

Elizabeth Court

NEWSLETTER

Summer 2011

I know I promised the summer edition for July... I'm only 2 months late! This is the summer (or end of summer) edition of the Elizabeth Court Newsletter, thanks again for reading!

Feelin' hot, hot, hot? Not anymore!

We have had some lovely spells of sunshine and warmth. But it wouldn't be a typical British summer without the odd rain showers, now, would it...

You might remember from the spring edition that Derrick had been busy in the garden planting vegetables for the coming weeks. Well we've profited on the potatoes, we've dug up bucket loads which went down a treat as a home-grown accompaniment to lunch.

The spring onions and carrots are still yet to be harvested.

The gardening group has kept the garden blooming with a variety of flowers and plants in hanging baskets around the outside of the home. Brian, Derrick, Ron and others had fun getting covered in soil doing this! We took a trip to the garden centre where we chose our favourites for the garden (and while we were there we stopped for coffee and biscuits – naturally!)

These have been maintained by our visiting gardener as well as our resident gardener, who have kept them watered and weeded.

Nigel's been busy in the garden building a new home for our animals. In the spring newsletter I mentioned the hopeful arrival of some new pets. Well Nigel has finished the hutch and run to a very high standard and we have welcomed 2 rabbits, and 3 guinea pigs to Elizabeth Court. They have settled in very well, and are being looked after by staff and residents. We've also welcomed the arrival of 4 new chickens as we sadly lost our previous ones to the foxes... Their coop has been improved too.

And continuing with the animal theme, we've also said 'hi' to a new dog! Sam, the Bichon frise, was donated to the home by a friend of Elizabeth Court, and Sam has certainly made an impression! He's adored by all.

Over the summer we've introduced the animals to the residents. Evelyn enjoys seeing the animals every morning when she gets up. Others have enjoyed holding and getting to know the pets.

While we're welcoming people to Elizabeth Court, I'd like to formally welcome Len and Sue to our happy home. Len moved from another rest home and has settled in just fine. Welcome Len!! Sue also moved to us from another home – Welcome Sue!! We hope you settle in well and enjoy your stay with us!

Looking back over the summer, we have continued with our regular visitors.

Jan continues to motivate the residents (and staff!) with her motivation classes every Wednesday. Jan's promised us a homemade banoffee pie to her proven recipe – we'll look forward to that Jan!

In these pictures you can see some of the games Jan plays. One of the favourites is the "dice game" where each individual throws the dice and then has to name as many of a chosen name/animal/country/object/etc as they rolled. Everyone enjoys this one – gets the brain ticking over.

Simon visits on Tuesdays to get those who join in involved in exercises. Simon recently got those who joined in stretching with enormous elastic bands. This helped to get the muscles warmed up.

We had a bit of an event on one of the hotter days when Louise came and performed with her accordion and we all enjoyed fresh strawberries and cream. We certainly made the most of the sunshine and warmer weather.

We've had our entertainment group come to perform a variety show called "tickled pink". You can imagine... this tickled us pink with some funny performances.

We also had the Land Army Girls come to remind us of the bygone days. This really pulled on some of our heartstrings, thinking back to the wartime and reminiscing about the past.

Wimbledon was very popular with Gladys and Ivy. They pulled their chairs together in Ivy's room so as not to miss a trick, and enjoyed watching the games on the big screen! We supported Andy Murray all the way!!

Several Residents were accompanied by Jim and his wife to Winchelsea. There was a "donkey derby" where stalls, raffles, etc were held. Those who went had a really great time looking around, meeting others and some returned home with some rather interesting donkey toys!

Some of the residents also visited Barby Keels animal sanctuary which was having an open day. This was an opportunity for those who went to look around the sanctuary and see all the animals, while getting an insight and understanding as to what the charity does.

Evelyn and Julie go and play Bingo on a regular basis. This is a nice evening out for them – Eyes down, look in!

Julie also competed in a Dressage competition at her riding school (which she visits every Wednesday to practice). Julie made us all proud by coming home with a bronze medal!  
CONGRATULATIONS JULIE!!

This is some of the activities that have taken place over the summer here at Elizabeth Court. As you can see we've been rather busy! This is why we've unfortunately had to cancel our "mad-hatters tea party" as preparations have taken a back-seat. So apologies to those who were looking forward to it, I know we were. But we've had plenty of other things going on.

Birthday announcements...

We've celebrated quite a few birthdays since the last newsletter – here goes...

Happy birthday to Brian for the 4<sup>th</sup> June

Happy birthday to Ivy for the 11<sup>th</sup> June

Happy Birthday to Eileen and Doreen who shared their birthdays on the 8<sup>th</sup> July

Happy Birthday to Christine for the 9<sup>th</sup> July

Happy Birthday to Alan for the 28<sup>th</sup> July

Happy Birthday to Philip for the 11<sup>th</sup> August

Happy Birthday to Doris for the 23<sup>rd</sup> August

And Happy Birthday Lizzie for the 30<sup>th</sup> August

We look forward to Kitty's Birthday this month (September), Gladys and Len celebrate theirs in October and Brian and Julie's in November.

We sadly lost Mr Charles Huzzey, affectionately known as Charlie. Unfortunatley Charlie passed away in hospital over the summer and will be very sadly missed by all staff and other residents.

Charlie was a veteran resident here and will be remembered as such. Our condolences go out to his family and friends. Rest in peace, Charlie.

I think I've managed to cover everything from the last few months. My apologies again for the lateness of this edition. I'll say now that the next issue is due November time for a review of the autumn, so expect it by January, won't you!

Thanks again for reading; I'm still getting a lot of positive feedback - all very much appreciated, thanks.

Love to all