



# Russettings

Residential Care Home Newsletter

## FEBRUARY AT RUSSETTINGS

As always, February is a short month but Russettings has packed a great variety of activities in throughout the month. Highlights this month was, of course, Valentines Day! Russettings created a romantic ambiance to celebrate the day, with a special lunch menu created for the residents, their family and friends. The dining room was decorated in red and gold with table decorations and art made by the residents. A special Valentines tree was created with red hearts and messages written to their significant partners, husbands/wives, family and friends. Very touching messages evoked fond memories.

In the afternoon, we were treated to the soprano Mélodie, who gave a performance of love songs from well known musical theatre and film such as 'My Fair Lady' and 'The King and I'. There were additional requests creating lovely memories for everyone. The Valentine's afternoon tea was gorgeous! Resident chef, Miguel, created a gold and raspberry, heart shaped cake. Truly stunning and delicious!

### Starter

#### French Onion Soup

(Beef Stock, white wine and onions caramelized to syrupy perfection)

### Mains

#### Coq Au Vin

(Chicken braised with Red Wine, Bacon lardons and Mushrooms)

#### Ratatouille

(Stewed vegetables: Aubergine, Courgette, Onions, Yellow squash, Bell peppers, Garlic, Fresh Tomatoes and Herbs)

### Desserts

#### Crème Brûlée

(Custard with a burnt sugar topping)

### Afternoon Tea

(Selection of Cakes and Biscuits)







## AN AFTERNOON WITH ROSIE

A firm favourite with Russetting is "Rosie Sings the 60's"! A special birthday serenade took place which was very much appreciated. Many of the residents were dancing and singing remembering their youth and happy times!

## BIRTHDAYS

Birthday celebrations called for the Russettings' well-known cakes, with particular flavours requested by the residents. Family and friends joined their loved ones for the fun and celebration.



## FOOD!

Our speciality lunch this month was a Cajun Experience, taking us to the 'Deep South'; with Jambalaya, corn bread and spicy vegetarian rice.

Russettings had a 'Flipping' good time, on pancake day! Our chefs created pancakes from around the world, with American stacks, crepes and traditional English pancakes with a variety of toppings to choose from such as Maple syrup, Natella, fruit and ice cream and traditional lemon and sugar toppings.





"You name it and we will try and cook it!", Friday afternoons are dedicated to food preparations. Many of our residents never forget their cooking skills and it provides them with comforting memories and enhanced cognitive skills. This month saw us creating Pizza toppings, iced buns decorations and cake making.



## REMINISCING

The local library creates "Reminiscing packs" for people to lend. This month we travelled to the 1950's with toys like jacks, marbles and collections of cigarette cards. There were also Green shield stamps and ration books! We conversed about prefab homes, in which we found out several of our residents had lived in them... apparently they were sad to give them up! The residents remembered the music of the time and meeting their partners at new dances and coffee shops. Clothing and sweets were still rationed till the early 1960's! They also had fond memories of their first holidays with their young families, since the war! For those in some parts of the country; they took their family holidays by working on Hop Farms. We learn so much about our residents in these Reminiscing Circles; which builds amazing insights into our residents very full lives.



## WHAT'S TO COME

We look forward to meeting you in March with forthcoming attractions!

- St. Patrick's Day Special Lunch & Musical Performance
- St. David's Day
- Pet Therapy
- Rev David King & the St. Marys Church
- Balcombe choir & Afternoon tea
- Balcombe Primary School performance
- Mother's Day Special Lunch & Afternoon tea