

St John's Court Monthly News Letter



June 2017

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

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

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

Forth coming Residents Birthdays:

Trisha Fisher – 16th June, Sylvia Lott – 23rd June

All residents Birthdays are celebrated with a Card from all at St John's Court & a personalised 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:

William Drysdale – 7th June, Lorna Williams – 14th June, Cora Daplyn – 21st June, Sue Mooney – 23rd June, Rebecca Hayward – 23rd June, Marie Hopkins – 24th June, & Stacey Winter – 27th June & Collette Matheson – 28th June

SPECIAL CELEBRATIONS:

Gold Standards Framework:

Myself (Laura – Home Manager) & Faye – Deputy Manager are pleased to tell you that we have now commenced the next step to enhance the care & support for our End of Life. The Gold Standards Framework (GSF) is a well established programme which provides tools & guidance to help care homes & other health providers to all work to the same high standards when supporting with end of life. End of Life is recognizing when someone is entering the last twelve months of their lives & ensuring that their wishes are communicated & documented to allow us to support them & their loved ones at what can be a difficult time. This is extremely important so that we can ensure we adhere to individual wishes & make their End of Life & death a 'good death'.

We already hold details of individuals wishes but we will be developing this further to provide a very clear picture. We will also be sending out letters & a brochure about GSF & holding a meeting in the near future – date to be confirmed. Any questions in the meantime please speak to us.

All members of the team will be involved in the programme as it will only work with everyone being aware & committed to the framework & this will also include additional training for the team.

We are very excited to be working towards the home having recognition for the end of life support & developing our knowledge & skills further.

Also just to remind you all that if loved ones need to stay with one of the ladies or gentlemen living at St John's who are in the final days or hours of end of life we have the guest room which is available for you to use & there are a range of toiletries & drinks available for you to use. For those who have not seen the room please speak to a member of the team who would be happy to show you.

We also have our End of life Champions who work closely with those who are particularly in the final days of life & support their loved ones. They also work closely with the nursing team, updating plans of care & support & advising the care team to ensure they receive the best possible support & have continuity.



Laura Wilkes & Faye Upton

Cup Cake Competition to raise money for the Dementia Society:

On Thursday 15th June we are inviting team members, residents & their loved ones to bring along their cupcake creations which will be judged & a prize awarded for the first & last prize.

They will be looking for the best flavor, texture & most creative decoration when judging. The cupcakes will then be sold to raise money for the Dementia Society.

We would like everyone to take part in this event which I expect we will see a lot of creativity & although it is fun these in-house competitions get quite competitive.

Please join us on Thursday 15th with your creations for morning coffee at 11.00am when the judging will commence.

The 'M' Technique:

Ffion Birch – Activity Organiser attended a training course to train her how to be a giver of the 'M' Technique.

The 'M' Technique is suitable for individuals who are very fragile or critically ill, someone who is actively dying or stressed & when massage is not appropriate.

This technique can be used when sitting or lying down & without having skin exposed & it can be received on hands/arms & lower legs/feet.

It is a method of structured touch using gentle strokes & works on the skin receptors sending signals to the brain. It has been described as a physical hypnotherapy, a kind of meditation & a spiritual dance. Studies have shown that the 'M' technique can be effective in reducing a variety of symptoms such as stress, anxiety, insomnia, chronic pain & terminal agitation.

Ffion has already met with some of the ladies & gentlemen & used the 'M' technique which has been popular with those who have tried it making them feel more relaxed which is fantastic. Ffion will be talking about this during one to one's & group meetings & feedback on this technique would be great.

Resident of the week:

We continue with the residents of the week which is proving to be very popular & a fantastic way to ensure residents have the choice of activity they would like to be involved in.

Week commencing 1st May – Jonathan Godfrey

Jonathan chose to go to see the Birds of Prey display which he really enjoyed. There were several different types of birds which the handler talked about & flew & it was so lovely to watch. This has made Jonathan want to do this again but a session where he can actually hold the birds himself, we will support Jonathan to do this.



Week Commencing 8th May – Val Eves

Val chose to go over to town on Market Day so that she could see all of the market stalls & going to the shops.

Val really enjoyed her visit to town & particularly enjoyed looking at the market stalls especially the plant stalls as Val has always been a very keen gardener & took pride in her garden at home.

Week commencing 15th May – Margaret Devane – postponed due to Norovirus

Week Commencing 22nd May – Harry Heap – postponed due to Norovirus

Week Commencing 29th May – Betty Cooper – postponed due to Norovirus

Staff Celebrations:

National Carers Week – 12th – 19th June

We will be holding our annual celebrations for National Carers week & as always we have put together some nomination forms so that everyone can nominate for their chosen member of the team.

Every member of our team is valued & plays a very important part in the lives of everyone at St John's Court but this is a nice way to celebrate the team & those who stand out from the crowd.

The nominations forms are in reception & once completed can be put in the box or through the letter box of my office.

We will be holding an awards ceremony on Monday 12th June with the people receiving the most votes receiving an award. We will also be having afternoon tea with scones, strawberries & bucks fizz.

All team members, residents & their loved ones are invited to join us for this celebration & those who have joined us before know that it is a really nice event.

Please support this celebration by making your nominations & joining us for the 'Award Ceremony'

Jessica Bennett – has now commenced her maternity leave, a little bit earlier than planned. We wish Jess & her partner lots of happiness when her little bundle enters the world. We will update you once baby arrives!

MoVE:

Heather is the star of the Avamen MoVE clip which is on their site promoting the importance of keeping active & is available to view on Youtube. It is also accessible on our St John's Court Facebook page. The clip shows our ladies & gentlemen enjoying the movement classes & has demonstrated the benefits of keeping active.

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 1st June – Bible Discussion & afternoon Tea
- Wednesday 7th June – Mini Bus Trip – location to be confirmed
- Thursday 8th June – Qi Gong Tia Chi with Alan – very popular
- Monday 12th June – National Carers Week Awards Ceremony 2.15pm in the Dining Room
- Wednesday 14th June – Bible Discussion & Afternoon Tea
- Thursday 15th June – Cup Cake Competition to raise money for the Dementia Society, these will be judged then sold for a coffee morning to raise money.
- Tuesday 20th June – Entertainment with the Poppy Sisters
- Tuesday 27th June – Trip to Weston Super Mare

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

St John's Fundraising:

We continue to have cards for sale in the reception area which are handmade, they range from £1.00-£1.25 if you would like to purchase these.

If you have a special request you can let Ffion know & she will create a card of choice for you.

WE NEED YOUR HELP!

Summer Fundraising event which will hopefully take place on the front green ,there will be dancers, entertainers, bouncy castle, face painting, raffles, tombola's & refreshments including BBQ & Ice cream van. The event will be held on Saturday 29th July – times to be confirmed.

If you have any prizes suitable for the raffle or tombola's – bottles are always very popular & help us raise the most money on the tombola or craft items, we would be very grateful for your support.

If you do not have any donations but would like to come along & support us this would be fantastic.

All money raised will be used via the residents Welfare Fund to enhance the quality of life of those who live here at St John's Court.

Old Fashioned Slides – We have a projector & we are looking for some slides for the projector for us to be able to show these. We have been donated the projector & it would be lovely to be able to show these if families still have them to bring in.

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 May is:

Zoe Olds



Zoe was presented with a certificate & a small gift.
Well Done & thank you for making a difference.

The reasons given for the nominations for Zoe were:

- She is an absolute asset to the Dementia Suite, organized & caring.
- Zoe makes sure everyone eats together on the dementia suite at meal times, creates activities in quiet times but my favourite has been her reading scriptures to Margaret.

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 May:

- 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.
- Monday 1st May – Dancing around our very own Maypole – as always this was a very entertaining event with lots of music & laughter. Team members danced & wheeled residents in their wheelchairs weaving in & out until the maypole was decorated.
- Wednesday 3rd May – Minibus Trip to Webbs at Hagley to watch the Falconry Display which was John Godfrey's chosen activity
- Saturday 6th May – The Crafty Crafters held their monthly craft meeting in the upstairs lounge for the first time & this will now be a regular event each month on the first Saturday of the month, this was a really brilliant event which gave the activity team so many new ideas for crafts.
- Wednesday 10th May – We had visitors who held a bible discussion & afternoon tea & this was a really nice afternoon with lots of happy & positive discussion
- Thursday 11th May – Qi Gong Tai Chi with Alan – as always this was a very popular exercise class
- Friday 12th May – Monthly Church Service in the Dining Room
- Monday 15th May – Ann Green delivered all of the baskets & plants to improve the front terrace of the home & add colour for the warmer days
- Wednesday 24th May – Entertainment – sing a long in the Dining Room & as always everyone had a lovely time joining in

Development of the Home & Our Dementia Suite:

Following discussions with our ladies & gentlemen & their loved ones we have now started to develop our dementia suite for those who need more support with their dementia journey & already it has made a huge difference to those who are living in the suite.

Progress so far – We are holding a meeting with the ladies & gentlemen & their loved ones on Tuesday 13th June at 3.00pm.

During the meeting we will look at how we are going to develop the environment etc & the staffing of the suite to allow continuity of care & support & the familiarity for those living there.

Naming the Suite – We would like everyone to help us in naming the suite so any suggestions which you have please let one of the team know or you can write it down & put it through my letter box on the Managers office or e-mail me on laura.wilkes@somersetredstonetrust.co.uk we will also discuss this at the meeting.

Craft Meeting:

The 6th May 2.00pm-4.00pm saw the start of the monthly Craft Meeting held here at St John's in the upstairs lounge. This is a current group of ladies, 'The Crafty Crafters' who meet monthly & have brought their meetings here for anyone to join in with if they wish to. During these meetings they chat about new ideas & craft items they are doing at the time & share ideas so it is a great opportunity to learn new skills. Everyone is welcome to come along & join the meeting.

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 – taken Place
- Thursday 13th June 2017 – 3.00pm – Dementia Suite
- 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 – taken place
- Thursday 6th April at 3.00pm in the Dining Room – taken place
- 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 – taken place
- Thursday 23rd February – 2.30-3.30pm – taken place
- Thursday 30th March – 11.00-12.00noon – taken place
- Thursday 27th April – 2.30-3.30pm – taken place
- Thursday 25th May – 11.00-12.00noon – taken place
- 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.

Favourite Photo:

On the 'Family Album' boards around the home there is a list of numbers & Ffion would like you to choose your favourite picture of the month.

Please just write the number of the picture which is your favourite down on the sheet for Ffion.

Facebook Page:

We continue to update our 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 use 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.

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, we are being supported by Ann Green (Jonathan Godfrey's Mom) again who has very generously donated all of the baskets & plants for the hanging baskets at the front of the house & bird boxes to decorate the trees which residents have painted. Di Williams (Gladys Cookes daughter) is also supporting with the development of the project, we thank you for your support.
The competition & judging will take place in August so if you wish to help & support with the project of developing the front terrace of the home please let us know.
- Christmas Decoration Competition
- Christmas cake competition

June Facts

June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.

In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

Birthstones: The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.

Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.

Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

Flower: The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.

Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love, white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

Astrological Signs: Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

Famous People Born in June: Many famous people were born in June. Here are just a few of them.

President: George H.W. Bush

Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep

Singers/Musicians: Paul McCartney and Lionel Ritchie

Athletes: Joe Montana, Michael Phelps and Venus Williams

Anniversaries

- 2nd June 1953 – Coronation of Queen Elizabeth II
- 6th June 1944 – D-Day, when the coast of France was invaded by the Allies in the Second World War
- 10th June 1829 – First Oxford v Cambridge Boat Race – Oxford won
- 12th June 1929 – Ann Frank was born
- 12th June 1942 – Ann Frank was given her diary on her 13th Birthday & it was published in 1947
- 12th June – Queen Elizabeth II Official Birthday
- 15th June 1215 – King John signed the Magna Carta
- 18th June 1815 – Battle of Waterloo
- 28th June 1834 – Coronation of Queen Victoria

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.