



PAX HILL

Care home for the elderly



Montgomery Quarterly Newsletter

Spring 2017

Hello and welcome to our Spring newsletter.

The exciting news is that we have a new activity therapist joining the team.

Carol Bennett will be joining me on the Montgomery unit. Carol is experienced in all types of activities and I look forward to working with her and planning new activities. Her time will be divided between Montgomery and EMF. I will continue to work Tuesday Wednesday Thursday and Friday morning. Carol will be on working Monday Tuesday and Friday on Montgomery and Tuesday and Wednesday over in EMF. Lucy and I will continue with some joint activities on both Windsor and Montgomery. Entertainers (singers) will be in Montgomery. Speakers will be in Balmoral with residents from all units attending if desired. Any special events will also be held in Balmoral and on the terrace. Posters of all events will be on the notice

boards. With Carol joining us there will be more information sent via email.

The family corner created in the activities room has been very well received providing a person-centred area for residents to enjoy with their family and friends. Please ask the carers to assist you if you wish to use the area. Tea or coffee can be an added addition if you wish.

There is a new wall hanging by the lounge entrance stitched by me with the words

“Residents do not live in our workplace we live in their home” - very important words to be remembered.

The Namaste (nurturing of the spirit) room is almost complete. This will enable residents to enjoy a special time of peace, tranquility and stimulating the three senses of touch, taste and smell, with visual and sound stimulation. A hand massage will be given to soothe and relax.

Montgomery Nursing Station

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Many of you have filled in the "This is me" which will now be kept in a folder along with activity sheets in residents room. These activity sheets can be filled by Ann and Carol along with the carers and any visiting family or friends. This will enable us to prompt residents that they had a visitor and what they did giving a much rounder approach of activities as input is required from many directions.

Over to Carol who I look forward to working with and welcome her to the activity team.

Hello....thanks for your lovely welcome as I start with the team at Pax Hill. A bit about me – I have worked for the past 4 years at a nursing home in Farnham as an Activities Co-ordinator. Prior to that I worked for 23 years with young adults with physical and learning disabilities – so I think I have developed a range of skills to help the residents here at Pax Hill. I enjoy crafts, chatting, floristry, chatting, reading, chatting and occasionally I might even tackle a bit of DIY at home!! I look forward to getting to know you all.

We wish you all a happy Summer and we look forward to some fun filled activities with our Best Wishes to you all

Ann & Carol

ENTERTAINMENT

We have had a varied range of entertainment to start the year.



Jim Munro a story teller and raconteur gave us an interesting afternoon.



Burns night we celebrated with a Scottish Quiz followed by various Scottish ditties with Natalie and many enjoyed a Scottish Piper in the courtyard from the comfort of their windows



The following day it was Chinese New Year. The Year of the Rooster. We celebrated with all things Chinese.



Clair and Neville sang a wide range of songs going back to the 1940s. Residents joined in with the singing also with David who entertained on Valentines day.

Paul Nicholas's powerful voice enthralled everyone with the old favourite's and songs from musicals.



Poetry Please in Balmoral gives residents a chance to hear their favourite poems. Thanks to Marion who read out one of her Mums favourites from Christopher Robin. If you know of a favourite please let me know or better still come and read it!

We continue with our fortnightly Film Club enjoying a Royal theme at the moment

Vera Lynn was remembered on her 100th birthday and a DVD of her was very much enjoyed.

We look forward to the local Rock Choir paying us a visit.

Lots of fun on Shrove Tuesday tossing pancakes, just for fun none of them were actually eaten!





VALENTINES LUNCH

Our annual Valentines lunch was once again a great success with residents and their husband /wife who enjoyed a delicious lunch and the company of each other. Many thanks to Pete and the kitchen staff for their extra hard work it was much appreciated by all.



TIME FOR A CUPPA

Thank you for all who came and supported this worthy cause. We had a great afternoon full of conversation and laughter. With your donations and a raffle we were thrilled to raise £276 for Dementia UK.



Our thanks to Peter Shearing from the Scouts Heritage in Southampton for his help and all the amazing items they have loaned us for our very colourful Scouts wall in the corridors. This is on going and I am still working on it. This is bringing back memories for many residents and their families. Perhaps a wonder down the corridor with Mum or Dad will spark a memory. They are an important part of memory lane activities please do use them.





PONY PALS

The ever popular Mr Kipling paid us a visit. He is a very gentle and patient donkey who enjoys all the fuss he receives. His owner Caroline is just as gentle and patient as Mr Kipling.

DING DONG AVON CALLING

Several of our residents enjoyed a visit from Tilly the Avon representative. Residents were able to purchase several products. Our Lipstick Queen was happy with her two lipsticks!



BIRDWORLD VISITS PAX HILL

Residents enjoyed getting close to the visiting creatures and Becky gave interesting information though out the afternoon.





MOTHERING SUNDAY ON SATURDAY

Several families had a great time enjoying afternoon tea. Savoury snacks and wonderful cakes with the gentle sound of the harp playing in the background. Ann Carol Kate Lucy and Khusee worked as a team to bring together an enjoyable afternoon. Many



thanks to the Kitchen for their work also our thanks to all who attended it wouldn't be the same without you!



DATES FOR THE DIARY

Sunday 2nd April 3.45 - 4.15	Rock Choir Visits	Balmoral Terrace
Tuesday 4th April 2pm	Memories of Trek Peru	Montgomery Lounge
Thursday 6th April 1.30pm	Sip and Knit	Windsor Lounge
Friday 7th April 11am	Holy Communion Catholic	Montgomery Activities Rm
Saturday 8th April	Grand National	Place Your Bets
Tuesday 11th April 2-3pm	Sing Along with David and his Piano	Montgomery Lounge
Wednesday 12th April 2.15pm	Holy Communion C of E	Balmoral Lounge
Thursday 13th April 2pm	Easter Talk plus Chocolate Tasting	Balmoral Lounge
Wednesday 19th April 2-3pm	Inter Unit Dominoes	Montgomery Activities Rm
Wednesday 26th April 2-3pm	Poetry Please	Balmoral Lounge
Thursday 27th April 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Wednesday 3rd May 2-3pm	Cheese and Wine	Balmoral Lounge
Friday 5th May 11am	Holy Communion Catholic	Montgomery Activities Rm
Wednesday 10th May 2.15pm	Holy Communion C of E	Balmoral Lounge
Thursday 11th May 2-3pm	Claire and Nev Entertains	Montgomery Lounge
Tuesday 16th May 2-3pm	Baden Powell's Life History Talk by Kate	Balmoral Lounge
Wednesday 17th May 2-3pm	Inter Unit Dominoes	
Wednesday 24th May 2-3pm	Kitchenallia	Balmoral Dining Rm
Thursday 25th May 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Tuesday 30th May Pick Up 1pm	Visit to Gilbert Whites Garden, Selbourne	Depart 3.30pm
Wednesday 31st May 2-3pm	MemoriesCycle India	Montgomery Lounge
Friday 2nd June 11am	Holy Communion Catholic	Montgomery Activities Rm

Tuesday 8th June	D Day Anniversary	
Wednesday 7th June 2-3pm	Everything but the Squeak with piggy nibbles	Balmoral Lounge
Wednesday 14th June 2.15pm	Holy communion C of E	Balmoral Lounge
Thursday 15th June	Royal Ascot Ladies Day	
Sunday 18th June	Fathers Day	
Monday 19th June 2-3pm	David and his Piano	Montgomery Lounge
Wednesday 28th June	Inter Unit Dominoes	Montgomery Activities Rm
Forthcoming Events		
Summer Picnic Lunch Time All Units	Paul Nicholas Entertains	Balmoral Terrace
Pax Hill Summer Fete Sunday 9th July 2-5pm		

There are still lots of dates to be confirmed, please see notice boards on each floor