

# Lynhales Hall Nursing Home Newsletter

Lynhales Hall Nursing Home Ltd, Lyonshall, Herefordshire, HR5 3LN

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## Hellos and Goodbyes

We would like to offer a warm welcome to all our new residents who have come to live in Lynhales Welcome to Anita Willis we hope you will feel at home soon.

We are also welcoming a new member of staff. Welcome to Gita Brunina who is working in our kitchen.

We have to say a very sad goodbye to Ian Gaffney and Ivy Facey who both passed away. Our thoughts are with all their families at this very sad time.

## September Calendar

- 1<sup>st</sup> Chiropodist
- 2<sup>nd</sup> Zoo Lab
- 4<sup>th</sup> Painting
- 7<sup>th</sup> Reminiscence Sessions with the Memory Boxes
- 8<sup>th</sup> Pamper Day
- 10<sup>th</sup> Film Time with Popcorn
- 11<sup>th</sup> Music Day with Bubble Machine
- 12<sup>th</sup> Kathleen Handy & Hugh Cidgery  
- Guitarist and Singer at 6.30 pm
- 14<sup>th</sup> Knitting
- 15<sup>th</sup> Baptist Service
- 16<sup>th</sup> Hair Dressing and Manicure
- 18<sup>th</sup> Skittles
- 21<sup>st</sup> Relaxation – Foot Spa
- 23<sup>rd</sup> Down Memory Lane
- 25<sup>th</sup> Knitting Circle
- 27<sup>th</sup> Memory Walk 2009
- 28<sup>th</sup> Chiropodist
- 29<sup>th</sup> Dancing & Singing
- 30<sup>th</sup> Hand Painting

### Memory Boxes

Please could we have memory boxes for any new resident that has recently come into Lynhales or the John Sperry Memorial Unit to be given to the Sister in Charge, if you are unsure what these are, please could you ask the Sister and she will show you one to enable you to make one up for your loved one.

## September Birthdays

*September's birth flowers are the Forget-Me-Not & Aster*



*Its birthstone is sapphire*



*Sign of the Zodiac is Virgo*



*1<sup>st</sup> Lenny Griffiths*

*7<sup>th</sup> Ian Wilford*

*17<sup>th</sup> Dorothy Craig*

*25<sup>th</sup> Klaudia Wencel*

*2<sup>nd</sup> Edna Gratton*

*12<sup>th</sup> Kerry Lewis*

*24<sup>th</sup> Heather Motion*

*30<sup>th</sup> Sara Nathan*

*Happy Birthday Everyone!*



## 1<sup>st</sup> Month Trial of "Eating well for older people with Dementia".

This will be a trial based on research from VOICES. Through out September the Menu will be different using this research to use, Menu will included Sustained Energy foods rather than quick bursts of Carbohydrate foods. We will review this research in October any questions or concerns please contact Sr Pam.

## HAVE FUN, RAISE MONEY AND FIGHT DEMENTIA EVERY STEP OF THE WAY MEMORY WALK 2009

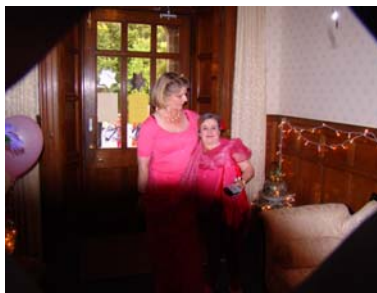
Lynhales Hall Nursing Home invites you to their Memory Walk to be held on Sunday 27<sup>th</sup> September 2009 at 10.00am.

Meeting at the front of the home. The Walk is in aid of The Alzheimer's Society all proceeds will be sent to the charity

Everybody Welcome!

## Bollywood Night

Bollywood Night was on 17<sup>th</sup> August at 6.30pm. Margaret Ferguson was singing songs from Hollywood shows for us.



## ACTIVITIES

Rachel with her lovely Sam!!!



Samantha - "I've got a big talent!"

