

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 8 – October 2020

Upcoming Birthdays

5th September – Dave Harley

8th September – Eric Millora



WELCOME TO THE EIGHTH EDITION OF OUR NEWSLETTER

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

Fun Facts For October

- October was originally the eighth month of the Roman calendar. It comes from the Latin word "octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.
- The Saxons called the month Wintirfyllith because it had the first full moon of the winter season.
- It is the second Autumn month.
- October in the Northern Hemisphere is similar to April in the Southern Hemisphere.
- According to Folklore, if the deer have a grey coat in this month, you should expect a hard winter.
- The zodiac signs for October are Libra (Sept 23rd-Oct 22nd) and Scorpio (Oct 23rd-Nov 21st).
- Halloween is on the 31st October.

This month in history

- 1908 Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- 1979 After 70 years of American control, the Panama Canal Zone was formally handed over to Panama.
- 1969 Indian political and spiritual leader Mohandas (Mahatma) Gandhi (1869-1948) was born in Porbandar, India. He achieved worldwide fame for his devout lifestyle and nonviolent resistance which ended British rule over India. He was assassinated by a religious fanatic in the garden of his home in New Delhi on January 30, 1948.
- 1990 After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.
- 1830 Belgium gained its independence, after having been a part of the Netherlands since 1815.
- 1957 The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.
- 1911 Britains first escalator opens at Londons Earl Court
- 1863 Formation of the English Football Association who documents the first rules of Footbal (Soccer)
- 1805 Admiral Nelson is mortally wounded at the battle of Trafalgar near Gibraltar.
- 1902 Englands first prison for young offenders is opened at Borstal in Kent.

What Does October Symbolise?

In the Northern Hemisphere, we find ourselves entering the month of October in the middle of autumn. By contrast, people of the South find themselves in full-fledged spring at this time.

October Flower: Calendula – Calendulas come in both perennial and annual varieties. They are part of the same family as Marigolds. The name Calendula comes from a Latin term that means “little clock or calendar”.

The Birthstones of October are: Tourmaline & Opal

October Zodiac Signs: Libra and Scorpio

October Word Search

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



October
Harvest
Halloween
Pumpkin
Leaves

Rake
Scarecrow
Corn Maze
Hayride
Fall

Autumn
Orange
Red
Brown
Yellow

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 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

Mel The Pianist comes to play all the golden oldies– Every last Thursday of the month.

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!

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

EMPLOYEE OF THE MONTH FOR SEPTEMBER

Our Employee of the month for September was again a very difficult choice, as every single member of our team continues to work extremely hard during these tough times.

After a lot of deliberation, it was decided that Our Employee of the month for September was Raju Thankayyan.

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

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