

Norwood News -



This Month's Activities!

- 9th April 2018
- Geoff Jukes
2:30pm
- 10th April 2018
- Tony Lambrini
2:30pm
- 16th April 2018
- Geoff Jukes
2:30pm
- 17th April 2018
- Hatching 'Chicks'
- 20th April 2018
- Sharon Jarvis
2:30pm
- 21st April 2018
- Queens Birthday Party
Fancy Dress Day
- 23rd April 2018
- Creative Minds
10am
- 27th April 2018
- Brian Shaw
2pm
- 30th April 2018
- Geoff Jukes
2:30pm

PLEASE FEEL FREE TO JOIN US AT ANY OF OUR PLANNED EVENTS

Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ

www.countycarehomes.co.uk

Dear Family, Friends and Supporters,

In theory Spring should be with us, but as the weathermen are quick to tell us, we get more snow around 'Easter' time than we do at 'Christmas'! Here at Norwood House we have been tidying up our garden and Band Stand area so that our residents can hopefully enjoy a bit of outdoor sunshine when the weather warms up.

Last month our residents enjoyed being entertained by our regular singers, as well as doing a bit of 'karaoke' singing themselves. This month we are looking forward to getting some eggs to 'hatch out' our own chicks. Don't worry - we do give them back once they've hatched.

If you're thinking of playing some practical 'April Fools' pranks on someone this year, here is one of the earliest recorded....

The Washing of the Lions

April 1, 1698: As reported in *Dawks's News-Letter* the following day, "several persons were sent to the Tower Ditch to see the Lions washed." This is the earliest known record of an April Fool's Day prank. The joke was that there were no lions being washed in the Ditch (i.e. moat) of the Tower of London. It was a fool's errand. For well over a century after this, the prank of sending unsuspecting victims to see the "washing of the lions" at the Tower of London remained a favored April Fool's Day joke. In the mid-nineteenth century, pranksters even printed up official-looking tickets that they distributed around London on April first, promising admittance to the (non-existent) annual lion-washing ceremony.

Don't forget - if you would like any of the pictures in the Newsletters, please get in touch.



Please remember to regularly check our 'Residents Post' box for any mail for your family member.

Thanks



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

NOTICE FROM THE DIRECTORS

It is with a degree of disappointment we notify all, we have decided to call time on the General Manager, Kelly Freeman.

We believe: the home, our much valued resident guests and staff will be better served under the leadership of a new Manager, who will have the skills, standards and enthusiasm to make necessary improvements.

We will make a further announcement once we have completed our appointment processes.

Kindest Regards

Gareth and Enid Nixon-Moss

Welcome

Last month saw two new residents joining us here at Norwood House., and as always, we were delighted to welcome Norman and William.

Norman is a local Suffolk man, who was born in Heveningham. He is married to Maureen and they

recently celebrated their 54th Wedding Anniversary. He has three daughters and six grandchildren.

Norman worked as an 'agricultural mechanic', and his hobbies included car maintenance, gardening, growing vegetables and caravanning with his wife Maureen. He has always been involved in helping others in his local community, whether by supplying his garden produce or being the first to help anyone in need. He loves animals and adores his grandchildren.



William was born in the east end of London, but has lived in Suffolk for 45 years. He has enjoyed a career as a 'Plant Pathologist' and specialised in diagnosing diseases in 'sugar beet'. His work took him all over the world, meeting other plant pathologists, to share their notes and look at ways to eradicate problems in the plant.

Over the years William has enjoyed doing house restoration projects. He has two children and 3 grandchildren, and has been married to his wife, Moyra, for 30 years. William has always loved cats and brought pictures of them from home to decorate his room. He also brought with him a desk made by his father for him when he was a student.

HAPPY BIRTHDAY!



In March we celebrated the Birthdays of Ruth, Rosemary, Rita and Pauline. It was wonderful to be able to share in their birthday celebrations, and meet their family and friends when they came to join them.



Rita



Pauline



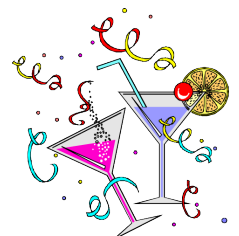
Rosemary

Rosemary enjoyed a slice of Birthday Cake and opening her Birthday gifts with her two sons and Grandson.



Ruth

Ruth was joined by three generations of her family, including her 'great' granddaughter.



Our Activities Planner ~ April 2018

1st Wake & Shake 1-2-1 Activities MOVIE DAY 	2nd Wake & Shake Hairdressing Arts & Crafts  	3rd Wake & Shake 1-2-1 Activities Games Day 	4th Wake & Shake Hairdressing 1-2-1 Activities Bake Day 
5th Wake & Shake Craft Day BINGO Creative Crafts	6th Wake & Shake 1-2-1 Activities Hairdressing	7th Wake & Shake 1-2-1 Activities 	8th Wake & Shake 1-2-1 Activities 
9th Wake & Shake Hairdressing Geoff Jukes 2.30pm	10th Wake & Shake BOWLING Tony Lambrini 2.30pm	11th Wake & Shake 1-2-1 Activities Hairdressing Baking 	12th Wake & Shake 1-2-1 Activities NAIL CARE 
13th Wake & Shake Hairdressing GAMES 	14th Wake & Shake 1-2-1 Activities Grand National Day 	15th Wake & Shake 1-2-1 Activities MOVIE 	16th Wake & Shake Hairdressing Geoff Jukes 2.30pm
17th Wake & Shake Chicks arriving Arts & Crafts 	18th Wake & Shake 1-2-1 Activities Hairdressing Baking	19th Wake & Shake Flower arranging for Queens Birthday	20th Wake & Shake Hairdressing Sharon Jarvis 2.30pm
21st Wake & Shake Queens Birthday Fancy Dress	22nd Wake & Shake 1-2-1 Activities 	23rd Wake & Shake St Georges Day Creative Minds 10am	24th Wake & Shake Nail Care Parachute Games
25th Wake & Shake Hairdressing Baking	26th Wake & Shake Crafts Bean Bags & Bowling	27th Wake & Shake Hairdressing Brian Shaw 2pm	28th Wake & Shake GAMES 1-2-1 Activities
29th Wake & Shake 1-2-1 Activities MOVIE	30th Wake & Shake Hairdressing Geoff Jukes 2pm	 	



It was wonderful to welcome so many visitors on Mother's Day. Some stayed for lunch, and others joined us in the afternoon for cakes and a glass of Prosecco. Lots of our ladies enjoyed opening their cards and gifts of chocolates and flowers.



Mothers hold
their child's hand for a
little while, but their
heart forever.

~Anonymous





Mom





Tori and Jackie, the ladies from our Activities Team, worked hard to decorate the Dining Room ready for our afternoon tea party.

Jackie, our newest member, made sure everyone enjoyed a delicious piece of cake, a hot drink or a glass of Prosecco. Well done Jackie.

A BIG thank you also to all the Kitchen staff who provided the amazing selection of cakes, and to everyone who came to make it an enjoyable and successful afternoon for all our Mothers'.

Thank You





Our residents have enjoyed putting together some special gifts for our Easter Raffle. We would like to thank everyone who kindly donated Easter eggs or other gifts to the raffle.

We were delighted to have 29 raffle prizes, so make sure you look in the May 2018 edition of the

Newsletter to see if you have won a prize.

As
well
as



creating the raffle prizes, our residents have also enjoyed making Easter things to display around the care home.



To try and brighten up our garden we have had the tree surgeons in to take down the height of our conifer trees. Hopefully this will allow more sunshine into the garden, and, weather permitting, our residents will soon be able to sit out and enjoy some warm sunny days.



The residents enjoyed a specially prepared menu on 17th March, and singing on the 'karaoke' machine in their St Patrick Day hats!



Our residents (and staff) enjoyed having a go on the karaoke machine so much that no doubt there will be regular sing-along-sessions here at Norwood House. Why not come in and have a go!









Starter

Leek & Potato Soup

Pear & Irish Blue Cheese Salad

Main

Smoked Haddock with Poached Egg

Lamb Steak Braised in Guinness

Both the above will be served with

Colcannon & vegetables

Dessert

Baileys Irish Crèam Mousse

Guinness Cake













Let's Sing Together

Last month we were delighted to welcome to Norwood House Sharon Jarvis. Sharon enjoyed engaging with the residents by encouraging them to talk about the songs they were singing and the performers who originally covered the songs. She certainly got them all talking and thinking about the songs.

Three of our residents were so enthusiastic with what they were doing that they were happy to have a go at a solo performance. Well done Dorothy, Maureen and Neville.

We look forward to seeing Sharon again in April - so why not join us - 20th April at 2:30pm.



FAMILY

We may not have it all together,
but together we have it all



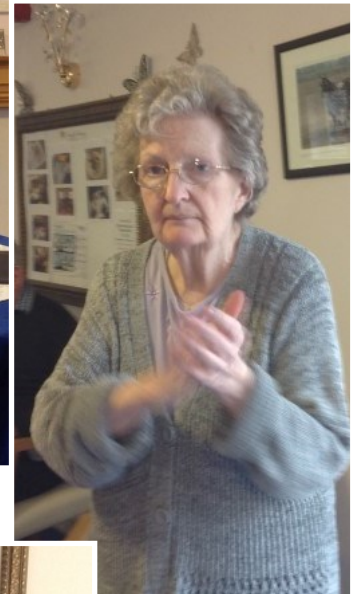
F Form a strong bond with all your family
A Always remember they may be in a different place
M Make times together fun and memorable
I Ignore the petty differences
L Love them while you can - life can be short
Y You can be the glue that keeps them together





BARRY TONE delighted our residents last month when he came in to perform some of their favourite songs.

As well as sitting to enjoy the music, some of our residents enjoyed getting up to have a dance.



Music is what feelings sound like.



There's nothing our residents enjoy more than getting together to have a 'Wake & Shake' morning exercise session.

Jackie and the residents have a great time, and she always manages to coax some of our reluctant residents to have a go.



Wake up AND Shake up!



Somehow, I don't think everyone does this exercise!

Arts & Crafts

Last month our residents enjoyed getting involved with the various Arts & Crafts projects that took place.

Some enjoyed flower arranging, and made the table centre pieces for the Mothers' Day Tea, and others did some art work to put on display in the visitors lounge.





Do You Remember?

Here are some of the best 'April Fools' pranks that got everyone wondering if they were true

The Swiss Spaghetti Harvest

April 1, 1957: The respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree. To this the BBC diplomatically replied, "place a sprig of spaghetti in a tin of tomato sauce and hope for the best." Even the director-general of the BBC later admitted that after seeing the show he checked in an encyclopaedia to find out if that was how spaghetti actually grew (but the encyclopaedia had no information on the topic). The broadcast remains, by far, the most popular and widely acclaimed April Fool's Day hoax ever.

The Body of Nessie Found

April 1, 1972: Newspapers around the world reported the sensational news that the dead body of the Loch Ness Monster had been found. A team of zoologists from Yorkshire's Flamingo Park Zoo had come across it while working at the Loch. The researchers tried to take the Nessie corpse back to Yorkshire, but Scottish police promptly stopped them, citing an old law that made it illegal to remove "unidentified creatures" from Loch Ness. However, subsequent examination of the creature determined that it wasn't actually Nessie. Instead, it was a large bull elephant seal from the South Atlantic. But how had it gotten to Loch Ness? This was revealed the next day when the Flamingo Park's education officer, John Shields, confessed responsibility. The seal had died the week before at Dudley Zoo. He had shaved off its whiskers, padded its cheeks with stones, and kept it frozen for a week, before surreptitiously dumping it in the Loch, intending to play an April Fool's prank on his colleagues. He admitted the joke got somewhat out of hand when the police became involved.

Planetary Alignment Decreases Gravity

April 1, 1976: During an early-morning interview on BBC Radio 2, the British astronomer Patrick Moore announced that at 9:47 AM that day a once-in-a-lifetime astronomical event was going to occur. Pluto would pass behind Jupiter, and this planetary alignment would temporarily counteract and lessen the Earth's own gravity. Moore told his listeners that if they jumped in the air at the exact moment the alignment occurred, they would experience a strange floating sensation. When 9:47 AM arrived, the station began receiving hundreds of phone calls from listeners claiming to have felt the sensation. One woman reported that she and her friends had risen from their chairs and floated around the room. Moore had intended his announcement to be a spoof of a pseudoscientific theory that had recently been promoted in a book called *The Jupiter Effect*, alleging that a rare alignment of the planets was going to cause massive earthquakes and the destruction of Los Angeles in 1982.

The Sydney Iceberg

April 1, 1978: A barge towing a giant iceberg appeared in Sydney Harbor. Sydney siders were expecting it. Dick Smith, a local adventurer and millionaire businessman, had been loudly promoting his scheme to tow an iceberg from Antarctica for quite some time. Now he had apparently succeeded. He said that he was going to carve the berg into small ice cubes, which he would sell to the public for ten cents each. These well-travelled cubes, fresh from the pure waters of Antarctica, were promised to improve the flavour of any drink they cooled. Slowly the iceberg made its way into the harbour. Local radio stations provided blow-by-blow coverage of the scene. Only when the berg was well into the harbour was its secret revealed. It started to rain, and the firefighting foam and shaving cream that the berg was really made of washed away, uncovering the white plastic sheets beneath.