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THE HEATHERS

NURSING HOME NEWSLETTER

The month of March is filled with many important events. Its hard to believe, but spring is almost here!

“I’m a great believer in *luck*, and I find the harder I work, the more *luck* I have.”
Thomas Jefferson



VISITING ARRANGEMENTS

Visits are conducted based on appointment basis . This is to take into account the number of visits per day and the infection prevention and control measures. Please ring the home to book your appointments and discuss about different options of visiting.

We have designated area for the visitors which is the shed at the back entrance, where all the PPE and visitors forms are kept. Before entering the home wash your hands enter the pod check your temperature, fill the form and put PPE (apron, mask and gloves)on and ring the door bell. One of our staff will then come and check your negative LFD test before letting you inside. Our opening hours for visitation are from 10.30am-8pm.

We as a home we are recommending you to have lateral flow test before every visit, as a residents family member, if you are running low on test kits please ask the nurse in charge for more.

All visitors please remember if you are feeling unwell please do not visit our home, visit 48 hours after feeling unwell.



What's been happening

The most indulgent day of the year is here once again. No, we're not talking about Easter, it's **Pancake Day**. The one date in the calendar when you can absolutely eat the same dish for breakfast, lunch and dinner – without guilt, without shame.

International Women's Day is an annual event that celebrates all the amazing things women have achieved. It is a way to show how women have and continue to influence the world. As well as celebrating brilliant women, it's also used as a day to highlight and raise awareness about issues that women still face. Historically, women have been denied the right to vote, to work, and lots of other things, too. Because of brilliant women who fought against these things, women have a lot more say in the world around us now. But there are still many issues that women continue to face and fight for today.

All around the world **St Patrick's day** is celebrated on 17th March each year. It's a celebration of Ireland and Irish culture with music, dance, parades and dress up, with the focus on the colour green and shamrock.

Our residents are still going out for their **day trips** once a week usually on thursday mornings, days might change depending on the weather.

Mother's day is on 27th March we wish all mothers every happiness and love on this day.

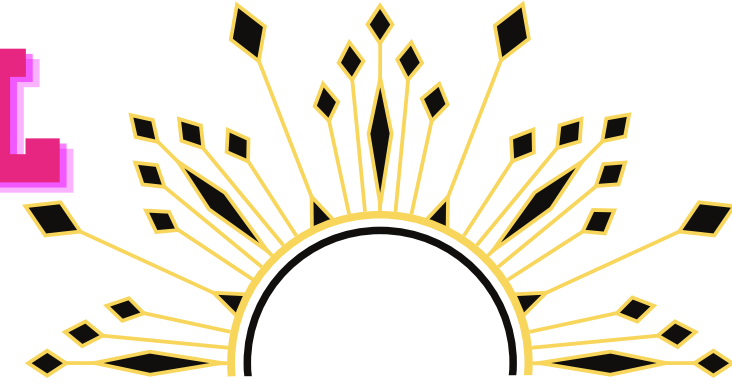
UPCOMING EVENTS IN APRIL: We'll be celebrating Easter, Brazilian Carnival and we have Zoo Lab coming in bringing their small creatures.

PANCAKE DAY





INTERNATIONAL WOMEN'S DAY



HAPPY ST PATRICK'S DAY

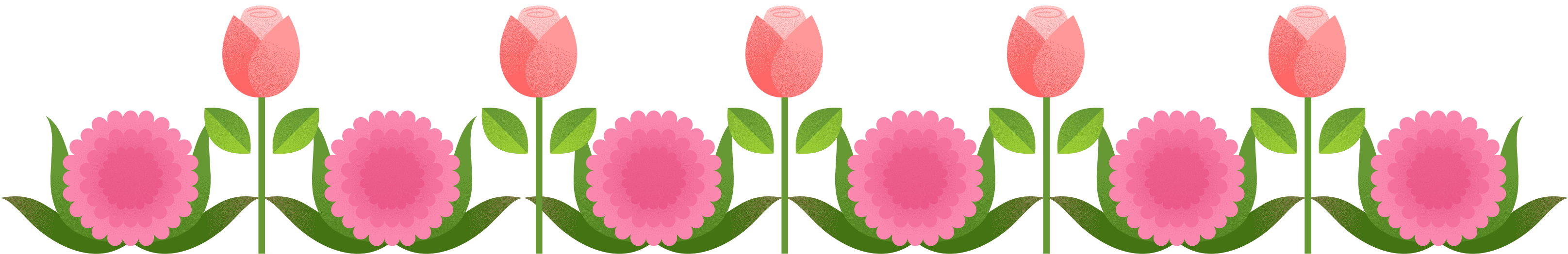




DAY TRIPS



HAPPY MOTHER'S DAY





HAPPY BIRTHDAY





MARCH ACTIVITIES

TUE 1ST PANCAKE DAY/ ST DAVID'S DAY
WED 2ND ARTS & CRAFTS
THURS 3RD DAY TRIP
FRI 4TH BINGO
SAT 5TH QUIZ
SUN 6TH MOVIE DAY

MON 7TH ARTS & CRAFTS
TUES 8TH INTERNATIONAL WOMEN'S DAY
WED 9TH GAMES
THURS 10TH DAY TRIP
FRI 11TH CHURCH SERVICE
SAT 12TH SENSORY
SUN 13TH KARAOKE



MON 28TH GAMES
TUE 29TH QUIZ
WED 30TH RESIDENTS CHOICE
THURS 31ST DAY TRIP

MON 14TH GAMES
TUE 15TH ARTS & CRAFTS
WED 16TH DAY TRIP
THURS 17TH ST PATRICK'S DAY
FRI 18TH BINGO
SAT 19TH PAMPER DAY
SUN 20TH CHAIR YOGA

MON 21ST WORLD POETRY DAY
TUE 22ND GAMES
WED 23RD ARTS & CRAFTS
THURS 24TH DAY TRIP
FRI 25TH BINGO
SAT 26TH SING A LONG
SUN 27TH MOTHER'S DAY

THE SCHEDULE MAY CHANGE DEPENDING ON UNFORESEEN CIRCUMSTANCE