

NEWSLETTER

August 2023



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference

international CAT DAY



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the August monthly newsletter.

I think it's safe to say we have all had enough of the wet stuff that keeps falling from the sky. Fingers crossed summer might make another appearance soon we hope.

The gardens are looking very beautiful (and well-watered) we would welcome you to explore the grounds with your loved ones during your visit. If you need any assistance getting up and about, please do not hesitate to ask.

Keep Safe!

Lou and Kerry x



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

Life is 10% what happens to you and
90% how you react to it.

- Charles R. Swindoll

Month in Review

Knit and Natter

Meet these two fantastic ladies Julie and Caroline who devote their time on a Monday and Friday to run knit and natter group. They are little rays of sunshine and manage to make everyone smile.



Harvest

We have been able to harvest some of the salad and veggies that the gardening club have been tending to. The kitchen made some delicious suppers using the resident's homegrown freshest produce.



What's the opposite of "making hay whilst the sun shines"

Making crafts whilst the rain falls of course.... a group of our lovely residents thoroughly enjoyed making cards with Lauren from scratch, plenty of tea and cake to be had.



Family Business

It was the youngest Marshall-Hudson's prom at the end of July. Lilly you are growing into a beautiful young lady... and now that school is over your Castle House uniform is waiting for you for the summer holidays 👍





Upcoming Events

Resident's Meeting

Thursday 3rd August 11:00am, Lounge

Elvis

Thursday 17th August 2:30pm, Dining Room

Somerton Flower Show

Saturday, 19th August,

We are hoping to enter some of our produce

Summer Trip TBC

Regular Events

Daily Exercises every day at 10:00am

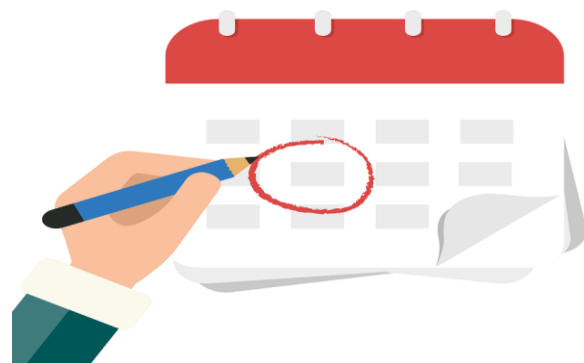
Morning Worship and Prayers Mondays 11:30am

Hairdresser every second Monday and Tuesday

Gardening Club every other Friday at 2:30am

Knit and Natter Mondays and Friday from 2:30pm

Film Club every Sunday at 2:30pm in the Lounge



Special Days

1st Horses Birthday

The 1st of August each year is the date all horses in the Southern Hemisphere are judged to turn one year older, no matter their actual foaling date. This is implemented to achieve a uniform date for all equestrian pursuits and was introduced because of the historical lack of records of actual foaling dates.

8th International Cat Day

a day to celebrate one of man's most common and ancient pets. They have even been worshiped as gods.

13th Left-Handers Day

International Left Handers Day on August 13th recognizes all those individuals who have mastered using their left hand in a right-handed world. We take our hats off to you – left-handed!

15th Ferragosto Festival

Italy marks the national holiday of Ferragosto each year on 15 August, the feast of the Assumption, the day when Catholics believe the Virgin Mary ascended to heaven, body and soul, at the end of her earthly life.

15th Indian Independence

Day Independence Day is celebrated annually on 15 August as a public holiday in India commemorating the nation's independence from the United Kingdom on 15 August 1947, the day when the provisions of the Indian Independence Act

August Birthdays

In August, we celebrate birthdays with:

Phil – 21st

Ruth – 30th

Rita – 29th

Chris – 30th



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!

August in History: Pluto Downgraded

The redefinition of Pluto as a "dwarf planet" in 2006 by the International Astronomical Union prompted scientific discussions, reshaped our understanding of the solar system, and sparked renewed curiosity about celestial objects.

A Poem to Share

Hope is the thing with feathers

By 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 coldest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.

Noticeboard



CLOTHING

Please could we ask that any new items of clothing, cushions, bedding that comes into the home is left at reception or handed to a member of staff to be tagged with the correct room number by the laundry team. Thanks

TOILETRIES - UPDATE

We no longer recommend shower gels. Instead we would highly recommend using emollient based prescribed washes that are the most gentle thing you can use on delicate skin.

GOOGLE REVIEWS ★★★★★

We would love to hear your lovely reviews of the home. Give Castle House a Google and you can review from there. Or if you would like to email us with a review that you are happy for us to publish.

HAND AND NAIL PAMPER

If you feel like having your nails done, whether it just a bit of a trim up, a soak and a massage or a paint, please speak to Lauren or one of the wellbeing team and they will be pleased to organise this.

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.

PAPER FREE

As we attempt to try and minimise the paper usage and waste, please keep an eye on your emails for correspondence and newsletters.

If you need to update your email address please make reception aware.

Laughing Matters



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all of his friends again and see how everyone was doing.

When he got there he was immediately greeted by everyone because they recognised him instantly.

He said hi to all of his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk and they'll tell you".

Missing

I've hunted near, I've hunted far,
I even looked inside my car,

I've lost my glasses, I'm in need,
To have them now so I can read.

I loudly swear, and I curse,
Did I leave them in my purse?

Are they behind the sofa or under the bed?
OH! there they are - on my head!

By Anne Scott

Spotlight



Matt (Wellbeing Team)

Hi I'm Matt,

I love to spend my spare time visiting Zoo's and Animal Park's up and down the UK. My aim is to visit EVERY single zoo in the country.

I currently drive a Daihatsu Charade but my dream car is the sporty version, a Daihatsu Copen.

When I was little I wanted to be an astronaut, but never took off ... pun intended. My first job was in a supermarket and the job I would be terrible at is being a waiter.

I love working here at Castle House, I really enjoy making people smile, it brightens up my day and there is no better job in the world!

Matt :)

Word Search

CAT BREEDS



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

Siamese
 Angora
 Burmese
 Chartreux
 Burmilla

Ragdoll
 Bengal
 Bombay
 Siberian
 Tonkinese

Russian Blue
 Himalayan
 Toyger
 Maine Coon
 Bobtail

Sphynx
 Birman
 Manx
 Snowshoe
 Persian