

SAINTBRIDGE HOUSE NURSING & RESIDENTIAL HOME

ISSUE 5 – July 2020

Upcoming Birthdays

3rd July - Rebecca Jackson

4th July – Cristina Parry

9th July – Debbie Muldoon

11th July – Natasha Maclean

12th July – Julieta Labado



WELCOME TO THE FIFTH EDITION OF OUR NEWSLETTER

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

Fun Facts For July

- It is the second summer month after June.
- There are many countries which have their Independence Day during the month of July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.
- July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere. July is known as both Picnic Month and Ice Cream Month.
- Sometimes the hot, long days of July are called the "dog days of summer".
- It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.
- July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.

This month in history

- 1863 Beginning of the Battle of Gettysburg during the American Civil War.
- 1838 British scientist Charles Darwin presented a paper to the Linnean Society in London, on his theory of the evolution of species and natural selection.
- 1776 Congress accepted the Declaration of Independence written by Thomas Jefferson, formally ending American links with Britain.
- 1923 The British parliament passes a law banning the sale of alcohol to under-18's.
- 1453 French troops defeat the English at Castillon, effectively ending the Hundred Years' War. Calais remains under English control.
- 1920 750,000 war dead are commemorated with the unveiling of a new national monument in Whitehall, London. The Cenotaph takes its name from the Greek words kenos and taphos meaning empty tomb.
- 1946 More than a year after the end of World War Two, bread is rationed in Britain. The shortage is blamed upon a poor harvest and drought.
- 1567 Mary Queen of Scots abdicates after defeat by the Protestants at Carberry Hill, near Musselburgh, East Lothian.
- 1978 The worlds first test-tube baby is born in Oldham General Hospital near Manchester. Gynecologist Patrick Steptoe and physiologist Dr Robert Edwards are credited with this pioneering work.

What Does July Symbolise?

In the Northern Hemisphere, July signifies the height of summer and all its glorious radiance, while in the Southern hemisphere, it is the middle of winter and a time for meditation and reflection. All in all, the symbolism of July speaks of boldness, regality and outdoor adventures; joy, contentment and a great deal of fun in the sun.

U.S. Independence Day

July 4th is Independence Day! Independence Day is an important federal holiday in the United States that commemorates the adoption of the Declaration of Independence. The day marks the historical event when the United States of America declared its independence from the rule of Great Britain.

Science Word Search

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

Acoustics

Anatomy

Anthropology

Astronomy

Biology

Chemistry

Ecology

Embryology

Entomology

Gemology

Geology

Histology

Hydrology

Ichthyology

Kinetics

Lithology

Meteorology

Metrology

Mycology

Oceanology

Ornithology

Paleontology

Parasitology

Physics

Physiology

Phytology

Toxicology

Virology

Vulcanology

Zoology

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.

facebook



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 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 JUNE

Choosing an Employee of the Month for June has again been almost impossible for the management team as every single member of our staff team have continued to go above and beyond during the past few months. We want to take the opportunity to say a Huge Thanks to all our staff team. Your hard work and dedication is truly appreciated.

However, after much deliberation, Dave and Hitan have managed to choose a recipient for the award for June

Congratulations to Cristina Parry who is our Employee of the Month for June. Cristina has shown huge dedication to her Role as Registered nurse. She has at times taken full responsibility for the home over the period and has not had any days off sick this year. Well done and Thank You Cristina.