

**KAREN'S KORNER**

*It was a shame it rained on the day of our Garden Party (photos on page 4) but we still had a good time and raised lots of money....just over £500 each for the local branch of the Samaritans and our Residents' Wish List. A few residents have expressed a wish to ride in a limousine so we're in the process of organising a trip out in style to Wallings in Cockerham- Many thanks to everyone who supported the Garden Party & a special thanks to Kevin Higginson (as always!) for selling the lion's share of the raffle tickets.*

*The builders have finally started the link up to the bungalow. Keep your eyes open for further updates as, at some point, we will be "knocking through" so we will be making plans to ensure the residents are not unduly disrupted.*



**IN THIS ISSUE**

**Karen's Korner**

**Margaret's Birthday**

**Power Plate Demonstration**

**John Helps Out**

**Adam Loses the Hairy Look!**

**Saga Leaflets**

**Family News**

**Football Sweep**

**Letter From An Irish Mother**

**Annual Garden Party**

**Dates For Your Diary**



**MANY CONGRATULATIONS TO MARGARET WHO CELEBRATED HER 90TH BIRTHDAY AT THE END OF LAST MONTH.**

*The photos show her with daughter, Anne, and her special birthday cake.*



**POWER PLATE**

We reported in June that we had bought a Power Plate for use by our residents but that we were still waiting for staff to be trained by the company director, Chris Brown, before letting the residents test it out. Well, two training sessions have taken place with 11 members of staff participating and, hopefully, in next month's newsletter we'll be able to show you some photos of residents using the Power Plate, which helps to boost circulation and strengthen legs.



We thought you'd like to see Sarah G's occasional new helper in the kitchen - John is a dab hand at peeling potatoes!



Can you remember Adam with the bushy beard and floppy hair?!

Preparing for his turn the following day on the hot (cold?) seat of the "pitch burst dunk tank" at the Garden Party, here he is with Karen halfway through the job of de-fuzzing him!



Karen has ordered some leaflets from Saga which are on display in the front porch. If you need advice on paying for care, the Saga Care Funding Advice Service may be able to help. Please feel free to take a leaflet.

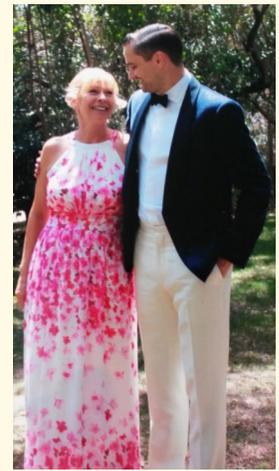
## KEPPLEGATE FAMILY NEWS



*Well, I'm back from my travels having flown to the USA to meet my new grandson, Finley John, who was born earlier than expected on 7th July.*

*We then moved on to the other side of America for my son's wedding.*

*Andrew & Jess were married on 5th August in San Marcos, California.*



*Congratulations to Hazel who became a Nana for the sixth time when her grandson, Rhys James, arrived earlier than expected on 13th August.*

*Sarah Mc brought this in, which we thought might amuse!*

### LETTER FROM AN IRISH MOTHER TO HER SON

Dear Son,

Good news for you, your sister Bridie finally had a baby this morning but I haven't found out if it's a boy or a girl, so I don't know whether you are an auntie or an uncle.

You won't recognise the house when you get home - we have moved. Your dad read in the newspaper that most accidents happen within 20 miles from your home, so we moved. I won't be able to send you the address because the last family that lived here took the house number with them so that they wouldn't have to change their address.

Just a few lines to let you know I'm still alive. I'm writing this letter slowly because I know you can't read fast and your hearing is bad. I can't send you an e-mail because you don't have a computer and neither do I.

Auntie Mary has sent you a pair of socks she knitted, she put a third one in because she heard you've grown another foot since she last saw you.

I went to the doctor last thursday with your father. The doctor put a small glass tube in my mouth and told me not to talk for ten minutes. Your father offered to buy it from him, whatever the price!

We had a letter from the undertaker. He said if the last payment on your grandmother's plot wasn't paid in seven days, up she comes.

John locked his keys in the car yesterday. We were really worried because it took him two hours to get your father and me out.

If you don't get this letter please let me know!

You're loving Mum

*Breda*



P.S. I was going to send you some money but I had already sealed the envelope

## Resident & Staff Football Sweeps

The opening & closing ceremonies of the Rio Olympics were recorded for our residents to watch on the following days, so it all seems a long time ago now.....BUT Margaret & Lilia drew out Portugal in our Euro 16 football sweeps. Here they are receiving their prizes.



**GARDEN PARTY**



Steven gets a soaking, while a wet Connor watches after his turn.

(Right) Adam's just about to get his soaking....Lilia looks like she means business!



Local M.P., Cat Smith enjoyed chatting to the residents and their families.

(Below) The stalls had to be set up inside due to the rain.



The children in the fancy dress competition were given prizes donated by Blackpool Zoo, The Sandcastle and the Pleasure Beach

**Dates for Your Diary—Entertainers due on:-**

- 22nd Sept. Amanda Keely
- 4th Oct. Rachel Mercer
- 18th Oct. Dominic

**Karen's advance notice:**

31st Oct. Chicken Feet - 2 p.m. on Hallowe'en  
*Did I hear you say "Chicken feet"?! Yes, you heard right. Come along on Halloween afternoon and we will offer you some cooked by Sarah G in the Filipino style.*