



APRIL 2017 NEWSLETTER

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KAREN'S KORNER

Well, where's the time flying to? March disappeared in a blur of saints days, the traditions of Mother's Day and Red Nose Day & events arranged for Nutrition & Hydration week. Next week the decorations for Easter will go up and activities such as decorating eggs and making cards will begin with our residents. The Easter menus will go up on the notice board soon—please let us know if you'd like to join your relative for a meal here over the Easter holiday weekend.

Hope you enjoy seeing the photos of all that happened in March.

Finally, I'd like to welcome Sarah H & Lizzie on to our Kepplegate team and to Jean who has come to live in our care home.

CONGRATULATIONS TO WILTON AND IRENE WHO RECENTLY CELEBRATED THEIR BIRTHDAYS



Shrove Tuesday this year fell on the day before St David's Day. Kepplegate was filled with daffodils and May was busy helping Sarah in the kitchen with the pancake mix.



Entertainers continue to perform at Kepplegate at regular intervals. Jane, Caroline and Dave were all here over the last few weeks and, as usual our residents, visitors and day care clients enjoyed singing along.



AND the staff!!!

You're all invited to get creative and enter our Kepplegate Acrostic Poem competition for National Care Home Open Day 2017, the theme for which is friendship. Please pick up your entries from Sam at reception.....the closing date is 1st May.

F is for
R is for
I is for
E is for
N is for
D is for
S is for
H is for
I is for
P is for

ST PATRICK'S DAY & KEPPLEGATE'S MOCKTAIL PARTY

As part of Nutritional & Hydration Week, when different varieties of fruit were offered at snack time and a water dispenser containing fresh fruit was available all week, Kepplegate held a mocktail party to celebrate St Patrick's Day on 17th March. In the morning Trevor & Margaret tried on the leprechaun hat and the residents tucked into potato cakes. Pauline then concocted green-themed mocktails, which went down surprisingly well considering her first two attempts left the staff "tasters" pulling horrible faces!

The mocktails, along with nibbles and cheese on biscuits, were served to the residents and all the guests, followed by everyone enjoying a good old sing-along with the

entertainer before having an Irish stew tea.



MOTHER'S DAY TEA PARTY

We combined an early tea party with a Red Nose Day challenge of all care homes singing a Carpenter's song at the same time. We were helped in this by being joined by children from our local primary school. Over 20 children walked from the school with their teachers to Kepplegate and

there wasn't a dry eye in the place as residents, guests & staff listened to them joining in the song with great gusto!



KEPPLEGATE NEWS 1

Just before Elaine set off for a holiday to Vietnam & Cambodia, she came dashing into the office to see if we had any spare pencils, pens or balloons as she'd heard that these were more acceptable gifts than giving the local children some money.

Following a quick search in the stationery cupboards, she left with a good amount of supplies and reported back after her holiday that the presents had been a huge success with the children.



KEPPLEGATE NEWS 2

A few weeks ago on a Sunday, a resident's husband had been visiting his wife at Kepplegate when he had trouble getting up to go home. Sarah G was on duty that day & helped him to the door. She asked him to phone when he was home safely. When she didn't get a call, she tried his home number and, getting no answer, Sarah contacted his family. His daughter found him unable to get out of his car in a cold garage & he might have been there a lot longer if it wasn't for Sarah's quick thinking at a time she must have been busy with the residents. Well done Sarah!



KEPPLEGATE NEWS 3



Not for the first time, a pigeon decided to home in on our disused hen coop during a recent sunny morning. Although it had obviously entered through an open door, it appeared to struggle to find the same exit route so Pauline & Sam went to investigate. After pushing the door open a bit further & before they were completely out of the coop, the bird-rescuers had to duck for cover as the pigeon made a hasty escape—much to the amusement of some of the residents who were watching the little drama take place from their dining tables!