



Pax Hill EMF Quarterly Newsletter

Summer 2019

Hello everyone and welcome to the EMF Summer Newsletter

I would like to thank you for your support as I find my feet here at Pax Hill. For those who I have not yet met my name is Melody and I am the Activities Therapist. I started here in April and have spent time getting to know the routines, the staff and most importantly our Residents and their families.

I have been working with those living with dementia for about ten years. My qualifications include being a Dementia Champion, a Person First ... dementia second specialist and a Dementia Friend with the Alzheimer's Society.

I am gradually introducing different activities. The Residents particularly seem to like whiteboard word games. We have had some interesting discussions, conversations and quiz sessions including 'Vintage Television', 'What am I' and 'General Knowledge'. Poetry and Short Story reading has also proved popular with everyone reciting verses they remember.

Pax Hill EMF

www.paxhill.co.uk

Bentley, Farnham, Surrey GU10 5NG



PAX HILL
Care home for the elderly

A more interactive session recently introduced is Creative Writing. This has proved to be great fun with lots of laughter (the most important medicine). We composed a poem about strawberries. We began the session by looking at, smelling, talking about and finally tasting a new crop English strawberry. This is the result:

Ode to a Strawberry

Strawberries are bright red,

They shine and are sweet.

We get them in the summer

They are tasty to eat.

Strawberries are cold and juicy,

They are lovely eaten with cream.

Sliced finely in a jug of Pimms

They are a Wimbledon dream.



GENERAL ACTIVITIES

The residents have enjoyed 'Armchair Travel'. I have a small suitcase full of postcards, shells, stamps and souvenirs which we passed around. It was amazing to hear the stories of the holidays and travel that people had done in their lifetime. New items for the collection always gratefully received.

MORNINGS

We start each day with some gentle seated exercise that varies from stretching, dance and also includes ball, beanbag and balloon games. This session is usually followed by general conversation to see how everyone is feeling or if they have any news to tell us. We have a hot drink and a biscuit or two whilst going through the newspaper.



REMINISCENCE

This is probably one of the most important activities. We have had fun talking about and reliving special memories. These have included, gardening making traditional May Day flower posies to hang on people's doors and cooking then tasting Jersey Royal New Potatoes.



WHITEBOARD WORD GAMES

The most popular game is someone thinks of a fairly long word and we see how many smaller words we can make from it. We usually manage 70 – 80 words. However, the word 'disbursement' was suggested and during the session we managed to find 92 words but over lunch and throughout the afternoon further ideas were put forward so we ended with the grand total of 101!!!!

CREATIVE WRITING

This is a fun session and everyone's sense of humour is definitely released. Sometimes we start with an opening sentence, or a photograph of someone who we create a life story for and often it just starts with an experience someone has had.



ENTERTAINMENT

We have been lucky enough to have been entertained by various singers and had a special visit from the Alton U3A Choir.

BAKING

We baked for the Alzheimer's Society Cup Cake Day and managed to raise £16 so thank you to the relatives and friends that attended to support our effort.

We had a London themed day and baked Tottenham Cake in the morning, the origins of which is an interesting story. I bought my best china in from home and we had Afternoon Tea from tea made in a teapot with loose leaf tea from Fortnum & Mason!!! Everyone said how lovely it tasted. I was asked if I had remembered to 'warm the pot'!



OUTINGS

The outings that we have been on so far have been very successful and enjoyed by Residents and their relatives alike. We have visited Forest Lodge Garden Centre, Guildford Cathedral, The Chocolate Frog, The Avenue Garden Centre at Lasham and Alice Holt Forest. Each outing of course ends with the requisite tea and cake. We hope that you will be able to come along with us sometime.



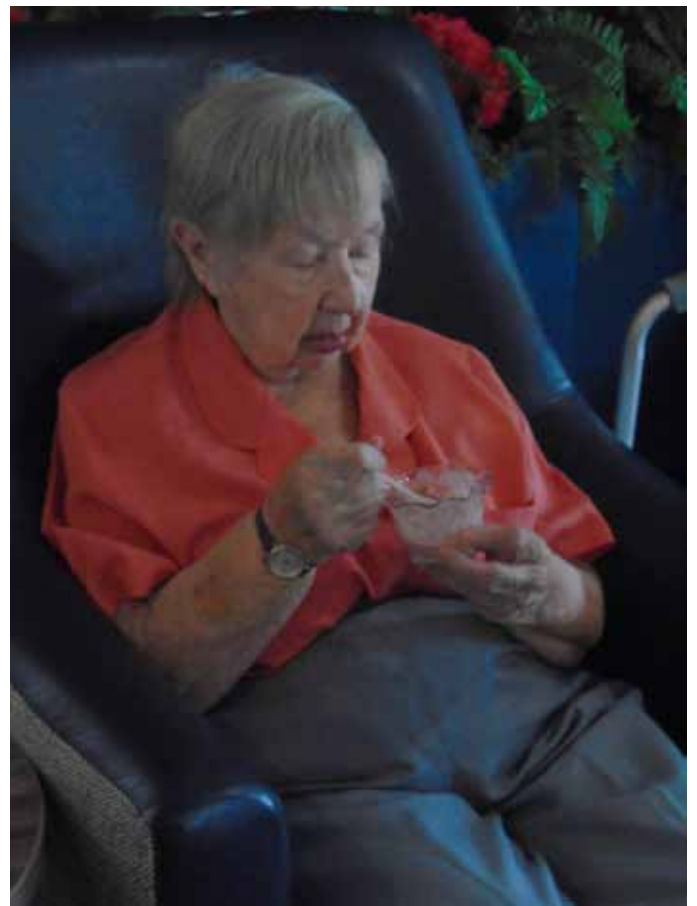


AMERICAN WESTERN THEME DAY

On the 4th July we celebrated Independence Day with a quiz in the morning followed by an afternoon 'at the movies' watching Calamity Jane upstairs in the bar area. We enjoyed popcorn, Coca Cola, cloudy lemonade and jelly beans! Most of the staff and some of the Residents dressed up in jeans, checked shirts and cowboy hats. We had a lovely time.

CREATIVE ICE CREAMS

Fun was had by all as we created our own ice cream sundaes.





SONAS

Laura is continuing with the SONAS sessions on a Tuesday afternoon. SONAS is a sensory stimulating group from which the Residents derive great pleasure. The session includes exercise, sensory stimulation including taste, smell and touch via gentle massage, sound and co-ordination through the playing of percussion instruments and cognitive stimulation through singing and the reciting of poetry and proverbs.

ENJOYING THE GARDEN

We try to get out in the garden to enjoy the sunshine when we can. There are lots of ideas being discussed for its future concentrating on turning it into a sensory garden.



FUTURE ACTIVITIES

We are planning to do flower arranging, arts & crafts including knitting and sewing. As the summer progresses we hope to spend more time in our new garden.

As you will see in the dates for the diary we are having a Summer Garden Party on 17th August. After an in depth discussion with the residents the theme decided is a Hawaiian Luau. So please join us and don't forget your brightly coloured beach type clothes – grass skirts optional.

So, as you can see we have been busy getting to know each and trying new ideas. If any of you have suggestions we could try or would like to take part in anything please let me know.



DATES FOR THE DIARY

August	1st	Roman Catholic Holy Communion
	1st	Cheese, Wine, Quiz Afternoon (2.30pm)
	6th	C of E Holy Communion
	8th	Trip Out venue TBC
	17th	Hawaiian Theme Summer Garden Party (2 – 4pm)
	21st	Mill Cottage Farm (Montgomery)
	22nd	Trip Out venue TBC
	26th	Summer Bank Holiday
	29th	Entertainer – Singer Paul Nicholas (3.00pm)
September	3rd	C of E Holy Communion
	5th	Trip Out venue TBC
	6th	Roman Catholic Holy Communion
	12th	Entertainment: Vic Cracknell – Traditional singalong (2.30pm)
	19th	Trip Out venue TBC
	30th	End of Summer Afternoon Tea
October	1st	C of E Holy Communion
	3rd	Trip Out venue TBC
	4th	Roman Catholic Holy Communion
	8th	Guinea Pig Therapy (2pm)
	9th	Entertainer: Singer Paul Nicholas (3pm)
	17th	Trip Out venue TBC
	25th	Pablo Picasso Creative Art Challenge
	27th	BST ends
	28th	Diwali Celebration
	31st	Halloween Style Theme Day

Please keep your eyes out for posters informing you of any other events.