

Avery Life



Welcome to issue three of the Avery Healthcare newsletter, new for 2020. This being a fortnightly publication to share our good news with you, it seems that as soon as one is published that we're working on the next! The flow of stories and pictures from all the Facebook pages of our homes is really inspiring – we can't cover it all here but aim to bring you some of the highlights.

Our focus is on the positive and the good news, to offer some relief to the flow of negative media reporting these days, but to also reflect the great life and care that is going on in all of our homes. We have plenty of recovery stories now appearing on our Facebook pages, such of that of Colin Malpass at Hempstalls Hall Care Home; a moving video on their Facebook page is well worth a watch. We hope you continue to enjoy your Avery Life!

VE Day - 75th Anniversary



On 7th May 1945, the formal act of military surrender was signed by Germany, ending the war in Europe. This year, on Friday 8th May, we celebrated with the rest of the country, the 75th Anniversary of Victory in Europe (VE) Day, by hosting outdoor tea parties and dressing up in our finest red, white and blue clothes.

South Lodge Head Chef, Nathan Kirkpatrick, proudly wore his medals to work, having previously served in the Royal Navy. Staff and residents at Highcliffe and Derby Heights created 'selfie frames', displaying the Union flag; which the residents then took outside to snap some lovely photos in the sunshine!



Astbury Manor celebrated by watching the Red Arrows fly over the home, as they enjoyed a live bagpipe performance by piper, Boyd from the Reading Scottish Pipe Band, who was stood on the roadside. Residents at Miramar enjoyed afternoon tea in the garden with homemade scones and doughnuts.

June, a resident at Dukes Court, spent her day reminiscing about her career. She worked at the top-secret

Bletchley Park during the war, in the code-breaking team, and whilst she was in the Royal Air Force also spent time in Germany.



Blue Lights at Derby Heights!

The last seven weeks have seen communities up and down the country join together in a new weekly tradition of clapping for carers and other key workers, to recognise their daily efforts in fighting the coronavirus pandemic publicly. Staff and residents from our homes have been joining thousands taking to their doorsteps at 8pm every Thursday to show their appreciation for healthcare staff in these unprecedented times.

Derby Heights recently had a 'blue light' visit from Derbyshire Police to join in with their emotional weekly applause. Teams from both sides shared mutual appreciation and pride for one another, with police officers holding up thank you messages, and the Derby Heights team giving away Avery 'goodie bags' filled with mugs, pens, lip balms and trolley coins.

A Breath of Fresh Air!



It felt as though we were just emerging from *herb*-ination when we were all told to stay at home, wishing we could turn back *thyme* and *leaf* our ordinary lives. But it all went to *pot!*

Our talented well-being team *cultivated* their creative juices to come up with some ingenious ways of continuing to support our residents in maintaining their health and mental well-being. What a re-*leaf* that Avery homes have gardens and terraces to enjoy seasonal activities and light exercise in the good weather that *stems* from such an early spring.

It was *nature* ordinary day at Abbey Court when residents enjoyed food from the Jolly Fryer Chip Shop out on the patio, whilst Silvermere *bud*-dies, Jean Harris and Maureen Garner enjoyed an afternoon of chat and sunbathing.

Our potting sheds and raised beds enable residents to plant bulbs,

flowers and herbs, so it was fun *flor*-all when Aran Court residents *rose* to the occasion and got ex-*seed*-ingly creative with their gardening skills amongst the flower beds!

Hawthorns Aldridge Care Home resident Joan enjoys a regular, socially distanced catch up with *bud*-dy resident, Dorothy, during her daily stroll to admire the spring blooms and raised vegetable beds. Sue Perry, Activities and Wellbeing Co-ordinator at Aldridge said, "More than ever we are all valuing our precious outdoor exercise time. Our impressive rooftop terrace boasts a fruit and vegetable garden and a bowling green which the residents love to take advantage of on warm sunny days." Resident Margaret told us, "The staff are so kind and are happy to take me out for fresh air in the garden. I do love a game of bowls on the roof with a glass of cold apple juice".



Avery Nurses Commended on International Nurses Day

The World Health Organisation has bestowed 2020 as International Year of the Nurse and Midwife, which coincides with the 200th anniversary of the birth of Florence Nightingale, widely considered as the founder of modern nursing, on 12th May.

A date of significant meaning in the nursing profession, 12th May is also designated International Nurses Day, observed around the world each year to mark the contributions that nurses make to society. With the current pandemic truly highlighting the value of all nurses, we arranged for our Avery nurses to receive chocolates and thank you cards to commemorate the day.

Roland Santos, Deputy Manager and Nurse at Milton Court, was very grateful to receive the chocolates. He said, "It was really uplifting to arrive at work on Tuesday morning to be greeted with a box of delicious chocolates. It reminded me that my dedication was appreciated, along with all of the other nurses at Avery, as we work through this difficult time."

Our Facebook pages were filled with photos of our nurses enjoying their day, and we wanted to share just a few of them with you!



Facebook!

A Humble Thank You

Our Facebook pages have been inundated with messages of support for our critical frontline care staff in recent weeks, and we would like to take a moment to express our thanks.

With homes so busy during this pandemic, we may miss or be unable to reply to every comment or request from relatives and loved ones, but your valued support is appreciated more than ever!



Jill Chamberlain Our family here in NZ truly thank all the staff at Acacia for taking care of all the residents and especially mum (Madge C); not only physical needs and keeping them safe, but just as importantly taking care of mental needs, good social interaction, h... [See more](#)

Like · Reply · 1w · Edited

Barbara Rodgers Well done to you all your all doing such an amazing job. Thank you so much for looking after my mam and all the information and pictures puts my mind at rest. Keep up the good work and you all stay safe. Hope to see you all and my mam soon. Thank you again 🙌🙌🙌

Like · Reply · 1w

Rosie Plumb Brilliant , well done all. Wished I could have been with you all and listen to all the wonderful stories that were shared and joined in with the sing a long. God bless and be with you all. 🌹🌹🌹🙏🙏🙏

Like · Reply · 4d

"Going The Distance"

Observing social distancing whilst maintaining a sense of normal life during the current pandemic is a challenge for all of our staff, and particularly those who care for residents in our memory care suites.

Due to memory problems and other cognitive difficulties, it is almost impossible for residents living with dementia to process and understand the current changes in daily routines and activities, and why our staff are having to wear masks, visors and other forms of PPE. Thankfully, most residents living with dementia are curious rather than alarmed!

Some residents are unable to remain in their rooms socially isolating due to the level of distress that this causes. In such instances, our staff are using different ways to adapt communal spaces in the home by creating seating areas where residents can come together to listen to music or watch television, whilst still maintaining distance.

A part of Avery's ReConnect® approach to supporting residents living with dementia involves the use of Life Story work, to understand the person that dementia can disguise. In these exceptional times, Life Story work has enabled our teams to find new and creative ways of working safely with residents, by providing opportunities for meaningful engagement based on previous experiences, interests and hobbies.

Some residents with dementia are finding satisfaction and a renewed sense of purpose by spending time alongside the staff as they work in the home. Wearing the appropriate PPE, we support the residents to get involved with housekeeping and gardening, keeping our homes spick and span!

Our staff continue to go the distance in supporting our residents, keeping them safe and well and engaged in as active and enjoyable life as possible. **Apart, but together.**



Avery was ready for Coronavirus, with new hygiene protocols, provision of PPE, and in the delivery of high-quality resident dining. Prompt purchasing of additional stocks, and planning with suppliers ensured that our chefs could keep calm and carry on cooking, maintaining the high proportion of freshly cooked food for which our kitchens are known.

Social distancing and isolation mean few residents use the dining rooms, with most now enjoying room service daily. With a full room service option already available, the only change has been in the volumes of delivery. The food is still high quality, and with attention to small details such as condiments and relevant sauces based upon the meal chosen.

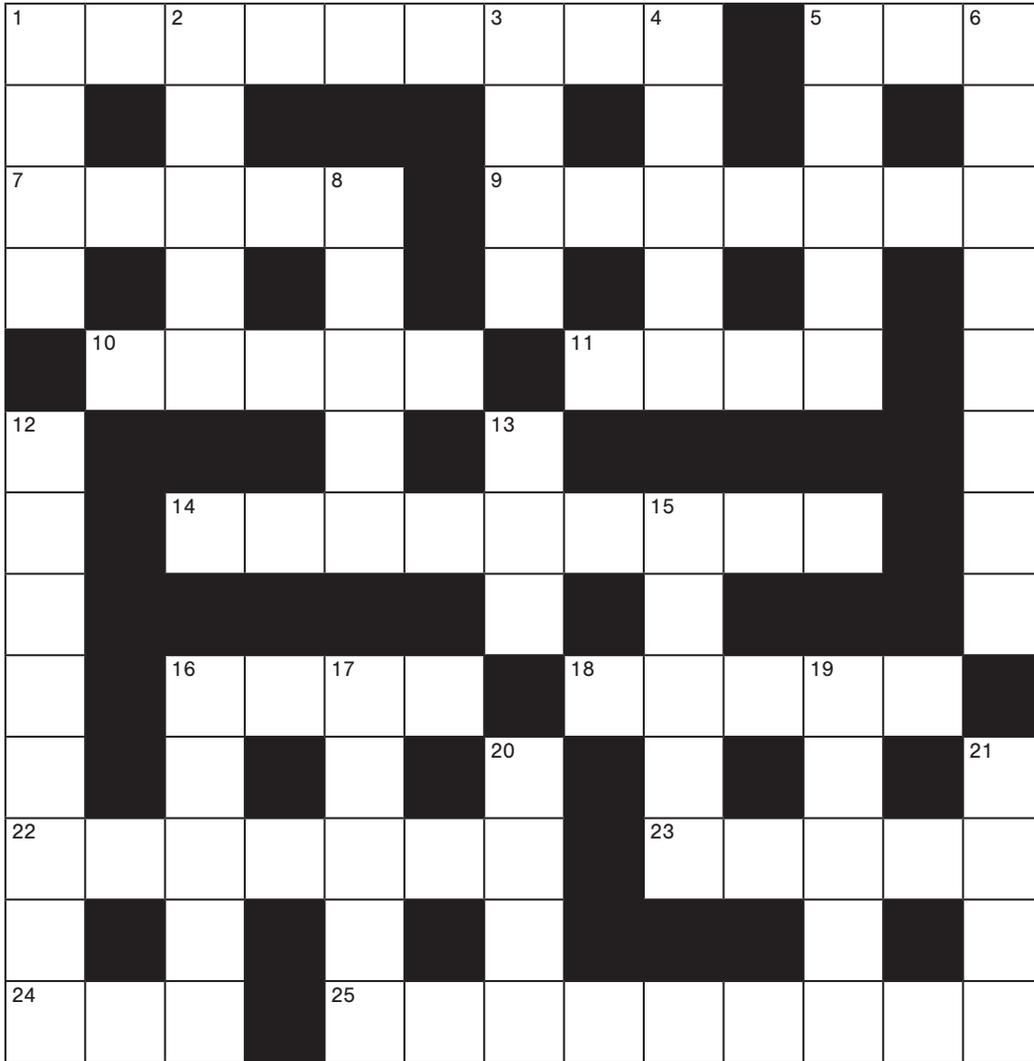
Residents still have options at breakfast, from lighter choices such as yoghurts, cereals and fruit juices, or a treat of a full cooked English. Lunchtime still sees menu options, with regular meal times observed to retain a sense of normality. There are trolley visits to deliver morning coffee and biscuits, afternoon tea and cake, as well as hydration drinks and smoothies. It's a full dining experience in their rooms!



All of the important residents' dietary, nutritional, and hydration requirements are also still being met. Appetising hydration drinks complement balanced nutrition meals, and those residents with modified or supplementary diets are still receiving the same support and personalisation for their needs as a part of their care plan. There's also no change to the vegetarian and vegan options available, for residents who either have a preference or dietary need.

Avery chefs. They've kept calm, carried on, and still produce great cooking!





Crossword

Across

1. A little ___ is a dangerous thing (9)
5. Like two peas in a ___ (3)
7. Left on the ___ (5)
9. ___ and spills (7)
10. A hole ___ (2,3)
11. The best things in life are ___ (4)
14. Out of the ___ into the fire (6,3)
16. ___ of the bunch (4)
18. Adam's ___ (5)
22. A tight ___ (7)
23. On the ___ (5)
24. ___ or no (3)
25. A ___ in a pear tree (9)

Down

1. ___ and tell (4)
2. A drop in the ___ (5)
3. Blind ___ (4)
4. Trial and ___ (5)
5. Keep a finger on the ___ (5)
6. One good turn ___ another (8)
8. ___ dress (5)
12. A ___ of justice (8)
13. All good things must come to an ___ (3)
15. ___ over the cracks (5)
16. It never rains but it ___ (5)
17. Talk is ___ (5)
19. Straight ___ (5)
20. ___ and tear (4)
21. Ireland, the Emerald ___ (4)

15 PAPER	16 POURS	17 CHEAP	19 LACED	20 WEAR	21 ISLE
4. ERROR	5. PULSE	6. DESERVES	8. FANCY	12. TRAVESTY	13. END
24 YES	25 PARTBRIDGE	1. KISS	2. OCEAN	3. DATE	
11 FREE	14 FRYINGPAN	16 PICK	18 APPLE	22 SQUEEZE	23 ROCKS
1. KNOWLEDGE	5. POD	7. SHELF	9. THRILLS	10. INONI	

Sudoku - The aim is to fill the 6x6 grid below so that each column, each row, and each of the six 2x3 boxes contains the numbers from 1 to 6. Each number can only appear once in each column and row.

	1	6		4	
5					
2	5	1	4		6
6	4		2	1	
	3		6	5	
4	6		1	2	

2		1	5		
5		3			
	3	5		4	
		4	6		
		6	3		5
	5	2	4		1

Anagrams

ZEZPUL
INESSHUN
RDENGA

PUZZEL | SUNSHINE | GARDEN

An Avery Marketing Department production.
For any queries, comments or to submit articles, please contact marketing@averyhealthcare.co.uk

Avery Healthcare Group
3 Cygnet Drive | Swan Valley | Northampton | NN4 9BS
Tel. 01604 675566 | averylife@averyhealthcare.co.uk

Search 'Avery Health' online or on

