



THE
WHITE
HOUSE
NURSING
HOME

Friends & Family

NEWSLETTER

November - 2022

LATEST UPDATES FROM THE HOME



TWH were honoured to host MP for Kingston & Surbiton and leader of Liberal Democrat Party Sir Ed Davey at TWH last month.

Sir Ed was keen to meet with local businesses from all sectors in the Borough to discuss how the recent pandemic has affected businesses and the way current government legislation and funding is working in Adult Social Care.

Sir Ed took time to meet with staff and residents and was extremely warm and engaging with everyone he met. He also commended TWH's ability to retain so many permanent staff during the pandemic and was impressed with how we managed to overcome the challenging task of keeping residents and staff safe when much of the sector was being destroyed by this ruthless virus.

All of us at TWH extend our warmest gratitude for his valuable time and support extended to our staff and Home.



TWH RESIDENT ART COLLECTION

RESIDENT ARTWORK DISPLAYS IN THE HOME

TWH are pleased to announce our new initiative of displaying resident artwork for all to enjoy around the Home! Currently many pieces of resident art are gracing the stair walls of the Home and many of our visitors have expressed great delight in seeing these works on display.



Activities Co-ordinator Galina who looks after our Arts & Craft sessions has been masterminding our Resident Art Collection ensuring as many residents who are able to, can participate and together they have created some delightful pieces of art which have brightened up the Home. We look forward to expanding our Art collection in other areas of the Home. Please do look out for our Resident's Art Collection when you are next visiting!

THE IMPORTANCE OF LAUGHTER AS MEDICINE IN DEMENTIA

Dementia: Care & Support

BEHAVIOURAL SUPPORT

Laughter is the Best Medicine! How Humour Can Help Your Service Users with Dementia

Is it possible to simply laugh aside something as serious as dementia? As a carer, you know all too well that it can sometimes be difficult to remain calm and maintain your sense of humour. In caring for people with dementia, difficult situations arise often, and you may even encounter aggression. To get by, it can be useful for you to bring a touch of humour into your daily routine. We show you how to nurture joyful communication with your service users to promote good mental wellbeing.

In the children's book 'Grandma Forget' written by Paul Russell and Nicky Johnston, a granddaughter shares some moments of humour with her grandmother to create a few additional small moments of happiness.

Caring for people with dementia can often be challenging but humour, laughter and a smile almost always help to defuse difficult situations and help everyone concerned to better get along with one another. We all – including you, the carer, and those in your care – need good cheer and a sense of humour.

Try this Tip

Smile at your service user the next time you're on duty. You'll see that in return, their mouth will also quickly take on the form of a smile. It's true that people differ with respect to how quickly and to what extent they respond to someone's smile but this 'smile feedback' strategy works almost all the time. The trick is to maintain eye contact.

Laughter is Important for Your Own Mental Wellbeing

The impression is common that care professionals seldom laugh. It's also often believed that the 'inadequacies' of service users – or even

levels will be more relaxed, will sleep better, and will have a stronger immune system.

In addition, tackling things with humour helps in dealing with everyday difficulties such as personal losses, the search for identity, or the need to overcome adversity. Self-esteem is fostered and reinforced.

Quotation

'A sense of humour is so important for the development of an anxiety free and meaningful life that it can't be taken seriously enough.'

Professor Rolf-Dieter Hirsch, Geriatric Psychiatrist

But be Careful – Laughing Can also be Counterproductive

The overview below will remind you that humour and laughter have many positive effects. But humour can also have **negative consequences** – for example, when a person is laughed at, giving rise to feelings of helplessness, inferiority, and anger. The risk is especially great with the use of derogatory, cynical and sarcastic humour. That's why you should trust your common sense and gut feelings and always heed the basic principle of 'Never laugh at someone, always laugh with them.'

An article in the latest issue of Care Quality Matters served as an important reminder of the benefits of promoting Laughter and Humour in Dementia. The article highlights the physiological and psychological affects of laughter and provides some good tips to share regarding using humour in a targeted manner in order to provide a positive effect on people living with dementia.

We thought we would share this article with you and hope you find some useful information to use in your interactions with residents and with the elderly in general. Please click on the image article to read the full article.

RESIDENTS HAVE THEIR AUTUMN COVID AND FLU JABS



All TWH residents have now been successfully administered their Covid and Flu jabs. Friends and Families are reminded that all over 50's and those in clinical risk groups are now able to have their Covid boosters and are encouraged to book their boosters in order to benefit from this extra layer of protection over the coming months.

THANK YOU



... to our volunteer Pat for the very thoughtful gift of biscuits for us to enjoy at our Halloween party.



... to Milada (partner of resident Kate) for the collection of sweets and nuts given to the staff.



REMEMBER WHEN
BIRTHDAY EDITION
Newspaper Headlines Of Your Day

... to our volunteer Sue for the stunning "Remember When" book she has kindly donated to us. This was a treasured book of her late Mum's so we are honoured to be the new custodians of it.

ACTIVITIES UPDATE

Every month I think how are we going to beat the previous month in terms of what we have got going on but somehow we always do! We have had trips out in the community, music, reminiscence, celebrations and more! There really has been something for everyone.

Art and Craft this month saw Galina getting creative and she found some little boxes for the residents to decorate which look really cute. We have also been getting ready for Halloween so lots of things to do.

Gaye our flower expert has been in this month and given the troughs outside an autumn make

over. Its great we can get the residents involved by setting up the table and getting dirty! (Not sure the cleaners love it as much!) **Flower Arranging** sessions have also been an ongoing part of the month. I like to take a minute or two to appreciate the residents work as I think we get used to having such beautiful flowers in the Home all the time that we perhaps don't "see" them.

Sue came in to the **Knit and Natter** full of enthusiasm. We are working on some Halloween themed items ready for us to decorate the Home as we love this spooky time of year!



Our first entertainer this month was **Dave Mac**. He had a room full of residents all eager to hear him sing and play his accordion. His mix of music has residents singing along, tapping feet and generally all smiling with a party feel. Residents have told me they think he is great and that's always nice to hear.

Pete gets everyone singing and is a natural with the residents. We enjoyed songs such as Loch Lomond (especially for a Scottish resident) and Bare Necessities which we all enjoyed. The mix of songs means there is always something for everyone. He also took a trip upstairs to sing to a couple of his "regulars" in their rooms. That was such a nice touch. Jane came in looking stunning in a trouser suit that was admired by the ladies. She sang so many songs that we could sing and dance to. She knows just what we like so had a wonderful morning. She also took to the first floor to sing 3 songs for residents in their rooms. Her voice drew visitors and staff out of the rooms to take a look and ended with a hearty round of applause.

ACTIVITIES UPDATE



Jimmy came for a wonderful session which included quite a few spooky songs to get us in the mood for Halloween. There was lots of laughter, singing and even a bit of dancing to finish off this months entertainers.

We also had one music session where it was Space Week so we were thinking of songs with a space theme. Safe to say we didn't do very well so then just played a few favourites instead.

Namaste is a wonderful way to start the week. I set the room up with soft lights, diffuser with a fresh scent and relaxing music and wait for my guests to arrive. Once all settled we started with a bit of relaxation and imaging waking up in bed and gently moving our fingers, arms and legs and having a stretch. Once everyone was feeling relaxed we went for a virtual walk through the forest and experienced a few things on the way. This session everyone was enjoying the scents we had and scarves that all had different textures. The hand massage is something everyone seems to love.

1-1 Sensory Sessions are proving popular. We have a number of residents who are quite content with their own company but as soon as I say would you like a hand massage they smile and say yes please. I have a few "regulars" who I sit with through the week. I have been told my hands are really soft... that could be because some days I am giving 4 or 5 hand massages and that's a lot of hand cream and oil! It brings me as much pleasure and calmness as to the residents.



ACTIVITIES UPDATE

There were a few days to celebrate this month. Our first **Celebration and Awareness Day** was **National Fruit at Work Day**. This was a bit of fun for us and tied in nicely with Art and Craft. Galina and the residents made some beautiful fruit items using paper, tissue paper and glue. The results were amazing and have taken pride of place in the conservatory.



World Smile Day was a great chance to show off some of our smiles! Over the week we had been busy with the camera and captured some fab photos. It takes less muscles to smile than to frown! On that note we hope you are all enjoying access to your loved ones on line photo album? If you have any problems at all accessing the album, please let me know and I will be happy to help.

World Mental Health Day and National Handbag Day happened to be on the same day. We started the day with Namaste and Art and then ended with some reminiscence talking about our handbags and what we like to have in them including small change, bus tickets, powder puff and mirror. It was so nice to see the residents think about their handbag as it is quite an important part of us and is almost offers comfort for some. We also explored what makes us happy and it was so nice to hear the resident's thoughts.



We had to think long and hard about celebrating **National Chocolate Cup Cake Day** (well all of two minutes thought!). This was a perfect opportunity to get the mixing bowls out and have a lovely morning of baking. Galina led the session, and I couldn't help but stand and watch as Betty was reading the directions and was so funny adlibbing the instructions. The house smelt divine as the cakes cooked and were really enjoyed in the afternoon with a cup of tea.

ACTIVITIES UPDATE

Halloween is always such a fun event at TWH and this year is no exception. We decided that a week-long preparation would be about right as there was just so many activities to fit in! We kicked off the week making the most amazing ghosts from balloons, string and bubble wrap. Milk bottles were put to good use with scary faces to decorate the Home and later used for target practice. There was also spooky flower arranging, pumpkin knit and natter, creepy word searches, ghostly pumpkin making and finally a wicked party to celebrate the day. We had spooktacular day of music, cake and games to finish off our epic celebrations.

Trips out were in abundance this month. We started off with a trip to **Chessington Garden Centre**. It was a windy day so we were all wrapped up and headed into the warm. The cafe was our first stop for some refreshments. Today we wandered around the animal area where the tortoise was a favourite and also the lizards.



I made a very swift exit once I realised the "noise" was the live insect food!

Next we had a wonderful morning at New Malden Library. IMM Music and **Westbury House School** were our hosts. We have previously worked on a music project with Chiara from IMM and she invited us to a morning of music and fun. It was so nice to see the interaction between the residents and the children. One resident is a former schoolteacher and Dementia has certainly not taken her passion away. She took charge of the children and was asking them questions and captured their attention. She even instigated an impromptu game of hide and seek. The session definitely went off track but in a good way. When we arrived, we had no idea what to expect but we all came away with a feeling of happiness.

Another trip out and another lovely group of residents to take to **Chessington Garden Centre**. This time we spent a while looking at the Christmas items and one resident was quite taken with the huge gingerbread man and the beautiful light up decorations. As always, any trip must include a cuppa. The residents love looking at all the cakes and choosing what they fancy. We even indulged in some cheese tasting which we all enjoyed to.

For our final trip out this month, we had a trip to **Carshalton** to visit the Leisure Centre. We visited the library and had a cup of tea in the cafe. It's nice to do something different and we all enjoyed the drive through some familiar locations and topped it off with a bit of music on the way.

ACTIVITIES UPDATE



There have been many 1-1 Sessions including looking at the resources we are sent from the library services. This month we have books and puzzles which residents have loved. There have been new matching colour games and word games to get stuck into. Music is great for a 1-1 session as you can play songs that often have meaning and evoke memories.

I like to be able to create individual playlists for residents to enjoy. (I think I am not only a budding writer but also secretly wishing I was a DJ!)

Games can be fun, and you can enjoy a game of snakes and ladders at any age. One resident loves a game of cards and as I passed her room, I could hear Galina say "you won again!". Scrabble tiles are often used to form words, and this is something the residents like to do. There was also a few wordsearches and quizzes through the month.

Galina had a brilliant **Exercise Sessions** with the residents. She borrowed a large sheet and had the residents pushing a balloon to each other. There was lots of laughter, and the residents really enjoyed it. They also played skittles and our large ball was also out. Residents have had a good work out this month!

Reminiscence is one of my favourite sessions. Often just taking a book into a resident can provoke a conversation about films or magazines from the past. We also love looking at family photos and this can have such a calming effect on residents. Often in the afternoon I will just start the conversation about favourite sandwiches, fruit, vegetables, places to visit etc.. this not only provokes a lively chat but also means we learn more about each resident and if we can, we link this to the support and care we give.

Wow that was another great month. The time just fly's by and now we are on the countdown to Christmas where we have been working on plans to make it a wonderful celebration so watch this space.

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Don't forget to follow us and share our FB page with family and friends:
@TheWhiteHouseNursingHome
to get even more updates and extra pictures from the Home.

