

Bethesda Eventide Times

March 2023

www.bethesdaeventidehomes.co.uk

Issue 32

Hello and welcome to our newsletter for March 2023!

The Home has been full of activities and visitors which has led to a very busy month!

We are in the process of redecorating our ground floor corridor, so it may look significantly different each time you visit!

We were pleased to enjoy celebrating Chinese New Year, Valentines day, national pet day and much more! We were pleased that we were able to share many of these events with some visitors to the Homes.

We have plenty planned for March please see the theme days to the right. We are also seeing our kitchen being refurbished, so its certainly going to be another very busy month!

We hope you enjoy March's newsletter!

from all at Bethesda Eventide Homes

March Dates

March 13th

Plant a Flower Day

March 17th

St Patricks Day

March 19th

Mothers Day

March 21st

Seated Zumba

March 24th

Swedish Waffle Day
(Vaffeldagen)

March 30th

International Laundry
Folding Day



Feed the Birds Day

Yvonne found a clever method of making some bird feeders - we coated some toilet roll tubes in peanut butter, then rolled them in some mixed seed. We hung them out in our gardens and we hope the birds enjoy their treats!



If you know of anyone who may like to receive our newsletter, please get in touch with the home so we can add them to our mailing list. Thank you!



A Helping Hand!

Many of our residents enjoy lending a hand to the kitchen, preparing vegetables, fruit salads, desserts and even washing up! We know that the kitchen are very grateful for all of their help!



ST. PATRICK'S DAY

WORD SCRAMBLE

1. CRELENPAEUH _____
2. AIOWRNB _____
3. AHSMKCRO _____
4. HMRAC _____
5. ARDLIEN _____
6. GNERE _____
7. CYLKU _____
8. ODRNCE EBEF _____
9. TPO FO DLGO _____
10. ONDRITIATI _____
11. DAPARE _____
12. IGJ _____



ST PATRICK'S DAY

Word Search

S H W E G E I W X F T C H Y N
 D T M O D Z M C E Y R G I J U
 W N P A B F E E J S A I U N A
 O L R A U N B Z H D D G C Y H
 R A N X T D I A A G I Q G B C
 P C L B E R M A N S T B B Z E
 Z G L N C R I Y R T I I P F R
 Z S R N O I A C P E O A U X P
 I O A C S X I G K G N M J Y E
 C U K W N Q K D N A L E R I L
 P O T O F G O L D B U G X F M
 C L O V E R R O C B C Q S A L
 T D B E M D I E P A K V R X E
 W U Q I U A C Q E E C Y C Y O T
 C J E W J G W X E N H G R H O

CABBAGE	JIG	POT OF GOLD
CLOVER	LEPRECHAUN	RAINBOW
CORNER BEEF	LUCKY	SHAMROCK
GREEN	MARCH	ST PATRICK
IRELAND	PARADE	TRADITION



If you see a photo in our newsletter of a loved one and would like a copy of it, please get in touch with the home so we can provide you with the original.

Wake & Shake

In February we started our daily “wake and shake” sessions. Every day at 10am all of the staff join residents in the lounge for a 10 minute armchair exercise session led by our activities staff. It certainly helps us wake, and gets us right ready for the day (and a cup of tea!)





It is with great sadness that we include the news of the passing of Cynthia Thomas and Barbara Barrell since our last newsletter. They will both be very dearly missed.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" **Romans 8v18**

Let's Go Fly a Kite...

A number of staff and residents went across to Christchurch park to see if we could fly some kites. The lack of any photos of flying kites is evidence that it was not the most successful kite flying attempt - but it was certainly entertaining for everyone watching, even passers by!



Carehome.co.uk is an excellent tool for supporting people in choosing a care home. If you would be willing to leave a review on this site, this would be most welcome.



carehome.co.uk

<https://www.carehome.co.uk/carehome.cfm/searchazref/10001515BETZ>

Valentines Day

Love was in the air on valentines day, residents all received a little treat from the activities team, and we all enjoyed a lovely 3 course lunch from the kitchen. It was a lovely day shared with many loved ones.







In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

The “Ides of March” was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

If you were born in March, your birth flower is a daffodil!

The first month of spring is March, which starts between the 19th and the 21st.

March is the equivalent of September in the Southern Hemisphere.

Every year, March and June finish on the same day of the week.

March is the time of year when animals start waking up from hibernation.

The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.

The Anglo-Saxons called March “Hlyd monath” meaning “Stormy month” or “Hraed monath” meaning “Rugged month.”



We have a Homes Facebook page! We will post regular updates regarding activities within the home etc. and we hope it will enable people to have further insight into the day to days occurrences at Bethesda Eventide. Please feel free

GREEN FINGERED

Spring is coming! We have enjoyed repotting some plants and planting some seeds ready to plant out in the spring. The shelving in the conservatory is now full of seedlings, and we are looking forward to more sun shine!





Pancake Day

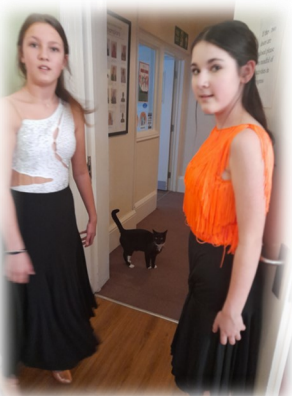
We nearly forgot pancake day - but remembered last minute! Many residents were on hand to ensure we all had plenty of pancakes and toppings to choose from! The Homes smelt delicious with all of the preparation and cooking taking place in the dining room.





Ipswich School of Dance

We were very grateful to the Ipswich School of Dance for visiting us to perform. The dining room was transformed into a dance floor - and you may notice that Bob decided to take centre stage!



In February we enjoyed celebrating with Barbara and Joan on their birthdays. Joan celebrated her 102nd birthday!

In March we see Audrey celebrate her birthday, we look forward to sharing photos of her celebrations next month.



Bethesda Eventide Homes

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