

# NEWSLETTER

## March 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!

We are really looking forward to this month there is so much to celebrate!

As we step closer to spring, those ideas that were forming during the long dark days of winter are beginning to take shape. We can't wait to share them with you.

New beginnings are all around us, and we have so much to be thankful for. Perhaps this month we can share our gratitude with one another, share your stories of thanks, you'll feel all the better for it, guaranteed!

Here's to March!

*Lou and Kerry x*



## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

## Quote of the Day

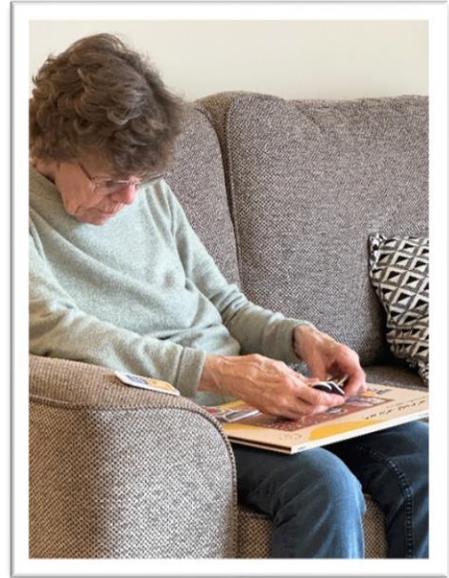
When I've least expected it, an enormous opportunity or stroke of luck has crossed right under my nose.

– **Julie Andrews**

# Life in Our Community

## Reminiscing

We love to reminisce, either as a planned activity or a spontaneous moment. We are fortunate to have some wonderful resources available to use. If when visiting you would like to borrow something please ask, a member of the Wellbeing Team would be more than happy to suggest something suitable.



## Valentines

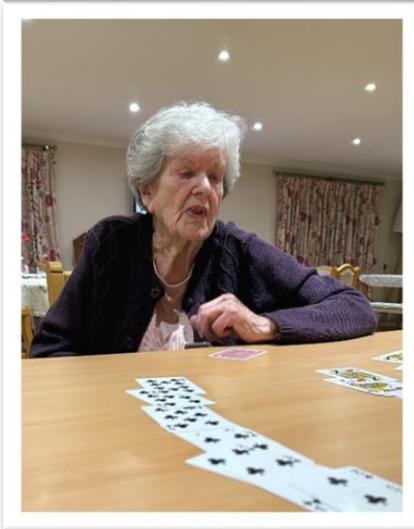
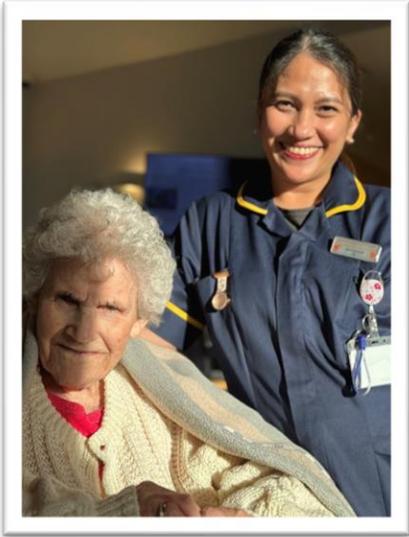
What a lovely day we spent talking about things we have loved, from partners to our most treasured pets, seems we have a whole lot of love to share at Castle House. Thank you to those who sent in a story or photos for us to share.

## Beauty Room Nails/ Hair

Margaret enjoying time with Debbie in the Beauty Room having her hair and nails pampered. It's important to feel good about ourselves and what better way to start.



# What We've Been Up To



# Upcoming Events

## **Mothering Sunday Presentation**

Sunday 10<sup>th</sup> of March, 3.00pm, Lounge

## **Resident's Meeting**

Thursday 28 of March 11.00am, Lounge

## **Hot Cross Bun Social**

Friday 29 of March 10:30am, Lounge

## **Clocks Spring Forward**

Sunday 31<sup>st</sup> March

## **Easter**

Sunday 31<sup>st</sup> March, Egg Hunt, 11.00am



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# Regular Events

Morning Worship, 11.30am, Mondays

Armchair Travel, 11.00am, Wednesdays

Book Club, 2.30pm, Wednesdays

## **Coming Soon**

Cribbage Club

Mindfulness Mondays

## **Special Days**

3<sup>rd</sup> Caregiver Appreciation Day

8<sup>th</sup> Intl. Women's Day

10<sup>th</sup> Mothering Sunday (UK)

15<sup>th</sup> The Ides of March

17<sup>th</sup> St. Patrick's Day

19<sup>th</sup> First Day of Spring  
(N. Hemisphere)

21<sup>st</sup> World Poetry Day

24<sup>th</sup> Palm Sunday

25<sup>th</sup> Greek Independence

31<sup>st</sup> Easter

# March Birthdays

In March, we celebrate birthdays with:

- **Chris 4<sup>th</sup> March**
- **Jim 7<sup>th</sup> March**
- **Ann 8<sup>th</sup> March**
- **Joan 23<sup>rd</sup> March**



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

## **Pisces (Feb 19 – Mar 20)**

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

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

## **Historical Events in March: The Lindbergh Baby Kidnapping**

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

# Journaling Prompts

*Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!*

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs MacNeill**
- **George Bennett**

We hope that you enjoy your time here!

## NEW STAFF

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

- **Jonel**
- **Cecilia**

We hope that you enjoy your time here!

## IN MEMORIAM

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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.

- **Ingrid Caygill**

## HERE'S TO THE WOMEN!

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Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

## SENIOR NURSE

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Congratulations to RN Bernie, this month as she is promoted to Senior nurse. We are all delighted, we appreciate Bernie's helpfulness and kind heart, most of all her smile, it brightens our home. We should say she's a fantastic nurse too. Good luck Bern, you got this x



# Noticeboard



## CHURCH SERVICE

There is a church service that is held in the Lounge every Monday at 11.30am. Every fortnight Rev Jane from the local Wheathill Priory Benefice joins us and leads us in hymns and prayers. If this is something you would like to attend with your loved one, please feel free to come join us.

## HAIRDRESSER

Our Hairdresser Mandy attends every other Monday/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.

## EASTER

Join us for Hot Cross Buns on Good Friday and an Easter Egg hunt on Easter Sunday. Come and make some new memories together, bring the grandkids, I am 😊.

## 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.

## EMAIL COMMUNICATION

Please keep an eye on your emails for correspondence from us for example newsletters, news, information and invoices. If you need to update your email please let us know. If you would like to join our newsletter mailing list or add any friends or family members to our newsletter mailing list please let us know.

## SHARE YOUR TALENTS

Have you always loved to craft? Can you play a musical instrument? Perhaps you are an avid scrapbooker? Share your talents with us by co-hosting an activity with a staff member. See us for more details!

# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

# Spotlight

# Heads of.....



Linda

My name is Linda. I have worked at Castle House since 2001. Initially as Deputy Matron and latterly as Medication Manager. I live in a lovely village called Barrington where I go on lots of lovely walks with my springer spaniel Woody. I have a little black cat called Molly, she loves the outdoors and keeps the rodents under control.

I have one daughter Robyn and one grandson Liam, he is 19 months old and he is a beautiful child. My daughter Robyn is a Mental Health Nurse working in the community in Bath for older adults.

My husband is a resident at Castle House due to his degenerative condition. I couldn't face him being anywhere other than Castle House. I have a big birthday coming up but I don't want to acknowledge it just yet.



Lou

I have been married to my wonderful Andrew for 27 years, we have two children, Todd, and Rachel, who make me proud every day, and two gorgeous granddaughters, Lizzie and Lottie. I grew up in Derbyshire with the Peaks on my doorstep, which is where I nurtured my love of nature.

To unwind I like to paint or craft, creativity has always been a big part of who I am, I'm fortunate to do this as part of my role as Head of Wellbeing at Castle House. Singing has also been a passion throughout my life, last year I joined a Rock Choir and I absolutely love it!

I have two dogs, two cats and two guinea pigs, sometimes I wonder how I manage to fit work in.



Laura

I am a local girl, married to a local boy, Ant, for 22 years, we have four fantastic children, Dylan, Molly, Angus, and Max. You have probably met most of my children as they have all worked in the home. We have four cats and a dog, Amber.

I love to sing and have recently joined a Rock Choir; I can't wait to do my first gig!

Cooking and baking are something I have always enjoyed, it's great being able to transfer this to my work as Head of Catering.



## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____