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**County Care Homes**

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

*Together We Care*

## Manager's Dementia Corner



### The Photo Album

For those of you avid readers of the dementia corner, you may remember me talking about short term memory loss and the inability to form new memories. Then on other occasions discussing the ability to develop “learned behavior”. It will not have been lost on many of you that this appears to be a contradiction.

If a dementia sufferer cannot form new memories, how on earth can they learn new behaviors? The short answer is that, disappointingly, I don't know. If I did, I would surly be up for a Nobel prize, however an analogy may be able to help explain the current thinking.

#### Let me introduce you to the “photo album” analogy.

The photo album analogy is used to explain how “normal” memory works. The album represents our memory systems. The photographs within our albums represent our individual experiences which are stored subconsciously on a continuous basis throughout our lives to provide an accessible record of facts associated with feelings. We use the album all the time to reference recent photographs to provide context and continuity in our lives.

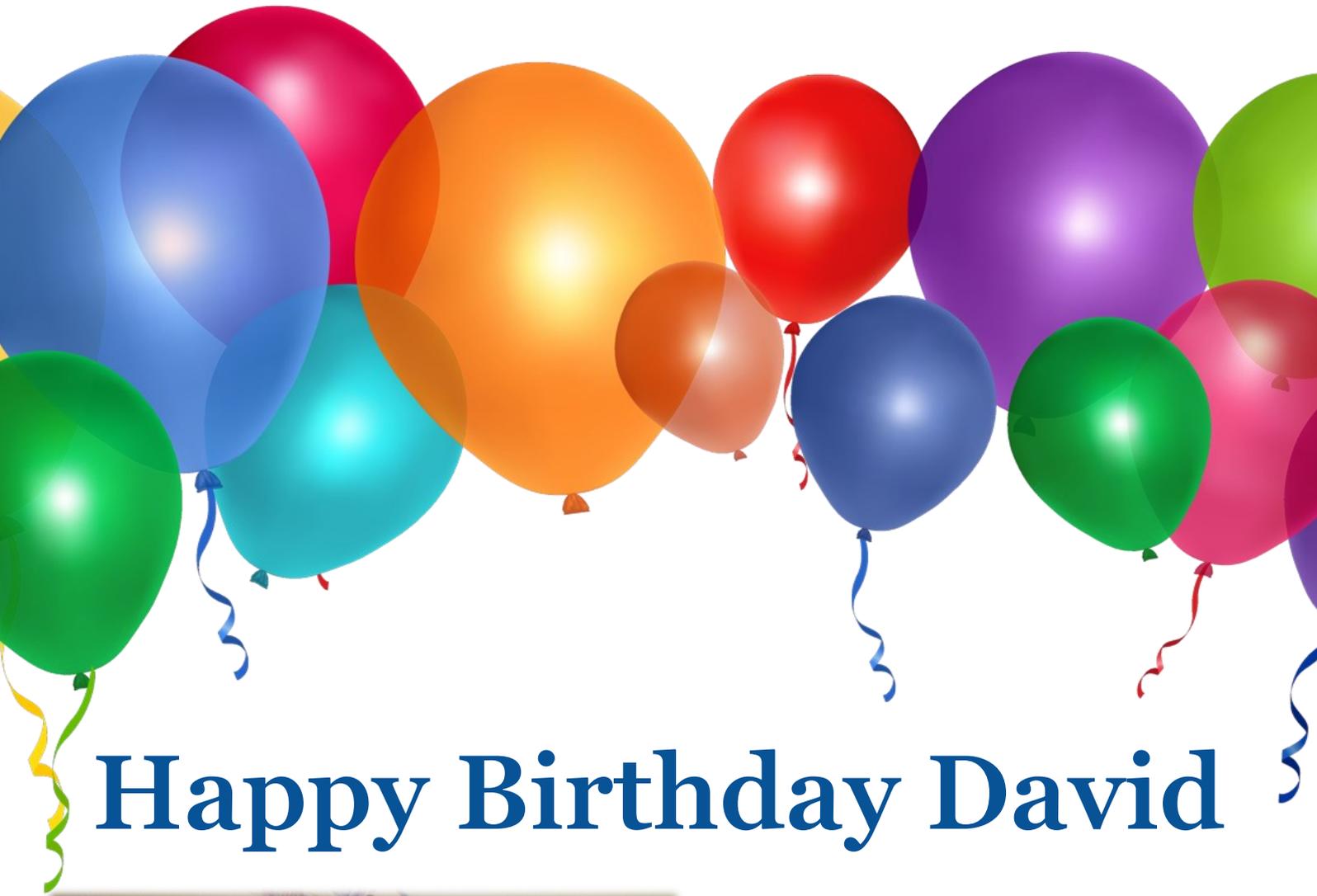
When a person develops dementia, their ability to store new photographs, with both facts and feelings, becomes compromised. A new type of photograph starts to appear in which the “facts” of what has just happened are **NOT STORED** but the feelings are stored.

In the absence of recent facts (information that we all take for granted) the resident who is living with dementia will reasonably go back through their album to pages before the dementia developed, and using older facts to make sense of the present, this is also known as confabulation, which we have visited before.

Feelings are more important than facts for people living with dementia– they will always know how they have just been “feeling” but they may not know the “facts” of exactly why.

It is important for families and staff who are supporting someone who is living with dementia to **NOT** worry about attempting to establish “facts” with them but to concentrate on their “feelings”. Dementia sufferers will repeat situations that give **happy** feelings and reject situations which are **unpleasant** and this can include the basics of eating and washing.

**If we are not careful in how we approach our care interventions this can happen quickly.**



# Happy Birthday David



David celebrated his birthday at the beginning of the month.

He had a lovely meal out with his family.



# Happy Birthday Colin!

Colin celebrated his birthday this month. He had a lovely visit from his wife Shirley.



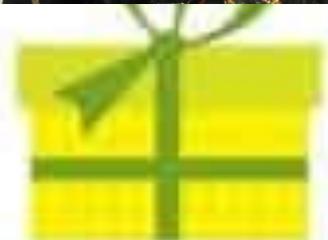


# Happy Birthday Rosemary

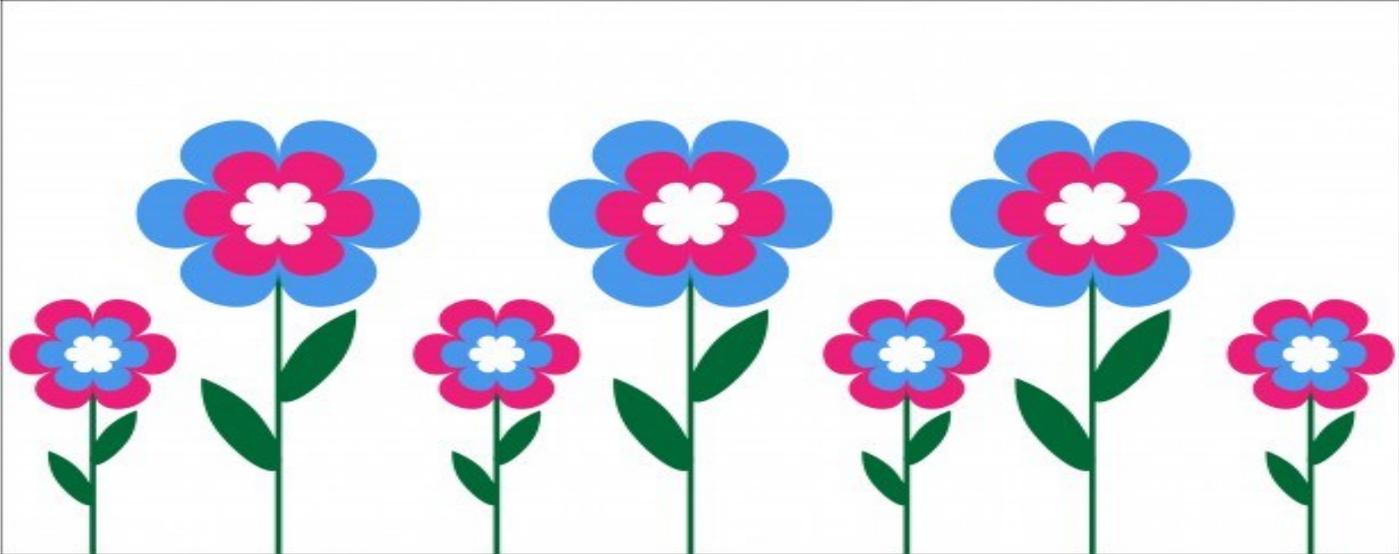


Rosemary celebrated her birthday this month with lots of presents and cards.

She also had a lovely chocolate cake made by the chefs.



The weather was so nice today that the residents went out into the garden for the first time this year



## St David's Day 1st March 2022



Residents enjoyed  
Welsh rarebit for  
starters along with leek  
and potato soup

The kitchen also  
combined Pancake Day  
into pancakes with leek  
and cheese filling



And who can resist a  
lovely Welsh Lamb  
stew with veg.

Dessert consisted of  
Bara Brith  
With Custard



# St. Patrick's Day

## Thursday 17th March 2022

### MENU

#### Starters

Irish potato soup

Soda bread and mackerel pate

#### Mains

Corned beef and cabbage with Colcannon

Beef and Guinness stew with cabbage and Colcannon

#### Dessert

Chocolate and Guinness brownies with cream





Congratulations to Lauren for the safe  
arrival of little Esme



# Happy Mother's Day



Our residents  
enjoyed an  
afternoon tea for  
Mothers Day



# Carpet Bowls



The residents had a great afternoon with the staff playing a game of carpet bowls.





# Ball Games



Playing ball games like this can encourage faster reactions and lessen anxiety.



# Archery

This is good for hand/eye coordination. It is great for older people as it is a gentle exercise that they can enjoy.



# Skittles



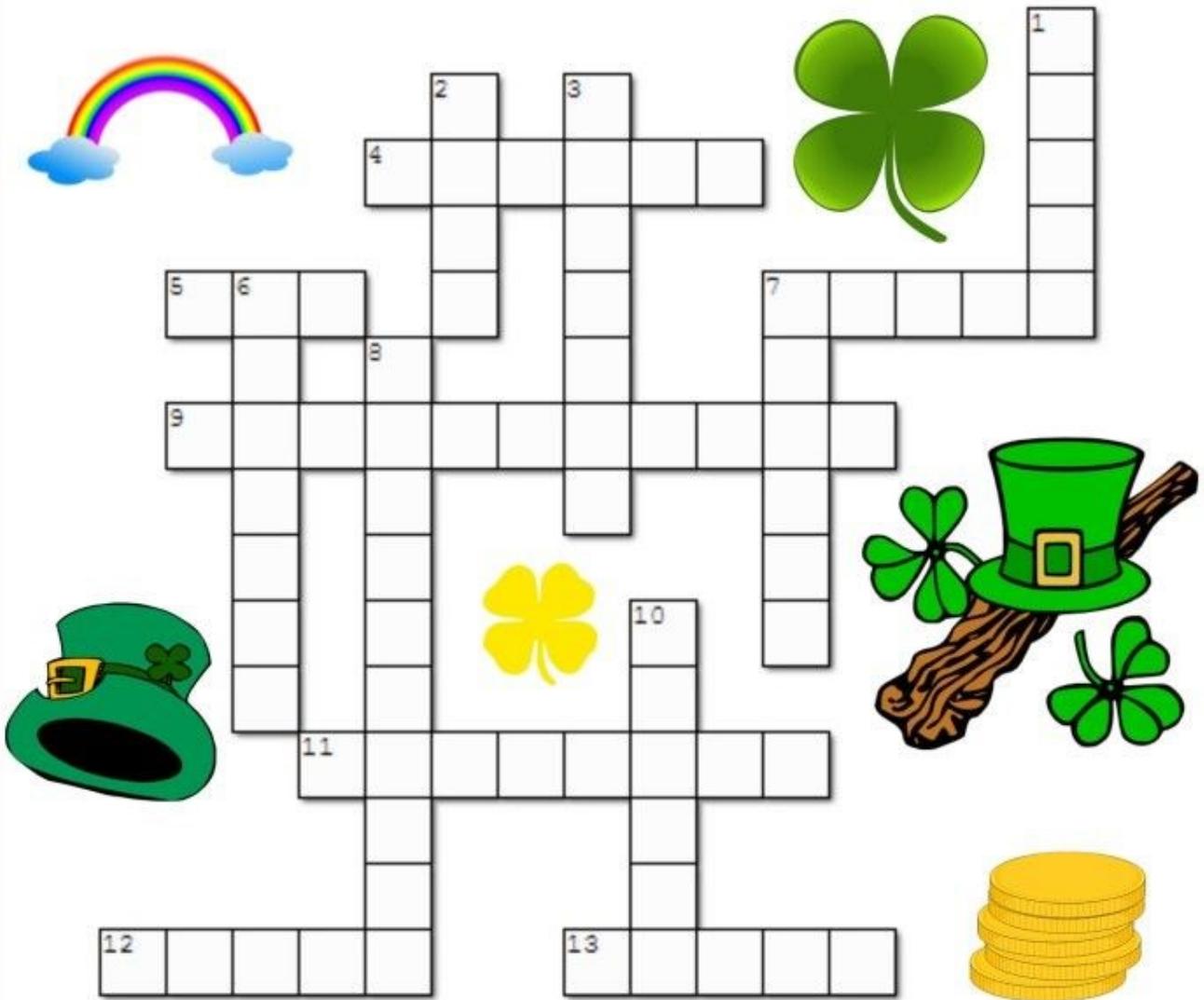
# Pamper Afternoon



Amelia spent the afternoon getting pampered by our lovely hairdresser Tina.



# ST. PATRICK'S DAY CROSSWORD PUZZLE



## Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make \_\_\_\_\_
13. from Ireland

## Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf \_\_\_\_\_



# EASTER RAFFLE

It's that time again!

Our Easter raffle is being drawn on Friday 15th  
April.

Draw tickets are available at Reception at £1 a strip.

We have lots of eggs waiting to be won!



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**We look forward to assisting you**



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