

# NEWSLETTER

## June 2023



Castle House Nursing Home Ltd.

We Care Enough To Make A Difference

### WORLD ENVIRONMENT DAY



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# Editor's Desk

Hello Residents, Families and Friends!

Welcome to our June newsletter, where summer has finally caught up with us!

This has meant that we have been able to get our keen gardeners from the gardening club out planting up all the seedlings, flowers, and vegetables in the courtyard. If you are walking around the grounds, please take a look and admire all of their hard work!

Keep an eye out on our June activity schedule for all of our usual shenanigans plus we have a special guest appearance that we promise will be a real Hoot!

Keep Safe!

*Lou and Kerry x*



## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**  
Birthstone: **Moonstone or Pearl**  
Flower: **Rose or Honeysuckle**

## Quote of the Day

*Don't let yesterday  
take up too much  
of today*

– Will Rogers

# Month in Review

## The Kings Coronation

In May we celebrated the Kings Coronation in style. With a buffet fit for a King, Big Quiz and we even buried a Time Capsule it's safe to say we all marked this social occasion in history.



## Use your Noodle!

Keeping our residents active with pool noodles and balloons, who said exercise can't be fun!?!



## Gardening Club

Gardening Club is in full swing, every other Friday afternoon with our lovely volunteer, Caroline. Our green fingered residents are really enjoying being able to get outside getting their hands dirty.





# Month in Review



**Pimm's on the patio**



**Road Trip**



**Middlewick Farm**



**Gardening Club**



**A Buffet fit for a King**



**Lunch with King Charles**

# Upcoming Events

## Resident's Meeting

Thursday 1<sup>st</sup> June 11am in the Lounge

## Elvis

Thursday 15 of June 2:30pm, Dining Room

## Owl Obsession (Owl Experience)

Monday 26<sup>th</sup> June 2:30pm, In the Lounge

# Regular Events

7 days a week, Exercise, 10am in the Lounge

Monday Faith Service, 11.30am in the Lounge



## Special Days

- |                  |                               |
|------------------|-------------------------------|
| 1 <sup>st</sup>  | World Milk Day                |
| 2 <sup>nd</sup>  | Italian National Day          |
| 5 <sup>th</sup>  | World Environment Day         |
| 6 <sup>th</sup>  | D-Day                         |
| 8 <sup>th</sup>  | World Oceans Day              |
| 19 <sup>th</sup> | Emancipation Day (US)         |
| 19 <sup>th</sup> | Father's Day (US, Canada, UK) |
| 21 <sup>st</sup> | World Music Day               |

# June Birthdays

In June, we celebrate birthdays with:

**Hugo 3<sup>rd</sup>**

**Margaret 5<sup>th</sup>**

**Val 7<sup>th</sup>**

**Peggy 12<sup>th</sup>**

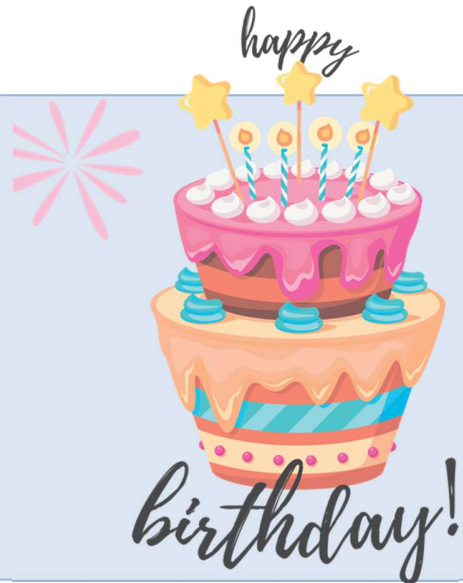
**Diana 15<sup>th</sup>**

**Derek 17<sup>th</sup>**

**Janet 21<sup>st</sup>**

**Joanne 23<sup>rd</sup>**

**Jennifer 29<sup>th</sup>**



Marilyn Monroe, Actress, 1<sup>st</sup> June 1926

Morgan Freeman, Actor, 1<sup>st</sup> June 1937

Johnny Depp, Actor, 9<sup>th</sup> June 1963

Judy Garland, Actress, 10<sup>th</sup> June 1922

Prince Philip, Duke of Edinburgh, 10<sup>th</sup> June 1921

Donald Trump, Former President, 14<sup>th</sup> June 1946

Boris Johnson, Prime Minister, 19<sup>th</sup> June 1964

Nicole Kidman, Actress, 20<sup>th</sup> June 1967

Elon Musk, Entrepreneur, 28<sup>th</sup> June 1971

Mike Tyson, Boxer, 30<sup>th</sup> June 1966

## **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained.

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

**WOW!**

## **The First Manned Hot Air Balloon Launch**

On June 4, 1783, the Montgolfier brothers launched the first untethered hot air balloon in France. This historic event marked the beginning of manned flight and opened up a new world of possibilities for exploration and travel, changing the course of history and inspiring future generations to reach for the stars and achieve the impossible.

# Poem to Share

## Invictus

William Ernest Henley

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

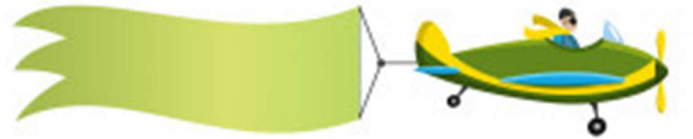
In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Jeremy**
- **Liz**
- **Hugo**

We hope that you enjoy your time here!

## NEW STAFF

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

- **Nibin (HCA)**
- **Holly (Kitchen)**
- **Ralph (Kitchen)**

We hope that you enjoy your time here!

## CONTINUOUS IMPROVEMENT

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

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

## CAN YOU CONTRIBUTE?

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Contributions to our newsletter are encouraged and appreciated!

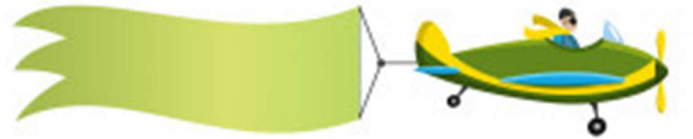
Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

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

Thank you!



# Noticeboard



## EMPLOYMENT VACANCY

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We are looking for an enthusiastic supper chef. If you have a passion for cooking but are not a morning person, then this could be the job for you. Our residents have come to love our homemade cooking style. You will be preparing supper for 46 residents, using our pre-approved menus alongside our kitchen assistants in our top of the range kitchen. Please request an application form at reception.

## HAIRDRESSER

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We have a hairdresser who attends every second Monday and Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

## POETRY WITH KATE

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A huge thank you to Kate who has very kindly agreed to run a mo

## THANK YOU

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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.

## TOILETRIES

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Please remember to bring plenty of toiletries, 0% shower gel, shampoo, deodorant etc.

Please speak to your keyworker if you're unsure what you need,

## MANAGERS CLINIC

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Jo would like to remind you all that you are welcome to book in for an appointment in the Manager's clinic.

# Laughing Matters



## The Engagement

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter. She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

# Spotlight



## Sam S

Sam is one of our senior Carers and Shift Leaders. Sam has worked at Castle House for almost 5 years now.

She has two cats called Milly and Max. In her spare time, she cares for her parents and enjoys some skittles and rounders when she can.

## Word Search

### RECYCLE REUSE REDUCE



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

Solar  
Trash  
Compost  
Greenhouse

Water  
Clothes  
Chemicals  
Repair

Emissions  
Ozone  
Sustainable  
Landfill

Plastic  
Organic  
Petrol  
Recycle