



CEDAR LODGE
FOREST CARE

Newsletter

WINTER 2022/23



Welcome to Cedar Lodge

Winter is well and truly here with some very cold and icy conditions but with Winter solstices behind us we can look forward to lighter and warmer days. Our residents enjoyed the build up to Christmas, participating in a variety of activities during this festive period including a Festive Fun Day, Elf Day and one to one activities.

We received lovely feedback from residents after going on a trip to view the Charity Christmas Lights – a tour organised by Phyllis Tuckwell Hospice. We are excited about the opening of our new Café Bar at Cedar Lodge in 2023, for families and friends to enjoy coffee and cakes with our residents. Our activities team also can't wait to introduce new and exciting activities for 2023.

We had a very successful end to 2022, with multiple nominations at the Surrey Care Awards, and our Handyman David Fielding winning the 'Unsung Hero' award, which was well deserved. I would like to thank everyone for their support throughout a long challenging year for us at Cedar Lodge in 2022 and I wish all of you and your families a good and Happy New 2023.

Nenita Jopson, Care Home Manager at Cedar Lodge

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Activities at Cedar Lodge

Take a look at what we've been up to before Christmas!

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Festive Activities & Resident Profile

Take a look at our festive activities and Christmas celebrations, plus Mrs Rae Luscombe's resident profile.

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Staff News & Celebrations

New starters, awards, birthdays..plus a Staff Spotlight!



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.

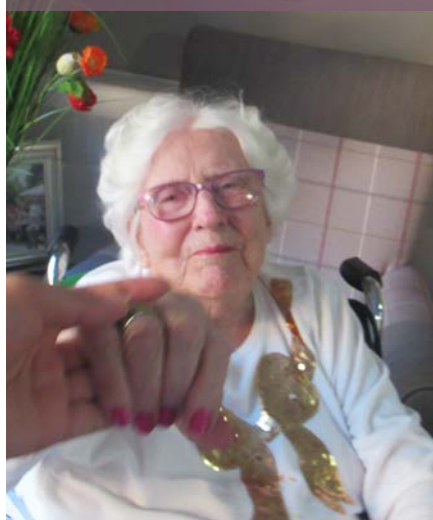
Famileo Personalised Gazettes are a great success!

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.



Activities at Cedar Lodge

Residents loving Cold Toast's performance!



Hog's Back Brewery talk and beer tasting...



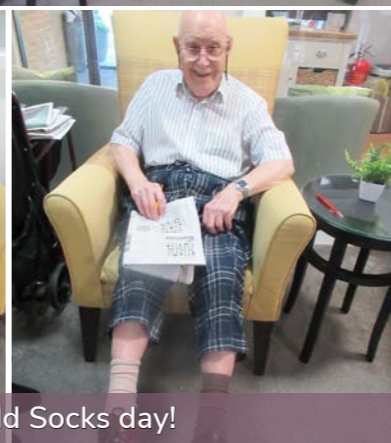
Pumpkin carving for Halloween



World Smile Day!



Mr & Mrs Holcroft's 66th Wedding Anniversary



National Odd Socks day!

Christmas Celebrations at Cedar Lodge



Elves causing havoc on Elf Day!



Wreath-making for bedroom doors



Gingerbread house making



Residents loved their Festive Fun Day with a tombola, photoshoot and pantomime



Christmas Celebrations at Cedar Lodge



Christmas Day games!



A visit from Santa



Families visiting on Christmas Day



Mrs Margaret Moore enjoyed Christmas Day at her daughter's house!



Decorating our Christmas tree during a one-to-one



Residents went to see the Charity Christmas Lights tour organised by Phyllis Tuckwell Hospice



Tickled Pink's best highlights show, celebrating their 20th birthday!



Resident Profile - Mrs Rae Luscombe



Rae was born in December 1920 in Holloway London; she was one of seven children and Rae remembers moving around a lot as a child. At the age of ten the family moved into a newly built council estate in Edgware where she recalls many fond memories including making her first proper friend Edna on their first day at the new built school and they remained friends for over 60 years. When Rae left school, she had various jobs and during the war she worked next to Wembley stadium making lights for aircrafts and coil winding.

Rae loved to dance and said she always looked at the men's feet to see how they danced and if they were any good she would ask them to dance! Rae would go dancing every weekend and this is where she met Lesley whom she married at the age of 20. Rae and Lesley settled into married life in Harrow and went on to have one son, Frank, named after her brother who they lost during the war at the age of 22. When Frank grew up and got married, Rae and Lesley would move to be near Frank and his wife, one of these moves was to Devon which Rae loved.

Lesley ran a small repair shop mending small electrical items and Rae loved the sense of community. Rae likes to be active and says this is the secret to her long and happy life and has not hung up her dancing shoes yet, she regularly gets up to dance when we have musical entertainment. Rae belonged to a senior's club for over 20 years and made lots of friends who she remains in contact with, Rae says that's why she enjoys living at Cedar Lodge because of the company and the social aspect, as well as the staff whom she refers to as being so kind and caring.



Staff News

New Staff A warm welcome to our new Care Assistants: Abigail Rivera, Eloisa Molera, Francis Julian and Mark Gatal who all recently joined our amazing team at Cedar Lodge and have quickly become valued members!



Before Aruna came to Cedar Lodge she worked as a Care Assistant with an agency alongside completing a part time course. Aruna wanted to be a nurse because she loves to help and look after people.

She enjoys working for Cedar Lodge because of the close team environment where everyone can work together to provide the highest standard of care for our residents.

Outside of work Aruna likes to visit new places, hike, and spend time with family and friends.



Staff Spotlight Aruna Gurung has blossomed as a Care Assistant at Cedar Lodge, performing brilliantly in all aspects of her role and always going 'above and beyond' her daily job description. Aruna is solution focused. She carries out every task thoroughly from start to finish and to the very best of her ability. She is an ambitious individual and has recently started her Nursing Associate qualification, her dream is to become a nurse.



Staff Celebrations

Celebrating Nenita Jopson's birthday



We are so delighted and extremely proud of David Fielding who won the 'Unsung Hero' award at the Surrey Care Awards 2022





Review score on carehome.co.uk

Feedback Corner

"My mother-in-law has been in Cedar Lodge Care Home for ten years and I cannot praise the kindness and care offered by all the staff over that time. Visiting is allowed without notice. Rooms are ensuite, comfortable and large. The home may not have the grand pianos and chandeliers that others have but what it lacks in bling it makes up for in kindness, empathy and caring, it has a really lovely atmosphere....Cannot praise it highly enough."

"Cedar Lodge Care Home staff provided my aunt with exceptional care throughout her residency. Their love and patience made her feel like she had a new extended family, and I can only thank them all for the kindness they showed. The activities provided were varied and many, my aunt particularly enjoyed dominoes and live music. I highly recommend Cedar Lodge as a care home."

"The staff are the absolute best - highly professional but also friendly, kind and caring...I know that Mum is safe, well cared for, loved and treated with dignity and respect."

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.

Cedar 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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Cedar Lodge

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