

# Norwood News -



## 2018

Dear Family, Friends and Supporters,

What a month! June was a very busy time for us; from getting our raised vegetable beds and flower tubs ready and planted, to having quite a number of singers in to entertain our residents.

We also enjoyed a visit from Pippin and her mum Saffi, from Mini Donks. It was wonderful to see so many residents interacting with the animals and their handlers, and asking lots of questions about them. I don't think it will be their last visit to Norwood House.

June saw us enjoying some of the hottest days of the year on record so far. We are hoping the good weather will continue into July as we are planning to take some of our residents to Aldeburgh (one trip out in the morning and one in the afternoon), and hope it will be an enjoyable day out for everyone. We have booked a specially adapted coach, so hope to take as many residents as possible.

*If you would like to join your family member on the trip, please see Jackie in Activities as she will be organising the visit.*



In July we will also be enjoying a visit from a local Ice Cream company. We hope to make this a regular occurrence for our residents throughout the summer months.

Wishing you all a very enjoyable rest of the summer, from,  
All at Norwood House



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

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

- **2nd July 18**  
Singer - Geoff Jukes  
2pm
- **3rd July 18**  
Incredible Eggs  
- Chicks to Hatch
- **6th July 18**  
Mojo Crafts  
10am  
Sing-As-We-Go  
2:30pm
- **9th July 18**  
Tickled Pink Production  
11am
- **10th July 18**  
***Seaside Visit with Residents***  
AM & PM
- **11th July 18**  
Singer - Mike Pritchard  
2:30pm
- **12th July 18**  
Singer - Brian Shaw  
2pm
- **16th July 18**  
Singer - Geoff Jukes  
2:30pm
- **20th July 18**  
Mojo Crafts  
10am  
Singer - Jack Austin  
2:30pm
- **23rd July 18**  
Singer - Barry Tone  
2:30pm
- **27th July 18**  
Entertainer - Alan Mann  
2:30pm
- **30th July 18**  
Singer - 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](http://www.countycarehomes.co.uk)**



**J**une saw us celebrating the birthdays of Jan, Carol, Dorothy and Maureen. All of our ladies enjoyed very special birthdays, with Jan celebrating her 90th with family.



Happy Anniversary

It was lovely to see Eileen and her husband Ted celebrating their **65th** Wedding Anniversary in June. Congratulations to you both from all at Norwood House.



# WANTED

- ♦ Do you have an interest in 'Tropical Fish'?
- ♦ Could you spare a few hours each month?
- ♦ Would you be willing to help look after our fish tank>?

*If you can answer 'YES' -  
please give us a call on -  
01728 668600*

## Our Managers 'Word of the Month' **'PALENDROMIC'**

*A word (or numbers) that can be written backwards and it's still the same - like '**HANNAH**'*

*How many palindromic words or sets of numbers do you know?*



# Our Activities Planner ~ July 2018

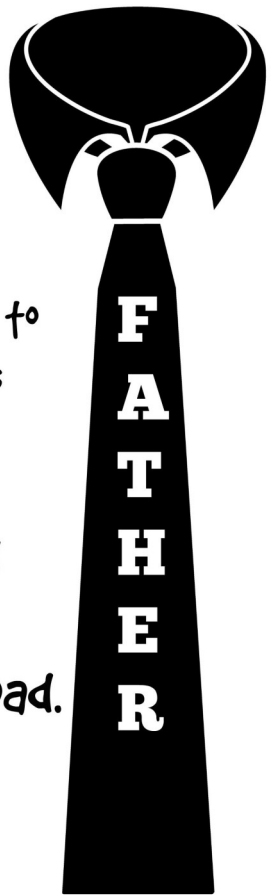
<b>1st Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Crafts</b> 	<b>2nd Wake &amp; Shake</b> <b>121 Activity</b> <b>Wimbledon Starts</b> <b>Geoff Jukes 2.30pm</b> 	<b>3rd Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Incredible Eggs</b> <b>Chicks arrive</b> 	<b>4th Wake &amp; Shake</b> <b>Baking</b> 
<b>5th Wake &amp; Shake</b> <b>Gardening</b> <b>Bowling &amp; Bean Bags</b>	<b>6th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Foteini Crafts 10am</b> <b>Sing as you go 2.30pm</b>	<b>7th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Nailcare</b> 	<b>8th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Games</b> <b>Bingo</b> <b>Bean Bags</b>
<b>9th Wake &amp; Shake</b> <b>Tickled Pink 11am</b> <b>Arts &amp; Crafts PM</b>	<b>10th Wake &amp; Shake</b> <b>Trip to Aldeburgh</b> <b>am &amp; pm</b> 	<b>11th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Mike Pritchard 2.30pm</b>	<b>12th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Brian Shaw 2pm</b>
<b>13th Wake &amp; Shake</b> <b>Gardening</b> <b>1-2-1 Activities</b> 	<b>14th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Baking</b> 	<b>15th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Garden Games</b> 	<b>16th Wake &amp; Shake</b> <b>QUIZ</b> <b>Geoff Jukes 2.30pm</b> 
<b>17th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Nail Care</b> 	<b>18th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Bowling &amp; Bean Bags</b> 	<b>19th Wake &amp; Shake</b> <b>Creative Minds 10am</b> <b>Gardening</b> 	<b>20th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Foteini Crafts 10am</b> <b>Jack Austin 2.30pm</b>
<b>21st Wake &amp; Shake</b> <b>GAMES</b> 	<b>22nd Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Gardening</b> 	<b>23rd Wake &amp; Shake</b> <b>QUIZ</b> <b>Barry Tone 2.30pm</b> 	<b>24th Wake &amp; Shake</b> <b>1-2-1 Activities</b> 
<b>25th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Nail Care</b> 	<b>26th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Arts &amp; Crafts</b> 	<b>27th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Alan Mann 2.30pm</b>	<b>28th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Gardening</b> 
<b>29th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>GAMES</b>	<b>30th Wake &amp; Shake</b> <b>1-2-1 Activities</b> <b>Geoff Jukes 2.30pm</b>	<b>31st Wake &amp; Shake</b> <b>Gardening</b> 	

**D**espite the weather not being as nice as we would have liked, our chef's didn't disappoint on Fathers' Day and produced a wonderful 'BBQ', even if it was cooked indoors!



Happy  
Fathers  
Day

A sturdy, steady hand to hold to  
In times of strife and stress  
A true friend we can turn to  
When times are good or bad  
one of our greatest gifts and  
blessings,  
The man that we call Dad.

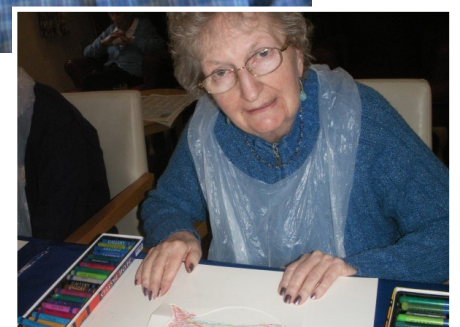
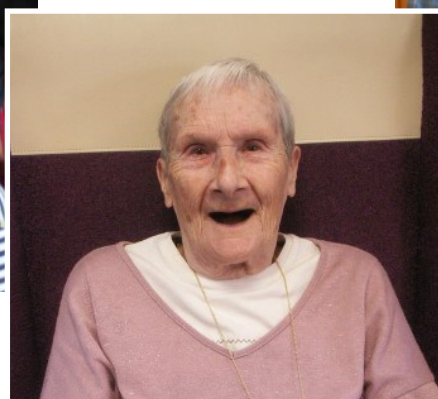
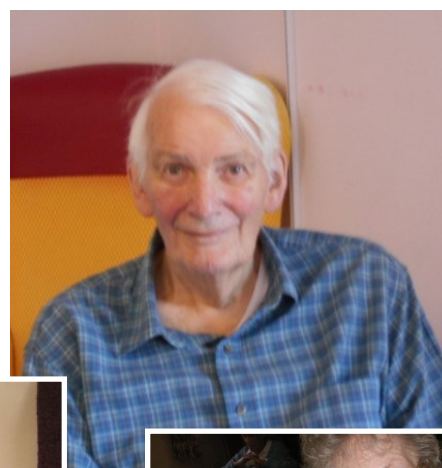
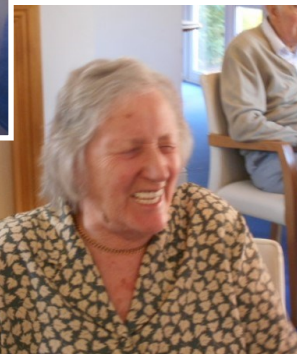
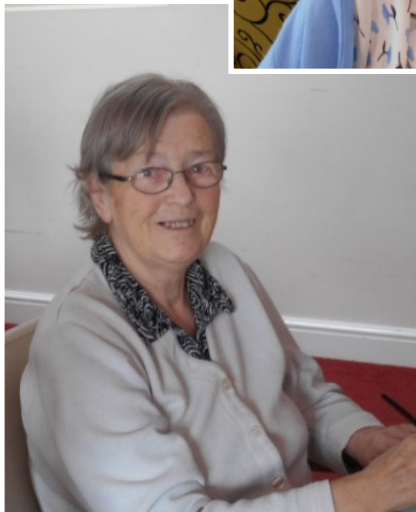
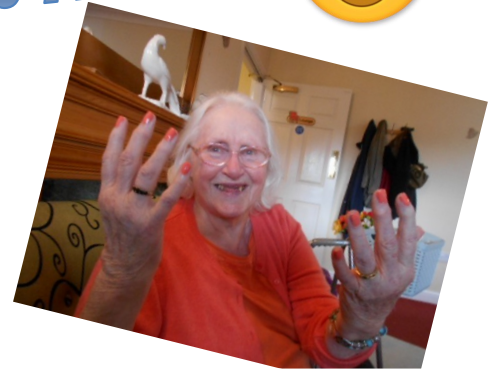




# Something to Smile About



Whether it is getting your hair done, having your nails painted, or just sitting and doing a puzzle, all our residents always find something to laugh or smile about.



*County Care Homes*

**Norwood House**

**GARDEN**

*Party*

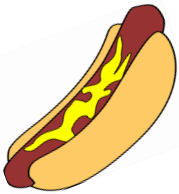


You are cordially invited to our

**Annual Garden Party** on:

***Saturday 4th August 2018***

***from 12pm onwards***



**BBQ**



**Mr Bean and his Circus Troupe & Face Painters  
Sing-along with Mike Pritchard**

**We will be holding a raffle on the day, and would like to ask for your generous support in donating items which we could raffle off. All the money raised will be used to support the activities and events that are organised for our residents.**

***Raffle Tickets Are Now on Sale***

**If you are able to donate an item, please leave it with a member of the Reception staff.**

***Once again, THANK YOU for your continuing support***







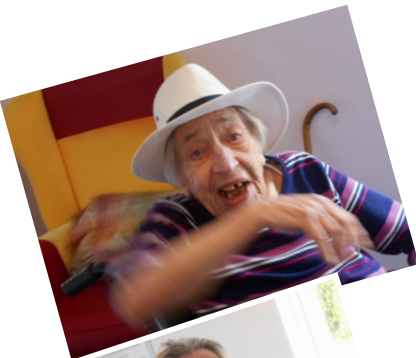
**H**ere at Norwood House our residents always enjoy singing along with all the various entertainers who come in each month. Each of them bring their own unique style, and genre of music to perform to our residents.

Sharon Jarvis provides song sheets, and quizzes our residents on what memories the songs invoke for them. Some maybe songs for films or shows, or just popular tunes from when they were younger. One thing is clear - from the number of residents singing along - they all enjoy her visits.



Everyone enjoys taking part, and the more able of our residents are always

keen to get up and have a dance. Those less able to get up and move about don't let it stop them from having a really great time - as you can see - Sheila certainly enjoys herself.

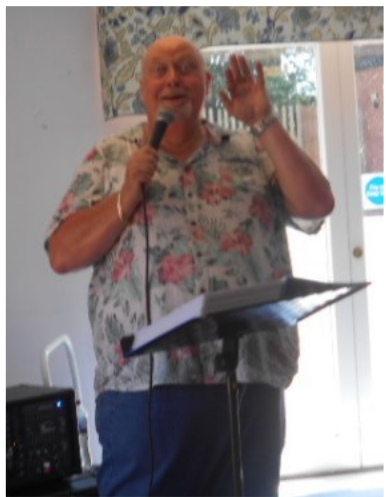




**B**rian Shaw always has plenty of residents singing along with staff and residents enjoying a dance to his popular tunes.



Geoff Jukes also makes sure that he sings plenty of songs that our residents remember from their youth.





Jan enjoyed singing with the girls from Sing-As-We-Go and as usual, residents enjoyed joining in; either singing, dancing or playing percussion.



It's always wonderful when family members are able to join us when we have singers and entertainers at Norwood House.

Jan certainly enjoyed her 'Birthday' dance with her daughter, and Francis and Dorothy's visitors also looked like they were having a good time.







**M**ike Pritchard always makes sure he sings lots of songs that our residents are familiar with. Some certainly enjoy singing along, or getting up to have a dance.

***Mike will be performing at our Summer Garden Party on the 4th August 2018; so why not come along and join us on the day.***



**REMINDER**

We would like to remind everyone visiting Norwood House that entry to the KITCHEN is out of bounds to family members and other visitors.



We like to offer all our guests refreshments, but should you like a drink, before or after the tea trolley has been around; or need assistance with anything else, please ask a member of the Reception staff.

***We are more than happy to help.***



**Don't forget to buy your Raffle Tickets for the Summer Garden Party On Sale in Reception**

## **Relatives Meeting**

Please join us on **Saturday 28th July 18** at **12pm** for Tea & Cake and a chance to meet up with Cathryn, our Manager



# Our GARDEN



Residents and members of the Activities Team have been very busy recently planting up a good selection of flowers and vegetables.

They have some beans, peppers and courgettes growing in various pots and raised beds. When ready, the kitchen will no doubt be turning them into delicious meals for our residents.

Jackie, Iris, Frank and Michelle enjoyed making the pots at the front of Norwood House look colourful and bright.



The work was a little messy at times, but even Kay, from Laundry, got in on the act by helping to tidy up.



## Garden Word Search



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

Apple  
Asparagus  
Beans  
Beds  
Bucket  
Cabbage  
Carrot  
Compost  
Corn  
Eggplant  
Fence  
Flower  
Fruit

Garden  
Gate  
Greenhouse  
Harvest  
Herbs  
Jalapeno  
Ladybug  
Leaf  
Lettuce  
Manure  
Mulch  
Onion  
Oregano

Pear  
Peas  
Pecans  
Pepper  
Potato  
Rhubarb  
Roots  
Rosemary  
Sage  
Seeds  
Shed  
Shovel  
Soil

Spinach  
Stem  
Strawberry  
Sunflower  
Thyme  
Tomato  
Trowel  
Vegetable  
Weeding  
Wheelbarrow  
Worms



# 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.

#### 19th July 2018

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



#### 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





Each day we have lots of visitors to Norwood House. Some are here to see staff or entertain our residents; but most are family members (and sometimes their pets as well!) just visiting loved ones.



Whoever our visitors are; we like to offer a warm welcome to all.



There's nothing like getting together for a good old natter! Good job our visitors don't mind chatting to other residents.



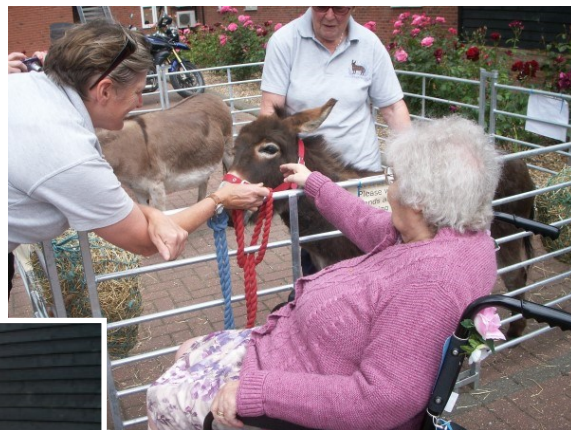
# Mini Donks

On Saturday 16th June we were delighted to have Pippin and her mum, Saffi, visit us from Mini Donks.

The pair spent part of the afternoon penned up at the front of Norwood House where some of our residents enjoyed going out to meet them. Pippin also enjoyed coming in to visit residents who were less mobile, and not able to get out to see them.



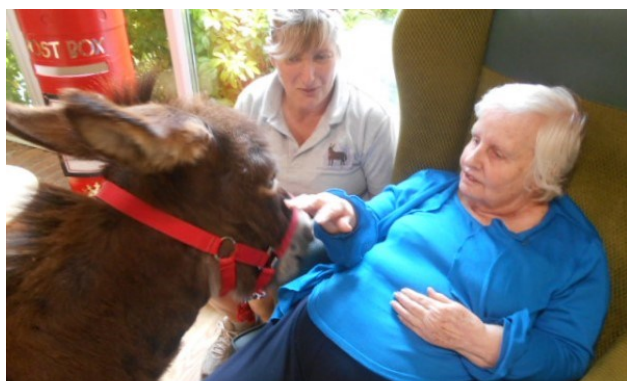
Saffi was NOT impressed with the quality of our Grass!



Daphne meeting Pippin, with Pat and Iris giving her a good brush down later in the afternoon.



Pipin and her handler spent some time walking around visiting our residents.

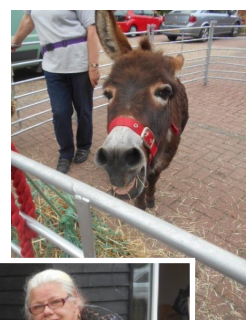


Residents, and some of our members of staff's children, enjoyed some 'hands on' time with the donkeys.





Mum and daughter didn't enjoy being separated for too long, and Pipin could certainly make a loud braying noise when she had had enough of being on her own.



Mel, our new Chef, came out after her shift to meet Saffi.



Our residents not only loved meeting the donkeys but they also enjoyed being able to ask their handlers lots of questions.





Saffi sporting her new 'couture Donkey rain-coat'!



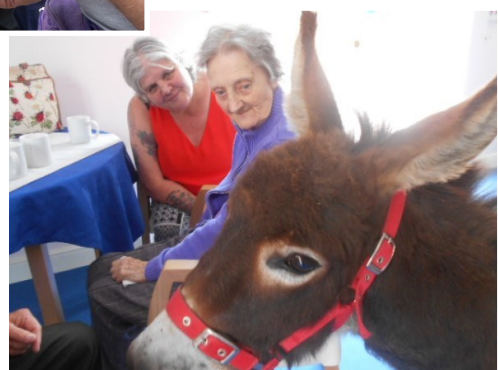
She doesn't usually like

going in doors, but made an exception at Norwood House.... especially if 'tea & cake' were going to be the reward.



A very BIG THNANK YOU to the lovely ladies from Mini Donks.

We look forward to seeing the donkeys back again in December.

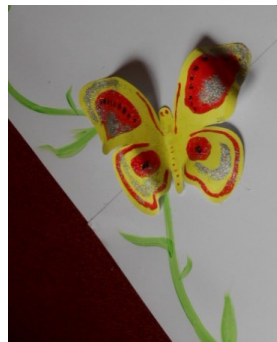




# Arts & Crafts

Once again our residents enjoyed working with the lovely ladies from Mojo Crafts and Creative Minds.

Kay, and our new Activities Co-ordinator Michelle and Jackie all enjoyed joining in. Look out for their work around Norwood House.





# Meals to BOOST your BRAIN

## BREAKFAST

### Ingredients

- 1 cup frozen blueberries
- 2 teaspoons cocoa powder
- 1 cup milk of choice
- 1/4 teaspoon vanilla extract
- Dash cinnamon
- Dash nutmeg
- 2 teaspoons maple syrup (or agave)
- Fresh blueberries, for garnish (optional)

### Directions

1. Combine all ingredients in a blender until smooth. If desired, strain through a fine-mesh strainer into a glass for a smoother texture.
2. Garnish with fresh blueberries, if desired.

Using skim milk (or soy or almond, if that's your thing), cocoa powder, frozen blueberries, and a touch of maple syrup, this drink is almost as creamy and rich tasting as a classic milkshake, but with far less sugar and fat, and an added antioxidant boost from the cocoa powder and blueberries.

## MAINS

### Ingredients

- 1 sweet potato
- 1 bunch kale
- 1 lb. filet of wild salmon
- 1 orange
- 1 grapefruit
- 1 lemon
- 3 tablespoons olive oil
- 1 ½ tsp. salt
- 1 ½ tsp. course ground black pepper
- 1 knob of butter
- 12 cherry tomatoes

### Directions

Prepare this dish in two single-serve baking dishes or in one 13 x 9 pan/dish.

1. Cut the sweet potato into strips. Toss with 1 tablespoon olive oil, 1 tablespoon orange juice, ½ tsp. orange zest, ½ tsp. salt and ½ tsp. pepper. Place half on one side of each baking dish.
2. Rinse and chop the leafy part of the kale. Toss with 1 tablespoon olive oil, 1 tablespoon grapefruit juice, ½ tsp. grapefruit zest, ½ tsp. salt and ½ tsp. pepper. Place half on the other side of each baking dish.
3. Cut the salmon filet in half. Toss with 1 tablespoon olive oil, 1 tablespoon lemon juice, ½ tsp. lemon zest, ½ tsp. salt and ½ tsp. pepper. Place a filet in each dish between the sweet potatoes and kale, skin side down. Top with a knob of butter and a lemon slice.
4. Place 3 cherry tomatoes on the sides of each filet.
5. Bake in a 400F / 200 C / Gas Mk 6 oven for 25 minutes.

### Directions

1. Put the can of coconut milk in the refrigerator for several hours (or overnight).
2. When you open the can after it's chilled, scrap off the solid top layer of creamy coconut, careful not to include any of the liquid on the bottom of the can. (Don't waste the liquid left in the can – drink it or add it to a smoothie.)
3. Whip the coconut cream with an electric mixer until it has the airy texture of whipped cream, about five minutes.
4. For a coconut milk chocolate mousse gently mix the melted chocolate into the whipped cream. Chilling the chocolate mousse before serving will give it a thicker texture, if desired.
5. Layer the whipped cream in a glass with berries.

## DESSERT

### Ingredients

- One 15-ounce can of full-fat coconut milk
- A handful of berries or 4 ounces of cooled, melted dark chocolate

## sudoku BRAIN teasers - how DID YOU do?

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

Here are the answers to the Sudoku puzzles in the June Newsletter. Well done if you got them right.

If you would like to suggest some puzzles or quizzes for the Newsletters, please speak to a member of Reception.

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