

Norwood News -

MARCH 2018

Dear Family, Friends and Supporters,

Well Spring is definitely on it's way here at Norwood House. Our garden has Snow Drops, Daffodils and some of our shrubs and Rose bushes bursting into life.

March will see us once again enjoying visits from some of our favourite entertainers, and preparing for Easter. We will also be hosting a Mothers' Day Afternoon Tea on the 11th March.

Last month saw us saying hello (and then goodbye) to some new respite residents, and a welcome back to Rodney who has joined us as a permanent resident. We also had another resident, Frank, joining us on a permanent basis.

On the 16th February it was the Chinese New Year, and it is now the 'Year of the Dog', The Dog is the eleventh of all the zodiac animals and recent years for the 'Dog' have been: 1922, 1934, 1946, 1958, 1970, 1982, 1994 and 2006.

People born in the year of the 'Dog' are said to have a Dog's most defining characteristic of their loyalty. They will never abandon their friends, family or work.

Honest and just, they are popular in social circles. Everyone needs a Dog friend for advice and help. They are also good at helping others find and fix their bad habits. Despite how they act, they are worried and anxious inside. However, they will not let this stop them. Once they decide on something, no one can persuade them against it.

Here at Norwood House we have five residents who were born in the 'Year of the Dog'.



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011



Together We Care

This Month's Activities!

5th March 18
• Barry Tone
Singing - 2:30pm

7th March 18
• Dementia UK Day
Coffee Morning
10:30am

8th March 18
• Brian Shaw
Singing - 2pm

11th March 18
• Mothers' Day
Afternoon Tea

12th March 18
• Geoff Jukes
Singer - 2:30pm

19th March 18
• Zoo Tastic
Animals - 10:30am

21st March 18
• Creative Minds
Activities - 10am

26th March 18
• Geoff Jukes
Singer - 2:30pm

28th March 18
• Annika
Singer - 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



February saw four of our residents enjoying their Birthdays. Our kitchen staff always enjoy preparing birthday cakes, which are then enjoyed by the residents. All the staff and residents would like to once again wish each of them a



Bert



Bela



Percy



Helen



WELCOME

We would like to introduce you to our newest residents; Charles, Frank and Shirley. All joined us in February, and Charles and Shirley are



Shirley has joined us on a respite basis, and has settled in really well. She has two daughters and two grand daughters, and has over the years had several cats. She is an avid sports enthusiast and enjoys watching the Athletics, Olympics and football on TV. Shirley volunteered regularly at her local charity shop, and was always an active member of her local church, the Southwold United Reform Church.



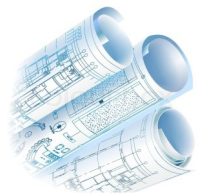
Charles trained as a classical musician, and was a 'Timpanist' for a top London based orchestra for many years. His career took him all over the world performing. Charles musical career started when he was trained as a 'choir' boy, and Church music has remained his passion.

Charles has four children, and has over the years enjoyed DIY and walking with the family dogs.



Frank is a retired Architect who had an international practice and is a former President of the RIBA (Royal Institute of British Architects). He has been married to Jessica for fifty-three years and they have three daughters and three grandchildren.

The family first had a holiday home in Walberswick some thirty-five years ago and Frank and Jessica had been living there full-time following retirement for the past five years or so. Frank came originally from County Durham. He lived mostly in London, apart from some years living and working in the United



States. Latterly he has been enjoying his Walberswick garden.

Our latest resident is Lance who joined us at the end of February. Lance is a 'Suffolk Man' born and bred, and has lived all his life in the Yoxford and Kelsale area. In his teenage years he enjoyed playing football and became a Plumber after leaving school with Reeds of Aldeburgh.

Lance was always a keen gardener, and kept a small holding with pigs.



Our Activities Planner ~ March 2018

1st Wake & Shake Games Day  & Bowling	2nd Wake & Shake  Hairdressing & Parachute Games	3rd Wake & Shake  1-2-1 Activities	4th Wake & Shake Nail Care 
5th Wake & Shake Hairdressing Barry Tone as Elvis 2.30pm 	6th Wake & Shake 1-2-1 Activities Bake Day 	7th Wake & Shake Hairdressing Dementia UK Day Coffee Morning at 10:30am	8th Wake & Shake 1-2-1 Activities Brian Shaw 2pm 
9th Wake & Shake Hairdressing Movie  	10th Wake & Shake Flower Arranging  1-2-1 Activities	11th Wake & Shake Mothering Sunday High Tea 	12th Wake & Shake Hairdressing Geoff Jukes 2.30pm 
13th Wake & Shake  1-2-1 Activities	14th Wake & Shake Hairdressing Bake Day 	15th Wake & Shake 	16th Wake & Shake Movie  1-2-1 Activities
17th Wake & Shake Games Day 	18th Wake & Shake  Nail care 1-2-1 Activities Bean Bag & Bowling	19th Wake & Shake Hairdressing Zoo Tastic 10:30am 	20th Wake & Shake  Parachute Games 1-2-1 Activities
21st Wake & Shake Hairdressing Creative Minds Bake Day 	22nd Wake & Shake  1-2-1 Activities	23rd Wake & Shake 1-2-1 Activities Movie Day 	24th Wake & Shake Flower Arranging 1-2-1 Activities 
25th Wake & Shake 1-2-1 Activities Nail Care  Bean Bag & Bowling	26th Wake & Shake Hairdressing Geoff Jukes 2.30pm 	27th Wake & Shake 1-2-1 Activities 	28th Wake & Shake Hairdressing  Bake Day Egg Decorating 
29th Wake & Shake Annika 2.30pm 	30th Wake & Shake 1-2-1 Activities Movie Day 	31st Wake & Shake Parachute Games  	

Our Visitors

Here at Norwood House we always have an 'Open Door' policy, day or night. There is nothing our residents like more than to receive visitors. It cheers up their day, and gives them something to look forward to if they know someone is coming in to see them.



Don't forget; you don't need an appointment to visit family and friends. We look forward to seeing you soon...

Come and join us for a cuppa and a cake on Wednesday 7th March, at 10:30am. We are hosting the event in aid of Dementia UK, as part of their fundraising awareness day.

Our kitchen will be putting together a selection of delicious cakes and pastries, and drinks will be available.



All the donations received on the day will go to Dementia UK, so if you are able to support this event, we look forward to seeing you.



A Special Menu for all the Residents at Norwood House on Valentines Day



Starter

Soup of the Day

Deep Fried Brie Wedges

Main

*Sirloin Steak served with
Creamy Dauphinoise
Potatoes & Green Beans*

Tomato & Mozzarella

Pasta Bake

Dessert

Strawberries & Prosecco

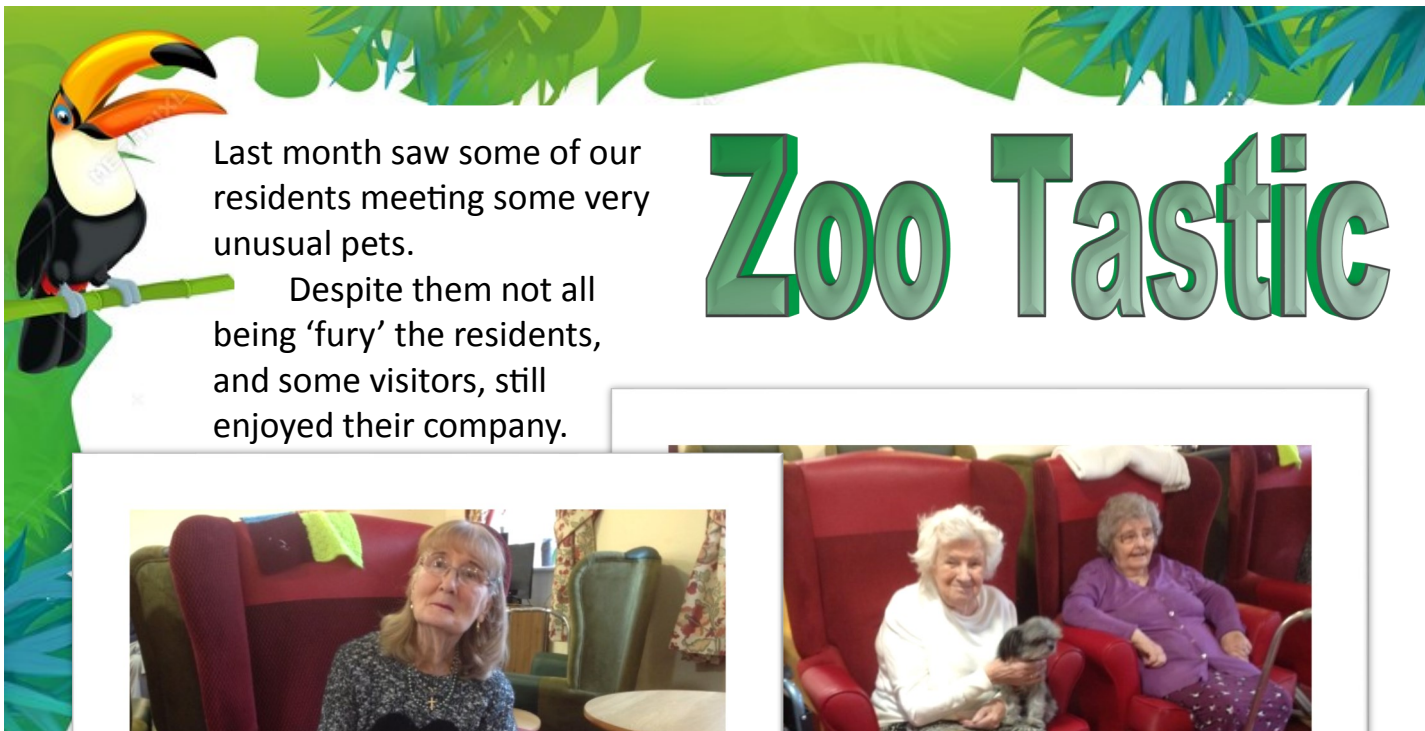
Our residents certainly enjoyed celebrating Valentines Day this year when the chefs presented them with an extra special menu.

Happy Valentine's Day



It was enjoyed by everyone, especially the extra Prosecco and Chocolates that followed the meal!



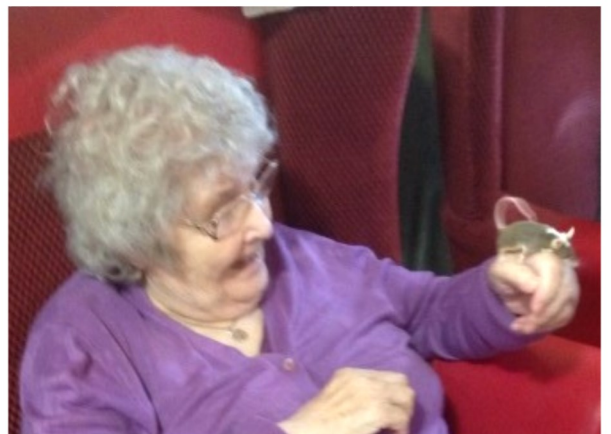
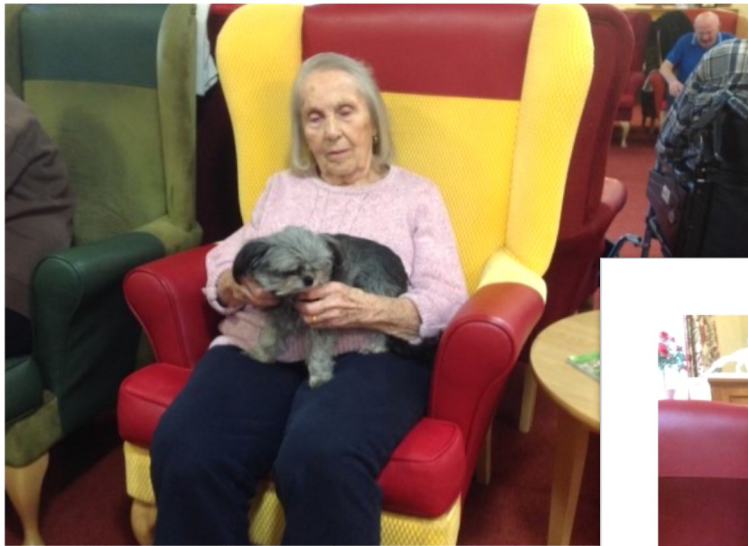


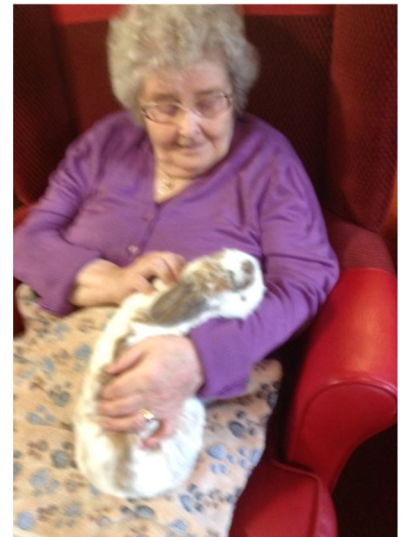
Last month saw some of our residents meeting some very unusual pets.

Despite them not all being 'fury' the residents, and some visitors, still enjoyed their company.

Zoo Tastic

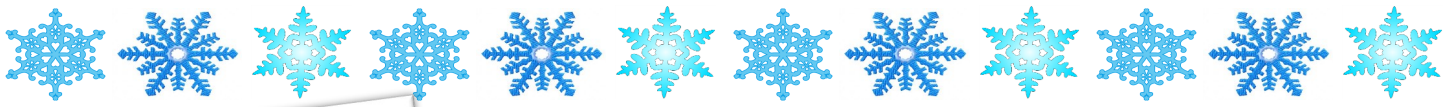






The unexpected Snow in March brought us some beautiful pictures of Norwood House.





A 'MASSIVE THANK YOU'

to all of the staff who braved the weather (and roads) recently to get into Norwood House. It was lovely to see that our staff have the care of the residents foremost in their minds.

Every effort to get into work was made by staff, with lots sharing transport, or going out of their way to pick others

up. Some

even 'walked' to work - well done Roísín.

Also, a big thank you to Bryan, our Site Manager, who kept the entrance clear, and Danny, Deputy Head, who did it when Bryan wasn't around - well done chaps!



Sunday 11th March 2018

at 2:30pm

If your Mother is one of our residents, why not join us to celebrate their special day. We will be enjoying an afternoon of treats, including a selection of cakes, hot & cold drinks and a glass of 'something that sparkles'!

Another **BIG THANK YOU** to our entertainer Geoff Jukes, who despite the weather at the end of February came in to entertain our residents.



Lindsey, from our Activities Team, made sure that everyone enjoyed some refreshments, so that it was a delightful afternoons' entertainment.



'A Floral Masterpiece' Some of our residents recently enjoyed colouring intricate 'flower' designs. The finished results were lovely, and everyone who tried it enjoyed having a go.
Well Done Ladies.

Everyone at Norwood House would like to take this opportunity to wish all our Family Members, Friends and Supporters a very:



And don't forget:



after midnight on the
25th March 2018

Valentines Trivia - February Newsletter



How did you do with last month's quiz? Here are the answers - hope you all did well.

- 1) Who was the legendary Benedictine monk who invented champagne? **Dom Perignon**
- 2) Which was Shakespeare's most romantic play? **Romeo and Juliet**
- 3) What kind of flowers are traditionally given to symbolise love? **Red roses**
- 4) What other gift sometimes accompanies a bouquet of red roses? **Chocolates**
- 5) What was first created by Pope Gelasius in 500 AD, then deleted from the Roman Calendar of Saints by Pope Paul VI in 1969? **St Valentine's Day**
- 6) 'Valentine' was the name given to which kind of early Christian? **Martyrs**
- 7) What day is Valentine's Day held on? **February 14th**
- 8) According to the *Legenda Aurea*, or *The Golden Legend*, a fictional work written by Jacobus de Voragine around 1260 AD, who wrote the very first Valentine's message on the eve of his execution? **St Valentine**
- 9) As well as being the unofficial patron saint of love, what occupation is St Valentine also believed to be the patron of? **Bee keepers**
- 10) The British Museum holds a letter believed to be the oldest valentine still in existence. Who wrote it? **Charles d'Orléans, captured by the English at Agincourt, and then kept prisoner for the next twenty-five years. He passed his time writing sorrowful poetry, including the St. Valentine's Day letter that describes his sadness at being parted from his love**
- 11) Today we associate love with the heart, but this wasn't always the case. In medieval times, which internal organ was believed to cause love? **The liver**
- 12) In the 18th century, sailors used to give their wives and girlfriends a 'busk valentine'. What was this? **A Piece of carved whalebone or driftwood, which they'd wear to stiffen their corsets**
- 13) Which Roman god was either depicted as a plump cherub with a bow and arrow, or as a handsome teenager? **Cupid**
- 14) Which Roman goddess was Cupid's mother? **Venus**
- 15) A poem called *The Parliament of Fowls*, which describes a man's dream of Cupid preparing his arrows in the Temple of Venus, is usually held to be the first cultural link between St Valentine and romance. Who wrote the poem? **Geoffrey Chaucer**
- 16) In Japan, what do women give men on Valentine's Day? **Chocolates**
- 17) What is a Vinegar Valentine? **A spoof or sarcastic parody of a real Valentine's message**
- 18) If you're quick to show your feelings, where do you wear your heart? **On your sleeve**
- 19) Which Shakespeare play features Valentine and Proteus? **The Two Gentlemen of Verona**
- 20) What is the approximate date of the first Valentine ever sent? **1415**
- 21) Who led the Chicago gangsters behind the St Valentine's Day Massacre in 1929? **Al Capone**
- 22) Which symbol does New York's Empire State Building illuminate on every Valentine's Day? **A heart**
- 23) Who played the title role in the film *Shirley Valentine*? **Pauline Collins**
- 24) Which singer had a Top Ten hit, in 1961, with *Cupid*? **Sam Cooke**
- 25) Which Scottish poet wrote *A Red, Red Rose*? **Robbie Burns**
- 26) What was the name of the small heart-shaped sweets, manufactured by Swizzel, which had short romantic messages printed on them? **Love Hearts**

Try Something Different!

If you fancy trying a puzzle with a difference, why not have a go at this St Patrick's Day codebreaker puzzle. Enter the answers to clues 1, 2 & 3 then fill in the number box below to enable you to add more letters to numbers. All the other words & letters should fall into place - in theory



CODEBREAKER (or CODEWORD, or CODE CRACKER) WORD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter.

Crack the code and fill the grid by determining which letter relates to which number.

To help you get started three word entries have picture clues, and four letters are already in place.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

G R E E N

