

The Signature Times

Mind • Body • Soul



April 2019

'ELVIS ENTERED THE BUILDING'



Happy Easter everyone! For everyone who eats it, I hope you enjoyed all your chocolate!!

Welcome to April's newsletter!

As always, April was full of activities. In addition to our regular arts and crafts sessions, Sarah-Jane from Creative Minds came along and we painted scenes from Watership Down, or created pictures of an egg, based on the works of Picasso during his cubism era! Cubism was revolutionary approach to art introduced in Paris by Picasso and Braque in the early 1900's. The subject whether it be people, a landscape or everyday object, was painted using geometric shapes, giving a whole new dimension to the art. Over the years, Picasso has inspired many artists and still continues to today!

This month we welcomed back Joe Ferdinand. For those who haven't met him, Joe is a singer and plays the acoustic guitar. Joe is currently based in London, but is going to be coming back to visit his mum in Dorset on regular basis, so we will be seeing a lot more of him from now on!

Watching him play the guitar was mesmerising, it almost became an extension of his hand! He played a variety of music, including jazz, but threw in a couple of favourites so our lovely residents could sing along!

A review of Joe ; may say something along the lines of.....'an authentic jazz vocal: relaxed, scratchy, and full of colour! The unique qualities of Joe's voice shows the natural rhythm and highly developed sense of timing. He sings with sensitivity and passion, all attributes of a great jazz singer!'

With influences of Django Reinhardt (Jazz) and Dorado Schmitt (Gypsy Jazz), who wouldn't enjoy this!!

Elvis arrived at Signature House once again! Brad as always putting on a fantastic show, which the residents enjoyed immensely! Whilst some were happy having a sing along, others called 'Elvis, marry me!' The smiles on their faces were amazing, pure joy radiating into the room.

A new campaign 'Music for Dementia 2020', alongside with the NHS will see people with dementia being 'prescribed' personal playlists, which aims to help to alleviate symptoms of anxiety and depression. The Government is introducing 'social prescribing' which involves exposing dementia sufferers not only to music, but also to other arts. Social prescribing has the possibility to reduce medication requirements, in turn reducing side effects of the drugs and improving wellbeing in a fun, social way.

Supporting this, we have National Care Home Open Day on June 28th. The theme of the day is 'Celebrating Arts in Care'

April will see our first trip out with Oomph Wellness! Oomph is a company that helps older adults 'live a full life, for life'. Their mission unites all team members and partners to improve the well being of all involved!

Look out for 'Dementia Awareness Week'. We'll be having a few things going on so stay tuned!

😊

Over to our manager Kerry....

Thank you Team! Well happy Easter everyone, we certainly had a great month, our residents joined Oomph for a trip to Blue Pool lots of smiling faces! We would like lots of ideas for our monthly trips out with Oomph please let us know any thoughts you may have.

Music...Who doesn't like it, it changes the way we feel, act and interact with others! We really feel this is important and with this in mind we are still looking for volunteers for our Signature House Choir! Please join us, our choir will be made up of staff, residents, relatives, friends and our local community please register your interest thank you!

Next month and then onwards Diane Bevis from the community Mental health team will be at Signature House to hold a clinic the first Tuesday of every month from 4pm to 5pm, this is a support for any questions or concerns anyone would like to discuss about Mental health, would you like to talk about your relative? I hope this very useful time will be well attended as I am sure this will be beneficial.

This Month is our Residents & Relatives community meetings, please join us if you can, there is also a list of dates for the year which I hope you have seen around the home.

Garden competition—as I am sure you have seen the posters our theme this year is Amica Colours to celebrate our new name! all are welcome to help us transform our lovely garden with all the vibrant Amica Colours!

Special request... please can you share all your wonderful comments on the carehome.co.uk website if you prefer there are cards in the reception where you can fill in and post for free!

Our very Own Facilities and property Manager Jason will be running the marathon in aid of Dementia we have a sponsorship form on reception please support were you can for this great cause!

Thank you all for Reading!



Georgie
 Bob
 Ian
 Eve
 Joan

Happy Birthday to you
 Happy Birthday to you
 Happy Birthday Georgie, Bob,
 Ian, Eve and Joan!
 Happy Birthday to you!

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



COMING UP...

MAY

- 3rd Mr Piano Man
- 7th Musica with Rosie
- 9th Resident and Relatives Meeting: 1st floor
- 14th Resident and Relatives Meeting: 2nd floor
- 15th Singing for the Brain with Jane & Pretzel
- 16th Resident and Relatives Meeting: 3rd floor
- 20th—26th Dementia Awareness Week
- 21st Alice in Wonderland Tea Party (open to everyone in our community).
- 22nd Dementia Awareness Stand
- 24th Dementia Awareness in Local Shops and Cafés
- 31st Squidge and Pop!

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!

Activities @ Signature House



Mindfulness



When you were a child, did you collect pebbles on the beach? Or pick them out of streams you paddled in?

There is something deeply satisfying, even for the adult hand, about the smoothness and shape of a water-rounded pebble.

They can be used during meditations. Close your eyes and hold the pebble in your hand and think of only the pebble. Feel the texture and its shape. What does it feel like to your hand or face.



Think only of the here and now. Let all other thoughts enter your mind and leave again. Concentrate on your breathing. Feel how your body moves with each breath in and out. Grounding yourself is important to well being. Try this every now and again and see how it makes you feel.

Wise Words

“Everyone must row with the oars he has.”

Rather than focussing on what others have or are doing, focus on our own abilities and do the task well then that is all that matters.

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