



THE  
WHITE  
HOUSE  
NURSING  
HOME

*Friends & Family*

NEWSLETTER

*October - 2022*

## LATEST UPDATES FROM THE HOME



### TWH MARKS THE END OF AN ERA

STAFF AND RESIDENTS COME TOGETHER TO MARK THE PASSING OF QUEEN ELIZABETH II

As the sad news of HM The Queen's passing became a reality we stopped and reflected on how we could sensitively and appropriately mark what is a momentous occasion. It quickly became clear to us that not every resident could process what had happened. A few residents were confused by the information and some couldn't get enough of the TV coverage and wanted to know every detail and sought clarification on what was happening. There were also the staff questions around the ceremonial duties and what happens next.

Bearing all this in mind we ensured we tweaked our activities to allow those who wished to watch the TV coverage the time to do that while providing activities and 1-1 sessions for others. On the day of the funeral, we ensured everyone who wished had the TV or radio on so they could watch the day unfold. At times there was just silence in the Home as we all took in the events of the most historic day.

One thing is clear, we really have supported each other through the passing of The Queen and the Proclamation of HM King Charles III and we have all had a history lesson on the pomp and ceremony that is so unique to The United Kingdom.

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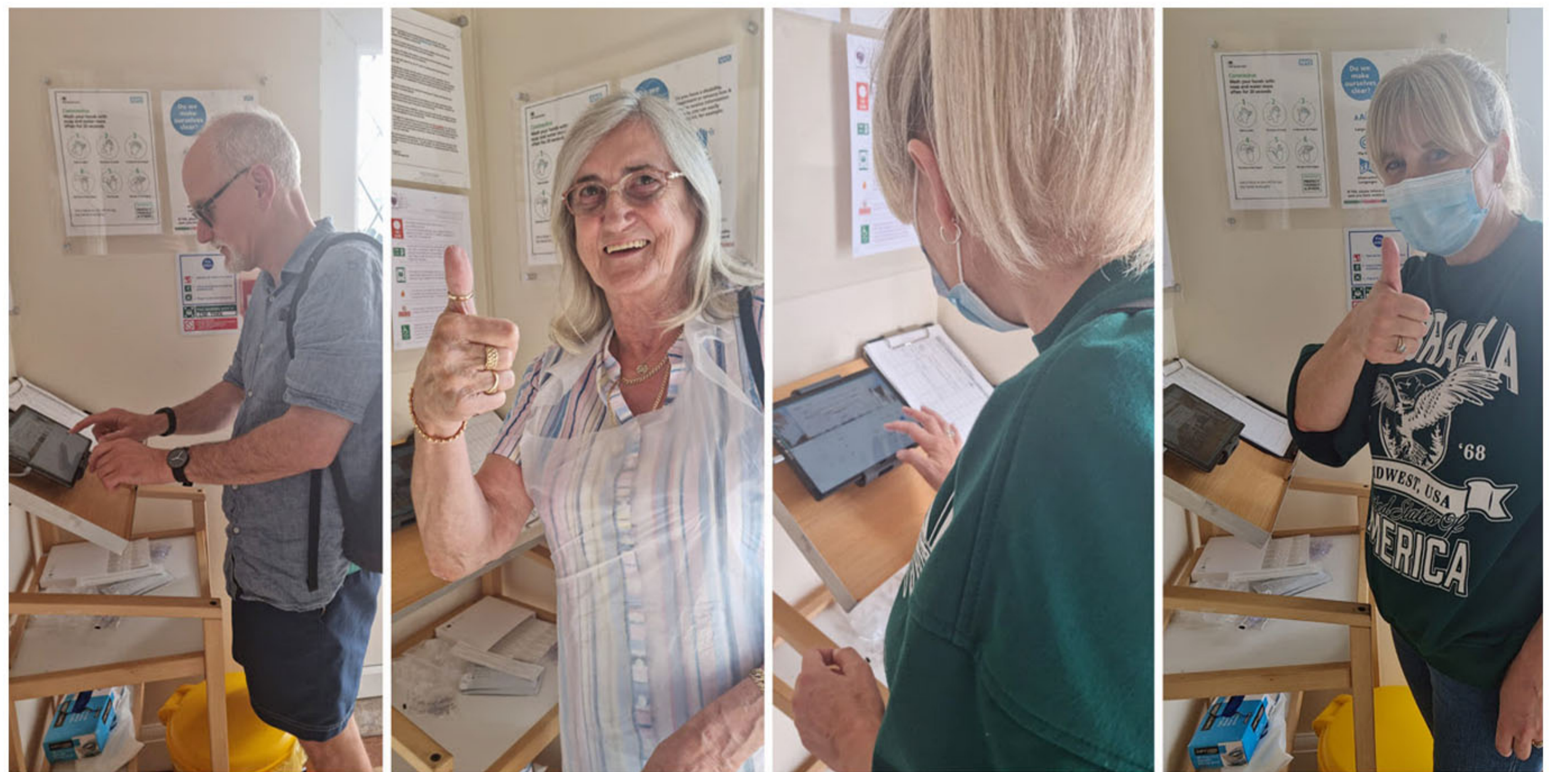


## TWH INCORPORATES MORE DIGITAL ADVANCEMENTS

### STAFF AND RESIDENTS COME TOGETHER TO MARK THE PASSING OF QUEEN ELIZABETH II

TWH was excited to launch a new digital initiative this month. We now have a new Digital E-Reception system which replaces our previous paper based signing in and out system ... and which brings with it a multitude of benefits!

Our new Digital Reception offers an upgraded and seamless checking in system with the benefit of hands free technology. Going forward, the system which is already widely seen in many healthcare institutions, will be used as a checking in and out point for all Visitors, Professionals as well as Residents who are attending hospital appointments or trips. The Digital Reception system also gives the added advantage of features such as; QR code scanning to allow for checking in and out on your mobile, the ability to give feedback on your visit, as well the important feature of a Fire Log in the unlikely event of a fire evacuation.



All visitors are reminded to please remember to check in/out pre and post every visit. If you are taking your resident out please select the Resident option on the device to check them out and back in on your return.

We hope our visitors will enjoy this new upgraded checking in experience and we look forward to welcoming your feedback.

# ED DAVEY VISIT RESCHEDULED TO THIS MONTH



We are happy to announce our much anticipated visit from Sir Ed Davey, which unfortunately had to be postponed a few months back, has been rescheduled for later this month.

We keenly anticipate Sir Ed's impending visit and a reminder to please let us know of any questions you would like to be put forward to him.

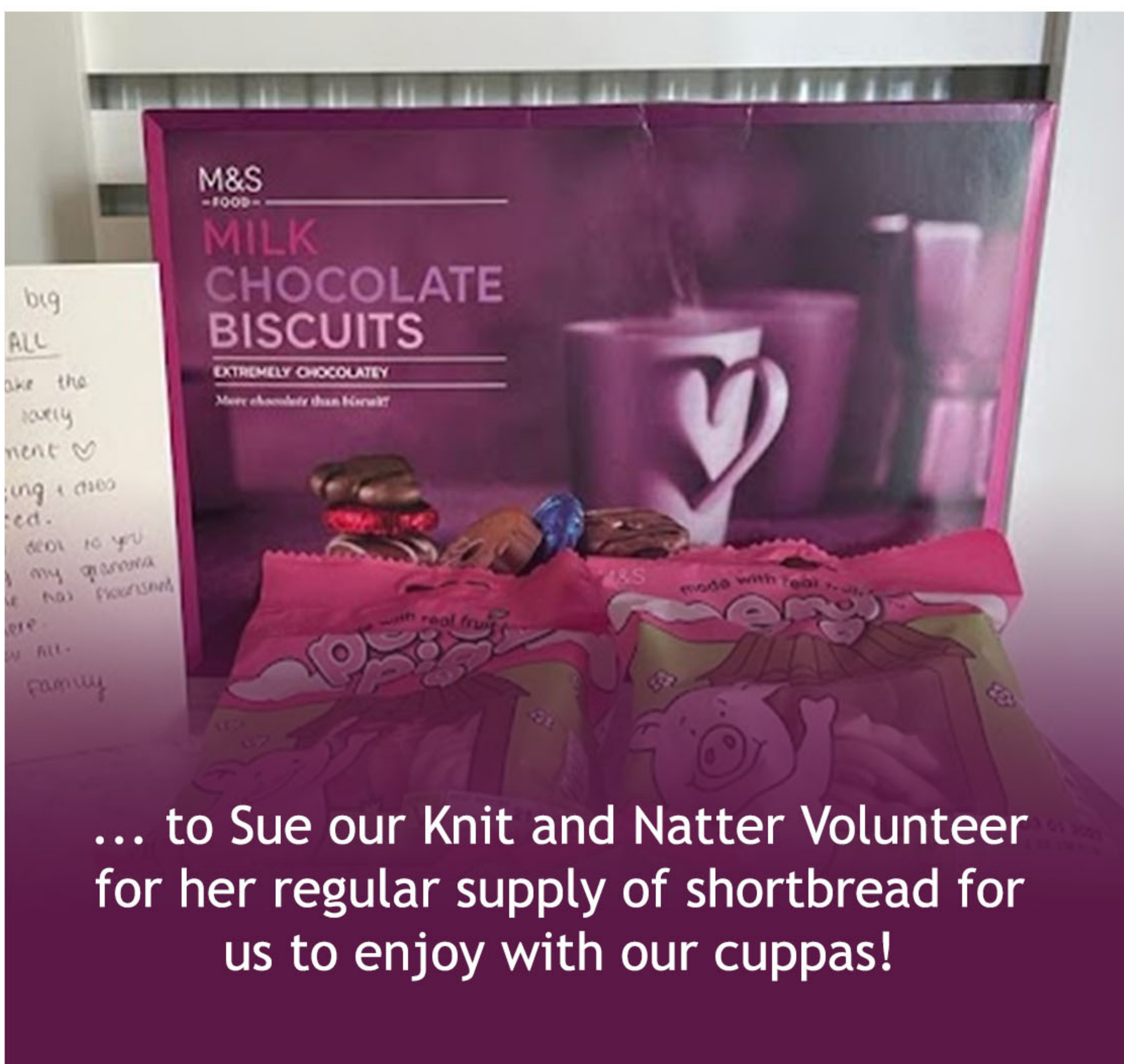
## THANK YOU



... to Jackie and Tony (niece and nephew of resident Jenny) for the tin of energy boosting chocolates given to staff on a recent visit



... to Milada (partner of resident Kate) for the gorgeous box of chocolates and biscuits given to the staff.



... to Sue our Knit and Natter Volunteer for her regular supply of shortbread for us to enjoy with our cuppas!



... to resident Olive's family for the bundle of goodies and the lovely card with such thoughtful words.

# ACTIVITIES UPDATE

**Art and Craft** has been busy this month for our new TWH Resident Artwork Collection. The paints have been out a few times and we can't wait to share the results with you so watch this space. We have as always had the lovely Gaye in for the **Flower Arranging** sessions and again we have had some beautiful arrangements. We do put a little card on each display saying who has made it so do look out for your loved ones name. I must say the sunflowers have been gorgeous this year.

Sue came in to the **Knit and Natter** with a really lovely tree for our sensory area along with some very cute head hogs! She always has a range of items for the residents to have a go at. Sewing felt together is a popular activity as the holes are already prepared and spaced enough to allow the residents to see what they are doing and not squinting! Sue and I often have a chat about projects, and she will always come up with something for the residents to create.



The day after HM The Queen's passing, **Pete** came in for a morning of music. He was very respectful and addressed the loss of The Queen with the residents. It was important for us to mourn the loss but also to understand that not every resident was aware of what a momentous occasion had taken place. Pete was encouraging the residents to guess the next song with a few clues and played some lovely music and finished with Jerusalem. The morning was just perfect.

When **Jane** came in and we had a room full all of whom were in good voice. We started off with some Vera Lynn as this was the Queen's favourite singer. Next we had some Country Music to mark International Country Music Day.

We had Top of the World, Jambalaya and Country Roads followed by some of our favourites. residents lungs were put to good use and the house was full of singing.

We welcomed **Charlie and Ronnie** to TWH and they came armed with various instruments ready for a morning of music. They were in fine voice and we enjoyed a medley of songs including Leaving on a Jet Plane, The Gambler and Wake Up Little Susie.

We had the pleasure of the Big Heart Band who gave up their time to come and sing with us one morning. Armed with some song sheets we had a wonderful morning and it sounded like TWH Choir! Not sure many of us (me included) were in tune but wow we had a great sing song!

# ACTIVITIES UPDATE

On the last day of the month, we were delighted to welcome **Franz** back to TWH! Franz was a regular and resident favourite before COVID and we were so disappointed when he gave up performing. You can imagine our delight when he contacted us to ask if he could come back! It was so nice to hear his amazing voice again and to hear his trivia quiz with the residents. Safe to say we all really enjoyed the morning.



We also had our own lovely **Music Session** and played a range of favourites so that there was something for everyone! I am pretty good at remembering favourite songs as I am sure it isn't just me but when you are asked "What song do you like?" your mind goes blank!



**Namaste** made a welcome return. We had a very relaxing session in the "Forest". We started off with one resident feeling a little out of sorts. Once moved into the "Forest" she felt a bit unsettled, so we quietly moved her back to her original seat in the lounge and she was then full of smiles and happy to take

part in the session at a distance. This is never a problem as we want to ensure everyone is happy and calm and we have the use of the whole of the top floor lounge so plenty of space.

One morning instead of a group Namaste session I completed some **1-1 Sensory Sessions**. Armed with a box of hand massage items, a speaker for music and some scents along with the VR Headset off I headed to the rooms. The hand massage proved very popular. One resident fell asleep, that was a compliment, and another was convinced I hadn't done both hands so had to do her left hand twice!

Residents enjoyed looking at flowers and sea animals on the VR headset. It can be quite tranquil escaping to a world of your own (that is unless you have a virtual reality trip on a rollercoaster as one resident did!!).

# ACTIVITIES UPDATE



This month we have not had as many **Celebration and Awareness Days** however saying that we made very good use of **National Colouring Day**. We had been talking about displaying some resident artwork going up the main staircase and this was a perfect opportunity to get the creative juices flowing. Galina has an abundance of patience when it comes to art, and we had some beautiful pictures painted. Residents chose the picture they wanted, chose the colours and painted as much as they were able and then were happy if needed for Galina (under supervision!) to finish of the pictures. Look out next month to see the final creations.

**Onam** was a day for the staff to have a celebration. Onam is an annual harvest festival in the Indian state of Kerala. The Keralan staff duly put their impressive cooking skills to good practice and after we were all kitted out in Indian dress, we enjoyed the most amazing food served on the traditional banana leaf. It is so wonderful to have different cultures to celebrate and this is definitely a favourite one.

**International Country Music Day** was a huge celebration for us last year but this year as the Country was in Mourning, we asked our

entertainer Jane to mark the day for us during her "set". She did us proud with some great songs that we all joined in with. We don't always have to go all out to mark a day, but a subtle nod is enough.

This month we celebrated **World Alzheimer's Day**. We had a busy day with knit and natter in the morning and also an outing to Chessington Garden Centre for three residents. The hairdresser was also in so some enjoyed a pamper. The afternoon was so much fun as we had a staff v residents quiz and it was a close call! I think the staff only won due to all the nationalities we have a wider knowledge base. I am sure there will be a rematch as everyone enjoyed the afternoon.

When it came to celebrating **European Day of Languages** we decided to do something a little different. I found a list of words and asked residents to guess the word and what country the word came from. It was surprising how similar some words were to English. Some like calculatrice is French for calculator and fisch is German for fish then you have Chai which is tea in Bulgarian and Kahvi which is coffee in Finnish. We all had a go but did admit defeat in the end and had a cup of Chai!

# ACTIVITIES UPDATE

**Trips out** are so much fun especially when we have two in one day! One trip saw six residents have a lovely time at **Ewell Court Park**. The weather was just perfect, and we all benefited from some fresh air.

We had our usual trip out one Wednesday morning and felt we wanted to go to **Epsom Downs** to pay our respects to HM The Queen. With Epsom being somewhere that was close to the Queen's heart it seemed a fitting place to visit. It was a peaceful trip out but very much enjoyed by all.

As the weather is turning, we had a trip back to one of our favourite destinations **Chessington Garden Centre**. Can you believe it but they have started the Christmas

preparation! As it was nice and warm, we had a wander around the flowers and plants and then headed off to see the small animals.

An email landed in our inbox with details of a **Community Celebration** to mark the end the World Alzheimer's Month. It was a fantastic opportunity to take 3 residents along for a morning of chatting to local organisations and professionals and seeing what is on offer in the Borough. We had a lovely chat with Sarah from Hampton Court Palace, and we have already been talking about things we can get involved in. It was a very informal event and all 3 residents loved chatting and eating cake and there was such a nice atmosphere.



# ACTIVITIES UPDATE

I had some wonderful **1-1 Sessions** using the VR Headset which is also a great reminder of the kindness and generosity of many of our Friends and Families whose donations enabled us to purchase this incredible piece of equipment. We had a trip "under the sea" and also to a Caribbean Beach which was gorgeous.



The resident commented on how clear the picture was and she really enjoyed the session. Another 1-1 was chatting about books. One of the residents is an avid book reader just like me so we ended up talking for a while about our favourite authors.

I had a few residents one Monday morning who were up for a **Game** of matching pictures and words and then a lively game of snakes and ladders. Whenever we do any group work, we always help those who's sight or hearing may not be as good as it was as we really do like to include everyone.

Our **Exercise Sessions** are a weekly regular to encourage movement. We do have one resident who in the afternoon likes to "wiggle" in her chair. When I asked if she was ok she said "Yes, I'm just exercising my legs and moving my bottom, so I don't get stiff!"

**Reminiscence** just had to be about The Queen and our memories. We had a wonderful story from one resident who had not only been to one of The Queen's Garden Parties but had also been present at a film premier or two with The Queen. Another remembered seeing The Queen in Kingston as she visited the library. It's so important to give the residents a chance to recall memories and often they are as clear as anything and at other times it's a bit mixed up but the important things is that residents still have a voice.

Next month is already looking fun with a few days to celebrate and lots to keep us busy.

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**@TheWhiteHouseNursingHome**  
to get even more updates and extra pictures from the Home.

