

EXMOUTH HOUSE NEWSLETTER AUGUST 2020

WELCOME to the DOG DAYS of SUMMER!

This phrase originated in Greek and Roman times. In late July/early August, the brightest star in the night sky, Sirius, rose just before the sun. And, because this star was part of a larger constellation called 'Canis Major' or in plain English, 'The Greater Dog', Sirius became known as the dog star. So, the Dog Days of Summer, didn't relate specifically to extremely hot days as has become today's usage, but rather to the position of the Canis Major constellation in relation to the sun in late July and early August. The Greeks and Romans thought that the warmer weather may bring catastrophe and/or fever. Yes Siriusly (boom, boom)!

HAPPY BIRTHDAY TO YOU!

Who's counting?

Well on this occasion, we are! Irene is celebrating her 100th Birthday! And we will all be celebrating in style, all residents and staff are welcome.



Irene's 100th Birthday Celebration

Friday 28th August

Details to be arranged



Alongside Irene's grand birthday, we are also wishing a Very Happy Birthday to Joyce D and our carer, Liam!

We'll all be celebrating with you and hope you all have lovely days!

Here are some of the *best things since sliced bread* that have been invented so far during Irene's lifetime...

- ❖ In **1923**, the first **traffic lights** were invented by Garrett A Morgan and one **Clarence Birdseye** invented **frozen food**.
- ❖ The **first bread slicing machine in 1928** (invented by Otto Frederick Rohwedder at the Chillicothe Baking Company of Chillicothe, Missouri. This invention spawned the phrase '**best invention since sliced bread**'! In the same year, Alexander Fleming discovered **Penicillin**).
- ❖ In **1930**, Richard E Drew invented 3M's Scotch Tape, **sellotape** to you and me.
- ❖ 10 years on from the work undertaken by British born Alan Turing, the **first computers were patented in 1946**.
- ❖ And let's not forget those ubiquitous **Tupperware Parties** – the Tupperware seal was invented by Earl Silas Tupper in **1947**. (If you're too young to know about 'Tupperware', ask one of our lady residents, it was a storage boon.)
- ❖ **Space exploration**, started in **1957** when the Russians fired **Sputnik 1** into space as the first man-made object to orbit the Earth, heralding the Space Race. And then 12 years later, the **Apollo 11 moon landing in 1969**.
- ❖ The **Worldwide Web**, another British invention, this time conceived by Sir Tim Berners-Lee in **1989**.

NEW FACES

Two new carers have joined our team this month. **Georgina and Aja**. Don't forget to introduce yourselves and tell them something about yourself – the people you love, the things you enjoy and perhaps some things you're not so keen on. This will help them get to know you fast.

And if you're worrying about how to pronounce "**Aja**", try this...it's just like Zsa with an 'A' in front. Remember Zsa Zsa Gabor...now try Azsa! Or perhaps you'll find it easier to think of Asia.

AMICA CARE GARDEN COMPETITION – WE WON!!!! 😊

On **Tuesday 21st July**, the garden competition judging took place. Our garden was themed 'Rainbow and Sunflowers' and was visited by the judges – Keren who is Amica's Chief Executive Officer and the Chair of Trustees, John.

Residents and staff all joined in the fun, putting our best foot, flowers painted faces and tattoos forwards. We served a range of mocktails and fresh fruit salad all in rainbow colours. And we shared the story of how we'd achieved all that we have with hard work and community donations.

And we'd like to thank the children of St Joseph School for all of their rainbow artwork which was placed in the garden ready for the Judges visit. We'd also like to thank Russ & Barbara for all their hard work too.

Just a quick reminder...WE'D LIKE YOUR REVIEWS

Thank you to everyone, residents, family and friends that have written reviews so far. **Please keep them coming** to help those searching for care for their loved ones. **Only you can bring your everyday experience to life for them**, beyond our 'Outstanding' CQC Rating. We know they will thank you. So,

- **If you're a resident**, you can still ask Anne for a pen and paper to write down a comment about your experience of coming here and living here, passing it back to Anne.

Stay in touch. Keep connected. Appreciate the small things.

- **If you're a family member or friend**, it's never too late to
 - either collect a card from Alison's Office, returning it to her once completed
 - or fill in the online review form at www.carehome.co.uk
 - or if 'online' isn't your thing, ring carehome.co.uk direct on 01488 684321 and give your comments to them.

AUGUST EVENTS

❖ IT'S A KNOCKOUT!

Our residents have chosen two tournaments:



INDOOR BOWLS COMPETITION, which was played on Wednesday, 5th August at 2:30 pm in the Conservatory. Any resident or staff member was welcome to have a go if they fancied their chances!



DOMINOES COMPETITION, which will be played on Tuesday, 18th August. **If you want to join in** please speak to **Anne** and be ready to come to the Conservatory any time from 10:30 onwards.

THEMED DAYS

- ❖ **COME ON YOU OLD SMOOTHIE!** On Wednesday, 26th August come along to the Conservatory at 2:30 pm and enjoy a 'Smoothie' made from fresh fruit. Elaine and Anne will be your hosts and you can choose a Smoothie from our extensive menu.
- ❖ **KEEPING IN TOUCH** On Thursday 27th August, we will be helping our residents to send you messages of love via the Relatives Gateway. Keep your eyes peeled!
- ❖ **GEOFF'S JUKE BOX** Each day from 11:00 am, Geoff will be playing a selection of music from his (and with kind agreement) Len W's LP

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collection. Come along and don't be shy – make a request. If the song's there it will be played.

DON'T FORGET FAMILIES & FRIENDS, PLEASE STAY CONNECTED!

It's easy to feel a bit weary with lockdown and the confusion of various versions of 'easing lockdown'. Staying connected is not just a nice to have, it's core to your loved ones well-being. And to the staff dedicating themselves to keeping your loved ones safe.

Your pictures, stories, letters and parcels help residents to experience the world beyond Exmouth House whilst continuing to be safe. This is especially important when your head and your heart may not process things the way you want them to. It's challenging when you're out there, experiencing life with your own eyes and ears and we need you to keep painting that picture for your loved ones too. There is no substitute for family and friends.

So, if you have five minutes to spare, or can set aside some regular time to talk, or send some pictures, or drop off their favourite things at Reception, then please, please do. We know it's going on for a long time and we do appreciate that you'll be feeling it too. And to those of you already keenly involved, a HUGE THANK YOU from all of us here.

We know this isn't just a one-way street. So, let's continue to be kind to each other. You never know what people are going through. If you can, just pause and ask us how we're doing and we'll be listening to you too.

Here's a quick reminder of how you can stay in touch and keep connected - at the end you'll see how to arrange a Garden Visit:



- If you have access to a computer or smart phone, keep posting pictures and messages on the relatives gateway www.relativesgateway.co.uk so that your loved ones can see what you're up to. We'll post photos and messages from them too.

Stay in touch. Keep connected. Appreciate the small things.



- Send us a good old-fashioned letter or postcard telling us about your day and things you've been doing (baking, sewing, gardening, decluttering, games you've played, books you've been reading – any and all of it!). If your loved one writes to you, we'll be sure to send it.



- Send us pictures and paintings you and your family have done - you don't have to be Van Gogh! Or just a card to say hello, how are you, and thank-you.



- Send or drop off some treats – everyone likes to know they're valued and being thought about, your relatives and staff.



- Pick up the phone to speak to your relative; we'll take the phone to them.



- When you're speaking to us, ask us how we are, just as we will you.

Your contact, thanks and appreciation mean the world to all of us here!

As lockdown eases somewhat, we're now offering **GARDEN VISITS by APPOINTMENT ONLY**. No, not with the Queen, but instead **booked and arranged with Alison**. Do get in touch and please bear in mind that we are trying to accommodate as many families and friends as possible, usually limited to two relatives at a time and following strict guidelines to protect our residents. This means:

Stay in touch. Keep connected. Appreciate the small things.

- your temperature will be taken on arrival and you will be refused entry if it is above 'normal' and you will be asked to use hand-sanitiser before going through into the garden
- you will be social distancing (two metres apart) throughout the visit - a staff member will be unobtrusively present throughout to help guide you all
- you'll be wearing face masks from the moment you arrive until you leave
- if the weather fails on the day you're booked in, then we are truly sorry but we will have to cancel your visit as for the protection of residents and staff, we can only accept visits in the garden at this time.

Whilst not quite 'normal' like so much of life right now, this is a major step forward and we hope you'll get in touch and come and say hello to your loved ones.

Ring or email Alison t: 01395 275 926 e: alison.york@amicacare.co.uk and let's see what we can do.

DATES FOR YOUR DARIES

Although family, friends and volunteers can't generally join in right now, we're hoping you'll enjoy reading what we're up to.

Date	Time	Event	Families & Friends
Every Day	11:00 am	Geoff's Juke Box Come along to the Dining Room and hear the records and make some requests of your own.	Residents only.
Wednesday 5 th August	2.30 pm	It's a Knock-out, Indoor Bowls Competition Come along to the Conservatory from 2:30 pm onwards	Residents & staff only.

Date	Time	Event	Families & Friends
Tuesday 18 th August	10:30 am	<p>It's a Knock-out, Dominoes Competition</p> <p>Come along to the Conservatory from 10:30 am onwards</p>	Residents & staff only.
Wednesday 26 th August	2:30 pm	<p>C'mon you old Smoothies!</p> <p>Join Elaine and Anne in the Conservatory – choose from a menu of delicious fresh fruit smoothies.</p>	Residents only.
Thursday 27 th August	All Day	<p>Keeping in Touch</p> <p>Staff will be ready to help you send messages to your loved ones on the Relatives Gateway – photographs, pictures, words...whatever floats your boat!</p>	Residents only.
Friday 28 th August	2:00 pm to 4:00 pm	<p>Irene's 100th Birthday Celebration</p> <p>All residents and staff welcome to help Irene celebrate!</p>	Residents & staff only
Mondays	10.30 pm to 12.30 pm & 2.30 pm to 4.30 pm	<p>One-2-One Pamper Time</p> <p>For ladies and gentlemen alike. Fancy a</p> <ul style="list-style-type: none"> -hand massage -manicure -foot spa or -hair-wash? <p>Please ask Anne if something appeals.</p>	Residents only.

Date	Time	Event	Families & Friends
	2.30 pm to 4.00 pm	Market Stall open	Residents & staff only.
Tuesdays	10.30 am to 12.30 pm	Creative Crafts with Anne. Don't be shy if you're a beginner or think you've lost the skill – come along anyway!	Residents only.
	3.30 pm to 4.00 pm	Singalong with Alison and Anne.	Residents only.
Wednesdays		Residents Choice of Activities See Anne with any requests.	Residents only.
	2.30 pm to 4.00 pm	Market Stall open	Residents & staff only.
Thursdays	10.30 am to 12.30 pm	Creative Crafts with Anne. Don't be afraid to join in and turn your hand to something new. No previous crafts experience required!	Residents only.
	3.30 pm to 4.00 pm	Singalong with Alison and Anne.	Residents only.
Fridays	10.00 am – 12.30 pm	One-2-One with the Caring Team, some quiet time specific to individual's wants/needs on the day.	Residents only.
Saturdays	On request - ask our Carers on any day	Board Games. Take a trip down memory lane and have some fun!	Residents only.
	2.30 pm to 4.30 pm	Me & My Key Worker Personal time.	Residents only.

Date	Time	Event	Families & Friends
Sundays	2.30 pm to 4.30 pm	Me & My Key Worker Personal time.	Residents only.