

NEWSLETTER

October 2023

Drumconner Care Home, 20 Poole Road, BH4 9DR - 01202 761420



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Editor's Desk



Hello Residents, Families and Friends!

We can definitely feel that autumn is here!
Rainy days and cosy afternoons are definitely on the agenda for October!

Our residents have also asked for a spooky supper and movie night for themselves for Halloween this year, so expect decorations around the home! I can't wait to see what the residents come up with this year!

We had a fabulous relatives meeting in September, where we hope that you will be able to have access to our new care planning system! Please let us know if you would like copies of the minutes of the meeting, if you have not received them already.

We hope you have a wonderful October!

Hannah Guyan

October Trivia

October is the tenth month of the year, but it used to be the eighth in Roman times! It comes from the Latin word Octo, which means eight!

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal**
Flower: **Marigold**

Quote of the Day

Whatever you are, be a good one.

Abraham Lincoln

Month in Review



Cinema!

We have been making use of the big screen while the weather has something to be desired! The Residents enjoyed watching 'The King and I' while enjoying some snacks!

Bingo!

Our residents love playing bingo! We have a selection of prizes on offer for our residents to win! Our residents have become experts with the dabbers!



Trips Out!

On one of our trips out, we went to Mundeford for a walk on the promenade and for a coffee! Just managing to miss the rain!

Month in Review



Air Show Festival!



Escorting a resident to a family wedding!



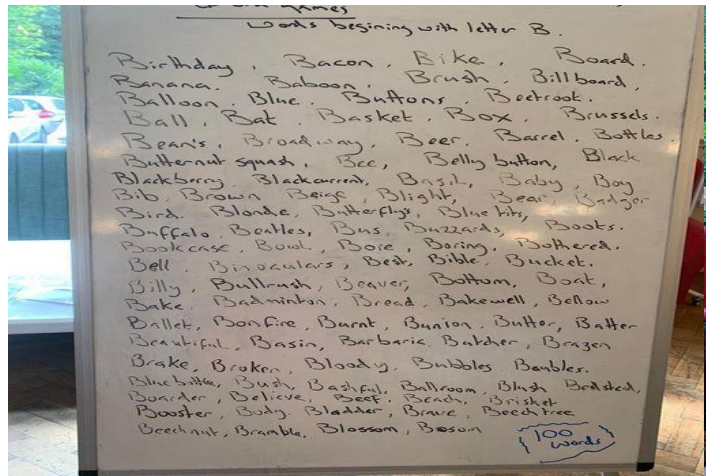
A Residents 102nd Birthday Party!



Tai Chi!



Flower Arranging!



Word Games!

Upcoming Events

Singer – Steve Shappalle

2nd October 13:30

Singer – Steve Linn

4th October 13:30

Singer – Phil Cowan

10th October 13:30

Singer – Nick Sellars

16th October 11:00

Flower Arranging

17th October 10:30

Residents Meeting

26th October 13:30



Regular Events

Thai Chi every other Tuesday at 15:15

Church Service every Sunday at 10:30

Hairdresser every other Wednesday from 12:00

Bingo! Every Monday at 10:30

Trips out! Every Friday with Tracy, Paul and the minibus!

Special Days

- 1st World Vegetarian Day
- 4th National Taco Day
- 5th World Poetry Day
- 6th World Space Week
- 8th National Hero Day
- 10th World Mental Health Day
- 17th Chocolate Week
- 21st Reptile Awareness Day
- 26th National Pumpkin Day
- 27th Cheese Toastie Day

October Birthdays

In October, we celebrate birthdays with:

Hannah G

Geoff B

Sylvia R



October 1st 1935: Julie Andrews - Actress, Singer
October 5th 1890: Eddie Rickenbacker – WW1 Flying ace
October 11th 1844: Henry John Heinz – Founded Heinz ketchup company
October 14th 1894: E. E. Cummings – Poet
October 14th 1939: Ralph Lauren – Fashion designer
October 16th 1854: Oscar Wilde – Poet, playwright
October 17th 1918: Rita Hayworth – Actress
October 17th 1938: Evel Knievel – Motorcycle daredevil
October 23rd 1906: Gertrude Ederle – First woman to swim the English Channel
October 25th 1888: Richard E. Byrd – Antarctic explorer
October 27th 1872: Emily Post – Etiquette Expert

Libra (Sep 23 – Oct 22)

Libras are known for their charm, beauty and well-balanced personalities.

Scorpio (Oct 23 – Nov 21)

Scorpios are known for their loyalty, devotion, passion and intense personalities.

WOW!

September in History: Women's rights

On the 10th of October 1903, the English suffragette Mrs. Emmeline Pankhurst at her home in Manchester, founded The Women's Social and Political Union, campaigning for women's suffrage in Great Britain.

A Poem to Share



Autumn is Here



Autumn leaves
Red, gold and brown
Falling, swirling,
Drifting down.



Prickly conkers
Cracking, popping.
Branches snap,
Acorns dropping.

Picking pumpkins,
Juicy apples too.
Gathering blackberries
In hedgerows for you.



Foggy mornings
Damp, cold and grey.
Nature's blanket,
Clouding the day.

Swallows gather
Swooping up high.
Off they go
To Africa, they fly.



Hibernating hedgehog,
Finds somewhere to sleep.
Be sure it's not your bonfire
Or your rubbish heap.



Shorter days,
Frosty and wet.
Winter's round the corner,
But not quite yet.



Noticeboard



NEW RESIDENTS

A very warm welcome to:

Derry

We hope that you enjoy your time at Drumconner!

NEW STAFF

A warm welcome also to the people who joined our team in the month! We hope that you enjoy your time here!

- Bee
- Amber
- Bethany
- Holly

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

We are fortunate that no residents have passed during this period.

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available by the lift near reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime at ournemouth@drumconner.co.uk

Thank you!

Noticeboard



LIBRARY SERVICE

The library service now come and attend the Home on a monthly basis! Please come to the quiet lounge or discuss with Tracy if you would like to see the selection! The library also takes requests if you have anything in mind!

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every other Wednesday. If you would like an appointment with Sarah, please talk to reception or ask a staff member to write your name down on the list for the hairdresser.

CHIROPODIST

The Chiropodist comes and visits the home every six weeks. If you would like to see Marion to get treatment, please liaise with Amanda at reception, who can book you in to the next session.

STAFF MEMBER OF THE MONTH

As voted for by residents, relatives and staff – Jasmine (Care Practitioner) has been voted as Staff Member of the Month by your colleagues! Congratulations Jasmine!

PHYSIOTHERAPIST

Our in-house physiotherapist (Suzanna) attends the home twice a week. If you have a goal in mind that you would like to reach, please let the staff know so we can ask Suzanna to come and see you!

Laughing Matters



What do you call a fake noodle? An Impasta.

Want to hear a joke about paper? Never mind, it's tearable.

Why did the cookie cry? Because his father was a wafer so long!

I used to work in a shoe recycling shop. It was sole destroying.

What do you call a belt with a watch on it? A waist of time.

How do you organize an outer space party? You planet.

I went to a seafood disco last week... and pulled a mussel.

I cut my finger chopping cheese, but I think that I may have greater problems.

My cat was just sick on the carpet, I don't think it's feline well.

Why did the octopus beat the shark in a fight? Because it was well armed.

What did daddy spider say to baby spider? You spend too much time on the web.

There's a new type of broom out, it's sweeping the nation.

What cheese can never be yours? Nacho cheese.

What did the Buffalo say to his little boy when he dropped him off at school? Bison.

How was Rome split in two? With a pair of Ceasars.

The shovel was a ground-breaking invention.

Did you hear about the guy who lost the left side of his body? He's alright now.

Why did one banana spy on the other? Because she was appealing.

A cross eyed teacher couldn't control his pupils.

Spotlight – Mary Keane

Mary was born in a small village on the West Coast of Irlan in Lahinch Co Clare on the 18th of February 1932. Mary was the eldest to two sisters and a brother. Mary's mother was a housewife who looked after the family and home very well. Mary's father was a painter and decorator working for a small company.

Mary attended the infant's school in the village, moving onto the state middle school. Mary's last school was convent school, run by teachers not nuns. All the schools in the area were mixed.

On leaving school at the age of around 15 years old, Mary's first job was waitressing in a hotel. Although it was not her first choice of job, she was happy there. Mary's wages were about £10.00 a week, of which most were given to her parents as still at home. Over the year's Mary worked in different hotels and bakeries.



At the age of around 26, Mary took a big step in her life and moved to London, where she became a Nanny looking after preschool children. But this was not Mary's dream and one day she decided it was time to follow her dreams of becoming an SRN (State Registered Nurse). Mary studied for over 3 years at the St Stephen's Hospital in Chelsea. During this time, Mary worked on the wards, taking blood pressures and even taking bloods.

Once her training was completed, Mary found herself working in other hospitals around London. At one hospital Mary looked after footballer Jimmy Greaves and actress Elizabeth Taylor - saying they were both lovely people!

During the mid-60's, Mary met Desmond whilst out with friends dancing. Then their friendship grew into a strong relationship and were happy very happy together. Mary and Desmond lived in Wandsworth and went onto have two children - their daughter Clare and son Anthony. Sadly, Desmond passed away in 2007. Mary moved to Bournemouth to be closer to her family in 2015. Mary loves to spend time with grandson and great grandchildren.

Mary moved to Drumconner in 2022 where she is happy and enjoys her visits from her family.

In Focus - Chocolate

This year, Chocolate Week 2023 is going to be celebrated from **October 17 - October 23!** An annual favourite for chocolate lovers in the UK, a chance to celebrate this sweet treat and all its tasty varieties. Have a look at our facts about chocolate below!

The consumption of cacao dates back over 5,000 years - Based on archaeological finds, it's thought that people from Ecuador's ancient Mayo-Chinchipeculture ingested a cacao-based substance as far back as 3,300 BCE. However, it's not until the Maya people, whose civilization peaked between 250 and 850 CE, that we find the first evidence of humans consuming chocolate in a more modern form, as a hot drink. It went on to be popular with the Aztecs too, who dyed it red with a substance called achiote.



It really is the "food of the gods" - The scientific name for chocolate is *Theobroma cacao*, which translates as "food of the gods". This title was given to it in the mid-1700s by Carl Linnaeus, the Swedish naturalist who came up with our system for classifying animal and plant species.

Britain's first shipment of chocolate was mistaken for sheep poo - Britain might have had a taste of chocolate a little earlier, if it weren't for a case of mistaken identity. When a Spanish shipment of cocoa beans veered off course and was seized off the coast of Britain in the 16th century, its captors assumed the contents were sheep droppings and burned it.

The Pope had to stop priests arguing about chocolate - In the 17th century, a heated debate blew up between two orders of Catholic monks over whether or not chocolate was officially a drink – and could therefore be consumed on days when they were fasting. Eventually Pope Alexander VII intervened, decreeing that chocolate was indeed a drink (and presumably bringing joy to many hungry monks).

Chocolate used to be associated with rebellion - While in France and Spain chocolate was initially a drink reserved for the privileged, in England it was consumed by intellectuals and political thinkers. In the 1660s, Charles II felt so threatened that he tried to close down the chocolate and coffee shops where rebels and radicals congregated.

In Focus - Chocolate

In the 1930s, a box of chocolates cost 10 weeks' rent - Solid chocolate was finally invented in 1847. Once the big brands began to industrialise, chocolates with fondant centres became hugely popular. They were sold in handmade boxes decorated with silk, tassels and lace, with names like Cadbury's The Fancy Box. By the 1930s, these ornate confections were still popular – and not at all cheap. One box from Rowntree's was priced at 100 shillings, when the rent for a slum dwelling at the time was 10 shillings a week.



Some of our most popular chocolate bars are almost 100 years old - Many of our best-loved chocolate bars were invented during a golden age of cocoa-based creativity in the 1920s and 1930s. Products launched at this time include the Cadbury's Flake, Fruit and Nut, and Crunchy bars in the 1920s, the Mars Bar in 1933, the Milky Way and the KitKat in 1935, Maltesers in 1936, and Aero and Smarties in 1937. The first fondant eggs were launched in the 1920s, but the celebrated Creme Egg was originally a Fry's product, and wasn't branded as Cadbury's until later.

White chocolate was originally made as a medicine for children - In Switzerland in the 1930s, doctors wanted to give children who were in hospital vitamin-enriched milk to drink. The problem was, the children thought milk was too babyish and wouldn't touch it. So cocoa butter was added, resulting in the accidental invention of white chocolate. This nutritionally enhanced chocolate product was so popular it ended up being widely sold, and a modern version is still available in Europe today.

Unofficial KitKats were made from dark chocolate and Ryvita in WWII - During the Second World War, Rowntree's stopped producing KitKats (or Chocolate Crisps, as they were more commonly called at the time) to focus on manufacturing munitions. But factory workers and their families missed KitKats so much that some tried hand-making their own unauthorised version. They filled moulds with strips of Ryvita and poured in dark chocolate that had been made for soldiers' rations.

Only one chocolate bar has ever been made from British-grown cocoa beans - Growing cocoa beans is a tricky business. The plants only thrive close to the equator at temperatures of 16°C or above, in specific surroundings. In 1932, workers at the Rowntree's factory in York thought they'd figured out how to grow cacao plants on British soil after practicing with pineapples. They managed to produce a plant in a hothouse but were only able to harvest one pod of cocoa beans. These were converted into a single tiny chocolate bar and presented to Queen Elizabeth II.