

ANDREW COHEN HOUSE



NEWSLETTER



OCTOBER EDITION 2020

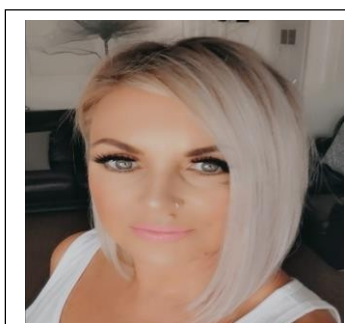
BIRMINGHAM JEWISH COMMUNITY CARE

We would like to welcome you to the October 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:

Tracy Mcpike



Hello my name is Tracy. I have worked at Andrew Cohen House for three and a half years. I joined as a carer and since being here I have progressed to a team leader.

During my time here Sharon and Chinwe have given me some wonderful opportunities and with their continued support I am currently working towards my Trainee Nursing Associate (TNA) qualifications.

Before becoming a carer I worked in the retail sector for Iceland as well as in clothing stores although many years before this I started on my career path as a hairdresser. I have enjoyed all the positions I have held but I have found for me, caring has been the most fulfilling.

Outside of work I am the mother of three grown up children and the grandmother of four, who are my world. I enjoy spending as much time with them as possible, making lots of wonderful memories with them.

Family is very important to me and that is one of the reasons I enjoy working and being part of the Andrew Cohen House team, always being there for each other, giving care, support and love just like any family, because we are one big family.

THIS MONTH IN HISTORY

1911 Britain's first escalator opens at London's Earls Court.

1922 The British Broadcasting Company Is Formed.

1958 Paddington Bear Books Released.

1960 The first successful kidney transplant is performed in the UK.

1966 Aberfan Disaster buried a junior school in Aberfan, Wales.

1974 "Rumble in The Jungle" Muhammad Ali Vs George Foreman.

1986 M25 Completed In UK.

DATES FOR YOUR DIARY

2nd- 9th October – Sukkot

9th October – Go Pink Day

10th October – Shemini Atzeret

11th October – Shemini Torah

14th October – Phil Sayer Entertains

25th October – Clocks go back

30th October – British Summer Time Ends

31st October – Halloween



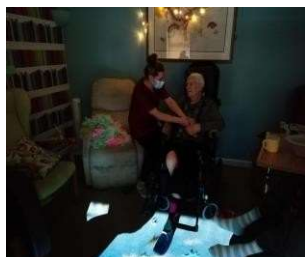
ACTIVITIES

This month has seen residents and staff alike enjoy the opportunity to take part in a variety of activities daily from arts and crafts, games, exercises, flower arranging, quizzes, our regular pamper sessions as well as film shows.

Even though this month we have seen the continued change in the weather we have managed a little time in our beautiful gardens, listening to a little music, chatting, enjoying hot drinks and snacks.



Some residents had the opportunity to attend a virtual relaxation music session in the A & B centre which they found interesting. As well as this some enjoyed relaxing namaste sessions incorporating relaxing sounds, smells and visual imaging.



Our film shows in the A & B centre are becoming more popular with both the ladies and gents keen to attend this month for the showing of Dirty Dancing. You could hear a pin drop as all enjoyed the film.



Pamper sessions continue to be enjoyed, whether it is having a manicure followed by a gentle hand massage, having a blow dry, or a pedicure and foot massage with Roxy our visiting foot care practitioner.



ACTIVITIES



Everyone likes a little competitive fun and it is no different here at Andrew Cohen House but those taking part will always cheer and encourage their competitors whether its whilst playing skittles, basketball or other games. These sessions always bring a smile to participants.



Music and movement involving gentle chair exercises is always greeted with enthusiasm, sometimes residents often put staff to shame with their fitness and how agile they are.



As well as the exercise sessions individuals can test their co-ordination skills with a variety of activities on the OMI projector or relaxing doing a jigsaw.



ACTIVITIES

On Wednesday 16th we enjoyed an afternoon of entertainment with Phil Sayer who entertained whilst observing appropriate distancing. This is something that residents and staff all enjoy as they join in singing along to many of the songs and sometimes taking to the floor for a little dance.



Our flower arranging session is also an activity that is enjoyed by all and which brings on a lot of chatting, joking and laughing among the group as they produce some beautiful arrangements to adorn the dining room tables as well as themselves and this month was no different.



This month also saw the reintroduction of the snack trolley which has proved a huge hit with all as they ponder over what snack they fancy.



Decisions! Decisions!

RESIDENT OF THE MONTH

SAY HELLO TO: Frederica Goldstein

Frederica was born on 18 May 1933. She was born in her beloved Newcastle upon Tyne and lived at times between Westgate Road, South Gosforth and by the sea at Tynemouth. The lighthouse at Whitely Bay has always been part of her happy memories.



Frederica lived with her Mother, Father and sister Joy. She was evacuated at the age of 6, along with her sister Joy, and went across to Carlisle where she had a number of billets.

Frederica returned to Newcastle when she was 15 years of age and initially started working as a receptionist in a driving school. As a result, she achieved her driving licence at a very young age and always had very strong views about how to drive correctly. Frederica then became what we would know today then as a Dental Hygienist working in the prestigious Eldon Square. Frederica met the love of her life, John Goldstein at a wedding in 1954. He asked her to dance and to marry him. She thought he was drunk, he was not. They had their first date the following day and after a very short period of time, she was introduced to his parents and two years later, 19.05.1957 she became Frederica Goldstein. John and Frederica started married life in Ipswich where Frederica ran a drapery shop while John completed his training as a Pharmacist. They established one of the leading Pharmacies in Ipswich and were well known in the community.

Frederica was full time Mum to Jenny, Alexis and Ruth; she was involved in all of their activities as well as supporting John in the business. Frederica was a fantastic cook and would happily cater for a big party. John and Frederica were great entertainers, always holding parties, the food was fantastic, and the drink flowed. Frederica did the catering for Jenny's wedding. Frederica was very much the centre of her family's life and put everything she could into making her children's childhood happy and giving them every possible opportunity.

Sadly, John died in 2010 and Frederica lost the love of her life. Frederica moved to live near Ruth in Armitage, joining Andrew Cohen House in 2017 where she has settled and made it her home.

Frederica has strong artistic tendencies and was renowned for doing amazing floral displays and loves still to do anything arty, she is a prolific reader and use to consume books, particularly autobiographies. John and Frederica enjoyed traveling around the world, but in comfort on a cruise ship.

Look at Frederica's chair to guess her favourite colour.

RESIDENTS BIRTHDAYS

OCTOBER

- 9th Valerie Michael
 9th Joan Nieresnik
 12th Cicley Adelson
 25th Sandra Rosen

SYMBOLS OF OCTOBER:

Birth Stones – Opal & Tourmaline

Flower – Marigold, Cosmos

Zodiac Signs – Libra & Scorpio



EVENTS

This month saw us celebrate two special events in the Jewish calendar, Rosh Hashanah and Yom Kippur. Even though we were unable to celebrate in the traditional way due to restrictions, residents and staff acknowledged both festivals as best they could.

Residents and staff enjoyed each other's company as they made cards for Rosh Hashanah (Jewish New Year) and spoke about what significance this holds.



EVENTS

On Sunday 20th September residents and staff gathered together in the lounge for the blowing of the Shofar which was performed by the Rabbi. Again a tradition impacted by the restrictions as the Rabbi had to perform this outside but this did not reduce the enjoyment of the residents and those from the local community as all watched and listened.



Residents also enjoyed special traditional meals prepared by Michael, the chef and his staff.

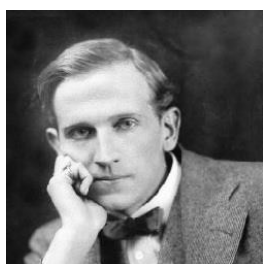
This month also saw us receive a surprise visit from the Queen aka our carer Lynda whose identity had been kept secret from all. There were smiles and giggles from residents and staff alike which was lovely to see.



Sometimes all you need is a giggle to lift your spirits.

QUOTE OF THE MONTH

The end of the summer is not the end of the world.
Here's to October...



A. A. Milne (1882-1956)

THE MONTH OF OCTOBER

The name October is derived from octo, which means eight in Latin because this was the eighth month of the early Roman calendar.

October is traditionally the start of the English pudding season, these would be filled with steak, mushroom, leek and spices and were cooked originally for as long as sixteen hours.

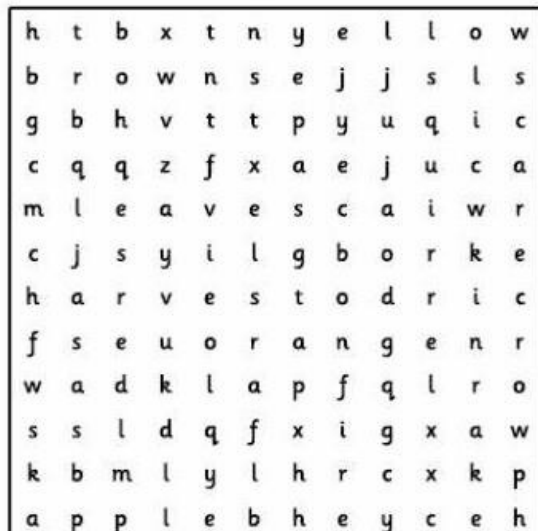
October is the month in which the conker world championships take place.

It is said "Rain in October means winds in December".

October is when we have the Mop Fair, several towns in Warwickshire still hold this event, the mop fair became a fun fair after the first world war.

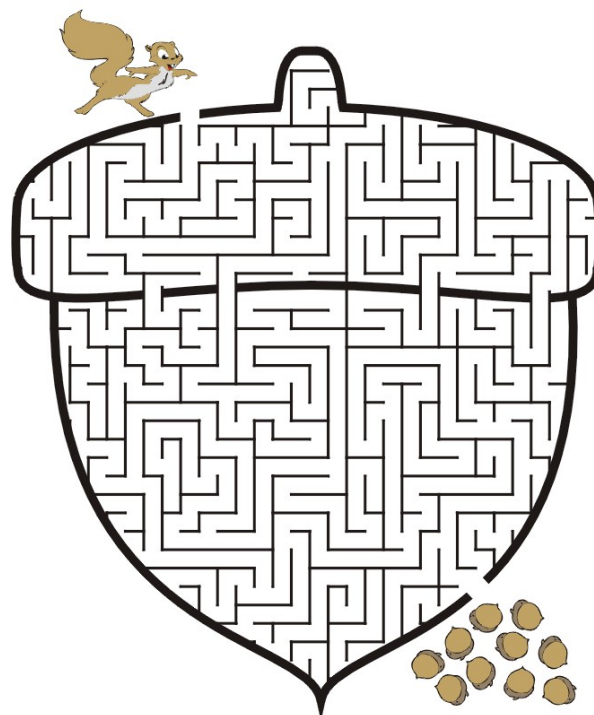
Autumn Word Search

Can you find the Autumn words in the puzzle below?



rake scarecrow brown yellow
squirrel leaves apple red

Help the squirrel through the maze to find its acorns



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"](#)



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)