

You better slow down

Don't dance so fast

Time is short

The music won't last

Do you run through each day on the fly

When you ask "How are you?"

Do you hear the reply?

When the day is done, Do you lie in your bed

With the next hundred chores

Running through your head?

You'd better slow down

Don't dance so fast

Time is short

The music won't last

Ever told your child, We'll do it tomorrow

And in your haste, not see his sorrow?

Ever lost touch,

Let a good friendship die

'Cause you never had time

To call and say "Hi"?

You'd better slow down

Don't dance so fast

Time is short

The music won't last

When you run so fast to get somewhere

You miss half the fun of getting there.

When you worry and hurry

through your day,

It is like an unopened gift....

Thrown away...

Life is not a race.

Do take it slower

Hear the music

Before the song is over.

**ISN'T IT WEIRD THAT  
WE HAVE ONE HAND  
THAT KNOWS HOW  
TO DO EVERYTHING  
AND THEN ONE HAND  
THAT JUST SITS  
THERE LIKE  
"I DON'T KNOW HOW  
TO HOLD A PENCIL"**

# Shakespeare: Macbeth

Find and circle all of the words relating to Macbeth that are hidden in the grid.  
The remaining letters spell a secret message - a quotation from Macbeth.

Note: MACBETH and LADY MACBETH are hidden separately and do not overlap.

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

ANGUS  
 APPARITIONS  
 BANQUO  
 BIRNAM WOOD  
 BLOOD  
 CAITHNESS  
 CAPTAIN  
 CASTLE  
 CAULDRON  
 CAWDOR  
 COLMEKILL  
 CONSCIENCE  
 CUMBERLAND

DAGGER  
 DOCTOR  
 DONALBAIN  
 DUNCAN  
 DUNSINANE  
 ENGLAND  
 FLEANCE  
 GENTLEWOMAN  
 GLAMIS  
 GUILT  
 HEATH  
 HECATE  
 INVERNESS

IRELAND  
 LADY MACBETH  
 LADY MACDUFF  
 LENNOX  
 MACBETH  
 MADNESS  
 MALCOLM  
 MENTEITH  
 MURDERERS  
 NORWAY  
 PORTER  
 PROPHECY  
 QUEEN

REGICIDE  
 ROSS  
 SCONE  
 SCOTLAND  
 SEYTON  
 SIWARD  
 SLEEPWALKING  
 SOLILOQUY  
 THANE  
 WEIRD SISTERS

**THE 59TH STREET BRIDGE SONG**

(Feelin' Groovy)"

*By Paul Simon*

Slow down, you move too fast.  
 You got to make the morning last.  
 Just kicking down the cobble stones.  
 Looking for fun and feelin' groovy.  
 Hello lamppost,  
 What cha knowing?  
 I've come to watch your flowers growing.  
 Ain't cha got no rhymes for me?  
 Doot-in' doo-doo,  
 Feelin' groovy.

Slow down, you move too fast.  
 You got to make the morning last.  
 Just kicking down the cobble stones.  
 Looking for fun and feelin' groovy.  
 Got no deeds to do,  
 No promises to keep.  
 I'm dappled and drowsy and ready to sleep.  
 Let the morning time drop all its petals on me.  
 Life, I love you,  
 All is groovy.

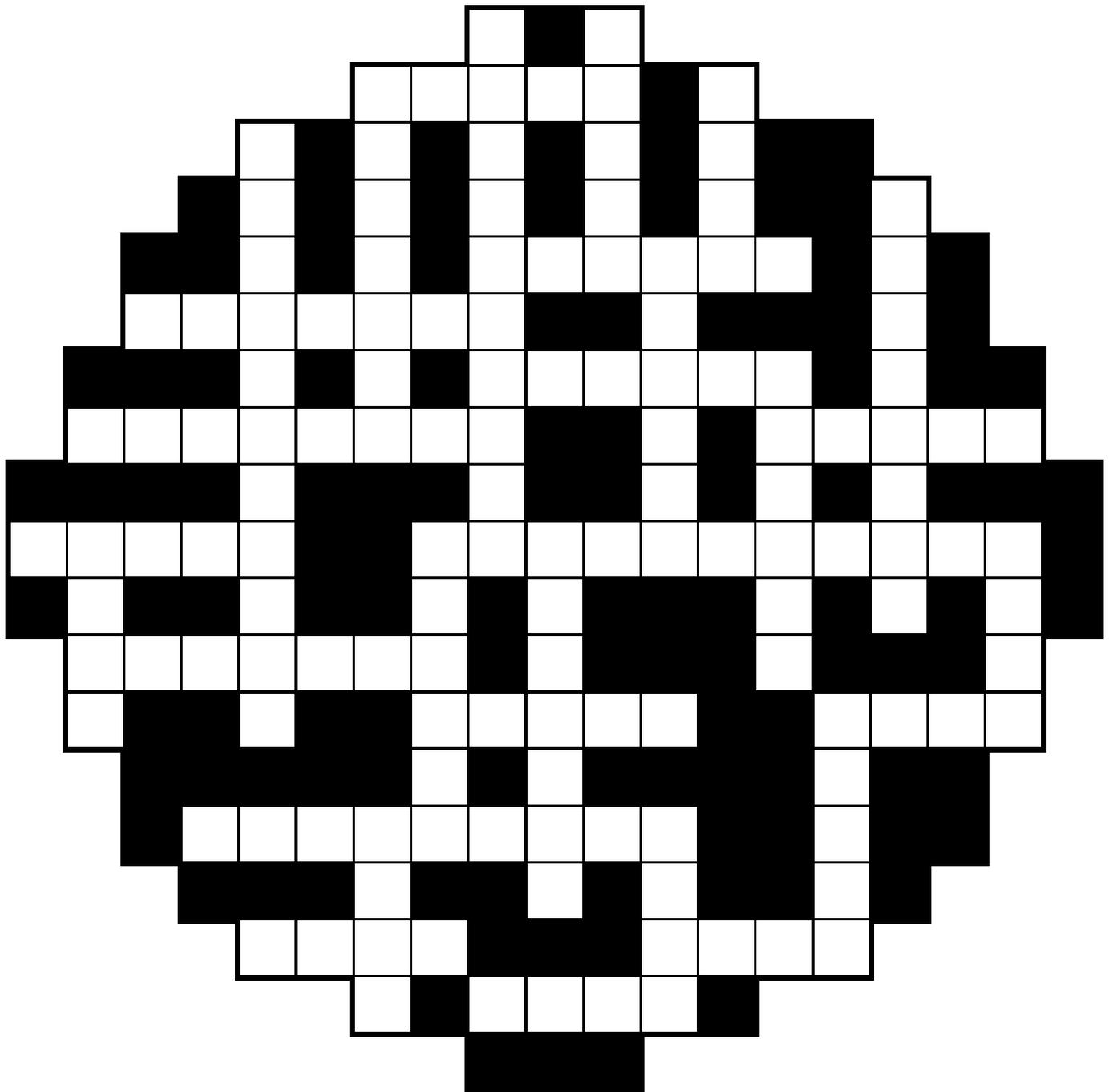
BE CRAZY. BE  
 STUPID. BE SILLY.  
 BE WEIRD. BE  
 WHATEVER.  
 BECAUSE LIFE IS  
 TOO SHORT TO  
 BE ANYTHING  
 BUT HAPPY.

**TEXTING ABBREVIATIONS FOR THE ELDERLY**

ATD: At The Doctor's  
 BFF: Best Friend's Funeral  
 BTW: Bring the Wheelchair  
 BYOT: Bring Your Own Teeth  
 CBM: Covered By Medicare  
 CGU: Can't Get Up  
 CR: Can't Remember  
 CUATSC: See You At The Senior Center  
 DTAF: Don't Trust A Fart  
 DWI: Driving While Incontinent  
 FWBB: Friend with Beta Blockers  
 FWIW: Forgot Where I Was  
 FYI: Found Your Insulin  
 FYI: For Your Indigestion.  
 GGLKI: Gotta Go, Laxative Kicking In  
 GGPBL: Gotta Go, Pacemaker Battery Low  
 GHA: Got Heartburn Again  
 GOML: Get Off My Lawn  
 GTG: Got the Gout  
 HGBM: Had Good Bowel Movement  
 IMHMO: In My HMO...  
 LMDO: Laughing My Dentures Out  
 LOL: Living On Lipitor  
 LWO: Lawrence Welk's On  
 MGAD: My Grandson's A Doctor  
 MILF: Meal I'd Like To Forget  
 OMG: Ouch, My Groin!  
 OMMR: On My Massage Recliner  
 OMSG: Oh My! Sorry, Gas.  
 PIMP: Pooped In My Pants  
 ROFL CGU: Rolling On The Floor Laughing,  
 and Can't Get Up  
 RULKM: Are You Leaving Kids Money?  
 SGGP: Sorry, Gotta Go Poop  
 SUS: Speak Up, Sonny  
 TLC: Totally Lost Continence  
 TOT: Texting on Toilet  
 TTYL: Talk To You Louder  
 WAITT: Who Am I Talking To?  
 WIWYA: When I Was Your Age  
 WTF: Wet the Floor  
 WTP: Where's The Prunes?  
 WWNO: Walker Wheels Need Oil

# Global Word

Can you fit the words from the list correctly into the grid?



## 4 letters

APIA  
BONN  
DOHA  
LIMA  
MALE  
MALI  
OHIO  
OMAN  
UTAH

## 5 letters

ARUBA  
GHANA  
LIBYA  
PARIS  
QUITO  
SPAIN

## 6 letters

BELIZE  
DUBLIN  
LISBON  
NASSAU  
RUSSIA

## 7 letters

ALGIERS  
GEORGIA  
MANAGUA  
ONTARIO

## 9 letters

SAN MARINO

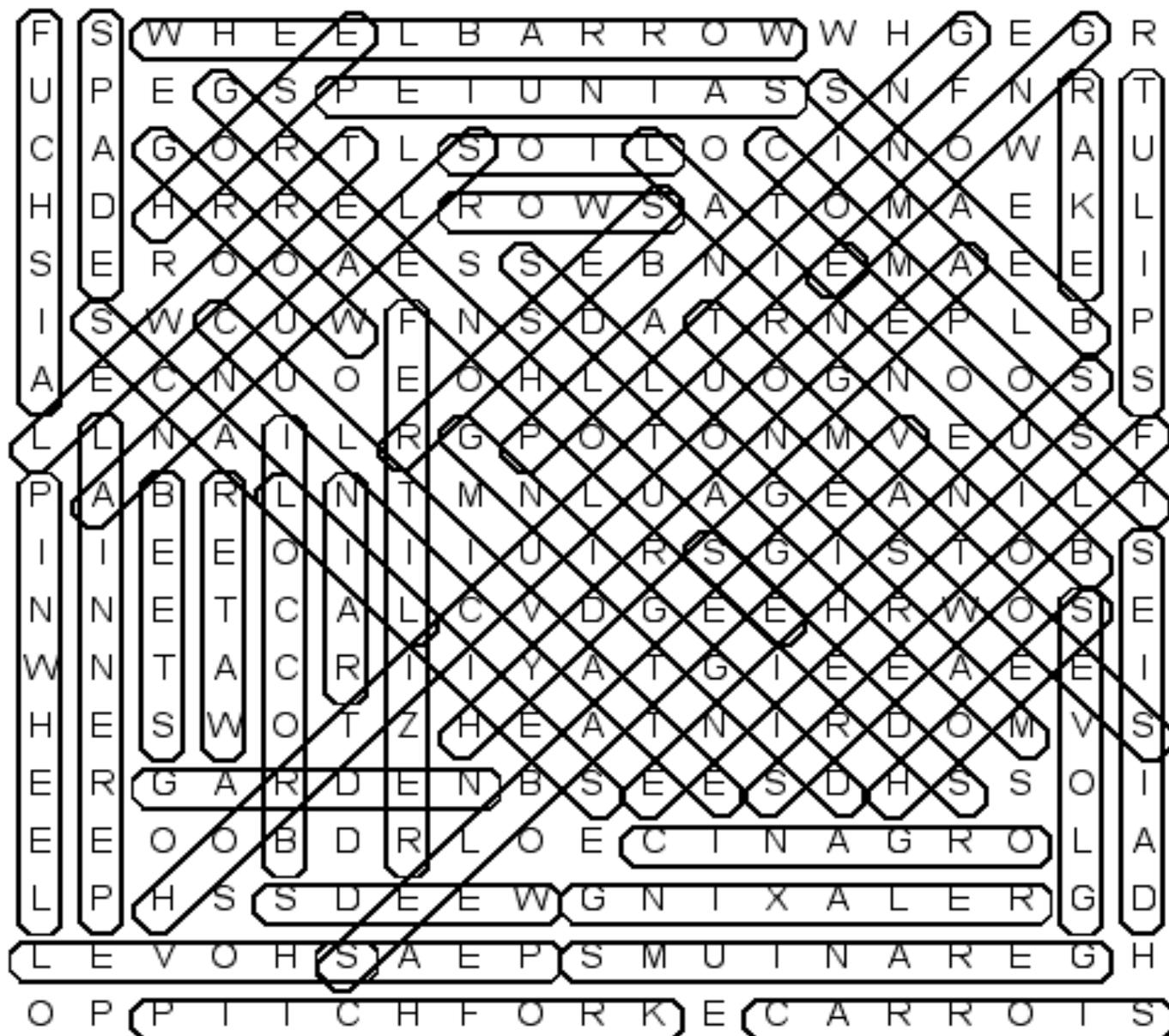
## 10 letters

BANGLADESH

## 11 letters

MINNEAPOLIS  
RHODE ISLAND

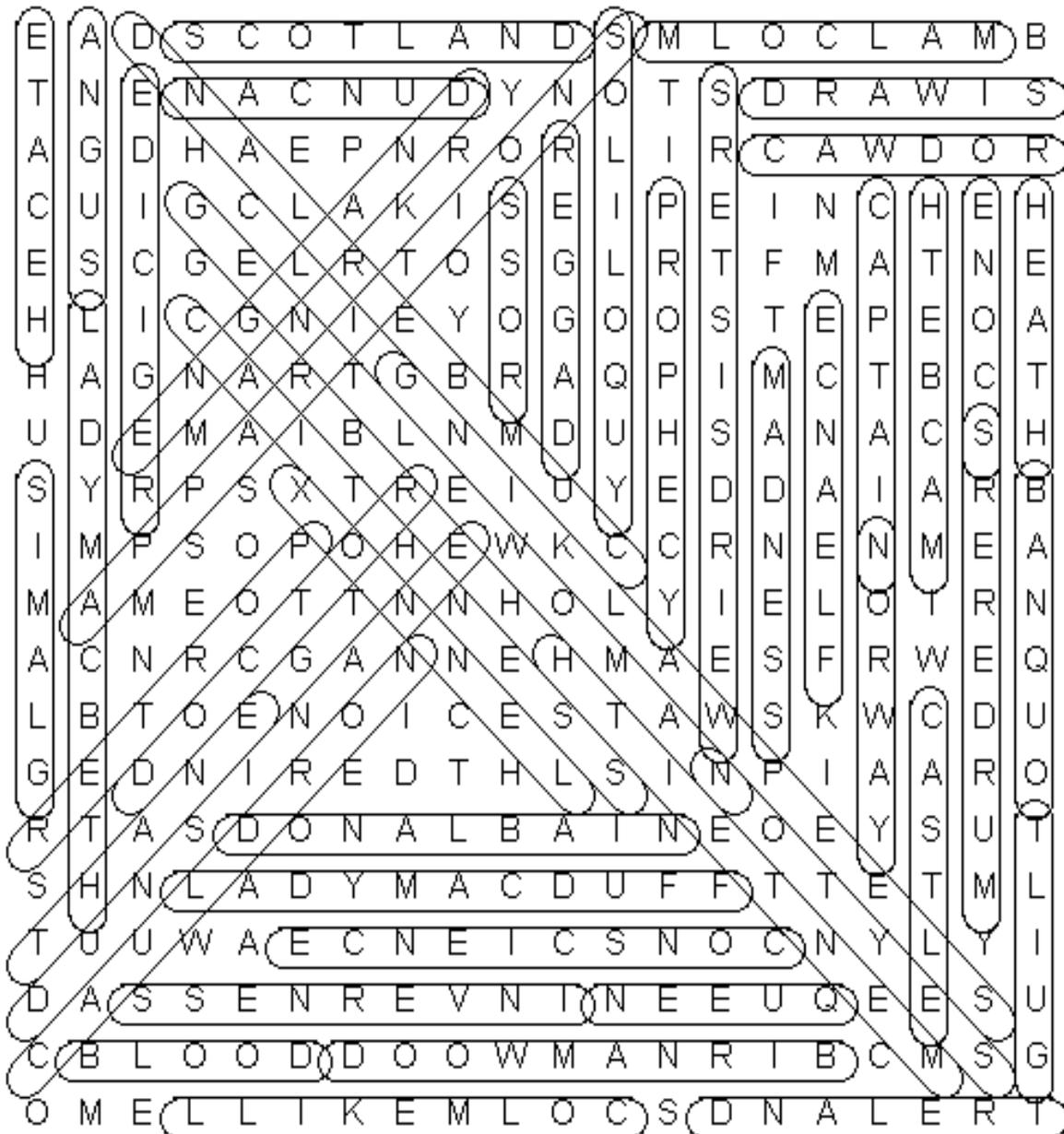
# Gardening



- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |
| FUCHSIA    | MARIGOLDS    |            |             |

The hidden message is: WHERE FLOWERS BLOOM SO DOES HOPE

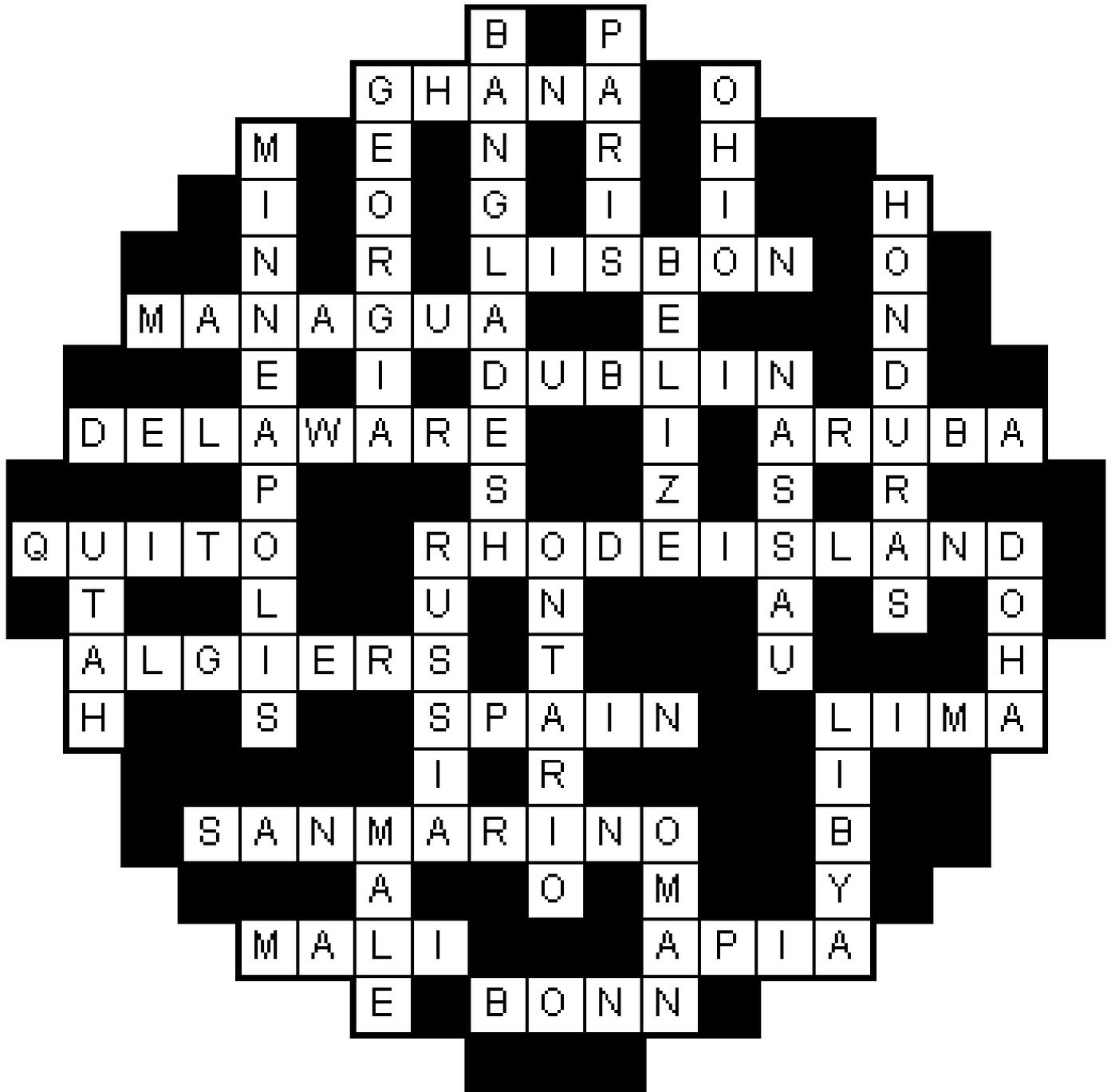
# Shakespeare: Macbeth



ANGUS	DAGGER	IRELAND	REGICIDE
APPARITIONS	DOCTOR	LADY MACBETH	ROSS
BANQUO	DONALBAIN	LADY MACDUFF	SCONE
BIRNAM WOOD	DUNCAN	LENNOX	SCOTLAND
BLOOD	DUNSINANE	MACBETH	SEYTON
CAITHNESS	ENGLAND	MADNESS	SIWARD
CAPTAIN	FLEANCE	MALCOLM	SLEEPWALKING
CASTLE	GENTLEWOMAN	MENTEITH	SOLILOQUY
CAULDRON	GLAMIS	MURDERERS	THANE
CAWDOR	GUILT	NORWAY	WEIRD SISTERS
COLMEKILL	HEATH	PORTER	
CONSCIENCE	HECATE	PROPHECY	
CUMBERLAND	INVERNESS	QUEEN	

Hidden sentence: BY THE PRICKING OF MY THUMBS, SOMETHING WICKED THIS WAY COMES

# Global Word



## ANSWERS TO "KNEEL IN THE KAYAK" FROM PAGE 8

1. Eel 2. Yak 3. Asp 4. Boa 5. Wren 6. Bull
7. Lion 8. Cow 9. Owl 10. Hart 11. Hind
12. Ape 13. Seal 14. Ant 15. Vole 16. Collie
17. Fox 18. Ox 19. Bat

## ANSWERS TO FIND THE HIDDEN CITIES FROM PAGE 9

Anagrams of four cities can be found in the poem. Oslo (solo), Paris (pairs), Athens (hasten) Geneva (avenge)

**"ISN'T IT FUNNY  
HOW DAY BY DAY  
NOTHING CHANGES  
BUT WHEN YOU  
LOOK BACK  
EVERYTHING IS  
DIFFERENT.."  
—C.S. LEWIS.**



### Flowers

Fresh flowers are lovely for residents but please be aware that flowers with strong fragrances can trigger allergies in residents and staff and will have to be removed from rooms if this happens.

# RM Begg Services

Laundry  
Meals  
Cleaning  
Personal Care  
Pastoral Care  
Hairdressing  
Happy Whisperer Newsletter

## Visiting Allied Health Professionals

Counselling, Activities (in house and External)  
Visiting Psychologist  
Diabetes Educator  
Social Worker  
Speech Pathologist  
Clinical Care  
Continence Management  
Wound Management  
Palliative Care  
Podiatry  
Physiotherapist  
Dietician  
Specialists  
Accredited Pharmacist  
Consulting GP's  
Aged Persons Mental Health Team  
Dental Van

## Support provided by

Palliative Care Team  
District Nursing Service

