



# CRESTA LODGE



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**July 2017**

Hello to everyone reading our newsletter. We hope you are enjoying the wonderful warm weather so far.

At Cresta Lodge it has been a real treat to be able to be in the garden enjoying a cup of tea, playing games and eating delicious ice-cream at our leisure.

## **SAFETY NOTICE**

Before we begin to chat with you about our home life since last writing, please may we politely ask that relatives and friends speak to the duty manager before bringing products for denture cleaning, mouthwash or any form of tablet into Cresta Lodge in order to increase the wellbeing of our residents.

## **STAFF NEWS AND TRAINING**

Olu and Danielle are the most recent staff members to join Vicky and her team at Cresta Lodge and we trust they will enjoy their journey in helping to ensure all of our residents receive the very best care, feel safe and are happy.

Our staff training record is reviewed regularly to keep all staff up to date with many subjects according to their job role and responsibilities. Our training manager has recently refreshed competencies in Manual Handling, knowledge of the Mental Capacity Act, Challenging Behaviour, Food Hygiene, Infection Control,

Health and Safety and Dementia. The annual training for 'what to do in the event of a fire' has also been carried out. Some staff have also attended Medication and First Aid courses delivered by an outside company and is well received.

## **EVENTS AND OUTINGS**

Several birthdays have been celebrated including a 90<sup>th</sup>, a 97<sup>th</sup> and 105<sup>th</sup>. How amazing! Over £200.00 was raised at the 'Easter Mardle', a great success, so a big thank you for the support given by relatives and friends who came along for a fun afternoon. The money raised has been added to the Residents Amenity fund.

We also purchased some bird feeders to go outside the windows of some resident's rooms who are unable to join others in our lounge. One of our ladies remarked that she loved watching a baby squirrel eating outside from her window!

Those with 'green fingers' among us have successfully planted runner beans and tomato plants. Surprisingly, we have even grown pumpkin plants after saving the seeds from our Halloween pumpkin!

Our first outing of the year was to Highways Garden Centre where residents enjoyed looking at the beautiful flowers and gifts as well as the aquarium centre, followed by tea and cake. Visits from our old friends 'Elvis' and

Roger Eno' provided fantastic fun and entertaining afternoons, always appreciated and enjoyed. Have you heard of Zoo-Tastic, a super special petting zoo? The entertainers brought along a large assortment of creatures for us to handle and touch including guinea pigs, a rabbit, a tortoise, a hedgehog, the list goes on, even a lizard and a snake. Our residents really enjoyed meeting the animals. Some were extremely brave and dared to touch the Snake!

## **PLANNED EVENTS**

Many may recall the amusing song 'When the weather is fine, then you know it's a sign for messing about on the river' Jill has organised two very popular trips to take place this summer on the Waveney Stradust boat, out of Brundall.

An outing to Pinelodge Equine Centre to visit the horses will be very different and interesting.

We are also going to have a Tennis themed Sunday afternoon to celebrate everything 'Wimbledon' in July which must, of course, include the indulgent eating of strawberries and cream.

Our summer fete will be on Saturday, July 22<sup>nd</sup>. We hope lots of relatives and friends will be able to join us for this fun afternoon.

To close, have a great summer and we look forward to writing next time from Vicky and her team at Cresta Lodge.

