

The Signature Times

Mind • Body • Soul



March 2019

'AN AMICA-BLE TRUST'

A big hello and welcome to the March newsletter.

The last few months have been so busy!

After a busy Christmas, the new year brought the re-branding of Somerset

Redstone Trust to Amica Care, As well as regular activities, planning the rebranding event was a challenge!

On February 14th, we opened our doors to our community as we launched the trusts new name—Amica Care Trust. The word 'amicable' from which the name is derived, originates from early 15th century from the Latin *amicabilis* "friendly," a word in Roman law, from Latin *amicus* "friend," ultimately from *amare* "to love".

We wanted our name to reflect our values, and to show our local community how important it is for us to work together to provide a friendly and peaceful environment for all.



At the beginning of the day we were joined by Cupid Carl from Wessex FM! He got us off to a great start by handing out chocolates and taking selfies! We were also joined by the Mayor of Dorchester, councillor David Taylor who spoke about the importance of community.

Di Lawrence from Age UK and Alice Davies from Alzheimer's Society, were also able to attend and gave us valuable insight into the disease itself and what we as a community can do to help those with the various types of dementia.

In between our guest speakers, we were delighted to have Stacey with Rock Choir and Kate Matthews performing. Thank you to all those who attended and made the day a great success!

Photos of the days events can be seen on page 3.

January and February activities included our regular exercise guru Craig, providing seated exercises enabling the residents to build strength and stay active. We also had several musical entertainers. Mark aka Mr Piano Man, is very popular and is always a massive hit with the ladies! Magdalena delights us with African drums, maracas, guitar and hammered dulcimer, creating beats and songs with African and French origin. The residents love taking part and creating their very own rhythms. We also said hello to Jane and Pretzel with 'Singing for the Brain' and welcomed a new music workshop called 'Musica', with Rosie Mead, which the residents thoroughly enjoyed and are looking forward to many more exciting sessions with Rosie. We are also in the process of incorporating some newer activities such as 'Scented Relaxation Therapy', 'Visualisation and Guided Imagery' and 'Breathing Meditations with Music' into our programme, enhancing the experience of activities for the mind and soul. We welcomed Elvis back into the building as we were joined by the very talented Brad! The residents love him and some are perfectly at ease and will stand up and have a little dance! Also in February, we were lucky enough to say hello to two beautiful Alpaca...Casper and Midnight Prince!

The residents loved them...as did someone on twitter! Somehow word spread about our special guests and as a result we found ourselves in the Dorset Echo!

See page 4 for the full story!



We had the pleasure of watching Dorchester Ballet and Dance perform some of the beautiful choreography of Swan Lake and also pieces produced by the teachers at the school! As some may know we have a ballerina in our midst...the lovely Georgie... who turns out to be the grandma of Lucy one of the schools teachers! Needless to say we had a very proud Georgie/grandma!!

Activities @ Signature House



DorsetECHO

By Alex Cutler Reporter



ELDERLY residents were given a lovely surprise when two fluffy alpacas came to visit a nursing home in Dorchester.

Signature House care home in Dorchester welcomed Casper and Midnight Prince from the Alpaca Adventure centre in Shaftesbury earlier this month.

Staff regularly bring animals into the care home as this has been shown to promote wellbeing in elderly people and sufferers of dementia. This is known as animal assisted therapy and has been found to minimise the effects of and decrease the risk of developing depression.

Kelly, activities coordinator at the care home, said: "They were absolutely beautiful and they didn't even make much mess. As not all our residents are mobile the alpaca went up to see them. They loved stroking the alpaca and feeling their soft fleece and it encouraged them to ask

Wendy, their owner, questions about alpaca as well as other animals in the camel family.

"Many residents had not seen alpaca before, I know I haven't. I was surprised at their size, imagining that they were as big as a camel or llama, but they were little packages of fluffiness.

"Loved seeing the residents faces light up when they arrived. It's not something we see every day and giving the residents different experiences is something we are committed to achieve.

Signature House isn't just a care home. It's their home and giving them happiness in their home is an awesome feeling."

Continued on page 5



Kerry Hunt, care home manager, said: "Seeing someone smile who is normally unable express emotions is an amazing feeling. The animals also sense if someone wants to engage with them but aren't able to. They go closer to the resident so that they are able to stroke or just touch them. It is lovely to watch the residents chatting to each other as a result of seeing the animals, sometimes just about the animal they have seen, but also sharing memories from their past.

"To see the joy and excitement on everyone's faces is amazing, just something as simple as seeing an animal can have such a positive impact on emotional well being.

Beryl, one of the residents, said: "A wonderful experience and I'm looking forward to see them again." Goda, another resident, said: "I've never seen anything like them before. They were so sweet and gentle with really soft fur."

Over to Kerry our manager

Well we have had such an exciting few months!, hence the length of this months news letter but worth the read I assure you!

I would like to thank everyone who helped make our relaunch day so special we really did 'love the community' a special thanks to our Trustees John (Chairman if Trustees), Tony and Jim! Who helped us! And Helen the Trust financial director for her help!

And of course our wonderful activities team for their hard work!

I would like to update you all on our new care planning system, as I have previously explained relatives will be able to access records and photo's via the relatives gateway, if you would like this access please let me know and provide an email address to get started!

We have booked our residents & relative meetings please see the notice boards for more information of booked dates for your community.

We have also welcomed new team members this month please join me in welcoming them to our team.

The team have been busy booking reviews , please come and join us for a meeting to ensure we are working together for the best outcome for your relative / loved one.

Thank you all for taking the time to read our news!

See you all soon!



“Previously known as Somerset Redstone Trust, our charity was formed on the 11th September 2000 following the amalgamation of Somerset Care Trust (1992) and Redstone Trust (1996) to care for the elderly and

disabled and is governed by a Board of

Trustees. In 2019 it was re-named Amica Care Trust.

The Trust owns and operates five nursing and social care homes. The homes are situated in Bromsgrove in Worcestershire (2), Crewkerne in Somerset, Dorchester in Dorset and

Exmouth in Devon. The Trust is also the

freeholder of 183 Independent Living

Apartments and cottages in Exmouth,

Bromsgrove and Dorchester, co-located with three of the Trust's homes, and an older

persons Independent Living complex in

Taunton Somerset.”

Staff Values

Passion & Joy

Smile and show you care!

Proud of everything we do

Working Together

Teams embrace diversity

Problems shared, problems halved

Open & Honest

No blame here, only responsibility

Giving and accepting feedback

Kindness & Respect

Kindness is contagious

Respect and support for all

Positive Attitude

Every problem has a solution

Go the extra mile



Signature House is a purpose built care home with Nursing situated in Dorchester, with 48 rooms over three floors all benefitting from 24-hour care courtesy of our dedicated and qualified staff. All rooms are en-suite and have motion sensors for individuals support.

This care home supports individuals who require specialist nursing care due to physical disability, frailty or medical conditions that can affect daily living. Signature House also cares for individuals who are living with Dementia from early onset to advanced stages of the condition.





Beryl
Ann
Christine

Gimme a 'H'
Gimme an 'A'
Gimme a double P Y
Gimme a 'B, I, R'
And a 'T and H'
Then 'D, A, Y'
HAPPY BIRTHDAY!



To the families of those who passed, we send our deepest sympathies. They will be missed by everyone at Signature House.

THERE ARE THOSE WHO CONTINUE TO LIGHT UP THE WORLD LONG AFTER THEY HAVE GONE

COMING UP...

APRIL

- 1st Musica with Rosie 11:30am
- 3rd Holy Communion 11am
- 10th Creative Minds with Sarah Jane 10:45am
- 14th Palm Sunday
- 17th Singing for the Brain with Jane & Pretzel 2pm
- 19th Good Friday
- 14th—20th Holy Week
- 21st Easter Sunday

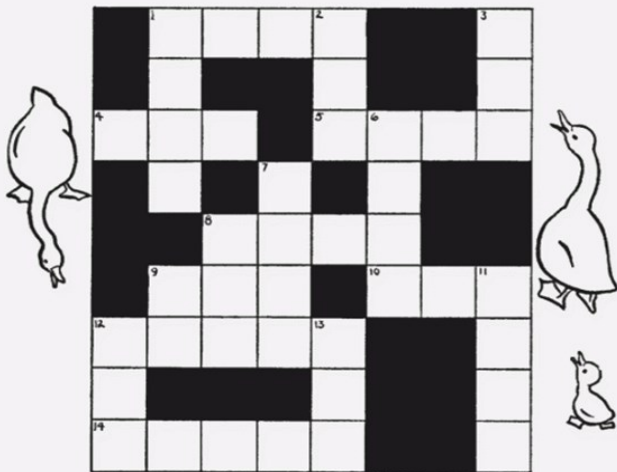
We have many other activities that can be found on the calendars that are on each floor, next to the entrance for the dining rooms. Also there is one in the notice board by reception!

Please note: we are always looking into new activities that our residents would enjoy. If you have any ideas or know of someone who could provide an activity, please let us know!

SPOT THE DIFFERENCE

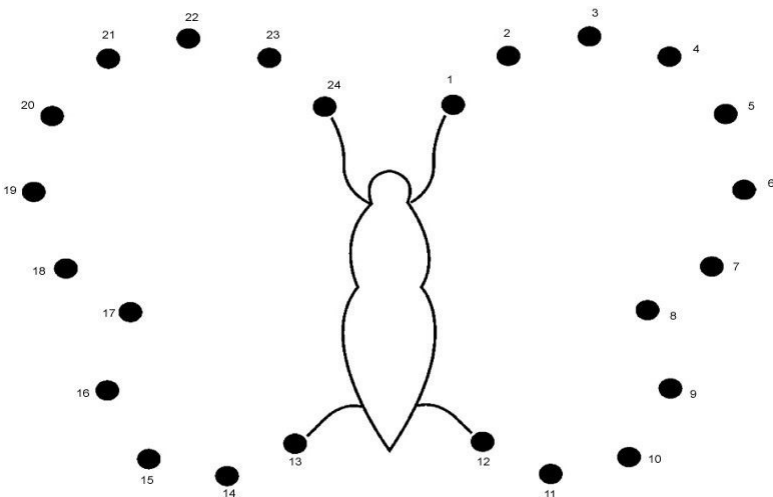
<p>REACH FOR THE STARS</p> <p>LIVE FOR EVERY MOMENT</p> <p>DANCE LIKE</p> <p>NO ONE IS WATCHING</p> <p>SING LIKE NO ONE'S LISTENING</p> <p>LOVE LIKE</p> <p>THERE IS NO TOMORROW</p> <p>FOLLOW YOUR DREAMS</p> <p>CHOOSE WITH NO REGRET</p> <p>LAUGH & SMILE UNCONDITIONALLY</p>	<p>REACH FOR THE STARS</p> <p>LIVE FOR EVERY MOMENT</p> <p>DANCE LIKE</p> <p>NO ONE IS WATCHING</p> <p>SING LIKE ONE'S LISTENING</p> <p>LIVE LIKE</p> <p>THERE IS NO TOMORROW</p> <p>FOLLOW YOUR DREAMS</p> <p>CHOOSE WITH ON REGRET</p> <p>LAUGH & SMILE UNCONDITIONALLY</p>
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A FARM CROSSWORD PUZZLE



- Across:**
- Yield of a planted field
 - A kind of tree, like oak
 - This machine digs up fields
 - A place where animals and crops are raised
 - Opposite of stand
 - Sack to carry feed in
 - An animal to ride on
 - A long-necked bird which honks
- Down:**
- A baby horse
 - A baby dog
 - An animal that gives milk
 - A baby sheep
 - Animals that chase mice
 - A kind of evergreen tree
 - Word that rhymes with go
 - Animal with horns
 - Another word for pig
 - What we see with
- Down: 1. crop, 4. elm, 5. plow, 8. farm, 9. sit, 10. bag, 12. horse, 14. goose, 12. hog, 13. eye

RaisingOurKids.com



Easter Word Scramble

Unscramble the Easter themed words and join them to the pictures on the right. We've done the first one for you!

apared	<u>parade</u>	
teaser	_____	
hoccotale	_____	
notben	_____	
geg	_____	
unbyn	_____	
thun	_____	
kichc	_____	
flidfoad	_____	
pingsr	_____	
stekab	_____	
balm	_____	

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Activities to Share - free downloads

Match the Dog

Unscramble the letters—then match each to the correct breed

1.	spelin a rockec		A.
2.	terroy is risherke		B.
3.	ladinmato		C.
4.	odlepo		D.
5.	youdghren		E.

Answers: 1 = C (cocker spaniel) 2 = D (Yorkshire terrier) 3 = A

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