

April 2022 |

AMICA CARE TRUST

A Monthly Newsletter for The Orchards Residents



Written by Ruth O'Dea

April was so much fun, we had lots of different things going on to keep us all busy throughout the month. We had many reasons to celebrate and celebrate we did.

STORIES INSIDE THIS ISSUE:

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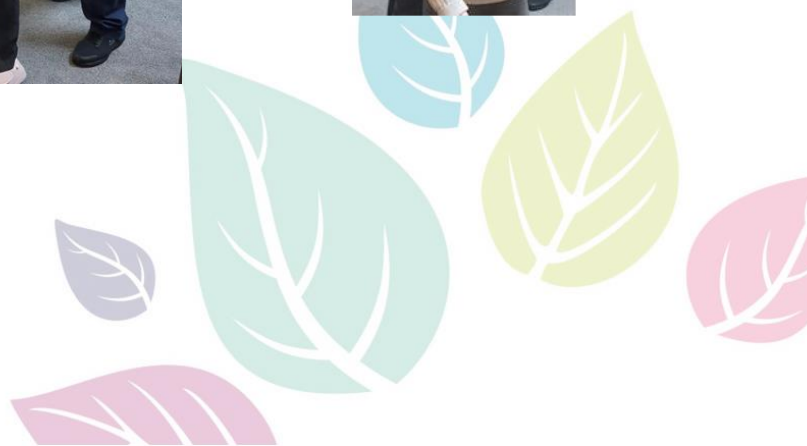


The April winds are magical and thrill our tuneful frames, the garden walks are passionate to bachelors and dames – Ralph Waldo Emerson

Our April Activities

April was another great month, we introduced feedback forms for Activities for residents so we could ensure we capture what each resident enjoys and what they found not so enjoyable. We will then use this information to shape our Activity program. It is important for us to keep life at the Orchards fun.

Back by popular demand was our elegant and flamboyant Dolly, she has not performed for some time and was very much eagerly anticipated by all. It was such a great afternoon, we danced, sang and laughed our way through the party. After all the excitement we had a much deserved buffet which was funded by our friends at Waitrose, who remain very supportive of us here at The Orchards.



“we dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams”



You are what you eat, so eat something sweet

April saw us introduce our new sweet trolley, residents can come and pick from some classic sweets. It was a very popular idea and we had many happy faces after.





“im running from old age” Ida Keeling, 100 years old world record holder

Exercise is important the NHS state “Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. People who exercise regularly have a lower risk of developing many long-term (chronic) conditions” its also a fun way to get together and feel good as exercising releases endorphins which can help with emotional wellbeing.





Each of our residents had an easter basket of goodies, these were put together by our own worker Bunnies, Jess and Arthur. Many thanks for all your help. As the saying goes “many hands make light work”





We would like to wish a Happy Birthday to our residents born in April. Those born in April have the birthstone of the beautiful **Diamond**. The name 'diamond' comes from the Greek 'Adamas', meaning unbreakable, or invincible. It's a stone that has a long association with a number of powers and superstitions.

April Birthdays

Ann
Pat P
Mick
Liz





It is coming to that time of year again of the Trust Garden competition, this years theme is the Queens Jubilee. So we would love any donations of flowers or flower pots of red, white and blue to enhance the garden for us all.

YOU CAN MAKE A DIFFERENCE

DONATE



Employees of the Month

With so many wonderful staff it is always hard to identify one. Our team nominated one staff member in April.

Gail is one of our Housekeepers who was nominated for going above and beyond making a difference in residents lives, Gail stayed on after shift to spend time reading to a resident who was poorly, this made a great difference to the residents wellbeing .

