



CEDAR LODGE
FOREST CARE

Newsletter

Winter 2022

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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 Cedar Lodge

From Christmas cheer to seasonal foods, we have been embracing the traditions of winter here at Cedar Lodge.

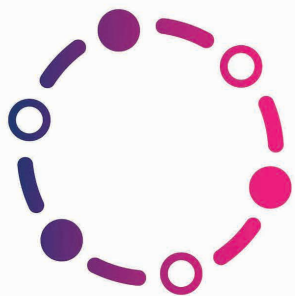
Firstly, I would like to say how proud I am of our team. They have been recognised on a national level for their hard work and dedication to care. The Caring UK awards have chosen Cedar Lodge as the Runner Up in the Care Home of the Year – South category. A very prestigious accolade that is well deserved.

A big "thank you" goes out to all the relatives and friends of residents who continue to support us as we navigate through the ongoing pandemic. We are looking forward to hopefully lifting restrictions safely throughout the year ahead.

I hope you enjoy this fun filled newsletter showcasing the many activities our residents enjoy.

Nenita Jopson, Home Manager at Cedar Lodge





CARING UK AWARDS 2021 RUNNER UP

National Award

We are delighted to announce that Cedar Lodge has been selected as the Runner-up!! For the Care Home of the Year category in the South by Caring UK!

Nenita comments "Our team was selected as finalists in 3 categories at the 2021 Caring UK awards, and to now be selected as the runner up for Care Home of the Year is a true honour. I am immensely proud of our team here who never tire of delivering exemplary person-centered care to residents".



@ForestCareLtd

Social Media

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



famileo

Famileo Personalised Gazettes

Famileo is proving to be a great success!

Did you know 65% of our residents receive personalised gazettes every week?

We are continuing to work with Famileo to create personalised newsletters for residents filled with updates from their friends and families. Anecdotes, family photos, happy memories... 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



John Paddon

John was born in Croydon in 1937. From an early age, John loved learning. He still does to this day and is always developing his vast skill set. He is extremely well read and enjoys regaling us with interesting facts and stories from his wide range of knowledge and expertise. John studied Metallurgy at the Royal Imperial College. His first job was conducting material research in Crawley.

John met his wife, Ann, when he was 22 years old. She joined John in London for her first teaching job. Once married, Ann carried on teaching in Aldershot whilst John worked in Farnborough. They welcomed two wonderful children to the world.

When retired, John and Ann decided to travel the world. Their adventures took them as far as New Zealand to visit one of John's cousins. Throughout their travels they visited volcanoes, beaches, deserts and even spent a while on a tropical island in Tonga. John says with a smile, "out of all the amazing places that we have been fortunate enough to go to, Cornwall remains my favourite place on earth". With family originally from Falmouth, Cornwall is filled with beautiful landscapes he fondly remembers exploring with his family.

Later in life, John took up sculpture as a hobby. His talented art skills have seen him spend the last 3 years carving a magnificent Phoenix (photographed top right).

Since moving to Cedar Lodge in 2021, John has been a very sociable member of the Cedar Lodge family.





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!"

Countdown



Our residents at Cedar Lodge love puzzles and brain-teasers. Regular brain-teasers that utilise our cognitive skills help to improve our ability to learn, problem solve and help improve our memory.

Carpet Boules



Our skittles and boules don't stop during the winter. Instead of garden games, we play boules in the main lounge... It gets quite competitive!

Team Jigsaws

On rainy days, we can be found in the main lounge enjoying a team jigsaw. It's a great way to relax together while enjoying a chinwag, along with tea and cakes.



— New Years Eve at Cedar Lodge —



As we said goodbye to 2021 and welcomed 2022, residents and staff enjoyed a variety of celebrations. Laughter could be heard across the home as we hosted a prop filled photo shoot.



— Christmas at Cedar Lodge —



Yep, you heard us... Christmas! Our festivities throughout December didn't fail to spread a smile or two... Or three! From Santa handing out personalised gifts, to delicious dining experiences, we embraced the festive season whole heartedly at Cedar Lodge. We hope you enjoy this gallery of Christmas cheer as we fondly remember all the celebrations we enjoyed and quality time spent together.



Mulled Wine



Delicious Festive Feasts



Tree Decorating



Festivities

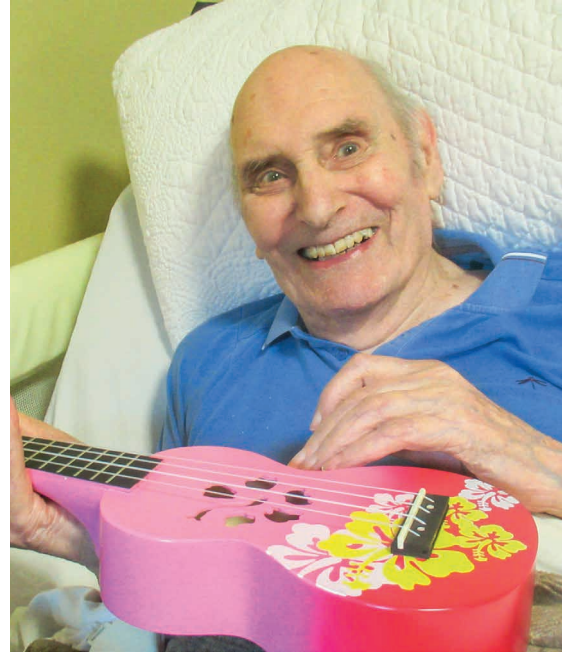
Throughout December, residents enjoyed many festive feasts in the beautifully decorated dining room.



Ukulele



We are very lucky that Yumi, one of our hard working activity coordinators, can play the Ukulele. She often plays for residents and also teaches them to strum a tune or two.



Dominoes & Scrabble
Both our weekend scrabble tournaments and our weekly dominoes championships are ever-growing in popularity amongst residents.

Chinese New Year

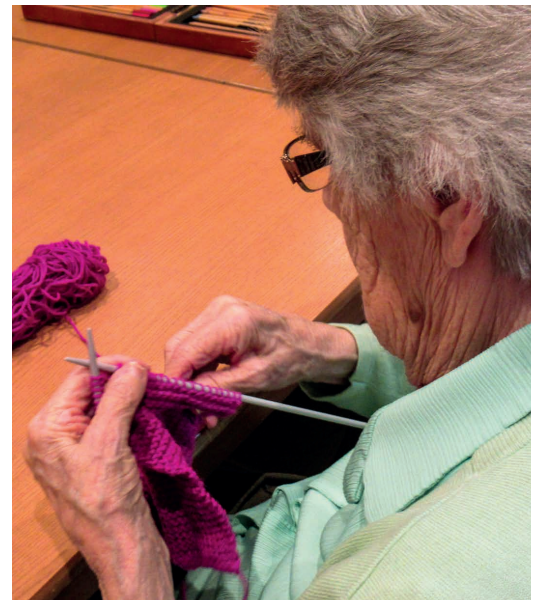


Residents enjoyed preparing for a Chinese banquet by making paper lanterns for their Chinese New Year celebrations.



Activities

From group crosswords on the interactive activities table, to painting and knitting... Activities at Cedar Lodge are led by residents choice.



Staff News & Achievements

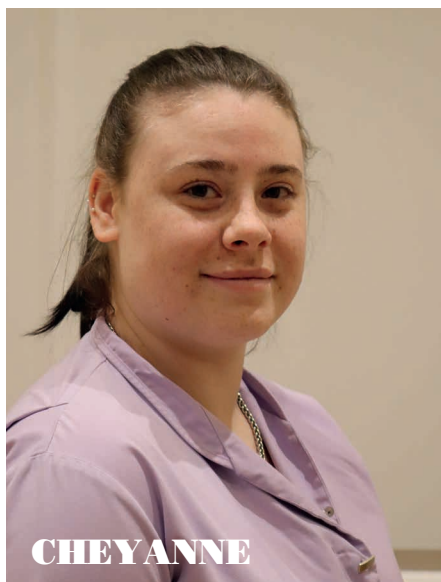


Well Wishes from Cedar Lodge

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

IT'S A BOY!

A huge congratulations to Krisha Buloran who is due to welcome a lovely little boy to the world! We are all so very happy for you here at Cedar Lodge.



CHEYANNE

CONGRATS TO WHO...

Cheyanne and Blanquita who have successfully refreshed their qualifications as Moving and Handling Trainers.



BLANQUITA



TRAINING AND DEVELOPMENT

We are delighted to announce that a number of our staff are dedicating themselves to achieving their higher level qualifications in care. Watch this space for more details.



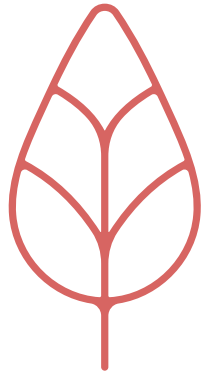


Spotlight - Maria Larkin

Maria has been chosen by the team at Cedar Lodge to be our "Staff Spotlight" for this newsletter, rather than staff profile.

Maria moved to England in 2015, having left a high-profile office job in the Philippines, in order to pursue her passion for care. With a background in Nursing, it is Maria's long term wish to become a Nurse. She joined the Cedar Lodge family during the peak of the pandemic and has shown resilience, courage and dedication to the job, despite the tough conditions we have all faced.

Maria has quickly become a valuable team member, always ready to help and is happy to cover extra shifts to support residents who are her main priority. And we might add that she achieves all this with two young children at home! She is a real champion for care and worthy of a bit of spotlight!



Feedback Corner

"My mother, aged 93, moved into Cedar Lodge at the end of November. My husband and I visited beforehand with very little notice and were made most welcome. We were really impressed with the facilities available, especially the twice-daily activities offered to the residents and also the friendliness of the staff. We decided at that stage it would suit Mum perfectly and we didn't need to look anywhere else.

Mum had some mobility issues at the time and then subsequently needed 24-hour nursing care. The quality of care and kindness that Mum has received is second to none. As her daughter, I can relax, being 100% confident that she is being looked after in a respectful, caring and dignified way.

Mum herself says how marvellous the staff are. I have personally found all staff extremely friendly and helpful, and always willing to answer any questions I may have. They also provide regular updates on Mum's condition which I find very helpful. I would highly recommend Cedar Lodge."



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 Chicken Pot Pie

Ingredients

2 tbsp olive oil
Bunch of spring onions
250g frozen spinach
6 ready-cooked chicken thighs
350ml hot chicken stock
½ tbsp wholegrain mustard
200g frozen peas
200ml half-fat crème fraîche
½ small bunch tarragon
Small bunch parsley, finely chopped
270g pack filo pastry

Method

Step 1: Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

STEP 2

Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.



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.



Cedar Honey

Don't forget that you can buy Cedar Lodge honey. It's only £5 a jar, cultivated in our own gardens and tastes delicious!



Cedar Lodge

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