

Brook House Newsletter


**Hello
January**

Brook House welcomes you to a brand new year!

Happy new year to all, how many of you have kept to your new year's resolutions? Many will have already been broken...no more chocolate...no more wine.

Who even invented the 'New year's resolution' ?

Who thought it was a good idea to give up the treats we love and enjoy.

How about a new year's resolution with a 'twist'...

Be kind to others, share more. Smile at other people, a simple smile can change someone's day.

Laugh more and live more. 

Reflections

Our Christmas party was a massive success, so much has been going on at Brook House over Christmas. The home has been full of singing, laughter, plenty of food and Christmas cheer!

Please see all our pictures to see what we've been up too!



Sam Farrington Alison Maas Kerry Clarke



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Upcoming Events for January

Here is a list of events we have approaching in
January...

Singer/Bingo Carl Morris 14th 2-3pm

Reflexologist 15th 9.30am

Mini Sparrows Nursery 17th 10.15am

Holy communion 21st 2-3pm





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New year New Beginnings.....

I love this time of year. A time for reflection, for change, for making plans. This is the best time of year to reflect on what's been going on and what you would like to do differently. It can be a very dynamic time with shifts and changes going on. It feels like there is a lot of change and things are moving at high speed that can feel quite overwhelming.

I love change and believe that change is a good thing. It's a great time of year to get out a note pad and start writing down or drawing what your dreams are – without holding back – and getting clear about what you really want in the year ahead. With this as a starting point, taking a few steps towards this will start you on the road to a new direction.

I find myself having a big clear out in our home around this time. Discarding old things that are no longer wanted, clearing out wardrobes and drawers. Lightening the load. Life mirrors our environment. It seems that a de-clutter in our personal space corresponds with a de-clutter in our mental space. Too much stuff holds us back and creates a lot of dust and stagnation and makes us feel 'stuck' somehow.

So at this turn of year, I wish everyone a wonderful, peaceful, harmonious and gorgeous year ahead. May your dreams unfold and may life glide smoothly.

Happy New Year to one and all.



Resident of the Month



Ruth Foster

Ruth grew up in Irthlingborough and was married to Peter.

She was a keen Horse rider and loves dogs...she also learnt to drive.

Ruth has 1 niece and 2 nephews called Caroline, Mark and Tom.



Carer Factfile



Jenny Harding

Massive Congratulations to Jenny for winning Employee of the year!

Jenny is 58 years old, lives in Arnesby and has worked at Brook House for 20 months. Her favourite take away is a Chinese and her favourite film is ET.

Her favourite thing about working at Brook House is everyone pulls together even in the saddest of times. Staff, residents, family ...which truly makes it a lovely place to work!



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'Avin a Laugh'



The Highway

There is a senior citizen driving on the highway. His wife calls him on his cell phone and in a worried voice says, "Herman, be careful! I just heard on the radio that there is a madman driving the wrong way on Route 280!" Herman says, "I know, but there isn't just one, there are hundreds!"

In the Fire Station

Little Jimmy's preschool class went on a field trip to the fire station. The firefighter giving the presentation held up a smoke detector and asked the class: "Does anyone know what this is?"

Little Jimmy's hand shot up and the firefighter called on him.

Little Jimmy replied: "That's how Mommy knows supper is ready!"

Who is genius?

A proud and confident genius makes a bet with an idiot.

The genius says: "Hey idiot, every question I ask you that you don't know the answer, you have to give me \$5. And if you ask me a question and I can't answer yours I will give you \$5,000."

The idiot says: "Okay!"

The genius then asks: "How many continents are there in the world?"

The idiot doesn't know and hands over the \$5.

The idiot says: "Now me ask: what animal stands with two legs but sleeps with three?" The genius tries and searches very hard for the answer but gives up and hands over the \$5000.

The genius says, "Dang it, I lost. By the way, what was the answer to your question?"

– The idiot hands over \$5...

HAPPY NEW YEAR!



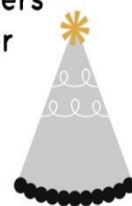
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



January

Sparkling winter sunshine,
Faces all aglow
Making resolutions,
And angels in the snow ~
Steaming cups of cocoa,
A year that's fresh and new...
All of this is magic ~
Unfolding just for you.



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Birthday Celebration



Lucy Sparrow 2nd January


**KEEP
CALM
EVERYONE
ITS MY
BIRTHDAY !**



Horoscopes



Capricorn December 22nd- January 19th

AMBITIOUS Driven to do their utmost bestest, Capricorns never let themselves off the hook. ...

Aquarius January 20th – February 18th

Truthfulness, Curious, Affectionate Personality, Frank and Imaginative.