

NEWSLETTER

March 2022

Calderdale Retreat Care Home



IN THIS ISSUE

Editor's Desk	2
Upcoming Events	3
March Birthdays	5
A Poem to Share	6
Noticeboard	7
Laughing Matters	9
Spotlight	10
Word Search	11

Editor's Desk

Hello Residents, Families and Friends!

The visits are now continuing in the home, with the Government guidance being followed, however we continue to do telephone calls, WhatsApp calls and face timing daily.

Alternatively, we have the luxury of the visitor's pod! Please call reception to book your time slot. With spring in the horizon, garden visits will also be an option.

Raye, our resident hairdressers continue to come in on Tuesdays.

With spring around the corner, we plan to open the summer house, in memory of the late Russell Knott.

Gardening and outdoor activities will resume weather permitting.

Keep Safe!



March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

– C.S. Lewis

Upcoming Events

Pancake Day! / St David's Day

Tuesday 1st of March 12:30am, Dining Room's

Resident's Meeting

Wednesday 2nd of March 2:00pm, Ash Lounge

International Women's Day

Tuesday 8th of March 2:00pm, Ash Lounge

Mother's Day Activities

Monday 14th of March 2:00pm, Beech

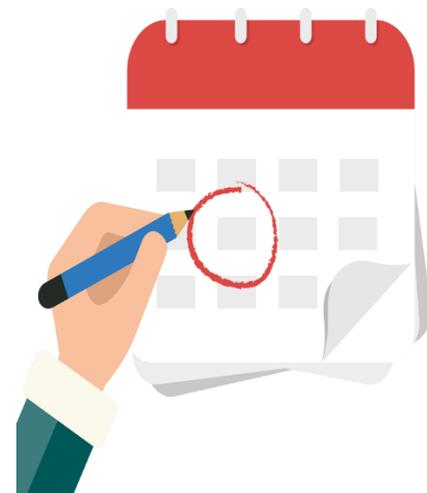
StPatrick's Day Celebrations

Thursday 17th of March 2:00pm, Beech Lounge

Gardening Club Monday 21st of March 2:00pm, Ash Garden

Mothering Sunday High Tea Dance

Sunday 27th of March 2.00pm, Dining Room



Regular Events

Gentlemen's Club every Thursday 2pm

Ladies Morning Tea every Wednesday 10:00 am

Happy Hour every Friday 5pm

Hairdresser every Tuesday from 9:30 am

Special Days

- 1st Shrove Tuesday
- 1st St. David's Day
- 3rd World Wildlife Day
- 8th Intl. Women's Day
- 14th Commonwealth Day
- 17th St. Patrick's Day
- 20th First Day of Spring
- 27th Mothering Sunday (UK)

March Birthdays

In March, we celebrate birthdays with:

- **Marion Wilkinson - 3rd**
- **Jeffrey Crooke - 5th**
- **Joan Wiggin - 31st**

Please join us in the recreation room on their birthday.



Catherine O'Hara, Actress, 4th March 1954
Shaquille O'Neal, Basketball Player, 6th March 1972
Liza Minelli, Actress & Singer, 12th March 1946
Albert Einstein, Physicist, 14th March 1879
Michael Caine, Actor, 14th March 1933
Bruce Willis, Actor, 19th March 1955
Steven McQueen, Actor, 24th March 1930
Elton John, Singer, 25th March 1947
Vincent van Gogh, Painter, 30th March 1853
Celine Dion, Singer, 30th March 1968

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

Product Birthday Spotlight: The Rubber Band

In 1843, Charles Goodyear discovered that if you removed the sulfur from rubber then heated it, it would retain its elasticity and make rubber waterproof and winter-proof. The first rubber band was patented by Stephen Perry of London in April 1845.

Poem to Share

Housekeeping

by Natasha Tretheway

We mourn the broken things, chair legs
wrenched from their seats, chipped plates,
the threadbare clothes. We work the magic
of glue, drive the nails, mend the holes.
We save what we can, melt small pieces
of soap, gather fallen pecans, keep neck bones
for soup. Beating rugs against the house,
we watch dust, lit like stars, spreading
across the yard. Late afternoon, we draw
the blinds to cool the rooms, drive the bugs
out. My mother irons, singing, lost in reverie.

Noticeboard



IMPROVEMENTS AT THE RETREAT

We have closed Cedar unit, for a complete refurbishment, future for the unit will be confirmed.

We have introduced “Hydration stations” on all the units.

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

- **Sally Carter**
- **Katie Hey**
- **Tracy Wyatt**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Albert Fieldhouse**
- **Jeffrey Knowles**
- **Russell Knott**

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside at reception. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to a staff member.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

We have a hairdresser who attends every Tuesday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

PODIATRY

We have a podiatrist who attends every six weeks on a Monday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the Podiatry book.

CULTURAL CELEBRATION

In the month of August we celebrate Indian Independence Day. Watch your calendar for related activities in the recreation room.

DONATIONS

Any donations for books, table games, gardening tools, would be gratefully received.

Laughing Matters



Searching for Love

Fred is 32 years old and he is still single.

One day a friend asked, “Why aren’t you married? Can’t you find a woman who will be a good wife?”

Fred replied, “Actually, I’ve found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn’t like them.”

His friend thinks for a moment and says, “I’ve got the perfect solution, just find a girl who’s just like your mother.”

A few months later they meet again and his friend says, “Did you find the perfect girl? Did your mother like her?”

With a frown on his face, Fred answers, “Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much.”

The friend said, “Then what’s the problem?”

Fred replied, “My father doesn’t like her.”

Mr. Beaumont

The enormous diamond ring a woman wore on a luxury cruise attracted much attention from fellow passengers.

“It’s the Beaumont diamond,” she told her table companions, “and like the notorious Hope diamond, it carries a terrible curse.”

“What’s the curse?” they asked.

“Mr Beaumont,” she explained.

Spotlight



Albert Fieldhouse

In loving memory – 11/03/1936 – 13/02/2022

A true gent and character. He will be missed dearly.

Word Search

MARDI GRAS



U B A L C O N Y A M A S K S
F R E N C H Q U A R T E R K
K J E A N L A F I T T E Z X
P J A C K S O N S Q U A R E
G O C R A W F I S H B O I L
O M U F F A L E T T A G L P
C O B B L E S T O N E I D I
X V N E W O R L E A N S G T
B E A D S A L L I G A T O R
D Y E F A T T U E S D A Y W
L O U I S A R M S T R O N G
B C H C E L E B R A T I O N
G A R D E N D I S T R I C T
Y K M A R D I G R A S J T L

Jackson Square
Louis Armstrong
Celebration
Fat Tuesday

Crawfish Boil
New Orleans
Garden District
Jean Lafitte

Cobblestone
French Quarter
Mardi Gras
Muffaletta

Alligator
Beads
Balcony
Masks