

# AVENUE HOUSE NEWSLETTER

## February 2023



We would like to say a huge Thank You to all of our amazing team for their continued hard work, effort and dedication.

HAPPY BIRTHDAY to following residents this month  
Christopher Coram/Bernard Ross



### **Aquarius (January 20 - February 17)**

Independent and enigmatical, Aquarians are unique. There is no one quite like an Aquarius, and because each is so incredibly individual, it can be tough to describe them as a group. Aquarians don't like labels, and may shy away from any adjective—even the good ones you might bestow upon them. Aquarians believe in the nature of change and evolution, and even though they're a fixed sign, they may not necessarily believe they are the "same" people they were when they were born.

### **Pisces (February 18 - March 19)**

Pisces people are known for being emotionally sensitive, gracious, and emotionally aware. Pisces characters are regarded for being among the most sympathetic of the zodiac signs, and they will go to great lengths to ensure the happiness of those around them. They're also creative and imaginative.

# Hello Residents, Families and Friends...



Welcome to the February edition of our newsletter!

Usually I find January to be quite a long month, well not this year. In a blink and its already February.

We had a very busy January. On the 16<sup>th</sup> we acknowledged 'Blue Monday' where staff wore bright colours, received positivity quotes and we had sweets galore.

The term Blue Monday originates from a UK travel company. The travel company named Blue Monday the most depressing day of the year as it is often when most are struggling financially, the weather is far from optimal, and failed new year resolutions are commonplace, culminating in a low mood for many.



Who doesn't love some yummy cheese? We do! On the 20<sup>th</sup> we enjoyed National Cheese Lovers day. Thank you to kitchen staff for a great spread. Crackers, fruit and a selection of different Cheeses were a very tasty treat. Following on from the yummy cheese we celebrated Chinese New Year! The dining room was decorated with colourful dragons and Chinese lanterns. A local Chinese takeaway kindly gifted us lots of prawn

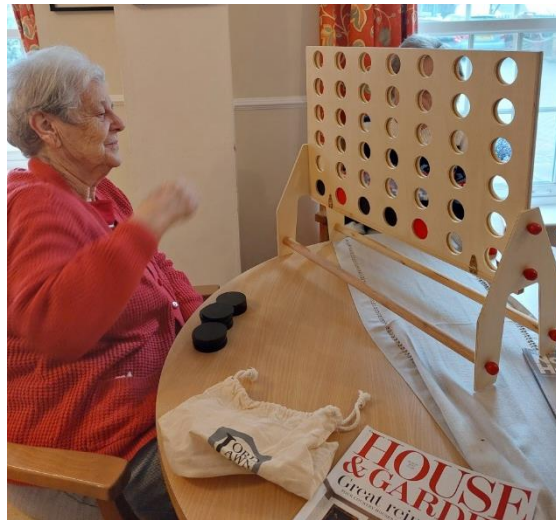
crackers and fortune cookies to be devoured with our lunch meal of Spring rolls, Beef in black bean sauce, Egg fried rice and sweet and sour chicken. What a feast!



This month we have also welcomed the wonderful Henry. Henry is a fantastic a cappella singer who has volunteered to entertain us once a month. He visited us for the first time this month and was loved by our residents. We look forward to seeing you next month. As always 'Together Time' Coffee morning took place on the last Wednesday of January. These coffee mornings are really enjoyed by our residents and it is great to see so many friendly faces join us. We get up to all sorts from Connect 4, knitting, board games and as ever the well loved Quiz. We rounded the month of with Australia day on







Please be aware, that I will do my best to stick to the planned Activities, as per the Activity Calendars, however, these can change from day to day, due to our residents' needs and choices, as well as the 'lovely' British Weather...

*Many Thanks for your continued support and understanding - Emma*

# A thought to Share...

## **The Bundle of Sticks There's strength in unity.**

Once upon a time, there was an old man who lived in a village with his three sons. Although his three sons were hard workers, they quarrelled all the time. The old man tried to unite them but failed.

Months passed by, and the old man became sick. He asked his sons to remain united, but they failed to listen to him. At that moment, the old man decided to teach them a lesson — to forget their differences and come together in unity. The old man summoned his sons, then proceeded to tell them, “I will provide you with a bundle of sticks. Separate each stick, and then break each into two. The one who finishes first will be rewarded more than the others.”

And so, the sons agreed. The old man provided them with a bundle of ten sticks each, and then asked the sons to break each stick into pieces. The sons broke the sticks within minutes, then proceeded to quarrel among themselves again. The old man said, “My dear sons, the game is not yet over. I will now give you another bundle of sticks. Only this time, you will have to break them together as a bundle, not separately.”

The sons readily agreed and then tried to break the bundle. Despite trying their best, they could not break the sticks. The sons told their father of their failure.

The old man said, “My dear sons, see! Breaking every single stick individually was easy for you, but breaking them in a bundle, you could not do. By staying united, nobody can harm you. If you continue to quarrel, then anyone can quickly defeat you.”

The old man continued, “I ask that you stay united.” Then, the three sons understood there's power in unity, and promised their father they would all stay together.

# New members of the Team...

Please welcome to the team...



Janet Marfo



Amar Yesudasan Lopez

## A Thankyou To Our Staff.....

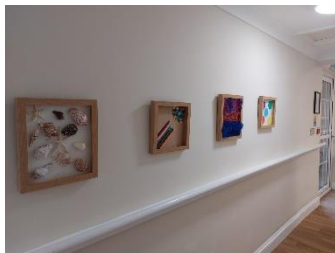


## Some Changes.....

Stacey is now Head Cook and Michelle is in the process of stepping down from Head Housekeeper to work in the kitchen full time.

The downstairs shower room has been renovated.

Sensory touch and feel frames have appeared within the corridors.



## Upcoming planned Events...

- Resident and Relatives Meeting – 7<sup>th</sup> February 14:00 ( Residents & Relatives)
- Valentines Meal – 14<sup>th</sup> February Lunch time (Residents)
- 'Together Time' Coffee Morning – 22<sup>nd</sup> February 10:00 (All welcome)
- Henry Sings – 23<sup>rd</sup> February 13:30 (All Welcome)

Plans are under way for a Mothers Day and an Easter event – Watch this space.....

We are currently planning our Spring activities. As always any donations are greatly received.  
In the Activities lounge we have a rail of clothes that are un-named.  
Please do check the rail for any clothing that belongs to your relative.

**Donation Ideas**

Green milk bottle lids  
Baby/doll items: Newborn clothes,  
Cot.  
Artificial flowers  
Easter Eggs  
Blank Greetings Cards

## Don't Forget...

Like us on Facebook and Follow Us for Updates, Information and lots more Fun Times Ahead...



Please leave us a Review on Carehome.co.uk and 'show everyone' how proud and grateful you are of our Hardworking and Dedicate Staff Team...



<https://www.carehome.co.uk/carehome.cfm/searchazref/20003020AVEB>

I hope you have enjoyed this Months' Edition of Avenue House's Newsletter.  
I can be emailed on [activities.avenue@jasminehealthcare.co.uk](mailto:activities.avenue@jasminehealthcare.co.uk)

Thank you to all for your support.

Emma Matthews

I will continue to update Facebook regularly. Please do not hesitate to call anytime on 01933 358455  
[activities.avenue@jasminehealthcare.co.uk](mailto:activities.avenue@jasminehealthcare.co.uk)