

EXMOUTH HOUSE NEWSLETTER JAN 2020

WELCOME TO THE NEW YEAR!

Welcome to our home. Come freely, go safely and always leave some of the happiness you bring.

NEW FACES

A warm welcome to our new residents, Heather and her dog Millie. Millie is Heather's long-time companion (a pedigree Shih Tzu). In human years, Millie's about age 65 - a mere slip of a girl! Ron's and Christine's dog, the lovely Rosie, is already the best of friends with Millie. In the meantime, down by the cat-flap and the food bowls, our house cats are carrying on oblivious.

An equally warm welcome to Melissa who has joined our home as a Carer. Melissa will be here from 4pm-10pm on the days she works, helping you from just before teatime until it's time to retire for a good night's sleep.

NEW YEAR BIRTHDAYS

Hot on the heels of Christmas and New Year we've been celebrating our January girls' birthdays. We've had high-tea, home-baked cakes and teatime buffets, oh and the odd glass of something stronger for those who wanted, all shared with family and friends. A warm and happy birthday to you all!



Ann, now patiently awaiting a Telegram from the Queen in 2021



Jeanne (pronounced Zjan or Jean if it's easier!)



Betty B.

SOMETHING OLD, SOMETHING NEW – STAFF ON THE MOVE

Jo, who you all know as **one of our Care Leaders**, is **leaving** us **this month** for pastures new. We're sad to see her go; we'll all miss her. Of course, we're also hoping that Jo enjoys her new job very much, even though it's not here, at home, with us.

With Jo leaving, it creates some other changes to staff roles:

- **Kinga**, who you know as one of the night-time Care Leaders, is going to also be doing **some daytime Care Leader shifts**
- **Natacia** (pronounced Natasha) has been **promoted** to be a **Care Leader**; she will be here in the daytime
- and **Michelle and Alison** are **becoming Senior Carers**.

Congratulations to all – we're wishing you the very best!

Whether your resident, family or friend, if in doubt, confused or concerned about anything, do tell us. What we know, we can help with.

TEAM MEMBER OF THE MONTH – NOMINATED BY YOU

Each month, we're encouraging **you, your family and friends to nominate one of our staff team for special recognition**. We all know how good it feels to be acknowledged and thanked when we do something special for others. It's not necessarily about big things and grand gestures (though it may be). It's sometimes about the small things that have brightened up your day, solved a problem or irritation and made you feel better.

January's **Team Member of the Month** is **one of our night-time Carers, Susan**. She has been nominated by you for her **consistent kindness and dedication**. Congratulations Susan!

If you would like to nominate someone, please ask Anne for a form or take one when she hands them out each month. You can always ask a relative or friend to help you complete it if you find writing a bit tricky.

GOOD OLD SANTA!

We had the most wonderful Christmas. Thank you to everyone who made it so – residents, staff, family and friends. A special thanks to our volunteers Barbara, Sue, Russ, Alisha and Rob. And a real Hooley of a

thanks to Anne, Alison and Elaine for pulling everything, and all of us, together. What a fine crew!

You may remember that just before Christmas we entered some Amica Care competitions, hoping to win prize money to add to our 2020 Residents' Activities Fund. Together, we decked the halls, sang our hearts out and baked (and then ate!) our very own Christmas Cake. Here's the latest news on the results:

- **Deck the halls!** We won **first prize – ding-dong!** That's **£100 straight into the Residents' Activities Fund**. Thank you to all who made decorations (from the very young to the decently mature), decorated our home and our garden too. What a show!
- **Eat your heart out Bing Crosby!** Well we didn't quite go Bing this year, but then we can't win everything all the time. The 2019 prize went to The Orchards, which is a home in Crewkerne, Somerset. We love our singsongs, prizes or not, so we'll be carrying on singing our hearts out all the way through to next Christmas, orchestrated by our indomitable Choir Mistress. Judges get ready - we'll be back!

And talking of music, the Exmouth House Best Christmas Joke 2019 goes to "There's a sign on the door of the music shop...Gone Chopin. Bach in a minuet." Boom-boom! Thanks Russ.

- **Have your cake & eat it!** We're still awaiting the judges' decision for the best Christmas Cake competition. Whatever the result, our cake was fabulous and tasty - we hope you all thoroughly enjoyed eating it!
- **The gift of giving** We haven't just been trying to win competition prizes, we've also been engaging with the community to fund raise for activities. You might remember that in **November** we **raised £135 at the Exmouth Pavilion Craft Fair**. Well, **in December**, we went to the Craft Fair again and with another grand effort from Anne, Alison and residents **raised the *even higher* sum of £161**. That's a **grand total of £296** added to our Residents' Activities Fund! Thanks to all who made items to sell, the people who supported us to do so and those who charmed customers on the day of the fair.

- **Christmas Barrel of Booze** the raffle winner was Michael Batton. Our thanks go to all those who donated to our Christmas Raffle, including businesses Richard Gegg, Darts Farm Fresh, BID Food, IPA and Mitre Linen. And, of course, to all those of you who participated in the fun and bought tickets.

EXMOUTH IN BLOOM - 2020

As we look outside, our lovely winter flower bed is still blooming, giving us some light relief from the rain and wind.

Our attention is now turning to this year's Exmouth in Bloom. It's an international theme this year and our theme is Japanese. So, thinking caps on and imaginations fired up, all ideas, props and volunteers welcome! Spring is only just around the corner.

If you would like to be involved or know someone who might or have some ideas, please speak to Anne. You don't have to know about plants, or even like gardening – you may just like being outside and be good with a paintbrush or woodwork, or you may have just the right prop sitting in your garage or garden shed!

PLEASE NOW TURN THE PAGE to see some important dates for your diary. There's more to come – this is just what we have planned so far. The more residents, family and friends we have joining in, the merrier we are. So, if you can join in and/or help us on trips, please do.

EXMOUTH HOUSE IMPORTANT DIARY DATES

Date	Time	Event	Families & Friends
Every Wednesday	9.00 am to 1.00 pm	Hairdressing (if you don't have an appointment, please ask Anne)	Residents only.
Every Thursday	3.00 pm to 5.00 pm	Hairdressing (if you don't have an	Residents only.

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Wed 8 th Jan	3.30 pm to 4.00 pm	Holy Communion with Revd John Davies (in the Conservatory)	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Tues 14 th Jan	All Day	Chocolate Tasting	All welcome
Mon 20 th Jan	Following tea-time	Cheese Tasting	All welcome
Wed 22 nd Jan	4.00 pm – 4.30 pm	Holy Communion with Revd John Davies (in the Conservatory)	You are welcome to join in. Remember, you don't have to hold religious beliefs to participate in this short service. You may just like a peaceful time to reflect and to listen to some wise-words.
Tues 28 th Jan	3.00 pm	Breadmaking	All welcome – butchers, bakers, candlestick makers!
And looking ahead to February, March and April with more to come...			
Tues 18 th Feb	2.00 pm to 5.00 pm	Devon Court Hotel Afternoon Tea	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our residents to and from the venue.) If you can lend a hand, please speak to Anne.
Tues 24 th Mar	2.00 pm to 5.00 pm	We haven't yet decided where we will go on this trip - it's one for your diary!	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our

Date	Time	Event	Families & Friends
			residents to and from the venue.) If you can lend a hand, please speak to Anne.
Thurs 16 th Apr	2.00 pm to 5.00 pm	We haven't yet decided where we will go on this trip - it's one for your diary!	We would welcome any volunteers, family and friends who are able to meet us at the venue to support residents , giving them an extra helping hand. (We don't have room on the bus to take anyone other than our residents to and from the venue.) If you can lend a hand, please speak to Anne.