



Country Court Link House

NewsLetter

January 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/

NEW YEAR



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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

Saying happy New Year and taking down our Christmas trees in January, the cold weather did not put us off from doing heart-warming and well-being activities at Link house

Embracing the therapeutic companionship of our four-legged friends, our Doggie Day Care activity in January brought laughter and comfort to the residents of our care home. The presence of these gentle animals offered a heartwarming experience, enhancing the well-being of everyone who participated. Their wagging tails and friendly nuzzles reminded us all of the simple joys and unconditional love our furry companions provide.

In celebration of National Pie Day, our residents donned their aprons and got hands-on with flour, sugar, and apples to craft their very own mouth-watering apple pies. The air filled with the sweet aroma of baking, as smiles and stories were shared. Creating these delightful pies from scratch not only brought back cherished memories but also crafted new, warm moments together.

Our Seated Line Dancing event in January infused the care home with an invigorating blend of music and movement. Residents enjoyed the rhythm of their favourite tunes



while participating in a coordinated dance from the comfort of their chairs. This lively activity prompted laughter, improved fitness, and fostered a sense of community as everyone clapped and tapped along.

Our Bird Watch Art and Craft session inspired residents with nature's beauty, as they created colourful, bird-themed artwork. The art session not only celebrated the diverse birdlife we cherish but also sparked creativity and dexterity, providing a serene yet engaging outlet for expression and connection with the natural world.



January was also a time for cherished personal interactions through our One-to-One sessions. These individual encounters allowed for personalized attention and care, fostering deeper connections and understanding between staff and residents. In these moments, we shared stories, laughter, and the kind of individualized support that truly makes our care home feel like a family.

Our residents ventured out for a Local Trip to Wimbledon, soaking in the sights and sounds of this famous suburb. The outing provided an enriching change of scenery, an opportunity to reminisce about personal experiences, and a chance to make new memories together. The joy of exploration and communal experience highlighted the importance of staying connected to our wider community.



New Year is the time or day...

...at which a new calendar year begins and the calendar's year count increments by one. Many cultures celebrate the event in some manner. In the Gregorian calendar, the most widely used calendar system today, New Year occurs on January 1 (New Year's Day, preceded by New Year's Eve). This was also the first day of the year in the original Julian calendar and the Roman calendar (after 153 BC).

The ancient Babylonian calendar was lunisolar, and around the year 2000 BC began observing a spring festival and the new year during the month of Nisan, around the time of the March equinox. The early Roman calendar designated 1 March as the first day of the year. The calendar had just 10 months, beginning with March. That the new year once began with the month of March is still reflected in some of the names of the months. September through to December, the ninth through to the twelfth months of the Gregorian calendar, were originally positioned as the seventh through to the tenth months. (Septem is Latin for "seven"; octo, "eight"; novem, "nine"; and decem, "ten") Roman mythology usually credits their second king Numa with the establishment of the two new months of Ianuarius and Februarius. These were first placed at the end of the year, but at some point came to be considered the first two months instead.

The January kalend (Latin: Kalendae Ianuariae), the start of the month of January, came to be celebrated as the new year at some point after it became the day for the inaugurating new consuls in 153 BC as a result of the rebellion in Hispania which began the second Celtiberian War. Romans had long dated their years by these consulships, rather than sequentially, and making the kalends of January start the new year aligned this dating. Still, private and religious celebrations around the March new year continued for some time and there is no consensus on the question of the timing for 1 January's new status. Once it became the new year, however, it became a time for family gatherings and celebrations.

Upcoming Events

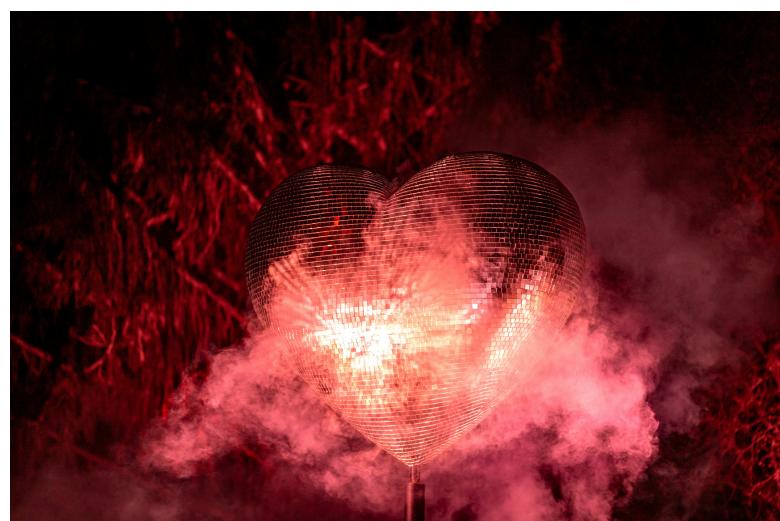
Mark Your Calendar: Exciting February Events Ahead!

In-house Events

- 1st March - St David Day
- 4th March- British Pie Week
- 7th February - Charles Dickens Day
- 10th February - Korean Church Choir 🏛
- 11th February - International Day of Women and Girls Science 🎓
- 12th February - Darwin Day 🧬
- 13th February - Shrove Tuesday 🥞
- 14th February - Valentine's Day Ball and Live Entertainment ❤️
- 17th February - Random Acts of Kindness Day
- 26th February - Tell A Fairy Tea Party ☕

Trips

- 10th February - China Town
- 19th February - Imperial Museum
- 27th February - World Spa Day Local Trip



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.

When I was 14 I left School, within a year to 2 years later as the war was ending in 1945 when I was about 16, I joined the Women Land Army and became what was known as a 'Land Girl'. I did a variety of jobs on the land and worked in all weathers and conditions. I also did various jobs as I entered adulthood. I worked in a department store based in Clapham Junction called Arding & Hobbs, I did some telephone exchange work around Battersea, I also worked in a Saucepan factory. Then moving to Mitcham (Phipps Bridge) I worked for a Pharmacy.

Growing up with not much money, we lived in the top half of a house and there was another family who lived on the bottom half. A male relative of the family downstairs came to see his sister one day. When he knocked on the door, I opened it, and it was there and then I met my beloved husband. 'It was love at first sight'

- What are your hobbies?
date was arranged and from there on I went on to marry him at the age of 19 years old. By 23 I had my first daughter and then at the age of 31 I had my 2nd daughter away. I also loved to read Books especially Historical and Crime novels. I was always at the library, and I was very skilful at knitting. I used to knit clothes for all my grandchildren and for their friends also.

- All grandchildren? Sounds like you have a lot...

I have 2 children, 5 grandchildren, 11 great grandchildren and 1 great great granddaughter, all of whom I loved looking after. I would go so many fun places with them. Growing up my family and I never really travelled but later in life, my husband and I would go to Jersey as our family holiday destination.



- What makes you smile?

My family! My children and grandchildren bring me great joy.

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

I would live at home in Battersea with my mum as 'home is where my heart is'.

- If you could go and see anything in the world, where would you go?

I would go and see the pyramids in Egypt but it hasn't been a life long dream of mine.

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

Enjoy yourself while you're young and behave!

Within Our Home...

Celebrating Our Stars at the Country Court Stars Awards

On the 25th of January 2024, our dynamic team from Link House experienced a day to remember at the Country Court Stars Awards. Their outstanding dedication became the highlight of the day, marking Link House as a beacon of excellence in care. Veena, standing second from the right, was honoured for her 33 years of heartfelt service and profound commitment, enriching the lives at Link House with unwavering care and support.

The sparkling Grace Curtis, pictured first on the left, a senior carer recognized for her leadership and empathy, along with Marie Dumbuya, second on the left, also a senior carer praised for her skilled guidance and compassionate approach, both received well-deserved distinction. Robert McWhir, our Client Services Manager whose innovative strategy and attentiveness have significantly advanced the quality of our services, was lauded for his exceptional contributions.



As we share this proud moment and their beaming snapshot, we're reminded that it is individuals like Veena, Grace, Marie, and Robert who make Link House not just a care home, but a place where excellence thrives.

Each nomination was a testament to their dedication in an organisation of over 2500 colleagues and these special recognitions have filled us all with immense pride. Please join us in applauding their significant achievements. They are the stars who brighten our residents' days and uphold the highest standards of care and compassion.



Recognizing Excellence:

We are thrilled to shine the spotlight on Veena Sookur, our esteemed carer and this month's Employee of the Month, who has dedicated an extraordinary 33 years to our care home. Veena's unwavering commitment and nurturing presence have been a comforting cornerstone in the lives of our residents. Not only has she offered exceptional care with patience and kindness, but she has also been an invaluable asset to our activities team, consistently

going above and beyond to enhance our residents' daily experiences. Her profound impact on our home's atmosphere and on the well-being of those we serve is deeply appreciated. Veena's service exemplifies the heart and soul of our mission, and we are forever grateful for her enduring dedication. Please join us in celebrating Veena's remarkable career and her generous contributions that have enriched us all.

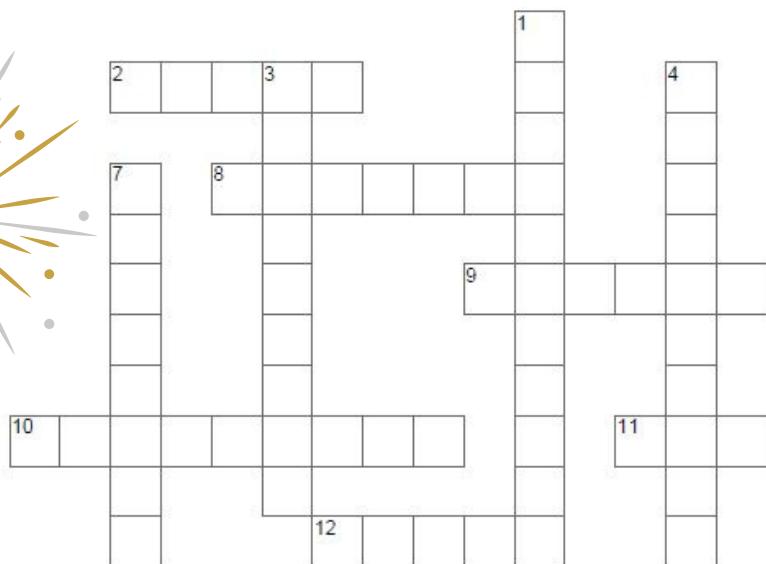


Resident Birthdays in February

- Ingrid - 1st
- Liz - 17th
- Dorothy - 20th

Puzzles & Quizzes

(Answers are on the next page)

**ACROSS**

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

SUDOKU - EASY

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

SUDOKU - MEDIUM

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

Answer Key



A crossword puzzle grid with the following filled-in words:

- ACROSS:
 - 2 letters: C L O C K
 - 7 letters: J A N U
 - 8 letters: M
 - 9 letters: P
 - 10 letters: A
 - 11 letters: G
 - 12 letters: E
 - 13 letters: P A
- DOWN:
 - 2 letters: C
 - 3 letters: I
 - 4 letters: D
 - 5 letters: N
 - 6 letters: I
 - 7 letters: B E G I N N I N G H T
 - 10 letters: B E G I N N I N G H T
 - 11 letters: P A
- ACROSS/DOWN:
 - 10 letters: B E G I N N I N G H T

5	C
6	F
O	R
U	I
N	E
T	N
D	D
/	O
	R
	K
	S
W	
N	

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

SUDOKU - MEDIUM

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