

EXMOUTH HOUSE NEWSLETTER NOVEMBER 2020

WELCOME to NOVEMBER

We're going to begin this Newsletter with a shout-out to relatives & friends in support of the **Alzheimer's Society Fund Day...**



Yes, that's right, we're all going to be **dressing up as Elves on Thursday 3rd December**. We'd like as many residents as want to, to be able to join in and so we need your help with **items that will help us to create elf related costumes and/or accessories for residents**. Please drop anything you can into the Office before 3rd December. **Thank you!**

And so, back to November

Remember the song 'Autumn Leaves'?

Released in the 1950s and performed by all the greats during that decade - Bing Crosby, Nat King Cole, Doris Day, Frank Sinatra, Louis Armstrong, Perry Como. Pauline would have loved Nat King Cole's version.

'The falling leaves drift by my window.

The falling leaves of red and gold...

As autumn cedes to the coming winter, we've been enjoying our richly coloured autumn leaf displays.



Outside there are now just a few lustrous yellow leaves clinging to the boughs of beech trees, and woodland avenues carpeted by glorious burnt copper leaves.



A fun poem about November to cheer us through the rainy days. The Moon is giving November what for! It's by an American poet called Lenore Hetrick

The Moon & November

To the skies and the moon November spoke.
"Weep with me!" November said and wept.
The skies melted into tears at the sight,
And a siege of weeping with November kept.

But the moon was stubborn and would not cry,
Nor would she hide behind a cloud.
In fact. She was very indignant about it,
And she spoke her opinion good and loud.

"Through the centuries I have shed my light,
In every season dry or wet,
And on the rainiest night of the year,
A sliver of my light you'll get."

"Shining, dear sir, is my business you see.
I leave all the weeping to such as you!
So shine I shall!" And right then and there
In the dark, wet night the moon shone through

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



HAPPY BIRTHDAY TO YOU!

This month we're celebrating with residents **Patricia, Joan and Jean M** and staff members **Tracy G, Kim, Susan and Judith**. Very Happy Birthday to you all!

November is a much busier month to be born into than you might imagine. Alongside Bonfire Night and Remembrance Day, what follows over the page are a few more events from the past and present.



On 17th November 1558, aged 25, **Queen Elizabeth I** ascended to the throne. Fluent in five languages, she ruled for 45 years.



On 22nd November 1718, **Blackbeard** the Pirate (originally from Bristol) met his end in America, just off the coast of North Carolina.



On 5th November 1605, our nearby town of **Ottery St Mary**, is now the *only* place in the country to continue the tradition of carrying full-size lit **Tar Barrels** in commemoration of the Gunpowder Plot.



In November 1935, the Parker Brothers began marketing the board game Monopoly to the world! The rules of the game were originally invented by Elizabeth Magie in 1903.



On 11th November 1918, the final truce was signed, marking the end of World War I, known as Armistice Day. When Armistice Day is not a Sunday, Remembrance Day falls on the Sunday before.



On 3rd November 1957, the Russians launched Sputnik 2, carrying the first living creature into an orbit of the moon, Laika the dog. RIP Laika.



On 18th November 1963, the Bell Telephone Company first introduced the now ubiquitous, push-button phone to the public. Before this we all used telephones with dials – now considered collectors' items.



A WARM WELCOME TO SOME NEW FACES

This month we have welcomed two new residents, **Robin** and **Shirley**. Do introduce yourselves and help to make them feel at home.

This month we're also saying hello to two new members of staff:

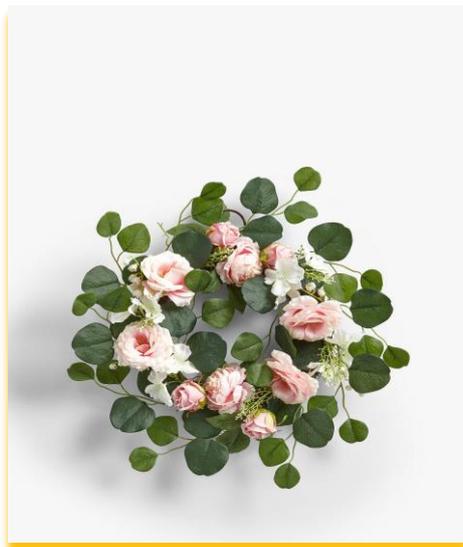
- ❖ **Charlotte** who joins us as a Carer
- ❖ **Anna** who is joining the housekeeping team.

Do make everyone feel welcome, telling them something about yourself – what do you like to do, when you like a little extra help, where you grew up, what worries you or perhaps, something about your family and friends. The more Charlotte and Anna know about you, the better they can support you.

IN MEMORY OF PAULINE



We want to pause for a moment to remember Pauline who sadly has passed away. Pauline was a huge part of Exmouth House and her love of music shone out every day. Her favourite was Nat King Cole.



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WHAT WE'RE UP TO IN NOVEMBER...

Bonfire Night Supper



Ahhh, remember all those damp squibs of smoky old Roman Candles you used to try and light? Well we may not have had crackers, whizzes and bangs in our garden, but we enjoyed a **classic Bonfire Night Supper** of hot dogs, jacket potatoes and baked beans followed by spiced apple sponge cake and custard. What could be more autumnal than that!

Remembrance

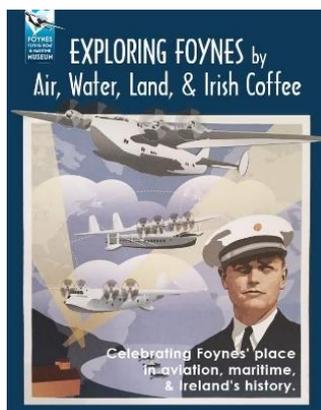


We finished our **Poppy Remembrance Board** – it's truly stunning. Thank you to all residents and staff who helped to make this display.

On **Sunday 8th November** we observed two minutes' silence in the lounge. Anyone who wished to, watched the **Remembrance Sunday Service** and we raised a glass of sherry in memory of all who have been killed or injured as a result of conflicts around the world.

On **Wednesday 11th November - Armistice Day** - we came together again to observe two minutes' silence in the lounge, once more raising a toast to those fallen, lest we should forget. And Geoff kindly played us some Vera Lynn on the gramophone.

Irish Coffee? Yes please!



In **November 1943** an Irish Chef, Joe Sheridan introduced the Irish Coffee to the menu at Foynes Restaurant, near Limerick, Ireland. So, as it's November we thought we'd introduce it to our menu too. On Monday 16th November, we're having a lunchtime 'after dinner drink' of Irish Coffee for anyone wishing to partake. Good old Joe, warming the cockles of our hearts!

Card Games for All



Come along to the dining room 11.00 am on **Wednesday, 25th November**. On the list so far are Rummy and Solo, but if you have other games you love to play, like Sevens or Knock-out Wist, we can play those too. Come and have a go! Everyone's welcome from beginners and re-starters to kindly card sharps.

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Anyone for a Knickerbocker Glory?



Come along to the lounge/dining room directly after lunch on Tuesday, 24th November and enjoy this old time favourite. Knickerbocker Glories first became popular during the 1920s. Your ice-cream treat was a Knickerbocker if it had red and white striped layers all the way down to the bottom. Anything else was an ice-cream sundae! No-one quite knows where it got its name from – perhaps after Dutch immigrants in New York because of their knee-lengthed britches called knickerbockers, or women's red and white striped knee length underwear or named after a hotel in New York. Perhaps you have your own theory?

Come and Have Your Say!



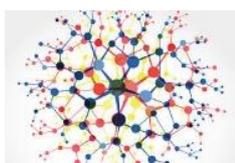
Hoping to entice you with a **cup of tea** and some **delicious cake**, on **Thursday 26th November**, we're holding our **next Residents' Meeting**. If there is something you want to talk about, or if you want to know what's already on the agenda, **have a chat with Anne**.

Team Member of the Month!



We're delighted to name **Melissa** as your **Team Member of the month!** Melissa has been praised by residents for being '**just so understanding!**'. We all know how much it means when someone truly empathises with what we're saying. Thank you, Melissa!

Staying Connected Whilst Staying Safe



Because of the current lockdown, which reflects the nationwide growth in the rate of Covid infection, **we are actively reviewing our visiting policy every week and adapting accordingly**. For this reason, if you **need an update** on our visiting policy at a given time, **please call us on 01395 275 926** and speak to Alison York.

And **don't forget**, there are lots of **other ways** to keep in touch. We always love to hear from you!

Please turn over the page to see how!



Put pictures and messages for your loved ones on the relatives' gateway www.relativesgateway.co.uk . We'll do



Send **letters, postcards and cards**; when your loved one writes to you, we'll be sure to send it.



Send us **pictures and paintings** you've done – don't be shy!



Send or drop off some **treats** for your loved ones and staff.



Pick up the **phone** and speak to your loved ones and us.



Check-in with us to see how it's going; we'll ask you too.

Please now turnover for Dates for Your Diaries.

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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
Thursday 5 th November	5.00 pm	Bonfire Night Supper A special Guy Fawkes night menu.	Residents only.
Sunday 8 th November	11.00 am	Remembrance Sunday Gather together for two minutes' silence and watch the remembrance service, raising a glass to those who have fallen and been injured in service to others.	Residents only.
Wednesday 11 th November	11.00 am	Armistice Day Join together again for two minutes' silence and a toast to all those who have fallen and been injured in service to others. Followed by some Vera Lynn for a stroll down memory lane.	Residents only.
Monday 16 th November	Lunchtime	Irish Coffee – Don't mind if I do! After dinner drinks – an Irish Coffee for anyone who would like one.	Residents only.
Tuesday 24 th November	Lunchtime	Knickerbocker Glory Come along to the conservatory and lounge and enjoy a good old favourite!	Residents only.

Date	Time	Event	Families & Friends
Wednesday 25 th November	2.30 pm	Playing Cards Come to the Conservatory and play Rummy, Solo or other favourite card games. Everyone welcome, from novices to re-starters to old-hands!	Residents only.
Thursday 26 th November	2.30 pm	Residents' Meeting Tea, cake and conversation. Have your say. Help us plan what's next. If you want to put something forward for discussion, please talk to Anne.	
Thursday 3 rd December	All day	Alzheimer's Society Elf Day Lots of fun with staff and as many residents as possible dressing up as elves in support of Alzheimer's Society.	Residents only.
Every Day	11:00 am	Geoff's Juke Box Come along to the Dining Room. Listen to the records and make requests.	Residents only.
Mondays	10.30 pm to 12.30 pm & 2.30 pm to 4.30 pm	One-2-One Pamper Time For ladies and gentlemen alike. Fancy a - hand massage - manicure	Residents only.

Date	Time	Event	Families & Friends
		-foot spa or -hair-wash? Please ask Anne if something appeals.	
	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	All day	Residents' Choice of Activities See Anne with any requests.	Residents only.
	9.00 am to 4.00 pm	Hairdressing with Annabel. Ask Anne if you would like an appointment. Please note In response to the rise in community rates of Covid infection, this service is being reviewed weekly.	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.

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