



OAK LODGE
FOREST CARE

Newsletter

Summer 2022



Welcome to Oak Lodge

Summer brings an opportunity to spend time outdoors with family, enjoying nature, a chance to refresh and recharge. From gardening and small group outings to picnics and outdoor walks, we have plenty of activities and a great summer menu to keep residents happy and healthy!

Congratulations to staff and residents who braved the weather during our NAPA Wellbeing Walk around our sensory gardens, and even found time to strike a pose outside Oakley Hall Hotel! Our Platinum Jubilee weekend celebrations were a fantastic opportunity for residents and relatives to celebrate together, for some, it was their first experience of a party at Oak Lodge. Enjoy our photo gallery in this newsletter!

Welcome to 'Charlie', our new unofficial PAT dog, who visits us weekly to help promote social engagement as well as lifting everyone's mood!

A big congratulations to Rose, on completing her Nursing Associate course in March and gaining her NMC registration in May after two years of hard work. We wish her every success in her new role as a nurse at Oak Lodge.

A warm welcome to all our new residents and staff. I hope you will enjoy your stay with us. Thank you to all our residents and relatives for your support and understanding as we navigate the 'new normal' of living with Covid. Thank you for the care, hard work and dedication of our staff and volunteers.

Grace Adan, Care Home Manager at Oak Lodge

2-7 Activities at Oak Lodge

Take a look at what we've been up to over the spring and summer months

8-9 Platinum Jubilee Celebrations

Entertainers, Tea Parties, Royal Games...find out how we celebrated the Queen's Jubilee!

10-11 Resident Profile & Staff Celebrations

Learn a little more about our Residents & Staff



It has been great to see normal life returning over the past couple of months with the advent of the new normal of "living with Covid".

That has been reflected in our homes where the activities and events that used to be a routine part of daily life have made a long-overdue and very welcome return. It makes such a difference to everyone.

It has also been great to see relatives and friends being able to visit our homes freely again, not least to join in with the recent Platinum Jubilee celebrations. This was the first opportunity for over two years

to hold events in the homes that relatives and residents could attend together, and I think we had all forgotten how nice it is to do that!

The summer months will bring more events and more opportunities to come together, which I hope you will enjoy along with our latest newsletter which continues to highlight all the lovely things that have been happening in our homes over the past couple of months. Once again, thanks to everyone who make it all possible.

Words from Mark Vickery, Director at Forest Care

Activities at Oak Lodge



Our Acorns Gardening Club enjoy planting and tending to the flowers



Celebrating National Picnic Day with outdoor games, delicious food, ice cream and fizz!

Activities at Oak Lodge



We entered Trusted Care's Garden Competition with these photos!



We love seasonally decorating our walkway- so summery!



Activities at Oak Lodge



Our Gentlemen's Club meet regularly for Scrabble, Rummikub, Dominoes, wine and beer!



Quizzes, Bingo, playing on our Interactive Activity Table and sensory one-to-one activities



Celebrating VE Day!



Activities at Oak Lodge



We love listening to music, singing and dancing to visiting entertainers!



Birthdays with loved ones



Dog Charlie enjoys kisses and cuddles with Jean and Grandma Joan



Keeping healthy with balloon and scarf exercises, and sunny walks!



Activities at Oak Lodge



Arts & crafts: Flower arranging, painting, caricature drawing, tissue paper flowers and knitting!



Decorating biscuits and clay pots



Making Jubilee puddings and experimenting with glass beads



Activities at Oak Lodge



We travel to France sampling French wine and cheeses!



Celebrating Dementia UK's 'Time for a Cuppa' campaign, with a splendid Afternoon Tea Party in our activities room!



Saxophonist Simon!

Silk flower fashion decorations



Ping pong and Countdown!



Platinum Jubilee Celebrations



We celebrated the Jubilee with family and friends, live music, plenty of cake, ice cream, fizz and a Jubilee Quiz!



Margaret, June and Ken are our Jubilee Quiz winners!

Platinum Jubilee Celebrations



Jean wins our poster competition!



Resident Profile - Rear Admiral Paul Bass CB



Paul was born in Ipswich in 1925, the first of five children. Whilst evacuated to Leicester during the war, he took the exam to join the Royal Navy and enlisted in January 1941 at the age of 15 as an Artificer Apprentice. In 1943, halfway through the course, he was promoted to Cadet and trained as a marine engineer at the RN Engineering College, Keyham, Plymouth. In August 1944, as part of the course, he was sent to sea as a midshipman.

In HMS Cambrian he took part in a Russian convoy, and subsequently served on the cruiser HMS Mauritius when it was in a gun battle with three German destroyers. They were all damaged and Mauritius was hit above the waterline in a forward mess deck. Fortunately, there were no casualties on our side. After spending two happy years in HMS Belfast touring the Far East, he married Audrey in 1948 and in 1953 they had a son. In June of that year, after 128 miles of practice marches, Paul was proud to be part of the Naval contingent that marched 18 miles in the Coronation procession.

From 1953 to 1956 he was Assistant Chief Engineer in Simonstown dockyard helping to prepare for its transfer to the South African navy. In 1958 Paul witnessed an H-bomb test in Christmas Island while he was the Engineer Officer of HMS Ulysses. After the test the ship continued round the world. In 1966, while serving in HMS Tiger, Paul was involved in the rescue efforts after the Aberfan disaster. When Tiger subsequently hosted the 'Tiger Talks' between Harold Wilson and Ian Smith during the negotiations for the independence of Southern Rhodesia, he was detailed to look after Ian Smith and his delegation. Harold Wilson invited the whole of the wardroom to 10 Downing St for drinks afterwards.

Paul was in the Defence Planning team from 1967 to 1969 and took part in the Defence Review, which resulted in the withdrawal of our forces from the Far East and the Persian Gulf. As a Captain he oversaw SACLANT (Supreme Allied Commander Atlantic)'s intelligence division in Norfolk, Virginia, USA. Back in the UK, after 3 years in the MOD in London, Paul was promoted to Rear Admiral and made Flag Officer and Port Admiral Portsmouth. In this interesting position he met several members of the Royal Family, Lord Mountbatten, Yehudi Menuhin, and many other famous people.

After retiring in 1981, Paul became a naval consultant to several companies and assisted them in their bids to build naval bases in Bahrain, Karachi, Columbia, UAE, Bangkok, and Singapore. He was also a member of the local Alzheimer's Association, on the management committee of a charitable nursing home and Treasurer of the Friends of the RN Museum and HMS Victory. His hobbies included painting and sailing. He had his own folkboat and was a member of the Royal Yacht Squadron.



Staff Celebrations

Employee of the Quarter: Rosario Rullamas

My name is Rosario, or preferably, 'Rose', which is easier for our residents to pronounce. Rosario is also my family name which means I was formerly known as Rosario Rosario! I belong to a large family, the 7th child, with six brothers and two sisters in all. We were often called a basketball team because all my brothers played basketball and even named the team 'Rosario's Farm'!

Before coming to the UK, I worked as a Physical Therapist and Clinic Manager for six years in a privately owned Physical Therapy and Rehabilitation Centre in the Philippines, having gained my bachelor's degree in Physical Therapy in 1994.

In 2002, I arrived in the UK and began working as a Care Assistant making my way up to a Senior Care Assistant in 2005. It is a role I have always loved. In 2019, I was given the opportunity to pursue a Foundation Degree at Solent University through the apprenticeship program, and I was delighted and proud to receive my Nursing Associate qualification in March this year.

I got married in 2006, and we had the privilege of holding our wedding reception at Oakley Hall Hotel. I have worked at Forest Care for 18 years and have always been passionate about looking after our residents.



Celebrating our Nurses, Carers and Volunteers at Oak Lodge. A big Thank You for all your hard work, dedication and continuous care.





Easy Summer Strawberry Trifle

Ingredients:

- 3 punnets strawberries
- 2 ready-made jam-filled Swiss rolls
- 1/3 cup sherry or fruit juice
- 400 gram can of summer fruits in syrup
- 500 ml ready-made vanilla custard
- 300 ml softly whipped cream

Method:

1. Wash and hull 3/4 of the strawberries (leave a few with the hull in place for decoration).
2. Halve the hulled strawberries and set aside. Slice the Swiss rolls in half longwise, then into 1cm slices.
3. Line the base of a trifle bowl with 1/3 of the Swiss roll slices, arranging the pieces around the side in a pattern. How you do this will be determined by the shape of the trifle bowl. For one with straight sides, cutting the Swiss roll slices in half allows you to show off the layers. For a rounder dish, whole slices will display the pretty swirls to great effect.
4. Drizzle the Swiss roll with 1/3 of the sherry or juice and then spoon in 1/3 of the canned summer fruits in syrup. Add 1/3 of the chopped strawberries, 1/3 of the custard and 1/3 of the whipped cream.
5. Repeat with 2 more layers of Swiss roll, sherry/ juice, summer fruits in syrup, strawberries, custard and cream, finishing with cream.
6. Halve the reserved strawberries and use to decorate the top. Chill for 3-4 hours or overnight.

Oak Lodge

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Review score on [carehome.co.uk](https://www.carehome.co.uk)

Feedback Corner

"My mum has been so well looked after since she moved to Oak Lodge. All the basics - care, food, cleanliness is dealt with in a highly professional way, but Oak Lodge also has a sense of energy and liveliness which is far above the norm. Every time I visit the trust my mum has for each member of staff is clearly on show. I'm so happy with the decision we made to move her to Oak Lodge."

"The activities and stimulation they give Mum keep her sharp and mentally stimulated. We wouldn't want Mum to be cared for anywhere else."

"The care home is in a rural location, a beautiful and very peaceful place. The care team are brilliant and they treat residents' with care and respect, as they would their own family. My mother is very happy and she loves the activities. They have a care plan and encourage people to improve their wellbeing. The food is delicious and the menu is varied. A fantastic place."

"As a family, we are grateful to all the nurses and other staff at Oak Lodge who have been consistently supportive. The manager runs an impeccable ship. Thank you."

Oak Lodge Honey

Created in our very own gardens...and it tastes delicious! (Available from August 2022).



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