



Country Court Link House NewsLetter

March 2024



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/

WOMEN'S DAY



International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement. International Women's Day gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

(Page 3)

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 said goodbye to the January Blues and entered the Month of Love, February was filled with loveable and heart-filled activities at Link House.

In February, our care home embraced the company's Valentine's Craft and Country Court Cake Judging Competition themes of love and creativity. We kicked off the month by crafting adorable Valentine's decorations, spreading joy throughout our home with colourful hearts and glittering ornaments. These activities not only brought us together in laughter and companionship but also highlighted the spirit of community and creativity that our company encourages.

Love was truly in the air at our Valentine's Ball Party! Decked out in our best attire, residents twirled and danced to romantic melodies with the attendance of our dear entertainer Kathleen, creating unforgettable memories of laughter and friendship. With twinkling lights and decorations adorning the room, it was a day of celebration of love in all its forms. Moreover, we indulged our sweet tooth as our talented chef Prossy showcased her baking skills in a friendly cake competition "Baked with Love", adding a delicious twist to our celebration of love.



Our lovely volunteer Lena sang some really nice spiritual songs with our residents that made us feel happy and peaceful. Her singing brought us all together and lifted our spirits. With each melody and verse, we found solace and inspiration, united in the power of music to uplift our spirits and soothe our souls.

Our recent Person Centred Trip to Tooting was a wonderful opportunity for our resident Gloria, as she grew up there, to explore and engage in activities tailored to her individual interests and preferences. Each moment was personalized to ensure a meaningful and enjoyable experience for Gloria.

Nature's beauty was on full display during our trip to Polhill Gardens. Surrounded by vibrant flowers and lush greenery, residents immersed themselves in the tranquillity of the outdoors, breathing in the fresh air and basking in the serenity of the garden surroundings.



The first residents meeting was successful, providing a platform for open communication and collaboration. With everyone's voice heard and valued, we discussed ideas, shared feedback, and worked together to enhance our home and strengthen our bonds as a family.

Our music therapy sessions took on a groovy twist with Motown and ABBA themed tunes! Residents tapped their feet and sang along to the nostalgic melodies, reminiscing about days gone by and enjoying the music's timeless appeal.

We had a magical afternoon tea picnic with fairy tale stories and yummy treats. It felt like we were in a fairy tale, enjoying the company of friends and delicious food in a beautiful setting.



International Women's Day

Spurred on by the universal female suffrage movement, International Women's Day originated from labour movements in North America and Europe during the early 20th century.

The earliest version reported was a "Women's Day" organized by the Socialist Party of America in New York City on February 28, 1909. This inspired German delegates at the 1910 International Socialist Women's Conference to propose "a special Women's Day" be organized annually, albeit with no set date; the following year saw the first demonstrations and commemorations of International Women's Day across Europe. After women gained suffrage during the Russian Provisional Government in 1917, International Women's Day was made a national holiday on March 8; it was subsequently celebrated on that date by the socialist movement and communist countries. The holiday was associated with far-left movements and governments until its adoption by the global feminist movement in the late 1960s. International Women's Day became a mainstream global holiday following its adoption by the United Nations in 1977.

International Women's Day is a public holiday in several countries promoting the achievements of women.

The United Nations observes the holiday in connection with a particular issue, campaign, or theme in women's rights. In some parts of the world, International Women's Day still reflects its political origins, being marked by protests and calls for radical change. In other areas, particularly in the West, it is largely sociocultural and centred on a celebration of womanhood.

Upcoming Events

Mark Your Calendar: Exciting March Events Ahead!

In-house Events

- 1st March - St. David's Day
- 4th March - British Pie Day 🥧
- 7th March - World Book Day 📖
- 7th March - Mother's Day Afternoon Tea 🍰
- 7th March - Mother's Day Live Entertainment 🎤
- 10th March - Mothering Sunday 🌸
- 13th March - Nutrition Hydration Day 🥗
- 15th March - Comic Relief (Red Nose Day) 📺
- 17th March - St. Patrick's Day 🍀
- 19th March - International Read to Me Day 📖
- 20th March - Spring Equinox (Start of Spring) 🌸
- 21st March - World Poetry Day 📖
- 28th March - Country Court Oscars Award Event 🏆
- 29th March - Good Friday ✝️
- 31st March - Easter Sunday 🐰



Trips

- 4th March - Local Trip to Raynes Park Library
- 5th March - The Museum of the Home
- 17th March - The Shard
- 28th March - Spring Walk in Battersea Park



Getting to Know Our Residents

Say Hello to the Resident of the Month: David Lincoln

David Lincoln was born on the 26th of March 1944 in Leicester. January this year marked the 50 years anniversary of his marriage to his wife Clare with whom he has two children, Christopher and Jenefer and one Grandchild Wren who will shortly be two years old.

- Tell us a bit about yourself.

2024 is a milestone year for me as in March this year, I will be celebrating my 80th birthday with many old friends, who are travelling to mark the occasion with me. Amongst those will be several of whom I have known since infant school and when I spent time living in Switzerland. My friends remember me as someone who had great equilibrium and was incredibly bright, I excelled in virtually all subjects. I received many books from school prizes, which were given to me for my attainments, some were presented by some famous faces such as David Attenborough, who himself was an ex-pupil of the distinguished Wiggeston Grammar School which I also attended.



Wiggeston was well known for producing Oxbridge candidates and I was one of those, I received a scholarship to Trinity College Oxford where I studied French and Germany literature. I had really relished my time at Wiggeston and this continued at Oxford, a highlight being two separate years spent teaching in Germany. This was the early 1960s so memories of the second world war still prevailed. But I remember how very kind everyone had been to me on my arrival as an undergraduate in Frankfurt and how I had been greeted by the Mayor, who gave me the Freedom of the City and presented me with free tickets to football matches and the opera. I always felt a great affinity for Germany, even the food!

On graduating I initially became a Trainee Manager for Great Western Railways. I remember my first day at Paddington Station being summoned to the office of the Regional Manager, a good Methodist and I was advised that if I wished to progress in my job, I was to avoid alcohol and women. One of my main tasks in the mornings was to line the train drivers up and smell their breaths for alcohol. My main achievement throughout that period was being presented with a certificate, which enabled me to instruct steam trains to start in fog and snow.



After two years of sniffing breaths and delivering pay packets to signal boxes, manned at the time, I decided on a change of career and enrolled at Bradford Business School where I attained a post graduate degree. From that I went on to a series of top-level managerial posts in high tech companies such as Univac, where I met Clare. Hewlett Packard for whom I worked for at their European Headquarters in Geneva, Switzerland and for Sun Microsystems where I lived for a while in California before returning to the UK and establishing my own company.

I was a wonderful pianist, although greatly frustrated my family and friends by refusing to indulge them in recital. Being an absolute perfectionist if things could not be done perfectly, they should not be attempted. I preferred to indulge in depth knowledge, classical music and opera. I was a frequent attendant with my wife at Covent Garden and the Colosseum, I have enough classical CDs to merit a separate annexe and enough certificates of attainment to paper the walls.

Getting to Know Our Residents

Say Hello to the Resident of the Month: David Lincoln

- What are your hobbies?

I always loved languages, and greatly relished Sunday nights which was Latin homework, which was my favourite! Although of usual mild disposition, there was one notable occasion when a fellow pupil received a punch on the nose for having the audacity to suggest that I had cheated in the Latin exam. That pupil went on to be head of the Welsh National Opera and a leading figure in the BBC. I also very much enjoyed cricket and as a left hander, I was given the responsibility of opening the bowling for my school House Huntingdon and I would spend many hours practicing my skills against the side gate at home.

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

Seeing those I love flourish makes me smile. The dentist scares me the most.

- If you could live anywhere, where would it be?

Having lived around the world, these days I am happy to be with kindred spirits, as long as there is a Waitrose nearby and a fish and chip shop.

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

I don't want to be king, just the king maker and influence policy to bring about a more health giving and peaceful world.

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

Look to your own inner truth and walk your own path.



Recognizing Excellence:

We're delighted to share some exciting news: we have not just one, but two Employees of the Month! Please join us in extending our heartfelt congratulations to Grace Curtis and Kim Brown for their exceptional dedication and hard work. With a combined tenure of 20 years, Grace and Kim bring a wealth of experience and warmth to our team.

Their unwavering commitment to our residents shines through in everything they do, from providing compassionate care to fostering a welcoming environment for all. Thank you, Grace and Kim, for your outstanding contributions to our care home community. Your dedication truly makes a difference, and we are incredibly grateful to have you as part of our team!



Resident Birthdays in March

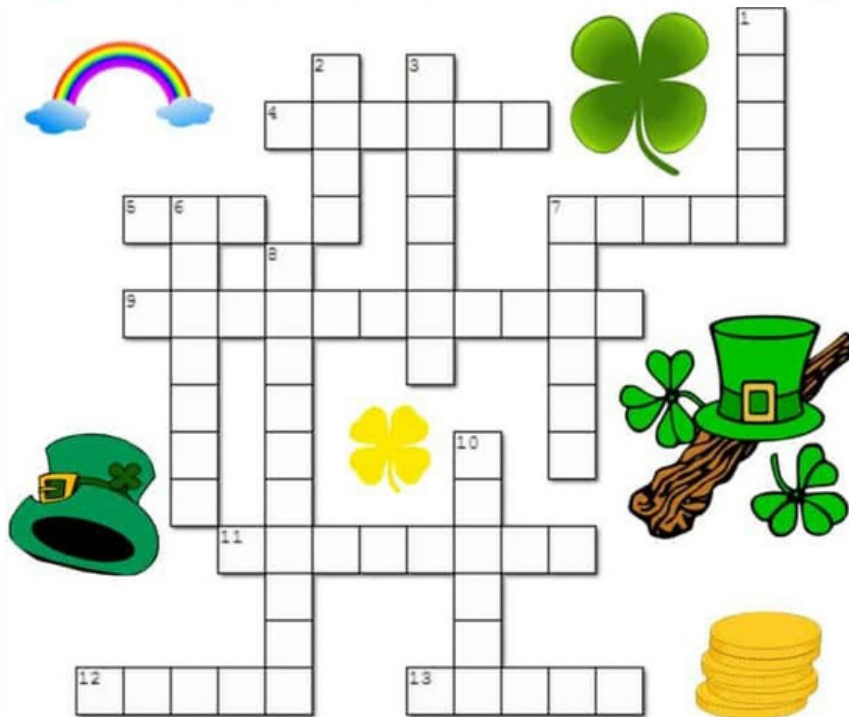
- Muriel- 3rd
- Brian - 9th
- David - 26th

Puzzles & Quizzes

(Answers are at the back)

ST. PATRICK'S DAY CROSSWORD PUZZLE

True or False?



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

1. A dog pants its tongue because it's sweating. T / F
2. Three strikes in a row in bowling is called an eagle. T / F
3. Apples and pears are a part of the rose family. T / F
4. France is responsible for giving us French fries. T / F
5. Juneteenth has been an official holiday since the 1960s. T / F
6. The tradition of dyeing Easter Eggs started in France.
7. The Great Wall of China measures the length of the equator. T / F

SUDOKU - EASY

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

SUDOKU - MEDIUM

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

Answer Key

ST. PATRICK'S DAY CROSSWORD PUZZLE

True or False?

1. False – Dogs sweat through their paws.
2. False – Three strikes in a row in bowling is called a turkey.
3. True – Apples and pears are a part of the rose family –so are peaches and plums.
4. False – Belgium actually introduced French fries
5. False – Juneteenth was signed into federal law as a holiday in 2021.
6. False – The tradition started in Ukraine.
7. False – At over 13,000 miles, its distance is actually half.



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

SUDOKU - EASY

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

SUDOKU - MEDIUM

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