

NEWSLETTER

August 2022

Castle House Nursing Home Ltd.

We Care Enough To Make A Difference



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Editor's Desk

Hello Residents, Families and Friends!

Summer has arrived and we are feeling hot, hot, hot!

We are taking walks earlier in the morning and later in the afternoon to avoid the peak of the heat, thoroughly enjoying some warmth on our skin and the beautiful flowers all throughout the gardens. You're very welcome to explore the grounds with your loved one on your visits.

Unfortunately, we are still officially in lockdown, so no changes to one visitor at a time per resident for now, we will keep you updated of any changes.

Keep Safe!

Lou



August Trivia

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

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

Quote of the Day

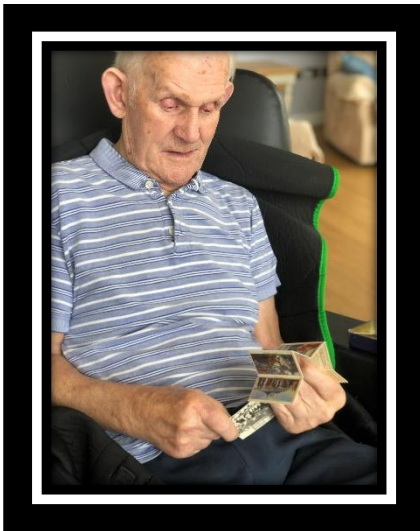
Believe you can and you're halfway there.

- Theodore Roosevelt

Month in Review

Sensory

Sensory experiences are activities that engage any of the five senses. For instance, this could be using sight to look through a photo album of relatives or smelling someone cook your favorite childhood meal. We love our sensory sessions.



Memory Lane

Reminiscence therapy involves discussing events and experiences from the past and aims to evoke memories, stimulate mental activity and improve a person's well-being. Reminiscence can often be supported by props such as videos, music, pictures and objects that may have particular meaning for an individual.

Art Therapy

Through art therapy, residents are taught to use slow and deliberate movements that can help with restoring some motor function to those struggling with physical disabilities or ailments. These therapeutic movements can also help alleviate some pain as they focus on their art and not their pain



Month in Review



Upcoming Events

Resident's Meeting

Friday 19th August 11.00am, Lounge

Left-handers Games

Friday 12th August 2:00pm, Recreation Area

Armchair Travel

Wednesday 3rd, 17th, 31st August 10:00am

High Tea

Friday 26th August, 4.00pm, Dining Room

Regular Events

Morning Worship every Monday 11.30am

Book Club every Wednesday 2.30pm

Hairdresser every second Mon/Tues from 9.00am

Coffee and conversation every Friday at 10am

Quiz! Every day at 4pm



Special Days

- | | |
|------------------|-------------------------|
| 1 st | Horses' Birthday |
| 2 nd | Forgiveness Day |
| 5 th | Beer Day |
| 8 th | Cat Day |
| 9 th | World Indigenous Day |
| 12 th | International Youth Day |
| 13 th | Left-Handers Day |
| 15 th | Ferragosto Festival |
| 15 th | Indian Independence Day |
| 20 th | Lighthouse Weekend |
| 26 th | Daffodil Day |

August 2022 Activity Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 10:00am: Movement 11:30am: Morning Worship With Rev Jane 2:00pm: Knit & Natter 4:00pm: Quiz	2 10:00am: #1 Hits Reminiscing 2:00pm: Bingo 4:00pm: Quiz	3 10:00am: Armchair Travel 2:30pm: Book Club 2:30pm: Scrabble 4:00pm: Quiz	4 10:00am: Mindfulness 2:00pm: Tribute to Coco Chanel 4:00pm: Quiz	5 10:00am: Coffee and Conversation 2:00pm: Brain Training 4:00pm: Quiz	6 10:00am: Skittles 2:30pm: Table Tennis 4:00pm: Weekend Quiz	7 4:00pm: Weekend Quiz
8 10:00am: Movement 11:30am: Morning Worship 2:00pm: Knit & Natter 4:00pm: Quiz	9 10:00am: Tribute to Louis Armstrong 2:00pm: Bingo 4:00pm: Quiz	10 10:00am: Memory Lane 2:30pm: Book Club 2:30pm: Lucky Dog Card Game 4:00pm: Quiz	11 10:00am: Floor Games 2:00pm: August in History 4:00pm: Quiz	12 10:00am: Left Handed Games 2:00pm: Brain Training 4:00pm: Quiz	13 10:00am: Parachute Games 2:30pm: Bingo 4:00pm: Weekend Quiz	14 4:00pm: Weekend Quiz
15 10:00am: Movement 11:30am: Morning Worship With Rev Jane 2:00pm: Knit & Natter 4:00pm: Quiz	16 10:00am: Folk Songs Guessing Game 2:00pm: Bingo 4:00pm: Quiz	17 10:00am: Armchair Travel to India 2:00pm: Scrapbooking 2:30pm: Book Club 4:00pm: Quiz	18 10:00am: Mindfulness 2:00pm: Sensory 4:00pm: Quiz	19 10:00am: Coffee and Conversation 2:00pm: Brain Training 4:00pm: Quiz	20 10:00am: Hoopla 2:30pm: Gardening Club 4:00pm: Weekend Quiz	21 4:00pm: Weekend Quiz
22 10:00am: Movement 11:30am: Morning Worship 2:00pm: Knit & Natter 4:00pm: Quiz	23 10:00am: Tuneful Tuesday 2:00pm: Bingo 4:00pm: Quiz	24 10:00am: Who Am I? 2:30pm: Book Club 4:00pm: Quiz	25 10:00am: Floor Games 2:00pm: Craft Class 4:00pm: Quiz	26 10:00am: Pet Therapy 2:00pm: Brain Training 4:00pm: Quiz	27 10:00am: Charades 10:00am: Table Tennis 2:30pm: Bingo 4:00pm: Weekend Quiz	28 4:00pm: Weekend Quiz
29 10:00am: Movement 11:30am: Morning Worship With Rev Jane 2:00pm: Knit & Natter 4:00pm: Quiz	30 10:00am: Singing with Props 2:00pm: Bingo 4:00pm: Quiz	31 10:00am: Armchair Travel 2:30pm: Book Club 2:30pm: Pet Therapy 4:00pm: Quiz				

August Birthdays

In August, we celebrate birthdays with:

5th Nigel

30th Chris

30th Ruth

Please join us in the recreation room on the first Sunday in August to celebrate!



Tony Bennett – Singer – 3rd of August, 1926

Dustin Hoffman, Actor, 8th August 1937

Melanie Griffith, Actor, 9th August, 1957

Magic Johnson, Basketball Player, 14th August, 1959

Madonna, singer, 16th August, 1958

Robert De Niro, Actor, 17th August, 1943

Patrick Swayze, Actor, 18th August 1952

Bill Clinton, 42nd President of the US, 19th August 1946

Sean Connery, Actor, 25th August, 1930

Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

Famous August Inventions: Method for Packaging Frozen Foods

Clarence Birdseye obtained a patent for packaging frozen foods on August 12, 1930, making a lasting impact on nutrient and flavor preservation for mass-distributed foods!

A Poem to Share

Life Doesn't Frighten Me

By Maya Angelou

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

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

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

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

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

Life doesn't frighten me at all.

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

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

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

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

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

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

Life doesn't frighten me at all.

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Noticeboard



NEW RESIDENTS

A very warm welcome to:

Esther **Ingrid**

Christine **Leonard**

We hope that you enjoy your time here!

NEW STAFF

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

Max **Karen**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents

Brian Williams **Joan Ward**

Unity Odgers **Ann Boyce**

June Day

may you be comforted by the knowledge that your loved ones are at peace.

FAMILY GATHERING

We will be holding a family gathering on Friday 26th August at 2.30pm.

This is an opportunity to get together with other resident's families to share your experiences and ask questions.

If you can be there it will be a huge benefit.

Hosted by Lou and Jo O

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



BOOKS

We have a large range of books available for the residents to borrow. If you would like to borrow a book, please talk to a member of the wellbeing team and they will be happy to assist you.

THANK YOU

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

HAIRDRESSER

We have Mandy, our hairdresser who attends alternate Mondays/Tuesdays. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

KITKAT

RIP our much loved moggy who chose us to love her in her final years, we will miss your cuddles.



MANAGER'S SURGERY

From September, Jo Marshall, Home Manager, will be offering a monthly surgery.

This will be strictly by appointment only and can be booked via reception. Family members are also welcome to attend.

Details to follow.

Laughing Matters



Little Boy Lost

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

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

The Tooth Fairy

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Adam & Eve

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

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

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

Broccoli & Boogers

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

Spotlight



Alex Maranan

Alex trained as a nurse in the Philippines before coming to the UK in 2018. Alex joined Castle House in 2010 and is now a Deputy Manager and part of the fixtures and fittings.

Alex is a keen photographer and will often photograph our events. Shopping is another great love of Alex's, and he can always be found looking stylish in his Tommy Hilfiger attire, we can smell Alex from a mile off.....the lovely aftershave fills the room.

Alex is a huge tennis fan; his favourite player is Rafael Nadal. On his days off, Alex can be found enjoying the ambiance of a coffee shop.

Superpower – Alex would like to be a mind reader.

Favourite food – Steak – medium rare

Famous & Infamous Left-Handers

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

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

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