

# NEWSLETTER

## February 2024

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



### IN THIS ISSUE

Editor's Desk .....	2
Month in Review .....	3
Upcoming Events .....	5
Birthdays .....	6
A Poem to Share .....	7
Noticeboard .....	8
Laughing Matters .....	10
In Focus.....	11

# Editor's Desk

Hello Residents, Families and Friends!

We have made it through the dreary month of January and we are looking forward to lighter evenings and less frosty days!

At Drumconner, we have just commenced our training for the Gold Standards

Framework! This is going to improve the way that we give end-of-life care and ensure that the resident is at the forefront of the conversation!

As February is Dignity Action Month, we are going to be holding a Digni-Tea event at the home on the 26<sup>th</sup> of February! More details will be following for this event!

As we head into the month of love, we look forward to reminiscing with our residents and learning about their loved ones!

We hope you all have a fabulous February!

*Hannah Guyan*



## February Trivia

February comes from the Latin word 'februa,' which means 'to cleanse!'

Zodiac signs: **Aquarius & Pisces**  
Birthstone: **Amethyst**  
Flower: **Violets**

## Quote of the Day

Happiness is the only thing that multiplies when you share it.

**Albert Schweitzer.**

# Month in Review



## Group Exercise!

Suzannah (our in-house physiotherapist) has been working with our residents with individual and group exercises! Our residents have been very enthusiastic with her equipment and one of our residents has stated that she could use the pedal bike for miles! We love seeing improvements to our residents' abilities and helping them achieve their goals!

## Knit and Natter!

Our residents have been continuing with their knitting and nattering group! We love seeing the colours and patterns that they are making, and we always enjoy the tea and cake that comes with it!



# Month in Review



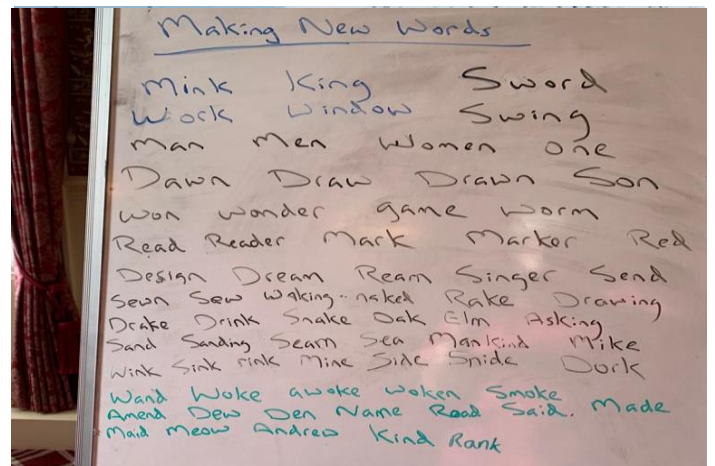
**Snakes and Ladders!**



**Electronic Darts!**



**Mindful colouring!**



**Word Games!**



**Watching Ice Planet on the big screen!**



**Flower Arranging!**

# Upcoming Events

## **Singer – Damion Quinn**

1<sup>st</sup> February 13:30

## **G Fitness – with Simon**

2<sup>nd</sup> February 10:30

## **Singer – Steve Shappelle**

5<sup>th</sup> February 13:30

## **Singer – Steve Linn**

13<sup>th</sup> February 13:30

## **Movie Afternoon**

22<sup>nd</sup> February 13:30

## **Digni-Tea**

26<sup>th</sup> February TBC

## **Flower Arranging**

27<sup>th</sup> February 10:30

## **Residents Meeting**

27<sup>th</sup> February 13:30



## **Special Days**

1<sup>st</sup> Dignity Action Day

2<sup>nd</sup> Time to Talk Day

5<sup>th</sup> Nutella Day

7<sup>th</sup> Send a Card Day

10<sup>th</sup> Chinese New Year

13<sup>th</sup> Pancake Day

14<sup>th</sup> Valentines Day

16<sup>th</sup> Nesting Box Week

21<sup>st</sup> Language Day

26<sup>th</sup> Fairy Tale Day

29<sup>th</sup> Leap Year

# 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

# February Birthdays

In February, we celebrate birthdays with:

**Colin E**  
**Don S**  
**Colin P**  
**Mary K**  
**Esther V**  
**Mary G**

February 1, 1938 – Sherman Hemsley, actor, “George” on the TV series “The Jeffersons”

February 3, 1894 – Norman Rockwell, renowned painter

February 4, 1902 – Charles Lindbergh, aviator, first to fly solo over the Atlantic ocean

February 4, 1905- Clyde Tombaugh, astronomer, discovered the planet Pluto

February 4, 1913 – Rosa Parks, civil rights activist

February 7, 1812 – Charles Dickens, novelist, “A Christmas Carol”

February 12, 1809 – Charles Darwin, Author, “Origin of the Species”, Darwin’s Theory

February 18, 1745 – Alessandro Volta, Italian physicist and inventor of the electric battery

February 19, 1473 – Nicolas Copernicus, Scientist, controversial theory that the earth rotates around the sun

February 22, 1857 – Lord Robert Baden Powell, founder of Boy Scouts

February 22, 1889 – Lady Olave Baden-Powell, founded Girl Guides, wife of Lord Baden-Powell

February 26, 1802 – Victor Hugo, author, “Les Miserables”



## Aquarius (Jan 20 – Feb 18)

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

## Pisces (Feb 19 – March 20)

Pisces are compassionate, artistic and wise! They are known to like music, romance and are spiritual!

WOW!

## February in History: Parking Meters

On the 5<sup>th</sup> of February 1958, Parking meters first appear on the streets of London’s exclusive Mayfair district. The meters were first used in America in 1935.

# A Poem to Share



All I ever wanted was to be part of your heart,  
And for us to be together, to never be apart.

No one else in the world can even compare,  
You're perfect and so is this love that we share.

We have so much more than I ever thought we would,  
I love you more than I ever thought I could.

I promise to give you all I have to give,  
I'll do anything for you as long as I live.

In your eyes I see our present, our future and past,  
By the way you look at me I know we will last.

I hope that one day you'll come to realize,  
How perfect you are when seen through my eyes.

Ashley Borden

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Ravi N
- Mr and Mrs Vick
- Colin P
- Eileen

We hope that you enjoy your time at Drumconner!

## NEW STAFF

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

- Fran
- Nicola

## IN MEMORIAM

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

David W

Darren B

## CONTINUOUS IMPROVEMENT

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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?

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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](mailto:ournemouth@drumconner.co.uk)

Thank you!



# Noticeboard



## **LIBRARY SERVICE**

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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**

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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**

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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**

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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**

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As voted for by residents, relatives and staff – Gita (Night Carer) has won staff member of the month! Gita has won £100 bonus in her pay this month! Well done Gita!

## **PHYSIOTHERAPIST**

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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



**Do you have a date for Valentine's Day?**

*Of course! February 14th!*

**Did you know that candy hearts have been around since 1901?**

*I know — it's heart to believe!*

**Why is Lent the best time to run a marathon?**

*That's when you fast!*

**What did the florist say to the man who saw the cost of roses in February?**

*Are you bouquet sir?*

**What do you call an amphibian born on February 29th?**

*A leap frog!*

**What do you do at the end of the last day of February?**

*You March on!*

**Why can you trust no one in the second month of the year?**

*It's Fib-ruary!*

**How do you describe a frog in a Leap Year?**

*Very hoppy!*

**Can February March?**

*No, but April May!*

# In Focus - Founding of Leap Year

The leap year was created in ancient Rome, 46 B.C., when Julius Caesar decided that the length of the calendar year had to be both standardized and kept in line with the actual solar year. Before Caesar established the Julian Calendar, the Roman year was 355 days plus an extra 27 or 28-day month every other year, for an average year of 366.25 days.

Because Greek astronomer Hipparchus had long before pegged the solar year at about 365.25 days, Julius Caesar knew that the pre-Julian calendar was faulty in that it was too long. So, he brought together the great minds of the time, namely Sosigenes of Alexandria, to resolve the calendar issue. They decided to add ten days to their 355-day calendar and one additional day (leap day) to February every four years.

February was given the leap day because that was the place in the calendar where the old extra month had been. However, the original leap day was positioned not on February 29, but between February 23 and 24 (exactly where the old extra month used to be).



Before they could put the Julian Calendar into effect, they had to make up for the years of mistakes accrued under the old, overlong calendar. So, to set things right, and place January 1 of 45 B.C. at the appropriate point in the solar year, 46 B.C. was made to be 445 days long. Then, following this “last year of confusion,” things proceeded under the Julian Calendar from 45 B.C. on.

However, the makers of the Julian Calendar knew that the solar year was actually a few minutes shorter than 365.25 days, but they glossed over this issue for the sake of simplicity. This meant that the Julian year gained three artificial days every four centuries. Eventually, this error caught up with us.

In 1582, Pope Gregory XIII removed those three artificial Julian days and corrected this problem by instituting the Gregorian Calendar. This is the calendar that coined the term “leap year”, moved leap day to February 29, and is still used by most of the world to this day.

In order to cut those three days, the Gregorian adjustment dictated that a leap year was any year divisible by four, *but* — and most people surely don’t realize this — only any century year divisible by 400.

So, under the Julian Calendar, every century year was a leap year. But, under the Gregorian Calendar, every fourth century year is a leap year. Thus, while 1600 and 2000 were leap years, 1700, 1800, and 1900, for example, were not.

While that Gregorian recalculation brought us closer to the actual length of the solar year, it had another motivation: It sought to bring Easter back to the date it had occupied when the celebration was first introduced. Because of the inaccuracy of the Julian calendar, Easter had gotten away from its intended date.

But in order to adopt the Gregorian Calendar and get Easter back on track, the world needed to correct for the ten artificial days we’d gained under the Julian Calendar. Thus, the Julian Calendar ended on Thursday, October 4, 1582, and time resumed (under the Gregorian Calendar) on Friday, October 15, 1582.



While Spain, France, and others adopted this Gregorian change immediately, others did not. The British Empire (including the colonies soon to become America) didn't adopt until 1752, and Russia not until 1918.

However, despite the endorsement of most of the world, even the Gregorian year still isn't 100% faithful to the true solar year. The actual solar year is 26 seconds shorter than the Gregorian year. Thus, under the Gregorian Calendar, we'll gain one artificial day every 3,226 years.

Many proposals, including one by English mathematician John Herschel, have been made to correct for this, but none have been adopted. However, even those proposals can hardly account for the Earth's slowing orbit, which makes each day slightly longer as time goes on.

To account for this, we've inserted 26 leap seconds into our calendar at various times since 1972. The last one was on June 30, 2015, and the next one has yet to be announced.

