

Norwood News



October 2019

Diary Dates

- 2nd October 9
Creative Minds - 10am
- 4th October 19
Sharon Jarvis - 2:30pm
- 5th October 19
Oktoberfest Lunch
- 6th October 19
Dennis Frere - 2:30pm
- 8th October 19
Sing-As-We-Go - 2:30pm
- 9th - 15th October 19
National Curry Week
- 10th October 19
Annika - 2pm
- 11th October 19
Creative Mojo - 10am
- 12th October 19
Mr John - 2:30pm
- 14th October 19
Brian Shaw - 11am
- 16th October 9
Creative Minds - 10am
- 18th October 19
Sharon Jarvis - 2:30pm
- 19th October 19
Tickled Pink - 10:30am
- 22nd October 19
Sing-As-We-Go - 2:30pm
- 24th October 19
Mr Bean, Magic Show - 2pm
- 25th October 19
Creative Mojo - 10am
- 28th October 19
Mr John - 2:30pm
- 29th October 19
Gwyn Pritchard - 2:30pm
- 30th October 9
Creative Minds - 10am

Please join us for our events at:

Norwood House
Littlemoor Road
Middleton, Saxmundham
Suffolk, IP17 3JZ
Tel: 01728 668600
Fax: 01728 667044

Email:

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www.countycarehomes.co.uk

Dear Family Members, Friends and Staff,

Welcome to the October edition of Norwood News, we hope you have been keeping well and enjoyed the 'Indian Summer' we had through September.

 We have also been enjoying the company of our usual entertainers, who are always well received, and were delighted to welcome back **'Tickled Pink Productions'**.



As usual our residents have produced some wonderful pieces of artwork. They always enjoy working with **Foteini** and **Kerina**. On your next visit to Norwood House, look out for all the wonderful things that have been made.

We also had great fun on **'Talk Like a Pirate Day'**, with lots of residents and staff dressing up! Some of our staff and residents often don't need an excuse to dress up! Lookout for us throughout the Newsletter..... how many can you recognise?



This month we are all looking forward to a number of 'Food' festivals, including Oktoberfest and National Curry Week. Why not join us for some wonderful lunches. We will also be celebrating Halloween with staff (and residents) dressing up for the occasion. We have planned a **Family Fireworks Night for 7th November**, please print off the poster and feel free to distribute locally!

Don't forget to add all our dates to you diary and join us for some wonderful events.



Regards from, all at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care



Happy Birthday

to all of our residents family members and their friends who had a birthday last month. Unfortunately none of our residents enjoyed a birthday in September. Despite this, our Chefs' still produced some wonderful cakes - which everyone enjoyed when we had afternoon teas.

Three of our residents are enjoying a birthday this month, so look out for their celebration photos in the November Newsletter.

WELCOME to Norwood House.....
Where the fun never ends...



Our staff and residents never need much of an excuse to 'dress up'! Look out for more staff and residents in this edition of the Newsletter..... can you tell 'who's who'?

Barry Tone is in the building.....

As usual residents and staff are always delighted to have Barry visit us at Norwood House to do his 'Elvis' tribute performance. As expected, he sings a number of Elvis hits, but also thrown some of residents favourite tunes into the mix. **Thanks Barry...**







Shine a Light

... on Alzheimer's

Recently Dame Barbara Windsor, who was diagnosed with Alzheimer's in 2014, and is an ambassador for the Alzheimer's Society, presented a petition to No.10, calling for better care and investment for those with the disease and their carers.

In the UK a father of two is one of Britain's youngest Alzheimer's victims after being diagnosed at the age of 30, and the American Alzheimer's Association are estimating that by 2050 14 million people worldwide will be affected by the disease. Dementia is not a natural part of ageing and it doesn't just affect older people. We have over 40,000 people under 65 in the UK who have dementia, including people in their 30s and 40s.

Over the years many well known celebrities have suffered from Alzheimer's, including: Robin Williams, Glenn Campbell, Perry Como, Rita Heyworth, Rosa Parks and Charlton Heston, to name but a few.

Unfortunately, despite all the recent publicity, from TV and film personalities, to highlight Alzheimer's, there is still a stigma surrounding the disease. Here a few ways you can help reduce it:

⇒ ***Don't hide: Get Involved***

Contact the Alzheimer's Society on 0300 22 11 22 or visit www.alzheimers.org.uk to see what you can do to help.

⇒ ***Prioritise Socialisation***

Don't forget that interaction, no matter how little or often, for someone with dementia, is still important.

⇒ ***Think of the Person Behind the Disease***

Never forget that your family member is still a whole person who is just 'changing'.

⇒ ***Understand that.....***

As we communicate with our parents and loved ones with Alzheimer's, we must strive to remember that they are not defined by an inability to perform the same functions they once could or to retain the same information they once did, no matter how painful that may be for us to experience.

You could also help by.....

⇒ ***Join a Study or Clinical Trial***

Why not look at the UK Alzheimer's website to find possible Alzheimer's and dementia clinical trials in your area.

⇒ ***Consider Genetic Testing***

The Alzheimer's Association recommends that any genetic testing be done along with appropriate pre-test and post-test counselling.

⇒ ***Contact Elected Officials***

Alzheimer's will not be cured unless there is money to fund research. Government officials hold the purse-strings, so getting them involved is a crucial part of the process.

⇒ ***Sign a Stop Alzheimer's Petition***

It's one of the easiest things you can do to help fight the Alzheimer's disease.

⇒ ***Join the Fight Against Alzheimer's***

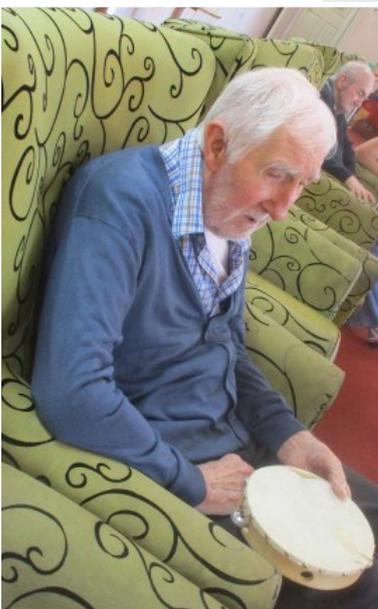
Contribute however you're able in the noble fight against Alzheimer's.



Here at Norwood House our staff love to be involved in fundraising for a number of UK National Alzheimer's organisations and charities; so don't forget to join us the next time we have an event, or make a donation to the collection box.

EVERY LITTLE HELPS

Mister John has become a regular entertainer here at Norwood House. With his eclectic selection of songs and instruments for our residents to play, he is always well received.



Welcome

To Sheila and Stan, two new residents who joined us last month. Both have settled in well, and we are delighted to welcome them to our Norwood House family.

Sheila, a proud mum of four boys, was always a very busy woman. She was a well respected Teacher and Magistrate and always stayed an active member in her local Church.



She is an avid Gold & Silver thread needlepoint enthusiast, and has some tapestries in her room which she designed and created herself.

We expect her to have lots of visitors as Sheila has been married for 67 years and has 10 Grandchildren and 12 Great Grandchildren!



Stan, was always a very keen motor bike rider and enthusiast, and is always keen to 'talk bikes' with the various members of staff who have bikes and



ride them regularly to work. The Activities Team are hoping to take some of



our residents out to the local Motor Bike Museum as quite a few of our males residents were 'bikers'!

Autumn Harvest

Our residents and staff are still picking some vegetables from our raised beds, and



Amanda, our Head Chef, has been busy making some 'Green Tomato Chutney' from some of our tomatoes and an abundance of ones she grew at home!

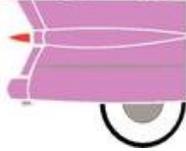


As well as the tomatoes undergoing a 'transformation' Amanda herself has changed quite a bit since her arrival at Norwood House!



FABULOUS

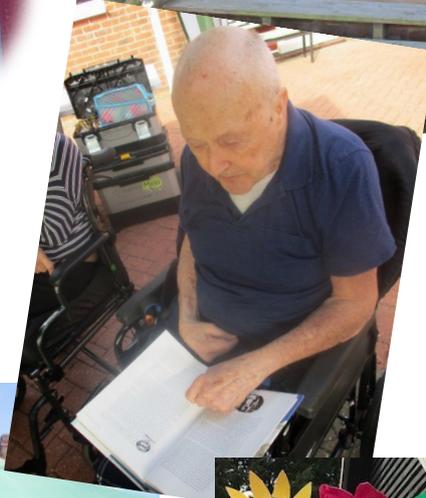
50's Tunes from Annika





Working Outside....

Our residents love to be in the garden enjoying the sunshine. The lovely weather in September gave them an ideal opportunity to get outside for some work, fun, rest and play.....





Norwood House

Littlemoor Road, Middleton, IP17 3JZ

FAMILY

Fireworks

and Barbecue



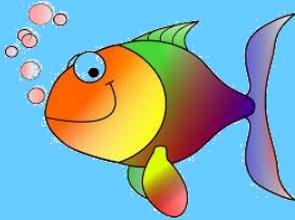
Join us for a low noise, family friendly firework display, barbecue and hot chocolate!

Free of charge, donations welcome!

**THURSDAY 7TH
NOVEMBER
6:30 - 8:00PM**

WANTED

Interested in Tropical Fish?
We are looking for a
volunteer to take over
looking after our fish tank.
Please ask at Reception
for more information if
you are interested.



Dining Room Redecoration...



The redecoration process in the dining room
is nearly complete—freshly painted walls,
new flooring and new curtains means it has
been given a new lease of life!

Keep an eye out for the finishing touches and
please let us know what you think... Some
before and after pictures are below!



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Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

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