

The Signature Times

'WHAT'S BLACK & WHITE AND RED ALL OVER?'

....A sunburnt zebra!



Hello lovely people

and welcome to June's newsletter!

So much has happened since our last edition, I'm not sure where to start....from the very beginning....as the adored Julie Andrews may sing!

May ended with 'Squidge & Pop'! It was amazing! Bubbles have never been this good!! We had big bubbles, little bubbles, bubbles over people, smoking bubbles and bubblewrap!! Lisa was amazing and she was able to communicate with those who find it a bit harder, so it was lovely to see so much interaction!!



The timing of the last newsletter meant that we hadn't had our May Oomph trip.

Originally the trip was to Bennett's Water Garden, however due to weather conditions we had to change our venue....twice!! You'd never think we are approaching summer! Bennett's Water Gardens is now going to take place in July. At the end of May we went to Bovington Tank Museum. It is so big! We only got to see the World War 1 section, where several of our residents 'signed up'! We got to look inside some tanks and went through trenches. Its very well done and definitely worth a visit if you've not been before!! Ideally you need a full day!

The June Oomph! Trip we went to Wyevale Garden Centre. We were ideas for our garden, we saw tropical and marine fish, which were a great hit. We had tea and sausage rolls and came back. A simple, yet lovely morning!

The official birthday of Queen Elizabeth 2nd was on June 8th, coinciding with our very own Queen Barbara turning 90!

On June 13th we had 'Cupcake Day' for Alzheimers Society. Emma's brownies were actually, potentially the best ever along with lush cupcakes!!

We raised £ 72.60 for Alzheimers Society, so thank you to everyone who bought cakes! We made money and I couldn't eat all the brownies!!

This month we had a completely new and different activity for the residents....a Greek dancer! Everything started fairly peacefully. Yahnis showed us some of the steps and then awesome chaos erupted!! Every resident watching, danced with him. If they could stand, up they got! If they couldn't, he went to them. The smiles and laughter in that room were so infectious! Also what seemed hilarious until you had to do it yourself(!) was watching other staff do it! At the end of the activity Yahnis wanted all the female staff to come in for the 'finale'! A very energetic morning, but worth everything to see so many smiley faces and happy residents!



Learning of the month—The Importance of Colour in Dementia

As well as the natural aging processes affecting sight, the addition of dementia symptoms can alter perception. These difficulties can lead to someone misinterpreting their environment leading to further confusion, examples of this could include, mistaking one person for another, thinking a blue floor is water, not seeing light coloured food on a white plate. The use of contrasting colours can help to ease this confusion.

Highlight important elements – The use prominent contrasting colours can add clarity to environments, for example chairs should be a contrasting colour to the floor, sinks and toilets must contrast with the wall and floor, and table settings must contrast with the table or tablecloth.

Reduce unwanted visuals – As dementia progresses and the patient loses touch with who they were, there’s a real risk of them wandering off on their own and getting lost. Using colours and pattern with low contrast can make exit doors recede into the background and therefore become more inconspicuous.

As well as helping to sharpen the environment for dementia sufferers, colour also has an impact on mood and feelings. Each of our residents will have their own favourite colours, and particular colours that evoke memories, but as a general rule of thumb the following colours encourage these reactions:

Blue: Cool colours like blue make a room feel bigger, and have a calming and restful effect, so they’re often used for bedrooms and quiet areas.

Green: This earthy colour is associated with growth and life, and is thought to reduce activity in the central nervous system and help people to feel calmer.

Red: This warm colour has the opposite effect to blue, making a room feel smaller so it is often used for rooms that are cool in temperature. It’s also a highly stimulating colour which is often used in activity areas to increase brain wave activity and stimulate the production of adrenaline.

Orange: Another warm colour with similar properties to red. Orange is also an earthy colour so is often used in natural environments.

Yellow: This is another stimulating colour which is used in activity areas to increase brain wave activity. Stimulating colours are good for Alzheimer’s patients as they can trigger memories and cognitive function.

Purple: Purple combines the calming nature of blue and the stimulation of red. Purple is associated with peace.



I spy with my little eye, something beginning with 'H'....



Normal Brain

Dementia Brain





10 - 16 June 2019
carersweek.org



And now over to our Manager Kerry.....

Thank you team! Wow such a busy month, carers week we celebrated with an appreciation day! The team were surprised with a treat from Creams! Ice-cream ,crepes, waffles all full of chocolate, strawberries and cream!. Everyone was very pleased!

Employee of the month this month goes to..... Lucy! Well done for being nominated by your team!

I would like to say a big thank you to all the residents and relatives who spoke to CQC on their visit, the feedback was lovely to hear, as soon as the report is available I will share!

We have the summer fete coming up all donations for prizes welcome! Save the date! 20th July please come along and support! It will be great fun with loads to do and of course our famous BBQ food!

The Garden is blooming! Thank you to everyone who has helped it is looking amazing.

So this month we have added some relatives to the relatives gateway but please if you would like this let me know we just need an email address.

Our reception area is looking refreshed and homely thank you for all your patience whilst we completed the works!

Our sensory room is looking great please do go and use the room it is very relaxing!

A reminder we have residents and relatives meeting coming up this July—1st floor community 16th July 11am, 2nd floor community 17th July and 3rd floor community 18th July I hope to see you there!

We are now starting official fund raising for the magic table watch this space...

Enjoy the sunshine while you can!

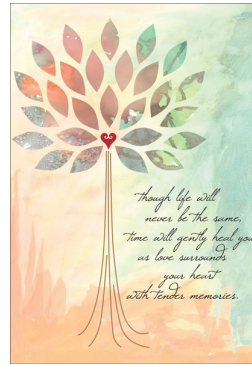
thanks for reading!



Margaret
Sylvia
Sherley
Roy
Goda
Joan



With deepest sympathy



To the families of those who passed, we send our deepest sympathies. They will be missed by everyone at Signature House.

COMING UP...

JULY

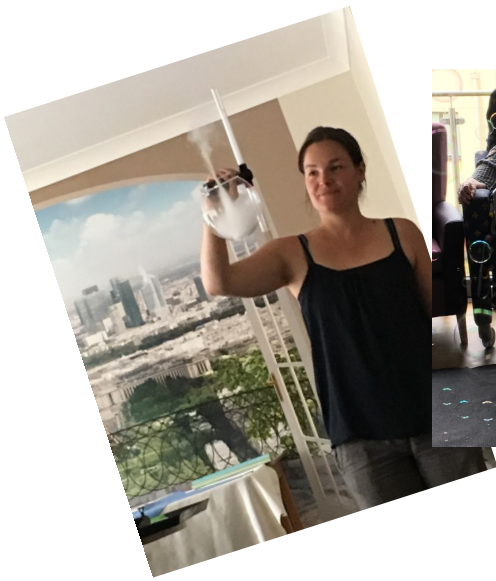
- 3rd Holy Communion
- 5th Mr Piano Man
- 8th Cream teas
- 9th 'Beach Adventure' (weather dependant)
- 10th Singing for the Brain with Jane and Pretzel
- 11th 'Beach Adventure' (weather dependant)
- 15th Freedom Boat Trip
- 19th Magdalena
- 20th **Summer Fete! With Kate Matthews and Brad as Elvis & much more!**
- 23rd Musica with Rosie/Josh
- 23rd **Garden Competition Day!**
- 24th Trip to Bennetts Water Garde

We have many other activities that can be found in the notice board, next to the entrance for the dining rooms. Also there is one in the notice board by reception!



Please note: we are always looking into new activities that our residents would enjoy. If you have any ideas or know of someone who could provide an activity, please let us know!

Activities @ Signature House





CARE HOME
Open Day
CARING
COMMUNITIES

Friday 28th June 2019



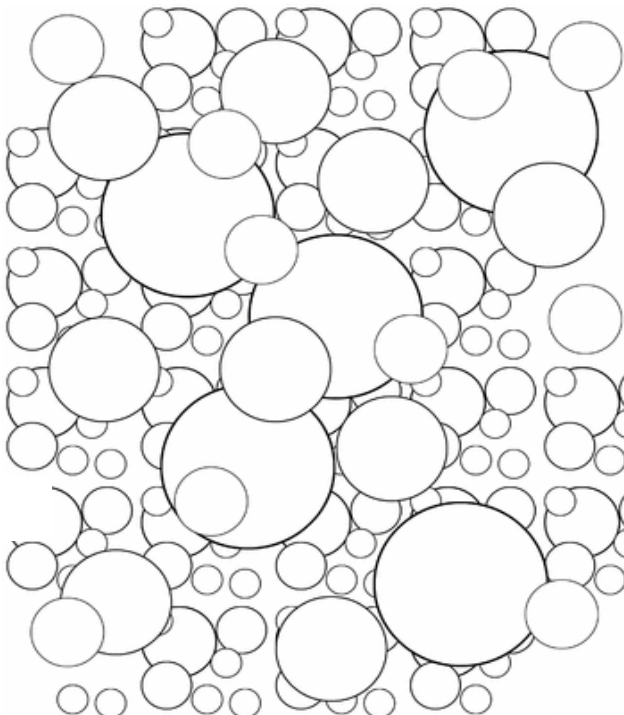
Spot the Difference



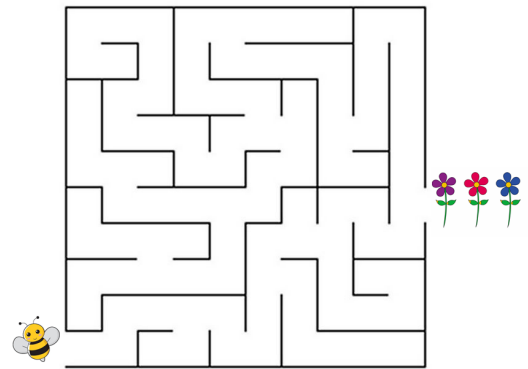
Easier Sudoku

5	3		7			
6			1	9	5	
	9	8				6
8			6			3
4			8	3		1
7			2			6
	6				2	8
			4	1	9	5
			8			7

Bubble Mindful Colouring



Help Bee Find Flower



Harder Sudoku

				3		8 5
		1		2		
			5	7		
		4				1
	9					
5						7 3
		2		1		
				4		9

P
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Z
Z
L
E

P
A
G
E

H	X	D	J	Q	L	W	S	A	B
Q	O	X	I	K	K	A	U	J	U
E	J	L	L	X	S	T	M	E	C
S	B	L	I	A	X	E	M	D	K
U	Y	E	N	D	H	R	E	I	E
N	T	D	S	Z	A	A	R	S	T
Y	A	S	P	H	E	Y	T	A	C
L	H	W	A	T	Y	O	Y	E	H
I	P	M	D	X	T	L	R	D	H
E	W	R	E	V	A	C	X	M	K

BUCKET
HAT
HOLIDAY
LOLLY
SANDAL



SEASIDE
SPADE
SUMMER
SUN
WATER