

engaged.



15 OCTOBER 2021

From Chelsea

Hello *Engaged* readers! We were overwhelmed with the number of entries for our *Reminiscence* short story competition and the variety of ways the stories were themed and crafted.

I have enjoyed reading through all the short stories and chatting with many of you who have taken the time to reach out by emailing to our *Engaged* account. Remember we love hearing feedback!

This week was judging week and it was definitely a tough task for our panel to pick just the top three! We will let you know who the winners were in the next issue of *Engaged*, and we will also make some of the stories available for everyone to enjoy. Watch this space next week for information on how to access these.

Finally, I want to again thank you all so much for entering the competition and we hope you enjoyed the experience as much as we have!



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Did you hear?

Your fundraising efforts across our New Zealand villages were very successful!

Our New Zealand villages raised \$535,000 for our charity partner Melanoma New Zealand.

New Zealand has one of the highest rates of melanoma in the world and this donation will make a big contribution to their life-saving work.

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Our new charity partner

Our charity partner for the coming year will be Prostate cancer charities in New Zealand and Australia.



SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

						4	6	
			7	3	6	9		
				2		8		3
5		3	1	7		6		
		9				3		
		2		6	4	5		1
4		8		9				
		6	8	4	7			
	2	7						

Easy

				4	9			6
	3					5		
9		6		1		7		
8	7		9					
			1		4			
					6		1	3
		9		6		4		7
		8					5	
2			3	7				

Medium

4					8		3	
2			5	1			6	
6	5		9			2		
								4
	8	4				6	5	
7								
		6			2		9	7
	1			6	5			8
	2		8					6

Hard

TRIO

The words in this puzzle can be completed using the same three-letter sequence. Can you find it?

C _ _ _ Y
DEM _ _ _
R _ _ _ OM
H _ _ _

WORDsearch – dog days

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

AFGHAN
AIREDALE
BASENJI
BASSET
BEAGLE
BICHON FRISE
BORZOI
BOXER
BRIARD
BUHUND
BULLDOG
CHIHUAHUA
CHIN
COLLIE

CORGI
DALMATIAN
DOBERMAN
GREAT DANE
HARRIER
HUSKY
JUG
LABRADOR
MASTIFF
PINSCHER
POINTER
POODLE
PUG
PULI

RETRIEVER
ROTTWEILER
SALUKI
SAMOYED
SETTER
SHAR-PEI
SHEPHERD
SHIH TZU
SPANIEL
SPITZ
TERRIER
VIZSLA
WEIMARANER
WHIPPET

SOLUTIONS

Wordsearch

(The wordsearch grid is a 15x15 grid containing the words listed in the solutions section, hidden in various orientations.)

4	8	3	5	9	2	7	6	1	8	4
9	2	7	6	1	8	4	7	2	5	9
3	1	6	8	4	7	2	5	9	2	7
6	3	2	9	1	7	3	6	8	4	7
8	7	2	3	6	4	5	9	1	7	3
1	6	9	5	8	2	3	4	7	2	5
5	4	3	1	7	9	2	5	9	2	7
2	8	7	6	1	8	4	7	2	5	9
6	3	2	9	1	7	3	6	8	4	7
8	7	2	3	6	4	5	9	1	7	3

Sudoku

2	4	6	8	7	3	5	1	9
7	6	8	4	9	1	3	5	2
3	1	9	2	5	6	7	8	4
4	9	2	7	5	6	8	1	3
6	5	3	1	8	4	2	7	9
8	7	1	3	2	6	9	5	4
9	8	6	4	5	3	7	2	1
1	3	4	6	9	2	7	5	8
5	2	7	8	4	9	1	3	6

Medium

TRIO

AND

4	6	2	8	7	3	5
1	6	2	8	7	3	5
5	2	7	6	1	8	4
3	1	9	2	5	6	7
8	4	6	1	3	2	5
7	2	4	5	1	6	9
6	3	8	7	9	2	1
2	1	8	4	3	6	5
9	5	8	2	6	7	3
7	3	2	4	1	6	9
5	8	6	7	3	2	4
2	7	3	5	1	4	6
6	9	8	4	2	7	1
4	6	2	8	7	3	5

Hard

Colour me!





The power of positivity

Positive emotions make us feel good. But research has also linked positive thinking to long term mental and physical health benefits.

It's easy for us to focus on negativity over positivity when we're tired or frustrated with other people. And that's ok. Positive thinking takes practise. And a little practise is worth it to improve our overall wellbeing.

How does positivity impact health?

Positive emotions have physiological benefits. Research has shown that our positive emotions help us physically, and can boost our immune system. Digestion improves when we're in a positive emotional state, our cardiovascular health improves, and even grip strength has been shown to increase.

What can I do to think more positively?

Thankfully, there are plenty of strategies to choose from. If one doesn't suit your mood, simply try another.

Gratitude: Think of three things you are grateful for. Alternatively, these might be written in a journal each night or in the morning to start the day fresh.

Curiosity: Questioning and exploring things involves focus and paying careful attention.

Savouring: This involves in-the-moment reflection. If you see an amazing view, hold onto that enjoyment for a moment and appreciate it a little longer.

Mindfulness: Be in the moment. If you're on a beach walk focus solely on your breath, the sound of the waves, the crunch of sand beneath your feet. When your mind wanders, gently draw it back to the moment.

Lifestyle: The most important strategy of all. Eating healthy foods, sleeping, and exercising daily is essential. These give us the dopamine we need to focus on the task at hand.