

NEWSLETTER

April 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!

Happy April! Another new month greets us and this one is full of more sunshine, spring flowers, and blue skies. There is so much to celebrate, and I hope you'll join us for any of our events this month.

Lookout for mindfulness groups as we attempt to kick stress to the curb and celebrate Stress Awareness month, and workshops to get our creativity flowing in honour of Poetry Month. Of course, we'll also be featuring plenty of time working in the dirt as we get our gardens and houseplants ready for the new season.

I hope to see you at any of our events this month and bring a friend (or family member) along – the more, the merrier!

To keeping things beautiful,

Lou x



April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**
Birthstone: **Diamond**
Flower: **Daisy & Sweet Pea**

Quote of the Day

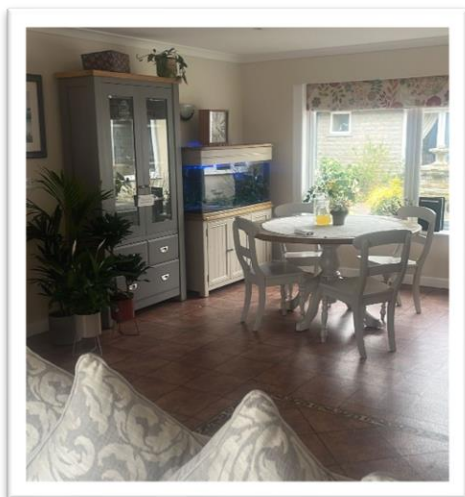
The earth laughs in flowers.

– Ralph Waldo Emerson

What You Said, We Did....

Diny's Den

Resident's and families have mentioned missing coffee dates. I hope by now that many of you have had the opportunity to sit and have a coffee in 'Diny's Den'. Jo has provided a fantastic coffee corner, dedicated to her mum, Diny, who was rather partial to a nice cup of coffee herself. It is wonderful to see people using it.



Garden Room

During a residents meeting, we were told that the residents need a quiet area that they can read in or play games undisturbed (no meetings or training taking over), with a jigsaw to dip in and out of. We now have a revamped Garden Room, with a cards table, jigsaw table and staff have been asked to try not to use the room as a walk through.

Pump up the Volume!

The residents have told us that sometimes they struggle to hear what is being said during presentations, or meetings. Voila, Jo has bought us a wireless microphone, how long will it be until you ask us to turn the volume down.....

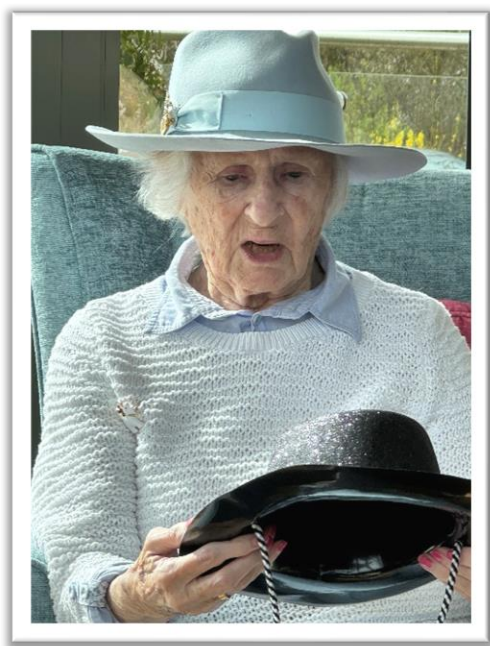


March in Pictures



Thank you for sending in photos for Mother's Day, we spent a lovely afternoon watching the presentation filled with the beautiful smiles of those we love.

Thanks also to Jalina for making us such a wonderful cake to bless the amazing ladies at Castle House!



Our sensory hat morning was a lot of fun as we tried on different hats, sang along to songs about hats and reminisced about hats that we have worn in the past.

Sensory Activities



ARTS & CRAFTS



HAPPY EASTER



Upcoming Events

Easter Monday

Monday 1st April

Easter in Words and Music

Tuesday 2 April 11.30am, Lounge

Tim Bassett

Thursday 18 April 11.30am, Lounge

Residents Meeting

Thursday 25 April 11:00am, Lounge



Regular Events

Mondays

Worship 11.30am, Lounge

Mindfulness 11.30am, Garden Room

Wednesdays

Armchair Travel 11.00am, Lounge

Reading with Richard 2.30pm, Garden Room

Sundays

Getting to Know You 2.30pm, Lounge

Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 5th Walk to Work Day
- 11th Barbershop Quartet Day
- 12th Human Space Flight
- 22nd Mother Earth Day
- 22nd Passover Begins
- 23rd Shakespeare's Bday
- 23rd World Book Day
- 29th Intl. Dance Day

April Birthdays

In April, we celebrate birthdays with:

Ruby 1st April

Gordon 3rd April

Sue 7th April

Dolores 9th April

Audrey 20th April

Phyllis 28th April



Gardening Wives Tales

How many of these have you heard before?

- Plants grow better if you talk to them.
- Menthol rub repels insects on hummingbird feeders.
- Bury banana peels in your garden to bring your roses and ferns more potassium.
- Give your scarecrow a hat in the hot summer in order to secure a good harvest in the fall.
- Plant potatoes on Good Friday.

Aries (Mar 21 – Apr 20)

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

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

April 15, 1912: The Titanic Sinks

Dubbed an unsinkable ship, the *Titanic* sank on this day in 1912. The luxury passenger liner was en route to New York City from Southampton, Hampshire, England. It only took the giant ship 2 hours and 40 minutes to sink, killing more than 1,500 people.

Poem to Share

The Gardener

by Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough, have I come to any conclusions?

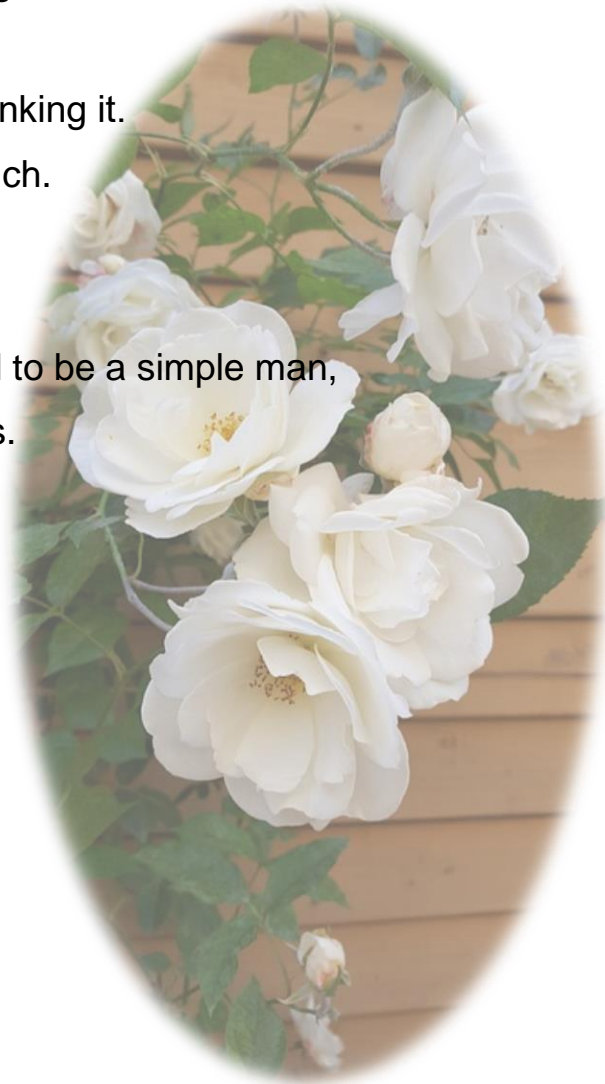
Have I experienced happiness with sufficient gratitude?

Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.

Actually, I probably think too much.

Then I step out into the garden,
where the gardener, who is said to be a simple man,
is tending his children, the roses.



Noticeboard



DAY RESIDENTS

Did you know we offer day care?

Perhaps you know of someone who would benefit from a day of TLC here at Castle House.

For more details speak to Jo O

NEW STAFF

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

- Susan – RN

We hope that you enjoy your time here!

GOOGLE REVIEW

Please consider leaving us a Google review, if you need help with how to do this please speak to Jo O

Lots of info can be found on our website

www.castlehousenursinghome.com

CONTINUOUS IMPROVEMENT

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

There are suggestion forms available in Reception. We are happy to receive suggestions and feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

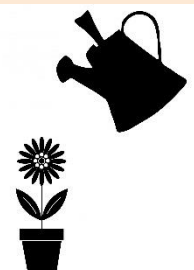
GARDENING CLUB RETURNS

Caroline will be heading up this years Gardening Club for us again.

Last years crop was a huge success, and we even won some awards.

Caroline will be popping in to see us for a planning meeting at some point in April.

If you have any seeds or items, we might be able to use in Gardening Club we'd be very grateful.



Noticeboard



BOOKS

Let us know if you require reading material, we have something for everyone.

Would you be interested in a book swap? Let Lou know if this were something that would benefit 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.

HAIRDRESSER

Mandy visits alternate Mondays and Tuesdays.

If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

PODCASTS AND AUDIO BOOKS

Curious about what all the buzz is about when it comes to podcasts? Wish you could try out audiobooks? Let us help! Talk to an Wellbeing member to learn more about apps you can use for free.

MINDFULNESS

Join Lou and Jerry in the Garden Room at 11am on a Monday morning to practice Mindfulness.

Do you ever get lost in your thoughts, or overwhelmed by your environment? We might just have the tools you need.

LET'S GO FLY A KITE

April is the perfect month to fly a kite...or to make one. Join us for any of our kite-flying and kite-making activities this month.

Laughing Matters



Earth Day Jokes

How many of these can get you to laugh (or groan)?

Why don't ants get sick?

Because they have little ant-bodies.

Why did the cloud go to the doctor?

Because it was feeling under the weather.

What do clouds wear under their coats?

Thunderwear!

What did the recycling bin say to the trash can?

"You're garbage...but I love you anyway!"

Did you hear about the tornado that married a cloud?

The wedding was a whirlwind!

What do you call a snowman in the summer?

A puddle.

How do trees access the internet?

They log on, of course.

Why did the tree go to the dentist?

To get a root canal.

What do you call it when worms take over the world?

Global worming!

Castle House Heroes for March

All staff at Castle House work incredibly hard, in a tireless undervalued profession, which of course is not the case, I wanted to start the Castle House Heroes, giving both residents and families the opportunity to tell me about the staff who make a difference to their daily life.

Castle House Heroes was not to single anyone out, but to allow staff to realise that they are very much valued and appreciated.

Many residents spoke with true fondness of how exceptional the staff are, many staff were nominated for a variety of reasons and the winners were given a small token from me to enjoy a meal out.

How truly blessed We are to have exceptional people working at Castle House, the comfort that your loved ones receive, the statement today that me made almost cry was “ I feel so safe knowing that I have great people looking after me”.

Well done to the winners, Jo M

CONGRATULATIONS, MATT

Nominated by several residents and their families for being wonderful!



CONGRATULATIONS, JESSIE

Nominated by a resident for going above and beyond!



CONGRATULATIONS, ASAD

Nominated by several residents for being so caring all the time.!



Word Search



FROM THE GARDEN

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

Bell Peppers
Parsley
Ginger
Blueberries

Strawberries
Lettuce
Oregano
Zucchini

Lavender
Basil
Lemons
Eggplant

Dill
Garlic
Limes
Onions

Chives
Pumpkins
Tomatoes
Broccoli