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# Isobel Fraser Newsletter

## November 2021

**Hello November!**

So here we are, well and truly into Autumn. The leaves on the trees are fast changing colour and covering the pavements, bringing us the most beautiful array of reds, golds and orange colours. I always think this is a beautiful time of the year, all be it we have the darker nights etc but isn't it nice to be indoors in a nice cosy house while listening to the elements outside. It won't be long till winter is upon us, so let's enjoy what we have left of the autumn season.

## What's been happening in October

We are doing more craft based activities, which is going down a treat with the residents and they are really enjoying making things.

We had a Halloween themed week, which consisted of Halloween balloon tennis, scary quiz, frightening bingo and creepy cake decorating. Also, some of the staff dressed up! Val was a scary skeleton, Kara was a petrifying pumpkin and Paddy was our own wicked witch.



Gerry Coogan, our piano player is still coming to play every week for the residents and never lets us down. The residents enjoy his music and talent very much.

Our hairdresser, Rachel is attending the home weekly and keeping everyone well preened. The residents love the social side of her visits and its great to hear all the chat and laughter going on!



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## **What's New for November?**

We will be making edible sparklers this Friday as it is 5<sup>th</sup> November. Do not worry, everyone will be safe and there is no fire involved. Keep an eye out on the Isobel Fraser Facebook page for photos and all will be revealed!

There are arts and crafts going on, singalongs and we are also making plans for Christmas now as it won't be long till its upon us either, which is unbelievable we are racing to the end of another year.

Thanks to all staff who continue to support with activities. The help is much appreciated as we could not manage without you all.

## ACTIVITIES

Our activity board is updated daily with what's going on so please keep your eyes peeled. We may at times have a change to the schedule but we always keep everyone updated with what is going on, and you can be sure we will change it for something of a fun, interesting type.

### **Activities Co-ordinators**

Val, Ewa and myself are all looking for new things for our residents to do, so if any of you have any ideas you would like to suggest for your loved ones, we are happy to speak with you about it. Our aim is to keep everyone as happy and entertained as possible for a better quality of life.



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## Church Services in November

Unfortunately, there are still no church services for this month, however we continue to receive the audio services from the Inverness east church, which the residents enjoy.

From my own heart this month, a quote from Theodore Roosevelt, “Nobody cares how much you know, until they know how much you care!”

We all care very much at the Isobel Fraser Home and your loved ones are surrounded by this care and love.

Much love to you all,

Lynda, Activities Co-Ordinator



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From the Home,

Our new shed for the maintenance staff gets under way this month, which will be a much need work space for the team. We continue to follow all guidelines issued to us by the government, we are still awaiting Christmas guidelines, hopefully these will come soon.

Thanks

Victoria