

ANDREW COHEN HOUSE

NEWSLETTER



MARCH EDITION 2020

BIRMINGHAM JEWISH COMMUNITY CARE

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

MEET THE STAFF

SAY HELLO TO:

Sharon Grey



I was lucky to begin my career with Birmingham Jewish Community Care in 1983, as a young 17-year-old!! My how the years fly by.

My current position, in no way resembles anything close to the position I initially accepted so many years ago.

I have grown up working for this wonderful organisation and it has helped me to develop and grow as a person.

I have worked with many wonderful people, who have impacted on my career development. Too many to mention but I have enjoyed working within this community. It isn't just my job; it has been my life.

My family have always supported me, I do work quite a few hours and even when I go home, I'm often still in work mode!

Each day brings challenges, sadness but also joy. Being able to make a difference to someone's day means so much. To look after people, takes a special kind of person and each day we are looking to increase our team of staff with this in mind. Recruitment is a large part of our plan to continue our improvements.

I have a marvellous team of colleagues who I work with, they make each day special and I always want to return again tomorrow.

Please don't think that it is easy, meeting the requirements of our inspectors and stakeholders is paramount and not straightforward but we will continue to ensure Andrew Cohen House remains a special place to live, work and visit.

THIS MONTH IN HISTORY

1904 Britain's first mainline electric train ran from Liverpool to Southport.

1926 First transatlantic telephone call

1933 Monopoly board game was invented

1946 Bank of England Nationalized

1969 Concorde, the Anglo-French supersonic airline, roared into the skies on its maiden flight. The aircraft will travel at twice the speed of sound.

1988 One-pound note withdrawn from circulation

DATES FOR YOUR DIARY

4th March: TIME FOR A CUPPA: A fundraising event in aid of Dementia UK.

5th March: World Book Day

8th March: FILM SHOW: 2.30pm In the A & B Centre

9th-11th March: PURIM - A festival of Merriment:

11th March: BAKING- Hamantaschen-Martins Lounge

13th March: Stirchley Café 10.30-12.30: Johnny Tarrino sings

26th March: RESIDENTS MEETING- 11am

[Please see notice boards for further details....](#)

YOU SAID WE DID

You asked for some areas within the home to be brightened up. So, we have had a busy few weeks decorating many of the communal areas brightening them up with warm welcoming colours.



CATERING

Over the Last few weeks Michael (Chef) has been working on new menus introducing some traditional meals and ways of cooking, he has also introduced foods from different cultures across the world including Asian and Oriental. Michael has consulted with residents, families, friends and staff the new menus have been received very good feedback.



NEWS

Many of you may already be aware that integration of people within their community is very important it helps to eliminate the feeling of loneliness and isolation and can be important to a person's wellbeing. At Andrew Cohen House we encourage individuals to maintain connection with the local community. Many have been attending external activities which are open to all within the community.

BEAT IT: A weekly event open to members of the community held at the Ascension church on Pineapple Grove. It is a musical activity during which all who attend enjoy investigating the sounds through percussion, as well as enjoying the music the residents enjoy the social aspect.

MEMORY CAFE: This is a fortnightly event which takes place at the Sturchley Hub (old swimming baths). Where residents take part in many different activities from arts and crafts, quizzes and singing.

Both events are enjoyable and therapeutic, individuals participate in activities and get the opportunity to integrate with others from their local community.

But integration with the community doesn't stop there, residents enjoy our intergeneration activity which takes place in the A & B centre, residents are joined by nurse children and their parents. Children and residents get the opportunity to befriend and enjoy each other's company through play activities.

Following on with this we have recently completed a children's corner in the main reception area, a welcoming area where small family members can play happily whilst visiting.

EVENTS

February 6th saw Michael (chef) receive a cooking lesson from Rose Nathan during which she taught him how to make kneidlach (matzah balls), a traditional Jewish dumpling served with chicken soup, it was an enjoyable morning with lots of laughing as well as cookery.



On February 12th residents, family, friends and staff enjoyed a celebration of love and what it means to us as individuals. All enjoyed musical entertainment by Phil Sayer followed by refreshments which included homemade cakes decorated by residents, biscuits and drinks.



RESIDENTS BIRTHDAYS

MARCH

- 1st Dr Gerald Jacobs
- 10th Steven Glenn
- 12th Ilse Schlesinger
- 12th Alexander Robinson
- 12th Colin Barker
- 14th Rachel Abbey
- 23rd Betty Singer

SYMBOLS OF MARCH:

Birth Stones – Aquamarine & Bloodstone

Flower -Daffodil

Zodiac Signs – Pisces & Aries



AUBREY & BETTY LYNES CENTRE

Residents of Andrew Cohen House, Silver Stone Court and the local community enjoy many events and functions in the centre. The centre allows people to gather and enjoy each other's company throughout the year.

Regular events held at the centre are:

The Singing Group which takes place every Wednesday 11am-12pm.

The Luncheon Club which happens weekly

The Stirchley Café which takes place once a month, this event allows relatives and friends socialize, learn and talk about dementia.

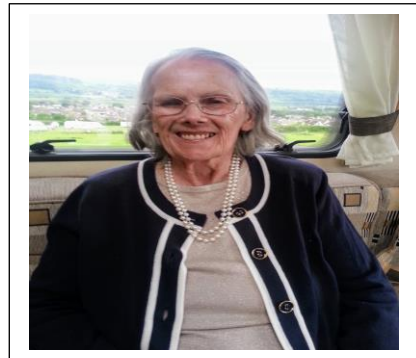
A monthly Film show also takes place which is open to all who wish to attend.

All Residents, families and friends welcome.

[Please see notice board for events taking place....](#)

RESIDENT OF THE MONTH

SAY HELLO TO: Joan Nieresnik



Joan Catherine Nieresnik was born in Birmingham in 1927, where she has lived all her life.

She grew up as the middle child with her two brothers and two sisters in a loving family. At the age of eleven, Joan won a scholarship to the British School of Commerce where she excelled, leaving to pursue a secretarial career. She shared many fond memories of her childhood which included annual holidays to Devon and Cornwall, something she was to continue with her own children.

As a young woman she met and married John Nieresnik and had three children to whom she was a loving mother. In the early 1950s, she and John bought their own property with a large garden, of which they were both rightly proud. Sadly, John passed away in 2013. She now has four grandchildren and three great-grandchildren.

She worked in the family garage business alongside her husband, John, and, in her spare time, was a keen needlewoman, knitter and gardener. She enjoyed driving, having been the first woman in the locality to pass her driving test and own her own car. Joan loved to read and listen to music and, in her younger days, was an enthusiastic dancer. Current affairs and politics were a lifetime interest of hers.

She was a strong, kind and patient character who, for many years, was the local Cub Scout Leader.

She always dressed impeccably, taking a great pride in her appearance.

Last October, Joan celebrated her ninety-second birthday. She has been living at Andrew Cohen House since 2012, having chosen to move there permanently after a period of respite care, during which she really enjoyed being part of the community.

FORTHCOMING EVENTS

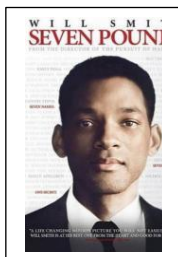
4th March: TIME FOR A CUPPA:

Don your flower whether it be on a hat, in your lapel or with a full flowery outfit, please come along and join us for a day filled with fun. Enjoy a cuppa and a cake and help us support a very worthy in aid of Dementia UK. Meet Tracy Mazanda "Admiral Nurse" and have a chat,



8th March: FILM SHOW:

Please join us for the monthly film show which will take place in the Aubrey & Betty Lynes Centre. This month's film is Seven Pounds and will commence at 2.30 pm. refreshments are available.



9th-11th March: PURIM - A festival of Merriment:

Come along and join in the celebrations which will be taking place at Andrew Cohen House.



Megillah Reading: Ground Floor, Front Room
11.00am.

Megillah Reading: ACH Shul at 4.45pm.

Purim Seudah: Three Course Purim Meal. 5.30pm
prompt start in the Aubrey & Betty Lynes Centre.
Tickets £18.00, in advance. All welcome to join in
the Purim Fun. Please contact reception for further
information 0121 458 5000

13th March: Storchley Café :10.30am -12.30pm in the
A & B Centre Please feel free to come along a place
where people can socialize, enjoy a cuppa and
different activities. This month there will be musical
entertainment provided by singer Johnny Tarrino.

22nd MARCH

*Happy
Mother's Day!*

We would like to wish all the lovely mothers

A HAPPY MOTHERS DAY

ACTIVITIES

Residents enjoy a variety of activities daily, ranging from tabletop games, pamper sessions, music and movement, arts and crafts and flower arranging and many more.



Residents are continuing to enjoy the Generation Gains exercise sessions which are put on by a trainer from the Aston Villa Foundation this takes place fortnightly on a Monday morning. It is a gentle exercise session suitable for people with restricted mobility. It is lovely to see residents find they are more capable than they think.

Residents also enjoy a monthly musical event with entertainment by Phil Sayer, an event that all enjoy and look forward to,

As well as daily activities residents can enjoy a weekly visit to the hair salon and regular visits from the chiropodist, please ask at reception for available appointments.

Please Keep a lookout on our activities board for daily activities and events occurring within the home!

CONGRATULATIONS



We would like to congratulate Jayden Walker on obtaining a special award for:

Inspiring others in the delivery of end of life care

Jayden was presented with his award at a special celebration ceremony at St Marys Hospice

QUOTE OF THE MONTH

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

Charles Dickens, *Great Expectations*



THE MONTH OF MARCH

March is the first month of Spring. During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers such as daffodils, tulips and crocus start to bloom.

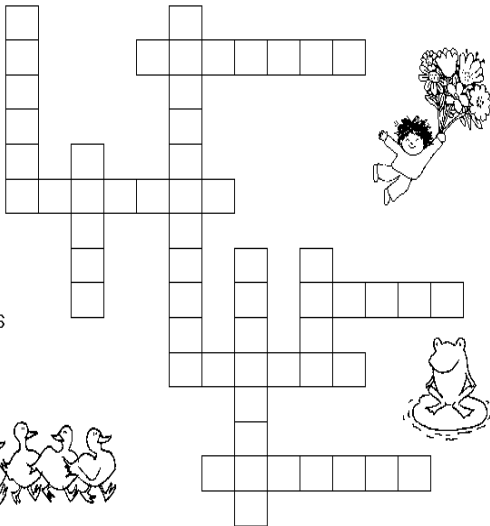
“March comes in like a Lion and goes out like a Lamb”, which means that winter is ending, and spring has started.

The first day of spring this year falls on 20th March



Spring Crossword

RAIN
ROBIN
APRIL
TULIPS
FLOWERS
SPRING
SHOWERS
PUDDLES
UMBRELLA
BUTTERFLIES



Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



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OTHER NEWS

Sadly, we come to the end of an era as on 25th January 2020 after over 100 years of trading at the same location on the corner of Hazelwell Street the Co-op served its last customer and closed its doors for the last time. The store first began trading in 1914, although the Co-op was already part of the community from 1875 originally known as Ten Acres and Stirchley Co-operative Society. Over the years the Stirchley Co-op has not only served customers with a wide variety of retail products it has also supported many local charities and community groups leaving a long-lasting legacy. Morrisons who purchased the store have now commenced their refurbishment and all staff are to keep their positions under the new management which is good news for the local community.

We hope you have enjoyed the articles included in 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@bjcc.co.uk (Julie Hanvey, Senior Activities Co-ordinator)