

NEWSLETTER

December 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!

I cannot believe that I am writing the Christmas Newsletter, how did this come about so fast?

We have so much planned for December, we hope that you will be able to join us for the various fun we have planned. Especially our Christmas Party!



2022 wasn't the year we were hoping for, for various reasons, however, as a team and with everyone's help, we got through it (a month still to go). Thank you for the part you played, no matter how big or small, positivity and encouragement is always welcome at Castle House.

Merry Christmas!



December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**
Birthstone: **Turquoise**
Flower: **Holly**

Quote of the Day

Just one small positive thought in the morning can change your whole day.

– Dalai Lama

Month in Review

Autumnal Walks

We've enjoyed some lovely walks during the mild autumn days, looking at the colours changing. We have also had a virtual walk around the grounds of Westonbirt Arboretum, we sprayed a forest scented room spray and set off down memory lane filled with dog walking, horse riding, muddy walks, and warm soups. We discussed the difference living in the country and city during autumn.



Therapy Dogs

We are so excited to welcome aboard our new therapy dogs, Stanley and Sonny, the cocker spaniels.

Once they have finished their vaccinations, we will be having them in the Home regularly for training.

As you can imagine we are rather cocker hoop!

Quiet Areas

It's so special to catch a tender moment, especially when it's totally unprompted, here we have a resident sharing her wedding photo album and talking about her special day.

We try to make sure that there are quiet areas to retreat to when you need some peace and calm.







Upcoming Events

Special Guest

Thursday 1 of December 10:30am, Lounge

Deck the Halls

Monday 5 of December 10:00am, Whole Home

COSMIC

Sunday 11 of December 2:30pm, Lounge

Lovington School Children

Tuesday 13 of December 2:00pm, Dining Room

Christmas Party

Wednesday 14 of December 11:00am, Lounge

Handbell Ringers

Thursday 15 of December 2:30pm, Lounge

Christmas Communion

Monday 11 of December 11:30am, Lounge

Hoodwink Musical Duo

Tuesday 20 of December 2:30pm, Dining Room

Christmas Prize Bingo

Thursday 22 of December 2:30pm, Dining Room

Regular Events

Morning Worship Mondays, 11:30am, Lounge

Culture Club, Mondays, 2:30pm, Garden Room

Bingo Tuesdays, 2:30pm, Dining Room



Special Days

- 5th Intl. Volunteer Day
- 7th Intl. Civil Aviation Day
- 18th Hanukkah
- 18th Paul Klee's Birthday
- 21st Winter (N. Hem)
- 25th Christmas
- 26th Boxing Day
- 31st New Year's Eve

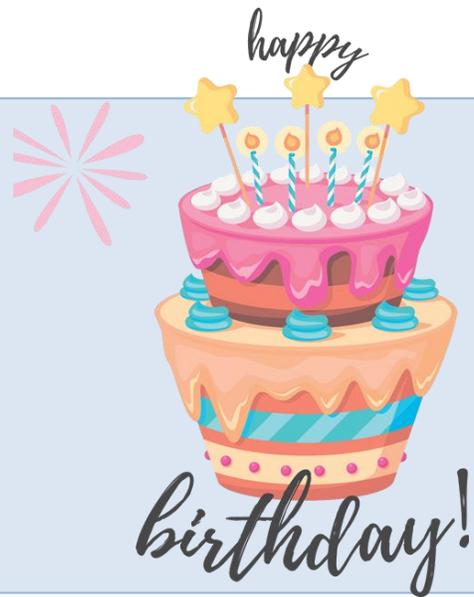
December 2022 Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5 9:00am: Deck The Halls 11:30am: Morning Worship With Jane 2:00pm: Knit & Natter 2:30pm: Culture Club</p>	<p>6 10:00am: History Of Christmas Cards 11:30am: Craft Class - Christmas Cards 2:00pm: Bingo</p>	<p>7 10:00am: Winter Workout 11:30am: Armchair Travel - Christmas Markets 2:30pm: Book Club Reminiscing</p>	<p>8 10:00am: Guess the Christmas Song Lyrics 11:30am: Winter Reminiscing 2:00pm: Pine Cone Tree Craft</p>	<p>2 10:00am: Snowflake Decorations 2:00pm: Knit And Natter</p>	<p>3 10:00am: Skittles 2:30pm: Bingo 4:00pm: Weekend Quiz</p>	<p>4 11:30am: Words In A Word 2:00pm: Movie Afternoon</p>
<p>12 10:00am: Winter Workout 11:30am: Morning Worship 2:00pm: Knit & Natter 2:30pm: Culture Club</p>	<p>13 10:00am: Christmas Carols Quiz 11:30am: Christmas Sensory Box 2:00pm: Children Carol Singing</p>	<p>14 11:00am: CHRISTMAS PARTY</p>	<p>15 10:00am: It Happened In December Quiz 11:30am: Christmas Memory Tray 2:30pm: Handbells</p>	<p>16 10:00am: Winter Workout 11:00am: Coffee And Conversation 2:00pm: Knit And Natter</p>	<p>17 10:30am: Snowball Slam 2:30pm: Bingo 4:00pm: Weekend Quiz</p>	<p>18 11:30am: The Story Of St Nicholas 2:30pm: Christmas Movie Afternoon</p>
<p>19 10:00am: Winter Workout 11:30am: Christmas Communion Service 2:00pm: Knit & Natter 2:30pm: Culture Club</p>	<p>20 10:30am: Stuffed Stockings 11:30am: Left And Right Game 2:30pm: Musical Guests Hoodwink</p>	<p>21 10:00am: Winter Workout 11:30am: Armchair Travel - Lapland 2:00pm: Bauble Dice 2:30pm: Book Club</p>	<p>22 10:00am: Who Am I? 11:30am: Christmas Sensory Pouches 2:00pm: Christmas Bingo</p>	<p>23 10:00am: Winter Workout 2:00pm: Knit And Natter</p>	<p>24 10:30am: Brain Training 2:30pm: It's A Wonderful Life!</p>	<p>25 12:30pm: Christmas Dinner 3:00pm: Kings Speech</p>
<p>26 10:00am: Winter Workout 11:30am: Pass the Pud 2:00pm: Culture Club - The Nutcracker of the Ballet 2:00pm: Knit & Natter</p>	<p>27 10:00am: Tuneful Tuesday 11:30am: Charades 2:00pm: Bingo</p>	<p>28 10:00am: Winter Workout 10:30am: Pet Therapy 2:30pm: Rummage Box</p>	<p>29 11:30am: Christmas Hangman 2:30pm: Year in Review</p>	<p>30 10:00am: True Or False Christmas Traditions 10:00am: Winter Workout 2:00pm: Knit And Natter</p>	<p>31 10:00am: Charades 2:30pm: Bingo 4:00pm: Weekend Quiz</p>	

December Birthdays

In December, we celebrate birthdays with:

- **Flora**
- **Iris**
- **Mary**
- **Bridget**
- **Peter**



Woody Allen, Filmmaker, 1st December 1935
Ozzy Osbourne, Singer, 3rd December 1948
Steven Spielberg, Filmmaker, 18th December 1946
Brad Pitt, Actor, 18th December 1963
Jane Fonda, Actor, 21st December 1937
Samuel L. Jackson, Actor, 21st December 1948
Denzel Washington, 28th December 1954
Tiger Woods, Golfer, 30th December 1975
Frank Sinatra, Singer & Actor, 30th December 1915
Anthony Hopkins, Actor, 31st December 1937

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and make good managers

WOW!

Did you know? Eating KFC for Christmas is a Japanese tradition.

An estimated 3.6 million Japanese families treat themselves to Kentucky Fried Chicken at Christmastime, according to the BBC. It all started with a 1974 marketing campaign called "Kentucky for Christmas" and eventually morphed into a nationwide tradition.

Poem to Share

My Shadow

by Robert Louis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me, when I jump into my bed.

The funniest things about him is the way he likes to grow-
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head
Had stayed at home behind me and was fast asleep in bed.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Betty**
- **Heather**
- **Phil**

We hope that you enjoy your time here!

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

NEW STAFF

A warm welcome also goes to the new members of our team in the past month!

- **Manuvel – Care**
- **Anu – Care**
- **Sam – Care**
- **Conner – Kitchen**
- **Daisy - Kitchen**
- **Krystal - Domestic**
- **Deva – Domestic**
- **Dinesh – Kitchen**
- **Indika – RGN**
- **Sophie – Carer**

We hope that you enjoy your time here!

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



CHRISTMAS BINGO

Thank you for all the prizes that have been donated for our Christmas Bingo, it promises to be a great afternoon.

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.

CHRISTMAS PARTY

14th December at 11-4

Immediate family welcome to join us for the party. Please let Lou know if you will be joining us for the buffet.

DECK THE HALLS

We will be decking the halls on Monday 5th December, if you would like to help, we would love to have you.

BIRD FEEDERS

When supplying bird feed, please only bring in peanuts or fat balls. We will supply a special no grow bird seed.

TOILETRIES

Please continue to arrange for toiletries to be delivered to your loved one on a monthly basis. Toiletries would be a great idea for Christmas gifts.

Laughing Matters



The Bus Driver

A woman boarded a bus holding a baby.

The bus driver said, "That's the ugliest baby I've ever seen."

The woman slammed her fare into the box and took an aisle seat at the rear of the bus.

The man seated next to her noticed she was agitated and asked her what was wrong. "The bus driver insulted me," she fumed.

The man sympathized and said: "Why, he's a public servant and shouldn't say things to insult passengers."

"You're right" she said. "I think I'll go back up there and give him a piece of my mind."

"That's a good idea" the man said. "Here, let me hold your monkey".

Hunting

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed.

The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?"

The operator says "Calm down. I can help. First, let's make sure he's dead."

There is a silence, then a gun shot is heard.

Back on the phone, the guy says "OK, now what?"

The Minister

A minister, after listening to an impromptu campaign speech from a hopeful candidate for Mayor said.

"Before I vote for you, I'd like to know if you partake of intoxicating beverages."

Candidate: "Before I answer, tell me if it is an inquiry or an invitation."

Spotlight



Katerina Nikiforova

Kat is our senior nurse, when I asked Kat if she would feature in our spotlight feature, she was a little hesitant, however, I am so glad that I did as I discovered things about her, I never would have known.

Kat is from Bulgaria, married with children and grandchildren.

When Kat is at home she is always cooking or baking, but not always in the traditional sense, Kat tells us that she is quite experimental. Look out for future recipes coming up!

Word Search

CHRISTMAS TREE DECORATIONS



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

Bows
Tinsel
Ribbons
Lights
Santa Claus

Wreath
Angel
Baubles
Bow
Presents

Bells
Snowflake
Snowman
Christmas
Garland

Decorations
Crib
Star
Reindeer
Tree