



ROWAN LODGE
FOREST CARE

Newsletter

Winter 2022

2 Home & Residents News

Read about our home updates & get to know one of our residents.

6 Daily Life in our Home

See what we've been up to at the care home over the last few months

10 Staff News & Achievements

Learn a bit more about our staff and what they've achieved

Welcome to Rowan Lodge

As we start a new year filled with promise and opportunity, we can hope to safely lift many more regulations and take a step towards normality once more.

We have many plans for 2022. One that I'd like to specifically mention is that we are building our own bee hives, allowing us to cultivate our own honey! There are many health benefits to eating local honey and we can't wait for our residents, relatives and staff to enjoy it.

I would like to take this opportunity to welcome our new staff who have joined the Rowan Lodge family. I would also, once again, like to thank all the residents and relatives for trusting us to deliver person-centered care and for your ongoing patience and understanding while we continue to navigate through the ongoing pandemic.

As we look to spring for warmth and sunshine, we can expect more outdoor activities for all our residents. We hope you enjoy this latest newsletter filled with festive cheer and winter traditions.

Dan Binney, Home Manager at Rowan Lodge



Congratulations Tash!

We have created a new role here at Rowan Lodge...

Tash Rozak, one of our hard-working Senior Carers, has been promoted to Care Supervisor and she will be leading our team of carers who deliver person-centered care to our residents everyday.



Social Media

Want more regular updates from the activities in our home? Follow us on Facebook for regular updates about our activities and events.

Coming Soon! Homemade Honey

We are delighted to announce that we will be harvesting our own Rowan Lodge Honey!

By Autumn residents, relatives and staff will be able to enjoy the many health benefits of eating locally cultivated honey.



Famileo Personalised Gazettes

Famileo is continuing to be a great success!

Did you know... 75% of our residents receive personalised gazettes every week?

Each family member can share messages and photos from their day-to-day life with just a few clicks on their Famileo app. Then residents will receive a printed copy to enjoy.

Don't forget to keep posting on your apps!



Resident Profile



Barbara Laws

Born into a long line of proud cockneys, Barbara spent the early years of her life in London. Growing up in the heart of the capital meant Barbara thrived in the hustle and bustle, enjoying the dancing, music and activity of the city. During World War 2, Barbara was a bus conductor, a job she enjoyed because she met lots of people and watched the city all day. One day she was late for work, only to arrive and see that her bus had been bombed, “a lucky escape” Barbara recalls.

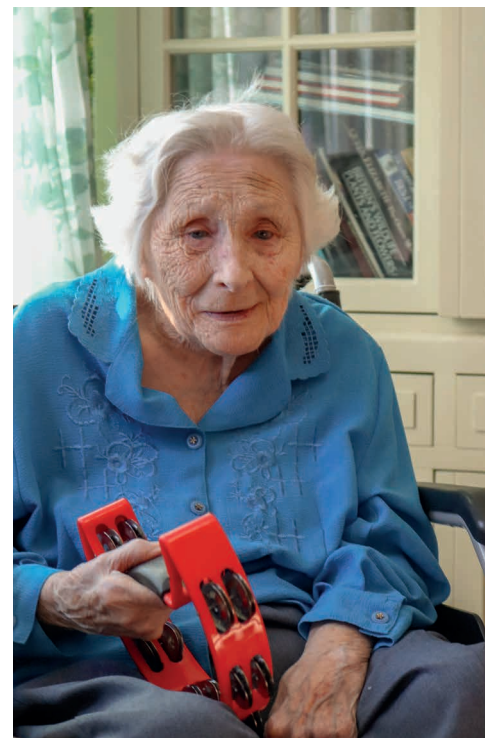
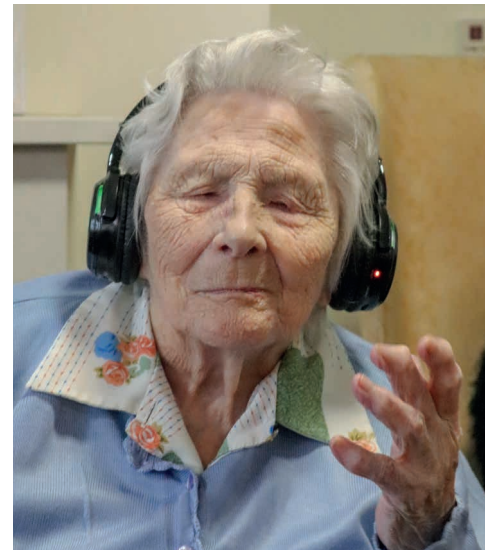
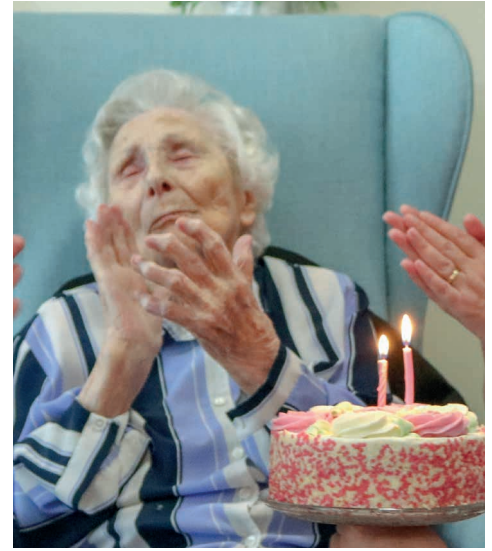
Barbara’s first husband Ernie was the love of her life. They spent a few years happily together but he was sadly killed in action. Barbara later married her 2nd husband, Horace, and they welcomed their beautiful daughter who was the joy of her life. Their daughter gave Barbara two grandchildren whom Barbara adores. She taught them to dance, sing, love and laugh.... Even how to gamble with pennies, before they could even hold the cards properly!

Having always been a vivacious character, Barbara was always

the life and soul of the party. She would often be found in the kitchen dancing and doing the CanCan to New York, New York. When life took her to Devon, Barbara continued to be a socialite, enjoying the camaraderie of social clubs, theatre trips and dance halls. Barbara’s life and energy evolves around music. Her granddaughter says “She would go to sleep with her earphones in listening to her music. I’d come home late and pop in to check on her and she would be snoring with the things still blasting in her ears. She never stops listening to music”. Any activity involving music at Rowan Lodge and you can guarantee Barbara will be there.

Throughout Barbara’s life she has always enjoyed Fish and Chips on a Friday and a full roast on a Sunday.... A tradition she was overjoyed to continue here at Rowan Lodge.

Barbara turns 100 in May 2022, a special milestone we are excited to celebrate.





Words From Mark Director of Forest Care

"As we enter 2022, I seem to remember saying last year that there can't be many people who will not

be pleased to see the back of 2020. Unfortunately, I think the same applies to 2021!

This year does start though with the prospect of better times ahead and without wishing to tempt fate, while Covid is still very much with us, it does seem that the new normality of "living with Covid" is very close now.

We do not yet know what that means for care homes of course. Government support with things like PPE is due to end in March along with the lifting of all legal restrictions. Perhaps that will signal a further lifting of restrictions for care homes and enable people to come and go freely again? I think we have all forgotten what that was like, but given where we have been over

the past couple of years, it is badly needed again now.

In the meantime, we continue to try and make life as normal as possible for our residents and to facilitate visiting as much as the guidance, and "outbreaks", permit. I hope you enjoy our latest newsletter therefore which highlights the many varied, and often innovative, activities that take place every day.

As ever, a big "thank you" again to all our staff who make all this happen and who continue to rise to the challenge in the face of everything that is thrown at them. An equally big "thank you" to all our relatives for your continued support and understanding and let's hope for a much happier 2022!"

Skittles



Our week is not complete here at Rowan Lodge without a skittles tournament. Giving another champion the opportunity to proudly display the winners cup in their room for the week.



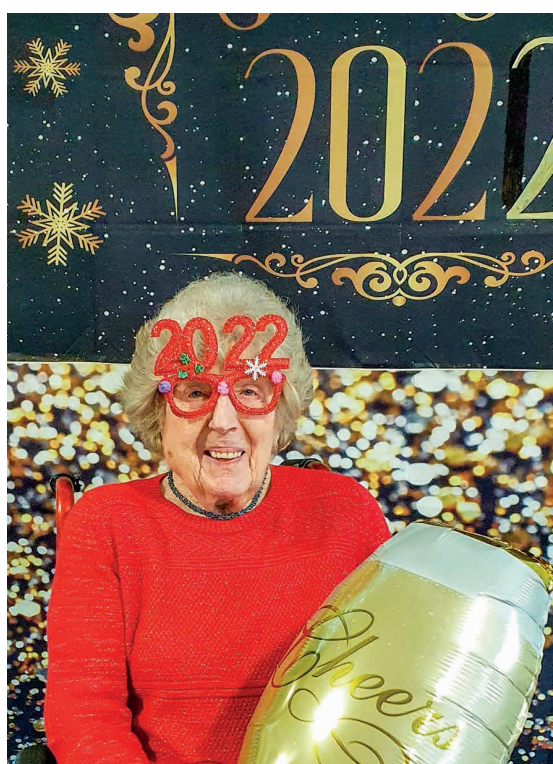
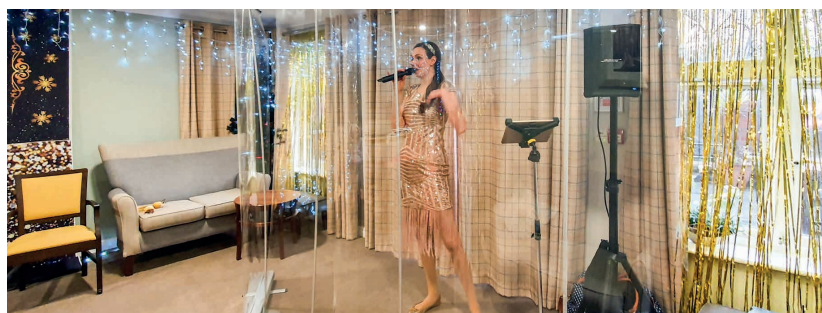
Celebrating the King

We celebrated the birthday of Elvis Presley with a diner themed lunch, lots of karaoke and of course... A prop filled photo shoot.

== New Years Eve at Rowan Lodge ==



As we said goodbye to 2021 and welcomed 2022, residents and staff enjoyed a variety of celebrations. We love any opportunity to host a photo shoot here at Rowan Lodge... And New Years Eve was no exception!



— Christmas at Rowan Lodge —



Yep, you heard us... Christmas! Our festivities throughout December didn't fail to spread a smile or two... Or three! From photo ops and artistic decorations, to live opera and cake baking, our residents enjoyed many Christmas traditions and spent lots of quality time together. We can't forget all the delicious meals and dining experiences!



Candy Canes



Santa Visit



Jingle All the Way



Festivities

We hope you enjoy this gallery of festive cheer as much as we fondly remember our celebrations.



Life at Rowan Lodge



Burns Night

Burns Night was a great success here at Rowan Lodge. Lots of delicious food, bag pipes and a wee bit of whisky!



Sherry for Three

To make sure residents enjoy their favourite beverages, we host tasting sessions regularly. Sherry is always a popular tasting afternoon.

Drumming

A new chair-based exercise our residents enjoy is drumming to their favourite tune!



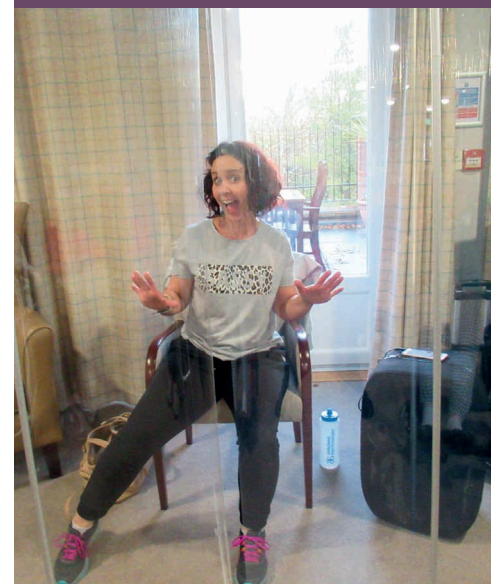
Cheese & Wine Days



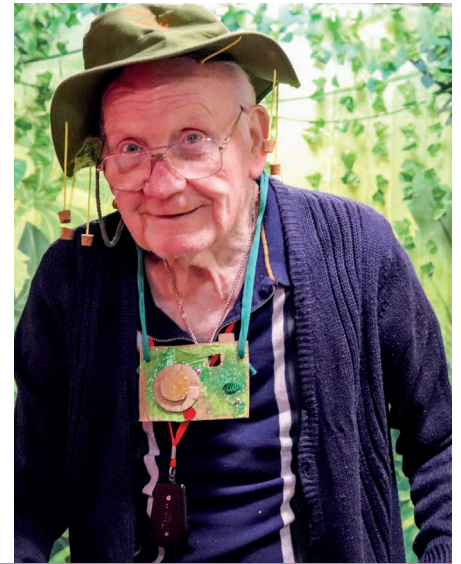
Pamper Days



Zumba Classes



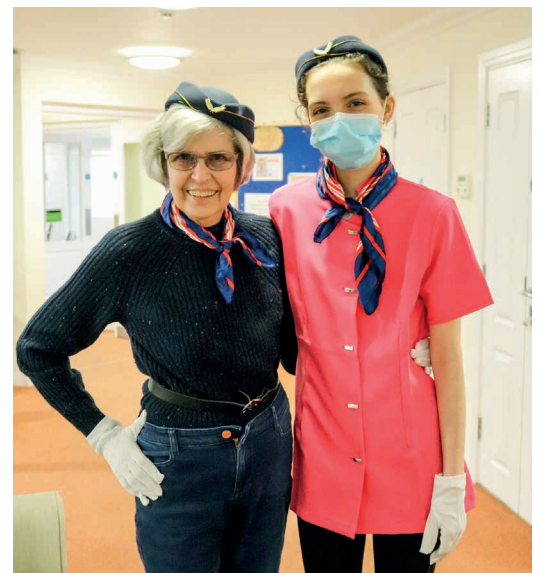
G'Day Mate



Exploring the traditions of down under, Australia Day was a barrel of laughs at Rowan Lodge!



Residents and staff used props to have fun on a photo shoot and then grabbed their passports to enjoy an adventure to Oz, from the comforts of the lounge. They finished the day with a dinner filled with traditional Australian cuisine.



Staff News & Achievements



Well Wishes from Rowan Lodge

Everyone at Rowan Lodge hopes you enjoyed a very Merry Christmas and can look forward to happier times in 2022.

Have You Met Ray?

Ray Milay is our Physiotherapist. He enjoys mixing up the chair-based activities our residents enjoy to promote mobility, engagement and even to introduce new experiences!



Refer a Friend

Know anyone who would like to work in care? Did you know that Forest Care has a "Refer a Friend" scheme. If you recommend someone to work at any Forest Care home you'll receive £200!



WELCOME TO...

Charlotte Dollemore and Lucia Gonzalez who have joined our hardworking activities team! They are already valuable members of the team, dressing up for themed days and helping to promote our residents choice of activities.



Staff Profile

Cheryl Parrish

Congratulations to Cheryl Parrish, who is our new Head of Housekeeping.

I joined Forest Care in 2011, a few weeks before Rowan lodge opened its doors to our first residents.

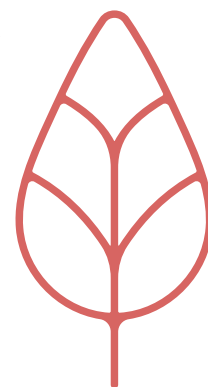
During my time at Rowan, I have met some wonderful people, both residents, and their families, and members of staff. Many of the friends I have made are friends for life.

Last year, Rowan lodge celebrated its 10th Anniversary and it was an honour, alongside three other members of staff, to be awarded our 10 Years of Service badges and certificates.

I am proud to take on the role of Head Housekeeper, and will strive to encourage good team morale. We have a very hardworking team here who are dedicated, compassionate, humorous and great housekeepers.

Outside of Work, I enjoy reading and listening to music, especially on my newly acquired turntable. A great gift purchased for my Lockdown 50th Birthday last year!

I also enjoy spending as much time as I can down on the allotment. It is very therapeutic to be amongst the nature! Growing your own produce is very rewarding and I'd recommend it to everyone!



Feedback Corner

"This was a big move for my 101 year old mum who had always prided herself on her independence. Although she wanted to continue living at home, it was clear that her decreasing mobility was becoming a serious problem and the whole family were concerned about her health and safety. She could not have been made more welcome by everyone at Rowan Lodge and soon settled into her new life. She is extremely well looked after and now has the support she needs, the company she previously lacked, and a huge variety of social activities to join in with as and when she chooses. Thanks to Rowan Lodge we have the peace of mind knowing that she is excellently cared for."

Daughter of Resident, carehome.co.uk



Review Score
on carehome.co.uk

Regulated by



Inspected and rated

Good



YOU'RE INVITED TO REVIEW

Please visit
carehome.co.uk
to leave a public review.



Chef's Seasonal Recipe Traditional Devon Cream Tea

Ingredients

900g Large
Strawberries halved
to serve
Clotted Cream

Strawberry Conserve

900g small
strawberries
900g sugar
1 lemon juiced

Scones

450g Self-Raising
Flour
1.4 Tsp Salt
100g cold butter in
cubes
70g caster sugar
300ml Buttermilk
1 Tsp Vanilla Essence

Method

Strawberry Conserve

Place strawberries with sugar into a bowl; add the lemon juice, cover and leave to stand overnight. Next day, transfer the fruit and sugar to a pan, bring slowly to the boil and simmer for 5 minutes. Pour back into the bowl, cover and leave again for another day.

Finally, transfer to a preserving pan, bring to the boil and simmer until setting point is reached - this takes about 10 minutes. Remove from the heat and leave to cool a little. Stir once more to distribute the fruit evenly and pour into prepared hot sterilised jars and cover immediately.

Scones

Preheat the oven to 220°C.

In a large bowl rub together the flour, salt and butter until you get a fine breadcrumb consistency. Stir in the caster sugar. Pour the buttermilk and vanilla in a microwaveable bowl and heat for 30 seconds then pour into the flour. Mix with a knife then bring together with your hands into a soft dough. Place the dough on a floured surface, shape into a round, about 4cm thick and stamp out 8 scones using a 4cm cutter.

Place the scones on the baking tray, glaze with milk and bake for 10 minutes.

Let the scones cool slightly before splitting the scones with your hands and serving with strawberry conserve and clotted cream.



ELM LODGE
FOREST CARE

Construction continues on Elm Lodge, the 5th Forest Care home. We hope to open the doors of the new luxury residential care home in Hartley Wintney in Spring 2023! Here is a sneak peek of the design.



Rowan Lodge

Award-winning
Residential & Respite Care
Crown Lane, Basingstoke,
Hampshire, RG27 9AN



GET IN TOUCH

T: 01256 762757
W: forestcare.co.uk
E: rowanlodge@forestcare.co.uk