



Chestnuts Care Home Newsletter



February 2021

Welcome

Welcome to the monthly newsletter for The Chestnuts Care Home.

This newsletter is for residents, families and staff and is also published on our website at

www.chestnutscarehome.co.uk

Chestnuts Care Home,
Wrotham Road,
Meopham,
Kent,
DA13 9AH
01474 812152

Tuesday 16th February Shrove Tuesday!



We will be having pancakes at tea!

Sweet or savory - what's your favorite?

Activities with Tamla set out for the week:

Mondays - Daily and Sparkle and Quiz

Tuesdays - Motivation 11am and arts and crafts 3pm

Wednesdays - Manicures

Thursdays - Music afternoon

Fridays - Reminiscing and Daily Sparkle

It is Dignity Action Day on Monday 1st February

To celebrate Tamla will be holding a get together with tea and cake at 3pm and its also Robs Birthday!!!!



Mini bus outings!!

On Tuesday 9th and Wednesday 24th February we plan on taking the mini bus out for a run and stopping and having a tea and piece of cake!

Tea and cake will be taken with us so if you wish to join us then let Tamla know!!



Get together with Lesley will be on

Thursday 11th February at 2.15pm

We will be enjoying afternoon tea and cake



Residents and Staff Birthdays!

Rob - 1st February

Keith - 19th February

Keira - 11th February



Tamla's 1:1 get together will be on Thursday 25th February



Residents Corner.....



Lucky Residents

We have been very lucky during the lockdown. We have still had our activities and meetings with Lesley.

Also very lucky to have the hairdresser, lots of care homes have had to reply on staff to do their hair.

Tamla was away for 2 weeks so Jane took our activities, she was very good.

Thank you all staff and Lesley for the kindness and love that is shown to us.

We miss our families but that is for their safety and ours.

By Lillian Brown, Room 22

A frail but cheeky old man told how every day he meets up with 6 other gentleman. As soon as he wakes, will power helps him out.

The he visits Jonny Loo when Charlie cramp visits him.

He takes up a lot of his attention.

At other times arthritis shows up and stays around all day. Each night before going to bed he spends 10 minutes with Jonny Walker.

By Lillian Brown, Room 22



HAPPY NEW YEAR TO EVERYONE! LET'S SEE WHAT 2021 BRINGS US!!

The garden visits in the cabin continue to be put on hold due to Government guidance however we continue to do telephone calls, WhatsApp calls and face timing daily.

Staff are now being tested 3 times a week due to the increase in the cases of COVID -19, residents continue to be tested every month, however more if needed or other symptoms occur or new admissions to the home.

Resident testing is going to be Thursday 4th February in the morning.

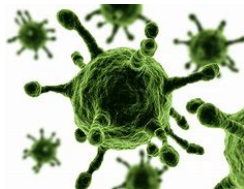
We also have an iPad now so let Tamla know if you would like to complete a video call!

Sarah continues to print off the Sunday Church sermon for residents and this is placed on the side board in the dining room.

Mo continues to come in Tuesday afternoons and all-day Wednesdays to do residents hair and gets tested weekly with the staff. Sharon also gets tested weekly with the staff

Coronavirus Update

If you have to go to hospital for a planned appointment or emergency then after your return, we are self-isolating residents for 14 days.



If you drop anything off for residents then please ensure it is labelled and brought to the front of the house and not given to residents out the back.

Staff are now being tested 3 times a week and residents are being tested every month.

Please watch the Chestnuts Facebook page for any updates! And Sarah continues to send updates to family/relatives.



Picture gallery



Doreen celebrating her 92nd Birthday!!



Arts and Crafts with Sharon!!

How is Shrove Tuesday celebrated around the world?



Brazil

Rio's world-famous carnival takes place over the week leading up to Ash Wednesday, dating back from 1723. The celebration mixed with African traditions gradually evolved into a party with street music, sounds of samba, Brazilian dancing and lots of eating.



USA

Only one party can beat Brazil for sheer spectacle and wildness – Mardi Gras in New Orleans. Revelers come in purple, gold and green costume and dress themselves with long beads. From there, it's a nonstop procession of parties, parades, music and food.



Spain

Carnaval starts on Thursday – the week before Ash Wednesday and it is known as the “Day of the Omelette” or Dia de la tortilla. The celebrations vary across the country, but it's generally a day of clearing out the pantry of meat and bread and eating a meal as a community. The typical meal is an omelette, of course.



France

Pancake day in France is called "la Chandeleur" and is celebrated on the 2nd of February. On Shrove Tuesday it is known as Mardi Gras or Fat Tuesday, where people eat fatty foods before they begin fasting on Ash Wednesday. The French are famous for their delicious crepes, which are served both sweet or savoury.



Denmark

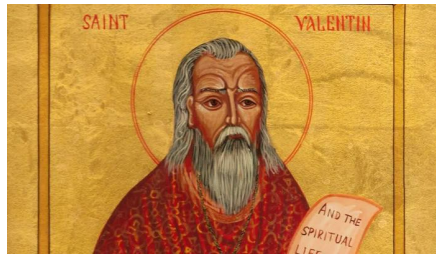
The Danish swap pancakes for buns, and celebrate "Fastelavn" on the last Sunday before lent. They have Danish style buns filled with whipped cream and jam – yum!



Canada

Objects with symbolic value are baked into the pancakes in Canada – coins, wedding rings and buttons. The coin finders are believed to become rich, the finder of the ring will be the first married and the button finders will go on to be a tailor or seamstress.

History Of Valentine's Day



Valentine's day around the world is celebrated in the name of Saint Valentine, but who's this mysterious saint and why's the festival celebrated with such gusto! Although the truth behind the festival is murky, there are a few stories you would like to know. It's said that Valentine was a priest who served during the 3rd century in Rome, And when emperor Claudius II announced that single men made better soldiers than those with families and wives, he outlawed marriage for young soldiers.

Valentine went against this injustice being done to young men and started performing secret marriages for young lovers. When the emperor found out about Valentine's actions, he ordered that the saint be put to death. The other tale suggests that the saint may have been killed while helping the Christians escape harsh Roman prisons, where they were tortured. Gradually, Saint Valentine became so popular that couples all across the world started celebrating Valentine's Day as the day of love.

Valentine's Day Traditions Around The World

Different countries celebrate it in their own way.

Argentina - For A Week Of Sweetness

Ghana - National Chocolate Day

Romania - An Unusual Celebration
Everyone

Japan - Exchange Of Unique Gifts
Romance

Brazil - Lovers Day

Philippines - A Gala Event

Denmark - Celebration Of Love

Estonia - A Festival For

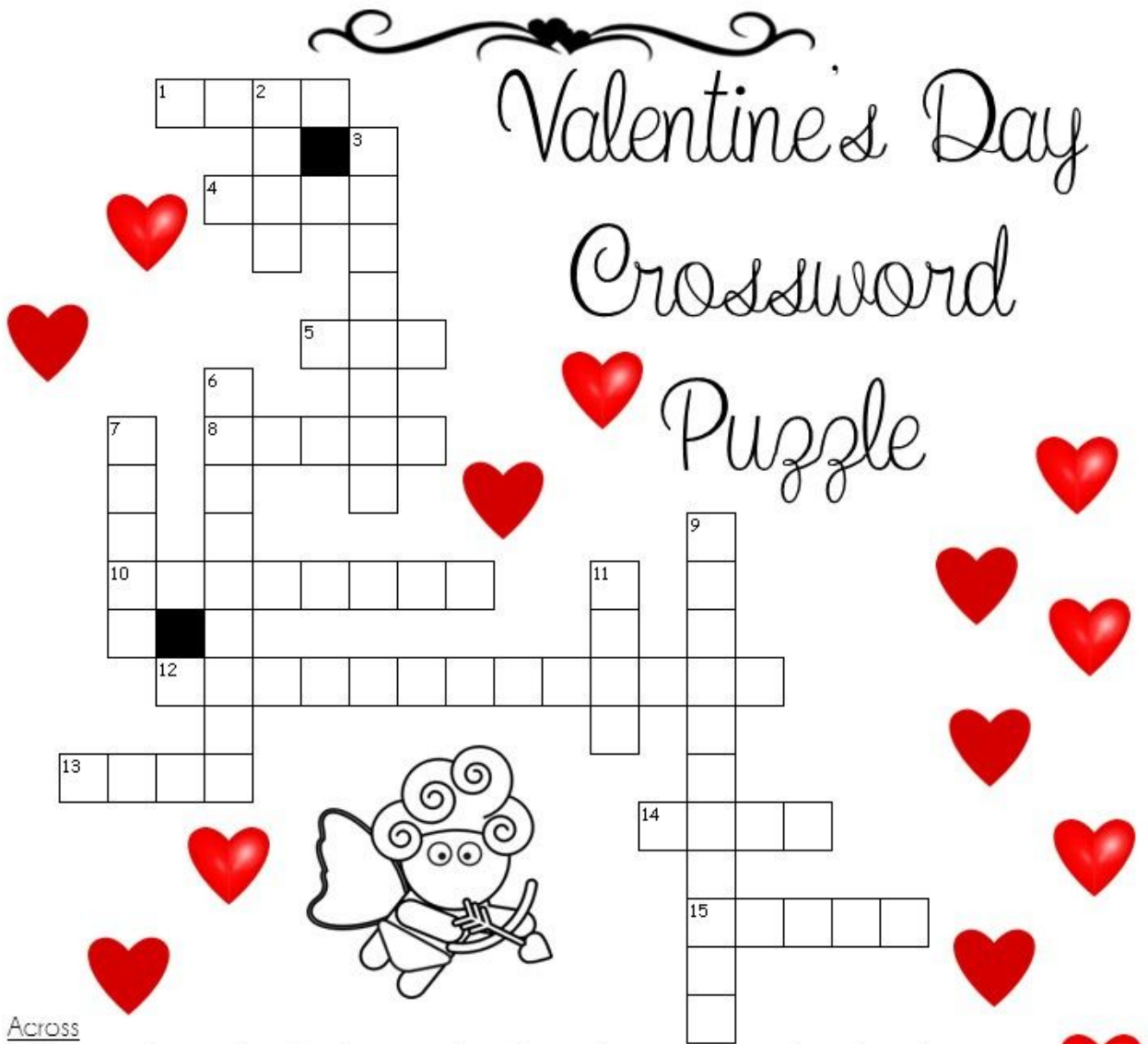
Czech Republic - Celebrate

England - Festival Of Love

Valentine's Day

Crossword

Puzzle



Across

1. A genre of writing that often rhymes and can be used to express love through words
4. A type of bird that is often associated with Valentine's Day
5. Gesture of love and an embrace from one person to another
8. The shape that is often red in color and associated as a symbol for Valentine's Day
10. Phrase one person says to another person to show affection
12. Holiday in February that celebrates love and is named after a Saint
13. The four-letter emotion expressed from one person to another
14. A decorated memento expressing a sentiment of love that is exchanged on Valentine's Day
15. A type of red flower that is typically given by the dozen as a gift for Valentine's Day

Down

2. The mythological god of love (also known as Cupid)
3. The month in which Valentine's Day occurs
6. Made from cacao, this candy is brown in color and typically given in a box as a gift on Valentine's Day
7. A small, winged boy who carries a bow and arrow, and is a symbol of Valentine's Day
9. The items Cupid carries and uses to cast love spells
11. Gesture of love from one person's lips to another's cheek or lips