



Russettings

Residential Care Home Newsletter

SEPTEMBER SPECTACULAR

September has been a very active month at Russettings with lots of variety and opportunities for the residents to enjoy themselves within the home and activities in the community.

The September Spectacular took place in a dedicated hall in Crowborough, set in the style of an English Tea Room with table decorations and balloons. Throughout the afternoon, we were served afternoon tea in China cups, saucers and plates with individual afternoon tea boxes from M&S. It was very delicious! A raffle took place and Russettings was lucky enough to win a bottle of Baileys, which will be saved for Christmas festivities. We were then entertained by a singer who got the Memory Cafe guests up dancing and singing to well-known songs. Several of our residents recognised the Conga music and got to their feet, snaking around the dance floor with other party-goers. It sure was happy memories for all! We arrived back at Russettings, happy, excited and if a bit tired.

September also saw the arrival of a Neal Diamond tribute act. The entertainer created a concert environment with singing and dancing to Neil Diamond's greatest hits, such as Sweet Caroline and Crackling Rose!



ACTIVITIES



Animals are always a great part of our lives and we were happy to have had a visit from Pet Pal's Therapy. Cute, little grey kittens had great fun playing with their toys in their play pen whilst guinea pigs sat in their personal baskets, so that residents could cuddle them. We honestly didn't want them to leave!



The Balcombe Market at the local hall was a treat with a few residents enjoying the produce, gifts, curios and crafts. We had the opportunity to try some artisan chocolates and other goodies, in addition to meeting locals walking their dogs and having a chat. On the way home we noticed the flowers and trees, which promoted childhood memories and thoughts of new ideas for our garden.



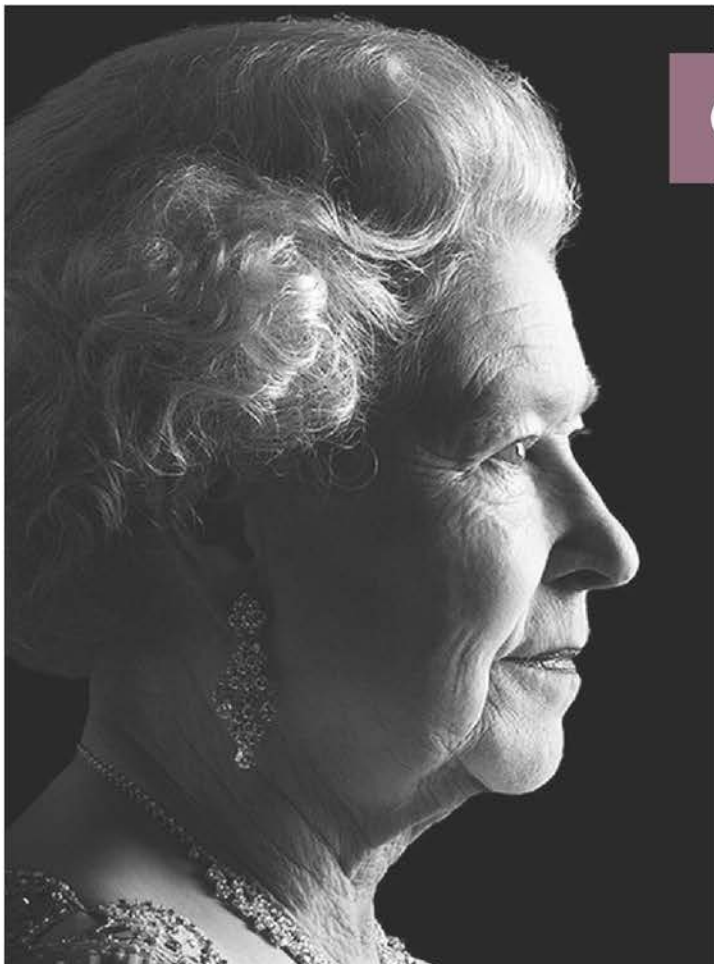
New Autumnal hanging baskets have been placed at the front of the Russetings entrance, which were created by the residents in the 'lasagna' planting style. The bulbs were placed at different levels while flowering Autumnal flowers were placed on top. The residents are looking to link the entrance decorations with Halloween themes, in order to enter a local competition! Wish us Luck!



COOKING

Many residents have enjoyed cooking from a young age, with their parents and grandparents. To celebrate the Harvest Festival, it was an ideal time to try Harvest inspired, bread dough art. Our resident chef made the bread dough, ready for designing the harvest mice rolls and wheat sheaf bread. These delights were sampled at supper time. Very tasty!

At Russettings we have a very large apple tree in the grounds and as we had such a bumper crop this year, we decided to make lattice apple tarts. The memories came flooding back of pastry making and baking in general. The four tarts were served as part of the lunch that day, with ice cream. They tasted Yummy!



QUEEN ELIZABETH II

Sadly, we experienced the death of our Sovereign Queen early in the month; which was hard to imagine, as she has been a constant - in so many of our lives. Our News Rounds and Reminiscing circles were dedicated to the Queen and her life of service. Residents had fond memories of her Coronation, where some were actually at Buckingham Palace as children. Some residents have actually met the Queen via charity and voluntary work or having been in the military services. The State Funeral was viewed in the lounge and a traditional English Tea was served afterwards, with lots to talk about!

BIRTHDAYS

We have had many birthdays taking place in September, with family visits and outings for loved ones. Our resident Chef, creating beautiful birthday cakes to enjoy with friends and family, upon their return to the home.



WHAT'S TO COME

October and the Autumnal colours of the trees in the garden are inspiring us to think of more gardening and creative arts and crafts to decorate the entrance of the home and the interiors.

Russettings is looking forward to welcoming Ed and his drums for a musical afternoon of percussion and world sound! This is a first for Russettings and we are excited for the event!

We look forward to seeing you soon!



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NETTIE (JEANETTE JEPSON)

Russettings have had a request by the family; in memorial to Nettie, by placing a photo of her having a lovely time with the guinea pigs Pet Pals Therapy in September 2022.

We shall miss her sparkling personality and wit!

