

# Juliana Village Association **RESIDENTS' NEWSLETTER**

## **March 2024**

### The Country in focus **Ireland**



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# Message from the Leadership Team Member

Dear Juliana Village residents, families, and staff,

Hi, my name is Sue Browning, and I am the Director of Care.

I am the Team Leader of the Clinical Team - Registered Nurses, Enrolled Nurses, Care Service Employees (Certificate III & IV)

We welcome Sneha Pradhan, our new Clinical Lead at Juliana Village.

Thank you for joining our team. We are thrilled to have you here and look forward to hearing your ideas.

On behalf of our team, I hope you will enjoy working with us.

Congratulations on your new role!

Sneha officially commenced in her new role on the 6th of February.

Sneha will be working Tuesday - Saturday.

March 8 is International Women's Day. It's a time to celebrate women's achievements, demand equality and fight for basic rights and freedoms.

The first National Woman's Day was observed in the United States on 28 February. The Socialist Party of America designated this day in honour of the 1908 garment workers' strike in New York, where women protested for equal working conditions.

But the first milestone in the US was much earlier - in 1848. Indignant over women being barred from speaking at an anti-slavery convention, Americans Elizabeth Cady Stanton and Lucretia Mott congregated a few hundred people at their nation's first women's rights convention in New York. Together they demand civil, social, political and religious rights for women in a Declaration of Sentiments and Resolutions.

A movement was born.....

**Kind Regards,**

Sue Browning

Director of Care



# Meet the Team Member



My name is Anne-Marie Balding,  
I am one of the Chaplains at Juliana Village.  
I am available for Residents and Families on  
Wednesdays and Thursdays.  
I have been here at the Village for 18 Months.

My Career: I have had a long and varied  
working life. I have worked in Clerical, as a  
Bank Manager, Speech, and Drama Teacher.

I began working for my Church (Blakehurst Baptist) 9 years ago. My role there is doing prayer, communications, and pastoral care. This led me to further training as a Chaplain and to my job here at Juliana Village.

What I enjoy most about my role is listening to all the life stories of the residents and staff.

My strengths are that I am a good listener and make time for residents to chat as well, I also have a great sense of humour.

I grew up in Clemton Park, which is 30mins drive to Juliana Village. I have three younger brothers and four children of my own, two boys and two girls, I have raised them all Christian.

I am a keen gardener, and love to grow fruit and vegetables. I also enjoy reading, spending time with my family and friends, playing board games, watching movies, and going to the theatre.

# 10 Surprising Health Benefits of Laughter for Seniors

Can you remember the last time you laughed so hard you couldn't catch your breath? As an adult, you probably don't get in as many laughs as you'd like. In childhood, it's much easier. Children laugh around [300 times per day](#) while adults barely manage to laugh 15 to 20 times. To reap the short and long-term health benefits of laughter, you've got to start embracing the lighter side of life.

## Why Is Laughing Good for You?

Laughing is one of the most natural responses you can experience, and it's also perfect for your health. That euphoric and relaxed feeling you get after having a good laugh isn't just a trick of your brain. When you laugh, you trigger both a physiological action in your body and a hormone response in your brain.



The physical action of laughing is excellent for your body because it increases blood flow and releases muscle tension. The perks for your mental health and overall sense of wellbeing are even better. Laughing releases happy hormones and can even fight off feelings of loneliness so that you end up with a more positive

outlook on life. Laughter can improve your health in very specific and crucial ways, both in the short and long term. These 10 health benefits of laughter are no joke.

## 1. Laughter Improves Heart Health

Laughter has a strong connection to the heart, and not just because it gets you right in the feelings. Heart health is probably one of your top concerns, especially as you get older. Did you know that laughing regularly can help you improve your heart health?

When you laugh, you improve the function of your blood vessels, which in turn increases your blood flow. Why is this good? Well, good blood flow can help protect you from a heart attack or other [cardiovascular issues](#).

## 2. Laughter Reduces Blood Pressure

Laughter not only helps your heart, but it can also aid in reducing your blood pressure. If your doctor has ever warned you about having high blood pressure, then you know how serious it can be.

While you can't always control the factors that impact your blood pressure, you can find comfort in the fact that laughing can help bring it down. Humor and laughter not only lighten your mood, but they also reduce stress. Since stress is a common factor in high blood pressure, you can use laughter as a stress management technique to combat it. If laughing reduces stress, then your lowered stress level also lowers your blood pressure.

### **3. Laughter Releases Endorphins**

If you have strong positive memories associated with laughter, it's probably partially because laughter releases endorphins. [What are endorphins?](#) Endorphins are hormones that your brain releases, usually in response to a trigger. Endorphins can reduce stress and help you manage physical pain.

Common activities that boost endorphins include exercise, yoga, or — you guessed it — laughter. Laughing is an instant mood lifter because your brain responds by releasing happy hormones.

### **4. Laughter Boosts Your Immune System**

Not only can you expect to enjoy better heart health, lower blood pressure, and more endorphins when you laugh, but you can also look forward to a boost for your immune system. Stress generally lowers your immune response, and the opposite is true for calming, soothing, and uplifting feelings.

When you experience genuine laughter and joy, your body takes the hint and produces more infection-fighting cells and antibodies. With your body in tip-top form, you'll get sick less often and recover faster.

### **5. Laughter Can Soothe Tension**

Laughing often and heartily is a great way to soothe tension in your muscles and relax your mind. The physical exertion of laughing helps improve circulation, getting much-needed oxygen to all parts of your body. With more oxygen, your muscles and joints can ease into a more relaxed state.

When you laugh, you will notice that the tension in your mind and body starts to fade or lessen dramatically. This can help you manage pain and get better sleep at night.

## **6. Laughter Helps Fight Depression**

One of the most crucial health benefits of laughter for seniors is that it can help fight depression. Depression is a serious mental health condition that can affect you or someone you love and care for.

While it's not always possible to identify the cause of depression, it may occur if you're:

- Facing a difficult time of transition
- Struggling with losing your independence
- Experiencing symptoms of chronic illness
- Dealing with grief, loneliness, and isolation

Laughter is a powerful medicine to fight against depression. Laughing can reduce the severity of feelings of depression by combating stress hormones in your body and improving self-esteem and your overall outlook.

## **7. Laughter Improves the Memory**

Trying to remember details can become more stressful as you age, which is why laughter's power to improve memory is so special. Stress can have a powerful adverse effect on the brain. When the stress hormone cortisol runs rampant, it can eat away at your short-term memory function. With laughter, those stress hormones are reduced, which gives your brain time to repair itself from the damage that cortisol does.

## **8. Laughter Promotes Fitness**

Laughing is a great way to move your body and promote physical fitness. While laughing is not a substitute for [regular exercise](#), it does engage many muscles in your body and gets your blood pumping. You might even feel more energetic after a fit of laughter strikes.

Laughing often will engage your abdominal muscles and help you build vital core strength, which you can use for other exercises such as walking, swimming, and dancing.

### **9. Laughter Combats Anxiety**

If you're still wondering why laughing is good for you, then look no further than the fact that laughter combats anxiety. When you feel anxious, you might experience elevated heart rate, extreme stress, and the inability to take deep breaths.

Chronic anxiety can lead to negative health outcomes, especially for older adults. Regular laughter can decrease feelings of anxiety and worry, giving you more



stability and confidence to [live with purpose](#) and embrace life's joys.

### **10. Laughter Inspires Connection**

Perhaps the most underestimated positive outcome of laughter is that it inspires connection. Building a healthy sense of community is crucial to maintaining good mental health and overall wellbeing. When you find a person or a group of people you can laugh with, you'll discover it's easier to keep those connections even if life throws you into unexpected circumstances. Humor and laughter are essential human experiences that connect people and make you feel like your part of something bigger.

### **Making Time To Laugh for Better Health Outcomes**

Now that you know laughter has lasting physical and mental benefits, you might be looking for some new ways to have a good chuckle and start reaping those benefits. Consider some of these tried-and-tested strategies:

- Spend time with family and friends.
- Enjoy a funny film, television show, play, or podcast.
- Organize a board game night in the Village with other residents.
- Try Laughter Yoga Sessions at the Village.

# Month in Review



Morning Tea at Kiss the Barista



Valentines Day Entertainment



Laughter Yoga Group



Laughter Yoga Group

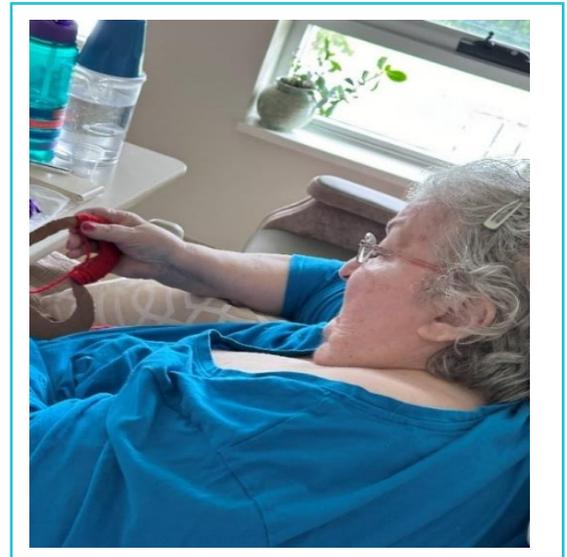




Zumba Exercise Class



Flower Arranging Activity



Valentines Day Craft



Valentines Day Craft



Valentines Day Entertainment



**Valentines Project:** Residents wrote on hearts what they loved most about their Partners.



Staff-Christine and Machu, who care for the plants on L2 and 1 Verandas in their own time.



Bus Trip for Morning Tea to Kiss the Barista, Sans Souci

# Month in Review

Monday, 12 February 2024

## **Leader** Dutch cafe for aged care village at Miranda

By [Eva Kolimar](#)

Juliana Village at Miranda has a new cafe on its grounds.  
Picture by John Veage

All decked out and ready to froth milk, a new cafe has opened at Juliana Village. It's a welcome upgrade from instant coffee for residents, visitors and staff at the aged care provider at Miranda, with the launch of Coffee House.

As the village was [established by the Dutch](#), the new cafe is also known as Koffie Huis,

and will be an inviting place for people to mingle and socialise over a cuppa.



General Manager and Chairman of the Board welcome their new cafe at Juliana Village.



Katherine Tierney ( right) cut the ribbon to open the Café . Picture by John Veage

Serving White Horse coffee, the cafe is situated next to Georges Centre - the main activity room, which is near a shop run by volunteers from independent living. About five Dutch residents live at the village, and will no doubt enjoy a bite or two of some of the Dutch products including biscuits on offer. Families are able to order meals from the extensive menu for breakfast, morning tea and lunch. The cafe also provides light shopping options for purchasing confectionery and snacks.

The cafe was entirely funded by the village.

# Marilyn Monroes set world record before hitting the beach in Adelaide.

On a scorching summer day in Adelaide, a sea of blonde wigs, white bathing suits and blue floatie rings have jumped into the ocean for a good cause.

More than 600 people took part in this year's Marilyn Jetty Swim at Adelaide's Brighton Beach to raise funds for cancer prevention, research and support services.

Now in its 11th year, the annual event has raised more than \$1.3 million to date, with swimmers from all over the world dressing up as the iconic 1950s star, Marilyn Monroe.



## Fundraising record broken

This year's event saw record attendance with 663 Marilyn's, but also broke the record for the most amount of money raised in a single year with more than \$310,000 collected for the Cancer Council of SA.



Our General Manager- Rachael Ellender, also took part in the swim with several of her friends. Pictured below on the left.



# March Birthdays

Join us in the Georges Centre to Celebrate  
With a live show on Thursday 28<sup>th</sup> March at 1:30pm



## Bruinsma & Sharpe House

- 1<sup>st</sup> Peter Paige
- 3<sup>rd</sup> Ray Lahodiuk
- 9<sup>th</sup> Peter Bassett
- 23<sup>rd</sup> Don Slowgrove
- 26<sup>th</sup> Grace Volkers
- 30<sup>th</sup> Joanne Rummens



## Independent Living

- 6<sup>th</sup> Maureen Zarubin
- 10<sup>th</sup> Catherina ( Ineke) Nieuwland
- 23<sup>rd</sup> Allan Pilgrim

## Staff

- 17<sup>TH</sup> Jaman Tugna

# Upcoming Events in March



## Room to Room Visits with Jasmin the Musician:

Mon 25<sup>th</sup> March at 11am- SH2

## International Women's Day:

Morning Tea Event at 10:30am in Georges Centre

### Special Days

8<sup>th</sup> Intl. Women's Day

17<sup>th</sup> St. Patrick's Day

21<sup>st</sup> Harmony Day

World Poetry Day

24<sup>th</sup> Palm Sunday

## Regular Events

**Singalong with Alison** -Thurs 7<sup>th</sup> March in Georges Centre at 1:30pm

**Birthday Party with Entertainer**-Thurs 28<sup>th</sup> at 1:30pm in Georges Centre

### Bus Trips- Departing at 10am

Mon 5<sup>th</sup> Feb -Morning Tea at By the Bay Café in Carrs Park, 10am \$30pp.

Mon 19<sup>th</sup> -Lunch Outing to Taren Point Bowling Club at 11am- \$ 25pp\*\*

\*\*Please Note: The fee for bus trips attended will be on-charged to resident's account.

[Lunch Outings: The set fee of \\$25 is charged with the addition of Residents choice of meal on the day \(according to the set Menu price of the restaurant attended\).](#) The set fee of \$30pp for Morning Tea Trips -includes Morning tea (Cappuccino's & Cake).

# Noticeboard



## Juliana Village - WH & S Committee

We are delighted to announce, that our resident **Kevin Fenwick** has taken the position as Residents Representative on the Work Health & Safety Committee, here at the Village.

## KITCHEN TOUR GROUP

Kitchen tours are available at Juliana Village. Residents interested will be given the opportunity to go for a behind the scenes tour of the Catering Departments Kitchen.

Bookings are essential. If you would like to take part in this activity, please advise the Head Chef (Team Leader) Carlos to arrange your booking.

Tours will take place on the last

## FOOD FOCUS MEETINGS

Join the Chef to discuss and give feedback relating to the Menu. Residents are welcome to attend this activity on the last Friday of each month. Bookings essential.

**Where:** Dining Room, Level 1

**When:** 22<sup>nd</sup> March

**Time:** 2pm

## 2024- NRL FOOTY TIPPING COMPETITION

The Annual Footy tipping competition begins **“Kick Off “on March 3<sup>rd</sup>.**

LSO Staff will present the tipping sheets to be completed on Wednesday's and collect by Thursday of each week of the competition.

## Consumer Advisory Body Residents & Family Meeting

**When:** Wed 20<sup>th</sup> March

**Where:** Georges Centre

**Time :** 10am-11am

## Koffie Huis Café

**Open:** Monday - Sunday

**Time:** 8:30-1pm

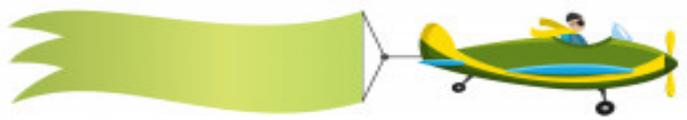
## Village Shop

### Opening Times

**When:** Monday – Friday

**Times:** 2:30-3:30pm

# Noticeboard



## BIBLE STUDY

**When:** Monday -Thurs

**Where:** Georges Centre

**Time:** 9:30-10am

*Chaplain Mike is on Annual Leave from 11<sup>th</sup>-18<sup>th</sup> of March.*

## HAIRDRESSER

Luisa our Hairdresser is available

**Tuesdays.** Appointments are essential.

Please advise LSO Staff or Nurses Station, if you wish to make a booking.

## LIBRARY BOOK DELIVERY

**Tue 5<sup>th</sup> March**

## Self-Care Residents Catch up

**When:** Fri 1<sup>st</sup> & 15<sup>th</sup> March

**Where:** Dining Room, L1

**Time:** 2:30pm

## BEAUTICIAN

Vanessa the Beautician will be available for waxing, manicures & facials.

**Friday 8<sup>th</sup> March (from 9am).**

## PRECIOUS PATS-PET THERAPY

**Tuesdays at 10:30am**

## Jasmin- Roaming Entertainer

Jasmin visits residents in their rooms in Sharpe House for 1:1 Music Therapy Singalongs.

**When:** Monday 25<sup>th</sup> March

**Where:** Sharpe House Level 1

**Time:** 11am

## TEAMRIFIC INTERACTIVE QUIZ GAMES

**When:** Wed 6<sup>th</sup> -Virtual Quiz  
& 20<sup>th</sup> March -Word Flip (both at 11am).

## BUNNINGS GARDENING GROUP

Juliana Village has been accepted for the Gardening Workshops Program provided by Bunnings, Caringbah.

The activity will include hands on assistance and education from Bunnings representative, as well as materials & supplies.

**When:** Fri Wed 8<sup>th</sup> March

**Where:** Georges Centre Courtyard

**Time:** 11am

## LAUGHTER YOGA

**When:** Wed 13<sup>th</sup> March

**Where:** Level 2

**Time:** 11am

# Journaling Prompts

*Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!*

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

## A Poem to Share



WHEN IRISH EYES ARE SMILIN'  
AND IRISH SMILES ARE BIG,  
WHEN IRISH HEARTS ARE HOPEFUL  
AND THE PIPER PLAYS A JIG,  
WHEN IRISH STEW IS BUBBLIN'  
AND THE SODA BREAD IS HOT,  
AND IRISH TEA IS STEEPIN'  
IN A LITTLE IRISH POT...  
WHEN THE ROOM IS WARM WITH  
LAUGHTER  
AND THE SONGS ARE BRIGHT AND  
BOLD,  
AND THERE'S POETRY AND MAGIC  
IN THE STORIES THAT ARE TOLD...  
ISN'T IT A BLESSING? ISN'T IT JUST  
GRAND  
TO KNOW A LITTLE PART OF YOU  
BELONGS TO IRELAND?

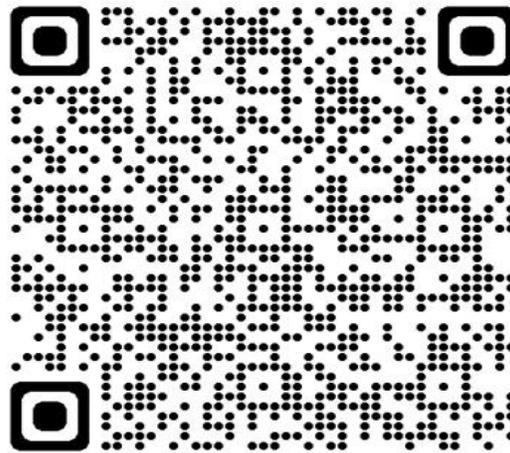




## **JULIANA VILLAGE**

### **Feedback & Compliments**

*Juliana Village invites feedback and compliments about our services. We value your comments and aim to continuously improve our delivery of care.*



To access the QR Code is easy and simple.  
Scan QR Code on your phone  
Access information will appear.  
Simple to use form.  
Fill in form on your phone and submit.

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## Checking in when visiting Juliana Village



A Friendly Reminder to our Visitors & Families, when entering the Village through the main gate you will need to register your attendance at the Inerva Kiosk (Pictured). They are located in the office & the dining room (through main doors on Level 1). Please note, that this is a necessity, as we need to have a record of all who enter the Village. Once you have checked in, you will need to check out on completion of your visit as well.

If you require any assistance, you can call the office on Ph) 9541 3400.

## What is International Women's Day?

International Women's Day (8 March) is a day for us to join voices with people around the world and shout our message for equal rights loud and clear: *"Women's rights are human rights!"*

We celebrate all women, in all their diversities. We embrace their facets and intersections of faith, race, ethnicity, gender or sexual identity, or disability. We celebrate those who came before us, those who stand beside us now, and those who will come after.

It's a time to celebrate the achievements of women, whether social, political, economic, or cultural.

## What is the theme for International Women's Day in 2024?

While the official United Nations theme for International Women's Day 2024 is **'Count Her In: Invest in Women. Accelerate Progress'** based on the **United Nations 68th Commission on the Status of Women** priority theme 'Accelerating the achievement of gender equality and the empowerment of all women and girls by addressing poverty and strengthening institutions and financing with a gender perspective', IWDA is embracing a different theme: **'The World Needs Feminists'**.

## The history of International Women's Day

In 1908, against a backdrop of terrible working conditions and exploitation, 15,000 women took to the streets in New York protesting for shorter hours, better pay and voting rights.

The next year the Socialist Party of America announced a National Women's Day to honour the strikers, and in 1910 it went global – the Socialist International voted for the creation of a Women's Day to advocate for suffrage. The first International Women's Day was held in 1911, and more than a million people turned out to rallies in Europe. For most of the 20<sup>th</sup> century International Women's Day was acknowledged and celebrated by people at the grassroots level, a rallying point for social justice. It wasn't until 1975 – International Women's Year – that the **United Nations** adopted International Women's Day on 8 March, when it is still held.

# Why does International Women's Day matter?

Because we're not there yet. IWD is a day to recognise how far we've come towards gender equality, and also how far we have left to go. Back in 1911, only eight countries allowed women to vote, equal pay for equal work was unheard of – if women were allowed to work at all – and reproductive rights were non-existent.

We have come a long way. Whereas once women couldn't vote, we're now leading countries. While we once faced restrictions on where we worked, we're now running corporations. In countries such as Australia we have rights our grandmothers could only have dreamed about, but we still don't have complete equality. And the majority of the world's women aren't anywhere near as close to that goal as we are. More than 100 years ago, that first march was about ending harmful workplace conditions, equal rights, equal pay, and an end to exploitation. And sadly, those aims are still relevant today. Because the rights we have are not secure. Progress should be linear, but it's too often accompanied by a step back. Sometimes, even once laws and rights are established, they are ignored anyway. For example:

- Despite domestic violence laws, public awareness and access to legal protections, Australian men are still killing women partners or exes at the rate of **one a week**.
- Reproductive rights are a political football. Here in Australia access varies by state, and in some parts of the United States **laws have passed** making terminations inaccessible, no matter the reason behind the woman's decision.
- Climate change is increasing violence against women and girls, according to a **major report** in 2020. Case studies included domestic abuse, human trafficking, sexual assault, and violence against women environmental rights defenders.

IWD is a once-a-year chance to remind governments, businesses, and everyone else watching that women aren't going anywhere, and we're prepared to take action to achieve our human rights.

Because progress hasn't been equal. Some women feel they have not encountered discrimination or harassment, or faced systemic barriers to their success, but that's not the experience of all women. IWD is an opportunity to acknowledge the compounded challenges faced by women of colour, women with disabilities, and queer or trans women, and stand in partnership with them.

## Facts

**2.7** billion women are legally restricted from having the same choice of jobs as men.

**13.3%** is the size of Australia's gender pay gap.

**45** countries do not have specific laws against domestic violence.



Dear Manager,

I hope you are well.

We would like to invite your residents along to the **2024 NSW Seniors Festival Expo** themed 'Reach Beyond'.

With over 85 exhibitors on the ground to discuss travel, retirement, health, technology and more, this year's Expo is set to be the biggest yet!

We've got a great line up of exhibitors including the Men's Shed, Lite 'n Easy, Older Women's Network NSW and Assistance Dogs.

**The expo will be held at the Sydney International Convention Centre (ICC) in Hall 4 on Wednesday 13 March 2024 from 9:00am – 5:00pm and Thursday 14 March 2024 from 9:00am – 3:00pm.**

**Entry to the expo is free and no registration process is required.**

The expo is a great opportunity for your residents to connect with organisations within their community, enjoy many of the interactive and engaging exhibitor stands and watch great performances or talks on the live stage.

More information about the expo and other events occurring as part of the NSW Seniors Festival can be found on our website - [nsw.gov.au/arts-and-culture/seniors-festival/whats-on/expo](https://nsw.gov.au/arts-and-culture/seniors-festival/whats-on/expo)

### **2024 NSW Premier's Gala Concert live stream**

The live stream of the NSW Government Premier's Gala Concert will occur on Wednesday 13 March 2024 starting at 2:45pm. To register to watch the live stream, please visit [nsw.gov.au/arts-and-culture/seniors-festival/whats-on/premiers-concert](https://nsw.gov.au/arts-and-culture/seniors-festival/whats-on/premiers-concert) or Google 'Premier's Gala Concert live stream'. A link to the Vimeo live stream link will be sent before the event day.

If you have any questions, feel free to contact the team via email to [nswseniorsfestival@dcj.nsw.gov.au](mailto:nswseniorsfestival@dcj.nsw.gov.au)

We hope to see you at our expo in March.

Kind Regards,

Damien McCabe, Kate Bowtell and 2024 NSW Seniors Festival Expo Team

### **Damien McCabe**

Senior Events Officer / NSW Seniors Expo Event Lead  
Campaigns, Strategy and Events  
Communications Branch

**NSW Department of Communities and Justice**

E: [damien.mccabe@dcj.nsw.gov.au](mailto:damien.mccabe@dcj.nsw.gov.au) | Ph: 0476 651 101



# NATURE

## History of Irish Culture:

Ireland's lengthy and complicated history has of course deeply shaped its culture. Catholicism is the majority religion, though there is a Protestant minority due to English influence. In fact, English influence has made it so that English is the most widely spoken language, with a minority being able to still speak the indigenous Celtic language of Gaelic. The struggle for independence and national identity has also shaped the topic of novels and songs in Ireland. Traditional Irish music, for example, has seen a resurgence in recent years because of the quest for sovereignty. The flag of Ireland, which is a tricolor of green, white, and orange, symbolized the diversity of the island: the green symbolizes Catholic people, the orange symbolizes Protestant people, and the white symbolizes hope for a united Ireland.

## Famous Irish Dishes

### 1. Irish Soda Bread



The comforting aroma of Irish Soda Bread welcomes you after stepping foot into any Irish bakery! A staple in Irish cuisine, soda bread can be found anywhere in Ireland and is undoubtedly a must-try Irish food!

Substituting yeast for sodium bicarbonate (baking soda), soda bread requires only three extra ingredients: flour, salt and buttermilk. Typically, the buttermilk creates a chemical reaction with the baking soda and creates small pockets of carbon dioxide which causes the bread to rise with little effort.

### 2. Irish Stew



Believed to have been a staple of Irish cuisine since around the year 1800, heart-warming homemade stew remains a firm favourite to this day. To many across the country, Irish stew is the national dish of Ireland. The methods and flavour of an Irish stew vary from person to person and have evolved over the years. Previously, it all depended on which ingredients were cheaper and more common at that time. Irish stew contains lamb (traditionally mutton). That is because the lamb was much more economical during the creation of this Irish food.

Nowadays, the ingredients of an Irish stew are essentially lamb or beef with potatoes and whatever leftover vegetables you have thrown together and cooked slowly throughout the day. It can even be accompanied by a splash of Guinness!

### 3. Ulster Fry



Originating in Northern Ireland, the Ulster Fry is served throughout the day! Traditional components of this Irish food include Irish sausages, bacon, eggs, soda bread and potato bread, black and white pudding and tomatoes.

### 4. Colcannon Mash and Champ



Colcannon Mash. Colcannon has been a favourite comfort food in Ireland for some time and is something that the nation prides itself on inventing.

The ingredients of traditional Irish colcannon are mashed 'floury' potatoes, kale, butter and milk. One variation of this is Champ which includes spring onions (known locally as 'scallions'), onions and chives. Some people also substitute kale for cabbage.

Introduced as a staple meal containing cheap ingredients available all year-round Colcannon mash remains a traditional Irish food today. Often enjoyed with sausages, this tasty Irish dish puts a Celtic spin on the classically English 'bangers and mash'.

### 5. Potato Farls or Potato Bread



Another traditional Irish food is the potato farl, a simple yet effective addition to the table.

Irish potato farls are cut from a loaf of the better-known potato bread, variations of which can be found across Europe, the United States and even Chile. Like another traditional Irish food, the potato farl is a large round split into quadrants and powdered with flour. In Northern Ireland, you are likely to come across potato farls as part of the much-loved Ulster fry breakfast.

## 6. Irish White Pudding



A staple of the Ulster Fry, white pudding, which contains suet or fat, oatmeal, barley and sometimes pork.

## 7. Bacon and Cabbage



This bacon and cabbage dish are one of the more unique traditional Irish foods. Deemed economical yet nutritious, as many families farmed their pigs and grew their vegetables, bacon and cabbage is another staple Irish meal.

Irish bacon and cabbage is just as simple as it sounds, consisting of boiled bacon, cabbage and potatoes, with many households and eateries topping this delicious Irish dish off with a white sauce.

## 8. Boxty



Often regarded as a potato pancake, Boxty is another must-try Irish food. Made with grated potato to the traditional ingredients of a pancake, Boxty is a mouth-watering breakfast treat. Likened to the texture of a hash brown, enjoy Boxty pan-fried, with butter and a lovely cup of tea. They have been a staple Irish food throughout the 19th century and continue to be hugely popular today.

Boxty is particularly popular in County Cavan, Donegal, Fermanagh, Leitrim, Longford and Sligoem.

## 9. Yellowman Sweet



For those with a sweet tooth, Yellowman or Yellaman, despite looking slightly strange, is a popular sweet treat in Northern Ireland and closely resembles honeycomb or rock.

Traditionally, this delicious sweet can be found at the annual Ould Lammas Fair which has been held at Ballycastle in County Antrim for almost 400 years.

## Facts and Landmarks in Ireland

### 1. There are approximately over 70-80 million people of Irish descent living outside of Ireland!



To put this into perspective, the population of Northern and The Republic of Ireland is around 6 million. Much of the Irish diaspora was caused by the Great Famine of the 1840s, during which many poorer families fled to Liverpool and Manchester, and some 5 million embarked across the Atlantic to North America. Today, in the USA, almost 36-million citizens state their primary ethnicity as Irish.

### 2. The Great Famine, spanning from 1845 to 1852, tragically took about 1-million lives



The main cause of the 'Great Hunger' was potato blight, a fungal infection that ruined Ireland's most vital crop. The worst affected areas were the west and south, where Irish was the most spoken language. The famine was a huge tragedy for Irish history and culture, and the exploitative role the ruling British government played is still a source of anger today.

### 3. Ireland is home to two nations

Northern Ireland, whose capital is Belfast, is part of the United Kingdom, alongside England, Scotland and Wales (Britain). The Republic of Ireland, whose capital is Dublin, is an independent republic that's part of the European Union (and uses Euros).

### 4. The longest place name in Ireland is Muckanagherdauhaulia



Found in County Galway, Muiceanach idir Dhá Sháile (Irish) means 'pig-marsh between two sea inlets'.

## 5. The Titanic was built in Belfast's Harland & Wolfe docks



Today you can visit the awesome Titanic Museum, located where the doomed ship was designed, built and launched. Not only is it a really cool building, it's a great way to follow the story from conception to tragic fate.

## 6. Ireland doesn't have any snakes (and it's not because of Saint Patrick)

Legends say St. Patrick chased the snakes from Ireland. But a more grounded explanation for one of the most famous facts about Ireland is that, after the ice age, the land bridge connecting Ireland to Europe was submerged before the snakes could slither their way onto the Emerald Isle. There is one reptile species that is native to Ireland, however: the common lizard (which is a bit less scary).

## 7. A REAL four leaf clover can only be from the White Clover plant, trifolium repens



The fourth leaf can be found in about 1 in 5000 of its 'shamrocks'. It's not clear where the 'good luck' part originated.

## 8. Redheads only make up about 10% of the Irish population

Which doesn't sound like much, but still makes for 500,000 people and ensures Ireland has the largest per capita amount of red-heads in the world.

## **9. Irish stew is the national dish of Ireland, and traditionally includes mutton (the meat of adult sheep)**

Irish stew has been recognised since about 1800. Mutton was an important ingredient as sheep were so vital for wool and dairy, and the long, slow cooking time allowed tougher cuts of meat to be used (and be transformed into something delicious).

## **10. The lease for the Guinness Brewery was signed in 1759 for 9,000 years**



Guinness now owns the property, however, and the lease is no longer valid. Another fun fact: despite being referred to as ‘the black stuff,’ Guinness is actually ruby red. Hold your pint up to the light next time you have a drop if you don’t believe us!

## **11. Due to Ireland’s small population, many people historically had just one name**

Last names were first established in Ireland by adding either ‘O’ (grandson of) or ‘Mac’ (son of) to their father’s or grandfather’s names.

## **12. Irish whiskey isn’t the same as Scottish whiskey**



Scotch is composed with malted barley and water, while Irish whiskey is made from fermented corn, wheat, barley. Plus, Irish whiskey is usually distilled 3 times, rather than twice. Both are delicious in their own ways, however.

# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

# Word Search

## HAPPINESS IS...



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

Family  
Children

Home

Books

Relaxation

Love  
Adventure

Laughter

Food

Music

Kindness  
Friends

Sunshine

Art

Travel

Nature  
Hugs

Pets

Smiles

Hobbies

# Word Search

## HAPPINESS IS...



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

Family

Children

Home

Books

Relaxation

Love

Adventure

Laughter

Food

Music

Kindness

Friends

Sunshine

Art

Travel

Nature

Hugs

Pets

Smiles

Hobbies



# St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____

# Rivers of Ireland Word Search

Find the names of Irish rivers hidden in the puzzle.

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

AVONBEG  
AWBEG  
BARROW  
BOYNE  
BRIDE  
CLADAGH  
CLANRYE  
CLARE  
CORRB  
DARGLE  
DERRY  
DODDER  
DRISH  
DUFF  
OWENROE  
ERKINA  
ESKE  
FANE  
FEALE  
FERGUS  
LIFFEY  
MOY  
QUOILE  
SHANNON  
SWILLY

# Ireland

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

Garlic

Euro

Clover

Peach

Ian

Sam

Guinness

Gaelic

Green

Shamrock

Corsan

Nikkie

Tom

Leprechaun

Irish

Holiday

Banagher

BoyceThomas

Colin

Freddie

English

Horseshoe

Eska

Morgan

Sarah

Sophie

UlsterScots

Luck

Ireland

Jack

Elena

Richard

# GEORGES CENTRE PROGRAM for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Munchie Mondays</b>	<b>Hairdresser Day</b>			<b>1</b>	<b>2</b>	<b>3</b>
<b>Activity Location Key</b> L1- Sharpe House Level 1 L2- Sharpe House Level 2				10:00- Zumba with Julie 11:00- Painting & Quiz 1:30- Movie & Ice-cream 2:30-Self Care Catch up in Dining Room, L1	10:00-Exercises 11:00-Painting & Quiz 1:30-BINGO	10:00 -Exercises with Nurse
<b>4- Bus Trip at 10am</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Beautician Day International Women's Day</b>	<b>9</b>	<b>10</b>
10:00 -Exercises with Physio 11:00-Quiz, Painting & Scrabble Game 1:30- Devotion Service	10:00-Exercises 10:30-Precious Pats 11:00-Quiz & Painting 1:15-Poetry Group	10:00-Exercises 11:00-Painting & Teamriffic Quiz 1:30-BINGO 3:00-Book Club Group	10:00- Exercises with Physio 11:00-Painting & Quiz 1:30- Singalong with Alison the Entertainer	10:00- Exercises 10:30- <b>International Women's Day Morning Tea</b> 1:30- Movie with Ice-cream Sundaes -Bunnings Gardening Workshop	10:00-Exercises 11:00-Painting & Quiz 1:30-BINGO	10:00 - Exercises with Nurse
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:00- <b>NO Exercises.</b> - <b>Vaccination Clinic</b> 11:00-Quiz, Painting & Scrabble Game 1:30- Air Hockey Game	10:00 Exercises 10:30-Precious Pats 11:00-Quiz & Painting 1:30-Singalong	10:00-Exercises 11:00- Painting & Quiz - Laughter Yoga-L2 1:30- Ten Pin Bowling 3:00-"About Me" Reminiscing Group.	10:00- Exercises with Physio 11:00-Painting & Quiz 1:30-Happy Hour with Entertainer-Fiona Maria	10:00- Zumba with Julie 11:00- Painting & Quiz 1:30-Movie & Ice cream. 2:30-Self Care Catch up in Dining Room, L1	10:00-Exercises 11:00-Painting & Quiz 1:30-BINGO	10:00 - Exercises with Nurse
<b>18- Bus Trip at 11am</b>	<b>19</b>	<b>20-First day of Autumn</b>	<b>21-Harmony Day</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:00-Exercises with Physio 11:00-Quiz, Painting & Scrabble Game 1:30- Chair Basketball Game	10:00 Exercises 10:30-Precious Pats 11:00-Quiz & Painting 1:30-Music with Mike, L2	10:00- <b>NO EXERCISES</b> - <b>Residents &amp; Relatives Meeting</b> 1:30-BINGO	10:00- Exercises with Physio 10:30-Harmony day Presentation Morning Tea 11:00- Painting & Quiz 1:30-Shuffleboard Game - <b>Men's Group:</b> Darts & Beers- Dining Room, L1	10:00- Exercises 11:00- Painting & Quiz 1:30- Movie & Ice-cream Sundaes - Art Therapy with Alison in Dining Room, L1	10:00-Exercises 11:00-Painting & Quiz 1:30- BINGO	10:00 - Exercises with Nurse
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29- Good Friday</b>	<b>30-Easter Saturday</b>	<b>31-Palm Sunday</b>
10:00 -Exercises with Physio 11:00-Quiz, Painting & Scrabble Game -Room to Room Music with Jasmin <b>SH1</b> 1:30-Movie & Ice cream	10:00 Exercises 10:30 Precious Pats 11:00-Quiz & Painting 1:30-Quoits Game	10:00-Exercises 11:00-Painting & Painting & Teamriffic-Word Flip -Easter Catholic Mass with Father John- <b>SH1</b> 3:00-Passover Mass With Chaplain Anne-Marie	10:00- Exercises with Physio 11:00- Painting & Quiz 1:30- Birthday Party with Entertainer	Public Holiday- Georges Centre Closed	Public Holiday- Georges Centre Closed	10:00 - Exercises with Nurse

# SHARPE HOUSE PROGRAM For March 2024 - Level 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Munchie Mondays</b>	<b>Hairdresser Day</b>			<b>1</b>
<u>Activity Location Key</u> GC- Georges Centre L1- Level 1, Dining Room				10:00- 1:1 Time with LSO - Zumba with Julie- GC 1:30- Movie & Ice-cream- GC - 1:1 Time with LSO
<b>4 -Bus Trip at 10am</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Beautician Day</b> <b>International Women's Day</b>
10:00- Exercises -1:1 Time with LSO 1:30-Devotion Service -GC -Munchie Mondays Trolley (Room to Room)	10:00-1:1 Time with LSO 1:15-Poetry Group-GC -1:1 Time with LSO	10:00-1:1 Time with LSO 1:30-BINGO-GC -1:1 Time with LSO 3:00-Book Club- GC	10:00-1:1 Time with LSO 1:30- Singalong with Alison the Entertainer- GC	10:00 -1:1 Time with LSO 10:30 - <b>International</b> <b>Women's Day Morning Tea</b> 1:30- Movie with Ice-cream Sundaes -Bunnings Gardening Workshop -1:1 Time with LSO
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10:00- 1:1 Time with LSO 10:00- <b>NO Exercises</b> <b>-Vaccination Clinic -GC</b> 1:30- Air Hockey Game- GC -Munchie Mondays Trolley (Room to Room)	10:00-1:1 Time with LSO -Precious Pats 1:30 -Singalong-GC	10:00-1:1 Time with LSO 11:00- Laughter Yoga-L2 1:30- Ten Pin Bowling-GC 3:00-"About Me" Reminiscing Group-GC -1:1 Time with LSO	10:00-1:1 Time with LSO 1:30- Happy Hour Singalong with Fiona Maria-GC -1:1 Time with LSO	10:00-1:1 Time with LSO - Zumba with Julie- GC 1:30- Movie & Ice-cream GC -1:1 Time with LSO
<b>18-Bus Trip at 11am</b>	<b>19</b>	<b>20 -First day of Autumn</b>	<b>21 Harmony Day</b>	<b>22</b>
10:00- 1:1 Time with LSO 1:30- Chair Basketball Game-GC -Munchie Mondays Trolley (Room to Room)	10:00-1:1 Time with LSO 11:00-Precious Pats 1:30-Music with Mike	10:00- <b>NO EXERCISES -GC</b> <b>- Residents &amp;</b> <b>Relatives Meeting - GC</b> 1:30-BINGO-GC -1:1 Time with LSO	10:00-1:1 Time with LSO 10:30-Harmony day Presentation Morning Tea- GC 1:30 -Shuffleboard Game -Men's Group: Darts & Beers-Dining Room, L1	10:00 -1:1 Time with LSO 1:30- Movie & Ice-cream Sundaes - Art Therapy with Alison in <b>Dining Room L1</b> -1:1 Time with LSO
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29- Good Friday</b>
10:00-1:1 Time with LSO -Room to Room Music with Jasmin-SH1 1:30-Movie & Ice cream -Munchie Mondays Trolley (Room to Room)	10:00-1:1 Time with LSO 11:00-Precious Pats 1:30-Quoits Game-GC	10:00-1:1 Time with LSO 11:00- Easter Catholic Mass with Father John- SH1 3:00-Passover Mass With Chaplain Anne-Marie-GC	10:00-1:1 Time with LSO 1:30-Birthday Party with Entertainer-GC	<b>Public Holiday-</b> <b>Georges Centre Closed</b>

## LOGEMAN COURT PROGRAM –March 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	Exercises						
11:00am	Bible Study with Mike 				Quoits/  Boules/ /Darts		
2:00pm		Cards 				Croquet 	Cards 
3:00pm			 Film (Once a fortnight).				
3:30pm	Book Study (1 <sup>st</sup> Monday of the Month).						
5:00pm							