

NEWSLETTER

Summer (Part 1)

Castle House Nursing Home Ltd.

We Care Enough to Make a Difference



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to our Summer Part 1 newsletter, where summer has finally caught up and overtaken us! June/July have merged into one.

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 and are now watching them flourish. If you are walking around the grounds, please take a look and admire all of their hard work!

We had a hoot with a special visit from some beautiful owls in June. The residents loved meeting them and some were brave enough to have a hold.

Keep an eye out on our activity schedules for all of our usual shenanigans plus special guests!

Keep Safe!

Lou and Kerry x.



July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

*Faith is the bird that
feels the light when
the dawn is still
dark.*

– Rabindranath Tagore

Summer (part 1)

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!

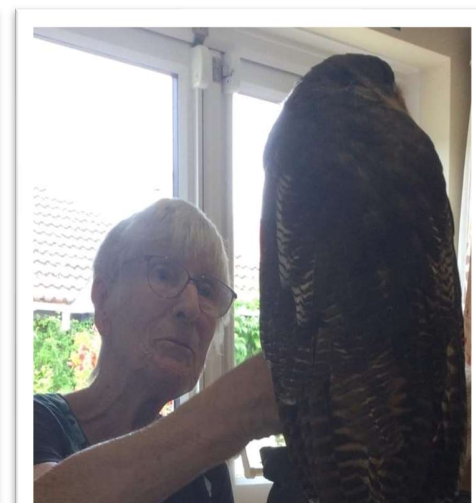
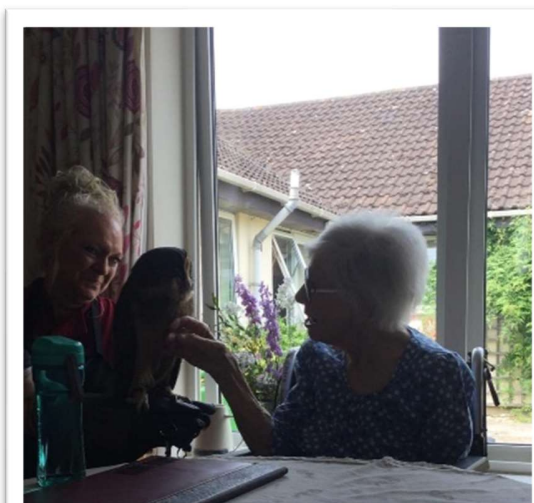
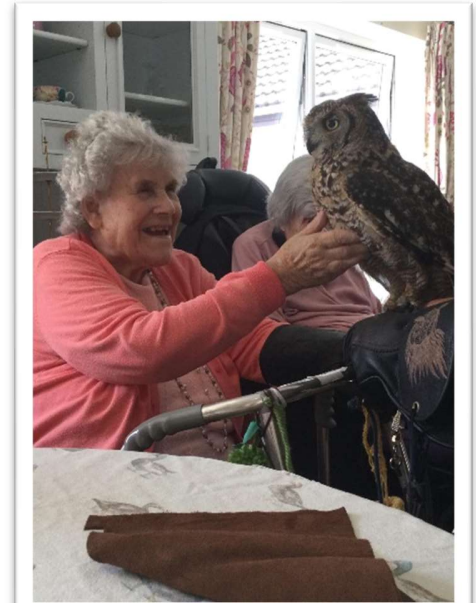
Keeping our residents active with pool noodles and balloons, who said exercise can't be fun?!

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.







Upcoming Events

Resident's Meeting

Tuesday 7th of July 2:00pm in the Lounge

Wimbledon Women's Final

Sunday 15th July 2:00pm in the Lounge

Wimbledon Men's Final & Pimm's

Sunday 16th July 2:00pm in the Lounge

Elvis is back in the building

Thursday 13th July 2.30pm in the Dining Room

Ice Cream Tasting

Thursday 20th of July 2:30pm in the Lounge



Regular Events

Exercise in the Lounge every morning 10am

Hairdresser every other week Mon/Tuesday

Tuneful Tuesdays every Tuesday at 11:00am

Knit and natter every Monday and Friday 2:30pm

Morning Worship every Monday 11.30am

Poetry Club once a month on a Friday

Bingo! Every other Saturday!

Whist Drive every Monday afternoon.

Special Days

1st Canada Day

1st International Joke Day

4th Independence Day US

7th World Chocolate Day

14th Bastille Day (France)

24th Cowboy Day

30th Friendship Day

June/July Birthdays

In June, we celebrate birthdays with:

Hugo 3rd

Margaret 5th

Val 7th

Peggy 12th

Diana 15th

Derek 17th

Janet 21st

Joanne 23rd

Jennifer 29th



In July, we celebrate birthdays with:

Elaine – 12th

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

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.

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Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

Poem to Share

Hope is the Thing with Feathers

Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Dolores**
- **Rob**

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 few months!

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

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Jill**
- **Undine**

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.

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?

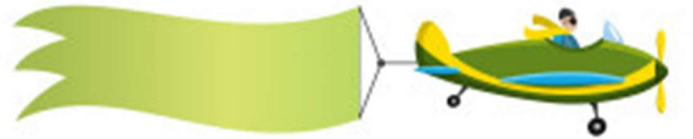
Contributions to our newsletter and social media are encouraged and appreciated!

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



VACANCY

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

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.

MANAGERS CLINIC

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

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.

TOILETRIES

Please remember to bring plenty of toiletries, shampoo, deodorant etc.

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

POETRY WITH KATE

A huge thank you to volunteer Kate who has very kindly organised to attend once a month on a Friday to read, discuss and appreciate poems and poetry with our residents.

REVIEWS ★★★★★

We would love to hear your lovely reviews of the home. Pop Castle House into the Google search engine and you can review there.

Laughing Matters



Makeover Gone Wrong

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside.

“Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So what happened?” she asks.

God shrugs. “I didn’t recognize you.”

Short Jokes

Teacher: “Really, Tommy, your handwriting is terrible. You must learn to write better.”

Tommy: “Well, teacher, if I did, you would find fault with my spelling!”

Silence is golden until you have children, then silence is very suspicious.

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.

Poems of Friendship

Friendship

Anon

The best of friends can change a frown,
Into a smile, when you feel down.

The best of friends, will understand,
Your little trials, and lend a hand.

The best of friends, will always share,
Your secret dreams, because they care.

The best of friends, worth more than gold,
Give all the love, a heart can hold.

On Friendship

Anon

Could we but draw back the curtain,
That surrounds each other's lives,

See the naked heart and spirit;
Know what spur the action gives;

Often we would find it better,
Purer than we think we would.

We would love each other better,
If we only understood.