



**PAX HILL**  
Care home for the elderly

# EMF Quarterly Newsletter

*Summer 2017*

Hello everyone,

I would like to welcome you all to the EMF Summer 2017 Newsletter.

Just a few words to thank you for all your support again recently. As you may be aware, we have been without Jill since Easter when she injured her arm and hasn't been able to work. Get well soon Jill – we miss you!

Jill & Carol



In Jill's absence, the carers have been running some activities Mondays, Tuesdays and Fridays

EMF Nursing Station

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## SUMMER FETE PREPARATION

We have been doing various craft based activities recently in preparation for our Summer Fete on July 9th. We have mainly been making cards and fridge magnets which the residents have really enjoyed.







## BAKING

We also had a 'non-baking' baking session, where we made a Chocolate Fridge Cake. While waiting for the cake to set, we had time to chat about memories from childhood and the exciting smell of cakes and meals cooking that awaited us when we came home from school.



## MUSIC

We continue to have regular fortnightly visits from David and his Piano bringing his own brand of music and songs to the delight of our residents. When David is here, it is hard to keep still – either singing, tapping our feet, clapping along and some of us even get up and dance! We look forward to his visits very much.



## EXERCISE

We like to start off our days with a little gentle exercise which we find helps keep our mobility going. We have recently enjoyed a bit more energetic exercise in the form of Balloon Tennis. This involves us using plastic bats and trying our hardest to keep the balloon in the air which is harder than you might think! This always raises a few laughs and some people take it very seriously – although not quite up to Wimbledon standards we don't do so bad!





## **FLOWER ARRANGING**

We have also been trying our hand at some Flower Arranging, which proved to be very popular. It was lovely reminiscing about our favourite flowers and doing the gardening – or in some cases watching our husbands' garden while we supervised!



# SUMMER FETE

The Summer Fete on July 9th was very well attended – thanks again to all who contributed and helped! It was lovely to see our residents out enjoying the sunshine, drinks and ice creams!









## DATES FOR YOUR DIARY

- ▶ David and his piano will be here to entertain us alternate Tuesday afternoons as from 1st August for the foreseeable future.
- ▶ Tuesday 15 August, Mill Cottage Farm visit, 2-3pm in the Courtyard.
- ▶ Our local C of E Vicar holds a Service and Communion once a month in EMF, for those who want to participate. These will be on August 18; 15 September; 20 October
- ▶ There is a Catholic service held once a month in Balmoral should anyone wish to attend.
- ▶ We are waiting confirmation of date and time for Wendy, the Sand Artist who attended the Summer Fete. Wendy has worked with residents in other care homes to produce art using coloured sand.

Please keep your eye open for information about other entertainers and events!