

NEWSLETTER

February 2024



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference



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Editor's Desk

Hello Residents, Families and Friends!

Can you feel the love this month? It's impossible to not feel your heart beat a little faster and feel thankful for those around you when you're surrounded by red and pink decorations, tales of Cupid, and boxes of chocolate and red roses lining the shopping aisles.



We will be celebrating the great love stories of our lives this month, and it won't be what you think.

The new menu has started and we are looking forward to trying the delicious new food, some of the favourites are staying and we have some new dishes appearing.....yummy!

A quick reminder to please let Lou have any email addresses for people wishing to receive the newsletter.

Wishing you all the love this month and beyond.

Lou and Kerry x

February Trivia

2024 is a leap year! This means you'll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Something to Think About

Who, or what, is the greatest love of your life? Email us your story

What We've Been Up To

Celebrating Jean

We enjoyed dressmaking with a difference this month as we made paper dresses to put into frames or on cards, Jean shared her stories of training as a dressmaker on New Bond St in London. Jean has always been passionate about sewing and she still has lots of knowledge to impart, how lucky we are.



New Year Resolution

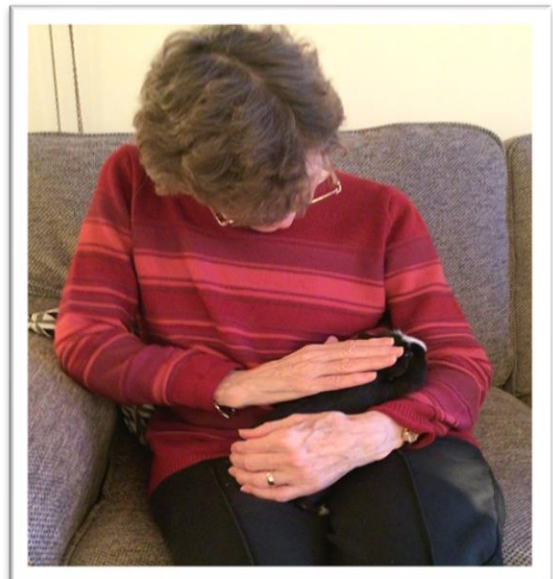
This January we challenged our residents to attend at least three activities a week. We've enjoyed seeing lots more faces old and new around the game's table and in other activities.

Don't forget to have a look at our February schedule and come join us.

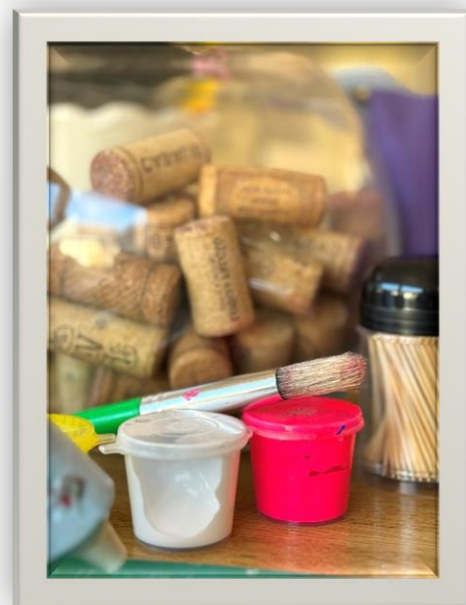


Graham the Guinea Pig

Sue has always had a soft spot for our Graham when he moved in. Pets can be great listeners, offer unconditional love and can help with self-confidence. The companionship of a pet can also help to ease anxiety. If you fancy a cuddle let us know, he's got plenty of love to go around.

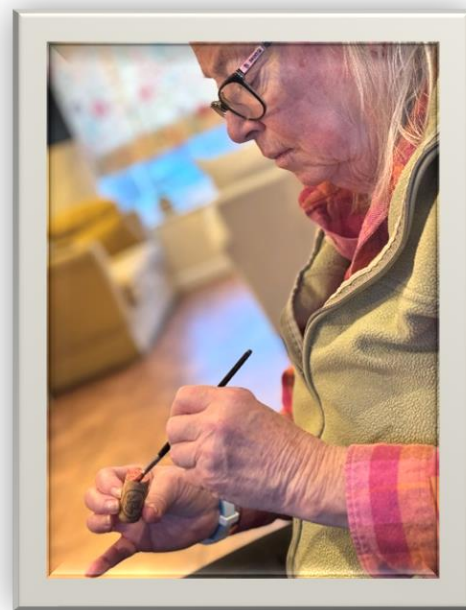
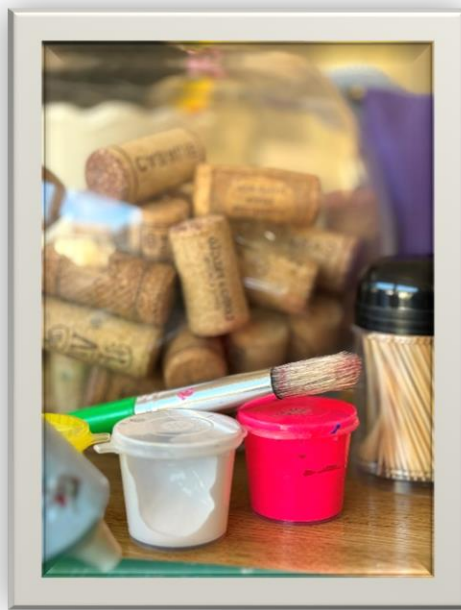


January in Pictures





We had great fun celebrating Burns Night, Laura made us Neeps and Tatties soup which we sprinkled haggis on top off. Of course, we blessed the haggis first and enjoyed a wee dram o'whiskey!



A corking craft! This is a work in progress, we think you're going to love it. We could use more corks though, and I'm not sure it is safe for me to drink the amount we need. If you can collect corks and bring them in for us, we would be ever so grateful.

Upcoming Events

Family Support Group

Thursday 1st February 2:30pm

World At War with Simon Briston

Tuesday 13th February 11:30am, Lounge

Pancake Party

Tuesday 13th February 5:00pm, Dining Room

Elvis

Thursday 15th February 2:30pm, Dining Room

Relatives Meeting

Friday 20th March 7.00pm, Lounge



Regular Events

Morning Exercises, daily at 10am, Garden Room

Coffee and Conversation, daily at 10:30am, Lounge

Faith Service, Mondays at 11:30am

Armchair Travel Wednesdays at 11:00am

Film Club, Sundays at 2.30pm

Afternoon Tea and Cake of the day, daily at 3pm, Lounge

Resident's Meeting, Thursday 29th February 11:00am, Lounge

Special Days in February

1 st	Black History Month
5 th	Read Aloud Day
6 th	Waitangi Day (NZ)
13 th	Pancake Day
14 th	Valentine's Day
18 th	Drink Wine Day
21 st	Language Day
22 nd	Baden-Powell's Bday
29 th	Leap Day

February Birthdays

In February, we celebrate birthdays with:

Rose 12th Feb

Arthur 17th Feb

Liz 13th Feb

Jane 22nd Feb



Mardi Gras in New Orleans

In New Orleans, Mardi Gras parades happen for weeks before Fat Tuesday, where parade participants throw beads to watchers. Beads often get caught in the trees that line the streets. Instead of climbing a ladder to cut them down, residents simply keep the beads in the trees, creating Mardi Gras trees that celebrate year-round!

Aquarius (Jan 20 – Feb 18)

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

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

Galentine's Day? Whatever next????

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

WOW!

Write Your Own Love Poem

Writing poetry is a great way to exercise your brain and express your creativity. Before you shake your head and think that you can't write a poem, I have good news: anyone can be a poet! It just takes time to sit down, examine feelings or memories, and to write it all down.

Here are a few prompts that can get you started. Feel free to write your response to a prompt, use the prompt as a conversation starter to talk about with a friend, or to co-write a poem with a family member. Most importantly, have fun!

- Write a rhyming poem about a pet you loved and why you loved them
- Write down a list of all the things you love about a certain person
- Write how falling in love makes you feel
- Write a love poem about your favorite food. How does it taste? Smell? Make you feel?
- Write about a season you love. Describe it to the reader.
- Write a list of sounds you love
- Read some poems. Pick one and write a response to it.
- Write a list of advice you would give to newlyweds on their wedding day.
- Write a toast to your very best friend telling them why they are amazing
- Write a love letter to someone or something you adore

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Jones**

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 month!

- **Chito**

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.

Vera

Diana

BLACK HISTORY MONTH

February is Black History Month and we are planning on celebrating throughout the month. Look for events on the calendar that highlight Black actors, actresses, musicians, poets, activists, and community members.

Don't miss these events and opportunities, as you just might learn something new or leave with a new appreciation for Black history.

See you then!

CELEBRATING LEAP DAY

This year is a leap year, so we'll all have one extra day this month to enjoy. How will you spend your extra day? Here are some ideas:

- Attend a new activity or event
- Make a new friend
- Eat your favorite food
- Call a family member to tell them you love them
- High five staff members all day long
- Watch a favorite movie
- Tell someone a funny joke

Noticeboard



SUGGESTIONS BOX

We have a suggestions box in reception. We would love to hear from you about any ideas, suggestions or feedback you have. Make your ideas count!

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.

MOTHERS DAY/EASTER

We are already busy planning for our Mothers Day and Easter celebrations.

Watch this space!

EMAILS

Just a quick reminder to check your emails for correspondence and information from us as we are sending out more by email to save paper and trees and doing our bit!

CORKS

We are in need of corks for our latest crafting project, do you live near a pub or restaurant that may be happy to save them for us? Please let Lou know if you can help.

Thank you

CHOIRS AND MUSICIANS

We would love to broaden our musical horizons. Do you know of any choirs or musicians that would be willing to come and sing or play for us?

WHAT DO YOU THINK?

What do you love about our Home? We'd love to hear your thoughts. Jot down your favorite things about our home and send them to us. We might share your answer in our newsletter, or social media!

Laughing Matters



Love Jokes

I must be a snowflake because I fell for you.

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, "I forgot my wallet."

I'm no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she's a keeper.

What's the difference between love and marriage? Love is blind. Marriage is an eye-opener.

Never laugh at your wife's choices. You're one of them.

Why shouldn't you fall in love with a pastry chef? Because they will dessert you.

What do you call two birds in love? Tweet-hearts!

What did one boat say to the other? Are you up for a little row-mance?

Spotlight - The Senior Management Team



Jo is married to Tom, who looks after the maintenance and grounds side of the home. They have two daughters, Emily, a practice Nurse and Lilly who competes at British Eventing.

Jo lives on site with her family and is always visible as a hands-on member of staff. She can often be seen in wellington boots and warm Equi-dry coat, as one of her passions is horses. Jo has recently started doing dog agility with her dog, Sonny.

Jo has over 20-yr's experience in older persons care, her areas of expertise and passion are Palliative Care, Ethics and Law as well as being a champion for person centered care. Jo won National Care Home Manager of the year – 2017.

Whilst studying for her A levels Jo worked at Castle House as a Health Care Assistant. Jo has always dreamed of owning a nursing home, looking after older people how she believes they should be. When the opportunity came to purchase Castle House, Jo's father had recently passed away and, Diny, Jo's mother bought the home for Jo and her brother, Rob to run together. Rob overseas the financial side of things. Following Diny's passing Rob and Jo are now 50/50 shareholders.

Jo loves to travel and has been to many places in the world and hopes to one day achieve like her mother to visit 213 countries.





Heidi

Heidi has been at Castle House since 2012. Before joining us, she worked for a Footwear Wholesaler and was also a travelling bookkeeper. Her areas of expertise are all financial matters, I.T, and day to day running of the office.

Heidi has been married to Emlyn for 20years, they have 1 Son called Jake and 3 Dogs (Barley, Mollie and Mabel). Heidi enjoys a bit of DIY and is currently renovating and redecorating their home. One of our big ambitions was to own our own garage which we achieved in 2017 and in my spare time I help my husband run the garage in Bridgwater.

Heidi has a sweet tooth and her favourite food is Banoffee Pie.

Heidi and her husband enjoy touring in their Motor Home and going wild camping with their three dogs. They are fans of all things Volkswagen and they enjoy going to as many V'dub festivals as they can.



MJ

I am your Clinical lead here at Castle House. I started in 2005 as RN and progressed to Clinical Lead. I am a very experienced nurse and I originally qualified in 1991. I worked in the Philippines and Saudi Arabia as a Nurse before coming to the UK. I am married to Rey Laconsay who also works here and he looks after the Maintenance of the Home. I have a son, Ghani who used to work here before he started his engineering apprenticeship. I am the eldest of 8 siblings. My brother Noel started working at Castle House in April 2023 as HCA. I enjoy staying home, doing household chores and singing along to Christian music. My passion is dancing, ever since I was a little girl. I can play the guitar and I am currently learning to play the piano.

Jo O

I have lived in Somerset all my life, I am an only child.

I have always been a very keen and competitive sports person and have represented ENGLAND at Hockey and Rounders.

When I left school, I signed up to join the Women's Royal Army Corp, as a Physical Training Officer, following in the footsteps of one of my many Aunties, but after a short time, I got to home sick, and left, a big regret of mine. I have been working in the care industry for over 16 years, 11 of those at Castle House.

I have a passion for music, love going to concerts, with my husband and friends, my current favourite is Noel Gallagher – High Flying Bird, one of the brothers from the 90's band Oasis.

I am currently renovating my house with my husband, which is hard when we both work full time, but we are getting there. I have a dog called Sage, a working cocker, and I look after my daughter's 2 cats, Tommy and Polly. I have 1 Daughter, 3 stepdaughters and 3 step-grandsons.

I am married to Andy, who I have known since I was 6 years old, we even went out together in school for a short time, before we both left and went on to marry other people. We got back in touch after 22 years, thanks to the world of Facebook. We married 12 years ago.



Alex

I have worked at Castle House for 14 years, starting as a carer working my way up to Deputy Manager.

Last year my sister, Tessie and her husband, Jay have joined me in the UK and work at Castle House too. It's great to be with family again.

I have discovered a love of travel, which has opened the world up, I am looking forward to exploring more of Europe. Travelling gives me the opportunity to pursue my photography hobby, I recently visited Italy.

In my spare time I like to play volleyball and enjoy playing at tournaments all over the region.

It is important to me to always look good and smell great, I am well known for my after shave, I love fashion!



Word Search

MARDI GRAS



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

Jackson Square	Crawfish Boil	Cobblestone	Alligator
Louis Armstrong	New Orleans	French Quarter	Celebration
Garden District	Big Easy	Bayou	Mardi Gras
Fat Tuesday	Jazz	Balcony	Jean Lafitte
Muffaletta			