

# **Norwood News -**

## **February 2018**

Dear Family, Friends and Supporters,

Welcome to the February edition of our monthly newsletter, and an especially warm welcome to the families of our newest residents.

After the hustle and bustle of Christmas the atmosphere at Norwood House has seemed very calm and relaxed. However, we still enjoyed a January with plenty of activities and events taking place to keep the residents well entertained and active.

New to the list of activities taking place last month was 'Flower Arranging' and some of our ladies enjoyed working with fresh flowers to produce some beautiful arrangements. One was on display in Reception and it was lovely to see it on a daily basis.

Four of our residents had their birthdays in January, including one 90th, and it was wonderful to see lots of family and friends coming in to celebrate with them.

This month will see us celebrating 'Valentines Day', where our chefs will be cooking up extra treats, and everyone will be enjoying a glass of something fizzy!



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

### ***This Month's Activities!***

- 5th February 18  
• Zoo Tastic  
10:30am
- 12th February 18  
• Geoff Jukes  
Singing - 2:30pm
- 16th February 18  
• Mister John  
Singing - 2pm
- 20th February 18  
• Tony Lambrini  
Singing - 2:30pm
- 23rd February 18  
• Brian Shaw  
Singer - 2pm
- 26th February 18  
• Geoff Jukes  
Singer - 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](http://www.countycarehomes.co.uk)**



It was wonderful to be able to celebrate four birthdays last month with our residents.

Many Happy Returns to Sheila, Pauline, Neville and Daphne who celebrated her 90th birthday.



Daphne was joined on her 90th birthday by over a dozen members of her family.

It was lovely to see her enjoying all the attention and many gifts and cards.





## *Welcome to Our Latest Residents*

We were delighted to welcome recently two new residents to Norwood House, and we are delighted to say that both ladies have settled in really well.

**Rita** joined us at the beginning of January and, as a keen walker, has enjoyed exploring around the home and getting to know where everything is.

In her youth she enjoyed cooking, baking and growing her own produce. She regularly entered local competitions and was often successful in winning prizes.

Rita enjoyed knitting and was

always keen to learn new skills. She was in her 80's when she took up using a PC!

Rita has 3 grandchildren, and her first great-grandchild is due in May.



**Mary** joined Norwood House halfway through January and has quickly made herself at home. She has two daughters, four grand daughters and five great grandchildren!

In her late teens Mary became a nurse for a few years until she married. As a couple they were always keen travellers and visited lots of places as members of the National Trust.

Mary and her husband also enjoyed dancing and were very good 'sequence dancers'. Mary has lived most of her life in either Norfolk or Suffolk, and as well as a keen gardener, she also enjoyed walking.



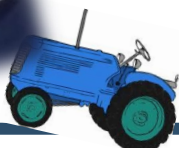
## *and to Our Respite Care Residents*

It was also lovely to have two respite care visitors with us last month. Gill joined us at the end of December for two weeks and Rodney in the middle of January for just over two weeks.

In her younger days Gill trained as a 'Florist' with Constance Spry, and was a keen Sailor, who also enjoyed fishing. Just two of the many pursuits that she and her husband enjoyed doing together over the years.

Rodney has been involved with farming for most of his adult life, as well as also being the 'editor' of a popular Farming magazine.

Both settled well into Norwood House and were missed when it was time for them to leave.





Three times a week our resident Hairdresser, Kay, is kept very busy ensuring our ladies, and gentlemen, are well groomed.

Kay never has a shortage of clients, and when our ladies have finished having their hair attended to, there is nothing they like more than having their nails looked after as well.

Tori is just one of our Activities workers who enjoys making sure our ladies have their nails manicured on a regular basis, and Joan always enjoys the attention.



There is always a good choice of colours to choose from as Peggy discovered



From 'Top to Toe' we make sure our residents are looking their best. Rita enjoyed being pampered by Jo Our Foot Healthcare Practitioner.



As well as trimming our residents hair, some of our ladies enjoy having a 'perm' - just to get that extra 'bounce' - or having their colour changed!

Kay is never short of clients, and there is always someone waiting to be next!





Here are just a few of our ladies who enjoy being pampered on a regular basis.

Maureen, Dorothy, Helen, Pat, Joan and Daphne are always like the attention, and they certainly enjoy looking their best for their visitors.



# Our Activities Planner ~ February 2018

<b>1st Wake &amp; Shake</b>  <b>Nail Care</b> <b>Activities</b>	<b>2nd Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Bingo</b> 	<b>3rd Wake &amp; Shake</b> <b>Movie Time</b>  <b>Dominoes</b> 	<b>4th Wake &amp; Shake</b>  <b>1-2-1 Activities</b>
<b>5th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>ZOO TASTIC</b> - 10:30am  <b>Cards &amp; Games</b>	<b>6th Wake &amp; Shake</b> <b>Flower</b> <b>Arranging</b> <b>1-2-1</b> <b>Activities</b> 	<b>7th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Baking</b> 	<b>8th Wake &amp; Shake</b>  <b>Nail Care</b>
<b>9th Wake &amp; Shake</b> <b>HAIRDRESSING</b>  <b>Arts &amp; Crafts</b>	<b>10th Wake &amp; Shake</b> <b>Bingo</b>  <b>Movie Time</b>	<b>11th Wake &amp; Shake</b>  <b>Hangman</b> <b>1-2-1 Activities</b>	<b>12th Wake &amp; Shake</b> <b>HAIRDRESSING</b>  <b>Geoff Jukes - 2:30pm</b>
<b>13th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Flower</b> <b>Arranging</b> 	<b>14th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Baking</b> 	<b>15th Wake &amp; Shake</b> <b>Nail Care</b>  <b>Bean Bag &amp; Bowling</b>	<b>16th Wake &amp; Shake</b> <b>Mr John - 2pm</b> <b>HAIRDRESSING</b> <b>1-2-1 Activities</b> 
<b>17th Wake &amp; Shake</b> <b>Cards &amp; Games</b>  <b>Movie Time</b> 	<b>18th Wake &amp; Shake</b> <b>1-2-1 Activities</b>  <b>Arts &amp; Crafts</b>	<b>19th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Creative Minds - 10am</b> <b>Bingo</b> 	<b>20th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Tony Lambrini</b> - 2:30pm <b>Nail Care</b> 
<b>21st Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Baking</b> 	<b>22nd Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Nail Care</b> 	<b>23rd Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Brian Shaw</b> - 2pm 	<b>24th Wake &amp; Shake</b> <b>Movie Time</b> <b>Cards &amp; Games</b> <b>1-2-1 Activities</b>
<b>25th Wake &amp; Shake</b>  <b>Bean Bag &amp; Bowling</b>	<b>26th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Nail Care</b> <b>Geoff Jukes - 2:30pm</b> <b>1-2-1 Activities</b>	<b>27th Wake &amp; Shake</b> <b>Dominoes</b>  <b>Flower Arranging</b>	<b>28th Wake &amp; Shake</b> <b>HAIRDRESSING</b> <b>Baking</b>  <b>1-2-1 Activities</b>

If you would like to join  
us when our  
entertainers are in,

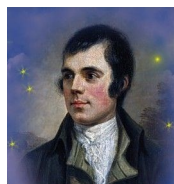
please check our  
Front Page for the  
Start Times



# HAPPY BURNS NIGHT!

January saw our residents celebrating Burns Night in a number of ways, including doing some Arts & Craft activities, being entertained with highland songs from the various singers who joined us in January and enjoying a delicious Burns Night lunch.

A good day was enjoyed by all, and the Kitchen and care staff once again pulled out all the stops to ensure our residents had a really good day.



## Burn's Menu 25th January 2018

### LUNCH

**Cullen Skink** - creamy soup with Smoked Haddock, potatoes and spring onions  
served with fresh baked bread  
**Scottish Smoked Salmon** served with salad

~  
**Gamekeepers Pie**  
Mixed game in a red wine sauce with root vegetables topped with mashed potatoes

**Haggis, Neeps and Tatties**  
Scottish classic served with mashed swede and potatoes

~  
**Cranachan** - whipped cream flavoured with whiskey and honey, mixed with oats and raspberries

**Cloutie Dumpling** - steamed mixed fruit and spice pudding served with whiskey custard

## Burns Night - Word Search

Can you find all of the words hidden in the grid?

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

BAGPIPES

DANCING

NEEPS

POEM

SONGS

BURNS

HAGGIS

OATCAKES

ROBERT

TARTAN

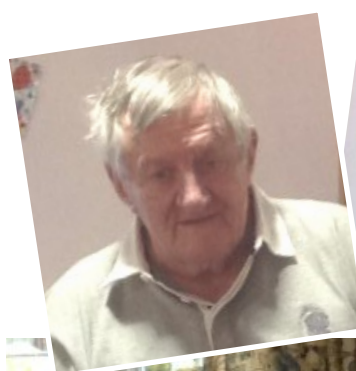
COCKALEEKIE

KILT

PIPER

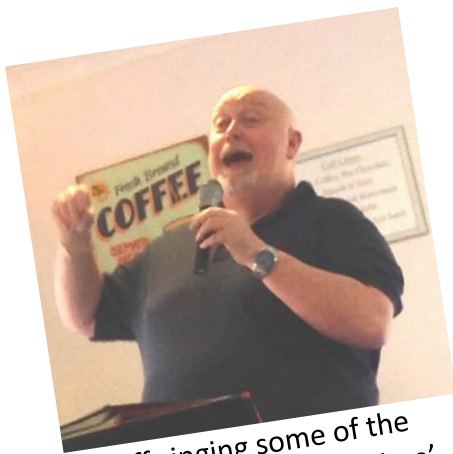
SCOTLAND

TATTIES



Some of our residents enjoying their Burns Night lunch, with the Game Pie being the favourite dish of the day.

January saw our residents enjoying entertainment from Geoff Jukes, Brian Shaw, Barry Tone and Dennis Maisey, who brought in his Ukulele, and the Tickled Pink production team who gave us a whirl wind production of 'Aladdin'!



Geoff singing some of the residents favourite 'old time' songs.



Keith, Janet, Dorothy, John and Ruth, just some of residents who enjoyed seeing Geoff, and having a little glass of something special!

# Let Us Entertain You!



Brian always enjoys visiting Norwood House, and entertaining our residents. They certainly look forward to him being here.







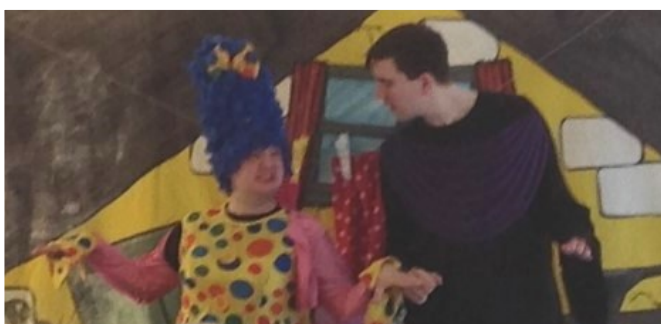
# Aladdin



January saw the 'Tickled Pink' productions team join us to present their take on the 'Aladdin' story. Four members of the team did some very quick changes to try to fit in as many characters as possible. Well done!



It was a 'full house' with residents enjoying singing along to some of the familiar songs from the film - and also singing along to some that weren't!







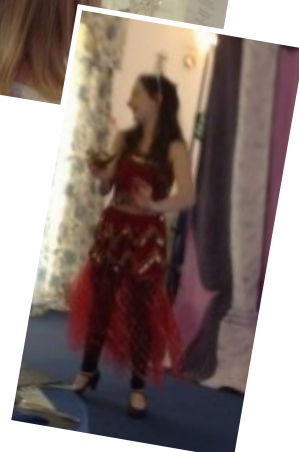
There's nothing like enjoying a bit of a 'Panto' with family - *"Oh yes there is!", "Oh no there isn't!"*



As well as members of the Tickled Pink production team serenading our residents, the staff also had an opportunity to get stuck in, ensuring our residents had an entertaining afternoon.



A ***BIG Thank You*** to all the members of the production team for a very 'different' version of Aladdin!





# 2017



Well done to all the members of staff who received the 'Employee of the Month' award for 2017. They each enjoyed receiving a £25 cash prize .

<i><b>January</b></i>	<i><b>February</b></i>	<i><b>March</b></i>	<i><b>April</b></i>	<i><b>May</b></i>	<i><b>June</b></i>
Kirsty Reed Support Worker	All Staff at NW House	Robin Saville Chef	Roxy Clarke Night Support Worker	Zoe Fisk Night Team Leader	Lauren Walker Support Worker
<i><b>July</b></i>	<i><b>August</b></i>	<i><b>September</b></i>	<i><b>October</b></i>	<i><b>November</b></i>	<i><b>December</b></i>
Troy Steen Maintenance	Sarah Taylor Support Worker	Beverly Tuthill Dinning Room Assistant	Candice Lewis Support Worker	Kevin Sparrow Chef	Graeme Pearse Housekeeping

## **Don't Forget -**

Residents, Family Members, Friends, Supporters and Staff can ALL vote for the Employee of the Month. Please remember to do it before the last day of each month. *Thank You*



## **Arts & Crafts**

Lots of our ladies enjoy an afternoon of tapping into their 'creative' side. Some of their artwork can be seen around Norwood House.





# *The Art of Flower Arranging*



Spring was certainly in the air last month when some of our residents tried their hand at 'Flower Arranging'.

Our respite residents, Gill (a trained florist herself), showed a keen interest in what was taking place. She certainly seemed to appreciate the end results.



They used a selection of fresh flowers to produce some lovely displays, which were then placed around Norwood House.





# Valentines Trivia

Why not have a go at our trivia quiz and see how you do.  
You may surprise yourself - and your loved one!  
Good Luck!



- 1) Who was the legendary Benedictine monk who invented champagne?
- 2) Which was Shakespeare's most romantic play?
- 3) What kind of flowers are traditionally given to symbolise love?
- 4) What other gift sometimes accompanies a bouquet of red roses?
- 5) What was first created by Pope Gelasius in 500 AD, then deleted from the Roman Calendar of Saints by Pope Paul VI in 1969?
- 6) 'Valentine' was the name given to which kind of early Christian?
- 7) What day is Valentine's Day held on?
- 8) According to the *Legenda Aurea*, or *The Golden Legend*, a fictional work written by Jacobus de Voragine around 1260 AD, who wrote the very first Valentine's message on the eve of his execution?
- 9) As well as being the unofficial patron saint of love, what occupation is St Valentine also believed to be the patron of?
- 10) The British Museum holds a letter believed to be the oldest valentine still in existence. Who wrote it?
- 11) Today we associate love with the heart, but this wasn't always the case. In medieval times, which internal organ was believed to cause love?
- 12) In the 18<sup>th</sup> century, sailors used to give their wives and girlfriends a 'busk valentine'. What was this?
- 13) Which Roman god was either depicted as a plump cherub with a bow and arrow, or as a handsome teenager?
- 14) Which Roman goddess was Cupid's mother?
- 15) A poem called *The Parliament of Fowls*, which describes a man's dream of Cupid preparing his arrows in the Temple of Venus, is usually held to be the first cultural link between St Valentine and romance. Who wrote the poem?
- 16) In Japan, what do women give men on Valentine's Day?
- 17) What is a Vinegar Valentine?
- 18) If you're quick to show your feelings, where do you wear your heart?
- 19) Which Shakespeare play features Valentine and Proteus?
- 20) What is the approximate date of the first Valentine ever sent?
- 21) Who led the Chicago gangsters behind the St Valentine's Day Massacre in 1929?
- 22) Which symbol does New York's Empire State Building illuminate on every Valentine's Day?
- 23) Who played the title role in the film *Shirley Valentine*?
- 24) Which singer had a Top Ten hit, in 1961, with *Cupid*?
- 25) Which Scottish poet wrote *A Red, Red Rose*?
- 26) What was the name of the small heart-shaped sweets, manufactured by Swizzel, which had short romantic messages printed on them?