

JULY 2018
NEWSLETTER



KAREN'S KORNER

I hope you are all enjoying the sunshine? I certainly am.



On our recent trip to Las Vegas it was 107°F. We went with some of my family & it was wonderful. We saw the Grand Canyon, which was unbelievable, and the Hoover

Dam, which would be some engineering feat to achieve today, never mind in 1930. I've picked out some photos (page 3) to give you a flavour..

Don't forget the next Relatives' Rendezvous is on 8th August @ 5.30 pm. We will have some finger food for a change to sustain us while we put the world to rights 😊

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There were a lot of birthday celebrations during June, including Agnes's 90th, which is featured on page 2.



Photos show our two Margarets receiving their birthday cakes & June enjoying a visit from Keith & friends



Agnes had a wonderful 90th birthday with lots of visitors calling in to wish her well & a great party in the afternoon.

Valerie, Kevin & Randall had been busy making a photoboard proving that Agnes has always been a glamour-puss!

Our pics show that Agnes is still happy to dance the afternoon away!



KEPPLEGATE TEAM NEWS



Team News 1

As Karen writes in her 'kormer', she & Steven have been in Las Vegas & New York. Here are some of their photos; the Grand Canyon & Hoover Dam, also 'Elvis' singing and conducting a wedding on the Hoover Dam.....only in America!!!



Team News 2

Lilia's son, Alvin Martinez, has made an advert with his dance group to advertise Downtown Café in Dubai (where he lives). This is a coffee shop and library-combined. Alvin is second on the right in this "still" taken from the advert.



Team News 3



Pauline's a grandma again! Rhys Calvin was born to Pauline's son, Kieran & his wife, Sam, in Chicago on 19th June.

Here he is meeting his big brother, Finley. The proud grandparents will be flying out in August to meet him.

And finally, Zoe, Becci B & Sam D-T all have birthdays in July.....enjoy, ladies!

THIRSTY THURSDAY

This was on 14th June and was instigated to remind people of the importance of hydration, especially in older people who are vulnerable to dehydration due to physiological changes in the ageing process.. Many medical conditions and mental & physical frailty can further increase the risk of dehydration.

At Kepplegate Deb made a refreshing fruit salad for our residents to have with their tea on Thirsty Thursday . Some fruit ice lollies were also purchased which Margaret & Agnes enjoyed in the front garden.



Garden Party & Fundraising

Have you seen our "totaliser"? We're over half way to raising the money for the defibrillator, so thank you all very much for your generosity...and please don't

forget to come to support our Garden Party on 27th July from 1-3.30 p.m.



The Knitathon was held last week and, even though Adam didn't quite manage the 24 hours, 10 hours of knitting in that heat was quite a feat. It was also lovely that one of our domiciliary clients, Beryl (sitting next to Adam in the photo), left her home for the first time in a long time to come to Kepplegate to support the event.

RESIDENTS OUT & ABOUT

Well, this hot weather has helped our residents get out and about. The photos show Jessie (day care client) admiring the flower tub that

Kepplegate sponsored, Bob going on an outing to Lilia's and May watching a family of ducks at Carol's house.



We've got our England flags flying outside and organised two sweeps, one for the residents and another for the team..... so we were all set for the World Cup to begin!

I'd personally like to apologise to the Germans (current Cup holders) for drawing their team. It was obviously the kiss of death!!!

DATES FOR YOUR DIARY

- 17 July:** Beverley
- 27 July:** Kepplegate Garden Party
- 7 August:** Dave Dare
- 8 August:** Relatives' Rendezvous
- 21 August:** Des Basterfield
- 1 September:** Kirsty Charles

