

Norwood News -



At Norwood house this month we will be celebrating Halloween with a fancy dress Halloween Party for residents, some Autumn-themed arts and crafts, and other activities to get our residents' involved in the historic celebration of Halloween!

Halloween, or All Hallows Eve, is observed in many Western countries on 31st October. It is believed Halloween traditions began in Celtic harvest festivals from as early as the 16th Century.

October is the official end of British Summer Time! Don't forget that our clocks go back at the end of the month and we will have to prepare for the nights to draw in....

As always, we have lots planned for our resident's this month. Please feel free join us at any of our events or activities - the more the merrier!

Regards,
From all at Norwood House

FOOD ALLERGIES and INTOLERANCES

Our residents always enjoy having their family members join them for lunch or dinner.

Whilst we are fully aware of what allergies and intolerances our residents may have - we are not aware of what our visitors needs are.

Please speak to a member of our staff about the ingredients in your meal if you have any concerns.



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

October 18 Diary Dates

- **1st October 18**
Singer—Geoff Jukes
2:30PM
- **5th October 18**
Sing As You Go
2:30pm
- **6th October 18**
Just The Two Of Us (Disco)
2:30pm
- **12th October 18**
Foteini Crafts
10:30am
- **15th October 18**
Singer—Geoff Jukes
2:30pm
- **16th October 18**
Tony Lambrini
2:30pm
- **18th October 18**
Singer—Brian Shaw
2:00pm
- **19th October 18**
Singer—Sharon Jarvis
2:30pm
- **22nd October 18**
Creative Minds
10:00am
- **25th October 18**
Church of England Service
11:00am
- **26th October 18**
Foteini Crafts
10:30am
- **29th October 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



Well - none of our residents had a birthday in September!

Watch this space though as three of our gentleman will be celebrating their birthdays this month. Look out for their birthday pictures in the November issue.

Happy Birthday to all our Family Members, Friends & Supporters who have a BIRTHDAY this month.

Despite the drop in temperature Jackie and Frank were able to pick the last of our crop of Tomatoes and fresh herbs for the Kitchen.



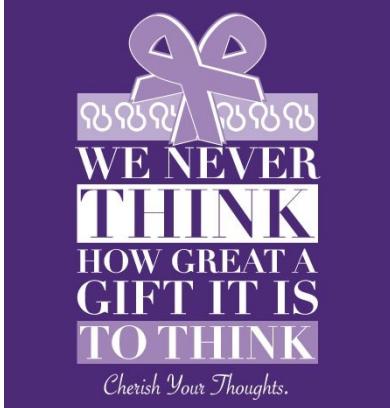
Kevin, one of our Chef's, decided to make up a lovely tomato and herb salad for lunch.

Top 5 Healthy October Foods to add to your daily diet:-

1. Pears
2. Red Beets
3. Plums
4. Green Beans
5. Chestnuts

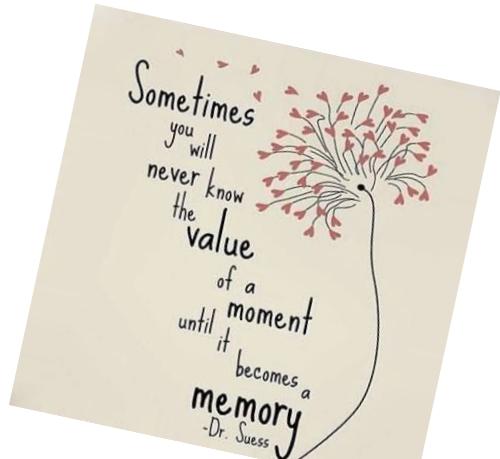
Last month saw us recognising 'World Alzheimer's Day'

on the 21st September. Alzheimer's is life changing for the person with the disease, as well as their family and friends, but information and support are available. No one has to face Alzheimer's disease or another dementia alone.



It was certainly a thought provoking day, and a time for reflection. Here at Norwood House we understand that each of our residents is unique in how they are affected by this disease.

Our role here is to make sure that we provide every one of our residents with a caring, safe and supporting environment.



"Even though behaviors have changed -- the person you remember is still in there."



Some days last month were still warm enough for an ice cream! The ice cream van visits nearly every week during the summer months and residents can enjoy queuing up and getting a tasty treat! Last month we even had some family members help out with serving and delivering the ice creams.



Living with Dementia

Agree
Never Argue

Redirect
Never Reason

Distract
Never Shame

Reassure
Never Lecture

Reminisce
Never Say Remember

Repeat
Never say "I told you So"

Ask
Never Command

The Activities Team are always looking at ways to stimulate, entertain and engage our residents.

Paul, our site Repairs & Maintenance man, recently made a 'Play Your Cards Right' board and everyone certainly enjoyed having a go - some of our residents entered well into the spirit of the game and became quite vocal.



Here at Norwood House we try to encourage all our residents to 'have a go' at something - no matter what the activity.

*Well Done
Activities
Team*



"Don't worry about reading the newspaper - how many questions can we get right in the Quiz!"



"Working with your residents is always a delight - again they have produced some fabulous art work"

*- from Foteini
at Mojo Crafts*



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Sometimes our **Wake & Shake** sessions are so enthusiastic, Linsey and Daisy need to do them from the comfort of an armchair as well!

HAVE YOUR CAKE AND EAT IT

WE ARE
MACMILLAN.
CANCER SUPPORT



At the end of September we held a coffee morning raising funds for **Macmillan**. It was a very successful morning organised by the ladies in Activities and Nicola from the Night shift. Lots of family members dropped by to sample our wide selection of cakes.

Thankyou to all the staff members who brought cakes in for the event... we managed to raise over a hundred pounds for Macmillan Cancer Support
- Well Done Everyone!



Name that Instrument - and Name that Tune!

Our residents always find it delightful to have Charly Jolly visit us with her delightful selection of Musical Instruments. They enjoy calling out their names and getting her to play a tune on them - particularly if it is one they are able to join in with.

Our residents always enjoy singing and dancing with all the entertainers and musicians who come to **Norwood House** - even our staff enjoy a dance now and again.



Music & Dance

Our residents always enjoy being visited by the musicians and singers that are organised throughout the month. Last month saw the likes of Brian Shaw, Geoff Jukes, Sharon Jarvis and Charly Jolly using their musical talents to entertain our residents. As usual, we saw some residents, and staff, taking to the floor to show off their singing or dancing skills!

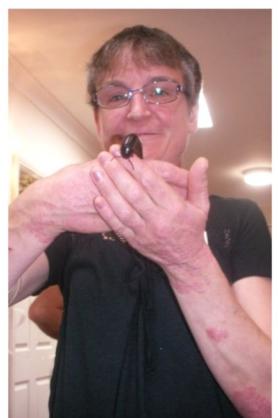


For some of our residents it's enough to join in the singing!



WILD SCIENCE

Last month our residents had fun with **Wild Science**, an animal workshop who visited us with an array of mammals and reptiles! From **hedgehogs** to **rabbits** and **iguanas** to **creepy crawlies**, the residents enjoyed holding and stroking the different creatures and interacting with the team.



Mad Musical Hats

Some of our residents had an evening of 'Musical Hats', where staff and residents alike enjoyed passing hats around, and ensuring they were wearing one when the music stopped! OK - so not everyone can carry off a hat!



& Musical Inspiration

Anyone visiting us recently will have noticed a transformation taking place in our 'Reception Lobby'. Paul, our Maintenance Man, has been hard at work painting, and Cathryn has been putting her artistic talents to good use in setting up small areas to stimulate and encourage our residents to have a go at different things.

We have a selection of musical instruments for everyone to enjoy, a small reading corner as well as a 'pub' style table where residents , staff and family members have enjoyed playing board games.



May your October
be filled with good
thoughts, kind
people and
happy
moments.



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.

16th October 2018

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

Reminder
Meetings are by Appointment Only
If you would like to book an appointment
time - please see a member of the
Reception staff

November 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

County Care Homes Limited

Registered in England No 4683188

A sunny afternoon in the pub...

Some of our residents recently got the opportunity to go to the pub for an **afternoon drink** with some members of the Activities and Care teams. It was warm enough to sit in the pub garden and enjoy a pint!



The **Activities team**
are looking to make pub
lunches and afternoon
outings for residents
more of a regular event.

Hopefully we will continue to take a few residents out and about even when the weather gets colder. There's nothing like sitting by a pub fireplace on a cold

Follow My Lead

Our residents always enjoy a new challenge. Some recently had a go at doing ‘cognitive movements’. These are exercises which are a sequence of movements designed to connect eye to brain and hand co-ordination.





Arts & Craft projects are always popular with a lot of our residents, and over the year we have produced some very creative art work. September was no exception, with our residents working with members of the Activities Team, Kerina from Creative Minds and Foteini from Creative Mojo to produce some lovely pieces of work across a whole range of mediums.





A Fond Farewell

Dominic, our 'pat dog' and his owner Judy, who have been regular visitors to Norwood House over the years have decided to retire.

He was always a firm favourite with our residents and I am sure he will be missed.





1970s Trivia Quiz

Last month we challenged you to answer some questions based on American history and pop culture; how did you do? Here are the answers for you to check.....

1970s History

1. Richard Nixon
2. Apollo 13
3. Three Mile Island
4. Vietnam
5. Legionnaire's Disease
6. Ayatollah Khomeini
7. Patty Hearst
8. Daniel Ellsberg
9. Right to vote
10. Microsoft

1970 Pop Culture

1. Atari
2. Jonathan Livingston Seagull
3. Disco
4. *School House Rock*
5. Tattoo
6. Jimi Hendrix
7. *American Pie* (Don McLean)
8. Jim Hinson
9. *Jaws*
10. *Carrie*

If you have any interesting puzzles, quizzes or brain teasers which you think our residents would enjoy having a go at, please let us know about them.



Here's some traditions and beliefs associated with Halloween! How many of these do you believe in?

1. Black Cats
2. Pumpkins
3. Witches
4. Trick or Treating
5. Candles and Bonfires



Growing Families

It was wonderful to see Charles and his wife joined by their new baby Grand daughter, and Pauline joined by THREE generations of her family.



HALLOWEEN by Brenda Williams

- Pumpkin lanterns full of light,
Brightening up the darkening night.
Spooks and demons, ghosts galore,
Coming tonight to knock on your door.
- Cobwebs and masks, spiders and bats,
Long hooked noses and pointy hats.
Witches and wizards out in the street,
Knock on your door for a trick or treat.
- When the moon is high and the day is done,
Open your door and have some fun!