

# SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 12 – FEBRUARY 2021

## Upcoming Birthdays

9<sup>th</sup> Feb – Brenda Burton

10<sup>th</sup> Feb – Tina Locke

13<sup>th</sup> Feb – Jane Higgs

19<sup>th</sup> Feb – Ivor Price

19<sup>th</sup> Feb – Lefa Mohapi



## WELCOME TO THE TWELFTH EDITION OF OUR NEWSLETTER!

We hope this regular newsletter will be informative for Residents, Relatives and Staff.

### Fun Facts For February

- February is mostly recognized for Valentine's Day, flowers, and depending on where you are, being incredibly cold!
- February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
- In the Northern Hemisphere, February is the third month of winter. Meanwhile in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.
- The name of February comes from the Latin word "februum" which means purification.
- Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!
- February is the only month where it's possible to go the entire time without having a full moon.

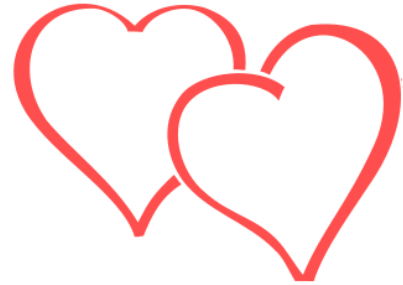
## **This month in history**

- 1926 Malcolm Campbell sets a new world land speed record of 174 mph (278 kmph) in Wales.
- 1958 Parking meters first appear on the streets of London's exclusive Mayfair district. The meters were first used in America in 1935.
- 1587 Mary Queen of Scots is beheaded on the orders of her cousin England's Queen Elizabeth I.
- 1964 73 million Americans tune in to the Ed Sullivan Show to watch four lads from Liverpool appear for the first time – The Beatles.
- 1975 Iron Lady Margaret Thatcher, becomes the first woman leader of the British Conservative Party.
- 1971 Pennies, bobs and half-crowns all disappear as Britain goes decimal.
- 1938 Anthony Eden resigned as British foreign secretary after Prime Minister Neville Chamberlain decided to negotiate with Italian Fascist leader Benito Mussolini.
- 1917 President Woodrow Wilson informs the US nation of the contents of an intercepted message from the German foreign minister offering Mexico an alliance against the US.
- 1797 The Bank of England issues the first ever one pound note, in part a result of the panic in London caused by the French invasion of Fishguard.
- 1897 The Women's Institute is founded in Ontario, Canada, by Mrs Adelaide Hoodless.
- 1659 A cheque is used for the first time in Britain as Mr Nicholas Vanacker settles a debt.
- 1665 British forces capture New Amsterdam, the centre of the Dutch colony in North America. The trading settlement on the island of Manhattan is to be renamed New York in honour of the Duke of York, its new governor.
- 1804 British engineer Richard Trevithick demonstrated the first steam engine to run on rails.
- 1863 Lake Victoria, in Africa, was declared to be the source of the River Nile by British explorers John Speke and J A Grant.

## **What Does February Symbolise?**

- The western zodiac signs of February were Aquarius (until February 18, 2020) and Pisces (February 19, 2020 onwards). In 2021 they will shift to 17–18 due to the leap day in 2020
- Its birth flowers are the violet (*Viola*), the common primrose (*Primula vulgaris*), and the Iris.
- Its birthstone is the amethyst. It symbolizes piety, humility, spiritual wisdom, and sincerity.

# Valentine's Day Word Search



Circle each word in the Valentine's Day word search puzzle below.

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

1: HEART

2. CUPID

3. CARD

4. VALENTINE

5. LOVE

6: POEM

7. CHOCOLATE

8. CANDY

9. KISS

10. ROSE

11: FLOWERS

12. PINK

13. SWEETHEART

14. GIFT

15. HUG

# TOILETRIES



We would like to take this opportunity to ask if you could ensure all residents have an adequate supply of toiletries. This includes soap, body wash/shower gel, shampoo and shaving equipment (if required). These items will also need to be clearly marked with the resident's name on.



We have a facebook page for you to follow us on. The page gives details of the Home, including activities, menus, and lots of photographs and other information about the Home. Please feel to 'like' us at <https://www.facebook.com/saintbridgehouse/>

## Laundry News

If you have received or brought in any new clothes please ensure they are labeled clearly with the residents name.



### **News from the kitchen**

***The kitchen would like to reassure everyone that our supply chain of food deliveries continues as normal. We have stocked up on Dry essentials such as bread, rice, pasta, etc just in case there are any issues with receiving supplies, however at present, we do not foresee any issues.***

## Daily Activities

It is important to keep an active mind and we are now leaving out a variety of activities on the table in the main lounge area. These can be used by everyone at anytime of the day. We do ask if these items can be returned after use.

## Regular and Organised Activities

Sam the Hairdresser visits every other Tuesday

Faye, the Foot Health Practitioner visits every 4-6 weeks

Debbie comes along to sing to and play instruments with the residents every Tuesday from 2.30 – 3.30pm (When Home Visiting Policy Allows)

Holy Communion – From the St. Aldates Church – Every other month on a Saturday Afternoon

Phoebe, and the lovely ladies from Mini Concerts will be visiting to provide the residents with some live Singing!

During December and the run up to Christmas, we will be putting on other entertainment for the residents when the home's Visiting Policy allows, however this is subject to change at short notice due to Covid-19.

### **Contact Us**

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ANY articles you would like to put in the next edition of the newsletter please pass on to Gale, Dave, or email: [info@saintbridge-house.co.uk](mailto:info@saintbridge-house.co.uk)

## **EMPLOYEE OF THE MONTH FOR JANUARY 2021**

After a lot of deliberation, it was decided that Our Employee of the month for January is Haimchand (Bobby) Bissu.

Well done Bobby, and Thank You for your continued Hard work and Dedication.

Please can we again take this opportunity to once again Thank every member of our staff team.