



PAX HILL
Care home for the elderly

Montgomery Quarterly Newsletter

Summer 2017

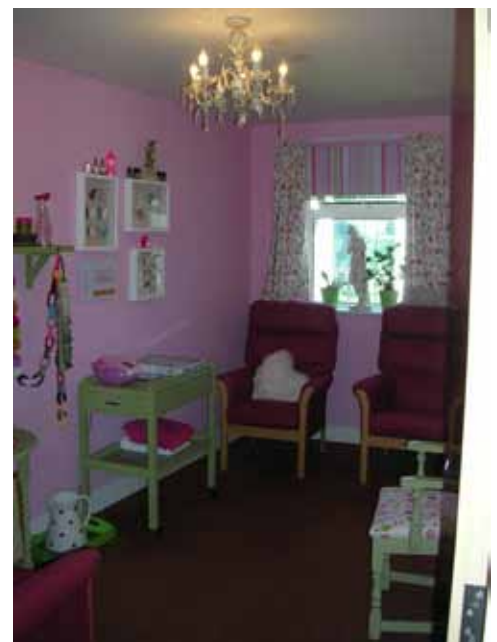
Hello and welcome to our early Summer newsletter. A special welcome to our new residents and their families. We know that our information travels around the world going to distant relatives and friends. Thank you for sharing.

We have had some lovely warm sunny days and have taken advantage of them with some residents spending time on the balcony enjoying the fresh air. Please do ask the carers if you wish to enjoy time out side with your relative. The balcony is now looking very pretty with the tubs overflowing with colourful plants and windmills.

Please take advantage of the family area in the activities room and the Namaste room.

We look forward to seeing many of you throughout the summer.

Best wishes to you all.
Ann and Carol



Montgomery Nursing Station

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ROCK CHOIR

The fabulous Rock Choir paid us a visit on a bright and sunny Spring afternoon. This amazing group had been touring around all day giving great joy to so many people. Residents and their families joined in with the singing whilst others watched from the windows. It was a privilege to have them visit us. Many thanks to them all. We hope they will visit us again.

The Rock Choir is described as being the United Kingdom's original and the world's largest contemporary choir. It holds three Guinness world records – the biggest hit act in the UK; the largest musical act to release an album and the largest song and dance routine held in multiple locations. The original Rock Choir was started in Farnham in 2005 and now has more than 25,000 members rehearsing in 350 locations.

FETE

Thank you to all who donated to the raffle and tombola.

Also for the fabulous cakes from family members and Pax Hill kitchen.

The residents who attended had a lovely time in the sunshine, enjoying ice cream and cream teas. It was wonderful that so many families attended. It was a great day.

Thank you to all who attended and to the staff involved who helped make it so successful.



EASTER

David and his piano entertained us during Easter week. We had fun decorating our Easter bonnets

Many enjoyed an Easter presentation, Easter quiz and of course chocolate.

Clair and Nev made a return visit with their repertoire of songs from way back so everyone enjoyed singing and swaying to familiar words. They ended with God save the Queen which proved to be a great success.





“PURLS” OF WISDOM

A new name for our knitting group and an occasion to get together on Windsor unit. Knitting for the premature baby units has been our mission. Although many can no longer knit they can enjoy sorting the colours, winding the balls of wool and of course sipping sherry!





SCOUTS

Peter Chloe and Richard visited one Sunday morning to view the Scout wall and they were very pleased with the results. Pax Hill thank The Hampshire Scout Heritage and Richard for the items loaned to us.

They are a great conversation starter and invoke many memories.

The next section for the corridor is Gardens and gardening so if you have any items you think suitable (old garden tools/string/flower pots/seed packets etc.). Please do let Ann know or just bring them in. The older the better!

AWARD RECEIVED

As an activity team we were thrilled to receive highly commended and our thanks to Wendy for nominating us.



GILBERT WHITE HOUSE

A small group paid a visit to Gilbert Whites house. Somehow 10 of us including 5 wheelchairs crammed into the tiny tea room and enjoyed afternoon tea after a tour round. The gardens have some unusual plants to enjoy with some for sale (which was dangerous for Ann, but just one plant was purchased!) It proved to be a relaxing and enjoyable afternoon for our residents.



ACTIVITIES

Our usual activities continue with new ones added when we come up with a bright idea!

Ann's Cycle India and trek The Inca Trail proved interesting to many residents. It inspired us to try "Where in the World" and "Desert Island discs" will let you know how they went in our next newsletter.

We mix and match activities with Windsor and Balmoral. Generally Kate's talks are held in Balmoral which any interested resident go down to. If you have a subject you would like to present or have any suggestion of "Bright Ideas" please come forward.



MAGICAL MOMENTS

Sometime just simple small things happen which brings joy to our staff and residents it may last a moment but it can lift our spirits.

--

Mary was having a bad day; we played at hitting a balloon. Anger turned to laughter.

"You have made my day" Mary said with a big smile.

--

Peter appeared to be asleep whilst sitting out on the balcony. A plane flew over; Peter looked up with a big smile and followed the plane.

He used to be a pilot.

Jean enjoyed a game of bubbles reaching out to catch them with a rarely seen smile.

--

Lucy's hug and kiss when Ann remembered to bring empty flower pots for her plant stall! (little things please the Activity team!!)

--

Please let us know your magic moments.

IN MEMORY

I wonder where Mum will be today....

The room and corridors painted in strong pastel colours soothing to the eye
Memory boxes and musical memorabilia dotted around in a sensible order of joy
The view across the garden below stretched the imagination
With forget-me-nots all uneven and a flag that flutters in the sky

I wonder where Mum will be today....

The lounge is busy and full, I see a welcoming smile from Mum
The TV screen punctuates the air with noise and subtitles but no-one is watching
The warmth and kindness from the staff is strong with no hint of complaint
Will I see the pheasant which moves outside patiently waiting as if to be an angel or a saint?

I know where Mum will be today

At rest in her room with the curtains drawn
Corridors painted in strong pastel colours time to mourn
With forget-me-nots all uneven and a flag that half flutters in the sky
Sleep well Mum freedom from the unknown your words will not be torn
You are safe now amongst family and friends having tea and cake
A message from me to Nan please say 'Hi'

Memories of my Mother.

**"If ever there tomorrow
When we're not together ____
There is something you must always remember**

**You are braver than you believe,
Stronger than you seem,
and smarter than you think.**

**But the most important thing is,
Even if we're apart ____ I'll always be with you."**

**A.A. Milne
Winnie the Pooh**

Philip Hook 2017

Marion

PICNIC LUNCH

The sun didn't shine but it was warm enough for our residents to enjoy a picnic lunch. Everyone enjoyed being outside and taking in the fresh air. They were a good deal of singing and clapping to Paul Nicholas's singing whose range covered the 40's 50's 60's and a variety of numbers from musicals. As usual the kitchen staff provided delicious food and the Pimms went down well too!

A big thank you to all members of staff for the extra hard work they had to do. It was worth it just to see so many happy faces.



ASCOT

We all enjoyed dressing hats for Ascot.



COMPANIES THAT DONATED TO THIS YEARS SUMMER FETE RAFFLE

- Bird World
- Forest Lodge Garden Centre
- Highland Crown
- Charles Read and Daughter
- True Story Photography
- Grayshott Pottery
- Jenkyn Place Vineyard
- Jane Austen's House Museum
- Squire's Garden Centres
- Bentley Stores
- Cheesemans Fruit and Veg
- Tilly the Avon Lady
- P R Launderers Ltd

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DATES FOR THE DIARY

Monday 3rd July	Wimbledon Fortnight Begins	Wimbledon Fortnight Begins
Tuesday 4th July - 12noon	Summer Picnic - Paul Nicholas Entertainer	Balmoral Terrace
Sunday 9th July - 2pm-4pm	Pax Hill Summer Fete	Pax Hill Court Yard
Tuesday 11th July 3pm	Strawberries and Cream/ Wimbledon	All Units
Thursday 13th July 1.30-3pm	Purls of wisdom - Knitting Club	Windsor Lounge
Saturday 15th July	Ladies Finals on TV	
Sunday 16th July	Mens Finals on TV	
Tuesday 18th July 1 - 2pm	David and his piano	Montgomery Lounge
Wednesday 19th July 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Thursday 20th July 2-3pm	Desert Island Discs	Montgomery Lounge
Tuesday 25th July Pick up 1pm	Visit to Badshot lea Garden Centre	
Thursday 27th July 2-3pm	Inter Unit Dominoes	Montgomery Activities Rm
Wednesday 2nd August 2-3pm	Poetry Please	Balmoral Lounge
Friday 4th August 11am	Holy Communion Catholic	Montgomery Activities Rm
Thursday 10th August 1.30 -3pm	Purls of wisdom - Knitting Club	Windsor Lounge
Tuesday 15th August 2 -3pm	Mill Cottage Farm Experience	Pax Hill Court Yard
Wednesday 16th August Pick up 1pm	Visit to Country Market Garden Centre	
Thursday 17th August 2-3pm	Where in the World	Montgomery Lounge
Tuesday 22nd August 1-2pm	David and his piano	Montgomery Lounge
Wednesday 23rd August 2-3pm	Cheese and Wine	Balmoral Lounge

Thursday 24th August 2 -3pm	Inter Unit Bingo	Montgomery Activities Rm
Friday 1st September 11am	Holy Communion Catholic	Montgomery Activities Rm
Tuesday 5th September Pick up 10.30am	Milestones Museum - Back down Memory Lane	Basingstoke
Wednesday 13th September 2-3pm	High Society Talk by Kate with refreshments	Balmoral Lounge
Thursday 14th September 1.30-3pm	Purls of wisdom - Knitting Club	Windsor Lounge
Wednesday 20th September 2-3pm	Inter Unit Dominoes	Montgomery Activities Rm
Wednesday 27th September 10.30am	Macmillan Coffee Morning	Balmoral Lounge

C of E Holy Communion and Harvest Festival dates are still to be confirmed