



Russettings

Residential Care Home Newsletter

AUGUST HIGHLIGHTS



This month has seen an increase in various activities and outreach in the community, especially as we have just come out of 'Lock down' with all the precautions of Covid. This means that the activities team have been looking at local events and the re-opening of memory cafes and societies, pet therapy and visiting performing artists.



We have been exploring ways of using our beautiful grounds and patio. The weather has been glorious so we have been able to enjoy many activities outside, such as: flower arranging, gardening, arts and crafts as well as visits from families. The garden lends itself to visits in safety and distance with shade and refreshments!

ENTERTAINMENT

Key entertainments this month have included weekly visits from violinist Sarah, playing classical, show music, popular and past great hits! She always has something for everyone with a great finale of Lord of the Dance!



Rosies Retro Rhythms, which is a new act to Russettings, is proving very popular with the residents! She sings 1950's and 1960's music and every resident have a percussion instrument to play. Some of the residents were so excited that they even got up and started to dance. One, in particular, had been a professional dancer on Cunard and was happy to show his skills dancing with Rosie, to the modern jive!

A flamenco dancer called Pepe, created a Spanish themed afternoon, with lots of clapping and castanets, tambourines with show dances in between.

Elvis also arrived in style looking like he came straight from Las Vegas! He performed an impressive string of his greatest hits whilst serenading residents with all the charms of the great entertainer!



HEALTH & WELLBEING

Health and Wellbeing has seen an increase in regular music and movement sessions. 'Move It or Lose It' - sit down exercises, with accompanying professional DVD. This activity is good fun, and is followed by afternoon tea and Movie Moments. We then show a film, that the residents have chosen and seating creating a cinema style, relaxing into the evening hours.

We also have spa afternoons with aromatherapy hand massages, weekly hairdresser visits and manicure and foot spas for the residents. It is very relaxing and good for overall self-esteem.



The Reminiscing Circle takes place weekly with the Daily Sparkle booklets showing the month's appropriate memories with word searches and quizzes. We also have the Local Libraries providing us with Memory boxes. This month we have had three! The greatest fun was the 1950's and 1960's toys! It was amazing for our residents to play with the toys from their youth such as Yoyos, Jax games, Hula Hoop and Skipping Ropes. The kaleidoscopes with coloured spheres and corgi toys: all brought so many memories flooding back!

Our Residents practise their kitchen skills creating favourite pizza toppings. Baking and decorating mouth-watering cakes, ready for afternoon tea and supper. We can't forget the birthday parties this month, with special cakes designed and made by our resident chef and create a highlight!

WHAT'S TO COME

The forth coming attractions in particular focus on Russettings first trip out to the September Spectacular in Crowborough with entertainment provided by The Lions Club and afternoon tea by M&S. This should be a major highlight for so many people after all the recent restrictions. This is coupled with more trips out with a local luncheon club and our resident catering team providing a visit from a Master Chef contestant with a talk and tasting session.

We look forward to sharing our busy September Activities schedule with you!

Have a lovely September from Russettings!

FOLLOW US!

 [Facebook.com/RussettingsCareHomeBalcombe](https://www.facebook.com/RussettingsCareHomeBalcombe)

 [Instagram.com/RussettingsCareHomeBalcombe](https://www.instagram.com/RussettingsCareHomeBalcombe)

