



Country Court Link House

NewsLetter

November 2023



Country Court Link House Monthly Update

Discover the Vibrant Life and Community at Our Home

Welcome to the monthly Country Court Link House newsletter! Here we aim to give you an insight into the goings on here at the home and the activities that our residents get up to, as well as any news and upcoming events. The newsletter is for the benefit of Residents, families and staff. We hope you enjoy reading it. It is also published on our website as well as our weekly activity planner at www.countrycourtcare.co/our-homes/link-house-care-nursing-home/

DIWALI



Diwali is the Hindu festival of lights with its variations also celebrated in other Indian religions. It symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". Diwali is celebrated during the Hindu lunisolar months of Ashvin (according to the amanta tradition) and Kartika—between around mid-September and mid-November.

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What's Happened

Summary of the past month at Country Court Care Link House, bustling and enriching community life events our residents enjoyed.

Upcoming Events

As we step into the upcoming month, exciting activities and opportunities await our residents. We've created a dynamic calendar of events designed to engage, inspire, and create cherished moments.

Resident of the Month

Keep an eye out for our 'Resident of the Month' spotlight, where we'll shine a light on the remarkable individuals who make our home special with their vibrant personalities.

What's Happened

As we reflect on the heartwarming moments and engaging activities of November, it's clear that our care home was filled with joy and connection. Here's a glimpse into the wonderful experiences we shared with our beloved residents:

Some of our days kicked off with a delightful coffee morning, bringing residents together for warm conversations and the joyous notes of a lively Musical Bingo game.

We were honoured to welcome Age UK, fostering a sense of community and providing valuable insights for our residents. The ground floor lounge turned into a creative haven as we cooked up Bonfire Cupcakes and Apple Turnovers, delicious treats that ignited smiles and social interaction among everyone.

Embracing cultural diversity, we celebrated Diwali with vibrant decorations, traditional sweets, and the spirit of togetherness.

The soul-soothing melodies of hymns filled our home as Dundonald Church graced us with their presence for a Remembrance Sunday service, bringing moments of reflection and peace.



Personalized and meaningful interactions flourished during one-to-one sessions, strengthening the bond between our residents and our dedicated activity team.

Laughter echoed through our halls as residents engaged in spirited games of table basketball, showcasing their skills and enjoying friendly competition.

Our senses were spoiled with the soothing scents of aromatherapy, complemented by pampering spa days that offered relaxation and rejuvenation for all.

As we wrap up this month filled with laughter, shared moments, and festive delights, let's carry the spirit of connection and joy into the New Year. Wishing you all a wonderful holiday season and looking forward to creating more memorable experiences in the months to come.

Nature's beauty unfolded as we ventured to Polhill Garden Centre, basking in the serenity of greenery, blooming flowers. The day was capped off with a delightful lunch, creating lasting memories in the midst of Christmas decorations.

Health and well-being took centre stage with energising yoga sessions and exercises, promoting physical and mental vitality.

We joined together to commemorate Remembrance Day, honoring the sacrifices of those who served with a deep sense of respect and gratitude.

Weekends became a cinematic treat as we gathered to watch movies, providing not only entertainment but also a shared experience that brought us closer together.



Diwali is...

...connected to various religious events, deities and personalities, such as being the day Rama returned to his kingdom in Ayodhya with his wife Sita and his brother Lakshmana after defeating the demon king Ravana. It is also widely associated with Lakshmi, the goddess of prosperity, and Ganesha, the god of wisdom and the remover of obstacles. Other regional traditions connect the holiday to Vishnu, Krishna, Durga, Shiva, Kali, Hanuman, Kubera, Yama, Yami, Dhanvantari, or Vishvakarman.

Primarily a Hindu festival, variations of Diwali are also celebrated by adherents of other faiths. The Jains observe their own Diwali which marks the final liberation of Mahavira. The Sikhs celebrate Bandi Chhor Divas to mark the release of Guru Hargobind from a Mughal prison. Newar Buddhists, unlike other Buddhists, celebrate Diwali by worshipping Lakshmi, while the Hindus of Eastern India and Bangladesh generally celebrate Diwali by worshipping the goddess Kali.

During the festival, the celebrants illuminate their homes, temples and workspaces with diyas (oil lamps), candles and lanterns. Hindus, in particular, have a ritual oil bath at dawn on each day of the festival. Diwali is also marked with fireworks and the decoration of floors with rangoli designs, and other parts of the house with jhalars. Food is a major focus with families partaking in feasts and sharing mithai. The festival is an annual homecoming and bonding period not only for families, but also for communities and associations, particularly those in urban areas, which will organise activities, events and gatherings. Many towns organise community parades and fairs with parades or music and dance performances in parks. Some Hindus, Jains and Sikhs will send Diwali greeting cards to family near and far during the festive season, occasionally with boxes of Indian confectionery. Another aspect of the festival is remembering the ancestors.

Upcoming Events

Mark Your Calendar: Exciting December Events Ahead!

In-house Events

- 2nd December - X-mas Tree Decoration 🎄
- 3rd December - Dundonald Church Visit 🏛️
- 6th December - Elf Day 🎅
- 7th December - Christmas Jumper Day
- 7th - 15th December - Hanukkah 🕯
- 8th December - Bodhi Day 🌱
- 8th December - Intergenerational Christmas Carol
- 13th December - Christmas Community Carol Service
- 14th December - Christmas Fair
- 15th December - Zoolab 🐸🦓
- 16th December - St. Saviour Church Choir 🏛️
- 20th December - Christmas Lunch
- 21st December - Christmas Party for All 🎉
- 24th December - Christmas Eve 🎅
- 25th December - Christmas 🎄🎁
- 26th December - Boxing Day
- 31th December - New Year's Eve



Trips

- 1st December - Trip to Battersea Power Station
- 3rd December - Kings College School Christmas Community Tea
- 5th December - Local walk to Lantern Theatre
- 11th December - Christmas Lights Trip
- 29th December - Hansel & Gretel Pantomime Show

Getting to Know Our Residents

Say Hello to the Resident of the Month: Shirley Firman

Shirley Firman was born on the 12th October 1934 in Camden, London. She is the youngest child of her family after three brothers.

- Tell us a bit about yourself.

I was born in Camden and grew up in Battersea. I got married at the age of 21 and moved to Morden. My late husband had a BSA motorbike, we travelled a lot with it. We also had a caravan. Travelling is the reason I had my only child a bit late.

My parents lived in Kent and they had a caravan as well. I always had dogs. My late husband, Melanie and I used to go to my parents' caravan with our dogs and spend the weekends there. We had many Christmas dinners with family.



I took my mom to dancing one day, it initially was for her but I ended up enjoying it so much that I never stopped. After losing my beloved husband, dancing was my companion. I met my dance partner John at one of the tea dances that I attended.

As I said, I loved travelling. I travelled to Spain, Greece, Turkey, Canary Islands, even took my mom to Australia -where my eldest brother lives.

- Did you work? How was your work life?

I worked in offices for a long time, then started to work in my best friend Marjorie's pet shop. I loved it there because I love animals. After that, I worked as a dinner lady in Morden Farm Middle School -which is closed now.

- What makes you smile and what scares you the most?

Dogs make me smile. Spiders and mice are not my favourites.

- If you could do anything in the world, what would you do?

I would go dancing.

- What advice would you give to an 18-year-old?

Do it all!



Congratulations to our staff member Esther Owolabi on achieving her Care Certificate! Our care team is growing!



Recognizing Excellence:

We are delighted to announce Marie Dumbuya as our esteemed Employee of the Month for her unwavering dedication and exceptional service to our care home since 2010. As a senior carer, Marie consistently goes above and beyond in providing compassionate and high-quality care to our residents. Her commitment to ensuring the well-being of those under her charge has not gone unnoticed, and her positive impact on both residents and colleagues alike is truly commendable.

Marie's professionalism, empathy, and the genuine warmth she brings to her role make her an invaluable member of our team. Congratulations, Marie, on this well-deserved recognition!



Resident Birthdays in December

- Gilmour - 3rd
- Brenda- 4th
- Linda - 18th
- Devi - 25th

Puzzles & Quizzes

(Answers are at the back)

DIWALI WORD SEARCH

F	L	D	C	O	F	E	S	T	I	V	A	L	S
A	P	L	A	Y	C	A	R	D	S	C	O	T	Y
Y	F	B	D	W	F	U	D	S	F	C	W	T	F
I	I	E	I	I	O	F	E	T	E	W	A	A	S
D	R	A	W	N	O	R	C	I	L	W	M	K	W
C	E	U	A	D	R	I	O	I	E	I	S	E	E
O	W	T	L	O	H	E	R	R	L	P	P	L	E
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O	R	F	T	F	L	D	T	H	D	L	A	T	S
U	K	U	C	I	W	S	E	I	D	O	L	D	C
R	S	L	G	O	S	B	D	A	L	T	Y	E	I
F	S	H	C	A	N	D	L	E	S	H	A	D	L
U	T	C	T	U	N	O	C	O	C	E	L	S	L
L	E	O	C	T	O	B	E	R	O	S	C	R	O

CANDLES
FAMILY
DIYA
DECORATED
LIGHT
PLAY CARDS
FESTIVAL
CLAY LAMPS
OCTOBER
SWEETS
COCONUT
CAKE
FIREWORKS
COLOURFUL
CLOTHES
BEAUTIFUL
ROOF
FRIENDS
DIWALI
WINDOW

SUDOKU - EASY

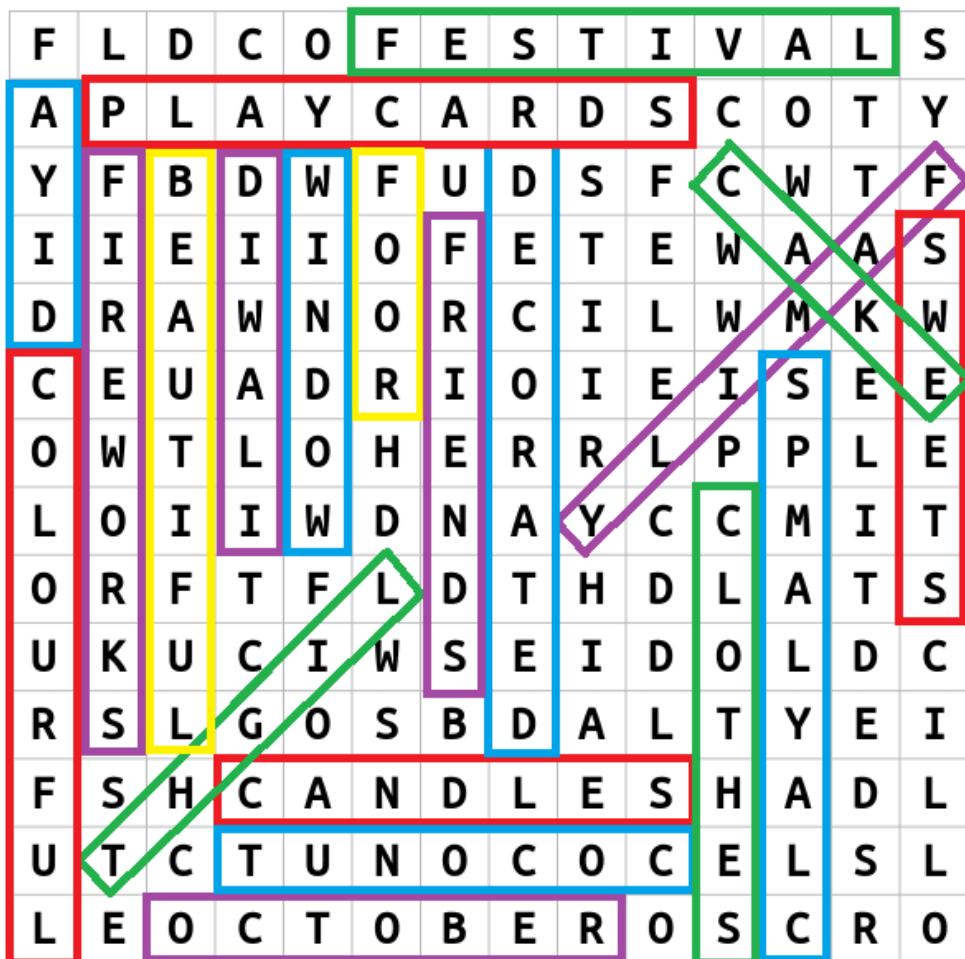
8		6		1				
		3		6	4		9	
9					8	1	6	
	8		3	9	6			
7	2		4		3		9	
		5	7	2		8		
5	2	1					4	
3		7	5		2			
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SUDOKU - MEDIUM

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

Answer Key

DIWALI WORD SEARCH



CANDLES
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SUDOKU - EASY

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

SUDOKU - MEDIUM

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