



Country Court  
Link House

# NewsLetter

September 2023



## Country Court Link House Monthly Update

**Discover the Vibrant Life and  
Community at Our Home**

Welcome to the new 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/](http://www.countrycourtcare.co/our-homes/link-house-care-nursing-home/)

## Meet Our Manager ZOE SMITH



We're delighted to welcome Zoe Smith as the newest addition to our team at the care home. Zoe commenced her role as manager on September 4th, and her arrival has already made a positive impact. With her background in healthcare management and a strong commitment to resident well-being, Zoe is well-equipped to lead our care home to new heights of excellence. Her expertise and dedication to ensuring the highest standards of care for our residents make her a valuable asset to our home.

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## What's Happened

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

## Upcoming Events

(Page 3)

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

## Resident of the Month

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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

**In September at Link House, our residents enjoyed a rich tapestry of activities and experiences that brought joy, relaxation, and a sense of togetherness**

Residents embarked on a memorable boat trip to Walton on Thames, where they basked in the scenic beauty of the river, shared stories, and created lasting memories with their fellow passengers.

Yoga sessions became a much loved weekly ritual, offering residents an opportunity to nurture their physical and mental well-being. These sessions provided a sense of calm and flexibility that was deeply appreciated.

Music therapy sessions were a resounding success. Residents connected through melodies and rhythms, finding comfort, expression, and emotional release in the power of music.

The arts and crafts sessions were a hub of creativity, where residents explored various artistic mediums, allowing their imaginations to flourish.

The gardening enthusiasts among us cultivated a wish plant, transforming our empty pots into havens of wishes.



Baking and cooking sessions were a delightful way to satisfy the palate and share culinary traditions. Residents delighted in creating and savoring a variety of delicious treats.

Dancing sessions brought rhythm and movement into our lives, allowing residents to let loose, share laughs, and enjoy the pure pleasure of dance.

Readings and discussions provided a platform for intellectual stimulation and sharing of literature. These moments of literary exploration sparked engaging conversations and enriched the mind.

Our movie club screened a selection of classic films, providing opportunities for residents to enjoy cinematic adventures and engage in lively discussions.

The previous month was a testament to the vibrant and diverse community at Country Court Care Link House, where residents embraced life's various facets, connected with one another, and forged enduring bonds. We look forward to continuing this journey of exploration, connection, and joy in the months to come.



## A Message from Zoe;

“ I started as a Care Assistant at age 18, I worked in an institution for people with Learning Difficulties (LD). I enjoyed the role so much I undertook Nurse training, studying at Queen Mary’s Hospital for Children, St. Ebba’s Hospital and Sutton General. During my 16 years working with LD, I worked as a Registered Manager, Staff Nurse, Community Nurse and an Activities Manager (for a 250 bed site).

After moving to Worcester to get married and have children, I worked part time in a local Nursing Home for older people with Dementia – I loved it. I especially loved listening to the residents talk of their lives, it was always so interesting and gave them so much pleasure to tell their stories. As my children grew, I undertook training and development including Registered Managers Award and DipHE in Dementia Studies with Bradford University. Thereafter I worked as a Deputy Manager and then Registered Manager. Since I first became a Registered Manager in 1993, I have worked in the NHS, Social Services, Large Corporate companies and small private organisations gaining skills, experience and knowledge along the way. I am delighted to join Link House and know that my committed team & I will work very hard to ensure residents live their lives the way they want to – with fun! & that our relatives and friends are well informed and supported.

On a personal note, I have 3 beautiful grown up Daughters, 2 of which also work in care and 3 gorgeous Grandchildren all of whom live close to me. I love live theatre, especially musicals and I volunteer at an amateur dramatic company. I also love all things Disney and have visited California, Paris, Florida and Tokyo Disney. I also have a passion for shoes and often dress from the feet up! “

# Upcoming Events

## Mark Your Calendar: Exciting October Events Ahead!

### In-house Events

- 2nd - 8th October - Celebration of Harvest Festival 🍂
- 5th October - National Poetry Day
- 8th October - Dundonald Church’s Visit 🏰
- 10th October - The UK Grandparent’s Day
- 21st October - Korean Church Choir 🏰
- 25th October - World Opera Day
- 31st October - Halloween 🎃 -with Zoolab’s Visit



### Trips

- 16th October - Twist Museum

Twist Museum is an immersive experience that explores – and puts to the test – the power of your mind in experiencing the world around you. Explore the joy and wonder of illusion.

- 31st October - Kew Gardens
- Supermarket Visits

Short walks to some supermarkets to enjoy daily life -just like the old days.





# Getting to Know Our Residents

## Say Hello to the Resident of the Month: Elizabeth Betro

Elizabeth aka Liz Betro was born on the 17th February 1947 in North Dublin, Ireland.

### - Tell us a bit about yourself.

There was mum, dad and my brother Kevin, four of us. My childhood was happy. I was very single-minded, I was told, and a big time "Daddy's Girl". (smiles) I was very interested in tennis and played in Parson's Green Tennis Club, Fulham when I was old enough to pay my fees and never stopped. Then I moved to South Croydon Sports Club. In 1999, I won the Ladies Singles in South Croydon Sports Club, and played in Surrey League for my club for roughly 5 years. I believed, I was a natural, and had natural talent.



### - How about your teenage years and adult life?

I started my work life as a travelling teenager, came to London and travelled Europe with a girlfriend of mine. We travelled a good bit of Europe with £100. I did temporary work in offices in London -where my fiance Dennis was, when I came back from Europe. His parents were from Lebanon but moved to Australia, then New Zealand. I met Dennis busking outside Earl's Court tube station with his guitar. I married him in 1971, November 13th in Clontarf Castle, Dublin. We took off on a cruise ship for our honeymoon to New Zealand which took 6 weeks. While in New Zealand, I did amateur Dramatics and Operatics for 2 years. During my late 20s, I worked for the NHS at a nursing auxiliary until I moved to district nursing which I continued until I was forced to retire due to ill health. In London, I had 2 children, a girl named Anna and a boy named Joseph.



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

A good joke, nice company and good conversation make me smile. What scares me is certain sudden movement with close range birds even though I love them.

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

If I could live anywhere in the world right now, I would say in Corfu Island, Greece. It's just beautiful. I went once on one of my escapades. I travelled right down to Corfu and back the other way, hitchhiking.

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

I would go to the beach for a paddle and swim.

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

Be true to yourself, follow your dream and be good to people. I have this quote from Chimamanda Ngozi Adichie: "I matter. I matter equally. Not 'if only'. Not 'as long as'. I matter equally. Full stop.



## Recognizing Excellence:

Hyacinth Williams, our dedicated housekeeper, has been a valued member of our care home family for four years. Her unwavering commitment to maintaining a clean, safe, and welcoming environment for our residents has made a profound impact on their daily lives. Let's celebrate Hyacinth's outstanding contributions and congratulate her on being named Employee of the Month!



## Resident Birthdays in October

- Margaret - 10th
- Shirley - 12th
- Pamela - 21st
- Bridget - 30th

# Puzzles & Quizzes (Answers are at the back)

## Harvest Festival Crossword

Answer the clues to fill in the crossword puzzle



### Across

4. Farmers drive these – they're fun but slower than cars!
5. Tasty, important foods which can grow above or below ground.
8. We use this most important crop to make flour.
9. The special meal when we celebrate the harvest.
10. Very important food which we make from wheat.
11. Delicious sweet foods which come after the blossom on trees.
12. Shines in the sky at night, and is called the "Harvest ...."

### Down

1. They live on farms and look after the harvest.
2. The festival where we gather in all the crops.
3. "... Harvester": A special machine to help farmers do the harvest.
6. Place where most of our crops are grown.
7. We usually celebrate the harvest at the beginning of this season.

## True or False?

1. Ping-Pong was originated in England. T / F
2. Jingle Bells was originally meant for Thanksgiving. T / F
3. The vapor produced by e-cigarettes is actually water. T / F
4. "Buffalo buffalo Buffalo buffalo buffalo buffalo Buffalo buffalo"; is a grammatically correct sentence. T / F
5. A pasodoble is a type of Italian pasta sauce. T / F
6. The commercial UK channel ITV stands for "International Television". T / F
7. The National Animal of Scotland is the Unicorn. T / F
8. Francis Bacon died from a fatal case of pneumonia while he was attempting to preserve meat by stuffing a chicken with snow. T / F

## SUDOKU - EASY

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

## SUDOKU - MEDIUM

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



# Answer Key

## Harvest Festival Crossword

Answer the clues to fill in the crossword puzzle



### Across

4. Farmers drive these – they're fun but slower than cars!
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## True or False?

1. Ping-Pong was originated in England. TRUE
2. Jingle Bells was originally meant for Thanksgiving. TRUE
3. The vapor produced by e-cigarettes is actually water. FALSE
4. "Buffalo buffalo Buffalo buffalo buffalo buffalo Buffalo buffalo"; is a grammatically correct sentence. TRUE
5. A pasodoble is a type of Italian pasta sauce. FALSE
6. The commercial UK channel ITV stands for "International Television". FALSE
7. The National Animal of Scotland is the Unicorn. TRUE
8. Francis Bacon died from a fatal case of pneumonia while he was attempting to preserve meat by stuffing a chicken with snow. TRUE

## SUDOKU - EASY

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

## SUDOKU - MEDIUM

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