

# NEWSLETTER

## October 2023



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference



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# Editor's Desk

Hello Residents, Families and Friends!

September has been a good month for us, enjoying the last of the late summer sunshine! We now say hello to October, hello cosy autumn days, pumpkins, Halloween, autumn colours and falling leaves in the garden, fluffy jumpers and socks, spooky arts and crafts and the clocks going back.



Check out our October activity schedule, packed with tons of fun activities to keep us all entertained. You are welcome to join us if you are here for a visit. We are on the lookout for musicians, some of our residents would like to listen to a pianist or violins, if you know anyone who might be happy to play for us, please let Lou know.

Also, we have a very special birthday for one of our residents this month, she will turn an exceptional 100 years old! We will be having some live music in the Dining Room on the 12th of October at 2.30pm so we can all sing and dance and celebrate this very special achievement.

Keep Safe!

*Lou and Kerry*

## October Trivia

October is full of food celebration dates. International Coffee Day is the 1<sup>st</sup>, the 4<sup>th</sup> is home to Taco Day and Cinnamon Roll Day, Candy Corn day is the 30<sup>th</sup>, and that's just naming a few!

Zodiac signs: **Libra & Scorpio**  
Birthstone: **Opal & Tourmaline**  
Flower: **Calendula**

## Quote of the Day

*Courage is contagious.  
When a brave man takes a  
stand, the spines of others  
are often stiffened.*

*- Billy Graham*

# Month in Review

## Manual Handling

The residents enjoyed helping us out with our manual handling training as Jean fancied a go in the hoist.

Delores gave her thoughts on Alex's newly acquired PowerPoint Skills, watch out Lou, there's a new PP whiz on the block!



## Getting to know 'Graham'

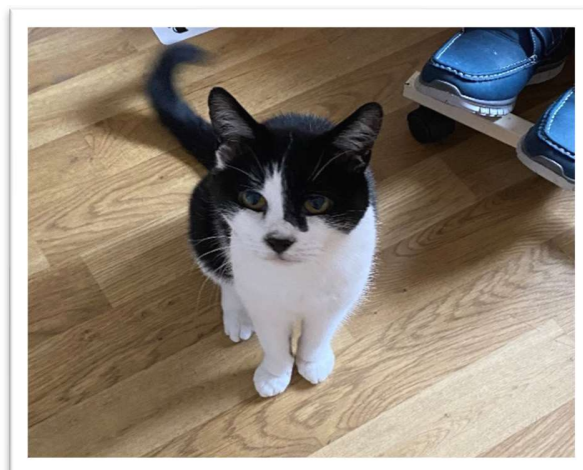
The residents have been enjoying their pet therapy this month getting to know our newest resident graham.

They enjoyed feeding him our home-grown carrots from the garden listening to him "week wheeking" in approval.

Graham has settled in nicely and is already a much-loved member of the family!

## Sophie

Welcome to Castle House, Sophie, another fur baby for us all to love! Sophie is extremely sweet little pussy cat. If you see her around do say hi



# SEPTEMBER



# Upcoming Events

## **Elvis and the big 100 celebration**

Thursday, 12th October 2:30pm, Dining Room

## **Fore Sail – Acapella Shanty Group**

Friday 20th October 2.00pm, Dining Room

## **Poetry with Kate**

Tuesday, 24<sup>th</sup> October, 11:30am, Garden Room

## **Residents Meeting**

Thursday 26<sup>th</sup> October 11:00am, Lounge

## **Fireworks Party**

Saturday, 4<sup>th</sup> November, all welcome

# Regular Events

Daily Exercises at 10:00am in the Garden Room

Morning worship every Monday at 11:30am

Hairdresser alternate Monday and Tuesday

Knit and Natter Mondays and Friday from 2:30pm

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

Armchair Travel every Wednesday at 11.30am in the Lounge

Afternoon Tea and Delicious Homemade Cakes served every day at 3pm



## **Special Days**

- 1<sup>st</sup> Day of Older Persons
- 1<sup>st</sup> Intl. Music Day
- 1<sup>st</sup> Residents' Rights Month
- 4<sup>th</sup> World Animal Day
- 4<sup>th</sup> World Space Week
- 5<sup>th</sup> World Teachers Day
- 6<sup>th</sup> World Smile Day
- 9<sup>th</sup> Curious Events Day
- 9<sup>th</sup> Columbus Day
- 9<sup>th</sup> Indigenous Peoples' Day
- 9<sup>th</sup> Thanksgiving (Canada)
- 25<sup>th</sup> Pablo Picasso's Birthday
- 31<sup>st</sup> Halloween

# October Birthdays

In October, we celebrate birthdays with:

**Esther 14<sup>th</sup>**

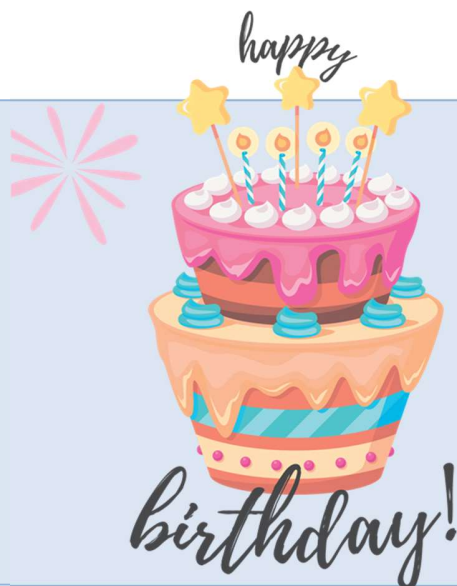
**Liz 19<sup>th</sup>**

**Joyce 15<sup>th</sup>**

**Helen 26<sup>th</sup>**

**Jackie 18<sup>th</sup>**

**Jean 30<sup>th</sup>**



Julie Andrews, Actor, 1<sup>st</sup> October 1935  
Chevy Chase, Actor, 8<sup>th</sup> October 1943  
John Lennon, Musician, 9<sup>th</sup> October 1940  
Hugh Jackman, Actor, 12<sup>th</sup> October 1968  
Margaret Thatcher, Prime Minister, 13<sup>th</sup> October 1925  
Rita Hayworth, Actress, 17<sup>th</sup> October 1918  
Joan Fontaine, Actress, 22<sup>nd</sup> October 1917  
Pablo Picasso, Painter, 25<sup>th</sup> October 1881  
Carrie Fisher, Actress, 21<sup>st</sup> October 1956  
Bill Gates, Philanthropist, 28<sup>th</sup> October 1965

## Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

## Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

WOW!

### October Spotlight: **Vroom, Vroom**

On October 1, 1908, Henry Ford's Model T went on sale for the first time. It was considered to be a "universal car" designed for the masses. It went on to change the landscape of transportation worldwide.

# Poem to Share

## Why I Wake Early

Mary Oliver

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety –

Best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever – darkness,  
to ease use with warm touching,  
to hold us in the great hands of light -  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- **Amber**

We hope that you enjoy your time here!



## CONTINUOUS IMPROVEMENT

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

There are feedback/suggestion forms available at reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to offer the BEST possible care.

## NEW STAFF

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

- **Charmaine Collins**
- **Tessie Pagcaliwagon**

We hope that you enjoy your time here!

## CAN YOU CONTRIBUTE?

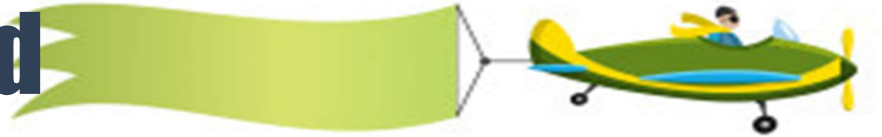
Contributions to our newsletter are encouraged and appreciated! Please don't be shy.

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



## SIGNING IN AND OUT

Following recent fire training sessions, we would just like to remind everyone Staff and Visitors how EXTREMELY important it is to check in and check out of the building.

If there were a fire and you hadn't successfully checked in at the iPad in Reception the fire service would not be aware of your presence in the unfortunate event of a fire.

And vice versa if you 'forget' to check out, either a member of our staff or the fire brigade would have to potentially enter a burning building to locate you putting them at unnecessary risk!

It is every person's responsibility to check in and out whether you are a visitor, resident, contractor, or member of staff. We need to ensure residents, visitors and staff are kept safe.

If you have any concerns about using the iPad at Reception or the checking in and out procedure, please speak to a member of staff and we would be more than happy to go through it with you.

## 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.

## PAPER FREE

Just a reminder, we are attempting to go as paper free as we possibly can. You will have noticed that we are sending more and more correspondence by email like our invoices for the hairdresser, Thea's Chiropody, family lunches and newspapers where we can.

Please keep an eye on your emails and let us know if we need to update your email address.

## SAVE THE DATE

Our Christmas Party will be on Saturday 9<sup>th</sup> December, 11am til 4pm.

It is a fantastic opportunity to create special memories and is always a fun event for families. Come and join us!

# Laughing Matters



## **A Little Halloween Fun**

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

### ***Why do ghosts go on diets?***

To keep their ghoulish figures!

### ***Why did the ghost go to the bar?***

For the boos.

### ***What does a ghost mom tell her kids when they get in the car?***

Fasten your sheet-belts!

### ***Why don't mummies take time off?***

They're afraid to unwind.

### ***How do monsters know their future?***

They read the horror-scopes.

### ***What's it like to be kissed by a vampire?***

It's a pain in the neck.

### ***Why did Dracula take cold medicine?***

Because he was coffin too much.

### ***Why do skeletons have low self-esteem?***

They have no body to love.

### ***Where does a skeleton go for a fun night?***

Anywhere, as long as it is a hip joint.

### ***Why can't skeletons play church music?***

Because they have no organs.

# Spotlight



**Kelly Holt**

Kelly works in our wonderful Domestic Team.

Kelly has a real passion for animals. She has 4 dogs, 6 cats, 4 tortoises, fish, 2 millipedes, 2 skinny pigs (hairless Guinea Pigs) and a whopping 12 snakes!!! However, you wouldn't ever see Kelly with a pet Rat because she is scared of them! We are not 100% sure but we think she may live in a zoo!

Kelly loves spending time with her family, enjoys going out for walks.



# HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA \_\_\_\_\_

WNEINI HET OHOP \_\_\_\_\_

FWEOEWLR \_\_\_\_\_

LNODAD UCDK \_\_\_\_\_

NJAIN \_\_\_\_\_

DWEIKC THIWC \_\_\_\_\_

PVEMAIR \_\_\_\_\_

SSEUPORERHE \_\_\_\_\_

YPEOPE \_\_\_\_\_

PREPLFA RGLI \_\_\_\_\_

NMRAO DGEODSS \_\_\_\_\_

PCOS & BBRROE \_\_\_\_\_

NCWSOL \_\_\_\_\_

DNRE \_\_\_\_\_

BYAB \_\_\_\_\_

NSWO THIWE \_\_\_\_\_

GGRSTREAN \_\_\_\_\_

LVDEI & LGEAN \_\_\_\_\_

RNSEU & CODTOR \_\_\_\_\_

GSKOLCDOLI \_\_\_\_\_

VCAE PEOLE \_\_\_\_\_

YBSOOCW \_\_\_\_\_

NLKOESIT \_\_\_\_\_

MSIMUME \_\_\_\_\_