

Folkestone Care Centre



Opus Care
Ltd

We support and enrich our resident's lives throughout your stay with us

THIS ISSUE

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Visiting Arrangements

We're happy to welcome new residents and visitors.

Restrictions have been eased for the number of named visitors. We continue to maintain an appointment and thorough testing system to keep everyone safe and are delighted to see more people able to join their loved ones for conversation and connections both indoors and in the garden.

Olympics Roundup

Highlights from the Tokyo Olympics as Team GB bring home the medals and secure 4th place overall.

Jason Kenny claimed a sensational 7th career gold to become Britain's most decorated Olympian ahead of previous fellow cyclists.

Emily Campbell made history becoming the first British woman to win an Olympic weightlifting medal.

Sky Brown became Britain's youngest Olympic medallist at 13 yrs of age in the women's skateboarding.

We can all enjoy the Paralympics 24th August – 5th September.

TOKYO 2020



Genevieve's Message

Welcome to our latest newsletter

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COMPETITION

Can you finish these phrases?

Example - Actions speak louder than words

Easier said

One Good turn

Variety is the

A friend in need

Where there's a will

The first correct answer handed to reception will receive a free hair consultation from Tina.

Gardener's Corner

As the rain and warmth continue the garden is flourishing. The grass which looked a little worse for wear in March has been scarified and re-seeded and will be sprayed to prevent leather jackets or daddy long legs grubs from eating the roots as this is what we suspect happened last year. We've seen the joy of the lavender and red crocosmia in flower, often seen on summer holidays abroad and on our English coastlines. A few more days to enjoy and then we'll dry the lavender heads for posies and scented bags.



Four Foods to Support Memory

A good diet can encourage blood flow to the brain and support your memory — research from the Academy of Nutrition and Dietetics is finding the Mediterranean Diet may help keep ageing brains sharp!

Here's what they recommend

Be sweet on berries and cherries.
Especially dark ones such as blackberries, blueberries and cherries — all rich sources of anthocyanins and other flavonoids that may support your memory. Enjoy a handful of berries for a snack!

Eat your veggies.
Enjoy plenty of vegetables, especially broccoli, cabbage and dark leafy greens.



Work in walnuts.

Well known for a positive impact on heart health, walnuts also may improve cognition. Snack on a handful of walnuts to satisfy midday hunger.

Get omega-3 fatty acids.

Seafood and fatty fish — including salmon, blue fin tuna and sardines — are some of the best sources of the omega-3 fatty acid. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.



While there's no guarantee that these foods will help you remember where you put your glasses, over time they can support lifelong good health.

Bon appetite!!!!

Our very own hairdresser to our stars

TINA TAPPENDEN



Tina is a regular friendly face around our home. She has many talents turning her hand to lots of activities as well as being hairdresser to our stars. She's been with us for 20 years and can be found in Folkestone on Thursdays.

Fun facts about Tina:

Q: What's your favourite hair style to cut?

A: Short and slightly spikey with a little bit of texture around the face for softness

Q: Where did you train?

A: Women's World Canterbury

Q: Blue rinse or platinum blonde?

A: Platinum blonde

Q: Strictly Come Dancing or Match of the Day

A: Strictly Come Dancing

Q: Cream teas or cream cheese?

A: Cream Tea

Q: James Bond or Indiana Jones?

A: Indiana Jones

Q: Night in or romantic night out?

A: Romantic night out

Q: Frank Sinatra or Bing Crosby?

A: Frank Sinatra

Q: Kent or Essex?

A: Kent

Q: Diamonds or pearls?

A: Pearls

Q: Your favourite celebrity hairdo?

A: Julia Roberts

Q: What do you like best about your job?

A: I love the interaction I have with the residents; I enjoy listening to their stories about family life, I find it fascinating. I enjoy making them look smart as it is always gives a sense of wellbeing and reminds them of their younger years. Coming to the salon to get their hair done is an outing and a social hub for us all.

Would you like to share your special memories with other residents at Folkestone Care Centre?

Please let one of the staff know and we'll share your story in our next newsletter