

NEWSLETTER

January 2024

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



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Editor's Desk



Hello Residents, Families and Friends!

We hope that you have all had a wonderful Christmas and have put the chocolates away!

At Drumconner, we are excited for the New Year, and we have already made grand plans for the year! We have started doing care plan reviews with residents and their next of kin. If you have not booked this yet, please email bourne-mouth@drumconner.co.uk and we will look at when we can book you in with your loved one's keyworker!

We are also starting the Gold Standards Framework for end-of-life care in January. This will help us to improve our end-of-life care practices and ensure that we are following the most up to date guidance! We will discuss this further in the upcoming months!

We hope you all have an amazing January!

Hannah Guyan

January Trivia

January is named after Janus, the Roman god of gates and doorways!

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**
Flower: **Snowdrop**

Quote of the Day

There is nothing in the world so irresistibly contagious as laughter and good humor.

Charles Dickens Jr.

Month in Review



Christmas Day!

Our staff dressed up in their festive gear on Christmas Day! Our residents loved seeing the staff in different uniform for the day! Our residents were also treated to Christmas Presents from Santa!

Thank you to all of the staff who came in and cared for our residents over Christmas!

Residents Christmas Party!

Our residents had an amazing Christmas Party! A beautiful three course meal with their visitors and friends, topped off with a quiz and singing! Thank you to all those that came and made it special!



Month in Review



Festive Art from Three Gables Nursery!



Phil Cowan - Singer!



Trip out to Haskins!



Bingo!



Trip out to the pub!



Tai Chi!

Upcoming Events

Quiz with Abbeyfield!

1st January 13:30

Singer – Phil Cowan

2nd January 13:30

G Fitness – with Simon

5th January 10:30

Singer – Steve Linn

10th January 13:30

G Fitness – with Simon

19th January 10:30

Tai Chi

23rd January 15:15

Residents Meeting

25th January 13:30



Special Days

1st New Years Day

2nd Sci-fi Day

5th Veganuary

16th Wordsearch Day

18th Winnie the Pooh Day

21st World Religion Day

23rd National Pie Day

25th Burns Night

26th Australia Day

27th Big Garden Bird Watch

29th World Puzzle Day

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

January Birthdays

In January, we celebrate birthdays with:

Edward M
Janet V



January 4, 1643 – Isaac Newton, Physicist, Mathematician
January 6, 1412- Joan of Arc
January 8, 1935- Elvis Presley, King of Rock 'n Roll
January 8, 1942 – Stephen Hawking, physicist, and author.
January 15th, 1929- Martin Luther King Jr., Civil Rights Activist
January 17, 1899- Al Capone, notorious 1920s gangster
January 17, 1922 – Betty White, actress
January 17, 1928- Vidal Sassoon, British hair stylist, fashion designer
January 17, 1942- Mohammad Ali, heavyweight boxing champion
January 18, 1882- A.A. Milne, author
January 19, 1946- Dolly Parton, singer and actress
January 24, 1941 – Neil Diamond, Singer, composer
January 27, 1756- Wolfgang Amadeus Mozart, composer
January 27, 1832- Lewis Carroll, wrote “Alice in Wonderland.”

Capricorn (Dec 22 – Jan 19)

Capricorns have their feet firmly on the ground and are matter of fact. They are also humorous and affectionate!

Aquarius (Jan 20 – Feb 18)

Are known to be the most innovative, humanitarian and rebellious of the zodiac signs!

WOW!

January in History: First Parliament

On the 20th of January 1265, England’s first Parliament meets at Westminster Hall in London. Representatives from towns and villages across the country meet for the first time in one chamber!

A Poem to Share

New Year's Poem

CHILD POEM BY JAMES HEYRE - 1918 - 0002100A

I have seen one full year go by,
three-hundred and sixty-five days, oh my!

For it is here,
the last day of the year.

December, thirty-first,

I'm going to burst!

To this year, I say goodbye,
for next year I see in my eye.

A year full of fun and joy,
I will certainly be older, oh boy!

So many days to be all mine,
I know for sure the sun will always shine!

I place myself in a fresh, new time,
where I make resolutions that are just
fine.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Darren

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!

- Armie
- Selestina

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.

- Margaret F

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 YEAR

As voted for by residents, relatives and staff – Alison (Registered Nurse) has won staff member of the year! Alison won a £250 bonus and a bottle of champagne! Well done Alison!

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



Knock, knock
Who's there?
Gladys.
Gladys who?
Gladys January. How about you?

Knock, knock.
Who's there?
Noah.
Noah who?
Noah good joke about January?

Q: What's for breakfast on really cold January days?
A: Snowflakes.

Q: What's the easiest way to keep your New Year's resolution to read more?
A: Put the subtitles on your TV.

Q: How can you be more efficient with New Year's Resolutions?
A: Make a copy of your list so you can pull it out again ever year.

Q: What was dog's New Year's resolution?
A: Woof... and he really means it this year.

Q: What's the easiest resolution to keep?
A: This year, I'm going to be myself!

Q: What's a New Years resolution?
A: A to-do list... for the first week of January.

Q: What's the most common resolution for 2024?
A: To follow through on the resolutions from 2021, 2022, 2023...

In Focus - New Years Day

The earliest recorded festivities in honour of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—the day in late March with an equal amount of sunlight and darkness—heralded the start of a new year. They marked the occasion with a massive



religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring) that involved a different ritual on each of its 11 days.

In addition to the new year, Akitu celebrated the mythical victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat and served an important political purpose: It was during this time that a new king was crowned or that the current ruler's divine mandate was symbolically renewed.

In order to realign the Roman calendar with the sun, Julius Caesar had to add 90 extra days to the year 46 B.C. when he introduced his new Julian calendar.

As part of his reform, Caesar instituted January 1 as the first day of the year, partly to honour the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future. Romans celebrated by offering sacrifices to Janus, exchanging gifts with one another, decorating their homes with laurel branches and attending raucous parties.

In medieval Europe, Christian leaders temporarily replaced January 1 as the first of the year with days carrying more religious significance, such as December 25 (the anniversary of Jesus' birth) and March 25 (the Feast of the Annunciation); Pope Gregory XIII reestablished January 1 as New Year's Day in 1582.

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revellers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight.

In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Auld Lang Syne

Edited: David, 1981 Revised: 2010

Should old acquaintance be forgot, and new brought to mind? Should
old acquaintance be forgot, and auld lang syne?

Chorus: For auld lang syne, my dear, for auld lang syne, we'll
take a cup of kindness yet, for auld lang syne.

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Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular “Auld Lang Syne” in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favour of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds.