

WELCOME to SEPTEMBER

As we enjoy the golden sunlight brought by the beginning of autumn, here's a quick seasonal quiz to warm you up (answers at the back - pages 13 and 14):

1. When is the harvest moon this year?
 - a. 1st October
 - b. 24th September
 - c. 13th September

2. When is the autumn equinox?
 - a. 23rd September
 - b. 21st September
 - c. 22nd September

3. In Anglo Saxon times, what was September called?
 - a. Berry Month
 - b. Harvest Month
 - c. Wheat Ear Month

4. How's your Latin? When the Romans first arrived in Britain and brought their own calendar, what number month was September?
 - a. the sixth month
 - b. the ninth month
 - c. the seventh month

5. Traditionally, what type of dollies are made from the last sheaf of corn cut?
 - a. Barbie Dollies
 - b. Corn Dollies
 - c. Rye Dollies

6. Here is the first verse and chorus of the well-known harvest hymn, 'We Plough the Fields and Scatter'. Can you complete the missing words (the number of dashes is the number of letters in the missing word)?

*We plough the fields, and scatter the good _____ on the land;
But it is fed and _____ by God's almighty _____:
He sends the snow in winter, the _____ to swell the grain,
The breezes and the sunshine, and soft refreshing _____.*

*All good gifts around us
Are _____ from _____ above,
Then thank the Lord, O _____ the Lord
For _____ His love.*

HAPPY BIRTHDAY TO YOU!

Who's counting?

Well on this occasion, we are! Earlier this month, we had the honour of celebrating **Irene's 100th Birthday**.

Born two years after the end of the First World War, Irene's early years witnessed many an invention – the television, electric fridges, rollercoasters, crosswords, Branston Pickle and Baked Beans, to name but a few!



Alongside Irene's grand birthday, we are also wishing a **Very Happy Birthday** to **Ivy, Ron and Keith**. And to our staff **Alison L** (who thinks that a mere 40 years is significant!), **Anne, Melissa** and **Tacia**.

We'll all be celebrating with you and hope you all have lovely days!



IN MEMORY

We want to pause for a moment to remember Janet, our wee Scottish lady, who recently passed away peacefully. We'll miss her and have fond memories of her time with us. We're all sending our best wishes, love and thoughts to Janet's family and friends.

WISHING FOND FAREWELLS

This month we're saying **goodbye to Will**, our **kitchen assistant**. We all wish him the best for his future adventures.

WELCOME BACK!

Annabel, our lovely **hairdresser** is **back**. She'll be here **every Wednesday** from **9.00 am to 4.00 pm** for all your hairdressing needs. **If you would like an appointment, please ask Anne** and she will arrange this for you.

NEW FACES

We're welcoming **one new member of staff this month, Mary**. Mary's joined our team as a **night-care assistant**. To help her get to know you, don't forget to introduce yourself and tell her something about the people you love, the things you enjoy and perhaps some of the things that you find challenging or worrisome.

Talking of Mary's – how did our garden grow? AMICA CARE GARDEN COMPETITION

We did it! We won the competition! Thank you so much to all the residents, staff, children of St Joseph's School, family and friends of Exmouth House who worked so hard and gave us so many donations. We could not have done it without you all. We're thrilled.

Now, moving into autumn, we've been getting the beds ready for a colourful autumn and winter.

EXMOUTH IN BLOOM are now selling calendars for 2021

The calendars are **£5 each** and can be bought from **local shops** (see the poster at the back of this Newsletter. You can also order them, or ask a family member to, from www.exmouthinbloom.org.uk, just click on the 'Contact Us' tab and send us an email.

Please do support this charity and the wonderful displays it creates each year for Exmouth residents and visitors alike.

RESULTS OF OUR AUGUST IT'S A KNOCKOUT



INDOOR BOWLS COMPETITION, played on Wednesday, 5th August, a closely fought final, emerging with **Irene** as the **winner**.



DOMINOES COMPETITION, played on Tuesday, 18th August, **Mick** won the day.

Congratulations to both of our winners. And thanks to everyone who took part in the fun.

WE ARE THE CHAMPIONS - CHOIR CHALLENGE (National Activity Providers' Association, NAPA)

This month our choir has been working hard, ready for us to take part in the NAPA Care Homes Choir shared singsong. Each home is sending in a film of their choir on full throttle, singing the iconic (if challenging) song 'We Are The Champions', originally written and performed by the rock-band Queen. We sent in our film earlier this month and the combined performances from across the UK will be played on their website on Friday 2nd October. We'll be watching!

STAFF MEMBER OF THE MONTH

Last month we brought back this staff award and you voted for **Megan** for being **so kind and caring**. And, **Maria** for the **diligence she shows**, working hard behind the scenes in the laundry – washing, drying and delivering your clothes with care, neatly back to your rooms. This is why everyone here knows her as 'Mumma Maria'.

STAYING SAFE & STAYING CONNECTED!

With great reluctance, yet primary concern for the safety of your loved ones, we have once more moved into lockdown at Exmouth House. This is in response to rising levels of community infection with Coronavirus across the UK. For the time being, it means that we have had to suspend socially distanced garden visits.

It's easy to feel a bit weary with it all, but we know it makes sense. **So once more, we're asking you to go that extra mile to stay connected** – with your loved ones and with our team. We need everyone to stay safe and hope you're doing well too.

Here's a quick reminder of how to stay in touch during our lockdown



- If you have access to a computer or smart phone, keep posting pictures and messages on the **relatives gateway** www.relativesgateway.co.uk We'll do the same too.



- Send us **letters, postcards and cards** telling us what you've been up to; if your loved one writes to you, we'll be sure to send it.



- Send us **pictures and paintings** you and your family have done – don't be shy, you don't have to be Van Gogh!



- Send or drop off some **treats** – everyone likes to know they're being thought about, your relatives and our staff.



- Pick up the **phone** to speak to us; we'll take the phone to your family member.



- Check-in with us to see how it's going; we will ask you too.

DATES FOR YOUR DARIES

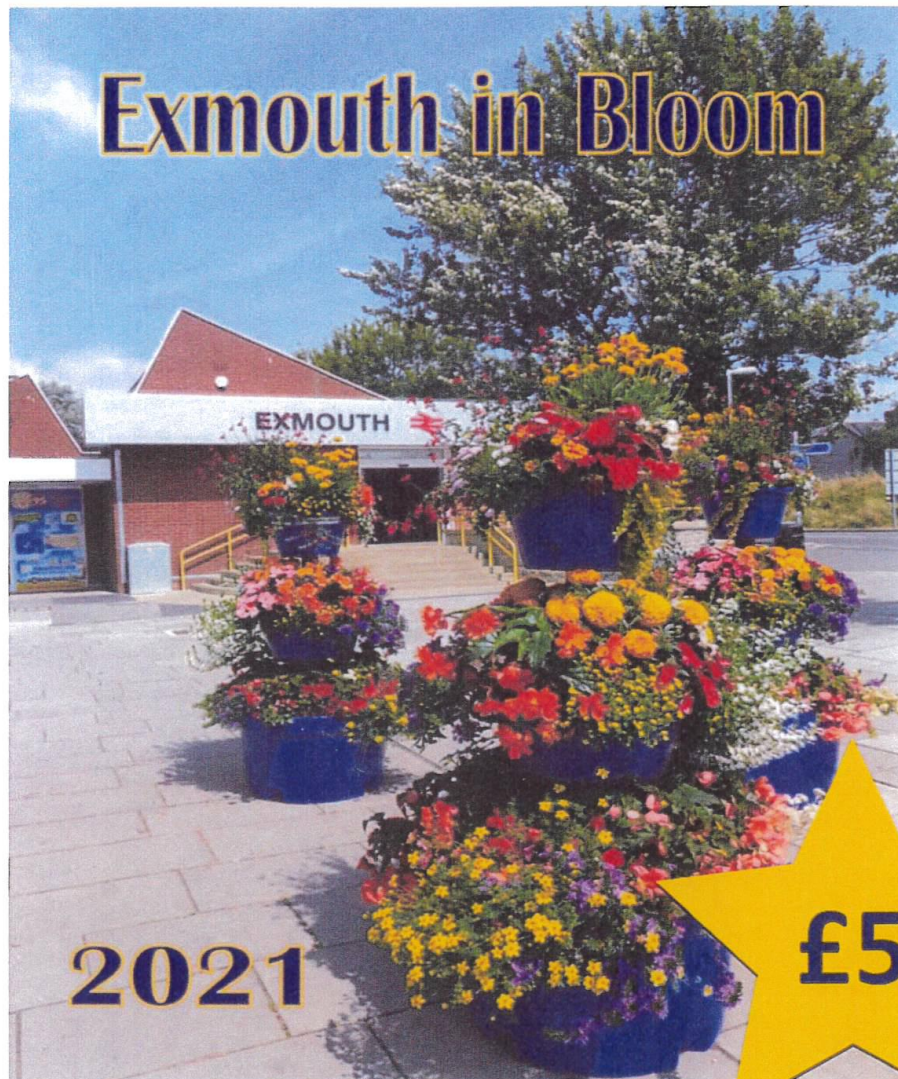
Although family, friends and volunteers can't generally join in right now, we're hoping you'll enjoy reading what we're up to.

Date	Time	Event	Families & Friends
Friday 2 nd October (advanced notice)	15.00 pm	NAPA Care Home Choir We Are The Champions UK wide pre-recorded performance.	We will provide a link to the performance (via email or relatives gateway). Please note, this is a competition so not all pre-recorded performances will make it to the final cut. Having received good feedback, we are hopeful that ours will, so please lend your support to our lovely choir and staff who made this possible!
Every Day	11:00 am	Geoff's Juke Box Come along to the Dining Room and hear the records and make some requests of your own.	Residents only.
Mondays	10.30 pm to 12.30 pm & 2.30 pm to 4.30 pm	One-2-One Pamper Time For ladies and gentlemen alike. Fancy a -hand massage -manicure -foot spa or -hair-wash? Please ask Anne if something appeals.	Residents only.
	2.30 pm to 4.00 pm	Market Stall open	Residents & staff only.

Date	Time	Event	Families & Friends
Tuesdays	10.30 am to 12.30 pm	Creative Crafts with Anne. Don't be shy if you're a beginner or think you've lost the skill – come along anyway!	Residents only.
	3.30 pm to 4.00 pm	Singalong with Alison and Anne.	Residents only.
Wednesdays	All day	Residents Choice of Activities See Anne with any requests.	Residents only.
	9.00 am to 4.00 pm	Hairdressing with Annabel. Ask Anne if you would like an appointment.	
	2.30 pm to 4.00 pm	Market Stall open	Residents & staff only.
Thursdays	10.30 am to 12.30 pm	Creative Crafts with Anne. Don't be afraid to join in and turn your hand to something new. No previous crafts experience required!	Residents only.
	3.30 pm to 4.00 pm	Singalong with Alison and Anne.	Residents only.
Fridays	10.00 am – 12.30 pm	One-2-One with the Caring Team, some quiet time specific to individual's wants/needs on the day.	Residents only.

Date	Time	Event	Families & Friends
Saturdays	On request - ask our Carers on any day	Board Games. Take a trip down memory lane and have some fun!	Residents only.
	2.30 pm to 4.30 pm	Me & My Key Worker Personal time.	Residents only.
Sundays	2.30 pm to 4.30 pm	Me & My Key Worker Personal time.	Residents only.

EXMOUTH IN BLOOM CALENDAR 2021



ON SALE NOW AT THE FOLLOWING OUTLETS

Just Cards in Exmouth Indoor Market

Exmouth Town Council Offices – Town Hall, St. Andrews Road

Porky Down Butchers – Magnolia Centre

Kings Garden and Leisure – Higher Hulham Road

World of Country Life – Littleham

Best Books – The Parade

Brian Toyé Optician- Rolle Street

Birds and Bees – Exeter Road

Or order by emailing us via our 'Contact Us' tab at www.exmouthinbloom.org.uk



Welcome to NAPA News

- 21st August 2020 -

Sing along with us

The NAPA National Care Home Choir!

Join our Care Home Choir for a one off performance on Friday 2nd October 2020 at 3pm.

We can't wait to receive your performance recording! Please find attached the backing tracks and lyrics for Queen's - 'We Are The Champions'.

ANSWERS TO OUR SEPTEMBER QUIZ (page 1)

1. When is the **harvest moon** this year? The answer is
 - a. 1st October.

The harvest moon is the *full* moon closest to the start of autumn. It's importance hails from times before electricity when farmers were dependent on moonlight to continue bringing home the harvest.

2. When is the **autumn equinox**? The answer is
 - c. 22nd September.

This marks the official beginning of autumn, when daylight and darkness hours are equal for a short period of time.

3. In **Anglo Saxon** times, what was **September** called? The answer is
 - b. Harvest Month.

Our Anglo-Saxon ancestors tended to name months after important activities and celebrations that took place. Seems sensible. However, the Romans that followed preferred numbers (October for example from Latin 'octo') and/or their own names (Julius Caesar's, July).

4. How's your Latin? When the **Romans** *first* arrived in Britain and brought their own calendar, **what number month was September**? The answer is
 - c. the seventh month.

Latin for seven is 'Septem'; it became the ninth month of the year only after Julius Caesar added a couple of months to the calendar, so shunting the seventh month, Septem to ninth position!

5. Traditionally, **what type of dollies** are made from the last sheaf of corn cut? The answer is
 - b. corn dollies.

Corn dollies are plaited from the last sheaf of corn cut during the harvest. It symbolises the 'Corn Spirit', bringing goodwill for next year's harvest. Corn dollies are displayed prominently at

harvest festival banquets and then kept safely until the following year's harvest.

6. Here is the first verse and chorus of the well-known harvest hymn, 'We Plough the Fields and Scatter'. These are the missing words:

*We plough the fields, and scatter the good seed on the land;
But it is fed and watered by God's almighty hand:
He sends the snow in winter, the warmth to swell the grain,
The breezes and the sunshine, and soft refreshing rain.*

*All good gifts around us
Are sent from heaven above,
Then thank the Lord, O thank the Lord
For all His love.*

Take care everyone!