

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Llamas

Exmouth House welcomed Harry and George, two very well-behaved therapy Llamas. The llama is native to the South American Andes, Peru and Bolivia

Interacting with alpacas and other therapy animals can have a calming, centering effect for people, lower blood pressure and reduce anxiety



STORIES INSIDE THIS ISSUE

Therapy Llamas

Upcoming activities

Would you like to join us?

What we have been up to

Staff member of the month

Birthdays

OUR UPCOMING ACTIVITIES

Our Activities Team has planned a fun-filled month of activities.

Keep an eye on our Facebook page for the latest photos.



[Facebook.com/ExmouthHouseCareHomeExmouth](https://www.facebook.com/ExmouthHouseCareHomeExmouth)



Exercise Sally: Sally will be hosting armchair exercise every Thursday afternoon.

Hairdresser: Annabel will be at the home every Wednesday



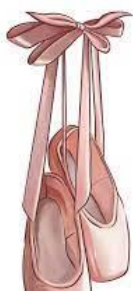
Church service: On the first Friday of the month the local Church will be joining us for a service and hymns



Exmouth Pavilion: On the 13th we will be going on a trip out for coffee and cake at the Pavilion



Gingerbread day: On the 21st it is national gingerbread day, we will be doing some baking



Ballet: On the 26th we will be joined by the Southwest Ballet school

WOULD YOU LIKE TO JOIN US?

On Tuesday 19th December at 2pm we will be having a Christmas party, the Exmouth house residents' choir will be singing for us, if you would like to join us for a mince pie, please let us know.

We hope to see you there



WE NEED YOU!

At our care home, we are committed to providing the best possible care and support to our residents, and your feedback means the world to us.

If you have had a positive experience with our team and the care we provide, we kindly ask you to take a moment to share your thoughts on carehome.co.uk. Your reviews not only offer valuable insights for us to continually improve our services but also provide a reassuring glimpse into life at our care home for those seeking the best possible care for their loved ones.

Your words of encouragement and appreciation serve as a tremendous morale boost for our dedicated staff, who work tirelessly to ensure our residents' well-being. Thank you for being a cherished part of our extended care home family.



WHAT WE HAVE BEEN UP TO



REMEMBRANCE DAY

Exmouth House got ready for Remembrance Sunday, we all took the opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. Belle from creative art joined us to help make a remembrance themed piece of art.



WHAT WE HAVE BEEN UP TO



HAPPY HALLOWEEN



We had a lot of fun making our own Halloween masks



TECHNOLOGY

Exmouth House had a demonstration for an interactive table.



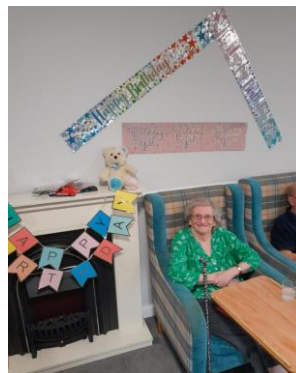
We have been looking into different technologies and how they can be used to include everyone in meaningful activities, this month we had a look at an interactive table.

The table is a portable device that can be projected onto a table or a floor mat, it has a series of interactive light games specifically designed for people with dementia.

The table has a host of puzzles, quizzes and activities, it focuses on the science of play, it has been established that people in the later stages of the disease can still experience three primary outcomes of play: sensation, relaxation and reminiscence.



We wished Yvonne a happy birthday, we had a party to celebrate



Staff member of the month



Congratulations to Agetina

Agetina was voted this month's staff member of the month by her colleagues

Well done and thank you for all your hard work.



BIRTHDAYS

November Birthdays:

Saturday 25th Jean

Happy Birthday from everyone at Exmouth house.



November Birthstone

• Citrine •



The first uses of **citrine** in jewellery can be dated back to the Hellenistic Age (323-280 BC) in Greece. At one time it was used as a talisman against alcoholism, evil thoughts, overindulgences, scandal, libel, and treachery. Some also carried it as protection against plagues, epidemics, as well as venomous snake and reptile bites.

