

Norwood News -



Dear Family, Friends and Supporters,

Welcome to the June 2018 edition of the Norwood House Newsletter. As you can see from our list of Activities & Events; we have quite a few things going on this month.

If you can join us for some (or all) of the things we have going on it would be wonderful to see you all.

Remember; you can visit us anytime of the day or week.

We would like to remind you that when you take a resident off site for a while, PLEASE inform the Shift Team Leader so they can record the absence, and make sure no medication will be needed whilst you are away from our care facility.

This month will see us enjoying some Birthday celebrations with Jan, Carol, Dorothy and Maureen; some of our residents will also be visiting Saxmundham Primary School for the children's rendition of 'Pirates of the Curry Bean!' and some miniature Donkeys will be coming into Norwood House.

We will also be celebrating 'Fathers' Day' on Sunday the 17th June 2018 with a BBQ at 12:30pm, so why not join your Father and us, for what will hopefully be a lovely afternoon. We will also be celebrating and remembering everyone who has served, or is still serving in our armed services, on 'Armed Forces Day' on the 30th June 2018.

Please feel free to join us for any of the events and activities we have taking place.



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

This Month's Activities!

- **1st June 18**
Singer - Sharon Jarvis
2:30pm
- **4th June 18**
Singer - Brian Shaw
2pm
- **5th June 18**
Singer - Mike Pritchard
2:30pm
- **6th June 18**
Entertainer - Jack Austin
2:30pm
- **8th June 18**
Mojo Crafts
10am
- **11th June 18**
Singer - Geoff Jukes
2:30pm
- **12th June 18**
Singers - Sing-as-we-Go
2:30pm
- **16th June 18**
Miniature Donkey Event
2pm
- **18th June 18**
Creative Minds Crafts
10am
Singer - Sharon Jarvis
2:30pm
- **19th June 18**
Singer - Toni Lambrini
- **Saxmundham Primary Sch.**
School Production
9:30am
Mojo Crafts
2pm
- **25th June 18**
Singer - Geoff Jukes
2:30pm
- **28th June 18**
Entertainer - Mr John
2:30pm
- **30th June 18**
Armed Forces Day

Norwood House

Littlemoor Road

Middleton

Saxmundham

Suffolk

IP17 3JZ

Tel: 01728 668600



May saw Basil celebrating his birthday in the company of all three of his daughters, and some of the other residents at Norwood House.



Happy Birthday

It was great to see Basil enjoying his special day.



It was wonderful to see Basil and his daughters sharing his birthday cake, and a drink, with family and friends.

A lovely sunny afternoon ensured everyone enjoyed being outside.



Anniversary Celebration



In May; Margie and Percy celebrated their 44th Wedding Anniversary. The staff at Norwood House were delighted to share the event with them, and our Head Chef , Amanda, enjoyed making them a special cake to share with family and friends.



44 YEARS ANNIVERSARY



Our Activities Planner ~ June 2018

<p>1st Wake & Shake 1-2-1 Activities Sharron Jarvis 2.30pm</p> 	<p>2nd Wake & Shake 1-2-1 Activities Arts & Crafts Games</p> 	<p>3rd Wake & Shake 1-2-1 Activities Gardening Bowling</p> 	<p>4th Wake & Shake MOVIE Brian Shaw 2pm</p> 
<p>5th Wake & Shake Gardening Mike Pritchyard 2.30pm</p> 	<p>6th Wake & Shake 1-2-1 Activities Jack Austin 2.30pm</p>	<p>7th Wake & Shake 1-2-1 Activities Baking Games</p> 	<p>8th Wake & Shake 1-2-1 Activities Mojo Crafts with Foteini 10.00am</p> 
<p>9th Wake & Shake 1-2-1 Activities Bean Bag Games</p>	<p>10th Wake & Shake 1-2-1 Activities Gardening</p> 	<p>11th Wake & Shake 1-2-1 Activities Geoff Jukes 2.30pm</p> 	<p>12th Wake & Shake 1-2-1 Activities Sing as you go 2.30pm</p>
<p>13th Wake & Shake Baking Gardening Games</p> 	<p>14th Wake & Shake 1-2-1 Activities Nail Care BINGO</p> 	<p>15th Wake & Shake 1-2-1 Activities Gardening</p> 	<p>16th Wake & Shake 1-2-1 Activities Miniature Donkeys 2pm</p> 
<p>17th Wake & Shake 1-2-1 Activities Gardening</p> 	<p>18th Wake & Shake 1-2-1 Activities Creative Minds 10.00am Sharron Jarvis 2.30pm</p>	<p>19th Wake & Shake Nail Care Toni Lambrini 2pm</p> 	<p>20th Wake & Shake 1-2-1 Activities Garden Games</p> 
<p>21st Wake & Shake Nail Care Gardening</p> 	<p>22nd Wake & Shake 1-2-1 Activities Saxmundham Primary School Play 9.30am Mojo Crafts with Foteini 2pm</p>	<p>23rd Wake & Shake Baking BINGO</p> 	<p>24th Wake & Shake 1-2-1 Activities Games</p> 
<p>25th Wake & Shake 1-2-1 Activities Geoff Jukes 2.30pm</p> 	<p>26th Wake & Shake 1-2-1 Activities Games Afternoon</p> 	<p>27th Wake & Shake Gardening Karaoke for All</p>  	<p>28th Wake & Shake Mister John 2.30pm</p> 
<p>29th Wake & Shake 1-2-1 Activities Baking Bowling/Bean bag games</p>	<p>30th Wake & Shake Arts & Crafts Armed Forces Day</p>		



The 19th May 2018 saw us join in with the rest of the country to celebrate the marriage of His Royal Highness Prince Harry to Meghan Markle.

Here at Norwood House our residents enjoyed a specially prepared lunch menu and afternoon tea; as well as a special celebration cake.



Most of our residents enjoyed watching the event on T.V., and for some they also enjoyed watching it in the company of family members. Other residents enjoyed listening to it on the radio.



This (imitation) wedding cake was made for us from the fabric of a re-cycled Indian Wedding Sari.

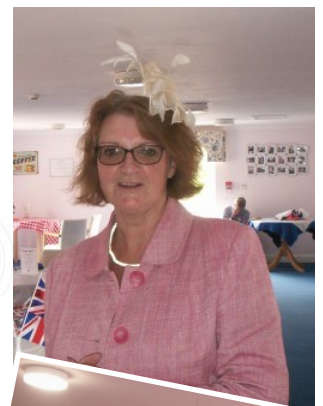




The crown was also made for us by a friend of Jackie, our Activities Co-ordinator.



Some of our staff also enjoyed 'dressing' for the occasion.



Royal Wedding Celebration Lunch

Starter

*Cream of Asparagus Soup
Prawn Cocktail*

Main

*Salmon en Croute
Safron Gilded Chicken
Both served with
new potatoes
& vegetables*

Dessert

Sherry Trifle

Once again, our Kitchen staff pulled out all the stops to ensure our residents enjoyed a wonderful lunch.

MAY PUZZLE

SPRING



How did you do with last months' Crossword? Have a look at the answers below to see if you were right.



Solution:

1	M	2	A	3	R	4	C	5	H		6	S	7	C	8	A	9	B		10	A	11	B	12	S
13	O	P	E	R	A	14	S				15	E	R	I	E					16	U	R	N		
17	D	E	V	O	I	R					18	T	E	R	M					19	T	E	A		
						20	C	R	I	21	B		22	W	E	A	23	T	H	E	R				
		24	T	H	U	S				26	O	W	E	D			28	O	O	Z	E				
29	O	R	E	S				30	A	W	O	L			31	W	I	R	E	D					
32	F	I	R				33	B	L	I	N			34	M	I	L								
35	F	O	R	S	A	K	E			37	S	E	N	S	38	U	A	L							
						41	T	R	Y			42	F	O	L	D			43	C	N	S			
44	A	45	C	46	M	E	S			47	B	O	L	T			48	S	L	E	D				
49	S	H	O	E			50	Y	O	G	I			51	T	H	A	W							
52	S	I	R	L	53	O	I	N			54	D	55	A	R	E									
56	A	L	A			57	B	E	D	58	S			59	S	A	I	L	E	D					
63	I	L	L			64	O	L	E	O			65	L	I	K	E	L	Y						
66	L	Y	E			67	E	D	D	Y				68	T	H	E	M	E						

On Sunday 17th June 2018 we will be holding a Fathers' Day



Weather permitting we will be serving food from **12:30pm to 1:30pm**, and if you would like to join your father for lunch, we would love to see you here at Norwood House.

As usual, Amanda (our Head Chef) and everyone else in the kitchen, will be working hard to ensure that a wonderful lunch will be served to all.

At **2pm on Saturday the 16th June** we will be enjoying the company of some gently and friendly miniature donkeys.

We are hoping that all our residents will enjoy interacting with them and that everyone will benefit from their visit.

Refreshments will be available, and the kitchen will be providing cake to those who would like to join us.

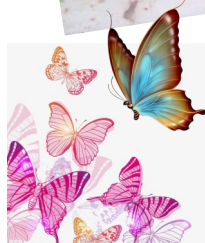
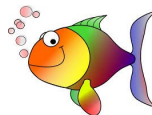




Our residents always enjoy working with Fotèini, from Mojo Crafts, who works with them on various arts projects. Last month they made a

lovely 'Royal Wedding' themed picture which has been put on display in the residents lounge.

They also enjoyed creating an underwater themed picture, which has also gone on display. Look out for their amazing artwork on your next visit.



Our residents also recently enjoyed putting their artistic talents to good use when they created some stunning '3D Butterfly' paintings. Have a look at their work, in the Reception Lounge, the next time you visit us.



County Care Homes

Norwood House

DIRECTORS' SURGERY

Gareth and Enid Nixon-Moss highly value feedback from both visitors and staff. They are holding regular surgeries to enable any visitors or staff to meet them and to discuss any issues or suggestions as to how we may add to the service we provide and make your time at Norwood House even more memorable and enjoyable for our resident guests and yourself. All discussions will be held in strict confidence unless agreed otherwise.

Should you wish to meet Gareth and Enid please print your name against one of the dates and times below. Should you require longer time then additional arrangements will be made at the first meeting.

The following dates and times are available.

12th July 2018

2.00pm.....
2.15pm.....
2.30pm.....
2.45pm.....
3.00pm.....
3.15pm.....

Reminder
Meetings are by Appointment Only
If you would like to book an appointment time - please see a member of the Reception staff

August 2018

To Be Arranged

"Our priority is to ensure The County Care Homes Group is a Centre of Excellence" in providing Dementia care. If for any reason we have not met your expectations, do please contact me and give me and my team an opportunity to address your issue".

Gareth Nixon-Moss

family & friends

It is always wonderful to see so many family members, and friends, of our residents join us here at Norwood House. It doesn't matter if you only

have time for a quick 'pop in' or are able to stay longer and join us for dinner or an afternoon cup of tea and slice of cake - all are welcome. The one thing you can be sure of is a warm welcome from residents and staff.

Dorothy always enjoys a trip out with her daughters.



Pat and her daughter enjoying the 'sweeter' things in life.



Charles has been enjoying lots of visits from members of his family recently, including his brother Richard, and the family dog.





John recently enjoyed seeing his brother, and his dog. The dog, however, was more interested in all the attention from the other residents!



Pauline always enjoys receiving visitors from members of her family. Especially if they bring her gifts that make her look 'super cool'!



Rita recently enjoyed getting together with her son and his wife who were visiting from Australia.



Our residents have enjoyed being able to get out into the garden, and Paul's family were delighted to spend time with him in the sunshine.



Basil is always delighted when his daughters join him for afternoon tea. Particularly when they bring him chocolate!





Daphne and her son
enjoying some time
together. Our residents also
enjoy sitting together to
have a good old natter!



Afternoon tea with friends is always a
pleasant way to spend the day.



Frank always
enjoys spending
time with his

Our Managers

'Word of the Month'

'Discombobulate'

*One of those rare and wonderful
words that means exactly
what it sounds like.*

It was wonderful
to see Iris and
her sister getting
together
recently.



Here at Norwood House we are
always looking for volunteers to
come in and help with some of
the activities and events taking
place.

We have recently planted up some
vegetable beds for our residents to look after
and grow some of their own food.

If you would like to come in, and work
with the residents, to help look after this area
of the garden, please see Jackie our Senior
Activities Co-ordinator.

Any help would be gladly appreciated.

what's the
opposite of
discombobulate?

explain, calm, comfort,
enlighten, assist, clear up,
soothe, organize, aid, order





On the 30th June 2018 we will be celebrating 'Armed Forces Day'.

Here at Norwood House we would like to put up a display of photographs and memorabilia etc. for all of our residents who have served in the Armed Forces, including doing their National Service, or being part of the 'Land Army' during the war. Or, residents who have members of their family serving in the military today.

If you have any photographs we could use (we will take copies for the display) please bring them in by the 20th June 18.



EVERY month we like to have lots of different acts coming in to entertain our residents.

Last month saw Keith introducing himself to Jack Austin, a Jazz musician, Geoff Jukes singing some of our residents favourites songs, and the 'Frantic Theatre' company entertaining the residents with laughs, gags and songs.



Let's Sing Together



Shirley, Rosemary and Jackie enjoying the entertainment.





As well as the unique puppetry of the Frantic Theatre company, our residents also always enjoy their sinning-along sessions with Sharon Jarvis.



Sharon encourages the residents, not only to sing, but to talk about their memories of the songs, and what they mean to them.



Afternoon Delights

From Birthday Cakes to Afternoon Teas, Amanda (our Head Chef) and the other members of the kitchen, are always coming up with wonderful menu ideas and special occasion treats. Our residents certainly enjoy all the different things on offer at mealtimes.



train YOUR brain

We can all help exercise the ‘grey matter’ and keep our minds super-sharp by keeping our brains active and challenged.

Here are a few top tips for things we can do to help us build a better brain.....

- ♦ **MENTAL WORKOUT**

What is good for your heart, is good for your brain, and physical exercise is still the best way of keeping your body and brain in shape. The Alzheimer’s Society claims regular exercise can reduce your overall risk of dementia by around 30 per cent and of Alzheimer’s disease specifically by 45 per cent.

- ♦ **STRESS CONTROL**

A bit of stress can give you a kick-start, but when it’s too much or repeated over a long period of time, you don’t function as well. Make time each day for a stress reducing walk - or just take a little time to relax and chill out a little.

- ♦ **BACK to SCHOOL**

Mastering a new skill can boost your memory and learning something completely different and challenging can change the structure of your brain as it helps to stimulate new neural pathways.

- ♦ **BRAIN FOOD**

A healthy diet could help keep our brains young. It is thought that a ‘Mediterranean’ way of eating, which includes foods rich in olive oil, and plenty of leafy vegetables, such as spinach and kale; other veg, such as peppers, carrots and broccoli; nuts and berries; beans and lentils; wholegrains; seafood; poultry and small amounts of wine is better for us.

- ♦ **TIME to RECHARGE**

Good sleep promotes good health - and brain health is no exception. Research has shown that new connections are made during sleep, and that deep sleep is especially important for maintaining memory function.

Just Remember - we all forget things occasionally, it’s normal. But if you’re worried it’s more serious, find advice at alzheimers.org.uk

sudoku BRAIN teasers

	5	3			7		4	1
	4	2	1			6		9
9								
		9	5					7
	2						1	
3					9	2		
								5
7		4			2	1	3	
1	9		7			4	8	

Why not challenge your brain, and have a go at these two Sudoku puzzles.

The answers will be in the July 2018 Newsletter, so be sure to see if you have got them right.

	7	1		9		8		
			3	6				
4	9					7		5
	1		9					
9		2				6		3
					8		2	
8		5					7	6
			6		7			
		7		4		3	5	