



Country Court Link House

NewsLetter

October 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/

HALLOWEEN



Halloween is a popular holiday celebrated on the night of October 31st each year in various countries. It has its origins in ancient Celtic traditions, primarily the festival of Samhain, which marked the end of the harvest season and the beginning of winter. Halloween has evolved over time and is now characterized by a unique blend of cultural, religious, and commercial elements.

(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 curated 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

In October, our home was buzzing with delightful activities, from stimulating autumn outings to heart warming indoor gatherings, fostering a sense of warmth and community among our residents.

Our residents revelled in the spirit of nostalgia and rhythm during our themed event, "Dancing through the Eras," inspired by the popular show Strictly Come Dancing. From timeless classics to the vibrant beats of contemporary music, they swayed and twirled, reminiscing and celebrating the timeless joy of dance and companionship.

There is nothing better than a delightful morning of stimulating bingo accompanied by a warm cup of coffee or tea. The clinking of cups and the thrill of friendly competition echoed through the home, creating an atmosphere of conviviality and shared enjoyment.

The trip to Tesco's shopping mall infused our residents with the excitement of retail therapy and social engagement. Amidst the bustling aisles and vibrant energy, they relished the thrill of exploring and interacting, creating a sense of connection and community within the bustling atmosphere.



Nature's embrace enveloped our residents during our serene outing to Wisley Garden Centre. Amidst the colorful blooms and fragrant greenery, they immersed themselves in the beauty of the natural world, relishing the tranquility and serenity that the garden offered.

The aroma of strawberries and cream puff pastry filled the air during our delightful baking session. Laughter and the joy of creation intertwined as our residents crafted delicious treats, fostering a sense of togetherness and accomplishment within our community.

Utilizing the wonders of technology, our residents embarked on an unforgettable virtual journey to the enchanting land of Turkiye. This is what we call "Armchair Travel".

Through our enriching music therapy sessions, the healing power of music has resonated deeply with our residents, igniting cherished memories and emotions. The soothing melodies have brought comfort and joy, fostering a sense of tranquillity and emotional well-being among our residents.

A visit to the illustrious Victoria and Albert Museum became a cultural highlight for our residents. Surrounded by a treasure trove of art and history, they marvelled at the artistic legacy and cultural heritage on display, igniting a renewed appreciation for the arts and human ingenuity.



A bit about Halloween

The word Halloween or Hallowe'en ("Saints' evening") is of Christian origin; a term equivalent to "All Hallows Eve" is attested in Old English.

Halloween is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Saints' Day. It begins the observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

One theory holds that many Halloween traditions were influenced by Celtic harvest festivals, particularly the Gaelic festival Samhain, which are believed to have pagan roots. Some go further and suggest that Samhain may have been Christianized as All Hallow's Day, along with its eve, by the early Church. Other academics believe Halloween began solely as a Christian holiday, being the vigil of All Hallow's Day. Celebrated in Ireland and Scotland for centuries, Irish and Scottish immigrants took many Halloween customs to North America in the 19th century, and then through American influence Halloween had spread to other countries by the late 20th and early 21st century.

Popular Halloween activities include trick-or-treating (or the related guising and souling), attending Halloween costume parties, carving pumpkins or turnips into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, and watching horror or Halloween-themed films. Some people practice the Christian observances of All Hallows' Eve, including attending church services and lighting candles on the graves of the dead, although it is a secular celebration for others. Some Christians historically abstained from meat on All Hallows' Eve, a tradition reflected in the eating of certain vegetarian foods on this vigil day, including apples, potato pancakes, and soul cakes.

Upcoming Events

Mark Your Calendar: Exciting November Events Ahead!

In-house Events

- 5th November - Guy Fawkes Day
- 11th November - Armistice Day & Remembrance Day
- 12th November - Dundonald Church's Visit 🏛️
- 12th November - Diwali 🕯️
- 25th November - Korean Church Choir 🏛️
- 30st November - St. Andrew's Day



Trips

- 16th November - Polhill Garden Centre

A family owned and day-to-day run business in Kent with over 50 years of gardening experience.

- 31st November - Christmas Lights Wander & Lunch

- 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: Margaret MacPherson

Margaret MacPherson was born on the 10th October 1943 in Cornwall, England. She is the youngest daughter of Mr. Thomas and Mrs. Rose Thomas. She has one sister, Shelia. Margaret enjoys knitting and used to knit toys as a hobby. She enjoys reading murder mysteries and romantic novels.

- Tell us a bit about yourself.

I was born at the end of the war. My parents were farmers, so I grew up on a farm where I had a wonderful childhood. I went to the local junior school until I was 11. Then I went to the local grammar school and stayed until I was nearly 17. Then I went to college and took a cookery course. I wanted to be a nurse in my early teens but I went into the hospital one day and decided I didn't want to be a nurse. I worked for House of Frasers for 15 years. I got married at 22 to my first husband, and met my last husband when I was 30 years old.



When I retired I travelled every year to Greece for a month which was my preferred destination due to liking the culture there. I would have loved to live there but it never came to fruition.

4 years ago I had a fall and couldn't walk. I lived with my sister for a while but then we decided to move to London. I sold my house and one of our neighbours drove me and my sister up here to Merton, London.

- What was your childhood like?

I had a happy childhood but I was very naughty. I enjoyed playing a lot on my dad's farm's out houses and in the mud (smiles). I joined a girl guide club. My fondest memory as a child is, I remember waking up one Christmas morning and going downstairs. There was a dolls house which was made and gifted by an employee of my dad. Me and my sister played with that a lot.



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

My dog make me smile, dogs in general. Spiders scare me the most.

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

If I could live anywhere, it would be Cornwall, because home is where the heart is.

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

Walk... I would walk to Cornwall where I grew up.

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

Don't grow up too quickly and enjoy your childhood, your school days.

Recognizing Excellence:

We are thrilled to honor Davina Callender as our Employee of the Month. Over the past year, her unwavering commitment as the Activity Coordinator has profoundly enriched the lives of our residents. Her innovative approach to organizing activities has fostered a vibrant and inclusive community spirit, bringing joy and meaningful engagement to our residents' daily lives. Davina's dedication to ensuring that each individual feels valued and included has made a significant impact on the overall atmosphere of our facility. Her passion for creating memorable experiences has truly exemplified the values that we hold dear at Link House. We commend Davina for her exceptional work and look forward to her continued contributions in the coming months.



Resident Birthdays in November

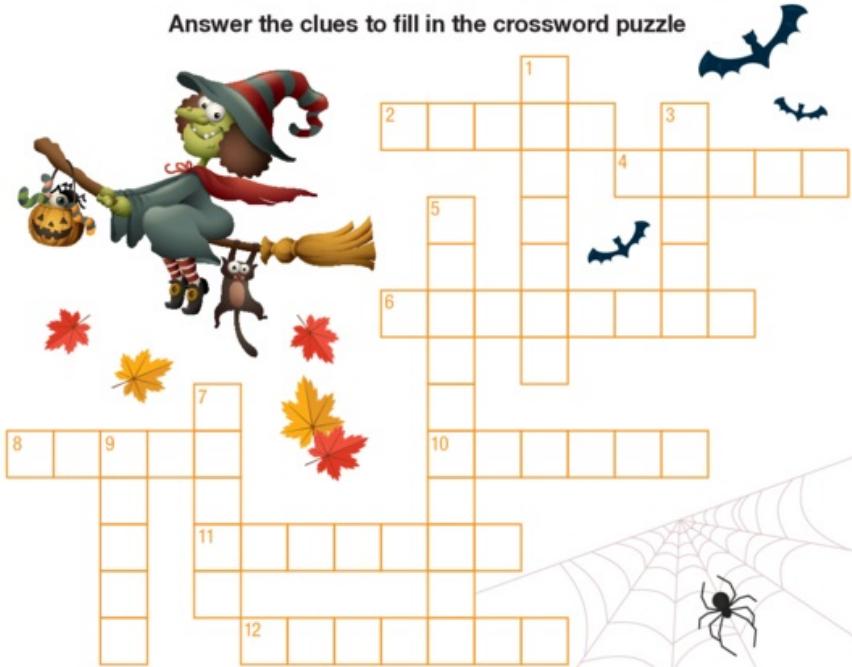
- Annie- 8th
- Florence - 30th

Puzzles & Quizzes

(Answers are at the back)

Halloween Crossword

Answer the clues to fill in the crossword puzzle

**Across**

2. All Hallow's Eve was originally celebrated in this religion.
4. A set of words which makes magical things happen.
6. This person has magical powers.
8. Three of them set off all the troubles in Macbeth.
10. Eight-legged creature who spins webs.
11. All Halloweens traditions have their origins in this ancient festival.
12. We carve shapes out of these, place candles within -and also eat them.

Down

1. A male witch.
3. Fruit we use for bobbing.
5. Witches, black cats (and also Harry Potter) ride this.
7. No longer alive, haunts places and sometimes says "wooo-hoooo".
9. Trick or ...?

True or False?

1. French is an official language in Canada. T / F
2. Nutella is produced by the German company Ferrero. T / F
3. Albert Einstein had trouble with mathematics when he was in school. T / F
4. "27 Club"; is a term used to refer to a list of famous actors, musicians, and artists who died at the age of 27. T / F
5. The word "news"; originates from the first letters of the 4 main directions on a compass (North, East, West, South). T / F
6. On average, at least 1 person is killed by a drunk driver in the United States every hour. T / F
7. Kissing someone for one minute burns about 2 calories. T / F

SUDOKU - EASY

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

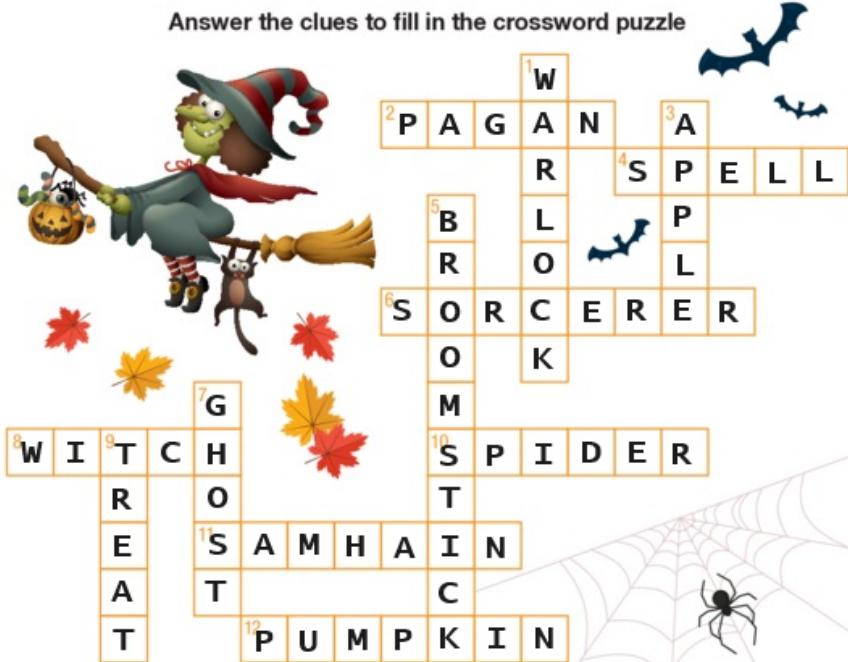
SUDOKU - MEDIUM

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

Answer Key

Halloween Crossword

Answer the clues to fill in the crossword puzzle



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9. Trick or ...?

True or False?

1. French is an official language in Canada. **TRUE**
2. Nutella is produced by the German company Ferrero. **FALSE**
3. Albert Einstein had trouble with mathematics when he was in school. **FALSE**
4. "27 Club"; is a term used to refer to a list of famous actors, musicians, and artists who died at the age of 27. **TRUE**
5. The word "news"; originates from the first letters of the 4 main directions on a compass (North, East, West, South). **FALSE**
6. On average, at least 1 person is killed by a drunk driver in the United States every hour. **TRUE**
7. Kissing someone for one minute burns about 2 calories. **TRUE**

SUDOKU - EASY

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

SUDOKU - MEDIUM

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