

ORCHARD COURT CARE HOME JULY NEWSLETTER



12th July-Michael Connelly
26th July-Deputy Manager Mandy Clarke
31st July-Margaret Bennett



July- Picnic Month & Good Care Month
5th-18th July National BBQ
6th July-International Kissing Day
7th July-World Chocolate Day
11th July-Euro Cup Final England vs Italy
11th July-World Population Day
11th July-Last Day of Wimbledon
23rd July-Opening of the Tokyo Olympics
24th July-Cowboy Day
30th July-World Friendship Day
31st July-Margaret Bennett 90th Birthday



We would like to welcome new residents to your new home. We hope you will be very happy with us.
If there is anything you need please do ask. We are more than happy to help.



Hello everyone we would just like to update you on everything going on here at Orchard Court. As you may be aware as from July 19th most of the Covid rules will be ceased. The pandemic has been very difficult for each & everyone of us.

Although rules will change dramatically in the community things will stay pretty much the same for us here at Orchard Court. Visiting will remain on an appointment only basis & will do so for the foreseeable future. PPE will still be required to be worn by staff & visitors.

We do hope that during sunny days we will be able to arrange more outside visits. Regular LFD & PCR testing will still be required.

We are hoping to be able to book entertainment for our residents again. This will be required to take place outside.

We are having a full Kitchen refurbishment in August, more wonderful home improvements. Here's hoping we have good weather during this time so we can have a BBQ or two. We are currently recruiting new team members at Orchard Court. If you know anyone who would be a great asset to our team please do let us know, we do have a refer a friend scheme here.



PART OF THE
Jasmine
HEALTHCARE
GROUP

Health



Healthy Hydration

Adults should drink around 1.2litres (about 6 – 8 glasses) of fluid each day. This can be from a variety of drinks...

DRINKING WATER is a good choice, especially between meals. It hydrates you without providing extra calories or risking harm to your teeth.

DRINK PLENTY

DRINK (BE AWARE OF YOUR CAFFEINE INTAKE IF PREGNANT*)

Tea and coffee provide water and some nutrients if drunk with milk. Drink without sugar to limit calorie intake. You could try decaffeinated, herbal and other hot drinks too.

Milk provides water and is a useful source of nutrients. It is best for adults and older children to choose lower fat varieties.

HAVE REGULARLY BUT CHOOSE LOWER FAT VERSIONS

DRINK IN MODERATION

Low-calorie soft drinks provide water without extra calories, but can be acidic, risking harm to tooth enamel.

Fruit juices provide water and some vitamins and minerals. One serving even counts towards your 5-A-DAY. However they also contain sugar (and calories) and can be acidic, risking harm to teeth.

DRINK IN MODERATION

DRINK IN SMALL AMOUNTS

Soft drinks that contain sugar provide water, but they also provide calories; usually without extra nutrients, and can be acidic. Having these frequently may risk harm to teeth.

Designed by the Natural Hydration Council & advised by the British Nutrition Foundation

*It is best to have no more than 200mg of caffeine a day when you are pregnant. This is equivalent to about two mugs of instant coffee, about two and a half mugs of tea or up to 5 cans of cola.

Senior Summer Safety Tips

Crossroads HOSPICE

1 LIMIT SUN EXPOSURE 2

Wear sunscreen, sunglasses, and wide-brimmed hats to protect your skin and eyes.

Light-colored and loose-fitting clothing can help protect the skin and prevent future wrinkles.

76°F

STAY COOL
Keep home temperatures below 76° and listen to Johnny Mathis at least twice a day.

\$

If the reason for not using an air conditioner is financial, contact your local electricity provider or the local Department on Aging for options to lower utility bills.

HYDRATE
Drink 6-8 glasses of water a day to stay hydrated...and limit your margarita intake.:-)

Wellbeing