

Brook House Newsletter



Welcome to the October edition of our newsletter

October brings many Autumnal delights, dark cosy evenings by the fire, maybe a winter tippie? Baileys Irish cream or a warm mulled wine. The shops are already stocking Christmas goodies for people to decorate their homes. There is something very warm and comforting about seeing a street full of Christmas lights, stepping into a heated home out of the frosty air.

Reflections

We had a few events in September unfortunately Anthony the Magician had to reschedule due to illness however our Macmillan Coffee morning was a massive success! We raised £78.80 We also had Mike the Pianist in for an afternoon of music.





Sam Farrington Alison Ivieas Kerry Clarke



Sam Farrington Alison Maas Kerry Clarke



Things to come



Here is a list of upcoming events in October,

- Brook House Coffee Morning 4th October
 - Chris the pianist 4th October
 - Mega-strikers 2pm 8th October
 - Reflexologist 9.30am 16th October
- Cheese and Wine Evening 16th October
- Holy Communion 2pm 22nd October
- Mini Sparrows 10.15am 25th October
 - Rod the Organist 25th October
- Tony the Magician 2pm 29th October



Resident of the Month

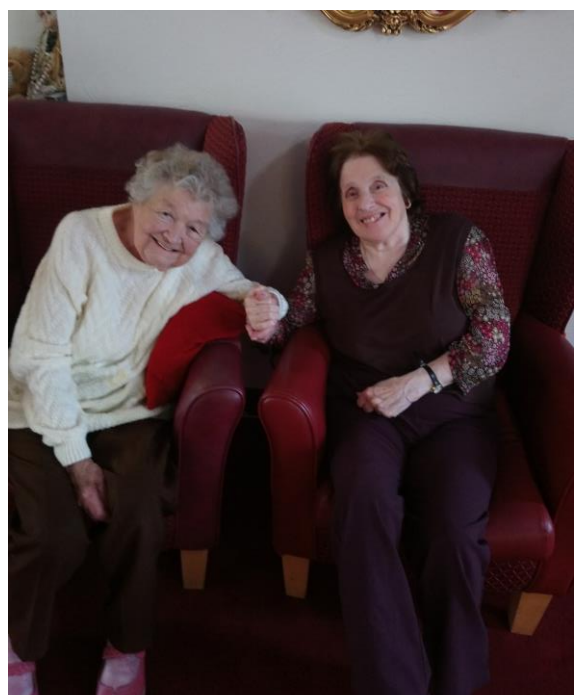


Beryl Swinfen

Beryl was born in Thurlaston in 1931 and has 1 brother and Sister. Beryl's family had a business growing and selling fresh produce.

Beryl also went to Thurlaston Elementary school and left school to work at a Joseph Johnson store on the till.

When Beryl was 16 she meet Jeff and he was a butcher, they went on to have 2 children and a holiday home in Norfolk. They also had dogs and cats!



Carer of the Month

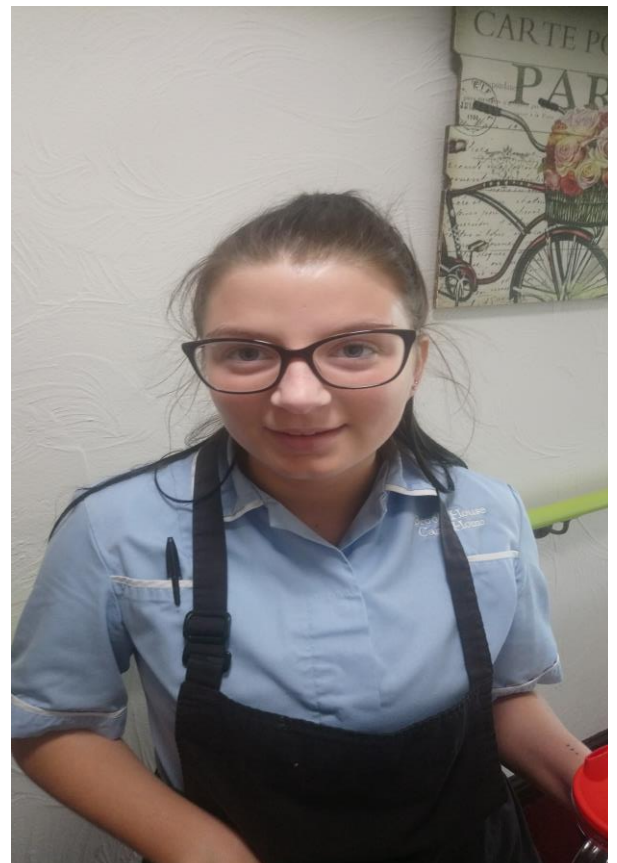


Lucy Pike

Lucy is 20 years old and lives in North Kilworth. She has a cat called Stella and a dog called Charlie, her favourite animal is a Hippopotamus!

Lucy enjoys going to the gym in her free time and her favourite food is bacon.

Lucy is studying at college to become a children's nurse and feels working at Brook House is helping her towards her career choice. She also finds it very rewarding to be helping others.



Sam Farrington Alison Maas Kerry Clarke

1940's Film Quiz

1. What was the name of the car that involved Kenneth More and Dinah Sheridan in the London to Brighton road run?
2. In which film did Vivien Leigh play Scarlett O'Hara?
3. Which actress married Prince Rainier of Monaco?
4. Which Alfred directed the thrillers 'Rebecca' and 'Notorious'?
5. How did Some Like It in the film with Jack Lemmon, Tony Curtis and Marilyn Monroe?
6. Where was Gene Kelly Singin' in 1952?
7. Which young star of 'East of Eden' died in a car crash aged 24?
8. Which distinguished actor, later a Lord, played the lead in 'Henry V'?
9. What is A Many Splendored Thing in the film about the Korean War?
10. In the 1957 film about Japanese prisoners of war, where was the Bridge?
11. Which dancer/actress Ginger won an Oscar in 1940?
12. In the Charlton Heston film how many commandments were there?
13. If Lady is a pedigree spaniel what is the name of the mongrel?
14. Which actor Orson starred in 'Citizen Kane' and 'The Third Man'?
15. Which yuletide classic was first sung by Bing Crosby in 'Holiday Inn'?

Quiz Answers

1. Genevieve
2. Gone With The Wind
3. Grace Kelly
4. Hitchcock
5. Hot
6. In The Rain
7. James Dean
8. Laurence Olivier
9. Love
10. Over the River Kwai
11. Rogers
12. Ten
13. Tramp
14. Welles
15. White Christmas



Sam Farrington Alison Maas Kerry Clarke

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'Avin a Laugh'

Fishing For Whiskey



"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."

The Problem With Jury Duty

Just as she was celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to come in and fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."

"Why? Do you think I'm getting younger?"





Pear and Banana Bread



Ingredients

- 100g unsalted butter, melted, plus extra for greasing
- 3 (about 250g) really ripe and speckly bananas (see tip)
 - 100g golden caster sugar
- 2 ripe but still firm comice pears, cored and chopped, dusted in a little flour
 - 1 tbsp maple syrup, plus extra to serve
 - 1 tsp vanilla extract
 - 1 large free-range egg
 - 150g plain flour
 - ½ tsp bicarbonate of soda
 - 50g pecans, roughly chopped

Method

1. Heat the oven to 180°C/fan160°C/gas 4. Grease and line a 1 litre loaf tin with baking paper so it overhangs the short edges of the tin (see tip).
2. Mash the bananas in a mixing bowl, then stir in the melted butter and caster sugar with a wooden spoon until well combined. Stir through the pears, the maple syrup and vanilla extract, then beat in the egg. Sift in the flour and bicarbonate of soda, then gently fold in, along with the pecans, using a metal spoon.
3. Pour the mix into the loaf tin, then bake for 45 minutes. The cake should be dark on top with a soft, moist sponge. Check it's done by poking a skewer into the centre – if it comes out clean it's ready. Leave to cool in the tin for 10 minutes, then lift out onto a wire rack to cool. Drizzle with extra maple syrup to serve.



Lets talk about



Halloween is more of an American tradition and is celebrated on a much grander scale however we still give our little ones candy and treats when they come along knocking on Halloween night.

Do you know why we have Halloween?

Halloween or Hallowe'en, also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in a number of countries on 31 October, the eve of the Western Christian feast of All Hallows' Day and Reformation Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.



inspired
Interaction



You may have seen over the past couple of weeks we have a new tablet for use in our main lounge. Introducing 'Person Centered Care' through the use of technology. Creating a positive atmosphere for residents and carers and 'Inspiring Interaction' for all of our customers.

The tablet provides

- Brain Training Apps
- Collaborative Apps
- Gaming Apps
- Keep fit lessons, sing-alongs and quizzes
- Viewing the web
- Watching films and catch up TV (Netflix & Amazon)

The Tiny Tablet is fully integrated, portable and adjustable which is simply used the same way as a smart phone or Ipad.

We have the Ipad on a 3 week trial, so have a go and see what you think!

Birthday Celebration

Albert Coombes- 13th October

Audrey Stansfield - 28th October



Horoscopes



Libra September 23rd- October 22nd

Libra is obsessed with symmetry and strives to create equilibrium in all areas of life. These air signs are the aesthetes of the zodiac: Ruled by Venus, the planet that governs love, beauty, and money, Libras adore high art, intellectualism, and connoisseurship.

Scorpio October 23rd-November 21st

Because of its incredible passion and power, Scorpio is often mistaken for a fire sign. In fact, Scorpio is a water sign that derives its strength from the psychic, emotional realm. Like its fellow water signs, Cancer and Pisces, Scorpio is extremely clairvoyant and intuitive.