

St John's Court Monthly News Letter



February 2017

We would like to welcome New Residents to St John's Court & hope that they are Happy & Comfortable in their new home:

Val Eves

Sadly we say goodbye to the following residents & our thoughts are with their families at this sad & difficult time.

Ann Mills & Ruth Wagstaff both have lived at St John's Court for three years & Violet Paggett who has lived with us for five years.

They will be greatly missed by all who had the pleasure of knowing them.

We would like to welcome some new staff members to the team at St John's Court & we hope that they enjoy their new jobs:

Emma Dalton who will be working nights to replace Emma Spurling who is pursuing a role as social worker – we wish her well in her new job.

Lucy Wearing who has joined the kitchen team & will be working weekends.

Forth coming Residents Birthdays:

Muriel Dudley – 5th February celebrates her 102nd Birthday, Donald Clarke – 19th February, Eileen Hawkey – 24th February & Norman Hiller – 26th February.

All residents Birthdays are celebrated with a Card from all at St John's Court & a Birthday Cake. If families wish to stay for lunch or have a room made available for family to hold a get together then please let us know.

Forth coming staff Birthdays:

Jayne Harris – 2nd February, Michelle Du-Roe – 3rd February, Ann Davenport – 4th February, Ella Jaszczyk – 6th February, James Mogg 12th February & Mel Whitelock & Sue Staton – 14th February & Emma Dalton – 20th February.

We wish you all a very Happy Birthday.

SPECIAL CELEBRATIONS:



Ann Davenport also celebrated 20 years service at St John's Court. Ann has been a member of the housekeeping team since she joined us & is a familiar face around the home.

Ann was presented with a certificate, flowers & an engraved vase by William Waddington – CEO

Lisa Dews celebrated her birthday on New Years Day & to say thank you for all her work with collections for team members birthdays, leaving presents, meals etc the team had a collection & presented her with gifts to say – THANK YOU – we appreciate what you do.



Lisa surrounded by the team, with her flowers, card & gifts

Winifred Emere celebrated her 101st Birthday on 17th January with the team making a fuss of her & she enjoyed a celebratory afternoon tea after blowing out her candles & cutting her cake.



Winifred getting ready to blow out her candles with Lisa Hayward.

Planned Events for the coming Month:

- Tuesdays – Pet Therapy – Maisie the Black Labrador visits
- Mondays – see the return & Bromsgrove School Games Evening
- Mondays, Wednesdays & Fridays – MoVE exercise classes
The Move Program is so popular we are now holding three classes a week to which our ladies & gentlemen are invited to attend together with their family & friends if they would like to join us. The class lasts for around 45minutes & is a gentle program of exercises & movements to music. The classes will take place Monday Afternoons & Wednesday & Friday Mornings. We look forward to seeing you all.
- Thursday 2nd February – Mini bus Trip
- Monday 6th February – Tai Chi with Alan in the Dining room
- Tuesday 14th February – Valentines Day – Wear red & hearts
- Monday 20th February – Entertainment in the dining room with Me & My Girl
- Tuesday 28th February – Shrove Tuesday – Pancake day fun with pancake flipping contest

For more information on weekly/daily activities please see the information boards.

St John's Fundraising:

WE NEED YOUR HELP!

We will be holding our Annual Spring Fayre in March & we would be grateful to receive any donations you have for the Bric-a-Brac, tombola, raffle prizes & bottles for our stalls.

As always there will be refreshments on the day.

Any help you can offer either with donations, supporting us on the day or having your own stall would be very much appreciated.

All funds raised will go towards the residents fund to help pay for entertainment & trips out.

Employee of the Month:

I would like to thank all of the team at St John's Court as you all work really hard to make it a lovely home for the residents & a happy place to work.

You all deserve to be nominated for Employee of the month for making such a difference to all the residents but.....

The winner of Employee of the Month for February is:

Lesley Lewis & Sam Patterson



Lesley & Sam were presented with a certificate & a small gift.
Well Done & thank you for making a difference.

The reasons given for the nominations for them were:

- Lesley – she is always there to lend a hand & help others. She is kind & considerate to everyone in the St John's family & she is a credit to us.
 - Sam – she is a hard worker & lovely towards our ladies & gentlemen.

Please support us & let us know who has made a difference to your daily life, nomination forms are in reception & these can be put through the office letterbox.

Events which took place in January:

- Tuesdays – Pet Therapy – Maisie the Black Labrador visited & had a festive treat
- Mondays – visits from students from Bromsgrove School visit weekly & run Games Afternoons for us which include things like Countdown & Scrabble & this is very popular with the residents & Students.
- Mondays, Wednesdays & Fridays – MoVE exercise classes
- Sunday 1st January – New Years Day celebrations
- Monday 2nd January – Quiz & drinks, as always the quiz was very popular.



- Thursday 12th January – Tai Chi in the dining Room, as always there was a big crowd to get involved with Alan doing Tai Chi it's a fantastic group session
- Friday 13th January – Church Service
- Tuesday 17th January – Entertainment & a sing along with Phil Sayer everyone who joined us had a great time.



- Tuesday 24th January – Our first trip of the year took us to Webbs



Enjoying a visit to Webbs

- Wednesday 25th January – Burns Night – Haggis & Whisky tasting – some enjoyed this more than others!
- Wednesday 25th January – Open day to promote MoVE 8.00am-9.00am Coffee & Pastries & 5.30pm-6.30pm Tea & Cakes, although we had just one professional join us for the morning session the team from Move were able to film one of the exercise classes to promote the benefits of regular MoVE sessions.



The Movement class underway & being filmed

- Thursday 26th January – Coffee Morning 11.00am-12.00noon
- Saturday 28th January – Chinese New Year – celebrating with a Chinese menu & fortune cookies which were enjoyed by all. This year is the year of the Rooster.

- Winnie Wilkes & Donald Clarke had an invite to attend the local football match at Bromsgrove Sporting, this was the most important game of the Clubs history & they were honored to be part of the day which saw Bromsgrove beat Bristol Manor Farm 2-1 which won them a place in the last 16 of the FA Vase Trophy.



Donald, Collette & Winnie enjoying the atmosphere of the winning game – well done Bromsgrove Sporting

Residents & Family Meeting:

The minute from the last meeting are on the notice board if you would like to have a look. The next residents & family meetings are listed below & everyone is welcome to attend. (These dates may be subject to change)

- Wednesday 8th March 2017 - 11.00am & 6.00pm
- Thursday 13th June 2017 – 3.00pm
- Thursday 14th September 2017 – 11.00am & 6.00pm
- Wednesday 6th December 2017 – 3.00pm

Cuppa & Cake Meetings with the Cook:

The very popular Cuppa & Cake meetings continue with Pat our Cook alternate months & these are listed below:

- Thursday 9th February at 3.00pm in the Dining Room
- Thursday 6th April at 3.00pm in the Dining Room
- Thursday 1st June at 3.00pm in the Dining Room
- Thursday 3rd August at 3.00pm in the Dining Room
- Thursday 12th October at 3.00pm in the Dining Room
- Thursday 7th December at 3.00pm in the Dining Room

Coffee Mornings & Afternoon Teas: Themes to be planned

- **Thursday 26th January 11.00-12.00noon – took place**
- Thursday 23rd February – 2.30-3.30pm
- Thursday 30th March – 11.00-12.00noon
- Thursday 27th April – 2.30-3.30pm
- Thursday 25th May – 11.00-12.00noon
- Thursday 29th June – 2.30-3.30pm

- Thursday 27th July – 11.00-12.00noon
- Thursday 31st August – 2.30-3.30pm
- Thursday 28th September – 11.00-12.00noon
- Thursday 26th October – 2.30-3.30pm
- Thursday 30th November – 11.00-12.00noon
- Friday 29th December – Remembrance Service – Time to be confirmed

Everyone is welcome, ladies & gentlemen, relatives & team members, to join us for this social event where there will be refreshments & cake & information on relevant subjects to help make improvements in the support we offer.

Theme Walls:

We continue to develop the theme walls around the home & we currently have three with another two planned.



We have the woodland wall in the dining room which gives another aspect to the room & opens it out.

We have a Map of the world in the corridor opposite the dining room which we have asked team members to bring items back from their holidays so we can use them for the activities & having theme days of the country they have visited.

We would like family members to join us in this too & bring items such as post cards or little mementos back.



Where in the world have you been!

We plan to have a window looking onto a beach & a waterfall scene which will form part of our indoor garden area on the top landing.

Any ideas or suggestions which anyone has regards the themes please let us know.

Facebook Page:

We now have a facebook page for St John's Court so if you would like to have a look if you have facebook & like & share that page we would be really grateful.

We will be using the page to advertise forth coming events & to add photo's of events which have taken place.

If you have anything which you feel would be good to add the page please let me know.

Website:

St John's Court website has a link to carehomes.co.uk on which you can leave feedback & this is really useful information for those who are looking for a care home so they can read real comments so please take the time if you can to leave your feedback.

CQC Inspection:

Our second inspection took place on 7th & 8th November following the one in May which took 20 weeks before we received the final report so we requested another inspection as we did not feel it was a true reflection of St John's Court.

I am absolutely thrilled to be able to tell you all that we have been awarded **OUTSTANDING**.

We were awarded the following ratings in the five categories:

- Caring – **OUTSTANDING**
- Safe – Good
- Effective – Good
- Responsive – **OUTSTANDING**
- Well led – **OUTSTANDING**

I cannot thank the team enough for all their hard work, dedication & support in making a difference everyday to so many peoples lives – you are all **OUTSTANDING**.

We are the first Nursing Home in Worcestershire to achieve **OUTSTANDING** & the first who provide nursing care for over 65year olds in the West Midlands so that is a massive achievement which everyone should be very proud of.

Onwards & upwards – we will continue to strive to make improvements ensuring that we maintain or improve on our current rating, now the hard work really begins!



The proud team celebrating

CQC Inspection Outcome Celebrations:

To help us celebrate achieving the rating of Outstanding we would like to invite our ladies & gentlemen, their loved ones & team members to join us for a cheese & wine evening on Wednesday 22nd February at 6.00pm in the Dining Room.

Everyone is welcome & we look forward to seeing you all to help us celebrate & plan how we can continue to improve & develop.

CCTV:

We now have CCTV in operation which overlooks the front entrance of the building & top carpark & the rear garden area. The CCTV does record images which will only be accessed in the event of us needing to look back at images if there has been an incident & the images will not be disclosed to others without consent if it contains images of residents or visitors.

The CCTV is for increased security of the home & grounds & for those who live & visit St John's Court & for no other purpose, it's not for constant surveillance & not intended to intrude on individuals privacy.

If you have any questions or would like any more information then please speak to Laura or Faye.

Inter House Competitions:

As you all know we have taken part in competitions which have been organized by Somerset Redstone Trust & these have included:

- Garden Competition which we won most improved garden for winning £75 worth of garden vouchers which we will be talking to you all about what we will be buying
- Christmas Decoration Competition – we came joint first winning £100 for the residents welfare fund – there will be a presentation on Friday 10th February.
- Christmas Cake Competition – we came second in this competition

Thank you to everyone who got involved & supported us in competing with the competitions.

We need to think ahead ready for this years competitions & any ideas & suggestions you have for the garden, we know we want to work on the front patio area of the home this year to improve it & make it more inviting so any ideas which you have which we can start planning & working towards would be great.

February Facts

1. February was named after the ancient Roman purification ritual 'Februa'.
2. Until 713BC, the Romans had no names for January and February, on the grounds that the winter months did not deserve them.
3. Until Julius Caesar's changes in 45BC, February was the only month with an even number of days.
'February' is an anagram of 'bare fury' (if you are feeling angry) or 'bury fear' (if you are brave)
4. In Old English, February was called 'Solmonath' (mud month) or 'Kalemonath' (cabbage month).

5. 'February' is an anagram of 'bare fury' (if you are feeling angry) or 'bury fear' (if you are brave).
6. February is the only month that can pass without a full moon. This last happened in 1999 and will next happen in 2018.
7. Much Ado About Nothing is Shakespeare's only play naming February: "You have such a February face, So full of frost, of storm and cloudiness."
8. Because of calendar change, Sweden and Finland had 30 days in February in 1712.
9. In the French Republican calendar introduced in 1793, the month from about January 21 to February 19 was called 'Pluiose' meaning 'rainy'.
10. The US White Pages phone directory lists 57 people with the surname February. Of all months, only September (also 57) has so few.

FEBRUARY TRIVIA QUIZ

1. February was called Solmonath by the Anglo-Saxons. What does this mean?
 - a. Mud month
 - b. New Year
 - c. New beginning
 - d. Winter End

2. What is the birthstone for February?
 - a. Amethyst
 - b. Sapphire
 - c. Emerald
 - d. Ruby

3. If you were born on the 6th of February, what would your zodiac sign be?
 - a. Aquarius
 - b. Taurus
 - c. Cancer
 - d. Leo

4. What is the flower for the month of February?
 - a. Violet
 - b. Gardenia
 - c. Lilly
 - d. Sunflower

5. Which awards show normally occurs at the end of February?
 - a. Tony Awards
 - b. Academy Awards
 - c. Grammy Awards
 - d. Golden Globes

6. Which fruit is recognised in the month of February?
- Banana
 - Strawberry
 - Apple
 - Blueberry
7. Which legendary character is recognized on the 12th of February?
- Paul Bunyan
 - Johnny Appleseed
 - Peter Parker
 - William Tell
8. Which dessert is celebrated from the sixth of February to the twelfth?
- Cake
 - Bread pudding
 - Jell-o
 - Ice cream
9. If you were born on the 24th of February, what would your zodiac sign be?
- Cancer
 - Pisces
 - Gemini
 - Libra
10. Which of these famous rockers was born on the fourth of February?
- Paul McCartney
 - Alice Cooper
 - Eric Clapton
 - Sting
11. What animal predicts the weather on February second?
- Groundhog
 - Spider
 - Rattlesnake
 - Squirrel
12. What country's New Year celebration often lands in February?
- China
 - India
 - Brazil
 - Germany
13. What huge celebration occurs in Brazil in February?
- Independence Day
 - Mardi Gras
 - New Years
 - All Saints Day

14. Which President of the United States was born on the 12th of February?
- a. Lincoln
 - b. Washington
 - c. Jefferson
 - d. Wilson

15. Which of these criminals was associated with the St. Valentine's Day massacre?
- a. Machine Gun Kelly
 - b. Al Capone
 - c. John Gotti
 - d. Tony Salerno

**We hope that you have enjoyed our Monthly Newsletter.
If you have any news, facts or poems to go into our News Letter then please let Laura, Faye, Mel,
Heather, Ffion or Doreen know so that it will feature in the next News Letter.**