



Castlebank Care Home

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July 2022



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A Note From Daniel and June



Let the sun shine!

July is here and it is really uplifting that we have a hopefully warm Summer to look forward to! Summer is an exciting time of year when people's spirits are raised by the good weather and many head off on holidays to a range of colourful and interesting destinations both home and abroad.

However, whilst we welcome the arrival of the sunshine it is also important to treat it with caution. Here at Castlebank, our priority for all our residents and staff is to stay hydrated. Did you know that in normal weather conditions, our bodies need around 2 litres of water a day to function properly? The effects of the heat can also have many effects on both our physical and mental health. Regarding our physical health dehydration can lead to exhaustion, fatigue and existing medical conditions can often be heightened by the rise in temperature. It is in this thought that we encourage those living here with us to take extra drinks as often as possible. We will always try to make sure that cold drinks are available and within reach. It is also important for everyone to stay safe in the hot weather by following a few simple steps such as wearing a high grade SPF sun screen and also accessorizing with a sun hat and sunglasses when necessary! In doing so, we can ensure that we are best prepared for those outdoor activities, parties and BBQs as well as looking incredibly stylish!

Last month, The Queen's platinum jubilee celebrations went very well here at Castlebank and was enjoyed by all. Well done to everyone who played a part to ensure this event was something to remember. We now look forward to Wimbledon and the obligatory strawberries cream and prosecco!

With very best wishes,

Daniel and June

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Guess the year

In this section we travel back in time to a mysterious year from the past. All you after to use the clues to work what the year it is?

Clue 1 NEWS: The world mourns the death of John Lennon who is tragically assassinated outside his Manhattan apartment block.

Clue 2 SPORT: Bjorn Borg wins the Men's singles at Wimbledon and West Ham win the FA cup final.

Clue 3: MUSIC: No.1 singles include; Xanadu by Olivia Newton John, Woman in Love by Barbara Streisand and 9 to 5 by Sheena Easton

Clue 4: FILM / TV: Hi-de-hi, Family Fortunes, Play your cards right and Button Moon all make their tv debut. Meanwhile, The Elephant Man and The Shining are big at the box office.

Clue 5: TRIVIA: Barbara Woodhouse is popular training those dogs that misbehave! "Walkies!"
The year from the last edition was 1952!



Castlebank Photo Album

Over the past month Castlebank has been a warm hub of happiness, celebration and enjoyment and here are some of the photos that capture and reflect on some of these moments and celebrate our wonderful residents.

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Activities for July

Summer is here and when the sun shines it is the perfect opportunity to get outside and try your hand at a new skill or pursuit. Looking ahead we have an exciting programme of events including;

- 1st July – International Joke Day. Looking at comedians past and present!
- 7th July – World Chocolate Day. Chocolate themed activities and sweet treats included.
- 17th July – National Ice Cream Day
- 18th July – World Listening Day. Communication themed activities allowing residents to share and voice their opinions.
- 29th July – National Lipstick Day. Pampering for both ladies and gents!
- In addition to the above events we also have splash painting, wind chime making for our garden areas and also clay modelling planned as well as the usual music and needlecraft activities.



Poetry Corner

Be like the Sunflower

Be like the sunflower and dare to be bright
May you shine in the darkness through the fading of light,

When the heavens turn grey let your colours be seen
So when the rain starts to pour yellow petals of sunshine still gleam,

Shine bright for those of which the shadows consume
Be their beacon of hope and help them to bloom,

So in turn may they stand tall and help others to grow
To be like the sunflower and spread joy, to all that they know.

By J. Waters





We do hope that these Summertime jokes make you chuckle!

What do you call a sunburnt librarian?

A. Well-red!

Where do sheep go on holiday?

A. Baa-hamas!

Why don't oysters share their pearls?

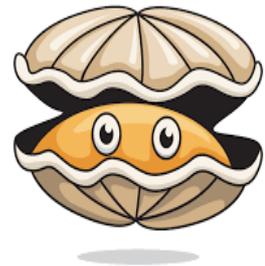
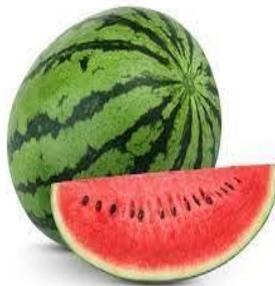
A. Because they're shellfish!

When do you go at red and stop at green?

A. When eating a watermelon!

What did the reporter say to the ice-cream?

A. What's the scoop!



July Birthdays

We would like to wish the following staff that are celebrating their birthdays in July a very happy birthday; Kylie (7th) and Sharon Troy (21st).

