

# NEWSLETTER

## August 2024

Castle House Nursing Home



# Editor's Desk

Hello Residents, Families and Friends!

Welcome to the August edition of our newsletter! This month, we celebrate International Dog Day, a time to honour the loyal, loving, and joyful companions' dogs are in our lives.



We have had lots of things going on within the home, so you will find plenty of photos in this edition. Talking of additions, we welcome a new baby to the family, Master Louis Fitchett born 21.07.24 weighing 6lb 8oz – Olivia and Matt Fitchett are proud parents. Oliva happens to be Jo and Toms niece, and daughter to Rob who also jointly owns the home alongside Jo.

Warm wishes

*Jo, Matt and Jo x*

## August Trivia

August was named in honour of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**  
Birthstone: **Peridot**  
Flower: **Gladiolus**

## Quote of the Day

Age is an issue of mind over matter.  
If you don't mind, it doesn't matter.

- Mark Twain

# Gallery Page



Our Baking Club is up and running, we make some delicious weekly treats. We have already baked some of the residents' "own" recipes. We always welcome more to try out, that are your family favorites.

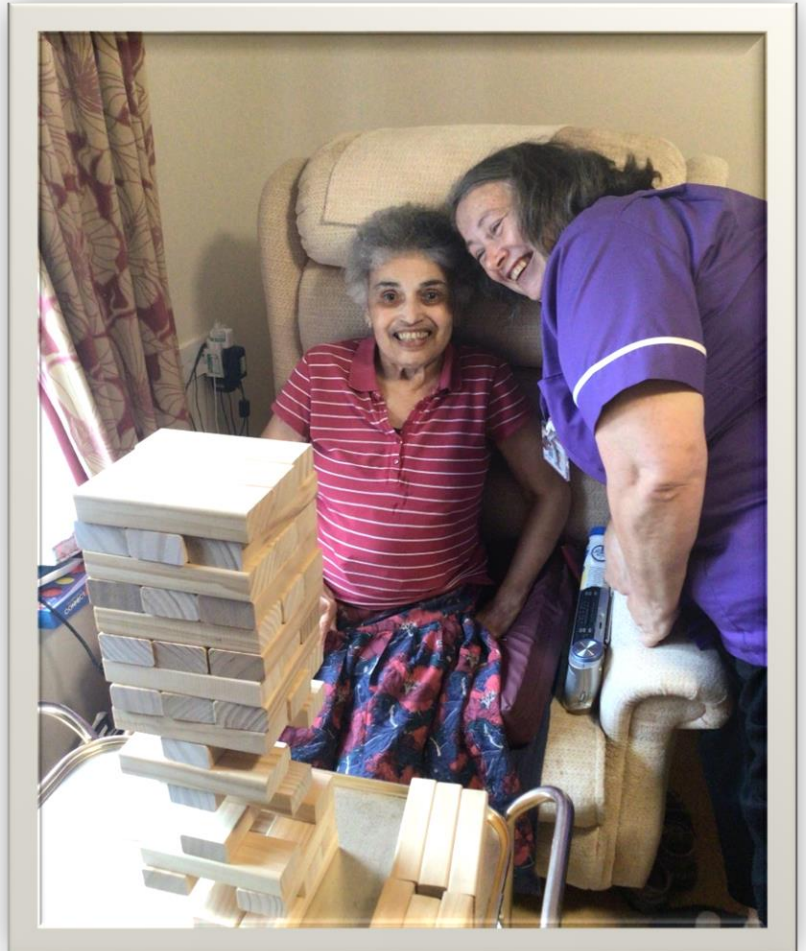


Gardening Club is also going great guns! Lots of vegetables are being planted, as well as plenty of produce being harvested ready to eat! This really is field (well raised planter) to fork. All within a 30 second walk. Everyone is welcome.

# Gallery Page



We are great scrabble, puzzle and quiz people here at Castle House, but here's a new one on me Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. GG, Joan and others seem to have the hang of it.



Parachute fun – No one going anywhere. But lot of fun and muscles being toned.



# Gallery Page



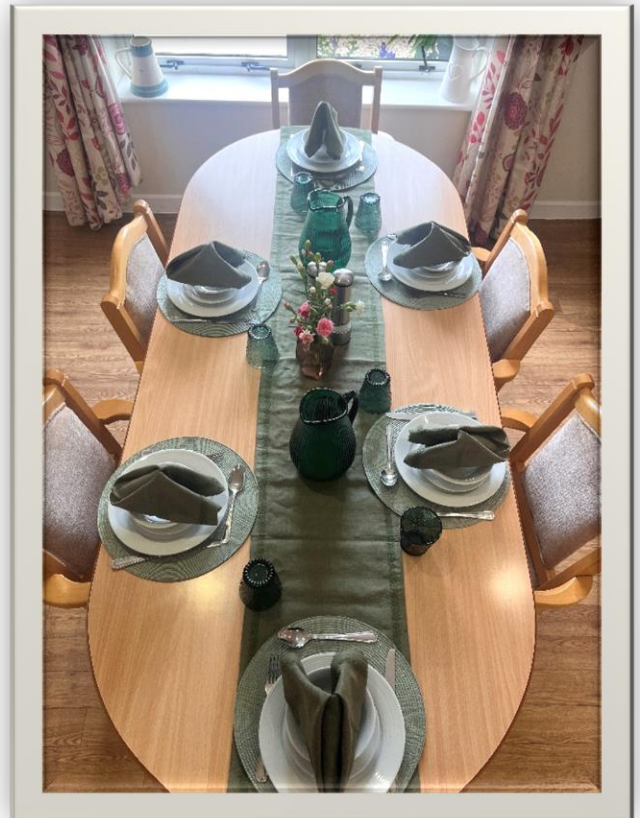
One of our favourite past times in this lovely sunny weather is getting out in the fresh air and flying a kite. The amount of joy this gives to our lovely residents is a joy to see. Takes them back to their own childhood, as well as time spent perhaps with a family member.

# Galley Page



We had two new performers entertain us in July, Hayley Renee, was a big hit, she sang some firm favourites. Lots of dancing, singing and happy faces. Hayley bought you songs from Broadway as well as a know football themed, which I believe is sang at "The Kop" You'll never walk alone. Danny Jukebox also gave us well known hits, from Dean Martin, Frank Sinatra, and many more. On a hot Monday afternoon we got plenty of people up and dancing.

# Gallery Page



Just a normal Friday afternoon, in the Silly Hat club.....  
You may have noticed that we have had a mini 'make over' in the dining room with our colour scheme, lovely sage green table runners, plate mats, new jugs, and napkins. I personally love it and the residents seem to like the simplicity of the set up.

As many of you know, from the moment you are shown around Castle House, you are made aware that we are a privately run home, a family run home. Currently owned and run by Jo Marshall and her brother Rob. So, we thought we would share some "family" news.



Welcome to the world! Louis Fitchett born to Robert and Clare's daughter Olivia and son in law Matt. Louis arrived on 21.07.24, weighing 6lb 8oz. Seen above with very proud grandparents, Rob and Clare. Rob will carry on the Dutch tradition of being called Opa rather than Grandad/Grampy.





# Gallery Page

Many of you know that Lilly has practically grown up in the Nursing Home. Now that she has taken her GCSE's, and left school she has finally joined the family business, (part time of course), as one of our young Kitchen Assistants. At her recent prize giving, she was presented with "Boarder of the year", as well as awards in English and History. We have had her prom; her leavers disco alongside the inevitable shouts of help over the fence to curl her hair. She is hoping to go to Strode College. We wish her every success! Horses are still her major passion; she is doing so well. We are all very proud of you. Lilly and Stormie ready for action.



# Congratulations



## Castle House Hero

Congratulations to Pearl who is August Castle House Hero. For all your hard work, kindness, and warm smile to every resident. Your pride in your work shines through even on the hottest of days working for the catering department. Thank you, Pearl. Castle House Heroes are nominated by the residents, manager and Her team, as well as families. If you would like to nominate a member of staff, please email Jo Marshall [office@castlehousenursinghome.com](mailto:office@castlehousenursinghome.com)

Frankie grooving with Caroline our resident volunteer



## Dates for the Diary

### AUGUST

- 1<sup>st</sup> & 22<sup>nd</sup> Baking Club
- 3<sup>rd</sup> – Garden party – Afternoon Tea 3pm-5pm
- 8<sup>th</sup> – Thea the Foot lady
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> - Book Club with Richard
- 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> – Morning Worship
- 13<sup>th</sup> & 27<sup>th</sup> – World at War with Simon
- 16<sup>th</sup> – Flower Arranging
- 18<sup>th</sup> – Lets talk sport with Max

Please check the activity schedule for more dates and times. We would love to see you there.

# August Birthdays

In August, we celebrate birthdays with:

**Diana**

**Phil**

Please join us in celebrating. Sure, there will be plenty of home-made birthday round.



## Interesting Dog Trivia:

- Dogs have been companions for over 15,000 years.
- A dog's sense of smell is 40 times better than ours.
- Dalmatians are born white and develop spots later.
- Greyhounds can run up to 45 mph.
- Dogs' nose patterns are unique like fingerprints.
- Dogs hear four times better than humans.
- Labradors are the most popular breed in the U.S.
- Dogs can understand up to 250 words and gestures.

## Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

## Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

## August in History: **The Launch of MTV**

In August 1981, MTV revolutionized music and television by airing its first music video, "Video Killed the Radio Star," changing pop culture forever.

WOW!

## NEW RESIDENTS

---

A very warm welcome to:

1. **Joan**
2. **John – Day care**

We hope that you enjoy your time here!

## NEW STAFF

---

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

1. **Jenny**
2. **Lilly**

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.

1. **Beryl**

## CONTINUOUS IMPROVEMENT

---

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

There are suggestion forms available at 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.

## 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!

# Noticeboard

## THANK YOU

We would like to issue a heartfelt thanks to a couple of volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy. Hillary may not be pleased with my action shot. Caroline our lunchtime maître-d.



## HAIRDRESSER

We have a hairdresser who attends every other Monday and Tuesday. If you would like an appointment, just let us know.

## GARDEN PARTY

Don't forget our Garden party is taking place on 3<sup>rd</sup> of August

3-5pm

Afternoon tea will be served, as well as some musical entertainment. You still have time to RSVP.

## TRIPS OUT

As you are aware, a few months ago, we had our "big" trip to Weston Super Mare

But we have learnt that smaller numbered trip, more local also work well for us at Castle House. It means that we can take those residents out, who may not have coped with the journey to Weston.

It also helps that during school holidays, coach/bus companies have more availability. So we have booked the following for the residents, ensuring that we are trying to get as many residents out this year as possible.

15<sup>th</sup> August – Glenda Spooner Farm

21<sup>st</sup> August – Middlewick Farm/Restaurant.

22<sup>nd</sup> August – The Quarry Pub.

# Spotlight

## Joanna Ragraio

Senior Carer – Nights.



My journey as a HCA began when my 2 daughters and I came to the UK in 2018 to join with my husband who's working in NHS. Coming from my nursing background with no time to pursue a nursing career, I applied as an HCA here at CHNH. All the staff welcomed me as part of the family, and I was provided with the flexibility that my family needs to look after the kids. I love to cook filipino foods and I enjoy baking cakes and sweets as I am a frustrated baker. I have always had a great passion for singing, ever since I was young, and I also play keyboard. I prefer mellow music to upbeat music. I am hook in watching Korean Dramas at home.

Thank you to our lovely resident Maureen, and daughter Cathy for proofreading the newsletter.