

NEWSLETTER

January 2024



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference



New year, new goal:

2024

**A YEAR OF TRYING
NEW THINGS**

IN THIS ISSUE

Editors Desk	2
Month in Review	3
Upcoming Events	5
January Calendar	6
January Birthdays	7
Conversation Starters ..	8
Noticeboard	9
Laughing Matters	11
Spotlight	12
Word Scramble	13

Editor's Desk

Hello Residents, Families and Friends!

Happy New Year! Can you believe we are greeting 2024 when it seems like 2023 was just starting? We're wishing peace, health, and happiness for all of us.

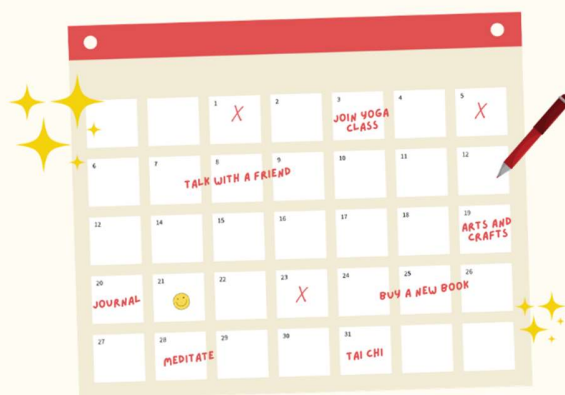
Do you make resolutions this time of year? As we move into 2024, science and research has proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.

We're challenging our residents to attend at least 3 activities each week this month. This could be attending a favorite activity or trying a new group. In either case, we hope they will reap the benefits of healthy socialisation and new friendships.

Here's to a new year and new adventures!

Lou and Kerry x

TRY SOMETHING NEW
THIS MONTH!



January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

Flower: **Carnations**

Journaling Prompt

What are you looking forward to in 2024? How do you hope the year surprises you?

What is one new activity you could join this month?

What We've Been Up To



Festive Musical Delights

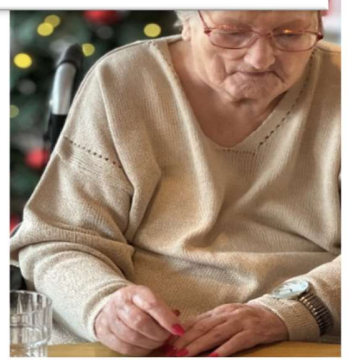
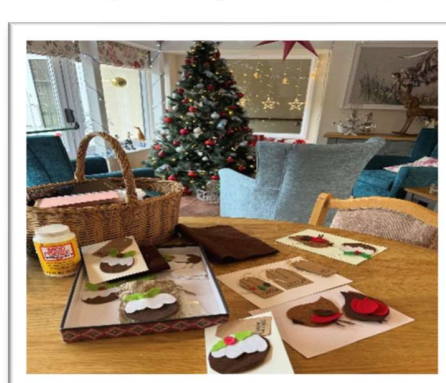


In December we had the pleasure of listening to the delights of Keinton School Choir, the Church Carol Service, Elvis, a surprise performance by the wellbeing teams Grandchildren and the Gospel Choir who performed at the Christmas Party!



A Holly Jolly Christmas!

Wow! We have had an action-packed Christmas 2023!! Filled with fun, games and get togethers. The Residents Christmas party took place on the 9th Dec thank you to everyone who attended and everyone who made this happen. We had a hoot this Christmas season, the blindfolded wrapping game, snowball smash, cozy club, arts and crafts making cards and crackers ...to mention a few. We hope everyone has had a wonderful Christmas!



Christmas 2023



Upcoming Events

Relatives Meeting

Wednesday 24th of January at 7pm, in the Dining Room

Resident's Meeting

Thursday 25th of January 11am in the Lounge

South West Heritage Trust – Farming in the Past

Monday 29th of January 2:30pm in the Dining Room



Regular Events

Morning Exercises in the Garden Room 10am every Day!

Catholic Service every Monday at 11:30am

Tuneful Tuesdays every Tuesday in the Lounge at 11am

Coffee and Conversation every day in the Lounge at 10:30am

Film Club in the Lounge on Sundays at 2.30pm

Afternoon Tea and cake of the day - every day at 3pm

Special Days

1st Hot Tea Day

3rd Tolkien's Birthday

6th Epiphany

8th Elvis Presley's Birthday

16th MLK Day

18th Sundance Film
Festival

19th Intl. Flower Day

21st Intl. Hug Day

24th Natl Compliment Day

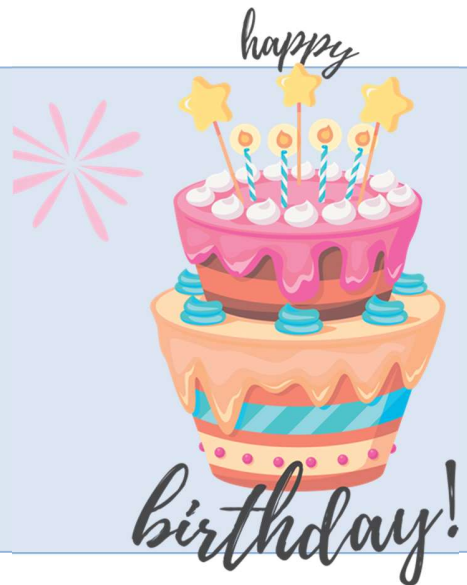
26th Australia Day

27th Mozart's Birthday

January Birthdays

In January, we celebrate birthdays with:

- **GG - 18th January**



Can you fill-in-the-blank these song lyrics?

It's up to you, _____ York, _____ York!
What's new, _____? Whoa, whoa, whoa.
I can see clearly now the _____ is gone.
It's a new dawn, it's a new day, it's a new _____.
Start spreading the _____, I'm leaving today.
Should auld acquaintance be _____.
One minute to say goodbye before we say _____.
I thought I'd ask you just the same, what are you doing
on _____ _____ _____?

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his career!

Conversation Starters

Getting to Know Your Neighbors

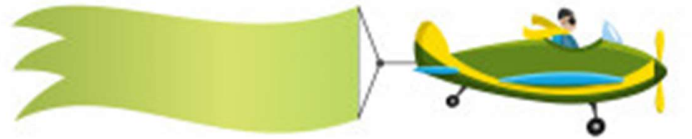
Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?

Noticeboard



NEW YEAR BLESSINGS

Here comes a brand new year,
Lots of new things to explore,
A clean, blank slate to write on,
Fun happenings galore.

To you, we wish the best of things,
All the blessings a new year brings.



NEW STAFF

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

- **Keeva**
- **Jago**

We hope that you enjoy your time here!

OUR FAVOURITE CRACKER JOKE

What did Cinderella say when her photos didn't arrive on time?

“One day my prints will come” ...

DOOR CODE

Keep an eye out in your inbox with a new Front Door Code. For security we change this every couple of months.

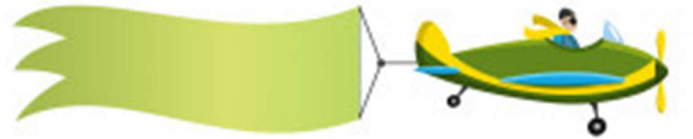
DRAWING PROMPTS

The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

Try drawing any of these:

- A hammock swinging on the beach
- A pet wearing a costume
- Your favorite day
- A portrait
- A bouquet of your favorite flowers
- A landscape

Noticeboard



NO BIRD FEEDERS PLEASE

Regrettably, we have had to make the decision to remove ALL bird feeders for the foreseeable future. Whilst lots of our residents love to watch the busy birds, unfortunately the bird feeders attract various other animals when the food is left out overnight or drops to the ground. Thanks for your co-operation.

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. We look forward to seeing what 2024 brings.

NEW LUNCH MENU 2024

We are soon launching a new Menu for 2024. There will be loads more Main Course options and super tasty sweet Deserts. Don't forget if you would like to come and have lunch with your loved one and haven't yet tried our yummy food its £10pp and includes Main, Dessert and Tea and Coffee.

HAIRDRESSER

Mandy is our 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.

JOINING IN ACTIVITIES

We love to see families joining in with our activities when visiting your loved one. We would politely ask that you are respectful to the other residents who are also trying to hear and enjoy the activity.

CHRISTMAS DECORATIONS

Now that the christmas hustle and bustle is over, we'll be taking down our twinkle lights and decorations. There is an old wives tale about keeping Christmas decorations up for too long after the Twelfth Night can bring bad luck.

Laughing Matters



Since the new year is knock, knock, knocking on our door, we present some of our favorite knock-knock jokes.

Knock knock.
Who's there?
Peas.
Peas who?
Peas and thank you are the magic words.

Knock knock.
Who's there?
Beets.
Beets who?
Beets me.

Knock knock.
Who's there?
Cash.
Cash who?
No thank you, I prefer walnuts.

Knock knock.
Who's there?
Boo.
Boo who?
Don't cry. It's just a joke.

Knock knock.
Who's there?
Tank.
Tank who?
You're welcome.

Spotlight



Daisy Howes

My name is Daisy and I am 16 years old. I have worked at CHNH for 14 months and it holds a very special place in my heart as it was previously owned by my grandparents. I live at home with my Mum, Stepdad, and 3 siblings. We have a dog named Olive. I used to ride horses but gave it up when I started college in September. I am studying a T- level in health at Strode College hoping one day I can be either a children's nurse or a midwife.



NEW YEAR'S RESOLUTIONS

Word Scramble

NJOI HTE YGM _____

NDKRI RMOE TREWA _____

UTQI KOGSMNI _____

TSRAT A GEDRAUTIT RJLONUA _____

LOSFS EHTET DYALI _____

DERA NEO KOBO A NHOMT _____

OD OTN THI EHT ZNOSOE BNTOTU _____

ECEMBO A RVTNEOLEU _____

PTOS GPTISAORCTNNAIR _____

NERAL A EWN ELGNAUGA _____

TQIT BGNITI LAINS _____

TUDETLCR UROY SEACP _____