



ROWAN LODGE
FOREST CARE

Newsletter

WINTER 2022/23



Welcome to Rowan Lodge

Happy New Year to everyone!

We had a great Christmas here at Rowan and we would like to thank all of our visitors for joining us in the celebrations. After Christmas restrictions of the last few years, it was great to welcome back relatives for our Residents & Relatives Christmas Dinner and Christmas Party, admittedly in smaller numbers than in previous years but it was a step in the right direction.

We have staff appreciation weeks coming throughout this year where we will celebrate all staff groups in the home for their hard work and dedication, so we will bringing you all the details and photos of those in future newsletters.

Terri and the activities team are already preparing for the Spring and Summer and we have some great things planned as we head into the summer months. The weekly planner will be available throughout the home so you can keep up to date when visiting.

We are looking forward to 2023 and all that we have planned, so we hope to see you all there!

Dan Binney, Care Home Manager at Rowan Lodge

2-3, 6 Activities at Rowan Lodge

Take a look at what we've been up to over late Autumn and Winter!

4-5 Christmas Celebrations

Take a look at how we've celebrated over the festive period!

7 Staff News, Celebrations & Resident Profile



As we enter 2023, there is hopefully reason for optimism after all the gloomy headlines of recent months.

Covid has obviously dominated much of our everyday lives for the past couple of years and finally that no longer is the issue it was. While it is probably never going to go away, it has reached a

point now where we all are able to live with it as we do with other things. That does not mean we can ignore it completely and for the time being at least, our homes will continue to ask everyone visiting to wash their hands and wear a mask for the duration of their visit.

We are in the process of publishing the main points raised from our annual quality surveys completed last summer which I am pleased to say were overwhelmingly positive. However, we will still be looking to improve certain aspects of what we do, which includes further enhancements to the facilities in the homes and enhancements to some of the services we provide.

For example, we have introduced a new role to oversee the activities provision across the homes, with one of the aims being to include more of the things residents and relatives have told us they would like to see in our activity programmes.

We have also introduced "Famileo" across our homes. This is a platform whereby family & friends can post photos of anything interesting they may be doing so that residents can feel a bit closer to what their family and friends are getting up to! It is personal to each resident and is automatically made into a personal "Gazette" which we then print and give to them, so in effect, it is their own personal newsletter. All the information is displayed prominently in our homes, and I would encourage you to at least give it a try!

I hope you enjoy our latest newsletter which once again highlights all the many positive things and varied activities that have been taking place over the past weeks, and in particular, the Christmas period.

Thanks again for your continued support.

Words from Mark Vickery, Director at Forest Care.

Famileo Personalised Gazettes are a great success!

We've partnered with Famileo to create personalised newsletters for residents filled with updates from their families and friends. Anecdotes, photos, happy memories... Every family member can share messages and photos from their day-to-day life with just a few clicks on the Famileo app. Residents will then receive a printed copy to enjoy.



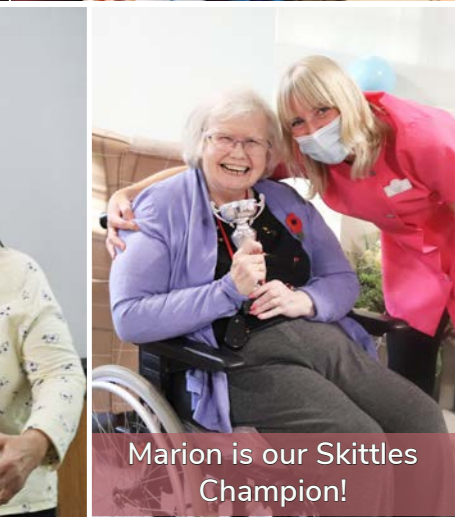
A game of Bingo and Joyce is the winner!



Intergenerational activities



Marion is our Skittles Champion!



Outdoor herb garden

Activities at Rowan Lodge



Phantom of the Opera Experience!



Autumn Farmers' Market



Anthea playing the piano



Outing to Sherfield-on-Lodden Garden Centre



Outdoor herb garden



Dominoes!

Christmas at Rowan Lodge



Elf Day, Christmas Jumper Day and Festive Crafts!



Residents & Relatives Christmas Party!

Winter Fayre & New Years Eve at Rowan Lodge





'Love to Move', Zumba Gold and Target Mat



'Wear it Pink' Day!



Ashlea (Activities) is studying Media Makeup. Residents enjoy a make-over at Basingstoke College



Head of Care Philippa gives Marion rugby attire!



International Men's Day



Flower arranging

Staff News & Celebrations



New Staff at Rowan Lodge! A warm welcome to Anna Polewacz, our new Cook at Rowan Lodge who has recently joined our amazing team and quickly become a valued member! Anna previously worked as a Chef in another Care home, she has around 8 years of experience within catering. Her job role involves making sure the residents are happy with delicious meals. In Anna's spare time she loves to

go on hikes and walk her dogs! Her favourite meals to cook are savory and main dishes.



Congratulations to Nurse Alina Bantawa Rai on passing her Objective Clinical Structured Examination (OCSE) – testing her clinical and communication skills.

Resident Profile - Rita Simpson

Rita was born to parents Cecil and Ada Pettit in 1942. She lived opposite a swimming pool which resulted in Rita swimming daily and winning all her swimming races whilst attending Harrow Grammar School for Girls. Rita achieved 6 O-levels and became school Captain. Rita took typing and shorthand exams and came top in the UK, this led to Rita being 2nd Secretary to the Principal of London University.

Rita met her friend Penny who was a daughter of a local shop keeper. Penny was invited to South Africa by her relatives and was allowed to invite a friend, Rita was her choice. Rita and Penny spent 6 months making their own clothes to take on their 6-month holiday. The University allowed Rita the time off and kept her job open for when she returned. Rita left on a boat from Southampton on 9th October 1964 and sailed the Atlantic Coast to Cape Town.

Rita was able to visit beautiful coastlines and landscapes as well as Table Mountain and Safari Parks. After 4 months Rita and Penny decided they wanted to return but would sail back up the Indian Coast and through the Suez Canal, the Mediterranean arriving back in Southampton on 25th April 1965.

In 1965, Rita met Ian through her friend Penny. Ian was the brother of Penny's husband, Michael. They married in May 1967, taking their honeymoon in Cornwall. In 1971, Rita and Ian welcomed their daughter, Joanne Clare. In 1973, Rita and Ian brought a home in Hall Lane, Yateley. Rita became pregnant in the spring and Nicola Jane was born in 1974. After the birth of Nicola, Joanne went to a nursery group whilst Rita was a full-time mum. Rita made friends with a local babysitting group which then gave her and Ian the freedom to enjoy evenings out together going to the pictures, pub and visiting friends became the norm and having a rotating Sunday lunch with three other couples was a great asset.





Smoky chicken, bean & kale stew

Ingredients:

- 1 tbsp olive oil
- 8 boneless and skinless chicken thighs
- 80g cubed pancetta or smoky bacon lardons
- 1 large red onion
- 4 garlic cloves
- 2 tsp smoked paprika
- 2 bay leaves
- 1 tbsp red wine vinegar
- 2 x 400g can plum tomatoes
- 1 tsp caster sugar
- 1 chicken stock cube
- 400g can cannellini or butter beans, drained
- 100g kale, stripped from the stalk and roughly chopped
- Garlic bread, to serve

Method:

1. Heat oil in a casserole pan. Cook the chicken in batches for a few minutes until golden and set aside.
2. Cook pancetta for 5 mins until starting to crisp. Push to one side and add the onion, cook until softened (8 mins). Stir in the garlic and cook for another 1 min.
3. Add the paprika, bay, vinegar, tomatoes and sugar, then crumble in the stock cube. Add two cans full of water (800ml), season well and return the chicken to the pan. Cover and simmer over a low heat for 30 mins.
4. Uncover the pan and cook for another 30 mins until the stew has reduced to a rich broth. If the tomatoes are chunky, squash them with a wooden spoon.
5. Stir the beans and kale into the stew, cover with a lid and cook for 5 mins. Serve in bowls with garlic bread.



Review score on carehome.co.uk

Feedback Corner

"The staff were all superb. Nothing was too much trouble for them, always willing and happy to help. The cleanliness of the whole home was absolutely spotless, and the lounges were so comfortable with a beautiful outlook. You also have an amazing manageress, she is a star."

"The team are fantastic, seeking to support my dad in every way possible and to make him as comfortable as possible. Their care is very genuine and they treat my dad as a family member."

"Rowan Lodge is the perfect home for my wife and the care she has received has been exemplary. She has really benefited from the knowledgeable, kind and attentive care she is receiving."

"Rowan Lodge is the perfect place for my mother. She is so well looked after and all the people who work there care so much about her and all the residents. They know everyone personally and treat them as if they were their own loved family members. The effort they put into organising activities to make life interesting and fun for everyone is extraordinary."

Rowan Lodge Honey

Created in our very own gardens...and it tastes delicious! Just pop in to purchase a jar.



Follow us on Facebook
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Rowan Lodge

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