

# Folkestone Newsletter



Opus Care  
Ltd

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

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## Trips and Activities

We're delighted to be growing our external activities groups and visits to the centre again. Subject to ongoing infection control measures.

Friends and family can follow our news and events on our Facebook page.

@folkestonecarecentreKent

And there is a selection of photos in this newsletter too.

## Autumn News

Did you know? Halloween on 31<sup>st</sup> October is a shortened version of All Hallows Eve. Hundreds of years ago, people dressed up as saints and went door-to-door in an origin of our current costumes and trick or treating.

November is a time to reflect as we mark remembrance tide. The red poppy is our symbol of Remembrance and signifies hope for a peaceful future. More later...

## Welcoming new staff to our Opus Care family

Joining us at Folkestone:  
Junkala Shrees – housekeeper  
Gakina Georgieva – nursing  
Shilpa Sasidharan – nursing  
Remya Thomas – nursing  
Arun Anthony – nursing  
Tambudzai Jackson – nursing  
Tony Suckling – chef  
Laxmi Gurung HCA  
Kalpana Ghale – HCA  
Morgan Taylor – HCA  
Sigimol Sunng – nursing  
Shanty Tamang HCA

## COMPETITION

Can you name these songs and do you know who sang them?

'When I was just a little girl I asked my mother what will I be .....

'You know I work all day to get you money to buy you things .....

'I see trees of green, red roses too, I see them bloom for me and for you.....'

'When the moon hits your eye like a big pizza pie.....'

'But don't forget whose taking you home and in whose arms you're gonna be....'

Hand your answers into reception and our winner will receive some chocolate treats

## Gardener's Corner

It might be feeling wintery but there's still plenty of interest in the garden.

Hydrangea Vanille Fraise is turning from white to its pinkish beautiful autumn tone and Abelia Grandiflora is looking its best too.

It's been a really strong growing season this year, some heavy-duty pruning is due, and a few plants will be taken out to make some space.



## The Poppy



Canadian doctor Lieutenant Colonel John McCrea was inspired to write the poem Flanders Fields and this inspired the use of the Poppy as a symbol of Remembrance

In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark the place, and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

Facts you might not know about the Poppy:

- 1/ There is no 'correct' way to wear a poppy – it's purely a matter of personal choice, simply wear it with pride
- 2/ The red colour is because it's the natural colour of the flower.
- 3/ The poppies we wear today are made in a factory in Aylesford, Kent.
- 4/ Over 40 million paper poppies are made each year, 10,000 wreaths and a million poppy pins.
- 5/ The money raised from the Poppy Appeal helps Armed Forces families who are struggling with physical and mental health, financial and practical hardships.

This year is the 100<sup>th</sup> Poppy Appeal organised by The Royal British Legion

**Join us in the lounges, or privately reflect on 11/11 at 11am**

## Resident Focus



Lee Todd our Brabourne Care Centre resident has shared details of a project he has been working on to stop himself getting bored during his stay with us. Previously a taxi driver in the Ashford area Lee has re-trained himself to be a web developer.

Living with Parkinsons hasn't stopped him from developing new skills as he taught himself how to do spreadsheets on Excel whilst in hospital and then web development by watching You Tube videos over the last 2 months.

He's written the code for a new website linked to Parkinsons UK, the South East Research Interest Group or SERIG, which goes live in time for their regional charity conference at the end of November.

As an Ashford local, Lee joined the research group and was keen to help. We'd all like to congratulate Lee on his work so far and wish him good luck and success going forward.

## Activities at Folkestone Care Centre

Our residents enjoyed a talk by Anne Finney from Pilgrims Hospice. She joined us for an afternoon and shared stories and music from Mario Lanza to the delight of all who came to listen.



## Trip to Dover

Driving along the coast to Dover for a lovely change of scenery.

