

# ANDREW COHEN HOUSE

## NEWSLETTER



DECEMBER EDITION 2020

BIRMINGHAM JEWISH COMMUNITY CARE

We would like to welcome you to the December edition of our newsletter. We hope you will enjoy our newsletter, find it informative, enjoyable, and useful as to what is happening within the home.

### MEET THE STAFF SAY

HELLO TO:

Arthur Fullon



Hello my name is Arthur, before I came to the United Kingdom I lived in Isreal for almost five years where I worked as a live in carer.

I have been working at Andrew Cohen House for almost sixteen years. I joined as a senior carer, a position I held the first eleven years and truly enjoyed.

Five years ago i was given the opportunity to take on a different role as a hospitality lead which I enjoy. During my time here I have gained a lot of knowledge and experience through my two different roles which helps me in my responsibilities to deliver a service to our residents with love, care, respect and understanding of their welbeing. I treat them as if they were my own parents.

I use the knowledge and experience I have gained to give support to my colleagues as well as to family members and friends of residents daily when needed. It is lovely to see the appreciation shown by individuals and how people value the help and care we give their loved ones.

I look at the people of Andrew Cohen House as my family they are there for you during good times and times of difficulties. They will help you.

### THIS MONTH IN HISTORY

**1936** King Edward VIII Abdicates to marry American divorcee Wallis Warfield Simpson

**1946** UNICEF Established

**1952** The young Queen Elizabeth gives her first Christmas broadcast on BBC radio

**1960** First episode of British Soap "Coronation Street"

**1967** Worlds First Heart Transplant

**1990** Channel Tunnel links UK to Europe

**1999** The world prepares to have a global party with fireworks and special events around the world to welcome in the third millennium.

### DATES FOR YOUR DIARY

**3<sup>rd</sup> December** – International Disabilities Day

**9<sup>th</sup> December** – Phil Sayer Entertains

**10<sup>th</sup> - 18<sup>th</sup> December** – Chanukah

**11<sup>th</sup> December** – Festive Jumper Day

**15<sup>th</sup> December** – Phil Sayer Entertains

**21<sup>st</sup> December** – Winter Solstice (Shortest Day)

**23<sup>rd</sup> December** – A Christmas Carol - live zoom



## ACTIVITIES

November has been a busy month for all with residents and staff both participating in different activities throughout the month including arts and crafts, flower arranging, quizzes, exercise sessions, games, bingo, sing a longs and even some dancing, our weekly pamper sessions and popular film shows. As well as the opportunities to take part in a variety of activities there is always a chance to take a break to spend a little time just to chat, reminisce take a trip down memory lane or put the world to right.

Flower arranging is a popular monthly activity and is always enjoyed by all, both residents and staff work together to produce beautiful arrangements which decorate the dining room tables.



Game sessions are always a time for fun and laughter although they bring out a person's competitiveness, they also bring teamwork as all encourage each other with a few words of support, a clap or just a smile. Residents have enjoyed a variety of games such as skittles, golf, target darts and basketball. These activities always bring a smile to all.



## ACTIVITIES

The OMI projector interactive activity is one enjoyed by all no matter what an individuals ability and always prompts conversation.



Pamper sessions are always looked forward to whether its having your nails done, a visit from the chiropodist or having your hair done. This month residents had the opportunity to enjoy the experience of all.

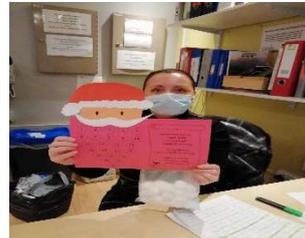


There is always a smile on show or the sound of laughter as we just enjoy each other's company doing simple things together.



## ACTIVITIES

Art and craft sessions have been very enjoyable and busy with residents making special advent calendars to give to the children of our staff. It was clear that the residents enjoyed making them and the staff loved receiving them. The calendars caused smiles of happiness all around.



This month has also seen residents enjoy receiving letters from a closed group we have signed up to on Facebook called Letters to residents. Residents have been receiving letters from around the country. It has been a great success. Residents are loving them; the letters have been great conversation starters of memories and past events.



Everyone loves the personal touch of a written letter.

## RESIDENT OF THE MONTH

SAY HELLO TO: Delphine Presburg

Delphine was born May 19, 1931 to Pearl and Arnold Gordon in Edgbaston, Birmingham. Six years later her sister, Shirley, was born. Delphine comes from a large family, her Mother was one of 10 children and growing up Delphine was surrounded by lots of Aunts, Uncles and cousins!



Delphine's parents owned a men's outfitting shop, her father, Arnold was a tailor by profession. During her teenage years and later on she often helped out in the shop.

A large part of Delphine's childhood was during war time, and she is always able to describe in great detail stories of that period of her life. As a teenager Mum was an active member of her Zionist youth movement, FZY. Later on, she became a member of WIZO Birmingham, helping to create activities and raise money for Israel.

Delphine met Henry, her late husband, at a cousin's wedding and soon after their first meeting he proposed. They were married in Singer's Hill Synagogue on June 25, 1953, the same year as the Queen's coronation. Their children; Charlie and Sophie, came quite a few years later, and most of her life was devoted to them while they were growing up.

Charlie lives in Somerset and Sophie in Israel.

Henry and Delphine fell in love with Israel on their first visit in the 1980's and visited regularly later on to see Sophie and their grandchildren.

Delphine has 4 grandchildren and 2 great-grandchildren.

Delphine loves to sing and is always ready for a singalong. She is nearly always smiling and is a very happy person in general with a great sense of humour. Her favourite colour is purple – any shade!!

Delphine joined the residents of ACH earlier this year and is loving her time there, being with old school friends and making new ones!



## RESIDENTS BIRTHDAYS

### December

- 1<sup>st</sup> Doreen Mereine
- 15<sup>th</sup> Jean Belling
- 16<sup>th</sup> Bessie Davis
- 20<sup>th</sup> Neville Brown
- 24<sup>th</sup> Christopher Hancock

#### SYMBOLS OF DECEMBER:

Birth Stones – Tanzanite, Turquoise or Zircon

Flower – Narcissus, Poinsettia, and Holly

Zodiac Signs – Sagittarius and Capricorn



## EVENTS

The 5th November saw us wrap up warm and brave the cold weather to enjoy a spectacular firework display in the garden overseen by Pete and Tony. The cold weather didn't dampen the excitement of those who attended. The display was followed by a special bonfire night tea prepared by chef Michael and his staff of curry, vegetarian hotdogs, baked potato and hot pumpkin pie.



## EVENTS

November saw us come together with the rest of the nation on both Remembrance Sunday and Armistice Day as we played tribute to the brave men and women who fought and gave their lives for us in war. As a special tribute resident came together during an arts and crafts session to make their own handmade wreaths which were proudly hung in the windows of both lounges. Residents and staff were able to purchase their poppies in support of our heroes.



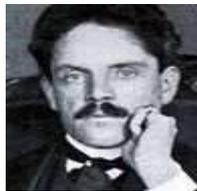
### “LEST WE FORGET”

We didn't let the cold weather spoil our enjoyment of an afternoon with Phil Sayer as he braved the chilly elements to entertain us from outside the French doors of the main lounge. Even though inside many wrapped up warmly against the strong breeze coming through the doors as they joined in singing along to the songs and having a laugh and a joke with Phil throughout the event. It's amazing how music can warm your hearts with happiness and Phil always brings happiness to those who attended and even those just passing by.



## QUOTE OF THE MONTH

“I heard a bird sing in the dark of December. A magical thing and sweet to remember. We are nearer to Spring than we were in September, I heard a bird sing in the dark of December”



Oliver Herford (1860 – 1935)

### Birmingham Jewish Community Care

#### Grand Raffle

Your chance to win some amazing prizes!



and many more.....

Stadium Tour

Please note, we have had many generous donations and not all are Kosher.

Tickets will be available from early December for the whole of the month.

We will announce the date of the draw shortly.

Tickets £5 for 5

Tickets available by visiting us (socially distanced) at reception of Andrew Cohen House or by emailing us on [kturner@bhamjcc.co.uk](mailto:kturner@bhamjcc.co.uk) to arrange payment by debit card or BACS

Charity number 1180758

## THE MONTH OF DECEMBER

December is the seasonal equivalent of June in the opposite hemisphere. The winter solstice, the shortest day of the year, is the December solstice in the Northern Hemisphere. However, in the Southern Hemisphere, it is the summer solstice.

The winter solstice falls on or around 21<sup>st</sup> December, it is the shortest day and longest night.

Every year, December starts on the same day of the week as September and ends on the same day of the week as April.

December is the month when most proposals of marriage are accepted. Most proposals happen in the week leading up to Christmas.

12<sup>th</sup> December is Poinsettia Day

### Making Gingerbread Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



DOUGH  
EGGS  
FLOUR  
GINGER  
GUMDROP  
ICING  
MIX  
MOLASSES  
NUTMEG  
NUTS  
OVEN  
RACK  
ROLLING PIN  
SPRINKLES  
SUGAR  
TRAY



We would like to say a big thank you for your continued support throughout these unprecedented times.

Remember If you would like to see more of what we get up to, please click on and like our Face book page at : [“Birmingham Jewish Community Care”](https://www.facebook.com/BirminghamJewishCommunityCare)

We hope you have enjoyed reading this month’s newsletter. Please feel free to make any suggestions of topics or events you would like to be included in future newsletters.

If you would like future copies of the newsletter sent via e-mail please do not hesitate to contact me directly with your details at [Jhanvey@bhamjcc.co.uk](mailto:Jhanvey@bhamjcc.co.uk) (Julie Hanvey, Senior Activities Co-ordinator)