



HELLO
January

Happy New Year
2022

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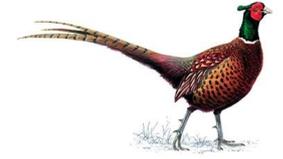


County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

Managers Dementia Corner



Why don't Pheasants like to fly?.....have they learned a new filter?

Because.....If I fly, someone will shoot me and I will likely become their evening meal.

Pheasants are native to Asia, but were introduced into much of Europe by the Romans, possibly arriving in the UK with the Normans in the 11th century. Largely forgotten and locally extinct up until the 19th century, they became a popular gamebird once again and are extensively reared by gamekeepers.

A theory is that since the beautifully looking Pheasant became a popular "game bird" again it has evolved to realise "learn" that if it does not fly it will not be shot at.

A very valuable lesson indeed if it is to practice one of the three basic instincts "to protect itself"

Game keepers now have to employ (usually payable in Pheasants for their supper) locals to "beat" the ground with sticks as they walk through the woods to "encourage" the birds to fly in order that paying customers can shoot them.

In essence the Pheasants have learned a new filter which, as they do not have the remarkable ability to learn quickly like us humans, has taken them 100's of years to evolve.

However, they have definitely not learned that walking across the road is far more likely to render them very dead and "not even fit for the table" which in some eyes is rather a waste.

Clearly they have not evolved to recognise the dangers that a vehicle can offer as quickly as they realised that a shot gun is to be avoided at all costs.

They have however learned to run but not take off when a human comes near them unless they have no choice in the matter. I am sure that recognising a vehicle in the same way will reach their brains at some point.

What has this got to do with dementia you may well enquire.

Last month we spoke about "filters" and how very adapt we are at learning new filters as humans due to a fully functioning and constantly evolving frontal lobe.

I am sure that we would not take 100's of years to "learn" that being shot at or hit by a car is not conducive with "protecting ourselves"

Fortunately for humans we are blessed with how developed and fantastically sophisticated our brains are, and how quickly we learn new filters, which enable us to retain millions of triggers which enable us to realise when we are putting ourselves in a dangerous position, and more importantly how to avoid them.

Unfortunately, unlike the Pheasant, there is also a downside to being a human and having such a developed brain.

Much like a 21st century washing machine for instance, the fantastically developed brain is so much more prone to developing faults than a Pheasant or a 1950's washing machine.

Would it have been better or worse to have not developed/evolved as quickly as we have, and how very lucky are we that we have a sophisticated brain that can understand that a shot gun and a car require two very different reactions in order to avoid their consequences. Perhaps the poor pheasant will never have the ability to differentiate and react to these different threats accordingly.

We now have the ability, through the understanding of science, to live much longer and routinely well into our 80's and beyond.

In the 1960's the average human adult life expectancy was 71 in the UK. In 2019 it was 81 and is getting higher every year and as we continue at the current rate we should all expect to routinely reach 100 years old by the year 2160 with dementia care becoming the most expensive part of the care system as it is clear that dementia will be far more prevalent in the future.

This obviously indicates that we are developing our skills at surviving at an incredible rate, as we clearly did not have an average life expectancy of 10 years old at the time of Henry VIII.

Fortunately, we at **Norwood House**, have developed our understanding of dementia care at a far greater pace than many of our counterparts and this will explain why we are **proven to be so successful** at delivering this very specialised type of care in such a person centred way.

REDECORATING



Due to the COVID restrictions, many of you may not have been able to see the alterations made throughout the home. The corridors and residents room doors have been decorated to assist with orientation and door colours chosen by the residents.





Every resident has a memory box on the front of their bedroom door which can be filled with mementos and photo's. Where these are not available then the Manager has produced a suitable picture that reflects important memories for the resident based on information from their "This is Me" document.

The corridors now have street names which are London based.

The new artwork on the walls is themed for different corridors which also aids orientation around the home.

One resident has a brass door knocker on his door which he is very proud of.

The 5 Key components for caring for a person living with dementia.

These pictures are up in reception and around the home to remind staff of what the 5 key areas are for supporting someone who is living with dementia to lead a fulfilling life while they are at Norwood House.

Every person who is living with dementia will have a different personality and be effected in a very personalised way. However, these 5 key areas are equally important to all of them.

The "key" for the care staff is to understand how best to incorporate this for each different resident in a person centered way.

Find this and the residents will flourish.



Being person centered in all that we do is so important to the wellbeing of our residents.

One of our much loved residents enjoys "sorting out the books" and will spend many a perfectly contented hour getting them in the order that he wishes.

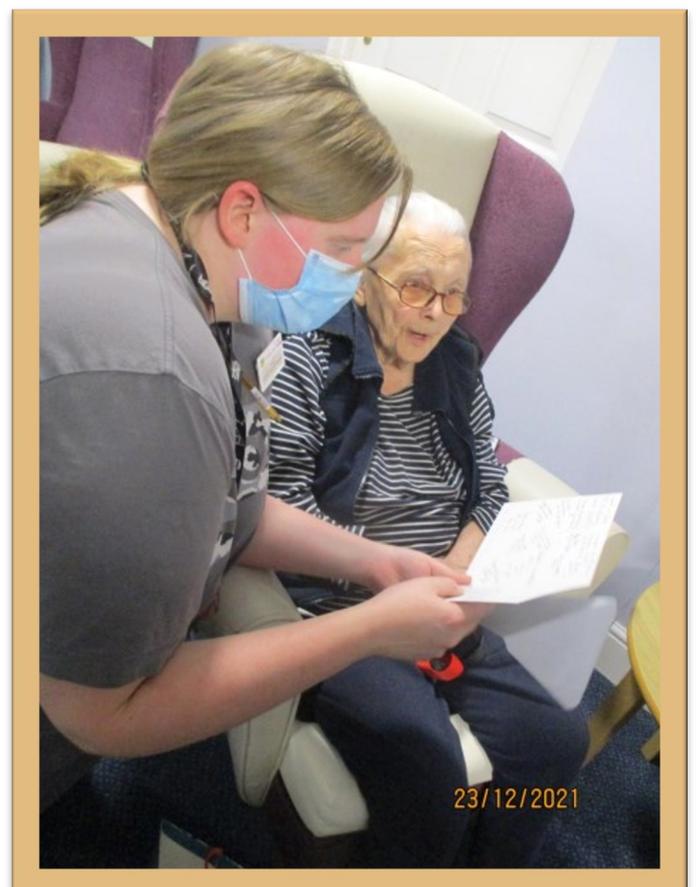
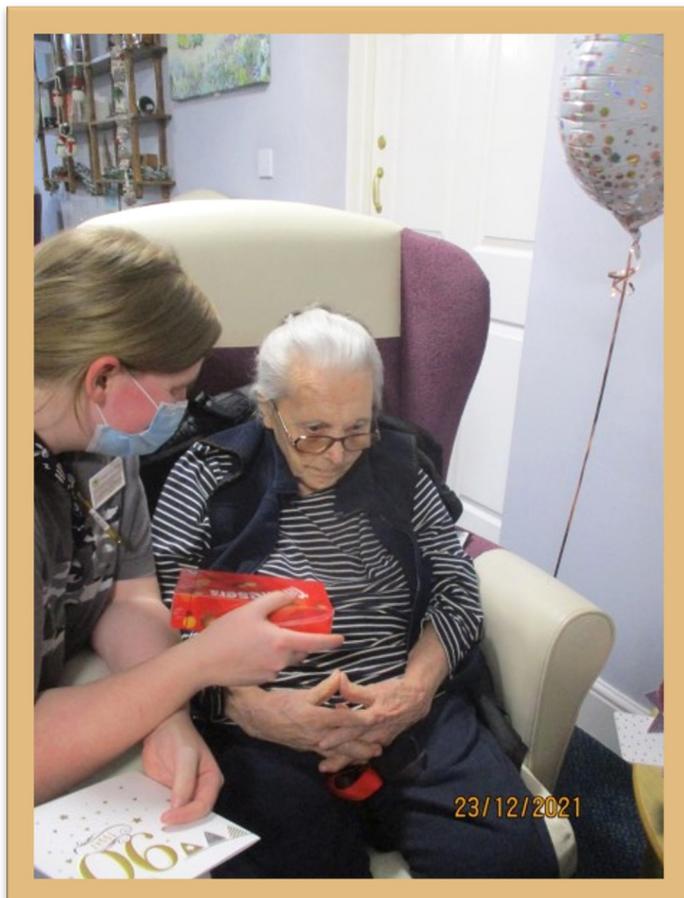
We have put in place a special "book corner" just off the Lobby area where he likes to spend much of his time (away from the hustle and bustle of the activities area) and now he is even more contented.



happy 90 birthday



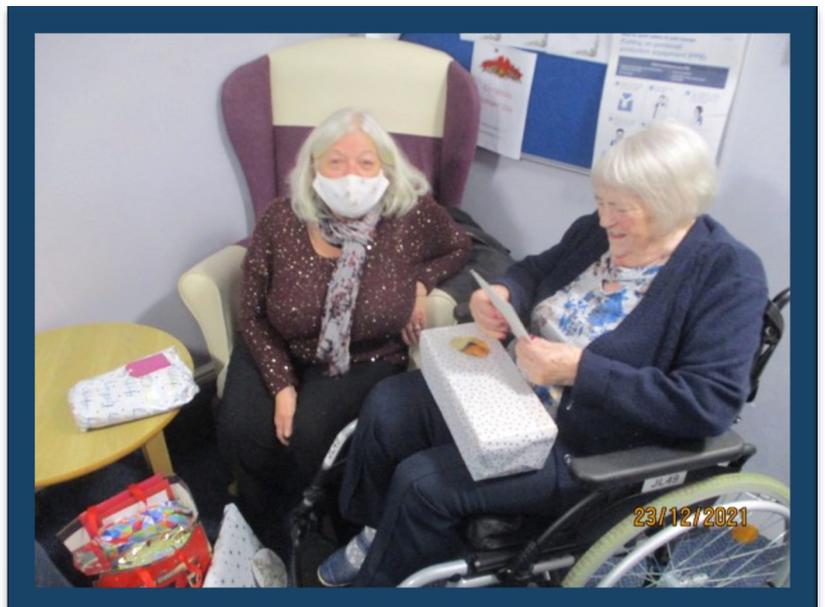
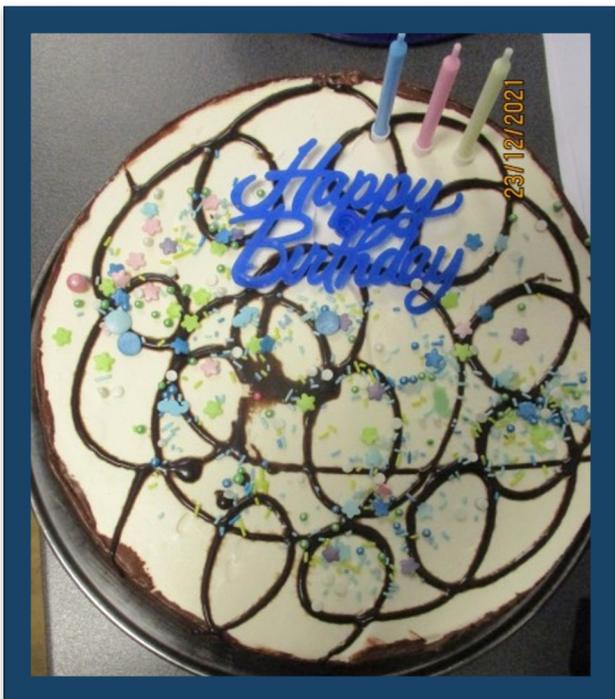
Christina celebrated her 90th Birthday this month. The chefs made her a beautiful cake that she shared with her daughter.



Happy
Birthday
Joyce!



Joyce also celebrated her birthday on the same day as Christina! Joyce had a huge chocolate cake to enjoy with her daughter & son in law.

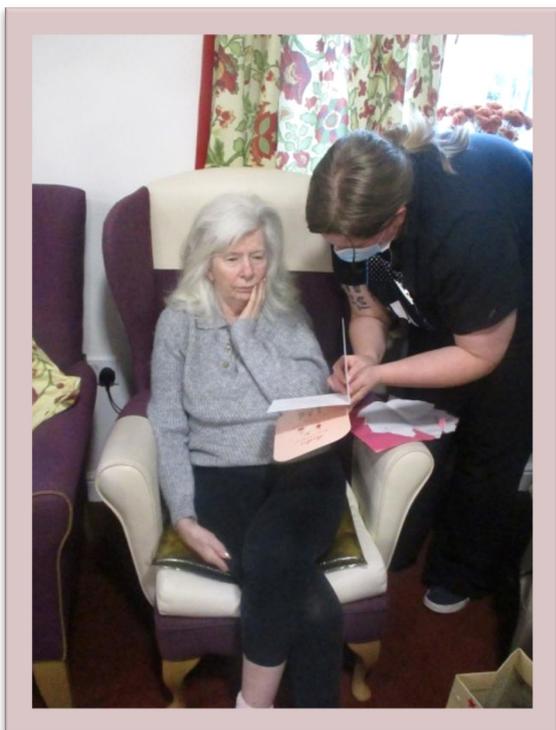


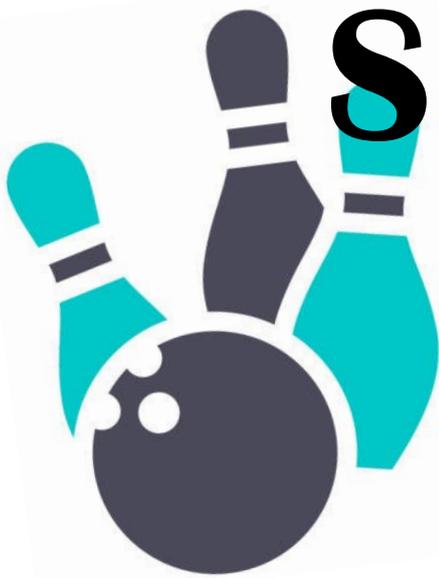


Happy Birthday Ann



Ann celebrated her birthday at the end of December. She enjoyed a lovely cake and opened her presents with the staff, in the afternoon after a visit from her husband in the morning.





Skittles

The residents play games like skittles which can provide the mental stimulation dementia sufferers need to stay engaged and alert.



Musical BINGO

Residents enjoy musical bingo, guessing what the song is and singing along. It is also good for the memory and exercising the lungs.





Throughout December we celebrated Elf Day, Christmas Jumper Day and Christmas Pyjama Day!





It's safe to say everyone was very happy to be in their pyjamas on Boxing Day!



Christmas Preparations



Our lovely Joyce & Athena enjoyed helping Kara decorate the Christmas Tree in the dining room.

A few of our ladies loved making Christmas Paperchains, whilst wearing very festive glasses!



Christmas Day



On Christmas morning the residents had a great time opening all their presents!



Then the residents enjoyed their much anticipated Christmas Lunch!



Elf Day Quiz



- 1 What did the other reindeer not let Rudolph do because of his shiny red nose?
- 2 How many ghosts show up in 'A Christmas Carol'?
- 3 What do people traditionally put on top of a Christmas tree?
- 4 In Charles Dickens 'A Christmas Carol' what is the first name of Scrooge?
- 5 Which country started the tradition of putting up a Christmas tree?
- 6 In the song 'Winter Wonderland' what do we call the snowman?
- 7 What traditional Christmas decoration is actually a parasitic plant?
- 8 What beverage company has been using Santa Claus in it's advertising since 1931?
- 9 Which country donates the Christmas tree in Trafalgar Square?
- 10 In the song 'Twelve Days of Christmas' how many ladies were dancing?
- 11 'Waking in the Air' is a song taken from which Christmas film?
- 12 What are Rudolph's friends called?

1. Join in any reindeer games. 2. 4 3. An Angel
4. Ebenezer 5. Germany 6. Parson Brown 7. Mistletoe
8. Coca Cola 9. Norway 10. Nine 11. The Snowman
12. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen

Answers:



HAPPY

Retirement!



December saw the retirement of Ruth & Jane!

You will both be missed, but we hope you both enjoy your retirement!



The BIG Answers from last months quiz!

1. What does COP stand for? **Conference of the Parties**
2. Which Liverpool based soap opera ran on Channel 4 from its launch in 1982 until November 2003?
Brookside
3. The ancient stone city of Machu Picchu is found in which South American country? **Peru**
4. In which US city would you find the Bellagio, Luxor and Venetian hotels? **Las Vegas**
5. Where in the world is Leonardo da Vinci's Mona Lisa exhibited? **The Louvre Museum**
6. How many bond films did Roger Moore appear as 007? **Seven (Live & Let Die, The Man with the Golden Gun, The Spy Who Loved Me, Moonraker, For Your Eyes Only, Octopussy, A View to a Kill)**
7. Which actor was James Bond before Daniel Craig, making four films as 007? **Pierce Brosnan**
8. Can you name the other four Jacksons who made up The Jackson 5? **Jackie Jackson , Tito Jackson
Jermaine Jackson, and Marlon Jackson**
9. Can you name the six suspects in the board game Cluedo? **Miss Scarlett, Professor Plum, Mrs Peacock,
the Reverend Green, Colonel Mustard and Dr Orchid**
10. Can you name the game that simulates a person's travels through his or her life, from college to retirement with jobs marriages and children (or not) along the way. Two to six players can participate in one game? **The Game of Life**
11. What is the biggest technology company in South Korea? **Samsung**
12. Who played 'Bodie' and 'Doyle' in The Professionals? **Martin Shaw & William Bodie**
13. What is the doll, Barbie's, full name? **Barbara Millicent Roberts**
14. What is the life span of a dragon fly? **24 hours**
15. How many time zones are there in Russia? **11**
16. Name the longest river in the world? **The Nile**
17. Name the best selling book series of the 21st century? **Harry Potter**
18. Which famous graffiti artist comes from Bristol? **Banksy**
19. When did they open the London Underground? **10 January 1863**
20. Who invented the iconic Little Black Dress? **Coco Chanel**

Update

As you are all aware from the 15th December 2021 the government guidance has changed for care home visiting.

Each resident can have up to **three** designated visitors, these visitors have to remain the same throughout the current guidance and cannot be changed. If you have not already done so, please decide who the three visitors will be for your loved one and let us know. If we are not made aware of the three chosen visitors we will only be able to go by who books in and have to stick to these visitors.

We will continue to carry out lateral flow tests prior to your entry into the home – may we take this opportunity to remind you that you need to arrive 20-30 minutes prior to your booked slot.

We would also ask if the designated visitors would be able to provide us with a copy of your COVID passports. To do this, please visit, <https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/>. Once you have received the letter through the post, please bring this in for us to take a copy for our records.

Thank you for your continued support and understanding.

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We look forward to assisting you



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