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| --- | --- |
| **My own routines: This is how I prefer to spend my day, for example what time I usually get up, when I have the most energy in the day, any regular events in my day/week, what time I usually go to bed, and any sleeping patterns:** | |
|  | |
| **Food and Drink: Here I will describe what food I prefer, when I prefer to eat and any help that I may need when eating.** | |
| \*Please note: Nightingale Hammerson follows the Jewish dietary laws (this means all food served is \*kosher). | |
| **Hobbies and interests I have and how I like to relax:** | |
|  | |
| **People or objects that I feel attached to and what I need to help me feel close to them:** | **Clothing types I like to wear:** |
|  |  |
| **What does religion and spirituality mean for me? Do I observe religious festivals? Are there any \*Yahrzeits I wish to observe and the dates?** | |
|  | |

\*Yahrzeits – on the anniversary of the death of a parent, sibling, child, or spouse it is the custom to light a memorial light in the bedroom of the resident. The light remains for 24 hours. The Yahrzeits “candles” are electric plug in candles available from Unit Manager or Religious Advisor Rafi. No real candles to be lit in rooms.

\*Kosher - The body of Jewish law dealing with foods we can and cannot eat and how those foods must be prepared and eaten. That means that food is fit, proper or correct and meets these standards.