



# December

## Norwood News -

### December's Birthstones



**Zircon**

Symbol of Prosperity, Confidence and Compassion



**Tanzanite**

Symbol of Inner Strength and High Intellect



**Turquoise**

Symbol of Well Wishes, Good Health and Prosperity



**Topaz**

Symbol of love and affection

december

BIRTH FLOWER

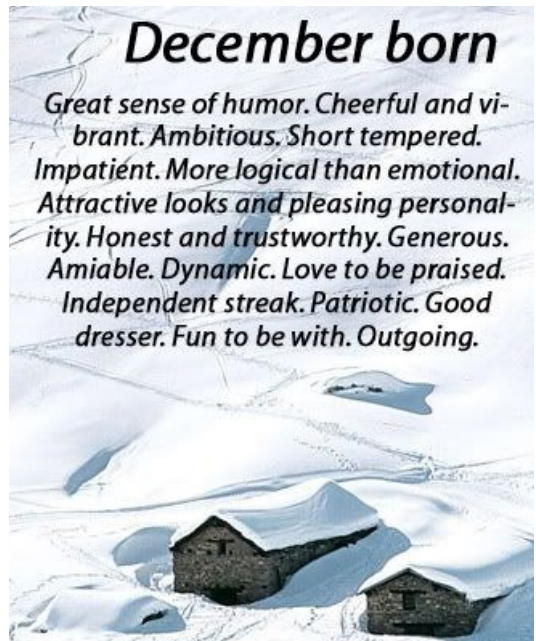
hope  
wealth  
the only one  
good fortune



NARCISSUS

### December born

Great sense of humor. Cheerful and vibrant. Ambitious. Short tempered. Impatient. More logical than emotional. Attractive looks and pleasing personality. Honest and trustworthy. Generous. Amiable. Dynamic. Love to be praised. Independent streak. Patriotic. Good dresser. Fun to be with. Outgoing.



**Norwood House**  
**Littlemoor Road**  
**Middleton**  
**Saxmundham**  
**IP17 3JZ**

**01728 668600**

**[norwood@countycarehomes.co.uk](mailto:norwood@countycarehomes.co.uk)**

**[www.countycarehomes.co.uk](http://www.countycarehomes.co.uk)**



**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

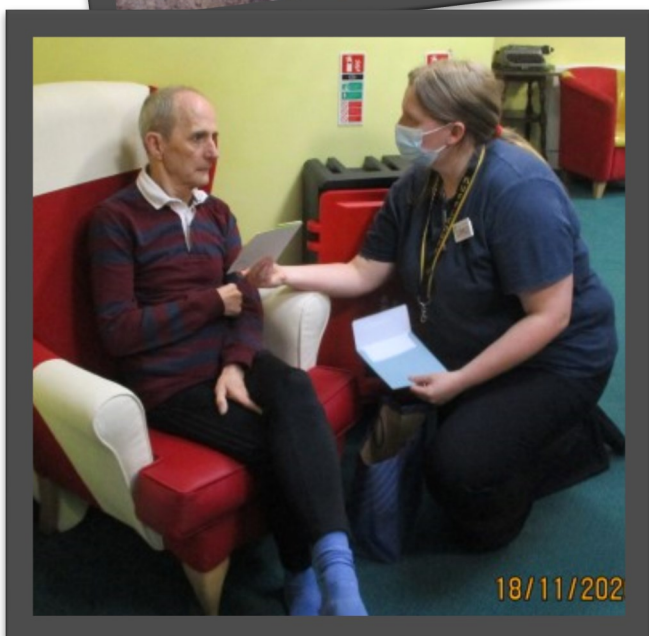




We celebrated Maureen's 90th Birthday  
at the beginning of November.







**Trevor celebrated his birthday in November. He had a lovely cake, opened his cards and presents then had a Skype call with his Wife.**



# Happy 84th Birthday Shirley



Shirley Celebrated her birthday at the end of November. She had a lovely party with the residents in the Lounge.

Happy Birthday to you





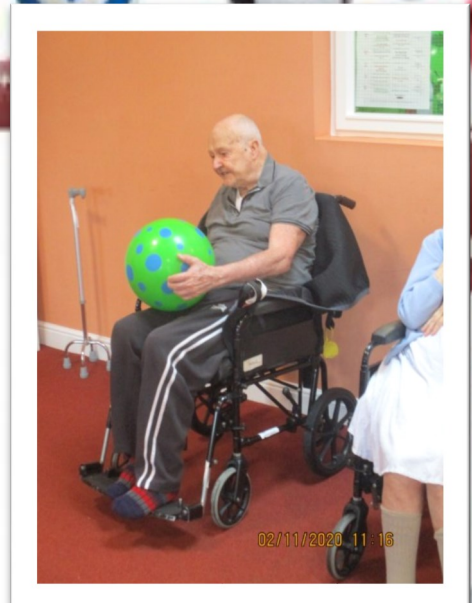
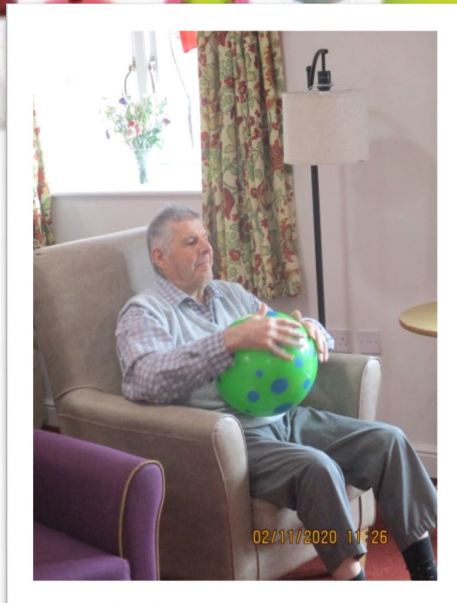
# Skittles



Skittles can help provide a distraction for the residents from low mood or agitation – often symptoms people with dementia experience.











**The residents enjoyed a few ball games throughout the month.**

**Ball games can lessen anxiety and make people living with Dementia feel more engaged. Even residents who are not able to participate in the game physically, can enjoy watching the game, following. Participation can help foster connections.**







# Musical Bingo



**Bingo is also a great social activity that can help to reduce loneliness and increase a sense of wellbeing.**



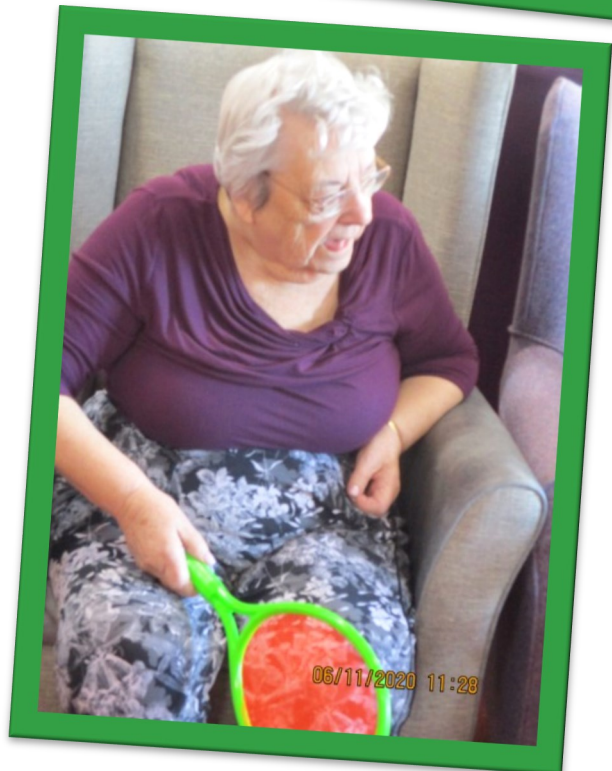
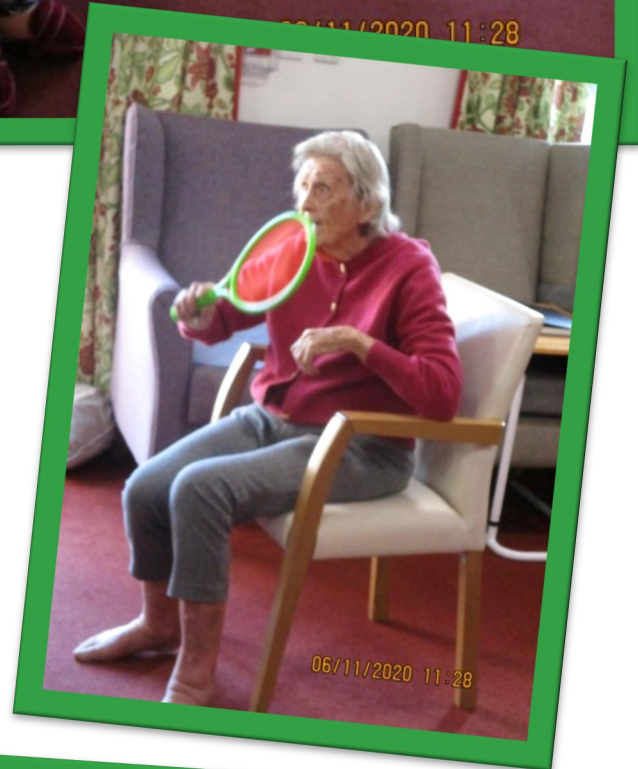








Balloon tennis







# Target Practice

The residents often enjoy some target practice in the mornings. Things like Target Practice and Archery are great forms of exercise for both bodies and minds.







**On Remembrance Day the residents made some Poppies out of Paper Plates.**

## REMEMBRANCE DAY





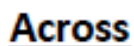
christmas  
is coming



**Christmas is on its way! We have already made a start on the Festive Decorations. Look out for all of our Festive Fun Photos in our January Newsletter.**

**We will be celebrating Christmas Jumper Day on Wednesday 16th December & Elf Day on Wednesday 23rd December as well as all the other festivities!**





- 1 Traditional dessert eaten after Christmas lunch (9,7)
- 2 Frosty the ---, popular Christmas song (7)
- 3 Christmastime door decoration (6)
- 4 Meat traditionally eaten on Christmas day (6)
- 5 Reason for Christmas kisses (9)

## Down

- 1 Songs sang at Christmas (6)
- 2 They allow a Cockney to see seasonal food (5,4)
- 3 Kriss kringle (6,9)
- 4 Festive decoration (6)
- 5 Warming alcoholic drink with sugar and spices (6,4)
- 6 Red-nosed reindeer (7)
- 7 Things pulled at Christmas (8)







**County Care Homes**

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## Contact Details

Alastair Rayner

**General Manager**

Abi Pipes

**Deputy Manager**

Norwood House

Littlemoor Road

Middleton

Saxmundham

Suffolk

IP17 3JZ

Tel: 01728 668600

Email: [norwood@countycarehomes.co.uk](mailto:norwood@countycarehomes.co.uk)

**We look forward to assisting you**