

St John's Court Monthly News Letter



NOVEMBER 2017

Forth coming Residents Birthdays:

Ifan Griffiths – 5th November, John Godfrey – 8th November, Dorothy Pope – 15th November, Val Eves – 16th November, Peggy Burgoyne – 26th November & Joy Denton – 27th November.

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:

Chris Warman – Housekeeper – 12th, Sandra Coton – 17th, Mark Rutter 23rd & Petra Fessey – Care Assistant – 26th

New Staff members & those we say goodbye to:

We would like to welcome Chloe & Linda who join the care team.

We also say goodbye and good luck to Elliott Edwards and Lindsey Hollick – care assistants who are both going to work in the NHS.

We hope that you will be very happy in your new roles.

Goodbyes:

Sadly we say goodbye to Joyce Buxton who was with us just a short time but will be greatly missed & it was a pleasure knowing her and her family. Our thoughts are with their loved ones at this sad & difficult time.

SPECIAL CELEBRATIONS:

Gold Standards Framework:

Myself (Laura – Home Manager) & Faye – Deputy Manager continue with the progression of instilling the GSF within the home and the team. 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.

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.

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:

- Thursdays – Pet Therapy – Maisie the Black Labrador visits
- Tuesdays – see the return & Bromsgrove School Games Evening (term time only) 4.00pm-5.00pm
- We also have students from the local schools and colleges on work placements during term time, throughout the year who are doing a wonderful job
- 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.
- Friday Mornings – Stroke Club which will be run by Ffion – activity Organiser
- Wednesday 1st November – Progressive mobility with Steve – a high energy session which is very popular
- Monday 6th November – Find your Voice sing a long with Clare again a very popular interactive session
- Thursday 9th November – Sing a long show with Debbie
- Sunday 12th November – Remembrance Sunday
- Thursday 16th November – Minibus trip – destination to be confirmed
- Tuesday 28th November – Decorating the house for Christmas and the inter house competitions
- Thursday 30th November – Christmas Fayre 1pm-4.00pm

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.

Mascaraed Ball

Lisa Dews and Christine Taylor have arranged a fund raising event at the Bromsgrove Hotel which is a Mascaraed Ball.

Tickets are available at the cost of £35 each which includes a three course meal, entertainment followed by a disco. There will also be a raffle held on the night.

If you would like tickets or to donate to the raffle then please let us know.

Lisa and Christine have worked very hard to make this a fun event so please support them if you can.

Christmas Fayre:

We will be holding our annual Christmas Fayre on Thursday 30th November from 1.00pm-4.00pm.

We would be grateful for any donations for the raffle, tombola (gifts and bottles), bric-a-brac and cake stall. If there is anyone who would like to make a Christmas cake for us to guess the weight that would be fantastic, please let us know if you are able to support us.

Also if you would like to help on the day we would appreciate your help.

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 October is:

Jodie Pratt



Jodie was presented with a certificate & an award (After she returned from leave).
Well Done & thank you for making a difference.

The reasons given for the nominations for Jodie were:

- She is always so happy, always wearing a smile and ready to help the ladies and gentlemen or a team member.
- Compassionate, just a lovely, kind person to be around, nothing is too much trouble.
 - Always working hard and using her initiative, brilliant with the residents.
 - She is very conscientious with the ladies and gents and just gets on with it.

Other nominees & the reasons why were:

- Dani Stiles – for the way she always puts a smile on residents faces with her strange sense of humour and upbeat personality.
 - Jayne Raybould – for her dedication to end of life care.
 - Mel Whitelock – for her sense of humour and how calm she remains.
- Michelle Du-Roe – for supporting with activity outings and she has a great rapport with residents. She helps make the trips a success.
 - Maddie Ionita – helping out the care team as much as possible, she is a star.
 - Jane Jones – she is a great team player.
- Georgia Hurley – very strong carer, well organized, good team work and cohesion.
- Sue Mooney – always has a smile on her face even when she has a lot going on.

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 October:

- Tuesdays – Pet Therapy – Maisie the Black Labrador visits – these visits have now changed to Thursdays
- 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.
We also have the college students who are visiting on placements and doing a wonderful job
- Friday Mornings – Stroke Club which is run by Ffion – activity Organiser & all who take part have a really good time & are supported with improving movements & speech
- Thursday 12th October – Cuppa and cake meeting with Pat to discuss meals
- Friday 13th October – Church Service – unfortunately this was cancelled this month
- Sunday 15th October – Sing a long with Joy – Entertainer, we had a lovely afternoon



- Tuesday 17th October – Mini bus trip – unfortunately this was cancelled due to problems with the bus but we were able to go to the park as it was a nice day and everyone enjoyed fish and chips alfresco!



Enjoying the sunshine in Sanders Park Joan & Michelle making decorations in the park

- Friday 20th October – Find our Voice with Claire – sadly this was also cancelled
- Saturday 21st October – we enjoyed a trip to the Alexandra Theatre in Birmingham to watch Singing in the Rain. It was a fantastic day out and everyone really enjoyed the nostalgic atmosphere. We were even served ice creams just like the good old days. A Big thank you to all the team at Housman Court for inviting us to this brilliant event.



- Tuesday 31st October – We had our annual Halloween quiz and fancy dress finishing off the day with cheese and wine evening. As always there were some brilliant fancy dress outfits. The winner of the quiz was resident Charles Shute and his companion – well done!



Enjoying the Cheese and Wine Evening



The team dressed for Halloween – which the ladies and gentlemen love to see

In the last couple of weeks the ladies, gentlemen and students have enjoyed making poppies ready for remembrance Sunday and they are coming along nicely.



Poppy making & the finished result

Development of the Home & Our Dementia Suite:

Following discussions with our ladies & gentlemen & their loved ones we continue 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. However, due to unforeseen circumstances the development of the environment has been delayed but we now have plans to move forward with these. Those who live on Buttercup Walk will have coloured front doors & you will have the opportunity to pick from a selection of colours you would like. We will also have brick effect around the doors, door knockers & some window boxes which will make them look more like front doors. There will also be frames outside each room to help those who live there identify their rooms a little easier, hopefully & we will speak to you about a picture to go in this which they recognize or is important to them.

Staffing Levels:

At present some of you are aware that myself (Laura-Home Manager) & Faye – Deputy Manager are supporting our other home in Bromsgrove, Housman Court following their Manager leaving. The Trust have appointed another Home Manager who is due to commence in December, as she is currently working as a Home Manager she has to give three months notice, which is normal practice.

During this time either myself or Faye will be at St John's, unless we are both scheduled to attend training, meetings or we have annual leave so there will be one of us who you can speak to. If we are not available, as always if you speak to the nurse in charge or Mel (office manager) & they will let us know if we need to call you.

Alternatively you can e-mail me on my usual e-mail address laura.wilkes@somersetredstonetrust.co.uk & I will respond as soon as possible.

We also often get asked how we calculate staffing levels within the home. Each resident has a dependency tool which we review regularly & this determines their level of support needs. This information is then put into a staff calculating tool and this then generates the amount of care hours we need to support those we care for.

I will now start to include our dependency/staff hours in the newsletter for you to view.

If you have any questions please do not hesitate to contact me.

Current care staff levels:

- Morning – 1 Nurse, 2 Health Care Assistant's (senior Care), 9 care assistants = 81hours of support per morning, 567hours a week
- Afternoon – 1 Nurse, 1 Health Care Assistant (senior Care), 8 care assistants = 67.5hours of support per afternoon, 472.5hours a week
- Night – 1 Nurse & 4 care assistants = 56.25hours of support per night, 393.75hours per week

Weekly total provided: 1433.25

Dependency Tool & staff Calculator Hours:

The tools we use to calculate the support needs of our ladies & gentlemen, show we require 1218 hours per week based on our current residents needs, so as you can see we work at higher levels than that of which the tools indicate are required.

I hope seeing this information allows you to understand the staffing levels within the home.

Craft Meeting:

'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.

This is held the first Saturday of the month.

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 – taken place
- Thursday 14th September 2017 – 11.00am – taken place
- 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 – taken place
- Thursday 3rd August at 3.00pm in the Dining Room – taken place
- Thursday 12th October at 3.00pm in the Dining Room – taken place
- Thursday 7th December at 3.00pm in the Dining Room – Christmas & New year menu planning & timings for the festive period.

Christmas Lunch:

Anyone wishing to join their loved ones for Christmas Lunch are welcome but you need to let us know by 10th December – costs will be made available. Please let Mel on reception know or the cook.

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 – taken place
- Thursday 27th July – 11.00-12.00noon – taken place
- Thursday 31st August – 2.30-3.30pm – taken place
- Thursday 28th September – 11.00-12.00noon – taken place
- Thursday 26th October – 2.30-3.30pm – taken place
- 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.

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 forthcoming 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 came in second place – as per August months newsletter
- Christmas Decoration Competition – judging will take place 13th and 14th December, we are already planning the themes of the decorations and the ladies and gentlemen are involved in making these plans and decorations.

We will be decorating the home for Christmas on Tuesday 28th November and this will be taking place all day with it ending in a group curry night at 6.30pm – all the ladies and gentlemen and their loved ones together with the team are invited to join us in the lovely, festive event, which is always popular.

- Christmas cake competition – judging will take place in January

- Both competitions will be judged by Keren Wilkinson – Director of Operations & William Waddington CEO of Somerset Redstone Trust & each competition has a prize of £100 for the residents welfare fund which is fabulous. Remember we came second in the garden competition & won £75 worth of garden vouchers so it all helps.

Basic Facts - November comes from the Latin word novem which means nine. It was originally the ninth month of the year in the Roman calendar which began with March. When January and February were added to the Roman calendar, November became the eleventh month of the Gregorian calendar. November is one of the four months that has thirty days.

Birthstones - Topaz is one of the birthstones for November. Topaz can be found in many colors, but it is the orange topaz that is the traditional birthstone for November. Topaz is a symbol of friendship.

Citrine is also a November birthstone. Citrine is actually quartz crystal and is yellow to orange in color. It is often mistaken for the orange-yellow topaz which is the more expensive of the two birthstones.

Flower - The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words chrys and anthemum. Chrys means golden (the original color of the chrysanthemum) and anthemum means flower.

The symbols of the chrysanthemum are optimism and joy.

Astrological Signs - Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

Historic Events in November - Many major events happened in the month of November. Here are four well known historical events that took place in November.

President Kennedy was assassinated on November 23, 1963.

The end of World War 1 or Armistice Day was November 11, 1918.

Guy Fawkes Gunpowder & treason plot 5th November, 1605

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

Several actors and actresses including: Leonardo Dicaprio, Sally Field, Goldie Hawn, Ethan Hawke, Scarlet Johansson and Whoopi Goldberg

Authors: Louisa May Alcott, Margaret Mitchell and Mark Twain

Singers/Musicians: Jimi Hendrix, Joni Mitchell and Tina Turner

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.