

# NEWSLETTER

## September 2023



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference

### September is Classical Music Month



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# Editor's Desk

Hello Residents, Families and Friends!  
Wow, what a busy month in the garden, we've enjoyed picking and eating our own produce (some even got as far as the kitchen) and even picked up a few prizes in the Somerton Show.



September looks set to be just as much fun, the residents have taken control of the activity schedule and it's packed full of different activities, something for everyone.

Look out for Ingrid and her daughter Astrid's fantastic find further on in the newsletter, lovely to have some content shared by the residents and their families. Perhaps you have something you would like to submit to our newsletter for October?? I'm sure the Fowles family have an announcement.

Keep Safe!

*Lou and Kerry*



## Quote of the Day

*Without music, life is a journey through a desert.*

*- Pat Conroy*

## September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**  
Birthstone: **Sapphire**

# Month in Review September

## Look out for this flying visitor!

During our daily walks around the Castle House Nursing Home gardens, we've spotted this tropical visitor, particularly around the flower borders outside of the main reception. We didn't recognise it so had to look it up and discovered it was a Hummingbird Hawkmoth. Abundant in Europe, Central Asia and found as far as Japan, they are also now seen in the UK during the warmer summer months. They are particularly fond of the nectar from jasmine, buddleia, and lilac flowers. Enjoy this unusual hawkmoth if you see one! Ingrid Caygill



## Dreams Come True

Many years ago, one of our residents visited the factory where Morgans are made, she and her family did a tour of the facilities, all the time giddy with excitement at the thought of her husband buying one. At the end of the tour, they walked back to their car, and she asked her husband why they had not bought a Morgan. 'My dear' he replied, 'where would we put the children?' Thank you to Mike who made this dream come true with a trip out in his magnificent Morgan.

## Somerton Show

Elaine represented our Gardening Club at the Somerton Show last weekend. We won prizes for almost everything we entered, including a first prize for our herbs! Caroline and her amazing Gardening Club have really done us proud! Huge thanks Caroline, we really appreciate all you!





# Month in Review September



# Regular Events

Daily Mindfulness 9:15am Garden Room

Daily Exercises at 10:00am Lounge

Morning Worship and Prayers Mondays 11:30am

Hairdresser every second Monday and Tuesday

Armchair Travel, Wednesdays 11:00am

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

7 <sup>th</sup>	Brazilian Independence
10 <sup>th</sup>	Assisted Living Week
12 <sup>th</sup>	Chocolate Milkshake Day
15 <sup>th</sup>	Rosh Hashanah
16 <sup>th</sup>	Mexican Independence
16 <sup>th</sup>	Oktoberfest
19 <sup>th</sup>	Talk Like a Pirate Day
21 <sup>st</sup>	International Peace Day
21 <sup>st</sup>	World Gratitude Day
22 <sup>nd</sup>	Native American Day
25 <sup>th</sup>	Comic Book Day
28 <sup>th</sup>	Confucius' Birthday
30 <sup>th</sup>	World Maritime Day

# September Birthdays

In September, we celebrate birthdays with:

**Barabara 4<sup>th</sup>**

**Shirley 5<sup>th</sup>**

**Ingrid 11<sup>th</sup>**

**Maureen 20<sup>th</sup>**

**Betty 21<sup>st</sup>**

**Jerry 25<sup>th</sup>**

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



Freddie Mercury, Musician, 5<sup>th</sup> September, 1946

Buddy Holly, Musician, 7<sup>th</sup> September 1936

Peter Sellers, Actor, 8<sup>th</sup> September 1925

Agatha Christie, Writer, 15<sup>th</sup> September 1890

Lauren Bacall, Actor, 16<sup>h</sup> September 1924

Lance Armstrong, Cyclist, 18<sup>th</sup> September 1971

Stephen King, Author, 21<sup>st</sup> September 1947

Andrea Bocelli, Singer, 22<sup>nd</sup> September, 1958

Bruce Springsteen, Singer, 23<sup>rd</sup> September 1949

Michael Douglas, Actor, 25<sup>th</sup> September 1944

## **Virgo (Aug 22 - Sep 22)**

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

## **Libra (Sep 23 - Oct 22)**

Often considered the nicest and most charming personality in the world!

### **September in History: Teenagers Unearth Stunning Prehistoric Art**

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

**WOW!**

# Poem to Share



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## Music

When music sounds, gone is the earth I know,  
And all her lovely things even lovelier grow;  
Her flowers in vision flame, her forest trees  
Lift burdened branches, stilled with ecstasies.

When music sounds, out of the water rise  
Naiads whose beauty dims my waking eyes,  
Rapt in strange dreams burns each enchanted face,  
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am  
Ere to this haunt of brooding dust I came;  
And from Time's woods break into distant song  
The swift-winged hours, as I hasten along.

- *Walter de la Mare*

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# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Jason**
- **Robert**
- **Les**

We hope that you enjoy your time

## FACEBOOK

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Don't forget if you are on Facebook to give us a like and a follow to see what we have been up to!

## IN MEMORIUM

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

- **Jason**

## 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 gratefully 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



## NEW ACCESSORIES



Some of you may have noticed the new accessories on the wall in reception alongside the picture of the Sea King helicopter.

The clock is in memory of Diny Marshall, it is an extremely old and has been passed down through the generations. It was originally made in Holland. The picture of the Sea King represents Graham Marshall, the Sea King was a very important helicopter that he worked on during his years spent at Westland's.

If it wasn't for the support of their parents, Graham and Diny, Castle House run by Rob and Jo would never have existed!

We are blessed and forever grateful!

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

## CLOTHING

Just a reminder if you are bringing in any warmer winter clothing for your loved one ready for Autumn Winter (or shorts and t-shirts if you are reading this and the weather is still extraordinarily hot for the beginning of September) ready for winter please do let us know and we can ensure they are tagged so that they don't get lost!

# Laughing Matters



**Here's a few music-inspired jokes to keep you laughing...  
or groaning!**

How do you fix a broken tuba?  
*With a tuba glue!*

What musical key do cows sing in?  
*Beef flat.*

What's the difference between a piano and a fish?  
*You can't tuna fish!*

Why did the pianist keep banging his head against the keys?  
*He was playing by ear!*

What type of music are balloons afraid of?  
*Pop music!*

What key do you get when you drop a piano down a mine shaft?  
*A flat miner.*

What type of songs do planets sing?  
*Nep-tunes!*

Why did the singer climb a ladder?  
*To reach higher notes!*

What do you get when you cross a sweet potato and a jazz musician?  
*A yam session!*

Why was the musician arrested?  
*Because she got in treble!*

# Spotlight



## **Sarah Weeks**

This is Sarah. She is one of our lovely Wellbeing Team. She lives just up the road in Barton St Davis with her Hubby Nigel who works as a Herdman on Higher Church Farm. Sarah also helps to look after feeding the calves but avoids the mucking out!

Sarah has three dogs Blue, Sky and Storm and one cat called Smokey.

When Sarah was a little girl she wanted to be a Lorry Driver and she used to practice in her daddy's lorry in the yard (not on any roads!)

Sarah's favourite food is Indian food and her least favourite food is Chicken.

Sarah has 5 children, 17 grandchildren and three great grandchildren.

# Word Search

## CLASSICAL MUSIC



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

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart