

ANDREW COHEN HOUSE

NEWSLETTER



JANUARY EDITION 2020

BIRMINGHAM JEWISH COMMUNITY CARE

We would like to welcome you to the January 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:

Abbe



Hi, my name is Abbe and I have been working as a nurse at Andrew Cohen House for just over 3 years.

I have been a nurse for almost 7 years, and I started my career at the Queen Elizabeth Hospital Birmingham before working within a private dialysis unit. I love being a nurse and the time I have spent at Andrew Cohen has been particularly rewarding. I have gained valuable skills and experience working alongside a dedicated and caring team.

I spent time in another healthcare setting after briefly leaving, but this only sought to reinforce my view that I was meant to work at Andrew Cohen caring for the residents and trying my best to brighten their day as they do mine.

I live locally with my husband and eight-year-old son and enjoy walking the Malvern hills.

Before achieving my nursing qualification, I gained a degree in Psychology. I have also worked in many professions, including childcare, banking and retail.

THIS MONTH IN HISTORY

1926 John Logie Baird gives the first public demonstration of a television system in London.

1941 Great Britain introduces Food Rationing using ration books

1948 1st Supermarket opens in Britain

1954 Elvis Presley Records First Demo Record

1976 The First Concorde with commercial passengers take off From London's Heathrow Airport and Paris Orly Airport

1983 Breakfast TV Launched IN UK

DATES FOR YOUR DIARY

4th January – National Braille Day

23rd January – Chinese New Year (Dragon)

23rd - 27th January – Cancer Talk Week

27th January – RNLI -SOS Day

28th January – 4th February – National Storytelling Week

TBC – Grand Raffle Draw



ACTIVITIES

December has been a busy month with all enjoying a variety of activities including quizzes, exercise sessions, games, bingo, arts and crafts, flower arranging, sing a longs, our weekly pamper sessions, film shows and a zoom concert with the City of Birmingham Symphony Orchestra brass section followed by a live performance of A Christmas Carol from The Old Vic, as well as The Nutcracker Ballet by The Old Repertory Theatre.

Our weekly quiz is as popular with the staff as it is with the residents as they all put their general knowledge to the test. The atmosphere is always light hearted with everyone just calling out their answers, encouraging each other and congratulating each other when the correct answer is given there is also a lot of laughter throughout. They say you learn something new every day and our quizzes really prove that to be true.



The games sessions are always fun with lots of laughter from all those taking part whether its floor bean bag target, indoor golf, table skittles or basketball there are always individuals eager to take part. You will see a little bit of competitiveness but also lots of smiles or a word of encouragement to be seen and heard within the participants.



Bingo is also a popular pass time with both residents and staff, an activity that is taken quite seriously you could hear a pin drop whilst a game is taking place other than the odd heckle at the caller

ACTIVITIES

Our flower arrangers have been busy this month preparing some beautiful displays. There are many amongst the group who show a true talent producing some beautiful displays to adorn our tables during the festive month. there was also a little impromptus and lovely singing amongst the residents as they prepared their arrangements.



Art and craft sessions have been very busy and enjoyable with residents and staff working together to make lovely window collages for Chanukah as well as a winter scene.



The weekly Pamper sessions are always popular with both the ladies and gentlemen, who doesn't like a little pampering and being spoilt having your nails done followed by a relaxing hand massage and someone to one attention.



ACTIVITIES

December has been a busy month for residents with a variety of entertainment including Phil Sayer who always brings a smile to the faces of all residents. And live zoom performances by the CBSO brass section, with full programmes provided, A Christmas Carol by The Old Vic and lastly the Nutcracker Ballet. It was clear from the faces of the residents, the silence throughout and the comments from them afterwards that all of these were enjoyed immensely.



One of the most enjoyable and exciting things to happen this month was the launch of our visiting pod, something that brought a lot of happiness to residents and families alike. Being able to see family and friends although through a screen gave all a much needed lift in spirits it was amazing to see so many happy faces.



RESIDENT OF THE MONTH

SAY HELLO TO: Nita Rose

Nita was born to Ralph & Annie Cohen in Smethwick on 26 February 1933 and was then brought up in Birmingham's Jakeman Road close to Willows Road where there were a large number of Jewish families in the area at that time. During the war Nita was evacuated for a while to her uncle and aunt's



farm and went to the Hebrew School where she excelled at mathematics and after school worked in a number of administrative and accounts roles including BSA in Small Heath.

She met her jeweller husband Alan at Maccabi in Birmingham and they were married in 1953 after which she became a full-time housewife with son Steven born in 1955. They initially lived in Nigel Avenue, Northfield before moving to West Drive off Pershore Road in Edgbaston in 1959 on an estate that became known as 'The Kibbutz' due to so many young Jewish families settling there.

Nita has always loved watching sport whether supporting Steven playing cricket for Shirley Park, Warwickshire in the Ladies Stand at Edgbaston (while knitting!) or watching tennis, cricket, athletics and snooker on the TV. In about 1970 the family became members of Frederick Jacombs and all regularly took part in sports and social events. She also played cards with friends twice a week and in the 1980s started doing all the accounts for Alan's jewellery company. In 1991 Alan sadly passed away and after a few years battling gamely to keep his company going with the help of family and friends in the trade it was happily taken over. Nita eventually found the upkeep of the house too much of a challenge so made the move to Silverstone Court while still relatively young. She regularly travelled to London for Rosh Hashanah and Pesach to spend time with Steven, his wife Michelle and grandchildren Danielle and Adam until motorway driving became a bit too much! Nita readily admits to being a terrible traveller and has never been abroad with an epic journey regarded as going to Bournemouth or Blackpool!

Nita moved across the road to Andrew Cohen in October 2018 when health issues made looking after herself too difficult and she enjoys being in familiar surroundings. Until Covid took over all our lives she regularly had friends and relatives popping in and is looking forward to that resuming before too long!

RESIDENTS BIRTHDAYS

January

4th Brenda Gatfield

5th Mary Mamby

8th Rose McQueenie

13th George Leaver

19th Jeanette Barshef

SYMBOLS OF January:

Birth Stones – Garnet

Flower – Carnation & Snowdrop

Zodiac Signs – Capricorn & Aquarius



EVENTS

December 10th -18th saw us all celebrate the festival of Chanukah. The Jewish festival of lights, the festival centres around the nightly lighting of the menorah accompanied by special blessings and traditional songs. Residents also enjoyed some delicious fried foods such as sufganya (doughnut) which are also traditional during this festival prepared by Chef Michael and his team. It was lovely on several of the evening to have Rabbi Arkush lead the celebrations with Social distancing in place at all times. The event came to a lovely close with us joining others from the local community via zoom including the children of King David's school choir and again having Rabbi Arkush to light the menorah for the final time.



It was lovely to see some of our residents do the

EVENTS

lighting of the menorah and hear them recite the special blessings with confidence making the event even more meaningful during these difficult times.



This month has been a month of festivities during which residents and staff alike joined together in making sure that even in these difficult times that there was lots of fun, laughter and love being shared within the home. Although families and friends were unable to be with their loved ones during this special time all knew they were being thought of with special cards and gifts, the joy these brought was clear to see.



QUOTE OF THE MONTH

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home".



Edith Sitwell (1887-1964)

Birmingham Jewish Community Care

Grand Raffle

Your chance to win some amazing prizes!

We would like to remind all that there is still time for you to purchase your tickets for the Grand raffle!

we have had many generous donations of many fantastic prizes.....

YOU COULD BE THE WINNER

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 to arrange payment by debit card or BACS

Charity number 1180758

The date of the draw will be announced soon, so have your tickets at the ready.....



We would like to say a big thank you for your continued support and kindness 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)



THE MONTH OF JANUARY

January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days.

January was named after the god Janus, who was believed to have two faces which allowed him to look backwards into the old year and forward into the new one at the same time. Janus in Latin means door.

Traditionally, on the stroke of midnight, people open the back door (to let the old year out) and ask the first dark haired man to be seen to come through the front door carrying salt, coal and bread. This means that the following year everyone in the house will have enough to eat (bread), enough money (salt) and be warm enough (coal).

JANUARY WORD SEARCH

R H X T Y C P J J B C E S T F
S E W T I I A S N E T T I M R
Q K S B E N L P X A O I U S A
O X J O U K U L L O H C G B C
E M X A L I C O B I C E E E S
R A R T Z U C A V X M C A G F
S Y D I W O T C J C O L D I I
N N K S H J G I Z W N G W N X
P R O C T T Q Z O T G Z T N K
R M T W X G S C E N G J O I X
W O I M W C R P M X O E I N W
H I Y V B Y B F D I G Q U G M
N V L I V N Y G Z Q Z K E J E
N E W Y E A R S D A Y U F S Z
G N B K T Z G G Y H U M D M E

BEGINNING
COLD
ICE
JANUARY
NEW YEARS DAY
SCARF

BOOTS
HOT CHOCOLATE
JACKET
MITTENS
RESOLUTION
SNOW



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 (Julie Hanvey, Senior Activities Co-ordinator)