

NEWSLETTER

November 2023



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference

WORLD **Television** DAY NOVEMBER 21



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Editor's Desk



Hello Residents, Families and Friends!

We hope you all had a lovely October. We've had a lovely month of fun and frolics at Castle House. One of our lovely Residents turned 100 and we celebrated all together with a country and western themed party which all the residents thoroughly enjoyed and talked about for days after. We made our own Guy Fawkes (some of you might have met him sat with us at reception). We made a harvest festival table, and we were very lucky to be entertained by a wonderful local shanty band called Fore Sail! We have been enjoying the autumnal colours and watching the weather change.

We have lots of things coming up in November. We have been busy planning our fireworks party, this year we are putting on a fabulous fireworks display on Saturday the 4th November and everyone is welcome to join us (you should have received your invitations by email) we hope the weather holds out. We will be honoring Remembrance Sunday with some poppy themed arts and crafts to decorate the home and remember the fallen.

Keep Safe!

Lou and Kerry x

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

Joy is the simplest form of gratitude.

-- Karl Barth

October in Review

100th Birthday

We all had a lovely time celebrating with Joyce on her 100th Birthday. There was a Country and Western Themed party that all the residents attended and absolutely loved singing and dancing along! Followed by a very special high tea.



Fore Sail

We were very lucky to be entertained by a wonderful local shanty band called Fore Sail who kindly came and sang a warmup act for us before their big gig later that evening!

Clarks Model

Today we found out we have a model living with us, Ann, has always lived locally, and was asked to model for Clark's when she was 15 years old (Ann is sat on the bike). Beside her is her best friend.



October in Review



Upcoming Events

Fireworks Party

Saturday 4th of November 5pm

Remembrance Sunday

Sunday 12th of November

Hoodwinked Sunday

Monday 13th of November at 2:30pm in the Dining Room

Resident's Meeting

Thursday 30th of November 2:00pm in the Lounge

Chiropodist Visit

Thursday 30th of November from 9am

Shepton Mallett Snowdrop Society

Thursday 7th December at 11:30am



Regular Events

Daily Exercises at 10:00am in the Garden Room

Morning worship every Monday at 11:30am

Knit and Natter Mondays and Friday from 2:30pm

Bingo! Every other Saturday in the Lounge 2:30pm

Armchair Travel every Wednesday at 11.30am in the Lounge

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

Special Days

| | |
|------------------|-----------------------|
| 1st | All Saints Day |
| 3rd | Sandwich Day |
| 5th | Guy Fawkes Night |
| 6 th | Melbourne Cup |
| 11th | Remembrance Day |
| 11th | Veterans Day |
| 12th | Tongue Twister Day |
| 12 th | Diwali |
| 13th | World Kindness Day |
| 14th | Monet's Birthday |
| 19th | Philosophy Day |
| 21st | World Hello Day |
| 21st | World TV Day |
| 23rd | Thanksgiving |
| 28 th | French Toast Day |
| 30 th | Mark Twain's Birthday |
| 30 th | St. Andrew's Day |

November Birthdays

In November, we celebrate birthdays with:

- **Sheila 7th November**
- **Beryl 23rd November**



Vivien Leigh, Actress, 5th November 1913

Richard Burton, Actor, 10th November 1925

Grace Kelly, Actress, 12th November 1929

Charles, Prince of Wales, 14th November 1948

Rock Hudson, Actor, 17th November 1925

Bo Derek, Actress, 20th November 1956

Goldie Hawn, Actress, 21st November 1945

Bruce Lee, Actor & Martial Artist, 27th November 1940

Winston Churchill, Prime Minister, 30th November 1874

Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

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

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Birthday Spotlight: **Music Was Never the Same**

On November 6, 1854, American conductor John Philip Sousa was born in Washington, D.C.

Sousa was best known for his rousing marches, forever changing the music scene.

Perhaps you have heard of a few of his tunes, like *Stars and Stripes Forever* or *El Capitan*.

WOW!

Poem to Share

Perhaps the World Ends Here

Joy Harjo

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

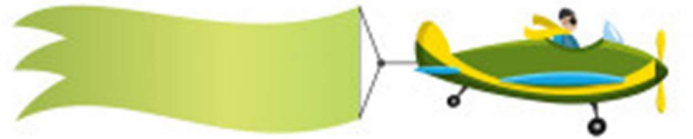
Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Joan**

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!

- **Tessie**
- **Jay**
- **Kira**

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.

- **Chris**

CAN YOU CONTRIBUTE?

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!

SUGGESTIONS

There are feedback/suggestion forms available in 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 do the BEST we can.

DECEMBER - SAVE THE DATE

The date for this year's Big Residents Christmas Party is Saturday the 9th December 11am until 4pm. Please pencil the dates in your diary. Invites to follow. Everyone has such an amazing time last year we hope you will be able to make it.

Noticeboard



POPPYS

We have a collection box from the Royal British Legion in reception with paper poppy's, wristbands, reflective poppy's, wooden crosses along with a collection box for any donations.

HAIRDRESSER

We have a hairdresser who attends every other 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.

FIRE TRAINING PART 2

In the event of the fire alarm sounding whilst you are in the building visiting a loved one would you know what to do?

Our procedure is that we request that you stay where you are with your loved one either in their room or communal area until we have been given the 'all clear'. When the fire alarm sounds the Fire Doors will automatically close, the fire doors are specifically designed to keep you safe please don't worry.

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.

LUNCH

Don't forget, family members are welcome to ditch the washing up and join us for our lovely lunches 7 days a week that we pride ourselves on.

Main Course
Dessert
Glass of wine
Coffee/Tea
£10pp

Could you please pre-book with Reception and let us know numbers.

WINTER BUGS

Please do not visit the carehome if you feel unwell, have symptoms of flu, vomiting or diarrhoea within the last 72 hours. The chances of you passing on bugs to loved ones is very high this time of year.

Laughing Matters



A little old lady sold pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

Finally one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

.....

A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

"Wow! You have an amazing resume and you present yourself fantastically but you seem to be missing 5 years on this part of your resume, what happened there?" asked an interviewer.

"Oh that's when I went to yale" says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the job!"

Spotlight



Hayley Collins

Hello. I'm Hayley. I am a Senior Carer here at Castle House. I am nearly 35 years old. I was due on bonfire night but missed it by 5 days.

Between myself and my partner we have 9 children, 8 girls and 1 boy. We have 2 dogs Roxy and Bronson.

In my spare time I like to go away for long weekends and to walk the dogs. I have 3 grandchildren and another due in April, 1 girl and 2 boys so far.

There are not many things I particularly dislike apart from peas.

Word Search

CLASSIS TV SERIES WORD SEARCH



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

Bewitched

Happy Days

Alf

Golden Girls

Get Smart

Brady Bunch

Star Trek

Dallas

Macgyver

Lassie

Waltons

Matlock

Cheers

Seinfeld

Mister Ed

Mash

Simpsons

Full House

Roseanne

Jetsons