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KAREN'S KORNER

You might have seen in the newspapers recently a few negative reports about some unscrupulous care homes surprising residents and their families with hidden fees and costs. We're happy to say that here at Kepplegate everything is explained "upfront" both verbally, in our contracts and on our website. We're also in the process of producing new brochures where our costs will be shown, together with how to find out about help with care funding from Lancashire County Council.

Well, we've rolled around to THAT time of year again! Please take a look at what we have planned at Kepplegate for the festive period and we hope you can join us. Don't forget there are mince pies and sherry for help with the Christmas decorations!!!

***A VERY MERRY CHRISTMAS TO
EVERYONE FROM ALL AT KEPPLYGATE***



No resident birthdays in November, but congratulations to Brian (pictured) & Harry, 2 of our domiciliary clients who celebrated birthdays last month



HALLOWEEN



The care home looked fabulous all decked out in Halloween decorations....thank you once again to Lilia, Dawn, Sarah G and Sam for their efforts. Our residents also had great fun being made up to look super scary!



As you know, it was a special Remembrance Day this year and the residents enjoyed watching events at the Cenotaph on 11th November. Adam was behind the Armistice display outside the care home, ably helped by Dawn... and people bringing in hundreds of empty plastic bottles!



KEPPLEGATE NEWS

Lilia's daughter, Alice, is helping as a volunteer once a week for the next 3 months as part of her Duke of Edinburgh Award.



A warm Kepplegate welcome to Tori, who's joined housekeeping, and Lesley who has just become part of our care team in the Home.



Our new 'letter box style' (it was felt this would give more anonymity) Suggestions Box is up in the reception porch. Please feel free to write down any thoughts and put them in the post!

Many Happy Returns to Carol, Kerry and Tammy who will celebrate birthdays in December. Belated birthday wishes to David who was missed out last month -oops, sorry!



Are you enjoying watching the soothing videos/pictures on our new therapy screen?



Karen's been doing a bit of cooking lately....here's Sandra, Albert and Derek road-testing her pork pies!

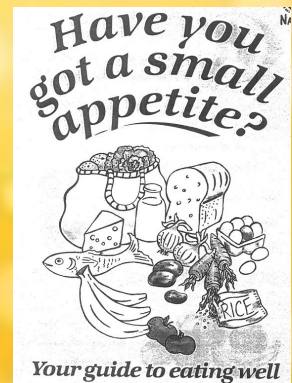


Eating Well



November saw National Meals on Wheels Week and to tie in with this, we sent a small Guide to Eating Well to all our meal clients. As we get older we might feel we want to eat less food, so it is important that our diet is as nourishing as possible.

We have some spare copies of the guide in our reception porch, so please take one or let us know if you'd like us to send you one.



TRADITIONAL SCOTTISH STOVIES



St Andrew's Day falls on 30th November and this newsletter was printed a couple of days earlier,

but our plan is to give the residents a Scottish Stovie for their tea on that day, together with shortbread and cream for dessert. The word "Stovie" means "bits from the stove" so it's something like the English Bubble & Squeak dish that is made up of mainly leftovers of meat from the roast the day before. This is added to beef stock, onions, potatoes and any left over vegetables. Depending on which part of Scotland you come from, four tablespoons of stout can also be included in the mix!

WORLD DIABETES DAY

This is held on 14th November each year to help raise awareness of the condition. Emphasis this year was put on the impact diabetes has on the family and support network of those affected, which has been estimated at growing to a figure of 5 million people in the UK by 2025, if nothing changes.

DIABETES
CONCERNS
EVERY FAMILY



Common symptoms of diabetes are:-

- Feeling very thirsty
- Frequent urination
- Cuts/bruises that are slow to heal
- Blurred vision
- * Feeling hungry—even if you are eating
- * Feeling very tired
- * Unexplained weight loss



Residents' Christmas Party

Thursday 13th December

12pm—3pm

Buffet

Carol Singing

Live Entertainment



*Please let us know for catering purposes
if you wish to join your loved one for
some festive fun*



DATES FOR YOUR DIARY

3rd Dec: Decorations go up—all help gratefully received!

5th Dec: Some residents go to Hambleton Christmas Party

12th Dec: Children from Fleetwood's Charity School sing for the residents at 10.30 a.m.

13th Dec: Residents' Christmas Party—see poster opposite

18th Dec: Children from Carter's School sing for our residents at 10.30 a.m.

22nd Dec: Pilling Band play carols and Xmas songs—time unknown

28th Dec: Brian Brodie entertains at 2 p.m.

