

Brook House Newsletter



January is passing us by and we find ourselves in February already! I hope you managed to beat the January blues and can look forward to the lighter, brighter weather. February is a slightly unusual month, It has 28 days in common years or 29 days in leap years, with the quadrennial 29th day being called the "leap day." We also have Valentine's day in February...how do you show your loved ones how much you care about them? Or should love be given every day of the year not just one?



Reflections

January has been nice and quiet at Brook House. We've had a few visits from the Reflexologist/Chiropodist, Holy Communion and the North Kilworth Nursery children. It's been a good opportunity to spend some one to one time with everyone and we've done various activities within the home including lots of baking!





Sam Farrington Alison Maas Kerry Clarke



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Upcoming Events for February

Holy Communion 11th February

Reflexologist 12th February

Valentine's day Arts and crafts 14th February

Shrove Tuesday 25th February



Let's talk about.....Keeping Warm



We have been experiencing some very cold weather this winter and some deathly frosts, low temperatures can cause health problems for older people. Here are some tips to keep us warm and healthy this winter.

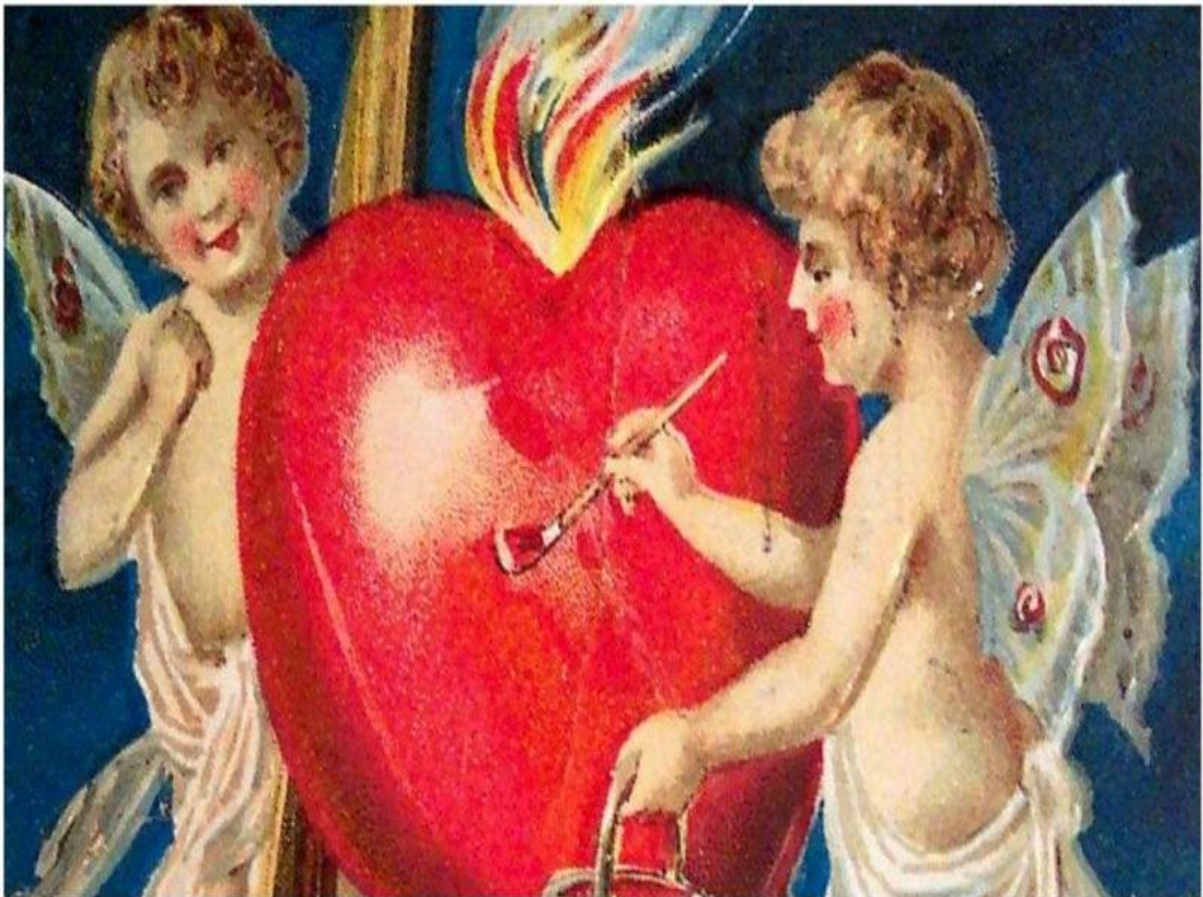
Keep yourself warm this winter;

- Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body, woolly clothes or thermal clothes are ideal.
- A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf.
- For those cold toes, remember to put thick socks on and preferably slippers too.
- Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.
- Don't stand outside for long periods of time, as you can quickly get a chill.
- Use hot water bottles or electric blankets to warm the bed, however never use them together as this can be dangerous. If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.
- Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.

The Legend of St. Valentine.

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.

Traditionally on Valentine's day we give gifts and cards to our loved ones to show them how much we love and care for them. We will be doing some Valentine's themed arts and crafts on the 12-14th February.



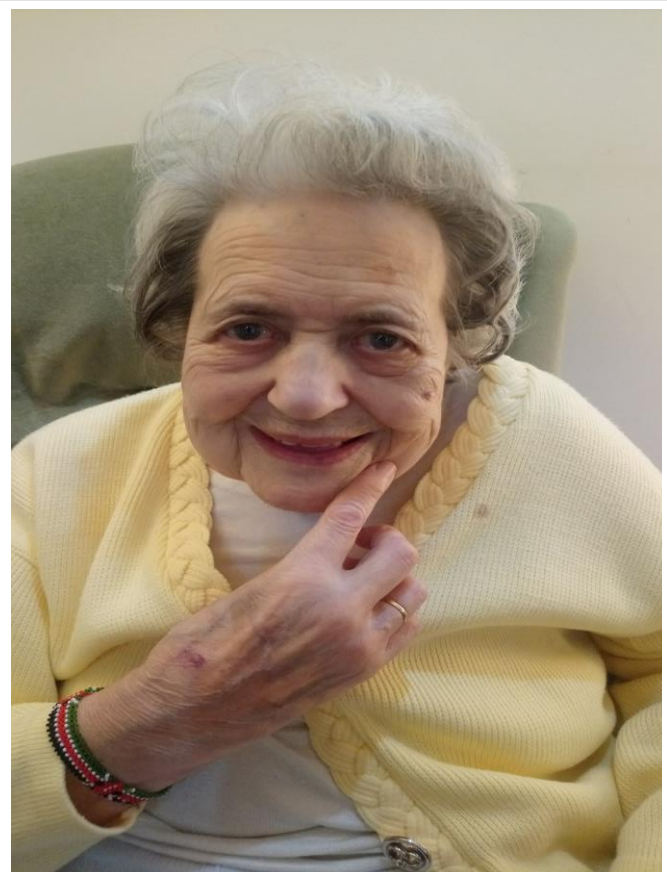
Resident of the Month



Janet Brightwell

Janet was born in Leicester on the 16th September 1931 to Kathleen and Harold. She also had a brother called Gerald who was older than Janet. As a family they enjoyed seaside holidays.

Janet married Ray who was a keen rugby player which Janet also loved and supported. They went on to have 4 children, Stan, Robert, Geoffrey and Mark. They also had 8 grandchildren.



Sam Farrington Alison Ivaas Kerry Clarke

Carer Factfile



Lydia Goodman

Lydia has been at Brook House for nearly 10 years, she is 35 years old and lives in Husbands Bosworth.

She finds working at Brook House very rewarding and enjoys working as part of a team.

In her spare time she enjoys socialising with friends, walking her dogs, living life to the full and going on holiday!

Her favourite animal is a dog and her favourite meal is a roast dinner!



Brook House would like to give a massive congratulations to Lydia on passing her NVQ level 5 in leadership and Management!

Also to Julia who has passed her training in Manual Handling assessor course.



'Avin a Laugh'



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation... "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Valentine's Day Word Search

E S M W B F
 T R A E H C A R D N
 O R O S E S V I V M N F
 O F L O W E R S G E C A N D Y X
 H A N D H O L D I N G L L O R T S
 H U G S T C D P D K F B E M I N E
 Q S R O T I U S U N E C N A M O R
 D I P U C H O C O L A T E V Z
 S G N I L E E F C G I F T
 F R P V N D I A M O N D Z
 Y E W Y R A U R B E F
 V V P Q R T I Y T
 O U R Z E
 L O V
 W

Arrow	Date	Hand holding	Roses
Be Mine	Diamond	Heart	Stroll
Candy	February	Hugs	Suitors
Card	Feelings	Kisses	Valentine
Chocolate	Flowers	Love	
Couples	Friendship	Lovers	
Cupid	Gift	Romance	

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Brook House

Pamper Days



We are now running pamper days on a
Tuesday and Friday, between the hours of
10-3pm

These will consist of a variety of Hair and Nail
treatments.

Please come and see Sam for more details...



Birthday Celebration



Tom Archer 3rd February

Margaret Lewis 6th February

Jessie Rhind 13th February

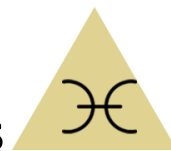
Ruth Foster 27th February



**KEEP
CALM
EVERYONE
ITS MY
BIRTHDAY !**



Horoscopes



Aquarius January 20th – February 18th

Truthfulness, Curious, Affectionate Personality, Frank and Imaginative.

Pisces February 19th – March 20th

They are generous, amiable, positive natured people with a deep sense of kindness and compassion. Pisces are highly tuned in to

everything around them including the feelings of others. Pisces are socially popular because of their easy-going and likable manner.