

Norwood



Dear Family Members, Friends and Supporters,

This month is national 'Honey' month, and to celebrate all the good benefits of honey our Chef's have promised to make something delicious for our residents to enjoy with one of their afternoon teas.

September is  **World Alzheimer's Month** and we hope to

introduce some new and interesting activities to our residents to help stimulate them and bring back memories long forgotten.

We will also be hosting a coffee morning on 20th September 2018, at 10am to help support the MacMillan Cancer Charity. *Please join us.*



As usual, our residents will be enjoying the musical delights of various singers and entertainers. Don't forget to put these dates in your diary so you can come and join in a good old fashioned sing-a-long.

*Regards,
from All at Norwood House*

September 18 Diary Dates

- **1st September 18**
Big Quiz, Tea and Cake
10:00am
- **6th September 18**
Singer - Brian Shaw
2:00pm
- **10th September 18**
Singer - Geoff Jukes
2:30pm
- **13th September 18**
Sing As You Go
2:30pm
- **14th September 18**
Creative Mojo
10:30am
- **17th September 18**
Singer - Sharon Jarvis
2:30pm
- **20th September 18**
MacMillan Coffee Morning
10am
Singer - Charly Jolly
3:00pm
- **24th September 18**
Singer - Geoff Jukes
2:30pm
- **25th September 18**
Tickled Pink 'Hot Rock'
10:00am
- **26th September 18**
Creative Minds
10:00am
- **27th September 18**
Church of England Service
10:30am
- **28th September 18**
Creative Mojo
10:30am

*PLEASE FEEL FREE TO JOIN US AT
ANY OF OUR PLANNED EVENTS*

Norwood House
Littlemoor Road
Middleton
Saxmundham
Suffolk
IP17 3JZ

www.countycareshomes.co.uk



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

WISH
BIG



Birthday Board



August saw us celebrating Birthdays with Pat, Iris, Joan, William, Geoffrey and Phyllis. As usual our Chef's enjoyed vying with each other to see who could do the best cake decorations!

Clearly the cake made and decorated by Joan's great grandchildren was a winner. They also made her some lovely paintings to celebrate her special day.



There's nothing the staff like more than to share in the birthday celebrations of our residents, and to make their day an extra special occasion.

Happy Birthday to YOU ALL



It was lovely to see Phyllis enjoying her 101st Birthday with her favourite - Chocolate Cake!



Joan enjoyed double Birthday Celebrations when various generations of her family joined her to celebrate her 90th Birthday.

The family surprised her with an afternoon of tea and cake, and some good old family chat time.



We are always saying what a multi-talented team we have at Norwood House - here is Amanda, in Reception, juggling her paperwork with keeping residents and staff safe from the wasps!



The health benefits of **HONEY**



Relieves flu symptoms	Energy booster	Reduces seasonal allergy	Good for blood circulation
Good for your skin	Improves digestion	Aids in weight loss	
Heals wounds	Lowers cholesterol	Boosts immune system	Fights fatigue

Did you know...? A hive of bees must fly 55,000 miles to produce a pound of honey.




Shirley recently enjoyed an afternoon out with Daisy from Activities. They toured the shops of Leiston for a bargain, and then had coffee and cake in the Co-Op café.

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.

07th September 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

October 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



A Very BIG Thank You to everyone who came to our wonderful Garden Party. The weather remained fantastic and the lunch, as usual, was superb.





“What a wonderful event to share with the home”

“My children really loved having their faces painted”

“So well organised”

“Mike Pritchard was great, singing songs that were popular with everyone”

So much to keep the residents and visitors entertained”

“It was so good to see everyone getting involved - clearly everyone had a good time”





"We really enjoyed the hands on workshops - they were great fun"

"I had a go at things I never thought I would do - thanks"

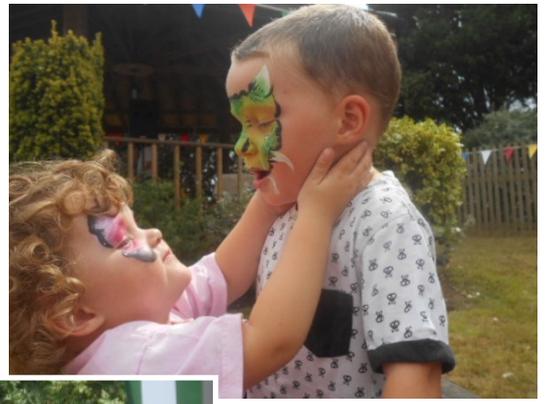
"The food was excellent"

"Everyone seemed to enjoy the occasion"

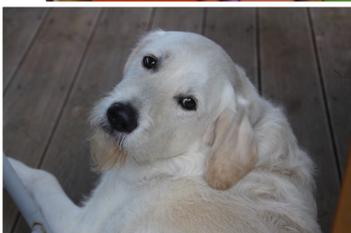
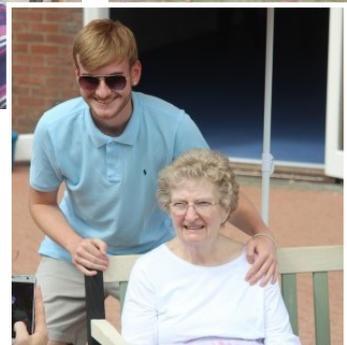
"A big thank you to the Care Staff, Catering and especially the organiser"



Thank You Jackie for organising such a marvellous event - well done!



An AMAZING
£270.60
Raised
So Far



When you've had a busy and exciting afternoon - at the end of the day all you really want to do is snooze!



September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness and challenge the common stigma that surrounds Alzheimer related dementia.



Alzheimer's is a progressive disease that impairs memory and other mental functions. It is the most common form of dementia that generalises memory loss and loss of other essential cognitive abilities that are serious enough to interfere with an individual's daily life.

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."

- Eleanor Roosevelt

September 21st 2018 marks the 7th world Alzheimer's month since the campaign was launched in 2012. From previous studies, an average of 2 out of 3 people globally have little or no understanding of Alzheimer's disease and associated dementia in their countries.



Since its inception, the impact of World Alzheimer's Month is increasing. However, the stigmatisation and lack of information surrounding dementia remains to be a global problem that calls for global action. Most people often think that this disease is a normal part of ageing.

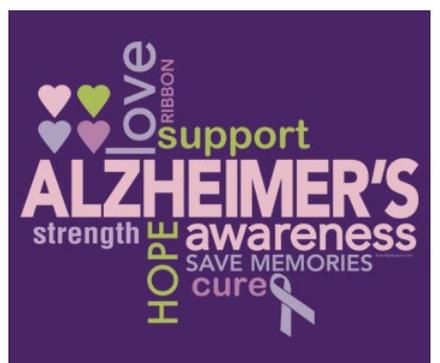
"It is possible to live well with dementia and write best-sellers - like wot I do"

Terry Pratchett

Though this may not be true, a greatest risk factor for Alzheimer's disease is increasing age. This is evident by majority of Alzheimer's patients being 65 years or older. This doesn't completely classify the disease as an elderly disease. There are 850,000 people living with dementia in the UK, with some being affected in their 30's. Many still face the condition alone and without adequate support.



For this year's event, organisations and interested individuals an get involved by supporting awareness through contacting www.alzheimers.org.uk/get-involved/world-alzheimers-day



The End of Alzheimer's Starts With You

It's World Alzheimer's Month. Across the globe, 35 million people and their families are affected by dementia. It's going to take all of us to change these numbers. Here are three easy ways you can get involved and help us move toward a world without Alzheimer's.

1 Go Purple

2 Join a Walk

3 Stories to Inspire



Family & Friends

Here at Norwood House we have an 'open door - 24/7' policy where family, friends and loved ones can call in and visit us anytime they want to.

Some of our visitors stay for lunch or tea, others come in to enjoy the singers or events and some just visit because they know they can...

Everyone is Welcome



FAMILY matters
 relationships phone numbers believe special beliefs
 people encourage stay with **MATTERS** always matters
FAITH lives friends with **FRIENDS** life **true**
 world REMEMBERED something comes WONDROUS
 love faith lives friends with **FRIENDS** life **true**

At Norwood House our staff have to regularly update their Health & Safety skills. Danny and Mack, our trained Fire Marshalls' put several members of staff, including Alan, Amanda, Debbie, Luda and Sadie through the Fire Evacuation Sled drill. Each of them had to have a go at being strapped in and moved down the stairs. This enables us to know how our residents would feel if they had to be evacuated in this manner.



**WAKE UP,
SHAKE UP**



No matter what our residents get involved in; they always do it with a SMILE!



Members of the Activities Team are always looking for new and interesting quizzes to do with our residents. Some will be enjoying ones on Sport and the 1950's. If you were around, but not really up on what was happening in the 1950's, then why not have a go at our American 1970's quiz and see how you do - you may know more than you think!

1970s Trivia Questions

History

- Which president resigned in 1974 over the Watergate scandal?
- During which Apollo spaceflight did an oxygen tank explode, putting the crew in severe danger even though they managed to survive?
- Which Pennsylvania nuclear generating plant suffered a partial meltdown in 1979?
- What war ended in April 1975 with the fall of Saigon?
- What is the name of the deadly disease that struck a convention in Philadelphia in July 1976 and was named for the convention where it struck?
- Who replaced the Shah of Iran in 1979?
- What newspaper heiress took part in a San Francisco bank robbery in April 1974?
- Who leaked the Pentagon Papers in 1971?
- In June 1971, the 26th Amendment passed giving 18-year-olds what right?
- Paul Allen and Bill Gates founded what company in 1975?

Pop Culture

- Which video game system debuted in the 1970s and featured now iconic games like Pong and Pac Man?
- Which book about a bird on a journey of self-discovery topped The New York Times best-seller list for 38 weeks in 1970?
- What musical genre peaked with the 1977 release of the film Saturday Night Fever?
- Which 70s TV series aired Saturday mornings and taught children lessons about math, grammar, government and more?
- What was the name of the character played by Herve Villechaize in the TV series, Fantasy Island?
- What singer-songwriter, considered by many to be the greatest electric guitar player of all time died in 1970?
- What was the top selling song of the 1970s decade?
- Who created the Muppets?
- What movie from the 1970s made many people afraid to go swimming in the ocean?
- What was the name of Stephen King's first published novel that came out in 1974?



Manager's Word of the Month

"LOADSTAR"

- an inspiration, model or guide